

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	99%
End	15:43	14.2°C	99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	151	António Filipe Braziela Rocha	oralklass-amigos do trail	Sub 23 Masculino	02:46:54		05:58
2	147	Rafael Cruz	oralklass-amigos do trail	Senior Masculino	02:49:51	+02:57	06:04
3	3	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:55:18	+08:23	06:16
4	146	João Nogueira	oralklass-amigos do trail	Senior Masculino	02:56:21	+09:26	06:18
5	42	Marcelo Araújo	focoteam24	Senior Masculino	03:01:19	+14:24	06:29
6	148	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:03:30	+16:35	06:33
7	28	Helder Rocha	douroconta _ gabinete de apoio e contabilidade, lda	Veterano M40	03:09:24	+22:30	06:46
8	110	José Meneses	nocturnos de paredes	Veterano M40	03:12:45	+25:50	06:53
9	21	Lino Pinto	btt alegria // tubani	Veterano M40	03:13:58	+27:04	06:56
10	1	Tiago Teixeira	edv-viana trail	Senior Masculino	03:16:29	+29:35	07:01
11	70	Joel Sousa Pinto	individual	Senior Masculino	03:18:13	+31:18	07:05
12	145	Fernando Taborda	oralklass-amigos do trail	Veterano M40	03:18:14	+31:19	07:05
13	131	ANTONIO MAIA	team trail bem viver	Senior Masculino	03:22:44	+35:49	07:14
14	4	Fernando Neves Benjamim	centro ciclista de gondomar	Veterano M50	03:25:23	+38:28	07:20
15	104	Tiago Soares	moinhos run - adrm	Senior Masculino	03:25:23	+38:28	07:20
16	140	Pedro Moreira	trail santa marta / tristes mas duros	Veterano M40	03:26:10	+39:15	07:22
17	114	Fernando Jorge Ribeiro de Sousa Carvalho	nós acreditamos	Veterano M40	03:26:15	+39:20	07:22
18	59	Rogério Vicente	gtt-armazem do caffè	Veterano M40	03:28:16	+41:21	07:26
19	82	Frank Fritsche	individual	Veterano M40	03:28:43	+41:48	07:27
20	57	César Canito	gtt-armazem do caffè	Veterano M40	03:28:57	+42:02	07:28
21	154	João Pedro Costa Ribeiro	oralklass-amigos do trail	Senior Masculino	03:30:30	+43:36	07:31
22	78	Vítor cruz	individual	Senior Masculino	03:31:12	+44:18	07:33
23	116	Francisco da Silva Lemos	nós acreditamos	Veterano M50	03:31:42	+44:47	07:34
24	113	José Manuel da Costa Pinto	nós acreditamos	Senior Masculino	03:33:53	+46:59	07:38
25	112	José Moreira Gomes	nocturnos de paredes	Veterano M50	03:36:43	+49:48	07:44
26	120	Sandro Marcos Mendes da Silva	pêssegos	Senior Masculino	03:37:49	+50:54	07:47
27	109	Filipe André Barbosa	nocturnos de paredes	Senior Masculino	03:39:10	+52:15	07:50
28	132	BRUNO GONCALVES	team trail bem viver	Senior Masculino	03:39:17	+52:23	07:50
29	159	Pedro Silva	individual	Sub 23 Masculino	03:39:58	+53:03	07:51
30	44	Ivo Peko	gaia trail	Senior Masculino	03:40:33	+53:39	07:53
31	20	Filipe Pinto	btt alegria // tubani	Senior Masculino	03:43:02	+56:08	07:58
32	115	Amadeu Teixeira	nós acreditamos	Veterano M50	03:43:10	+56:16	07:58
33	7	Carlos Costa	aliança de gandra	Senior Masculino	03:44:59	+58:04	08:02
34	53	Maximiano Rodrigues	gaia trail	Veterano M50	03:47:20	+01:00:25	08:07
35	141	Ruben Daniel Soares Vieira	trail team bifase	Sub 23 Masculino	03:47:24	+01:00:30	08:07
36	111	Pedro Pereira	nocturnos de paredes	Veterano M40	03:47:44	+01:00:49	08:08
37	46	Nelson Marques	gaia trail	Senior Masculino	03:49:17	+01:02:22	08:11
38	2	Paula Lage	sim summit	Veterana F40	03:49:27	+01:02:33	08:12
39	133	dionisio ferreira	team trail bem viver	Senior Masculino	03:50:15	+01:03:20	08:13
40	60	Sérgio André da Silva Coelho	gtt-armazem do caffè	Veterano M40	03:51:36	+01:04:42	08:16

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	124	Emanuel Costa	s. s. montepio	Veterano M40	03:51:37	+01:04:42	08:16
42	108	Manuel Faria	mss contabilidade trail team	Veterano M50	03:51:43	+01:04:49	08:17
43	54	Silvério correia	grupo desportivo santander totta	Veterano M50	03:53:15	+01:06:20	08:20
44	26	Miguel Alves	devasta trilhos	Senior Masculino	03:54:09	+01:07:14	08:22
45	35	José Pinto	equipaa	Veterano M40	03:54:24	+01:07:29	08:22
46	34	Jorge Lopes	equipaa	Veterano M40	03:54:24	+01:07:29	08:22
47	105	Filipe Póvoas	mss contabilidade trail team	Senior Masculino	03:54:52	+01:07:58	08:23
48	106	Sérgio Silva	mss contabilidade trail team	Senior Masculino	03:54:53	+01:07:58	08:23
49	51	Joaquim Pereira	gaia trail	Veterano M50	03:57:13	+01:10:19	08:28
50	15	Marta Silva	boavista trail	Veterana F40	03:57:27	+01:10:32	08:29
51	161	Fernando Almeida	nocturnos de paredes	Veterano M40	03:57:33	+01:10:38	08:29
52	9	Tiago Costa	associação desportiva de cabroelo	Sub 23 Masculino	03:59:36	+01:12:42	08:33
53	24	Fernando Remelgado	ccd - siemens	Veterano M40	04:00:10	+01:13:15	08:35
54	47	Paulo Madeira	gaia trail	Senior Masculino	04:00:40	+01:13:46	08:36
55	88	Rúben Alves	individual	Veterano M40	04:02:51	+01:15:56	08:40
56	100	Agostinho Sousa	kunalama runners	Veterano M50	04:03:09	+01:16:15	08:41
57	128	Antonio Coelho	sabius	Veterano M40	04:04:05	+01:17:10	08:43
58	13	António Augusto dos Reis Pinto	bitrunners	Veterano M50	04:05:22	+01:18:27	08:46
59	5	Carlos Vieira	a.d.sebolido trail boneca douro	Senior Masculino	04:08:02	+01:21:07	08:52
60	117	Ana Vieira	oralklass-amigos do trail	Senior Feminino	04:09:49	+01:22:55	08:55
61	135	RUI MADUREIRA	team trail bem viver	Senior Masculino	04:09:52	+01:22:58	08:55
62	27	Joaquim Leite	devasta trilhos	Veterano M50	04:12:27	+01:25:32	09:01
63	134	FILIPE FERREIRA	team trail bem viver	Senior Masculino	04:13:13	+01:26:18	09:03
64	10	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	04:14:31	+01:27:36	09:05
65	73	Mário da Silva	individual	Senior Masculino	04:15:43	+01:28:49	09:08
66	79	António Morais	individual	Veterano M40	04:16:24	+01:29:29	09:09
67	96	Pedro Barbosa	individual	Veterano M50	04:16:25	+01:29:30	09:09
68	91	Vitor neto	individual	Veterano M40	04:16:27	+01:29:33	09:10
69	12	Carlos Cardoso	bitrunners	Senior Masculino	04:17:57	+01:31:02	09:13
70	58	Jorge Borges	gtt-armazem do caffè	Veterano M40	04:18:42	+01:31:47	09:14
71	14	Pedro Ricardo Oliveira Lourenço	boavista trail	Senior Masculino	04:19:02	+01:32:07	09:15
72	32	Olga Branquinho	equipaa	Veterana F40	04:20:08	+01:33:13	09:17
73	90	SILVIO FERREIRA	individual	Veterano M40	04:20:12	+01:33:17	09:18
74	39	Pedro Ricardo Cravo Viana	factor x / s4l / medense fc	Senior Masculino	04:20:52	+01:33:57	09:19
75	48	Paulo Pinho	gaia trail	Senior Masculino	04:23:17	+01:36:23	09:24
76	74	Paulo Jorge Costa das Neves	individual	Senior Masculino	04:23:48	+01:36:53	09:25
77	121	Pedro Miguel Duarte Ferreira	porto sentido runners	Senior Masculino	04:23:48	+01:36:53	09:25
78	25	Ricardo Carvalho	ctad - consumo zero	Senior Masculino	04:25:56	+01:39:01	09:30
79	56	Rui Samuel Gonçalves	gtt-armazem do caffè	Senior Masculino	04:27:08	+01:40:13	09:32
80	52	José Morais	gaia trail	Veterano M50	04:27:30	+01:40:35	09:33
81	50	Rui Oliveira	gaia trail	Veterano M40	04:27:30	+01:40:35	09:33
82	38	Daniel Terra	factor x / s4l / medense fc	Senior Masculino	04:28:47	+01:41:52	09:36
83	87	Paulo Fernandes	individual	Veterano M40	04:30:07	+01:43:12	09:39
84	86	Miguel Loureiro	individual	Veterano M40	04:30:08	+01:43:13	09:39
85	93	Armando Moreno	individual	Veterano M50	04:31:13	+01:44:19	09:41

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	119	Manuel Barbosa	paredes running	Veterano M40	04:32:32	+01:45:38	09:44
87	41	Hélder Ribeiro	focoteam24	Senior Masculino	04:34:27	+01:47:32	09:48
88	122	Nelson Vaz	profisioeupagoteam	Senior Masculino	04:35:18	+01:48:24	09:50
89	23	Adelino Silva	ccd - siemens	Veterano M40	04:36:52	+01:49:57	09:53
90	130	Tiago Costa	sk	Senior Masculino	04:37:45	+01:50:50	09:55
91	6	Carlos Carreira	ade trail running	Senior Masculino	04:37:49	+01:50:55	09:55
92	64	Antonio Silva	individual	Senior Masculino	04:37:59	+01:51:04	09:56
93	85	Marcos Gandra	individual	Veterano M40	04:41:47	+01:54:53	10:04
94	139	Sérgio Moreira	togart	Veterano M40	04:44:03	+01:57:08	10:09
95	16	Fernando Jorge da Rocha Camelo	boavista trail	Veterano M40	04:47:23	+02:00:28	10:16
96	18	Nuno Filipe Carmo Almeida Teixeira	boavista trail	Veterano M40	04:47:23	+02:00:28	10:16
97	101	Lúcio Santos	los vagabundos	Senior Masculino	04:48:27	+02:01:32	10:18
98	19	Carlos Vieira	btt alegria // tubani	Senior Masculino	04:48:28	+02:01:33	10:18
99	40	Rómulo Silva	factor x / s4l / medense fc	Veterano M40	04:50:02	+02:03:07	10:22
100	98	Helder Gomes	kemedo team	Veterano M40	04:50:04	+02:03:09	10:22
101	97	Pedro Marques	kemedo team	Senior Masculino	04:50:04	+02:03:10	10:22
102	29	António Azevedo	douroconta _ gabinete de apoio e contabilidade, lda	Veterano M50	04:50:08	+02:03:14	10:22
103	68	João Daniel Gaioso Fernandes	individual	Senior Masculino	04:51:48	+02:04:53	10:25
104	99	Luís Azevedo	konta trilhos	Veterano M40	04:53:40	+02:06:45	10:29
105	75	RICARDO FRANÇA	individual	Senior Masculino	04:55:20	+02:08:25	10:33
106	149	Maria Fernanda Freitas Ferreira	correr leça	Veterana F40	04:56:07	+02:09:12	10:35
107	94	Arnaldo Marinho	individual	Veterano M50	05:00:31	+02:13:36	10:44
108	62	Marta Sousa	hora do lobo trail /cf perosinho atletismo	Veterana F40	05:02:30	+02:15:35	10:48
109	81	Eduardo Nascimento	individual	Veterano M40	05:04:35	+02:17:40	10:53
110	17	José Paulo Lara da Silva	boavista trail	Veterano M40	05:05:10	+02:18:15	10:54
111	84	Jose alberto Abreu Lage	individual	Veterano M40	05:05:16	+02:18:21	10:54
112	144	HELENA GOMES	wolves	Veterana F40	05:06:30	+02:19:35	10:57
113	45	Micael Cunha	gaia trail	Senior Masculino	05:10:24	+02:23:29	11:05
114	80	Antonio Santos	individual	Veterano M40	05:10:54	+02:23:59	11:06
115	36	Nuno Santos	equipaa	Veterano M40	05:10:58	+02:24:03	11:06
116	31	Diana	equipaa	Veterana F40	05:10:58	+02:24:04	11:06
117	63	David Nogueira	hora do lobo trail /cf perosinho atletismo	Veterano M50	05:14:58	+02:28:03	11:15
118	55	Nuno Costa	gtt-armazem do caffè	Senior Masculino	05:15:36	+02:28:41	11:16
119	22	Nuno Ferreira	ccd - siemens	Senior Masculino	05:16:29	+02:29:34	11:18
120	143	PAULO VALENTE	trailistas "eu é que sei!"	Veterano M50	05:16:29	+02:29:34	11:18
121	142	Avelvino Faria	trailistas "eu é que sei!"	Veterano M50	05:16:30	+02:29:35	11:18
122	33	RosaMaria Oliveira Guedes Sousa Ferreera	equipaa	Veterana F50	05:20:36	+02:33:41	11:27
123	150	Helder Silva	equipaa	Senior Masculino	05:20:37	+02:33:42	11:27
124	92	Antero Cunha	individual	Veterano M50	05:25:39	+02:38:44	11:38
125	102	Joana Azevedo	marco runners	Senior Feminino	05:26:06	+02:39:12	11:39
126	72	Manuel Ruivo	individual	Senior Masculino	05:28:54	+02:41:59	11:45
127	89	Rui Fernandes	individual	Veterano M40	05:28:54	+02:41:59	11:45
128	158	Esmeralda Fiuza	individual	Veterana F50	05:31:20	+02:44:25	11:50

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	138	Bruno Santos	togart	Veterano M40	05:35:28	+02:48:34	11:59
130	137	Carla Santos	togart	Veterana F40	05:35:29	+02:48:34	11:59
131	125	Joao Campos	s. s. montepio	Veterano M40	05:47:25	+03:00:30	12:24
132	1335	Alberto Martins	wolves	Veterano M50	06:05:45	+03:18:50	13:04
133	155	Maria Iracema Costa	wolves	Veterana F50	06:05:45	+03:18:50	13:04
134	37	Manuel Cunha Lima	experienciar	Veterano M50	06:42:25	+03:55:30	14:22

Trail Longo

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	99%
End	15:43	14.2°C	99%

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

1	117	Ana Vieira	Oralklass-Amigos do Trail	Senior Feminino	04:09:49	+01:22:55	08:55:54
2	102	Joana Azevedo	Marco Runners	Senior Feminino	05:26:06	+02:39:12	11:39:58

Senior Masculino

1	147	Rafael Cruz	Oralklass-Amigos do Trail	Senior Masculino	02:49:51	+02:57	06:04
2	146	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	02:56:21	+09:26	06:18
3	42	Marcelo Araújo	Focoteam24	Senior Masculino	03:01:19	+14:24	06:29
4	148	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:03:30	+16:35	06:33
5	1	Tiago Teixeira	EDV-VIANA TRAIL	Senior Masculino	03:16:29	+29:35	07:01
6	70	Joel Sousa Pinto	Individual	Senior Masculino	03:18:13	+31:18	07:05
7	131	ANTONIO MAIA	Team Trail Bem Viver	Senior Masculino	03:22:44	+35:49	07:14
8	104	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	03:25:23	+38:28	07:20
9	154	João Pedro Costa Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:30:30	+43:36	07:31
10	78	Vítor cruz	Individual	Senior Masculino	03:31:12	+44:18	07:33
11	113	José Manuel da Costa Pinto	Nós Acreditamos	Senior Masculino	03:33:53	+46:59	07:38
12	120	Sandro Marcos Mendes da Silva	Pêssegos	Senior Masculino	03:37:49	+50:54	07:47
13	109	Filipe André Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	03:39:10	+52:15	07:50
14	132	BRUNO GONCALVES	Team Trail Bem Viver	Senior Masculino	03:39:17	+52:23	07:50
15	44	Ivo Peko	Gaia Trail	Senior Masculino	03:40:33	+53:39	07:53
16	20	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	03:43:02	+56:08	07:58
17	7	Carlos Costa	ALIANÇA DE GANDRA	Senior Masculino	03:44:59	+58:04	08:02
18	46	Nelson Marques	Gaia Trail	Senior Masculino	03:49:17	+01:02:22	08:11
19	133	dionisio ferreira	Team Trail Bem Viver	Senior Masculino	03:50:15	+01:03:20	08:13
20	26	Miguel Alves	Devasta Trilhos	Senior Masculino	03:54:09	+01:07:14	08:22
21	105	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:54:52	+01:07:58	08:23
22	106	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:54:53	+01:07:58	08:23
23	47	Paulo Madeira	Gaia Trail	Senior Masculino	04:00:40	+01:13:46	08:36
24	5	Carlos Vieira	A.D.Sebolido Trail Boneca Douro	Senior Masculino	04:08:02	+01:21:07	08:52
25	135	RUI MADUREIRA	Team Trail Bem Viver	Senior Masculino	04:09:52	+01:22:58	08:55
26	134	FILIPE FERREIRA	Team Trail Bem Viver	Senior Masculino	04:13:13	+01:26:18	09:03
27	73	Mário da Silva	Individual	Senior Masculino	04:15:43	+01:28:49	09:08
28	12	Carlos Cardoso	BitRunners	Senior Masculino	04:17:57	+01:31:02	09:13
29	14	Pedro Ricardo Oliveira Lourenço	Boavista Trail	Senior Masculino	04:19:02	+01:32:07	09:15
30	39	Pedro Ricardo Cravo Viana	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:20:52	+01:33:57	09:19
31	48	Paulo Pinho	Gaia Trail	Senior Masculino	04:23:17	+01:36:23	09:24
32	74	Paulo Jorge Costa das Neves	Individual	Senior Masculino	04:23:48	+01:36:53	09:25
33	121	Pedro Miguel Duarte Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	04:23:48	+01:36:53	09:25

Official Timekeeper: Lap2Go	1 / 4	generate 14-Apr-2019 15:45
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Trail Longo

28 KM

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OFFICIAL RESULT

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34	25	Ricardo Carvalho	CTAD - Consumo Zero	Senior Masculino	04:25:56	+01:39:01	09:30
35	56	Rui Samuel Gonçalves	GTT-ARMAZEM DO CAFFÉ	Senior Masculino	04:27:08	+01:40:13	09:32
36	38	Daniel Terra	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:28:47	+01:41:52	09:36
37	41	Hélder Ribeiro	Focoteam24	Senior Masculino	04:34:27	+01:47:32	09:48
38	122	Nelson Vaz	ProFisioeupagoTeam	Senior Masculino	04:35:18	+01:48:24	09:50
39	130	Tiago Costa	SK	Senior Masculino	04:37:45	+01:50:50	09:55
40	6	Carlos Carreira	ADE Trail Running	Senior Masculino	04:37:49	+01:50:55	09:55
41	64	Antonio Silva	Individual	Senior Masculino	04:37:59	+01:51:04	09:56
42	101	Lúcio Santos	Los Vagabundos	Senior Masculino	04:48:27	+02:01:32	10:18
43	19	Carlos Vieira	BTT Alegria // TUBANI	Senior Masculino	04:48:28	+02:01:33	10:18
44	97	Pedro Marques	KeMedo Team	Senior Masculino	04:50:04	+02:03:10	10:22
45	68	João Daniel Gaioso Fernandes	Individual	Senior Masculino	04:51:48	+02:04:53	10:25
46	75	RICARDO FRANÇA	Individual	Senior Masculino	04:55:20	+02:08:25	10:33
47	45	Micael Cunha	Gaia Trail	Senior Masculino	05:10:24	+02:23:29	11:05
48	55	Nuno Costa	GTT-ARMAZEM DO CAFFÉ	Senior Masculino	05:15:36	+02:28:41	11:16
49	22	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	05:16:29	+02:29:34	11:18
50	150	Helder Silva	EquipaA	Senior Masculino	05:20:37	+02:33:42	11:27
51	72	Manuel Ruivo	Individual	Senior Masculino	05:28:54	+02:41:59	11:45

Sub 23 Masculino

1	151	António Filipe Braziela Rocha	Oralklass-Amigos do Trail	Sub 23 Masculino	02:46:54	05:58
2	159	Pedro Silva	Individual	Sub 23 Masculino	03:39:58	+53:03 07:51
3	141	Ruben Daniel Soares Vieira	Trail Team Bifase	Sub 23 Masculino	03:47:24	+01:00:30 08:07
4	9	Tiago Costa	Associação Desportiva de Cabroelo	Sub 23 Masculino	03:59:36	+01:12:42 08:33

Veterana F40

1	2	Paula Lage	SiM Summit	Veterana F40	03:49:27	+01:02:33	08:12
2	15	Marta Silva	Boavista Trail	Veterana F40	03:57:27	+01:10:32	08:29
3	10	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	04:14:31	+01:27:36	09:05
4	32	Olga Branquinho	EquipaA	Veterana F40	04:20:08	+01:33:13	09:17
5	149	Maria Fernanda Freitas Ferreira	CORRER LEÇA	Veterana F40	04:56:07	+02:09:12	10:35
6	62	Marta Sousa	Hora do Lobo Trail /CF Perosinho Atletismo	Veterana F40	05:02:30	+02:15:35	10:48
7	144	HELENA GOMES	WOLVES	Veterana F40	05:06:30	+02:19:35	10:57
8	31	Diana	EquipaA	Veterana F40	05:10:58	+02:24:04	11:06
9	137	Carla Santos	TOGART	Veterana F40	05:35:29	+02:48:34	11:59

Veterana F50

1	33	RosaMaria Oliveira Guedes Sousa Ferreera	EquipaA	Veterana F50	05:20:36	+02:33:41	11:27
2	158	Esmeralda Fiuza	Individual	Veterana F50	05:31:20	+02:44:25	11:50

Trail Longo

28 KM

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OFFICIAL RESULT

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3	155	Maria Iracema Costa	WOLVES	Veterana F50	06:05:45	+03:18:50	13:04
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Veterano M40

1	3	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	02:55:18	+08:23	06:16
2	28	Helder Rocha	Douroconta _ Gabinete de Apoio e Contabilidade, Lda	Veterano M40	03:09:24	+22:30	06:46
3	110	José Meneses	NOCTURNOS DE PAREDES	Veterano M40	03:12:45	+25:50	06:53
4	21	Lino Pinto	BTT Alegria // TUBANI	Veterano M40	03:13:58	+27:04	06:56
5	145	Fernando Taborda	Oralklass-Amigos do Trail	Veterano M40	03:18:14	+31:19	07:05
6	140	Pedro Moreira	Trail Santa Marta / Tristes Mas Duros	Veterano M40	03:26:10	+39:15	07:22
7	114	Fernando Jorge Ribeiro de Sousa Carvalho	Nós Acreditamos	Veterano M40	03:26:15	+39:20	07:22
8	59	Rogério Vicente	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:28:16	+41:21	07:26
9	82	Frank Fritsche	Individual	Veterano M40	03:28:43	+41:48	07:27
10	57	César Canito	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:28:57	+42:02	07:28
11	111	Pedro Pereira	NOCTURNOS DE PAREDES	Veterano M40	03:47:44	+01:00:49	08:08
12	60	Sérgio André da Silva Coelho	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:51:36	+01:04:42	08:16
13	124	Emanuel Costa	S. S. Montepio	Veterano M40	03:51:37	+01:04:42	08:16
14	35	José Pinto	EquipaA	Veterano M40	03:54:24	+01:07:29	08:22
15	34	Jorge Lopes	EquipaA	Veterano M40	03:54:24	+01:07:29	08:22
16	161	Fernando Almeida	NOCTURNOS DE PAREDES	Veterano M40	03:57:33	+01:10:38	08:29
17	24	Fernando Remelgado	CCD - SIEMENS	Veterano M40	04:00:10	+01:13:15	08:35
18	88	Rúben Alves	Individual	Veterano M40	04:02:51	+01:15:56	08:40
19	128	Antonio Coelho	sabiUs	Veterano M40	04:04:05	+01:17:10	08:43
20	79	António Morais	Individual	Veterano M40	04:16:24	+01:29:29	09:09
21	91	Vitor neto	Individual	Veterano M40	04:16:27	+01:29:33	09:10
22	58	Jorge Borges	GTT-ARMAZEM DO CAFFÉ	Veterano M40	04:18:42	+01:31:47	09:14
23	90	SILVIO FERREIRA	Individual	Veterano M40	04:20:12	+01:33:17	09:18
24	50	Rui Oliveira	Gaia Trail	Veterano M40	04:27:30	+01:40:35	09:33
25	87	Paulo Fernandes	Individual	Veterano M40	04:30:07	+01:43:12	09:39
26	86	Miguel Loureiro	Individual	Veterano M40	04:30:08	+01:43:13	09:39
27	119	Manuel Barbosa	Paredes Running	Veterano M40	04:32:32	+01:45:38	09:44
28	23	Adelino Silva	CCD - SIEMENS	Veterano M40	04:36:52	+01:49:57	09:53
29	85	Marcos Gandra	Individual	Veterano M40	04:41:47	+01:54:53	10:04
30	139	Sérgio Moreira	TOGART	Veterano M40	04:44:03	+01:57:08	10:09
31	16	Fernando Jorge da Rocha Camelo	Boavista Trail	Veterano M40	04:47:23	+02:00:28	10:16
32	18	Nuno Filipe Carmo Almeida Teixeira	Boavista Trail	Veterano M40	04:47:23	+02:00:28	10:16
33	40	Rómulo Silva	FACTOR X / S4L / MEDENSE FC	Veterano M40	04:50:02	+02:03:07	10:22
34	98	Helder Gomes	KeMedo Team	Veterano M40	04:50:04	+02:03:09	10:22
35	99	Luís Azevedo	Konta trilhos	Veterano M40	04:53:40	+02:06:45	10:29
36	81	Eduardo Nascimento	Individual	Veterano M40	05:04:35	+02:17:40	10:53
37	17	José Paulo Lara da Silva	Boavista Trail	Veterano M40	05:05:10	+02:18:15	10:54
38	84	Jose alberto Abreu Lage	Individual	Veterano M40	05:05:16	+02:18:21	10:54
39	80	Antonio Santos	Individual	Veterano M40	05:10:54	+02:23:59	11:08

Official Timekeeper: Lap2Go	3 / 4	generate 14-Apr-2019 15:45
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Trail Longo

28 KM

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OFFICIAL RESULT

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40	36	Nuno Santos	EquipaA	Veterano M40	05:10:58	+02:24:03	11:06
41	89	Rui Fernandes	Individual	Veterano M40	05:28:54	+02:41:59	11:45
42	138	Bruno Santos	TOGART	Veterano M40	05:35:28	+02:48:34	11:59
43	125	Joao Campos	S. S. Montepio	Veterano M40	05:47:25	+03:00:30	12:24

Veterano M50

1	4	Fernando Neves Benjamim	CENTRO CICLISTA DE GONDOMAR	Veterano M50	03:25:23	+38:28	07:20
2	116	Francisco da Silva Lemos	Nós Acreditamos	Veterano M50	03:31:42	+44:47	07:34
3	112	José Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M50	03:36:43	+49:48	07:44
4	115	Amadeu Teixeira	Nós Acreditamos	Veterano M50	03:43:10	+56:16	07:58
5	53	Maximiano Rodrigues	Gaia Trail	Veterano M50	03:47:20	+01:00:25	08:07
6	108	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:51:43	+01:04:49	08:17
7	54	Silvério correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	03:53:15	+01:06:20	08:20
8	51	Joaquim Pereira	Gaia Trail	Veterano M50	03:57:13	+01:10:19	08:28
9	100	Agostinho Sousa	Kunalama runners	Veterano M50	04:03:09	+01:16:15	08:41
10	13	António Augusto dos Reis Pinto	BitRunners	Veterano M50	04:05:22	+01:18:27	08:46
11	27	Joaquim Leite	Devasta Trilhos	Veterano M50	04:12:27	+01:25:32	09:01
12	96	Pedro Barbosa	Individual	Veterano M50	04:16:25	+01:29:30	09:09
13	52	José Morais	Gaia Trail	Veterano M50	04:27:30	+01:40:35	09:33
14	93	Armando Moreno	Individual	Veterano M50	04:31:13	+01:44:19	09:41
15	29	António Azevedo	Douroconta _ Gabinete de Apoio e Contabilidade, Lda	Veterano M50	04:50:08	+02:03:14	10:22
16	94	Arnaldo Marinho	Individual	Veterano M50	05:00:31	+02:13:36	10:44
17	63	David Nogueira	Hora do Lobo Trail /CF Perosinho Atletismo	Veterano M50	05:14:58	+02:28:03	11:15
18	143	PAULO VALENTE	Trailistas "Eu é que sei!"	Veterano M50	05:16:29	+02:29:34	11:18
19	142	Avelvino Faria	Trailistas "Eu é que sei!"	Veterano M50	05:16:30	+02:29:35	11:18
20	92	Antero Cunha	Individual	Veterano M50	05:25:39	+02:38:44	11:38
21	1335	Alberto Martins	WOLVES	Veterano M50	06:05:45	+03:18:50	13:04
22	37	Manuel Cunha Lima	experiençar	Veterano M50	06:42:25	+03:55:30	14:22

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Official Timekeeper: Lap2Go	1 / 1	generate 14-Apr-2019 15:45
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TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:05	-99°C	-99%
End	14:02	17.6°C	75%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1523	Bruno Coelho	team trail bifase	Senior Masculino	01:31:23		05:23
2	1209	Agostinho Reis	individual	Senior Masculino	01:34:15	+02:51	05:33
3	1417	Fernando Neves	oralklass-amigos do trail	Senior Masculino	01:35:11	+03:48	05:36
4	1138	Rui Azevedo	fridao sem limites	Senior Masculino	01:37:51	+06:28	05:45
5	1147	João Trigueiros	gaia trail	Senior Masculino	01:38:40	+07:16	05:48
6	1250	Paulo Moreira	individual	Senior Masculino	01:38:43	+07:19	05:48
7	1462	Eurico Emanuel Miranda Ferreira Moura	retorta - quinta das arcas	Veterano M40	01:39:02	+07:39	05:50
8	1233	Hélio Dias	individual	Senior Masculino	01:39:19	+07:56	05:51
9	1140	Patrick Marques	fridao sem limites	Veterano M40	01:40:23	+09:00	05:54
10	1108	Ivo Barbosa	devasta trilhos	Senior Masculino	01:43:07	+11:44	06:04
11	1463	Adelino Silva	retorta - quinta das arcas	Veterano M40	01:44:23	+13:00	06:08
12	1092	Rui Sousa	centro ciclista de gondomar	Veterano M40	01:45:08	+13:44	06:11
13	1532	Pedro Alves	togart	Veterano M40	01:45:34	+14:11	06:13
14	1094	Asdrubal Freitas	centro ciclista de gondomar	Veterano M50	01:46:43	+15:20	06:17
15	1021	Filipe Manuel Fernandes Tavares	aztrail	Senior Masculino	01:47:55	+16:31	06:21
16	1313	José Paulo Ribeiro	individual	Veterano M40	01:48:15	+16:51	06:22
17	1016	Orlando Barbosa	retorta - quinta das arcas	Veterano M40	01:48:29	+17:06	06:23
18	1325	Ricardo	individual	Veterano M40	01:49:20	+17:57	06:26
19	1315	Luís Soares	individual	Veterano M40	01:49:46	+18:23	06:27
20	1573	Tiago Sousa	trail team bifase	Junior Masculino	01:52:12	+20:49	06:36
21	1358	Hugo Martins	la zinco	Veterano M40	01:53:42	+22:19	06:41
22	1479	Carlos alberto mendes barbosa	running penafiel trail	Veterano M40	01:53:52	+22:29	06:42
23	1448	BRUNO MELO	porto sentido runners	Senior Masculino	01:54:13	+22:49	06:43
24	1005	Leonel Neves	aliança de gandra	Veterano M40	01:54:35	+23:12	06:44
25	1431	Sergio Gomes	os preguiças	Veterano M40	01:54:52	+23:29	06:45
26	1497	Adão Seabra	seabras	Veterano M50	01:54:59	+23:36	06:46
27	1570	Rita Daniela Silva Loureiro	oralklass-amigos do trail	Senior Feminino	01:55:03	+23:39	06:46
28	1107	Eduardo xavier	devasta trilhos	Senior Masculino	01:55:26	+24:03	06:47
29	1259	Ricardo Ferreira	individual	Senior Masculino	01:55:39	+24:16	06:48
30	1013	Tó Luís	amigos 100 limites	Sub 23 Masculino	01:56:00	+24:36	06:49
31	1093	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	01:56:09	+24:46	06:50
32	1483	Carlos Vinha	running penafiel trail	Veterano M50	01:56:29	+25:06	06:51
33	1122	Filipe Escobar	equipaa	Veterano M40	01:57:00	+25:37	06:53
34	1569	Pedro Rafael da Silva Pereira	individual	Sub 23 Masculino	01:57:04	+25:40	06:53
35	1572	Ricardo Miranda	trail team bifase	Junior Masculino	01:58:13	+26:50	06:57
36	1117	Carlos sousa	devasta trilhos	Veterano M50	01:58:41	+27:18	06:59
37	1020	António Cunha	atletas de fim de semana	Veterano M40	01:59:24	+28:01	07:01
38	136	Bruno Monteiro	togart	Senior Masculino	01:59:36	+28:13	07:02
39	1583	António Jesus	centro ciclista de gondomar	Veterano M40	01:59:44	+28:20	07:03
40	1449	Filipe Martins	porto sentido runners	Senior Masculino	01:59:50	+28:27	07:03

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1288	António Coelho	individual	Veterano M40	01:59:57	+28:34	07:03
42	1577	Alexandra Fernandes	oralklass-amigos do trail	Veterana F50	02:00:17	+28:54	07:05
43	1258	RICARDO CASTRO	individual	Senior Masculino	02:00:51	+29:28	07:07
44	1464	Rogério Coelho	retorta - quinta das arcas	Veterano M40	02:01:15	+29:51	07:08
45	1132	Júlio André Baptista Sousa	factor x / s4l / medense fc	Senior Masculino	02:02:09	+30:46	07:11
46	1392	Ibraim Sosua	mss contabilidade trail team	Veterano M40	02:02:24	+31:01	07:12
47	1396	Manuel Póvoas	mss contabilidade trail team	Veterano M50	02:02:24	+31:01	07:12
48	1311	José da Rocha e Sousa	individual	Veterano M40	02:02:38	+31:15	07:13
49	152	Albino pires	porto sentido runners	Veterano M40	02:02:39	+31:15	07:13
50	1002	Fernanda Machado	aliança de gandra	Senior Feminino	02:02:40	+31:16	07:13
51	1169	Ruben Salgado	gtt-armazem do caffè	Junior Masculino	02:02:49	+31:26	07:14
52	1249	Paulo Clemente	individual	Senior Masculino	02:03:10	+31:47	07:15
53	1139	Manuel Teixeira	fridao sem limites	Veterano M40	02:03:14	+31:51	07:15
54	1098	Catarina Serrazina	crp - ribafria	Senior Feminino	02:03:22	+31:59	07:15
55	1085	Valter Gouveia	centro ciclista de gondomar	Senior Masculino	02:03:23	+32:00	07:16
56	1559	José Pinto	turbo kings 2.0	Veterano M40	02:03:25	+32:02	07:16
57	1558	Bruno Filipe Monteiro FERreira	turbo kings 2.0	Senior Masculino	02:03:25	+32:02	07:16
58	1149	Jorge beliago	gansos	Senior Masculino	02:03:27	+32:04	07:16
59	1567	Ricardo André da Silva Pereira	individual	Senior Masculino	02:03:31	+32:08	07:16
60	1004	Hélder Borges	aliança de gandra	Veterano M40	02:03:36	+32:13	07:16
61	1112	Dario Cardoso	devasta trilhos	Veterano M40	02:04:02	+32:39	07:18
62	1380	Mlguel Santos	moinhos run - adrm	Veterano M40	02:04:04	+32:41	07:18
63	1364	Hugo Ribeiro	limitless	Senior Masculino	02:04:32	+33:09	07:20
64	1216	Bruno Quintino	individual	Senior Masculino	02:04:40	+33:17	07:20
65	1348	Paulo Morais	individual	Veterano M50	02:04:48	+33:25	07:21
66	1167	Victor Marçal Fernandes	grupo desportivo da goma	Veterano M40	02:04:50	+33:26	07:21
67	1307	Jorge Durães	individual	Veterano M40	02:04:55	+33:32	07:21
68	1009	Paulo Jorge Inverneiro Pereira	alpha running	Senior Masculino	02:05:16	+33:53	07:22
69	1077	Francisco Oliveira	castelo crossfit	Veterano M40	02:05:27	+34:04	07:23
70	1243	Miguel Machado	individual	Senior Masculino	02:05:29	+34:06	07:23
71	1468	Jorge detes	running penafiel trail	Veterano M40	02:05:34	+34:11	07:23
72	1294	Carlos Bessa	individual	Veterano M40	02:05:42	+34:19	07:24
73	1566	Brígida Pinto	oralklass-amigos do trail	Senior Feminino	02:05:52	+34:29	07:24
74	1414	José Fernandes	nova linha trail runners	Veterano M40	02:06:07	+34:44	07:25
75	1213	Armando Reis	individual	Senior Masculino	02:06:12	+34:49	07:25
76	1574	Jose Luis Sa	individual	Senior Masculino	02:07:49	+36:25	07:31
77	1388	Fábio Miguel Sousa	mss contabilidade trail team	Senior Masculino	02:07:49	+36:26	07:31
78	1402	Mauro Cardoso	nocturnos de paredes	Senior Masculino	02:08:13	+36:50	07:33
79	1585	Mario Lima	individual	Senior Masculino	02:08:21	+36:58	07:33
80	1141	António Carlos 01	fridao sem limites	Veterano M50	02:08:51	+37:28	07:35
81	1113	João barros	devasta trilhos	Veterano M40	02:08:55	+37:31	07:35
82	1097	Pedro Leandro Guedes Nogueira	clube vodafone	Senior Masculino	02:08:59	+37:36	07:35
83	1450	Filipe Nascimento	porto sentido runners	Senior Masculino	02:09:02	+37:39	07:35
84	1255	pedro moreira	individual	Senior Masculino	02:09:04	+37:41	07:36
85	1014	Tó Faria	amigos 100 limites	Veterano M40	02:09:12	+37:49	07:36

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	1327	Rui silva	individual	Veterano M40	02:09:12	+37:49	07:36
87	1211	André Oliveira	individual	Senior Masculino	02:09:35	+38:12	07:37
88	1478	Cidália Ferreira	running penafiel trail	Veterana F40	02:09:48	+38:24	07:38
89	127	Jose Costa	s. s. montepio	Veterano M50	02:10:05	+38:42	07:39
90	1411	Marcos de Sousa	nova linha trail runners	Senior Masculino	02:10:17	+38:53	07:40
91	1158	Nuno Vasco Rocha	gazella running team	Senior Masculino	02:12:11	+40:48	07:47
92	1163	Gustavo Santos	gramidense ifc	Senior Masculino	02:12:12	+40:49	07:47
93	1317	Miguel Teixeira	individual	Veterano M40	02:12:12	+40:49	07:47
94	1461	Nuno Moreira	retorta - quinta das arcas	Senior Masculino	02:12:13	+40:50	07:47
95	1371	João Paulo Regal de Sousa	mangueiras - run/walk team	Senior Masculino	02:12:21	+40:57	07:47
96	1010	Carlos Alberto Soares Moreira	alpha running	Veterano M40	02:12:26	+41:03	07:47
97	1416	Florindo Pereira	nova linha trail runners	Veterano M50	02:12:43	+41:20	07:48
98	1270	Eduardo Vieira	individual	Sub 23 Masculino	02:12:52	+41:29	07:49
99	1006	Paulo Sousa	aliança de gandra	Veterano M40	02:13:07	+41:44	07:50
100	1008	Sérgio Pereira	aliança de gandra	Veterano M40	02:13:07	+41:44	07:50
101	1011	Patrícia Conceição	amigos 100 limites	Senior Feminino	02:13:12	+41:49	07:50
102	1234	Jaime Soares	running penafiel trail	Senior Masculino	02:13:23	+42:00	07:51
103	1198	Marta Moreira	individual	Senior Feminino	02:13:48	+42:25	07:52
104	1159	Ricardo Vieira	gazella running team	Senior Masculino	02:13:49	+42:25	07:52
105	1394	Márcio Almeida	mss contabilidade trail team	Veterano M40	02:14:12	+42:49	07:54
106	1049	Tony Mendes	btt alegria // tubani	Veterano M40	02:14:12	+42:49	07:54
107	1046	Ricardo Coelho	btt alegria // tubani	Senior Masculino	02:14:13	+42:50	07:54
108	1379	Simão sousa	moinhos run - adrm	Senior Masculino	02:14:13	+42:50	07:54
109	1378	Hugo soares	moinhos run - adrm	Junior Masculino	02:14:15	+42:52	07:54
110	1035	Marco Sousa	baltar trail runners	Veterano M40	02:14:26	+43:03	07:54
111	1355	Luís Silva	la zinco	Senior Masculino	02:14:40	+43:17	07:55
112	1110	Américo França	devasta trilhos	Veterano M50	02:14:52	+43:29	07:56
113	1052	Rui Pedro Martins Machado	bttombos	Senior Masculino	02:14:55	+43:32	07:56
114	1133	Marcos André Neves dos Santos	factor x / s4l / medense fc	Senior Masculino	02:15:31	+44:08	07:58
115	1252	Pedro	individual	Senior Masculino	02:16:17	+44:54	08:01
116	1495	Carlos Filipe Santos	sabius	Senior Masculino	02:16:33	+45:10	08:02
117	1215	Bruno Delgado	individual	Senior Masculino	02:17:04	+45:41	08:04
118	1320	Nuno Ferreira	individual	Veterano M40	02:17:07	+45:43	08:04
119	1151	Alcino tavares	gansos	Veterano M40	02:17:42	+46:19	08:06
120	1352	Joel Ferreira Coelho	joel ferreira coelho	Veterano M40	02:17:42	+46:19	08:06
121	1413	Daniel Tomé	nova linha trail runners	Veterano M40	02:17:45	+46:22	08:06
122	1036	Vitor Manuel Nogueira Barbosa	baltar trail runners	Veterano M40	02:17:46	+46:22	08:06
123	156	Luis Lopes	running penafiel trail	Senior Masculino	02:18:07	+46:44	08:08
124	1096	Jorge Silva	centro ciclista de gondomar	Veterano M50	02:18:20	+46:56	08:08
125	1526	Manuel Pacheco Ferreira	tecla 3 runners	Veterano M40	02:18:22	+46:59	08:08
126	1516	Sérgio Sousa	stcp runners	Veterano M40	02:19:24	+48:01	08:12
127	71	José Paulo Ferreira da Silva	individual	Senior Masculino	02:19:38	+48:14	08:13
128	1316	Manuel da silva e Sousa	individual	Veterano M40	02:19:45	+48:22	08:13
129	1340	Fernando Duarte Ferreira	individual	Veterano M50	02:19:50	+48:26	08:14
130	1185	Elisabete Rente	individual	Senior Feminino	02:19:50	+48:27	08:14

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	1547	Nuno Cunha	trail santa marta / tristes mas duros	Senior Masculino	02:19:56	+48:33	08:14
132	1306	João Fernando Da Silva Ribeiro	individual	Veterano M40	02:20:12	+48:49	08:15
133	1034	Tiago Jesus	baltar trail runners	Senior Masculino	02:20:48	+49:25	08:17
134	1480	HENRIQUE SOUSA	running penafiel trail	Veterano M40	02:20:55	+49:31	08:17
135	1298	David Sousa	individual	Veterano M40	02:21:03	+49:40	08:18
136	1507	Valter Barbosa	stcp runners	Senior Masculino	02:21:09	+49:46	08:18
137	1524	Lucília Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	02:21:15	+49:52	08:19
138	1525	Hugo Filipe Fernandes Sousa	tecla 3 runners	Senior Masculino	02:21:15	+49:52	08:19
139	1125	Alexandre Pereira	equipaa	Veterano M40	02:21:23	+50:00	08:19
140	1415	José silva	nova linha trail runners	Veterano M50	02:21:27	+50:04	08:19
141	1460	Sérgio Soares	proselteam	Senior Masculino	02:21:39	+50:16	08:20
142	1066	Jorge Proença	castelo crossfit	Senior Masculino	02:21:48	+50:25	08:21
143	1251	Paulo Vieira	individual	Senior Masculino	02:22:07	+50:44	08:22
144	1090	Henrique Matos	centro ciclista de gondomar	Veterano M40	02:22:09	+50:46	08:22
145	1542	Manuel Fernando Lopes soares	tombos trambolhões	Veterano M40	02:22:10	+50:47	08:22
146	1360	Pedro Ferreira	devasta trilhos	Veterano M40	02:23:12	+51:49	08:25
147	1175	Luis Silva	individual	Junior Masculino	02:23:13	+51:50	08:26
148	1429	Fernando Teixeira	os preguiças	Senior Masculino	02:23:14	+51:51	08:26
149	1018	José Moraes	arrasa trilhos	Veterano M50	02:23:18	+51:55	08:26
150	1336	Alcino Araújo	individual	Veterano M50	02:23:21	+51:58	08:26
151	1176	Marco Ferreira	individual	Junior Masculino	02:23:23	+52:00	08:26
152	1047	Sergio Coelho	btt alegria // tubani	Senior Masculino	02:23:31	+52:08	08:27
153	1581	Ângelo Tiago de Sousa Ribeiro	individual	Senior Masculino	02:23:35	+52:12	08:27
154	1271	José Eduardo Moreira Nogueira da Fonseca	individual	Sub 23 Masculino	02:23:35	+52:12	08:27
155	1427	Clara Teixeira	os preguiças	Senior Feminino	02:23:44	+52:21	08:27
156	1289	António Malheiro	individual	Veterano M40	02:24:00	+52:36	08:28
157	1557	Jorge Moreira	trepatrilhostrailteam	Veterano M50	02:24:03	+52:40	08:28
158	1492	Fernando Carvalho	s. s. montepio	Veterano M50	02:24:14	+52:51	08:29
159	1017	João Campos	arrasa trilhos	Senior Masculino	02:24:25	+53:02	08:30
160	1571	Arménio Salviano Santos Ribeiro	individual	Veterano M40	02:24:34	+53:11	08:30
161	1012	Alcino Silva	amigos 100 limites	Senior Masculino	02:25:32	+54:09	08:34
162	1575	Joaquim Alberto Barbosa da Silva	individual	Veterano M50	02:25:34	+54:11	08:34
163	1491	Rui Freitas	s. s. montepio	Veterano M40	02:25:52	+54:29	08:35
164	1023	Filipe Pereira	baltar runners - centro do mundo	Senior Masculino	02:25:57	+54:33	08:35
165	1245	Antonio Rodrigues	individual	Veterano M40	02:26:08	+54:45	08:36
166	1146	Fábio Coradinho	gafanhori	Senior Masculino	02:26:27	+55:04	08:37
167	1145	Sofia Rocha	gafanhori	Senior Feminino	02:26:27	+55:04	08:37
168	1391	Aurélio Salas	mss contabilidade trail team	Veterano M40	02:26:28	+55:05	08:37
169	1389	Tiago Sequeira	mss contabilidade trail team	Senior Masculino	02:26:29	+55:05	08:37
170	1299	Edgar Bruno Freitas Câmara	equipaa	Veterano M40	02:26:32	+55:09	08:37
171	1470	Ricardo Moreira	rumo à reforma team	Senior Masculino	02:26:36	+55:13	08:37
172	1469	Diogo Moreira	rumo à reforma team	Senior Masculino	02:26:37	+55:13	08:37

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
173	1543	TIAGO SERRANO	tontos team	Senior Masculino	02:26:42	+55:18	08:38
174	1028	Leandro Andrade	baltar runners - centro do mundo	Veterano M40	02:26:47	+55:24	08:38
175	1361	António Pinto	devasta trilhos	Veterano M50	02:26:55	+55:32	08:39
176	1538	Vitor Cardoso	togart	Veterano M40	02:27:13	+55:50	08:40
177	1242	Marcos Silva	individual	Senior Masculino	02:27:23	+55:59	08:40
178	1025	Raul Andrade	baltar runners - centro do mundo	Senior Masculino	02:27:29	+56:05	08:41
179	1076	Monica Carvalhais	castelo crossfit	Veterana F40	02:27:36	+56:12	08:41
180	1080	Miguel Barbosa	castelo crossfit	Veterano M40	02:27:36	+56:13	08:41
181	1304	Helder Rodrigues	individual	Veterano M40	02:27:42	+56:18	08:41
182	1440	Lucinda Marques	paredes running	Veterana F40	02:28:18	+56:55	08:43
183	1033	Orlando GONÇALVES	baltar trail runners	Senior Masculino	02:29:42	+58:19	08:48
184	1490	Rui Carvalho	s. s. montepio	Veterano M40	02:29:56	+58:33	08:49
185	1487	Antonio Oliveira	s. s. montepio	Veterano M40	02:29:56	+58:33	08:49
186	1041	Daniel Sousa	btt alegria // tubani	Senior Masculino	02:30:00	+58:37	08:49
187	1522	Tiago Borges	team shark	Senior Masculino	02:30:13	+58:50	08:50
188	1498	Diogo Bessa	sk	Sub 23 Masculino	02:30:41	+59:18	08:52
189	1438	Jorge Oliveira	paredes aventura	Veterano M40	02:30:46	+59:23	08:52
190	1408	José Manuel Moura	nocturnos de paredes	Veterano M40	02:30:56	+59:33	08:53
191	1500	Magalhães	sk	Veterano M40	02:31:01	+59:38	08:53
192	1519	João Santana	team aguenta aí	Veterano M50	02:31:10	+59:47	08:54
193	1154	Miguel costa	gansos	Veterano M40	02:31:16	+59:52	08:54
194	1541	Paulo Jorge Castro Silva Cunha	tombos trambolhões	Senior Masculino	02:31:20	+59:57	08:54
195	1254	Pedro Miguel Ferreira Catarino	individual	Senior Masculino	02:31:20	+59:57	08:54
196	8	Andra julio	armazém do café	Veterana F40	02:31:38	+01:00:15	08:55
197	1286	Amandio Sousa	individual	Veterano M40	02:31:42	+01:00:19	08:55
198	1303	Helder José da rocha Oliveira	individual	Veterano M40	02:31:51	+01:00:28	08:56
199	1232	Gilberto sousa	individual	Senior Masculino	02:31:55	+01:00:31	08:56
200	1109	Manuel Fernandes	devasta trilhos	Senior Masculino	02:31:56	+01:00:33	08:56
201	1084	Rui Coelho	castelo crossfit	Veterano M50	02:31:58	+01:00:34	08:56
202	1381	Patrícia Moreira	monte dos amigos	Senior Feminino	02:32:02	+01:00:38	08:57
203	1482	Oscar Novais	running penafiel trail	Veterano M40	02:32:11	+01:00:48	08:57
204	1193	Joana Santos	individual	Senior Feminino	02:32:15	+01:00:51	08:57
205	1027	António Couto	baltar runners - centro do mundo	Veterano M40	02:32:15	+01:00:52	08:57
206	1065	Eduardo Silva	castelo crossfit	Senior Masculino	02:32:20	+01:00:56	08:58
207	1269	Celsual	individual	Sub 23 Masculino	02:32:22	+01:00:59	08:58
208	1550	Vitor Neto	trail santa marta / tristes mas duros	Sub 23 Masculino	02:32:26	+01:01:03	08:58
209	1199	Patricia González García	individual	Senior Feminino	02:32:36	+01:01:13	08:59
210	153	Sergio Da Rocha soares	individual	Veterano M40	02:32:37	+01:01:14	08:59
211	1273	Belén Gómez Rodríguez	individual	Veterana F40	02:32:38	+01:01:15	08:59
212	1328	Sérgio Carvalho	individual	Veterano M40	02:33:13	+01:01:50	09:01
213	1160	HORÁCIO FERREIRA	generosos runners	Senior Masculino	02:33:21	+01:01:58	09:01
214	1134	Jorge Almeida	factor x / s4l / medense fc	Veterano M40	02:33:27	+01:02:04	09:02
215	1484	JOSÉ TEIXEIRA	running penafiel trail	Veterano M50	02:34:29	+01:03:06	09:05
216	1086	Elisabete Pereira	centro ciclista de gondomar	Veterana F40	02:35:36	+01:04:13	09:09
217	1247	Nuno Miguel Valério coelho	individual	Senior Masculino	02:35:41	+01:04:18	09:09

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	1485	Pedro Machado	s. s. montepio	Senior Masculino	02:37:18	+01:05:55	09:15
219	1031	Carlos Ferreira	baltar trail runners	Senior Masculino	02:37:22	+01:05:58	09:15
220	1489	Ricardo Resende	s. s. montepio	Veterano M40	02:37:29	+01:06:06	09:16
221	1442	Antonio Barbosa	paredes running	Veterano M40	02:37:33	+01:06:10	09:16
222	1217	Bruno rocha	individual	Senior Masculino	02:38:03	+01:06:40	09:18
223	1278	Mariana Magalhaes	individual	Veterana F40	02:38:05	+01:06:41	09:18
224	1404	Eusebio Barbosa	nocturnos de paredes	Veterano M40	02:38:08	+01:06:44	09:18
225	1223	Daniel Filipe Torres Santos Peres Peres	individual	Senior Masculino	02:38:32	+01:07:09	09:20
226	1267	Thomas Magalhães	individual	Senior Masculino	02:38:35	+01:07:12	09:20
227	1545	Bruno Gonçalves	trail santa marta / tristes mas duros	Senior Masculino	02:38:37	+01:07:14	09:20
228	1230	Fábio Jorge Martins de Sousa	individual	Senior Masculino	02:38:54	+01:07:31	09:21
229	1514	Paulo Lopes	stcp runners	Veterano M40	02:38:55	+01:07:32	09:21
230	1087	Sandra Matos	centro ciclista de gondomar	Veterana F40	02:38:56	+01:07:33	09:21
231	1354	Luís Vieira	kunalama runners	Senior Masculino	02:39:02	+01:07:39	09:21
232	1297	Celso Augusto Coelho Moreira	individual	Veterano M40	02:39:02	+01:07:39	09:21
233	1290	António Manuel Ferreira Castro Neves	individual	Veterano M40	02:39:12	+01:07:49	09:22
234	1459	Pedro Moreira	proselteam	Senior Masculino	02:40:36	+01:09:13	09:27
235	1436	Sandra Moreira	papatrails	Veterana F40	02:40:39	+01:09:16	09:27
236	1114	Luís Martins	devasta trilhos	Veterano M40	02:40:41	+01:09:18	09:27
237	1533	Patrícia Silva	togart	Senior Feminino	02:40:46	+01:09:22	09:27
238	1359	Agostinho Cardoso	devasta trilhos	Veterano M40	02:40:48	+01:09:24	09:28
239	1083	Ricardo Ferreira	castelo crossfit	Veterano M40	02:40:49	+01:09:26	09:28
240	1312	José da Silva cabral	individual	Veterano M40	02:40:57	+01:09:34	09:28
241	1339	Domingos da Silva Fonseca	individual	Veterano M50	02:40:57	+01:09:34	09:28
242	1310	José Carlos Antunes	individual	Veterano M40	02:41:00	+01:09:37	09:28
243	1407	José Luis Pinto	nocturnos de paredes	Veterano M40	02:41:03	+01:09:39	09:28
244	1048	Juca Teixeira	btt alegria // tubani	Veterano M40	02:42:24	+01:11:01	09:33
245	1452	Marina Silva	porto sentido runners	Veterana F40	02:42:29	+01:11:05	09:33
246	1458	Rui Teixeira	porto sentido runners	Veterano M40	02:42:29	+01:11:06	09:33
247	1162	Manuel Silva	gondomar futsal clube	Senior Masculino	02:42:36	+01:11:13	09:34
248	1137	Eliana Teixeira	fridao sem limites	Senior Feminino	02:42:53	+01:11:30	09:35
249	1562	Paulo Monteiro	wolves	Veterano M40	02:42:55	+01:11:32	09:35
250	1155	Paulo ribeiro	gansos	Veterano M40	02:42:57	+01:11:34	09:35
251	1240	Marcelo Miranda	individual	Senior Masculino	02:43:14	+01:11:50	09:36
252	1293	Sandra Lopes	individual	Senior Feminino	02:43:14	+01:11:51	09:36
253	1531	Augusto Fernandes	togart	Senior Masculino	02:44:11	+01:12:48	09:39
254	1135	Eugénio Soares	factor x / s4l / medense fc	Veterano M50	02:44:19	+01:12:56	09:40
255	1584	Pedro Soares	individual	Sub 23 Masculino	02:44:19	+01:12:56	09:40
256	1451	Cidália Soares	porto sentido runners	Veterana F40	02:44:40	+01:13:17	09:41
257	1508	Cristina Sousa	stcp runners	Veterana F40	02:44:45	+01:13:22	09:42
258	1324	Raul Jorge Martins de Sousa	individual	Veterano M40	02:45:04	+01:13:41	09:43
259	1395	Rui Augusto	mss contabilidade trail team	Veterano M40	02:45:07	+01:13:44	09:43
260	1511	Domingos Faustino	stcp runners	Veterano M40	02:45:25	+01:14:02	09:44
261	1024	Miguel Ribeiro	baltar runners - centro do mundo	Senior Masculino	02:46:07	+01:14:44	09:46
262	1260	Ricardo Ribeiro	individual	Senior Masculino	02:46:24	+01:15:01	09:47

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	1131	João Oliveira	facort running team	Senior Masculino	02:46:29	+01:15:06	09:48
264	1346	Nelson Nogueira	individual	Veterano M50	02:46:49	+01:15:26	09:49
265	1123	Alice Couto	equipaa	Veterana F50	02:46:53	+01:15:30	09:49
266	1428	Daniela Moutinho	os preguiças	Senior Feminino	02:46:53	+01:15:30	09:49
267	1329	SERGIO DIAS	running penafiel trail	Veterano M40	02:46:54	+01:15:31	09:49
268	1148	José Carlos Anjos	gansos	Junior Masculino	02:47:21	+01:15:58	09:51
269	1291	António Neto	individual	Veterano M40	02:47:23	+01:16:00	09:51
270	1318	António Manuel Sousa Pereira	nocturnos de paredes	Veterano M50	02:47:24	+01:16:01	09:51
271	1022	Abel Bessa	baltar runners - centro do mundo	Senior Masculino	02:47:34	+01:16:11	09:51
272	1502	Minda Coelho	somos nós team	Veterana F40	02:47:54	+01:16:31	09:53
273	1465	Mara freitas	reumático trail team	Senior Feminino	02:48:05	+01:16:41	09:53
274	1561	ISABEL CARVALHO	wolves	Veterana F40	02:48:08	+01:16:45	09:53
275	1237	Joaquim Cardoso	individual	Senior Masculino	02:48:41	+01:17:17	09:55
276	1447	Ana Maria Azevedo Flores Sousa Cruz	pêssegos	Senior Feminino	02:48:46	+01:17:22	09:56
277	1375	Vicente Ferreira Sousa	manguelas - run/walk team	Veterano M50	02:49:26	+01:18:03	09:58
278	1546	Helder Santos	trail santa marta / tristes mas duros	Senior Masculino	02:49:30	+01:18:07	09:58
279	1549	Sergio Costa	trail santa marta / tristes mas duros	Senior Masculino	02:49:31	+01:18:07	09:58
280	1106	Gonçalo fernandes	devasta trilhos	Senior Masculino	02:49:33	+01:18:09	09:58
281	1565	ARMANDO SILVA	xtrilhosteam	Veterano M40	02:49:33	+01:18:09	09:58
282	1295	Carlos Ferreira	individual	Veterano M40	02:49:33	+01:18:10	09:58
283	1551	Cândida Moreira	trail santa marta / tristes mas duros	Veterana F40	02:49:39	+01:18:15	09:59
284	1410	Álvaro Cardoso	nós acreditamos	Veterano M50	02:49:48	+01:18:25	09:59
285	1104	Pedro Oliveira	devasta trilhos	Junior Masculino	02:51:48	+01:20:25	10:06
286	1226	Diogo Oliveira	kemedo team	Senior Masculino	02:51:49	+01:20:26	10:06
287	1568	Nuno Silva	individual	Senior Masculino	02:52:07	+01:20:44	10:07
288	1403	Paulo Amorim	nocturnos de paredes	Senior Masculino	02:52:11	+01:20:48	10:08
289	1499	Susana Bessa	sk	Veterana F40	02:52:19	+01:20:55	10:08
290	1044	Paulo Sousa	btt alegria // tubani	Senior Masculino	02:52:24	+01:21:00	10:08
291	1105	Micaela Brito	devasta trilhos	Senior Feminino	02:52:31	+01:21:08	10:09
292	1362	Fábio Sousa	lightcut	Sub 23 Masculino	02:52:43	+01:21:20	10:10
293	1363	Miguel Campos	lightcut	Veterano M40	02:52:43	+01:21:20	10:10
294	1001	Rui Sá	10temidos	Veterano M40	02:53:07	+01:21:43	10:11
295	1170	Cátia salgado	gtt-armazem do caffè	Senior Feminino	02:53:08	+01:21:45	10:11
296	1301	FRANCISCO PACHECO	running penafiel trail	Veterano M40	02:53:28	+01:22:05	10:12
297	1548	Paulo Ferreira	trail santa marta / tristes mas duros	Senior Masculino	02:54:00	+01:22:37	10:14
298	1091	Paulo Lemos	centro ciclista de gondomar	Veterano M40	02:54:46	+01:23:23	10:17
299	1435	Ana Alves	papatrails	Veterana F40	02:54:51	+01:23:28	10:17
300	1433	Mónica Magalhães	papatrails	Senior Feminino	02:54:52	+01:23:28	10:17
301	1189	Joana Babo	individual	Senior Feminino	02:54:53	+01:23:30	10:17
302	1337	armenio pinto	individual	Veterano M50	02:55:06	+01:23:43	10:18
303	1405	Filipe Pinto	nocturnos de paredes	Veterano M40	02:55:16	+01:23:53	10:19
304	1535	Fernando Ferreira	togart	Veterano M40	02:55:18	+01:23:55	10:19
305	1115	Manuel Alvarino	devasta trilhos	Veterano M40	02:55:26	+01:24:03	10:19
306	1136	Carla Teixeira	fridao sem limites	Senior Feminino	02:55:38	+01:24:15	10:20
307	1488	Francisco Moreira	s. s. montepio	Veterano M40	02:56:01	+01:24:38	10:21

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
308	1202	Sophie Duarte	individual	Senior Feminino	02:56:24	+01:25:01	10:23
309	1338	Carlos Almeida	individual	Veterano M50	02:56:24	+01:25:01	10:23
310	1496	João Cardoso	sabius	Senior Masculino	02:56:56	+01:25:33	10:25
311	1494	Liliana Silva	sabius	Senior Feminino	02:56:56	+01:25:33	10:25
312	1520	jose carlos gonçaves machado	team friends	Senior Masculino	02:57:00	+01:25:37	10:25
313	1521	jorge moreira	team friends	Veterano M40	02:57:00	+01:25:37	10:25
314	1441	Sonia Silva	paredes running	Veterana F40	02:57:02	+01:25:38	10:25
315	67	JOÃO ALEIXO	individual	Senior Masculino	02:57:20	+01:25:57	10:26
316	1334	Manuel Abilio Pereira	individual	Veterano M50	02:57:41	+01:26:18	10:27
317	1244	Nuno André Ferreira	individual	Senior Masculino	02:58:08	+01:26:45	10:29
318	1553	Eva Santos	trail santa marta / tristes mas duros	Veterana F50	02:58:12	+01:26:48	10:29
319	1229	Emanuel Guedes Pereira Damaso	individual	Senior Masculino	02:58:19	+01:26:56	10:29
320	1515	Sérgio Silva	stcp runners	Veterano M40	02:58:34	+01:27:11	10:30
321	1368	Tiago Barbosa	lusos xxi	Senior Masculino	02:58:43	+01:27:20	10:31
322	1121	Cristina Ramalho	equipaa	Veterana F40	02:58:50	+01:27:27	10:31
323	1120	Carla Couto	equipaa	Veterana F40	02:58:50	+01:27:27	10:31
324	1179	Carla Teixeira	individual	Senior Feminino	02:58:57	+01:27:33	10:32
325	1029	Paula Coelho	baltar trail runners	Senior Feminino	02:59:37	+01:28:14	10:34
326	1119	Pedro Miguel Paulo	equipaa	Veterano M40	02:59:42	+01:28:19	10:34
327	1204	Vanessa Dias	equipaa	Senior Feminino	02:59:43	+01:28:19	10:34
328	1030	Albino Eusébio	baltar trail runners	Senior Masculino	02:59:56	+01:28:33	10:35
329	1253	Pedro Duarte	kemedo team	Senior Masculino	02:59:59	+01:28:36	10:35
330	1366	Carlos Pinto	lusos xxi	Senior Masculino	03:00:32	+01:29:08	10:37
331	1064	Cristiano Silva	castelo crossfit	Senior Masculino	03:00:36	+01:29:13	10:37
332	1235	João Pereira Santos	individual	Senior Masculino	03:01:21	+01:29:58	10:40
333	1058	Nair Pinto	castelo crossfit	Senior Feminino	03:01:22	+01:29:59	10:40
334	1241	Marco Dias	individual	Senior Masculino	03:01:24	+01:30:01	10:40
335	1124	Maria Elisa Oliveira Guedes	equipaa	Veterana F50	03:01:54	+01:30:31	10:42
336	1127	José Moreira da Rocha	equipaa	Veterano M50	03:01:54	+01:30:31	10:42
337	1563	VITOR CARVALHO	xtrilhosteam	Senior Masculino	03:01:55	+01:30:32	10:42
338	1475	JOAQUIM RIBEIRO	running penafiel trail	Senior Masculino	03:03:12	+01:31:48	10:47
339	1037	Marieta Carolina Machado Garcês Moreira	bitrunners	Veterana F50	03:03:49	+01:32:26	10:49
340	1356	Ana Gonçalves	la zinco	Sub 23 Feminino	03:04:28	+01:33:05	10:51
341	1174	Emanuel Rêgo	individual	Junior Masculino	03:04:29	+01:33:06	10:51
342	1166	Sílvia Sousa	grupo desportivo da goma	Senior Feminino	03:05:02	+01:33:39	10:53
343	1261	Ricardo vilela	individual	Senior Masculino	03:05:02	+01:33:39	10:53
344	1187	Isabel dias	individual	Senior Feminino	03:05:03	+01:33:39	10:53
345	1486	Antonio Coelho	s. s. montepio	Veterano M40	03:05:07	+01:33:43	10:53
346	1321	Patrick Sulatisky	individual	Veterano M40	03:05:18	+01:33:55	10:54
347	1116	Marco Oliveira	devasta trilhos	Veterano M40	03:05:31	+01:34:08	10:55
348	1374	Fátima Magalhães Carvalho	manguelas - run/walk team	Veterana F50	03:06:10	+01:34:47	10:57
349	1529	Rita Morais	togart	Senior Feminino	03:06:14	+01:34:51	10:57
350	1528	Ana Moreira	togart	Senior Feminino	03:06:14	+01:34:51	10:57
351	1537	Paulo Ferreira	togart	Veterano M40	03:06:16	+01:34:53	10:57

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	1111	Nuno Pereira	devasta trilhos	Senior Masculino	03:06:34	+01:35:11	10:58
353	1578	Alberto Sérgio Pinto Soares	ass. pais paredes aventura	Veterano M40	03:06:44	+01:35:21	10:59
354	1579	Manuel José Silva Moreira	ass. pais paredes aventura	Veterano M40	03:06:44	+01:35:21	10:59
355	1007	Roberto Moreira	aliança de gandra	Veterano M40	03:06:50	+01:35:27	10:59
356	1305	Hugo Aloísio Barros Dias Pacheco	individual	Veterano M40	03:06:51	+01:35:28	11:00
357	126	Julio Santos	s. s. montepio	Veterano M40	03:07:02	+01:35:38	11:00
358	1263	Rui Costa Jesus	individual	Senior Masculino	03:07:04	+01:35:41	11:00
359	1256	Pedro Santos	individual	Senior Masculino	03:07:04	+01:35:41	11:00
360	1432	Estela Oliveira	papatrails	Senior Feminino	03:07:56	+01:36:33	11:03
361	1308	Jorge Moreira	individual	Veterano M40	03:08:01	+01:36:38	11:04
362	1385	Isabel Santos	mountain climbers	Veterana F40	03:09:36	+01:38:13	11:09
363	1042	Mário Estêvão	btt alegria // tubani	Senior Masculino	03:09:42	+01:38:19	11:10
364	1177	Águeda Cruz	individual	Senior Feminino	03:09:43	+01:38:19	11:10
365	1367	Sérgio Costa	lusos xxi	Senior Masculino	03:10:57	+01:39:34	11:14
366	160	Joao Carvalho	lusos xxi	Senior Masculino	03:10:57	+01:39:34	11:14
367	1182	Daniela Dias	individual	Senior Feminino	03:11:02	+01:39:39	11:14
368	1184	Elisabete Moreira Delgado	individual	Senior Feminino	03:11:02	+01:39:39	11:14
369	1399	Margarida Silva	nocturnos de paredes	Senior Feminino	03:11:22	+01:39:59	11:15
370	1283	Abel João Rodrigues de Sousa Andrade	individual	Veterano M40	03:11:25	+01:40:01	11:16
371	1225	David José Andrade Pereira	individual	Senior Masculino	03:11:25	+01:40:02	11:16
372	1406	João Leite	nocturnos de paredes	Veterano M40	03:11:30	+01:40:07	11:16
373	1265	Sérgio Brochado	running penafiel trail	Senior Masculino	03:11:36	+01:40:13	11:16
374	1386	Sónia Silva	mountain runners	Senior Feminino	03:11:47	+01:40:23	11:17
375	1309	jorge nogueira	individual	Veterano M40	03:11:51	+01:40:28	11:17
376	1153	Jorge caldas	gansos	Veterano M40	03:12:12	+01:40:49	11:18
377	1539	Lascasas	togart	Veterano M50	03:12:13	+01:40:49	11:18
378	1039	Sara Rocha	btt alegria // tubani	Senior Feminino	03:12:23	+01:41:00	11:19
379	1564	VITOR SANTOS	xtrilhosteam	Senior Masculino	03:12:36	+01:41:13	11:20
380	1453	Teresa Lourenço	porto sentido runners	Veterana F40	03:13:01	+01:41:38	11:21
381	1455	Filipe Ferreira	porto sentido runners	Veterano M40	03:13:01	+01:41:38	11:21
382	1473	EZEQUIEL FERREIRA	running penafiel trail	Senior Masculino	03:13:44	+01:42:21	11:24
383	1045	Ricardo Brito	btt alegria // tubani	Senior Masculino	03:13:46	+01:42:23	11:24
384	1456	PAULO FERNANDO MATOS DA ROCHA	porto sentido runners	Veterano M40	03:14:04	+01:42:41	11:25
385	1353	Pedro Leal Morango	joel ferreira coelho	Veterano M40	03:14:41	+01:43:18	11:27
386	1214	Bernardo	individual	Senior Masculino	03:16:10	+01:44:47	11:32
387	1126	Ricardo carvalho	equipaa	Veterano M40	03:16:12	+01:44:49	11:33
388	1188	Ivânia Monteiro	individual	Senior Feminino	03:16:49	+01:45:26	11:35
389	1038	Jorge Sousa	bitrunners	Veterano M40	03:17:24	+01:46:01	11:37
390	1210	Amaro José Ferreira da Rocha	individual	Senior Masculino	03:17:26	+01:46:03	11:37
391	1178	Andreia Sofia da Silva Moreira	individual	Senior Feminino	03:17:32	+01:46:09	11:37
392	1518	Manuel Jorge	team aguenta aí	Veterano M40	03:18:32	+01:47:09	11:41
393	1003	Fátima Ramos	aliança de gandra	Veterana F40	03:18:36	+01:47:13	11:41
394	1437	Jose Alves	papatrails	Veterano M40	03:18:51	+01:47:28	11:42
395	1323	Pedro Correia	individual	Veterano M40	03:20:11	+01:48:48	11:47

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
396	1457	Rui Silva	porto sentido runners	Veterano M40	03:20:12	+01:48:49	11:47
397	1236	João Seabra	individual	Senior Masculino	03:20:21	+01:48:58	11:47
398	1150	Maria Bernardina Dias	gansos	Veterana F40	03:20:37	+01:49:13	11:48
399	1152	Carlos anjos	gansos	Veterano M40	03:20:37	+01:49:14	11:48
400	1409	Telmo Mota	nocturnos de paredes	Veterano M40	03:21:07	+01:49:43	11:50
401	1118	Joana Silva	equipaa	Senior Feminino	03:21:30	+01:50:06	11:51
402	1221	Carlos Henrique Soares dos Santos	individual	Senior Masculino	03:21:33	+01:50:10	11:51
403	1228	Domingos Pereira	individual	Senior Masculino	03:21:34	+01:50:11	11:51
404	1238	Joel Filipe da Costa e Sousa	individual	Senior Masculino	03:21:34	+01:50:11	11:51
405	1222	Daniel Filipe Ferreira da Silva	individual	Senior Masculino	03:21:59	+01:50:36	11:53
406	1197	Marlene Raquel Vieira	individual	Senior Feminino	03:21:59	+01:50:36	11:53
407	1196	Marina Silva	individual	Senior Feminino	03:22:38	+01:51:15	11:55
408	1246	Nuno Miguel Guedes	individual	Senior Masculino	03:22:51	+01:51:28	11:56
409	1586	Rosa Candido	individual	Veterana F40	03:24:51	+01:53:28	12:03
410	1443	Luis Ribeiro	paredes running	Veterano M40	03:26:11	+01:54:48	12:08
411	1287	André Vieira	individual	Veterano M40	03:27:33	+01:56:09	12:13
412	1344	Jose Almeida	individual	Veterano M50	03:27:55	+01:56:32	12:14
413	1471	CATARINA NETO	running penafiel trail	Senior Feminino	03:28:27	+01:57:04	12:16
414	1472	MARIA JOÃO	running penafiel trail	Senior Feminino	03:28:29	+01:57:06	12:16
415	1343	Jose Afonso Rocha Coelho	individual	Veterano M50	03:29:32	+01:58:09	12:20
416	1560	Cristina Coelho	wolves	Veterana F40	03:30:04	+01:58:40	12:21
417	1195	Lurdes Loureiro	individual	Senior Feminino	03:30:17	+01:58:54	12:22
418	1351	Silvia cruz	joel ferreira coelho	Veterana F40	03:30:18	+01:58:54	12:22
419	1300	eduardo castro	individual	Veterano M40	03:30:35	+01:59:12	12:23
420	1157	Rui Machado	gansos	Veterano M50	03:33:24	+02:02:01	12:33
421	1156	Joaquim Garcês	gansos	Veterano M50	03:33:35	+02:02:11	12:34
422	1206	Vânia Sofia Domingues Ferreira	individual	Senior Feminino	03:34:14	+02:02:50	12:36
423	1200	Rute Ferreira	individual	Senior Feminino	03:34:26	+02:03:03	12:37
424	1192	Joana Peixoto	individual	Senior Feminino	03:36:42	+02:05:19	12:45
425	1274	Carina Odete Ramos Magalhães	individual	Veterana F40	03:36:49	+02:05:26	12:45
426	1292	Armando Pereira	individual	Veterano M40	03:36:49	+02:05:26	12:45
427	1277	Luísa Barbosa	individual	Veterana F40	03:36:49	+02:05:26	12:45
428	1040	Sofia Ferreira	btt alegria // tubani	Senior Feminino	03:37:37	+02:06:14	12:48
429	1043	Nelson Martins	btt alegria // tubani	Senior Masculino	03:37:38	+02:06:15	12:48
430	1302	Gonçalo Machado	individual	Veterano M40	03:38:06	+02:06:42	12:50
431	1171	Cléia Santiago	gtt-armazem do café	Senior Feminino	03:38:12	+02:06:49	12:50
432	1383	Sara Mota	motomarretas/saramotabeautystudio	Senior Feminino	03:38:19	+02:06:56	12:51
433	1382	Joana Oliveira	motomarretas/saramotabeautystudio	Senior Feminino	03:38:19	+02:06:56	12:51
434	1384	Agostinho Matos	motomarretas/saramotabeautystudio	Senior Masculino	03:38:20	+02:06:56	12:51
435	1190	Joana Filipa Neto Silva	individual	Senior Feminino	03:38:26	+02:07:02	12:51
436	1266	Sérgio Manuel Dias da Rocha	individual	Senior Masculino	03:38:26	+02:07:03	12:51
437	1212	Anselmo Luís dos Santos Pereira	individual	Senior Masculino	03:38:26	+02:07:03	12:51
438	1536	Paulo Carneiro	togart	Veterano M40	03:38:29	+02:07:06	12:51

TRAIL CURTO - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
439	1129	Sonia Sousa	eu e elas	Senior Feminino	03:38:29	+02:07:06	12:51
440	1130	Helder Teixeira	eu e elas	Senior Masculino	03:38:30	+02:07:07	12:51
441	1476	CLAUDIA TEIXEIRA	running penafiel trail	Sub 23 Feminino	03:39:20	+02:07:57	12:54
442	1477	cecilia santos	running penafiel trail	Veterana F40	03:39:20	+02:07:57	12:54
443	1439	Ana Ferreira	paredes running	Veterana F40	03:41:24	+02:10:01	13:01
444	1513	Paulo Gonçalves	stcp runners	Veterano M40	03:43:03	+02:11:40	13:07
445	1506	Márya Palhares	stcp runners	Senior Feminino	03:43:08	+02:11:44	13:08
446	1227	Diogo Silva	individual	Senior Masculino	03:43:36	+02:12:13	13:09
447	1268	Ana Magalhães	individual	Sub 23 Feminino	03:43:37	+02:12:14	13:09
448	1186	Inês Aguiar	individual	Senior Feminino	03:46:00	+02:14:37	13:18
449	1183	Daniela Gloria	individual	Senior Feminino	03:46:03	+02:14:39	13:18
450	1314	Júlio Adalberto Conceição Cunha Magalhães	individual	Veterano M40	03:46:03	+02:14:40	13:18
451	1191	Joana Oliveira	individual	Senior Feminino	03:46:14	+02:14:51	13:19
452	1203	Tânia Sousa	individual	Senior Feminino	03:46:15	+02:14:52	13:19
453	1224	Daniel Pereira	individual	Senior Masculino	03:46:48	+02:15:25	13:20
454	1181	Cláudia marina Moreira da silva	individual	Senior Feminino	03:48:10	+02:16:47	13:25
455	1285	Alípio Jorge	individual	Veterano M40	03:50:25	+02:19:02	13:33
456	1332	Sérgio Sousa	individual	Veterano M40	03:50:25	+02:19:02	13:33
457	1373	Anabela Morais Borges	mangueiras - run/walk team	Veterana F40	03:52:36	+02:21:13	13:41
458	1534	Paula Moreira	togart	Veterana F40	03:53:31	+02:22:08	13:44
459	1398	Bruna Silva	nocturnos de paredes	Senior Feminino	03:59:07	+02:27:44	14:04
460	1397	Bárbara Isabel Magalhães Gomes	nocturnos de paredes	Senior Feminino	03:59:08	+02:27:45	14:04
461	1444	Isabel Cabral	perna manca	Senior Feminino	04:01:36	+02:30:13	14:13
462	1527	Bruna Santos	togart	Junior Feminino	04:01:36	+02:30:13	14:13
463	1446	Jorge Teixeira	perna manca	Veterano M40	04:01:38	+02:30:15	14:13
464	1445	Nuno Pais Neto	perna manca	Senior Masculino	04:01:39	+02:30:16	14:13
465	1420	Natacha Santos	os miseráveis	Senior Feminino	04:04:05	+02:32:42	14:21
466	1418	João Oliveira	os miseráveis	Junior Masculino	04:04:05	+02:32:42	14:21
467	1422	Tiago Gama	os miseráveis	Sub 23 Masculino	04:04:05	+02:32:42	14:22
468	1425	Fernando Santos	os miseráveis	Veterano M40	04:04:12	+02:32:49	14:22
469	1423	Paula Garcia	os miseráveis	Veterana F40	04:04:12	+02:32:49	14:22
470	1426	João Oliveira	os miseráveis	Veterano M40	04:04:13	+02:32:50	14:22
471	1205	VANESSA SOFIA DE CARVALHO GUEDES	individual	Senior Feminino	04:11:52	+02:40:29	14:49
472	1144	Manuel Alves	futebol clube de penafiel	Veterano M50	04:20:16	+02:48:53	15:19
473	1142	Isabel Galhardo	futebol clube de penafiel	Veterana F50	04:20:17	+02:48:53	15:19
474	1143	Julio Alves	futebol clube de penafiel	Veterano M40	04:20:17	+02:48:54	15:19
475	1073	Vitor Macedo	castelo crossfit	Senior Masculino	04:21:06	+02:49:43	15:22
476	1059	Raquel Chaves	castelo crossfit	Senior Feminino	04:21:07	+02:49:44	15:22
477	1061	Americo Arruela	castelo crossfit	Senior Masculino	04:21:07	+02:49:44	15:22
478	1082	Ricardo Braga	castelo crossfit	Veterano M40	04:21:07	+02:49:44	15:22
479	1421	Emanuel Oliveira	os miseráveis	Senior Masculino	04:31:27	+03:00:04	15:58
480	1419	Emília Oliveira	os miseráveis	Senior Feminino	04:31:27	+03:00:04	15:58

Trail Curto

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:05	-99°C	-99%
End	14:02	17.6°C	75%

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

1	1527	Bruna Santos	TOGART	Junior Feminino	04:01:36	+02:30:13	14:13
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Junior Masculino

1	1573	Tiago Sousa	Trail Team Bifase	Junior Masculino	01:52:12	+20:49	06:36:41
2	1572	Ricardo Miranda	Trail Team Bifase	Junior Masculino	01:58:13	+26:50	06:57:34
3	1169	Ruben Salgado	GTT-ARMAZEM DO CAFFÉ	Junior Masculino	02:02:49	+31:26	07:14:05
4	1378	Hugo soares	Moinhos Run - ADRM	Junior Masculino	02:14:15	+42:52	07:54:10
5	1175	Luis Silva	Individual	Junior Masculino	02:23:13	+51:50	08:26:13
6	1176	Marco Ferreira	Individual	Junior Masculino	02:23:23	+52:00	08:26:23
7	1148	José Carlos Anjos	Gansos	Junior Masculino	02:47:21	+01:15:58	09:51:19
8	1104	Pedro Oliveira	Devasta Trilhos	Junior Masculino	02:51:48	+01:20:25	10:06:43
9	1174	Emanuel Rêgo	Individual	Junior Masculino	03:04:29	+01:33:06	10:51:14
10	1418	João Oliveira	OS MISERÁVEIS	Junior Masculino	04:04:05	+02:32:42	14:21:12

Senior Feminino

1	1570	Rita Daniela Silva Loureiro	Oralklass-Amigos do Trail	Senior Feminino	01:55:03	+23:39	06:46
2	1002	Fernanda Machado	ALIANÇA DE GANDRA	Senior Feminino	02:02:40	+31:16	07:13
3	1098	Catarina Serrazina	CRP - Ribafria	Senior Feminino	02:03:22	+31:59	07:15
4	1566	Brígida Pinto	Oralklass-Amigos do Trail	Senior Feminino	02:05:52	+34:29	07:24
5	1011	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	02:13:12	+41:49	07:50
6	1198	Marta Moreira	Individual	Senior Feminino	02:13:48	+42:25	07:52
7	1185	Elisabete Rente	Individual	Senior Feminino	02:19:50	+48:27	08:14
8	1524	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	02:21:15	+49:52	08:19
9	1427	Clara Teixeira	Os Preguiças	Senior Feminino	02:23:44	+52:21	08:27
10	1145	Sofia Rocha	Gafanhori	Senior Feminino	02:26:27	+55:04	08:37
11	1381	Patrícia Moreira	Monte dos Amigos	Senior Feminino	02:32:02	+01:00:38	08:57
12	1193	Joana Santos	Individual	Senior Feminino	02:32:15	+01:00:51	08:57
13	1199	Patricia González García	Individual	Senior Feminino	02:32:36	+01:01:13	08:59
14	1533	Patrícia Silva	TOGART	Senior Feminino	02:40:46	+01:09:22	09:27
15	1137	Eliana Teixeira	Fridao sem limites	Senior Feminino	02:42:53	+01:11:30	09:35
16	1293	Sandra Lopes	Individual	Senior Feminino	02:43:14	+01:11:51	09:36
17	1428	Daniela Moutinho	Os Preguiças	Senior Feminino	02:46:53	+01:15:30	09:49
18	1465	Mara Freitas	Reumático trail team	Senior Feminino	02:48:05	+01:16:41	09:53
19	1447	Ana Maria Azevedo Flores Sousa Cruz	Pêssegos	Senior Feminino	02:48:46	+01:17:22	09:56
20	1105	Micaela Brito	Devasta Trilhos	Senior Feminino	02:52:31	+01:21:08	10:09
21	1170	Cátia salgado	GTT-ARMAZEM DO CAFFÉ	Senior Feminino	02:53:08	+01:21:45	10:11

Trail Curto

17 KM

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OFFICIAL RESULT

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22	1433	Mónica Magalhães	PAPATRAILS	Senior Feminino	02:54:52	+01:23:28	10:17
23	1189	Joana Babo	Individual	Senior Feminino	02:54:53	+01:23:30	10:17
24	1136	Carla Teixeira	Fridao sem limites	Senior Feminino	02:55:38	+01:24:15	10:20
25	1202	Sophie Duarte	Individual	Senior Feminino	02:56:24	+01:25:01	10:23
26	1494	Liliana Silva	sabiUs	Senior Feminino	02:56:56	+01:25:33	10:25
27	1179	Carla Teixeira	Individual	Senior Feminino	02:58:57	+01:27:33	10:32
28	1029	Paula Coelho	Baltar Trail Runners	Senior Feminino	02:59:37	+01:28:14	10:34
29	1204	Vanessa Dias	EquipaA	Senior Feminino	02:59:43	+01:28:19	10:34
30	1058	Nair Pinto	Castelo Crossfit	Senior Feminino	03:01:22	+01:29:59	10:40
31	1166	Sílvia Sousa	Grupo Desportivo da Goma	Senior Feminino	03:05:02	+01:33:39	10:53
32	1187	Isabel dias	Individual	Senior Feminino	03:05:03	+01:33:39	10:53
33	1529	Rita Morais	TOGART	Senior Feminino	03:06:14	+01:34:51	10:57
34	1528	Ana Moreira	TOGART	Senior Feminino	03:06:14	+01:34:51	10:57
35	1432	Estela Oliveira	PAPATRAILS	Senior Feminino	03:07:56	+01:36:33	11:03
36	1177	Águeda Cruz	Individual	Senior Feminino	03:09:43	+01:38:19	11:10
37	1182	Daniela Dias	Individual	Senior Feminino	03:11:02	+01:39:39	11:14
38	1184	Elisabete Moreira Delgado	Individual	Senior Feminino	03:11:02	+01:39:39	11:14
39	1399	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:11:22	+01:39:59	11:15
40	1386	Sónia Silva	Mountain Runners	Senior Feminino	03:11:47	+01:40:23	11:17
41	1039	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	03:12:23	+01:41:00	11:19
42	1188	Ivânia Monteiro	Individual	Senior Feminino	03:16:49	+01:45:26	11:35
43	1178	Andreia Sofia da Silva Moreira	Individual	Senior Feminino	03:17:32	+01:46:09	11:37
44	1118	Joana Silva	EquipaA	Senior Feminino	03:21:30	+01:50:06	11:51
45	1197	Marlene Raquel Vieira	Individual	Senior Feminino	03:21:59	+01:50:36	11:53
46	1196	Marina Silva	Individual	Senior Feminino	03:22:38	+01:51:15	11:55
47	1471	CATARINA NETO	Running Penafiel Trail	Senior Feminino	03:28:27	+01:57:04	12:16
48	1472	MARIA JOÃO	Running Penafiel Trail	Senior Feminino	03:28:29	+01:57:06	12:16
49	1195	Lurdes Loureiro	Individual	Senior Feminino	03:30:17	+01:58:54	12:22
50	1206	Vânia Sofia Domingues Ferreira	Individual	Senior Feminino	03:34:14	+02:02:50	12:36
51	1200	Rute Ferreira	Individual	Senior Feminino	03:34:26	+02:03:03	12:37
52	1192	Joana Peixoto	Individual	Senior Feminino	03:36:42	+02:05:19	12:45
53	1040	Sofia Ferreira	BTT Alegria // TUBANI	Senior Feminino	03:37:37	+02:06:14	12:48
54	1171	Cléia Santiago	GTT-ARMAZEM DO CAFFÉ	Senior Feminino	03:38:12	+02:06:49	12:50
55	1383	Sara Mota	Motomarretas/SaraMotaBeautyStudio	Senior Feminino	03:38:19	+02:06:56	12:51
56	1382	Joana Oliveira	Motomarretas/SaraMotaBeautyStudio	Senior Feminino	03:38:19	+02:06:56	12:51
57	1190	Joana Filipa Neto Silva	Individual	Senior Feminino	03:38:26	+02:07:02	12:51
58	1129	Sonia Sousa	Eu e elas	Senior Feminino	03:38:29	+02:07:06	12:51
59	1506	Márya Palhares	STCP Runners	Senior Feminino	03:43:08	+02:11:44	13:08
60	1186	Inês Aguiar	Individual	Senior Feminino	03:46:00	+02:14:37	13:18
61	1183	Daniela Gloria	Individual	Senior Feminino	03:46:03	+02:14:39	13:18
62	1191	Joana Oliveira	Individual	Senior Feminino	03:46:14	+02:14:51	13:19
63	1203	Tânia Sousa	Individual	Senior Feminino	03:46:15	+02:14:52	13:19
64	1181	Cláudia marina Moreira da silva	Individual	Senior Feminino	03:48:10	+02:16:47	13:25
65	1398	Bruna Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:59:07	+02:27:44	14:04
66	1397	Bárbara Isabel Magalhães Gomes	NOCTURNOS DE PAREDES	Senior Feminino	03:59:08	+02:27:45	14:04

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Trail Curto

17 KM

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67	1444	Isabel Cabral	Perna Manca	Senior Feminino	04:01:36	+02:30:13	14:13
68	1420	Natacha Santos	OS MISERÁVEIS	Senior Feminino	04:04:05	+02:32:42	14:21
69	1205	VANESSA SOFIA DE CARVALHO GUEDES	Individual	Senior Feminino	04:11:52	+02:40:29	14:49
70	1059	Raquel Chaves	Castelo Crossfit	Senior Feminino	04:21:07	+02:49:44	15:22
71	1419	Emília Oliveira	OS MISERÁVEIS	Senior Feminino	04:31:27	+03:00:04	15:58

Senior Masculino

1	1523	Bruno Coelho	Team Trail Bifase	Senior Masculino	01:31:23	05:23
2	1209	Agostinho Reis	Individual	Senior Masculino	01:34:15	+02:51 05:33
3	1417	Fernando Neves	Oralklass-Amigos do Trail	Senior Masculino	01:35:11	+03:48 05:36
4	1138	Rui Azevedo	Fridao sem limites	Senior Masculino	01:37:51	+06:28 05:45
5	1147	João Trigueiros	Gaia Trail	Senior Masculino	01:38:40	+07:16 05:48
6	1250	Paulo Moreira	Individual	Senior Masculino	01:38:43	+07:19 05:48
7	1233	Hélio Dias	Individual	Senior Masculino	01:39:19	+07:56 05:51
8	1108	Ivo Barbosa	Devasta Trilhos	Senior Masculino	01:43:07	+11:44 06:04
9	1021	Filipe Manuel Fernandes Tavares	AZTrail	Senior Masculino	01:47:55	+16:31 06:21
10	1448	BRUNO MELO	PORTO SENTIDO RUNNERS	Senior Masculino	01:54:13	+22:49 06:43
11	1107	Eduardo xavier	Devasta Trilhos	Senior Masculino	01:55:26	+24:03 06:47
12	1259	Ricardo Ferreira	Individual	Senior Masculino	01:55:39	+24:16 06:48
13	136	Bruno Monteiro	TOGART	Senior Masculino	01:59:36	+28:13 07:02
14	1449	Filipe Martins	PORTO SENTIDO RUNNERS	Senior Masculino	01:59:50	+28:27 07:03
15	1258	RICARDO CASTRO	Individual	Senior Masculino	02:00:51	+29:28 07:07
16	1132	Júlio André Baptista Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:02:09	+30:46 07:11
17	1249	Paulo Clemente	Individual	Senior Masculino	02:03:10	+31:47 07:15
18	1085	Valter Gouveia	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	02:03:23	+32:00 07:16
19	1558	Bruno Filipe Monteiro FERreira	Turbo Kings 2.0	Senior Masculino	02:03:25	+32:02 07:16
20	1149	Jorge beliago	Gansos	Senior Masculino	02:03:27	+32:04 07:16
21	1567	Ricardo André da Silva Pereira	Individual	Senior Masculino	02:03:31	+32:08 07:16
22	1364	Hugo Ribeiro	Limitless	Senior Masculino	02:04:32	+33:09 07:20
23	1216	Bruno Quintino	Individual	Senior Masculino	02:04:40	+33:17 07:20
24	1009	Paulo Jorge Inverneiro Pereira	Alpha Running	Senior Masculino	02:05:16	+33:53 07:22
25	1243	Miguel Machado	Individual	Senior Masculino	02:05:29	+34:06 07:23
26	1213	Armando Reis	Individual	Senior Masculino	02:06:12	+34:49 07:25
27	1574	Jose Luis Sa	Individual	Senior Masculino	02:07:49	+36:25 07:31
28	1388	Fábio Miguel Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:07:49	+36:26 07:31
29	1402	Mauro Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	02:08:13	+36:50 07:33
30	1585	Mario Lima	Individual	Senior Masculino	02:08:21	+36:58 07:33
31	1097	Pedro Leandro Guedes Nogueira	Clube Vodafone	Senior Masculino	02:08:59	+37:36 07:35
32	1450	Filipe Nascimento	PORTO SENTIDO RUNNERS	Senior Masculino	02:09:02	+37:39 07:35
33	1255	pedro moreira	Individual	Senior Masculino	02:09:04	+37:41 07:36
34	1211	André Oliveira	Individual	Senior Masculino	02:09:35	+38:12 07:37
35	1411	Marcos de Sousa	Nova Linha Trail Runners	Senior Masculino	02:10:17	+38:53 07:40
36	1158	Nuno Vasco Rocha	Gazella Running Team	Senior Masculino	02:12:11	+40:48 07:47

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37	1163	Gustavo Santos	Gramidense IFC	Senior Masculino	02:12:12	+40:49	07:47
38	1461	Nuno Moreira	Retorta - Quinta das Arcas	Senior Masculino	02:12:13	+40:50	07:47
39	1371	João Paulo Regal de Sousa	Manguelas - Run/Walk TEAM	Senior Masculino	02:12:21	+40:57	07:47
40	1234	Jaime Soares	Running Penafiel Trail	Senior Masculino	02:13:23	+42:00	07:51
41	1159	Ricardo Vieira	Gazella Running Team	Senior Masculino	02:13:49	+42:25	07:52
42	1046	Ricardo Coelho	BTT Alegria // TUBANI	Senior Masculino	02:14:13	+42:50	07:54
43	1379	Simão sousa	Moinhos Run - ADRM	Senior Masculino	02:14:13	+42:50	07:54
44	1355	Luís Silva	LA Zinco	Senior Masculino	02:14:40	+43:17	07:55
45	1052	Rui Pedro Martins Machado	BTTombos	Senior Masculino	02:14:55	+43:32	07:56
46	1133	Marcos André Neves dos Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:15:31	+44:08	07:58
47	1252	Pedro	Individual	Senior Masculino	02:16:17	+44:54	08:01
48	1495	Carlos Filipe Santos	sabiUs	Senior Masculino	02:16:33	+45:10	08:02
49	1215	Bruno Delgado	Individual	Senior Masculino	02:17:04	+45:41	08:04
50	156	Luis Lopes	Running Penafiel Trail	Senior Masculino	02:18:07	+46:44	08:08
51	71	José Paulo Ferreira da Silva	Individual	Senior Masculino	02:19:38	+48:14	08:13
52	1547	Nuno Cunha	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	02:19:56	+48:33	08:14
53	1034	Tiago Jesus	Baltar Trail Runners	Senior Masculino	02:20:48	+49:25	08:17
54	1507	Valter Barbosa	STCP Runners	Senior Masculino	02:21:09	+49:46	08:18
55	1525	Hugo Filipe Fernandes Sousa	Tecla 3 Runners	Senior Masculino	02:21:15	+49:52	08:19
56	1460	Sérgio Soares	Proselteam	Senior Masculino	02:21:39	+50:16	08:20
57	1066	Jorge Proença	Castelo Crossfit	Senior Masculino	02:21:48	+50:25	08:21
58	1251	Paulo Vieira	Individual	Senior Masculino	02:22:07	+50:44	08:22
59	1429	Fernando Teixeira	Os Preguiças	Senior Masculino	02:23:14	+51:51	08:26
60	1047	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	02:23:31	+52:08	08:27
61	1581	Ângelo Tiago de Sousa Ribeiro	Individual	Senior Masculino	02:23:35	+52:12	08:27
62	1017	João Campos	Arrasa Trilhos	Senior Masculino	02:24:25	+53:02	08:30
63	1012	Alcino Silva	Amigos 100 Limites	Senior Masculino	02:25:32	+54:09	08:34
64	1023	Filipe Pereira	Baltar Runners - Centro do Mundo	Senior Masculino	02:25:57	+54:33	08:35
65	1146	Fábio Coradinho	Gafanhori	Senior Masculino	02:26:27	+55:04	08:37
66	1389	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:26:29	+55:05	08:37
67	1470	Ricardo Moreira	Rumo à reforma Team	Senior Masculino	02:26:36	+55:13	08:37
68	1469	Diogo Moreira	Rumo à reforma Team	Senior Masculino	02:26:37	+55:13	08:37
69	1543	TIAGO SERRANO	Tontos Team	Senior Masculino	02:26:42	+55:18	08:38
70	1242	Marcos Silva	Individual	Senior Masculino	02:27:23	+55:59	08:40
71	1025	Raul Andrade	Baltar Runners - Centro do Mundo	Senior Masculino	02:27:29	+56:05	08:41
72	1033	Orlando GONÇALVES	Baltar Trail Runners	Senior Masculino	02:29:42	+58:19	08:48
73	1041	Daniel Sousa	BTT Alegria // TUBANI	Senior Masculino	02:30:00	+58:37	08:49
74	1522	Tiago Borges	Team Shark	Senior Masculino	02:30:13	+58:50	08:50
75	1541	Paulo Jorge Castro Silva Cunha	Tombos trambolhões	Senior Masculino	02:31:20	+59:57	08:54
76	1254	Pedro Miguel Ferreira Catarino	Individual	Senior Masculino	02:31:20	+59:57	08:54
77	1232	Gilberto sousa	Individual	Senior Masculino	02:31:55	+01:00:31	08:56
78	1109	Manuel Fernandes	Devasta Trilhos	Senior Masculino	02:31:56	+01:00:33	08:56
79	1065	Eduardo Silva	Castelo Crossfit	Senior Masculino	02:32:20	+01:00:56	08:58
80	1160	HORÁCIO FERREIRA	GENEROSOS RUNNERS	Senior Masculino	02:33:21	+01:01:58	09:01
81	1247	Nuno Miguel Valério coelho	Individual	Senior Masculino	02:35:41	+01:04:18	09:09

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17 KM

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82	1485	Pedro Machado	S. S. Montepio	Senior Masculino	02:37:18	+01:05:55	09:15
83	1031	Carlos Ferreira	Baltar Trail Runners	Senior Masculino	02:37:22	+01:05:58	09:15
84	1217	Bruno rocha	Individual	Senior Masculino	02:38:03	+01:06:40	09:18
85	1223	Daniel Filipe Torres Santos Peres Peres	Individual	Senior Masculino	02:38:32	+01:07:09	09:20
86	1267	Thomas Magalhães	Individual	Senior Masculino	02:38:35	+01:07:12	09:20
87	1545	Bruno Gonçalves	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	02:38:37	+01:07:14	09:20
88	1230	Fábio Jorge Martins de Sousa	Individual	Senior Masculino	02:38:54	+01:07:31	09:22
89	1354	Luís Vieira	Kunalama runners	Senior Masculino	02:39:02	+01:07:39	09:21
90	1459	Pedro Moreira	Proselteam	Senior Masculino	02:40:36	+01:09:13	09:27
91	1162	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:42:36	+01:11:13	09:34
92	1240	Marcelo Miranda	Individual	Senior Masculino	02:43:14	+01:11:50	09:36
93	1531	Augusto Fernandes	TOGART	Senior Masculino	02:44:11	+01:12:48	09:39
94	1024	Miguel Ribeiro	Baltar Runners - Centro do Mundo	Senior Masculino	02:46:07	+01:14:44	09:46
95	1260	Ricardo Ribeiro	Individual	Senior Masculino	02:46:24	+01:15:01	09:47
96	1131	João Oliveira	Facort running team	Senior Masculino	02:46:29	+01:15:06	09:48
97	1022	Abel Bessa	Baltar Runners - Centro do Mundo	Senior Masculino	02:47:34	+01:16:11	09:51
98	1237	Joaquim Cardoso	Individual	Senior Masculino	02:48:41	+01:17:17	09:55
99	1546	Helder Santos	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	02:49:30	+01:18:07	09:58
100	1549	Sergio Costa	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	02:49:31	+01:18:07	09:58
101	1106	Gonçalo fernandes	Devasta Trilhos	Senior Masculino	02:49:33	+01:18:09	09:58
102	1226	Diogo Oliveira	KeMedo Team	Senior Masculino	02:51:49	+01:20:26	10:06
103	1568	Nuno Silva	Individual	Senior Masculino	02:52:07	+01:20:44	10:07
104	1403	Paulo Amorim	NOCTURNOS DE PAREDES	Senior Masculino	02:52:11	+01:20:48	10:08
105	1044	Paulo Sousa	BTT Alegria // TUBANI	Senior Masculino	02:52:24	+01:21:00	10:08
106	1548	Paulo Ferreira	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	02:54:00	+01:22:37	10:14
107	1496	João Cardoso	sabiUs	Senior Masculino	02:56:56	+01:25:33	10:25
108	1520	jose carlos gonçaves machado	Team Friends	Senior Masculino	02:57:00	+01:25:37	10:25
109	67	JOÃO ALEIXO	Individual	Senior Masculino	02:57:20	+01:25:57	10:26
110	1244	Nuno André Ferreira	Individual	Senior Masculino	02:58:08	+01:26:45	10:29
111	1229	Emanuel Guedes Pereira Damaso	Individual	Senior Masculino	02:58:19	+01:26:56	10:29
112	1368	Tiago Barbosa	LUSOS XXI	Senior Masculino	02:58:43	+01:27:20	10:31
113	1030	Albino Eusébio	Baltar Trail Runners	Senior Masculino	02:59:56	+01:28:33	10:35
114	1253	Pedro Duarte	KeMedo Team	Senior Masculino	02:59:59	+01:28:36	10:35
115	1366	Carlos Pinto	LUSOS XXI	Senior Masculino	03:00:32	+01:29:08	10:37
116	1064	Cristiano Silva	Castelo Crossfit	Senior Masculino	03:00:36	+01:29:13	10:37
117	1235	João Pereira Santos	Individual	Senior Masculino	03:01:21	+01:29:58	10:40
118	1241	Marco Dias	Individual	Senior Masculino	03:01:24	+01:30:01	10:40
119	1563	VITOR CARVALHO	XtrilhosTeam	Senior Masculino	03:01:55	+01:30:32	10:42
120	1475	JOAQUIM RIBEIRO	Running Penafiel Trail	Senior Masculino	03:03:12	+01:31:48	10:47
121	1261	Ricardo vilela	Individual	Senior Masculino	03:05:02	+01:33:39	10:53
122	1111	Nuno Pereira	Devasta Trilhos	Senior Masculino	03:06:34	+01:35:11	10:58
123	1263	Rui Costa Jesus	Individual	Senior Masculino	03:07:04	+01:35:41	11:00
124	1256	Pedro Santos	Individual	Senior Masculino	03:07:04	+01:35:41	11:00

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125	1042	Mário Estêvão	BTT Alegria // TUBANI	Senior Masculino	03:09:42	+01:38:19	11:10
126	1367	Sérgio Costa	LUSOS XXI	Senior Masculino	03:10:57	+01:39:34	11:14
127	160	Joao Carvalho	LUSOS XXI	Senior Masculino	03:10:57	+01:39:34	11:14
128	1225	David José Andrade Pereira	Individual	Senior Masculino	03:11:25	+01:40:02	11:16
129	1265	Sérgio Brochado	Running Penafiel Trail	Senior Masculino	03:11:36	+01:40:13	11:16
130	1564	VITOR SANTOS	XtrilhosTeam	Senior Masculino	03:12:36	+01:41:13	11:20
131	1473	EZEQUIEL FERREIRA	Running Penafiel Trail	Senior Masculino	03:13:44	+01:42:21	11:24
132	1045	Ricardo Brito	BTT Alegria // TUBANI	Senior Masculino	03:13:46	+01:42:23	11:24
133	1214	Bernardo	Individual	Senior Masculino	03:16:10	+01:44:47	11:32
134	1210	Amaro José Ferreira da Rocha	Individual	Senior Masculino	03:17:26	+01:46:03	11:37
135	1236	João Seabra	Individual	Senior Masculino	03:20:21	+01:48:58	11:47
136	1221	Carlos Henrique Soares dos Santos	Individual	Senior Masculino	03:21:33	+01:50:10	11:51
137	1228	Domingos Pereira	Individual	Senior Masculino	03:21:34	+01:50:11	11:51
138	1238	Joel Filipe da Costa e Sousa	Individual	Senior Masculino	03:21:34	+01:50:11	11:51
139	1222	Daniel Filipe Ferreira da Silva	Individual	Senior Masculino	03:21:59	+01:50:36	11:53
140	1246	Nuno Miguel Guedes	Individual	Senior Masculino	03:22:51	+01:51:28	11:56
141	1043	Nelson Martins	BTT Alegria // TUBANI	Senior Masculino	03:37:38	+02:06:15	12:48
142	1384	Agostinho Matos	Motomarretas/SaraMotaBeautyStudio	Senior Masculino	03:38:20	+02:06:56	12:51
143	1266	Sérgio Manuel Dias da Rocha	Individual	Senior Masculino	03:38:26	+02:07:03	12:51
144	1212	Anselmo Luís dos Santos Pereira	Individual	Senior Masculino	03:38:26	+02:07:03	12:51
145	1130	Helder Teixeira	Eu e elas	Senior Masculino	03:38:30	+02:07:07	12:51
146	1227	Diogo Silva	Individual	Senior Masculino	03:43:36	+02:12:13	13:09
147	1224	Daniel Pereira	Individual	Senior Masculino	03:46:48	+02:15:25	13:20
148	1445	Nuno Pais Neto	Perna Manca	Senior Masculino	04:01:39	+02:30:16	14:13
149	1073	Vitor Macedo	Castelo Crossfit	Senior Masculino	04:21:06	+02:49:43	15:22
150	1061	Americo Arruela	Castelo Crossfit	Senior Masculino	04:21:07	+02:49:44	15:22
151	1421	Emanuel Oliveira	OS MISERÁVEIS	Senior Masculino	04:31:27	+03:00:04	15:58

Sub 23 Feminino

1	1356	Ana Gonçalves	LA Zinco	Sub 23 Feminino	03:04:28	+01:33:05	10:51
2	1476	CLAUDIA TEIXEIRA	Running Penafiel Trail	Sub 23 Feminino	03:39:20	+02:07:57	12:54
3	1268	Ana Magalhães	Individual	Sub 23 Feminino	03:43:37	+02:12:14	13:09

Sub 23 Masculino

1	1013	Tó Luís	Amigos 100 Limites	Sub 23 Masculino	01:56:00	+24:36	06:49
2	1569	Pedro Rafael da Silva Pereira	Individual	Sub 23 Masculino	01:57:04	+25:40	06:53
3	1270	Eduardo Vieira	Individual	Sub 23 Masculino	02:12:52	+41:29	07:49
4	1271	José Eduardo Moreira Nogueira da Fonseca	Individual	Sub 23 Masculino	02:23:35	+52:12	08:27
5	1498	Diogo Bessa	SK	Sub 23 Masculino	02:30:41	+59:18	08:52
6	1269	Celsual	Individual	Sub 23 Masculino	02:32:22	+01:00:59	08:58
7	1550	Vitor Neto	Trail Santa Marta / Tristes Mas Duros	Sub 23 Masculino	02:32:26	+01:01:03	08:58

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8	1584	Pedro Soares	Individual	Sub 23 Masculino	02:44:19	+01:12:56	09:40
9	1362	Fábio Sousa	LIGHTCUT	Sub 23 Masculino	02:52:43	+01:21:20	10:10
10	1422	Tiago Gama	OS MISERÁVEIS	Sub 23 Masculino	04:04:05	+02:32:42	14:22

Veterana F40

1	1478	Cidália Ferreira	Running Penafiel Trail	Veterana F40	02:09:48	+38:24	07:38
2	1076	Monica Carvalhais	Castelo Crossfit	Veterana F40	02:27:36	+56:12	08:41
3	1440	Lucinda Marques	Paredes Running	Veterana F40	02:28:18	+56:55	08:43
4	8	Andra julio	Armazém do café	Veterana F40	02:31:38	+01:00:15	08:55
5	1273	Belén Gómez Rodríguez	Individual	Veterana F40	02:32:38	+01:01:15	08:59
6	1086	Elisabete Pereira	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:35:36	+01:04:13	09:09
7	1278	Mariana Magalhaes	Individual	Veterana F40	02:38:05	+01:06:41	09:18
8	1087	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:38:56	+01:07:33	09:21
9	1436	Sandra Moreira	PAPATRAILS	Veterana F40	02:40:39	+01:09:16	09:27
10	1452	Marina Silva	PORTO SENTIDO RUNNERS	Veterana F40	02:42:29	+01:11:05	09:33
11	1451	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:44:40	+01:13:17	09:41
12	1508	Cristina Sousa	STCP Runners	Veterana F40	02:44:45	+01:13:22	09:42
13	1502	Minda Coelho	Somos Nós Team	Veterana F40	02:47:54	+01:16:31	09:53
14	1561	ISABEL CARVALHO	WOLVES	Veterana F40	02:48:08	+01:16:45	09:53
15	1551	Cândida Moreira	Trail Santa Marta / Tristes Mas Duros	Veterana F40	02:49:39	+01:18:15	09:59
16	1499	Susana Bessa	SK	Veterana F40	02:52:19	+01:20:55	10:08
17	1435	Ana Alves	PAPATRAILS	Veterana F40	02:54:51	+01:23:28	10:17
18	1441	Sonia Silva	Paredes Running	Veterana F40	02:57:02	+01:25:38	10:25
19	1121	Cristina Ramalho	Equipaa	Veterana F40	02:58:50	+01:27:27	10:31
20	1120	Carla Couto	Equipaa	Veterana F40	02:58:50	+01:27:27	10:31
21	1385	Isabel Santos	Mountain Climbers	Veterana F40	03:09:36	+01:38:13	11:09
22	1453	Teresa Lourenço	PORTO SENTIDO RUNNERS	Veterana F40	03:13:01	+01:41:38	11:21
23	1003	Fátima Ramos	ALIANÇA DE GANDRA	Veterana F40	03:18:36	+01:47:13	11:41
24	1150	Maria Bernardina Dias	Gansos	Veterana F40	03:20:37	+01:49:13	11:48
25	1586	Rosa Candido	Individual	Veterana F40	03:24:51	+01:53:28	12:03
26	1560	Cristina Coelho	WOLVES	Veterana F40	03:30:04	+01:58:40	12:21
27	1351	Silvia cruz	Joel Ferreira Coelho	Veterana F40	03:30:18	+01:58:54	12:22
28	1274	Carina Odete Ramos Magalhães	Individual	Veterana F40	03:36:49	+02:05:26	12:45
29	1277	Luísa Barbosa	Individual	Veterana F40	03:36:49	+02:05:26	12:45
30	1477	cecilia santos	Running Penafiel Trail	Veterana F40	03:39:20	+02:07:57	12:54
31	1439	Ana Ferreira	Paredes Running	Veterana F40	03:41:24	+02:10:01	13:01
32	1373	Anabela Morais Borges	Mangueiras - Run/Walk TEAM	Veterana F40	03:52:36	+02:21:13	13:41
33	1534	Paula Moreira	TOGART	Veterana F40	03:53:31	+02:22:08	13:44
34	1423	Paula Garcia	OS MISERÁVEIS	Veterana F40	04:04:12	+02:32:49	14:22

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Veterana F50

1	1577	Alexandra Fernandes	Oraklass-Amigos do Trail	Veterana F50	02:00:17	+28:54	07:05
2	1123	Alice Couto	EquipaA	Veterana F50	02:46:53	+01:15:30	09:49
3	1553	Eva Santos	Trail Santa Marta / Tristes Mas Duros	Veterana F50	02:58:12	+01:26:48	10:29
4	1124	Maria Elisa Oliveira Guedes	EquipaA	Veterana F50	03:01:54	+01:30:31	10:42
5	1037	Marieta Carolina Machado Garcês Moreira	BitRunners	Veterana F50	03:03:49	+01:32:26	10:49
6	1374	Fátima Magalhães Carvalho	Manguelas - Run/Walk TEAM	Veterana F50	03:06:10	+01:34:47	10:57
7	1142	Isabel Galhardo	Futebol Clube de Penafiel	Veterana F50	04:20:17	+02:48:53	15:19

Veterano M40

1	1462	Eurico Emanuel Miranda Ferreira Moura	Retorta - Quinta das Arcas	Veterano M40	01:39:02	+07:39	05:50
2	1140	Patrick Marques	Fridao sem limites	Veterano M40	01:40:23	+09:00	05:54
3	1463	Adelino Silva	Retorta - Quinta das Arcas	Veterano M40	01:44:23	+13:00	06:08
4	1092	Rui Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:45:08	+13:44	06:11
5	1532	Pedro Alves	TOGART	Veterano M40	01:45:34	+14:11	06:13
6	1313	José Paulo Ribeiro	Individual	Veterano M40	01:48:15	+16:51	06:22
7	1016	Orlando Barbosa	Retorta - Quinta das Arcas	Veterano M40	01:48:29	+17:06	06:23
8	1325	Ricardo	Individual	Veterano M40	01:49:20	+17:57	06:26
9	1315	Luís Soares	Individual	Veterano M40	01:49:46	+18:23	06:27
10	1358	Hugo Martins	LA Zinco	Veterano M40	01:53:42	+22:19	06:41
11	1479	Carlos alberto mendes barbosa	Running Penafiel Trail	Veterano M40	01:53:52	+22:29	06:42
12	1005	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	01:54:35	+23:12	06:44
13	1431	Sergio Gomes	Os Preguiças	Veterano M40	01:54:52	+23:29	06:45
14	1122	Filipe Escobar	EquipaA	Veterano M40	01:57:00	+25:37	06:53
15	1020	António Cunha	Atletas de fim de semana	Veterano M40	01:59:24	+28:01	07:01
16	1583	António Jesus	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:59:44	+28:20	07:03
17	1288	António Coelho	Individual	Veterano M40	01:59:57	+28:34	07:03
18	1464	Rogério Coelho	Retorta - Quinta das Arcas	Veterano M40	02:01:15	+29:51	07:08
19	1392	Ibraim Sosua	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:02:24	+31:01	07:12
20	1311	José da Rocha e Sousa	Individual	Veterano M40	02:02:38	+31:15	07:13
21	152	Albino pires	PORTO SENTIDO RUNNERS	Veterano M40	02:02:39	+31:15	07:13
22	1139	Manuel Teixeira	Fridao sem limites	Veterano M40	02:03:14	+31:51	07:15
23	1559	José Pinto	Turbo Kings 2.0	Veterano M40	02:03:25	+32:02	07:16
24	1004	Hélder Borges	ALIANÇA DE GANDRA	Veterano M40	02:03:36	+32:13	07:16
25	1112	Dario Cardoso	Devasta Trilhos	Veterano M40	02:04:02	+32:39	07:18
26	1380	Miguel Santos	Moinhos Run - ADRM	Veterano M40	02:04:04	+32:41	07:18
27	1167	Victor Marçal Fernandes	Grupo Desportivo da Goma	Veterano M40	02:04:50	+33:26	07:21
28	1307	Jorge Durães	Individual	Veterano M40	02:04:55	+33:32	07:21
29	1077	Francisco Oliveira	Castelo Crossfit	Veterano M40	02:05:27	+34:04	07:23
30	1468	Jorge detes	Running Penafiel Trail	Veterano M40	02:05:34	+34:11	07:23

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31	1294	Carlos Bessa	Individual	Veterano M40	02:05:42	+34:19	07:24
32	1414	José Fernandes	Nova Linha Trail Runners	Veterano M40	02:06:07	+34:44	07:25
33	1113	João barros	Devasta Trilhos	Veterano M40	02:08:55	+37:31	07:35
34	1014	Tó Faria	Amigos 100 Limites	Veterano M40	02:09:12	+37:49	07:36
35	1327	Rui silva	Individual	Veterano M40	02:09:12	+37:49	07:36
36	1317	Miguel Teixeira	Individual	Veterano M40	02:12:12	+40:49	07:47
37	1010	Carlos Alberto Soares Moreira	Alpha Running	Veterano M40	02:12:26	+41:03	07:47
38	1006	Paulo Sousa	ALIANÇA DE GANDRA	Veterano M40	02:13:07	+41:44	07:50
39	1008	Sérgio Pereira	ALIANÇA DE GANDRA	Veterano M40	02:13:07	+41:44	07:50
40	1394	Márcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:14:12	+42:49	07:54
41	1049	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	02:14:12	+42:49	07:54
42	1035	Marco Sousa	Baltar Trail Runners	Veterano M40	02:14:26	+43:03	07:54
43	1320	Nuno Ferreira	Individual	Veterano M40	02:17:07	+45:43	08:04
44	1151	Alcino tavares	Gansos	Veterano M40	02:17:42	+46:19	08:06
45	1352	Joel Ferreira Coelho	Joel Ferreira Coelho	Veterano M40	02:17:42	+46:19	08:06
46	1413	Daniel Tomé	Nova Linha Trail Runners	Veterano M40	02:17:45	+46:22	08:06
47	1036	Vitor Manuel Nogueira Barbosa	Baltar Trail Runners	Veterano M40	02:17:46	+46:22	08:06
48	1526	Manuel Pacheco Ferreira	Tecla 3 Runners	Veterano M40	02:18:22	+46:59	08:08
49	1516	Sérgio Sousa	STCP Runners	Veterano M40	02:19:24	+48:01	08:12
50	1316	Manuel da silva e Sousa	Individual	Veterano M40	02:19:45	+48:22	08:13
51	1306	João Fernando Da Silva Ribeiro	Individual	Veterano M40	02:20:12	+48:49	08:15
52	1480	HENRIQUE SOUSA	Running Penafiel Trail	Veterano M40	02:20:55	+49:31	08:17
53	1298	David Sousa	Individual	Veterano M40	02:21:03	+49:40	08:18
54	1125	Alexandre Pereira	Equipaa	Veterano M40	02:21:23	+50:00	08:19
55	1090	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:22:09	+50:46	08:22
56	1542	Manuel Fernando Lopes soares	Tombos trambolhões	Veterano M40	02:22:10	+50:47	08:22
57	1360	Pedro Ferreira	Devasta Trilhos	Veterano M40	02:23:12	+51:49	08:25
58	1289	António Malheiro	Individual	Veterano M40	02:24:00	+52:36	08:28
59	1571	Arménio Salviano Santos Ribeiro	Individual	Veterano M40	02:24:34	+53:11	08:30
60	1491	Rui Freitas	S. S. Montepio	Veterano M40	02:25:52	+54:29	08:35
61	1245	Antonio Rodrigues	Individual	Veterano M40	02:26:08	+54:45	08:36
62	1391	Aurélio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:26:28	+55:05	08:37
63	1299	Edgar Bruno Freitas Câmara	Equipaa	Veterano M40	02:26:32	+55:09	08:37
64	1028	Leandro Andrade	Baltar Runners - Centro do Mundo	Veterano M40	02:26:47	+55:24	08:38
65	1538	Vitor Cardoso	TOGART	Veterano M40	02:27:13	+55:50	08:40
66	1080	Miguel Barbosa	Castelo Crossfit	Veterano M40	02:27:36	+56:13	08:41
67	1304	Helder Rodrigues	Individual	Veterano M40	02:27:42	+56:18	08:41
68	1490	Rui Carvalho	S. S. Montepio	Veterano M40	02:29:56	+58:33	08:49
69	1487	Antonio Oliveira	S. S. Montepio	Veterano M40	02:29:56	+58:33	08:49
70	1438	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	02:30:46	+59:23	08:52
71	1408	José Manuel Moura	NOCTURNOS DE PAREDES	Veterano M40	02:30:56	+59:33	08:53
72	1500	Magalhães	SK	Veterano M40	02:31:01	+59:38	08:53
73	1154	Miguel costa	Gansos	Veterano M40	02:31:16	+59:52	08:54
74	1286	Amandio Sousa	Individual	Veterano M40	02:31:42	+01:00:19	08:58

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75	1303	Helder José da rocha Oliveira	Individual	Veterano M40	02:31:51	+01:00:28	08:56
76	1482	Oscar Novais	Running Penafiel Trail	Veterano M40	02:32:11	+01:00:48	08:57
77	1027	António Couto	Baltar Runners - Centro do Mundo	Veterano M40	02:32:15	+01:00:52	08:57
78	153	Sergio Da Rocha soares	Individual	Veterano M40	02:32:37	+01:01:14	08:59
79	1328	Sérgio Carvalho	Individual	Veterano M40	02:33:13	+01:01:50	09:01
80	1134	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:33:27	+01:02:04	09:02
81	1489	Ricardo Resende	S. S. Montepio	Veterano M40	02:37:29	+01:06:06	09:16
82	1442	Antonio Barbosa	Paredes Running	Veterano M40	02:37:33	+01:06:10	09:16
83	1404	Eusebio Barbosa	NOCTURNOS DE PAREDES	Veterano M40	02:38:08	+01:06:44	09:18
84	1514	Paulo Lopes	STCP Runners	Veterano M40	02:38:55	+01:07:32	09:21
85	1297	Celso Augusto Coelho Moreira	Individual	Veterano M40	02:39:02	+01:07:39	09:21
86	1290	António Manuel Ferreira Castro Neves	Individual	Veterano M40	02:39:12	+01:07:49	09:22
87	1114	Luís Martins	Devasta Trilhos	Veterano M40	02:40:41	+01:09:18	09:27
88	1359	Agostinho Cardoso	Devasta Trilhos	Veterano M40	02:40:48	+01:09:24	09:28
89	1083	Ricardo Ferreira	Castelo Crossfit	Veterano M40	02:40:49	+01:09:26	09:28
90	1312	José da Silva cabral	Individual	Veterano M40	02:40:57	+01:09:34	09:28
91	1310	José Carlos Antunes	Individual	Veterano M40	02:41:00	+01:09:37	09:28
92	1407	José Luis Pinto	NOCTURNOS DE PAREDES	Veterano M40	02:41:03	+01:09:39	09:28
93	1048	Juca Teixeira	BTT Alegria // TUBANI	Veterano M40	02:42:24	+01:11:01	09:33
94	1458	Rui Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	02:42:29	+01:11:06	09:33
95	1562	Paulo Monteiro	WOLVES	Veterano M40	02:42:55	+01:11:32	09:35
96	1155	Paulo ribeiro	Gansos	Veterano M40	02:42:57	+01:11:34	09:35
97	1324	Raul Jorge Martins de Sousa	Individual	Veterano M40	02:45:04	+01:13:41	09:43
98	1395	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:45:07	+01:13:44	09:43
99	1511	Domingos Faustino	STCP Runners	Veterano M40	02:45:25	+01:14:02	09:44
100	1329	SERGIO DIAS	Running Penafiel Trail	Veterano M40	02:46:54	+01:15:31	09:49
101	1291	António Neto	Individual	Veterano M40	02:47:23	+01:16:00	09:51
102	1565	ARMANDO SILVA	XtrilhosTeam	Veterano M40	02:49:33	+01:18:09	09:58
103	1295	Carlos Ferreira	Individual	Veterano M40	02:49:33	+01:18:10	09:58
104	1363	Miguel Campos	LIGHTCUT	Veterano M40	02:52:43	+01:21:20	10:10
105	1001	Rui Sá	10TEMIDOS	Veterano M40	02:53:07	+01:21:43	10:11
106	1301	FRANCISCO PACHECO	Running Penafiel Trail	Veterano M40	02:53:28	+01:22:05	10:12
107	1091	Paulo Lemos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:54:46	+01:23:23	10:17
108	1405	Filipe Pinto	NOCTURNOS DE PAREDES	Veterano M40	02:55:16	+01:23:53	10:19
109	1535	Fernando Ferreira	TOGART	Veterano M40	02:55:18	+01:23:55	10:19
110	1115	Manuel Alvarino	Devasta Trilhos	Veterano M40	02:55:26	+01:24:03	10:19
111	1488	Francisco Moreira	S. S. Montepio	Veterano M40	02:56:01	+01:24:38	10:21
112	1521	jorge moreira	Team Friends	Veterano M40	02:57:00	+01:25:37	10:25
113	1515	Sérgio Silva	STCP Runners	Veterano M40	02:58:34	+01:27:11	10:30
114	1119	Pedro Miguel Paulo	EquipaA	Veterano M40	02:59:42	+01:28:19	10:34
115	1486	Antonio Coelho	S. S. Montepio	Veterano M40	03:05:07	+01:33:43	10:53
116	1321	Patrick Sulatisky	Individual	Veterano M40	03:05:18	+01:33:55	10:54
117	1116	Marco Oliveira	Devasta Trilhos	Veterano M40	03:05:31	+01:34:08	10:55
118	1537	Paulo Ferreira	TOGART	Veterano M40	03:06:16	+01:34:53	10:57
119	1578	Alberto Sérgio Pinto Soares	Ass. Pais Paredes Aventura	Veterano M40	03:06:44	+01:35:21	10:59

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120	1579	Manuel José Silva Moreira	Ass. Pais Paredes Aventura	Veterano M40	03:06:44	+01:35:21	10:59
121	1007	Roberto Moreira	ALIANÇA DE GANDRA	Veterano M40	03:06:50	+01:35:27	10:59
122	1305	Hugo Aloísio Barros Dias Pacheco	Individual	Veterano M40	03:06:51	+01:35:28	11:00
123	126	Julio Santos	S. S. Montepio	Veterano M40	03:07:02	+01:35:38	11:00
124	1308	Jorge Moreira	Individual	Veterano M40	03:08:01	+01:36:38	11:04
125	1283	Abel João Rodrigues de Sousa Andrade	Individual	Veterano M40	03:11:25	+01:40:01	11:16
126	1406	João Leite	NOCTURNOS DE PAREDES	Veterano M40	03:11:30	+01:40:07	11:16
127	1309	jorge nogueira	Individual	Veterano M40	03:11:51	+01:40:28	11:17
128	1153	Jorge caldas	Gansos	Veterano M40	03:12:12	+01:40:49	11:18
129	1455	Filipe Ferreira	PORTO SENTIDO RUNNERS	Veterano M40	03:13:01	+01:41:38	11:21
130	1456	PAULO FERNANDO MATOS DA ROCHA	PORTO SENTIDO RUNNERS	Veterano M40	03:14:04	+01:42:41	11:25
131	1353	Pedro Leal Morango	Joel Ferreira Coelho	Veterano M40	03:14:41	+01:43:18	11:27
132	1126	Ricardo carvalho	EquipaA	Veterano M40	03:16:12	+01:44:49	11:33
133	1038	Jorge Sousa	BitRunners	Veterano M40	03:17:24	+01:46:01	11:37
134	1518	Manuel Jorge	Team aguenta Aí	Veterano M40	03:18:32	+01:47:09	11:41
135	1437	Jose Alves	PAPATRAILS	Veterano M40	03:18:51	+01:47:28	11:42
136	1323	Pedro Correia	Individual	Veterano M40	03:20:11	+01:48:48	11:47
137	1457	Rui Silva	PORTO SENTIDO RUNNERS	Veterano M40	03:20:12	+01:48:49	11:47
138	1152	Carlos anjos	Gansos	Veterano M40	03:20:37	+01:49:14	11:48
139	1409	Telmo Mota	NOCTURNOS DE PAREDES	Veterano M40	03:21:07	+01:49:43	11:50
140	1443	Luis Ribeiro	Paredes Running	Veterano M40	03:26:11	+01:54:48	12:08
141	1287	André Vieira	Individual	Veterano M40	03:27:33	+01:56:09	12:13
142	1300	eduardo castro	Individual	Veterano M40	03:30:35	+01:59:12	12:23
143	1292	Armando Pereira	Individual	Veterano M40	03:36:49	+02:05:26	12:45
144	1302	Gonçalo Machado	Individual	Veterano M40	03:38:06	+02:06:42	12:50
145	1536	Paulo Carneiro	TOGART	Veterano M40	03:38:29	+02:07:06	12:51
146	1513	Paulo Gonçalves	STCP Runners	Veterano M40	03:43:03	+02:11:40	13:07
147	1314	Júlio Adalberto Conceição Cunha Magalhães	Individual	Veterano M40	03:46:03	+02:14:40	13:18
148	1285	Alípio Jorge	Individual	Veterano M40	03:50:25	+02:19:02	13:33
149	1332	Sérgio Sousa	Individual	Veterano M40	03:50:25	+02:19:02	13:33
150	1446	Jorge Teixeira	Perna Manca	Veterano M40	04:01:38	+02:30:15	14:13
151	1425	Fernando Santos	OS MISERÁVEIS	Veterano M40	04:04:12	+02:32:49	14:22
152	1426	João Oliveira	OS MISERÁVEIS	Veterano M40	04:04:13	+02:32:50	14:22
153	1143	Julio Alves	Futebol Clube de Penafiel	Veterano M40	04:20:17	+02:48:54	15:19
154	1082	Ricardo Braga	Castelo Crossfit	Veterano M40	04:21:07	+02:49:44	15:22

Veterano M50

1	1094	Asdrubal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:46:43	+15:20	06:17
2	1497	Adão Seabra	Seabras	Veterano M50	01:54:59	+23:36	06:46
3	1093	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:56:09	+24:46	06:50
4	1483	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:56:29	+25:06	06:51
5	1117	Carlos sousa	Devasta Trilhos	Veterano M50	01:58:41	+27:18	06:59

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Trail Curto

17 KM

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OFFICIAL RESULT

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6	1396	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:02:24	+31:01	07:12
7	1348	Paulo Morais	Individual	Veterano M50	02:04:48	+33:25	07:21
8	1141	António Carlos 01	Fridao sem limites	Veterano M50	02:08:51	+37:28	07:35
9	127	Jose Costa	S. S. Montepio	Veterano M50	02:10:05	+38:42	07:39
10	1416	Florindo Pereira	Nova Linha Trail Runners	Veterano M50	02:12:43	+41:20	07:48
11	1110	Américo França	Devasta Trilhos	Veterano M50	02:14:52	+43:29	07:56
12	1096	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:18:20	+46:56	08:08
13	1340	Fernando Duarte Ferreira	Individual	Veterano M50	02:19:50	+48:26	08:14
14	1415	José silva	Nova Linha Trail Runners	Veterano M50	02:21:27	+50:04	08:19
15	1018	José Morais	Arrasa Trilhos	Veterano M50	02:23:18	+51:55	08:26
16	1336	Alcino Araújo	Individual	Veterano M50	02:23:21	+51:58	08:26
17	1557	Jorge Moreira	TrepaTrilhosTrailTeam	Veterano M50	02:24:03	+52:40	08:28
18	1492	Fernando Carvalho	S. S. Montepio	Veterano M50	02:24:14	+52:51	08:29
19	1575	Joaquim Alberto Barbosa da Silva	Individual	Veterano M50	02:25:34	+54:11	08:34
20	1361	António Pinto	Devasta Trilhos	Veterano M50	02:26:55	+55:32	08:39
21	1519	João Santana	Team aguenta Aí	Veterano M50	02:31:10	+59:47	08:54
22	1084	Rui Coelho	Castelo Crossfit	Veterano M50	02:31:58	+01:00:34	08:56
23	1484	JOSÉ TEIXEIRA	Running Penafiel Trail	Veterano M50	02:34:29	+01:03:06	09:05
24	1339	Domingos da Silva Fonseca	Individual	Veterano M50	02:40:57	+01:09:34	09:28
25	1135	Eugénio Soares	FACTOR X / S4L / MEDENSE FC	Veterano M50	02:44:19	+01:12:56	09:40
26	1346	Nelson Nogueira	Individual	Veterano M50	02:46:49	+01:15:26	09:49
27	1318	António Manuel Sousa Pereira	NOCTURNOS DE PAREDES	Veterano M50	02:47:24	+01:16:01	09:51
28	1375	Vicente Ferreira Sousa	Manguelas - Run/Walk TEAM	Veterano M50	02:49:26	+01:18:03	09:58
29	1410	Álvaro Cardoso	Nós Acreditamos	Veterano M50	02:49:48	+01:18:25	09:59
30	1337	armenio pinto	Individual	Veterano M50	02:55:06	+01:23:43	10:18
31	1338	Carlos Almeida	Individual	Veterano M50	02:56:24	+01:25:01	10:23
32	1334	Manuel Abilio Pereira	Individual	Veterano M50	02:57:41	+01:26:18	10:27
33	1127	José Moreira da Rocha	Equipaa	Veterano M50	03:01:54	+01:30:31	10:42
34	1539	Lascasas	TOGART	Veterano M50	03:12:13	+01:40:49	11:18
35	1344	Jose Almeida	Individual	Veterano M50	03:27:55	+01:56:32	12:14
36	1343	Jose Afonso Rocha Coelho	Individual	Veterano M50	03:29:32	+01:58:09	12:20
37	1157	Rui Machado	Gansos	Veterano M50	03:33:24	+02:02:01	12:33
38	1156	Joaquim Garcês	Gansos	Veterano M50	03:33:35	+02:02:11	12:34
39	1144	Manuel Alves	Futebol Clube de Penafiel	Veterano M50	04:20:16	+02:48:53	15:19

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39	PERNA MANCA	461 + 463 + 464	1388
40	OS MISERÁVEIS	465 + 466 + 467	1398
41	FUTEBOL CLUBE DE PENAFIEL	472 + 473 + 474	1419