

TRAIL - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	19,6°C	52%
End	21:01	19,6°C	52%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	25	Tiago Duarte	atletismo clube da tocha	Senior Masculino	01:15:27		04:43
2	156	Pedro Patrício	moinhos da gândara trail	Veterano M40	01:17:49	+02:21	04:52
3	36	Licínio Melanda	bear territory	Veterano M40	01:19:49	+04:22	04:59
4	172	Ricardo Santos	vikings trail runners	Senior Masculino	01:20:29	+05:02	05:02
5	72	Bruno Gonçalves	grvilaverdense	Senior Masculino	01:20:33	+05:05	05:02
6	12	João Silva	acdrs quinhendros	Veterano M40	01:21:20	+05:53	05:05
7	66	Paulo Santos	grupo desportivo ferreirense	Veterano M50	01:21:22	+05:54	05:05
8	8	Valter Daniel Leandro Lopes	acdrs quinhendros	Senior Masculino	01:21:37	+06:10	05:06
9	15	orlando manuel aveiro pires	adcr pereira	Veterano M40	01:23:08	+07:41	05:12
10	115	Paulo Neves	individual	Senior Masculino	01:23:16	+07:49	05:12
11	84	Alex Silva	grvilaverdense	Veterano M40	01:23:54	+08:27	05:15
12	92	Pedro Alexandre Ladeiro Oliveira	grvilaverdense	Veterano M40	01:23:56	+08:29	05:15
13	73	Fred Gaspar	grvilaverdense	Senior Masculino	01:24:14	+08:46	05:16
14	62	tiago silva	gatões btt	Senior Masculino	01:24:36	+09:09	05:17
15	23	Daniel Batata	atletismo clube da tocha	Senior Masculino	01:24:38	+09:11	05:17
16	177	António Ferrolho	escola de atletismo de coimbra jpaiva	Veterano M40	01:25:25	+09:58	05:20
17	7	Tiago moreno	acdrs quinhendros	Senior Masculino	01:25:39	+10:12	05:21
18	61	Jorge Simões	gatões btt	Senior Masculino	01:27:48	+12:20	05:29
19	16	Arnaldo Mendes	adm - orimondego	Senior Masculino	01:27:55	+12:28	05:30
20	13	Márcio Rodrigues	acdrs quinhendros	Veterano M40	01:29:51	+14:24	05:37
21	153	José Miguel Ferreira Rodrigues	moinhos da gândara trail	Sub 25 Masculino	01:30:30	+15:03	05:39
22	54	Jorge Rodrigues	cscd norte e soure	Veterano M40	01:30:44	+15:16	05:40
23	157	Manuel Cabete	moinhos da gândara trail	Veterano M50	01:31:05	+15:38	05:42
24	121	Arnaldo Oliveira Ferreira	individual	Veterano M40	01:31:10	+15:43	05:42
25	125	João Loureiro	individual	Veterano M40	01:31:44	+16:17	05:44
26	146	João Roso	joão roso	Senior Masculino	01:32:28	+17:00	05:47
27	142	José Manuel Jesus Zananar	atletismo clube da tocha	Veterano M50	01:32:34	+17:07	05:47
28	175	Ricardo Bexiga	individual	Senior Masculino	01:32:41	+17:14	05:48
29	14	TóZé Serra	acdrs quinhendros	Veterano M40	01:32:53	+17:26	05:48
30	85	Carlos Palaio	grvilaverdense	Veterano M40	01:33:39	+18:11	05:51
31	122	Carlos Alexandre Gomes Pagaimo	individual	Veterano M40	01:34:00	+18:33	05:53
32	10	Bruno Maciel	acdrs quinhendros	Veterano M40	01:34:27	+19:00	05:54
33	140	Jorge Pessoa	individual	Veterano M50	01:34:37	+19:10	05:55
34	109	João Barradas	individual	Senior Masculino	01:35:25	+19:58	05:58
35	144	Mario Neves	individual	Veterano M50	01:36:04	+20:36	06:00
36	55	Ricardo Pereira	emcantos aiteam	Senior Masculino	01:36:36	+21:08	06:02
37	114	Luís Gonçalves	individual	Senior Masculino	01:37:30	+22:02	06:06
38	41	Julia Legkova	bio team run	Senior Feminino	01:37:36	+22:09	06:06
39	22	Sara Silva	atletismo clube da tocha	Senior Feminino	01:37:47	+22:20	06:07
40	179	Jorge Alves	escola de atletismo de coimbra jpaiva	Veterano M50	01:38:09	+22:41	06:08

TRAIL - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	178	Luis Pereira	individual	Veterano M40	01:38:10	+22:43	06:08
42	180	Jose Maçorria	individual	Veterano M50	01:38:51	+23:24	06:11
43	96	Manuel Fernandes	grvilaverdense	Veterano M50	01:40:22	+24:54	06:16
44	169	josé carlos santos	rg levanta poeira	Veterano M50	01:41:59	+26:32	06:22
45	77	Pedro Figueiredo	grvilaverdense	Senior Masculino	01:42:18	+26:51	06:24
46	76	Nuno Nascimento	grvilaverdense	Senior Masculino	01:42:33	+27:06	06:25
47	133	Rui Varanda	individual	Veterano M40	01:42:34	+27:06	06:25
48	69	paula coto	grv trail	Veterana F40	01:42:34	+27:07	06:25
49	91	Paulo Pereira	grvilaverdense	Veterano M40	01:42:35	+27:07	06:25
50	43	Ricardo Santos	bio team run	Senior Masculino	01:42:50	+27:23	06:26
51	65	Paulo Acúrsio	grupo desportivo ferreirense	Veterano M50	01:43:29	+28:02	06:28
52	52	Duarte Domingues	ccrdl	Veterano M40	01:44:26	+28:59	06:32
53	9	Bruno B Ferreira	acdrs quinhendros	Veterano M40	01:44:39	+29:11	06:32
54	165	Rui Zi	quiaios run team	Veterano M40	01:45:07	+29:40	06:34
55	149	Dany Mateus	moinhos da gândara trail	Senior Masculino	01:45:07	+29:40	06:34
56	113	Luis Gaspar	individual	Senior Masculino	01:45:22	+29:55	06:35
57	101	ANDRÉ HELENO	individual	Senior Masculino	01:45:32	+30:04	06:36
58	98	José Cardoso	ind	Veterano M50	01:46:06	+30:38	06:38
59	89	Nelson Azenha	grvilaverdense	Veterano M40	01:46:26	+30:59	06:39
60	51	Rui manuel Faria Ferreira	casa do benfica da figueira da foz	Veterano M50	01:46:47	+31:19	06:40
61	154	Céllia Marinho	moinhos da gândara trail	Veterana F40	01:47:38	+32:11	06:44
62	104	Eduardo Jorge Penacho Ribeiro	individual	Senior Masculino	01:47:54	+32:27	06:45
63	88	Miguel Vasco	grvilaverdense	Veterano M40	01:48:24	+32:57	06:47
64	126	Jorge Santos	individual	Veterano M40	01:48:41	+33:14	06:48
65	49	Anabela Fonseca	bio team run / grupo desportivo ferreirense	Veterana F40	01:48:46	+33:19	06:48
66	131	Pedro Acúrcio	individual	Veterano M40	01:49:00	+33:32	06:49
67	47	Fernando Sousa	bio team run	Veterano M50	01:49:04	+33:37	06:49
68	171	Paulo Providencia	rg levanta poeira	Veterano M50	01:49:26	+33:58	06:50
69	112	Luis azenha	individual	Senior Masculino	01:49:45	+34:18	06:52
70	86	Herminio Almeida	grvilaverdense	Veterano M40	01:49:54	+34:27	06:52
71	48	Sofia Alexandra Jorge Simões	bio team run / grupo desportivo ferreirense	Senior Feminino	01:50:05	+34:37	06:53
72	59	Sérgio Carlos	espécie de atletas	Veterano M40	01:51:29	+36:02	06:58
73	64	Lurdes Gil	grupo desportivo ferreirense	Veterana F40	01:51:38	+36:11	06:59
74	119	Raquel Matias	individual	Veterana F40	01:53:23	+37:56	07:05
75	97	Francisco Cardoso	ind	Junior Masculino	01:53:45	+38:17	07:07
76	128	Luís Mendes	individual	Veterano M40	01:53:50	+38:22	07:07
77	134	Vítor Manuel Cardoso Pinto	individual	Veterano M40	01:54:15	+38:47	07:08
78	110	João Paulo Cardoso Serra	individual	Senior Masculino	01:54:32	+39:05	07:10
79	75	Nuno Gois	grvilaverdense	Senior Masculino	01:54:32	+39:05	07:10
80	90	Nuno Alexandre Lopes	grvilaverdense	Veterano M40	01:54:35	+39:08	07:10
81	100	maria jose vasco caceiro	individual	Senior Feminino	01:55:03	+39:36	07:11
82	117	Simão Monteiro Freitas	individual	Sub 25 Masculino	01:57:50	+42:23	07:22
83	58	Miguel Simões	espécie de atletas	Veterano M40	01:58:27	+43:00	07:24
84	6	Vânia Paixão	acdrs quinhendros	Senior Feminino	01:58:44	+43:17	07:25

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16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	130	Paulo Martins	individual	Veterano M40	01:59:57	+44:30	07:30
86	17	Rita Carvalho	arsm - associação recreativa de s. miguel	Senior Feminino	02:00:29	+45:02	07:32
87	37	Lino Alexandre	bear territory	Veterano M40	02:00:32	+45:05	07:32
88	164	Jorge Santos	pombal jornal	Veterano M50	02:00:53	+45:25	07:33
89	145	Paulo Martins	individual	Veterano M50	02:00:59	+45:32	07:34
90	168	Almerindo Ferreira	rg levanta poeira	Veterano M50	02:01:32	+46:05	07:36
91	94	Vitor Santos	grvilaverdense	Veterano M40	02:01:41	+46:13	07:36
92	70	Miguel Pereira	grvilaverdense	Junior Masculino	02:01:53	+46:26	07:37
93	42	David Costa	bio team run	Senior Masculino	02:02:10	+46:43	07:38
94	19	Joaquim de Sousa Branquinho	arsm - associação recreativa de s. miguel	Veterano M50	02:03:06	+47:39	07:42
95	129	Nelson Ramos	individual	Veterano M40	02:03:12	+47:45	07:42
96	60	URÂNIA CHUVA	figueira kayak clube	Veterana F40	02:03:47	+48:20	07:44
97	20	PAULO BAPTISTA	atletismo clube da tocha	Veterano M40	02:03:47	+48:20	07:44
98	163	Sónia Pereira	pombal jornal	Veterana F40	02:04:31	+49:04	07:47
99	29	David Fonseca	bear territory	Senior Masculino	02:05:14	+49:46	07:50
100	39	Carlos Andrade	bear territory	Veterano M50	02:06:25	+50:58	07:54
101	166	Jorge Ribeiro	rg levanta poeira	Veterano M40	02:07:05	+51:37	07:57
102	173	Aldina Ferreira	we	Veterana F40	02:07:45	+52:18	07:59
103	174	Armando Pereira	we	Veterano M40	02:07:46	+52:18	07:59
104	46	Tomaz	bio team run	Veterano M40	02:09:12	+53:45	08:05
105	45	Isabel Sousa	bio team run	Veterana F50	02:09:13	+53:46	08:05
106	44	Rui Nogueira	bio team run	Senior Masculino	02:09:45	+54:18	08:07
107	82	Xana Maia	grvilaverdense	Veterana F40	02:09:59	+54:32	08:07
108	108	Henrique Simões	individual	Senior Masculino	02:10:43	+55:15	08:10
109	176	Liliana Azenha	individual	Veterana F40	02:10:53	+55:26	08:11
110	118	Maria joao simoes	individual	Veterana F40	02:10:53	+55:26	08:11
111	40	Carla Simões	bio team run	Senior Feminino	02:10:54	+55:26	08:11
112	21	Rute Bastos	atletismo clube da tocha	Senior Feminino	02:10:54	+55:26	08:11
113	50	Dora Dourado	bio team run / grupo desportivo ferreirense	Veterana F40	02:10:54	+55:27	08:11
114	139	JORGE NOGUEIRA	individual	Veterano M50	02:11:51	+56:24	08:14
115	159	Mariana Girão	os mimosos	Senior Feminino	02:12:36	+57:08	08:17
116	124	João beirão	individual	Veterano M40	02:12:36	+57:08	08:17
117	141	José Manuel Gonçalves	individual	Veterano M50	02:12:44	+57:16	08:18
118	63	Filipe Galvão	gatões btt	Veterano M40	02:12:49	+57:22	08:18
119	152	Laura Cabete	moinhos da gândara trail	Sub 25 Feminino	02:14:50	+59:23	08:26
120	147	Carina Jordão	moinhos da gândara trail	Senior Feminino	02:14:50	+59:23	08:26
121	99	Gabriel Ferreira	individual	Junior Masculino	02:15:04	+59:37	08:27
122	181	David Mendes	individual	Veterano M40	02:16:32	+01:01:05	08:32
123	93	Pedro Lopes	grvilaverdense	Veterano M40	02:16:32	+01:01:05	08:32
124	167	Miguel Augusto Meneses da Silva Santos	rg levanta poeira	Veterano M40	02:16:52	+01:01:24	08:33
125	78	Ricardo Pereira	grvilaverdense	Senior Masculino	02:17:54	+01:02:27	08:37
126	107	Gonçalo Pinto Cardoso	individual	Senior Masculino	02:18:53	+01:03:26	08:41
127	18	André Magalhães	arsm - associação recreativa de s. miguel	Senior Masculino	02:18:53	+01:03:26	08:41
128	136	João Carlos Freire Caetano da Silva	individual	Veterano M50	02:18:56	+01:03:29	08:41

TRAIL - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	161	Cláudia Mota	pombal jornal	Veterana F40	02:19:12	+01:03:45	08:42
130	160	JOAO SOUSA	os mimosos	Senior Masculino	02:19:23	+01:03:56	08:43
131	158	Maria beirão	os mimosos	Senior Feminino	02:19:24	+01:03:56	08:43
132	74	João Melanda	grvilaverdense	Senior Masculino	02:19:50	+01:04:23	08:44
133	57	Luís Silva	espécie de atletas	Veterano M40	02:23:35	+01:08:07	08:58
134	95	José Guerra	grvilaverdense	Veterano M50	02:29:50	+01:14:22	09:22
135	56	João Laranjeiro	espécie de atletas	Veterano M40	02:30:01	+01:14:34	09:23
136	33	Carlos Lemos	bear territory	Veterano M40	02:32:15	+01:16:47	09:31
137	31	Dany Jorge	bear territory	Sub 25 Masculino	02:32:15	+01:16:47	09:31
138	27	Bruno Jorge	bear territory	Senior Masculino	02:32:15	+01:16:47	09:31
139	111	João Simões	individual	Senior Masculino	02:33:58	+01:18:30	09:37
140	79	Fátima Oliveira	grvilaverdense	Veterana F40	02:36:00	+01:20:33	09:45
141	34	Cristiano Leal	bear territory	Veterano M40	02:40:00	+01:24:32	10:00
142	81	Paula Monteiro	grvilaverdense	Veterana F40	02:42:00	+01:26:32	10:08
143	83	Fátima Cabeço	grvilaverdense	Veterana F50	02:42:00	+01:26:32	10:08
144	143	Mário Gonçalves de Freitas	individual	Veterano M50	02:46:27	+01:30:59	10:24
145	67	João Dâmaso	grupo maravilha	Senior Masculino	02:48:09	+01:32:42	10:31
146	68	Helia Gil	grupo maravilha	Veterana F40	02:48:09	+01:32:42	10:31
147	80	Fernanda Freitas	grvilaverdense	Veterana F40	02:50:15	+01:34:48	10:38
148	132	Pedro Santos	individual	Veterano M40	02:50:15	+01:34:48	10:38
149	87	João Namora	grvilaverdense	Veterano M40	02:55:53	+01:40:26	11:00
150	71	Daniela Grilo	grvilaverdense	Senior Feminino	02:55:53	+01:40:26	11:00
151	116	Lara Baião	individual	Sub 25 Feminino	02:58:43	+01:43:15	11:10
152	24	Hugo Oliveira	atletismo clube da tocha	Senior Masculino	02:58:43	+01:43:16	11:10

Trail

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	18:00	19,6°C	52%
End	21:01	19,6°C	52%

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

1	97	Francisco Cardoso	Ind	Junior Masculino	01:53:45	+38:17	07:07
2	70	Miguel Pereira	GRVILAVERDENSE	Junior Masculino	02:01:53	+46:26	07:37
3	99	Gabriel Ferreira	Individual	Junior Masculino	02:15:04	+59:37	08:27

Senior Feminino

1	41	Julia Legkova	Bio Team Run	Senior Feminino	01:37:36	+22:09	06:06
2	22	Sara Silva	Atletismo Clube da Tocha	Senior Feminino	01:37:47	+22:20	06:07
3	48	Sofia Alexandra Jorge Simões	Bio Team Run / Grupo Desportivo Ferreirense	Senior Feminino	01:50:05	+34:37	06:53
4	100	maria jose vasco caceiro	Individual	Senior Feminino	01:55:03	+39:36	07:11
5	6	Vânia Paixão	ACDRS QUINHENDROS	Senior Feminino	01:58:44	+43:17	07:25
6	17	Rita Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	02:00:29	+45:02	07:32
7	40	Carla Simões	Bio Team Run	Senior Feminino	02:10:54	+55:26	08:11
8	21	Rute Bastos	Atletismo Clube da Tocha	Senior Feminino	02:10:54	+55:26	08:11
9	159	Mariana Girão	Os mimosos	Senior Feminino	02:12:36	+57:08	08:17
10	147	Carina Jordão	Moinhos da Gândara Trail	Senior Feminino	02:14:50	+59:23	08:26
11	158	Maria beirão	Os mimosos	Senior Feminino	02:19:24	+01:03:56	08:43
12	71	Daniela Grilo	GRVILAVERDENSE	Senior Feminino	02:55:53	+01:40:26	11:00

Senior Masculino

1	25	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	01:15:27	04:43
2	172	Ricardo Santos	Vikings Trail Runners	Senior Masculino	01:20:29	+05:02 05:02
3	72	Bruno Gonçalves	GRVILAVERDENSE	Senior Masculino	01:20:33	+05:05 05:02
4	8	Valter Daniel Leandro Lopes	ACDRS QUINHENDROS	Senior Masculino	01:21:37	+06:10 05:06
5	115	Paulo Neves	Individual	Senior Masculino	01:23:16	+07:49 05:12
6	73	Fred Gaspar	GRVILAVERDENSE	Senior Masculino	01:24:14	+08:46 05:16
7	62	tiago silva	Gatões BTT	Senior Masculino	01:24:36	+09:09 05:17
8	23	Daniel Batata	Atletismo Clube da Tocha	Senior Masculino	01:24:38	+09:11 05:17
9	7	Tiago moreno	ACDRS QUINHENDROS	Senior Masculino	01:25:39	+10:12 05:21
10	61	Jorge Simões	Gatões BTT	Senior Masculino	01:27:48	+12:20 05:29
11	16	Arnaldo Mendes	ADM - OriMondego	Senior Masculino	01:27:55	+12:28 05:30
12	146	João Roso	João Roso	Senior Masculino	01:32:28	+17:00 05:47
13	175	Ricardo Bexiga	Individual	Senior Masculino	01:32:41	+17:14 05:48
14	109	João Barradas	Individual	Senior Masculino	01:35:25	+19:58 05:58
15	55	Ricardo Pereira	EmCantos AIteam	Senior Masculino	01:36:36	+21:08 06:02
16	114	Luís Gonçalves	Individual	Senior Masculino	01:37:30	+22:02 06:06

Trail

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

17	77	Pedro Figueiredo	GRVILAVERDENSE	Senior Masculino	01:42:18	+26:51	06:24
18	76	Nuno Nascimento	GRVILAVERDENSE	Senior Masculino	01:42:33	+27:06	06:25
19	43	Ricardo Santos	Bio Team Run	Senior Masculino	01:42:50	+27:23	06:26
20	149	Dany Mateus	Moinhos da Gândara Trail	Senior Masculino	01:45:07	+29:40	06:34
21	113	Luis Gaspar	Individual	Senior Masculino	01:45:22	+29:55	06:35
22	101	ANDRÉ HELENO	Individual	Senior Masculino	01:45:32	+30:04	06:36
23	104	Eduardo Jorge Penacho Ribeiro	Individual	Senior Masculino	01:47:54	+32:27	06:45
24	112	Luis azenha	Individual	Senior Masculino	01:49:45	+34:18	06:52
25	110	João Paulo Cardoso Serra	Individual	Senior Masculino	01:54:32	+39:05	07:10
26	75	Nuno Gois	GRVILAVERDENSE	Senior Masculino	01:54:32	+39:05	07:10
27	42	David Costa	Bio Team Run	Senior Masculino	02:02:10	+46:43	07:38
28	29	David Fonseca	Bear Territory	Senior Masculino	02:05:14	+49:46	07:50
29	44	Rui Nogueira	Bio Team Run	Senior Masculino	02:09:45	+54:18	08:07
30	108	Henrique Simões	Individual	Senior Masculino	02:10:43	+55:15	08:10
31	78	Ricardo Pereira	GRVILAVERDENSE	Senior Masculino	02:17:54	+01:02:27	08:37
32	107	Gonçalo Pinto Cardoso	Individual	Senior Masculino	02:18:53	+01:03:26	08:41
33	18	André Magalhães	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	02:18:53	+01:03:26	08:41
34	160	JOAO SOUSA	Os mimosos	Senior Masculino	02:19:23	+01:03:56	08:43
35	74	João Melanda	GRVILAVERDENSE	Senior Masculino	02:19:50	+01:04:23	08:44
36	27	Bruno Jorge	Bear Territory	Senior Masculino	02:32:15	+01:16:47	09:31
37	111	João Simões	Individual	Senior Masculino	02:33:58	+01:18:30	09:37
38	67	João Dâmaso	Grupo Maravilha	Senior Masculino	02:48:09	+01:32:42	10:31
39	24	Hugo Oliveira	Atletismo Clube da Tocha	Senior Masculino	02:58:43	+01:43:16	11:10

Sub 25 Feminino

1	152	Laura Cabete	Moinhos da Gândara Trail	Sub 25 Feminino	02:14:50	+59:23	08:26
2	116	Lara Baião	Individual	Sub 25 Feminino	02:58:43	+01:43:15	11:10

Sub 25 Masculino

1	153	José Miguel Ferreira Rodrigues	Moinhos da Gândara Trail	Sub 25 Masculino	01:30:30	+15:03	05:39
2	117	Simão Monteiro Freitas	Individual	Sub 25 Masculino	01:57:50	+42:23	07:22
3	31	Dany Jorge	Bear Territory	Sub 25 Masculino	02:32:15	+01:16:47	09:31

Veterana F40

1	69	paula coto	grv trail	Veterana F40	01:42:34	+27:07	06:25
2	154	Céllia Marinheiro	Moinhos da Gândara Trail	Veterana F40	01:47:38	+32:11	06:44
3	49	Anabela Fonseca	Bio Team Run / Grupo Desportivo Ferreirense	Veterana F40	01:48:46	+33:19	06:48
4	64	Lurdes Gil	Grupo Desportivo Ferreirense	Veterana F40	01:51:38	+36:11	06:59
5	119	Raquel Matias	Individual	Veterana F40	01:53:23	+37:56	07:05
6	60	URÂNIA CHUVA	Figueira Kayak Clube	Veterana F40	02:03:47	+48:20	07:44
7	163	Sónia Pereira	Pombal Jornal	Veterana F40	02:04:31	+49:04	07:47

Trail

16 KM

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OFFICIAL RESULT

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8	173	Aldina Ferreira	We	Veterana F40	02:07:45	+52:18	07:59
9	82	Xana Maia	GRVILAVERDENSE	Veterana F40	02:09:59	+54:32	08:07
10	176	Liliana Azenha	Individual	Veterana F40	02:10:53	+55:26	08:11
11	118	Maria joao simoes	Individual	Veterana F40	02:10:53	+55:26	08:11
12	50	Dora Dourado	Bio Team Run / Grupo Desportivo Ferreirense	Veterana F40	02:10:54	+55:27	08:11
13	161	Cláudia Mota	Pombal Jornal	Veterana F40	02:19:12	+01:03:45	08:42
14	79	Fátima Oliveira	GRVILAVERDENSE	Veterana F40	02:36:00	+01:20:33	09:45
15	81	Paula Monteiro	GRVILAVERDENSE	Veterana F40	02:42:00	+01:26:32	10:08
16	68	Helia Gil	Grupo Maravilha	Veterana F40	02:48:09	+01:32:42	10:31
17	80	Fernanda Freitas	GRVILAVERDENSE	Veterana F40	02:50:15	+01:34:48	10:38

Veterana F50

1	45	Isabel Sousa	Bio Team Run	Veterana F50	02:09:13	+53:46	08:05
2	83	Fátima Cabeço	GRVILAVERDENSE	Veterana F50	02:42:00	+01:26:32	10:08

Veterano M40

1	156	Pedro Patrício	Moinhos da Gândara Trail	Veterano M40	01:17:49	+02:21	04:52
2	36	Licínio Melanda	Bear Territory	Veterano M40	01:19:49	+04:22	04:59
3	12	João Silva	ACDRS QUINHENDROS	Veterano M40	01:21:20	+05:53	05:05
4	15	orlando manuel aveiro pires	ADCR Pereira	Veterano M40	01:23:08	+07:41	05:12
5	84	Alex Silva	GRVILAVERDENSE	Veterano M40	01:23:54	+08:27	05:15
6	92	Pedro Alexandre Ladeiro Oliveira	GRVILAVERDENSE	Veterano M40	01:23:56	+08:29	05:15
7	177	António Ferrolho	Escola de Atletismo de Coimbra JPaiva	Veterano M40	01:25:25	+09:58	05:20
8	13	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M40	01:29:51	+14:24	05:37
9	54	Jorge Rodrigues	CSCD NORTE e SOURE	Veterano M40	01:30:44	+15:16	05:40
10	121	Arnaldo Oliveira Ferreira	Individual	Veterano M40	01:31:10	+15:43	05:42
11	125	João Loureiro	Individual	Veterano M40	01:31:44	+16:17	05:44
12	14	TóZé Serra	ACDRS QUINHENDROS	Veterano M40	01:32:53	+17:26	05:48
13	85	Carlos Palaio	GRVILAVERDENSE	Veterano M40	01:33:39	+18:11	05:51
14	122	Carlos Alexandre Gomes Pagaimo	Individual	Veterano M40	01:34:00	+18:33	05:53
15	10	Bruno Maciel	ACDRS QUINHENDROS	Veterano M40	01:34:27	+19:00	05:54
16	178	Luis Pereira	Individual	Veterano M40	01:38:10	+22:43	06:08
17	133	Rui Varanda	Individual	Veterano M40	01:42:34	+27:06	06:25
18	91	Paulo Pereira	GRVILAVERDENSE	Veterano M40	01:42:35	+27:07	06:25
19	52	Duarte Domingues	CCRDL	Veterano M40	01:44:26	+28:59	06:32
20	9	Bruno B Ferreira	ACDRS QUINHENDROS	Veterano M40	01:44:39	+29:11	06:32
21	165	Rui Zi	QUIAIOS RUN TEAM	Veterano M40	01:45:07	+29:40	06:34
22	89	Nelson Azenha	GRVILAVERDENSE	Veterano M40	01:46:26	+30:59	06:39
23	88	Miguel Vasco	GRVILAVERDENSE	Veterano M40	01:48:24	+32:57	06:47
24	126	Jorge Santos	Individual	Veterano M40	01:48:41	+33:14	06:48
25	131	Pedro Acúrcio	Individual	Veterano M40	01:49:00	+33:32	06:49
26	86	Herminio Almeida	GRVILAVERDENSE	Veterano M40	01:49:54	+34:27	06:52

Trail

16 KM

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OFFICIAL RESULT

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27	59	Sérgio Carlos	Espécie de atletas	Veterano M40	01:51:29	+36:02	06:58
28	128	Luís Mendes	Individual	Veterano M40	01:53:50	+38:22	07:07
29	134	Vítor Manuel Cardoso Pinto	Individual	Veterano M40	01:54:15	+38:47	07:08
30	90	Nuno Alexandre Lopes	GRVILAVERDENSE	Veterano M40	01:54:35	+39:08	07:10
31	58	Miguel Simões	Espécie de atletas	Veterano M40	01:58:27	+43:00	07:24
32	130	Paulo Martins	Individual	Veterano M40	01:59:57	+44:30	07:30
33	37	Lino Alexandre	Bear Territory	Veterano M40	02:00:32	+45:05	07:32
34	94	Vítor Santos	GRVILAVERDENSE	Veterano M40	02:01:41	+46:13	07:36
35	129	Nelson Ramos	Individual	Veterano M40	02:03:12	+47:45	07:42
36	20	PAULO BAPTISTA	Atletismo Clube da Tocha	Veterano M40	02:03:47	+48:20	07:44
37	166	Jorge Ribeiro	RG Levanta Poeira	Veterano M40	02:07:05	+51:37	07:57
38	174	Armando Pereira	We	Veterano M40	02:07:46	+52:18	07:59
39	46	Tomaz	Bio Team Run	Veterano M40	02:09:12	+53:45	08:05
40	124	João beirão	Individual	Veterano M40	02:12:36	+57:08	08:17
41	63	Filipe Galvão	Gatões BTT	Veterano M40	02:12:49	+57:22	08:18
42	181	David Mendes	Individual	Veterano M40	02:16:32	+01:01:05	08:32
43	93	Pedro Lopes	GRVILAVERDENSE	Veterano M40	02:16:32	+01:01:05	08:32
44	167	Miguel Augusto Meneses da Silva Santos	RG Levanta Poeira	Veterano M40	02:16:52	+01:01:24	08:33
45	57	Luís Silva	Espécie de atletas	Veterano M40	02:23:35	+01:08:07	08:58
46	56	João Laranjeiro	Espécie de atletas	Veterano M40	02:30:01	+01:14:34	09:23
47	33	Carlos Lemos	Bear Territory	Veterano M40	02:32:15	+01:16:47	09:31
48	34	Cristiano Leal	Bear Territory	Veterano M40	02:40:00	+01:24:32	10:00
49	132	Pedro Santos	Individual	Veterano M40	02:50:15	+01:34:48	10:38
50	87	João Namora	GRVILAVERDENSE	Veterano M40	02:55:53	+01:40:26	11:00

Veterano M50

1	66	Paulo Santos	Grupo Desportivo Ferreirense	Veterano M50	01:21:22	+05:54	05:05
2	157	Manuel Cabete	Moinhos da Gândara Trail	Veterano M50	01:31:05	+15:38	05:42
3	142	José Manuel Jesus Zananar	Atletismo Clube da Tocha	Veterano M50	01:32:34	+17:07	05:47
4	140	Jorge Pessoa	Individual	Veterano M50	01:34:37	+19:10	05:55
5	144	Mario Neves	Individual	Veterano M50	01:36:04	+20:36	06:00
6	179	Jorge Alves	Escola de Atletismo de Coimbra JPaiva	Veterano M50	01:38:09	+22:41	06:08
7	180	Jose Maçorria	Individual	Veterano M50	01:38:51	+23:24	06:11
8	96	Manuel Fernandes	GRVILAVERDENSE	Veterano M50	01:40:22	+24:54	06:16
9	169	josé carlos santos	RG Levanta Poeira	Veterano M50	01:41:59	+26:32	06:22
10	65	Paulo Acúrsio	Grupo Desportivo Ferreirense	Veterano M50	01:43:29	+28:02	06:28
11	98	José Cardoso	Ind	Veterano M50	01:46:06	+30:38	06:38
12	51	Rui manuel Faria Ferreira	Casa do Benfica da Figueira da Foz	Veterano M50	01:46:47	+31:19	06:40
13	47	Fernando Sousa	Bio Team Run	Veterano M50	01:49:04	+33:37	06:49
14	171	Paulo Providencia	RG Levanta Poeira	Veterano M50	01:49:26	+33:58	06:50
15	164	Jorge Santos	Pombal Jornal	Veterano M50	02:00:53	+45:25	07:33
16	145	Paulo Martins	Individual	Veterano M50	02:00:59	+45:32	07:34
17	168	Almerindo Ferreira	RG Levanta Poeira	Veterano M50	02:01:32	+46:05	07:36

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18	19	Joaquim de Sousa Branquinho	ARSM - Associação Recreativa de S. Miguel	Veterano M50	02:03:06	+47:39	07:42
19	39	Carlos Andrade	Bear Territory	Veterano M50	02:06:25	+50:58	07:54
20	139	JORGE NOGUEIRA	Individual	Veterano M50	02:11:51	+56:24	08:14
21	141	José Manuel Gonçalves	Individual	Veterano M50	02:12:44	+57:16	08:18
22	136	João Carlos Freire Caetano da Silva	Individual	Veterano M50	02:18:56	+01:03:29	08:41
23	95	José Guerra	GRVILAVERDENSE	Veterano M50	02:29:50	+01:14:22	09:22
24	143	Mário Gonçalves de Freitas	Individual	Veterano M50	02:46:27	+01:30:59	10:24

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