

OVERALL - CHALLENGE TRAIL LONGO

63 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	Stages	RESULT	DIFF	T/KM
1	22	Tiago Rovisco	ocs-arrábida trail team	Senior Masculino	3	07:01:17		06:41
2	49	Sérgio Filipe Pereira Neves	limited edition	Senior Masculino	3	08:13:04	+01:11:47	07:50
3	31	Rui Vieira	ocs-arrábida trail team	Senior Masculino	3	08:17:11	+01:15:54	07:54
4	46	Paulo Sousa	ocs-arrábida trail team	Senior Masculino	3	08:28:00	+01:26:43	08:04
5	55	João Fonseca	individual	Senior Masculino	3	08:46:56	+01:45:39	08:22
6	44	Rui Soares	arrábida obstacle runners	Senior Masculino	3	09:02:21	+02:01:04	08:37
7	59	Estela são martinho	individual	Senior Feminino	3	09:03:04	+02:01:47	08:37
8	23	João Faria	individual	Senior Masculino	3	09:07:42	+02:06:25	08:42
9	45	Margarida Bagão	g.d.c. dos portos de sines e do algarve	Senior Feminino	3	09:11:23	+02:10:06	08:45
10	25	Flávio Monteiro	terapia do corpo	Senior Masculino	3	10:10:42	+03:09:25	09:42
11	24	Cristina Laranjeiro	terapia do corpo	Senior Feminino	3	10:12:08	+03:10:51	09:43
12	56	Jorge paulino	ocs-arrábida trail team	Senior Masculino	3	10:13:55	+03:12:38	09:45
13	38	Francisco Macheta	limited edition	Senior Masculino	3	10:17:00	+03:15:43	09:48
14	58	Rui Lima	individual	Senior Masculino	3	10:59:08	+03:57:51	10:28
15	57	Carlos Henrique Batista da Costa	individual	Senior Masculino	3	11:43:18	+04:42:01	11:10
16	48	Mónica Rocha	arrábida obstacle runners	Senior Feminino	3	11:47:06	+04:45:49	11:13
17	35	Nuno Lucas	tálenos team	Senior Masculino	3	12:17:36	+05:16:19	11:42
18	34	Verónica Catarro	individual	Senior Feminino	3	15:16:33	+08:15:16	14:33
19	29	Sandra Rodrigues	cem reis	Senior Feminino	3	15:17:08	+08:15:51	14:33
20	30	Patrícia Pinto	individual	Senior Feminino	3	16:38:06	+09:36:49	15:51
21	19	Elisabete Azougado	tálenos team	Senior Feminino	3	16:45:51	+09:44:34	15:58
22	1	Nuno Torres	ocs-arrábida trail team	Senior Masculino	2	05:10:21	***	06:36
23	39	Paulo Silva	individual	Senior Masculino	2	05:41:26	***	08:59
24	42	Susana Portela	individual	Senior Feminino	2	08:46:49	+01:45:32	11:13
25	43	Rita Branco	tálenos team	Senior Feminino	2	09:27:39	+02:26:22	14:56
26	52	Paulo Páscoa	tálenos team	Senior Masculino	2	09:29:19	+02:28:02	12:07
27	41	Dora Reis	tálenos team	Senior Feminino	2	11:40:54	+04:39:37	17:06
28	33	Miguel Oliveira	tálenos team	Senior Masculino	2	12:47:38	+05:46:21	16:20
29	50	Emanuel Machado	edv-viana trail	Senior Masculino	1	01:29:13	***	05:35
30	21	João Costa	individual	Senior Masculino	1	01:40:02	***	06:15
31	53	Ricardo Rodrigues	individual	Senior Masculino	1	02:30:47	***	06:51

OVERALL - CHALLENGE TRAIL CURTO

54 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	Stages	RESULT	DIFF	t/KM
1	519	Filipa Alexandra da Gama	ocs-arrábida trail team	Senior Feminino	3	09:23:23		10:26
2	510	Isabel Barra	gafanhori	Senior Feminino	3	11:24:04	+02:00:41	12:40
3	515	Filipa Tinoco Leal	individual	Senior Feminino	3	13:03:47	+03:40:24	14:31
4	524	José Nunes	individual	Senior Masculino	3	14:24:42	+05:01:19	16:01
5	526	Mário Coelho	individual	Senior Masculino	3	15:39:14	+06:15:51	17:24
6	513	Ana Cartaxo	tálenos team	Senior Feminino	2	09:05:50	+17:-33	14:22
7	528	Tiago Rovisco	individual	Senior Masculino	1	01:50:22	***	06:54
8	507	Cesar Duarte	limited edition	Senior Masculino	1	02:45:58	***	10:22
9	516	Nuno Milheiro	individual	Senior Masculino	1	03:00:25	***	08:12
10	517	Carlos Andrade	individual	Senior Masculino	1	03:01:42	***	11:21
11	509	Cila Faustino	limited edition	Senior Feminino	1	03:12:37	***	12:02
12	508	Ana Bolas	limited edition	Senior Feminino	1	03:13:03	***	12:04
13	506	Claudia Duarte	limited edition	Senior Feminino	1	03:13:08	***	12:04
14	511	Ana Almeida	aventureiros	Senior Feminino	1	05:00:19	***	13:39
15	512	Fernando Silva	aventureiros	Senior Masculino	1	05:00:19	***	13:39

P1 VALE DA RASCA - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	--	--
End	07:38	18.4°C	82%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1	Nuno Torres	OCS-Arrábida Trail Team	02:52:00		06:53	
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	02:59:40	+07:40	07:11	
3	55	João Fonseca	Individual	03:33:05	+41:05	08:31	
4	31	Rui Vieira	OCS-Arrábida Trail Team	03:36:00	+44:00	08:38	
5	49	Sérgio Filipe Pereira Neves	Limited Edition	03:39:53	+47:53	08:48	
6	46	Paulo Sousa	OCS-Arrábida Trail Team	03:40:03	+48:03	08:48	
7	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	03:57:24	+01:05:24	09:30	
8	23	João Faria	Individual	04:00:22	+01:08:22	09:37	
9	44	Rui Soares	Arrábida Obstacle Runners	04:01:04	+01:09:04	09:39	
10	59	Estela são martinho	Individual	04:01:28	+01:09:28	09:40	
11	1009	Alexandre Jorge	Individual	04:22:51	+01:30:51	10:31	
12	25	Flávio Monteiro	Terapia do Corpo	04:24:07	+01:32:07	10:34	
13	56	Jorge paulino	OCS-Arrábida Trail Team	04:24:31	+01:32:31	10:35	
14	24	Cristina Laranjeiro	Terapia do Corpo	04:24:41	+01:32:41	10:35	
15	38	Francisco Macheta	Limited Edition	04:32:02	+01:40:02	10:53	
16	58	Rui Lima	Individual	04:46:46	+01:54:46	11:28	
17	1007	Gil Pedro De Matos Delgado	Individual	04:54:56	+02:02:56	11:48	
18	1011	Fábio Coelho	Individual	04:55:06	+02:03:06	11:48	
19	42	Susana Portela	Individual	05:03:21	+02:11:21	12:08	
20	48	Mónica Rocha	Arrábida Obstacle Runners	05:05:31	+02:13:31	12:13	
21	57	Carlos Henrique Batista da Costa	Individual	05:07:36	+02:15:36	12:18	
22	35	Nuno Lucas	Tálenos Team	05:27:11	+02:35:11	13:05	
23	52	Paulo Páscoa	Tálenos Team	05:27:31	+02:35:31	13:06	
24	29	Sandra Rodrigues	Cem Reis	06:14:16	+03:22:16	14:58	
25	34	Verónica Catarro	Individual	06:14:27	+03:22:27	14:59	
26	30	Patrícia Pinto	Individual	07:24:08	+04:32:08	17:46	
27	33	Miguel Oliveira	Tálenos Team	07:35:10	+04:43:10	18:12	
28	19	Elisabete Azougado	Tálenos Team	07:37:32	+04:45:32	18:18	
29	41	Dora Reis	Tálenos Team	07:38:41	+04:46:41	18:21	

P1 Vale da Rasca

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	-99°C	-99%
End	07:38	18.4°C	82%

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

1	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	Senior Feminino	03:57:24	+01:05:24	09:30:24
2	59	Estela são martinho	Individual	Senior Feminino	04:01:28	+01:09:28	09:40:28
3	24	Cristina Laranjeiro	Terapia do Corpo	Senior Feminino	04:24:41	+01:32:41	10:35:41
4	42	Susana Portela	Individual	Senior Feminino	05:03:21	+02:11:21	12:08:21
5	48	Mónica Rocha	Arrábida Obstacle Runners	Senior Feminino	05:05:31	+02:13:31	12:13:31
6	29	Sandra Rodrigues	Cem Reis	Senior Feminino	06:14:16	+03:22:16	14:58:16
7	34	Verónica Catarro	Individual	Senior Feminino	06:14:27	+03:22:27	14:59:27
8	30	Patrícia Pinto	Individual	Senior Feminino	07:24:08	+04:32:08	17:46:08
9	19	Elisabete Azougado	Tálenos Team	Senior Feminino	07:37:32	+04:45:32	18:18:32
10	41	Dora Reis	Tálenos Team	Senior Feminino	07:38:41	+04:46:41	18:21:41

Senior Masculino

1	1	Nuno Torres	OCS-Arrábida Trail Team	Senior Masculino	02:52:00		06:53
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	Senior Masculino	02:59:40	+07:40	07:11
3	55	João Fonseca	Individual	Senior Masculino	03:33:05	+41:05	08:31
4	31	Rui Vieira	OCS-Arrábida Trail Team	Senior Masculino	03:36:00	+44:00	08:38
5	49	Sérgio Filipe Pereira Neves	Limited Edition	Senior Masculino	03:39:53	+47:53	08:48
6	46	Paulo Sousa	OCS-Arrábida Trail Team	Senior Masculino	03:40:03	+48:03	08:48
7	23	João Faria	Individual	Senior Masculino	04:00:22	+01:08:22	09:37
8	44	Rui Soares	Arrábida Obstacle Runners	Senior Masculino	04:01:04	+01:09:04	09:39
9	1009	Alexandre Jorge	Individual	Senior Masculino	04:22:51	+01:30:51	10:31
10	25	Flávio Monteiro	Terapia do Corpo	Senior Masculino	04:24:07	+01:32:07	10:34
11	56	Jorge paulino	OCS-Arrábida Trail Team	Senior Masculino	04:24:31	+01:32:31	10:35
12	38	Francisco Macheta	Limited Edition	Senior Masculino	04:32:02	+01:40:02	10:53
13	58	Rui Lima	Individual	Senior Masculino	04:46:46	+01:54:46	11:28
14	1007	Gil Pedro De Matos Delgado	Individual	Senior Masculino	04:54:56	+02:02:56	11:48
15	1011	Fábio Coelho	Individual	Senior Masculino	04:55:06	+02:03:06	11:48
16	57	Carlos Henrique Batista da Costa	Individual	Senior Masculino	05:07:36	+02:15:36	12:18
17	35	Nuno Lucas	Tálenos Team	Senior Masculino	05:27:11	+02:35:11	13:05
18	52	Paulo Páscoa	Tálenos Team	Senior Masculino	05:27:31	+02:35:31	13:06
19	33	Miguel Oliveira	Tálenos Team	Senior Masculino	07:35:10	+04:43:10	18:12

P2 SERRA DE SAO LUIS - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	--	--
End	07:38	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1	Nuno Torres	OCS-Arrábida Trail Team	02:18:21		06:17	
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	02:22:21	+04:00	06:28	
3	53	Ricardo Rodrigues	Individual	02:30:47	+12:26	06:51	
4	31	Rui Vieira	OCS-Arrábida Trail Team	02:43:39	+25:18	07:26	
5	49	Sérgio Filipe Pereira Neves	Limited Edition	02:45:43	+27:22	07:32	
6	46	Paulo Sousa	OCS-Arrábida Trail Team	02:51:38	+33:17	07:48	
7	44	Rui Soares	Arrábida Obstacle Runners	02:54:36	+36:15	07:56	
8	59	Estela são martinho	Individual	02:54:46	+36:25	07:57	
9	23	João Faria	Individual	03:03:18	+44:57	08:20	
10	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	03:03:49	+45:28	08:21	
11	55	João Fonseca	Individual	03:15:19	+56:58	08:53	
12	39	Paulo Silva	Individual	03:25:12	+01:06:51	09:20	
13	24	Cristina Laranjeiro	Terapia do Corpo	03:27:43	+01:09:22	09:27	
14	25	Flávio Monteiro	Terapia do Corpo	03:27:43	+01:09:22	09:27	
15	38	Francisco Macheta	Limited Edition	03:29:45	+01:11:24	09:32	
16	56	Jorge paulino	OCS-Arrábida Trail Team	03:29:48	+01:11:27	09:32	
17	57	Carlos Henrique Batista da Costa	Individual	03:29:58	+01:11:37	09:33	
18	58	Rui Lima	Individual	03:32:08	+01:13:47	09:39	
19	42	Susana Portela	Individual	03:43:28	+01:25:07	10:09	
20	48	Mónica Rocha	Arrábida Obstacle Runners	03:44:45	+01:26:24	10:13	
21	35	Nuno Lucas	Tálenos Team	04:01:33	+01:43:12	10:59	
22	52	Paulo Páscoa	Tálenos Team	04:01:48	+01:43:27	10:59	
23	2004	Fernando nascimento	Tálenos Team	04:39:28	+02:21:07	12:42	
24	2013	Carlos Marques	Individual	04:43:46	+02:25:25	12:54	
25	2008	Hélder Constantino	Tálenos Team	04:46:18	+02:27:57	13:01	
26	2009	Sandra Constantino	Tálenos Team	04:46:18	+02:27:57	13:01	
27	2005	Beta Lourenço	Tálenos Team	04:47:55	+02:29:34	13:05	
28	19	Elisabete Azougado	Tálenos Team	05:06:52	+02:48:31	13:57	
29	30	Patrícia Pinto	Individual	05:10:44	+02:52:23	14:07	
30	33	Miguel Oliveira	Tálenos Team	05:12:28	+02:54:07	14:12	
31	43	Rita Branco	Tálenos Team	05:17:33	+02:59:12	14:26	
32	29	Sandra Rodrigues	Cem Reis	05:26:39	+03:08:18	14:51	
33	34	Verónica Catarro	Individual	05:27:13	+03:08:52	14:52	

P2 Serra de Sao Luis

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	-99°C	-99%
End	07:38	-99°C	-99%

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

1	59	Estela são martinho	Individual	Senior Feminino	02:54:46	+36:25	07:57:11
2	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	Senior Feminino	03:03:49	+45:28	08:21:07
3	24	Cristina Laranjeiro	Terapia do Corpo	Senior Feminino	03:27:43	+01:09:22	09:27:05
4	42	Susana Portela	Individual	Senior Feminino	03:43:28	+01:25:07	10:09:15
5	48	Mónica Rocha	Arrábida Obstacle Runners	Senior Feminino	03:44:45	+01:26:24	10:13:10
6	2009	Sandra Constantino	Tálenos Team	Senior Feminino	04:46:18	+02:27:57	13:01:05
7	2005	Beta Lourenço	Tálenos Team	Senior Feminino	04:47:55	+02:29:34	13:05:19
8	19	Elisabete Azougado	Tálenos Team	Senior Feminino	05:06:52	+02:48:31	13:57:13
9	30	Patrícia Pinto	Individual	Senior Feminino	05:10:44	+02:52:23	14:07:07
10	43	Rita Branco	Tálenos Team	Senior Feminino	05:17:33	+02:59:12	14:26:15
11	29	Sandra Rodrigues	Cem Reis	Senior Feminino	05:26:39	+03:08:18	14:51:07
12	34	Verónica Catarro	Individual	Senior Feminino	05:27:13	+03:08:52	14:52:15

Senior Masculino

1	1	Nuno Torres	OCS-Arrábida Trail Team	Senior Masculino	02:18:21	06:17
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	Senior Masculino	02:22:21	+04:00 06:28
3	53	Ricardo Rodrigues	Individual	Senior Masculino	02:30:47	+12:26 06:51
4	31	Rui Vieira	OCS-Arrábida Trail Team	Senior Masculino	02:43:39	+25:18 07:26
5	49	Sérgio Filipe Pereira Neves	Limited Edition	Senior Masculino	02:45:43	+27:22 07:32
6	46	Paulo Sousa	OCS-Arrábida Trail Team	Senior Masculino	02:51:38	+33:17 07:48
7	44	Rui Soares	Arrábida Obstacle Runners	Senior Masculino	02:54:36	+36:15 07:56
8	23	João Faria	Individual	Senior Masculino	03:03:18	+44:57 08:20
9	55	João Fonseca	Individual	Senior Masculino	03:15:19	+56:58 08:53
10	39	Paulo Silva	Individual	Senior Masculino	03:25:12	+01:06:51 09:20
11	25	Flávio Monteiro	Terapia do Corpo	Senior Masculino	03:27:43	+01:09:22 09:27
12	38	Francisco Macheta	Limited Edition	Senior Masculino	03:29:45	+01:11:24 09:32
13	56	Jorge paulino	OCS-Arrábida Trail Team	Senior Masculino	03:29:48	+01:11:27 09:32
14	57	Carlos Henrique Batista da Costa	Individual	Senior Masculino	03:29:58	+01:11:37 09:33
15	58	Rui Lima	Individual	Senior Masculino	03:32:08	+01:13:47 09:39
16	35	Nuno Lucas	Tálenos Team	Senior Masculino	04:01:33	+01:43:12 10:59
17	52	Paulo Páscoa	Tálenos Team	Senior Masculino	04:01:48	+01:43:27 10:59
18	2004	Fernando nascimento	Tálenos Team	Senior Masculino	04:39:28	+02:21:07 12:42
19	2013	Carlos Marques	Individual	Senior Masculino	04:43:46	+02:25:25 12:54
20	2008	Hélder Constantino	Tálenos Team	Senior Masculino	04:46:18	+02:27:57 13:01
21	33	Miguel Oliveira	Tálenos Team	Senior Masculino	05:12:28	+02:54:07 14:12

P3 AZEITAO SERRA E MAR - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	--	--
End	07:38	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	50	Emanuel Machado	EDV-VIANA TRAIL	01:29:13		05:35	
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	01:39:16	+10:03	06:12	
3	21	João Costa	Individual	01:40:02	+10:49	06:15	
4	49	Sérgio Filipe Pereira Neves	Limited Edition	01:47:28	+18:15	06:43	
5	46	Paulo Sousa	OCS-Arrábida Trail Team	01:56:19	+27:06	07:16	
6	31	Rui Vieira	OCS-Arrábida Trail Team	01:57:32	+28:19	07:21	
7	55	João Fonseca	Individual	01:58:32	+29:19	07:25	
8	23	João Faria	Individual	02:04:02	+34:49	07:45	
9	44	Rui Soares	Arrábida Obstacle Runners	02:06:41	+37:28	07:55	
10	59	Estela são martinho	Individual	02:06:50	+37:37	07:56	
11	3008	Nuno Raposo	OCS-Arrábida Trail Team	02:06:56	+37:43	07:56	
12	3005	Ricardo Fernandes	Individual	02:08:58	+39:45	08:04	
13	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	02:10:10	+40:57	08:08	
14	38	Francisco Macheta	Limited Edition	02:15:13	+46:00	08:27	
15	39	Paulo Silva	Individual	02:16:14	+47:01	08:31	
16	25	Flávio Monteiro	Terapia do Corpo	02:18:52	+49:39	08:41	
17	56	Jorge paulino	OCS-Arrábida Trail Team	02:19:36	+50:23	08:44	
18	24	Cristina Laranjeiro	Terapia do Corpo	02:19:44	+50:31	08:44	
19	58	Rui Lima	Individual	02:40:14	+01:11:01	10:01	
20	3004	Natália Estêvão	Vitória Clube de Lisboa	02:45:25	+01:16:12	10:20	
21	35	Nuno Lucas	Tálenos Team	02:48:52	+01:19:39	10:33	
22	48	Mónica Rocha	Arrábida Obstacle Runners	02:56:50	+01:27:37	11:03	
23	57	Carlos Henrique Batista da Costa	Individual	03:05:44	+01:36:31	11:37	
24	3002	Fernando Pereira	Individual	03:06:53	+01:37:40	11:41	
25	34	Verónica Catarro	Individual	03:34:53	+02:05:40	13:26	
26	29	Sandra Rodrigues	Cem Reis	03:36:13	+02:07:00	13:31	
27	19	Elisabete Azougado	Tálenos Team	04:01:27	+02:32:14	15:05	
28	41	Dora Reis	Tálenos Team	04:02:13	+02:33:00	15:08	
29	30	Patrícia Pinto	Individual	04:03:14	+02:34:01	15:12	
30	43	Rita Branco	Tálenos Team	04:10:06	+02:40:53	15:38	

P3 Azeitao Serra e Mar

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	-99°C	-99%
End	07:38	-99°C	-99%

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

1	59	Estela são martinho	Individual	Senior Feminino	02:06:50	+37:37	07:56
2	45	Margarida Bagão	G.D.C. dos Portos de Sines e do Algarve	Senior Feminino	02:10:10	+40:57	08:08
3	24	Cristina Laranjeiro	Terapia do Corpo	Senior Feminino	02:19:44	+50:31	08:44
4	3004	Natália Estêvão	Vitoria Clube de Lisboa	Senior Feminino	02:45:25	+01:16:12	10:20
5	48	Mónica Rocha	Arrábida Obstacle Runners	Senior Feminino	02:56:50	+01:27:37	11:03
6	34	Verónica Catarro	Individual	Senior Feminino	03:34:53	+02:05:40	13:26
7	29	Sandra Rodrigues	Cem Reis	Senior Feminino	03:36:13	+02:07:00	13:31
8	19	Elisabete Azougado	Tálenos Team	Senior Feminino	04:01:27	+02:32:14	15:05
9	41	Dora Reis	Tálenos Team	Senior Feminino	04:02:13	+02:33:00	15:08
10	30	Patrícia Pinto	Individual	Senior Feminino	04:03:14	+02:34:01	15:12
11	43	Rita Branco	Tálenos Team	Senior Feminino	04:10:06	+02:40:53	15:38

Senior Masculino

1	50	Emanuel Machado	EDV-VIANA TRAIL	Senior Masculino	01:29:13	05:35
2	22	Tiago Rovisco	OCS-Arrábida Trail Team	Senior Masculino	01:39:16	+10:03 06:12
3	21	João Costa	Individual	Senior Masculino	01:40:02	+10:49 06:15
4	49	Sérgio Filipe Pereira Neves	Limited Edition	Senior Masculino	01:47:28	+18:15 06:43
5	46	Paulo Sousa	OCS-Arrábida Trail Team	Senior Masculino	01:56:19	+27:06 07:16
6	31	Rui Vieira	OCS-Arrábida Trail Team	Senior Masculino	01:57:32	+28:19 07:21
7	55	João Fonseca	Individual	Senior Masculino	01:58:32	+29:19 07:25
8	23	João Faria	Individual	Senior Masculino	02:04:02	+34:49 07:45
9	44	Rui Soares	Arrábida Obstacle Runners	Senior Masculino	02:06:41	+37:28 07:55
10	3008	Nuno Raposo	OCS-Arrábida Trail Team	Senior Masculino	02:06:56	+37:43 07:56
11	3005	Ricardo Fernandes	Individual	Senior Masculino	02:08:58	+39:45 08:04
12	38	Francisco Macheta	Limited Edition	Senior Masculino	02:15:13	+46:00 08:27
13	39	Paulo Silva	Individual	Senior Masculino	02:16:14	+47:01 08:31
14	25	Flávio Monteiro	Terapia do Corpo	Senior Masculino	02:18:52	+49:39 08:41
15	56	Jorge paulino	OCS-Arrábida Trail Team	Senior Masculino	02:19:36	+50:23 08:44
16	58	Rui Lima	Individual	Senior Masculino	02:40:14	+01:11:01 10:01
17	35	Nuno Lucas	Tálenos Team	Senior Masculino	02:48:52	+01:19:39 10:33
18	57	Carlos Henrique Batista da Costa	Individual	Senior Masculino	03:05:44	+01:36:31 11:37
19	3002	Fernando Pereira	Individual	Senior Masculino	03:06:53	+01:37:40 11:41

P4 VALE DA RASCATRIL - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	--	--
End	07:15	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	528	Tiago Rovisco	Individual	01:50:22		06:54	
2	4002	Dário Nobre	Individual	02:26:34	+36:12	09:10	
3	519	Filipa Alexandra da Gama	OCS-Arrábida Trail Team	02:54:08	+01:03:46	10:53	
4	4001	João Nuno Fonseca	Individual	03:01:31	+01:11:09	11:21	
5	510	Isabel Barra	Gafanhori	03:36:32	+01:46:10	13:32	
6	515	Filipa Tinoco Leal	Individual	04:02:01	+02:11:39	15:08	
7	526	Mário Coelho	Individual	04:15:24	+02:25:02	15:58	
8	524	José Nunes	Individual	04:18:32	+02:28:10	16:10	

P4 Vale da RascaTrail

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	00:00	-99°C	-99%
End	07:15	-99°C	-99%

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

1	519	Filipa Alexandra da Gama	OCS-Arrábida Trail Team	Senior Feminino	02:54:08	+01:03:46	10:53
2	510	Isabel Barra	Gafanhori	Senior Feminino	03:36:32	+01:46:10	13:32
3	515	Filipa Tinoco Leal	Individual	Senior Feminino	04:02:01	+02:11:39	15:08

Senior Masculino

1	528	Tiago Rovisco	Individual	Senior Masculino	01:50:22	06:54
2	4002	Dário Nobre	Individual	Senior Masculino	02:26:34	+36:12 09:10
3	4001	João Nuno Fonseca	Individual	Senior Masculino	03:01:31	+01:11:09 11:21
4	526	Mário Coelho	Individual	Senior Masculino	04:15:24	+02:25:02 15:58
5	524	José Nunes	Individual	Senior Masculino	04:18:32	+02:28:10 16:10