

TRAIL LONGO - STAGE 1

35 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	--	--
End	15:54	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	149	Paulo Mesquita	EDV- VIANA TRAIL	02:56:17		05:02	
2	93	António Almeida	Clube de Praças da Armada	02:56:30	+00:13	05:03	
3	310	João Henrique Da Cruz	Trail Team Bifase	03:01:24	+05:07	05:11	
4	100	Filipe Costa	Clube Desportivo de Espite	03:04:30	+08:13	05:16	
5	133	Marco Faria	Dá-lhe Gás Trail Team Fisioduo	03:06:23	+10:06	05:20	
6	97	Pedro Ribeiro	Clube de Praças da Armada	03:06:26	+10:09	05:20	
7	153	Emílio Montilla Fernandez	EDV- VIANA TRAIL	03:06:38	+10:21	05:20	
8	309	Emílio Carvalho	the rookies	03:07:01	+10:44	05:21	
9	61	Fran Salgueiro	Boavista Trail	03:07:33	+11:16	05:22	
10	151	Ruben Veloso	EDV- VIANA TRAIL	03:08:05	+11:48	05:22	
11	337	JOSE ROSARIO	Zona Alta Trail	03:12:36	+16:19	05:30	
12	150	Roberto Mata Martinez	EDV- VIANA TRAIL	03:13:32	+17:15	05:32	
13	98	Virgilio Gomes	Clube de Praças da Armada	03:14:03	+17:46	05:33	
14	101	Micael Costa	Clube Desportivo de Espite	03:15:09	+18:52	05:35	
15	64	Marcos António Fidalgo Pascual	Boavista Trail	03:15:30	+19:13	05:35	
16	83	Marcelo Araújo	CIDEP Fornos Lusavouga	03:15:52	+19:35	05:36	
17	255	João nogueira	Oralklass - Amigos Do Trail	03:16:05	+19:48	05:36	
18	257	Seninho Ribeiro	Oralklass - Amigos Do Trail	03:16:25	+20:08	05:37	
19	167	Rui Azevedo	Fridão Sem Limites	03:18:54	+22:37	05:41	
20	313	Nuno Guimarães	Trogloditas runners	03:21:21	+25:04	05:45	
21	129	Joaquim Duarte	Dá-lhe Gás Trail Team Fisioduo	03:22:47	+26:30	05:48	
22	316	Castor Salgado	Trogloditas runners	03:23:53	+27:36	05:50	
23	152	FRED KALAHARI	EDV- VIANA TRAIL	03:23:58	+27:41	05:50	
24	63	Jose Martín Fontán Arnejo	Boavista Trail	03:26:31	+30:14	05:54	
25	99	Dinis Santos	Clube Desportivo de Espite	03:28:49	+32:32	05:58	
26	140	Jose Martins	DCI/Trilhos Luso Bussaco	03:29:29	+33:12	05:59	
27	92	Andre Costa	Clube de Praças da Armada	03:30:22	+34:05	06:01	
28	330	ANDRÉ ROSÁRIO	Zona Alta Trail	03:31:39	+35:22	06:03	
29	324	André Cunha	vimarunners	03:32:35	+36:18	06:04	
30	30	Luís Silva	Adosa - Os Santa Apolónia	03:33:18	+37:01	06:06	
31	62	Francisco Fidalgo Pascual	Boavista Trail	03:33:30	+37:13	06:06	
32	31	Manuel Carvalho	Adosa - Os Santa Apolónia	03:34:31	+38:14	06:08	
33	130	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	03:34:53	+38:36	06:08	
34	220	Adolfo Garrido Fernandez	Individual	03:36:07	+39:50	06:10	
35	138	José Campar	DCI/Trilhos Luso Bussaco	03:36:08	+39:51	06:11	
36	244	Fernando Carvalho	Nós Acreditamos	03:36:12	+39:55	06:11	
37	274	Narciso Machado	ProFisio eupago Team	03:36:49	+40:32	06:12	
38	335	JOÃO FERNANDES	Zona Alta Trail	03:36:58	+40:41	06:12	
39	189	Fernando Manuel Rodrigues Costa	GTT - Armazém do Caffè	03:36:59	+40:42	06:12	
40	243	José Pinto	Nós Acreditamos	03:37:15	+40:58	06:12	
41	135	Diogo Pimenta	DCI/Trilhos Luso Bussaco	03:37:33	+41:16	06:13	
42	2	Paula Soares	A.D.Amarante	03:37:45	+41:28	06:13	

35 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	2 / 7	generate 09-Mar-2020 12:02
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35 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	110	Jorge Nabais	COA / Corvus Trail Team	04:01:44	+01:05:27	06:54	
90	109	Rute Martins	COA / Corvus Trail Team	04:01:45	+01:05:28	06:54	
91	224	NUNO SIMOES	Individual	04:01:51	+01:05:34	06:55	
92	85	João Tavares	CIDEP Fornos Lusavouga	04:02:07	+01:05:50	06:55	
93	312	Rafael Martinho	Trilhos dos Templários /Xporfit	04:02:46	+01:06:29	06:56	
94	233	Jorge Domingues	LEBRES MINHOTAS	04:03:14	+01:06:57	06:57	
95	256	Pedro Silva	Oralklass - Amigos Do Trail	04:03:15	+01:06:58	06:57	
96	80	Gonçalo Morais	CHAVES RUNNING TEAM	04:03:35	+01:07:18	06:58	
97	275	Kristaps Broks	RIEKSTI I SUPERVARONI	04:03:44	+01:07:27	06:58	
98	290	Jose Manuel Guerreiro Leiria	Sharish Gin/GD Piranhas do Alqueva	04:03:50	+01:07:33	06:58	
99	119	Ricardo Dantas	CROCODILOS / MISTERPC	04:05:02	+01:08:45	07:00	
100	156	Helder Moreira	Elefantes runners	04:05:28	+01:09:11	07:01	
101	259	Joaquim Fernandes Pinheiro	Os Gordos	04:05:34	+01:09:17	07:01	
102	15	Paula Costa	Academia Desportiva de Arcos de Valdevez	04:05:43	+01:09:26	07:01	
103	303	Luís Pereira	TEAM LANTEMIL	04:05:57	+01:09:40	07:02	
104	38	Marcos Ribeiro	Andatrilhos de freamunde	04:06:29	+01:10:12	07:03	
105	277	Jojo Da Silva	Rock The Mountains	04:06:54	+01:10:37	07:03	
106	258	Belmiro Moreira	Oralklass - Amigos Do Trail	04:07:30	+01:11:13	07:04	
107	139	Carlos Cunha	DCI/Trilhos Luso Bussaco	04:07:34	+01:11:17	07:04	
108	44	Carlos Gonçalves	Associação Desportiva Lusitano XXI (ADLXXI)	04:08:10	+01:11:53	07:05	
109	37	Jorge Moreira	AMIGOS DO PEDAL TRAILAGARES	04:08:21	+01:12:04	07:06	
110	46	David Guerreiro	Associação Desportiva Lusitano XXI (ADLXXI)	04:10:02	+01:13:45	07:09	
111	126	Sérgio Vilela	CTM VILA POUCA DE AGUIAR	04:10:10	+01:13:53	07:09	
112	134	Ricardo Pires	Dá-lhe Gás Trail Team Fisioduo	04:10:22	+01:14:05	07:09	
113	24	Simão Ferreira	ADEPE	04:10:39	+01:14:22	07:10	
114	236	Fátima Amoinha	Lobos do Brunheiro de Chaves /crossbox	04:10:48	+01:14:31	07:10	
115	20	ALBERTO FREITAS	AD Marco 09	04:11:28	+01:15:11	07:11	
116	21	RUI RODRIGUES	AD Marco 09	04:11:35	+01:15:18	07:11	
117	203	João Filipe Tomás Amandio	Individual	04:11:40	+01:15:23	07:11	
118	278	Paulino Nogueira	Ruiner viennois	04:11:46	+01:15:29	07:12	
119	332	Idalina Marques	Zona Alta Trail	04:11:54	+01:15:37	07:12	
120	45	Daniel Campaniço	Associação Desportiva Lusitano XXI (ADLXXI)	04:11:54	+01:15:37	07:12	
121	325	Luis Miguel Cunha Santos	vimarunners	04:12:11	+01:15:54	07:12	
122	143	Carlos Ribeiro	DiVe Into the Mountains	04:12:15	+01:15:58	07:12	
123	326	João Ricardo	vimarunners	04:12:27	+01:16:10	07:13	
124	304	Manuel Costa	TEAM LANTEMIL	04:13:00	+01:16:43	07:14	
125	88	Sérgio Silva	Clube Atletismo de Brito	04:14:22	+01:18:05	07:16	
126	42	Carla Reis	ARSM - Associação Recreativa de S. Miguel	04:14:28	+01:18:11	07:16	
127	182	Adriano Cardoso	Global Trail	04:15:26	+01:19:09	07:18	
128	181	João Barbosa	Global Trail	04:15:27	+01:19:10	07:18	
129	183	Carlos Barbosa	Global Trail	04:15:27	+01:19:10	07:18	
130	225	Paulo Manuel Costa	Individual	04:15:58	+01:19:41	07:19	
131	342	Ruan Santos Rodrigues	S. S. Montepio	04:16:10	+01:19:53	07:19	
132	147	ANDREIA CORREIA	EDV- VIANA TRAIL	04:16:21	+01:20:04	07:19	
133	146	Adélio Valente	Eduarda Freitas team runners	04:16:54	+01:20:37	07:20	
134	226	Ângelo Pereira	Individual	04:17:03	+01:20:46	07:21	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	163	Joaquim Carvalho	FACTOR X / S4L / MEDENSE FC	04:17:49	+01:21:32	07:22	
136	193	Manuel Alves	Icarus Running Team	04:18:33	+01:22:16	07:23	
137	234	David Moinard	Les Galopins des Bois	04:18:47	+01:22:30	07:24	
138	334	CONCEIÇÃO CASTANHEIRA	Zona Alta Trail	04:19:07	+01:22:50	07:24	
139	120	Rui de Andrade	CROCODILOS / MISTERPC	04:19:13	+01:22:56	07:24	
140	36	Frutuoso Sousa	AMC TRAIL	04:19:28	+01:23:11	07:25	
141	136	Miguel Teixeira	DCI/Trilhos Luso Bussaco	04:19:37	+01:23:20	07:25	
142	29	Silvia Pereira	Adosa - Os Santa Apolónia	04:19:57	+01:23:40	07:26	
143	70	João Carvalhal	BUDEGUITA RUNNERS	04:20:40	+01:24:23	07:27	
144	263	Daniel Marco Gomes Miranda	Pastilhas Team	04:23:03	+01:26:46	07:31	
145	198	Daniel Pereira	Individual	04:23:24	+01:27:07	07:32	
146	306	Ivo Sampaio	TEAM TT	04:23:35	+01:27:18	07:32	
147	186	Tamara García Rodríguez	GTR-GALAICO TRAIL RUN	04:23:48	+01:27:31	07:32	
148	331	JOÃO PLACIDO	Zona Alta Trail	04:23:50	+01:27:33	07:32	
149	27	Ricardo Oliveira	Adosa - Os Santa Apolónia	04:23:56	+01:27:39	07:32	
150	344	Vasco Faria	CB RUN	04:24:43	+01:28:26	07:34	
151	47	Luís Rosmaninho	Associação Desportiva Lusitano XXI (ADLXXI)	04:24:58	+01:28:41	07:34	
152	170	José Morais	Gaia Trail	04:25:27	+01:29:10	07:35	
153	184	Amadeu Peixoto	Global Trail	04:26:28	+01:30:11	07:37	
154	59	Carlos Ribeiro	Boavista Trail	04:26:33	+01:30:16	07:37	
155	25	Carlos Miguel Ribeiro	ADEPE	04:26:55	+01:30:38	07:38	
156	117	Tiago Coelho	CORRER LEÇA	04:28:35	+01:32:18	07:40	
157	283	Tiago Magalhães	Salamandrecos	04:28:38	+01:32:21	07:41	
158	341	José Pereira	Carlos Sá Nature Events	04:29:01	+01:32:44	07:41	
159	106	José Sousa	Clube Trilheiros & Amigos	04:29:13	+01:32:56	07:42	
160	155	António Morais	Ela corre com eles	04:29:46	+01:33:29	07:42	
161	343	Álvaro Nunes	NAST - Núcleo Associativo Santo Tirso	04:30:11	+01:33:54	07:43	
162	276	Rui Lobo Castro	Rinus Fafe	04:30:11	+01:33:54	07:43	
163	49	Paulo Jorge Cardoso Batista	Atletismo Clube da Tocha	04:30:11	+01:33:54	07:43	
164	218	Raul Curva	Individual	04:30:44	+01:34:27	07:44	
165	77	APRIGIO CHAVES	CHAVES RUNNING TEAM	04:30:58	+01:34:41	07:45	
166	327	Helena Gomes	WOLVES	04:32:12	+01:35:55	07:47	
167	187	Rafael Escrivães	GTT - Armazém do Caffè	04:32:12	+01:35:55	07:47	
168	333	PAULA BRANCO	Zona Alta Trail	04:32:20	+01:36:03	07:47	
169	229	Antonio Carlos Teixeira	Individual	04:33:13	+01:36:56	07:48	
170	175	Rui Pereira	GAIA-RUNNING	04:33:13	+01:36:56	07:48	
171	272	Nelson Machado	ProFisio eupago Team	04:33:28	+01:37:11	07:49	
172	242	Jose Martins	NAST - Núcleo associativo de Santo Tirso	04:34:43	+01:38:26	07:51	
173	260	José Leça	Os Gordos	04:35:10	+01:38:53	07:52	
174	3	Flávio Sampaio	A D ESMERIZ RUNNING	04:36:07	+01:39:50	07:53	
175	5	Francisco Carneiro	A D ESMERIZ RUNNING	04:36:07	+01:39:50	07:53	
176	298	Pedro Coelho	TEAM LANTEMIL	04:36:16	+01:39:59	07:54	
177	301	Sandra Dias	TEAM LANTEMIL	04:36:16	+01:39:59	07:54	
178	67	Pedro Silva	Boavista Trail	04:37:12	+01:40:55	07:55	
179	213	João Paulo Castro	Individual	04:37:19	+01:41:02	07:55	
180	78	CEU COSTA	CHAVES RUNNING TEAM	04:37:28	+01:41:11	07:56	

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35 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	158	Filipe Escobar	Equipa A	04:37:43	+01:41:26	07:56	
182	121	Paulo Pelicano	CROCODILOS / MISTERPC	04:38:08	+01:41:51	07:57	
183	172	Catarina Figueiredo	GAIA-RUNNING	04:38:17	+01:42:00	07:57	
184	297	Bruno Moreira	TEAM LANTEMIL	04:38:55	+01:42:38	07:58	
185	295	Sérgio Reis	Sharish Gin/GD Piranhas do Alqueva	04:39:07	+01:42:50	07:58	
186	10	Rosa Barros	A.D.Amarante	04:39:10	+01:42:53	07:59	
187	246	Luis Vieira	Núcleo Sporting Clube Portugal de Vila Nova de Famalicão	04:39:18	+01:43:01	07:59	
188	273	Nelson Vaz	ProFisio eupago Team	04:40:36	+01:44:19	08:01	
189	205	Nuno Ferreira	Individual	04:40:42	+01:44:25	08:01	
190	267	Marco Duarte	Penta Clube da Covilhã/Sport Hotel Trail Running Team	04:40:54	+01:44:37	08:02	
191	51	Mario Lima	Aves runners	04:41:21	+01:45:04	08:02	
192	200	Filipe Faria	Individual	04:41:33	+01:45:16	08:03	
193	199	Dinis Silva	Individual	04:41:33	+01:45:16	08:03	
194	28	Belém Marques	Adosa - Os Santa Apolónia	04:42:37	+01:46:20	08:04	
195	284	José Miguel Santos	SC Povoense - Caracóis de Corrida	04:42:52	+01:46:35	08:05	
196	230	Pedro Neves	Juventude desportiva de Gondomar	04:42:54	+01:46:37	08:05	
197	231	Agostinho Neves	Juventude desportiva de Gondomar	04:42:55	+01:46:38	08:05	
198	171	Pedro Monteiro	GAIA-RUNNING	04:43:46	+01:47:29	08:06	
199	26	Ricardo Mendes	Adosa - Os Santa Apolónia	04:44:15	+01:47:58	08:07	
200	249	Jorge Abreu	O que queremos é monte	04:45:40	+01:49:23	08:10	
201	239	Ana Rita Carneiro	Minho e Lima Trail	04:46:21	+01:50:04	08:11	
202	157	Alcidio Moreira	Elefantes runners	04:46:41	+01:50:24	08:11	
203	329	Nuno Mendes	Xporfit	04:47:56	+01:51:39	08:14	
204	240	Tiago Marinho	Musg@41	04:47:56	+01:51:39	08:14	
205	86	José Duarte	Clac - Trail Team Entroncamento	04:47:56	+01:51:39	08:14	
206	35	Jorge Alves	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	04:49:59	+01:53:42	08:17	
207	68	José Lopes	Boavista Trail	04:50:17	+01:54:00	08:18	
208	34	Pedro Cerqueira	airórun	04:50:30	+01:54:13	08:18	
209	241	Edgar Lucas	NAST - Núcleo associativo de Santo Tirso	04:51:14	+01:54:57	08:19	
210	111	Ricardo Salgueiro	COA / Corvus Trail Team	04:51:16	+01:54:59	08:19	
211	107	Marilia Noro	COA / Corvus Trail Team	04:51:16	+01:54:59	08:19	
212	108	Nádia Afonso	COA / Corvus Trail Team	04:51:16	+01:54:59	08:19	
213	209	Fernando Pinheiro	Individual	04:51:28	+01:55:11	08:20	
214	317	Manuel Graça	Trogloditas runners	04:51:57	+01:55:40	08:20	
215	174	Elisabete Repas	GAIA-RUNNING	04:52:16	+01:55:59	08:21	
216	145	Miguel Machado	DiVe Into the Mountains	04:53:30	+01:57:13	08:23	
217	40	Carla Soares	ARSM - Associação Recreativa de S. Miguel	04:54:19	+01:58:02	08:25	
218	188	Rui Samuel Gonçalves	GTT - Armazém do Caffè	04:54:28	+01:58:11	08:25	
219	215	Silvio Freitas	Individual	04:54:46	+01:58:29	08:25	
220	223	Jose Carlos Morais	Individual	04:54:53	+01:58:36	08:26	
221	270	Bruno Pereira	ProFisio eupago Team	04:55:10	+01:58:53	08:26	
222	308	Pedro Lima	TEAM TT	04:55:25	+01:59:08	08:26	
223	210	Filipe Abreu	Boavista Trail	04:55:31	+01:59:14	08:27	
224	271	Jorge Pereira	ProFisio eupago Team	04:55:58	+01:59:41	08:27	

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35 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
225	197	André Leite	Individual	04:56:11	+01:59:54	08:28	
226	122	Miguel Silva	CSE Hools	04:56:43	+02:00:26	08:29	
227	288	Paula Cristina Silva	Sérgio Rodrigues Fotografia	04:57:27	+02:01:10	08:30	
228	302	Miguel Araújo	TEAM LANTEMIL	04:57:58	+02:01:41	08:31	
229	321	Ina Graudina	VAVERES I SUPERVARONI	04:58:41	+02:02:24	08:32	
230	52	Sandra Cardoso	Baguim Runners	04:58:43	+02:02:26	08:32	
231	53	Vitor Cardoso	Baguim Runners	04:58:44	+02:02:27	08:32	
232	124	Ângelo Costa	CTM VILA POUCA DE AGUIAR	05:01:09	+02:04:52	08:36	
233	291	David Aleixo	Sharish Gin/GD Piranhas do Alqueva	05:01:15	+02:04:58	08:36	
234	293	Nuno Flores	Sharish Gin/GD Piranhas do Alqueva	05:01:16	+02:04:59	08:36	
235	294	António Barral Cardoso	Sharish Gin/GD Piranhas do Alqueva	05:01:16	+02:04:59	08:36	
236	173	Orlanda Rego	GAIA-RUNNING	05:01:43	+02:05:26	08:37	
237	123	Rafaela Bento	CTM VILA POUCA DE AGUIAR	05:02:18	+02:06:01	08:38	
238	65	Rui Costa	Boavista Trail	05:03:07	+02:06:50	08:40	
239	69	Paulo Ferreira	Boavista Trail	05:03:07	+02:06:50	08:40	
240	165	Joaquim Luis Oliveira	felgueiras team trail	05:03:49	+02:07:32	08:41	
241	264	Miguel Belo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	05:03:57	+02:07:40	08:41	
242	74	Domingos Rocha	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	05:05:13	+02:08:56	08:43	
243	17	MARIO NOGUEIRA	AD Marco 09	05:06:06	+02:09:49	08:45	
244	180	Nuno Cunha	GAZ	05:07:02	+02:10:45	08:46	
245	268	Marco Rodrigues	Penta Clube da Covilhã/Sport Hotel Trail Running Team	05:09:03	+02:12:46	08:50	
246	286	Antonio CARVALHO	SC Povoense - Caracóis de Corrida	05:10:09	+02:13:52	08:52	
247	214	Rui Branco da Cruz	Individual	05:11:34	+02:15:17	08:54	
248	300	Mónica Martins	TEAM LANTEMIL	05:11:38	+02:15:21	08:54	
249	201	Gabriel Sousa	Individual	05:14:24	+02:18:07	08:59	
250	195	Cristina Teixeira	Individual	05:14:25	+02:18:08	08:59	
251	13	João Gil	A.D.Amarante	05:15:13	+02:18:56	09:00	
252	4	Ricardo Nicolau	A D ESMERIZ RUNNING	05:15:36	+02:19:19	09:01	
253	148	Andreia Mota	EDV- VIANA TRAIL	05:16:47	+02:20:30	09:03	
254	250	Rogério Abreu	O que queremos é monte	05:16:53	+02:20:36	09:03	
255	159	Márcio Mendes	Equipa Boot	05:18:11	+02:21:54	09:05	
256	54	Diogo Ribeiro	Berg Outdoor	05:21:08	+02:24:51	09:11	
257	311	Flávio Castro	Travassós Running Fafe	05:25:13	+02:28:56	09:18	
258	32	Carlos Campos	AFIS	05:29:56	+02:33:39	09:26	
259	287	Ana Silva	SCEspinho	05:29:56	+02:33:39	09:26	
260	261	Joao Saldanha	papamilhas	05:31:09	+02:34:52	09:28	
261	221	António Oliveira	Individual	05:31:12	+02:34:55	09:28	
262	328	Rui Sousa	WOLVES	05:32:12	+02:35:55	09:29	
263	266	Marta Soares	Penta Clube da Covilhã/Sport Hotel Trail Running Team	05:35:38	+02:39:21	09:35	
264	315	Deolinda Antunes	Trogloditas runners	05:35:46	+02:39:29	09:36	
265	127	Lúcia Lemos	CTM VILA POUCA DE AGUIAR	05:35:49	+02:39:32	09:36	
266	7	Sónia Brás	A.D.Amarante	05:36:04	+02:39:47	09:36	
267	160	Bruno Martins	FACTOR X / S4L / MEDENSE FC	05:36:49	+02:40:32	09:37	

TRAIL LONGO - STAGE 1

35 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	162	Pedro Soares	FACTOR X / S4L / MEDENSE FC	05:38:10	+02:41:53	09:40	
269	320	José Gaspar Pereira Fernandes	Vaiatéondeosteuspéstelevar	05:38:40	+02:42:23	09:41	
270	196	Rita Freitas	Individual	05:38:41	+02:42:24	09:41	
271	87	Sofia Peixoto	Clube Atletismo de Brito	05:39:34	+02:43:17	09:42	
272	71	Rui Guimaraes	Cabras do Monte	05:39:57	+02:43:40	09:43	
273	322	Iracema Costa	Vilela bik	05:40:08	+02:43:51	09:43	
274	318	Carla Oliveira	TURBULENTOS	05:40:57	+02:44:40	09:44	
275	194	Claudia Moura	Individual	05:42:02	+02:45:45	09:46	
276	1020	Ana Carolina Pereira	ADE Trail Running	05:51:40	+02:55:23	10:03	
277	22	Juliana Pinheiral	ADE Trail Running	05:51:40	+02:55:23	10:03	
278	289	Domingos Jeremias	Sharish Gin/GD Piranhas do Alqueva	05:51:41	+02:55:24	10:03	
279	73	Luís Carapinha	Casa do Benfica de Reguengos de Monsaraz	05:51:41	+02:55:24	10:03	
280	90	Bruno Marquês	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	05:53:11	+02:56:54	10:05	
281	299	Margarida Dantas	TEAM LANTEMIL	05:53:48	+02:57:31	10:07	
282	192	Nuno manuel almeida	GUIMARUNNING	05:54:17	+02:58:00	10:07	
283	265	Carla Matos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	05:55:21	+02:59:04	10:09	
284	279	Artur Fonseca	Ruptura Total	05:59:31	+03:03:14	10:16	
285	339	Carla Araújo	TEAM LANTEMIL	06:03:39	+03:07:22	10:23	
286	1266	Bruno Araújo	TEAM LANTEMIL	06:03:39	+03:07:22	10:23	
287	1265	Liliana Sá	TEAM LANTEMIL	06:03:39	+03:07:22	10:23	
288	216	Abilio Silva	Individual	06:08:23	+03:12:06	10:32	
289	177	Luís Duarte	GAIA-RUNNING	06:11:48	+03:15:31	10:37	
290	176	Paulo Vilarinho	GAIA-RUNNING	06:11:49	+03:15:32	10:37	
291	55	Diana Martins	Boavista Trail	06:17:39	+03:21:22	10:47	
292	91	Paulo Fraga Da Costa	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	06:18:10	+03:21:53	10:48	
293	113	Cândida Bento	CORRER LEÇA	06:18:37	+03:22:20	10:49	
294	50	João Silva	ATR - Algarve Trail Running	06:18:47	+03:22:30	10:49	
295	314	Maria José Oliveira	Trogloditas runners	06:18:47	+03:22:30	10:49	
296	280	Eduardo Bastos	S. S. Montepio	06:22:03	+03:25:46	10:55	
297	208	Daniel Nogueira	Individual	06:22:03	+03:25:46	10:55	
298	115	Cláudia Cunha	CORRER LEÇA	06:26:23	+03:30:06	11:02	
299	116	Nuno Morgado	CORRER LEÇA	06:26:26	+03:30:09	11:02	
300	118	António Barros	CORRER LEÇA	06:26:26	+03:30:09	11:02	
301	112	Oliveira Oliveira	ComDor Runners	06:26:32	+03:30:15	11:03	
302	66	Andreia Vieira	Boavista Trail	06:38:30	+03:42:13	11:23	
303	105	António Ferreira	Clube Trilheiros & Amigos	06:42:43	+03:46:26	11:30	
304	104	Ligia Mendes	Clube Trilheiros & Amigos	06:42:43	+03:46:26	11:30	
305	179	Joao Oliveira	Gansos	06:42:43	+03:46:26	11:30	
306	207	Helena Nogueira	Individual	07:24:03	+04:27:46	12:41	
307	222	Francisco Nogueira	Individual	07:24:04	+04:27:47	12:41	

Trail Longo

35 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	-99°C	-99%
End	15:54	-99°C	-99%

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

1	2	Paula Soares	A.D.Amarante	Senior Feminino	03:37:44	+41:28	06:13
2	56	Maria Perez Ferreiro	Boavista Trail	Senior Feminino	03:40:20	+44:04	06:18
3	57	Silvia Casal Dominguez	Boavista Trail	Senior Feminino	03:41:01	+44:45	06:19
4	109	Rute Martins	COA / Corvus Trail Team	Senior Feminino	04:01:44	+01:05:28	06:54
5	236	Fátima Amoínha	Lobos do Brunheiro de Chaves /crossbox	Senior Feminino	04:10:47	+01:14:31	07:10
6	147	ANDREIA CORREIA	EDV- VIANA TRAIL	Senior Feminino	04:16:20	+01:20:04	07:19
7	186	Tamara García Rodríguez	GTR-GALAICO TRAIL RUN	Senior Feminino	04:23:47	+01:27:31	07:32
8	107	Marília Noro	COA / Corvus Trail Team	Senior Feminino	04:51:15	+01:54:59	08:19
9	108	Nádia Afonso	COA / Corvus Trail Team	Senior Feminino	04:51:15	+01:54:59	08:19
10	321	Ina Graudina	VAVERES I SUPERVARONI	Senior Feminino	04:58:40	+02:02:24	08:32
11	123	Rafaela Bento	CTM VILA POUCA DE AGUIAR	Senior Feminino	05:02:17	+02:06:00	08:38
12	195	Cristina Teixeira	Individual	Senior Feminino	05:14:24	+02:18:08	08:59
13	148	Andreia Mota	EDV- VIANA TRAIL	Senior Feminino	05:16:46	+02:20:30	09:03
14	7	Sónia Brás	A.D.Amarante	Senior Feminino	05:36:03	+02:39:47	09:36
15	196	Rita Freitas	Individual	Senior Feminino	05:38:40	+02:42:24	09:41
16	87	Sofia Peixoto	Clube Atletismo de Brito	Senior Feminino	05:39:33	+02:43:17	09:42
17	194	Claudia Moura	Individual	Senior Feminino	05:42:01	+02:45:44	09:46
18	22	Juliana Pinheiral	ADE Trail Running	Senior Feminino	05:51:39	+02:55:23	10:03
19	339	Carla Araújo	TEAM LANTEMIL	Senior Feminino	06:03:38	+03:07:21	10:23
20	1265	Liliana Sá	TEAM LANTEMIL	Senior Feminino	06:03:38	+03:07:22	10:23
21	55	Diana Martins	Boavista Trail	Senior Feminino	06:17:38	+03:21:22	10:47
22	113	Cândida Bento	CORRER LEÇA	Senior Feminino	06:18:36	+03:22:20	10:49

Senior Masculino

1	149	Paulo Mesquita	EDV- VIANA TRAIL	Senior Masculino	02:56:16	05:02:16
2	93	António Almeida	Clube de Praças da Armada	Senior Masculino	02:56:29	+00:13 05:03:16
3	310	João Henrique Da Cruz	Trail Team Bifase	Senior Masculino	03:01:23	+05:07 05:11:16
4	100	Filipe Costa	Clube Desportivo de Espite	Senior Masculino	03:04:29	+08:13 05:16:16
5	97	Pedro Ribeiro	Clube de Praças da Armada	Senior Masculino	03:06:25	+10:09 05:20:16
6	61	Fran Salgueiro	Boavista Trail	Senior Masculino	03:07:32	+11:16 05:22:16
7	151	Ruben Veloso	EDV- VIANA TRAIL	Senior Masculino	03:08:04	+11:48 05:22:16
8	150	Roberto Mata Martinez	EDV- VIANA TRAIL	Senior Masculino	03:13:31	+17:15 05:32:16
9	101	Micael Costa	Clube Desportivo de Espite	Senior Masculino	03:15:08	+18:52 05:35:16
10	64	Marcos António Fidalgo Pascual	Boavista Trail	Senior Masculino	03:15:29	+19:13 05:35:16
11	83	Marcelo Araújo	CIDEP Fornos Lusavouga	Senior Masculino	03:15:51	+19:34 05:36:16
12	255	João nogueira	Oralklass - Amigos Do Trail	Senior Masculino	03:16:04	+19:48 05:36:16
13	257	Seninho Ribeiro	Oralklass - Amigos Do Trail	Senior Masculino	03:16:24	+20:08 05:37:16

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Trail Longo

35 KM

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OFFICIAL RESULT

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14	313	Nuno Guimarães	Trogloditas runners	Senior Masculino	03:21:20	+25:04	05:45
15	129	Joaquim Duarte	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:22:46	+26:29	05:48
16	63	Jose Martín Fontán Arnejo	Boavista Trail	Senior Masculino	03:26:30	+30:14	05:54
17	99	Dinis Santos	Clube Desportivo de Espite	Senior Masculino	03:28:48	+32:32	05:58
18	92	Andre Costa	Clube de Praças da Armada	Senior Masculino	03:30:21	+34:05	06:01
19	330	ANDRÉ ROSÁRIO	Zona Alta Trail	Senior Masculino	03:31:38	+35:22	06:03
20	324	André Cunha	vimarunners	Senior Masculino	03:32:34	+36:18	06:04
21	62	Francisco Fidalgo Pascual	Boavista Trail	Senior Masculino	03:33:29	+37:13	06:06
22	130	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:34:52	+38:36	06:08
23	243	José Pinto	Nós Acreditamos	Senior Masculino	03:37:14	+40:58	06:12
24	135	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Senior Masculino	03:37:32	+41:15	06:13
25	161	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:38:27	+42:11	06:15
26	102	Ricardo Mordomo	Clube Desportivo de Espite	Senior Masculino	03:40:16	+44:00	06:18
27	125	Marco Pinto	CTM VILA POUCA DE AGUIAR	Senior Masculino	03:41:02	+44:46	06:19
28	202	Jacinto Sousa	Individual	Senior Masculino	03:41:10	+44:53	06:19
29	18	RICARDO NUNES	AD Marco 09	Senior Masculino	03:43:28	+47:12	06:23
30	252	Jose Silva	OLIMPICO VIANENSE	Senior Masculino	03:44:19	+48:03	06:25
31	307	Nuno Moreira	TEAM TT	Senior Masculino	03:44:27	+48:11	06:25
32	248	Bruno Pereira	O que queremos é monte	Senior Masculino	03:47:16	+51:00	06:30
33	48	Vítor Gateira	Associação Desportiva Lusitano XXI (ADLXXI)	Senior Masculino	03:47:40	+51:24	06:30
34	19	Sérgio Carneiro	AD Marco 09	Senior Masculino	03:48:54	+52:38	06:32
35	82	Carlos Vieira	CIDEP Fornos Lusavouga	Senior Masculino	03:49:41	+53:25	06:34
36	8	António Mendes	A.D.Amarante	Senior Masculino	03:50:10	+53:54	06:35
37	128	Adérito Oliveira	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:57:13	+01:00:56	06:47
38	253	Nuno Pereira	OLIMPICO VIANENSE	Senior Masculino	03:58:04	+01:01:48	06:48
39	9	Miguel Pereira	A.D.Amarante	Senior Masculino	03:59:05	+01:02:49	06:50
40	204	Miguel Silva	Individual	Senior Masculino	04:00:44	+01:04:28	06:53
41	14	Filipe Afonso	AC Portalegre/UTSM	Senior Masculino	04:01:27	+01:05:11	06:54
42	110	Jorge Nabais	COA / Corvus Trail Team	Senior Masculino	04:01:43	+01:05:27	06:54
43	312	Rafael Martinho	Trilhos dos Templários /Xporfit	Senior Masculino	04:02:45	+01:06:29	06:56
44	256	Pedro Silva	Oralklass - Amigos Do Trail	Senior Masculino	04:03:14	+01:06:58	06:57
45	275	Kristaps Broks	RIEKSTI I SUPERVARONI	Senior Masculino	04:03:43	+01:07:27	06:58
46	290	Jose Manuel Guerreiro Leiria	Sharish Gin/GD Piranhas do Alqueva	Senior Masculino	04:03:49	+01:07:32	06:58
47	38	Marcos Ribeiro	Andatrilhos de freamunde	Senior Masculino	04:06:28	+01:10:12	07:03
48	44	Carlos Gonçalves	Associação Desportiva Lusitano XXI (ADLXXI)	Senior Masculino	04:08:09	+01:11:53	07:05
49	46	David Guerreiro	Associação Desportiva Lusitano XXI (ADLXXI)	Senior Masculino	04:10:01	+01:13:44	07:09
50	126	Sérgio Vilela	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:10:09	+01:13:53	07:09
51	24	Simão Ferreira	ADEPE	Senior Masculino	04:10:38	+01:14:22	07:10
52	203	João Filipe Tomás Amandio	Individual	Senior Masculino	04:11:39	+01:15:23	07:11
53	45	Daniel Campaniço	Associação Desportiva Lusitano XXI (ADLXXI)	Senior Masculino	04:11:53	+01:15:37	07:12
54	325	Luis Miguel Cunha Santos	vimarunners	Senior Masculino	04:12:10	+01:15:54	07:12
55	88	Sérgio Silva	Clube Atletismo de Brito	Senior Masculino	04:14:21	+01:18:05	07:16
56	36	Frutuoso Sousa	AMC TRAIL	Senior Masculino	04:19:27	+01:23:11	07:28

Official Timekeeper: Lap2Go	2 / 9	generate 09-Mar-2020 12:02
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Trail Longo

35 KM

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OFFICIAL RESULT

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57	198	Daniel Pereira	Individual	Senior Masculino	04:23:23	+01:27:07	07:32
58	306	Ivo Sampaio	TEAM TT	Senior Masculino	04:23:34	+01:27:18	07:32
59	331	JOÃO PLACIDO	Zona Alta Trail	Senior Masculino	04:23:49	+01:27:33	07:32
60	27	Ricardo Oliveira	Adosa - Os Santa Apolónia	Senior Masculino	04:23:55	+01:27:39	07:32
61	344	Vasco Faria	CB RUN	Senior Masculino	04:24:42	+01:28:26	07:34
62	47	Luís Rosmaninho	Associação Desportiva Lusitano XXI (ADLXXI)	Senior Masculino	04:24:57	+01:28:41	07:34
63	59	Carlos Ribeiro	Boavista Trail	Senior Masculino	04:26:32	+01:30:16	07:37
64	25	Carlos Miguel Ribeiro	ADEPE	Senior Masculino	04:26:54	+01:30:38	07:38
65	276	Rui Lobo Castro	Rinus Fafe	Senior Masculino	04:30:10	+01:33:54	07:43
66	77	APRIGIO CHAVES	CHAVES RUNNING TEAM	Senior Masculino	04:30:57	+01:34:41	07:45
67	187	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	04:32:11	+01:35:55	07:47
68	272	Nelson Machado	ProFisio eupago Team	Senior Masculino	04:33:27	+01:37:11	07:49
69	3	Flávio Sampaio	A D ESMERIZ RUNNING	Senior Masculino	04:36:06	+01:39:50	07:53
70	298	Pedro Coelho	TEAM LANTEMIL	Senior Masculino	04:36:15	+01:39:59	07:54
71	297	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	04:38:54	+01:42:38	07:58
72	246	Luis Vieira	Núcleo Sporting Clube Portugal de Vila Nova de Famalicão	Senior Masculino	04:39:17	+01:43:00	07:59
73	273	Nelson Vaz	ProFisio eupago Team	Senior Masculino	04:40:35	+01:44:19	08:01
74	205	Nuno Ferreira	Individual	Senior Masculino	04:40:41	+01:44:25	08:01
75	200	Filipe Faria	Individual	Senior Masculino	04:41:32	+01:45:16	08:03
76	199	Dinis Silva	Individual	Senior Masculino	04:41:32	+01:45:16	08:03
77	230	Pedro Neves	Juventude desportiva de Gondomar	Senior Masculino	04:42:53	+01:46:37	08:05
78	171	Pedro Monteiro	GAIA-RUNNING	Senior Masculino	04:43:45	+01:47:29	08:06
79	26	Ricardo Mendes	Adosa - Os Santa Apolónia	Senior Masculino	04:44:14	+01:47:58	08:07
80	249	Jorge Abreu	O que queremos é monte	Senior Masculino	04:45:39	+01:49:23	08:10
81	329	Nuno Mendes	Xporfit	Senior Masculino	04:47:55	+01:51:39	08:14
82	240	Tiago Marinho	Musg@41	Senior Masculino	04:47:55	+01:51:39	08:14
83	34	Pedro Cerqueira	airórun	Senior Masculino	04:50:29	+01:54:13	08:18
84	241	Edgar Lucas	NAST - Núcleo associativo de Santo Tirso	Senior Masculino	04:51:13	+01:54:57	08:19
85	111	Ricardo Salgueiro	COA / Corvus Trail Team	Senior Masculino	04:51:15	+01:54:59	08:19
86	188	Rui Samuel Gonçalves	GTT - Armazém do Caffè	Senior Masculino	04:54:27	+01:58:11	08:25
87	270	Bruno Pereira	ProFisio eupago Team	Senior Masculino	04:55:09	+01:58:52	08:26
88	271	Jorge Pereira	ProFisio eupago Team	Senior Masculino	04:55:57	+01:59:41	08:27
89	197	André Leite	Individual	Senior Masculino	04:56:10	+01:59:54	08:28
90	122	Miguel Silva	CSE Hools	Senior Masculino	04:56:42	+02:00:26	08:29
91	124	Ângelo Costa	CTM VILA POUCA DE AGUIAR	Senior Masculino	05:01:08	+02:04:52	08:36
92	65	Rui Costa	Boavista Trail	Senior Masculino	05:03:06	+02:06:50	08:40
93	264	Miguel Belo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Senior Masculino	05:03:56	+02:07:40	08:41
94	17	MARIO NOGUEIRA	AD Marco 09	Senior Masculino	05:06:05	+02:09:49	08:45
95	201	Gabriel Sousa	Individual	Senior Masculino	05:14:23	+02:18:07	08:59
96	4	Ricardo Nicolau	A D ESMERIZ RUNNING	Senior Masculino	05:15:35	+02:19:19	09:01
97	54	Diogo Ribeiro	Berg Outdoor	Senior Masculino	05:21:07	+02:24:51	09:11
98	311	Flávio Castro	Travassós Running Fafe	Senior Masculino	05:25:12	+02:28:56	09:18
99	261	Joao Saldanha	papamilhas	Senior Masculino	05:31:08	+02:34:52	09:28

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Trail Longo

35 KM

[illegible]

OFFICIAL RESULT

[illegible]

100	160	Bruno Martins	FACTOR X / S4L / MEDENSE FC	Senior Masculino	05:36:48	+02:40:32	09:37
101	289	Domingos Jeremias	Sharish Gin/GD Piranhas do Alqueva	Senior Masculino	05:51:40	+02:55:24	10:03
102	73	Luís Carapinha	Casa do Benfica de Reguengos de Monsaraz	Senior Masculino	05:51:40	+02:55:24	10:03
103	1266	Bruno Araújo	TEAM LANTEMIL	Senior Masculino	06:03:38	+03:07:22	10:23
104	179	Joao Oliveira	Gansos	Senior Masculino	06:42:42	+03:46:26	11:30

Sub 23 Feminino

1	239	Ana Rita Carneiro	Minho e Lima Trail	Sub 23 Feminino	04:46:20	+01:50:04	08:11
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Sub 23 Masculino

1	262	Tiago Pereira	Pastilhas Team	Sub 23 Masculino	03:42:50	+46:34	06:22:24
2	181	João Barbosa	Global Trail	Sub 23 Masculino	04:15:26	+01:19:10	07:18:36
3	342	Ruan Santos Rodrigues	S. S. Montepio	Sub 23 Masculino	04:16:09	+01:19:52	07:19:01
4	162	Pedro Soares	FACTOR X / S4L / MEDENSE FC	Sub 23 Masculino	05:38:09	+02:41:53	09:40:02

Veterana F40

1	41	CRISTINA COUCEIRO	ARSM - Associação Recreativa de S. Miguel	Veterana F40	03:54:53	+58:37	06:43:30
2	15	Paula Costa	Academia Desportiva de Arcos de Valdevez	Veterana F40	04:05:42	+01:09:26	07:01:08
3	332	Idalina Marques	Zona Alta Trail	Veterana F40	04:11:53	+01:15:37	07:12:30
4	29	Silvia Pereira	Adosa - Os Santa Apolónia	Veterana F40	04:19:56	+01:23:40	07:26:36
5	301	Sandra Dias	TEAM LANTEMIL	Veterana F40	04:36:15	+01:39:59	07:54:14
6	172	Catarina Figueiredo	GAIA-RUNNING	Veterana F40	04:38:16	+01:42:00	07:57:16
7	28	Belém Marques	Adosa - Os Santa Apolónia	Veterana F40	04:42:36	+01:46:20	08:04:36
8	40	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Veterana F40	04:54:18	+01:58:02	08:25:30
9	300	Mónica Martins	TEAM LANTEMIL	Veterana F40	05:11:37	+02:15:21	08:54:18
10	266	Marta Soares	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterana F40	05:35:37	+02:39:21	09:35:38
11	1020	Ana Carolina Pereira	ADE Trail Running	Veterana F40	05:51:39	+02:55:23	10:03:12
12	299	Margarida Dantas	TEAM LANTEMIL	Veterana F40	05:53:47	+02:57:31	10:07:18
13	265	Carla Matos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterana F40	05:55:20	+02:59:04	10:09:14
14	314	Maria José Oliveira	Trogloditas runners	Veterana F40	06:18:46	+03:22:30	10:49:16
15	66	Andreia Vieira	Boavista Trail	Veterana F40	06:38:29	+03:42:13	11:23:02
16	104	Ligia Mendes	Clube Trilheiros & Amigos	Veterana F40	06:42:42	+03:46:26	11:30:18

Veterana F45

1	42	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F45	04:14:27	+01:18:11	07:16:00
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35 KM

OFFICIAL RESULT

ION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

2	327	Helena Gomes	WOLVES	Veterana F45	04:32:11	+01:35:55	07:47
3	333	PAULA BRANCO	Zona Alta Trail	Veterana F45	04:32:19	+01:36:03	07:47
4	288	Paula Cristina Silva	Sérgio Rodrigues Fotografia	Veterana F45	04:57:26	+02:01:10	08:30
5	52	Sandra Cardoso	Baguim Runners	Veterana F45	04:58:42	+02:02:26	08:32
6	173	Orlanda Rego	GAIA-RUNNING	Veterana F45	05:01:42	+02:05:26	08:37
7	287	Ana Silva	SCEspinho	Veterana F45	05:29:55	+02:33:39	09:26
8	318	Carla Oliveira	TURBULENTOS	Veterana F45	05:40:56	+02:44:39	09:44
9	115	Cláudia Cunha	CORRER LEÇA	Veterana F45	06:26:22	+03:30:06	11:02

1	78	CEU COSTA	CHAVES RUNNING TEAM	Veterana F50	04:37:27	+01:41:11	07:56
2	10	Rosa Barros	A.D.Amarante	Veterana F50	04:39:09	+01:42:53	07:59
3	174	Elisabete Repas	GAIA-RUNNING	Veterana F50	04:52:15	+01:55:58	08:21
4	315	Deolinda Antunes	Trogloditas runners	Veterana F50	05:35:45	+02:39:29	09:36
5	127	Lúcia Lemos	CTM VILA POUCA DE AGUIAR	Veterana F50	05:35:48	+02:39:32	09:36
6	322	Iracema Costa	Vilela bik	Veterana F50	05:40:07	+02:43:51	09:43
7	207	Helena Nogueira	Individual	Veterana F50	07:24:02	+04:27:46	12:41

1	334	CONCEIÇÃO CASTANHEIRA	Zona Alta Trail	Veterana F55	04:19:06	+01:22:50	07:24
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1	133	Marco Faria	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:06:22	+10:06	05:20
2	309	Emílio Carvalho	the rookies	Veterano M40	03:07:00	+10:44	05:21
3	167	Rui Azevedo	Fridão Sem Limites	Veterano M40	03:18:53	+22:37	05:41
4	30	Luís Silva	Adosa - Os Santa Apolónia	Veterano M40	03:33:17	+37:01	06:06
5	31	Manuel Carvalho	Adosa - Os Santa Apolónia	Veterano M40	03:34:30	+38:14	06:08
6	335	JOÃO FERNANDES	Zona Alta Trail	Veterano M40	03:36:57	+40:40	06:12
7	189	Fernando Manuel Rodrigues Costa	GTT - Armazém do Caffè	Veterano M40	03:36:58	+40:42	06:12
8	81	JOAO OLIVEIRA	CHAVES RUNNING TEAM	Veterano M40	03:39:10	+42:53	06:16
9	11	Bruno Santos	A.D.Amarante	Veterano M40	03:40:29	+44:13	06:18
10	254	Nuno Araujo	OLIMPICO VIANENSE	Veterano M40	03:48:27	+52:11	06:32
11	131	António Teles	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:49:39	+53:23	06:34
12	84	Nuno Faria	CIDEP Fornos Lusavouga	Veterano M40	03:50:22	+54:06	06:35
13	16	Rui Sousa	Academia Desportiva de Arcos de Valdevez	Veterano M40	03:50:44	+54:28	06:36
14	12	José Pereira	A.D.Amarante	Veterano M40	03:51:29	+55:13	06:37
15	340	João Linhares	Carlos Sá Nature Events	Veterano M40	03:51:39	+55:23	06:37
16	33	Miguel De Oliveira	Airão trail Team	Veterano M40	03:54:21	+58:05	06:42
17	103	Arnaldo Santos	Clube Desportivo de Espite	Veterano M40	03:54:54	+58:38	06:43
18	39	José Costa	ARPO	Veterano M40	03:56:35	+01:00:19	06:46
19	185	Filipe Ramos	GONDOMAR FUTSAL CLUBE	Veterano M40	04:01:31	+01:05:15	06:54

Trail Longo

35 KM

[illegible]

OFFICIAL RESULT

[illegible]

20	80	Gonalo Morais	CHAVES RUNNING TEAM	Veterano M40	04:03:34	+01:07:17	06:58
21	119	Ricardo Dantas	CROCODILOS / MISTERPC	Veterano M40	04:05:01	+01:08:44	07:00
22	156	Helder Moreira	Elefantes runners	Veterano M40	04:05:27	+01:09:11	07:01
23	277	Jojo Da Silva	Rock The Mountains	Veterano M40	04:06:53	+01:10:37	07:03
24	258	Belmiro Moreira	Oralklass - Amigos Do Trail	Veterano M40	04:07:29	+01:11:13	07:04
25	134	Ricardo Pires	D��lhe G��s Trail Team Fisioduo	Veterano M40	04:10:21	+01:14:05	07:09
26	20	ALBERTO FREITAS	AD Marco 09	Veterano M40	04:11:27	+01:15:11	07:11
27	21	RUI RODRIGUES	AD Marco 09	Veterano M40	04:11:34	+01:15:18	07:11
28	143	Carlos Ribeiro	DiVE Into the Mountains	Veterano M40	04:12:14	+01:15:57	07:12
29	326	Jo��o Ricardo	vimarunners	Veterano M40	04:12:26	+01:16:10	07:13
30	146	Ad��lio Valente	Eduarda Freitas team runners	Veterano M40	04:16:53	+01:20:37	07:20
31	163	Joaquim Carvalho	FACTOR X / S4L / MEDENSE FC	Veterano M40	04:17:48	+01:21:32	07:22
32	234	David Moinard	Les Galopins des Bois	Veterano M40	04:18:46	+01:22:30	07:24
33	136	Miguel Teixeira	DCI/Trilhos Luso Bussaco	Veterano M40	04:19:36	+01:23:20	07:25
34	263	Daniel Marco Gomes Miranda	Pastilhas Team	Veterano M40	04:23:02	+01:26:45	07:31
35	117	Tiago Coelho	CORRER LE��A	Veterano M40	04:28:34	+01:32:17	07:40
36	283	Tiago Magalh��es	Salamandrecos	Veterano M40	04:28:37	+01:32:21	07:41
37	175	Rui Pereira	GAIA-RUNNING	Veterano M40	04:33:12	+01:36:56	07:48
38	5	Francisco Carneiro	A D ESMERIZ RUNNING	Veterano M40	04:36:06	+01:39:50	07:53
39	67	Pedro Silva	Boavista Trail	Veterano M40	04:37:11	+01:40:55	07:55
40	213	Jo��o Paulo Castro	Individual	Veterano M40	04:37:18	+01:41:02	07:55
41	158	Filipe Escobar	Equipa A	Veterano M40	04:37:42	+01:41:26	07:56
42	51	M��rio Lima	Aves runners	Veterano M40	04:41:20	+01:45:04	08:02
43	86	Jos�� Duarte	Clac - Trail Team Entroncamento	Veterano M40	04:47:55	+01:51:39	08:14
44	35	Jorge Alves	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	04:49:58	+01:53:42	08:17
45	209	Fernando Pinheiro	Individual	Veterano M40	04:51:27	+01:55:11	08:20
46	215	S��lvio Freitas	Individual	Veterano M40	04:54:45	+01:58:29	08:25
47	210	Filipe Abreu	Boavista Trail	Veterano M40	04:55:30	+01:59:14	08:27
48	302	Miguel Ara��jo	TEAM LANTEMIL	Veterano M40	04:57:57	+02:01:41	08:31
49	291	David Aleixo	Sharish Gin/GD Piranhas do Alqueva	Veterano M40	05:01:14	+02:04:58	08:36
50	293	Nuno Flores	Sharish Gin/GD Piranhas do Alqueva	Veterano M40	05:01:15	+02:04:59	08:36
51	214	Rui Branco da Cruz	Individual	Veterano M40	05:11:33	+02:15:17	08:54
52	159	M��rcio Mendes	Equipa Boot	Veterano M40	05:18:10	+02:21:54	09:05
53	71	Rui Guimaraes	Cabras do Monte	Veterano M40	05:39:56	+02:43:40	09:43
54	90	Bruno Marqu��s	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M40	05:53:10	+02:56:54	10:05
55	192	Nuno manuel almeida	GUIMARUNNING	Veterano M40	05:54:16	+02:58:00	10:07
56	279	Artur Fonseca	Ruptura Total	Veterano M40	05:59:30	+03:03:14	10:16
57	91	Paulo Fraga Da Costa	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M40	06:18:09	+03:21:53	10:48
58	280	Eduardo Bastos	S. S. Montepio	Veterano M40	06:22:02	+03:25:46	10:55
59	208	Daniel Nogueira	Individual	Veterano M40	06:22:02	+03:25:46	10:55
60	116	Nuno Morgado	CORRER LE��A	Veterano M40	06:26:25	+03:30:09	11:02

Trail Longo

35 KM

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OFFICIAL RESULT

[illegible]

Veterano M45

1	337	JOSE ROSARIO	Zona Alta Trail	Veterano M45	03:12:35	+16:19	05:30
2	316	Castor Salgado	Trogloditas runners	Veterano M45	03:23:52	+27:35	05:50
3	152	FRED KALAHARI	EDV- VIANA TRAIL	Veterano M45	03:23:57	+27:41	05:50
4	244	Fernando Carvalho	Nós Acreditamos	Veterano M45	03:36:11	+39:55	06:11
5	144	Emanuel Matos	DiVE Into the Mountains	Veterano M45	03:47:16	+51:00	06:30
6	219	Sergio Lourenço	Individual	Veterano M45	03:49:46	+53:30	06:34
7	190	Rogério Vicente	GTT - Armazém do Caffè	Veterano M45	03:57:25	+01:01:09	06:47
8	164	Fernando Rodrigues	FACTOR X / S4L / MEDENSE FC	Veterano M45	03:58:24	+01:02:08	06:49
9	85	João Tavares	CIDEP Fornos Lusavouga	Veterano M45	04:02:06	+01:05:50	06:55
10	233	Jorge Domingues	LEBRES MINHOTAS	Veterano M45	04:03:13	+01:06:57	06:57
11	303	Luís Pereira	TEAM LANTEMIL	Veterano M45	04:05:56	+01:09:40	07:02
12	182	Adriano Cardoso	Global Trail	Veterano M45	04:15:25	+01:19:09	07:18
13	183	Carlos Barbosa	Global Trail	Veterano M45	04:15:26	+01:19:10	07:18
14	120	Rui de Andrade	CROCODILOS / MISTERPC	Veterano M45	04:19:12	+01:22:56	07:24
15	70	João Carvalho	BUDEGUITA RUNNERS	Veterano M45	04:20:39	+01:24:23	07:27
16	341	José Pereira	Carlos Sá Nature Events	Veterano M45	04:29:00	+01:32:44	07:41
17	106	José Sousa	Clube Trilheiros & Amigos	Veterano M45	04:29:12	+01:32:56	07:42
18	155	António Morais	Ela corre com eles	Veterano M45	04:29:45	+01:33:29	07:42
19	343	Álvaro Nunes	NAST - Núcleo Associativo Santo Tirso	Veterano M45	04:30:10	+01:33:54	07:43
20	49	Paulo Jorge Cardoso Batista	Atletismo Clube da Tocha	Veterano M45	04:30:10	+01:33:54	07:43
21	218	Raul Curva	Individual	Veterano M45	04:30:43	+01:34:27	07:44
22	242	Jose Martins	NAST - Núcleo associativo de Santo Tirso	Veterano M45	04:34:42	+01:38:26	07:51
23	267	Marco Duarte	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterano M45	04:40:53	+01:44:37	08:02
24	284	José Miguel Santos	SC Povoense - Caracóis de Corrida	Veterano M45	04:42:51	+01:46:34	08:05
25	157	Alcídio Moreira	Elefantes runners	Veterano M45	04:46:40	+01:50:24	08:11
26	68	José Lopes	Boavista Trail	Veterano M45	04:50:16	+01:54:00	08:18
27	145	Miguel Machado	DiVE Into the Mountains	Veterano M45	04:53:29	+01:57:13	08:23
28	308	Pedro Lima	TEAM TT	Veterano M45	04:55:24	+01:59:08	08:26
29	53	Vitor Cardoso	Baguim Runners	Veterano M45	04:58:43	+02:02:27	08:32
30	294	António Barral Cardoso	Sharish Gin/GD Piranhas do Alqueva	Veterano M45	05:01:15	+02:04:59	08:36
31	165	Joaquim Luis Oliveira	felgueiras team trail	Veterano M45	05:03:48	+02:07:32	08:41
32	180	Nuno Cunha	GAZ	Veterano M45	05:07:01	+02:10:45	08:46
33	268	Marco Rodrigues	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Veterano M45	05:09:02	+02:12:46	08:50
34	250	Rogério Abreu	O que queremos é monte	Veterano M45	05:16:52	+02:20:36	09:03
35	328	Rui Sousa	WOLVES	Veterano M45	05:32:11	+02:35:55	09:29
36	216	Abílio Silva	Individual	Veterano M45	06:08:22	+03:12:06	10:32
37	176	Paulo Vilarinho	GAIA-RUNNING	Veterano M45	06:11:48	+03:15:32	10:37
38	118	António Barros	CORRER LEÇA	Veterano M45	06:26:25	+03:30:09	11:02
39	112	Oliveira Oliveira	ComDor Runners	Veterano M45	06:26:31	+03:30:15	11:03

Official Timekeeper: Lap2Go	7 / 9	generate 09-Mar-2020 12:02
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Trail Longo

35 KM

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OFFICIAL RESULT

[illegible]

40	105	António Ferreira	Clube Trilheiros & Amigos	Veterano M45	06:42:42	+03:46:25	11:30
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Veterano M50

1	153	Emílio Montilla Fernandez	EDV- VIANA TRAIL	Veterano M50	03:06:37	+10:21	05:20
2	98	Virgílio Gomes	Clube de Praças da Armada	Veterano M50	03:14:02	+17:46	05:33
3	220	Adolfo Garrido Fernandez	Individual	Veterano M50	03:36:06	+39:50	06:10
4	138	José Campar	DCI/Trilhos Luso Bussaco	Veterano M50	03:36:07	+39:51	06:11
5	274	Narciso Machado	ProFisio eupago Team	Veterano M50	03:36:48	+40:32	06:12
6	43	Carlos Simões	ARSM - Associação Recreativa de S. Miguel	Veterano M50	03:50:03	+53:47	06:34
7	285	Vasco Sousa	SC Povoense - Caracóis de Corrida	Veterano M50	03:54:34	+58:18	06:42
8	168	Manuel Pinheiro	Fridão Sem Limites	Veterano M50	03:58:30	+01:02:14	06:49
9	224	NUNO SIMOES	Individual	Veterano M50	04:01:50	+01:05:34	06:55
10	259	Joaquim Fernandes Pinheiro	Os Gordos	Veterano M50	04:05:33	+01:09:16	07:01
11	37	Jorge Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M50	04:08:20	+01:12:04	07:06
12	278	Paulino Nogueira	Ruiner viennois	Veterano M50	04:11:45	+01:15:28	07:12
13	304	Manuel Costa	TEAM LANTEMIL	Veterano M50	04:12:59	+01:16:43	07:14
14	225	Paulo Manuel Costa	Individual	Veterano M50	04:15:57	+01:19:41	07:19
15	184	Amadeu Peixoto	Global Trail	Veterano M50	04:26:27	+01:30:11	07:37
16	121	Paulo Pelicano	CROCODILOS / MISTERPC	Veterano M50	04:38:07	+01:41:51	07:57
17	295	Sérgio Reis	Sharish Gin/GD Piranhas do Alqueva	Veterano M50	04:39:06	+01:42:50	07:58
18	317	Manuel Graça	Trogloditas runners	Veterano M50	04:51:56	+01:55:40	08:20
19	223	Jose Carlos Morais	Individual	Veterano M50	04:54:52	+01:58:36	08:26
20	32	Carlos Campos	AFIS	Veterano M50	05:29:55	+02:33:39	09:26
21	221	António Oliveira	Individual	Veterano M50	05:31:11	+02:34:55	09:28
22	320	José Gaspar Pereira Fernandes	Vaiatéondeosteuspéstelevar	Veterano M50	05:38:39	+02:42:23	09:41
23	177	Luís Duarte	GAIA-RUNNING	Veterano M50	06:11:47	+03:15:31	10:37
24	222	Francisco Nogueira	Individual	Veterano M50	07:24:03	+04:27:47	12:41

Veterano M55

1	140	Jose Martins	DCI/Trilhos Luso Bussaco	Veterano M55	03:29:28	+33:12	05:59
2	245	Francisco Lemos	Nós Acreditamos	Veterano M55	03:48:32	+52:16	06:32
3	338	JOSE DIAS	Zona Alta Trail	Veterano M55	03:53:23	+57:07	06:40
4	237	Cândido Morais	Lobos do Brunheiro de Chaves /crossbox	Veterano M55	03:53:37	+57:21	06:41
5	141	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M55	03:59:25	+01:03:09	06:50
6	139	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M55	04:07:33	+01:11:16	07:04
7	226	Ângelo Pereira	Individual	Veterano M55	04:17:02	+01:20:45	07:21
8	193	Manuel Alves	Icarus Running Team	Veterano M55	04:18:32	+01:22:16	07:23
9	170	José Morais	Gaia Trail	Veterano M55	04:25:26	+01:29:10	07:35
10	69	Paulo Ferreira	Boavista Trail	Veterano M55	05:03:06	+02:06:50	08:40

35 KM

OFFICIAL RESULT

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11	50	João Silva	ATR - Algarve Trail Running	Veterano M55	06:18:46	+03:22:30	10:49
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1	142	Manuel Costa	DCI/Trilhos Luso Bussaco	Veterano M60	03:44:41	+48:24	06:25
2	228	Amadeu Teixeira	Individual	Veterano M60	03:56:03	+59:47	06:45
3	229	Antonio Carlos Teixeira	Individual	Veterano M60	04:33:12	+01:36:56	07:48
4	260	José Leça	Os Gordos	Veterano M60	04:35:09	+01:38:53	07:52
5	231	Agostinho Neves	Juventude desportiva de Gondomar	Veterano M60	04:42:54	+01:46:37	08:05
6	74	Domingos Rocha	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	Veterano M60	05:05:12	+02:08:56	08:43
7	286	Antonio CARVALHO	SC Povoense - Caracóis de Corrida	Veterano M60	05:10:08	+02:13:52	08:52
8	13	João Gil	A.D.Amarante	Veterano M60	05:15:12	+02:18:56	09:00

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Official Timekeeper: Lap2Go	1 / 1	generate 08-Mar-2020 15:57
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22 KM

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1024	André Machado	Adosa - Os Santa Apolónia	01:53:18		05:09	
2	1217	Nathan Callais	Oralklass - Amigos Do Trail	01:55:40	+02:22	05:15	
3	1055	Franquelim Gonçalves	Cabeceiras Bike Team	01:55:52	+02:34	05:16	
4	1206	João Ribeiro	Manu s Therapy Trail Running	01:58:29	+05:11	05:23	
5	1279	Maurício Ferreira	Travassós Running Fafe	01:59:12	+05:54	05:25	
6	1300	Francisco Castro	Individual	01:59:25	+06:07	05:26	
7	1084	António Campos	CTM VILA POUCA DE AGUIAR	01:59:39	+06:21	05:26	
8	1013	Bruno Teixeira	A.D.Amarante	02:05:36	+12:18	05:43	
9	1114	Adriano Ferreira	O que queremos é monte	02:06:34	+13:16	05:45	
10	1296	Marco Pinto	Brabus Runners	02:06:46	+13:28	05:46	
11	1180	Alcides Lemos	Individual	02:08:19	+15:01	05:50	
12	1105	Pedro Oliveira	FisioPedro Trail	02:08:30	+15:12	05:50	
13	1297	Carlos Sá	Carlos Sá Nature Events	02:08:30	+15:12	05:50	
14	1301	Artur Pereira	A.D.Amarante	02:09:45	+16:27	05:54	
15	1106	Sérgio Sampaio	FisioPedro Trail	02:10:00	+16:42	05:55	
16	1070	Adriano Teixeira	CIDEP Fornos Lusavouga	02:10:43	+17:25	05:57	
17	1189	Daniel Barros	Juventude Cortegacense	02:12:36	+19:18	06:02	
18	1191	Joao Paulo Oliveira	Juventude Cortegacense	02:13:27	+20:09	06:04	
19	1193	Ernesto Alves	Juventude Cortegacense	02:13:31	+20:14	06:04	
20	1090	Américo Almeida	DCI/Trilhos Luso Bussaco	02:13:47	+20:29	06:05	
21	1004	Abel Rodrigues	.3A	02:15:10	+21:52	06:09	
22	1048	Dario Silva	Boavista Trail	02:15:44	+22:26	06:10	
23	1259	Fernando Pinto	SOCIEDADE RECREIO CEPANENSE	02:16:49	+23:31	06:13	
24	1160	Adão Fernandes	Individual	02:16:55	+23:37	06:13	
25	1074	FILIPE FREITAS	Clube Atletismo de Brito	02:17:20	+24:02	06:15	
26	1064	LUIS RODRIGUES	CHAVES RUNNING TEAM	02:17:24	+24:06	06:15	
27	1281	Rui Heliodoro Sousa	TurboTrilhos	02:17:51	+24:33	06:16	
28	1280	Nelson Lopes	TurboTrilhos	02:17:51	+24:33	06:16	
29	1092	Sérgio Ramos	EDV- VIANA TRAIL	02:20:00	+26:42	06:22	
30	1011	Tiago Teles	A.D.Amarante	02:20:04	+26:46	06:22	
31	1089	Paulo Maia	DCI/Trilhos Luso Bussaco	02:20:20	+27:02	06:23	
32	1188	Paulo Baltasar Martins	Individual	02:20:30	+27:12	06:23	
33	1260	Rui Silva	SOCIEDADE RECREIO CEPANENSE	02:20:52	+27:34	06:24	
34	1045	Nuno Gomes	B.T.M.	02:21:09	+27:51	06:25	
35	1030	Ricardo Fernandes	AfrikanRunners	02:21:55	+28:37	06:27	
36	1209	Bruno Pereira	Nós Acreditamos	02:22:13	+28:55	06:28	
37	1102	João Pedro Silva	FisioPedro Trail	02:23:37	+30:19	06:32	
38	1258	Albano Seca	SOCIEDADE RECREIO CEPANENSE	02:23:55	+30:37	06:33	
39	1087	Carlos Sousa	CTM VILA POUCA DE AGUIAR	02:24:02	+30:44	06:33	
40	1073	DANIEL FERNANDES	Clube Atletismo de Brito	02:24:19	+31:01	06:34	
41	1096	José Miguel Mendes	Falsos Lentos	02:25:45	+32:27	06:38	
42	1284	Bruno Fernandes	vimarunners	02:26:13	+32:55	06:39	

22 KM

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Official Timekeeper: Lap2Go	2 / 6	generate 08-Mar-2020 15:25
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22 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	1108	Rui Pena	GD Trancoso	02:33:45	+40:27	06:59	
89	1200	Eduardo Pereira	Lobos Desnorteados	02:33:58	+40:40	07:00	
90	1107	Paula Lage	Furfor Running Project	02:34:03	+40:46	07:00	
91	1069	Paulo Sousa	CIDEP Fornos Lusavouga	02:34:52	+41:34	07:02	
92	1080	João Rocha	Crossbox Montelongo	02:34:56	+41:38	07:03	
93	1208	Jorge Silva	No pain no gain	02:34:58	+41:40	07:03	
94	1178	Vitor Barros	Individual	02:34:58	+41:40	07:03	
95	1255	Michel Cuilliere	Sam Merignac	02:35:08	+41:50	07:03	
96	1009	Filipe Monteiro	A.C.S.D.Pedraído	02:35:26	+42:08	07:04	
97	95	Luis Silva	Clube de Praças da Armada	02:35:26	+42:08	07:04	
98	1036	Rui Teixeira	Amigos das Sapatilhas	02:35:39	+42:21	07:05	
99	1019	Margarida Sousa	AD Marco 09	02:35:50	+42:32	07:05	
100	1028	MARCO MACHADO	AfrikanRunners	02:36:02	+42:44	07:06	
101	1018	Gisela Sousa	AD Marco 09	02:36:05	+42:47	07:06	
102	1078	Nuno Monteiro	Corre Pra Frente	02:36:40	+43:22	07:07	
103	1025	Bruno azevedo	ADPedome	02:37:16	+43:58	07:09	
104	1195	Hugo Santos	KeMedo Team	02:37:45	+44:27	07:10	
105	1179	Alberto Leite	Individual	02:38:05	+44:47	07:11	
106	1199	Tiago Pimenta	Lobos Desnorteados	02:38:38	+45:20	07:13	
107	1223	Joao Barreira	Palmeira Runners	02:38:44	+45:26	07:13	
108	1162	Daniel Ferreira	Individual	02:39:23	+46:05	07:15	
109	1021	Fernando Faria	ADEPE	02:39:24	+46:06	07:15	
110	1116	José Manuel Braga Ferreira	GTT - Armazém do Caffè	02:39:32	+46:14	07:15	
111	1288	Nuno Louro	Zenit AUTOMÓVEIS	02:40:10	+46:52	07:17	
112	1289	Alexandre Barbosa	Zenit AUTOMÓVEIS	02:40:20	+47:02	07:17	
113	1137	João Rodrigues	Individual	02:40:38	+47:20	07:18	
114	1027	Domingos Goncalves	AfrikanRunners	02:43:19	+50:01	07:25	
115	1129	Cristiano Gaspar	Individual	02:43:50	+50:32	07:27	
116	1277	Sandra Garrido	TombaMinis Trail Team	02:43:52	+50:34	07:27	
117	1278	Luis mendes	TombaMinis Trail Team	02:44:01	+50:43	07:27	
118	1256	Jorge Guimarães	SMILE FOR NATURE	02:44:54	+51:36	07:30	
119	1044	Cristiano Silva	B.T.M.	02:44:58	+51:40	07:30	
120	1238	Joana Magalhães	Rinus Fafe	02:45:31	+52:13	07:31	
121	1057	Ricardo Costa	Caravela Seguros	02:45:31	+52:13	07:31	
122	1272	Manuel Silva	Temos pena	02:45:35	+52:17	07:32	
123	1273	Sérgio Carvalho	Temos pena	02:45:37	+52:19	07:32	
124	1227	ANTONIO FERNANDES	RealRunners	02:46:00	+52:42	07:33	
125	1228	Luís Sousa	RealRunners	02:46:01	+52:43	07:33	
126	1086	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	02:46:03	+52:45	07:33	
127	1049	Ricardo Ceia	BoraLáCorrer	02:46:30	+53:12	07:34	
128	1139	Jorge Moreira	Individual	02:46:35	+53:17	07:34	
129	1283	Michel Silva	Vasco da Gama	02:46:43	+53:25	07:35	
130	137	Nuno Pessoa	DCI/Trilhos Luso Bussaco	02:46:57	+53:39	07:35	
131	1173	Paulo Guimarães	Individual	02:48:07	+54:49	07:38	
132	1085	Filipe Rodrigues	CTM VILA POUCA DE AGUIAR	02:48:14	+54:56	07:39	

TRAIL - STAGE 1

22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1035	Pedro Pinto	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:48:15	+54:57	07:39	
134	1079	Sérgio Correia	Corre Pra Frente	02:48:16	+54:58	07:39	
135	1115	Maria Lemos	GTT - Armazém do Caffè	02:48:29	+55:11	07:40	
136	1224	Sandra Castro	PÓ NA LAMA TRAIL RUNNERS	02:48:31	+55:13	07:40	
137	1225	André Oliveira	PÓ NA LAMA TRAIL RUNNERS	02:48:40	+55:22	07:40	
138	1034	Domingos Nogueira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:48:42	+55:24	07:40	
139	1181	Alcino Araújo	Individual	02:48:54	+55:36	07:41	
140	1298	Agostinho Pereira	Carlos Sá Nature Events	02:49:30	+56:12	07:42	
141	1061	César Guimarães	CB RUN	02:49:38	+56:20	07:43	
142	1016	Carlos Macedo	A.D.Amarante	02:51:51	+58:33	07:49	
143	1125	André Malheiro	Individual	02:51:55	+58:37	07:49	
144	1001	Rui Manuel Costa Teixeira	#atêchoras	02:52:06	+58:48	07:49	
145	1095	Claudia Pereira	F.c Penafiel	02:52:52	+59:34	07:51	
146	1194	Gerson Alves	KeMedo Team	02:52:59	+59:41	07:52	
147	1141	Miguel Rocha	Individual	02:53:13	+59:55	07:52	
148	1056	Nuno Gonçalves	Cabeceiras Bike Team	02:54:22	+01:01:04	07:56	
149	1150	Rui Pereira	Individual	02:54:32	+01:01:14	07:56	
150	1165	Helder Rodrigues	Individual	02:54:33	+01:01:15	07:56	
151	1142	Nelson Castro	Individual	02:55:09	+01:01:51	07:58	
152	1247	Manuel Silva	Run Couto	02:56:22	+01:03:04	08:01	
153	1261	Tânia da Costa Silva	Sporting Clube de Espinho/António Leitão	02:56:23	+01:03:05	08:01	
154	1264	Sérgio Martins	Team JMM	02:56:29	+01:03:11	08:01	
155	1134	Hélder Nogueira	Individual	02:56:41	+01:03:23	08:02	
156	1229	Eva Ribeiro	Ribeiras Trail	02:57:29	+01:04:11	08:04	
157	1012	Alice Pereira	A.D.Amarante	02:57:56	+01:04:38	08:05	
158	1082	Tiago Freitas	Crossbox Montelongo	02:58:36	+01:05:18	08:07	
159	1015	Marco Nunes	A.D.Amarante	02:58:47	+01:05:29	08:08	
160	1291	Cândido Silva	Zenit AUTOMÓVEIS	02:58:47	+01:05:29	08:08	
161	1215	Francisco Ferreira	O que queremos é monte	02:58:50	+01:05:32	08:08	
162	1271	Antonio Barbosa	Temos pena	02:59:18	+01:06:00	08:09	
163	1276	Fernando lopes	Terror dos Montes	02:59:25	+01:06:07	08:09	
164	1286	Anselmo Pinto	vimarunners	02:59:39	+01:06:21	08:10	
165	1202	Manuela Pinto	Manu s Therapy Trail Running	03:00:15	+01:06:57	08:12	
166	1138	Joaquim Graça	Individual	03:00:18	+01:07:00	08:12	
167	1041	Toni Neto	Aves runners	03:00:35	+01:07:17	08:13	
168	1040	Gabriel Carneiro	Aves runners	03:00:36	+01:07:18	08:13	
169	2083	Ariana Pereira	Aves runners	03:00:36	+01:07:18	08:13	
170	1292	Carlos Gonçalves	Zenit AUTOMÓVEIS	03:01:14	+01:07:56	08:14	
171	1053	Ana Dias	BUDEGUITA RUNNERS	03:01:29	+01:08:11	08:15	
172	1054	Tiago Almeida	BUDEGUITA RUNNERS	03:01:29	+01:08:11	08:15	
173	1294	Pedro Fernandes	Zenit AUTOMÓVEIS	03:01:33	+01:08:15	08:15	
174	1290	Antonio Dias	Zenit AUTOMÓVEIS	03:01:33	+01:08:15	08:15	
175	2058	Vitor Andrade	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	03:01:46	+01:08:28	08:16	

TRAIL - STAGE 1

22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
176	2051	Filipe Teixeira	AMA - Ass. Mondim Atletismo / Trail Fiskas de Ermelo	03:01:46	+01:08:28	08:16	
177	2056	Francisco Teixeira	AMA - Ass. Mondim Atletismo / Trail Fiskas de Ermelo	03:01:46	+01:08:28	08:16	
178	1220	Marco Brochado	Os Lobos do Saibro	03:02:35	+01:09:17	08:18	
179	1123	Sónia Tavares	Individual	03:03:11	+01:09:54	08:20	
180	1166	João Graça	Individual	03:03:17	+01:09:59	08:20	
181	1184	Joaquim Cunha	Individual	03:03:32	+01:10:14	08:21	
182	1222	Marta Ribeiro	Os Tolinhos	03:03:44	+01:10:26	08:21	
183	1149	Ricardo Peixoto	Individual	03:03:47	+01:10:29	08:21	
184	1091	António Gonçalves	DiVE Into the Mountains	03:04:21	+01:11:03	08:23	
185	1262	Helder Gonçalves	Team Buddy	03:05:27	+01:12:09	08:26	
186	1237	José Moura	Ribeiras Trail	03:05:28	+01:12:10	08:26	
187	1226	José Ferreira	Porto Runners	03:05:39	+01:12:21	08:26	
188	1066	CARLOS TEIXEIRA	CHAVES RUNNING TEAM	03:06:12	+01:12:54	08:28	
189	1214	Carla Ferreira	O que queremos é monte	03:06:17	+01:12:59	08:28	
190	1172	Nuno marques	Individual	03:06:47	+01:13:29	08:29	
191	1168	João Salvaterra	Individual	03:06:55	+01:13:37	08:30	
192	1005	Cristiano Guimaraes	A noite passa a correr	03:06:57	+01:13:39	08:30	
193	1201	Helder Pereira	Lobos Desnorteados	03:07:39	+01:14:21	08:32	
194	1159	Manuel Sampaio	Individual	03:08:41	+01:15:23	08:35	
195	1187	Nelson Nogueira	Individual	03:08:42	+01:15:24	08:35	
196	1175	Ricardo Silva	Individual	03:11:25	+01:18:07	08:42	
197	1136	Ismael Rodrigues	Individual	03:11:29	+01:18:11	08:42	
198	1039	Nuno Santos	Aventureiros	03:11:31	+01:18:13	08:42	
199	1183	Joao Teixeira	Individual	03:12:04	+01:18:46	08:44	
200	1093	Adriano Rocha	EDV- VIANA TRAIL	03:12:12	+01:18:54	08:44	
201	1249	António Oliveira	S. S. Montepio	03:12:16	+01:18:58	08:44	
202	1250	Fernando Carvalho	S. S. Montepio	03:12:16	+01:18:58	08:44	
203	281	João Cardoso	S. S. Montepio	03:12:17	+01:18:59	08:44	
204	1252	Ricardo Resende	S. S. Montepio	03:12:17	+01:18:59	08:44	
205	1203	Natália Pinto	Manu s Therapy Trail Running	03:12:55	+01:19:37	08:46	
206	1146	Pedro Moreira	Individual	03:13:20	+01:20:02	08:47	
207	1002	Vítor Manuel Gonçalves Osório	#atéchoras	03:13:38	+01:20:20	08:48	
208	1124	Adriano Vieira	Individual	03:13:46	+01:20:28	08:48	
209	1164	Hélder Oliveira	Individual	03:13:46	+01:20:28	08:48	
210	1038	Marco Ferreira	Aventureiros	03:13:49	+01:20:31	08:49	
211	1051	Elisabete Borges	Braguinhas Runners	03:14:45	+01:21:27	08:51	
212	1155	Paula Carneiro	Individual	03:16:06	+01:22:48	08:55	
213	1135	Hernâni Veríssimo	Individual	03:16:06	+01:22:48	08:55	
214	1177	Severo Castro	Individual	03:17:08	+01:23:50	08:58	
215	1171	Marco Soares	Individual	03:17:09	+01:23:51	08:58	
216	1143	Nelson Costa	Individual	03:17:09	+01:23:51	08:58	
217	1128	Carlos Pereira	Individual	03:18:36	+01:25:18	09:02	
218	1293	Jorge Forte	Zenit AUTOMÓVEIS	03:19:26	+01:26:08	09:04	
219	1060	Nelson Lima	Carroças	03:20:16	+01:26:58	09:06	
220	1052	José Pereira Da Fonseca	Braguinhas Runners	03:20:19	+01:27:01	09:06	

22 KM

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Official Timekeeper: Lap2Go	6 / 6	generate 08-Mar-2020 15:25
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22 KM

OFFICIAL RESULT

ON - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - T

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	14:26	11.7°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1121	Marina Domingues	Individual	Senior Feminino	02:29:35	+36:17	06:48:17
2	169	Andreia Almeida	Furfor Running Project	Senior Feminino	02:31:15	+37:57	06:53:17
3	1277	Sandra Garrido	TombaMinis Trail Team	Senior Feminino	02:43:51	+50:33	07:27:17
4	1238	Joana Magalhães	Rinus Fafe	Senior Feminino	02:45:31	+52:12	07:31:17
5	1224	Sandra Castro	PÓ NA LAMA TRAIL RUNNERS	Senior Feminino	02:48:31	+55:12	07:40:17
6	1095	Claudia Pereira	F.c Penafiel	Senior Feminino	02:52:51	+59:33	07:51:17
7	1261	Tânia da Costa Silva	Sporting Clube de Espinho/António Leitão	Senior Feminino	02:56:23	+01:03:05	08:01:17
8	1202	Manuela Pinto	Manu s Therapy Trail Running	Senior Feminino	03:00:15	+01:06:56	08:12:17
9	2083	Ariana Pereira	Aves runners	Senior Feminino	03:00:35	+01:07:17	08:13:17
10	1123	Sónia Tavares	Individual	Senior Feminino	03:03:11	+01:09:53	08:20:17
11	1203	Natália Pinto	Manu s Therapy Trail Running	Senior Feminino	03:12:54	+01:19:36	08:46:17
12	1071	Tatiana João Carneiro	Club de Ancas	Senior Feminino	03:48:03	+01:54:44	10:22:17

1	1024	André Machado	Adosa - Os Santa Apolónia	Senior Masculino	01:53:18	05:09:18
2	1217	Nathan Callais	Oralklass - Amigos Do Trail	Senior Masculino	01:55:40	+02:22 05:15:18
3	1055	Franquelim Gonçalves	Cabeceiras Bike Team	Senior Masculino	01:55:52	+02:34 05:16:18
4	1300	Francisco Castro	Individual	Senior Masculino	01:59:25	+06:07 05:26:18
5	1114	Adriano Ferreira	O que queremos é monte	Senior Masculino	02:06:34	+13:15 05:45:18
6	1296	Marco Pinto	Brabus Runners	Senior Masculino	02:06:46	+13:28 05:46:18
7	1105	Pedro Oliveira	FisioPedro Trail	Senior Masculino	02:08:30	+15:12 05:50:18
8	1189	Daniel Barros	Juventude Cortegacense	Senior Masculino	02:12:36	+19:17 06:02:18
9	1004	Abel Rodrigues	.3A	Senior Masculino	02:15:09	+21:51 06:09:18
10	1281	Rui Heliodoro Sousa	TurboTrilhos	Senior Masculino	02:17:51	+24:32 06:16:18
11	1280	Nelson Lopes	TurboTrilhos	Senior Masculino	02:17:51	+24:32 06:16:18
12	1011	Tiago Teles	A.D.Amarante	Senior Masculino	02:20:04	+26:45 06:22:18
13	1045	Nuno Gomes	B.T.M.	Senior Masculino	02:21:08	+27:50 06:25:18
14	1209	Bruno Pereira	Nós Acreditamos	Senior Masculino	02:22:13	+28:55 06:28:18
15	1102	João Pedro Silva	FisioPedro Trail	Senior Masculino	02:23:37	+30:18 06:32:18
16	1096	José Miguel Mendes	Falsos Lentos	Senior Masculino	02:25:45	+32:27 06:38:18
17	1284	Bruno Fernandes	vimarunners	Senior Masculino	02:26:12	+32:54 06:39:18
18	1131	Daniel de Oliveira	Individual	Senior Masculino	02:27:37	+34:18 06:43:18
19	1287	Afonso Viana	Zenit AUTOMÓVEIS	Senior Masculino	02:28:08	+34:50 06:44:18
20	1140	Marco Teixeira	Individual	Senior Masculino	02:28:40	+35:22 06:45:18
21	1239	Gilberto Fernandes	Rinus Fafe	Senior Masculino	02:28:52	+35:34 06:46:18
22	1032	Fernando Manuel Tuna Magalhaes	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Senior Masculino	02:29:10	+35:51 06:47:18
23	1100	Daniel Neto	FisioPedro Trail	Senior Masculino	02:29:17	+35:58 06:47:18

Official Timekeeper: Lap2Go	1 / 7	generate 08-Mar-2020 15:25
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Trail

22 KM

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OFFICIAL RESULT

[illegible]

24	1262	Tiago Oliveira	Individual	Senior Masculino	02:29:54	+36:35	06:49
25	1285	Rui Fernandes	vimarunners	Senior Masculino	02:30:07	+36:49	06:49
26	1010	Ricardo Leão	A.D.Amarante	Senior Masculino	02:30:17	+36:59	06:50
27	1062	Leandro Oliveira	CB RUN	Senior Masculino	02:30:25	+37:06	06:50
28	1022	PEDRO PEREIRA	ADEPE	Senior Masculino	02:31:09	+37:50	06:52
29	1023	Vitor Hugo Ribeiro	ADEPE	Senior Masculino	02:31:22	+38:04	06:53
30	1144	Pedro Coelho	Individual	Senior Masculino	02:31:27	+38:09	06:53
31	1094	Pedro Neto	Eu&tu	Senior Masculino	02:31:34	+38:15	06:53
32	1026	Nelson Freitas	AfrikanRunners	Senior Masculino	02:31:36	+38:17	06:53
33	1101	Filipe Oliveira	FisioPedro Trail	Senior Masculino	02:31:57	+38:39	06:54
34	1075	Ivan Marques	Clube Desportivo de Espite	Senior Masculino	02:32:07	+38:48	06:55
35	1242	Ricardo Freitas	RIOFIT RUNNING	Senior Masculino	02:32:16	+38:58	06:55
36	1037	Pedro Magalhaes	ARCO4RUN	Senior Masculino	02:32:26	+39:07	06:56
37	1069	Paulo Sousa	CIDEP Fornos Lusavouga	Senior Masculino	02:34:52	+41:33	07:02
38	1080	João Rocha	Crossbox Montelongo	Senior Masculino	02:34:55	+41:37	07:03
39	95	Luis Silva	Clube de Praças da Armada	Senior Masculino	02:35:26	+42:07	07:04
40	1036	Rui Teixeira	Amigos das Sapatilhas	Senior Masculino	02:35:39	+42:20	07:05
41	1078	Nuno Monteiro	Corre Pra Frente	Senior Masculino	02:36:40	+43:21	07:07
42	1199	Tiago Pimenta	Lobos Desnorteados	Senior Masculino	02:38:38	+45:19	07:13
43	1223	Joao Barreira	Palmeira Runners	Senior Masculino	02:38:44	+45:26	07:13
44	1021	Fernando Faria	ADEPE	Senior Masculino	02:39:23	+46:05	07:15
45	1288	Nuno Louro	Zenit AUTOMÓVEIS	Senior Masculino	02:40:09	+46:51	07:17
46	1137	João Rodrigues	Individual	Senior Masculino	02:40:37	+47:19	07:18
47	1129	Cristiano Gaspar	Individual	Senior Masculino	02:43:50	+50:31	07:27
48	1278	Luis mendes	TombaMinis Trail Team	Senior Masculino	02:44:01	+50:43	07:27
49	1256	Jorge Guimarães	SMILE FOR NATURE	Senior Masculino	02:44:54	+51:36	07:30
50	1044	Cristiano Silva	B.T.M.	Senior Masculino	02:44:57	+51:39	07:30
51	1139	Jorge Moreira	Individual	Senior Masculino	02:46:35	+53:17	07:34
52	1283	Michel Silva	Vasco da Gama	Senior Masculino	02:46:42	+53:24	07:35
53	1225	André Oliveira	PÓ NA LAMA TRAIL RUNNERS	Senior Masculino	02:48:40	+55:21	07:40
54	1061	César Guimarães	CB RUN	Senior Masculino	02:49:38	+56:19	07:43
55	1125	André Malheiro	Individual	Senior Masculino	02:51:55	+58:37	07:49
56	1194	Gerson Alves	KeMedo Team	Senior Masculino	02:52:59	+59:40	07:52
57	1141	Miguel Rocha	Individual	Senior Masculino	02:53:13	+59:54	07:52
58	1056	Nuno Gonçalves	Cabeceiras Bike Team	Senior Masculino	02:54:22	+01:01:03	07:56
59	1150	Rui Pereira	Individual	Senior Masculino	02:54:32	+01:01:13	07:56
60	1142	Nelson Castro	Individual	Senior Masculino	02:55:09	+01:01:51	07:58
61	1264	Sérgio Martins	Team JMM	Senior Masculino	02:56:29	+01:03:10	08:01
62	1134	Hélder Nogueira	Individual	Senior Masculino	02:56:41	+01:03:22	08:02
63	1082	Tiago Freitas	Crossbox Montelongo	Senior Masculino	02:58:35	+01:05:17	08:07
64	1138	Joaquim Graça	Individual	Senior Masculino	03:00:18	+01:06:59	08:12
65	1040	Gabriel Carneiro	Aves runners	Senior Masculino	03:00:35	+01:07:17	08:13
66	2051	Filipe Teixeira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Senior Masculino	03:01:45	+01:08:27	08:16
67	1149	Ricardo Peixoto	Individual	Senior Masculino	03:03:47	+01:10:28	08:21
68	1262	Helder Gonçalves	Team Buddy	Senior Masculino	03:05:26	+01:12:08	08:26
69	1226	José Ferreira	Porto Runners	Senior Masculino	03:05:38	+01:12:20	08:26

Official Timekeeper: Lap2Go	2 / 7	generate 08-Mar-2020 15:25
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Trail

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

70	1136	Ismael Rodrigues	Individual	Senior Masculino	03:11:28	+01:18:10	08:42
71	1146	Pedro Moreira	Individual	Senior Masculino	03:13:20	+01:20:01	08:47
72	1124	Adriano Vieira	Individual	Senior Masculino	03:13:46	+01:20:27	08:48
73	1038	Marco Ferreira	Aventureiros	Senior Masculino	03:13:48	+01:20:30	08:49
74	1135	Hernâni Veríssimo	Individual	Senior Masculino	03:16:06	+01:22:48	08:55
75	1143	Nelson Costa	Individual	Senior Masculino	03:17:08	+01:23:50	08:58
76	1128	Carlos Pereira	Individual	Senior Masculino	03:18:36	+01:25:17	09:02
77	1060	Nelson Lima	Carroças	Senior Masculino	03:20:16	+01:26:58	09:06
78	1221	José Nuno Oliveira	OS RÔTOS	Senior Masculino	03:23:16	+01:29:58	09:14
79	1008	Alessandro Guandaline	A.C.S.D.Pedraído	Senior Masculino	03:23:29	+01:30:11	09:15
80	1197	Luís Vieira	Kunalama runners	Senior Masculino	03:24:50	+01:31:32	09:19
81	1126	Bruno Sousa	Individual	Senior Masculino	03:24:51	+01:31:33	09:19
82	1263	Nuno Gonçalves	Team Buddy	Senior Masculino	03:29:31	+01:36:13	09:31
83	1063	JOSE CARREIRA	CHAVES RUNNING TEAM	Senior Masculino	03:31:39	+01:38:20	09:37
84	1268	Diogo Sampaio	TEAM TT	Senior Masculino	03:33:54	+01:40:36	09:43
85	1147	Pedro Vinagre	Individual	Senior Masculino	03:35:04	+01:41:46	09:47
86	1059	Daniel Peres	Carroça Team	Senior Masculino	03:42:32	+01:49:13	10:07
87	1132	Diogo Marinho	Individual	Senior Masculino	03:44:25	+01:51:07	10:12
88	1257	Nuno Cunha	SMILE FOR NATURE	Senior Masculino	03:45:31	+01:52:13	10:15
89	1072	Hugo Daniel Seabra	Club de Ancas	Senior Masculino	03:48:03	+01:54:45	10:22
90	1117	Francisco Correia	GUIMARUNNING	Senior Masculino	03:53:19	+02:00:00	10:36
91	1151	Tiago Oliveira	Individual	Senior Masculino	04:56:42	+03:03:24	13:29

Veterana F40

1	1254	Gabriela Pereira	Sam Merignac	Veterana F40	02:29:07	+35:48	06:47
2	1240	Cidalia Novais	Rinus Fafe	Veterana F40	02:30:44	+37:26	06:51
3	1153	Monica Moreira	Individual	Veterana F40	02:31:43	+38:24	06:54
4	1107	Paula Lage	Furfor Running Project	Veterana F40	02:34:03	+40:45	07:00
5	1019	Margarida Sousa	AD Marco 09	Veterana F40	02:35:50	+42:32	07:05
6	1018	Gisela Sousa	AD Marco 09	Veterana F40	02:36:04	+42:46	07:06
7	1229	Eva Ribeiro	Ribeiras Trail	Veterana F40	02:57:28	+01:04:10	08:04
8	1012	Alice Pereira	A.D.Amarante	Veterana F40	02:57:56	+01:04:37	08:05
9	1053	Ana Dias	BUDEGUITA RUNNERS	Veterana F40	03:01:28	+01:08:10	08:15
10	1222	Marta Ribeiro	Os Tolinhos	Veterana F40	03:03:44	+01:10:25	08:21
11	1214	Carla Ferreira	O que queremos é monte	Veterana F40	03:06:17	+01:12:58	08:28
12	1051	Elisabete Borges	Braguinhas Runners	Veterana F40	03:14:45	+01:21:26	08:51
13	1155	Paula Carneiro	Individual	Veterana F40	03:16:06	+01:22:47	08:55
14	1157	Sílvia Vieira	Individual	Veterana F40	03:22:23	+01:29:04	09:12
15	1099	URANIA CHUVA	FIGUEIRAKAYAKTRAIL	Veterana F40	03:23:15	+01:29:57	09:14
16	1006	FÁTIMA AZEVEDO	A.C. VERMOIM	Veterana F40	03:31:49	+01:38:30	09:38
17	1158	Sónia Mota	Individual	Veterana F40	03:35:27	+01:42:08	09:48
18	1156	Sandra Cunha	Individual	Veterana F40	03:35:28	+01:42:09	09:48
19	1269	Silvia Barbosa	Temos pena	Veterana F40	03:40:53	+01:47:35	10:02
20	1275	Monica Carvalhais	Terças Feiras Bravas	Veterana F40	03:45:36	+01:52:17	10:15
21	1154	Paula Alves	Individual	Veterana F40	03:49:59	+01:56:40	10:27

Official Timekeeper: Lap2Go	3 / 7	generate 08-Mar-2020 15:25
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22 KM

OFFICIAL RESULT

[illegible]

Veterana F50

Veterano M40

Official Timekeeper: Lap2Go	4 / 7	generate 08-Mar-2020 15:25
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Trail

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

33	1208	Jorge Silva	No pain no gain	Veterano M40	02:34:57	+41:39	07:03
34	1178	Vitor Barros	Individual	Veterano M40	02:34:58	+41:39	07:03
35	1009	Filipe Monteiro	A.C.S.D.Pedraído	Veterano M40	02:35:26	+42:07	07:04
36	1028	MARCO MACHADO	AfrikanRunners	Veterano M40	02:36:02	+42:44	07:06
37	1025	Bruno azevedo	ADPedome	Veterano M40	02:37:16	+43:57	07:09
38	1195	Hugo Santos	KeMedo Team	Veterano M40	02:37:45	+44:26	07:10
39	1162	Daniel Ferreira	Individual	Veterano M40	02:39:23	+46:04	07:15
40	1289	Alexandre Barbosa	Zenit AUTOMÓVEIS	Veterano M40	02:40:20	+47:01	07:17
41	1027	Domingos Goncalves	AfrikanRunners	Veterano M40	02:43:19	+50:00	07:25
42	1057	Ricardo Costa	Caravela Seguros	Veterano M40	02:45:31	+52:12	07:31
43	1272	Manuel Silva	Temos pena	Veterano M40	02:45:35	+52:16	07:32
44	1273	Sérgio Carvalho	Temos pena	Veterano M40	02:45:36	+52:18	07:32
45	1086	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	Veterano M40	02:46:03	+52:44	07:33
46	137	Nuno Pessoa	DCI/Trilhos Luso Bussaco	Veterano M40	02:46:56	+53:38	07:35
47	1173	Paulo Guimarães	Individual	Veterano M40	02:48:06	+54:48	07:38
48	1085	Filipe Rodrigues	CTM VILA POUCA DE AGUIAR	Veterano M40	02:48:14	+54:55	07:39
49	1035	Pedro Pinto	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	02:48:15	+54:56	07:39
50	1079	Sérgio Correia	Corre Pra Frente	Veterano M40	02:48:15	+54:57	07:39
51	1034	Domingos Nogueira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	02:48:42	+55:23	07:40
52	1001	Rui Manuel Costa Teixeira	#atéchoras	Veterano M40	02:52:06	+58:48	07:49
53	1165	Helder Rodrigues	Individual	Veterano M40	02:54:32	+01:01:14	07:56
54	1015	Marco Nunes	A.D.Amarante	Veterano M40	02:58:46	+01:05:28	08:08
55	1291	Cândido Silva	Zenit AUTOMÓVEIS	Veterano M40	02:58:47	+01:05:28	08:08
56	1215	Francisco Ferreira	O que queremos é monte	Veterano M40	02:58:49	+01:05:31	08:08
57	1271	Antonio Barbosa	Temos pena	Veterano M40	02:59:18	+01:05:59	08:09
58	1286	Anselmo Pinto	vimarunners	Veterano M40	02:59:39	+01:06:20	08:10
59	1041	Toni Neto	Aves runners	Veterano M40	03:00:35	+01:07:16	08:13
60	1292	Carlos Gonçalves	Zenit AUTOMÓVEIS	Veterano M40	03:01:14	+01:07:56	08:14
61	1054	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	03:01:29	+01:08:10	08:15
62	1294	Pedro Fernandes	Zenit AUTOMÓVEIS	Veterano M40	03:01:32	+01:08:14	08:15
63	1290	Antonio Dias	Zenit AUTOMÓVEIS	Veterano M40	03:01:32	+01:08:14	08:15
64	2058	Vitor Andrade	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	03:01:45	+01:08:27	08:16
65	2056	Francisco Teixeira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	03:01:46	+01:08:27	08:16
66	1220	Marco Brochado	Os Lobos do Saibro	Veterano M40	03:02:35	+01:09:16	08:18
67	1166	João Graça	Individual	Veterano M40	03:03:17	+01:09:58	08:20
68	1172	Nuno marques	Individual	Veterano M40	03:06:46	+01:13:28	08:29
69	1168	João Salvaterra	Individual	Veterano M40	03:06:54	+01:13:36	08:30
70	1005	Cristiano Guimaraes	A noite passa a correr	Veterano M40	03:06:57	+01:13:38	08:30
71	1201	Helder Pereira	Lobos Desnorteados	Veterano M40	03:07:39	+01:14:20	08:32
72	1175	Ricardo Silva	Individual	Veterano M40	03:11:24	+01:18:06	08:42
73	1039	Nuno Santos	Aventureiros	Veterano M40	03:11:30	+01:18:12	08:42
74	1249	António Oliveira	S. S. Montepio	Veterano M40	03:12:15	+01:18:57	08:44
75	1250	Fernando Carvalho	S. S. Montepio	Veterano M40	03:12:16	+01:18:57	08:44
76	281	João Cardoso	S. S. Montepio	Veterano M40	03:12:17	+01:18:58	08:44

Official Timekeeper: Lap2Go	5 / 7	generate 08-Mar-2020 15:25
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Trail

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

77	1252	Ricardo Resende	S. S. Montepio	Veterano M40	03:12:17	+01:18:59	08:44
78	1002	Vítor Manuel Gonçalves Osório	#atéchoras	Veterano M40	03:13:38	+01:20:19	08:48
79	1164	Hélder Oliveira	Individual	Veterano M40	03:13:46	+01:20:27	08:48
80	1177	Severo Castro	Individual	Veterano M40	03:17:08	+01:23:50	08:58
81	1171	Marco Soares	Individual	Veterano M40	03:17:08	+01:23:50	08:58
82	1293	Jorge Forte	Zenit AUTOMÓVEIS	Veterano M40	03:19:25	+01:26:07	09:04
83	1163	Duarte Mendes	Individual	Veterano M40	03:27:44	+01:34:26	09:27
84	1241	Vítor Alves	Rinus Fafe	Veterano M40	03:30:41	+01:37:23	09:35
85	1176	Rui Morais	Individual	Veterano M40	03:33:03	+01:39:45	09:41
86	1236	Rolando Marques	Ribeiras Trail	Veterano M40	03:33:13	+01:39:55	09:42
87	1077	Miguel Barbosa	Clube Efaced	Veterano M40	03:35:26	+01:42:08	09:48
88	1253	Rui Carvalho	S. S. Montepio	Veterano M40	03:35:48	+01:42:30	09:49
89	1251	Francisco Moreira	S. S. Montepio	Veterano M40	03:35:48	+01:42:30	09:49
90	1110	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M40	03:39:01	+01:45:42	09:57
91	1174	Paulo Sousa	Individual	Veterano M40	03:42:32	+01:49:14	10:07
92	1205	David Costa	Manu s Therapy Trail Running	Veterano M40	03:55:20	+02:02:02	10:42

Veterano M50

1	1180	Alcides Lemos	Individual	Veterano M50	02:08:19	+15:01	05:50
2	1070	Adriano Teixeira	CIDEP Fornos Lusavouga	Veterano M50	02:10:43	+17:25	05:57
3	1193	Ernesto Alves	Juventude Cortegacense	Veterano M50	02:13:31	+20:13	06:04
4	1090	Américo Almeida	DCI/Trilhos Luso Bussaco	Veterano M50	02:13:47	+20:29	06:05
5	1188	Paulo Baltasar Martins	Individual	Veterano M50	02:20:29	+27:11	06:23
6	1260	Rui Silva	SOCIEDADE RECREIO CEPANENSE	Veterano M50	02:20:51	+27:33	06:24
7	1087	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M50	02:24:01	+30:43	06:33
8	1216	João Aprígio Faria	ONTREK	Veterano M50	02:28:10	+34:52	06:44
9	1213	Fernando Silva	Nós Acreditamos	Veterano M50	02:28:34	+35:15	06:45
10	1299	Torcato Costa	Individual	Veterano M50	02:28:39	+35:21	06:45
11	1058	António Caldas	Caravela Seguros	Veterano M50	02:29:08	+35:50	06:47
12	1067	NORBERTO COSTA	CHAVES RUNNING TEAM	Veterano M50	02:29:43	+36:25	06:48
13	1065	ARTUR DIAS	CHAVES RUNNING TEAM	Veterano M50	02:29:43	+36:25	06:48
14	1274	João Silva	Temos pena	Veterano M50	02:29:45	+36:27	06:48
15	269	Vitor Costa	Piratas das Montanhas	Veterano M50	02:31:17	+37:58	06:53
16	1185	Mario Lima	Individual	Veterano M50	02:31:31	+38:13	06:53
17	1255	Michel Cuilliere	Sam Merignac	Veterano M50	02:35:08	+41:50	07:03
18	1179	Alberto Leite	Individual	Veterano M50	02:38:05	+44:46	07:11
19	1116	José Manuel Braga Ferreira	GTT - Armazém do Caffè	Veterano M50	02:39:32	+46:13	07:15
20	1227	ANTONIO FERNANDES	RealRunners	Veterano M50	02:46:00	+52:41	07:33
21	1228	Luís Sousa	RealRunners	Veterano M50	02:46:00	+52:42	07:33
22	1049	Ricardo Ceia	BoraLáCorrer	Veterano M50	02:46:29	+53:11	07:34
23	1181	Alcino Araújo	Individual	Veterano M50	02:48:53	+55:35	07:41
24	1298	Agostinho Pereira	Carlos Sá Nature Events	Veterano M50	02:49:30	+56:11	07:42
25	1016	Carlos Macedo	A.D.Amarante	Veterano M50	02:51:50	+58:32	07:49
26	1247	Manuel Silva	Run Couto	Veterano M50	02:56:21	+01:03:03	08:01

22 KM

OFFICIAL RESULT

27	1276	Fernando lopes	Terror dos Montes	Veterano M50	02:59:25	+01:06:06	08:09
28	1184	Joaquim Cunha	Individual	Veterano M50	03:03:31	+01:10:13	08:21
29	1091	António Gonçalves	DiVE Into the Mountains	Veterano M50	03:04:20	+01:11:02	08:23
30	1237	José Moura	Ribeiras Trail	Veterano M50	03:05:27	+01:12:09	08:26
31	1066	CARLOS TEIXEIRA	CHAVES RUNNING TEAM	Veterano M50	03:06:11	+01:12:53	08:28
32	1159	Manuel Sampaio	Individual	Veterano M50	03:08:41	+01:15:22	08:35
33	1187	Nelson Nogueira	Individual	Veterano M50	03:08:42	+01:15:23	08:35
34	1183	Joao Teixeira	Individual	Veterano M50	03:12:03	+01:18:45	08:44
35	1093	Adriano Rocha	EDV- VIANA TRAIL	Veterano M50	03:12:12	+01:18:53	08:44
36	1052	José Pereira Da Fonseca	Braguinhas Runners	Veterano M50	03:20:19	+01:27:00	09:06
37	1007	JOAQUIM FERREIRA	A.C. VERMOIM	Veterano M50	03:31:49	+01:38:31	09:38
38	1182	Eduardo Castro	Individual	Veterano M50	03:39:41	+01:46:23	09:59

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Official Timekeeper: Lap2Go	1 / 1	generate 08-Mar-2020 15:25
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TRAIL CURTO - STAGE 1

15 KM

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REVISED

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:30	9.7°C	87%
End	13:49	11.7°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2053	Pedro Freitas	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	01:09:10		04:37	
2	2187	João Vigário	Furfor Running Project	01:09:25	+00:15	04:38	
3	2392	Miguel Machado	ProFisio eupago Team	01:09:44	+00:34	04:39	
4	2369	Joao Ribeiro	Oralklass - Amigos Do Trail	01:09:50	+00:40	04:39	
5	2057	José Pereira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	01:11:56	+02:46	04:48	
6	2301	Jorge Gonçalves	Individual	01:11:58	+02:48	04:48	
7	2114	Bruno Sousa	Casa Myzé Team	01:12:41	+03:31	04:51	
8	6	Carlos Oliveira	A.C.S.D.Pedraído	01:12:43	+03:33	04:51	
9	2507	José Santos	Oralklass - Amigos Do Trail	01:13:48	+04:38	04:55	
10	2229	Carlos Santos	Individual	01:13:53	+04:43	04:56	
11	2108	Paulo Ribeiro Carvalho	Cabeceiras Bike Team	01:15:30	+06:20	05:02	
12	2050	Carlos Pinto	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	01:16:03	+06:53	05:04	
13	2038	Joaquim Mendes Mendes	ADEPE	01:16:08	+06:58	05:05	
14	2033	AGOSTINHO CARNEIRO	AD Marco 09	01:16:16	+07:06	05:05	
15	2111	Abílio Teixeira	Caravela Seguros	01:16:17	+07:07	05:05	
16	2030	JOAO LUIS FERNANDES AFONSO	Academia Desportiva de Arcos de Valdevez	01:16:48	+07:38	05:07	
17	2480	Tiago Oliveira	UMFCA WARRIORS	01:17:08	+07:58	05:09	
18	2071	Jose Silva	AMIGOS ATLETISMO POVOENSE	01:17:25	+08:15	05:10	
19	2102	Ricardo Sampaio	Brabus Runners	01:17:29	+08:19	05:10	
20	2241	Joao Lopes	Individual	01:17:42	+08:32	05:11	
21	2341	Pedro Lopes	Lbr Team	01:17:42	+08:32	05:11	
22	2144	Ruben Rodrigues	Clube Desportivo de Espite	01:18:20	+09:10	05:13	
23	2011	Marco Barejão Pinto	100 Treino	01:18:24	+09:14	05:14	
24	2416	Jose Peixoto	Sabores do campo	01:18:32	+09:22	05:14	
25	2020	Samuel Silva	A.D.Amarante	01:18:32	+09:22	05:14	
26	2512	Paulo Sousa	Nós Acreditamos	01:19:01	+09:51	05:16	
27	2386	José Oliveira	PETRO BASTO	01:19:15	+10:05	05:17	
28	2347	Telmo Reis	LOUSADA RUNNERS	01:19:27	+10:17	05:18	
29	2234	Gonçalo Silva	Individual	01:20:05	+10:55	05:20	
30	2162	Cláudio Monteiro	DOUROCONTA TRAIL TEAM	01:20:23	+11:13	05:22	
31	2198	Jose Silva	GDC Serafão	01:21:11	+12:01	05:25	
32	2463	Diogo Sousa	Travassós Running Fafe	01:21:18	+12:08	05:25	
33	2261	Tiago Novais	Individual	01:21:20	+12:10	05:25	
34	2407	Carlos Barbosa	Running Penafiel Trail	01:21:32	+12:22	05:26	
35	2405	Bruno Rodrigues	RUNDICULOUS	01:21:53	+12:43	05:28	
36	2112	Rene Teixeira	Caravela Seguros	01:22:09	+12:59	05:29	
37	2098	Renato Leite	Box 762 Fafe	01:22:11	+13:01	05:29	
38	2314	Renato Ribeiro	Individual	01:22:11	+13:01	05:29	
39	2445	MANUEL SILVA	Team São	01:22:12	+13:02	05:29	
40	2399	Armindo Moreira	Ribeiras Trail	01:22:15	+13:05	05:29	

TRAIL CURTO - STAGE 1

15 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	2040	Luís Freitas	ADEPE	01:22:23	+13:13	05:30	
42	2227	Barbosa Emanuel	Individual	01:22:56	+13:46	05:32	
43	2137	Sérgio Fernandes	CIDEP Fornos Lusavouga	01:23:05	+13:55	05:32	
44	2377	Sérgio Gomes	Os preguiças team	01:23:22	+14:12	05:33	
45	2147	Fernando Campos	Código Musical	01:23:26	+14:16	05:34	
46	2513	José Duarte	Nós Acreditamos	01:23:46	+14:36	05:35	
47	2406	Daniel Soares	RUNDICULOUS	01:23:52	+14:42	05:35	
48	2353	Paulo Ribeiro	Manu s Therapy Trail Running	01:24:10	+15:00	05:37	
49	2062	Alcino Silva	Amigos 100 Limites	01:24:15	+15:05	05:37	
50	2037	EUGENIO FERNANDES	ADEPE	01:24:15	+15:05	05:37	
51	2294	Carlos nogueira	Individual	01:24:22	+15:12	05:37	
52	2179	José Pereira	Foxtrot Aventura	01:24:49	+15:39	05:39	
53	2024	Filipe Pinheiro	A.D.Amarante	01:24:52	+15:42	05:39	
54	2019	Daniel Santos	A.D.Amarante	01:25:13	+16:03	05:41	
55	2120	Marcelo Gonçalves Oliveira	ccsdtcmFafe	01:25:18	+16:08	05:41	
56	2028	Nuno Antunes	AAP	01:25:24	+16:14	05:42	
57	2026	Pedro Vieira	A.D.Amarante	01:25:45	+16:35	05:43	
58	2489	Rui Faria	vimarunners	01:26:13	+17:03	05:45	
59	2007	Sérgio Fonseca	#fisioperformancerunning	01:26:43	+17:33	05:47	
60	2253	Pedro Aguiar	Individual	01:27:20	+18:10	05:49	
61	2233	Fernando Costa	Individual	01:28:16	+19:06	05:53	
62	2146	José Silva	Clube Trilheiros & Amigos	01:28:28	+19:18	05:54	
63	2246	Luís Bessa	Individual	01:28:54	+19:44	05:56	
64	2207	Victor Fernandes	Grupo Desportivo da Goma	01:29:28	+20:18	05:58	
65	2451	Paulo Ribeiro	Temos pena	01:29:45	+20:35	05:59	
66	2452	André Cristiano	Tesos & Mouraria	01:29:51	+20:41	05:59	
67	2099	Márcio Silva	Box 762 Fafe	01:30:04	+20:54	06:00	
68	2479	Nelson Teixeira	True Evolution	01:30:38	+21:28	06:03	
69	2185	Manuel Teixeira	Fridão Sem Limites	01:30:48	+21:38	06:03	
70	2197	Francisco Andre	GDC Serafão	01:31:29	+22:19	06:06	
71	2511	António Pereira	Nós Acreditamos	01:31:40	+22:30	06:07	
72	2265	Vitor Gonçalves	Individual	01:31:47	+22:37	06:07	
73	1212	Leandro Teixeira	Nós Acreditamos	01:31:47	+22:37	06:07	
74	2031	Tiago Marinho	AD Marco 09	01:31:59	+22:49	06:08	
75	2408	Carlos Vinhas Lopes	Running Penafiel Trail	01:32:02	+22:52	06:08	
76	2368	Carlos Oliveira	OADA - Os Amigos da Aventura	01:32:56	+23:46	06:12	
77	2065	Álvaro Abreu	AMIGOS ATLETISMO POVOENSE	01:33:21	+24:11	06:13	
78	2375	Fernando Teixeira	Os preguiças team	01:33:25	+24:15	06:14	
79	2319	Albino Rocha	Individual	01:33:48	+24:38	06:15	
80	2434	José Paulino	Serviços Sociais CGD	01:34:07	+24:57	06:16	
81	2478	João Teixeira	True Evolution	01:34:15	+25:05	06:17	
82	2255	Ricardo Alves	Individual	01:34:33	+25:23	06:18	
83	2432	Alcindo Pereira	Sem Equipa	01:34:36	+25:26	06:18	
84	2143	JOSE SOUSA	Clube Atletismo de Brito	01:34:50	+25:40	06:19	
85	2226	André Oliveira	Individual	01:34:54	+25:44	06:20	
86	2331	Marlene Ferreira	Juventude Cortegacense	01:35:12	+26:02	06:21	

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	2339	Manuel Silva	Juventude Cortegacense	01:35:12	+26:02	06:21	
88	2337	Celso Gomes	Juventude Cortegacense	01:35:13	+26:03	06:21	
89	2293	Carlos Coelho	Individual	01:35:40	+26:30	06:23	
90	2157	Luis ventura	Crossbox Montelongo	01:35:41	+26:31	06:23	
91	2250	Mário Rego	Individual	01:35:51	+26:41	06:23	
92	2510	Jorge Pinheiro	#fisioperformancerunning	01:35:55	+26:45	06:24	
93	2444	Vitor Carneiro	TEAM 1328	01:36:09	+26:59	06:25	
94	2173	Rui Pinto	#fisioperformancerunning	01:36:18	+27:08	06:25	
95	2027	Fernando Queirós	A.D.Amarante	01:36:28	+27:18	06:26	
96	2220	Patrícia Teixeira	#fisioperformancerunning	01:36:39	+27:29	06:27	
97	2003	Cristiano Ferreira	#fisioperformancerunning	01:36:43	+27:33	06:27	
98	2499	Miguel Moura	WOLVES	01:37:00	+27:50	06:28	
99	2403	Sergio Teixeira	Rinus Fafe	01:37:07	+27:57	06:28	
100	2307	Manuel Oliveira	Individual	01:37:11	+28:01	06:29	
101	2299	Hugo Martins	Individual	01:37:13	+28:03	06:29	
102	2067	Alberto MOREIRA	AMIGOS ATLETISMO POVOENSE	01:37:20	+28:10	06:29	
103	2076	João Oliveira	AMIGOS ATLETISMO POVOENSE	01:37:21	+28:11	06:29	
104	2039	Jorge Silva	ADEPE	01:37:25	+28:15	06:30	
105	2159	Rui Moreira	Crossbox Montelongo	01:37:42	+28:32	06:31	
106	2486	Marco Pinheiro	vimarunners	01:38:04	+28:54	06:32	
107	2258	Sergio Costa	Individual	01:38:12	+29:02	06:33	
108	2165	Julio Sousa	FACTOR X / S4L / MEDENSE FC	01:39:08	+29:58	06:37	
109	2204	MANUEL MALVAR LEITE	GMTA&CHUVONERS	01:39:09	+29:59	06:37	
110	2079	Lopes Armindo	ARC Vale S.Cosme	01:39:11	+30:01	06:37	
111	2373	Clara Teixeira	Os preguiças team	01:39:34	+30:24	06:38	
112	2025	Paulo Rocha	A.D.Amarante	01:39:36	+30:26	06:38	
113	2384	Cidália Ferreira	Penafiel Running Trail	01:39:38	+30:28	06:39	
114	2100	Natália Lima	Brabus Runners	01:39:51	+30:41	06:39	
115	2476	Tiago Pinto	Trinca Orelhas de Gato	01:39:51	+30:41	06:39	
116	2156	Luis Monteiro	Crossbox Montelongo	01:40:03	+30:53	06:40	
117	2355	Vitor Duarte Silva	Marco Runners	01:40:04	+30:54	06:40	
118	2485	Geraldo Faria	vimarunners	01:40:05	+30:55	06:40	
119	2411	João Mesquita	S. S. Montepio	01:40:29	+31:19	06:42	
120	2125	Rui Marinho	ccsdtcmFafe	01:40:35	+31:25	06:42	
121	2106	Edgar oliveira	Cabeceiras Bike Team	01:40:40	+31:30	06:43	
122	2105	Artur José Gonçalves Ferreira	Cabeceiras Bike Team	01:40:41	+31:31	06:43	
123	2292	Avelino Dias	Individual	01:40:44	+31:34	06:43	
124	2308	Mário Moreira	Individual	01:40:45	+31:35	06:43	
125	2072	Ricardo Vilela	AMIGOS ATLETISMO POVOENSE	01:40:46	+31:36	06:43	
126	2433	Raul Silva	Serviços Sociais CGD	01:40:46	+31:36	06:43	
127	2473	Rosalina Marinho	Travassós Running Fafe	01:41:12	+32:02	06:45	
128	2206	Luís Monteiro	Grupo Desportivo da Goma	01:41:19	+32:09	06:45	
129	2090	Vitor Oliveira	BEM ME QUERO	01:41:30	+32:20	06:46	
130	2182	Elíana Teixeira	Fridão Sem Limites	01:41:35	+32:25	06:46	
131	2041	António Dias	ADEPE	01:41:52	+32:42	06:48	
132	2391	Goreti Sousa	ProFisio eupago Team	01:42:07	+32:57	06:48	

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	2291	Artur Pereira	Individual	01:42:07	+32:57	06:48	
134	2366	Gonalo Gomes	OADA - Os Amigos da Aventura	01:42:39	+33:29	06:51	
135	2124	Jos� Manuel Freitas Pinto	ccsdtcmFafe	01:42:39	+33:29	06:51	
136	2409	Lic�nio Vieira	S. S. Montepio	01:43:06	+33:56	06:52	
137	2303	Jos� Gonalves	Individual	01:43:21	+34:11	06:53	
138	2332	Anabela Marques	Juventude Cortegacense	01:43:27	+34:17	06:54	
139	2316	Rui Teixeira	Individual	01:43:30	+34:20	06:54	
140	2443	Jo�o Pinto	SPURB	01:43:31	+34:21	06:54	
141	2044	Oleg�rio Oliveira	ADEPE	01:43:36	+34:26	06:54	
142	1033	Pedro Silva	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	01:44:00	+34:50	06:56	
143	2295	Daniel Pedrosa	Individual	01:44:00	+34:50	06:56	
144	2231	Daniel Ribeiro	Individual	01:44:02	+34:52	06:56	
145	2305	Lu�s Filipe P. Rodrigues	Individual	01:44:14	+35:04	06:57	
146	2235	H�lder Santos	Individual	01:44:21	+35:11	06:57	
147	2138	V�tor Sousa	CIDEP Fornos Lusavouga	01:44:30	+35:20	06:58	
148	2441	Nuno Maia	SOCIEDADE RECREIO CEPANENSE	01:44:34	+35:24	06:58	
149	2012	Cristiano Fernandes	A Noite Passa a Correr - Guimar�es	01:44:41	+35:31	06:59	
150	2257	Ricardo Coelho	Individual	01:45:00	+35:50	07:00	
151	2442	Elisabete Nunes	Sport Com�rcio e Salgueiros	01:45:07	+35:57	07:00	
152	2263	Tiago Torres	Individual	01:45:09	+35:59	07:01	
153	2172	Agostinho Pinto	#fisioperformancerunning	01:45:13	+36:03	07:01	
154	2475	Patricia Silva	Trinca Orelhas de Gato	01:45:14	+36:04	07:01	
155	2199	Alexandre Sameiro	GDC Seraf�o	01:45:17	+36:07	07:01	
156	2142	JOAQUIM RIBEIRO	Clube Atletismo de Brito	01:45:20	+36:10	07:01	
157	2338	Domingos Camboa	Juventude Cortegacense	01:45:25	+36:15	07:02	
158	2340	De castro Abel	lagiela	01:45:25	+36:15	07:02	
159	2447	ANT�NIO DINIS	TEJ�O	01:45:33	+36:23	07:02	
160	2097	Jo�o Freitas	Box 762 Fafe	01:45:33	+36:23	07:02	
161	2490	Ana Beatriz Ferreira	Will Run 4 Beer	01:45:37	+36:27	07:02	
162	2149	Adao Barros	C�digo Musical	01:45:52	+36:42	07:03	
163	2148	Hugo Tomex	C�digo Musical	01:45:56	+36:46	07:04	
164	2372	Lurdes Pinheiro	Os Gordos	01:46:05	+36:55	07:04	
165	2107	Pedro teixeira	Cabeceiras Bike Team	01:46:14	+37:04	07:05	
166	2077	Luis Moreira	AMIGOS ATLETISMO POVOENSE	01:46:31	+37:21	07:06	
167	2371	Rui Gonalves	Os encalhados	01:46:33	+37:23	07:06	
168	2228	Carlos Reis	Individual	01:47:29	+38:19	07:10	
169	2367	Henrique Gonalves	OADA - Os Amigos da Aventura	01:47:49	+38:39	07:11	
170	2454	Nelo Chapeiro Ou Quim	Tesos & Mouraria	01:47:50	+38:41	07:11	
171	2453	Nuno Ricardo	Tesos & Mouraria	01:47:51	+38:41	07:11	
172	2211	Jorge Borges	GTT - Armaz�m do Caff�	01:48:06	+38:56	07:12	
173	2354	S�lvia Morais	Marco Runners	01:48:11	+39:01	07:13	
174	2122	Nuno Miguel Costa Leite	ccsdtcmFafe	01:48:11	+39:01	07:13	
175	2487	Pedro Loureiro	vimarunners	01:48:15	+39:05	07:13	
176	2080	Jos� Campos	ARC Vale S.Cosme	01:48:24	+39:14	07:14	
177	2002	Ant�nio Fonseca	#fisioperformancerunning	01:48:25	+39:15	07:14	

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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R

REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	2208	Dina Morim	GTT - Armazém do Caffè	01:48:26	+39:16	07:14	
179	2497	Isabel Carvalho	WOLVES	01:48:26	+39:16	07:14	
180	2273	Lília Magalhães	Individual	01:48:51	+39:41	07:15	
181	1050	Tânia Cunha	Box 762 Fafe	01:48:54	+39:44	07:16	
182	2248	Manuel Lopes	Individual	01:49:00	+39:50	07:16	
183	2232	Diogo Santos	Individual	01:49:04	+39:54	07:16	
184	2217	Diana Oliveira	Individual	01:49:09	+39:59	07:17	
185	2134	André Ferreira	CHOCOTEAM	01:49:13	+40:03	07:17	
186	2342	Mónica Domingues	LEBRES MINHOTAS	01:49:16	+40:06	07:17	
187	2004	JOSÉ MAIAS	#fisioperformancerunning	01:49:17	+40:07	07:17	
188	2036	José Ribeiro	ADECA	01:50:03	+40:53	07:20	
189	2209	Marcelo Teles	GTT - Armazém do Caffè	01:50:18	+41:08	07:21	
190	2306	Luís Mendonça	Individual	01:50:25	+41:15	07:22	
191	2032	Vitor Queirós	AD Marco 09	01:50:30	+41:20	07:22	
192	2043	José Alves	ADEPE	01:50:34	+41:24	07:22	
193	2042	Armindo Ferreira	ADEPE	01:50:34	+41:24	07:22	
194	2388	Carlos Torres	PÓ NA LAMA TRAIL RUNNERS	01:50:34	+41:24	07:22	
195	2088	Sandra Teixeira	BEM ME QUERO	01:50:47	+41:37	07:23	
196	2318	Tiago Pinto Sousa	Individual	01:50:49	+41:39	07:23	
197	2389	Leonel Alexandre Silva pinto	PÓ NA LAMA TRAIL RUNNERS	01:50:50	+41:40	07:23	
198	2488	Luis Abreu	vimarunners	01:51:05	+41:55	07:24	
199	2431	Eliana Pereira	Sem Equipa	01:51:21	+42:12	07:25	
200	2140	CRISTIANA RIBEIRO	Clube Atletismo de Brito	01:51:31	+42:21	07:26	
201	2085	Diana Castro	BEM ME QUERO	01:51:35	+42:25	07:26	
202	2474	Nestor Cunha	Travassós Running Fafe	01:51:44	+42:34	07:27	
203	2464	Helder Pereira	Travassós Running Fafe	01:51:44	+42:34	07:27	
204	2309	Maurício Magalhães	Individual	01:51:44	+42:34	07:27	
205	2327	Inocência Ferreira	Individual	01:51:45	+42:35	07:27	
206	2006	Paulo Teixeira	#fisioperformancerunning	01:51:48	+42:38	07:27	
207	2260	Tiago Moreira	Individual	01:51:59	+42:49	07:28	
208	2269	Estela Neto	Individual	01:52:09	+42:59	07:29	
209	2348	Luis Almeida	Luis	01:52:12	+43:02	07:29	
210	2029	Alexandre Pena	AASM	01:52:18	+43:08	07:29	
211	2016	Lucia leite	A.D.Amarante	01:52:18	+43:08	07:29	
212	1211	Natércia Freitas	Nós Acreditamos	01:52:19	+43:09	07:29	
213	2104	Paulo Fernandes	Braguinhas Runners	01:52:36	+43:26	07:30	
214	2061	Sandrina Sá	Amigo Atletismo Povia Lanhoso	01:52:36	+43:27	07:30	
215	2103	Helder Barroso	Braguinhas Runners	01:52:36	+43:27	07:30	
216	2158	Pedro Carvalho	Crossbox Montelongo	01:52:55	+43:45	07:32	
217	2350	Cláudio Araújo	Manu s Therapy Trail Running	01:52:58	+43:48	07:32	
218	2484	Daniel Andrade	Villa de Basto	01:53:04	+43:54	07:32	
219	2323	Augusto cunha	Individual	01:53:05	+43:55	07:32	
220	2214	Ana Silva	Individual	01:53:21	+44:11	07:33	
221	2023	Daniel Correia	A.D.Amarante	01:53:34	+44:24	07:34	
222	2251	Nuno Castro	Individual	01:53:47	+44:37	07:35	
223	2437	Sandra Gonçalves	SOCIEDADE RECREIO CEPANENSE	01:53:47	+44:37	07:35	

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	2435	Manuel Moreira	Serviços Sociais CGD	01:54:02	+44:52	07:36	
225	2289	Antonio Costa	Individual	01:54:06	+44:56	07:36	
226	2068	Antonio Pereira	AMIGOS ATLETISMO POVOENSE	01:54:06	+44:56	07:36	
227	2084	Daniela Antunes	BEM ME QUERO	01:54:14	+45:04	07:37	
228	2467	Ricardo Fernandes	Travassós Running Fafe	01:54:14	+45:04	07:37	
229	2469	Fatima Freitas	Travassós Running Fafe	01:54:14	+45:04	07:37	
230	2126	TIAGO OLIVEIRA	CHAVES RUNNING TEAM	01:54:16	+45:06	07:37	
231	178	Ilidio Silva	GAIA-RUNNING	01:54:18	+45:08	07:37	
232	2378	Heitor Neto	Os2Horas	01:54:23	+45:13	07:38	
233	2074	António Fernando Chagas de Lourenço	AMIGOS ATLETISMO POVOENSE	01:54:27	+45:17	07:38	
234	2465	Joao Carvalho	Travassós Running Fafe	01:54:39	+45:29	07:39	
235	2461	Carlos Mendes	Travassós Running Fafe	01:54:39	+45:29	07:39	
236	2119	Eurico Manuel Cunha Magalhães	ccsdtcmFafe	01:54:56	+45:46	07:40	
237	2394	JORGE CARVALHO	RealRunners	01:55:05	+45:55	07:40	
238	2075	Antonio Pereira	AMIGOS ATLETISMO POVOENSE	01:55:15	+46:05	07:41	
239	2174	Ricardo A. Silva Sousa	FIT GAIA TRAIL	01:55:24	+46:14	07:42	
240	2135	Ana Sousa	CIDEP Fornos Lusavouga	01:55:40	+46:30	07:43	
241	2139	Sandra Silva	CIDEP Fornos Lusavouga	01:56:02	+46:52	07:44	
242	2230	César Castro	Individual	01:56:03	+46:53	07:44	
243	2155	Joao Leite	Crossbox Montelongo	01:56:20	+47:10	07:45	
244	2426	Fernando Jorge Oliveira	São Team	01:56:31	+47:21	07:46	
245	2438	Conceição Oliveira	SOCIEDADE RECREIO CEPANENSE	01:56:45	+47:35	07:47	
246	2216	Bruna Magalhães	Individual	01:57:29	+48:19	07:50	
247	2504	Nuno Dias	Zenit AUTOMÓVEIS	01:57:34	+48:24	07:50	
248	2225	André Cardoso	Individual	01:57:39	+48:29	07:51	
249	2078	Tiago Gomes	ARC Vale S.Cosme	01:57:42	+48:32	07:51	
250	2495	Ana Bonifacio	WOLVES	01:57:47	+48:37	07:51	
251	2506	Sandra Bernardete	Fridão Sem Limites	01:58:19	+49:09	07:53	
252	2013	Ricardo Vale	A.C.S.D.Pedraído	01:58:20	+49:10	07:53	
253	2073	Antonio Carvalho	AMIGOS ATLETISMO POVOENSE	01:58:24	+49:14	07:54	
254	2183	ELISABETE NOGUEIRA	Fridão Sem Limites	01:58:35	+49:25	07:54	
255	2516	Natalia Bento	Travassós Running Fafe	01:58:35	+49:25	07:54	
256	2321	António Carneiro	Individual	01:58:38	+49:28	07:55	
257	2430	Sara Pereira	Sara Pereira	01:58:39	+49:29	07:55	
258	2191	Fernando Vieira	GAIA-RUNNING	01:58:46	+49:36	07:55	
259	2515	Sónia Bastos	A.D.Amarante	01:58:47	+49:37	07:55	
260	2010	João Teixeira	100 Treino	01:58:47	+49:37	07:55	
261	2017	Paula Costa	A.D.Amarante	01:58:48	+49:38	07:55	
262	2064	Jacinta Silva	AMIGOS ATLETISMO POVOENSE	01:58:52	+49:42	07:55	
263	2069	Jose Fernandes	AMIGOS ATLETISMO POVOENSE	01:58:55	+49:45	07:56	
264	2127	MARILENE FARIA	CHAVES RUNNING TEAM	01:58:59	+49:49	07:56	
265	2094	Sofia Gonçalves	Box 762 Fafe	01:59:52	+50:42	07:59	
266	2280	Sónia Garcês	Individual	01:59:53	+50:43	08:00	
267	2008	António Moreira	...	02:00:06	+50:56	08:00	
268	2376	Tiago Morais	Os preguiças team	02:00:07	+50:57	08:00	

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	2412	Nuno Bastos	S. S. Montepio	02:00:08	+50:58	08:01	
270	2243	João Martins	Individual	02:00:25	+51:15	08:02	
271	2223	Vânia Lobo	Individual	02:00:26	+51:16	08:02	
272	2141	LUCIA OLIVEIRA	Clube Atletismo de Brito	02:00:42	+51:32	08:03	
273	2356	Ricardo Moreira	MCCB Running Team	02:00:43	+51:33	08:03	
274	2410	Maria Jesus	S. S. Montepio	02:00:46	+51:36	08:03	
275	2415	Rui Silva	S. S. Montepio	02:00:46	+51:36	08:03	
276	2150	Albertino Silva	Código Musical	02:00:54	+51:44	08:04	
277	2322	ANTONIO TEIXEIRA	Individual	02:01:02	+51:52	08:04	
278	2133	Marta Neto	CHMA	02:01:11	+52:01	08:05	
279	2161	Hugo Pinto	Douro BTT CCPAD	02:01:11	+52:01	08:05	
280	2493	José Pedro Ribeiro	Will Run 4 Beer	02:01:12	+52:02	08:05	
281	2123	Pedro Mauricio Gonçalves Antunes	ccsdtcmFafe	02:01:13	+52:03	08:05	
282	2164	Cristina Martins	Eu&tu	02:01:13	+52:03	08:05	
283	2200	Ricardo Costa	GDRSMR	02:01:20	+52:10	08:05	
284	2118	António Miguel Magalhaes	ccsdtcmFafe	02:01:22	+52:12	08:05	
285	2054	Rosa Saldanha	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:01:27	+52:17	08:06	
286	2145	Susete Silva	Clube Desportivo de Espite	02:01:36	+52:26	08:06	
287	2509	Paulo César Malhado	Palhaço e Malhado	02:01:44	+52:34	08:07	
288	2022	Albano Coelho	A.D.Amarante	02:01:45	+52:35	08:07	
289	2268	Ana Dias	Individual	02:01:46	+52:36	08:07	
290	2276	Nancy Martins	Individual	02:01:49	+52:39	08:07	
291	2343	Isabel Domingues	LEBRES MINHOTAS	02:02:24	+53:14	08:10	
292	2177	Ricardo Carvalho	Focoteam24	02:02:28	+53:18	08:10	
293	2052	Nuno Martins	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:03:05	+53:55	08:12	
294	2201	Augusta Barbosa	Global Trail	02:03:09	+53:59	08:13	
295	2059	Agostinho Martins	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:03:11	+54:01	08:13	
296	2312	Paulo Silva	Individual	02:03:59	+54:49	08:16	
297	2045	Pedro Cruz	Aguenta	02:04:05	+54:55	08:16	
298	2046	Pedro Cruz	Aguenta	02:04:05	+54:55	08:16	
299	2494	Joana Portilho	WINENOTRUN	02:04:40	+55:30	08:19	
300	2166	Virgínia Santos	Famalicão em forma	02:04:41	+55:31	08:19	
301	2385	Jose Pedro Ferreira	Pernas Cansadas	02:04:46	+55:36	08:19	
302	1234	Nuno Almeida	Ribeiras Trail	02:04:56	+55:46	08:20	
303	2400	José Tavares	Ribeiras Trail	02:04:56	+55:46	08:20	
304	2393	Joaquim Ribeiro	RealRunners	02:05:07	+55:57	08:20	
305	2130	SOLANGE RODRIGUES	CHAVES RUNNING TEAM	02:05:13	+56:03	08:21	
306	2055	Francisco Carvalho	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	02:05:54	+56:44	08:24	
307	2290	Armando Moreira Gonçalves	Individual	02:06:41	+57:31	08:27	
308	2271	Francina Gonçalves	Individual	02:06:41	+57:31	08:27	
309	2095	Tânia Ribeiro	Box 762 Fafe	02:06:45	+57:35	08:27	
310	2329	LUIS FERREIRA	Individual	02:06:47	+57:37	08:27	
311	2188	Carla Cruz	GAIA-RUNNING	02:06:48	+57:38	08:27	

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	2190	Rui Rodrigues	GAIA-RUNNING	02:06:49	+57:39	08:27	
313	2060	Catarina Brito	AMC TRAIL	02:06:59	+57:49	08:28	
314	2501	Francisco Lemos	Xavimoto	02:07:28	+58:18	08:30	
315	2500	Angela Salgado	Xavimoto	02:07:28	+58:18	08:30	
316	2508	Miguel Carvalho	Palhaço e Malhado	02:07:48	+58:38	08:31	
317	2110	Norberto Sousa	Cantoneiros	02:08:17	+59:07	08:33	
318	2462	Diogo Antunes	Travassós Running Fafe	02:08:23	+59:13	08:34	
319	2460	Raquel Mendes	Travassós Running Fafe	02:08:23	+59:13	08:34	
320	2279	Sonia Almeida	Individual	02:08:49	+59:39	08:35	
321	2315	Ricardo Ferreira	Individual	02:09:01	+59:51	08:36	
322	2349	Jorge Cunha	Maia-768	02:09:19	+01:00:09	08:37	
323	2244	José Ferreira	Individual	02:09:21	+01:00:11	08:37	
324	2224	Vânia Sofia	Individual	02:09:21	+01:00:11	08:37	
325	2184	ROSA SOARES	Fridão Sem Limites	02:09:44	+01:00:34	08:39	
326	2181	Carla Teixeira	Fridão Sem Limites	02:09:44	+01:00:34	08:39	
327	2093	Marta Freitas	Box 762 Fafe	02:10:00	+01:00:50	08:40	
328	2417	Luis Rocha	SAINETES	02:10:04	+01:00:54	08:40	
329	2419	Valter Martins	SAINETES	02:10:05	+01:00:55	08:40	
330	2264	Vasco Amaral	Individual	02:10:14	+01:01:04	08:41	
331	2254	Pedro Teixeira	Individual	02:10:14	+01:01:04	08:41	
332	2275	Marta Cabral	Individual	02:10:27	+01:01:17	08:42	
333	2287	António Cabral	Individual	02:10:27	+01:01:17	08:42	
334	2363	Claudio Macedo	nascenteflor team	02:11:36	+01:02:26	08:46	
335	2517	Isabel Dias	Individual	02:11:36	+01:02:26	08:46	
336	2096	Carlos Subtil	Box 762 Fafe	02:12:09	+01:02:59	08:49	
337	2270	Fátima Pereira	Individual	02:12:13	+01:03:03	08:49	
338	2278	Silvia Miranda	Individual	02:12:22	+01:03:12	08:49	
339	2317	Simão Novais	Individual	02:12:28	+01:03:18	08:50	
340	2212	Ana Catarina Barbosa	Individual	02:12:37	+01:03:27	08:50	
341	2483	Daniel Vilela	Vilela	02:12:39	+01:03:29	08:51	
342	2213	Ana Rita Oliveira	Individual	02:12:40	+01:03:30	08:51	
343	2364	Vitor dias	Nós Acreditamos	02:12:44	+01:03:34	08:51	
344	2121	Nelson Jose leite Carvalho	ccsdtcmFafe	02:12:54	+01:03:44	08:52	
345	2471	Adelaide Novais	Travassós Running Fafe	02:12:56	+01:03:46	08:52	
346	2468	Esmeralda Pinto	Travassós Running Fafe	02:12:57	+01:03:47	08:52	
347	2131	TERESA RODRIGUES	CHAVES RUNNING TEAM	02:13:13	+01:04:03	08:53	
348	2128	ALEXANDRINA OLIVEIRA	CHAVES RUNNING TEAM	02:13:14	+01:04:04	08:53	
349	2429	Miguel Bandeira	São Team	02:13:22	+01:04:12	08:53	
350	2482	Mónica Silva	Vilela	02:13:24	+01:04:14	08:54	
351	2374	Rita Dias	Os preguiças team	02:13:32	+01:04:22	08:54	
352	2009	André Correia	100 Treino	02:13:35	+01:04:25	08:54	
353	2281	Susana Costa	Individual	02:13:43	+01:04:33	08:55	
354	2180	Fernando Silva	Foxtrot Aventura	02:13:44	+01:04:34	08:55	
355	2218	Marisa Fernandes	Individual	02:13:47	+01:04:37	08:55	
356	2286	Alfredo Gil	Individual	02:13:48	+01:04:38	08:55	
357	2082	Anabela Gil	As Lutadoras	02:13:49	+01:04:39	08:55	

15 KM

OFFICIAL RESULT

R

REVISED

Official Timekeeper: Lap2Go	9 / 10	generate 09-Mar-2020 16:36
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TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
404	2458	Isabel Veloso	Top Top Runners	02:22:07	+01:12:57	09:28	
405	2459	José Veloso	Top Top Runners	02:22:07	+01:12:57	09:28	
406	2359	Sandra Carvalho	Mountain Runners	02:22:08	+01:12:58	09:29	
407	2014	Ana Pinheiro	A.D.Amarante	02:22:08	+01:12:58	09:29	
408	2361	Sónia Silva	Mountain Runners	02:22:57	+01:13:47	09:32	
409	2365	José Coelho	O que queremos é monte	02:23:03	+01:13:53	09:32	
410	2242	Joao Macedo	Individual	02:23:14	+01:14:04	09:33	
411	2249	Márcio Santos	Individual	02:23:44	+01:14:34	09:35	
412	2018	Silvia Pinto	A.D.Amarante	02:24:13	+01:15:03	09:37	
413	2205	Ana Sinde-Cantorna	GMTA&CHUVONERS	02:24:24	+01:15:14	09:38	
414	2336	Gabriela França	Juventude Cortegacense	02:24:51	+01:15:41	09:39	
415	2195	Daniel Carlos Rebelo	GAZ	02:25:16	+01:16:06	09:41	
416	2196	Guilherme Teixeira	GAZ	02:25:16	+01:16:06	09:41	
417	2351	RITA GRANDINHO	Manu s Therapy Trail Running	02:25:38	+01:16:28	09:43	
418	2472	Anabela Mota	Travassós Running Fafe	02:25:56	+01:16:46	09:44	
419	2390	Cidália Alves	Produções Manhosas	02:26:04	+01:16:54	09:44	
420	1043	Catia Linhares	B.T.M.	02:26:11	+01:17:01	09:45	
421	1042	Ana Silva	B.T.M.	02:26:11	+01:17:01	09:45	
422	2398	Paula Santos	Ribeiras Trail	02:26:36	+01:17:26	09:46	
423	2396	Conceição Ribeiro	Ribeiras Trail	02:26:36	+01:17:26	09:46	
424	2395	Angela Dias	Ribeiras Trail	02:26:36	+01:17:26	09:46	
425	2421	Lúcia Nunes	Salgueiros Running	02:26:53	+01:17:43	09:48	
426	2387	Manuel Silva	Pk56	02:27:04	+01:17:54	09:48	
427	2171	Bruno Camarada	FireRunners Baiao	02:27:07	+01:17:57	09:48	
428	2256	Ricardo Britoberg	Individual	02:27:07	+01:17:57	09:48	
429	2344	Denise Rendeiro	Lobos Desnorteados	02:27:09	+01:17:59	09:49	
430	2345	Florência Marcolino	Lobos Desnorteados	02:27:09	+01:17:59	09:49	
431	2446	Zé Pereira	Team Z	02:28:15	+01:19:05	09:53	
432	2277	Norberta Grilo	Individual	02:30:02	+01:20:52	10:00	
433	2304	José Silva Silva	Individual	02:31:09	+01:21:59	10:05	
434	2219	Patricia oliveira	Individual	02:31:10	+01:22:00	10:05	
435	2357	Rui Moreira	MCCB Running Team	02:31:12	+01:22:02	10:05	
436	2498	Manuela Santos	WOLVES	02:32:04	+01:22:54	10:08	
437	2113	Vanessa Guedes	Carroça Team	02:34:17	+01:25:07	10:17	
438	2423	Conceição Pinto	São Team	02:39:20	+01:30:10	10:37	
439	2425	Mohammed Moudnib	São Team	02:39:20	+01:30:10	10:37	
440	2328	José Luis Almeida	Individual	02:40:12	+01:31:02	10:41	
441	2382	Carla Beatriz Araujo Branco	Pastilhas Team	02:40:44	+01:31:34	10:43	
442	2163	Claudia Santos	Equipa Boot	02:40:52	+01:31:42	10:43	
443	2021	Elisabete Carvalho	A.D.Amarante	02:47:06	+01:37:56	11:08	
444	2285	Telma Monteiro	Individual	03:19:25	+02:10:15	13:18	

Trail Curto

15 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	10:30	9.7°C	87%
End	13:49	11.7°C	81%

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

1	2331	Marlene Ferreira	Juventude Cortegacense	Senior Feminino	01:35:12	+26:02	06:21
2	2220	Patrícia Teixeira	#fisioperformancerunning	Senior Feminino	01:36:39	+27:29	06:27
3	2373	Clara Teixeira	Os preguiças team	Senior Feminino	01:39:33	+30:23	06:38
4	2100	Natália Lima	Brabus Runners	Senior Feminino	01:39:51	+30:41	06:39
5	2182	Eliana Teixeira	Fridão Sem Limites	Senior Feminino	01:41:34	+32:24	06:46
6	2475	Patricia Silva	Trinca Orelhas de Gato	Senior Feminino	01:45:14	+36:04	07:01
7	2490	Ana Beatriz Ferreira	Will Run 4 Beer	Senior Feminino	01:45:36	+36:26	07:02
8	2354	Sílvia Morais	Marco Runners	Senior Feminino	01:48:11	+39:01	07:13
9	2208	Dina Morim	GTT - Armazém do Caffè	Senior Feminino	01:48:26	+39:16	07:14
10	1050	Tânia Cunha	Box 762 Fafe	Senior Feminino	01:48:54	+39:44	07:16
11	2217	Diana Oliveira	Individual	Senior Feminino	01:49:09	+39:59	07:17
12	2342	Mónica Domingues	LEBRES MINHOTAS	Senior Feminino	01:49:15	+40:05	07:17
13	2431	Eliana Pereira	Sem Equipa	Senior Feminino	01:51:21	+42:11	07:25
14	2085	Diana Castro	BEM ME QUERO	Senior Feminino	01:51:34	+42:24	07:26
15	2016	Lucia leite	A.D.Amarante	Senior Feminino	01:52:18	+43:08	07:29
16	1211	Natércia Freitas	Nós Acreditamos	Senior Feminino	01:52:18	+43:08	07:29
17	2061	Sandrina Sá	Amigo Atletismo Povia Lanhoso	Senior Feminino	01:52:36	+43:26	07:30
18	2214	Ana Silva	Individual	Senior Feminino	01:53:20	+44:10	07:33
19	2437	Sandra Gonçalves	SOCIEDADE RECREIO CEPANENSE	Senior Feminino	01:53:47	+44:37	07:35
20	2084	Daniela Antunes	BEM ME QUERO	Senior Feminino	01:54:13	+45:03	07:37
21	2135	Ana Sousa	CIDEP Fornos Lusavouga	Senior Feminino	01:55:39	+46:29	07:43
22	2216	Bruna Magalhães	Individual	Senior Feminino	01:57:29	+48:19	07:50
23	2430	Sara Pereira	Sara Pereira	Senior Feminino	01:58:39	+49:29	07:55
24	2515	Sónia Bastos	A.D.Amarante	Senior Feminino	01:58:47	+49:37	07:55
25	2017	Paula Costa	A.D.Amarante	Senior Feminino	01:58:48	+49:38	07:55
26	2064	Jacinta Silva	AMIGOS ATLETISMO POVOENSE	Senior Feminino	01:58:51	+49:41	07:55
27	2094	Sofia Gonçalves	Box 762 Fafe	Senior Feminino	01:59:51	+50:41	07:59
28	2223	Vânia Lobo	Individual	Senior Feminino	02:00:25	+51:15	08:02
29	2133	Marta Neto	CHMA	Senior Feminino	02:01:10	+52:00	08:05
30	2164	Cristina Martins	Eu&tu	Senior Feminino	02:01:13	+52:03	08:05
31	2494	Joana Portilho	WINENOTRUN	Senior Feminino	02:04:39	+55:29	08:19
32	2166	Virgínia Santos	Famalicação em forma	Senior Feminino	02:04:41	+55:31	08:19
33	2095	Tânia Ribeiro	Box 762 Fafe	Senior Feminino	02:06:45	+57:35	08:27
34	2060	Catarina Brito	AMC TRAIL	Senior Feminino	02:06:59	+57:49	08:28
35	2500	Angela Salgado	Xavimoto	Senior Feminino	02:07:27	+58:17	08:30
36	2460	Raquel Mendes	Travassós Running Fafe	Senior Feminino	02:08:23	+59:13	08:34
37	2224	Vânia Sofia	Individual	Senior Feminino	02:09:20	+01:00:10	08:37
38	2181	Carla Teixeira	Fridão Sem Limites	Senior Feminino	02:09:43	+01:00:33	08:39

Official Timekeeper: Lap2Go	1 / 11	generate 09-Mar-2020 16:37
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Trail Curto

15 KM



OFFICIAL RESULT

39	2093	Marta Freitas	Box 762 Fafe	Senior Feminino	02:09:59	+01:00:49	08:40
40	2517	Isabel Dias	Individual	Senior Feminino	02:11:35	+01:02:25	08:46
41	2212	Ana Catarina Barbosa	Individual	Senior Feminino	02:12:37	+01:03:27	08:50
42	2213	Ana Rita Oliveira	Individual	Senior Feminino	02:12:39	+01:03:29	08:51
43	2374	Rita Dias	Os preguiças team	Senior Feminino	02:13:31	+01:04:21	08:54
44	2218	Marisa Fernandes	Individual	Senior Feminino	02:13:46	+01:04:36	08:55
45	2379	Elisabete Martins	Otz Run	Senior Feminino	02:15:11	+01:06:01	09:01
46	2178	Marta Janeiro	Foxtrot Aventura	Senior Feminino	02:18:28	+01:09:18	09:14
47	2491	Beatriz Pinto	Will Run 4 Beer	Senior Feminino	02:18:30	+01:09:20	09:14
48	2151	Patricia Silva	Corre Pra Frente	Senior Feminino	02:18:31	+01:09:21	09:14
49	2116	Marcela Fernandes	CB RUN	Senior Feminino	02:18:32	+01:09:22	09:14
50	2222	Stephanie Abreu	Individual	Senior Feminino	02:18:47	+01:09:37	09:15
51	2115	Cátia Vieira	CB RUN	Senior Feminino	02:19:00	+01:09:50	09:16
52	2136	Sandra Martins	CIDEP Fornos Lusavouga	Senior Feminino	02:20:11	+01:11:01	09:21
53	2362	Catarina Sousa	Musg@41	Senior Feminino	02:20:20	+01:11:10	09:21
54	2359	Sandra Carvalho	Mountain Runners	Senior Feminino	02:22:07	+01:12:57	09:29
55	2014	Ana Pinheiro	A.D.Amarante	Senior Feminino	02:22:07	+01:12:57	09:29
56	2018	Silvia Pinto	A.D.Amarante	Senior Feminino	02:24:13	+01:15:03	09:37
57	2390	Cidália Alves	Produções Manhosas	Senior Feminino	02:26:04	+01:16:54	09:44
58	1043	Cátia Linhares	B.T.M.	Senior Feminino	02:26:10	+01:17:00	09:45
59	1042	Ana Silva	B.T.M.	Senior Feminino	02:26:11	+01:17:01	09:45
60	2395	Angela Dias	Ribeiras Trail	Senior Feminino	02:26:36	+01:17:26	09:46
61	2344	Denise Rendeiro	Lobos Desnorteados	Senior Feminino	02:27:08	+01:17:58	09:49
62	2219	Patricia oliveira	Individual	Senior Feminino	02:31:09	+01:21:59	10:05
63	2113	Vanessa Guedes	Carroça Team	Senior Feminino	02:34:16	+01:25:06	10:17

Senior Masculino

1	2053	Pedro Freitas	AMA - Ass. Mondim Atletismo / Trail Fiskas de Ermelo	Senior Masculino	01:09:10		04:37
2	2187	João Vigário	Furfor Running Project	Senior Masculino	01:09:24	+00:14	04:38
3	2369	Joao Ribeiro	Oralklass - Amigos Do Trail	Senior Masculino	01:09:49	+00:39	04:39
4	2114	Bruno Sousa	Casa Myzé Team	Senior Masculino	01:12:41	+03:31	04:51
5	2229	Carlos Santos	Individual	Senior Masculino	01:13:52	+04:42	04:56
6	2050	Carlos Pinto	AMA - Ass. Mondim Atletismo / Trail Fiskas de Ermelo	Senior Masculino	01:16:02	+06:52	05:04
7	2480	Tiago Oliveira	UMFCA WARRIORS	Senior Masculino	01:17:07	+07:57	05:09
8	2241	Joao Lopes	Individual	Senior Masculino	01:17:41	+08:31	05:11
9	2341	Pedro Lopes	Lbr Team	Senior Masculino	01:17:41	+08:31	05:11
10	2144	Ruben Rodrigues	Clube Desportivo de Espite	Senior Masculino	01:18:19	+09:09	05:13
11	2011	Marco Barejão Pinto	100 Treino	Senior Masculino	01:18:24	+09:14	05:14
12	2020	Samuel Silva	A.D.Amarante	Senior Masculino	01:18:31	+09:21	05:14
13	2234	Gonçalo Silva	Individual	Senior Masculino	01:20:05	+10:55	05:20
14	2198	Jose Silva	GDC Serafão	Senior Masculino	01:21:11	+12:01	05:25
15	2463	Diogo Sousa	Travassós Running Fafe	Senior Masculino	01:21:18	+12:08	05:25
16	2261	Tiago Novais	Individual	Senior Masculino	01:21:20	+12:10	05:25
17	2405	Bruno Rodrigues	RUNDICULOUS	Senior Masculino	01:21:53	+12:43	05:28

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Trail Curto

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18	2098	Renato Leite	Box 762 Fafe	Senior Masculino	01:22:10	+13:00	05:29
19	2227	Barbosa Emanuel	Individual	Senior Masculino	01:22:55	+13:45	05:32
20	2137	Sérgio Fernandes	CIDEP Fornos Lusavouga	Senior Masculino	01:23:05	+13:55	05:32
21	2406	Daniel Soares	RUNDICULOUS	Senior Masculino	01:23:52	+14:42	05:35
22	2062	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:24:14	+15:04	05:37
23	2037	EUGENIO FERNANDES	ADEPE	Senior Masculino	01:24:14	+15:04	05:37
24	2179	José Pereira	Foxtrot Aventura	Senior Masculino	01:24:49	+15:39	05:39
25	2019	Daniel Santos	A.D.Amarante	Senior Masculino	01:25:12	+16:02	05:41
26	2028	Nuno Antunes	AAP	Senior Masculino	01:25:23	+16:13	05:42
27	2253	Pedro Aguiar	Individual	Senior Masculino	01:27:19	+18:09	05:49
28	2233	Fernando Costa	Individual	Senior Masculino	01:28:16	+19:06	05:53
29	2246	Luís Bessa	Individual	Senior Masculino	01:28:54	+19:44	05:56
30	2452	André Cristiano	Tesos & Mouraria	Senior Masculino	01:29:50	+20:40	05:59
31	2197	Francisco Andre	GDC Serafão	Senior Masculino	01:31:29	+22:19	06:06
32	2265	Vitor Gonçalves	Individual	Senior Masculino	01:31:46	+22:36	06:07
33	2031	Tiago Marinho	AD Marco 09	Senior Masculino	01:31:59	+22:49	06:08
34	2065	Álvaro Abreu	AMIGOS ATLETISMO POVOENSE	Senior Masculino	01:33:21	+24:11	06:13
35	2375	Fernando Teixeira	Os preguiças team	Senior Masculino	01:33:24	+24:14	06:14
36	2478	João Teixeira	True Evolution	Senior Masculino	01:34:15	+25:05	06:17
37	2255	Ricardo Alves	Individual	Senior Masculino	01:34:33	+25:23	06:18
38	2226	André Oliveira	Individual	Senior Masculino	01:34:53	+25:43	06:20
39	2157	Luís ventura	Crossbox Montelongo	Senior Masculino	01:35:40	+26:30	06:23
40	2250	Mário Rego	Individual	Senior Masculino	01:35:51	+26:41	06:23
41	2173	Rui Pinto	#fisioperformancerunning	Senior Masculino	01:36:18	+27:08	06:25
42	2159	Rui Moreira	Crossbox Montelongo	Senior Masculino	01:37:42	+28:32	06:31
43	2486	Marco Pinheiro	vimarunners	Senior Masculino	01:38:04	+28:54	06:32
44	2258	Sergio Costa	Individual	Senior Masculino	01:38:12	+29:02	06:33
45	2165	Julio Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:39:08	+29:58	06:37
46	2204	MANUEL MALVAR LEITE	GMTA&CHUVONERS	Senior Masculino	01:39:09	+29:59	06:37
47	2476	Tiago Pinto	Trinca Orelhas de Gato	Senior Masculino	01:39:51	+30:41	06:39
48	2156	Luis Monteiro	Crossbox Montelongo	Senior Masculino	01:40:03	+30:53	06:40
49	2355	Vitor Duarte Silva	Marco Runners	Senior Masculino	01:40:03	+30:53	06:40
50	2485	Geraldo Faria	vimarunners	Senior Masculino	01:40:05	+30:55	06:40
51	2106	Edgar oliveira	Cabeceiras Bike Team	Senior Masculino	01:40:40	+31:30	06:43
52	2105	Artur José Gonçalves Ferreira	Cabeceiras Bike Team	Senior Masculino	01:40:41	+31:31	06:43
53	2366	Gonçalo Gomes	OADA - Os Amigos da Aventura	Senior Masculino	01:42:38	+33:28	06:51
54	2409	Licínio Vieira	S. S. Montepio	Senior Masculino	01:43:05	+33:55	06:52
55	2443	João Pinto	SPURB	Senior Masculino	01:43:31	+34:21	06:54
56	1033	Pedro Silva	AMA - Ass. Mondim Atletismo / Trail Fiskas de Ermelo	Senior Masculino	01:43:59	+34:49	06:56
57	2231	Daniel Ribeiro	Individual	Senior Masculino	01:44:01	+34:51	06:56
58	2235	Hélder Santos	Individual	Senior Masculino	01:44:21	+35:11	06:57
59	2138	Vitor Sousa	CIDEP Fornos Lusavouga	Senior Masculino	01:44:30	+35:20	06:58
60	2257	Ricardo Coelho	Individual	Senior Masculino	01:45:00	+35:50	07:00
61	2263	Tiago Torres	Individual	Senior Masculino	01:45:09	+35:59	07:01
62	2172	Agostinho Pinto	#fisioperformancerunning	Senior Masculino	01:45:13	+36:03	07:01

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63	2097	João Freitas	Box 762 Fafe	Senior Masculino	01:45:33	+36:23	07:02
64	2107	Pedro teixeira	Cabeceiras Bike Team	Senior Masculino	01:46:14	+37:04	07:05
65	2371	Rui Gonçalves	Os encalhados	Senior Masculino	01:46:32	+37:22	07:06
66	2228	Carlos Reis	Individual	Senior Masculino	01:47:28	+38:18	07:10
67	2367	Henrique Gonçalves	OADA - Os Amigos da Aventura	Senior Masculino	01:47:49	+38:39	07:11
68	2453	Nuno Ricardo	Tesos & Mouraria	Senior Masculino	01:47:50	+38:40	07:11
69	2487	Pedro Loureiro	vimarunners	Senior Masculino	01:48:15	+39:05	07:13
70	2002	António Fonseca	#fisioperformancerunning	Senior Masculino	01:48:25	+39:15	07:14
71	2248	Manuel Lopes	Individual	Senior Masculino	01:49:00	+39:50	07:16
72	2232	Diogo Santos	Individual	Senior Masculino	01:49:03	+39:53	07:16
73	2134	André Ferreira	CHOCOTEAM	Senior Masculino	01:49:13	+40:03	07:17
74	2209	Marcelo Teles	GTT - Armazém do Caffè	Senior Masculino	01:50:17	+41:07	07:21
75	2032	Vítor Queirós	AD Marco 09	Senior Masculino	01:50:30	+41:20	07:22
76	2388	Carlos Torres	PÓ NA LAMA TRAIL RUNNERS	Senior Masculino	01:50:34	+41:24	07:22
77	2389	Leonel Alexandre Silva pinto	PÓ NA LAMA TRAIL RUNNERS	Senior Masculino	01:50:50	+41:40	07:23
78	2464	Helder Pereira	Travassós Running Fafe	Senior Masculino	01:51:43	+42:33	07:27
79	2260	Tiago Moreira	Individual	Senior Masculino	01:51:58	+42:48	07:28
80	2348	Luis Almeida	Luis	Senior Masculino	01:52:11	+43:01	07:29
81	2029	Alexandre Pena	AASM	Senior Masculino	01:52:18	+43:08	07:29
82	2103	Helder Barroso	Braguinhas Runners	Senior Masculino	01:52:36	+43:26	07:30
83	2158	Pedro Carvalho	Crossbox Montelongo	Senior Masculino	01:52:55	+43:45	07:32
84	2350	Cláudio Araújo	Manu s Therapy Trail Running	Senior Masculino	01:52:57	+43:47	07:32
85	2484	Daniel Andrade	Villa de Basto	Senior Masculino	01:53:04	+43:54	07:32
86	2251	Nuno Castro	Individual	Senior Masculino	01:53:46	+44:36	07:35
87	2467	Ricardo Fernandes	Travassós Running Fafe	Senior Masculino	01:54:13	+45:03	07:37
88	2126	TIAGO OLIVEIRA	CHAVES RUNNING TEAM	Senior Masculino	01:54:15	+45:05	07:37
89	2378	Heitor Neto	Os2Horas	Senior Masculino	01:54:22	+45:12	07:38
90	2465	Joao Carvalho	Travassós Running Fafe	Senior Masculino	01:54:38	+45:28	07:39
91	2461	Carlos Mendes	Travassós Running Fafe	Senior Masculino	01:54:38	+45:28	07:39
92	2230	César Castro	Individual	Senior Masculino	01:56:02	+46:52	07:44
93	2155	Joao Leite	Crossbox Montelongo	Senior Masculino	01:56:20	+47:10	07:45
94	2504	Nuno Dias	Zenit AUTOMÓVEIS	Senior Masculino	01:57:34	+48:24	07:50
95	2225	André Cardoso	Individual	Senior Masculino	01:57:39	+48:29	07:51
96	2078	Tiago Gomes	ARC Vale S.Cosme	Senior Masculino	01:57:41	+48:31	07:51
97	2013	Ricardo Vale	A.C.S.D.Pedraído	Senior Masculino	01:58:20	+49:10	07:53
98	2010	João Teixeira	100 Treino	Senior Masculino	01:58:47	+49:37	07:55
99	2376	Tiago Morais	Os preguiças team	Senior Masculino	02:00:06	+50:56	08:00
100	2243	João Martins	Individual	Senior Masculino	02:00:25	+51:15	08:02
101	2356	Ricardo Moreira	MCCB Running Team	Senior Masculino	02:00:43	+51:33	08:03
102	2493	José Pedro Ribeiro	Will Run 4 Beer	Senior Masculino	02:01:12	+52:02	08:05
103	2200	Ricardo Costa	GDRSMR	Senior Masculino	02:01:19	+52:09	08:05
104	2052	Nuno Martins	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Senior Masculino	02:03:04	+53:54	08:12
105	2045	Pedro Cruz	Aguenta	Senior Masculino	02:04:04	+54:54	08:16
106	2046	Pedro Cruz	Aguenta	Senior Masculino	02:04:04	+54:54	08:16
107	2385	Jose Pedro Ferreira	Pernas Cansadas	Senior Masculino	02:04:46	+55:36	08:19
108	2501	Francisco Lemos	Xavimoto	Senior Masculino	02:07:27	+58:17	08:30

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109	2462	Diogo Antunes	Travassós Running Fafe	Senior Masculino	02:08:22	+59:12	08:34
110	2244	José Ferreira	Individual	Senior Masculino	02:09:20	+01:00:10	08:37
111	2417	Luis Rocha	SAINETES	Senior Masculino	02:10:03	+01:00:53	08:40
112	2419	Valter Martins	SAINETES	Senior Masculino	02:10:04	+01:00:54	08:40
113	2264	Vasco Amaral	Individual	Senior Masculino	02:10:13	+01:01:03	08:41
114	2254	Pedro Teixeira	Individual	Senior Masculino	02:10:13	+01:01:03	08:41
115	2363	Claudio Macedo	nascenteflor team	Senior Masculino	02:11:35	+01:02:25	08:46
116	2096	Carlos Subtil	Box 762 Fafe	Senior Masculino	02:12:08	+01:02:58	08:49
117	2009	André Correia	100 Treino	Senior Masculino	02:13:35	+01:04:25	08:54
118	2245	Ludger Espírito Santo	Individual	Senior Masculino	02:14:11	+01:05:01	08:57
119	2383	Pedro Pereira	Pedro Pereira - Cabeleireiro Masculino	Senior Masculino	02:17:12	+01:08:02	09:09
120	2034	Pedro Silva	ADECA	Senior Masculino	02:17:12	+01:08:02	09:09
121	2035	Tiago Gonçalves	ADECA	Senior Masculino	02:17:13	+01:08:03	09:09
122	2194	Emanuel Roriz	GAZ	Senior Masculino	02:17:15	+01:08:05	09:09
123	2193	Diogo Carvalho	GAZ	Senior Masculino	02:17:15	+01:08:05	09:09
124	2117	Nuno Oliveira	CB RUN	Senior Masculino	02:18:12	+01:09:02	09:13
125	2066	Fernando Almeida	AMIGOS ATLETISMO POVOENSE	Senior Masculino	02:18:16	+01:09:06	09:13
126	2167	Ricardo Correia	Famalicao em forma	Senior Masculino	02:18:31	+01:09:21	09:14
127	2418	Paulo Martins	SAINETES	Senior Masculino	02:19:57	+01:10:47	09:20
128	2109	Ricardo Santos	Cabritos da Montanha	Senior Masculino	02:20:50	+01:11:40	09:23
129	2242	Joao Macedo	Individual	Senior Masculino	02:23:14	+01:14:04	09:33
130	2249	Márcio Santos	Individual	Senior Masculino	02:23:43	+01:14:33	09:35
131	2171	Bruno Camarada	FireRunners Baiao	Senior Masculino	02:27:06	+01:17:56	09:48
132	2256	Ricardo Britoberg	Individual	Senior Masculino	02:27:06	+01:17:56	09:48
133	2446	Zé Pereira	Team Z	Senior Masculino	02:28:15	+01:19:05	09:53

Veterana F40

1	2332	Anabela Marques	Juventude Cortegacense	Veterana F40	01:43:27	+34:17	06:54
2	2442	Elisabete Nunes	Sport Comércio e Salgueiros	Veterana F40	01:45:06	+35:56	07:00
3	2372	Lurdes Pinheiro	Os Gordos	Veterana F40	01:46:05	+36:55	07:04
4	2497	Isabel Carvalho	WOLVES	Veterana F40	01:48:26	+39:16	07:14
5	2273	Lília Magalhães	Individual	Veterana F40	01:48:51	+39:41	07:15
6	2088	Sandra Teixeira	BEM ME QUERO	Veterana F40	01:50:47	+41:37	07:23
7	2140	CRISTIANA RIBEIRO	Clube Atletismo de Brito	Veterana F40	01:51:30	+42:20	07:26
8	2269	Estela Neto	Individual	Veterana F40	01:52:09	+42:59	07:29
9	2469	Fatima Freitas	Travassós Running Fafe	Veterana F40	01:54:13	+45:03	07:37
10	2139	Sandra Silva	CIDEP Fornos Lusavouga	Veterana F40	01:56:01	+46:51	07:44
11	2438	Conceição Oliveira	SOCIEDADE RECREIO CEPANENSE	Veterana F40	01:56:44	+47:34	07:47
12	2495	Ana Bonifacio	WOLVES	Veterana F40	01:57:46	+48:36	07:51
13	2506	Sandra Bernardete	Fridão Sem Limites	Veterana F40	01:58:19	+49:09	07:53
14	2183	ELISABETE NOGUEIRA	Fridão Sem Limites	Veterana F40	01:58:35	+49:25	07:54
15	2516	Natalia Bento	Travassós Running Fafe	Veterana F40	01:58:35	+49:25	07:54
16	2127	MARILENE FARIA	CHAVES RUNNING TEAM	Veterana F40	01:58:58	+49:48	07:56

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17	2280	Sónia Garcês	Individual	Veterana F40	01:59:53	+50:43	08:00
18	2141	LUCIA OLIVEIRA	Clube Atletismo de Brito	Veterana F40	02:00:41	+51:31	08:03
19	2410	Maria Jesus	S. S. Montepio	Veterana F40	02:00:45	+51:35	08:03
20	2054	Rosa Saldanha	AMA - Ass. Mondim Atletismo / Trail Físgas de Ermelo	Veterana F40	02:01:27	+52:17	08:06
21	2145	Susete Silva	Clube Desportivo de Espite	Veterana F40	02:01:36	+52:26	08:06
22	2268	Ana Dias	Individual	Veterana F40	02:01:46	+52:36	08:07
23	2276	Nancy Martins	Individual	Veterana F40	02:01:49	+52:39	08:07
24	2201	Augusta Barbosa	Global Trail	Veterana F40	02:03:08	+53:58	08:13
25	2271	Francina Gonçalves	Individual	Veterana F40	02:06:41	+57:31	08:27
26	2188	Carla Cruz	GAIA-RUNNING	Veterana F40	02:06:48	+57:38	08:27
27	2279	Sonia Almeida	Individual	Veterana F40	02:08:48	+59:38	08:35
28	2184	ROSA SOARES	Fridão Sem Limites	Veterana F40	02:09:43	+01:00:33	08:39
29	2275	Marta Cabral	Individual	Veterana F40	02:10:26	+01:01:16	08:42
30	2270	Fátima Pereira	Individual	Veterana F40	02:12:13	+01:03:03	08:49
31	2278	Silvia Miranda	Individual	Veterana F40	02:12:22	+01:03:12	08:49
32	2468	Esmeralda Pinto	Travassós Running Fafe	Veterana F40	02:12:57	+01:03:47	08:52
33	2482	Mónica Silva	Vilela	Veterana F40	02:13:24	+01:04:14	08:54
34	2281	Susana Costa	Individual	Veterana F40	02:13:42	+01:04:32	08:55
35	2082	Anabela Gil	As Lutadoras	Veterana F40	02:13:49	+01:04:39	08:55
36	2202	Rita Osório	Global Trail	Veterana F40	02:15:05	+01:05:55	09:00
37	2380	Sónia Fernandes	Otz Run	Veterana F40	02:15:11	+01:06:01	09:01
38	2176	Lúcia Oliveira	Focoteam24	Veterana F40	02:18:05	+01:08:55	09:12
39	2153	Sonia Maia	Corre Pra Frente	Veterana F40	02:18:33	+01:09:23	09:14
40	2496	Cristina Coelho	WOLVES	Veterana F40	02:18:58	+01:09:48	09:16
41	2152	Paula Borges	Corre Pra Frente	Veterana F40	02:19:26	+01:10:16	09:18
42	2272	Gabriela Ribeiro	Individual	Veterana F40	02:20:24	+01:11:14	09:22
43	2274	Livia Sousa	Individual	Veterana F40	02:20:25	+01:11:15	09:22
44	2455	Inês Amaral	TombaMinis Trail Team	Veterana F40	02:20:25	+01:11:15	09:22
45	2352	Sandra João	Manu s Therapy Trail Running	Veterana F40	02:22:05	+01:12:55	09:28
46	2361	Sónia Silva	Mountain Runners	Veterana F40	02:22:57	+01:13:47	09:32
47	2205	Ana Sinde-Cantorna	GMTA&CHUVONERS	Veterana F40	02:24:24	+01:15:14	09:38
48	2351	RITA GRANDINHO	Manu s Therapy Trail Running	Veterana F40	02:25:37	+01:16:27	09:43
49	2396	Conceição Ribeiro	Ribeiras Trail	Veterana F40	02:26:36	+01:17:26	09:46
50	2345	Florência Marcolino	Lobos Desnorteados	Veterana F40	02:27:08	+01:17:58	09:49
51	2277	Norberta Grilo	Individual	Veterana F40	02:30:01	+01:20:51	10:00
52	2382	Carla Beatriz Araujo Branco	Pastilhas Team	Veterana F40	02:40:43	+01:31:33	10:43
53	2163	Claudia Santos	Equipa Boot	Veterana F40	02:40:52	+01:31:42	10:43
54	2021	Elisabete Carvalho	A.D.Amarante	Veterana F40	02:47:05	+01:37:55	11:08

Veterana F50

1	2384	Cidália Ferreira	Penafiel Running Trail	Veterana F50	01:39:38	+30:28	06:39
2	2473	Rosalina Marinho	Travassós Running Fafe	Veterana F50	01:41:12	+32:02	06:45
3	2391	Goreti Sousa	ProFisio eupago Team	Veterana F50	01:42:06	+32:56	06:48
4	2343	Isabel Domingues	LEBRES MINHOTAS	Veterana F50	02:02:23	+53:13	08:10

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Trail Curto

15 KM

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5	2130	SOLANGE RODRIGUES	CHAVES RUNNING TEAM	Veterana F50	02:05:12	+56:02	08:21
6	2471	Adelaide Novais	Travassós Running Fafe	Veterana F50	02:12:56	+01:03:46	08:52
7	2131	TERESA RODRIGUES	CHAVES RUNNING TEAM	Veterana F50	02:13:13	+01:04:03	08:53
8	2128	ALEXANDRINA OLIVEIRA	CHAVES RUNNING TEAM	Veterana F50	02:13:13	+01:04:03	08:53
9	2449	Carmo Costa	Temos pena	Veterana F50	02:17:41	+01:08:31	09:11
10	2284	Branca Leitão	Individual	Veterana F50	02:18:20	+01:09:10	09:13
11	2129	GUILHERMINA COSTA	CHAVES RUNNING TEAM	Veterana F50	02:19:44	+01:10:34	09:19
12	2457	Eulália Sousa	Top Top Runners	Veterana F50	02:22:06	+01:12:56	09:28
13	2458	Isabel Veloso	Top Top Runners	Veterana F50	02:22:06	+01:12:56	09:28
14	2336	Gabriela França	Juventude Cortegacense	Veterana F50	02:24:51	+01:15:41	09:39
15	2472	Anabela Mota	Travassós Running Fafe	Veterana F50	02:25:56	+01:16:46	09:44
16	2398	Paula Santos	Ribeiras Trail	Veterana F50	02:26:36	+01:17:26	09:46
17	2421	Lúcia Nunes	Salgueiros Running	Veterana F50	02:26:52	+01:17:42	09:48
18	2498	Manuela Santos	WOLVES	Veterana F50	02:32:04	+01:22:54	10:08
19	2423	Conceição Pinto	São Team	Veterana F50	02:39:19	+01:30:09	10:37
20	2285	Telma Monteiro	Individual	Veterana F50	03:19:25	+02:10:15	13:18

Veterano M40

1	2392	Miguel Machado	ProFisio eupago Team	Veterano M40	01:09:43	+00:33	04:39
2	2057	José Pereira	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	01:11:55	+02:45	04:48
3	2301	Jorge Gonçalves	Individual	Veterano M40	01:11:57	+02:47	04:48
4	6	Carlos Oliveira	A.C.S.D.Pedraído	Veterano M40	01:12:43	+03:33	04:51
5	2507	José Santos	Oralklass - Amigos Do Trail	Veterano M40	01:13:48	+04:38	04:55
6	2108	Paulo Ribeiro Carvalho	Cabeceiras Bike Team	Veterano M40	01:15:29	+06:19	05:02
7	2038	Joaquim Mendes Mendes	ADEPE	Veterano M40	01:16:08	+06:58	05:05
8	2030	JOAO LUIS FERNANDES AFONSO	Academia Desportiva de Arcos de Valdevez	Veterano M40	01:16:47	+07:37	05:07
9	2071	Jose Silva	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:17:24	+08:14	05:10
10	2102	Ricardo Sampaio	Brabus Runners	Veterano M40	01:17:29	+08:19	05:10
11	2416	Jose Peixoto	Sabores do campo	Veterano M40	01:18:31	+09:21	05:14
12	2512	Paulo Sousa	Nós Acreditamos	Veterano M40	01:19:01	+09:51	05:16
13	2347	Telmo Reis	LOUSADA RUNNERS	Veterano M40	01:19:26	+10:16	05:18
14	2407	Carlos Barbosa	Running Penafiel Trail	Veterano M40	01:21:31	+12:21	05:26
15	2314	Renato Ribeiro	Individual	Veterano M40	01:22:11	+13:01	05:29
16	2399	Armindo Moreira	Ribeiras Trail	Veterano M40	01:22:14	+13:04	05:29
17	2040	Luís Freitas	ADEPE	Veterano M40	01:22:22	+13:12	05:30
18	2377	Sérgio Gomes	Os preguiças team	Veterano M40	01:23:21	+14:11	05:33
19	2147	Fernando Campos	Código Musical	Veterano M40	01:23:26	+14:16	05:34
20	2513	José Duarte	Nós Acreditamos	Veterano M40	01:23:46	+14:36	05:35
21	2353	Paulo Ribeiro	Manu s Therapy Trail Running	Veterano M40	01:24:09	+14:59	05:37
22	2294	Carlos nogueira	Individual	Veterano M40	01:24:21	+15:11	05:37
23	2024	Filipe Pinheiro	A.D.Amarante	Veterano M40	01:24:52	+15:42	05:39
24	2120	Marcelo Gonçalves Oliveira	ccsdtcmFafe	Veterano M40	01:25:17	+16:07	05:41
25	2026	Pedro Vieira	A.D.Amarante	Veterano M40	01:25:44	+16:34	05:43

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Trail Curto

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26	2489	Rui Faria	vimarunners	Veterano M40	01:26:13	+17:03	05:45
27	2007	Sérgio Fonseca	#fisioperformancerunning	Veterano M40	01:26:42	+17:32	05:47
28	2207	Victor Fernandes	Grupo Desportivo da Goma	Veterano M40	01:29:27	+20:17	05:58
29	2451	Paulo Ribeiro	Temos pena	Veterano M40	01:29:45	+20:35	05:59
30	2099	Márcio Silva	Box 762 Fafe	Veterano M40	01:30:03	+20:53	06:00
31	2479	Nelson Teixeira	True Evolution	Veterano M40	01:30:38	+21:28	06:03
32	2185	Manuel Teixeira	Fridão Sem Limites	Veterano M40	01:30:47	+21:37	06:03
33	1212	Leandro Teixeira	Nós Acreditamos	Veterano M40	01:31:47	+22:37	06:07
34	2368	Carlos Oliveira	OADA - Os Amigos da Aventura	Veterano M40	01:32:56	+23:46	06:12
35	2293	Carlos Coelho	Individual	Veterano M40	01:35:40	+26:30	06:23
36	2510	Jorge Pinheiro	#fisioperformancerunning	Veterano M40	01:35:55	+26:45	06:24
37	2444	Vitor Carneiro	TEAM 1328	Veterano M40	01:36:09	+26:59	06:25
38	2003	Cristiano Ferreira	#fisioperformancerunning	Veterano M40	01:36:42	+27:32	06:27
39	2499	Miguel Moura	WOLVES	Veterano M40	01:36:59	+27:49	06:28
40	2403	Sergio Teixeira	Rinus Fafe	Veterano M40	01:37:07	+27:57	06:28
41	2307	Manuel Oliveira	Individual	Veterano M40	01:37:11	+28:01	06:29
42	2299	Hugo Martins	Individual	Veterano M40	01:37:12	+28:02	06:29
43	2067	Alberto MOREIRA	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:37:20	+28:10	06:29
44	2039	Jorge Silva	ADEPE	Veterano M40	01:37:25	+28:15	06:30
45	2025	Paulo Rocha	A.D.Amarante	Veterano M40	01:39:35	+30:25	06:38
46	2411	João Mesquita	S. S. Montepio	Veterano M40	01:40:29	+31:19	06:42
47	2292	Avelino Dias	Individual	Veterano M40	01:40:43	+31:33	06:43
48	2308	Mário Moreira	Individual	Veterano M40	01:40:44	+31:34	06:43
49	2072	Ricardo Vilela	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:40:46	+31:36	06:43
50	2433	Raul Silva	Serviços Sociais CGD	Veterano M40	01:40:46	+31:36	06:43
51	2206	Luís Monteiro	Grupo Desportivo da Goma	Veterano M40	01:41:18	+32:08	06:45
52	2090	Vítor Oliveira	BEM ME QUERO	Veterano M40	01:41:30	+32:20	06:46
53	2291	Artur Pereira	Individual	Veterano M40	01:42:07	+32:57	06:48
54	2303	José Gonçalves	Individual	Veterano M40	01:43:21	+34:11	06:53
55	2316	Rui Teixeira	Individual	Veterano M40	01:43:30	+34:20	06:54
56	2295	Daniel Pedrosa	Individual	Veterano M40	01:44:00	+34:50	06:56
57	2305	Luís Filipe P. Rodrigues	Individual	Veterano M40	01:44:14	+35:04	06:57
58	2012	Cristiano Fernandes	A Noite Passa a Correr - Guimarães	Veterano M40	01:44:40	+35:30	06:59
59	2199	Alexandre Sameiro	GDC Serafão	Veterano M40	01:45:17	+36:07	07:01
60	2340	De castro Abel	lagiela	Veterano M40	01:45:25	+36:15	07:02
61	2447	ANTÓNIO DINIS	TEJÃO	Veterano M40	01:45:32	+36:22	07:02
62	2148	Hugo Tomex	Código Musical	Veterano M40	01:45:55	+36:45	07:04
63	2454	Nelo Chapeiro Ou Quim	Tesos & Mouraria	Veterano M40	01:47:50	+38:40	07:11
64	2211	Jorge Borges	GTT - Armazém do Caffè	Veterano M40	01:48:05	+38:55	07:12
65	2122	Nuno Miguel Costa Leite	ccsdtcmFafe	Veterano M40	01:48:11	+39:01	07:13
66	2080	José Campos	ARC Vale S.Cosme	Veterano M40	01:48:23	+39:13	07:14
67	2004	JOSÉ MAIAS	#fisioperformancerunning	Veterano M40	01:49:17	+40:07	07:17
68	2306	Luís Mendonça	Individual	Veterano M40	01:50:25	+41:15	07:22
69	2318	Tiago Pinto Sousa	Individual	Veterano M40	01:50:48	+41:38	07:23

Trail Curto

15 KM

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OFFICIAL RESULT

70	2488	Luis Abreu	vimarunners	Veterano M40	01:51:05	+41:55	07:24
71	2474	Nestor Cunha	Travassós Running Fafe	Veterano M40	01:51:43	+42:33	07:27
72	2309	Maurício Magalhães	Individual	Veterano M40	01:51:44	+42:34	07:27
73	2006	Paulo Teixeira	#fisioperformancerunning	Veterano M40	01:51:48	+42:38	07:27
74	2104	Paulo Fernandes	Braguinhas Runners	Veterano M40	01:52:36	+43:26	07:30
75	2023	Daniel Correia	A.D.Amarante	Veterano M40	01:53:34	+44:24	07:34
76	2289	Antonio Costa	Individual	Veterano M40	01:54:05	+44:55	07:36
77	2068	Antonio Pereira	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:54:05	+44:55	07:36
78	2119	Eurico Manuel Cunha Magalhães	ccsdtcmFafe	Veterano M40	01:54:55	+45:45	07:40
79	2174	Ricardo A. Silva Sousa	FIT GAIA TRAIL	Veterano M40	01:55:24	+46:14	07:42
80	2069	Jose Fernandes	AMIGOS ATLETISMO POVOENSE	Veterano M40	01:58:54	+49:44	07:56
81	2412	Nuno Bastos	S. S. Montepio	Veterano M40	02:00:08	+50:58	08:01
82	2415	Rui Silva	S. S. Montepio	Veterano M40	02:00:45	+51:35	08:03
83	2161	Hugo Pinto	Douro BTT CCPAD	Veterano M40	02:01:11	+52:01	08:05
84	2123	Pedro Mauricio Gonçalves Antunes	ccsdtcmFafe	Veterano M40	02:01:12	+52:02	08:05
85	2118	António Miguel Magalhaes	ccsdtcmFafe	Veterano M40	02:01:21	+52:11	08:05
86	2509	Paulo César Malhado	Palhaço e Malhado	Veterano M40	02:01:44	+52:34	08:07
87	2022	Albano Coelho	A.D.Amarante	Veterano M40	02:01:45	+52:35	08:07
88	2177	Ricardo Carvalho	Focoteam24	Veterano M40	02:02:27	+53:17	08:10
89	2312	Paulo Silva	Individual	Veterano M40	02:03:59	+54:49	08:16
90	1234	Nuno Almeida	Ribeiras Trail	Veterano M40	02:04:55	+55:45	08:20
91	2400	José Tavares	Ribeiras Trail	Veterano M40	02:04:56	+55:46	08:20
92	2055	Francisco Carvalho	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M40	02:05:54	+56:44	08:24
93	2290	Armando Moreira Gonçalves	Individual	Veterano M40	02:06:41	+57:31	08:27
94	2190	Rui Rodrigues	GAIA-RUNNING	Veterano M40	02:06:48	+57:38	08:27
95	2508	Miguel Carvalho	Palhaço e Malhado	Veterano M40	02:07:48	+58:38	08:31
96	2110	Norberto Sousa	Cantoneiros	Veterano M40	02:08:16	+59:06	08:33
97	2315	Ricardo Ferreira	Individual	Veterano M40	02:09:01	+59:51	08:36
98	2349	Jorge Cunha	Maia-768	Veterano M40	02:09:19	+01:00:09	08:37
99	2287	António Cabral	Individual	Veterano M40	02:10:27	+01:01:17	08:42
100	2317	Simão Novais	Individual	Veterano M40	02:12:28	+01:03:18	08:50
101	2483	Daniel Vilela	Vilela	Veterano M40	02:12:39	+01:03:29	08:51
102	2364	Vitor dias	Nós Acreditamos	Veterano M40	02:12:44	+01:03:34	08:51
103	2121	Nelson Jose leite Carvalho	ccsdtcmFafe	Veterano M40	02:12:54	+01:03:44	08:52
104	2286	Alfredo Gil	Individual	Veterano M40	02:13:47	+01:04:37	08:55
105	2203	Sérgio Osório	Global Trail	Veterano M40	02:15:04	+01:05:54	09:00
106	2311	Paulo Pinto	Individual	Veterano M40	02:16:54	+01:07:44	09:08
107	2168	Paulo Bourbon	Famalicão em forma	Veterano M40	02:17:06	+01:07:56	09:08
108	2450	Miguel Rodrigues	Temos pena	Veterano M40	02:17:41	+01:08:31	09:11
109	2154	Marcio Araujo	Corre Pra Frente	Veterano M40	02:19:26	+01:10:16	09:18
110	2313	Renato Guedes	Individual	Veterano M40	02:21:43	+01:12:33	09:27
111	2195	Daniel Carlos Rebelo	GAZ	Veterano M40	02:25:15	+01:16:05	09:41
112	2196	Guilherme Teixeira	GAZ	Veterano M40	02:25:15	+01:16:05	09:41
113	2304	José Silva Silva	Individual	Veterano M40	02:31:09	+01:21:59	10:00

Trail Curto

15 KM



OFFICIAL RESULT

114	2357	Rui Moreira	MCCB Running Team	Veterano M40	02:31:12	+01:22:02	10:05
115	2425	Mohammed Moudnib	São Team	Veterano M40	02:39:19	+01:30:09	10:37

Veterano M50

1	2033	AGOSTINHO CARNEIRO	AD Marco 09	Veterano M50	01:16:15	+07:05	05:05
2	2111	Abílio Teixeira	Caravela Seguros	Veterano M50	01:16:17	+07:07	05:05
3	2386	José Oliveira	PETRO BASTO	Veterano M50	01:19:14	+10:04	05:17
4	2162	Cláudio Monteiro	DOUROCONTA TRAIL TEAM	Veterano M50	01:20:22	+11:12	05:22
5	2112	Rene Teixeira	Caravela Seguros	Veterano M50	01:22:09	+12:59	05:29
6	2445	MANUEL SILVA	Team São	Veterano M50	01:22:12	+13:02	05:29
7	2146	José Silva	Clube Trilheiros & Amigos	Veterano M50	01:28:28	+19:18	05:54
8	2511	António Pereira	Nós Acreditamos	Veterano M50	01:31:40	+22:30	06:07
9	2408	Carlos Vinhas Lopes	Running Penafiel Trail	Veterano M50	01:32:01	+22:51	06:08
10	2319	Albino Rocha	Individual	Veterano M50	01:33:47	+24:37	06:15
11	2434	José Paulino	Serviços Sociais CGD	Veterano M50	01:34:06	+24:56	06:16
12	2432	Alcindo Pereira	Sem Equipa	Veterano M50	01:34:35	+25:25	06:18
13	2143	JOSE SOUSA	Clube Atletismo de Brito	Veterano M50	01:34:50	+25:40	06:19
14	2339	Manuel Silva	Juventude Cortegacense	Veterano M50	01:35:12	+26:02	06:21
15	2337	Celso Gomes	Juventude Cortegacense	Veterano M50	01:35:12	+26:02	06:21
16	2027	Fernando Queirós	A.D.Amarante	Veterano M50	01:36:27	+27:17	06:26
17	2076	João Oliveira	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:37:20	+28:10	06:29
18	2079	Lopes Armindo	ARC Vale S.Cosme	Veterano M50	01:39:11	+30:01	06:37
19	2125	Rui Marinho	ccsdtcmFafe	Veterano M50	01:40:35	+31:25	06:42
20	2041	António Dias	ADEPE	Veterano M50	01:41:52	+32:42	06:48
21	2124	José Manuel Freitas Pinto	ccsdtcmFafe	Veterano M50	01:42:39	+33:29	06:51
22	2044	Olegário Oliveira	ADEPE	Veterano M50	01:43:35	+34:25	06:54
23	2441	Nuno Maia	SOCIEDADE RECREIO CEPANENSE	Veterano M50	01:44:34	+35:24	06:58
24	2142	JOAQUIM RIBEIRO	Clube Atletismo de Brito	Veterano M50	01:45:20	+36:10	07:01
25	2338	Domingos Camboa	Juventude Cortegacense	Veterano M50	01:45:25	+36:15	07:02
26	2149	Adao Barros	Código Musical	Veterano M50	01:45:52	+36:42	07:03
27	2077	Luis Moreira	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:46:31	+37:21	07:06
28	2036	José Ribeiro	ADECA	Veterano M50	01:50:02	+40:52	07:20
29	2043	José Alves	ADEPE	Veterano M50	01:50:34	+41:24	07:22
30	2042	Armindo Ferreira	ADEPE	Veterano M50	01:50:34	+41:24	07:22
31	2327	Inocência Ferreira	Individual	Veterano M50	01:51:44	+42:34	07:27
32	2323	Augusto cunha	Individual	Veterano M50	01:53:04	+43:54	07:32
33	2435	Manuel Moreira	Serviços Sociais CGD	Veterano M50	01:54:02	+44:52	07:36
34	178	Ilídio Silva	GAIA-RUNNING	Veterano M50	01:54:17	+45:07	07:37
35	2074	António Fernando Chagas de Lourenço	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:54:26	+45:16	07:38
36	2394	JORGE CARVALHO	RealRunners	Veterano M50	01:55:05	+45:55	07:40
37	2075	Antonio Pereira	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:55:15	+46:05	07:41
38	2426	Fernando Jorge Oliveira	São Team	Veterano M50	01:56:30	+47:20	07:46

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Trail Curto

15 KM

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OFFICIAL RESULT

39	2073	Antonio Carvalho	AMIGOS ATLETISMO POVOENSE	Veterano M50	01:58:23	+49:13	07:54
40	2321	António Carneiro	Individual	Veterano M50	01:58:37	+49:27	07:55
41	2191	Fernando Vieira	GAIA-RUNNING	Veterano M50	01:58:45	+49:35	07:55
42	2008	António Moreira	...	Veterano M50	02:00:05	+50:55	08:00
43	2150	Albertino Silva	Código Musical	Veterano M50	02:00:54	+51:44	08:04
44	2322	ANTONIO TEIXEIRA	Individual	Veterano M50	02:01:01	+51:51	08:04
45	2059	Agostinho Martins	AMA - Ass. Mondim Atletismo / Trail Fisgas de Ermelo	Veterano M50	02:03:11	+54:01	08:13
46	2393	Joaquim Ribeiro	RealRunners	Veterano M50	02:05:07	+55:57	08:20
47	2329	LUIS FERREIRA	Individual	Veterano M50	02:06:46	+57:36	08:27
48	2429	Miguel Bandeira	São Team	Veterano M50	02:13:22	+01:04:12	08:53
49	2180	Fernando Silva	Foxtrot Aventura	Veterano M50	02:13:43	+01:04:33	08:55
50	2320	Américo Machado	Individual	Veterano M50	02:13:51	+01:04:41	08:55
51	2330	Manuel Machado	Individual	Veterano M50	02:13:51	+01:04:41	08:55
52	2325	Dinis Silva	Individual	Veterano M50	02:15:10	+01:06:00	09:01
53	2427	José Eduardo Fernandes	São Team	Veterano M50	02:15:35	+01:06:25	09:02
54	2132	MIGUEL CUNHA	CHAVES RUNNING TEAM	Veterano M50	02:19:55	+01:10:45	09:20
55	2456	Luís Barboza	TombaMinis Trail Team	Veterano M50	02:20:25	+01:11:15	09:22
56	2459	José Veloso	Top Top Runners	Veterano M50	02:22:07	+01:12:57	09:28
57	2365	José Coelho	O que queremos é monte	Veterano M50	02:23:02	+01:13:52	09:32
58	2387	Manuel Silva	Pk56	Veterano M50	02:27:03	+01:17:53	09:48
59	2328	José Luis Almeida	Individual	Veterano M50	02:40:12	+01:31:02	10:41

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