

TRAIL LONGO - STAGE 1

33 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	15,5°C	53%
End	14:00	15.5°C	53%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	55	Ricardo Carreira	OCS- ARRÁBIDA TRAIL TEAM	02:35:39		04:43	
2	54	Nuno Carneiro	Nast-Núcleo Associativo de Santo Tirso	02:40:42	+05:03	04:52	
3	81	Pedro Bastos	VCBIKE	02:41:43	+06:04	04:54	
4	58	Rafael Martins	Runners do Demo	02:42:56	+07:17	04:56	
5	3	José Manuel Duarte Tomás	ASDREQ	02:45:05	+09:26	05:00	
6	16	Carlos Silva	GDR Granja - TRUTAS DO MAU	02:46:04	+10:25	05:02	
7	5	Filipe Guerra	Boavista trail	02:46:51	+11:12	05:03	
8	67	António Amorim	S C Espinho / António Leitão	02:47:06	+11:27	05:04	
9	60	Paulo Pires	Runners do Demo	02:47:44	+12:05	05:05	
10	35	Fernando Leitaο	Runners do Demo	02:54:21	+18:42	05:17	
11	89	Orlando Valente	FC Penafiel	02:56:04	+20:25	05:20	
12	8	Carlos Alberto da Silva ABreu	Casa JOVASE	02:59:18	+23:39	05:26	
13	70	António Pinto	S C Espinho / António Leitão	02:59:38	+23:59	05:27	
14	71	João Galo	Sharish Gin/GD Piranhas Do Alqueva	03:00:02	+24:23	05:27	
15	14	Paulo matos	Fox running team	03:00:36	+24:57	05:28	
16	34	Bruno Mordomo	Clube Desportivo de Espite	03:06:25	+30:46	05:39	
17	53	Agostinho Costa	NAC TRAIL	03:07:17	+31:38	05:41	
18	76	Vitor Mendes	Tesco team	03:07:46	+32:07	05:41	
19	74	José Rosário	Sporting Club Santacruzense	03:08:49	+33:10	05:43	
20	11	Kevin Batista	Clube Desportivo de Espite	03:10:04	+34:25	05:46	
21	72	Nelson Felix	Sharish Gin/GD Piranhas Do Alqueva	03:10:58	+35:19	05:47	
22	84	Amílcar Branco	Viseu 360	03:11:56	+36:17	05:49	
23	73	Nelson Louro	Sharish Gin/GD Piranhas Do Alqueva	03:11:59	+36:20	05:49	
24	33	Arnaldo Santos	Clube Desportivo de Espite	03:12:34	+36:55	05:50	
25	13	Vitor Pereira	DCI/Trilhos Luso Bussaco	03:16:27	+40:48	05:57	
26	90	Nicolau Santos	GDCCP Castelo Paiva	03:17:23	+41:44	05:59	
27	44	Hilário Louro	Individual	03:19:17	+43:38	06:02	
28	64	Sandra Cristina Oliveira Ferreira	S C Espinho / António Leitão	03:19:24	+43:45	06:03	
29	66	António Martins	S C Espinho / António Leitão	03:19:25	+43:46	06:03	
30	6	Fábio Ferreira	Casa JOVASE	03:23:29	+47:50	06:10	
31	82	Andre Filipe Correia Leal	Viseu 360	03:24:40	+49:01	06:12	
32	85	Carlos Ferreira	Viseu 360	03:24:43	+49:04	06:12	
33	59	Luís Pedro	Runners do Demo	03:25:50	+50:11	06:14	
34	75	José Rodrigues de Almeida	Sporting Club Santacruzense	03:27:20	+51:41	06:17	
35	88	Mark Macedo	FC Penafiel	03:28:02	+52:23	06:18	
36	42	Paulo Filipe	Apulia A Correr	03:30:21	+54:42	06:22	
37	26	Carlos Barbosa	Runners do Demo	03:30:26	+54:47	06:23	
38	7	Rafael da Silva Gomes	Casa JOVASE	03:31:28	+55:49	06:24	
39	49	Fernando José Nunes dos Santos	Individual	03:33:14	+57:35	06:28	
40	27	Diogo Giroto	Individual	03:35:49	+01:00:10	06:32	
41	17	Pedro Carneiro	GDR Granja - TRUTAS DO MAU	03:35:55	+01:00:16	06:33	
42	40	Nuno Duarte	Individual	03:39:19	+01:03:40	06:39	

TRAIL LONGO - STAGE 1

33 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	65	Mónica Oliveira	S C Espinho / António Leitão	03:39:39	+01:04:00	06:39	
44	80	Adriano Matias	Trilhados	03:40:23	+01:04:44	06:41	
45	18	Tila Pina	GDR Granja - TRUTAS DO MAU	03:40:34	+01:04:55	06:41	
46	28	Luis Félix	Individual	03:44:55	+01:09:16	06:49	
47	69	Rolando Paulo	S C Espinho / António Leitão	03:45:31	+01:09:52	06:50	
48	12	Orlando Costa	Correr Leça	03:48:05	+01:12:26	06:55	
49	78	David Aguiar	Trilhados	03:50:51	+01:15:12	07:00	
50	4	Cláudia Carrilho	Boavista trail	03:50:54	+01:15:15	07:00	
51	30	Nuno Marques	Individual	03:50:56	+01:15:17	07:00	
52	83	Rui Ferreira	Viseu 360	03:53:46	+01:18:07	07:05	
53	23	Lidia Tirnovschi	Individual	03:55:26	+01:19:47	07:08	
54	57	Sandra Garrido	Runners do Demo	03:56:02	+01:20:23	07:09	
55	79	Luis Marques	Trilhados	03:58:40	+01:23:01	07:14	
56	56	Francico Ferreira	Os Tolinhos	04:03:41	+01:28:02	07:23	
57	38	Jorge Elói Simões do Carmo	Individual	04:08:02	+01:32:23	07:31	
58	37	João Ferreira	Runners do Demo	04:08:03	+01:32:24	07:31	
59	36	Fernando Mota da Silva	Individual	04:11:10	+01:35:31	07:37	
60	10	Nádia Carina Freitas de Sousa Agostinho	Clube Desportivo de Espite	04:15:21	+01:39:42	07:44	
61	45	Mike ferreira	Individual	04:15:55	+01:40:16	07:45	
62	50	José Figueiredo	Individual	04:16:34	+01:40:55	07:46	
63	43	Filipe Pereira	Individual	04:20:50	+01:45:11	07:54	
64	77	Carlos Freitas	Trilhados	04:24:06	+01:48:27	08:00	
65	19	Mauro Nascimento	GDR Granja - TRUTAS DO MAU	04:32:54	+01:57:15	08:16	
66	51	Sérgio Rodrigues	Individual	04:34:12	+01:58:33	08:19	
67	15	Mara Silva	GDR Granja - TRUTAS DO MAU	04:34:12	+01:58:33	08:19	
68	9	Cláudia Rocha	clube de montanha do funchal	05:25:04	+02:49:25	09:51	

Trail Longo

33 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	15,5°C	53%
End	14:00	15,5°C	53%

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

1	4	Cláudia Carrilho	Boavista trail	Senior Feminino	03:50:54	+01:15:14	07:00:00
2	23	Lidia Tirnovschi	Individual	Senior Feminino	03:55:26	+01:19:46	07:08:00
3	57	Sandra Garrido	Runners do Demo	Senior Feminino	03:56:02	+01:20:22	07:09:00
4	10	Nádia Carina Freitas de Sousa Agostinho	Clube Desportivo de Espite	Senior Feminino	04:15:21	+01:39:41	07:44:00
5	15	Mara Silva	GDR Granja - TRUTAS DO MAU	Senior Feminino	04:34:12	+01:58:32	08:19:00
6	9	Cláudia Rocha	clube de montanha do funchal	Senior Feminino	05:25:04	+02:49:24	09:51:00

Senior Masculino

1	55	Ricardo Carreira	OCS- ARRÁBIDA TRAIL TEAM	Senior Masculino	02:35:39	04:43
2	54	Nuno Carneiro	Nast-Núcleo Associativo de Santo Tirso	Senior Masculino	02:40:42	+05:02 04:52
3	58	Rafael Martins	Runners do Demo	Senior Masculino	02:42:56	+07:17 04:56
4	16	Carlos Silva	GDR Granja - TRUTAS DO MAU	Senior Masculino	02:46:04	+10:24 05:02
5	5	Filipe Guerra	Boavista trail	Senior Masculino	02:46:51	+11:12 05:03
6	11	Kevin Batista	Clube Desportivo de Espite	Senior Masculino	03:10:04	+34:24 05:46
7	13	Vitor Pereira	DCI/Trilhos Luso Bussaco	Senior Masculino	03:16:27	+40:47 05:57
8	82	Andre Filipe Correia Leal	Viseu 360	Senior Masculino	03:24:40	+49:00 06:12
9	26	Carlos Barbosa	Runners do Demo	Senior Masculino	03:30:26	+54:46 06:23
10	7	Rafael da Silva Gomes	Casa JOVASE	Senior Masculino	03:31:28	+55:48 06:24
11	27	Diogo Giroto	Individual	Senior Masculino	03:35:49	+01:00:09 06:32
12	17	Pedro Carneiro	GDR Granja - TRUTAS DO MAU	Senior Masculino	03:35:55	+01:00:15 06:33
13	28	Luis Félix	Individual	Senior Masculino	03:44:55	+01:09:15 06:49
14	78	David Aguiar	Trilhados	Senior Masculino	03:50:51	+01:15:11 07:00
15	30	Nuno Marques	Individual	Senior Masculino	03:50:56	+01:15:16 07:00
16	83	Rui Ferreira	Viseu 360	Senior Masculino	03:53:46	+01:18:06 07:05
17	79	Luis Marques	Trilhados	Senior Masculino	03:58:40	+01:23:00 07:14
18	77	Carlos Freitas	Trilhados	Senior Masculino	04:24:06	+01:48:26 08:00

Veterana F40

1	64	Sandra Cristina Oliveira Ferreira	S C Espinho / Antônio Leitão	Veterana F40	03:19:24	+43:44	06:03
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Veterana F45

1	65	Mónica Oliveira	S C Espinho / António Leitão	Veterana F45	03:39:39	+01:03:59	06:39:39
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Trail Longo

33 KM

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OFFICIAL RESULT

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2	18	Tila Pina	GDR Granja - TRUTAS DO MAU	Veterana F45	03:40:34	+01:04:54	06:41
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Veterano M40

1	81	Pedro Bastos	VCBIKE	Veterano M40	02:41:43	+06:03	04:54
2	60	Paulo Pires	Runners do Demo	Veterano M40	02:47:44	+12:04	05:05
3	35	Fernando Leitao	Runners do Demo	Veterano M40	02:54:21	+18:41	05:17
4	8	Carlos Alberto da Silva ABreu	Casa JOVASE	Veterano M40	02:59:18	+23:38	05:26
5	71	João Galo	Sharish Gin/GD Piranhas Do Alqueva	Veterano M40	03:00:02	+24:22	05:27
6	34	Bruno Mordomo	Clube Desportivo de Espite	Veterano M40	03:06:25	+30:45	05:39
7	76	Vitor Mendes	Tesco team	Veterano M40	03:07:46	+32:06	05:41
8	74	José Rosário	Sporting Club Santacruzense	Veterano M40	03:08:49	+33:09	05:43
9	72	Nelson Felix	Sharish Gin/GD Piranhas Do Alqueva	Veterano M40	03:10:58	+35:18	05:47
10	73	Nelson Louro	Sharish Gin/GD Piranhas Do Alqueva	Veterano M40	03:11:59	+36:19	05:49
11	33	Arnaldo Santos	Clube Desportivo de Espite	Veterano M40	03:12:34	+36:54	05:50
12	66	António Martins	S C Espinho / António Leitão	Veterano M40	03:19:25	+43:45	06:03
13	6	Fábio Ferreira	Casa JOVASE	Veterano M40	03:23:29	+47:49	06:10
14	59	Luís Pedro	Runners do Demo	Veterano M40	03:25:50	+50:10	06:14
15	88	Mark Macedo	FC Penafiel	Veterano M40	03:28:02	+52:22	06:18
16	42	Paulo Filipe	Apulia A Correr	Veterano M40	03:30:21	+54:41	06:22
17	40	Nuno Duarte	Individual	Veterano M40	03:39:19	+01:03:39	06:39
18	38	Jorge Elói Simões do Carmo	Individual	Veterano M40	04:08:02	+01:32:22	07:31
19	37	João Ferreira	Runners do Demo	Veterano M40	04:08:03	+01:32:23	07:31
20	36	Fernando Mota da Silva	Individual	Veterano M40	04:11:10	+01:35:30	07:37

Veterano M45

1	67	António Amorim	S C Espinho / Antônio Leitão	Veterano M45	02:47:06	+11:26	05:04
2	14	Paulo matos	Fox running team	Veterano M45	03:00:36	+24:56	05:28
3	84	Amílcar Branco	Viseu 360	Veterano M45	03:11:56	+36:16	05:49
4	44	Hilário Louro	Individual	Veterano M45	03:19:17	+43:37	06:02
5	85	Carlos Ferreira	Viseu 360	Veterano M45	03:24:43	+49:03	06:12
6	69	Rolando Paulo	S C Espinho / Antônio Leitão	Veterano M45	03:45:31	+01:09:52	06:50
7	45	Mike ferreira	Individual	Veterano M45	04:15:55	+01:40:15	07:45
8	43	Filipe Pereira	Individual	Veterano M45	04:20:50	+01:45:10	07:54

Veterano M50

1	3	José Manuel Duarte Tomás	ASDREQ	Veterano M50	02:45:05	+09:26	05:00
2	89	Orlando Valente	FC Penafiel	Veterano M50	02:56:04	+20:24	05:20
3	70	António Pinto	S C Espinho / António Leitão	Veterano M50	02:59:38	+23:58	05:27
4	12	Orlando Costa	Correr Leca	Veterano M50	03:48:05	+01:12:25	06:55

33 KM

OFFICIAL RESULT

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5	19	Mauro Nascimento	GDR Granja - TRUTAS DO MAU	Veterano M50	04:32:54	+01:57:14	08:16
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1	49	Fernando José Nunes dos Santos	Individual	Veterano M55	03:33:14	+57:34	06:28
2	80	Adriano Matias	Trilhados	Veterano M55	03:40:23	+01:04:43	06:41
3	56	Francico Ferreira	Os Tolinhos	Veterano M55	04:03:41	+01:28:01	07:23

1	53	Agostinho Costa	NAC TRAIL	Veterano M60	03:07:17	+31:37	05:41
2	90	Nicolau Santos	GDCCP Castelo Paiva	Veterano M60	03:17:23	+41:43	05:59
3	75	José Rodrigues de Almeida	Sporting Club Santacruzense	Veterano M60	03:27:20	+51:40	06:17
4	50	José Figueiredo	Individual	Veterano M60	04:16:34	+01:40:54	07:46
5	51	Sérgio Rodrigues	Individual	Veterano M60	04:34:12	+01:58:32	08:19

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Official Timekeeper: Lap2Go	1 / 1	generate 18-jul-2021 14:06
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TRAIL CURTO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16°C	45%
End	12:54	16°C	45%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	634	Vitor Barbosa	GDCCP Castelo Paiva	01:29:04		04:27	
2	600	Artur Rodrigues	PNB - BESTOFDAY.NET	01:31:13	+02:09	04:34	
3	633	Marcelo Gonçalves	GDR Granja - TRUTAS DO MAU	01:32:23	+03:19	04:37	
4	566	Paulo Jorge Gomes de Oliveira	Individual	01:38:15	+09:11	04:55	
5	559	António Jorge Figueiredo Almeida	Individual	01:40:42	+11:38	05:02	
6	1	Rosa Madureira	A.D.Marco 09	01:43:09	+14:05	05:09	
7	637	Carlos Silva	GDCCP Castelo Paiva	01:47:42	+18:38	05:23	
8	635	Sergio Azevedo	GDCCP Castelo Paiva	01:49:11	+20:07	05:28	
9	603	Augusto Rua	Runners do Demo	01:50:45	+21:41	05:32	
10	606	Ricardo Silva	S C Espinho / António Leitão	01:54:24	+25:20	05:43	
11	550	Paulo Loureiro	Individual	01:54:24	+25:20	05:43	
12	517	Marco paulo jesus rodrigues	Fox running team	01:54:26	+25:22	05:43	
13	611	João Barbosa	Copos e trilhos	01:54:53	+25:49	05:45	
14	605	Andre silva	S C Espinho / António Leitão	01:55:08	+26:04	05:45	
15	636	Rui Rodrigues	GDCCP Castelo Paiva	01:56:28	+27:24	05:49	
16	535	Mário Filipe Fernandes Lourenço	Individual	01:57:53	+28:49	05:54	
17	528	António José da Cunha Lourenço	GDR Granja - TRUTAS DO MAU	01:58:30	+29:26	05:56	
18	609	Bruno Silva	S C Espinho / António Leitão	01:59:11	+30:07	05:58	
19	583	Paulo Monteiro	Individual	01:59:39	+30:35	05:59	
20	549	Mário Ferreira	Individual	02:00:11	+31:07	06:01	
21	515	Tony Graça	DCI/Trilhos Luso Bussaco	02:01:03	+31:59	06:03	
22	581	José Gomes	Individual	02:02:46	+33:42	06:08	
23	604	José Manuel Gomes Nunes	Runners do Demo	02:03:14	+34:10	06:10	
24	595	José Manuel Bastos	Lamego Tribo Runners	02:04:01	+34:57	06:12	
25	518	Vitor Ferreira	Fox running team	02:04:06	+35:02	06:12	
26	598	Pedro Barbosa	OLIVEIRA RUNNERS	02:05:00	+35:56	06:15	
27	619	Alcino Neves Gouveia	Sentir Escariz running	02:05:52	+36:48	06:18	
28	540	Daniel Campos Carvalho	Individual	02:07:17	+38:13	06:22	
29	506	João Barbosa	S C Espinho / António Leitão	02:07:18	+38:14	06:22	
30	510	Manuel Barbosa	Copos e trilhos	02:09:17	+40:13	06:28	
31	551	Paulo Miguel Sousa	Individual	02:09:49	+40:45	06:29	
32	530	Paulo Loureiro	GDR Granja - TRUTAS DO MAU	02:09:49	+40:45	06:29	
33	617	Paulo Gomes	Sentir Escariz running	02:10:14	+41:10	06:31	
34	616	João Silva	Sentir Escariz running	02:10:44	+41:40	06:32	
35	572	Manuel Henrique Ferreira Gomes	Individual	02:10:48	+41:44	06:32	
36	516	Alexandre Lourenço	Fox running team	02:12:05	+43:01	06:36	
37	573	Manuel Marques	Individual	02:12:16	+43:12	06:37	
38	531	Toni Oliveira	GDR Granja - TRUTAS DO MAU	02:12:20	+43:16	06:37	
39	504	Luís Teixeira	Bombi Tarouca	02:12:29	+43:25	06:37	
40	521	Eduardo Pina Bebiano	GDR Granja - TRUTAS DO MAU	02:14:15	+45:11	06:43	
41	599	LUIS RODRIGUES	OLIVEIRA RUNNERS	02:14:25	+45:21	06:43	
42	502	António Manuel Pinto Almeida	Alpha runners	02:14:27	+45:23	06:43	

TRAIL CURTO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	613	Manuel Oliveira	S C Espinho / Antônio Leitão	02:14:31	+45:27	06:44	
44	610	Márcio André Jesus Melo	S C Espinho / Antônio Leitão	02:15:26	+46:22	06:46	
45	560	Filipe Oliveira	Individual	02:16:05	+47:01	06:48	
46	503	Leonardo Manuel Cardoso da Silva	Alpha runners	02:16:29	+47:25	06:49	
47	533	Octávio Capela	GDR Granja - TRUTAS DO MAU	02:16:39	+47:36	06:50	
48	568	Jose Carlos Ferreira Cardoso	Individual	02:16:52	+47:48	06:51	
49	607	Liliana Cardoso	S C Espinho / Antônio Leitão	02:17:16	+48:12	06:52	
50	608	Sara Cristina	S C Espinho / Antônio Leitão	02:17:16	+48:12	06:52	
51	532	Fernando Basto	GDR Granja - TRUTAS DO MAU	02:17:53	+48:49	06:54	
52	567	Pedro Pontes	Individual	02:18:04	+49:00	06:54	
53	563	Jorge Miguel dos Santos Amaral	Individual	02:18:06	+49:02	06:54	
54	597	Manuel Ribeiro Neves	Lamego Tribo Runners	02:18:23	+49:19	06:55	
55	586	José Dias Dantas	Individual	02:20:23	+51:19	07:01	
56	522	Paulo Lourenço	GDR Granja - TRUTAS DO MAU	02:21:10	+52:06	07:04	
57	553	Rúben Guerra	Individual	02:21:12	+52:08	07:04	
58	524	Marlene Martins	GDR Granja - TRUTAS DO MAU	02:22:51	+53:47	07:09	
59	509	Luís Gonçalves	Copos e trilhos	02:22:55	+53:51	07:09	
60	632	Carlos Alberto Santos Sousa	Runners do Demo	02:23:32	+54:28	07:11	
61	562	João Dinis Santos	Individual	02:23:38	+54:34	07:11	
62	631	Francisco Aguiar	Viseu 360	02:24:19	+55:15	07:13	
63	529	Mário Rodrigues	GDR Granja - TRUTAS DO MAU	02:25:13	+56:09	07:16	
64	534	Severino Santos	GDR Granja - TRUTAS DO MAU	02:25:13	+56:09	07:16	
65	526	Isabel Oliveira	GDR Granja - TRUTAS DO MAU	02:26:06	+57:02	07:18	
66	542	Davide Afonso	Individual	02:27:35	+58:31	07:23	
67	554	Vitor Morgado Ribeiro	Individual	02:29:22	+01:00:18	07:28	
68	612	Jorge Filipe Jesus Silva	S C Espinho / Antônio Leitão	02:30:14	+01:01:10	07:31	
69	594	Bruno Lima	LAMEGO TRIBO RUNNERS	02:30:19	+01:01:15	07:31	
70	544	Emanuel André Soares Ferreira	Individual	02:31:52	+01:02:48	07:36	
71	2	Bruno Miguel Martins Lopes	Individual	02:31:54	+01:02:50	07:36	
72	596	Tó Pereira	LAMEGO TRIBO RUNNERS	02:32:06	+01:03:02	07:36	
73	508	Bruno Sousa	Copos e trilhos	02:32:39	+01:03:35	07:38	
74	626	Patrícia Palmeira	Ultimagem	02:32:44	+01:03:40	07:38	
75	545	Filipe Castro	Individual	02:32:45	+01:03:41	07:38	
76	618	Rui Figueiredo	Sentir Escariz running	02:33:15	+01:04:11	07:40	
77	589	EDUARDO FERREIRA	LAMEGO PELOS TRILHOS	02:35:00	+01:05:56	07:45	
78	525	Cidália Teixeira	GDR Granja - TRUTAS DO MAU	02:35:42	+01:06:38	07:47	
79	548	Marcelino Moraes	Individual	02:40:01	+01:10:57	08:00	
80	539	António José Moraes Teixeira	Individual	02:41:50	+01:12:46	08:06	
81	519	Anais Ferreira	GDR Granja - TRUTAS DO MAU	02:41:58	+01:12:54	08:06	
82	593	JOSÉ DUARTE	LAMEGO PELOS TRILHOS	02:41:59	+01:12:55	08:06	
83	623	Pedro Custódio	Trilhados	02:42:20	+01:13:16	08:07	
84	555	Maria João Pereira de Almeida	Individual	02:43:31	+01:14:27	08:11	
85	629	Tânia Carvalho	Viseu 360	02:44:52	+01:15:48	08:15	
86	564	Miguel Reis	Individual	02:45:09	+01:16:05	08:15	
87	627	Pedro Oliveira	Ultimagem	02:47:18	+01:18:14	08:22	
88	625	Elisabete Santos	Ultimagem	02:47:18	+01:18:14	08:22	

TRAIL CURTO - STAGE 1

20 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	546	João Ramiro	Individual	02:47:26	+01:18:22	08:22	
90	622	Pedro Nogueira	Tribo runners	02:47:45	+01:18:41	08:23	
91	602	Catarina Fonseca da Silva Caria	Runners do Demo	02:48:22	+01:19:18	08:25	
92	520	Violeta Silva	GDR Granja - TRUTAS DO MAU	02:49:20	+01:20:16	08:28	
93	601	Beatriz da Fonseca Barrigudo Machado	Runners do Demo	02:49:38	+01:20:34	08:29	
94	557	Carmo Silva	Individual	02:51:36	+01:22:32	08:35	
95	576	Paulo Silva	Individual	02:51:58	+01:22:54	08:36	
96	507	Irene Barbosa	Copos e trilhos	02:53:34	+01:24:30	08:41	
97	501	Rui Lopes	#iam	02:53:41	+01:24:37	08:41	
98	556	Ana Margarida Vaz	Individual	02:54:21	+01:25:17	08:43	
99	588	ANA NOVAIS	LAMEGO PELOS TRILHOS	02:55:37	+01:26:33	08:47	
100	505	Miguel Silva	Bombi Tarouca	02:56:11	+01:27:07	08:49	
101	592	MANUEL FERREIRA	LAMEGO PELOS TRILHOS	03:00:10	+01:31:06	09:01	
102	578	Pedro Monteiro	Individual	03:01:27	+01:32:23	09:04	
103	591	HELDER GOMES	LAMEGO PELOS TRILHOS	03:15:30	+01:46:26	09:47	
104	614	Filipa Martins	Sem equipa	03:15:55	+01:46:51	09:48	
105	615	Carlos Rodrigues	Sem equipa	03:15:55	+01:46:51	09:48	
106	513	Brigite ferreira	Dão Nelas Runners	03:34:42	+02:05:38	10:44	
107	512	ANA CABRAL	Dão Nelas Runners	03:34:42	+02:05:38	10:44	
108	561	FILIPE VALÉRIO	Individual	03:34:43	+02:05:40	10:44	
109	621	Goreti coelho	Team contagiante	03:50:53	+02:21:49	11:33	
110	620	Fátima Torga Guedes	Team Contagiante	03:50:55	+02:21:51	11:33	
111	590	MARIA COELHO	LAMEGO PELOS TRILHOS	03:52:50	+02:23:47	11:39	

Trail Curto

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16°C	45%
End	12:54	16°C	45%

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

1	535	Mário Filipe Fernandes Lourenço	Individual	Junior Masculino	01:57:53	+28:49	05:54
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Senior Feminino

1	519	Anais Ferreira	GDR Granja - TRUTAS DO MAU	Senior Feminino	02:41:58	+01:12:53	08:06
2	629	Tânia Carvalho	Viseu 360	Senior Feminino	02:44:52	+01:15:48	08:15
3	602	Catarina Fonseca da Silva Caria	Runners do Demo	Senior Feminino	02:48:22	+01:19:17	08:25
4	520	Violeta Silva	GDR Granja - TRUTAS DO MAU	Senior Feminino	02:49:20	+01:20:15	08:28
5	601	Beatriz da Fonseca Barrigudo Machado	Runners do Demo	Senior Feminino	02:49:38	+01:20:33	08:29
6	588	ANA NOVAIS	LAMEGO PELOS TRILHOS	Senior Feminino	02:55:37	+01:26:32	08:47
7	614	Filipa Martins	Sem equipa	Senior Feminino	03:15:55	+01:46:51	09:48
8	621	Goreti coelho	Team contagiante	Senior Feminino	03:50:53	+02:21:48	11:33
9	620	Fátima Torga Guedes	Team Contagiante	Senior Feminino	03:50:55	+02:21:51	11:33

Senior Masculino

1	633	Marcelo Gonçalves	GDR Granja - TRUTAS DO MAU	Senior Masculino	01:32:23	+03:18	04:37
2	606	Ricardo Silva	S C Espinho / Antônio Leitão	Senior Masculino	01:54:24	+25:19	05:43
3	550	Paulo Loureiro	Individual	Senior Masculino	01:54:24	+25:19	05:43
4	611	João Barbosa	Copos e trilhos	Senior Masculino	01:54:53	+25:49	05:45
5	605	Andre silva	S C Espinho / Antônio Leitão	Senior Masculino	01:55:08	+26:03	05:45
6	549	Mário Ferreira	Individual	Senior Masculino	02:00:11	+31:07	06:01
7	598	Pedro Barbosa	OLIVEIRA RUNNERS	Senior Masculino	02:05:00	+35:55	06:15
8	540	Daniel Campos Carvalho	Individual	Senior Masculino	02:07:17	+38:12	06:22
9	551	Paulo Miguel Sousa	Individual	Senior Masculino	02:09:49	+40:45	06:29
10	616	João Silva	Sentir Escariz running	Senior Masculino	02:10:44	+41:39	06:32
11	516	Alexandre Lourenço	Fox running team	Senior Masculino	02:12:05	+43:00	06:36
12	521	Eduardo Pina Bebiano	GDR Granja - TRUTAS DO MAU	Senior Masculino	02:14:15	+45:10	06:43
13	502	António Manuel Pinto Almeida	Alpha runners	Senior Masculino	02:14:27	+45:23	06:43
14	503	Leonardo Manuel Cardoso da Silva	Alpha runners	Senior Masculino	02:16:29	+47:25	06:49
15	522	Paulo Lourenço	GDR Granja - TRUTAS DO MAU	Senior Masculino	02:21:10	+52:05	07:04
16	553	Rúben Guerra	Individual	Senior Masculino	02:21:12	+52:07	07:04
17	542	Davide Afonso	Individual	Senior Masculino	02:27:35	+58:30	07:23
18	554	Vitor Morgado Ribeiro	Individual	Senior Masculino	02:29:22	+01:00:18	07:28
19	544	Emanuel André Soares Ferreira	Individual	Senior Masculino	02:31:52	+01:02:48	07:36
20	545	Filipe Castro	Individual	Senior Masculino	02:32:45	+01:03:40	07:38
21	548	Marcelino Moraes	Individual	Senior Masculino	02:40:01	+01:10:57	08:00
22	539	António José Moraes Teixeira	Individual	Senior Masculino	02:41:50	+01:12:45	08:06

Trail Curto

20 KM

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OFFICIAL RESULT

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23	546	João Ramiro	Individual	Senior Masculino	02:47:26	+01:18:22	08:22
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Sub 23 Masculino

1	589	EDUARDO FERREIRA	LAMEGO PELOS TRILHOS	Sub 23 Masculino	02:35:00	+01:05:55	07:45
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Veterana F40

1	1	Rosa Madureira	A.D.Marco 09	Veterana F40	01:43:09	+14:05	05:09
2	607	Liliana Cardoso	S C Espinho / Antônio Leitão	Veterana F40	02:17:16	+48:11	06:52
3	608	Sara Cristina	S C Espinho / Antônio Leitão	Veterana F40	02:17:16	+48:12	06:52
4	524	Marlene Martins	GDR Granja - TRUTAS DO MAU	Veterana F40	02:22:51	+53:46	07:09
5	626	Patrícia Palmeira	Ultimagem	Veterana F40	02:32:44	+01:03:40	07:38
6	555	Maria João Pereira de Almeida	Individual	Veterana F40	02:43:31	+01:14:26	08:11
7	625	Elisabete Santos	Ultimagem	Veterana F40	02:47:18	+01:18:14	08:22
8	512	ANA CABRAL	Dão Nelas Runners	Veterana F40	03:34:42	+02:05:38	10:44

Veterana F45

1	526	Isabel Oliveira	GDR Granja - TRUTAS DO MAU	Veterana F45	02:26:06	+57:01	07:18:00
2	525	Cidália Teixeira	GDR Granja - TRUTAS DO MAU	Veterana F45	02:35:42	+01:06:37	07:47:00
3	507	Irene Barbosa	Copos e trilhos	Veterana F45	02:53:34	+01:24:29	08:41:00
4	556	Ana Margarida Vaz	Individual	Veterana F45	02:54:21	+01:25:17	08:43:00
5	513	Brigite ferreira	Dão Nelas Runners	Veterana F45	03:34:42	+02:05:38	10:44:00

Veterana F50

1	557	Carmo Silva	Individual	Veterana F50	02:51:36	+01:22:32	08:35
2	590	MARIA COELHO	LAMEGO PELOS TRILHOS	Veterana F50	03:52:50	+02:23:46	11:39

Veterano M40

1	634	Vitor Barbosa	GDCCP Castelo Paiva	Veterano M40	01:29:04	04:27
2	566	Paulo Jorge Gomes de Oliveira	Individual	Veterano M40	01:38:15	+09:11 04:55
3	559	António Jorge Figueiredo Almeida	Individual	Veterano M40	01:40:42	+11:37 05:02
4	635	Sergio Azevedo	GDCCP Castelo Paiva	Veterano M40	01:49:11	+20:07 05:28
5	517	Marco paulo jesus rodrigues	Fox running team	Veterano M40	01:54:26	+25:21 05:43
6	636	Rui Rodrigues	GDCCP Castelo Paiva	Veterano M40	01:56:28	+27:23 05:49
7	609	Bruno Silva	S C Espinho / Antônio Leitão	Veterano M40	01:59:11	+30:06 05:58
8	510	Manuel Barbosa	Copos e trilhos	Veterano M40	02:09:17	+40:12 06:28
9	617	Paulo Gomes	Sentir Escariz running	Veterano M40	02:10:14	+41:10 06:31
10	504	Luís Teixeira	Bombi Tarouca	Veterano M40	02:12:29	+43:24 06:37
11	610	Márcio André Jesus Melo	S C Espinho / Antônio Leitão	Veterano M40	02:15:26	+46:22 06:46

20 KM

OFFICIAL RESULT

12	560	Filipe Oliveira	Individual	Veterano M40	02:16:05	+47:00	06:48
13	567	Pedro Pontes	Individual	Veterano M40	02:18:04	+49:00	06:54
14	563	Jorge Miguel dos Santos Amaral	Individual	Veterano M40	02:18:06	+49:02	06:54
15	509	Luís Gonçalves	Copos e trilhos	Veterano M40	02:22:55	+53:51	07:09
16	632	Carlos Alberto Santos Sousa	Runners do Demo	Veterano M40	02:23:32	+54:27	07:11
17	562	João Dinis Santos	Individual	Veterano M40	02:23:38	+54:34	07:11
18	594	Bruno Lima	LAMEGO TRIBO RUNNERS	Veterano M40	02:30:19	+01:01:14	07:31
19	2	Bruno Miguel Martins Lopes	Individual	Veterano M40	02:31:54	+01:02:49	07:36
20	508	Bruno Sousa	Copos e trilhos	Veterano M40	02:32:39	+01:03:34	07:38
21	618	Rui Figueiredo	Sentir Escariz running	Veterano M40	02:33:15	+01:04:11	07:40
22	623	Pedro Custódio	Trilhados	Veterano M40	02:42:20	+01:13:16	08:07
23	564	Miguel Reis	Individual	Veterano M40	02:45:09	+01:16:04	08:15
24	627	Pedro Oliveira	Ultimagem	Veterano M40	02:47:18	+01:18:14	08:22
25	591	HELDER GOMES	LAMEGO PELOS TRILHOS	Veterano M40	03:15:30	+01:46:26	09:47
26	615	Carlos Rodrigues	Sem equipa	Veterano M40	03:15:55	+01:46:51	09:48
27	561	FILIPPE VALÉRIO	Individual	Veterano M40	03:34:43	+02:05:39	10:44

1	600	Artur Rodrigues	PNB - BESTOFDAY.NET	Veterano M45	01:31:13	+02:08	04:34
2	603	Augusto Rua	Runners do Demo	Veterano M45	01:50:45	+21:40	05:32
3	528	António José da Cunha Lourenço	GDR Granja - TRUTAS DO MAU	Veterano M45	01:58:30	+29:26	05:56
4	604	José Manuel Gomes Nunes	Runners do Demo	Veterano M45	02:03:14	+34:09	06:10
5	518	Vitor Ferreira	Fox running team	Veterano M45	02:04:06	+35:01	06:12
6	619	Alcino Neves Gouveia	Sentir Escariz running	Veterano M45	02:05:52	+36:47	06:18
7	506	João Barbosa	S C Espinho / António Leitão	Veterano M45	02:07:18	+38:13	06:22
8	530	Paulo Loureiro	GDR Granja - TRUTAS DO MAU	Veterano M45	02:09:49	+40:45	06:29
9	572	Manuel Henrique Ferreira Gomes	Individual	Veterano M45	02:10:48	+41:43	06:32
10	573	Manuel Marques	Individual	Veterano M45	02:12:16	+43:11	06:37
11	531	Toni Oliveira	GDR Granja - TRUTAS DO MAU	Veterano M45	02:12:20	+43:15	06:37
12	568	Jose Carlos Ferreira Cardoso	Individual	Veterano M45	02:16:52	+47:47	06:51
13	529	Mário Rodrigues	GDR Granja - TRUTAS DO MAU	Veterano M45	02:25:13	+56:08	07:16
14	612	Jorge Filipe Jesus Silva	S C Espinho / António Leitão	Veterano M45	02:30:14	+01:01:09	07:31
15	622	Pedro Nogueira	Tribo runners	Veterano M45	02:47:45	+01:18:41	08:23
16	576	Paulo Silva	Individual	Veterano M45	02:51:58	+01:22:54	08:36
17	501	Rui Lopes	#iam	Veterano M45	02:53:41	+01:24:37	08:41
18	505	Miguel Silva	Bombi Tarouca	Veterano M45	02:56:11	+01:27:06	08:49
19	578	Pedro Monteiro	Individual	Veterano M45	03:01:27	+01:32:22	09:04

1	637	Carlos Silva	GDCCP Castelo Paiva	Veterano M50	01:47:42	+18:38	05:23
2	583	Paulo Monteiro	Individual	Veterano M50	01:59:39	+30:34	05:59
3	581	José Gomes	Individual	Veterano M50	02:02:46	+33:41	06:08
4	595	José Manuel Bastos	Lamego Tribo Runners	Veterano M50	02:04:01	+34:57	06:12
5	599	LUIS RODRIGUES	OLIVEIRA RUNNERS	Veterano M50	02:14:25	+45:20	06:43

Official Timekeeper: Lap2Go	3 / 4	generate 18-jul-2021 14:05
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20 KM

OFFICIAL RESULT

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6	532	Fernando Basto	GDR Granja - TRUTAS DO MAU	Veterano M50	02:17:53	+48:49	06:54
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1	515	Tony Graça	DCI/Trilhos Luso Bussaco	Veterano M55	02:01:03	+31:58	06:03
2	613	Manuel Oliveira	S C Espinho / António Leitão	Veterano M55	02:14:31	+45:26	06:44
3	533	Octávio Capela	GDR Granja - TRUTAS DO MAU	Veterano M55	02:16:39	+47:35	06:50
4	631	Francisco Aguiar	Viseu 360	Veterano M55	02:24:19	+55:14	07:13
5	596	Tó Pereira	LAMEGO TRIBO RUNNERS	Veterano M55	02:32:06	+01:03:01	07:36
6	592	MANUEL FERREIRA	LAMEGO PELOS TRILHOS	Veterano M55	03:00:10	+01:31:06	09:01

1	597	Manuel Ribeiro Neves	Lamego Tribo Runners	Veterano M60	02:18:23	+49:18	06:55
2	586	José Dias Dantas	Individual	Veterano M60	02:20:23	+51:18	07:01
3	534	Severino Santos	GDR Granja - TRUTAS DO MAU	Veterano M60	02:25:13	+56:08	07:16
4	593	JOSÉ DUARTE	LAMEGO PELOS TRILHOS	Veterano M60	02:41:59	+01:12:55	08:06

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Official Timekeeper: Lap2Go	1 / 1	generate 18-jul-2021 14:06
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