

ULTRA TRILHOS 48K - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	16.2°C	88%
End	17:54	26.2°C	48%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	69	Pedro Santos	edv-viana trail	Veterano M40	05:50:41		07:18
2	144	João Leal	ofrunning team	Senior Masculino	06:05:41	+14:59	07:37
3	106	Lucinda Sousa	individual	Veterana F50	06:08:54	+18:12	07:41
4	87	ALICE LOPES	ginasio fit4fun	Veterana F40	06:34:51	+44:09	08:14
5	100	Francisco Castro	individual	Senior Masculino	06:40:26	+49:44	08:21
6	113	Miguel de Oliveira	individual	Veterano M40	06:53:08	+01:02:26	08:36
7	187	Frutuoso Sousa	trilhos de viana	Senior Masculino	06:57:56	+01:07:14	08:42
8	160	Nelson Santos	runners do demo	Veterano M40	06:58:59	+01:08:17	08:44
9	110	Frank Fritsche	individual	Veterano M40	07:08:12	+01:17:30	08:55
10	157	Joaquim Freitas	retorta - quinta das arcas	Veterano M40	07:09:15	+01:18:34	08:57
11	155	Eurico Moura	retorta - quinta das arcas	Veterano M40	07:09:16	+01:18:34	08:57
12	42	Ricardo Sousa	boavista trail	Veterano M40	07:09:33	+01:18:51	08:57
13	84	Luís Sá	gd leões da guarda - lion runners	Veterano M40	07:16:25	+01:25:44	09:06
14	80	Celso Oliveira	gd leões da guarda - lion runners	Senior Masculino	07:16:25	+01:25:44	09:06
15	34	Jorge Moreira	amigos do pedal trailagares	Veterano M50	07:17:33	+01:26:51	09:07
16	194	Samuel Amorim	gd castelense	Senior Masculino	07:20:26	+01:29:44	09:11
17	111	Joao Correia	individual	Veterano M40	07:31:52	+01:41:10	09:25
18	174	Sérgio Chacim	taylors	Senior Masculino	07:31:58	+01:41:16	09:25
19	145	Rui Sousa	ofrunning team	Veterano M40	07:38:56	+01:48:14	09:34
20	98	Daniel Vasconcelos	individual	Senior Masculino	07:39:56	+01:49:14	09:35
21	139	Valter Correia	nova linha trail runners	Veterano M40	07:52:28	+02:01:46	09:51
22	48	Jorge González Villanueva	c.a.r. marisqueiro	Veterano M50	07:59:56	+02:09:14	10:00
23	35	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	08:07:22	+02:16:41	10:09
24	137	Raquel Vasconcelos	no tomorrow running team	Veterana F40	08:09:35	+02:18:54	10:12
25	101	Hugo Silva	individual	Veterano M40	08:13:44	+02:23:02	10:17
26	146	HUGO FIGUEIREDO	ofrunning team	Veterano M40	08:19:17	+02:28:35	10:24
27	150	Bruno Macedo	os caga tacos running team	Veterano M40	08:19:18	+02:28:36	10:24
28	121	Laura Mendes	kemedo team	Veterana F50	08:22:08	+02:31:26	10:28
29	125	Miguel Pereira Pereira	lobos do monte run	Veterano M40	08:32:15	+02:41:33	10:40
30	33	António Gonçalves	amigos 100 limites	Senior Masculino	08:37:50	+02:47:08	10:47
31	138	Paulo Gomes	no tomorrow running team	Veterano M40	08:54:19	+03:03:38	11:08
32	47	César Martínez	c.a.r. marisqueiro	Veterano M40	08:55:09	+03:04:27	11:09
33	12	Marco Pereira	aasm triatlo	Veterano M40	08:57:22	+03:06:40	11:12
34	188	Jose Barbosa	valportas runners	Senior Masculino	09:12:16	+03:21:35	11:30
35	156	Hugo Teixeira	retorta - quinta das arcas	Veterano M40	09:17:15	+03:26:33	11:37
36	176	Sofia Pereira	team lanthemil	Senior Feminino	09:37:23	+03:46:41	12:02
37	192	Joaquim Silva	leões de tardariz trail	Veterano M50	09:37:37	+03:46:55	12:02
38	99	David Manuel Borges Nogueira	individual	Senior Masculino	09:43:39	+03:52:57	12:10
39	197	Paulo Neta	clube zipper	Veterano M40	09:48:33	+03:57:52	12:16
40	61	Susana Neta	clube zipper	Veterana F40	09:48:34	+03:57:52	12:16
41	24	Carolina Pereira	affense trail	Veterana F50	09:54:50	+04:04:08	12:24

ULTRA TRILHOS 48K - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

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Obs

BIB	NOTE	NAME	TEAM	CAT
65	DQ	Orlando Costa	CORRER LEÇA	Veterano M50
14	DNF	Filipe Afonso	AC Portalegre/UTSM	Veterano M40
17	DNF	Tiago Cruz	ADC SÃO JACINTO	Senior Masculino
19	DNF	Luís Silva	ADOSA - Os Santa Apolónia	Veterano M40
20	DNF	Marinha Pires	Afifense Trail	Senior Feminino
21	DNF	Gil Araújo	Afifense Trail	Senior Masculino
22	DNF	José Paulo Lima	Afifense Trail	Veterano M40
25	DNF	Amandio Antunes	Afifense Trail	Veterano M40
27	DNF	Carlos Pereira	Afifense Trail	Veterano M40
28	DNF	Vitor Pereira	DCI Trilhos Luso Bussaco	Senior Masculino
31	DNF	Nuno Mariz	AllforOne	Veterano M40
32	DNF	João Oliveira	Amigos 100 Limites	Senior Masculino
37	DNF	Elísio Gonçalves	Atletismo Clube da Tocha	Veterano M40
38	DNF	Costa Alfredo	av aldeia nova nº65	Veterano M60
39	DNF	Bruno Loureiro	BOAVISTA TRAIL	Senior Masculino
41	DNF	Luís Magalhães	BOAVISTA TRAIL	Senior Masculino
44	DNF	José Mendes	BOAVISTA TRAIL	Veterano M50
46	DNF	Fernando Millara Rolan	C.A.R. MARISQUEIRO	Senior Masculino
51	DNF	Oscar Manuel Fernandez Perez	C.A.R. MARISQUEIRO	Veterano M40
52	DNF	Alfonso Costas Fernández	C.A.R. MARISQUEIRO	Veterano M50
53	DNF	Ramiro Alvarez Nores	C.A.R. MARISQUEIRO	Veterano M60
54	DNF	Jorge Abrantes	CAC - Clube Académico de Canedo	Veterano M50
56	DNF	Miguel Silva	Carregosa Lowlanders	Senior Masculino
57	DNF	Filipe Afonso	Clube de Montanhismo da Guarda	Veterano M40
58	DNF	Pedro Gavina	Clube de Veteranos do Porto	Veterano M40
62	DNF	Vitor Manuel Moreira Viana	Clube Zupper	Veterano M40
63	DNF	José Organista Organista	Corredor de fim de semana	Veterano M40
66	DNF	Antonino Gonçalves	Desnível Positivo	Veterano M50
67	DNF	Sergio Santos	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Veterano M40
73	DNF	Miguel Lopes	Evadict/Decathlon Portugal	Veterano M40
75	DNF	Carlos Azevedo	FACTOR X / S4L / MEDENSE FC	Senior Masculino
83	DNF	Jorge Rocha	GD Leões da Guarda - Lion Runners	Veterano M40
85	DNF	Miguel Ferreira	GD Leões da Guarda - Lion Runners	Veterano M40
89	DNF	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M40
90	DNF	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50
91	DNF	Gustavo Barros	Green Trace Runners	Veterano M40
92	DNF	Arnaldo marinho	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M60
95	DNF	Fábio Santos	Hospital de Santa Maria - Porto	Senior Masculino
97	DNF	André Cardão	Individual	Senior Masculino
104	DNF	Pedro Nogueira	Individual	Senior Masculino
105	DNF	Ruben Daniel Conceição	Individual	Senior Masculino
107	DNF	Maria Fátima Silva Lopes	Individual	Veterana F40
109	DNF	Celso Mota	Individual	Veterano M40
115	DNF	Pedro Bôto	Individual	Veterano M40
123	DNF	Joaquim Lobato	Limitless	Veterano M50

ULTRA TRILHOS 48K - STAGE 1

48 KM

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OFFICIAL RESULT

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BIB	NOTE	NAME	TEAM	CAT
126	DNF	Carlos Eduardo Vieira	LUSAVOUGA CIDEP CSN TRAIL	Senior Masculino
127	DNF	Mario Jorge Pinto	LUSAVOUGA CIDEP CSN TRAIL	Senior Masculino
135	DNF	LOES SCHUREN	Não fazemos nem mais KM	Veterana F40
136	DNF	Tiago Sousa	No Name Runners	Veterano M40
152	DNF	Gilberto Viana	PAREDES AVENTURA	Veterano M40
161	DNF	Ana Costa	RUNNING TEAM MAIA	Veterana F40
162	DNF	Paulo Pereira	RUNNING TEAM MAIA	Veterano M40
164	DNF	DANIELA SOARES	RunRiver - Escola Atletismo de Rio Tinto	Veterana F40
165	DNF	Artur Ferreira	RunRiver - Escola Atletismo de Rio Tinto	Veterano M40
166	DNF	Vitor Cruz	LUSAVOUGA CIDEP CSN TRAIL	Senior Masculino
167	DNF	Bernardino Pinto	SIM Summit	Senior Masculino
173	DNF	Filipe Martinho	Super Lesmas/Óbila Ótica	Veterano M40
175	DNF	Cristina Loureiro	Taylors	Veterana F40
177	DNF	Bruno Moreira	TEAM LANTEMIL	Senior Masculino
178	DNF	Elisabete Santos	TEAM LANTEMIL	Veterana F40
179	DNF	Marco Filipe Moreira	TEAM LANTEMIL	Veterano M40
180	DNF	Miguel Teixeira	TEAM LANTEMIL	Veterano M40
181	DNF	Manuel Costa	TEAM LANTEMIL	Veterano M50
190	DNF	Rui Ferreira	Viseu 360	Veterano M40
193	DNF	Miguel Alves	Leões de Tardariz Trail	Senior Masculino
195	DNF	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M40
196	DNF	Adelino Silva	Retorta - Quinta das Arcas	Veterano M40
198	DNF	Delfim Nunes	Individual	Veterano M40

Ultra Trilhos 48K

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	16,2°C	88%
End	17:54	26,2°C	48%

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

1	176	Sofia Pereira	TEAM LANTEMIL	Senior Feminino	09:37:23	+03:46:41	12:02:00
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Senior Masculino

1	144	João Leal	OFRunning Team	Senior Masculino	06:05:41	+14:59	07:37:40
2	100	Francisco Castro	Individual	Senior Masculino	06:40:27	+49:44	08:21:11
3	187	Frutuoso Sousa	Trilhos de Viana	Senior Masculino	06:57:56	+01:07:14	08:42:50
4	80	Celso Oliveira	GD Leões da Guarda - Lion Runners	Senior Masculino	07:16:26	+01:25:44	09:06:10
5	194	Samuel Amorim	GD Castelense	Senior Masculino	07:20:26	+01:29:44	09:11:10
6	174	Sérgio Chacim	Taylors	Senior Masculino	07:31:58	+01:41:16	09:25:54
7	98	Daniel Vasconcelos	Individual	Senior Masculino	07:39:57	+01:49:14	09:35:11
8	33	António Gonçalves	Amigos 100 Limites	Senior Masculino	08:37:50	+02:47:08	10:47:08
9	188	Jose Barbosa	Valportas Runners	Senior Masculino	09:12:17	+03:21:35	11:30:12
10	99	David Manuel Borges Nogueira	Individual	Senior Masculino	09:43:39	+03:52:57	12:10:19

Veterana F40

1	87	ALICE LOPES	Ginasio Fit4Fun	Veterana F40	06:34:52	+44:09	08:14:52
2	35	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	08:07:23	+02:16:41	10:09:44
3	137	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	08:09:36	+02:18:54	10:12:20
4	61	Susana Neta	Clube Zupper	Veterana F40	09:48:34	+03:57:52	12:16:26

Veterana F50

1	106	Lucinda Sousa	Individual	Veterana F50	06:08:54	+18:12	07:41:12
2	121	Laura Mendes	KeMedo Team	Veterana F50	08:22:08	+02:31:26	10:28:04
3	24	Carolina Pereira	Afifense Trail	Veterana F50	09:54:50	+04:04:08	12:24:58

Veterano M40

1	69	Pedro Santos	EDV-VIANA TRAIL	Veterano M40	05:50:42	07:18:30
2	113	Miguel de Oliveira	Individual	Veterano M40	06:53:08	+01:02:26 08:36:34
3	160	Nelson Santos	Runners do Demo	Veterano M40	06:58:59	+01:08:17 08:44:56
4	110	Frank Fritsche	Individual	Veterano M40	07:08:12	+01:17:30 08:55:44
5	157	Joaquim Freitas	Retorta - Quinta das Arcas	Veterano M40	07:09:16	+01:18:34 08:57:50

Official Timekeeper: Lap2Go	1 / 2	generate 05-set-2021 17:57
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Ultra Trilhos 48K

48 KM

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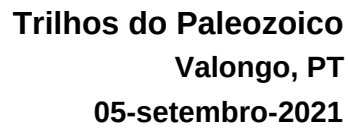
OFFICIAL RESULT

[illegible]

6	155	Eurico Moura	Retorta - Quinta das Arcas	Veterano M40	07:09:16	+01:18:34	08:57
7	42	Ricardo Sousa	BOAVISTA TRAIL	Veterano M40	07:09:33	+01:18:51	08:57
8	84	Luís Sá	GD Leões da Guarda - Lion Runners	Veterano M40	07:16:26	+01:25:44	09:06
9	111	Joao Correia	Individual	Veterano M40	07:31:52	+01:41:10	09:25
10	145	Rui Sousa	OFRunning Team	Veterano M40	07:38:56	+01:48:14	09:34
11	139	Valter Correia	Nova Linha Trail Runners	Veterano M40	07:52:28	+02:01:46	09:51
12	101	Hugo Silva	Individual	Veterano M40	08:13:44	+02:23:02	10:17
13	146	HUGO FIGUEIREDO	OFRunning Team	Veterano M40	08:19:17	+02:28:35	10:24
14	150	Bruno Macedo	os caga tacos running team	Veterano M40	08:19:18	+02:28:36	10:24
15	125	Miguel Pereira Pereira	Lobos do Monte Run	Veterano M40	08:32:15	+02:41:33	10:40
16	138	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	08:54:20	+03:03:38	11:08
17	47	César Martínez	C.A.R. MARISQUEIRO	Veterano M40	08:55:09	+03:04:27	11:09
18	12	Marco Pereira	AASM TRIATLO	Veterano M40	08:57:22	+03:06:40	11:12
19	156	Hugo Teixeira	Retorta - Quinta das Arcas	Veterano M40	09:17:15	+03:26:33	11:37
20	197	Paulo Neta	Clube Zupper	Veterano M40	09:48:34	+03:57:52	12:16

Veterano M50

1	34	Jorge Moreira	AMIGOS DO PEDAL TRILAGARES	Veterano M50	07:17:33	+01:26:51	09:07
2	48	Jorge González Villanueva	C.A.R. MARISQUEIRO	Veterano M50	07:59:56	+02:09:14	10:00
3	192	Joaquim Silva	Leões de Tardariz Trail	Veterano M50	09:37:37	+03:46:55	12:02

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Official Timekeeper: Lap2Go	1 / 1	generate 05-set-2021 17:18
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TRILHOS 23K - STAGE 1

2,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18°C	77%
End	15:05	18°C	77%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1642	João Henrique da Cruz	Trail Team Bifase	01:58:56		51:42	
2	1303	Agostinho Reis	EDV-VIANA TRAIL	02:04:35	+05:39	54:10	
3	1014	Miguel Ferraz	A.D.Amarante	02:06:35	+07:39	55:02	
4	2210	Tiago Pinto	Douroconta- Gabinete de Apoio e Contabilidade, Lda	02:10:37	+11:41	56:47	
5	1458	Pedro Tapadas	Douroconta- Gabinete de Apoio e Contabilidade, Lda	02:13:37	+14:41	58:05	
6	1675	Henrique Dias	Retorta - Quinta das Arcas	02:14:12	+15:16	58:21	
7	1470	Sérgio Silva	MSS Contabilidade Trail Team	02:16:28	+17:32	59:20	
8	1173	Eurico Pereira	EDV-VIANA TRAIL	02:17:34	+18:38	59:49	
9	1075	Raul Andrade	Baltar Runners	02:19:29	+20:33	01:00:39	
10	1331	Joel Sousa Pinto	AD Marco 09	02:19:34	+20:38	01:00:41	
11	1506	JOSE MENESES	NOCTURNOS DE PAREDES	02:20:08	+21:12	01:00:55	
12	1609	Joaquim Sousa	Saca Anadia Trilhos	02:20:29	+21:33	01:01:05	
13	1172	Bruno Pereira	EDV-VIANA TRAIL	02:21:27	+22:31	01:01:30	
14	1584	Diogo Ferreira	RunRiver - Escola Atletismo de Rio Tinto	02:21:27	+22:31	01:01:30	
15	1011	Paula Soares	A.D.Amarante	02:21:39	+22:43	01:01:35	
16	1129	Fábio Vasconcelos	Clube Efaced	02:24:27	+25:31	01:02:48	
17	1486	Fernando Ribeiro	Confeitaria da Mira Pão	02:25:58	+27:02	01:03:28	
18	1527	GILBERTO PIMENTA	Oralklass - Amigos Do Trail	02:27:05	+28:09	01:03:57	
19	1133	Paulo Castro	Clube Efaced	02:29:11	+30:15	01:04:52	
20	1421	António Gomes	JOBRA	02:29:24	+30:28	01:04:57	
21	1225	Lucas Morgado	FurFor Runing Project	02:31:23	+32:27	01:05:49	
22	1515	Flávio Silva	OFRunning Team	02:31:41	+32:45	01:05:57	
23	1342	Ricardo Rodrigues	Individual	02:31:49	+32:53	01:06:00	
24	1242	José Sá	GD Leões da Guarda - Lion Runners	02:35:01	+36:05	01:07:24	
25	1163	Carlos Prudêncio	Dá-lhe Gás Trail Team Fisioduo	02:36:14	+37:18	01:07:56	
26	1085	Fernando Costa	BOAVISTA TRAIL	02:36:27	+37:31	01:08:01	
27	1018	José Teixeira	A.D.Amarante	02:36:41	+37:45	01:08:07	
28	1381	Julio rodrigues	Individual	02:36:51	+37:55	01:08:12	

Official Timekeeper: Lap2Go	1 / 12	generate 05-set-2021 15:22
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TRILHOS 23K - STAGE 1

2,3 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
29	1201	Nuno Barros	FACTOR X / S4L / MEDENSE FC	02:37:13	+38:17	01:08:21	
30	1403	João Ribeiro	Confeitaria da Mira Pão	02:38:15	+39:19	01:08:48	
31	1508	Filipe Lemos	NorTrail	02:38:28	+39:32	01:08:54	
32	1442	Alfredo Ribeiro	Linces do Marão	02:39:17	+40:21	01:09:15	
33	1608	José Rosário	Sporting Clube Santacruzense	02:39:43	+40:47	01:09:26	
34	1479	Rui Alvim	MSS Contabilidade Trail Team	02:39:54	+40:58	01:09:31	
35	1581	Hugo Moreira	RunRiver - Escola Atletismo de Rio Tinto	02:40:10	+41:14	01:09:38	
36	1654	Bruno Ferreira	Turbo Kings 2.0 / AD Ancede	02:40:50	+41:54	01:09:56	
37	1656	Pedro Monteiro	Turbo Kings 2.0 / AD Ancede	02:40:50	+41:54	01:09:56	
38	1111	Diogo Barros	CB RUN	02:41:35	+42:39	01:10:15	
39	1165	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	02:41:51	+42:55	01:10:22	
40	1456	Alfredo Moreira	Moinhos Run - ADRM	02:41:52	+42:56	01:10:23	
41	1134	Pedro Alexandre Castro	Clube Efacec	02:42:21	+43:25	01:10:35	
42	1512	Hugo Ferreira	OFRunning Team	02:42:39	+43:43	01:10:43	
43	1599	Paulo Domingues	Shots International Runners	02:42:55	+43:59	01:10:50	
44	1633	Bruno Monteiro	Tog - Trinca Orelhas de Gato	02:44:05	+45:09	01:11:20	
45	1119	Ana Botelho	Cinfães a Correr	02:44:38	+45:42	01:11:35	
46	1065	João Nunes	ASDREQ	02:45:18	+46:22	01:11:52	
47	1087	Hermenegildo Mendes	BOAVISTA TRAIL	02:45:22	+46:26	01:11:54	
48	1224	Paula Lage	FurFor Runing Project	02:45:44	+46:48	01:12:03	
49	1122	Jorge Resende Pinto	Cinfães a Correr	02:46:21	+47:25	01:12:20	
50	1198	David Gonçalves	FACTOR X / S4L / MEDENSE FC	02:46:29	+47:33	01:12:23	
51	1422	David Coutinho	JOBRA	02:47:02	+48:06	01:12:37	
52	1466	Fábio Sousa	MSS Contabilidade Trail Team	02:47:12	+48:16	01:12:42	
53	1636	Fernando Taborda	Tog - Trinca Orelhas de Gato	02:47:29	+48:33	01:12:49	
54	1619	Emanuel Freitas	TEAM LANTEMIL	02:47:31	+48:35	01:12:50	
55	1505	José Barbosa		02:47:35	+48:39	01:12:52	

TRILHOS 23K - STAGE 1

2,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
56	1144	Marco Vieira	Clube Zupper	02:47:40	+48:44	01:12:54	
57	1131	Gabriel Coutinho	Clube Efacec	02:47:42	+48:46	01:12:55	
58	1542	Hugo Soares	Penafiel running trail	02:49:15	+50:19	01:13:35	
59	1120	David Camelo	Cinfães a Correr	02:49:17	+50:21	01:13:36	
60	1610	Amílcar Ramos	Talentos Objetivos	02:50:47	+51:51	01:14:15	
61	1164	Joaquim Duarte	Dá-lhe Gás Trail Team Fisioduo	02:51:12	+52:16	01:14:26	
62	1687	Filipe Ferreira	Individual	02:51:43	+52:47	01:14:39	
63	1162	Adérito Oliveira	Dá-lhe Gás Trail Team Fisioduo	02:51:48	+52:52	01:14:42	
64	1427	Bruno Gaio	KeMedo Team	02:52:04	+53:08	01:14:49	
65	1210	Antonio Rocha	FACTOR X / S4L / MEDENSE FC	02:52:11	+53:15	01:14:52	
66	1585	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	02:52:47	+53:51	01:15:08	
67	1046	Alcino Silva	Amigos 100 Limites	02:53:29	+54:33	01:15:26	
68	1291	Cristiana Ferreira	Individual	02:53:43	+54:47	01:15:32	
69	1184	Patricio Afonso	EQUIPA A	02:53:51	+54:55	01:15:35	
70	1101	Pedro Ferreira	C.D. "Os Águias" de Alpiarça	02:55:04	+56:08	01:16:07	
71	1471	Miguel Martins	MSS Contabilidade Trail Team	02:56:41	+57:45	01:16:49	
72	1125	Heitor Cardoso	Cinfães a Correr	02:57:27	+58:31	01:17:09	
73	1590	Antonio Maia	SARTIM	02:57:38	+58:42	01:17:14	
74	1089	Roberto Freitas	BOAVISTA TRAIL	02:57:38	+58:42	01:17:14	
75	1535	Domingos Peixoto	Palmeira Runners	02:58:10	+59:14	01:17:28	
76	1537	José Manuel Rodrigues Costa	Palmeira Runners	02:58:10	+59:14	01:17:28	
77	1410	Pedro Barbosa	Individual	02:58:30	+59:34	01:17:37	
78	1555	Jose Nunes	Pó reforço trail team	02:59:18	+01:00:22	01:17:57	
79	1369	Ricardo Carvalho	EQUIPA A	02:59:20	+01:00:24	01:17:58	
80	1177	Júlio Miguel Neves	El_Pernetas	02:59:31	+01:00:35	01:18:03	
81	1028	Manuel Ferreira	ADABEM Running team	02:59:55	+01:01:00	01:18:14	
82	1049	Rui Pedro	Amigos 100 Limites	03:01:25	+01:02:29	01:18:53	

TRILHOS 23K - STAGE 1

2,3 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
83	1047	Flávio Teixeira	Amigos 100 Limites	03:02:17	+01:03:21	01:19:15	
84	1666	Fernando Gomes	Valongo Trail Team	03:02:29	+01:03:33	01:19:20	
85	1091	Nuno Teixeira	BOAVISTA TRAIL	03:02:50	+01:03:54	01:19:30	
86	1328	Licínio Reis	Individual	03:03:08	+01:04:12	01:19:37	
87	1305	António Fernandes	Individual	03:04:19	+01:05:23	01:20:08	
88	1070	Mario lima	Avesrunners	03:05:07	+01:06:11	01:20:29	
89	1639	Vicente Sousa	Tog - Trinca Orelhas de Gato	03:06:01	+01:07:05	01:20:52	
90	1366	Ana Amaral	PCRUNNERS	03:06:33	+01:07:37	01:21:07	
91	1084	André Silva	BOAVISTA TRAIL	03:07:06	+01:08:10	01:21:21	
92	1688	Dionisio Ferreira	Team Trail Bem Viver	03:07:40	+01:08:44	01:21:36	
93	1625	Fernando Ferreira	TEAM LANTEMIL	03:07:45	+01:08:49	01:21:38	
94	1170	José Pinto	Douroconta- Gabinete de Apoio e Contabilidade, Lda	03:08:18	+01:09:22	01:21:52	
95	1587	Ana Melo	Saca Trilhos de Anadia	03:08:46	+01:09:50	01:22:04	
96	1387	Miguel Moreira	Individual	03:09:08	+01:10:12	01:22:14	
97	1140	Paulo Silva	Clube Zupper	03:09:42	+01:10:46	01:22:29	
98	1329	Luís Gomes	Individual	03:09:45	+01:10:49	01:22:30	
99	1128	Aida Presa	Clube Efacec	03:09:55	+01:10:59	01:22:35	
100	1321	Joaquim Alves	Individual	03:10:03	+01:11:07	01:22:38	
101	1653	António Teixeira	Turbo Kings 2.0 / AD Ancede	03:11:28	+01:12:32	01:23:15	
102	1199	Marcos Santos	FACTOR X / S4L / MEDENSE FC	03:11:44	+01:12:48	01:23:22	
103	1503	Rui Almeida	NOCTURNOS DE PAREDES	03:11:46	+01:12:50	01:23:23	
104	1228	Rui Barbosa	Gaia Trail	03:12:06	+01:13:10	01:23:31	
105	1681	Luís Azevedo	Individual	03:12:10	+01:13:14	01:23:33	
106	1413	Jorge Silva	Individual	03:12:10	+01:13:14	01:23:33	
107	1686	Joaquim Lemos	Individual	03:12:21	+01:13:25	01:23:38	
108	1037	Luís Lobo	All Titudes Trail Team	03:12:28	+01:13:32	01:23:41	
109	1126	Fábio Pontes	Cinfães a Correr	03:12:57	+01:14:01	01:23:53	

TRILHOS 23K - STAGE 1

2,3 KM

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
110	1474	Ibraim Sousa	MSS Contabilidade Trail Team	03:13:15	+01:14:19	01:24:01	
111	1389	Paulo Campos	Individual	03:13:25	+01:14:29	01:24:06	
112	1157	Milton Rodrigues	CPN RUNNERS	03:13:50	+01:14:55	01:24:17	
113	1306	Bruno Ferreira	Individual	03:14:26	+01:15:30	01:24:32	
114	1058	José Carlos Ferreira	ARRAZA TRILHOS	03:14:26	+01:15:30	01:24:32	
115	1249	Tiago Gomes	GINÁSIO CLUBE DE BRAGANÇA	03:15:30	+01:16:34	01:25:00	
116	1497	José Matos	BOAVISTA TRAIL	03:15:38	+01:16:42	01:25:04	
117	1565	Rui Borges	Run4Fun VR	03:16:02	+01:17:06	01:25:14	
118	1265	Carlos Alves	GRUPO DESPORTIVO SANTANDER TOTTA	03:16:02	+01:17:06	01:25:14	
119	1077	Isidro Ribeiro	Baltar Runners	03:16:29	+01:17:33	01:25:26	
120	1592	João Santos	Sem nome	03:16:41	+01:17:45	01:25:31	
121	1501	Orlando Rocha	NOCTURNOS DE PAREDES	03:17:02	+01:18:06	01:25:40	
122	1010	Claudia Moreira	A.D.Amarante	03:17:26	+01:18:30	01:25:51	
123	1286	Antonio Silva	Pó reforço trail team	03:17:54	+01:18:58	01:26:03	
124	1169	Eduardo Xavier	Devasta Trilhos	03:17:55	+01:18:59	01:26:03	
125	1660	José Augusto Pinto	Turbo Kings 2.0 / AD Ancede	03:18:02	+01:19:06	01:26:06	
126	1659	Diogo Sousa	Turbo Kings 2.0 / AD Ancede	03:18:02	+01:19:06	01:26:06	
127	1099	Bruno Cunha	C.D. "Os Águias" de Alpiarça	03:18:24	+01:19:28	01:26:16	
128	1137	David Villafuerte	Clube Zupper	03:18:26	+01:19:30	01:26:17	
129	1689	Agostinho Sousa	Individual	03:18:31	+01:19:35	01:26:19	
130	1441	João Oliveira	Limitless	03:18:35	+01:19:39	01:26:20	
131	1276	Rosa Teixeira	Ribeiras Trail	03:18:39	+01:19:43	01:26:22	
132	1534	Joao Barreira	Palmeira Runners	03:19:05	+01:20:09	01:26:34	
133	1396	Ricardo Rodrigues	Individual	03:20:14	+01:21:18	01:27:04	
134	1539	Manuel Barbosa	Paredes Running	03:20:41	+01:21:45	01:27:15	
135	1485	Manuel Póvoas	MSS Contabilidade Trail Team	03:21:04	+01:22:08	01:27:25	
136	1467	Filipe Póvoas	MSS Contabilidade Trail Team	03:21:04	+01:22:08	01:27:25	

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TRILHOS 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
137	1655	Fernanda Correia	Turbo Kings 2.0 / AD Ancede	03:21:06	+01:22:10	01:27:26	
138	1532	Sérgio Gomes	Os Preguiças Team	03:21:22	+01:22:26	01:27:33	
139	1153	Carlos Paiva	CORRER LEÇA	03:21:43	+01:22:47	01:27:42	
140	1683	Dario Cardoso	Leões de Tardariz Trail	03:22:29	+01:23:33	01:28:02	
141	1646	David Aguiar	Trilhados	03:22:55	+01:23:59	01:28:14	
142	1347	Sergio Torre	Individual	03:23:06	+01:24:10	01:28:18	
143	1245	Serafim Ramos	GD Leões da Guarda - Lion Runners	03:23:17	+01:24:21	01:28:23	
144	1571	Carlos Sousa	Runners do Demo	03:23:30	+01:24:34	01:28:29	
145	1516	Tiago Simões	Oiã Runners	03:23:52	+01:24:56	01:28:38	
146	1679	Telmo Mendonça	BOAVISTA TRAIL	03:23:59	+01:25:03	01:28:41	
147	1517	Carlos Silva	Oiã Runners	03:25:10	+01:26:14	01:29:12	
148	1376	Jorge Ferreirinha	Individual	03:25:25	+01:26:29	01:29:19	
149	1050	Hélder Monteiro	Amigos 100 Limites	03:26:25	+01:27:29	01:29:45	
150	1492	Pedro jose Fontinha	NCN - Não Corras Não	03:26:34	+01:27:38	01:29:49	
151	1405	Hercilio Santos	Individual	03:26:38	+01:27:42	01:29:50	
152	1644	Fernando Silva	TrepaTrilhos Trail Team	03:27:05	+01:28:09	01:30:02	
153	1066	Bruno Dias	A-Team	03:27:18	+01:28:22	01:30:08	
154	1521	Cátia Neto	Oliveira Fitness	03:27:34	+01:28:38	01:30:15	
155	1460	Vanessa Costa	Montes Saloios Trail Team	03:27:46	+01:28:50	01:30:20	
156	1400	Adérito Brandão	Individual	03:27:51	+01:28:55	01:30:22	
157	1281	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	03:27:56	+01:29:00	01:30:25	
158	1455	Joao Leite	Mexilhão da Montanha	03:28:39	+01:29:43	01:30:43	
159	1620	Rogério Oliveira	TEAM LANTEMIL	03:28:42	+01:29:46	01:30:44	
160	1393	Paulo Ribeiro	Individual	03:29:27	+01:30:31	01:31:04	
161	1156	Bruno Monteiro	GD Leões da Guarda - Lion Runners	03:29:44	+01:30:48	01:31:11	
162	1650	Vitor Osorio	#ATÉCHORAS	03:29:45	+01:30:49	01:31:12	
163	1196	António Pinto	Leões de Tardariz Trail	03:30:51	+01:31:55	01:31:41	

TRILHOS 23K - STAGE 1

2,3 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
164	1630	Paula oliveira	TOCER trail team	03:30:55	+01:31:59	01:31:42	
165	1114	Marco Pinho		03:31:50	+01:32:54	01:32:06	
166	1550	Vitor Ferreira	pistões Partidos	03:32:26	+01:33:30	01:32:22	
167	1142	Paula gualter Gualter	Clube Zupper	03:34:33	+01:35:37	01:33:17	
168	1481	Jorge Alves	Individual	03:34:34	+01:35:38	01:33:18	
169	1440	Pedro Ferreira	Leões de Tardariz Trail	03:34:39	+01:35:43	01:33:20	
170	1643	Telmo Garcia	TREPADORES	03:35:10	+01:36:14	01:33:33	
171	153	Eduardo Pinto	Piratas Running Team	03:36:08	+01:37:12	01:33:58	
172	1124	Vasco Cardoso	Cinfães a Correr	03:37:40	+01:38:44	01:34:38	
173	1121	Isidro Almeida	Cinfães a Correr	03:37:40	+01:38:44	01:34:38	
174	86	Rui Pena	GD Trancoso	03:37:50	+01:38:54	01:34:43	
175	1348	Tiago Vieira	Individual	03:38:11	+01:39:15	01:34:52	
176	1280	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	03:38:12	+01:39:16	01:34:52	
177	1490	João Sequeira	NCN - Não Corras Não	03:38:41	+01:39:45	01:35:05	
178	1204	Sandro Pinheiro	FACTOR X / S4L / MEDENSE FC	03:39:50	+01:40:54	01:35:35	
179	1601	Pedro Oliveira	Sob Efeito Trail	03:39:55	+01:40:59	01:35:37	
180	1074	Paulo Neves	Baltar Runners	03:41:11	+01:42:15	01:36:10	
181	1229	Jorge Beliago	Gansos	03:41:14	+01:42:18	01:36:11	
182	1684	Pedro Marques	S4L MEDENSE FC	03:42:34	+01:43:38	01:36:46	
183	1433	Jorge Esteves	KeMedo Team	03:42:35	+01:43:39	01:36:47	
184	1069	Rafael Almeida	A-Team	03:42:38	+01:43:42	01:36:48	
185	1078	Clotilde Santos	Batalhão CrossGym	03:42:39	+01:43:43	01:36:48	
186	1426	J Jorge Duraes	KANDIMBA RUNNERS	03:43:31	+01:44:35	01:37:11	
187	1279	Cristina Saraiva	Hora do Lobo Trail - CF Perosinho Atletismo	03:43:46	+01:44:50	01:37:17	
188	1482	Victor Azevedo	MSS Contabilidade Trail Team	03:44:25	+01:45:29	01:37:34	
189	1207	Joaquim Cunha	FACTOR X / S4L / MEDENSE FC	03:44:38	+01:45:42	01:37:40	
190	1407	José Mesquita	Individual	03:44:49	+01:45:53	01:37:45	

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2,3 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
191	1367	Bruno Leite	Individual	03:44:59	+01:46:03	01:37:49	
192	1483	António Luís	MSS Contabilidade Trail Team	03:45:05	+01:46:09	01:37:52	
193	1589	José Salgueiro	Salgueiros Running	03:45:20	+01:46:24	01:37:58	
194	1266	Ricardo Castro	Grupo Magna	03:46:09	+01:47:13	01:38:20	
195	1246	TIAGO COSTA	GDC Fidelidade	03:47:18	+01:48:22	01:38:49	
196	1264	Maria do Carmo Loureiro	GRUPO DESPORTIVO SANTANDER TOTTA	03:47:34	+01:48:38	01:38:57	
197	1475	José Fernandes	MSS Contabilidade Trail Team	03:47:35	+01:48:39	01:38:57	
198	1316	João Araújo	Individual	03:50:06	+01:51:10	01:40:03	
199	1209	Eugenio Soares	FACTOR X / S4L / MEDENSE FC	03:52:06	+01:53:10	01:40:55	
200	1579	Manuela Sousa	RUNNING ESPINHO	03:52:56	+01:54:00	01:41:16	
201	1340	Pedro Valente	Individual	03:52:56	+01:54:00	01:41:16	
202	1211	Rui Ribeiro	Fantasmas	03:52:59	+01:54:03	01:41:18	
203	1212	Sergio Fonseca	Fantasmas	03:52:59	+01:54:03	01:41:18	
204	1253	Paula Cruz	GONDOMAR FUTSAL CLUBE	03:53:11	+01:54:15	01:41:23	
205	1025	Susana Ferreira	ACRA RUNNING	03:53:17	+01:54:21	01:41:26	
206	1026	Luís Ferreira	ACRA RUNNING	03:53:18	+01:54:22	01:41:26	
207	1002	João Maurício	:)	03:53:50	+01:54:54	01:41:40	
208	1344	Rui Dinis	Individual	03:54:03	+01:55:07	01:41:46	
209	1194	Carla Neves	FACTOR X / S4L / MEDENSE FC	03:54:26	+01:55:30	01:41:56	
210	1206	Ivo Oliveira	FACTOR X / S4L / MEDENSE FC	03:54:26	+01:55:30	01:41:56	
211	1353	Belém Marques	Individual	03:54:41	+01:55:45	01:42:02	
212	1337	Pedro Coelho	Individual	03:55:07	+01:56:11	01:42:13	
213	1364	AMERICO LOUREIRO	Individual	03:55:15	+01:56:19	01:42:17	
214	1438	Bruno Melo	PORTO SENTIDO RUNNERS	03:55:25	+01:56:29	01:42:22	
215	1504	MARIA COSTA	NOCTURNOS DE PAREDES	03:55:32	+01:56:36	01:42:24	
216	1044	Paulo Cerqueira	Trilhos de Viana	03:55:41	+01:56:45	01:42:28	
217	1418	David Sousa	Invicta Runners Team	03:55:51	+01:56:55	01:42:33	

2,3 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
218	1324	Jorge Marieiro	Individual	03:55:54	+01:56:58	01:42:34	
219	1346	Rui Rodrigues	Individual	03:55:54	+01:56:58	01:42:34	
220	1016	Luisa Teixeira	A.D.Amarante	03:57:12	+01:58:16	01:43:08	
221	1149	Liseta Pinto	Clube Efacec	03:57:43	+01:58:47	01:43:21	
222	1267	Andre Matos	HERE4BEER	03:59:15	+02:00:19	01:44:01	
223	1183	Pedro Serra	Endovelico	03:59:23	+02:00:27	01:44:05	
224	1227	João Santos	G. D. Trancoso	03:59:32	+02:00:36	01:44:09	
225	1268	Carlos Carneiro	HERE4BEER	03:59:42	+02:00:47	01:44:13	
226	1417	Paulo Nobre	Inquiqa	04:00:18	+02:01:22	01:44:28	
227	1054	Pedro Pinto	Aperta Cordões	04:01:57	+02:03:01	01:45:12	
228	1628	Luís Pereira	TEAM LANTEMIL	04:02:11	+02:03:15	01:45:18	
229	1618	Sandra Dias	TEAM LANTEMIL	04:02:13	+02:03:17	01:45:19	
230	1489	Sandra Moura	NCN - Não Corras Não	04:02:33	+02:03:37	01:45:27	
231	1673	Nelson Freitas	Warehouse Trail Running Team	04:04:41	+02:05:45	01:46:23	
232	1605	Paulo Rodrigues	Spin&Run Esposende	04:05:12	+02:06:16	01:46:37	
233	1039	Daniela Andrade	AllforOne	04:06:24	+02:07:28	01:47:08	
234	1094	Fernando Vital	BOAVISTA TRAIL	04:07:03	+02:08:07	01:47:25	
235	2851	José Junior	Tog - Trinca Orelhas de Gato	04:07:13	+02:08:17	01:47:29	
236	1185	Nelson Almeida	EQUIPA A	04:07:54	+02:08:58	01:47:47	
237	1327	José Gonçalves	Individual	04:09:26	+02:10:30	01:48:27	
238	1013	Alcino Costa	A.D.Amarante	04:09:41	+02:10:45	01:48:34	
239	1239	Lucinda Gomes	GD Leões da Guarda - Lion Runners	04:09:46	+02:10:50	01:48:36	
240	1602	César Sousa	Solas rotas	04:13:52	+02:14:56	01:50:23	
241	1076	Antonio Couto	Baltar Runners	04:14:25	+02:15:29	01:50:37	
242	1510	Nuno Capela	Núcleo de Montanha de Espinho	04:15:21	+02:16:25	01:51:01	
243	1538	Jose Peixoto	Palmeira Runners	04:16:31	+02:17:35	01:51:32	
244	1282	DAVID NOGUEIRA	Hora do Lobo Trail - CF Perosinho Atletismo	04:17:06	+02:18:10	01:51:47	

TRILHOS 23K - STAGE 1

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
245	1042	Lucia Teles	AllforOne	04:18:41	+02:19:45	01:52:28	
246	1293	Eduarda Barros	Individual	04:18:51	+02:19:55	01:52:33	
247	1175	Pedro Gomes	Éjali...clube de amigo trailrunners	04:18:55	+02:19:59	01:52:34	
248	1493	Ana Barroso	NO TOMORROW RUNNING TEAM	04:19:26	+02:20:30	01:52:48	
249	1051	Adérito Fraga	Amigos 100 Limites	04:22:27	+02:23:31	01:54:07	
250	1543	Sergio Brochado	Penafiel running trail	04:22:27	+02:23:31	01:54:07	
251	1627	Luis Gomes	TEAM LANTEMIL	04:23:07	+02:24:11	01:54:24	
252	1048	Miguel Veludo	Amigos 100 Limites	04:23:08	+02:24:12	01:54:24	
253	1034	Eduardo Nascimento	Ageas	04:23:17	+02:24:21	01:54:28	
254	1041	Bia Maia	GDST	04:25:48	+02:26:52	01:55:34	
255	1272	Ana Alves	Hora do Lobo Trail - CF Perosinho Atletismo	04:26:29	+02:27:33	01:55:52	
256	1233	Miguel Mendes	GD Leões da Guarda - Lion Runners	04:28:44	+02:29:48	01:56:50	
257	1238	Susana Luís	GD Leões da Guarda - Lion Runners	04:28:44	+02:29:48	01:56:50	
258	1547	Filipe Gomes	Pés de Chumbo Runners	04:29:37	+02:30:41	01:57:13	
259	1678	Maria Fernanda Ferreira	CORRER LEÇA	04:31:11	+02:32:15	01:57:54	
260	1558	Liliana Campos	PORTO SENTIDO RUNNERS	04:33:42	+02:34:46	01:59:00	
261	1186	Alexandre Pereira	EQUIPA A	04:37:31	+02:38:35	02:00:40	
262	1187	Edgar Câmara	EQUIPA A	04:37:31	+02:38:35	02:00:40	
263	1001	Ricardo pereira	#ATÉCHORAS	04:38:01	+02:39:05	02:00:53	
264	1361	Fernanda Lopes	Individual	04:39:03	+02:40:07	02:01:20	
265	1188	Márcio Mendes	Equipa Boot	04:40:55	+02:41:59	02:02:08	
266	1123	Rui Silva	PORTO SENTIDO RUNNERS	04:40:57	+02:42:01	02:02:09	
267	134	Helder Silva	Moreira Relax Runners	04:42:46	+02:43:50	02:02:56	
268	1478	Ricardo Moreira	MSS Contabilidade Trail Team	04:43:32	+02:44:36	02:03:16	
269	1341	Rafael Costa	Individual	04:45:25	+02:46:29	02:04:06	
270	1603	Rui Caralinda	Solas rotas	04:46:02	+02:47:06	02:04:22	
271	1556	Marcelo Ferreira	Porreirinhos	04:46:52	+02:47:56	02:04:43	

Official Timekeeper: Lap2Go	10 / 12	generate 05-set-2021 15:22
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TRILHOS 23K - STAGE 1

2,3 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
272	1557	Paulo Silva	Porreirinhos	04:46:53	+02:47:57	02:04:44	
273	1116	Patrícia Maio	Centro Hípico de Valongo	04:48:18	+02:49:22	02:05:21	
274	1401	António Pinto	Individual	04:48:45	+02:49:49	02:05:33	
275	1022	Francisco Rebelo	ABCansado Trail	04:48:47	+02:49:51	02:05:34	
276	1531	Clara Teixeira	Os Preguiças Team	04:49:39	+02:50:43	02:05:56	
277	1519	Márcio Ferreira	Oiã Runners	04:50:09	+02:51:13	02:06:09	
278	1615	Luis Vale	TEAM LANTEMIL	04:51:01	+02:52:05	02:06:32	
279	1680	Sérgio Bastos	TEAM LANTEMIL	04:51:01	+02:52:05	02:06:32	
280	1406	José Madureira	Individual	04:51:51	+02:52:55	02:06:54	
281	1477	Manuel Pires	MSS Contabilidade Trail Team	04:51:52	+02:52:56	02:06:54	
282	1220	Rui Sà	FIT GAIA TRAIL	04:52:09	+02:53:13	02:07:01	
283	1586	Artur Fonseca	Ruptura Total	04:52:25	+02:53:29	02:07:08	
284	1365	Amilcar Castro	Individual	04:52:45	+02:53:49	02:07:17	
285	1234	Norberto Aguiar	GD Leões da Guarda - Lion Runners	04:56:59	+02:58:03	02:09:07	
286	1130	Filipe Bessa	Clube Efacec	04:59:05	+03:00:09	02:10:02	
287	1092	Paulo Lara	BOAVISTA TRAIL	04:59:14	+03:00:18	02:10:06	
288	1038	Ana Melo	AllforOne	05:00:36	+03:01:40	02:10:42	
289	1322	Jorge Aveiro	Individual	05:00:36	+03:01:41	02:10:42	
290	1090	Andreia Vieira	BOAVISTA TRAIL	05:02:32	+03:03:36	02:11:32	
291	1600	António Pinheiro	SIM Summit	05:05:12	+03:06:16	02:12:42	
292	1299	Rita Freitas	Individual	05:07:13	+03:08:17	02:13:34	
293	1638	Fernando Ferreira	Tog - Trinca Orelhas de Gato	05:07:42	+03:08:46	02:13:47	
294	1430	Luís Gomes	KeMedo Team	05:07:54	+03:08:58	02:13:52	
295	1500	MARGARIDA SILVA	NOCTURNOS DE PAREDES	05:08:47	+03:09:51	02:14:15	
296	1155	Valter Silva	CORRER LEÇA	05:12:08	+03:13:12	02:15:42	
297	1431	José Silva	Individual	05:13:00	+03:14:04	02:16:05	
298	1360	Fátima Barros	Individual	05:14:33	+03:15:37	02:16:46	

2,3 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
299	1439	Manuel Alvarino	Leões de Tardariz Trail	05:22:15	+03:23:19	02:20:07	
300	1573	Cristiana Pinto	Running Esmoriz	05:24:44	+03:25:48	02:21:11	
301	1611	Catarina Fernandes	Taylors	05:26:14	+03:27:18	02:21:50	
302	1685	Paulo Soares	Individual	05:26:14	+03:27:18	02:21:51	
303	1240	Amilcar Teixeira	GD Leões da Guarda - Lion Runners	05:28:12	+03:29:16	02:22:42	
304	1057	João Galaghar	Arranca e não faças pó	05:28:23	+03:29:27	02:22:46	
305	1345	Carlos Azevedo	Individual	05:28:26	+03:29:30	02:22:48	
306	1606	Silvio Ferreira	Nascidos para Correr	05:33:15	+03:34:19	02:24:54	
307	1682	Amélia Ramos	Individual	05:33:15	+03:34:19	02:24:54	
308	1334	Nuno Oliveira	Individual	05:47:07	+03:48:11	02:30:55	
309	1181	Gil Ribeiro	Santana F.C - Trail Team	05:47:09	+03:48:13	02:30:56	
310	1374	Jony Wilson	Individual	05:47:10	+03:48:14	02:30:56	
311	1107	Andreia Valente	Caga Tacos Running Team	05:55:04	+03:56:08	02:34:23	
312	1040	José Costa	AllforOne	05:55:05	+03:56:09	02:34:23	
313	1021	Andreia Cabrito	ABCansado Trail	05:55:05	+03:56:09	02:34:23	
314	1668	Henrique Borges	Vassouras	06:06:56	+04:08:00	02:39:32	

Trilhos 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18°C	77%
End	15:05	18°C	77%

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

1	1011	Paula Soares	A.D.Amarante	Senior Feminino	02:21:39	+22:42	06:10:42
2	1119	Ana Botelho	Cinfães a Correr	Senior Feminino	02:44:38	+45:42	07:09:20
3	1291	Cristiana Ferreira	Individual	Senior Feminino	02:53:43	+54:47	07:33:30
4	1587	Ana Melo	Saca Trilhos de Anadia	Senior Feminino	03:08:46	+01:09:50	08:12:36
5	1010	Claudia Moreira	A.D.Amarante	Senior Feminino	03:17:26	+01:18:30	08:35:56
6	1521	Cátia Neto	Oliveira Fitness	Senior Feminino	03:27:34	+01:28:38	09:01:12
7	1460	Vanessa Costa	Montes Saloios Trail Team	Senior Feminino	03:27:46	+01:28:50	09:02:02
8	1194	Carla Neves	FACTOR X / S4L / MEDENSE FC	Senior Feminino	03:54:26	+01:55:30	10:12:12
9	1039	Daniela Andrade	AllforOne	Senior Feminino	04:06:24	+02:07:28	10:43:40
10	1272	Ana Alves	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Feminino	04:26:29	+02:27:33	11:35:19
11	1558	Liliana Campos	PORTO SENTIDO RUNNERS	Senior Feminino	04:33:42	+02:34:45	11:54:07
12	1116	Patrícia Maio	Centro Hípico de Valongo	Senior Feminino	04:48:18	+02:49:22	12:32:30
13	1531	Clara Teixeira	Os Preguiças Team	Senior Feminino	04:49:39	+02:50:43	12:36:12
14	1038	Ana Melo	AllforOne	Senior Feminino	05:00:36	+03:01:40	13:04:08
15	1299	Rita Freitas	Individual	Senior Feminino	05:07:13	+03:08:16	13:21:19
16	1500	MARGARIDA SILVA	NOCTURNOS DE PAREDES	Senior Feminino	05:08:47	+03:09:51	13:26:08
17	1573	Cristiana Pinto	Running Esmoriz	Senior Feminino	05:24:44	+03:25:48	14:07:12
18	1611	Catarina Fernandes	Taylors	Senior Feminino	05:26:14	+03:27:18	14:11:02
19	1107	Andreia Valente	Caga Tacos Running Team	Senior Feminino	05:55:04	+03:56:08	15:26:12
20	1021	Andreia Cabrito	ABCansado Trail	Senior Feminino	05:55:05	+03:56:08	15:26:13

Senior Masculino

1	1642	João Henrique da Cruz	Trail Team Bifase	Senior Masculino	01:58:56	05:10
2	1014	Miguel Ferraz	A.D.Amarante	Senior Masculino	02:06:35	+07:39 05:30
3	2210	Tiago Pinto	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	02:10:37	+11:41 05:41
4	1458	Pedro Tapadas	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	02:13:37	+14:40 05:49
5	1470	Sérgio Silva	MSS Contabilidade Trail Team	Senior Masculino	02:16:28	+17:32 05:56
6	1173	Eurico Pereira	EDV-VIANA TRAIL	Senior Masculino	02:17:34	+18:38 05:59
7	1075	Raul Andrade	Baltar Runners	Senior Masculino	02:19:29	+20:33 06:04
8	1331	Joel Sousa Pinto	AD Marco 09	Senior Masculino	02:19:34	+20:38 06:04
9	1172	Bruno Pereira	EDV-VIANA TRAIL	Senior Masculino	02:21:27	+22:31 06:09
10	1129	Fábio Vasconcelos	Clube Efacec	Senior Masculino	02:24:27	+25:31 06:17
11	1527	GILBERTO PIMENTA	Oralklass - Amigos Do Trail	Senior Masculino	02:27:05	+28:08 06:24
12	1515	Flávio Silva	OFRunning Team	Senior Masculino	02:31:41	+32:44 06:36
13	1342	Ricardo Rodrigues	Individual	Senior Masculino	02:31:49	+32:53 06:36
14	1201	Nuno Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:37:13	+38:16 06:50

Official Timekeeper: Lap2Go	1 / 8	generate 05-set-2021 15:23
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Trilhos 23K

23 KM

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OFFICIAL RESULT

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15	1442	Alfredo Ribeiro	Linces do Marão	Senior Masculino	02:39:17	+40:20	06:56
16	1581	Hugo Moreira	RunRiver - Escola Atletismo de Rio Tinto	Senior Masculino	02:40:10	+41:13	06:58
17	1654	Bruno Ferreira	Turbo Kings 2.0 / AD Ancede	Senior Masculino	02:40:50	+41:54	07:00
18	1656	Pedro Monteiro	Turbo Kings 2.0 / AD Ancede	Senior Masculino	02:40:50	+41:54	07:00
19	1165	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:41:51	+42:55	07:02
20	1512	Hugo Ferreira	OFRunning Team	Senior Masculino	02:42:39	+43:42	07:04
21	1087	Hermenegildo Mendes	BOAVISTA TRAIL	Senior Masculino	02:45:22	+46:26	07:11
22	1122	Jorge Resende Pinto	Cinfães a Correr	Senior Masculino	02:46:21	+47:25	07:14
23	1198	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:46:29	+47:33	07:14
24	1466	Fábio Sousa	MSS Contabilidade Trail Team	Senior Masculino	02:47:12	+48:16	07:16
25	1619	Emanuel Freitas	TEAM LANTEMIL	Senior Masculino	02:47:31	+48:35	07:17
26	1164	Joaquim Duarte	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:51:12	+52:16	07:27
27	1687	Filipe Ferreira	Individual	Senior Masculino	02:51:43	+52:46	07:28
28	1162	Adérito Oliveira	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:51:48	+52:52	07:28
29	1427	Bruno Gaio	KeMedo Team	Senior Masculino	02:52:04	+53:08	07:29
30	1046	Alcino Silva	Amigos 100 Limites	Senior Masculino	02:53:29	+54:33	07:33
31	1101	Pedro Ferreira	C.D. "Os Águias" de Alpiarça	Senior Masculino	02:55:04	+56:08	07:37
32	1089	Roberto Freitas	BOAVISTA TRAIL	Senior Masculino	02:57:38	+58:42	07:43
33	1555	Jose Nunes	Pó reforço trail team	Senior Masculino	02:59:18	+01:00:22	07:48
34	1177	Júlio Miguel Neves	El_Pernetas	Senior Masculino	02:59:31	+01:00:35	07:48
35	1049	Rui Pedro	Amigos 100 Limites	Senior Masculino	03:01:25	+01:02:29	07:53
36	1047	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	03:02:17	+01:03:21	07:56
37	1305	António Fernandes	Individual	Senior Masculino	03:04:19	+01:05:23	08:01
38	1084	André Silva	BOAVISTA TRAIL	Senior Masculino	03:07:06	+01:08:10	08:08
39	1140	Paulo Silva	Clube Zupper	Senior Masculino	03:09:42	+01:10:46	08:15
40	1329	Luís Gomes	Individual	Senior Masculino	03:09:45	+01:10:49	08:15
41	1321	Joaquim Alves	Individual	Senior Masculino	03:10:03	+01:11:07	08:16
42	1653	António Teixeira	Turbo Kings 2.0 / AD Ancede	Senior Masculino	03:11:28	+01:12:32	08:19
43	1199	Marcos Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:11:44	+01:12:48	08:20
44	1126	Fábio Pontes	Cinfães a Correr	Senior Masculino	03:12:57	+01:14:01	08:23
45	1249	Tiago Gomes	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	03:15:30	+01:16:34	08:30
46	1565	Rui Borges	Run4Fun VR	Senior Masculino	03:16:02	+01:17:06	08:31
47	1592	João Santos	Sem nome	Senior Masculino	03:16:41	+01:17:44	08:33
48	1659	Diogo Sousa	Turbo Kings 2.0 / AD Ancede	Senior Masculino	03:18:02	+01:19:06	08:37
49	1099	Bruno Cunha	C.D. "Os Águias" de Alpiarça	Senior Masculino	03:18:24	+01:19:28	08:38
50	1137	David Villafuerte	Clube Zupper	Senior Masculino	03:18:26	+01:19:30	08:38
51	1441	João Oliveira	Limitless	Senior Masculino	03:18:35	+01:19:39	08:38
52	1534	Joao Barreira	Palmeira Runners	Senior Masculino	03:19:05	+01:20:09	08:39
53	1467	Filipe Póvoas	MSS Contabilidade Trail Team	Senior Masculino	03:21:04	+01:22:08	08:45
54	1646	David Aguiar	Trilhados	Senior Masculino	03:22:55	+01:23:59	08:49
55	1516	Tiago Simões	Oiã Runners	Senior Masculino	03:23:52	+01:24:56	08:52
56	1066	Bruno Dias	A-Team	Senior Masculino	03:27:18	+01:28:22	09:01
57	1455	Joao Leite	Mexilhão da Montanha	Senior Masculino	03:28:39	+01:29:43	09:04
58	1620	Rogério Oliveira	TEAM LANTEMIL	Senior Masculino	03:28:42	+01:29:45	09:04
59	1156	Bruno Monteiro	GD Leões da Guarda - Lion Runners	Senior Masculino	03:29:44	+01:30:48	09:07

Official Timekeeper: Lap2Go	2 / 8	generate 05-set-2021 15:23
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Trilhos 23K

23 KM

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OFFICIAL RESULT

[illegible]

60	1550	Vitor Ferreira	pistões Partidos	Senior Masculino	03:32:26	+01:33:30	09:14
61	1643	Telmo Garcia	TREPADORES	Senior Masculino	03:35:10	+01:36:14	09:21
62	1121	Isidro Almeida	Cinfães a Correr	Senior Masculino	03:37:40	+01:38:44	09:28
63	1348	Tiago Vieira	Individual	Senior Masculino	03:38:11	+01:39:15	09:29
64	1204	Sandro Pinheiro	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:39:50	+01:40:54	09:33
65	1601	Pedro Oliveira	Sob Efeito Trail	Senior Masculino	03:39:55	+01:40:59	09:34
66	1229	Jorge Beliago	Gansos	Senior Masculino	03:41:14	+01:42:18	09:37
67	1069	Rafael Almeida	A-Team	Senior Masculino	03:42:38	+01:43:42	09:41
68	1246	TIAGO COSTA	GDC Fidelidade	Senior Masculino	03:47:18	+01:48:22	09:53
69	1316	João Araújo	Individual	Senior Masculino	03:50:06	+01:51:10	10:00
70	1340	Pedro Valente	Individual	Senior Masculino	03:52:56	+01:54:00	10:08
71	1211	Rui Ribeiro	Fantasmas	Senior Masculino	03:52:59	+01:54:03	10:08
72	1212	Sergio Fonseca	Fantasmas	Senior Masculino	03:52:59	+01:54:03	10:08
73	1002	João Maurício	:)	Senior Masculino	03:53:50	+01:54:53	10:10
74	1344	Rui Dinis	Individual	Senior Masculino	03:54:03	+01:55:07	10:11
75	1337	Pedro Coelho	Individual	Senior Masculino	03:55:07	+01:56:10	10:13
76	1438	Bruno Melo	PORTO SENTIDO RUNNERS	Senior Masculino	03:55:25	+01:56:29	10:14
77	1324	Jorge Marieiro	Individual	Senior Masculino	03:55:54	+01:56:58	10:15
78	1267	Andre Matos	HERE4BEER	Senior Masculino	03:59:15	+02:00:19	10:24
79	1227	João Santos	G. D. Trancoso	Senior Masculino	03:59:32	+02:00:36	10:25
80	1417	Paulo Nobre	Inquipa	Senior Masculino	04:00:18	+02:01:21	10:27
81	1054	Pedro Pinto	Aperta Cordões	Senior Masculino	04:01:57	+02:03:01	10:31
82	1185	Nelson Almeida	EQUIPA A	Senior Masculino	04:07:54	+02:08:58	10:47
83	1327	José Gonçalves	Individual	Senior Masculino	04:09:26	+02:10:30	10:51
84	1175	Pedro Gomes	Éjali...clube de amigo trailrunners	Senior Masculino	04:18:55	+02:19:59	11:15
85	1048	Miguel Veludo	Amigos 100 Limites	Senior Masculino	04:23:08	+02:24:12	11:26
86	1233	Miguel Mendes	GD Leões da Guarda - Lion Runners	Senior Masculino	04:28:44	+02:29:47	11:41
87	1001	Ricardo pereira	#ATÉCHORAS	Senior Masculino	04:38:01	+02:39:05	12:05
88	1341	Rafael Costa	Individual	Senior Masculino	04:45:25	+02:46:29	12:25
89	1234	Norberto Aguiar	GD Leões da Guarda - Lion Runners	Senior Masculino	04:56:59	+02:58:03	12:55
90	1130	Filipe Bessa	Clube Efacec	Senior Masculino	04:59:05	+03:00:08	13:00
91	1322	Jorge Aveiro	Individual	Senior Masculino	05:00:36	+03:01:40	13:04
92	1057	João Galaghar	Arranca e não faças pó	Senior Masculino	05:28:23	+03:29:27	14:17
93	1345	Carlos Azevedo	Individual	Senior Masculino	05:28:26	+03:29:30	14:17

Sub 23 Masculino

1	1584	Diogo Ferreira	RunRiver - Escola Atletismo de Rio Tinto	Sub 23 Masculino	02:21:27	+22:31	06:09
2	1542	Hugo Soares	Penafiel running trail	Sub 23 Masculino	02:49:15	+50:18	07:22
3	1040	José Costa	AllforOne	Sub 23 Masculino	05:55:05	+03:56:08	15:26

Trilhos 23K

23 KM

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OFFICIAL RESULT

[illegible]

Veterana F40

1	1224	Paula Lage	FurFor Runing Project	Veterana F40	02:45:44	+46:47	07:12:31
2	1366	Ana Amaral	PCRUNNERS	Veterana F40	03:06:33	+01:07:37	08:07:31
3	1128	Aida Presa	Clube Efacec	Veterana F40	03:09:55	+01:10:59	08:15:31
4	1655	Fernanda Correia	Turbo Kings 2.0 / AD Ancede	Veterana F40	03:21:06	+01:22:09	08:45:31
5	1630	Paula oliveira	TOCER trail team	Veterana F40	03:30:55	+01:31:59	09:10:31
6	1142	Paula gualter Gualter	Clube Zupper	Veterana F40	03:34:33	+01:35:37	09:20:31
7	1078	Clotilde Santos	Batalhão CrossGym	Veterana F40	03:42:39	+01:43:43	09:41:31
8	1253	Paula Cruz	GONDOMAR FUTSAL CLUBE	Veterana F40	03:53:11	+01:54:14	10:08:31
9	1025	Susana Ferreira	ACRA RUNNING	Veterana F40	03:53:17	+01:54:21	10:09:31
10	1353	Belém Marques	Individual	Veterana F40	03:54:41	+01:55:44	10:12:31
11	1016	Luisa Teixeira	A.D.Amarante	Veterana F40	03:57:12	+01:58:16	10:19:31
12	1149	Liseta Pinto	Clube Efacec	Veterana F40	03:57:43	+01:58:47	10:20:31
13	1618	Sandra Dias	TEAM LANTEMIL	Veterana F40	04:02:13	+02:03:17	10:32:31
14	1489	Sandra Moura	NCN - Não Corras Não	Veterana F40	04:02:33	+02:03:37	10:33:31
15	1042	Lucia Teles	AllforOne	Veterana F40	04:18:41	+02:19:44	11:15:31
16	1293	Eduarda Barros	Individual	Veterana F40	04:18:51	+02:19:55	11:15:31
17	1493	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	04:19:26	+02:20:30	11:17:31
18	1238	Susana Luís	GD Leões da Guarda - Lion Runners	Veterana F40	04:28:44	+02:29:48	11:41:31
19	1678	Maria Fernanda Ferreira	CORRER LEÇA	Veterana F40	04:31:11	+02:32:15	11:47:31
20	1090	Andreia Vieira	BOAVISTA TRAIL	Veterana F40	05:02:32	+03:03:36	13:09:31
21	1682	Amélia Ramos	Individual	Veterana F40	05:33:15	+03:34:19	14:29:31

Veterana F50

1	1276	Rosa Teixeira	Ribeiras Trail	Veterana F50	03:18:39	+01:19:43	08:38:22
2	1280	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	03:38:12	+01:39:16	09:29:44
3	1279	Cristina Saraiva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	03:43:46	+01:44:50	09:44:56
4	1264	Maria do Carmo Loureiro	GRUPO DESPORTIVO SANTANDER TOTTA	Veterana F50	03:47:34	+01:48:38	09:54:12
5	1579	Manuela Sousa	RUNNING ESPINHO	Veterana F50	03:52:56	+01:54:00	10:08:22
6	1504	MARIA COSTA	NOCTURNOS DE PAREDES	Veterana F50	03:55:32	+01:56:35	10:14:17
7	1239	Lucinda Gomes	GD Leões da Guarda - Lion Runners	Veterana F50	04:09:46	+02:10:50	10:52:12
8	1041	Bia Maia	GDST	Veterana F50	04:25:48	+02:26:51	11:33:09
9	1361	Fernanda Lopes	Individual	Veterana F50	04:39:03	+02:40:07	12:08:10
10	1360	Fátima Barros	Individual	Veterana F50	05:14:33	+03:15:37	13:41:10

Veterano M40

1	1303	Agostinho Reis	EDV-VIANA TRAIL	Veterano M40	02:04:35	+05:39	05:25:54
2	1506	JOSE MENESES	NOCTURNOS DE PAREDES	Veterano M40	02:20:08	+21:11	06:06:29

Trilhos 23K

23 KM

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3	1486	Fernando Ribeiro	Confeitaria da Mira Pão	Veterano M40	02:25:58	+27:01	06:21
4	1133	Paulo Castro	Clube Efaced	Veterano M40	02:29:11	+30:15	06:29
5	1421	António Gomes	JOBRA	Veterano M40	02:29:24	+30:28	06:30
6	1225	Lucas Morgado	FurFor Runing Project	Veterano M40	02:31:23	+32:27	06:35
7	1242	José Sá	GD Leões da Guarda - Lion Runners	Veterano M40	02:35:01	+36:05	06:44
8	1163	Carlos Prudêncio	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	02:36:14	+37:18	06:48
9	1085	Fernando Costa	BOAVISTA TRAIL	Veterano M40	02:36:27	+37:31	06:48
10	1381	Julio rodrigues	Individual	Veterano M40	02:36:51	+37:55	06:49
11	1508	Filipe Lemos	NorTrail	Veterano M40	02:38:28	+39:31	06:53
12	1608	José Rosário	Sporting Clube Santacruzense	Veterano M40	02:39:43	+40:47	06:57
13	1479	Rui Alvim	MSS Contabilidade Trail Team	Veterano M40	02:39:54	+40:57	06:57
14	1111	Diogo Barros	CB RUN	Veterano M40	02:41:35	+42:39	07:02
15	1456	Alfredo Moreira	Moinhos Run - ADRM	Veterano M40	02:41:52	+42:56	07:02
16	1134	Pedro Alexandre Castro	Clube Efaced	Veterano M40	02:42:21	+43:24	07:04
17	1599	Paulo Domingues	Shots International Runners	Veterano M40	02:42:55	+43:59	07:05
18	1633	Bruno Monteiro	Tog - Trinca Orelhas de Gato	Veterano M40	02:44:05	+45:09	07:08
19	1065	João Nunes	ASDREQ	Veterano M40	02:45:18	+46:22	07:11
20	1422	David Coutinho	JOBRA	Veterano M40	02:47:02	+48:06	07:16
21	1636	Fernando Taborda	Tog - Trinca Orelhas de Gato	Veterano M40	02:47:29	+48:33	07:17
22	1505	José Barbosa		Veterano M40	02:47:35	+48:38	07:17
23	1144	Marco Vieira	Clube Zupper	Veterano M40	02:47:40	+48:44	07:17
24	1131	Gabriel Coutinho	Clube Efaced	Veterano M40	02:47:42	+48:46	07:17
25	1120	David Camelo	Cinfães a Correr	Veterano M40	02:49:17	+50:21	07:22
26	1610	Amílcar Ramos	Talentos Objetivos	Veterano M40	02:50:47	+51:51	07:26
27	1184	Patricio Afonso	EQUIPA A	Veterano M40	02:53:51	+54:55	07:34
28	1471	Miguel Martins	MSS Contabilidade Trail Team	Veterano M40	02:56:41	+57:45	07:41
29	1590	Antonio Maia	SARTIM	Veterano M40	02:57:38	+58:42	07:43
30	1537	José Manuel Rodrigues Costa	Palmeira Runners	Veterano M40	02:58:10	+59:14	07:45
31	1369	Ricardo Carvalho	EQUIPA A	Veterano M40	02:59:20	+01:00:24	07:48
32	1091	Nuno Teixeira	BOAVISTA TRAIL	Veterano M40	03:02:50	+01:03:54	07:57
33	1328	Licínio Reis	Individual	Veterano M40	03:03:08	+01:04:12	07:58
34	1070	Mario lima	Avesrunners	Veterano M40	03:05:07	+01:06:11	08:03
35	1639	Vicente Sousa	Tog - Trinca Orelhas de Gato	Veterano M40	03:06:01	+01:07:04	08:05
36	1688	Dionisio Ferreira	Team Trail Bem Viver	Veterano M40	03:07:40	+01:08:43	08:10
37	1625	Fernando Ferreira	TEAM LANTEMIL	Veterano M40	03:07:45	+01:08:49	08:10
38	1170	José Pinto	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Veterano M40	03:08:18	+01:09:22	08:11
39	1387	Miguel Moreira	Individual	Veterano M40	03:09:08	+01:10:11	08:13
40	1503	Rui Almeida	NOCTURNOS DE PAREDES	Veterano M40	03:11:46	+01:12:50	08:20
41	1228	Rui Barbosa	Gaia Trail	Veterano M40	03:12:06	+01:13:09	08:21
42	1681	Luis Azevedo	Individual	Veterano M40	03:12:10	+01:13:13	08:21
43	1686	Joaquim Lemos	Individual	Veterano M40	03:12:21	+01:13:25	08:22
44	1037	Luis Lobo	All Titudes Trail Team	Veterano M40	03:12:28	+01:13:32	08:22
45	1474	Ibraim Sousa	MSS Contabilidade Trail Team	Veterano M40	03:13:15	+01:14:18	08:24
46	1389	Paulo Campos	Individual	Veterano M40	03:13:25	+01:14:29	08:25
47	1157	Milton Rodrigues	CPN RUNNERS	Veterano M40	03:13:50	+01:14:54	08:26

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Trilhos 23K

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48	1306	Bruno Ferreira	Individual	Veterano M40	03:14:26	+01:15:29	08:27
49	1058	José Carlos Ferreira	ARRAZA TRILHOS	Veterano M40	03:14:26	+01:15:29	08:27
50	1497	José Matos	BOAVISTA TRAIL	Veterano M40	03:15:38	+01:16:42	08:30
51	1077	Isidro Ribeiro	Baltar Runners	Veterano M40	03:16:29	+01:17:33	08:33
52	1501	Orlando Rocha	NOCTURNOS DE PAREDES	Veterano M40	03:17:02	+01:18:06	08:34
53	1286	Antonio Silva	Pó reforço trail team	Veterano M40	03:17:54	+01:18:58	08:36
54	1169	Eduardo Xavier	Devasta Trilhos	Veterano M40	03:17:55	+01:18:59	08:36
55	1396	Ricardo Rodrigues	Individual	Veterano M40	03:20:14	+01:21:18	08:42
56	1539	Manuel Barbosa	Paredes Running	Veterano M40	03:20:41	+01:21:45	08:44
57	1532	Sérgio Gomes	Os Preguiças Team	Veterano M40	03:21:22	+01:22:25	08:45
58	1153	Carlos Paiva	CORRER LEÇA	Veterano M40	03:21:43	+01:22:46	08:46
59	1683	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	03:22:29	+01:23:32	08:48
60	1347	Sergio Torre	Individual	Veterano M40	03:23:06	+01:24:09	08:50
61	1571	Carlos Sousa	Runners do Demo	Veterano M40	03:23:30	+01:24:34	08:51
62	1679	Telmo Mendonça	BOAVISTA TRAIL	Veterano M40	03:23:59	+01:25:02	08:52
63	1517	Carlos Silva	Oiã Runners	Veterano M40	03:25:10	+01:26:14	08:55
64	1376	Jorge Ferreirinha	Individual	Veterano M40	03:25:25	+01:26:29	08:56
65	1050	Hélder Monteiro	Amigos 100 Limites	Veterano M40	03:26:25	+01:27:29	08:58
66	1492	Pedro jose Fontinha	NCN - Não Corras Não	Veterano M40	03:26:34	+01:27:38	08:59
67	1644	Fernando Silva	TrepaTrilhos Trail Team	Veterano M40	03:27:05	+01:28:09	09:00
68	1281	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:27:56	+01:29:00	09:02
69	1650	Vitor Osorio	#ATÉCHORAS	Veterano M40	03:29:45	+01:30:48	09:07
70	1481	Jorge Alves	Individual	Veterano M40	03:34:34	+01:35:38	09:20
71	1440	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	03:34:39	+01:35:43	09:20
72	153	Eduardo Pinto	Piratas Running Team	Veterano M40	03:36:08	+01:37:12	09:24
73	1124	Vasco Cardoso	Cinfães a Correr	Veterano M40	03:37:40	+01:38:43	09:28
74	86	Rui Pena	GD Trancoso	Veterano M40	03:37:50	+01:38:54	09:28
75	1490	João Sequeira	NCN - Não Corras Não	Veterano M40	03:38:41	+01:39:44	09:30
76	1074	Paulo Neves	Baltar Runners	Veterano M40	03:41:11	+01:42:15	09:37
77	1684	Pedro Marques	S4L MEDENSE FC	Veterano M40	03:42:34	+01:43:38	09:41
78	1426	J Jorge Duraes	KANDIMBA RUNNERS	Veterano M40	03:43:31	+01:44:35	09:43
79	1482	Victor Azevedo	MSS Contabilidade Trail Team	Veterano M40	03:44:25	+01:45:29	09:45
80	1367	Bruno Leite	Individual	Veterano M40	03:44:59	+01:46:03	09:47
81	1589	José Salgueiro	Salgueiros Running	Veterano M40	03:45:20	+01:46:24	09:48
82	1266	Ricardo Castro	Grupo Magna	Veterano M40	03:46:09	+01:47:13	09:50
83	1475	José Fernandes	MSS Contabilidade Trail Team	Veterano M40	03:47:35	+01:48:39	09:54
84	1026	Luís Ferreira	ACRA RUNNING	Veterano M40	03:53:18	+01:54:21	10:09
85	1206	Ivo Oliveira	FACTOR X / S4L / MEDENSE FC	Veterano M40	03:54:26	+01:55:30	10:12
86	1364	AMERICO LOUREIRO	Individual	Veterano M40	03:55:15	+01:56:19	10:14
87	1044	Paulo Cerqueira	Trilhos de Viana	Veterano M40	03:55:41	+01:56:45	10:15
88	1418	David Sousa	Invicta Runners Team	Veterano M40	03:55:51	+01:56:55	10:15
89	1346	Rui Rodrigues	Individual	Veterano M40	03:55:54	+01:56:58	10:15
90	1183	Pedro Serra	Endovelico	Veterano M40	03:59:23	+02:00:26	10:24
91	1268	Carlos Carneiro	HERE4BEER	Veterano M40	03:59:42	+02:00:46	10:25
92	1628	Luís Pereira	TEAM LANTEMIL	Veterano M40	04:02:11	+02:03:14	10:32
93	1673	Nelson Freitas	Warehouse Trail Running Team	Veterano M40	04:04:41	+02:05:45	10:38

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Trilhos 23K

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94	1605	Paulo Rodrigues	Spin&Run Esposende	Veterano M40	04:05:12	+02:06:16	10:40
95	1013	Alcino Costa	A.D.Amarante	Veterano M40	04:09:41	+02:10:45	10:51
96	1602	César Sousa	Solas rotas	Veterano M40	04:13:52	+02:14:56	11:02
97	1076	Antonio Couto	Baltar Runners	Veterano M40	04:14:25	+02:15:29	11:04
98	1510	Nuno Capela	Núcleo de Montanha de Espinho	Veterano M40	04:15:21	+02:16:25	11:06
99	1538	Jose Peixoto	Palmeira Runners	Veterano M40	04:16:31	+02:17:35	11:07
100	1543	Sergio Brochado	Penafiel running trail	Veterano M40	04:22:27	+02:23:31	11:25
101	1627	Luis Gomes	TEAM LANTEMIL	Veterano M40	04:23:07	+02:24:11	11:26
102	1547	Filipe Gomes	Pés de Chumbo Runners	Veterano M40	04:29:37	+02:30:40	11:43
103	1186	Alexandre Pereira	EQUIPA A	Veterano M40	04:37:31	+02:38:35	12:04
104	1187	Edgar Câmara	EQUIPA A	Veterano M40	04:37:31	+02:38:35	12:04
105	1188	Márcio Mendes	Equipa Boot	Veterano M40	04:40:55	+02:41:59	12:13
106	1123	Rui Silva	PORTO SENTIDO RUNNERS	Veterano M40	04:40:57	+02:42:01	12:13
107	134	Helder Silva	Moreira Relax Runners	Veterano M40	04:42:46	+02:43:49	12:18
108	1478	Ricardo Moreira	MSS Contabilidade Trail Team	Veterano M40	04:43:32	+02:44:35	12:20
109	1603	Rui Caralinda	Solas rotas	Veterano M40	04:46:02	+02:47:06	12:26
110	1556	Marcelo Ferreira	Porreirinhos	Veterano M40	04:46:52	+02:47:56	12:28
111	1022	Francisco Rebelo	ABCansado Trail	Veterano M40	04:48:47	+02:49:51	12:33
112	1519	Márcio Ferreira	Oiã Runners	Veterano M40	04:50:09	+02:51:13	12:37
113	1615	Luis Vale	TEAM LANTEMIL	Veterano M40	04:51:01	+02:52:04	12:39
114	1680	Sérgio Bastos	TEAM LANTEMIL	Veterano M40	04:51:01	+02:52:05	12:39
115	1477	Manuel Pires	MSS Contabilidade Trail Team	Veterano M40	04:51:52	+02:52:56	12:41
116	1586	Artur Fonseca	Ruptura Total	Veterano M40	04:52:25	+02:53:29	12:43
117	1365	Amilcar Castro	Individual	Veterano M40	04:52:45	+02:53:49	12:44
118	1600	António Pinheiro	SIM Summit	Veterano M40	05:05:12	+03:06:16	13:16
119	1155	Valter Silva	CORRER LEÇA	Veterano M40	05:12:08	+03:13:11	13:34
120	1439	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	05:22:15	+03:23:19	14:01
121	1685	Paulo Soares	Individual	Veterano M40	05:26:14	+03:27:18	14:11
122	1240	Amilcar Teixeira	GD Leões da Guarda - Lion Runners	Veterano M40	05:28:12	+03:29:16	14:16
123	1606	Silvio Ferreira	Nascidos para Correr	Veterano M40	05:33:15	+03:34:19	14:29
124	1334	Nuno Oliveira	Individual	Veterano M40	05:47:07	+03:48:11	15:06
125	1374	Jony Wilson	Individual	Veterano M40	05:47:10	+03:48:13	15:06

Veterano M50

1	1675	Henrique Dias	Retorta - Quinta das Arcas	Veterano M50	02:14:12	+15:16	05:50
2	1609	Joaquim Sousa	Saca Anadia Trilhos	Veterano M50	02:20:29	+21:33	06:06
3	1018	José Teixeira	A.D.Amarante	Veterano M50	02:36:41	+37:45	06:49
4	1125	Heitor Cardoso	Cinfães a Correr	Veterano M50	02:57:27	+58:31	07:43
5	1535	Domingos Peixoto	Palmeira Runners	Veterano M50	02:58:10	+59:13	07:45
6	1410	Pedro Barbosa	Individual	Veterano M50	02:58:30	+59:34	07:46
7	1028	Manuel Ferreira	ADABEM Running team	Veterano M50	02:59:55	+01:00:59	07:49
8	1666	Fernando Gomes	Valongo Trail Team	Veterano M50	03:02:29	+01:03:33	07:56
9	1265	Carlos Alves	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	03:16:02	+01:17:06	08:31
10	1660	José Augusto Pinto	Turbo Kings 2.0 / AD Ancede	Veterano M50	03:18:02	+01:19:06	08:37

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Trilhos 23K

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11	1485	Manuel Póvoas	MSS Contabilidade Trail Team	Veterano M50	03:21:04	+01:22:08	08:45
12	1405	Hercilio Santos	Individual	Veterano M50	03:26:38	+01:27:41	08:59
13	1400	Adérito Brandão	Individual	Veterano M50	03:27:51	+01:28:55	09:02
14	1393	Paulo Ribeiro	Individual	Veterano M50	03:29:27	+01:30:30	09:06
15	1196	António Pinto	Leões de Tardariz Trail	Veterano M50	03:30:51	+01:31:55	09:10
16	1114	Marco Pinho		Veterano M50	03:31:50	+01:32:54	09:13
17	1433	Jorge Esteves	KeMedo Team	Veterano M50	03:42:35	+01:43:39	09:41
18	1207	Joaquim Cunha	FACTOR X / S4L / MEDENSE FC	Veterano M50	03:44:38	+01:45:42	09:46
19	1407	José Mesquita	Individual	Veterano M50	03:44:49	+01:45:52	09:46
20	1483	António Luís	MSS Contabilidade Trail Team	Veterano M50	03:45:05	+01:46:09	09:47
21	1209	Eugenio Soares	FACTOR X / S4L / MEDENSE FC	Veterano M50	03:52:06	+01:53:09	10:05
22	1094	Fernando Vital	BOAVISTA TRAIL	Veterano M50	04:07:03	+02:08:07	10:44
23	2851	José Junior	Tog - Trinca Orelhas de Gato	Veterano M50	04:07:13	+02:08:16	10:45
24	1282	DAVID NOGUEIRA	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	04:17:06	+02:18:09	11:11
25	1051	Adérito Fraga	Amigos 100 Limites	Veterano M50	04:22:27	+02:23:31	11:25
26	1034	Eduardo Nascimento	Ageas	Veterano M50	04:23:17	+02:24:20	11:27
27	1557	Paulo Silva	Porreirinhos	Veterano M50	04:46:53	+02:47:57	12:28
28	1401	António Pinto	Individual	Veterano M50	04:48:45	+02:49:49	12:33
29	1406	José Madureira	Individual	Veterano M50	04:51:51	+02:52:55	12:41
30	1220	Rui Sà	FIT GAIA TRAIL	Veterano M50	04:52:09	+02:53:13	12:42
31	1092	Paulo Lara	BOAVISTA TRAIL	Veterano M50	04:59:14	+03:00:17	13:01
32	1638	Fernando Ferreira	Tog - Trinca Orelhas de Gato	Veterano M50	05:07:42	+03:08:46	13:23
33	1430	Luís Gomes	KeMedo Team	Veterano M50	05:07:54	+03:08:57	13:23
34	1431	José Silva	Individual	Veterano M50	05:13:00	+03:14:04	13:37
35	1181	Gil Ribeiro	Santana F.C - Trail Team	Veterano M50	05:47:09	+03:48:13	15:06
36	1668	Henrique Borges	Vassouras	Veterano M50	06:06:56	+04:07:59	15:57

Veterano M60

1	1403	João Ribeiro	Confeitaria da Mira Pão	Veterano M60	02:38:15	+39:19	06:53
2	1210	Antonio Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	02:52:11	+53:15	07:29
3	1585	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	Veterano M60	02:52:47	+53:51	07:31
4	1413	Jorge Silva	Individual	Veterano M60	03:12:10	+01:13:13	08:21
5	1689	Agostinho Sousa	Individual	Veterano M60	03:18:31	+01:19:35	08:38
6	1245	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M60	03:23:17	+01:24:21	08:50

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COLETIVO MASCULINO - TRILHOS 23K[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	EDV-VIANA TRAIL	2 + 8 + 13	23
2	CLUBE EFACEC	15 + 18 + 40	73
3	MSS CONTABILIDADE TRAIL TEAM	7 + 33 + 49	89
4	DOUROCONTA- GABINETE DE APOIO E CONTABILIDADE, LDA	4 + 5 + 89	98
5	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	14 + 34 + 63	111
6	DÁ-LHE GÁS TRAIL TEAM FISIODUO	24 + 38 + 58	120
7	FACTOR X / S4L / MEDENSE FC	28 + 47 + 62	137
8	BOAVISTA TRAIL	25 + 45 + 70	140
9	TURBO KINGS 2.0 / AD ANCEDE	35 + 36 + 94	165
10	CINFÃES A CORRER	46 + 56 + 68	170
11	TOG - TRINCA ORELHAS DE GATO	43 + 50 + 85	178
12	AMIGOS 100 LIMITES	64 + 78 + 79	221
13	NOCTURNOS DE PAREDES	11 + 96 + 114	221
14	A.D.AMARANTE	3 + 26 + 209	238
15	CLUBE ZUPPER	53 + 91 + 120	264
16	PALMEIRA RUNNERS	71 + 72 + 123	266
17	TEAM LANTEMIL	51 + 88 + 147	286
18	BALTAR RUNNERS	9 + 112 + 165	286
19	GD LEÕES DA GUARDA - LION RUNNERS	23 + 133 + 149	305
20	EQUIPA A	65 + 75 + 207	347
21	LEÕES DE TARDARIZ TRAIL	130 + 151 + 155	436
22	KEMEDO TEAM	61 + 168 + 250	479
23	OIÃ RUNNERS	135 + 137 + 236	508

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:58	26.2°C	48%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2776	Vitor Barbosa	retorta - quinta das arcas	Senior Masculino	59:37		04:58
2	2352	Marcelo Araújo	individual	Senior Masculino	01:00:37	+00:59	05:03
3	2672	João Ribeiro	oralklass - amigos do trail	Senior Masculino	01:01:49	+02:11	05:09
4	2497	Carlos Monteiro	retorta - quinta das arcas	Veterano M40	01:02:16	+02:38	05:11
5	2775	Tiago Pinto	retorta - quinta das arcas	Senior Masculino	01:02:45	+03:07	05:14
6	2905	Ivo Barbosa	devasta trilhos	Senior Masculino	01:05:29	+05:52	05:27
7	2779	Tiago Lisboa	retorta - quinta das arcas	Veterano M40	01:05:32	+05:54	05:28
8	2216	Cláudio Monteiro	cb run	Veterano M50	01:06:53	+07:16	05:34
9	2208	Bruno Santos	douroconta- gabinete de apoio e contabilidade, lda	Senior Masculino	01:07:05	+07:27	05:35
10	2908	António Mendes	a.d.amarante	Senior Masculino	01:08:01	+08:23	05:40
11	2795	José Mário Nogueira Branco Felgueiras	afifense trail	Sub 23 Masculino	01:09:16	+09:38	05:46
12	2890	Elvio José Faria Santos	vale correr	Veterano M40	01:09:36	+09:58	05:48
13	2098	Cristiano Gomes	aperta cordões	Senior Masculino	01:09:57	+10:20	05:50
14	182	Vitor Coelho	team sindeq	Veterano M40	01:11:39	+12:01	05:58
15	2051	Pedro Jorge	aliança gandra	Senior Masculino	01:12:46	+13:08	06:04
16	2172	Jorge Moreira	individual	Veterano M40	01:13:33	+13:56	06:08
17	2214	Pedro Campos	douroconta- gabinete de apoio e contabilidade, lda	Senior Masculino	01:14:18	+14:40	06:12
18	2184	Nicolas Lopes	clube zipper	Senior Masculino	01:14:59	+15:21	06:15
19	2056	Helder Borges	aliança gandra	Veterano M40	01:16:14	+16:36	06:21
20	2007	João Lopes	#atéchoras	Veterano M40	01:16:58	+17:20	06:25
21	2854	Ricardo Barros	tog - trinca orelhas de gato	Senior Masculino	01:17:16	+17:38	06:26
22	2173	Manuel Sousa	clínica ana silva	Veterano M50	01:17:42	+18:04	06:29
23	1525	Alexandra Fernandes	oralklass - amigos do trail	Veterana F50	01:18:01	+18:23	06:30
24	2045	Mário Felgueiras	afifense trail	Veterano M40	01:18:28	+18:50	06:32
25	2752	Miguel Sousa	pó reforço trail team	Senior Masculino	01:18:57	+19:19	06:35
26	2029	Pedro Vieira	a.d.amarante	Veterano M40	01:19:00	+19:22	06:35
27	2846	André Gomes	tog - trinca orelhas de gato	Sub 23 Masculino	01:19:30	+19:52	06:38
28	1626	Susana Azevedo	team lantermil	Senior Feminino	01:22:17	+22:39	06:51
29	2864	José Carlos Parente	trilhos de viana	Veterano M50	01:22:20	+22:42	06:52
30	2085	Tiago Mota	amigos 100 limites	Senior Masculino	01:22:27	+22:49	06:52
31	2749	Pedro Coelho	pó reforço trail team	Senior Masculino	01:22:30	+22:52	06:53
32	2077	Fábio Moreira	amigos 100 limites	Senior Masculino	01:22:30	+22:52	06:53
33	2519	Pedro Cancelo	individual	Veterano M40	01:22:43	+23:05	06:54
34	2248	Nuno Teixeira	fiaes running	Senior Masculino	01:22:53	+23:15	06:54
35	2778	Rogério Coelho	retorta - quinta das arcas	Veterano M40	01:23:33	+23:55	06:58
36	2387	Eduardo Moreira	individual	Senior Masculino	01:23:33	+23:55	06:58
37	2667	Florindo Pereira	nova linha trail runners	Veterano M50	01:23:34	+23:56	06:58
38	2558	Ricardo Soares	irmandade runners	Senior Masculino	01:24:16	+24:38	07:01
39	2046	Paulo Cerqueira	afifense trail	Veterano M50	01:24:41	+25:03	07:03
40	2061	Roberto Moreira	aliança gandra	Veterano M40	01:24:49	+25:11	07:04

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	2344	Kosta Karas	individual	Senior Feminino	01:24:50	+25:12	07:04
42	2202	José Carvalho	c'um carvalho	Veterano M50	01:25:27	+25:49	07:07
43	2391	Gabriel Rodrigues	individual	Senior Masculino	01:25:37	+25:59	07:08
44	2815	Rubens Soares	sportarc running	Veterano M40	01:26:05	+26:27	07:10
45	2082	Pedro Meirinhos	amigos 100 limites	Senior Masculino	01:26:18	+26:40	07:12
46	2458	Sérgio Sousa	individual	Veterano M40	01:26:21	+26:43	07:12
47	2181	Daniela Alves	clube zipper	Senior Feminino	01:26:32	+26:54	07:13
48	2400	João Cardoso	individual	Senior Masculino	01:26:43	+27:05	07:14
49	1607	Monica Oliveira	sporting clube de espinho/antonio leitão	Veterana F40	01:26:44	+27:06	07:14
50	2194	Francisco Silva	coronado runners	Veterano M40	01:27:03	+27:25	07:15
51	2384	Daniel Soares	individual	Senior Masculino	01:27:49	+28:12	07:19
52	2402	João sousa	individual	Senior Masculino	01:28:37	+28:59	07:23
53	2060	Pedro Silva	aliança gandra	Veterano M40	01:28:45	+29:07	07:24
54	1647	Luis Marques	trilhados	Senior Masculino	01:28:47	+29:09	07:24
55	2014	Manuel Fonseca	100pressa	Veterano M40	01:29:03	+29:25	07:25
56	2417	Pedro Mendes	individual	Senior Masculino	01:29:13	+29:35	07:26
57	2041	Tiago Lages	salgueiros running	Senior Masculino	01:29:33	+29:55	07:28
58	2222	Alice Couto	equipa a	Veterana F50	01:30:08	+30:30	07:31
59	2326	Diogo Lopes	habcarpintaria	Senior Masculino	01:30:28	+30:50	07:32
60	2896	Rafael Carvalho	valportas runners	Sub 23 Masculino	01:30:35	+30:57	07:33
61	2213	Carlos Bento	douroconta- gabinete de apoio e contabilidade, lda	Veterano M60	01:30:57	+31:19	07:35
62	2431	Tiago Rui Vaz de Oliveira	individual	Senior Masculino	01:31:06	+31:28	07:36
63	2679	Fernando Teixeira	os preguiças team	Senior Masculino	01:31:38	+32:00	07:38
64	2003	Fábio Gomes	#atéchoras	Senior Masculino	01:31:51	+32:13	07:39
65	2800	Marta Moreira	seri trail team	Senior Feminino	01:32:00	+32:22	07:40
66	2878	Hélder Serdoura	turbo kings 2.0 / ad ancede	Veterano M40	01:32:26	+32:49	07:42
67	2874	Bruno Ferreira	turbo kings 2.0 / ad ancede	Senior Masculino	01:32:29	+32:51	07:42
68	2748	Luis Alves	pó reforço trail team	Senior Masculino	01:32:36	+32:58	07:43
69	2092	João Moreira	amigos 100 limites	Veterano M50	01:32:36	+32:58	07:43
70	2039	Tiago Gonçalves	affense trail	Senior Masculino	01:32:46	+33:08	07:44
71	2838	Vítor Ribeiro	the mountains are calling	Veterano M40	01:33:01	+33:23	07:45
72	2574	José Ribeiro	leões de tardariz trail	Senior Masculino	01:33:04	+33:26	07:45
73	2054	Filipa Santos	aliança gandra	Senior Feminino	01:33:13	+33:35	07:46
74	2398	Isaias Vieira	individual	Senior Masculino	01:34:02	+34:24	07:50
75	2440	João Pedro Ribeiro	individual	Senior Masculino	01:34:07	+34:29	07:51
76	2678	Daniela Moutinho	os preguiças team	Senior Feminino	01:34:08	+34:30	07:51
77	2817	Jorge Fontes	sporting clube de espinho/antonio leitão	Veterano M40	01:35:01	+35:23	07:55
78	2816	António Albuquerque	sporting clube de espinho/antonio leitão	Veterano M40	01:35:01	+35:23	07:55
79	2178	Carla Duarte	coronado runners	Veterana F40	01:35:08	+35:30	07:56
80	2525	Rui Macário	individual	Veterano M40	01:35:25	+35:47	07:57
81	2894	José Silva	valportas runners	Senior Masculino	01:35:36	+35:58	07:58
82	2186	Pedro Ribeiro	côcos	Veterano M40	01:35:50	+36:12	07:59
83	2688	Pedro Oliveira	osfazconta	Senior Masculino	01:35:55	+36:17	08:00
84	2281	Alcino Tavares	gansos	Veterano M40	01:36:40	+37:02	08:03
85	2139	Paulo Borges	big	Veterano M40	01:36:55	+37:17	08:05

MINI TRILHOS 12K - STAGE 1

12 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	2570	Paulo Pinto	kom	Veterano M40	01:36:57	+37:19	08:05
87	2567	Emanuel Maio	keep on move	Veterano M40	01:36:57	+37:19	08:05
88	2639	António Alves	mss contabilidade trail team	Veterano M50	01:37:03	+37:25	08:05
89	2692	Agostinho Silva	osfazconta	Veterano M60	01:37:04	+37:26	08:05
90	2893	Diogo Castelo	valportas runners	Senior Masculino	01:37:04	+37:26	08:05
91	2168	Soraia Sousa	cidep forns lusavouga	Senior Feminino	01:37:16	+37:38	08:06
92	2845	Tiago Pinto	tog - trinca orelhas de gato	Senior Masculino	01:37:40	+38:02	08:08
93	2317	Filipe Ferreira	ginasio fit4fun	Veterano M40	01:37:42	+38:04	08:09
94	2411	Nuno Almeida	individual	Veterano M40	01:37:52	+38:14	08:09
95	2842	Patrícia Silva	tog - trinca orelhas de gato	Senior Feminino	01:37:52	+38:15	08:09
96	2383	Daniel Peixoto	individual	Senior Masculino	01:38:13	+38:36	08:11
97	2876	Cristiano Fonseca	turbo kings 2.0 / ad ancede	Senior Masculino	01:38:31	+38:53	08:13
98	1171	João Faria	ecolab	Veterano M40	01:38:36	+38:58	08:13
99	2618	Hugo Barbosa	mss contabilidade trail team	Senior Masculino	01:38:54	+39:16	08:15
100	2827	Pedro Carvalho	team shark	Veterano M40	01:39:01	+39:24	08:15
101	2608	Pedro Dinis	mini mercado gomes	Senior Masculino	01:39:18	+39:40	08:17
102	2495	Carlos Campos	individual	Veterano M50	01:39:35	+39:57	08:18
103	2022	Patrícia Carvalho	a.d.amarante	Veterana F40	01:40:07	+40:29	08:21
104	2025	Márcio Teixeira	a.d.amarante	Veterano M40	01:40:09	+40:31	08:21
105	2653	CLAUDIA MOTTA	nocturnos de paredes	Veterana F40	01:40:20	+40:42	08:22
106	2568	António Fidalgo	kemedo team	Veterano M50	01:40:48	+41:10	08:24
107	2321	Ana Silva	grupo desportivo santander totta	Senior Feminino	01:41:42	+42:04	08:29
108	2654	FERNANDA LEO	nocturnos de paredes	Veterana F50	01:41:47	+42:09	08:29
109	2389	Filipe Mendes	individual	Senior Masculino	01:42:03	+42:25	08:30
110	2758	Elizabete Loureiro	porto sentido runners	Veterana F40	01:42:24	+42:46	08:32
111	2204	Ricardo Fernandes	denirovip	Veterano M40	01:42:34	+42:56	08:33
112	2005	Nuno Maio	#atéchoras	Senior Masculino	01:42:40	+43:02	08:33
113	2159	Elisabete Pereira	centro ciclista de gondomar	Veterana F40	01:43:03	+43:25	08:35
114	2736	Joaquim Pinto	pintos endiabrados	Veterano M40	01:44:02	+44:24	08:40
115	2296	DIOGO BESSA	gdc fidelidade	Senior Masculino	01:44:03	+44:25	08:40
116	2274	Carlos Anjos	gansos	Veterano M50	01:44:11	+44:33	08:41
117	2312	JOSE PEREIRA	gdc fidelidade	Veterano M60	01:44:51	+45:13	08:44
118	2810	Rogério Rocha	solas rotas	Veterano M40	01:45:13	+45:35	08:46
119	2797	Luís César	gdc fidelidade	Veterano M50	01:45:13	+45:35	08:46
120	2911	Mariana Barbosa	valportas runners	Senior Feminino	01:45:29	+45:51	08:47
121	2626	Marlene Martins	mss contabilidade trail team	Veterana F40	01:45:50	+46:12	08:49
122	2807	Bruno Bernardes	trinca bolotas team	Senior Masculino	01:45:51	+46:13	08:49
123	2823	Maria Santos	team lanthemil	Veterana F50	01:46:26	+46:48	08:52
124	2013	Adriana Abreu	100 meta	Veterana F50	01:46:50	+47:12	08:54
125	2075	Célio Oliveira	amigos 100 limites	Senior Masculino	01:47:25	+47:47	08:57
126	2757	Berta Ferreira	porto sentido runners	Veterana F40	01:47:29	+47:51	08:57
127	1383	Luis Ribeiro	individual	Veterano M40	01:47:40	+48:02	08:58
128	2620	Paulo Silva	mss contabilidade trail team	Senior Masculino	01:47:56	+48:18	09:00
129	2282	João Nunes	gansos	Veterano M50	01:48:25	+48:47	09:02
130	2285	Ricardo Moutinho	gansos	Senior Masculino	01:48:29	+48:51	09:02
131	2849	Goreti Rocha	tog - trinca orelhas de gato	Veterana F40	01:48:54	+49:16	09:05

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	2690	Jorge Silva	osfazconta	Veterano M40	01:48:59	+49:21	09:05
133	2650	LUCIO GOMES	nocturnos de paredes	Senior Masculino	01:49:09	+49:31	09:06
134	2217	João Sousa	edp runners	Veterano M60	01:49:18	+49:40	09:07
135	2425	Rui Parente	individual	Senior Masculino	01:49:19	+49:41	09:07
136	2322	Elzo Gomes	grupo desportivo santander totta	Senior Masculino	01:49:31	+49:53	09:08
137	1577	Vitor Mota	running espinho	Senior Masculino	01:49:31	+49:54	09:08
138	2413	Paulo Ferreira	individual	Senior Masculino	01:49:33	+49:55	09:08
139	2420	Ricardo Pinho	individual	Senior Masculino	01:49:34	+49:56	09:08
140	2873	Bruno Camarada	turbo kings 2.0 / ad ancede	Senior Masculino	01:50:10	+50:32	09:11
141	2668	Nuno Cabral	nuno cabral	Veterano M40	01:50:48	+51:10	09:14
142	2691	Ricardo Gomes	osfazconta	Veterano M40	01:50:52	+51:14	09:14
143	2323	José Esteves	grupo desportivo santander totta	Veterano M40	01:51:01	+51:23	09:15
144	2792	Fátima Aguiar	runriver - escola atletismo de rio tinto	Veterana F50	01:51:25	+51:47	09:17
145	2096	Tiago Araújo	angry ducks trail team	Senior Masculino	01:51:52	+52:14	09:19
146	2393	Hélio Aleixo	individual	Veterano M40	01:52:39	+53:01	09:23
147	1409	Jose Magalhães	individual	Sub 23 Masculino	01:53:06	+53:28	09:26
148	2490	Vasco Magalhães	individual	Senior Masculino	01:53:06	+53:28	09:26
149	2292	DAVID SOUSA	gdc fidelidade	Senior Masculino	01:53:37	+53:59	09:28
150	2269	Nelson Miranda	gansos	Senior Masculino	01:53:45	+54:07	09:29
151	2856	Jorge Martins	tog - trinca orelhas de gato	Veterano M50	01:53:54	+54:16	09:30
152	2290	CARINA ALVES	gdc fidelidade	Senior Feminino	01:54:11	+54:33	09:31
153	2913	Joana Gonçalves	câmara municipal valongo	Veterana F40	01:54:14	+54:36	09:31
154	2914	Verónica Maia	câmara municipal valongo	Veterana F40	01:54:14	+54:36	09:31
155	2563	Ricardo Lascasas	amigos 100 limites	Veterano M40	01:54:27	+54:49	09:32
156	2595	André D'Azevedo	lobos da montanha	Senior Masculino	01:54:46	+55:08	09:34
157	2079	Mauro Silva	amigos 100 limites	Senior Masculino	01:55:40	+56:02	09:38
158	2086	Eduardo Silva	amigos 100 limites	Sub 23 Masculino	01:55:41	+56:03	09:38
159	2088	Maria Ferreira	amigos 100 limites	Veterana F50	01:55:55	+56:17	09:40
160	2361	SARA DIAS	individual	Senior Feminino	01:55:55	+56:17	09:40
161	2201	Clara Silva	c'um carvalho	Veterana F40	01:55:56	+56:18	09:40
162	2094	Paulo Ferreira	angry ducks trail team	Senior Masculino	01:56:15	+56:37	09:41
163	2158	António Teixeira	cdcr ctt porto	Veterano M60	01:56:30	+56:52	09:43
164	2221	Carla Couto	equipa a	Veterana F40	01:56:30	+56:52	09:43
165	2071	Marina Moreira	amigos 100 limites	Senior Feminino	01:56:56	+57:18	09:45
166	2074	Bruno Fernandes	amigos 100 limites	Senior Masculino	01:57:00	+57:22	09:45
167	2424	Rui Custódio	individual	Senior Masculino	01:57:26	+57:49	09:47
168	2527	Salvador Santos	individual	Veterano M50	01:57:27	+57:49	09:47
169	2762	Paulo Rocha	porto sentido runners	Veterano M40	01:57:31	+57:53	09:48
170	2848	Sónia Reis	tog - trinca orelhas de gato	Veterana F40	01:57:48	+58:10	09:49
171	2053	Maria Neves	aliança gandra	Veterana F40	01:57:49	+58:11	09:49
172	2223	Mário Araújo	equipa a	Veterano M40	01:58:25	+58:47	09:52
173	2026	Albano Coelho	a.d.amarante	Veterano M40	01:58:29	+58:51	09:52
174	2021	Margarida Brás	a.d.amarante	Veterana F40	01:58:32	+58:54	09:53
175	2513	Nuno Ferraz	individual	Veterano M40	01:58:46	+59:08	09:54
176	2249	Carla Ferreira	fit gaia trail	Veterana F40	01:58:46	+59:08	09:54
177	2786	Amândio Mendes	running esmoriz	Veterano M50	01:58:57	+59:19	09:55

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
178	2093	Aníbal Ferreira	angry ducks trail team	Senior Masculino	01:59:14	+59:36	09:56
179	2095	Ricardo Ribeiro	angry ducks trail team	Senior Masculino	01:59:17	+59:39	09:56
180	2643	Joaquim Moreira	mss contabilidade trail team	Veterano M50	01:59:22	+59:44	09:57
181	2641	José Lascasas	mss contabilidade trail team	Veterano M50	01:59:22	+59:44	09:57
182	2271	Alexandre Ferreira	gansos	Veterano M40	01:59:23	+59:45	09:57
183	2576	Lígia Silva	porto sentido runners	Senior Feminino	01:59:26	+59:48	09:57
184	2853	Rosa Santos	tog - trinca orelhas de gato	Veterana F50	01:59:34	+59:57	09:58
185	2883	Bruno Sousa	turbolentos	Senior Masculino	01:59:52	+01:00:14	09:59
186	2884	Henrique Pereira	turbolentos	Senior Masculino	01:59:52	+01:00:14	09:59
187	2881	André Pereira	turbolentos	Senior Masculino	01:59:53	+01:00:15	09:59
188	2882	Ari Cardoso	turbolentos	Senior Masculino	01:59:53	+01:00:15	09:59
189	2895	Ivan Cruz	valportas runners	Senior Masculino	02:00:26	+01:00:48	10:02
190	2700	Jose Alves	papatrails	Veterano M40	02:00:29	+01:00:51	10:02
191	2220	Antónia Tomaz	equipa a	Veterana F40	02:00:49	+01:01:11	10:04
192	2385	Diogo Melo	individual	Senior Masculino	02:01:01	+01:01:23	10:05
193	2381	Daniel Gonçalves	individual	Senior Masculino	02:01:05	+01:01:27	10:05
194	2306	JOSE MANUEL MOREIRA	gdc fidelidade	Veterano M40	02:01:08	+01:01:30	10:06
195	2857	Nelson Santos	tog - trinca orelhas de gato	Veterano M40	02:01:10	+01:01:32	10:06
196	2294	ROBERTO HENRIQUES	gdc fidelidade	Senior Masculino	02:01:29	+01:01:51	10:07
197	2070	Márcia Mota	amigos 100 limites	Senior Feminino	02:01:37	+01:01:59	10:08
198	2211	Fernanda Bento	douroconta- gabinete de apoio e contabilidade, lda	Veterana F60	02:01:44	+01:02:06	10:09
199	2185	Laura Pinto	côcos	Veterana F40	02:01:51	+01:02:13	10:09
200	2015	Manuel adriano Campos	100pressa	Veterano M50	02:02:19	+01:02:41	10:12
201	2799	João Santana	santana	Veterano M50	02:02:24	+01:02:47	10:12
202	2669	Fabiana Lopes	oliveira fitness	Veterana F40	02:02:50	+01:03:12	10:14
203	2716	Liliana Rocha	pé no trailrunning	Senior Feminino	02:02:51	+01:03:13	10:14
204	2674	Manuel Moura	os barriguitas	Veterano M60	02:02:59	+01:03:21	10:15
205	2511	Miguel Cadilhe	individual	Veterano M40	02:03:25	+01:03:47	10:17
206	2693	Manuel Paiva	paiva team	Veterano M50	02:03:26	+01:03:48	10:17
207	1411	Sérgio Carneiro	individual	Veterano M50	02:03:27	+01:03:49	10:17
208	2906	Sérgio Tavares	individual	Veterano M40	02:03:28	+01:03:50	10:17
209	2372	António Dias	individual	Senior Masculino	02:03:28	+01:03:50	10:17
210	1408	Paulo Carneiro	individual	Veterano M50	02:03:29	+01:03:51	10:17
211	2796	João Resende	salgueiros running	Veterano M40	02:03:39	+01:04:01	10:18
212	2787	Américo Fonseca	running esmoriz	Veterano M50	02:04:39	+01:05:01	10:23
213	2785	Paula Sousa	running esmoriz	Veterana F40	02:04:39	+01:05:01	10:23
214	2666	Amália Monteiro	nova linha trail runners	Veterana F50	02:04:58	+01:05:20	10:25
215	2573	Inês Slva	leões de tardariz trail	Senior Feminino	02:06:08	+01:06:30	10:31
216	2575	Miguel Reis	leões de tardariz trail	Veterano M40	02:06:12	+01:06:35	10:31
217	2765	Carlos Teixeira	quadranteteam	Veterano M40	02:07:03	+01:07:26	10:35
218	2764	Cristiana Reis	quadranteteam	Veterana F40	02:07:04	+01:07:26	10:35
219	2299	SUSANA BESSA	gdc fidelidade	Veterana F40	02:07:41	+01:08:03	10:38
220	2268	João Oliveira	gansos	Senior Masculino	02:08:11	+01:08:33	10:41
221	2283	Miguel Costa	gansos	Veterano M40	02:08:11	+01:08:33	10:41
222	2278	Joaquim Garces	gansos	Veterano M50	02:08:11	+01:08:33	10:41

MINI TRILHOS 12K - STAGE 1

12 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	2267	Helena Alvarenga	gansos	Senior Feminino	02:08:12	+01:08:34	10:41
224	2275	Silvia Barbosa	gansos	Veterana F40	02:08:12	+01:08:34	10:41
225	2689	Brigida Duarte	osfazconta	Veterana F40	02:09:03	+01:09:25	10:45
226	2863	Helder Silva	trilhados	Veterano M40	02:09:59	+01:10:21	10:50
227	2118	Pedro Charais	autozeeker	Veterano M50	02:10:33	+01:10:55	10:53
228	2466	Isaura Cruz	individual	Veterana F40	02:10:49	+01:11:11	10:54
229	2514	Oscar Mendes	individual	Veterano M40	02:10:50	+01:11:12	10:54
230	2660	FILIPPE PINTO	nocturnos de paredes	Veterano M40	02:11:13	+01:11:35	10:56
231	2651	PAULO AMORIM	nocturnos de paredes	Senior Masculino	02:11:15	+01:11:37	10:56
232	2909	Diana Mota	individual	Veterana F40	02:11:32	+01:11:54	10:58
233	2551	Raul Magalhaes	individual	Veterano M50	02:12:27	+01:12:49	11:02
234	2341	Isabel Marques	individual	Senior Feminino	02:13:46	+01:14:08	11:09
235	2859	Carlos Pimenta	tog - trinca orelhas de gato	Veterano M40	02:13:46	+01:14:09	11:09
236	2024	Sónia Bastos	a.d.amarante	Senior Feminino	02:14:16	+01:14:38	11:11
237	2023	Paula Costa	a.d.amarante	Senior Feminino	02:14:16	+01:14:39	11:11
238	2017	Joaquim Fernando Leite	100pressa	Veterano M60	02:14:31	+01:14:54	11:13
239	2087	Ana Paula Silva	amigos 100 limites	Veterana F40	02:15:04	+01:15:26	11:15
240	2180	Miguel Ferreira	clube trilheiros & amigos	Veterano M40	02:15:57	+01:16:19	11:20
241	2193	Joana Fernandes	coronado runners	Senior Feminino	02:15:59	+01:16:21	11:20
242	2644	Rui Moura	mss contabilidade trail team	Veterano M50	02:17:01	+01:17:23	11:25
243	2761	Teresa Lourenço	porto sentido runners	Veterana F40	02:18:23	+01:18:45	11:32
244	2199	Ricardo Silva	correr no futuro	Veterano M40	02:19:00	+01:19:22	11:35
245	2200	Marisa Alves	correr no futuro	Veterana F40	02:19:00	+01:19:22	11:35
246	2745	Ana Silva	pó reforço trail team	Senior Feminino	02:19:03	+01:19:25	11:35
247	2747	Ricardo Leal	pó reforço trail team	Senior Masculino	02:19:22	+01:19:44	11:37
248	2746	Carla Lisete Teixeira	pó reforço trail team	Senior Feminino	02:19:32	+01:19:55	11:38
249	2586	Paula Monteiro	let's go team	Veterana F40	02:19:55	+01:20:17	11:40
250	2867	Raquel Pacheco	tripeiros enfarinhados	Senior Feminino	02:20:21	+01:20:43	11:42
251	2868	Daniel Rodrigues	tripeiros enfarinhados	Senior Masculino	02:20:21	+01:20:43	11:42
252	2152	Rosinda macedo	caga tacos running team	Veterana F60	02:21:52	+01:22:14	11:49
253	2154	Antonio macedo	caga tacos running team	Veterano M60	02:21:53	+01:22:15	11:49
254	2557	José Ramos	individual	Veterano M60	02:21:57	+01:22:19	11:50
255	2627	Paula Pinheiro	mss contabilidade trail team	Veterana F40	02:22:15	+01:22:37	11:51
256	2132	Germano Moura	barriguitas porto	Veterano M60	02:22:20	+01:22:42	11:52
257	2808	Carla Almeida	solas rotas	Veterana F40	02:22:28	+01:22:50	11:52
258	2365	Susana Lemos Costa	individual	Senior Feminino	02:22:52	+01:23:14	11:54
259	2355	Moreira Ana	individual	Senior Feminino	02:22:52	+01:23:15	11:54
260	2824	Manuela Reis	team lantermil	Veterana F50	02:22:58	+01:23:20	11:55
261	2371	Bruno Rodrigues	individual	Senior Masculino	02:23:09	+01:23:31	11:56
262	2783	Alberto Reis	road runners	Senior Masculino	02:23:09	+01:23:31	11:56
263	2179	Valadares Carlos	clube trilheiros & amigos	Veterano M40	02:23:12	+01:23:34	11:56
264	2847	Virginia Ferreira	tog - trinca orelhas de gato	Veterana F40	02:24:29	+01:24:51	12:02
265	2346	Madalena Costa	individual	Senior Feminino	02:24:57	+01:25:19	12:05
266	2472	Mónica Gomes	individual	Veterana F40	02:24:57	+01:25:19	12:05
267	2549	Paulo Magalhaes	individual	Veterano M50	02:25:01	+01:25:23	12:05
268	2684	Adriana Duarte	osfazconta	Senior Feminino	02:25:02	+01:25:24	12:05

MINI TRILHOS 12K - STAGE 1

12 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
269	2073	Vânia Moreira	amigos 100 limites	Senior Feminino	02:25:05	+01:25:27	12:05
270	2091	Carlos Rocha	amigos 100 limites	Veterano M50	02:25:06	+01:25:28	12:06
271	2615	Raquel Marques	mss contabilidade trail team	Senior Feminino	02:25:20	+01:25:42	12:07
272	2638	Nuno Alexandre	mss contabilidade trail team	Veterano M40	02:25:40	+01:26:02	12:08
273	2016	António Martins	100pressa	Veterano M60	02:25:43	+01:26:05	12:09
274	2755	André Oliveira	porto sentido runners	Senior Masculino	02:26:09	+01:26:31	12:11
275	2069	Diana Morais	amigos 100 limites	Senior Feminino	02:27:09	+01:27:31	12:16
276	2533	Telmo Ferreira	gondomar futsal clube	Veterano M40	02:29:50	+01:30:12	12:29
277	2705	Sonia Silva	paredes running	Veterana F40	02:30:03	+01:30:25	12:30
278	2630	Maria Alves	mss contabilidade trail team	Veterana F50	02:30:04	+01:30:27	12:30
279	2737	Manuel Silva	pk56	Veterano M50	02:30:35	+01:30:57	12:33
280	2279	Deolinda Campanha	gansos	Veterana F60	02:31:03	+01:31:25	12:35
281	2284	Álvaro Almeida	gansos	Veterano M50	02:31:04	+01:31:26	12:35
282	2348	Márcia Pinto	individual	Senior Feminino	02:32:57	+01:33:19	12:45
283	2336	Cláudia Cardoso	individual	Senior Feminino	02:32:57	+01:33:19	12:45
284	2090	Nelson Fernandes	amigos 100 limites	Veterano M40	02:33:54	+01:34:16	12:50
285	2072	Nádia Fernandes	amigos 100 limites	Senior Feminino	02:33:54	+01:34:16	12:50
286	2459	Diana Lima	individual	Veterana F40	02:35:07	+01:35:29	12:56
287	2475	Olivia Silva	individual	Veterana F40	02:35:07	+01:35:29	12:56
288	2047	João Gonçalves	akg runners	Veterano M40	02:35:08	+01:35:30	12:56
289	2011	Rui Dias	@correratenumdarmais	Veterano M40	02:35:10	+01:35:32	12:56
290	2442	Tiago Couto	individual	Sub 23 Masculino	02:37:42	+01:38:04	13:09
291	2536	António Manuel Santos Couto	individual	Veterano M50	02:37:43	+01:38:06	13:09
292	2334	Bruna Magalhães	individual	Senior Feminino	02:38:07	+01:38:30	13:11
293	2489	Margarida Magalhaes	individual	Veterana F50	02:38:07	+01:38:30	13:11
294	2277	Flor Ribeiro	gansos	Veterana F50	02:38:13	+01:38:35	13:11
295	2280	Fernanda Santos	gansos	Veterana F60	02:38:13	+01:38:35	13:11
296	2897	Mário Carvalho	valportas runners	Veterano M40	02:39:34	+01:39:56	13:18
297	2555	António Fernandes	individual	Veterano M60	02:40:23	+01:40:45	13:22
298	2588	Rosa Cerqueira	let's go team	Veterana F50	02:40:30	+01:40:52	13:23
299	2130	Eugénia Monteiro	baguim outdoor activities (boa's)	Veterana F40	02:41:19	+01:41:41	13:27
300	2131	Teresa Silva	baguim outdoor activities (boa's)	Veterana F40	02:41:19	+01:41:41	13:27
301	2127	Carla Lopes	baguim outdoor activities (boa's)	Senior Feminino	02:41:19	+01:41:41	13:27
302	2572	Cátia Beirão	leões de tardariz trail	Senior Feminino	02:43:23	+01:43:45	13:37
303	2577	Ana Miranda	leões de tardariz trail	Senior Feminino	02:43:24	+01:43:46	13:37
304	2852	Raquel Marques	tog - trinca orelhas de gato	Veterana F50	02:43:46	+01:44:09	13:39
305	2316	Bia Maia	gdst	Veterana F50	02:43:54	+01:44:16	13:40
306	2483	Susana Pauperio	individual	Veterana F40	02:43:54	+01:44:17	13:40
307	2640	José Freitas	mss contabilidade trail team	Veterano M50	02:45:04	+01:45:26	13:45
308	2176	Sandra Cristina Sousa	clube trilheiros & amigos	Senior Feminino	02:46:04	+01:46:26	13:50
309	2276	Arnaldo Neiva	gansos	Veterano M50	02:46:14	+01:46:36	13:51
310	2469	Lina Cabral	individual	Veterana F40	02:50:52	+01:51:14	14:14
311	2480	Sara Rodrigues	individual	Veterana F50	02:50:53	+01:51:15	14:14
312	2470	Mafalda Fernandes	individual	Veterana F40	02:50:58	+01:51:21	14:15
313	2645	Cláudia Cardoso	msx	Senior Feminino	02:51:07	+01:51:29	14:16
314	2486	Anabela Pontes	individual	Veterana F50	02:54:02	+01:54:25	14:30

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
315	2308	ANTONIO AMARAL	gdc fidelidade	Veterano M60	02:55:57	+01:56:19	14:40
316	2297	Albertina Teixeira	gdc fidelidade	Veterana F50	02:55:59	+01:56:21	14:40
317	2291	Susana Silva	gdc fidelidade	Veterana F40	02:57:13	+01:57:35	14:46
318	2305	JORGE MONTEIRO	gdc fidelidade	Veterano M50	02:57:32	+01:57:54	14:48
319	2861	Lina Maria	tog - trinca orelhas de gato	Veterana F50	02:57:34	+01:57:56	14:48
320	2760	Isabel Maria Moreira	porto sentido runners	Veterana F40	02:58:31	+01:58:53	14:53
321	2251	Sónia Pires	fit gaia trail	Veterana F40	03:03:34	+02:03:56	15:18
322	2250	Diana Poças	fit gaia trail	Veterana F40	03:03:38	+02:04:00	15:18
323	2685	Catarina Silva	osfazconta	Senior Feminino	03:05:53	+02:06:15	15:29
324	2687	Daniel Pais	osfazconta	Senior Masculino	03:05:57	+02:06:19	15:30
325	2258	Marcia Fernandes	gang do salto alto	Veterana F40	03:58:13	+02:58:35	19:51
326	2264	Criatina sousa	gang do salto alto	Veterana F50	03:58:13	+02:58:35	19:51
327	2255	Paula Mendes	gang do salto alto	Veterana F40	04:00:35	+03:00:57	20:03

Mini Trilhos 12K

12 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:58	26.2°C	48%

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

1	1626	Susana Azevedo	TEAM LANTEMIL	Senior Feminino	01:22:17	+22:39	06:51
2	2344	Kosta Karas	Individual	Senior Feminino	01:24:50	+25:12	07:04
3	2181	Daniela Alves	Clube Zupper	Senior Feminino	01:26:32	+26:54	07:13
4	2800	Marta Moreira	SERI Trail Team	Senior Feminino	01:32:00	+32:22	07:40
5	2054	Filipa Santos	Aliança Gandra	Senior Feminino	01:33:13	+33:35	07:46
6	2678	Daniela Moutinho	Os Preguiças Team	Senior Feminino	01:34:08	+34:30	07:51
7	2168	Soraia Sousa	CIDEP Fornos Lusavouga	Senior Feminino	01:37:16	+37:38	08:06
8	2842	Patrícia Silva	Tog - Trinca Orelhas de Gato	Senior Feminino	01:37:52	+38:15	08:09
9	2321	Ana Silva	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Feminino	01:41:42	+42:04	08:29
10	2911	Mariana Barbosa	Valportas Runners	Senior Feminino	01:45:29	+45:51	08:47
11	2290	CARINA ALVES	GDC Fidelidade	Senior Feminino	01:54:11	+54:33	09:31
12	2361	SARA DIAS	Individual	Senior Feminino	01:55:55	+56:17	09:40
13	2071	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:56:56	+57:18	09:45
14	2576	Lígia Silva	PORTO SENTIDO RUNNERS	Senior Feminino	01:59:26	+59:48	09:57
15	2070	Márcia Mota	Amigos 100 Limites	Senior Feminino	02:01:37	+01:01:59	10:08
16	2716	Liliana Rocha	Pé no TrailRunning	Senior Feminino	02:02:51	+01:03:13	10:14
17	2573	Inês Silva	Leões de Tardariz Trail	Senior Feminino	02:06:08	+01:06:30	10:31
18	2267	Helena Alvarenga	Gansos	Senior Feminino	02:08:12	+01:08:34	10:41
19	2341	Isabel Marques	Individual	Senior Feminino	02:13:46	+01:14:08	11:09
20	2024	Sónia Bastos	A.D.Amarante	Senior Feminino	02:14:16	+01:14:38	11:11
21	2023	Paula Costa	A.D.Amarante	Senior Feminino	02:14:16	+01:14:39	11:11
22	2193	Joana Fernandes	Coronado runners	Senior Feminino	02:15:59	+01:16:21	11:20
23	2745	Ana Silva	Pó reforço trail team	Senior Feminino	02:19:03	+01:19:25	11:35
24	2746	Carla Lisete Teixeira	PÔ REFORÇO TRAIL TEAM	Senior Feminino	02:19:32	+01:19:55	11:38
25	2867	Raquel Pacheco	Tripeiros enfarinhados	Senior Feminino	02:20:21	+01:20:43	11:42
26	2365	Susana Lemos Costa	Individual	Senior Feminino	02:22:52	+01:23:14	11:54
27	2355	Moreira Ana	Individual	Senior Feminino	02:22:52	+01:23:15	11:54
28	2346	Madalena Costa	Individual	Senior Feminino	02:24:57	+01:25:19	12:05
29	2684	Adriana Duarte	OsFazConta	Senior Feminino	02:25:02	+01:25:24	12:05
30	2073	Vânia Moreira	Amigos 100 Limites	Senior Feminino	02:25:05	+01:25:27	12:05
31	2615	Raquel Marques	MSS Contabilidade Trail Team	Senior Feminino	02:25:20	+01:25:42	12:07
32	2069	Diana Morais	Amigos 100 Limites	Senior Feminino	02:27:09	+01:27:31	12:16
33	2348	Márcia Pinto	Individual	Senior Feminino	02:32:57	+01:33:19	12:45
34	2336	Cláudia Cardoso	Individual	Senior Feminino	02:32:57	+01:33:19	12:45
35	2072	Nádia Fernandes	Amigos 100 Limites	Senior Feminino	02:33:54	+01:34:16	12:50
36	2334	Bruna Magalhães	Individual	Senior Feminino	02:38:07	+01:38:30	13:11
37	2127	Carla Lopes	Baguim Outdoor Activities (BOA'S)	Senior Feminino	02:41:19	+01:41:41	13:27
38	2572	Cátia Beirão	Leões de Tardariz Trail	Senior Feminino	02:43:23	+01:43:45	13:37
39	2577	Ana Miranda	Leões de Tardariz Trail	Senior Feminino	02:43:24	+01:43:46	13:37

Official Timekeeper: Lap2Go	1 / 9	generate 06-Sep-2021 18:07
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Mini Trilhos 12K

12 KM

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OFFICIAL RESULT

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REVISED

40	2176	Sandra Cristina Sousa	Clube Trilheiros & Amigos	Senior Feminino	02:46:04	+01:46:26	13:50
41	2645	Cláudia Cardoso	MSX	Senior Feminino	02:51:07	+01:51:29	14:16
42	2685	Catarina Silva	OsFazConta	Senior Feminino	03:05:53	+02:06:15	15:29

Senior Masculino

1	2776	Vitor Barbosa	Retorta - Quinta das Arcas	Senior Masculino	59:37	04:58
2	2352	Marcelo Araújo	Individual	Senior Masculino	01:00:37	+00:59 05:03
3	2672	João Ribeiro	Oralklass - Amigos Do Trail	Senior Masculino	01:01:49	+02:11 05:09
4	2775	Tiago Pinto	Retorta - Quinta das Arcas	Senior Masculino	01:02:45	+03:07 05:14
5	2905	Ivo Barbosa	Devasta Trilhos	Senior Masculino	01:05:29	+05:52 05:27
6	2208	Bruno Santos	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:07:05	+07:27 05:35
7	2908	António Mendes	A.D.Amarante	Senior Masculino	01:08:01	+08:23 05:40
8	2098	Cristiano Gomes	Aperta Cordões	Senior Masculino	01:09:57	+10:20 05:50
9	2051	Pedro Jorge	Aliança Gandra	Senior Masculino	01:12:46	+13:08 06:04
10	2214	Pedro Campos	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:14:18	+14:40 06:12
11	2184	Nicolas Lopes	Clube Zupper	Senior Masculino	01:14:59	+15:21 06:15
12	2854	Ricardo Barros	Tog - Trinca Orelhas de Gato	Senior Masculino	01:17:16	+17:38 06:26
13	2752	Miguel Sousa	Pó reforço trail team	Senior Masculino	01:18:57	+19:19 06:35
14	2085	Tiago Mota	Amigos 100 Limites	Senior Masculino	01:22:27	+22:49 06:52
15	2749	Pedro Coelho	Pó reforço trail team	Senior Masculino	01:22:30	+22:52 06:53
16	2077	Fábio Moreira	Amigos 100 Limites	Senior Masculino	01:22:30	+22:52 06:53
17	2248	Nuno Teixeira	Fiaes running	Senior Masculino	01:22:53	+23:15 06:54
18	2387	Eduardo Moreira	Individual	Senior Masculino	01:23:33	+23:55 06:58
19	2558	Ricardo Soares	Irmandade Runners	Senior Masculino	01:24:16	+24:38 07:01
20	2391	Gabriel Rodrigues	Individual	Senior Masculino	01:25:37	+25:59 07:08
21	2082	Pedro Meirinhos	Amigos 100 Limites	Senior Masculino	01:26:18	+26:40 07:12
22	2400	João Cardoso	Individual	Senior Masculino	01:26:43	+27:05 07:14
23	2384	Daniel Soares	Individual	Senior Masculino	01:27:49	+28:12 07:19
24	2402	João sousa	Individual	Senior Masculino	01:28:37	+28:59 07:23
25	1647	Luis Marques	Trilhados	Senior Masculino	01:28:47	+29:09 07:24
26	2417	Pedro Mendes	Individual	Senior Masculino	01:29:13	+29:35 07:26
27	2041	Tiago Lages	Salgueiros Running	Senior Masculino	01:29:33	+29:55 07:28
28	2326	Diogo Lopes	Habcarpintaria	Senior Masculino	01:30:28	+30:50 07:32
29	2431	Tiago Rui Vaz de Oliveira	Individual	Senior Masculino	01:31:06	+31:28 07:36
30	2679	Fernando Teixeira	Os Preguiças Team	Senior Masculino	01:31:38	+32:00 07:38
31	2003	Fábio Gomes	#ATÉCHORAS	Senior Masculino	01:31:51	+32:13 07:39
32	2874	Bruno Ferreira	Turbo Kings 2.0 / AD Ancede	Senior Masculino	01:32:29	+32:51 07:42
33	2748	Luis Alves	Pó Reforço Trail Team	Senior Masculino	01:32:36	+32:58 07:43
34	2039	Tiago Gonçalves	Afifense Trail	Senior Masculino	01:32:46	+33:08 07:44
35	2574	José Ribeiro	Leões de Tardariz Trail	Senior Masculino	01:33:04	+33:26 07:45
36	2398	Isaias Vieira	Individual	Senior Masculino	01:34:02	+34:24 07:50
37	2440	João Pedro Ribeiro	Individual	Senior Masculino	01:34:07	+34:29 07:51
38	2894	José Silva	Valportas Runners	Senior Masculino	01:35:36	+35:58 07:58
39	2688	Pedro Oliveira	OsFazConta	Senior Masculino	01:35:55	+36:17 08:00

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Mini Trilhos 12K

12 KM

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40	2893	Diogo Castelo	Valportas Runners	Senior Masculino	01:37:04	+37:26	08:05
41	2845	Tiago Pinto	Tog - Trinca Orelhas de Gato	Senior Masculino	01:37:40	+38:02	08:08
42	2383	Daniel Peixoto	Individual	Senior Masculino	01:38:13	+38:36	08:11
43	2876	Cristiano Fonseca	Turbo Kings 2.0 / AD Ancede	Senior Masculino	01:38:31	+38:53	08:13
44	2618	Hugo Barbosa	MSS Contabilidade Trail Team	Senior Masculino	01:38:54	+39:16	08:15
45	2608	Pedro Dinis	Mini Mercado Gomes	Senior Masculino	01:39:18	+39:40	08:17
46	2389	Filipe Mendes	Individual	Senior Masculino	01:42:03	+42:25	08:30
47	2005	Nuno Maio	#ATÉCHORAS	Senior Masculino	01:42:40	+43:02	08:33
48	2296	DIOGO BESSA	GDC Fidelidade	Senior Masculino	01:44:03	+44:25	08:40
49	2807	Bruno Bernardes	Trinca Bolotas Team	Senior Masculino	01:45:51	+46:13	08:49
50	2075	Célio Oliveira	Amigos 100 Limites	Senior Masculino	01:47:25	+47:47	08:57
51	2620	Paulo Silva	MSS Contabilidade Trail Team	Senior Masculino	01:47:56	+48:18	09:00
52	2285	Ricardo Moutinho	Gansos	Senior Masculino	01:48:29	+48:51	09:02
53	2650	LUCIO GOMES	NOCTURNOS DE PAREDES	Senior Masculino	01:49:09	+49:31	09:06
54	2425	Rui Parente	Individual	Senior Masculino	01:49:19	+49:41	09:07
55	2322	Elzo Gomes	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	01:49:31	+49:53	09:08
56	1577	Vitor Mota	RUNNING ESPINHO	Senior Masculino	01:49:31	+49:54	09:08
57	2413	Paulo Ferreira	Individual	Senior Masculino	01:49:33	+49:55	09:08
58	2420	Ricardo Pinho	Individual	Senior Masculino	01:49:34	+49:56	09:08
59	2873	Bruno Camarada	Turbo Kings 2.0 / AD Ancede	Senior Masculino	01:50:10	+50:32	09:11
60	2096	Tiago Araújo	Angry Ducks Trail Team	Senior Masculino	01:51:52	+52:14	09:19
61	2490	Vasco Magalhães	Individual	Senior Masculino	01:53:06	+53:28	09:26
62	2292	DAVID SOUSA	GDC Fidelidade	Senior Masculino	01:53:37	+53:59	09:28
63	2269	Nelson Miranda	Gansos	Senior Masculino	01:53:45	+54:07	09:29
64	2595	André D'Azevedo	Lobos da Montanha	Senior Masculino	01:54:46	+55:08	09:34
65	2079	Mauro Silva	Amigos 100 Limites	Senior Masculino	01:55:40	+56:02	09:38
66	2094	Paulo Ferreira	Angry Ducks Trail Team	Senior Masculino	01:56:15	+56:37	09:41
67	2074	Bruno Fernandes	Amigos 100 Limites	Senior Masculino	01:57:00	+57:22	09:45
68	2424	Rui Custódio	Individual	Senior Masculino	01:57:26	+57:49	09:47
69	2093	Aníbal Ferreira	Angry Ducks Trail Team	Senior Masculino	01:59:14	+59:36	09:56
70	2095	Ricardo Ribeiro	Angry Ducks Trail Team	Senior Masculino	01:59:17	+59:39	09:56
71	2883	Bruno Sousa	TURBOLENTOS	Senior Masculino	01:59:52	+01:00:14	09:59
72	2884	Henrique Pereira	TURBOLENTOS	Senior Masculino	01:59:52	+01:00:14	09:59
73	2881	André Pereira	TURBOLENTOS	Senior Masculino	01:59:53	+01:00:15	09:59
74	2882	Ari Cardoso	TURBOLENTOS	Senior Masculino	01:59:53	+01:00:15	09:59
75	2895	Ivan Cruz	Valportas Runners	Senior Masculino	02:00:26	+01:00:48	10:02
76	2385	Diogo Melo	Individual	Senior Masculino	02:01:01	+01:01:23	10:05
77	2381	Daniel Gonçalves	Individual	Senior Masculino	02:01:05	+01:01:27	10:05
78	2294	ROBERTO HENRIQUES	GDC Fidelidade	Senior Masculino	02:01:29	+01:01:51	10:07
79	2372	António Dias	Individual	Senior Masculino	02:03:28	+01:03:50	10:17
80	2268	João Oliveira	Gansos	Senior Masculino	02:08:11	+01:08:33	10:41
81	2651	PAULO AMORIM	NOCTURNOS DE PAREDES	Senior Masculino	02:11:15	+01:11:37	10:56
82	2747	Ricardo Leal	Pó reforço trail team	Senior Masculino	02:19:22	+01:19:44	11:37
83	2868	Daniel Rodrigues	Tripeiros enfarinhados	Senior Masculino	02:20:21	+01:20:43	11:42
84	2371	Bruno Rodrigues	Individual	Senior Masculino	02:23:09	+01:23:31	11:56
85	2783	Alberto Reis	Road Runners	Senior Masculino	02:23:09	+01:23:31	11:56

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Mini Trilhos 12K

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86	2755	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	02:26:09	+01:26:31	12:11
87	2687	Daniel Pais	OsFazConta	Senior Masculino	03:05:57	+02:06:19	15:30

Sub 23 Masculino

1	2795	José Mário Nogueira Branco Felgueiras	Affense Trail	Sub 23 Masculino	01:09:16	+09:38	05:46
2	2846	André Gomes	Tog - Trinca Orelhas de Gato	Sub 23 Masculino	01:19:30	+19:52	06:38
3	2896	Rafael Carvalho	Valportas Runners	Sub 23 Masculino	01:30:35	+30:57	07:33
4	1409	Jose Magalhães	Individual	Sub 23 Masculino	01:53:06	+53:28	09:26
5	2086	Eduardo Silva	Amigos 100 Limites	Sub 23 Masculino	01:55:41	+56:03	09:38
6	2442	Tiago Couto	Individual	Sub 23 Masculino	02:37:42	+01:38:04	13:09

Veterana F40

1	1607	Monica Oliveira	SPORTING CLUBE DE ESPINHO/ANTONIO LEITÃO	Veterana F40	01:26:44	+27:06	07:14
2	2178	Carla Duarte	Coronado runners	Veterana F40	01:35:08	+35:30	07:56
3	2022	Patricia Carvalho	A.D.Amarante	Veterana F40	01:40:07	+40:29	08:21
4	2653	CLAUDIA MOTTA	NOCTURNOS DE PAREDES	Veterana F40	01:40:20	+40:42	08:22
5	2758	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	01:42:24	+42:46	08:32
6	2159	Elisabete Pereira	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:43:03	+43:25	08:35
7	2626	Marlene Martins	MSS Contabilidade Trail Team	Veterana F40	01:45:50	+46:12	08:49
8	2757	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	01:47:29	+47:51	08:57
9	2849	Goreti Rocha	Tog - Trinca Orelhas de Gato	Veterana F40	01:48:54	+49:16	09:05
10	2913	Joana Gonçalves	Câmara Municipal Valongo	Veterana F40	01:54:14	+54:36	09:31
11	2914	Verónica Maia	Câmara Municipal Valongo	Veterana F40	01:54:14	+54:36	09:31
12	2201	Clara Silva	C'um Carvalho	Veterana F40	01:55:56	+56:18	09:40
13	2221	Carla Couto	EQUIPA A	Veterana F40	01:56:30	+56:52	09:43
14	2848	Sónia Reis	Tog - Trinca Orelhas de Gato	Veterana F40	01:57:48	+58:10	09:49
15	2053	Maria Neves	Aliança Gandra	Veterana F40	01:57:49	+58:11	09:49
16	2021	Margarida Brás	A.D.Amarante	Veterana F40	01:58:32	+58:54	09:53
17	2249	Carla Ferreira	FIT GAIA TRAIL	Veterana F40	01:58:46	+59:08	09:54
18	2220	Antónia Tomaz	EQUIPA A	Veterana F40	02:00:49	+01:01:11	10:04
19	2185	Laura Pinto	Côcos	Veterana F40	02:01:51	+01:02:13	10:09
20	2669	Fabiana Lopes	Oliveira Fitness	Veterana F40	02:02:50	+01:03:12	10:14
21	2785	Paula Sousa	Running Esmoriz	Veterana F40	02:04:39	+01:05:01	10:23
22	2764	Cristiana Reis	QuadranteTeam	Veterana F40	02:07:04	+01:07:26	10:35
23	2299	SUSANA BESSA	GDC Fidelidade	Veterana F40	02:07:41	+01:08:03	10:38
24	2275	Silvia Barbosa	Gansos	Veterana F40	02:08:12	+01:08:34	10:41
25	2689	Brigida Duarte	OsFazConta	Veterana F40	02:09:03	+01:09:25	10:45
26	2466	Isaura Cruz	Individual	Veterana F40	02:10:49	+01:11:11	10:54
27	2909	Diana Mota	Individual	Veterana F40	02:11:32	+01:11:54	10:58
28	2087	Ana Paula Silva	Amigos 100 Limites	Veterana F40	02:15:04	+01:15:26	11:15
29	2761	Teresa Lourenço	PORTO SENTIDO RUNNERS	Veterana F40	02:18:23	+01:18:45	11:32
30	2200	Marisa Alves	Correr no futuro	Veterana F40	02:19:00	+01:19:22	11:35

Mini Trilhos 12K

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31	2586	Paula Monteiro	Let's Go Team	Veterana F40	02:19:55	+01:20:17	11:40
32	2627	Paula Pinheiro	MSS Contabilidade Trail Team	Veterana F40	02:22:15	+01:22:37	11:51
33	2808	Carla Almeida	Solas rotas	Veterana F40	02:22:28	+01:22:50	11:52
34	2847	Virginia Ferreira	Tog - Trinca Orelhas de Gato	Veterana F40	02:24:29	+01:24:51	12:02
35	2472	Mônica Gomes	Individual	Veterana F40	02:24:57	+01:25:19	12:05
36	2705	Sonia Silva	Paredes Running	Veterana F40	02:30:03	+01:30:25	12:30
37	2459	Diana Lima	Individual	Veterana F40	02:35:07	+01:35:29	12:56
38	2475	Olivia Silva	Individual	Veterana F40	02:35:07	+01:35:29	12:56
39	2130	Eugénia Monteiro	Baguim Outdoor Activities (BOA'S)	Veterana F40	02:41:19	+01:41:41	13:27
40	2131	Teresa Silva	Baguim Outdoor Activities (BOA'S)	Veterana F40	02:41:19	+01:41:41	13:27
41	2483	Susana Pauperio	Individual	Veterana F40	02:43:54	+01:44:17	13:40
42	2469	Lina Cabral	Individual	Veterana F40	02:50:52	+01:51:14	14:14
43	2470	Mafalda Fernandes	Individual	Veterana F40	02:50:58	+01:51:21	14:15
44	2291	Susana Silva	GDC Fidelidade	Veterana F40	02:57:13	+01:57:35	14:46
45	2760	Isabel Maria Moreira	PORTO SENTIDO RUNNERS	Veterana F40	02:58:31	+01:58:53	14:53
46	2251	Sónia Pires	FIT GAIA TRAIL	Veterana F40	03:03:34	+02:03:56	15:18
47	2250	Diana Poças	FIT GAIA TRAIL	Veterana F40	03:03:38	+02:04:00	15:18
48	2258	Marcia Fernandes	Gang do Salto Alto	Veterana F40	03:58:13	+02:58:35	19:51
49	2255	Paula Mendes	Gang do Salto Alto	Veterana F40	04:00:35	+03:00:57	20:03

Veterana F50

1	1525	Alexandra Fernandes	ORALKLASS - AMIGOS DO TRAIL	Veterana F50	01:18:01	+18:23	06:30
2	2222	Alice Couto	EQUIPA A	Veterana F50	01:30:08	+30:30	07:31
3	2654	FERNANDA LEAO	NOCTURNOS DE PAREDES	Veterana F50	01:41:47	+42:09	08:29
4	2823	Maria Santos	TEAM LANTEMIL	Veterana F50	01:46:26	+46:48	08:52
5	2013	Adriana Abreu	100 Meta	Veterana F50	01:46:50	+47:12	08:54
6	2792	Fátima Aguiar	RunRiver - Escola Atletismo de Rio Tinto	Veterana F50	01:51:25	+51:47	09:17
7	2088	Maria Ferreira	Amigos 100 Limites	Veterana F50	01:55:55	+56:17	09:40
8	2853	Rosa Santos	Tog - Trinca Orelhas de Gato	Veterana F50	01:59:34	+59:57	09:58
9	2666	Amália Monteiro	Nova Linha Trail Runners	Veterana F50	02:04:58	+01:05:20	10:25
10	2824	Manuela Reis	TEAM LANTEMIL	Veterana F50	02:22:58	+01:23:20	11:55
11	2630	Maria Alves	MSS Contabilidade Trail Team	Veterana F50	02:30:04	+01:30:27	12:30
12	2489	Margarida Magalhaes	Individual	Veterana F50	02:38:07	+01:38:30	13:11
13	2277	Flor Ribeiro	Gansos	Veterana F50	02:38:13	+01:38:35	13:11
14	2588	Rosa Cerqueira	Let's Go Team	Veterana F50	02:40:30	+01:40:52	13:23
15	2852	Raquel Marques	Tog - Trinca Orelhas de Gato	Veterana F50	02:43:46	+01:44:09	13:39
16	2316	Bia Maia	GDST	Veterana F50	02:43:54	+01:44:16	13:40
17	2480	Sara Rodrigues	Individual	Veterana F50	02:50:53	+01:51:15	14:14
18	2486	Anabela Pontes	Individual	Veterana F50	02:54:02	+01:54:25	14:30
19	2297	Albertina Teixeira	GDC Fidelidade	Veterana F50	02:55:59	+01:56:21	14:40
20	2861	Lina Maria	Tog - Trinca Orelhas de Gato	Veterana F50	02:57:34	+01:57:56	14:48
21	2264	Criatina sousa	Gang do Salto Alto	Veterana F50	03:58:13	+02:58:35	19:51

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Veterana F60

1	2211	Fernanda Bento	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Veterana F60	02:01:44	+01:02:06	10:09
2	2152	Rosinda macedo	Caga Tacos Running Team	Veterana F60	02:21:52	+01:22:14	11:49
3	2279	Deolinda Campanha	Gansos	Veterana F60	02:31:03	+01:31:25	12:35
4	2280	Fernanda Santos	Gansos	Veterana F60	02:38:13	+01:38:35	13:11

Veterano M40

1	2497	Carlos Monteiro	Retorta - Quinta das Arcas	Veterano M40	01:02:16	+02:38	05:11
2	2779	Tiago Lisboa	Retorta - Quinta das Arcas	Veterano M40	01:05:32	+05:54	05:28
3	2890	Elvio José Faria Santos	Vale Correr	Veterano M40	01:09:36	+09:58	05:48
4	182	Vitor Coelho	Team Sindeq	Veterano M40	01:11:39	+12:01	05:58
5	2172	Jorge Moreira	Individual	Veterano M40	01:13:33	+13:56	06:08
6	2056	Helder Borges	Aliança Gandra	Veterano M40	01:16:14	+16:36	06:21
7	2007	João Lopes	#ATÉCHORAS	Veterano M40	01:16:58	+17:20	06:25
8	2045	Mário Felgueiras	Afifense Trail	Veterano M40	01:18:28	+18:50	06:32
9	2029	Pedro Vieira	A.D.Amarante	Veterano M40	01:19:00	+19:22	06:35
10	2519	Pedro Cancelo	Individual	Veterano M40	01:22:43	+23:05	06:54
11	2778	Rogério Coelho	Retorta - Quinta das Arcas	Veterano M40	01:23:33	+23:55	06:58
12	2061	Roberto Moreira	Aliança Gandra	Veterano M40	01:24:49	+25:11	07:04
13	2815	Rubens Soares	Sportarc Running	Veterano M40	01:26:05	+26:27	07:10
14	2458	Sérgio Sousa	Individual	Veterano M40	01:26:21	+26:43	07:12
15	2194	Francisco Silva	Coronado runners	Veterano M40	01:27:03	+27:25	07:15
16	2060	Pedro Silva	Aliança Gandra	Veterano M40	01:28:45	+29:07	07:24
17	2014	Manuel Fonseca	100PRESSA	Veterano M40	01:29:03	+29:25	07:25
18	2878	Hélder Serdoura	Turbo Kings 2.0 / AD Ancede	Veterano M40	01:32:26	+32:49	07:42
19	2838	Vítor Ribeiro	The Mountains are Calling	Veterano M40	01:33:01	+33:23	07:45
20	2817	Jorge Fontes	SPORTING CLUBE DE ESPINHO/ANTONIO LEITÃO	Veterano M40	01:35:01	+35:23	07:55
21	2816	António Albuquerque	SPORTING CLUBE DE ESPINHO/ANTONIO LEITÃO	Veterano M40	01:35:01	+35:23	07:55
22	2525	Rui Macário	Individual	Veterano M40	01:35:25	+35:47	07:57
23	2186	Pedro Ribeiro	Côcos	Veterano M40	01:35:50	+36:12	07:59
24	2281	Alcino Tavares	Gansos	Veterano M40	01:36:40	+37:02	08:03
25	2139	Paulo Borges	BIG	Veterano M40	01:36:55	+37:17	08:05
26	2570	Paulo Pinto	KOM	Veterano M40	01:36:57	+37:19	08:05
27	2567	Emanuel Maio	Keep On Move	Veterano M40	01:36:57	+37:19	08:05
28	2317	Filipe Ferreira	Ginasio Fit4Fun	Veterano M40	01:37:42	+38:04	08:09
29	2411	Nuno Almeida	Individual	Veterano M40	01:37:52	+38:14	08:09
30	1171	João Faria	ECOLAB	Veterano M40	01:38:36	+38:58	08:13
31	2827	Pedro Carvalho	TEAM SHARK	Veterano M40	01:39:01	+39:24	08:15
32	2025	Márcio Teixeira	A.D.Amarante	Veterano M40	01:40:09	+40:31	08:21
33	2204	Ricardo Fernandes	DeniroVip	Veterano M40	01:42:34	+42:56	08:33
34	2736	Joaquim Pinto	Pintos Endiabrados	Veterano M40	01:44:02	+44:24	08:40
35	2810	Rogério Rocha	Solas rotas	Veterano M40	01:45:13	+45:35	08:46

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36	1383	Luis Ribeiro	Individual	Veterano M40	01:47:40	+48:02	08:58
37	2690	Jorge Silva	OsFazConta	Veterano M40	01:48:59	+49:21	09:05
38	2668	Nuno Cabral	Nuno Cabral	Veterano M40	01:50:48	+51:10	09:14
39	2691	Ricardo Gomes	OsFazConta	Veterano M40	01:50:52	+51:14	09:14
40	2323	José Esteves	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	01:51:01	+51:23	09:15
41	2393	Hélio Aleixo	Individual	Veterano M40	01:52:39	+53:01	09:23
42	2563	Ricardo Lascasas	Amigos 100 Limites	Veterano M40	01:54:27	+54:49	09:32
43	2762	Paulo Rocha	PORTO SENTIDO RUNNERS	Veterano M40	01:57:31	+57:53	09:48
44	2223	Mário Araújo	EQUIPA A	Veterano M40	01:58:25	+58:47	09:52
45	2026	Albano Coelho	A.D.Amarante	Veterano M40	01:58:29	+58:51	09:52
46	2513	Nuno Ferraz	Individual	Veterano M40	01:58:46	+59:08	09:54
47	2271	Alexandre Ferreira	Gansos	Veterano M40	01:59:23	+59:45	09:57
48	2700	Jose Alves	PAPATRAILS	Veterano M40	02:00:29	+01:00:51	10:02
49	2306	JOSE MANUEL MOREIRA	GDC Fidelidade	Veterano M40	02:01:08	+01:01:30	10:06
50	2857	Nelson Santos	Tog - Trinca Orelhas de Gato	Veterano M40	02:01:10	+01:01:32	10:06
51	2511	Miguel Cadilhe	Individual	Veterano M40	02:03:25	+01:03:47	10:17
52	2906	Sérgio Tavares	Individual	Veterano M40	02:03:28	+01:03:50	10:17
53	2796	João Resende	Salgueiros Running	Veterano M40	02:03:39	+01:04:01	10:18
54	2575	Miguel Reis	Leões de Tardariz Trail	Veterano M40	02:06:12	+01:06:35	10:31
55	2765	Carlos Teixeira	QuadranteTeam	Veterano M40	02:07:03	+01:07:26	10:35
56	2283	Miguel Costa	Gansos	Veterano M40	02:08:11	+01:08:33	10:41
57	2863	Helder Silva	Trilhados	Veterano M40	02:09:59	+01:10:21	10:50
58	2514	Oscar Mendes	Individual	Veterano M40	02:10:50	+01:11:12	10:54
59	2660	FILIPPE PINTO	NOCTURNOS DE PAREDES	Veterano M40	02:11:13	+01:11:35	10:56
60	2859	Carlos Pimenta	Tog - Trinca Orelhas de Gato	Veterano M40	02:13:46	+01:14:09	11:09
61	2180	Miguel Ferreira	Clube Trilheiros & Amigos	Veterano M40	02:15:57	+01:16:19	11:20
62	2199	Ricardo Silva	Correr no Futuro	Veterano M40	02:19:00	+01:19:22	11:35
63	2179	Valadares Carlos	Clube Trilheiros & Amigos	Veterano M40	02:23:12	+01:23:34	11:56
64	2638	Nuno Alexandre	MSS Contabilidade Trail Team	Veterano M40	02:25:40	+01:26:02	12:08
65	2533	Telmo Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M40	02:29:50	+01:30:12	12:29
66	2090	Nelson Fernandes	Amigos 100 Limites	Veterano M40	02:33:54	+01:34:16	12:50
67	2047	João Gonçalves	AKG Runners	Veterano M40	02:35:08	+01:35:30	12:56
68	2011	Rui Dias	@correratenumdarmais	Veterano M40	02:35:10	+01:35:32	12:56
69	2897	Mário Carvalho	Valportas Runners	Veterano M40	02:39:34	+01:39:56	13:18

Veterano M50

1	2216	Cláudio Monteiro	CB RUN	Veterano M50	01:06:53	+07:16	05:34
2	2173	Manuel Sousa	Clínica Ana silva	Veterano M50	01:17:42	+18:04	06:29
3	2864	José Carlos Parente	Trilhos de Viana	Veterano M50	01:22:20	+22:42	06:52
4	2667	Florindo Pereira	Nova Linha Trail Runners	Veterano M50	01:23:34	+23:56	06:58
5	2046	Paulo Cerqueira	Afifense Trail	Veterano M50	01:24:41	+25:03	07:03
6	2202	José Carvalho	C'um Carvalho	Veterano M50	01:25:27	+25:49	07:07
7	2092	João Moreira	Amigos 100 Limites	Veterano M50	01:32:36	+32:58	07:43
8	2639	António Alves	MSS Contabilidade Trail Team	Veterano M50	01:37:03	+37:25	08:05

Mini Trilhos 12K

12 KM

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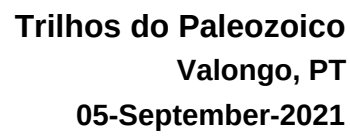
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9	2495	Carlos Campos	Individual	Veterano M50	01:39:35	+39:57	08:18
10	2568	António Fidalgo	KeMedo Team	Veterano M50	01:40:48	+41:10	08:24
11	2274	Carlos Anjos	Gansos	Veterano M50	01:44:11	+44:33	08:41
12	2797	Luís César	GDC Fidelidade	Veterano M50	01:45:13	+45:35	08:46
13	2282	João Nunes	Gansos	Veterano M50	01:48:25	+48:47	09:02
14	2856	Jorge Martins	Tog - Trinca Orelhas de Gato	Veterano M50	01:53:54	+54:16	09:30
15	2527	Salvador Santos	Individual	Veterano M50	01:57:27	+57:49	09:47
16	2786	Amândio Mendes	Running Esmoriz	Veterano M50	01:58:57	+59:19	09:55
17	2643	Joaquim Moreira	MSS Contabilidade Trail Team	Veterano M50	01:59:22	+59:44	09:57
18	2641	José Lascasas	MSS Contabilidade Trail Team	Veterano M50	01:59:22	+59:44	09:57
19	2015	Manuel adriano Campos	100PRESSA	Veterano M50	02:02:19	+01:02:41	10:12
20	2799	João Santana	Santana	Veterano M50	02:02:24	+01:02:47	10:12
21	2693	Manuel Paiva	Paiva Team	Veterano M50	02:03:26	+01:03:48	10:17
22	1411	Sérgio Carneiro	Individual	Veterano M50	02:03:27	+01:03:49	10:17
23	1408	Paulo Carneiro	Individual	Veterano M50	02:03:29	+01:03:51	10:17
24	2787	Américo Fonseca	Running Esmoriz	Veterano M50	02:04:39	+01:05:01	10:23
25	2278	Joaquim Garces	Gansos	Veterano M50	02:08:11	+01:08:33	10:41
26	2118	Pedro Charais	Autozeeker	Veterano M50	02:10:33	+01:10:55	10:53
27	2551	Raul Magalhaes	Individual	Veterano M50	02:12:27	+01:12:49	11:02
28	2644	Rui Moura	MSS Contabilidade Trail Team	Veterano M50	02:17:01	+01:17:23	11:25
29	2549	Paulo Magalhaes	Individual	Veterano M50	02:25:01	+01:25:23	12:05
30	2091	Carlos Rocha	Amigos 100 Limites	Veterano M50	02:25:06	+01:25:28	12:06
31	2737	Manuel Silva	Pk56	Veterano M50	02:30:35	+01:30:57	12:33
32	2284	Álvaro Almeida	Gansos	Veterano M50	02:31:04	+01:31:26	12:35
33	2536	António Manuel Santos Couto	Individual	Veterano M50	02:37:43	+01:38:06	13:09
34	2640	José Freitas	MSS Contabilidade Trail Team	Veterano M50	02:45:04	+01:45:26	13:45
35	2276	Arnaldo Neiva	Gansos	Veterano M50	02:46:14	+01:46:36	13:51
36	2305	JORGE MONTEIRO	GDC Fidelidade	Veterano M50	02:57:32	+01:57:54	14:48

Veterano M60

1	2213	Carlos Bento	Douroconta- Gabinete de Apoio e Contabilidade, Lda	Veterano M60	01:30:57	+31:19	07:35
2	2692	Agostinho Silva	OsFazConta	Veterano M60	01:37:04	+37:26	08:05
3	2312	JOSE PEREIRA	GDC Fidelidade	Veterano M60	01:44:51	+45:13	08:44
4	2217	João Sousa	EDP RUNNERS	Veterano M60	01:49:18	+49:40	09:07
5	2158	António Teixeira	CDCR CTT PORTO	Veterano M60	01:56:30	+56:52	09:43
6	2674	Manuel Moura	OS BARRIGUITAS	Veterano M60	02:02:59	+01:03:21	10:15
7	2017	Joaquim Fernando Leite	100PRESSA	Veterano M60	02:14:31	+01:14:54	11:13
8	2154	Antonio macedo	Caga Tacos Running Team	Veterano M60	02:21:53	+01:22:15	11:49
9	2557	José Ramos	Individual	Veterano M60	02:21:57	+01:22:19	11:50
10	2132	Germano Moura	Barriguitas Porto	Veterano M60	02:22:20	+01:22:42	11:52
11	2016	António Martins	100PRESSA	Veterano M60	02:25:43	+01:26:05	12:09
12	2555	António Fernandes	Individual	Veterano M60	02:40:23	+01:40:45	13:22
13	2308	ANTONIO AMARAL	GDC Fidelidade	Veterano M60	02:55:57	+01:56:19	14:40



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