

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	17,5°C	90%
End	13:30	17.5°C	90%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	80	Pedro Barros	edv viana trail	Senior Masculino	02:06:05		05:03
2	11	joao ferreira	airorun	Senior Masculino	02:07:31	+01:26	05:06
3	51	Pedro Santos	edv viana trail	Veterano M40	02:13:07	+07:02	05:20
4	17	Leonel Cunha	edv viana trail	Senior Masculino	02:13:08	+07:02	05:20
5	93	Marco Faria	individual	Veterano M40	02:14:49	+08:44	05:24
6	172	Henrique Dias	retorta - quinta das arcas	Veterano M50	02:22:49	+16:43	05:43
7	164	José Menezes	nocturnos de paredes	Veterano M40	02:22:49	+16:44	05:43
8	8	Vítor Costa	a.d.amarante trail running	Veterano M40	02:23:19	+17:13	05:44
9	52	Victor Correia	edv viana trail	Veterano M50	02:23:19	+17:13	05:44
10	209	Pedro Lopes	individual	Senior Masculino	02:25:34	+19:29	05:49
11	16	Bruno Pereira	amigos 100 limites	Senior Masculino	02:28:34	+22:29	05:57
12	48	Hélder Franco	edl trail	Senior Masculino	02:28:42	+22:36	05:57
13	170	Miguel Neves	retorta - quinta das arcas	Senior Masculino	02:30:24	+24:18	06:01
14	85	Hugo Ricardo da Silva Pinto	individual	Senior Masculino	02:33:18	+27:12	06:08
15	185	Francisco Pereira	sentir escariz running	Sub 23 Masculino	02:34:03	+27:57	06:10
16	167	André Machado	olímpico vianense	Senior Masculino	02:34:29	+28:24	06:11
17	23	Miguel Silva	carregosa lowlanders	Veterano M40	02:36:39	+30:33	06:16
18	179	Pedro Viana	s4l medense fc	Senior Masculino	02:38:02	+31:56	06:19
19	22	Paulo Ribeiro	apúlia a correr	Senior Masculino	02:38:19	+32:13	06:20
20	210	Lucinda Sousa	gondomar futsal clube	Veterana F50	02:39:18	+33:13	06:22
21	200	Armando Teixeira	salomon caravela	Veterano M40	02:39:28	+33:22	06:23
22	176	André Almeida	s4l medense fc	Senior Masculino	02:39:28	+33:22	06:23
23	206	João Borges	beapt	Veterano M40	02:39:30	+33:24	06:23
24	7	Miguel Ferrás	a.d.amarante trail running	Senior Masculino	02:40:28	+34:23	06:25
25	102	João Correia	individual	Veterano M40	02:44:02	+37:57	06:34
26	77	Nádia Casteleiro	individual	Senior Feminino	02:44:24	+38:18	06:35
27	40	Fernando Ribeiro	damira trail team	Veterano M40	02:45:12	+39:06	06:36
28	116	HUGO FIGUEIREDO	individual	Veterano M40	02:45:47	+39:42	06:38
29	171	Adelino Silva	retorta - quinta das arcas	Veterano M40	02:47:33	+41:27	06:42
30	21	Vitor Vieira	individual	Veterano M40	02:48:39	+42:33	06:45
31	15	António Gonçalves	amigos 100 limites	Senior Masculino	02:49:33	+43:27	06:47
32	47	Carlos Alberto Barbosa Taveira	edl trail	Senior Masculino	02:50:05	+43:59	06:48
33	182	Nuno Barros	s4l medense fc	Senior Masculino	02:51:17	+45:12	06:51
34	207	Paula Barbosa	edv viana trail	Veterana F40	02:52:19	+46:13	06:54
35	163	Agostinho Costa	nac trail	Veterano M60	02:52:27	+46:21	06:54
36	1365	David Gonçalves	s4l medense fc	Senior Masculino	02:52:32	+46:26	06:54
37	91	Paulo Maia	individual	Senior Masculino	02:53:05	+46:59	06:55
38	156	João António Marques Tavares	lusavouga cidep trail	Veterano M40	02:54:07	+48:01	06:58
39	150	Joao Paulo da Costa Oliveira	juventude cortegacense	Veterano M40	02:54:10	+48:05	06:58
40	41	Manuel Sousa	damira trail team	Veterano M50	02:55:05	+49:00	07:00
41	121	Nelson Reis	individual	Veterano M40	02:55:50	+49:45	07:02
42	42	João Ribeiro	damira trail team	Veterano M60	02:55:59	+49:53	07:02

TRAIL LONGO - STAGE 1

25 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	184	António Rocha	s4l medense fc	Veterano M60	02:56:09	+50:03	07:03
44	130	Sérgio Suzano	individual	Veterano M40	02:57:33	+51:27	07:06
45	82	David Pereira	individual	Senior Masculino	03:00:21	+54:15	07:13
46	162	José Aguiar	nac trail	Veterano M50	03:02:56	+56:51	07:19
47	125	Ricardo Carvalho	individual	Veterano M40	03:03:25	+57:19	07:20
48	43	Mário da Silva	devasta trilhos	Senior Masculino	03:04:18	+58:12	07:22
49	55	Pedro Alves	espinho trail	Veterano M40	03:04:26	+58:21	07:23
50	14	Alcino Silva	amigos 100 limites	Senior Masculino	03:04:52	+58:47	07:24
51	19	Flávio Teixeira	amigos 100 limites	Senior Masculino	03:05:02	+58:57	07:24
52	127	Ricardo Rocha	individual	Veterano M40	03:05:27	+59:22	07:25
53	187	Nuno Santos	sentir escariz running	Veterano M40	03:06:32	+01:00:26	07:28
54	199	Alexandra Fernandes	individual	Veterana F50	03:06:38	+01:00:33	07:28
55	190	Hugo Silva	silva	Veterano M40	03:07:05	+01:01:00	07:29
56	158	José Salas	mss contabilidade trail team	Veterano M40	03:07:18	+01:01:12	07:30
57	145	Ulisses Tamagnini Lopes da Silva Baptista	individual	Veterano M50	03:08:40	+01:02:35	07:33
58	59	Marlene Ferreira	feirense trail	Senior Feminino	03:09:13	+01:03:08	07:34
59	149	Daniel Jose Silva Barros	juventude cortegacense	Senior Masculino	03:09:14	+01:03:08	07:34
60	35	Joaquim Madureira	clube zipper	Veterano M40	03:09:22	+01:03:16	07:34
61	63	Paulo Ferreira	feirense trail	Veterano M40	03:10:21	+01:04:15	07:37
62	128	Rui Barbosa	individual	Veterano M40	03:10:32	+01:04:26	07:37
63	161	Manuel Póvoas	mss contabilidade trail team	Veterano M60	03:10:46	+01:04:40	07:38
64	88	José Sousa	individual	Senior Masculino	03:10:53	+01:04:47	07:38
65	113	Filipe Almeida	individual	Veterano M40	03:11:22	+01:05:17	07:39
66	57	Leila Bello	feirense trail	Senior Feminino	03:11:23	+01:05:17	07:39
67	81	Carlos André Carneiro Rocha	individual	Senior Masculino	03:12:21	+01:06:15	07:42
68	90	Pedro Monteiro	gaia running	Veterano M40	03:12:25	+01:06:19	07:42
69	137	Domingos Soares	individual	Veterano M50	03:12:28	+01:06:22	07:42
70	60	Bruno Macedo	individual	Veterano M40	03:13:24	+01:07:18	07:44
71	111	Americo Vieira Costa	individual	Veterano M40	03:13:33	+01:07:27	07:45
72	45	Mário Lima	duros do trail	Veterano M40	03:13:58	+01:07:52	07:46
73	94	Rafael Bravo	individual	Senior Masculino	03:15:52	+01:09:47	07:50
74	66	Elisabete Repas	gaia running	Veterana F50	03:16:30	+01:10:25	07:52
75	154	Jorge Seabra	kemedo team	Veterano M40	03:18:55	+01:12:49	07:57
76	92	Pedro Nogueira	individual	Senior Masculino	03:19:36	+01:13:30	07:59
77	120	Márcio Bruno da Costa Pereira	individual	Veterano M40	03:19:41	+01:13:36	07:59
78	197	Ricardo Moutinho	valongo trail team	Senior Masculino	03:19:49	+01:13:44	08:00
79	89	Luis Fraga	individual	Senior Masculino	03:20:29	+01:14:24	08:01
80	78	André Araújo	individual	Senior Masculino	03:22:35	+01:16:29	08:06
81	109	Orlanda Rego	gaia running	Veterana F50	03:22:59	+01:16:53	08:07
82	99	Jerónimo Silva	individual	Veterano M40	03:23:01	+01:16:55	08:07
83	1409	Eduardo Pinto	individual	Veterano M40	03:23:09	+01:17:03	08:08
84	144	Pedro Oliveira	gaia running	Veterano M50	03:23:12	+01:17:06	08:08
85	87	João Pedro Sousa	individual	Senior Masculino	03:23:16	+01:17:10	08:08
86	165	João Filipe Moreira Machado	nuclo duro - matriz urbana	Senior Masculino	03:25:05	+01:19:00	08:12
87	36	Paulo Neta	clube zipper	Veterano M40	03:26:04	+01:19:58	08:15

25 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	3 / 4	generate 24-jul-2022 13:31
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TRAIL LONGO - STAGE 1

25 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
133	136	Carlos Navega	individual	Veterano M50	04:00:31	+01:54:25	09:37
134	148	Manuel Rodrigues	individual	Veterano M60	04:00:46	+01:54:40	09:38
135	139	António Alves	individual	Veterano M50	04:00:53	+01:54:47	09:38
136	153	Duarte Madureira	kemedo team	Veterano M40	04:03:36	+01:57:30	09:45
137	106	Margarida Neves	individual	Veterana F50	04:03:48	+01:57:42	09:45
138	46	Luís Almeida	individual	Veterano M50	04:06:00	+01:59:54	09:50
139	202	Angelo Pinto	individual	Veterano M40	04:06:00	+01:59:55	09:50
140	24	Carlos Ribeiro	boavista trail	Senior Masculino	04:08:47	+02:02:42	09:57
141	25	Filipe Abreu	boavista trail	Veterano M40	04:08:49	+02:02:43	09:57
142	135	Ângelo Nunes Vidal	individual	Veterano M50	04:12:45	+02:06:39	10:07
143	71	Maria Ricardo	gd leões da guarda - lion runners	Veterana F50	04:12:45	+02:06:40	10:07
144	68	Ana del Pino	gd leões da guarda - lion runners	Veterana F40	04:14:17	+02:08:12	10:10
145	2	Rui Teixeira	#atéchoras!	Veterano M40	04:16:53	+02:10:48	10:17
146	70	Lucinda Gomes	gd leões da guarda - lion runners	Veterana F50	04:17:14	+02:11:08	10:17
147	204	Rui Moreira	individual	Veterano M40	04:17:35	+02:11:30	10:18
148	44	César Sousa	individual	Veterano M40	04:17:46	+02:11:41	10:19
149	110	Fernanda Almeida	individual	Veterana F60	04:21:19	+02:15:13	10:27
150	201	Ana Pissarra	individual	Veterana F50	04:21:19	+02:15:14	10:27
151	10	Francisco Cunha	afifense trail	Veterano M40	04:22:13	+02:16:08	10:29
152	119	José Ferreira	individual	Veterano M40	04:29:03	+02:22:57	10:46
153	96	Rui ferreira	individual	Senior Masculino	04:30:52	+02:24:47	10:50
154	104	Maria helenia martins da silva	individual	Veterana F40	04:30:52	+02:24:47	10:50
155	195	Paulo Nuno Barbosa Sampaio	trepatrielhos trail team	Veterano M40	04:34:30	+02:28:24	10:59
156	64	Paulo Lara	boavista trail	Veterano M50	04:39:17	+02:33:11	11:10
157	157	Helder Silva	moreira relax runners	Veterano M40	04:40:28	+02:34:22	11:13
158	62	Paulo Correia	individual	Veterano M50	04:41:27	+02:35:21	11:15
159	133	Abílio Silva	individual	Veterano M50	04:46:41	+02:40:35	11:28
160	140	jorge mota	individual	Veterano M50	05:00:01	+02:53:55	12:00

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	17,5°C	90%
End	13:30	17.5°C	90%

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

1	77	Nádia Casteleiro	Individual	Senior Feminino	02:44:24	+38:18	06:35:18
2	59	Marlene Ferreira	Feirense Trail	Senior Feminino	03:09:13	+01:03:08	07:34:18
3	57	Leila Bello	Feirense Trail	Senior Feminino	03:11:23	+01:05:17	07:39:18
4	75	Cláudia Patrícia da Silva Moreira	A.D.Amarante Trail Running	Senior Feminino	03:31:13	+01:25:07	08:27:18
5	72	Mariana da Silva Pereira	Goodfellas	Senior Feminino	03:48:06	+01:42:01	09:07:18

Senior Masculino

1	80	Pedro Barros	EDV Viana Trail	Senior Masculino	02:06:05	05:03:11
2	11	joao ferreira	Airorun	Senior Masculino	02:07:31	+01:26 05:06:37
3	17	Leonel Cunha	EDV Viana Trail	Senior Masculino	02:13:08	+07:02 05:20:45
4	209	Pedro Lopes	Individual	Senior Masculino	02:25:34	+19:29 05:49:19
5	16	Bruno Pereira	Amigos 100 Limites	Senior Masculino	02:28:34	+22:29 05:57:48
6	48	Hélder Franco	EDL Trail	Senior Masculino	02:28:42	+22:36 05:57:56
7	170	Miguel Neves	Retorta - Quinta das Arcas	Senior Masculino	02:30:24	+24:18 06:01:42
8	85	Hugo Ricardo da Silva Pinto	Individual	Senior Masculino	02:33:18	+27:12 06:08:36
9	167	André Machado	Olímpico Vianense	Senior Masculino	02:34:29	+28:24 06:11:47
10	179	Pedro Viana	S4L Medense FC	Senior Masculino	02:38:02	+31:56 06:19:43
11	22	Paulo Ribeiro	Apúlia a Correr	Senior Masculino	02:38:19	+32:13 06:20:00
12	176	André Almeida	S4L Medense FC	Senior Masculino	02:39:28	+33:22 06:23:10
13	7	Miguel Ferrás	A.D.Amarante Trail Running	Senior Masculino	02:40:28	+34:23 06:25:11
14	15	António Gonçalves	Amigos 100 Limites	Senior Masculino	02:49:33	+43:27 06:47:38
15	47	Carlos Alberto Barbosa Taveira	EDL TRAIL	Senior Masculino	02:50:05	+43:59 06:48:10
16	182	Nuno Barros	S4L Medense FC	Senior Masculino	02:51:17	+45:12 06:51:29
17	1365	David Gonçalves	S4L Medense FC	Senior Masculino	02:52:32	+46:26 06:54:44
18	91	Paulo Maia	Individual	Senior Masculino	02:53:05	+46:59 06:55:44
19	82	David Pereira	Individual	Senior Masculino	03:00:21	+54:15 07:13:10
20	43	Mário da Silva	Devasta Trilhos	Senior Masculino	03:04:18	+58:12 07:22:22
21	14	Alcino Silva	Amigos 100 Limites	Senior Masculino	03:04:52	+58:47 07:24:19
22	19	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	03:05:02	+58:57 07:24:29
23	149	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	03:09:14	+01:03:08 07:34:42
24	88	José Sousa	Individual	Senior Masculino	03:10:53	+01:04:47 07:38:35
25	81	Carlos André Carneiro Rocha	Individual	Senior Masculino	03:12:21	+01:06:15 07:42:11
26	94	Rafael Bravo	Individual	Senior Masculino	03:15:52	+01:09:47 07:50:09
27	92	Pedro Nogueira	Individual	Senior Masculino	03:19:36	+01:13:30 07:59:15
28	197	Ricardo Moutinho	Valongo Trail Team	Senior Masculino	03:19:49	+01:13:44 08:00:33
29	89	Luis Fraga	Individual	Senior Masculino	03:20:29	+01:14:24 08:01:13
30	78	André Araújo	Individual	Senior Masculino	03:22:35	+01:16:29 08:06:48
31	87	João Pedro Sousa	Individual	Senior Masculino	03:23:16	+01:17:10 08:08:34

Official Timekeeper: Lap2Go	1 / 5	generate 24-jul-2022 13:30
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Trail Longo

25 KM

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OFFICIAL RESULT

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32	165	João Filipe Moreira Machado	Nuclio Duro - Matriz Urbana	Senior Masculino	03:25:05	+01:19:00	08:12
33	180	Sandro Pinheiro	S4L Medense FC	Senior Masculino	03:27:44	+01:21:39	08:19
34	177	Carlos Azevedo	S4L Medense FC	Senior Masculino	03:27:45	+01:21:39	08:19
35	61	Anthony Suarez	Feirense Trail	Senior Masculino	03:29:06	+01:23:01	08:22
36	183	Rui Barros	S4L Medense FC	Senior Masculino	03:30:32	+01:24:27	08:25
37	1	Ivo Miguel Pereira Silva	#atéchoras!	Senior Masculino	03:36:33	+01:30:28	08:40
38	86	ivo miguel rocha santos	Individual	Senior Masculino	03:37:00	+01:30:55	08:41
39	34	Ricardo Santos	Clube Desportivo Feirense	Senior Masculino	03:44:24	+01:38:19	08:59
40	83	Fábio Santos	Individual	Senior Masculino	03:44:24	+01:38:19	08:59
41	73	Kevin Rodrigues	Goodfellas	Senior Masculino	03:48:03	+01:41:57	09:07
42	53	Francisco Aragão	ESPINHO TRAIL	Senior Masculino	03:56:07	+01:50:02	09:27
43	24	Carlos Ribeiro	Boavista Trail	Senior Masculino	04:08:47	+02:02:42	09:57
44	96	Rui ferreira	Individual	Senior Masculino	04:30:52	+02:24:47	10:50

Sub 23 Feminino

1	98	Inês Gonçalves	Individual	Sub 23 Feminino	03:45:24	+01:39:18	09:01
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Sub 23 Masculino

1	185	Francisco Pereira	Sentir Escariz running	Sub 23 Masculino	02:34:03	+27:57	06:10
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Veterana F40

1	207	Paula Barbosa	EDV Viana Trail	Veterana F40	02:52:19	+46:13	06:54
2	152	Patrícia Palmeira	Ultimagem	Veterana F40	03:31:41	+01:25:35	08:28
3	173	Rosa Ribeiro	RUNRIVER Escola de Atletismo de Rio Tinto	Veterana F40	03:36:59	+01:30:54	08:41
4	105	Sofia Ferreira	Individual	Veterana F40	03:38:45	+01:32:40	08:45
5	203	Mafalda Valente	Individual	Veterana F40	03:44:32	+01:38:27	08:59
6	37	Manuela Monteiro	corre caralho	Veterana F40	03:53:51	+01:47:46	09:21
7	103	Lisa Pinto	Individual	Veterana F40	03:54:20	+01:48:14	09:22
8	68	Ana del Pino	GD Leões da Guarda - Lion Runners	Veterana F40	04:14:17	+02:08:12	10:10
9	104	Maria helena martins da silva	Individual	Veterana F40	04:30:52	+02:24:47	10:50

Veterana F50

1	210	Lucinda Sousa	Gondomar Futsal Clube	Veterana F50	02:39:18	+33:13	06:22
2	199	Alexandra Fernandes	Individual	Veterana F50	03:06:38	+01:00:33	07:28
3	66	Elisabete Repas	Gaia Running	Veterana F50	03:16:30	+01:10:25	07:52
4	109	Orlanda Rego	Gaia Running	Veterana F50	03:22:59	+01:16:53	08:07
5	107	Cristina Moura Saraiva	Individual	Veterana F50	03:50:41	+01:44:35	09:14
6	193	Paula Dias	Trepatrilhos Trail Team	Veterana F50	03:53:04	+01:46:59	09:19
7	106	Margarida Neves	Individual	Veterana F50	04:03:48	+01:57:42	09:45

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

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8	71	Maria Ricardo	GD Leões da Guarda - Lion Runners	Veterana F50	04:12:45	+02:06:40	10:07
9	70	Lucinda Gomes	GD Leões da Guarda - Lion Runners	Veterana F50	04:17:14	+02:11:08	10:17
10	201	Ana Pissarra	Individual	Veterana F50	04:21:19	+02:15:14	10:27

Veterana F60

1	110	Fernanda Almeida	Individual	Veterana F60	04:21:19	+02:15:13	10:27
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Veterano M40

1	51	Pedro Santos	EDV Viana Trail	Veterano M40	02:13:07	+07:02	05:20
2	93	Marco Faria	Individual	Veterano M40	02:14:49	+08:44	05:24
3	164	José Menezes	Nocturnos de Paredes	Veterano M40	02:22:49	+16:44	05:43
4	8	Vítor Costa	A.D.Amarante Trail Running	Veterano M40	02:23:19	+17:13	05:44
5	23	Miguel Silva	Carregosa Lowlanders	Veterano M40	02:36:39	+30:33	06:16
6	200	Armando Teixeira	Salomon Caravela	Veterano M40	02:39:28	+33:22	06:23
7	206	João Borges	beAPT	Veterano M40	02:39:30	+33:24	06:23
8	102	João Correia	Individual	Veterano M40	02:44:02	+37:57	06:34
9	40	Fernando Ribeiro	Damira Trail Team	Veterano M40	02:45:12	+39:06	06:36
10	116	HUGO FIGUEIREDO	Individual	Veterano M40	02:45:47	+39:42	06:38
11	171	Adelino Silva	Retorta - Quinta das Arcas	Veterano M40	02:47:33	+41:27	06:42
12	21	Vitor Vieira	Individual	Veterano M40	02:48:39	+42:33	06:45
13	156	João António Marques Tavares	Lusavouga cidep trail	Veterano M40	02:54:07	+48:01	06:58
14	150	Joao Paulo da Costa Oliveira	Juventude Cortegacense	Veterano M40	02:54:10	+48:05	06:58
15	121	Nelson Reis	Individual	Veterano M40	02:55:50	+49:45	07:02
16	130	Sérgio Suzano	Individual	Veterano M40	02:57:33	+51:27	07:06
17	125	Ricardo Carvalho	Individual	Veterano M40	03:03:25	+57:19	07:20
18	55	Pedro Alves	ESPINHO TRAIL	Veterano M40	03:04:26	+58:21	07:23
19	127	Ricardo Rocha	Individual	Veterano M40	03:05:27	+59:22	07:25
20	187	Nuno Santos	Sentir Escariz Running	Veterano M40	03:06:32	+01:00:26	07:28
21	190	Hugo Silva	Silva	Veterano M40	03:07:05	+01:01:00	07:29
22	158	José Salas	MSS Contabilidade Trail Team	Veterano M40	03:07:18	+01:01:12	07:30
23	35	Joaquim Madureira	Clube zupper	Veterano M40	03:09:22	+01:03:16	07:34
24	63	Paulo Ferreira	Feirense Trail	Veterano M40	03:10:21	+01:04:15	07:37
25	128	Rui Barbosa	Individual	Veterano M40	03:10:32	+01:04:26	07:37
26	113	Filipe Almeida	Individual	Veterano M40	03:11:22	+01:05:17	07:39
27	90	Pedro Monteiro	Gaia Running	Veterano M40	03:12:25	+01:06:19	07:42
28	60	Bruno Macedo	Individual	Veterano M40	03:13:24	+01:07:18	07:44
29	111	Americo Vieira Costa	Individual	Veterano M40	03:13:33	+01:07:27	07:45
30	45	Mário Lima	Duros do trail	Veterano M40	03:13:58	+01:07:52	07:46
31	154	Jorge Seabra	KeMedo Team	Veterano M40	03:18:55	+01:12:49	07:57
32	120	Márcio Bruno da Costa Pereira	Individual	Veterano M40	03:19:41	+01:13:36	07:59
33	99	Jerónimo Silva	Individual	Veterano M40	03:23:01	+01:16:55	08:07
34	1409	Eduardo Pinto	Individual	Veterano M40	03:23:09	+01:17:03	08:08

Trail Longo

25 KM

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OFFICIAL RESULT

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35	36	Paulo Neta	Clube ZUPPER	Veterano M40	03:26:04	+01:19:58	08:15
36	124	Paulo Pereira	Individual	Veterano M40	03:26:04	+01:19:59	08:15
37	174	Paulo Almeida	RUNRIVER Escola de Atletismo de Rio Tinto	Veterano M40	03:26:16	+01:20:10	08:15
38	208	Ivo Morais	beAPT	Veterano M40	03:26:20	+01:20:15	08:15
39	166	jose hamilton rodrigues rosa	Nuclio Duro - Matriz Urbana	Veterano M40	03:27:24	+01:21:18	08:18
40	131	Telmo Mendonça	Individual	Veterano M40	03:39:34	+01:33:29	08:47
41	114	Filipe Escobar	Individual	Veterano M40	03:41:49	+01:35:43	08:52
42	191	Sérgio Cunha	Sucupira	Veterano M40	03:43:07	+01:37:02	08:56
43	27	José Lopes	boavista trail	Veterano M40	03:44:05	+01:37:59	08:58
44	39	Tiago Montalvão	CORRER LEÇA	Veterano M40	03:53:25	+01:47:20	09:20
45	1406	Antonio Franco	OsFinos/GMTA/TeamLuisa	Veterano M40	03:54:08	+01:48:03	09:22
46	54	Nuno Nunes	ESPINHO TRAIL	Veterano M40	03:56:08	+01:50:03	09:27
47	3	Vitor Osório	#atéchoras!	Veterano M40	03:59:23	+01:53:18	09:35
48	153	Duarte Madureira	KeMedo Team	Veterano M40	04:03:36	+01:57:30	09:45
49	202	Angelo Pinto	Individual	Veterano M40	04:06:00	+01:59:55	09:50
50	25	Filipe Abreu	Boavista Trail	Veterano M40	04:08:49	+02:02:43	09:57
51	2	Rui Teixeira	#atéchoras!	Veterano M40	04:16:53	+02:10:48	10:17
52	204	Rui Moreira	Individual	Veterano M40	04:17:35	+02:11:30	10:18
53	44	César Sousa	Individual	Veterano M40	04:17:46	+02:11:41	10:19
54	10	Francisco Cunha	Afifense Trail	Veterano M40	04:22:13	+02:16:08	10:29
55	119	José Ferreira	Individual	Veterano M40	04:29:03	+02:22:57	10:46
56	195	Paulo Nuno Barbosa Sampaio	TrepaTrilhos Trail Team	Veterano M40	04:34:30	+02:28:24	10:59
57	157	Helder Silva	Moreira Relax Runners	Veterano M40	04:40:28	+02:34:22	11:13

Veterano M50

1	172	Henrique Dias	Retorta - Quinta das Arcas	Veterano M50	02:22:49	+16:43	05:43
2	52	Victor Correia	EDV Viana Trail	Veterano M50	02:23:19	+17:13	05:44
3	41	Manuel Sousa	Damira Trail Team	Veterano M50	02:55:05	+49:00	07:00
4	162	José Aguiar	NAC Trail	Veterano M50	03:02:56	+56:51	07:19
5	145	Ulisses Tamagnini Lopes da Silva Baptista	Individual	Veterano M50	03:08:40	+01:02:35	07:33
6	137	Domingos Soares	Individual	Veterano M50	03:12:28	+01:06:22	07:42
7	144	Pedro Oliveira	Gaia Running	Veterano M50	03:23:12	+01:17:06	08:08
8	196	Fernando Lopes	TrepaTrilhos Trail Team	Veterano M50	03:26:37	+01:20:31	08:16
9	141	Luís Paulo costa	Individual	Veterano M50	03:34:07	+01:28:02	08:34
10	198	Eugénio Soares	Individual	Veterano M50	03:35:12	+01:29:06	08:36
11	194	Jorge Moreira	TrepaTrilhos Trail Team	Veterano M50	03:36:21	+01:30:15	08:39
12	142	Paulo Fernandes	Individual	Veterano M50	03:42:30	+01:36:24	08:54
13	138	Henrique Borges	Individual	Veterano M50	03:43:41	+01:37:36	08:57
14	143	Paulo Ribeiro	Individual	Veterano M50	03:47:46	+01:41:41	09:07
15	67	Joaquim Manuel Rodrigues Almeida	Gaia Running	Veterano M50	03:52:14	+01:46:08	09:17
16	38	Rui Peixoto	corre caralho	Veterano M50	03:53:51	+01:47:45	09:21
17	12	antonio kirsch	All About	Veterano M50	03:55:20	+01:49:15	09:25
18	155	Manuel Oliveira	Leões de Tardariz	Veterano M50	03:57:11	+01:51:06	09:29
19	136	Carlos Navega	Individual	Veterano M50	04:00:31	+01:54:25	09:37

Trail Longo

25 KM

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OFFICIAL RESULT

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20	139	António Alves	Individual	Veterano M50	04:00:53	+01:54:47	09:38
21	46	Luís Almeida	Individual	Veterano M50	04:06:00	+01:59:54	09:50
22	135	Ângelo Nunes Vidal	Individual	Veterano M50	04:12:45	+02:06:39	10:07
23	64	Paulo Lara	Boavista Trail	Veterano M50	04:39:17	+02:33:11	11:10
24	62	Paulo Correia	Individual	Veterano M50	04:41:27	+02:35:21	11:15
25	133	Abílio Silva	Individual	Veterano M50	04:46:41	+02:40:35	11:28
26	140	jorge mota	Individual	Veterano M50	05:00:01	+02:53:55	12:00

Veterano M60

1	163	Agostinho Costa	Nac Trail	Veterano M60	02:52:27	+46:21	06:54
2	42	João Ribeiro	Damira Trail Team	Veterano M60	02:55:59	+49:53	07:02
3	184	António Rocha	S4L Medense FC	Veterano M60	02:56:09	+50:03	07:03
4	161	Manuel Póvoas	MSS Contabilidade Trail Team	Veterano M60	03:10:46	+01:04:40	07:38
5	205	Manuel Faria	Individual	Veterano M60	03:50:24	+01:44:19	09:13
6	148	Manuel Rodrigues	Individual	Veterano M60	04:00:46	+01:54:40	09:38

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11 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1339	Nelson Loureiro	opraticante.pt	Veterano M40	48:53		04:27
2	1015	João Ribeiro	amigos 100 limites	Senior Masculino	51:11	+02:17	04:39
3	1324	Sérgio Silva	mss contabilidade trail team	Veterano M40	53:03	+04:09	04:49
4	1182	Luís Gomes	confraria dos fatigados	Senior Masculino	54:10	+05:16	04:55
5	1018	Tiago Moreira	amigos 100 limites	Senior Masculino	54:16	+05:22	04:56
6	1315	Fábio Sousa	mss contabilidade trail team	Senior Masculino	54:17	+05:23	04:56
7	1116	Ricardo Silva	feirense trail	Senior Masculino	54:23	+05:29	04:57
8	1335	José Tavares	ns trail team	Veterano M50	55:29	+06:35	05:03
9	1347	Gilberto Pimenta	performance numérica	Senior Masculino	55:37	+06:43	05:03
10	1019	Ivan Silva	edv viana trail	Veterano M40	56:12	+07:18	05:07
11	1333	Tiago Magalhães	ns trail team	Senior Masculino	56:44	+07:50	05:10
12	1337	Abílio Fernandes	opraticante.pt	Veterano M40	56:53	+07:59	05:10
13	1024	Antonio nunes	arada trail	Veterano M50	57:05	+08:11	05:11
14	1323	Rui Alvim Sousa	mss contabilidade trail team	Veterano M40	57:13	+08:19	05:12
15	1179	Hugo Filipe da Silva Santos	individual	Senior Masculino	58:24	+09:30	05:19
16	1334	Henrique Silva	ns trail team	Veterano M40	58:38	+09:44	05:20
17	1356	Eduardo Pacheco	ribeiras trail	Veterano M40	58:41	+09:47	05:20
18	1049	Sérgio	bravos e bravitas	Veterano M40	58:48	+09:54	05:21
19	1002	Alcino Silva	a.d.amarante trail running	Veterano M40	59:02	+10:08	05:22
20	1124	Marcio Melo	feirense trail	Veterano M40	59:09	+10:15	05:23
21	1035	Rui Teixeira	bravos e bravitas	Senior Masculino	01:00:03	+11:09	05:28
22	1172	Emanuel Rocha	individual	Senior Masculino	01:00:09	+11:16	05:28
23	1206	Tiago Ferreira	individual	Senior Masculino	01:00:20	+11:27	05:29
24	1034	Ricardo Almeida	boavista trail	Juvenil Masculino	01:00:43	+11:49	05:31
25	18	Fábio Moreira	amigos 100 limites	Senior Masculino	01:01:27	+12:33	05:35
26	1336	Manuel Domingues	ns trail team	Veterano M50	01:02:20	+13:26	05:40
27	1309	Pedro Jordão Ribeiro	individual	Veterano M40	01:02:29	+13:35	05:41
28	1130	João Barbosa	feirense trail	Veterano M50	01:02:41	+13:47	05:42
29	1053	Luís Batista	confraria dos fatigados	Veterano M50	01:03:07	+14:13	05:44
30	1098	Márcio Miguel Soares Botelho	duelo d'ocasião	Veterano M40	01:03:15	+14:22	05:45
31	1126	Paulo Jorge	feirense trail	Veterano M40	01:03:32	+14:38	05:47
32	1168	Tiago Oliveira	individual	Senior Masculino	01:03:55	+15:01	05:49
33	1360	David Tavares	runriver escola de atletismo de rio tinto	Veterano M60	01:04:06	+15:12	05:50
34	1006	Eduardo Neto	trinca orelhas de gato	Senior Masculino	01:04:43	+15:49	05:53
35	1023	Fernando Leal	amigos do pedal	Veterano M50	01:04:48	+15:54	05:54
36	1386	Luís Marques	trilhados	Senior Masculino	01:04:50	+15:56	05:54
37	1380	José Rodrigues de Almeida	sporting club satacruzense	Veterano M60	01:06:19	+17:25	06:02
38	1316	Henrique Matos	mss contabilidade trail team	Veterano M50	01:06:45	+17:51	06:04
39	1093	Tiago Rodrigues	duelo d'ocasião	Senior Masculino	01:07:48	+18:54	06:10
40	1260	Sérgio Gonçalves	individual	Senior Masculino	01:07:49	+18:55	06:10
41	1052	Nataliya Popova	hsantamariart	Senior Feminino	01:07:59	+19:05	06:11
42	1094	João Nogueira	duelo d'ocasião	Sub 23 Masculino	01:08:01	+19:07	06:11

11 KM

OFFICIAL RESULT

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11 KM

OFFICIAL RESULT

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11 KM

OFFICIAL RESULT

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11 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	1112	Paulo Ferreira	espinho trail	Veterano M40	01:38:57	+50:03	09:00
178	1139	Patricia Gomes	espinho trail	Veterana F40	01:38:57	+50:03	09:00
179	1290	Salvador Santos	individual	Veterano M50	01:39:04	+50:10	09:00
180	1209	Vitor Correia	individual	Senior Masculino	01:39:12	+50:18	09:01
181	1077	Regina Silva	correr para o sucesso	Senior Feminino	01:39:26	+50:32	09:02
182	1258	Miguel Cunha	individual	Veterano M40	01:39:29	+50:35	09:03
183	1106	Jorge Vasconcelos	equipa-a	Veterano M40	01:39:29	+50:35	09:03
184	1042	Fátima Silva	bravos e bravitas	Veterana F50	01:39:53	+50:59	09:05
185	1066	João Pereira	chapéus de palha	Senior Masculino	01:40:10	+51:16	09:06
186	1403	Helder Oliveira	gaia running	Veterano M60	01:40:22	+51:28	09:07
187	1344	Joaquim Pereira	os remendados	Veterano M50	01:40:30	+51:36	09:08
188	1142	Alexandra Azevedo	gaia running	Veterana F40	01:40:31	+51:37	09:08
189	1171	Cláudio Santos	individual	Senior Masculino	01:40:38	+51:44	09:09
190	1199	Pedro Barbosa	individual	Senior Masculino	01:40:38	+51:44	09:09
191	1299	Ligia Ribeiro	leões de tardariz	Senior Feminino	01:40:58	+52:04	09:11
192	1307	Sandra Manuela Moreira Martins	lusavouga cidep trail	Veterana F40	01:40:59	+52:05	09:11
193	76	Júlia Gouveia	individual	Senior Feminino	01:41:48	+52:54	09:15
194	1218	Deolinda Monteiro Soares	individual	Veterana F40	01:42:23	+53:29	09:19
195	1004	Gerlinde Besard	afifense trail	Veterana F40	01:42:31	+53:37	09:19
196	1230	Maria Melo	individual	Veterana F50	01:42:31	+53:37	09:19
197	1147	Duarte Malheiro	hjkgaia	Veterano M40	01:42:41	+53:47	09:20
198	1378	Madalena Costa	silva	Senior Feminino	01:43:30	+54:37	09:25
199	1155	Ana Marques	individual	Senior Feminino	01:43:49	+54:55	09:26
200	1058	António Castro	centro ciclista de gondomar	Veterano M60	01:44:07	+55:13	09:28
201	1123	Andreia Valente	individual	Veterana F40	01:44:46	+55:52	09:32
202	1358	João Pinto	individual	Senior Masculino	01:44:48	+55:54	09:32
203	1202	Rui Filipe Pereira Custódio	individual	Senior Masculino	01:44:56	+56:03	09:32
204	1265	Rui Manuel Figueiredo e Silva	individual	Veterano M40	01:45:13	+56:19	09:34
205	1224	Liliana Patricia Pinto	individual	Veterana F40	01:45:13	+56:19	09:34
206	1083	Tito Maia	correr para o sucesso	Veterano M40	01:45:20	+56:26	09:35
207	1141	Bruna Peixoto	gdctunicre	Senior Feminino	01:46:13	+57:19	09:39
208	1078	Sara Rodrigues	correr para o sucesso	Senior Feminino	01:46:13	+57:19	09:39
209	1354	Francisco Azevedo	rc runners	Veterano M40	01:46:15	+57:21	09:40
210	1043	Maria Mota	bravos e bravitas	Veterana F50	01:46:42	+57:48	09:42
211	1045	Mário Bravo	bravos e bravitas	Veterano M40	01:46:44	+57:50	09:42
212	1304	Miguel Reis Ferreira	leões de tardariz	Veterano M40	01:47:07	+58:14	09:44
213	1060	Carina Martins Barbosa Santos	centro de união da juventude da lomba	Senior Feminino	01:47:36	+58:42	09:47
214	1412	Carlos Soares	individual	Veterano M40	01:47:40	+58:46	09:47
215	1382	Ana Silva	trepatrilhos trail team	Veterana F50	01:47:48	+58:54	09:48
216	1059	Ana Filipa Barbosa Silva Santos	centro de união da juventude da lomba	Senior Feminino	01:48:39	+59:45	09:53
217	1016	Mauro Laranjeira	amigos 100 limites	Senior Masculino	01:49:53	+01:01:00	09:59
218	1069	Rosário Santos	chapéus de palha 1	Senior Feminino	01:49:54	+01:01:00	10:00
219	1234	Isabel Vilas Boas	individual	Veterana F50	01:50:05	+01:01:11	10:01
220	1210	Cristiana Campos	individual	Sub 23 Feminino	01:50:06	+01:01:12	10:01
221	1201	Rúben Moreira	individual	Senior Masculino	01:50:10	+01:01:16	10:01

TRAIL CURTO - STAGE 1

11 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	1361	Rosinda Macedo	individual	Veterana F60	01:51:39	+01:02:45	10:09
223	1131	António Macedo	individual	Veterano M60	01:51:39	+01:02:45	10:09
224	1277	Carlos Alberto Pinto Ferreira	individual	Veterano M50	01:51:53	+01:02:59	10:10
225	1244	Adao S Santos	individual	Veterano M40	01:51:53	+01:02:59	10:10
226	1235	Maria Rosa Silva Santos	individual	Veterana F50	01:52:03	+01:03:09	10:11
227	1164	Tânia Sofia Santos Pinto Ferreira	individual	Senior Feminino	01:52:04	+01:03:10	10:11
228	1239	Tomásia Escoval	individual	Veterana F50	01:52:18	+01:03:24	10:13
229	1122	Sívia Costa	feirense trail	Veterana F40	01:52:29	+01:03:35	10:14
230	1120	Sandra Pinto	feirense trail	Veterana F40	01:52:30	+01:03:36	10:14
231	1128	Tozé Amorim	feirense trail	Veterano M40	01:52:31	+01:03:37	10:14
232	1383	José Dara	trepatrihos trail team	Veterano M60	01:52:49	+01:03:55	10:15
233	1211	João Sousa	individual	Sub 23 Masculino	01:53:11	+01:04:17	10:17
234	1372	Conceição Pinto	são team	Veterana F50	01:53:24	+01:04:30	10:19
235	1064	Patrícia Francisca de Sousa Moreira	centro de união da juventude da lomba	Veterana F40	01:54:30	+01:05:36	10:25
236	1062	Manuel António Barbosa Moreira dos Santos	centro de união da juventude da lomba	Sub 23 Masculino	01:54:31	+01:05:37	10:25
237	1145	Augusta Pereira	hjkgaia	Veterana F40	01:54:37	+01:05:43	10:25
238	1148	Mário Pereira	hjkgaia	Veterano M40	01:54:38	+01:05:44	10:25
239	1065	Gabriela Phalempin Cardoso	chapéus de palha	Senior Feminino	01:56:06	+01:07:12	10:33
240	1144	Jorge Borges	gtt armazém do caffè	Veterano M40	01:56:11	+01:07:17	10:34
241	1143	Mónica Borges	gtt armazém do caffè	Veterana F40	01:56:11	+01:07:17	10:34
242	1076	Daniela Silva	correr para o sucesso	Senior Feminino	01:56:14	+01:07:20	10:34
243	1160	Maria Manuela Jesus Moreira	individual	Senior Feminino	01:56:51	+01:07:57	10:37
244	1287	Paulo Barbosa	individual	Veterano M50	01:57:18	+01:08:24	10:40
245	1166	André Filipe Esteves Pereira	individual	Senior Masculino	01:57:19	+01:08:25	10:40
246	1233	Conceição Pereira	individual	Veterana F50	01:57:47	+01:08:53	10:42
247	1217	Cristina Lima	individual	Veterana F40	01:57:47	+01:08:53	10:43
248	1084	NORMA GUEDES	ddt runners	Veterana F40	01:58:27	+01:09:33	10:46
249	1085	BRUNO CARDOSO	ddt runners	Veterano M40	01:58:28	+01:09:34	10:46
250	1294	Germano Moura	individual	Veterano M60	01:58:46	+01:09:52	10:48
251	1040	Virginia	bravos e bravitas	Veterana F40	01:59:45	+01:10:51	10:53
252	1259	Miguel Silva	individual	Veterano M40	02:00:18	+01:11:24	10:56
253	1010	Joana Sanguedo	amigos 100 limites	Senior Feminino	02:04:24	+01:15:30	11:19
254	1163	Paula Azevedo	individual	Senior Feminino	02:04:40	+01:15:46	11:20
255	1240	Ana Augusta Moreira	individual	Veterana F60	02:05:25	+01:16:31	11:24
256	1297	Alexandra Moreira	leões de tardariz	Senior Feminino	02:05:27	+01:16:33	11:24
257	1300	Sandra Pontes	leões de tardariz	Senior Feminino	02:05:43	+01:16:50	11:26
258	1057	Paulo Oliveira	centro ciclista de gondomar	Veterano M50	02:06:32	+01:17:38	11:30
259	1220	Glória Carneiro	individual	Veterana F40	02:06:32	+01:17:38	11:30
260	1389	Carmen Silva	trilhos e cadilhos	Veterana F40	02:11:24	+01:22:30	11:57
261	1388	Liliana Silva	trilhos e cadilhos	Senior Feminino	02:11:25	+01:22:31	11:57
262	1088	PAULO FERREIRA	ddt runners	Veterano M40	02:13:03	+01:24:09	12:06
263	1028	Sara Dias	asas nos pés	Senior Feminino	02:18:51	+01:29:57	12:37
264	1030	Sofia Leite	asas nos pés	Senior Feminino	02:18:52	+01:29:58	12:38
265	1113	Sérgio Miguel	espinho trail	Veterano M40	02:21:24	+01:32:30	12:51

TRAIL CURTO - STAGE 1

11 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	1375	Luis Lencastre	são team	Veterano M50	02:23:58	+01:35:04	13:05
267	1371	Albertina Silva	são team	Veterana F50	02:23:58	+01:35:04	13:05
268	1117	Pedro Azevedo	espinho trail	Veterano M40	02:29:26	+01:40:32	13:35
269	1379	Helder Costa	espinho trail	Veterano M40	02:29:45	+01:40:51	13:37
270	1027	Daniela Martins	asas nos pés	Senior Feminino	02:38:23	+01:49:29	14:24
271	1039	Paula Ferreira	bravos e bravitas	Veterana F40	02:38:45	+01:49:51	14:26
272	1241	Gracinda Nogueira	individual	Veterana F60	02:41:34	+01:52:40	14:41
273	1008	Ana Moreira	all about	Veterana F60	02:41:34	+01:52:40	14:41
274	1009	Lino Moreira	all about	Veterano M60	02:42:27	+01:53:33	14:46
275	1296	José Nogueira	individual	Veterano M60	02:42:28	+01:53:34	14:46
276	1376	Mohammed Moudnib	são team	Veterano M50	03:00:35	+02:11:41	16:25
277	1377	José Guilherme	são team	Veterano M60	03:00:36	+02:11:42	16:25
278	1320	Ibraim Sousa	mss contabilidade trail team	Veterano M40	03:06:36	+02:17:42	16:58

11 KM

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	1152	Sofia Sousa Chaves da Fonseca	Individual	Junior Feminino	01:23:36	+34:42	07:36
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1	1089	Fábio Moreira	Duelo D'ocasião	Junior Masculino	01:17:43	+28:49	07:04
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1	1034	Ricardo Almeida	boavista trail	Juvenil Masculino	01:00:43	+11:49	05:31
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2	1390	DAVID SILVA	UNIDOS PELOS TRILHOS	Juvenil Masculino	01:37:54	+49:00	08:54
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1	1052	Nataliya Popova	HSantamariaRT	Senior Feminino	01:07:59	+19:05	06:11
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2	1253	Tereza Amaral	RUNRIVER Escola de Atletismo de	Senior Feminino	01:10:30	+01:06	00:00
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1997	Peresca / Almonini	Rio Tinto	Confer / Almonini	01.10.20	1111	1011
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3	1134	Vera lucia moreira rodrigues	Fitarena	Senior Feminino	01:11:01	+22:07	06:27
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4	1338	Celia Neto	Opraticante.pt	Senior Feminino	01:11:52	+22:58	06:32
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5	1159	Joana Isabel Pinho Soares	Individual	Senior Feminino	01:24.47	+35:53	07:42:21
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6	1157	Carla Costa	Individual	Senior Feminino	01:27.28	+38.34	07:57
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7	1361	Gabriela Br Madella	learninninas	Senior Feminino	01:28.56	+40.03	06.03
8	1122	Patricia Costa	learninninas	Senior Feminino	01:28.56	+40.03	06.03

0	1102	Patricia Santos	Individual	Senior Feminino	01.52.99	+43.43	06.23
0	1850	Alana B. B.	Individual	Senior Feminino	01.04.00	+45.45	06.23

9	1956	Alexandra Ramalho	Ramalho	Senior Feminine	01:54.09	148.18	88.84
10	1977	Daniela Silva	Correia e Sousa	Senior Feminine	01:59.06	150.88	89.88

10	1077	Regina Silva	Correr para o Sucesso	Senior Feminino	01:55:20	1:50:02	00:05:18
11	1200	Lígia Ribeiro	Loções de Tendarin	Senior Feminino	01:40:50	1:50:04	00:09:14

11	1255	Elgia Ribeiro	Equos de Paredes	Senior Feminino	01:46:30	152:54	00:11
12	76	Júlio Gouveia	Individual	Senior Feminino	01:41:48	152:54	00:15

12	1378	Madalena Costa	Silva	Senior Feminino	01:43:20	+54:37	00:25
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14	1155	Ana Marques	Individual	Senior Feminino	01:43:49	+54:55	00:26
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15	1141	Bruna Peixoto	GDCT/Unicre	Senior Feminino	01:46:13	+57:19	09:39
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16	1078	Sara Rodrigues	Correr para o Sucesso	Senior Feminino	01:46:13	+57:19	09:39
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Centro de União da Juventude da

17	1060	Carina Martins Barbosa Santos	Lomba	Senior Feminino	01:47.38	+58.42	09.47
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18	1059	Ana Filina Barbosa Silva Santos	Centro de União da Juventude da	Senior Feminino	01:48:39	+59:45	09:53
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Lomba	
10	1000

19	1005	Rosário Santos	Chapeas de Pãina 1	Senhor Feminino	01:45:34	101:01:00	10:00
20	1164	Tânio Sofia Santos Pinto Ferreira	Individual	Senhor Feminino	01:50:04	101:00:10	10:10

20	1104	Fania Gela Santos Pinto Pereira	Individual	Senior Feminino	01:52:04	01:55:15	10:11
21	1065	Gabriele Dhaemyn Cardozo	Chapúas De Balha	Senior Feminino	01:56:06	01:57:13	10:23

22	1076	Daniela Silva	Correr para o Sucesso	Senior Feminino	01:56:14	+01:07:20	10:24
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22	1160	Maria Manuela Jesus Moreira	Individual	Senior Feminino	01:56:51	+01:07:57	10:23
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20	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099
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Trail Curto

11 KM

[illegible]

OFFICIAL RESULT

[illegible]

24	1010	Joana Sanguedo	Amigos 100 Limites	Senior Feminino	02:04:24	+01:15:30	11:19
25	1163	Paula Azevedo	Individual	Senior Feminino	02:04:40	+01:15:46	11:20
26	1297	Alexandra Moreira	Leões de Tardariz	Senior Feminino	02:05:27	+01:16:33	11:24
27	1300	Sandra Pontes	Leões de Tardariz	Senior Feminino	02:05:43	+01:16:50	11:26
28	1388	Liliana Silva	Trilhos e Cadilhos	Senior Feminino	02:11:25	+01:22:31	11:57
29	1028	Sara Dias	Asas nos pés	Senior Feminino	02:18:51	+01:29:57	12:37
30	1030	Sofia Leite	Asas nos pés	Senior Feminino	02:18:52	+01:29:58	12:38
31	1027	Daniela Martins	Asas nos pés	Senior Feminino	02:38:23	+01:49:29	14:24

Senior Masculino

1	1015	João Ribeiro	Amigos 100 Limites	Senior Masculino	51:11	+02:17	04:39
2	1182	Luís Gomes	Confraria dos Fatigados	Senior Masculino	54:10	+05:16	04:55
3	1018	Tiago Moreira	Amigos 100 Limites	Senior Masculino	54:16	+05:22	04:56
4	1315	Fábio Sousa	MSS Contabilidade Trail Team	Senior Masculino	54:17	+05:23	04:56
5	1116	Ricardo Silva	Feirense Trail	Senior Masculino	54:23	+05:29	04:57
6	1347	Gilberto Pimenta	Performance Numérica	Senior Masculino	55:37	+06:43	05:03
7	1333	Tiago Magalhães	NS Trail Team	Senior Masculino	56:44	+07:50	05:10
8	1179	Hugo Filipe da Silva Santos	Individual	Senior Masculino	58:24	+09:30	05:19
9	1035	Rui Teixeira	Bravos e Bravitas	Senior Masculino	01:00:03	+11:09	05:28
10	1172	Emanuel Rocha	Individual	Senior Masculino	01:00:09	+11:16	05:28
11	1206	Tiago Ferreira	Individual	Senior Masculino	01:00:20	+11:27	05:29
12	18	Fábio Moreira	Amigos 100 Limites	Senior Masculino	01:01:27	+12:33	05:35
13	1168	Tiago Oliveira	Individual	Senior Masculino	01:03:55	+15:01	05:49
14	1006	Eduardo Neto	Trinca Orelhas de Gato	Senior Masculino	01:04:43	+15:49	05:53
15	1386	Luís Marques	Trilhados	Senior Masculino	01:04:50	+15:56	05:54
16	1093	Tiago Rodrigues	Duelo D'ocasião	Senior Masculino	01:07:48	+18:54	06:10
17	1260	Sérgio Gonçalves	Individual	Senior Masculino	01:07:49	+18:55	06:10
18	1190	Manu soarez	Individual	Senior Masculino	01:08:21	+19:28	06:13
19	1187	José Pinto	Individual	Senior Masculino	01:09:18	+20:24	06:18
20	1092	Rui Cardoso	Duelo D'ocasião	Senior Masculino	01:09:31	+20:37	06:19
21	1384	David Aguiar	Trilhados	Senior Masculino	01:09:44	+20:50	06:20
22	1407	Hugo Moreira	RUNRIVER Escola de Atletismo de Rio Tinto	Senior Masculino	01:10:21	+21:27	06:24
23	33	André Batista	Clube Desportivo Feirense	Senior Masculino	01:12:17	+23:23	06:34
24	1189	Leandro Ferreira	Individual	Senior Masculino	01:12:52	+23:58	06:37
25	1068	Pedro Sousa	Chapéus De Palha	Senior Masculino	01:14:25	+25:32	06:46
26	1161	Júlio Sousa	ADSebolidoTrail	Senior Masculino	01:14:42	+25:48	06:47
27	1385	Carlos Freitas	Trilhados	Senior Masculino	01:15:31	+26:37	06:52
28	1273	João Gonçalves	Ultimagem	Senior Masculino	01:16:24	+27:30	06:57
29	1067	Pedro Dinis	Chapéus De Palha	Senior Masculino	01:18:03	+29:09	07:06
30	1012	Bruce Teixeira	Amigos 100 Limites	Senior Masculino	01:18:06	+29:12	07:06
31	1194	Nuno Filipe de Almeida Lourenço	Individual	Senior Masculino	01:18:23	+29:29	07:08
32	1183	João Monteiro	Individual	Senior Masculino	01:18:30	+29:37	07:08
33	1014	João Ferreira	Amigos 100 Limites	Senior Masculino	01:20:52	+31:58	07:21
34	1036	Vitor Mota	Bravos e Bravitas	Senior Masculino	01:23:22	+34:28	07:35

Trail Curto

11 KM

[illegible]

OFFICIAL RESULT

[illegible]

35	1170	Bruno Joaquim Ferreira Madureira	Individual	Senior Masculino	01:23:34	+34:40	07:36
36	1081	João Inácio	Correr para o Sucesso	Senior Masculino	01:24:36	+35:42	07:41
37	1200	Rafael Soares	Individual	Senior Masculino	01:24:40	+35:47	07:42
38	1082	Nelson Fernandes	Correr para o Sucesso	Senior Masculino	01:26:32	+37:38	07:52
39	1351	João Ramalho	Ramalhos	Senior Masculino	01:28:11	+39:18	08:01
40	1191	Marco André Costa Ferreira	Individual	Senior Masculino	01:28:57	+40:03	08:05
41	1061	Pedro Alves dos Reis	Centro de União da Juventude da Lomba	Senior Masculino	01:31:56	+43:02	08:21
42	1184	João Pedro da Cruz Silva	Individual	Senior Masculino	01:32:38	+43:44	08:25
43	1176	Filipe Miguel da Silva Ferreira	Individual	Senior Masculino	01:32:42	+43:48	08:26
44	1402	José Rocha	Velozes & Esfomeados	Senior Masculino	01:33:12	+44:18	08:28
45	1011	Amílcar Sanguedo	Amigos 100 Limites	Senior Masculino	01:33:14	+44:20	08:29
46	1080	Igor Santos	Correr para o Sucesso	Senior Masculino	01:33:46	+44:52	08:32
47	1119	Gil Marques	Individual	Senior Masculino	01:34:04	+45:10	08:33
48	1401	João Mendes	Velozes & Esfomeados	Senior Masculino	01:34:27	+45:33	08:35
49	1070	Nuno Oliveira	Chapéus de Palha 1	Senior Masculino	01:35:16	+46:22	08:40
50	1400	Jaime Teixeira	Velozes & Esfomeados	Senior Masculino	01:37:53	+48:59	08:54
51	1108	Ricardo Antonio Ferrira Duarte	Espinho Trail	Senior Masculino	01:38:55	+50:02	09:00
52	1110	Bruno Duarte	Espinho Trail	Senior Masculino	01:38:56	+50:02	09:00
53	1209	Vitor Correia	Individual	Senior Masculino	01:39:12	+50:18	09:01
54	1066	João Pereira	Chapéus De Palha	Senior Masculino	01:40:10	+51:16	09:06
55	1171	Cláudio Santos	Individual	Senior Masculino	01:40:38	+51:44	09:09
56	1199	Pedro Barbosa	Individual	Senior Masculino	01:40:38	+51:44	09:09
57	1358	João Pinto	Individual	Senior Masculino	01:44:48	+55:54	09:32
58	1202	Rui Filipe Pereira Custódio	Individual	Senior Masculino	01:44:56	+56:03	09:32
59	1016	Mauro Laranjeira	Amigos 100 Limites	Senior Masculino	01:49:53	+01:01:00	09:59
60	1201	Rúben Moreira	Individual	Senior Masculino	01:50:10	+01:01:16	10:01
61	1166	André Filipe Esteves Pereira	Individual	Senior Masculino	01:57:19	+01:08:25	10:40

Sub 23 Feminino

1	1210	Cristiana Campos	Individual	Sub 23 Feminino	01:50:06	+01:01:12	10:01
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Sub 23 Masculino

1	1094	João Nogueira	Duelo D'ocasião	Sub 23 Masculino	01:08:01	+19:07	06:11
2	1212	Rui Gonçalo Ferreira Cunha	Individual	Sub 23 Masculino	01:17:24	+28:30	07:02
3	1063	Paulo Alexandre Martins Barbosa Santos	Centro de União da Juventude da Lomba	Sub 23 Masculino	01:23:49	+34:55	07:37
4	1211	João Sousa	Individual	Sub 23 Masculino	01:53:11	+01:04:17	10:17
5	1062	Manuel António Barbosa Moreira dos Santos	Centro de União da Juventude da Lomba	Sub 23 Masculino	01:54:31	+01:05:37	10:25

Veterana F40

1	1118	Mônica Oliveira	Feirense Trail	Veterana F40	01:12:21	+23:27	06:35
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Official Timekeeper: Lap2Go	3 / 8	generate 24-jul-2022 13:00
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Trail Curto

11 KM

[illegible]

OFFICIAL RESULT

[illegible]

2	1216	Cecília Mesquita de Sousa	Individual	Veterana F40	01:18:33	+29:40	07:09
3	1101	Joana Sousa	eFY	Veterana F40	01:21:20	+32:26	07:24
4	1301	Maria Jesus	Leões de Tardariz	Veterana F40	01:22:59	+34:06	07:33
5	1056	Elisabete Queirós Pereira	Centro Ciclista de Gondomar	Veterana F40	01:24:06	+35:12	07:39
6	1048	Silvia Batista	Bravos e Bravitas	Veterana F40	01:27:35	+38:41	07:58
7	1222	Laura Gomes	Individual	Veterana F40	01:30:30	+41:36	08:14
8	1226	Marisa Doreta	Individual	Veterana F40	01:32:22	+43:28	08:24
9	1100	Cecilia Martins	eFY	Veterana F40	01:34:07	+45:13	08:33
10	1229	Sonia Gilvaz	Individual	Veterana F40	01:35:22	+46:28	08:40
11	1038	Isabel Sousa	Bravos e Bravitas	Veterana F40	01:35:57	+47:04	08:43
12	1219	Elisa Alves	Individual	Veterana F40	01:36:29	+47:35	08:46
13	1139	Patricia Gomes	ESPINHO TRAIL	Veterana F40	01:38:57	+50:03	09:00
14	1142	Alexandra Azevedo	Gaia Running	Veterana F40	01:40:31	+51:37	09:08
15	1307	Sandra Manuela Moreira Martins	Lusavouga cidep trail	Veterana F40	01:40:59	+52:05	09:11
16	1218	Deolinda Monteiro Soares	Individual	Veterana F40	01:42:23	+53:29	09:19
17	1004	Gerlinde Besard	Afifense Trail	Veterana F40	01:42:31	+53:37	09:19
18	1123	Andreia Valente	Individual	Veterana F40	01:44:46	+55:52	09:32
19	1224	Liliana Patricia Pinto	Individual	Veterana F40	01:45:13	+56:19	09:34
20	1122	Sivia Costa	Feirense Trail	Veterana F40	01:52:29	+01:03:35	10:14
21	1120	Sandra Pinto	Feirense Trail	Veterana F40	01:52:30	+01:03:36	10:14
22	1064	Patrícia Francisca de Sousa Moreira	Centro de União da Juventude da Lomba	Veterana F40	01:54:30	+01:05:36	10:25
23	1145	Augusta Pereira	HJKGaia	Veterana F40	01:54:37	+01:05:43	10:25
24	1143	Mónica Borges	GTT ARMAZÉM DO CAFFÈ	Veterana F40	01:56:11	+01:07:17	10:34
25	1217	Cristina Lima	Individual	Veterana F40	01:57:47	+01:08:53	10:43
26	1084	NORMA GUEDES	DDT RUNNERS	Veterana F40	01:58:27	+01:09:33	10:46
27	1040	Virginia	Bravos e Bravitas	Veterana F40	01:59:45	+01:10:51	10:53
28	1220	Glória Carneiro	Individual	Veterana F40	02:06:32	+01:17:38	11:30
29	1389	Carmen Silva	Trilhos e Cadilhos	Veterana F40	02:11:24	+01:22:30	11:57
30	1039	Paula Ferreira	Bravos e Bravitas	Veterana F40	02:38:45	+01:49:51	14:26

Veterana F50

1	1074	Julia Peixoto	corre caralho	Veterana F50	01:11:18	+22:24	06:29
2	1105	Alice Couto	Equipa-A	Veterana F50	01:19:57	+31:03	07:16
3	1135	Maria do céu sardoura ferreira	Fitarena	Veterana F50	01:23:19	+34:25	07:35
4	1109	Cristina Couto	ESPINHO TRAIL	Veterana F50	01:25:22	+36:28	07:46
5	1041	Cristina Brava	Bravos e Bravitas	Veterana F50	01:27:56	+39:02	08:00
6	1102	Isabel Carvalho	eFY	Veterana F50	01:34:07	+45:13	08:33
7	1302	La Salete Martins	Leões de Tardariz	Veterana F50	01:36:17	+47:24	08:45
8	1393	MARIA FONSECA	UNIDOS PELOS TRILHOS	Veterana F50	01:37:54	+49:00	08:54
9	1156	Anabela Becas	Individual	Veterana F50	01:37:55	+49:02	08:54
10	1042	Fátima Silva	Bravos e Bravitas	Veterana F50	01:39:53	+50:59	09:05
11	1230	Maria Melo	Individual	Veterana F50	01:42:31	+53:37	09:19
12	1043	Maria Mota	Bravos e Bravitas	Veterana F50	01:46:42	+57:48	09:42
13	1382	Ana Silva	TrepaTrilhos Trail Team	Veterana F50	01:47:48	+58:54	09:48

Trail Curto

11 KM

[illegible]

OFFICIAL RESULT

[illegible]

14	1234	Isabel Vilas Boas	Individual	Veterana F50	01:50:05	+01:01:11	10:01
15	1235	Maria Rosa Silva Santos	Individual	Veterana F50	01:52:03	+01:03:09	10:11
16	1239	Tomásia Escoval	Individual	Veterana F50	01:52:18	+01:03:24	10:13
17	1372	Conceição Pinto	São Team	Veterana F50	01:53:24	+01:04:30	10:19
18	1233	Conceição Pereira	Individual	Veterana F50	01:57:47	+01:08:53	10:42
19	1371	Albertina Silva	São Team	Veterana F50	02:23:58	+01:35:04	13:05

Veterana F60

1	1361	Rosinda Macedo	Individual	Veterana F60	01:51:39	+01:02:45	10:09
2	1240	Ana Augusta Moreira	Individual	Veterana F60	02:05:25	+01:16:31	11:24
3	1241	Gracinda Nogueira	Individual	Veterana F60	02:41:34	+01:52:40	14:41
4	1008	Ana Moreira	All About	Veterana F60	02:41:34	+01:52:40	14:41

Veterano M40

1	1339	Nelson Loureiro	Opraticante.pt	Veterano M40	48:53	04:27
2	1324	Sérgio Silva	MSS Contabilidade Trail Team	Veterano M40	53:03	+04:09 04:49
3	1019	Ivan Silva	EDV Viana Trail	Veterano M40	56:12	+07:18 05:07
4	1337	Abílio Fernandes	OPraticante.pt	Veterano M40	56:53	+07:59 05:10
5	1323	Rui Alvim Sousa	MSS Contabilidade Trail Team	Veterano M40	57:13	+08:19 05:12
6	1334	Henrique Silva	NS Trail Team	Veterano M40	58:38	+09:44 05:20
7	1356	Eduardo Pacheco	Ribeiras Trail	Veterano M40	58:41	+09:47 05:20
8	1049	Sérgio	Bravos e Bravitas	Veterano M40	58:48	+09:54 05:21
9	1002	Alcino Silva	A.D.Amarante Trail Running	Veterano M40	59:02	+10:08 05:22
10	1124	Marcio Melo	Feirense Trail	Veterano M40	59:09	+10:15 05:23
11	1309	Pedro Jordão Ribeiro	Individual	Veterano M40	01:02:29	+13:35 05:41
12	1098	Márcio Miguel Soares Botelho	Duelo D'Ocasião	Veterano M40	01:03:15	+14:22 05:45
13	1126	Paulo Jorge	Feirense Trail	Veterano M40	01:03:32	+14:38 05:47
14	1020	António Faria	Amigos 100 Limites	Veterano M40	01:08:13	+19:19 06:12
15	1322	Márcio Almeida	MSS Contabilidade Trail Team	Veterano M40	01:08:15	+19:21 06:12
16	1021	Manuel Ferreira	Confraria dos Fatigados	Veterano M40	01:09:53	+20:59 06:21
17	1270	Sérgio Sousa	Individual	Veterano M40	01:10:00	+21:06 06:22
18	1181	Paulo Reis	Individual	Veterano M40	01:10:23	+21:29 06:24
19	1305	Pedro Ferreira	Leões de Tardariz	Veterano M40	01:10:43	+21:50 06:26
20	1255	Luis Gomes	Individual	Veterano M40	01:11:29	+22:35 06:30
21	1046	Mike	Bravos e Bravitas	Veterano M40	01:12:05	+23:11 06:33
22	1047	Paulo Jesus	Bravos e Bravitas	Veterano M40	01:12:18	+23:24 06:34
23	1003	Pedro Vieira	A.D.Amarante Trail Running	Veterano M40	01:12:43	+23:49 06:37
24	1318	Filipe Azevedo	MSS Contabilidade Trail Team	Veterano M40	01:14:13	+25:19 06:45
25	181	Miguel Moura	S4L Medense FC	Veterano M40	01:14:42	+25:48 06:48
26	1095	André Correia	Duelo D'ocasião	Veterano M40	01:15:18	+26:24 06:51
27	1111	Eduardo Pinto	ESPINHO TRAIL	Veterano M40	01:15:21	+26:28 06:51
28	1188	Ricardo Sousa	ADSebolidoTrail	Veterano M40	01:15:47	+26:53 06:53
29	1086	JOÃO PAULO CAMPOS	DDT RUNNERS	Veterano M40	01:16:40	+27:46 06:58
30	1254	Jorge Augusto Oliveira Guerra	Individual	Veterano M40	01:16:44	+27:50 06:59

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31	1267	Rui Pinto	Individual	Veterano M40	01:16:46	+27:52	06:59
32	1133	João Pinho	Individual	Veterano M40	01:17:49	+28:55	07:04
33	1044	José Pedro	Bravos e Bravitas	Veterano M40	01:18:21	+29:27	07:07
34	1250	Daniel Silva	Individual	Veterano M40	01:19:57	+31:03	07:16
35	1319	Helder Oliveira	MSS Contabilidade Trail Team	Veterano M40	01:20:02	+31:08	07:17
36	1246	André Filipe Cardoso Mota Chaves da Fonseca	Individual	Veterano M40	01:23:37	+34:43	07:33
37	1261	Paulo Almeida	Individual	Veterano M40	01:27:32	+38:38	07:57
38	1266	Rui Miguel Barbosa Macário	Individual	Veterano M40	01:28:43	+39:49	08:04
39	1387	Helder Silva	Trilhados	Veterano M40	01:31:14	+42:20	08:18
40	1087	MANUEL OLIVEIRA	DDT RUNNERS	Veterano M40	01:32:13	+43:19	08:23
41	1075	Jorge Monteiro	corre caralho	Veterano M40	01:32:41	+43:47	08:26
42	1127	Nuno Santos	Gaia Running	Veterano M40	01:33:49	+44:55	08:32
43	1262	Pedro Coelho	Individual	Veterano M40	01:34:26	+45:32	08:35
44	1112	Paulo Ferreira	Espinho Trail	Veterano M40	01:38:57	+50:03	09:00
45	1258	Miguel Cunha	Individual	Veterano M40	01:39:29	+50:35	09:03
46	1106	Jorge Vasconcelos	Equipa-A	Veterano M40	01:39:29	+50:35	09:03
47	1147	Duarte Malheiro	HJKGaia	Veterano M40	01:42:41	+53:47	09:20
48	1265	Rui Manuel Figueiredo e Silva	Individual	Veterano M40	01:45:13	+56:19	09:34
49	1083	Tito Maia	Correr para o Sucesso	Veterano M40	01:45:20	+56:26	09:35
50	1354	Francisco Azevedo	RC Runners	Veterano M40	01:46:15	+57:21	09:40
51	1045	Mário Bravo	Bravos e Bravitas	Veterano M40	01:46:44	+57:50	09:42
52	1304	Miguel Reis Ferreira	Leões de Tardariz	Veterano M40	01:47:07	+58:14	09:44
53	1412	Carlos Soares	Individual	Veterano M40	01:47:40	+58:46	09:47
54	1244	Adao S Santos	Individual	Veterano M40	01:51:53	+01:02:59	10:10
55	1128	Tozé Amorim	Feirense Trail	Veterano M40	01:52:31	+01:03:37	10:14
56	1148	Mário Pereira	HJKGaia	Veterano M40	01:54:38	+01:05:44	10:25
57	1144	Jorge Borges	GTT ARMAZÉM DO CAFFÈ	Veterano M40	01:56:11	+01:07:17	10:34
58	1085	BRUNO CARDOSO	DDT RUNNERS	Veterano M40	01:58:28	+01:09:34	10:46
59	1259	Miguel Silva	Individual	Veterano M40	02:00:18	+01:11:24	10:56
60	1088	PAULO FERREIRA	DDT RUNNERS	Veterano M40	02:13:03	+01:24:09	12:06
61	1113	Sérgio Miguel	Espinho Trail	Veterano M40	02:21:24	+01:32:30	12:51
62	1117	Pedro Azevedo	ESPINHO TRAIL	Veterano M40	02:29:26	+01:40:32	13:35
63	1379	Helder Costa	ESPINHO TRAIL	Veterano M40	02:29:45	+01:40:51	13:37
64	1320	Ibraim Sousa	MSS Contabilidade Trail Team	Veterano M40	03:06:36	+02:17:42	16:58

Veterano M50

1	1335	José Tavares	NS Trail Team	Veterano M50	55:29	+06:35	05:03
2	1024	Antonio nunes	Arada Trail	Veterano M50	57:05	+08:11	05:11
3	1336	Manuel Domingues	NS Trail Team	Veterano M50	01:02:20	+13:26	05:40
4	1130	João Barbosa	Feirense Trail	Veterano M50	01:02:41	+13:47	05:42
5	1053	Luís Batista	Confraria dos Fatigados	Veterano M50	01:03:07	+14:13	05:44
6	1023	Fernando Leal	Amigos do Pedal	Veterano M50	01:04:48	+15:54	05:54
7	1316	Henrique Matos	MSS Contabilidade Trail Team	Veterano M50	01:06:45	+17:51	06:04
8	1328	Manel Faria	MSS Contabilidade Trail Team	Veterano M50	01:08:06	+19:12	06:11

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9	1051	Marcelo fernandes	Bravos e Bravitas	Veterano M50	01:10:51	+21:57	06:26
10	1289	Paulo Manuel Pereira Faria	Individual	Veterano M50	01:12:45	+23:51	06:37
11	1288	Paulo Dias	Individual	Veterano M50	01:13:35	+24:41	06:41
12	1396	FRANCISCO FONSECA	UNIDOS PELOS TRILHOS	Veterano M50	01:13:39	+24:45	06:42
13	1292	Vitor Novais	Individual	Veterano M50	01:13:53	+24:59	06:43
14	1272	Alcino Santos	Individual	Veterano M50	01:15:31	+26:38	06:52
15	1099	Aur�lio Sousa	Duelo D'ocasi�o	Veterano M50	01:16:44	+27:50	06:59
16	1284	Lu�s Alves	Individual	Veterano M50	01:16:46	+27:52	06:59
17	1276	Baltazar Ferreira	Individual	Veterano M50	01:18:01	+29:08	07:06
18	1325	Ant�nio Lu�s	MSS Contabilidade Trail Team	Veterano M50	01:19:27	+30:33	07:13
19	1327	Joaquim Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:19:52	+30:58	07:16
20	1352	Angelo Ramalho	Ramalhos	Veterano M50	01:20:38	+31:44	07:20
21	1317	Carlos Tadeia	MSS Contabilidade Trail Team	Veterano M50	01:22:57	+34:03	07:33
22	1397	JOAQUIM BENTO	UNIDOS PELOS TRILHOS	Veterano M50	01:23:32	+34:38	07:36
23	1283	Jos� Lu�s Lopes	Individual	Veterano M50	01:23:47	+34:53	07:37
24	1103	Joaquim Rocha	eFY	Veterano M50	01:23:58	+35:04	07:38
25	1115	M�rio Alves	ESPINHO TRAIL	Veterano M50	01:25:22	+36:28	07:46
26	1286	Miro Sousa	Individual	Veterano M50	01:27:05	+38:11	07:55
27	1280	Jo�o Sousa Teixeira	Individual	Veterano M50	01:28:39	+39:45	08:04
28	1282	Jose Coelho	Individual	Veterano M50	01:29:01	+40:07	08:06
29	1345	Ricardo Gomes	OsFazConta	Veterano M50	01:30:37	+41:43	08:14
30	1129	Pedro Costa	Gaia Running	Veterano M50	01:33:49	+44:55	08:32
31	1353	Francisco Ramalho	Ramalhos	Veterano M50	01:34:10	+45:16	08:34
32	1374	Fernando Oliveira	S�o Team	Veterano M50	01:35:24	+46:30	08:40
33	1278	Eduardo Castro	Individual	Veterano M50	01:35:25	+46:31	08:40
34	1398	LUIS SILVA	UNIDOS PELOS TRILHOS	Veterano M50	01:37:54	+49:00	08:54
35	1125	Manuel Freire	Individual	Veterano M50	01:37:55	+49:01	08:54
36	1050	Jo�o Gomes	Bravos e Bravitas	Veterano M50	01:38:33	+49:39	08:58
37	1281	Jos� Alves	Individual	Veterano M50	01:38:38	+49:44	08:58
38	1290	Salvador Santos	Individual	Veterano M50	01:39:04	+50:10	09:00
39	1344	Joaquim Pereira	Os Remendados	Veterano M50	01:40:30	+51:36	09:08
40	1277	Carlos Alberto Pinto Ferreira	Individual	Veterano M50	01:51:53	+01:02:59	10:10
41	1287	Paulo Barbosa	Individual	Veterano M50	01:57:18	+01:08:24	10:40
42	1057	Paulo Oliveira	Centro Ciclista de Gondomar	Veterano M50	02:06:32	+01:17:38	11:30
43	1375	Luis Lencastre	S�o Team	Veterano M50	02:23:58	+01:35:04	13:05
44	1376	Mohammed Moudnib	S�o Team	Veterano M50	03:00:35	+02:11:41	16:25

Veterano M60

1	1360	David Tavares	RUNRIVER Escola de Atletismo de Rio Tinto	Veterano M60	01:04:06	+15:12	05:50
2	1380	José Rodrigues de Almeida	Sporting Club Satacruzense	Veterano M60	01:06:19	+17:25	06:02
3	1363	Manuel Costa	Individual	Veterano M60	01:10:07	+21:13	06:22
4	1140	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M60	01:11:07	+22:13	06:28
5	1022	João Moreira	Amigos 100 Limites	Veterano M60	01:12:09	+23:15	06:34

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