

## 23K - STAGE 1

**23 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

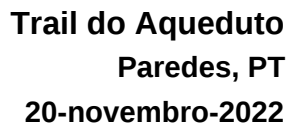
|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:30 | 13,9°C      | 98%      |
| End   | 12:37 | 16,6°C      | 90%      |

| RANK | BIB | NAME                              | TEAM                                 | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|-----------------------------------|--------------------------------------|----------|--------|-------|------|
| 1    | 13  | Leonel Rodrigues da Cunha         | EDV- VIANA TRAIL                     | 02:01:35 |        | 05:17 |      |
| 2    | 117 | Ricardo Carreira                  | Arrabida Trail Team                  | 02:02:44 | +01:09 | 05:20 |      |
| 3    | 26  | Bruno José Coelho de Sousa        | Furfor Running Project               | 02:04:45 | +03:10 | 05:25 |      |
| 4    | 14  | Pedro Santos                      | EDV- VIANA TRAIL                     | 02:05:05 | +03:30 | 05:26 |      |
| 5    | 6   | Vítor Costa                       | A.D.Amarante trail running           | 02:06:07 | +04:32 | 05:29 |      |
| 6    | 5   | Paulo Costa                       | A.D.Amarante trail running           | 02:09:36 | +08:01 | 05:38 |      |
| 7    | 91  | Tiago Jesus                       | Lusavouga CIDEP Trail Running        | 02:23:46 | +22:11 | 06:15 |      |
| 8    | 38  | António Daniel da Silva Ribeiro   | Individual                           | 02:25:02 | +23:27 | 06:18 |      |
| 9    | 100 | Armando Moreira                   | Ribeiras Trail                       | 02:28:59 | +27:24 | 06:29 |      |
| 10   | 3   | Paula Sofia Coutinho Soares       | Individual                           | 02:29:36 | +28:01 | 06:30 |      |
| 11   | 8   | Carlos Carneiro                   | Cinfães a Correr                     | 02:32:19 | +30:44 | 06:37 |      |
| 12   | 93  | Filipe Daniel Carvalho Pinho      | Lusavouga CIDEP Trail Running        | 02:33:29 | +31:54 | 06:40 |      |
| 13   | 94  | João Tavares                      | Lusavouga CIDEP Trail Running        | 02:33:46 | +32:11 | 06:41 |      |
| 14   | 11  | Jorge Moreira                     | Damira Trail Team                    | 02:35:43 | +34:08 | 06:46 |      |
| 15   | 16  | Marco Dias Silva                  | éjali...clube de amigos Trailrunners | 02:38:10 | +36:35 | 06:53 |      |
| 16   | 102 | Nuno Santos                       | Ribeiras Trail                       | 02:38:12 | +36:37 | 06:53 |      |
| 17   | 70  | Alfredo Moreira                   | Individual                           | 02:38:18 | +36:43 | 06:53 |      |
| 18   | 41  | Filipe Barros                     | A.D.Amarante trail running           | 02:40:14 | +38:39 | 06:58 |      |
| 19   | 64  | Joaquim Madureira                 | Individual                           | 02:40:39 | +39:04 | 06:59 |      |
| 20   | 47  | Tiago André Moreira Oliveira      | Individual                           | 02:41:14 | +39:39 | 07:01 |      |
| 21   | 69  | Adolfo de Castro Gomes            | Individual                           | 02:41:36 | +40:01 | 07:02 |      |
| 22   | 53  | Cristiano José Moreira dos Santos | A.D.Amarante trail running           | 02:41:45 | +40:10 | 07:02 |      |
| 23   | 80  | António Fernando Vieira Rocha     | Individual                           | 02:42:41 | +41:06 | 07:04 |      |
| 24   | 115 | Armando Machado                   | TRAIL TEAM CASA DAS REPARAÇÕES       | 02:47:16 | +45:41 | 07:16 |      |
| 25   | 52  | Alexandra Fernandes               | Individual                           | 02:47:19 | +45:44 | 07:16 |      |
| 26   | 62  | Francisco Pinheiro                | Individual                           | 02:47:43 | +46:08 | 07:18 |      |
| 27   | 24  | Helena Gomes                      | F C Penafiel                         | 02:50:05 | +48:30 | 07:24 |      |
| 28   | 95  | Nuno Pinho                        | PAREDES AVENTURA                     | 02:50:05 | +48:30 | 07:24 |      |
| 29   | 99  | Rui Gonçalves                     | Ribeiras Trail                       | 02:51:34 | +49:59 | 07:28 |      |
| 30   | 101 | Joaquim Pinto                     | Ribeiras Trail                       | 02:51:35 | +50:00 | 07:28 |      |
| 31   | 111 | Paulo Pereira                     | The Lost Team Trail                  | 02:52:11 | +50:36 | 07:29 |      |
| 32   | 67  | Paulo Neta                        | Individual                           | 02:52:23 | +50:48 | 07:30 |      |
| 33   | 43  | João Ribeiro                      | Individual                           | 02:52:27 | +50:52 | 07:30 |      |
| 34   | 68  | Ricardo Rodrigues                 | Individual                           | 02:52:36 | +51:01 | 07:30 |      |
| 35   | 12  | José Macedo                       | Damira Trail Team                    | 02:52:39 | +51:04 | 07:30 |      |
| 36   | 10  | manuel barbosa                    | Copos e trilhos                      | 02:53:17 | +51:42 | 07:32 |      |
| 37   | 85  | Dario Cardoso                     | Leões de Tardariz Trail              | 02:53:32 | +51:57 | 07:33 |      |
| 38   | 61  | Francisco Moreira                 | Individual                           | 02:54:36 | +53:01 | 07:35 |      |
| 39   | 71  | ANTÓNIO J. SILVA                  | Individual                           | 02:55:42 | +54:07 | 07:38 |      |
| 40   | 42  | Filipe Lima                       | Individual                           | 02:58:08 | +56:33 | 07:45 |      |
| 41   | 21  | Paulo Silva 28 03 1971            | Endovelico                           | 02:59:30 | +57:55 | 07:48 |      |
| 42   | 59  | Amílcar Almeida                   | Individual                           | 02:59:30 | +57:55 | 07:48 |      |

**23 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                              | TEAM                                 | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|-----------------------------------|--------------------------------------|----------|-----------|-------|------|
| 43   | 110 | Miguel Lima                       | The Lost Team Trail                  | 02:59:52 | +58:17    | 07:49 |      |
| 44   | 92  | Carlos Alberto Soares Moreira     | Lusavouga CIDEP Trail Running        | 03:00:35 | +59:00    | 07:51 |      |
| 45   | 46  | Pedro Nogueira                    | Individual                           | 03:00:40 | +59:05    | 07:51 |      |
| 46   | 27  | Fátima Coelho                     | GD Leões da Guarda - Lion Runners    | 03:00:47 | +59:12    | 07:52 |      |
| 47   | 76  | Adérito Brandão                   | Individual                           | 03:01:32 | +59:57    | 07:54 |      |
| 48   | 112 | Ediardo Mendes                    | TRAIL TEAM CASA DAS REPARAÇÕES       | 03:02:21 | +01:00:46 | 07:56 |      |
| 49   | 63  | João Filipe de Sousa Machado      | Individual                           | 03:03:30 | +01:01:55 | 07:59 |      |
| 50   | 58  | AMERICO LOUREIRO                  | Individual                           | 03:03:36 | +01:02:01 | 07:59 |      |
| 51   | 37  | André r Pinto                     | Individual                           | 03:04:08 | +01:02:33 | 08:00 |      |
| 52   | 29  | Fernando Morais                   | GD Leões da Guarda - Lion Runners    | 03:04:48 | +01:03:13 | 08:02 |      |
| 53   | 20  | Carlos Martins                    | Endovelico                           | 03:06:14 | +01:04:39 | 08:06 |      |
| 54   | 19  | Pedro serra                       | Endovelico                           | 03:06:15 | +01:04:40 | 08:06 |      |
| 55   | 54  | Nuno Marques                      | Individual                           | 03:06:23 | +01:04:48 | 08:06 |      |
| 56   | 96  | Filipe Nascimento                 | PORTO SENTIDO RUNNERS                | 03:10:28 | +01:08:53 | 08:17 |      |
| 57   | 50  | Carina Alexandra Ricardo Charneca | Individual                           | 03:10:56 | +01:09:21 | 08:18 |      |
| 58   | 4   | Cláudia Patrícia da Silva Moreira | A.D.Amarante trail running           | 03:13:20 | +01:11:45 | 08:24 |      |
| 59   | 84  | Agostinho Sousa                   | Kunalama runners                     | 03:14:09 | +01:12:34 | 08:26 |      |
| 60   | 88  | Antonio Pinto                     | Leões de Tardariz Trail              | 03:15:23 | +01:13:48 | 08:30 |      |
| 61   | 39  | António Rosendo                   | Individual                           | 03:17:05 | +01:15:30 | 08:34 |      |
| 62   | 73  | Eugénio Soares                    | Individual                           | 03:17:31 | +01:15:56 | 08:35 |      |
| 63   | 113 | Eduardo Soares                    | TRAIL TEAM CASA DAS REPARAÇÕES       | 03:18:03 | +01:16:28 | 08:37 |      |
| 64   | 114 | João Sousa                        | TRAIL TEAM CASA DAS REPARAÇÕES       | 03:18:04 | +01:16:29 | 08:37 |      |
| 65   | 86  | Pedro Ferreira                    | Leões de Tardariz Trail              | 03:18:16 | +01:16:41 | 08:37 |      |
| 66   | 57  | Rúben Alves                       | Individual                           | 03:20:22 | +01:18:47 | 08:43 |      |
| 67   | 17  | Carlos Azevedo                    | éjali...clube de amigos Trailrunners | 03:22:36 | +01:21:01 | 08:49 |      |
| 68   | 18  | Luis Terêncio                     | éjali...clube de amigos Trailrunners | 03:23:00 | +01:21:25 | 08:50 |      |
| 69   | 31  | JOEL COELHO                       | GENEROSOS RUNNERS                    | 03:23:07 | +01:21:32 | 08:50 |      |
| 70   | 32  | Ricardo Coelho                    | Gtt armazém do Caffè                 | 03:23:37 | +01:22:02 | 08:51 |      |
| 71   | 30  | CLAUDIA COELHO                    | GENEROSOS RUNNERS                    | 03:23:41 | +01:22:06 | 08:51 |      |
| 72   | 28  | Fátima Vieira                     | GD Leões da Guarda - Lion Runners    | 03:25:15 | +01:23:40 | 08:55 |      |
| 73   | 82  | Carlos Magalhães                  | Kunalama runners                     | 03:26:00 | +01:24:25 | 08:57 |      |
| 74   | 77  | Fernando Abílio                   | Individual                           | 03:27:23 | +01:25:48 | 09:01 |      |
| 75   | 60  | David Sousa                       | Individual                           | 03:28:05 | +01:26:30 | 09:03 |      |
| 76   | 22  | Filipe Escobar                    | EQUIPA A                             | 03:28:32 | +01:26:57 | 09:04 |      |
| 77   | 48  | Vasco António Ribeiro Samouco     | Individual                           | 03:33:34 | +01:31:59 | 09:17 |      |
| 78   | 108 | Luis Ferreira Gomes               | TEAM LANTEMIL                        | 03:33:57 | +01:32:22 | 09:18 |      |
| 79   | 34  | Andreia Morais                    | Individual                           | 03:38:26 | +01:36:51 | 09:30 |      |
| 80   | 78  | Jorge. Esteves                    | Individual                           | 03:41:07 | +01:39:32 | 09:37 |      |
| 81   | 98  | Ana Fonseca                       | Ribeiras Trail                       | 03:41:09 | +01:39:34 | 09:37 |      |
| 82   | 15  | Pedro Gomes                       | éjali...clube de amigos Trailrunners | 03:42:14 | +01:40:39 | 09:40 |      |
| 83   | 44  | Joaquim Jorge Rodrigues Carvalho  | Individual                           | 03:52:08 | +01:50:33 | 10:06 |      |
| 84   | 87  | Manuel Oliveira                   | Leões de Tardariz Trail              | 03:54:21 | +01:52:46 | 10:11 |      |
| 85   | 116 | Marco Armindo                     | Trilhos e Cadilhos                   | 03:54:21 | +01:52:46 | 10:11 |      |
| 86   | 51  | Luísa Mota                        | Individual                           | 03:59:52 | +01:58:17 | 10:26 |      |
| 87   | 107 | JOSE DUARTE                       | SSCGD                                | 04:00:35 | +01:59:00 | 10:28 |      |
| 88   | 66  | Miguel Cunha                      | Individual                           | 04:05:56 | +02:04:21 | 10:42 |      |



**23 KM**

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|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 3 / 3 | generate 20-nov-2022 22:43 |
|-----------------------------|-------|----------------------------|

**23 KM**

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 08:30 | 13,9°C      | 98%      |
| End   | 12:37 | 16,6°C      | 90%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

|   |    |                                   |                            |                 |          |                    |
|---|----|-----------------------------------|----------------------------|-----------------|----------|--------------------|
| 1 | 3  | Paula Sofia Coutinho Soares       | Individual                 | Senior Feminino | 02:29:36 | 06:30              |
| 2 | 4  | Cláudia Patrícia da Silva Moreira | A.D.Amarante trail running | Senior Feminino | 03:13:20 | +43:43 08:24:43    |
| 3 | 34 | Andreia Morais                    | Individual                 | Senior Feminino | 03:38:26 | +01:08:49 09:30:49 |
| 4 | 36 | Bebiana Silva                     | Individual                 | Senior Feminino | 04:06:04 | +01:36:28 10:42:42 |

|    |     |                                  |                                      |                  |          |                 |
|----|-----|----------------------------------|--------------------------------------|------------------|----------|-----------------|
| 1  | 13  | Leonel Rodrigues da Cunha        | EDV- VIANA TRAIL                     | Senior Masculino | 02:01:35 | 05:17           |
| 2  | 117 | Ricardo Carreira                 | Arrabida Trail Team                  | Senior Masculino | 02:02:44 | +01:08 05:20    |
| 3  | 26  | Bruno José Coelho de Sousa       | Furfor Running Project               | Senior Masculino | 02:04:45 | +03:09 05:25    |
| 4  | 91  | Tiago Jesus                      | Lusavouga CIDEP Trail Running        | Senior Masculino | 02:23:46 | +22:10 06:15    |
| 5  | 38  | António Daniel da Silva Ribeiro  | Individual                           | Senior Masculino | 02:25:02 | +23:26 06:18    |
| 6  | 41  | Filipe Barros                    | A.D.Amarante trail running           | Senior Masculino | 02:40:14 | +38:38 06:58    |
| 7  | 47  | Tiago André Moreira Oliveira     | Individual                           | Senior Masculino | 02:41:14 | +39:38 07:01    |
| 8  | 43  | João Ribeiro                     | Individual                           | Senior Masculino | 02:52:27 | +50:51 07:30    |
| 9  | 42  | Filipe Lima                      | Individual                           | Senior Masculino | 02:58:08 | +56:32 07:45    |
| 10 | 46  | Pedro Nogueira                   | Individual                           | Senior Masculino | 03:00:40 | +59:04 07:51    |
| 11 | 37  | André r Pinto                    | Individual                           | Senior Masculino | 03:04:08 | +01:02:32 08:00 |
| 12 | 39  | António Rosendo                  | Individual                           | Senior Masculino | 03:17:05 | +01:15:29 08:34 |
| 13 | 48  | Vasco António Ribeiro Samouco    | Individual                           | Senior Masculino | 03:33:34 | +01:31:59 09:17 |
| 14 | 15  | Pedro Gomes                      | éjali...clube de amigos Trailrunners | Senior Masculino | 03:42:14 | +01:40:38 09:40 |
| 15 | 44  | Joaquim Jorge Rodrigues Carvalho | Individual                           | Senior Masculino | 03:52:08 | +01:50:32 10:06 |

|   |     |                 |                    |                  |          |                    |
|---|-----|-----------------|--------------------|------------------|----------|--------------------|
| 1 | 8   | Carlos Carneiro | Cinfães a Correr   | Sub 23 Masculino | 02:32:19 | 06:37:19           |
| 2 | 116 | Marco Armindo   | Trilhos e Cadilhos | Sub 23 Masculino | 03:54:21 | +01:22:02 10:11:40 |

|   |    |                                   |                   |              |          |                 |
|---|----|-----------------------------------|-------------------|--------------|----------|-----------------|
| 1 | 50 | Carina Alexandra Ricardo Charneca | Individual        | Veterana F40 | 03:10:56 | 08:18:56        |
| 2 | 30 | CLAUDIA COELHO                    | GENEROSOS RUNNERS | Veterana F40 | 03:23:41 | +12:44 08:51:41 |
| 3 | 51 | Luísa Mota                        | Individual        | Veterana F40 | 03:59:52 | +48:56 10:26:48 |

**23K**

**23 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

## Veterana F45

|   |    |              |              |              |          |       |
|---|----|--------------|--------------|--------------|----------|-------|
| 1 | 24 | Helena Gomes | F C Penafiel | Veterana F45 | 02:50:05 | 07:24 |
|---|----|--------------|--------------|--------------|----------|-------|

## Veterana F50

|   |    |               |                                   |              |          |              |
|---|----|---------------|-----------------------------------|--------------|----------|--------------|
| 1 | 27 | Fátima Coelho | GD Leões da Guarda - Lion Runners | Veterana F50 | 03:00:47 | 07:52        |
| 2 | 98 | Ana Fonseca   | Ribeiras Trail                    | Veterana F50 | 03:41:09 | +40:22 09:37 |

## Veterana F55

|   |    |                     |                                   |              |          |              |
|---|----|---------------------|-----------------------------------|--------------|----------|--------------|
| 1 | 52 | Alexandra Fernandes | Individual                        | Veterana F55 | 02:47:19 | 07:16        |
| 2 | 28 | Fátima Vieira       | GD Leões da Guarda - Lion Runners | Veterana F55 | 03:25:15 | +37:55 08:55 |

## Veterano M40

|    |     |                                   |                                      |              |          |                 |
|----|-----|-----------------------------------|--------------------------------------|--------------|----------|-----------------|
| 1  | 5   | Paulo Costa                       | A.D.Amarante trail running           | Veterano M40 | 02:09:36 | 05:38           |
| 2  | 93  | Filipe Daniel Carvalho Pinho      | Lusavouga CIDEP Trail Running        | Veterano M40 | 02:33:29 | +23:53 06:40    |
| 3  | 11  | Jorge Moreira                     | Damira Trail Team                    | Veterano M40 | 02:35:43 | +26:07 06:46    |
| 4  | 16  | Marco Dias Silva                  | éjali...clube de amigos Trailrunners | Veterano M40 | 02:38:10 | +28:34 06:53    |
| 5  | 53  | Cristiano José Moreira dos Santos | A.D.Amarante trail running           | Veterano M40 | 02:41:45 | +32:09 07:02    |
| 6  | 95  | Nuno Pinho                        | PAREDES AVENTURA                     | Veterano M40 | 02:50:05 | +40:29 07:24    |
| 7  | 99  | Rui Gonçalves                     | Ribeiras Trail                       | Veterano M40 | 02:51:34 | +41:58 07:28    |
| 8  | 10  | manuel barbosa                    | Copos e trilhos                      | Veterano M40 | 02:53:17 | +43:41 07:32    |
| 9  | 92  | Carlos Alberto Soares Moreira     | Lusavouga CIDEP Trail Running        | Veterano M40 | 03:00:35 | +50:59 07:51    |
| 10 | 112 | Ediardo Mendes                    | TRAIL TEAM CASA DAS REPARAÇÕES       | Veterano M40 | 03:02:21 | +52:45 07:56    |
| 11 | 19  | Pedro serra                       | Endovelico                           | Veterano M40 | 03:06:15 | +56:39 08:06    |
| 12 | 54  | Nuno Marques                      | Individual                           | Veterano M40 | 03:06:23 | +56:47 08:06    |
| 13 | 96  | Filipe Nascimento                 | PORTO SENTIDO RUNNERS                | Veterano M40 | 03:10:28 | +01:00:52 08:17 |
| 14 | 113 | Eduardo Soares                    | TRAIL TEAM CASA DAS REPARAÇÕES       | Veterano M40 | 03:18:03 | +01:08:27 08:37 |
| 15 | 57  | Rúben Alves                       | Individual                           | Veterano M40 | 03:20:22 | +01:10:46 08:43 |
| 16 | 31  | JOEL COELHO                       | GENEROSOS RUNNERS                    | Veterano M40 | 03:23:07 | +01:13:31 08:50 |
| 17 | 32  | Ricardo Coelho                    | Gtt armazém do Caffè                 | Veterano M40 | 03:23:37 | +01:14:01 08:51 |
| 18 | 82  | Carlos Magalhães                  | Kunalama runners                     | Veterano M40 | 03:26:00 | +01:16:24 08:57 |

## Veterano M45

|   |     |                 |                            |              |          |              |
|---|-----|-----------------|----------------------------|--------------|----------|--------------|
| 1 | 14  | Pedro Santos    | EDV- VIANA TRAIL           | Veterano M45 | 02:05:05 | 05:26        |
| 2 | 6   | Vítor Costa     | A.D.Amarante trail running | Veterano M45 | 02:06:07 | +01:01 05:29 |
| 3 | 100 | Armando Moreira | Ribeiras Trail             | Veterano M45 | 02:28:59 | +23:53 06:29 |

**23K**

**23 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

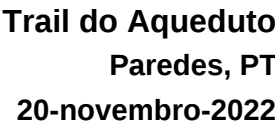
|    |     |                              |                                      |              |          |           |       |
|----|-----|------------------------------|--------------------------------------|--------------|----------|-----------|-------|
| 4  | 94  | João Tavares                 | Lusavouga CIDEP Trail Running        | Veterano M45 | 02:33:46 | +28:40    | 06:41 |
| 5  | 102 | Nuno Santos                  | Ribeiras Trail                       | Veterano M45 | 02:38:12 | +33:06    | 06:53 |
| 6  | 64  | Joaquim Madureira            | Individual                           | Veterano M45 | 02:40:39 | +35:33    | 06:59 |
| 7  | 62  | Francisco Pinheiro           | Individual                           | Veterano M45 | 02:47:43 | +42:37    | 07:18 |
| 8  | 101 | Joaquim Pinto                | Ribeiras Trail                       | Veterano M45 | 02:51:35 | +46:29    | 07:28 |
| 9  | 67  | Paulo Neta                   | Individual                           | Veterano M45 | 02:52:23 | +47:17    | 07:30 |
| 10 | 68  | Ricardo Rodrigues            | Individual                           | Veterano M45 | 02:52:36 | +47:30    | 07:30 |
| 11 | 85  | Dario Cardoso                | Leões de Tardariz Trail              | Veterano M45 | 02:53:32 | +48:26    | 07:33 |
| 12 | 61  | Francisco Moreira            | Individual                           | Veterano M45 | 02:54:36 | +49:30    | 07:35 |
| 13 | 59  | Amílcar Almeida              | Individual                           | Veterano M45 | 02:59:30 | +54:24    | 07:48 |
| 14 | 63  | João Filipe de Sousa Machado | Individual                           | Veterano M45 | 03:03:30 | +58:24    | 07:59 |
| 15 | 58  | AMERICO LOUREIRO             | Individual                           | Veterano M45 | 03:03:36 | +58:30    | 07:59 |
| 16 | 114 | João Sousa                   | TRAIL TEAM CASA DAS REPARAÇÕES       | Veterano M45 | 03:18:04 | +01:12:58 | 08:37 |
| 17 | 86  | Pedro Ferreira               | Leões de Tardariz Trail              | Veterano M45 | 03:18:16 | +01:13:10 | 08:37 |
| 18 | 17  | Carlos Azevedo               | éjali...clube de amigos Trailrunners | Veterano M45 | 03:22:36 | +01:17:30 | 08:49 |
| 19 | 18  | Luis Terêncio                | éjali...clube de amigos Trailrunners | Veterano M45 | 03:23:00 | +01:17:54 | 08:50 |
| 20 | 60  | David Sousa                  | Individual                           | Veterano M45 | 03:28:05 | +01:22:59 | 09:03 |
| 21 | 22  | Filipe Escobar               | EQUIPA A                             | Veterano M45 | 03:28:32 | +01:23:26 | 09:04 |
| 22 | 66  | Miguel Cunha                 | Individual                           | Veterano M45 | 04:05:56 | +02:00:50 | 10:42 |
| 23 | 23  | Jorge Vasconcelos            | EQUIPA A                             | Veterano M45 | 04:05:56 | +02:00:50 | 10:42 |

## Veterano M50

|    |     |                        |                                   |              |          |                 |
|----|-----|------------------------|-----------------------------------|--------------|----------|-----------------|
| 1  | 70  | Alfredo Moreira        | Individual                        | Veterano M50 | 02:38:18 | 06:53           |
| 2  | 69  | Adolfo de Castro Gomes | Individual                        | Veterano M50 | 02:41:36 | +03:18 07:02    |
| 3  | 115 | Armando Machado        | TRAIL TEAM CASA DAS REPARAÇÕES    | Veterano M50 | 02:47:16 | +08:57 07:16    |
| 4  | 111 | Paulo Pereira          | The Lost Team Trail               | Veterano M50 | 02:52:11 | +13:52 07:29    |
| 5  | 12  | José Macedo            | Damira Trail Team                 | Veterano M50 | 02:52:39 | +14:20 07:30    |
| 6  | 71  | ANTÓNIO J. SILVA       | Individual                        | Veterano M50 | 02:55:42 | +17:23 07:38    |
| 7  | 21  | Paulo Silva 28 03 1971 | Endovelico                        | Veterano M50 | 02:59:30 | +21:12 07:48    |
| 8  | 110 | Miguel Lima            | The Lost Team Trail               | Veterano M50 | 02:59:52 | +21:34 07:49    |
| 9  | 29  | Fernando Morais        | GD Leões da Guarda - Lion Runners | Veterano M50 | 03:04:48 | +26:29 08:02    |
| 10 | 20  | Carlos Martins         | Endovelico                        | Veterano M50 | 03:06:14 | +27:55 08:06    |
| 11 | 73  | Eugénio Soares         | Individual                        | Veterano M50 | 03:17:31 | +39:13 08:35    |
| 12 | 108 | Luis Ferreira Gomes    | TEAM LANTEMIL                     | Veterano M50 | 03:33:57 | +55:38 09:18    |
| 13 | 87  | Manuel Oliveira        | Leões de Tardariz Trail           | Veterano M50 | 03:54:21 | +01:16:02 10:11 |

## Veterano M55

|   |    |                 |                         |              |          |        |       |
|---|----|-----------------|-------------------------|--------------|----------|--------|-------|
| 1 | 76 | Adérito Brandão | Individual              | Veterano M55 | 03:01:32 |        | 07:54 |
| 2 | 88 | Antonio Pinto   | Leões de Tardariz Trail | Veterano M55 | 03:15:23 | +13:51 | 08:30 |
| 3 | 77 | Fernando Abílio | Individual              | Veterano M55 | 03:27:23 | +25:51 | 09:01 |



## 23 KM

[illegible][illegible]

## Veterano M60

[illegible]

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 1 | generate 20-nov-2022 22:45 |
|-----------------------------|-------|----------------------------|

## 14K - STAGE 1

**14 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | 14,4°C      | 96%      |
| End   | 13:01 | 16,6°C      | 90%      |

| RANK | BIB | NAME                              | TEAM                        | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|-----------------------------------|-----------------------------|----------|--------|-------|------|
| 1    | 740 | Nuno Alves                        | Oralklass - Amigos Do Trail | 01:20:08 |        | 05:43 |      |
| 2    | 747 | Rúben Ribeiro                     | PAREDES AVENTURA            | 01:20:14 | +00:06 | 05:44 |      |
| 3    | 672 | Carlos Ferreira                   | Individual                  | 01:22:00 | +01:52 | 05:51 |      |
| 4    | 658 | Paulo Alexandre de Jesus Nogueira | Individual                  | 01:23:59 | +03:51 | 06:00 |      |
| 5    | 512 | Isidrio Pinho                     | Caminhadas da Amizade       | 01:25:26 | +05:18 | 06:06 |      |
| 6    | 741 | João Patrício Gonçalves Nogueira  | Oralklass - Amigos Do Trail | 01:28:26 | +08:18 | 06:19 |      |
| 7    | 770 | Sérgio Martins                    | Sport Clube Freamunde       | 01:28:46 | +08:38 | 06:20 |      |
| 8    | 569 | MARCO BDS                         | Habcarpintaria              | 01:31:28 | +11:20 | 06:32 |      |
| 9    | 598 | Filipe Teixeira                   | Individual                  | 01:32:05 | +11:57 | 06:35 |      |
| 10   | 608 | Luís Gonzaga                      | Individual                  | 01:32:05 | +11:57 | 06:35 |      |
| 11   | 718 | Gilberto Machado                  | Louredo Trail running       | 01:34:48 | +14:40 | 06:46 |      |
| 12   | 769 | Carlos Silva                      | Sport Clube Freamunde       | 01:34:48 | +14:40 | 06:46 |      |
| 13   | 693 | fernando Moreira                  | Individual                  | 01:34:53 | +14:45 | 06:47 |      |
| 14   | 684 | Paulo Machado                     | Individual                  | 01:35:42 | +15:34 | 06:50 |      |
| 15   | 725 | Nuno sousa                        | Lousada Trilhos             | 01:36:01 | +15:53 | 06:52 |      |
| 16   | 771 | José Rodrigues de Almeida         | Sporting Club Santacruzense | 01:36:03 | +15:55 | 06:52 |      |
| 17   | 527 | Marta Moreira                     | Devasta Trilhos             | 01:37:44 | +17:36 | 06:59 |      |
| 18   | 607 | José Leal                         | Individual                  | 01:37:50 | +17:42 | 06:59 |      |
| 19   | 750 | Marco Valente                     | Ribeiras Trail              | 01:39:45 | +19:37 | 07:08 |      |
| 20   | 683 | Manuel Fernando Santos Oliveira   | Individual                  | 01:39:56 | +19:48 | 07:08 |      |
| 21   | 503 | Nuno Moura                        | A.D.Amarante trail running  | 01:40:04 | +19:56 | 07:09 |      |
| 22   | 620 | Vítor Araújo                      | DAPproduções                | 01:40:08 | +20:00 | 07:09 |      |
| 23   | 657 | Nuno A.Teixeira                   | Individual                  | 01:43:04 | +22:56 | 07:22 |      |
| 24   | 551 | Jorge Beliago                     | Gansos                      | 01:43:06 | +22:58 | 07:22 |      |
| 25   | 667 | António Coelho                    | Individual                  | 01:44:28 | +24:20 | 07:28 |      |
| 26   | 621 | Vitor Manuel Ribeiro Pinheiro     | Individual                  | 01:44:52 | +24:44 | 07:29 |      |
| 27   | 572 | Carlos Carneiro                   | HERE4BEER                   | 01:45:10 | +25:02 | 07:31 |      |
| 28   | 546 | Maximiano Rodrigues               | Gaia Trail                  | 01:45:28 | +25:20 | 07:32 |      |
| 29   | 754 | Rui Pedro Martins Machado         | Running Team & Sports       | 01:45:30 | +25:22 | 07:32 |      |
| 30   | 737 | António Luís Cunha Barbosa        | NOCTURNOS DE PAREDES        | 01:47:21 | +27:13 | 07:40 |      |
| 31   | 545 | José Morais                       | Gaia Trail                  | 01:47:24 | +27:16 | 07:40 |      |
| 32   | 748 | Manuel Barbosa                    | Paredes Running             | 01:47:51 | +27:43 | 07:42 |      |
| 33   | 543 | Ricardo Ferreira                  | FC Côte                     | 01:47:57 | +27:49 | 07:43 |      |
| 34   | 602 | Jaime Neto                        | Individual                  | 01:49:01 | +28:53 | 07:47 |      |
| 35   | 623 | Vera Nunes                        | Individual                  | 01:49:25 | +29:17 | 07:49 |      |
| 36   | 590 | Telma Sousa                       | Individual                  | 01:49:42 | +29:34 | 07:50 |      |
| 37   | 663 | Rui Pinto                         | Individual                  | 01:49:48 | +29:40 | 07:51 |      |
| 38   | 509 | Hélder Freitas                    | Bunker Trail Team           | 01:49:56 | +29:48 | 07:51 |      |
| 39   | 597 | Eduardo Neto                      | Individual                  | 01:50:06 | +29:58 | 07:52 |      |
| 40   | 691 | António Gomes                     | Individual                  | 01:50:23 | +30:15 | 07:53 |      |
| 41   | 746 | Gonçalo Costa                     | PAREDES AVENTURA            | 01:50:38 | +30:30 | 07:54 |      |
| 42   | 654 | José Augusto Mendes Rosendo       | Individual                  | 01:50:41 | +30:33 | 07:54 |      |

**14 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                              | TEAM                                 | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|-----------------------------------|--------------------------------------|----------|--------|-------|------|
| 43   | 767 | Ricardo Costa                     | Sport Clube Freamunde                | 01:51:17 | +31:09 | 07:57 |      |
| 44   | 706 | Rui Carvalho                      | Individual                           | 01:51:24 | +31:16 | 07:57 |      |
| 45   | 674 | Cimertex - Nelson Noval           | Individual                           | 01:51:24 | +31:16 | 07:57 |      |
| 46   | 696 | francisco rodrigues               | Individual                           | 01:52:28 | +32:20 | 08:02 |      |
| 47   | 514 | Tiago Seabra                      | Caminhadas da Amizade                | 01:52:45 | +32:37 | 08:03 |      |
| 48   | 727 | Joana Soares                      | Lusavouga CIDEP Trail Running        | 01:54:04 | +33:56 | 08:09 |      |
| 49   | 650 | Francisco Batista                 | Individual                           | 01:54:06 | +33:58 | 08:09 |      |
| 50   | 749 | Jorge Moreira                     | Prosel TEAM                          | 01:54:07 | +33:59 | 08:09 |      |
| 51   | 668 | António Monteiro                  | Individual                           | 01:54:12 | +34:04 | 08:09 |      |
| 52   | 547 | Emanuel Rocha                     | Gange da Pedra                       | 01:54:53 | +34:45 | 08:12 |      |
| 53   | 724 | Bruno Ribeiro                     | Lousada Trilhos                      | 01:55:29 | +35:21 | 08:15 |      |
| 54   | 510 | Jorge Freitas                     | Bunker Trail Team                    | 01:55:29 | +35:21 | 08:15 |      |
| 55   | 606 | José Carlos Pereira de Bessa      | Individual                           | 01:55:58 | +35:50 | 08:17 |      |
| 56   | 529 | Cristina Isabel Morai da Costa    | éjali...clube de amigos Trailrunners | 01:56:07 | +35:59 | 08:18 |      |
| 57   | 720 | Rui Costa                         | Louredo Trail running                | 01:56:15 | +36:07 | 08:18 |      |
| 58   | 525 | Pedro Dinis                       | Chapéus De Palha                     | 01:56:17 | +36:09 | 08:18 |      |
| 59   | 753 | Cristiano Manuel Garcês Coelho    | Running Team & Sports                | 01:56:19 | +36:11 | 08:18 |      |
| 60   | 625 | Alice Barbosa Pereira             | Individual                           | 01:56:22 | +36:14 | 08:19 |      |
| 61   | 507 | Daniel Couto                      | Baltar Runners                       | 01:56:38 | +36:30 | 08:20 |      |
| 62   | 570 | Daniela Coutinho                  | HERE4BEER                            | 01:56:45 | +36:37 | 08:20 |      |
| 63   | 712 | Bruno Sousa                       | Irene Barbosa                        | 01:57:12 | +37:04 | 08:22 |      |
| 64   | 730 | Vítor Silva                       | LUSOS XXI                            | 01:57:15 | +37:07 | 08:23 |      |
| 65   | 711 | Irene Barbosa                     | Irene Barbosa                        | 01:57:31 | +37:23 | 08:24 |      |
| 66   | 682 | José Manuel Dias da Silva         | Individual                           | 01:58:11 | +38:03 | 08:27 |      |
| 67   | 533 | Pedro Sousa                       | EletroVolt                           | 01:58:27 | +38:19 | 08:28 |      |
| 68   | 846 | BRUNO PEDROSA                     | XTRILHOSTEAM                         | 01:59:14 | +39:06 | 08:31 |      |
| 69   | 659 | Paulo Eusebio                     | Individual                           | 01:59:45 | +39:37 | 08:33 |      |
| 70   | 600 | Hugo Ferreira                     | Individual                           | 01:59:56 | +39:48 | 08:34 |      |
| 71   | 843 | Fernando Oliveira                 | WOLVES                               | 02:00:18 | +40:10 | 08:36 |      |
| 72   | 764 | Sara Eiró                         | Salgueiros Running                   | 02:00:20 | +40:12 | 08:36 |      |
| 73   | 841 | Abel Ribeiro                      | WOLVES                               | 02:00:24 | +40:16 | 08:36 |      |
| 74   | 591 | António Mendes                    | Individual                           | 02:01:56 | +41:48 | 08:43 |      |
| 75   | 844 | António Miranda                   | WOLVES                               | 02:02:01 | +41:53 | 08:43 |      |
| 76   | 762 | Filipe Manuel Faria Pereira       | SAI DA FRENTE                        | 02:02:01 | +41:53 | 08:43 |      |
| 77   | 802 | Eduardo Vieira                    | The Bunnies                          | 02:02:15 | +42:07 | 08:44 |      |
| 78   | 580 | Gabriela madeira                  | Individual                           | 02:02:22 | +42:14 | 08:44 |      |
| 79   | 617 | Rogério Manuel de Almeida Pacheco | Individual                           | 02:02:24 | +42:16 | 08:45 |      |
| 80   | 735 | Rui Barbosa                       | M8 STONE SOLUTIONS                   | 02:02:25 | +42:17 | 08:45 |      |
| 81   | 715 | Maria Jesus                       | Leões de Tardariz Trail              | 02:02:35 | +42:27 | 08:45 |      |
| 82   | 819 | Pedro Lima                        | The Bunnies                          | 02:02:36 | +42:28 | 08:45 |      |
| 83   | 528 | Fernando Coelho                   | Ecoconcept                           | 02:02:54 | +42:46 | 08:47 |      |
| 84   | 686 | Rui Alves                         | Individual                           | 02:03:11 | +43:03 | 08:48 |      |
| 85   | 700 | Sérgio cunha                      | Individual                           | 02:03:22 | +43:14 | 08:49 |      |
| 86   | 842 | Rui Sousa                         | WOLVES                               | 02:03:35 | +43:27 | 08:50 |      |
| 87   | 537 | Jorge Lopes                       | EQUIPA A                             | 02:03:40 | +43:32 | 08:50 |      |

## 14K - STAGE 1

**14 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                                 | TEAM                           | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|--------------------------------------|--------------------------------|----------|-----------|-------|------|
| 88   | 828 | Paulo Machado                        | TRAIL TEAM CASA DAS REPARAÇÕES | 02:03:42 | +43:34    | 08:50 |      |
| 89   | 539 | Fernando Ramalho                     | EQUIPA A                       | 02:04:06 | +43:58    | 08:52 |      |
| 90   | 536 | Alice Couto                          | EQUIPA A                       | 02:04:06 | +43:58    | 08:52 |      |
| 91   | 677 | Emanuel Videira Freitas              | Individual                     | 02:05:15 | +45:07    | 08:57 |      |
| 92   | 567 | Nuno Nunes                           | Grandões Santiago              | 02:05:18 | +45:10    | 08:57 |      |
| 93   | 542 | João Almeida                         | Estronca Silvas                | 02:05:35 | +45:27    | 08:58 |      |
| 94   | 679 | JOAQUIM XAVIER                       | Individual                     | 02:05:51 | +45:43    | 08:59 |      |
| 95   | 698 | Luis Miguel Freitas da Silva Alves   | Individual                     | 02:06:17 | +46:09    | 09:01 |      |
| 96   | 723 | Paula sousa                          | Lousada Trilhos                | 02:06:26 | +46:18    | 09:02 |      |
| 97   | 639 | Céu Moreira                          | Individual                     | 02:06:27 | +46:19    | 09:02 |      |
| 98   | 7   | Nuno Teixeira                        | Caminhadas da Amizade          | 02:07:07 | +46:59    | 09:05 |      |
| 99   | 544 | Jaime Silva                          | Frezitrofa                     | 02:08:07 | +47:59    | 09:09 |      |
| 100  | 845 | André Manuel Gomes Gonçalves         | XTRILHOSTEAM                   | 02:08:35 | +48:27    | 09:11 |      |
| 101  | 582 | Liliana Gomes                        | Individual                     | 02:08:38 | +48:30    | 09:11 |      |
| 102  | 766 | Mario Fonseca                        | S-Performance                  | 02:08:39 | +48:31    | 09:11 |      |
| 103  | 25  | Antonio Alves                        | Fridão Sem Limites             | 02:08:53 | +48:45    | 09:12 |      |
| 104  | 726 | Pedro silva                          | Lousada Trilhos                | 02:09:21 | +49:13    | 09:14 |      |
| 105  | 752 | José Moura                           | Ribeiras Trail                 | 02:10:08 | +50:00    | 09:18 |      |
| 106  | 97  | Pedro Fonseca                        | Ribeiras Trail                 | 02:10:09 | +50:01    | 09:18 |      |
| 107  | 783 | Miguel Moura                         | Taylor's                       | 02:10:23 | +50:15    | 09:19 |      |
| 108  | 605 | João Rocha                           | Individual                     | 02:10:30 | +50:22    | 09:19 |      |
| 109  | 687 | Vitor Manuel Nunes de Oliveira       | Individual                     | 02:11:17 | +51:09    | 09:23 |      |
| 110  | 699 | Paulo Moreira                        | Individual                     | 02:12:00 | +51:52    | 09:26 |      |
| 111  | 568 | Paulo Ferreira                       | Grandões Santiago              | 02:12:06 | +51:58    | 09:26 |      |
| 112  | 665 | Albano Celso Barbosa Lascasas Aguiar | Individual                     | 02:12:28 | +52:20    | 09:28 |      |
| 113  | 755 | Guilherme de Oliveira Pereira        | Running Team & Sports          | 02:12:31 | +52:23    | 09:28 |      |
| 114  | 508 | Daniel Sousa                         | BTT Alegria // TUBANI          | 02:14:25 | +54:17    | 09:36 |      |
| 115  | 520 | Ricardo Pinto                        | Caminhadas da Amizade          | 02:14:36 | +54:28    | 09:37 |      |
| 116  | 571 | André Matos                          | HERE4BEER                      | 02:14:41 | +54:33    | 09:37 |      |
| 117  | 601 | Ivo Brás                             | Individual                     | 02:15:30 | +55:22    | 09:41 |      |
| 118  | 622 | Ze Antunes                           | Individual                     | 02:15:31 | +55:23    | 09:41 |      |
| 119  | 774 | João Oliveira                        | Stock Team                     | 02:16:06 | +55:58    | 09:43 |      |
| 120  | 584 | Marta Oliveira                       | Individual                     | 02:16:07 | +55:59    | 09:43 |      |
| 121  | 847 | Vitor carvalho                       | XTRILHOSTEAM                   | 02:16:29 | +56:21    | 09:45 |      |
| 122  | 705 | Jose coelho                          | Individual                     | 02:16:32 | +56:24    | 09:45 |      |
| 123  | 652 | Hugo Miguel Da Rocha Teixeira        | Individual                     | 02:16:53 | +56:45    | 09:47 |      |
| 124  | 701 | Adão Antonio Nunes de Barbosa        | Individual                     | 02:16:54 | +56:46    | 09:47 |      |
| 125  | 765 | Ana Oliveira                         | Sob Efeito Trail               | 02:16:55 | +56:47    | 09:47 |      |
| 126  | 595 | César Rosendo                        | Individual                     | 02:17:11 | +57:03    | 09:48 |      |
| 127  | 722 | Jaime Cardoso                        | LOUSADA RUNNERS                | 02:17:36 | +57:28    | 09:50 |      |
| 128  | 575 | Ana Paula Soares Vieira              | Individual                     | 02:17:48 | +57:40    | 09:51 |      |
| 129  | 784 | Ana Isabel                           | The Bunnies                    | 02:18:05 | +57:57    | 09:52 |      |
| 130  | 613 | Nuno Filipe da Costa Teixeira        | Individual                     | 02:18:09 | +58:01    | 09:52 |      |
| 131  | 618 | Ruben Gilberto de Sousa e Silva      | Individual                     | 02:18:10 | +58:02    | 09:52 |      |
| 132  | 681 | José Luís Martins Pinto              | Individual                     | 02:20:46 | +01:00:38 | 10:03 |      |

**14 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                                  | TEAM                           | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|---------------------------------------|--------------------------------|----------|-----------|-------|------|
| 133  | 848 | VITOR SANTOS                          | XTRILHOSTEAM                   | 02:21:13 | +01:01:05 | 10:05 |      |
| 134  | 669 | António Soares                        | Individual                     | 02:21:18 | +01:01:10 | 10:06 |      |
| 135  | 690 | António César Vicente Nunes           | Individual                     | 02:21:18 | +01:01:10 | 10:06 |      |
| 136  | 714 | Patricia Sá                           | Leões de Tardariz Trail        | 02:21:51 | +01:01:43 | 10:08 |      |
| 137  | 516 | Lia Silva                             | Caminhadas da Amizade          | 02:22:09 | +01:02:01 | 10:09 |      |
| 138  | 676 | Duarte Malheiro                       | Individual                     | 02:22:38 | +01:02:30 | 10:11 |      |
| 139  | 523 | Francisco Moreira                     | Caminhadas da Amizade          | 02:22:50 | +01:02:42 | 10:12 |      |
| 140  | 721 | Cesário Magalhães                     | Louredo Trail running          | 02:22:53 | +01:02:45 | 10:12 |      |
| 141  | 717 | Daniel Santos                         | Louredo Trail running          | 02:22:57 | +01:02:49 | 10:13 |      |
| 142  | 719 | Ricardo Pacheco                       | Louredo Trail running          | 02:23:07 | +01:02:59 | 10:13 |      |
| 143  | 518 | Camila Manso                          | Caminhadas da Amizade          | 02:23:14 | +01:03:06 | 10:14 |      |
| 144  | 728 | Sandra Martins                        | Lusavouga CIDEP Trail Running  | 02:23:28 | +01:03:20 | 10:15 |      |
| 145  | 756 | Fernando Emanuel de Oliveira Ferreira | Running Team & Sports          | 02:24:17 | +01:04:09 | 10:18 |      |
| 146  | 710 | Jorge Dik                             | Individual                     | 02:24:31 | +01:04:23 | 10:19 |      |
| 147  | 758 | Rui Rebelo                            | S. S. Montepio                 | 02:24:34 | +01:04:26 | 10:20 |      |
| 148  | 603 | João Cardoso                          | Individual                     | 02:24:47 | +01:04:39 | 10:20 |      |
| 149  | 616 | Ricardo Vaz                           | Individual                     | 02:25:52 | +01:05:44 | 10:25 |      |
| 150  | 641 | Minda Coelho                          | Individual                     | 02:27:19 | +01:07:11 | 10:31 |      |
| 151  | 732 | Sérgio Costa                          | LUSOS XXI                      | 02:27:24 | +01:07:16 | 10:32 |      |
| 152  | 731 | João Carvalho                         | LUSOS XXI                      | 02:27:24 | +01:07:16 | 10:32 |      |
| 153  | 716 | Salete Martins                        | Leões de Tardariz Trail        | 02:27:27 | +01:07:19 | 10:32 |      |
| 154  | 840 | Miguel Leal                           | Individual                     | 02:28:00 | +01:07:52 | 10:34 |      |
| 155  | 647 | Albina Sousa                          | Individual                     | 02:28:18 | +01:08:10 | 10:36 |      |
| 156  | 709 | Joaquim Nunes                         | Individual                     | 02:28:22 | +01:08:14 | 10:36 |      |
| 157  | 734 | Gil Barbosa                           | M8 STONE SOLUTIONS             | 02:28:42 | +01:08:34 | 10:37 |      |
| 158  | 703 | Carlos Santos                         | Individual                     | 02:28:43 | +01:08:35 | 10:37 |      |
| 159  | 661 | Ricardo Sousa                         | Individual                     | 02:29:09 | +01:09:01 | 10:39 |      |
| 160  | 612 | Nelson costa                          | Individual                     | 02:29:13 | +01:09:05 | 10:40 |      |
| 161  | 563 | Mário António Dias Teixeira           | GENEROSOS RUNNERS              | 02:30:04 | +01:09:56 | 10:43 |      |
| 162  | 557 | ADILIA TEIXEIRA                       | GENEROSOS RUNNERS              | 02:30:05 | +01:09:57 | 10:43 |      |
| 163  | 556 | SILVIA CRUZ                           | GENEROSOS RUNNERS              | 02:30:06 | +01:09:58 | 10:43 |      |
| 164  | 554 | LURDES LOUREIRO                       | GENEROSOS RUNNERS              | 02:30:06 | +01:09:58 | 10:43 |      |
| 165  | 834 | Jaime Teixeira                        | Velozes & Esfomeados           | 02:30:18 | +01:10:10 | 10:44 |      |
| 166  | 611 | Miguel Ribeiro                        | Individual                     | 02:30:31 | +01:10:23 | 10:45 |      |
| 167  | 673 | CARLOS OLIVEIRA                       | Individual                     | 02:30:53 | +01:10:45 | 10:47 |      |
| 168  | 550 | Alex Ferreira                         | Gansos                         | 02:31:49 | +01:11:41 | 10:51 |      |
| 169  | 515 | Carla Moreira                         | Caminhadas da Amizade          | 02:32:02 | +01:11:54 | 10:52 |      |
| 170  | 513 | José Coelho                           | Caminhadas da Amizade          | 02:32:02 | +01:11:54 | 10:52 |      |
| 171  | 511 | Sónia Moreira                         | Caminhadas da Amizade          | 02:32:02 | +01:11:54 | 10:52 |      |
| 172  | 823 | Manuel Soares                         | The Lost Team Trail            | 02:33:25 | +01:13:17 | 10:57 |      |
| 173  | 801 | Alexandre Dias                        | The Bunnies                    | 02:33:32 | +01:13:24 | 10:58 |      |
| 174  | 821 | Fernando Vieira                       | The Bunnies                    | 02:33:44 | +01:13:36 | 10:59 |      |
| 175  | 506 | Diogo Sousa                           | ADC Santa Isabel Trail Runninh | 02:33:47 | +01:13:39 | 10:59 |      |
| 176  | 824 | Ricardo Dias                          | The Lost Team Trail            | 02:34:33 | +01:14:25 | 11:02 |      |
| 177  | 627 | Lígia Alves                           | Individual                     | 02:35:40 | +01:15:32 | 11:07 |      |

**14 KM**

## OFFICIAL RESULT

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

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 5 / 6 | generate 23-nov-2022 16:56 |
|-----------------------------|-------|----------------------------|

**14 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                              | TEAM                | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|-----------------------------------|---------------------|----------|-----------|-------|------|
| 223  | 593 | Bruno barbosa                     | Individual          | 03:12:12 | +01:52:04 | 13:44 |      |
| 224  | 573 | Ana Mendes                        | Individual          | 03:12:13 | +01:52:05 | 13:44 |      |
| 225  | 763 | Paulo Sérgio de Sousa Almeida     | SAI DA FRENTE       | 03:13:20 | +01:53:12 | 13:49 |      |
| 226  | 694 | Filipe Matos                      | Individual          | 03:13:21 | +01:53:13 | 13:49 |      |
| 227  | 631 | ANA FERNANDES                     | Individual          | 03:16:27 | +01:56:19 | 14:02 |      |
| 228  | 818 | João Pereira                      | The Bunnies         | 03:20:29 | +02:00:21 | 14:19 |      |
| 229  | 552 | Cristiana Coelho                  | GENEROSOS RUNNERS   | 03:27:10 | +02:07:02 | 14:48 |      |
| 230  | 560 | SUSANA BARBOSA                    | GENEROSOS RUNNERS   | 03:27:10 | +02:07:02 | 14:48 |      |
| 231  | 553 | SOFIA TADEU                       | GENEROSOS RUNNERS   | 03:27:11 | +02:07:03 | 14:48 |      |
| 232  | 564 | RODRIGO FERRAZ                    | GENEROSOS RUNNERS   | 03:27:11 | +02:07:03 | 14:48 |      |
| 233  | 524 | Gabriela Phalempin                | Chapéus De Palha    | 03:30:05 | +02:09:57 | 15:00 |      |
| 234  | 776 | Cláudia Patrícia Pinto dos Santos | Stock Team          | 03:36:20 | +02:16:12 | 15:27 |      |
| 235  | 778 | Joana Cunha                       | Stock Team          | 03:36:20 | +02:16:12 | 15:27 |      |
| 236  | 782 | António Silva                     | Stock Team          | 03:39:49 | +02:19:41 | 15:42 |      |
| 237  | 773 | Sónia Carvalho                    | Stock Team          | 03:39:50 | +02:19:42 | 15:42 |      |
| 238  | 830 | Liliana Silva                     | Trilhos e Cadilhos  | 03:43:31 | +02:23:23 | 15:58 |      |
| 239  | 829 | Carmen Silva                      | Trilhos do Aqueduto | 03:43:31 | +02:23:23 | 15:58 |      |
| 240  | 831 | Diana Costa                       | Trilhos e Cadilhos  | 04:00:22 | +02:40:14 | 17:10 |      |
| 241  | 811 | Debora Rodrigues                  | The Bunnies         | 04:00:29 | +02:40:21 | 17:11 |      |
| 242  | 806 | Cátia Gomes                       | The Bunnies         | 04:00:29 | +02:40:21 | 17:11 |      |

14K

**14 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | 14,4°C      | 96%      |
| End   | 13:01 | 16.6°C      | 90%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|    |     |                                     |                                      |                 |          |                 |
|----|-----|-------------------------------------|--------------------------------------|-----------------|----------|-----------------|
| 1  | 527 | Marta Moreira                       | Devasta Trilhos                      | Senior Feminino | 01:37:44 | 06:59           |
| 2  | 590 | Telma Sousa                         | Individual                           | Senior Feminino | 01:49:42 | +11:58 07:50    |
| 3  | 727 | Joana Soares                        | Lusavouga CIDEP Trail Running        | Senior Feminino | 01:54:04 | +16:20 08:09    |
| 4  | 529 | Cristina Isabel Morai da Costa      | éjali...clube de amigos Trailrunners | Senior Feminino | 01:56:07 | +18:23 08:18    |
| 5  | 570 | Daniela Coutinho                    | HERE4BEER                            | Senior Feminino | 01:56:45 | +19:01 08:20    |
| 6  | 580 | Gabriela madeira                    | Individual                           | Senior Feminino | 02:02:22 | +24:38 08:44    |
| 7  | 582 | Liliana Gomes                       | Individual                           | Senior Feminino | 02:08:38 | +30:54 09:11    |
| 8  | 584 | Marta Oliveira                      | Individual                           | Senior Feminino | 02:16:07 | +38:23 09:43    |
| 9  | 765 | Ana Oliveira                        | Sob Efeito Trail                     | Senior Feminino | 02:16:55 | +39:11 09:47    |
| 10 | 575 | Ana Paula Soares Vieira             | Individual                           | Senior Feminino | 02:17:48 | +40:04 09:51    |
| 11 | 784 | Ana Isabel                          | The Bunnies                          | Senior Feminino | 02:18:05 | +40:21 09:52    |
| 12 | 714 | Patricia Sá                         | Leões de Tardariz Trail              | Senior Feminino | 02:21:51 | +44:07 10:08    |
| 13 | 511 | Sónia Moreira                       | Caminhadas da Amizade                | Senior Feminino | 02:32:02 | +54:18 10:52    |
| 14 | 589 | Sofia Dias                          | Individual                           | Senior Feminino | 02:35:59 | +58:15 11:09    |
| 15 | 585 | Patrícia Barroso                    | Individual                           | Senior Feminino | 02:47:28 | +01:09:44 11:58 |
| 16 | 501 | Liliana Monteiro Figueiredo         | A.D.Amarante trail running           | Senior Feminino | 02:48:34 | +01:10:50 12:02 |
| 17 | 581 | LETHICIA MILANES DE MEDEIROS BARROS | Individual                           | Senior Feminino | 02:49:30 | +01:11:46 12:06 |
| 18 | 530 | Márcia Rita Gonçalves da Silva      | éjali...clube de amigos Trailrunners | Senior Feminino | 02:50:59 | +01:13:15 12:13 |
| 19 | 587 | Sandra Sousa                        | Individual                           | Senior Feminino | 02:51:37 | +01:13:53 12:16 |
| 20 | 576 | Andreia Sousa                       | Individual                           | Senior Feminino | 02:54:17 | +01:16:33 12:27 |
| 21 | 583 | Mariana Dias                        | Individual                           | Senior Feminino | 02:54:19 | +01:16:35 12:27 |
| 22 | 794 | Maria Arlinda Da Rocha              | The Bunnies                          | Senior Feminino | 02:58:20 | +01:20:36 12:44 |
| 23 | 579 | Filipa Moreira                      | Individual                           | Senior Feminino | 03:00:56 | +01:23:11 12:55 |
| 24 | 573 | Ana Mendes                          | Individual                           | Senior Feminino | 03:12:13 | +01:34:29 13:44 |
| 25 | 552 | Cristiana Coelho                    | GENEROSOS RUNNERS                    | Senior Feminino | 03:27:10 | +01:49:26 14:48 |
| 26 | 553 | SOFIA TADEU                         | GENEROSOS RUNNERS                    | Senior Feminino | 03:27:11 | +01:49:27 14:48 |
| 27 | 524 | Gabriela Phalempin                  | Chapéus De Palha                     | Senior Feminino | 03:30:05 | +01:52:21 15:00 |
| 28 | 773 | Sónia Carvalho                      | Stock Team                           | Senior Feminino | 03:39:50 | +02:02:05 15:42 |
| 29 | 830 | Liliana Silva                       | Trilhos e Cadilhos                   | Senior Feminino | 03:43:31 | +02:05:47 15:58 |

## Senior Masculino

|   |     |                  |                             |                  |          |        |       |
|---|-----|------------------|-----------------------------|------------------|----------|--------|-------|
| 1 | 740 | Nuno Alves       | Oralklass - Amigos Do Trail | Senior Masculino | 01:20:08 |        | 05:43 |
| 2 | 512 | Isidrio Pinho    | Caminhadas da Amizade       | Senior Masculino | 01:25:26 | +05:17 | 06:06 |
| 3 | 569 | MARCO BDS        | Habcarpintaria              | Senior Masculino | 01:31:28 | +11:20 | 06:32 |
| 4 | 598 | Filipe Teixeira  | Individual                  | Senior Masculino | 01:32:05 | +11:56 | 06:35 |
| 5 | 608 | Luís Gonzaga     | Individual                  | Senior Masculino | 01:32:05 | +11:57 | 06:35 |
| 6 | 718 | Gilberto Machado | Louredo Trail running       | Senior Masculino | 01:34:48 | +14:40 | 06:46 |

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| Official Timekeeper: Lap2Go | 1 / 7 | generate 23-nov-2022 16:57 |
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**14 KM**

## OFFICIAL RESULT

|    |     |                                   |                                |                  |          |           |       |
|----|-----|-----------------------------------|--------------------------------|------------------|----------|-----------|-------|
| 7  | 607 | José Leal                         | Individual                     | Senior Masculino | 01:37:50 | +17:42    | 06:59 |
| 8  | 750 | Marco Valente                     | Ribeiras Trail                 | Senior Masculino | 01:39:45 | +19:37    | 07:08 |
| 9  | 620 | Vítor Araújo                      | DAPproduções                   | Senior Masculino | 01:40:08 | +19:59    | 07:09 |
| 10 | 551 | Jorge Beliago                     | Gansos                         | Senior Masculino | 01:43:06 | +22:58    | 07:22 |
| 11 | 621 | Vitor Manuel Ribeiro Pinheiro     | Individual                     | Senior Masculino | 01:44:52 | +24:44    | 07:29 |
| 12 | 754 | Rui Pedro Martins Machado         | Running Team & Sports          | Senior Masculino | 01:45:30 | +25:21    | 07:32 |
| 13 | 543 | Ricardo Ferreira                  | FC Cête                        | Senior Masculino | 01:47:57 | +27:48    | 07:43 |
| 14 | 602 | Jaime Neto                        | Individual                     | Senior Masculino | 01:49:01 | +28:53    | 07:47 |
| 15 | 509 | Hélder Freitas                    | Bunker Trail Team              | Senior Masculino | 01:49:56 | +29:48    | 07:51 |
| 16 | 597 | Eduardo Neto                      | Individual                     | Senior Masculino | 01:50:06 | +29:57    | 07:52 |
| 17 | 767 | Ricardo Costa                     | Sport Clube Freamunde          | Senior Masculino | 01:51:17 | +31:09    | 07:57 |
| 18 | 514 | Tiago Seabra                      | Caminhadas da Amizade          | Senior Masculino | 01:52:45 | +32:36    | 08:03 |
| 19 | 749 | Jorge Moreira                     | Prosel TEAM                    | Senior Masculino | 01:54:07 | +33:59    | 08:09 |
| 20 | 547 | Emanuel Rocha                     | Gange da Pedra                 | Senior Masculino | 01:54:53 | +34:45    | 08:12 |
| 21 | 606 | José Carlos Pereira de Bessa      | Individual                     | Senior Masculino | 01:55:58 | +35:50    | 08:17 |
| 22 | 720 | Rui Costa                         | Louredo Trail running          | Senior Masculino | 01:56:15 | +36:06    | 08:18 |
| 23 | 525 | Pedro Dinis                       | Chapéus De Palha               | Senior Masculino | 01:56:17 | +36:09    | 08:18 |
| 24 | 753 | Cristiano Manuel Garcês Coelho    | Running Team & Sports          | Senior Masculino | 01:56:19 | +36:10    | 08:18 |
| 25 | 730 | Vítor Silva                       | LUSOS XXI                      | Senior Masculino | 01:57:15 | +37:07    | 08:23 |
| 26 | 533 | Pedro Sousa                       | EletroVolt                     | Senior Masculino | 01:58:27 | +38:19    | 08:28 |
| 27 | 846 | BRUNO PEDROSA                     | XTRILHOSTEAM                   | Senior Masculino | 01:59:14 | +39:05    | 08:31 |
| 28 | 600 | Hugo Ferreira                     | Individual                     | Senior Masculino | 01:59:56 | +39:47    | 08:34 |
| 29 | 591 | António Mendes                    | Individual                     | Senior Masculino | 02:01:56 | +41:48    | 08:43 |
| 30 | 802 | Eduardo Vieira                    | The Bunnies                    | Senior Masculino | 02:02:15 | +42:06    | 08:44 |
| 31 | 617 | Rogério Manuel de Almeida Pacheco | Individual                     | Senior Masculino | 02:02:24 | +42:16    | 08:45 |
| 32 | 735 | Rui Barbosa                       | M8 STONE SOLUTIONS             | Senior Masculino | 02:02:25 | +42:17    | 08:45 |
| 33 | 828 | Paulo Machado                     | TRAIL TEAM CASA DAS REPARAÇÕES | Senior Masculino | 02:03:42 | +43:34    | 08:50 |
| 34 | 567 | Nuno Nunes                        | Grandões Santiago              | Senior Masculino | 02:05:18 | +45:10    | 08:57 |
| 35 | 845 | André Manuel Gomes Gonçalves      | XTRILHOSTEAM                   | Senior Masculino | 02:08:35 | +48:27    | 09:11 |
| 36 | 97  | Pedro Fonseca                     | Ribeiras Trail                 | Senior Masculino | 02:10:09 | +50:01    | 09:18 |
| 37 | 605 | João Rocha                        | Individual                     | Senior Masculino | 02:10:30 | +50:22    | 09:19 |
| 38 | 508 | Daniel Sousa                      | BTT Alegria // TUBANI          | Senior Masculino | 02:14:25 | +54:17    | 09:36 |
| 39 | 571 | André Matos                       | HERE4BEER                      | Senior Masculino | 02:14:41 | +54:32    | 09:37 |
| 40 | 601 | Ivo Brás                          | Individual                     | Senior Masculino | 02:15:30 | +55:22    | 09:41 |
| 41 | 622 | Ze Antunes                        | Individual                     | Senior Masculino | 02:15:31 | +55:23    | 09:41 |
| 42 | 774 | João Oliveira                     | Stock Team                     | Senior Masculino | 02:16:06 | +55:57    | 09:43 |
| 43 | 847 | Vitor carvalho                    | XTRILHOSTEAM                   | Senior Masculino | 02:16:29 | +56:20    | 09:45 |
| 44 | 595 | César Rosendo                     | Individual                     | Senior Masculino | 02:17:11 | +57:03    | 09:48 |
| 45 | 722 | Jaime Cardoso                     | LOUSADA RUNNERS                | Senior Masculino | 02:17:36 | +57:28    | 09:50 |
| 46 | 613 | Nuno Filipe da Costa Teixeira     | Individual                     | Senior Masculino | 02:18:09 | +58:01    | 09:52 |
| 47 | 618 | Ruben Gilberto de Sousa e Silva   | Individual                     | Senior Masculino | 02:18:10 | +58:02    | 09:52 |
| 48 | 848 | VITOR SANTOS                      | XTRILHOSTEAM                   | Senior Masculino | 02:21:13 | +01:01:05 | 10:05 |
| 49 | 717 | Daniel Santos                     | Louredo Trail running          | Senior Masculino | 02:22:57 | +01:02:49 | 10:13 |
| 50 | 719 | Ricardo Pacheco                   | Louredo Trail running          | Senior Masculino | 02:23:07 | +01:02:59 | 10:13 |
| 51 | 603 | João Cardoso                      | Individual                     | Senior Masculino | 02:24:47 | +01:04:39 | 10:20 |
| 52 | 616 | Ricardo Vaz                       | Individual                     | Senior Masculino | 02:25:52 | +01:05:43 | 10:25 |

|                             |       |                            |
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| Official Timekeeper: Lap2Go | 2 / 7 | generate 23-nov-2022 16:57 |
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**14 KM**

## OFFICIAL RESULT

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14K

14 KM

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## OFFICIAL RESULT

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## Veterana F45

|    |     |                                |                                      |              |          |           |          |
|----|-----|--------------------------------|--------------------------------------|--------------|----------|-----------|----------|
| 1  | 711 | Irene Barbosa                  | Irene Barbosa                        | Veterana F45 | 01:57:31 |           | 08:24:30 |
| 2  | 715 | Maria Jesus                    | Leões de Tardariz Trail              | Veterana F45 | 02:02:35 | +05:03    | 08:45:30 |
| 3  | 557 | ADILIA TEIXEIRA                | GENEROSOS RUNNERS                    | Veterana F45 | 02:30:05 | +32:33    | 10:43:30 |
| 4  | 633 | Carla costa                    | Individual                           | Veterana F45 | 02:39:39 | +42:08    | 11:24:30 |
| 5  | 558 | PAULA FERREIRA                 | GENEROSOS RUNNERS                    | Veterana F45 | 02:41:38 | +44:07    | 11:33:30 |
| 6  | 535 | Carla Couto                    | EQUIPA A                             | Veterana F45 | 02:49:30 | +51:59    | 12:06:30 |
| 7  | 532 | Paula de Jesus Mirandez Morais | éjali...clube de amigos Trailrunners | Veterana F45 | 02:51:00 | +53:29    | 12:13:30 |
| 8  | 634 | Margarida Barros               | Individual                           | Veterana F45 | 02:53:56 | +56:25    | 12:25:30 |
| 9  | 632 | Cândida Vilas-Boas             | Individual                           | Veterana F45 | 02:56:27 | +58:56    | 12:36:30 |
| 10 | 838 | Sandra Rodrigues               | WOLVES                               | Veterana F45 | 03:08:14 | +01:10:43 | 13:27:30 |
| 11 | 631 | ANA FERNANDES                  | Individual                           | Veterana F45 | 03:16:27 | +01:18:56 | 14:02:30 |
| 12 | 560 | SUSANA BARBOSA                 | GENEROSOS RUNNERS                    | Veterana F45 | 03:27:10 | +01:29:39 | 14:48:30 |
| 13 | 811 | Debora Rodrigues               | The Bunnies                          | Veterana F45 | 04:00:29 | +02:02:57 | 17:11:30 |

## Veterana F50

|   |     |                |                         |              |          |                 |
|---|-----|----------------|-------------------------|--------------|----------|-----------------|
| 1 | 723 | Paula sousa    | Lousada Trilhos         | Veterana F50 | 02:06:26 | 09:02:00        |
| 2 | 639 | Céu Moreira    | Individual              | Veterana F50 | 02:06:27 | +00:00 09:02:00 |
| 3 | 641 | Minda Coelho   | Individual              | Veterana F50 | 02:27:19 | +20:52 10:31:00 |
| 4 | 716 | Salete Martins | Leões de Tardariz Trail | Veterana F50 | 02:27:27 | +21:00 10:32:00 |
| 5 | 640 | Eva Teixeira   | Individual              | Veterana F50 | 02:36:00 | +29:33 11:09:00 |

## Veterana F55

|   |     |                              |                       |              |          |        |          |
|---|-----|------------------------------|-----------------------|--------------|----------|--------|----------|
| 1 | 536 | Alice Couto                  | EQUIPA A              | Veterana F55 | 02:04:06 |        |          |
| 2 | 518 | Camila Manso                 | Caminhadas da Amizade | Veterana F55 | 02:23:14 | +19:07 | 10:14:07 |
| 3 | 548 | Flor Ribeiro                 | Gansos                | Veterana F55 | 02:35:41 | +31:34 | 11:07:15 |
| 4 | 519 | Zélia Maria Ribeiro de Sousa | Caminhadas da Amizade | Veterana F55 | 02:41:18 | +37:11 | 11:31:04 |
| 5 | 645 | Maria Melo                   | Individual            | Veterana F55 | 03:03:30 | +59:24 | 13:06:34 |

## Veterana F60

|   |     |                 |            |              |          |              |
|---|-----|-----------------|------------|--------------|----------|--------------|
| 1 | 647 | Albina Sousa    | Individual | Veterana F60 | 02:28:18 | 10:36        |
| 2 | 549 | Fernanda Santos | Gansos     | Veterana F60 | 03:08:40 | +40:21 13:29 |

## Veterano M40

|   |     |                                   |                             |              |          |              |
|---|-----|-----------------------------------|-----------------------------|--------------|----------|--------------|
| 1 | 658 | Paulo Alexandre de Jesus Nogueira | Individual                  | Veterano M40 | 01:23:59 | 06:00        |
| 2 | 741 | João Patrício Gonçalves Nogueira  | Oralklass - Amigos Do Trail | Veterano M40 | 01:28:26 | +04:26 06:19 |
| 3 | 503 | Nuno Moura                        | A.D.Amarante trail running  | Veterano M40 | 01:40:04 | +16:04 07:09 |
| 4 | 657 | Nuno A.Teixeira                   | Individual                  | Veterano M40 | 01:43:04 | +19:05 07:22 |
| 5 | 737 | António Luís Cunha Barbosa        | NOCTURNOS DE PAREDES        | Veterano M40 | 01:47:21 | +23:22 07:40 |

## 14K

**14 KM**

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## OFFICIAL RESULT

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|    |     |                                       |                            |              |          |           |       |
|----|-----|---------------------------------------|----------------------------|--------------|----------|-----------|-------|
| 6  | 663 | Rui Pinto                             | Individual                 | Veterano M40 | 01:49:48 | +25:49    | 07:51 |
| 7  | 654 | José Augusto Mendes Rosendo           | Individual                 | Veterano M40 | 01:50:41 | +26:41    | 07:54 |
| 8  | 650 | Francisco Batista                     | Individual                 | Veterano M40 | 01:54:06 | +30:06    | 08:09 |
| 9  | 724 | Bruno Ribeiro                         | Lousada Trilhos            | Veterano M40 | 01:55:29 | +31:29    | 08:15 |
| 10 | 507 | Daniel Couto                          | Baltar Runners             | Veterano M40 | 01:56:38 | +32:39    | 08:20 |
| 11 | 712 | Bruno Sousa                           | Irene Barbosa              | Veterano M40 | 01:57:12 | +33:12    | 08:22 |
| 12 | 659 | Paulo Eusebio                         | Individual                 | Veterano M40 | 01:59:45 | +35:45    | 08:33 |
| 13 | 819 | Pedro Lima                            | The Bunnies                | Veterano M40 | 02:02:36 | +38:37    | 08:45 |
| 14 | 542 | João Almeida                          | Estronca Silvas            | Veterano M40 | 02:05:35 | +41:35    | 08:58 |
| 15 | 7   | Nuno Teixeira                         | Caminhadas da Amizade      | Veterano M40 | 02:07:07 | +43:08    | 09:05 |
| 16 | 766 | Mario Fonseca                         | S-Performance              | Veterano M40 | 02:08:39 | +44:39    | 09:11 |
| 17 | 568 | Paulo Ferreira                        | Grandões Santiago          | Veterano M40 | 02:12:06 | +48:07    | 09:26 |
| 18 | 520 | Ricardo Pinto                         | Caminhadas da Amizade      | Veterano M40 | 02:14:36 | +50:36    | 09:37 |
| 19 | 652 | Hugo Miguel Da Rocha Teixeira         | Individual                 | Veterano M40 | 02:16:53 | +52:53    | 09:47 |
| 20 | 721 | Cesário Magalhães                     | Louredo Trail running      | Veterano M40 | 02:22:53 | +58:53    | 10:12 |
| 21 | 756 | Fernando Emanuel de Oliveira Ferreira | Running Team & Sports      | Veterano M40 | 02:24:17 | +01:00:17 | 10:18 |
| 22 | 758 | Rui Rebelo                            | S. S. Montepio             | Veterano M40 | 02:24:34 | +01:00:34 | 10:20 |
| 23 | 732 | Sérgio Costa                          | LUSOS XXI                  | Veterano M40 | 02:27:24 | +01:03:24 | 10:32 |
| 24 | 731 | João Carvalho                         | LUSOS XXI                  | Veterano M40 | 02:27:24 | +01:03:25 | 10:32 |
| 25 | 661 | Ricardo Sousa                         | Individual                 | Veterano M40 | 02:29:09 | +01:05:09 | 10:39 |
| 26 | 656 | José moreira                          | Individual                 | Veterano M40 | 02:39:40 | +01:15:41 | 11:24 |
| 27 | 502 | Marco Paulo Ribeiro Nunes             | A.D.Amarante trail running | Veterano M40 | 02:48:33 | +01:24:34 | 12:02 |
| 28 | 648 | Bruno Daniel da Cunha Ferreira        | Individual                 | Veterano M40 | 02:51:38 | +01:27:39 | 12:16 |
| 29 | 651 | Hugo Alexandre Alves                  | Individual                 | Veterano M40 | 03:03:39 | +01:39:39 | 13:07 |
| 30 | 818 | João Pereira                          | The Bunnies                | Veterano M40 | 03:20:29 | +01:56:30 | 14:19 |

## Veterano M45

|    |     |                                 |                       |              |          |              |
|----|-----|---------------------------------|-----------------------|--------------|----------|--------------|
| 1  | 672 | Carlos Ferreira                 | Individual            | Veterano M45 | 01:22:00 | 05:51        |
| 2  | 769 | Carlos Silva                    | Sport Clube Freamunde | Veterano M45 | 01:34:48 | +12:48 06:46 |
| 3  | 684 | Paulo Machado                   | Individual            | Veterano M45 | 01:35:42 | +13:42 06:50 |
| 4  | 725 | Nuno sousa                      | Lousada Trilhos       | Veterano M45 | 01:36:01 | +14:01 06:52 |
| 5  | 683 | Manuel Fernando Santos Oliveira | Individual            | Veterano M45 | 01:39:56 | +17:55 07:08 |
| 6  | 667 | António Coelho                  | Individual            | Veterano M45 | 01:44:28 | +22:27 07:28 |
| 7  | 572 | Carlos Carneiro                 | HERE4BEER             | Veterano M45 | 01:45:10 | +23:10 07:31 |
| 8  | 748 | Manuel Barbosa                  | Paredes Running       | Veterano M45 | 01:47:51 | +25:50 07:42 |
| 9  | 674 | Cimertex - Nelson Noval         | Individual            | Veterano M45 | 01:51:24 | +29:24 07:57 |
| 10 | 668 | António Monteiro                | Individual            | Veterano M45 | 01:54:12 | +32:11 08:09 |
| 11 | 682 | José Manuel Dias da Silva       | Individual            | Veterano M45 | 01:58:11 | +36:11 08:27 |
| 12 | 841 | Abel Ribeiro                    | WOLVES                | Veterano M45 | 02:00:24 | +38:23 08:36 |
| 13 | 762 | Filipe Manuel Faria Pereira     | SAI DA FRENTE         | Veterano M45 | 02:02:01 | +40:01 08:43 |
| 14 | 528 | Fernando Coelho                 | Ecoconcept            | Veterano M45 | 02:02:54 | +40:54 08:47 |
| 15 | 686 | Rui Alves                       | Individual            | Veterano M45 | 02:03:11 | +41:10 08:48 |
| 16 | 842 | Rui Sousa                       | WOLVES                | Veterano M45 | 02:03:35 | +41:35 08:50 |
| 17 | 537 | Jorge Lopes                     | EQUIPA A              | Veterano M45 | 02:03:40 | +41:40 08:50 |
| 18 | 677 | Emanuel Videira Freitas         | Individual            | Veterano M45 | 02:05:15 | +43:14 08:57 |

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| Official Timekeeper: Lap2Go | 5 / 7 | generate 23-nov-2022 16:57 |
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## 14K

**14 KM**

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## OFFICIAL RESULT

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|    |     |                                      |                       |              |          |           |       |
|----|-----|--------------------------------------|-----------------------|--------------|----------|-----------|-------|
| 19 | 679 | JOAQUIM XAVIER                       | Individual            | Veterano M45 | 02:05:51 | +43:51    | 08:59 |
| 20 | 544 | Jaime Silva                          | Frezitrofa            | Veterano M45 | 02:08:07 | +46:06    | 09:09 |
| 21 | 25  | Antonio Alves                        | Fridão Sem Limites    | Veterano M45 | 02:08:53 | +46:53    | 09:12 |
| 22 | 726 | Pedro silva                          | Lousada Trilhos       | Veterano M45 | 02:09:21 | +47:20    | 09:14 |
| 23 | 783 | Miguel Moura                         | Taylor's              | Veterano M45 | 02:10:23 | +48:22    | 09:19 |
| 24 | 687 | Vitor Manuel Nunes de Oliveira       | Individual            | Veterano M45 | 02:11:17 | +49:17    | 09:23 |
| 25 | 665 | Albano Celso Barbosa Lascasas Aguiar | Individual            | Veterano M45 | 02:12:28 | +50:28    | 09:28 |
| 26 | 681 | José Luís Martins Pinto              | Individual            | Veterano M45 | 02:20:46 | +58:45    | 10:03 |
| 27 | 669 | António Soares                       | Individual            | Veterano M45 | 02:21:18 | +59:17    | 10:06 |
| 28 | 676 | Duarte Malheiro                      | Individual            | Veterano M45 | 02:22:38 | +01:00:37 | 10:11 |
| 29 | 673 | CARLOS OLIVEIRA                      | Individual            | Veterano M45 | 02:30:53 | +01:08:53 | 10:47 |
| 30 | 550 | Alex Ferreira                        | Gansos                | Veterano M45 | 02:31:49 | +01:09:48 | 10:51 |
| 31 | 823 | Manuel Soares                        | The Lost Team Trail   | Veterano M45 | 02:33:25 | +01:11:24 | 10:57 |
| 32 | 821 | Fernando Vieira                      | The Bunnies           | Veterano M45 | 02:33:44 | +01:11:44 | 10:59 |
| 33 | 824 | Ricardo Dias                         | The Lost Team Trail   | Veterano M45 | 02:34:33 | +01:12:33 | 11:02 |
| 34 | 680 | José Albano Moreira Rodrigues        | Individual            | Veterano M45 | 02:39:18 | +01:17:18 | 11:23 |
| 35 | 666 | Ângelo Senra                         | Individual            | Veterano M45 | 02:41:20 | +01:19:20 | 11:31 |
| 36 | 522 | Paulo Carneiro                       | Caminhadas da Amizade | Veterano M45 | 02:43:18 | +01:21:17 | 11:40 |
| 37 | 521 | Manuel Nunes                         | Caminhadas da Amizade | Veterano M45 | 02:43:18 | +01:21:17 | 11:40 |
| 38 | 670 | Artur Fonseca                        | Individual            | Veterano M45 | 02:50:45 | +01:28:44 | 12:12 |
| 39 | 759 | Julio Santos                         | S. S. Montepio        | Veterano M45 | 02:53:44 | +01:31:44 | 12:25 |
| 40 | 678 | Francisco Nunes                      | Individual            | Veterano M45 | 02:53:57 | +01:31:56 | 12:25 |
| 41 | 671 | Bruno Rocha                          | Individual            | Veterano M45 | 03:03:39 | +01:41:38 | 13:07 |

## Veterano M50

|    |     |                                    |                       |              |          |           |       |
|----|-----|------------------------------------|-----------------------|--------------|----------|-----------|-------|
| 1  | 770 | Sérgio Martins                     | Sport Clube Freamunde | Veterano M50 | 01:28:46 |           | 06:20 |
| 2  | 693 | fernando Moreira                   | Individual            | Veterano M50 | 01:34:53 | +06:06    | 06:47 |
| 3  | 691 | António Gomes                      | Individual            | Veterano M50 | 01:50:23 | +21:36    | 07:53 |
| 4  | 696 | francisco rodrigues                | Individual            | Veterano M50 | 01:52:28 | +23:42    | 08:02 |
| 5  | 843 | Fernando Oliveira                  | WOLVES                | Veterano M50 | 02:00:18 | +31:31    | 08:36 |
| 6  | 700 | Sérgio cunha                       | Individual            | Veterano M50 | 02:03:22 | +34:35    | 08:49 |
| 7  | 698 | Luis Miguel Freitas da Silva Alves | Individual            | Veterano M50 | 02:06:17 | +37:30    | 09:01 |
| 8  | 699 | Paulo Moreira                      | Individual            | Veterano M50 | 02:12:00 | +43:13    | 09:26 |
| 9  | 690 | António César Vicente Nunes        | Individual            | Veterano M50 | 02:21:18 | +52:31    | 10:06 |
| 10 | 840 | Miguel Leal                        | Individual            | Veterano M50 | 02:28:00 | +59:13    | 10:34 |
| 11 | 563 | Mário António Dias Teixeira        | GENEROSOS RUNNERS     | Veterano M50 | 02:30:04 | +01:01:18 | 10:43 |
| 12 | 697 | Josué Loureiro                     | Individual            | Veterano M50 | 02:48:34 | +01:19:48 | 12:02 |
| 13 | 104 | Jose Costa                         | S. S. Montepio        | Veterano M50 | 02:53:44 | +01:24:58 | 12:25 |
| 14 | 565 | SERGIO REIS                        | GENEROSOS RUNNERS     | Veterano M50 | 03:08:15 | +01:39:28 | 13:27 |
| 15 | 694 | Filipe Matos                       | Individual            | Veterano M50 | 03:13:21 | +01:44:34 | 13:49 |
| 16 | 564 | RODRIGO FERRAZ                     | GENEROSOS RUNNERS     | Veterano M50 | 03:27:11 | +01:58:25 | 14:48 |
| 17 | 782 | António Silva                      | Stock Team            | Veterano M50 | 03:39:49 | +02:11:02 | 15:42 |

**14K**

**14 KM**

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## OFFICIAL RESULT

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|    |     |                               |                       |              |          |                 |
|----|-----|-------------------------------|-----------------------|--------------|----------|-----------------|
| 1  | 546 | Maximiano Rodrigues           | Gaia Trail            | Veterano M55 | 01:45:28 | 07:32           |
| 2  | 545 | José Morais                   | Gaia Trail            | Veterano M55 | 01:47:24 | +01:56 07:40    |
| 3  | 706 | Rui Carvalho                  | Individual            | Veterano M55 | 01:51:24 | +05:56 07:57    |
| 4  | 844 | António Miranda               | WOLVES                | Veterano M55 | 02:02:01 | +16:32 08:43    |
| 5  | 752 | José Moura                    | Ribeiras Trail        | Veterano M55 | 02:10:08 | +24:40 09:18    |
| 6  | 705 | Jose coelho                   | Individual            | Veterano M55 | 02:16:32 | +31:03 09:45    |
| 7  | 701 | Adão Antonio Nunes de Barbosa | Individual            | Veterano M55 | 02:16:54 | +31:25 09:47    |
| 8  | 523 | Francisco Moreira             | Caminhadas da Amizade | Veterano M55 | 02:22:50 | +37:21 10:12    |
| 9  | 703 | Carlos Santos                 | Individual            | Veterano M55 | 02:28:43 | +43:15 10:37    |
| 10 | 763 | Paulo Sérgio de Sousa Almeida | SAI DA FRENTE         | Veterano M55 | 03:13:20 | +01:27:52 13:49 |

|   |     |                           |                             |              |          |                 |
|---|-----|---------------------------|-----------------------------|--------------|----------|-----------------|
| 1 | 771 | José Rodrigues de Almeida | Sporting Club Santacruzense | Veterano M60 | 01:36:03 | 06:52           |
| 2 | 539 | Fernando Ramalho          | EQUIPA A                    | Veterano M60 | 02:04:06 | +28:02 08:52    |
| 3 | 710 | Jorge Dik                 | Individual                  | Veterano M60 | 02:24:31 | +48:27 10:19    |
| 4 | 709 | Joaquim Nunes             | Individual                  | Veterano M60 | 02:28:22 | +52:19 10:36    |
| 5 | 708 | António Costa             | Individual                  | Veterano M60 | 02:43:37 | +01:07:33 11:41 |

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|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 1 | generate 23-nov-2022 16:59 |
|-----------------------------|-------|----------------------------|