

ULTRA TRILHOS - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	13,4°C	63%
End	17:57	13.4°C	63%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	142	Pedro Rafael Tavares Garrido	OPraticante.pt	04:48:38		06:01	
2	145	João Sousa	PNB	05:06:13	+17:35	06:23	
3	139	Flávio Silva	OFRunning	05:13:33	+24:55	06:32	
4	18	Daniel Ribeiro	BITRUNNERS	05:15:21	+26:43	06:34	
5	123	Carlos Vieira	Lusavouga CIDEP Trail Running	05:16:20	+27:42	06:35	
6	64	Pedro Lopes	Individual	05:18:50	+30:12	06:39	
7	88	Pedro Miguel Dias Moreira	Feirense Trail	05:19:27	+30:49	06:39	
8	51	Vítor cruz	Futebol clube Penafiel	05:19:39	+31:01	06:40	
9	130	BRUNO SOUSA	NAST - Núcleo Associativo de Santo Tirso	05:23:17	+34:39	06:44	
10	138	Ricardo Manuel Azevedo Boucinha	Off Road	05:28:39	+40:01	06:51	
11	97	Christophe RACHEL	Individual	05:29:20	+40:42	06:52	
12	43	António Morais	EDL TRAIL	05:35:04	+46:26	06:59	
13	44	João Costa	EDL TRAIL	05:35:05	+46:27	06:59	
14	69	Vítor Jorge Melo Freitas da Costa	Individual	05:41:25	+52:47	07:07	
15	140	Paulo Jorge Domingues	Olimpico Vianense	05:46:04	+57:26	07:13	
16	131	Warren Grobler	Next Percent Training	05:48:20	+59:42	07:15	
17	62	Mário Encarnação	Individual	05:50:52	+01:02:14	07:19	
18	109	Pedro Marques	Individual	05:50:53	+01:02:15	07:19	
19	47	Marco Inês	EDL TRAIL	05:53:21	+01:04:43	07:22	
20	104	Júlio Teixeira	Individual	05:56:15	+01:07:37	07:25	
21	126	António Maia	Minho e Lima Trail/Grupo Monte	05:59:28	+01:10:50	07:29	
22	119	Antônio Taveira	Linces do Marão	06:00:49	+01:12:11	07:31	
23	10	António Ferreira	All About	06:03:33	+01:14:55	07:34	
24	100	Helder Baptista	Individual	06:13:55	+01:25:17	07:47	
25	21	Jose Nuno Pereira de Paiva	Caes Da Avenida	06:14:54	+01:26:16	07:49	
26	36	Antonio Silva	DCI/Trilhos Luso Bussaco	06:15:52	+01:27:14	07:50	
27	38	Sergio Lourenço	DCI/Trilhos Luso Bussaco	06:15:52	+01:27:14	07:50	
28	22	Bruno Macedo	Caga tacos running team	06:16:20	+01:27:42	07:50	
29	125	Nuno Faria	Lusavouga CIDEP Trail Running	06:20:03	+01:31:25	07:55	
30	91	Rui Sousa	Individual	06:22:30	+01:33:52	07:58	
31	12	Sérgio Teixeira	Alverca Urban Runners	06:24:48	+01:36:10	08:01	
32	63	Nelson Lopes	Individual	06:26:41	+01:38:03	08:03	
33	41	Adérito Silva	DiVe - Into the Mountains	06:26:50	+01:38:12	08:04	
34	14	António Gonçalves	Amigos 100 Limites	06:27:17	+01:38:39	08:04	
35	77	Filipe Lemos	Individual	06:30:04	+01:41:26	08:08	
36	84	Manuel García García	Individual	06:30:52	+01:42:14	08:09	
37	154	André Soares	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	06:31:50	+01:43:12	08:10	
38	37	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	06:32:59	+01:44:21	08:11	
39	54	Eduardo António Oliveira da Silva	HL RUNNERS	06:34:38	+01:46:00	08:13	
40	72	André Silva	Individual	06:35:12	+01:46:34	08:14	
41	153	Goncalo Couto	RUNNERS DO DEMO	06:35:15	+01:46:37	08:14	
42	128	Filipe Alves	Minho e Lima Trail/Grupo Monte	06:35:25	+01:46:47	08:14	

ULTRA TRILHOS - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	158	Ruben Dias	SCPOMBAL /Trail team	06:36:57	+01:48:19	08:16	
44	166	Sérgio Chacim	Taylor's	06:37:54	+01:49:16	08:17	
45	79	João Correia	Individual	06:37:55	+01:49:17	08:17	
46	93	Vítor Vieira	Individual	06:37:55	+01:49:17	08:17	
47	90	Rui Barbosa	Individual	06:40:54	+01:52:16	08:21	
48	178	Amílcar Branco	Viseu 360	06:42:32	+01:53:54	08:23	
49	149	Joaquim Freitas	Retorta - Quinta das Arcas	06:43:45	+01:55:07	08:25	
50	170	Nuno Moreira	TEAM TT	06:46:44	+01:58:06	08:28	
51	33	Nuno Gaspar	COA / CORVUS TRAIL TEAM	06:46:51	+01:58:13	08:29	
52	174	Fábio Reis	Vale Correr	06:47:48	+01:59:10	08:30	
53	175	Elvio Santos	Vale Correr	06:47:48	+01:59:10	08:30	
54	16	Maria Loureiro	Associação Desportiva de Cabroelo	06:49:12	+02:00:34	08:32	
55	176	Bruno Gaio	Valongo Trail Team	06:50:10	+02:01:32	08:33	
56	31	Patrícia Ribeiro	Clube Efacec	06:50:41	+02:02:03	08:33	
57	167	Paulo Luís dos Santos Gomes	Team Lanternil	06:52:18	+02:03:40	08:35	
58	141	André caridade	Ondas Nazaré	06:54:43	+02:06:05	08:38	
59	59	António Rocha	Individual	06:55:26	+02:06:48	08:39	
60	161	Hugo silva	Silva	06:55:53	+02:07:15	08:40	
61	6	Filipe Quelhas	AC PORTALEGRE/UTSM	06:58:09	+02:09:31	08:43	
62	148	Adelino Silva	Retorta - Quinta das Arcas	07:00:53	+02:12:15	08:46	
63	13	Alcino Silva	Amigos 100 Limites	07:03:44	+02:15:06	08:50	
64	85	Marco Cunha	Individual	07:04:44	+02:16:06	08:51	
65	82	Jorge Miguel de Bastos Loureiro	Individual	07:04:44	+02:16:06	08:51	
66	152	Artur Ferreira	Run River Escola de Atletismo de Rio Tinto	07:05:08	+02:16:30	08:51	
67	28	oscar romao	CLAC Entroncamento	07:07:38	+02:19:00	08:55	
68	102	Jorge Mamede Abrantes	Individual	07:07:45	+02:19:07	08:55	
69	87	Pedro Menezes	Individual	07:07:46	+02:19:08	08:55	
70	147	José Calisto	Praiatrail	07:09:03	+02:20:25	08:56	
71	40	Carla Antunes	DiVE - Into the Mountains	07:09:58	+02:21:20	08:57	
72	135	Paulo Jorge Rodrigues Oliveira	O que queremos é monte	07:10:40	+02:22:02	08:58	
73	165	Cristina Loureiro	Taylor's	07:10:44	+02:22:06	08:58	
74	99	Fernando Pinheiro Mendes	Individual	07:15:00	+02:26:22	09:04	
75	60	Julio Feijoo Ugalde	Individual	07:15:07	+02:26:29	09:04	
76	57	André costa	Individual	07:16:01	+02:27:23	09:05	
77	151	Rogério Coelho	Retorta - Quinta das Arcas	07:16:02	+02:27:24	09:05	
78	115	Delfim Nunes	KeMedo Team	07:19:45	+02:31:07	09:10	
79	180	Mario Oliveira	O Que Queremos é Monte	07:21:41	+02:33:03	09:12	
80	155	Carlos Azevedo	S4L / MEDENSE FC	07:23:14	+02:34:36	09:14	
81	156	Fernando Rodrigues	S4L / MEDENSE FC	07:23:15	+02:34:37	09:14	
82	83	José Organista	Individual	07:24:22	+02:35:44	09:15	
83	163	José Bernardo Soares Pereira do Carmo	Sportarc	07:25:41	+02:37:03	09:17	
84	81	João Ricardo	Individual	07:26:10	+02:37:32	09:18	
85	5	Tiago David da Silva Ferreira	100PRESSA	07:26:21	+02:37:43	09:18	
86	134	César Gabriel Mendes Lobo	O Que Queremos é Monte	07:27:43	+02:39:05	09:20	
87	172	Jorge Mesquita	Tog Associação Running Team	07:29:13	+02:40:35	09:22	

ULTRA TRILHOS - STAGE 1

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	159	Luis Piturra	SCPOMBAL /Trail team	07:30:34	+02:41:56	09:23	
89	58	André Francisco Casais Cardão	Individual	07:30:50	+02:42:12	09:24	
90	120	Eduardo Pinto	Linces do Marão	07:35:51	+02:47:13	09:30	
91	74	Diogo Aguiar	Individual	07:42:45	+02:54:07	09:38	
92	68	Vitor Emanuel Ribeiro Ferreira	Individual	07:43:17	+02:54:39	09:39	
93	9	Daniel Pinto	ADC Santa Isabel Trail Running	07:44:45	+02:56:07	09:41	
94	42	Mário Lima	Duros Trail	07:45:10	+02:56:32	09:41	
95	105	Manuel Alves	Individual	07:48:52	+03:00:14	09:46	
96	11	Nuno Mariz	AllforOne	07:50:56	+03:02:18	09:49	
97	1586	Bruno Santos	TOG associação running team	07:55:32	+03:06:54	09:54	
98	76	Filipe Escobar	Individual	07:56:12	+03:07:34	09:55	
99	39	Antonino Gonçalves	Desnível positivo	08:03:36	+03:14:58	10:05	
100	29	José Marçal	CLAC Entroncamento	08:04:41	+03:16:03	10:06	
101	27	José Duarte	CLAC Entroncamento	08:10:21	+03:21:43	10:13	
102	19	Bruno loureiro	Boavista trail	08:10:22	+03:21:44	10:13	
103	169	Ivo Sampaio	TEAM TT	08:11:35	+03:22:57	10:14	
104	98	Emanuel Lourenço	Individual	08:11:35	+03:22:57	10:14	
105	133	Fernando Almeida	Nocturnos de Paredes	08:12:21	+03:23:43	10:15	
106	132	Lia Leal	Nocturnos de Paredes	08:12:22	+03:23:44	10:15	
107	114	José Filipe Almeida	Individual	08:13:48	+03:25:10	10:17	
108	160	Nuno Ferreira	SCPOMBAL /Trail team	08:16:46	+03:28:08	10:21	
109	32	Susana Neta	Clube Zupper	08:21:15	+03:32:37	10:27	
110	65	Pedro Miguel Silva	Individual	08:21:57	+03:33:19	10:27	
111	111	Rui Paulo	Individual	08:21:57	+03:33:19	10:27	
112	150	Manuel Costa	Retorta - Quinta das Arcas	08:23:57	+03:35:19	10:30	
113	108	Paulo Ribeiro	Individual	08:29:32	+03:40:54	10:37	
114	80	João Ferreira	RUNNERS DO DEMO	08:29:59	+03:41:21	10:37	
115	46	Filipe Manuel de Sousa Ferreira	EDL TRAIL	08:33:41	+03:45:03	10:42	
116	73	Bruno Ricardo Gomes Pinho	Individual	08:34:01	+03:45:23	10:43	
117	103	Jorge Pinto	Individual	08:37:59	+03:49:21	10:47	
118	168	Pedro André Ferreira Coelho	Team Lantemil	08:38:01	+03:49:23	10:48	
119	164	Mário João Silva Ibarra	Tartarugas de Seixezelo	08:44:01	+03:55:23	10:55	
120	143	António Oliveira	Os Finos	08:44:46	+03:56:08	10:56	
121	129	Ricardo Moreira	MSS Contabilidade Trail Team	08:57:45	+04:09:07	11:12	
122	112	Flávio Rebelo	Individual	09:04:25	+04:15:47	11:21	
123	162	DUARTE RELVAS	SOREMA	09:25:53	+04:37:15	11:47	
124	89	Pedro Nunes	Individual	09:43:23	+04:54:45	12:09	
125	30	Manuel Julio	CLAC Entroncamento	09:43:24	+04:54:46	12:09	
126	67	Ruben Daniel Conceição	Individual	09:50:49	+05:02:11	12:19	
127	92	Silvio Freitas	Individual	09:57:12	+05:08:34	12:26	

Ultra trilhos

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:00	13,4°C	63%
End	17:57	13.4°C	63%

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

1	31	Patrícia Ribeiro	Clube Efacec	Senior Feminino	06:50:41	+02:02:02	08:33
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Senior Masculino

1	142	Pedro Rafael Tavares Garrido	OPraticante.pt	Senior Masculino	04:48:38		06:01
2	145	João Sousa	PNB	Senior Masculino	05:06:13	+17:35	06:23
3	139	Flávio Silva	OFRunning	Senior Masculino	05:13:33	+24:55	06:32
4	18	Daniel Ribeiro	BITRUNNERS	Senior Masculino	05:15:21	+26:43	06:34
5	123	Carlos Vieira	Lusavouga CIDEP Trail Running	Senior Masculino	05:16:20	+27:42	06:35
6	64	Pedro Lopes	Individual	Senior Masculino	05:18:50	+30:11	06:39
7	43	António Morais	EDL TRAIL	Senior Masculino	05:35:04	+46:26	06:59
8	44	João Costa	EDL TRAIL	Senior Masculino	05:35:05	+46:26	06:59
9	69	Vítor Jorge Melo Freitas da Costa	Individual	Senior Masculino	05:41:25	+52:47	07:07
10	131	Warren Grobler	Next Percent Training	Senior Masculino	05:48:20	+59:42	07:15
11	62	Mário Encarnação	Individual	Senior Masculino	05:50:52	+01:02:14	07:19
12	126	António Maia	Minho e Lima Trail/Grupo Monte	Senior Masculino	05:59:28	+01:10:49	07:29
13	63	Nelson Lopes	Individual	Senior Masculino	06:26:41	+01:38:02	08:03
14	14	António Gonçalves	Amigos 100 Limites	Senior Masculino	06:27:17	+01:38:38	08:04
15	158	Ruben Dias	SCPOMBAL /Trail team	Senior Masculino	06:36:57	+01:48:18	08:16
16	170	Nuno Moreira	TEAM TT	Senior Masculino	06:46:44	+01:58:06	08:28
17	174	Fábio Reis	Vale Correr	Senior Masculino	06:47:48	+01:59:09	08:30
18	176	Bruno Gaio	Valongo Trail Team	Senior Masculino	06:50:10	+02:01:31	08:33
19	59	António Rocha	Individual	Senior Masculino	06:55:26	+02:06:48	08:39
20	13	Alcino Silva	Amigos 100 Limites	Senior Masculino	07:03:44	+02:15:06	08:50
21	60	Julio Feijoo Ugalde	Individual	Senior Masculino	07:15:07	+02:26:29	09:04
22	57	André costa	Individual	Senior Masculino	07:16:01	+02:27:22	09:05
23	155	Carlos Azevedo	S4L / MEDENSE FC	Senior Masculino	07:23:14	+02:34:36	09:14
24	163	José Bernardo Soares Pereira do Carmo	Sportarc	Senior Masculino	07:25:41	+02:37:02	09:17
25	5	Tiago David da Silva Ferreira	100PRESSA	Senior Masculino	07:26:21	+02:37:43	09:18
26	58	André Francisco Casais Cardão	Individual	Senior Masculino	07:30:50	+02:42:12	09:24
27	68	Vítor Emanuel Ribeiro Ferreira	Individual	Senior Masculino	07:43:17	+02:54:38	09:39
28	9	Daniel Pinto	ADC Santa Isabel Trail Running	Senior Masculino	07:44:45	+02:56:07	09:41
29	169	Ivo Sampaio	TEAM TT	Senior Masculino	08:11:35	+03:22:56	10:14
30	65	Pedro Miguel Silva	Individual	Senior Masculino	08:21:57	+03:33:18	10:27
31	164	Mário João Silva Ibarra	Tartarugas de Seixezelo	Senior Masculino	08:44:01	+03:55:23	10:55
32	67	Ruben Daniel Conceição	Individual	Senior Masculino	09:50:49	+05:02:11	12:19

Ultra trilhos

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F40

1	40	Carla Antunes	DiVE - Into the Mountains	Veterana F40	07:09:58	+02:21:20	08:57:18
2	165	Cristina Loureiro	Taylor's	Veterana F40	07:10:44	+02:22:06	08:58:50
3	132	Lia Leal	Nocturnos de Paredes	Veterana F40	08:12:22	+03:23:43	10:15:05
4	32	Susana Neta	Clube Zupper	Veterana F40	08:21:15	+03:32:37	10:27:52

Veterana F50

1	16	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F50	06:49:12	+02:00:34	08:32
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Veterano M40

1	88	Pedro Miguel Dias Moreira	Feirense Trail	Veterano M40	05:19:27	+30:48	06:39
2	51	Vítor cruz	Futebol clube Penafiel	Veterano M40	05:19:39	+31:00	06:40
3	130	BRUNO SOUSA	NAST - Núcleo Associativo de Santo Tirso	Veterano M40	05:23:17	+34:39	06:44
4	138	Ricardo Manuel Azevedo Boucinha	Off Road	Veterano M40	05:28:39	+40:01	06:51
5	47	Marco Inês	EDL TRAIL	Veterano M40	05:53:21	+01:04:43	07:22
6	10	António Ferreira	All About	Veterano M40	06:03:33	+01:14:55	07:34
7	36	Antonio Silva	DCI/Trilhos Luso Bussaco	Veterano M40	06:15:52	+01:27:14	07:50
8	22	Bruno Macedo	Caga tacos running team	Veterano M40	06:16:20	+01:27:42	07:50
9	125	Nuno Faria	Lusavouga CIDEP Trail Running	Veterano M40	06:20:03	+01:31:24	07:55
10	91	Rui Sousa	Individual	Veterano M40	06:22:30	+01:33:51	07:58
11	12	Sérgio Teixeira	Alverca Urban Runners	Veterano M40	06:24:48	+01:36:10	08:01
12	41	Adérito Silva	DiVe - Into the Mountains	Veterano M40	06:26:50	+01:38:11	08:04
13	77	Filipe Lemos	Individual	Veterano M40	06:30:04	+01:41:25	08:08
14	84	Manuel García García	Individual	Veterano M40	06:30:52	+01:42:14	08:09
15	154	André Soares	RUNRIVER - ESCOLA ATLETISMO DE RIO TINTO	Veterano M40	06:31:50	+01:43:12	08:10
16	54	Eduardo António Oliveira da Silva	HL RUNNERS	Veterano M40	06:34:38	+01:46:00	08:13
17	72	André Silva	Individual	Veterano M40	06:35:12	+01:46:34	08:14
18	153	Goncalo Couto	RUNNERS DO DEMO	Veterano M40	06:35:15	+01:46:37	08:14
19	128	Filipe Alves	Minho e Lima Trail/Grupo Monte	Veterano M40	06:35:25	+01:46:46	08:14
20	166	Sérgio Chacim	Taylor's	Veterano M40	06:37:54	+01:49:16	08:17
21	79	João Correia	Individual	Veterano M40	06:37:55	+01:49:17	08:17
22	93	Vítor Vieira	Individual	Veterano M40	06:37:55	+01:49:17	08:17
23	90	Rui Barbosa	Individual	Veterano M40	06:40:54	+01:52:16	08:21
24	149	Joaquim Freitas	Retorta - Quinta das Arcas	Veterano M40	06:43:45	+01:55:07	08:25
25	33	Nuno Gaspar	COA / CORVUS TRAIL TEAM	Veterano M40	06:46:51	+01:58:13	08:29
26	175	Elvio Santos	Vale Correr	Veterano M40	06:47:48	+01:59:10	08:30
27	167	Paulo Luís dos Santos Gomes	Team Lantemil	Veterano M40	06:52:18	+02:03:39	08:35
28	141	André caridade	Ondas Nazaré	Veterano M40	06:54:43	+02:06:05	08:38
29	161	Hugo silva	Silva	Veterano M40	06:55:53	+02:07:15	08:40
30	6	Filipe Quelhas	AC PORTALEGRE/UTSM	Veterano M40	06:58:09	+02:09:30	08:43

Ultra trilhos

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

31	148	Adelino Silva	Retorta - Quinta das Arcas	Veterano M40	07:00:53	+02:12:14	08:46
32	85	Marco Cunha	Individual	Veterano M40	07:04:44	+02:16:06	08:51
33	82	Jorge Miguel de Bastos Loureiro	Individual	Veterano M40	07:04:44	+02:16:06	08:51
34	152	Artur Ferreira	Run River Escola de Atletismo de Rio Tinto	Veterano M40	07:05:08	+02:16:30	08:51
35	28	oscar romao	CLAC Entroncamento	Veterano M40	07:07:38	+02:19:00	08:55
36	87	Pedro Menezes	Individual	Veterano M40	07:07:46	+02:19:08	08:55
37	151	Rogério Coelho	Retorta - Quinta das Arcas	Veterano M40	07:16:02	+02:27:24	09:05
38	115	Delfim Nunes	KeMedo Team	Veterano M40	07:19:45	+02:31:07	09:10
39	180	Mario Oliveira	O Que Queremos é Monte	Veterano M40	07:21:41	+02:33:02	09:12
40	83	José Organista	Individual	Veterano M40	07:24:22	+02:35:43	09:15
41	81	João Ricardo	Individual	Veterano M40	07:26:10	+02:37:32	09:18
42	134	César Gabriel Mendes Lobo	O Que Queremos é Monte	Veterano M40	07:27:43	+02:39:04	09:20
43	172	Jorge Mesquita	Tog Associação Running Team	Veterano M40	07:29:13	+02:40:35	09:22
44	159	Luis Piturra	SCPOMBAL /Trail team	Veterano M40	07:30:34	+02:41:56	09:23
45	74	Diogo Aguiar	Individual	Veterano M40	07:42:45	+02:54:06	09:38
46	42	Mário Lima	Duros Trail	Veterano M40	07:45:10	+02:56:31	09:41
47	11	Nuno Mariz	AllforOne	Veterano M40	07:50:56	+03:02:18	09:49
48	1586	Bruno Santos	TOG associação running team	Veterano M40	07:55:32	+03:06:54	09:54
49	76	Filipe Escobar	Individual	Veterano M40	07:56:12	+03:07:34	09:55
50	27	José Duarte	CLAC Entroncamento	Veterano M40	08:10:21	+03:21:43	10:13
51	19	Bruno loureiro	Boavista trail	Veterano M40	08:10:22	+03:21:43	10:13
52	133	Fernando Almeida	Nocturnos de Paredes	Veterano M40	08:12:21	+03:23:43	10:15
53	150	Manuel Costa	Retorta - Quinta das Arcas	Veterano M40	08:23:57	+03:35:18	10:30
54	80	João Ferreira	RUNNERS DO DEMO	Veterano M40	08:29:59	+03:41:21	10:37
55	46	Filipe Manuel de Sousa Ferreira	EDL TRAIL	Veterano M40	08:33:41	+03:45:03	10:42
56	73	Bruno Ricardo Gomes Pinho	Individual	Veterano M40	08:34:01	+03:45:22	10:43
57	168	Pedro André Ferreira Coelho	Team Lantemil	Veterano M40	08:38:01	+03:49:22	10:48
58	129	Ricardo Moreira	MSS Contabilidade Trail Team	Veterano M40	08:57:45	+04:09:06	11:12
59	89	Pedro Nunes	Individual	Veterano M40	09:43:23	+04:54:45	12:09
60	92	Silvio Freitas	Individual	Veterano M40	09:57:12	+05:08:33	12:26

Veterano M50

1	97	Christophe RACHEL	Individual	Veterano M50	05:29:20	+40:42	06:52
2	140	Paulo Jorge Domingues	Olimpico Vianense	Veterano M50	05:46:04	+57:26	07:13
3	109	Pedro Marques	Individual	Veterano M50	05:50:53	+01:02:15	07:19
4	104	Júlio Teixeira	Individual	Veterano M50	05:56:15	+01:07:37	07:25
5	119	Antônio Taveira	Linces do Marão	Veterano M50	06:00:49	+01:12:10	07:31
6	100	Helder Baptista	Individual	Veterano M50	06:13:55	+01:25:16	07:47
7	21	Jose Nuno Pereira de Paiva	Caes Da Avenida	Veterano M50	06:14:54	+01:26:16	07:49
8	38	Sergio Lourenço	DCI/Trilhos Luso Bussaco	Veterano M50	06:15:52	+01:27:14	07:50
9	37	Fernando Gonçalves	DCI/Trilhos Luso Bussaco	Veterano M50	06:32:59	+01:44:20	08:11
10	178	Amílcar Branco	Viseu 360	Veterano M50	06:42:32	+01:53:54	08:23
11	102	Jorge Mamede Abrantes	Individual	Veterano M50	07:07:45	+02:19:07	08:55
12	135	Paulo Jorge Rodrigues Oliveira	O que queremos é monte	Veterano M50	07:10:40	+02:22:02	08:58

Official Timekeeper: Lap2Go	3 / 4	generate 20-mar-2022 18:02
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Ultra trilhos

48 KM

[illegible]

OFFICIAL RESULT

[illegible]

13	99	Fernando Pinheiro Mendes	Individual	Veterano M50	07:15:00	+02:26:22	09:04
14	156	Fernando Rodrigues	S4L / MEDENSE FC	Veterano M50	07:23:15	+02:34:37	09:14
15	120	Eduardo Pinto	Linces do Marão	Veterano M50	07:35:51	+02:47:13	09:30
16	105	Manuel Alves	Individual	Veterano M50	07:48:52	+03:00:14	09:46
17	39	Antonino Gonçalves	Desnível positivo	Veterano M50	08:03:36	+03:14:58	10:05
18	98	Emanuel Lourenço	Individual	Veterano M50	08:11:35	+03:22:57	10:14
19	160	Nuno Ferreira	SCPOMBAL /Trail team	Veterano M50	08:16:46	+03:28:08	10:21
20	111	Rui Paulo	Individual	Veterano M50	08:21:57	+03:33:19	10:27
21	108	Paulo Ribeiro	Individual	Veterano M50	08:29:32	+03:40:54	10:37
22	103	Jorge Pinto	Individual	Veterano M50	08:37:59	+03:49:21	10:47
23	143	António Oliveira	Os Finos	Veterano M50	08:44:46	+03:56:08	10:56
24	162	DUARTE RELVAS	SOREMA	Veterano M50	09:25:53	+04:37:15	11:47

Veterano M60

1	147	José Calisto	Praiatrail	Veterano M60	07:09:03	+02:20:24	08:56
2	29	José Marçal	CLAC Entroncamento	Veterano M60	08:04:41	+03:16:03	10:06
3	114	José Filipe Almeida	Individual	Veterano M60	08:13:48	+03:25:09	10:17
4	112	Flávio Rebelo	Individual	Veterano M60	09:04:25	+04:15:47	11:21
5	30	Manuel Julio	CLAC Entroncamento	Veterano M60	09:43:24	+04:54:45	12:09

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	EDL TRAIL	12 + 13 + 19	44
2	DCI/TRILHOS LUSO BUSSACO	26 + 27 + 38	91
3	RETORTA - QUINTA DAS ARCAS	49 + 62 + 77	188
4	O QUE QUEREMOS É MONTE	72 + 79 + 86	237
5	SCPOMBAL /TRAIL TEAM	43 + 88 + 108	239
6	CLAC ENTRONCAMENTO	67 + 100 + 101	268

TRILHOS 23K - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	13,7°C	64%
End	13:59	13.7°C	64%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1167	Tiago Nobre Vieira	Furfor running project	01:57:12		05:06	
2	1166	Nuno Campos	Furfor Running Project	01:57:23	+00:11	05:06	
3	1148	Eurico Pereira	EDV Viana Trail	01:58:51	+01:39	05:10	
4	1310	Antonio Luis Pereira	Individual	02:00:31	+03:19	05:14	
5	1147	Bruno Pereira	EDV Viana Trail	02:01:53	+04:41	05:18	
6	1477	Vitor Carvalho	Minho e Lima Trail/Grupo Monte	02:03:32	+06:20	05:22	
7	1156	Paulo Pinto	Feirense Trail	02:04:55	+07:43	05:26	
8	1475	Joel Pereira	Minho e Lima Trail/Grupo Monte	02:06:48	+09:36	05:31	
9	1132	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	02:07:16	+10:04	05:32	
10	1589	LÚCIO JOSÉ EDUARDO DURÃO CARRILHO	Trilhos dos Templários/ acr santa cita	02:07:31	+10:19	05:33	
11	1084	José Alves	Centro de Trail Carlos Sá Penacova Team	02:07:59	+10:47	05:34	
12	1519	Fernando Neves	Retorta - Quinta das Arcas	02:08:16	+11:04	05:35	
13	1496	Nuno Branco	OLIMPICO VIANENSE	02:08:43	+11:31	05:36	
14	1262	Ricardo Rego	Individual	02:09:32	+12:20	05:38	
15	1522	Henrique Dias	Retorta - Quinta das Arcas	02:10:37	+13:25	05:41	
16	1144	Hélder Franco	EDL Trail	02:10:42	+13:30	05:41	
17	1370	RICARDO PEREIRA	Feirense Trail	02:11:35	+14:23	05:43	
18	1165	Diogo Andrade Ferreira	Furfor Running Project	02:12:18	+15:06	05:45	
19	1120	Fernando Ribeiro	Damira Trail Team	02:12:28	+15:16	05:46	
20	1597	Ricardo Ferreira	Trilhos dos Templários/ acr santa cita	02:13:03	+15:51	05:47	
21	1096	Nuno Lemos	Clube Atletismo Fafe	02:13:05	+15:53	05:47	
22	1140	João Santos	Dura-F1 Raceteam	02:13:20	+16:08	05:48	
23	1012	Sérgio Carneiro	AD Marco 09	02:13:39	+16:27	05:49	
24	1136	Hugo Silva	Dura-F1 Raceteam	02:13:54	+16:42	05:49	
25	1520	Eurico Emanuel Miranda Ferreira Moura	Retorta - Quinta das Arcas	02:14:20	+17:08	05:50	
26	1138	António Gomes	Dura-F1 Raceteam	02:15:14	+18:02	05:53	
27	1594	Luís Alexandre	Trilhos dos Templários/ acr santa cita	02:15:45	+18:33	05:54	
28	1064	Nelson Heleno	ASSSCC - Ar Livre e Aventura	02:18:56	+21:44	06:02	
29	1275	Gonçalo Pereira de Almeida	Individual	02:19:03	+21:51	06:03	
30	1557	Marcos Ribeiro	Sport Clube Freamunde	02:19:28	+22:16	06:04	
31	1564	Pedro Mendes	Talentos Objetivos	02:19:35	+22:23	06:04	
32	1614	José Capitão	Minho e Lima Trail/Grupo Monte	02:20:09	+22:57	06:06	
33	1456	Jorge Costa	Linces do Marão	02:20:34	+23:22	06:07	
34	1551	José Campar	Saca trilhos anadia	02:21:04	+23:52	06:08	
35	1098	Ricardo Caldas	Clube Desportivo Escola de Santana	02:21:27	+24:15	06:09	
36	1171	Luciano Gonçalves Faria	GD Castelense	02:21:31	+24:19	06:09	
37	1309	Antonio Luis Ferreira Costa Antunes	Individual	02:21:31	+24:19	06:09	
38	1467	Filipe Pinho	Lusavouga CIDEP Trail Running	02:22:05	+24:53	06:11	
39	1202	Miguel Pelicano	GRVilaverdense	02:22:29	+25:17	06:12	
40	1342	Luís Miguel Pereira	Individual	02:22:35	+25:23	06:12	

TRILHOS 23K - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
41	1226	Dino Bento	Individual	02:22:46	+25:34	06:12	
42	1499	Carla Pereira	OLIMPICO VIANENSE	02:23:00	+25:48	06:13	
43	1483	António Cunha	NAST - Núcleo associativo de Santo Tirso	02:23:02	+25:50	06:13	
44	1052	André Carneiro	Amigos 100 Limites	02:23:52	+26:40	06:15	
45	1137	José Pinheiro	Dura-F1 Raceteam	02:24:40	+27:28	06:17	
46	1274	Francisco Andrade Gonçalves	Individual	02:24:50	+27:38	06:18	
47	1563	Hugo Marinho	Strendure Tunning Team	02:25:25	+28:13	06:19	
48	1508	ARNALDO JOSÉ ARAÚJO	PCRUNNERS	02:25:40	+28:28	06:20	
49	1066	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	02:25:45	+28:33	06:20	
50	1013	Bruno Moreira	AD Marco 09	02:25:52	+28:40	06:21	
51	1076	André Silva L	BOAVISTA TRAIL	02:26:02	+28:50	06:21	
52	1474	Filipe Correia	Minho e Lima Trail/Grupo Monte	02:26:06	+28:54	06:21	
53	1573	Tiago Pinheiro	TEAM LANTEMIL	02:26:11	+28:59	06:21	
54	1240	Jorge Gonçalves	Individual	02:26:36	+29:24	06:22	
55	1033	João Costa	AirLux - Nda	02:26:48	+29:36	06:23	
56	1129	Eduardo xavier	Devasta Trilhos	02:26:55	+29:43	06:23	
57	1480	Ibraim Sousa	MSS Contabilidade Trail Team	02:27:07	+29:55	06:24	
58	1187	Luís Filipe de Almeida Guerra	Goodfellas	02:27:21	+30:09	06:24	
59	1315	Cristiano Ribeiro Gomes	Individual	02:27:38	+30:26	06:25	
60	1051	Gonçalo Torres	AMA-Ass.Mondim Atletismo	02:28:06	+30:54	06:26	
61	1341	Licínio Reis	Individual	02:28:07	+30:55	06:26	
62	1269	Tiago Alves	SERRA D'AIRE TRAIL TEAM	02:28:08	+30:56	06:26	
63	1139	Filipe Fonseca	Dura-F1 Raceteam	02:28:55	+31:43	06:28	
64	1560	Carlos Prudencio	Sportarc	02:28:55	+31:43	06:28	
65	1018	João Alves	ADABEM Running team	02:29:25	+32:13	06:30	
66	1219	Bruno Correia	Individual	02:29:36	+32:24	06:30	
67	1338	José Barbosa	Individual	02:29:42	+32:30	06:31	
68	1245	José Silva	Individual	02:30:06	+32:54	06:32	
69	1065	Nuno Coelho	ASSSCC - Ar Livre e Aventura	02:30:07	+32:55	06:32	
70	1001	Joao Lopes	#ATÉCHORAS!	02:30:09	+32:57	06:32	
71	1538	Nuno Barros	S4L / MEDENSE FC	02:30:10	+32:58	06:32	
72	1503	Maria Gonçalves	Oralklass - Amigos Do Trail	02:30:27	+33:15	06:32	
73	1104	Antonio Pedro Teixeira	Clube Zupper	02:30:34	+33:22	06:33	
74	1596	Nuno Lopes	Trilhos dos Templários/ acr santa cita	02:30:36	+33:24	06:33	
75	1123	João Ribeiro	Damira Trail Team	02:30:38	+33:26	06:33	
76	1575	Rogério Torres	TEAM LANTEMIL	02:30:47	+33:35	06:33	
77	1145	Nuno Morais	EDL Trail	02:30:49	+33:37	06:33	
78	1090	Joaquim Correia	Cinfães a Correr	02:30:49	+33:37	06:33	
79	1246	Luis Gomes	Individual	02:30:54	+33:42	06:34	
80	1272	Alexandre Ribeiro	Individual	02:30:56	+33:44	06:34	
81	1019	João Pires	ADABEM Running team	02:31:42	+34:30	06:36	
82	1460	Pedro Roxo	Lobos do Brunheiro de Chaves / Anteros	02:32:03	+34:51	06:37	
83	1053	Fábio Moreira	Amigos 100 Limites	02:32:06	+34:54	06:37	
84	1385	Alfredo Moreira	Individual	02:32:23	+35:11	06:38	
85	1256	Pedro VALE	EDL Trail	02:32:37	+35:25	06:38	
86	1516	Antonio Silva	Pó reforço trail team	02:32:46	+35:34	06:39	

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	1032	Paulo Neta	AirLux - Nda	02:32:50	+35:38	06:39	
88	1604	Daniel Fernandes	vimarunners	02:33:38	+36:26	06:41	
89	1468	João Tavares	Lusavouga CIDEP Trail Running	02:33:55	+36:43	06:42	
90	1502	João Miguel Tavares Garrido	opraticante.pt	02:33:59	+36:47	06:42	
91	1143	Carlos Taveira	EDL Trail	02:34:06	+36:54	06:42	
92	1251	Paulo Aroso	Individual	02:34:09	+36:57	06:42	
93	1010	Filipe Mota	AD Marco 09	02:34:19	+37:07	06:43	
94	1146	Samuel Bernad Pereira Amorim	EDL Trail	02:34:20	+37:08	06:43	
95	1022	Fernando Augusto	ADC Santa Isabel Trail Running	02:34:40	+37:28	06:43	
96	1198	João Loureiro	GRVilaverdense	02:35:02	+37:50	06:44	
97	1339	José Paulo Pereira Ribeiro	Individual	02:35:33	+38:21	06:46	
98	1515	Ricardo Leal	Pó reforço trail team	02:35:35	+38:23	06:46	
99	1081	Luciano silva	Cabritos Saltadores	02:35:36	+38:24	06:46	
100	1343	Luis Monteiro	Individual	02:35:36	+38:24	06:46	
101	1100	BRUNO DE ARAUJO NOGUEIRA	Clube Millennium BCP	02:35:39	+38:27	06:46	
102	1497	Pedro Lopes	OLIMPICO VIANENSE	02:35:41	+38:29	06:46	
103	1186	João Vigário	GONDOMAR FUTSAL CLUBE	02:35:48	+38:36	06:46	
104	1233	Gonçalo Silva	Individual	02:35:51	+38:39	06:47	
105	1453	Nuno Sendao	LETHES TRAIL TEAM	02:35:56	+38:44	06:47	
106	1580	Eduardo Neto	TOG associação running team	02:35:58	+38:46	06:47	
107	1521	Hugo Duarte Teixeira	Retorta - Quinta das Arcas	02:37:23	+40:11	06:51	
108	1028	Amândio Antunes	Afifense Trail	02:37:23	+40:11	06:51	
109	50	Carlos barbosa	Fisioactive	02:37:45	+40:33	06:52	
110	1419	Ricardo Lemos	Individual	02:37:46	+40:34	06:52	
111	1498	Ana Domingues	OLIMPICO VIANENSE	02:37:52	+40:40	06:52	
112	1135	Márcio Botelho	Duelo D'Ocasião	02:39:22	+42:10	06:56	
113	1197	Carlos Palaio	GRVilaverdense	02:39:32	+42:20	06:56	
114	1587	Fernando Taborda	TOG associação running team	02:39:44	+42:32	06:57	
115	1375	Rui Martins	Individual	02:39:58	+42:46	06:57	
116	1592	Hugo Gabriel	Trilhos dos Templários/ acr santa cita	02:40:03	+42:51	06:58	
117	1264	Romeu Martins de Matos	Individual	02:40:15	+43:03	06:58	
118	1359	Paulo Jorge	Individual	02:40:18	+43:06	06:58	
119	1398	Joaquim Seabra	Individual	02:40:32	+43:20	06:59	
120	1056	Luis Ferraz	PCRUNNERS	02:42:06	+44:54	07:03	
121	1162	Fantin Lucien	Fridão Sem Limites	02:42:11	+44:59	07:03	
122	1080	Bruno Raposeira	C.D"Os Águias" de Alpiarça	02:42:24	+45:12	07:04	
123	1417	Pedro Barbosa	Individual	02:42:31	+45:19	07:04	
124	1552	Fernando Moraes	Saca trilhos anadia	02:42:47	+45:35	07:05	
125	1565	Miguel Ângelo da Silva Raposo	Tálenos Team	02:42:55	+45:43	07:05	
126	1588	Vicente Sousa	TOG associação running team	02:43:47	+46:35	07:07	
127	1045	Carlos Lopes	Alverca Urban Runners	02:44:14	+47:02	07:08	
128	1089	Bruno Mouta	Cinfães a Correr	02:44:16	+47:04	07:09	
129	1238	Joaquim Domingos Lopes Alves	Individual	02:44:29	+47:17	07:09	
130	1354	Nuno Carvalho	Individual	02:44:44	+47:32	07:10	
131	1075	André Silva	BOAVISTA TRAIL	02:44:48	+47:36	07:10	
132	1294	Fátima Coelho	Individual	02:44:54	+47:42	07:10	

TRILHOS 23K - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1008	Luís Paulo Ferreira	ACRA RUNNING	02:45:21	+48:09	07:11	
134	1369	Ricardo Peixinho	Individual	02:45:32	+48:20	07:12	
135	1365	Pedro Patrício Neves	Individual	02:45:36	+48:24	07:12	
136	1241	Jorge Lima	Individual	02:45:39	+48:27	07:12	
137	1011	José Mário Teixeira Nogueira	AD Marco 09	02:45:51	+48:39	07:13	
138	1481	José Salas	MSS Contabilidade Trail Team	02:45:58	+48:46	07:13	
139	1054	Flávio Teixeira	Amigos 100 Limites	02:45:59	+48:47	07:13	
140	1330	Jaime Fernando da Costa Ribeiro	Individual	02:46:08	+48:56	07:13	
141	1026	Simão Ferreira	ADEPE	02:46:10	+48:58	07:13	
142	1200	Paulo Batista	GRVilaverdense	02:46:30	+49:18	07:14	
143	1550	Ana Melo	Saca trilhos anadia	02:46:33	+49:21	07:14	
144	1118	Cláudia Figueira	Damira Trail Team	02:46:50	+49:38	07:15	
145	1352	Nelson Reis	Individual	02:47:26	+50:14	07:17	
146	1199	Nelson Azenha	GRVilaverdense	02:47:41	+50:29	07:17	
147	1526	Maria Eduarda Lopes Leitão	Runners do Demo	02:47:47	+50:35	07:18	
148	1360	Paulo Machado	Individual	02:48:10	+50:58	07:19	
149	1435	Pedro Miguel de Ascenção Neves01051981	JUVENTUDE DESPORTIVA DE GONDOMAR	02:48:11	+50:59	07:19	
150	1232	Gonçalo Antunes	Individual	02:48:25	+51:13	07:19	
151	1015	Fernando Faria	AD Pedome	02:48:34	+51:22	07:20	
152	1122	José Macedo	Damira Trail Team	02:48:51	+51:39	07:20	
153	1524	Daniela Soares	Run River Escola de Atletismo de Rio Tinto	02:49:00	+51:48	07:21	
154	1527	Carlos Alberto Santos Sousa	Runners do Demo	02:49:15	+52:03	07:22	
155	1247	Luis Mendes	Individual	02:49:18	+52:06	07:22	
156	1507	Manuel Barbosa	Paredes Running	02:49:26	+52:14	07:22	
157	1119	Fernanda Machado	Damira Trail Team	02:49:37	+52:25	07:22	
158	1355	NUNO FERNANDES	Individual	02:49:54	+52:42	07:23	
159	1523	Victor Vital	Reumáticos da Bila	02:49:55	+52:43	07:23	
160	1025	Carlos Ribeiro	ADEPE	02:49:57	+52:45	07:23	
161	1514	Pedro Coelho	Pó reforço trail team	02:50:00	+52:48	07:23	
162	1222	Bruno Filipe Ferraz Pinto	Individual	02:50:08	+52:56	07:24	
163	1525	Sandra Garrido	Runners do Demo	02:50:14	+53:02	07:24	
164	1558	Nelson Vilela	Sport Clube Freamunde	02:50:40	+53:28	07:25	
165	1306	André Trigais	Individual	02:50:52	+53:40	07:26	
166	1223	Bruno Miguel Oliveira Bernardes	Individual	02:50:53	+53:41	07:26	
167	1506	Sérgio Gomes	Os Preguiças Team	02:50:57	+53:45	07:26	
168	1110	Rui Paulo Fernandes Dias	COA / Corvus Trail Team	02:51:21	+54:09	07:27	
169	1388	ANTONIO JOAO GOMES DA SILVA	Individual	02:51:26	+54:14	07:27	
170	1570	José Manuel Jesus Raposo	Tálenos Team	02:51:36	+54:24	07:28	
171	1541	Sandro Pinheiro	S4L / MEDENSE FC	02:51:59	+54:47	07:29	
172	1067	Bruno Dias	A-Team	02:52:13	+55:01	07:29	
173	1447	Dario Cardoso	Leões de Tardariz Trail	02:52:24	+55:12	07:30	
174	1006	Vitor Gomes	ACRA RUNNING	02:52:58	+55:46	07:31	
175	1292	Carla Santos	Saca trilhos anadia	02:53:04	+55:52	07:32	
176	1382	Adérito Brandão	Individual	02:53:11	+55:59	07:32	
177	1450	António Pinto	Leões de Tardariz Trail	02:53:11	+55:59	07:32	

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1452	Sandrina Gomes	LETHES TRAIL TEAM	02:53:28	+56:16	07:33	
179	1109	João Manuel Mendes Pratas	COA / Corvus Trail Team	02:53:40	+56:28	07:33	
180	1490	Carlos Silva	OiãRunners	02:53:41	+56:29	07:33	
181	1237	João Ribeiro	Individual	02:53:42	+56:30	07:33	
182	1362	Pedro Alves	Individual	02:53:47	+56:35	07:33	
183	1598	Bruno Ferreira	Turbo Kings 2.0/ AD Ancede	02:53:50	+56:38	07:33	
184	1600	Tony Ancede	Turbo Kings 2.0/ AD Ancede	02:53:50	+56:38	07:33	
185	1216	André Araújo	Individual	02:54:18	+57:06	07:35	
186	1133	Guilherme António Torres Coelho	Dudos do Trail	02:54:41	+57:29	07:36	
187	1562	Rubens Soares	Sportarc	02:54:43	+57:31	07:36	
188	1513	Miguel Fernando Silva e Sousa	Pó reforço trail team	02:54:49	+57:37	07:36	
189	1313	Carlos Manuel Delgado Fernandes	Individual	02:54:57	+57:45	07:36	
190	1469	Paulo Inverneiro	Lusavouga CIDEP Trail Running	02:55:02	+57:50	07:37	
191	1535	Pedro Pacheco	S C Povoense - caracóis de corrida	02:55:18	+58:06	07:37	
192	1130	Gabriela Fonseca	DIVE - INTO THE MOUNTAINS	02:55:23	+58:11	07:38	
193	1393	Fernando Morais	Individual	02:55:44	+58:32	07:38	
194	1458	João Gil	Linces do Marão	02:55:53	+58:41	07:39	
195	1094	Paulo Jorge dos Reis Mota	CLAC Entroncamento	02:56:04	+58:52	07:39	
196	1121	António Ribeiro	Damira Trail Team	02:56:13	+59:01	07:40	
197	1112	Carla Duarte	Coronado runners	02:56:13	+59:01	07:40	
198	1004	Manuel Fonseca	100PRESSA	02:56:13	+59:01	07:40	
199	1050	Fernando Magalhães	AMA-Ass.Mondim Atletismo	02:56:16	+59:04	07:40	
200	1329	Henri Costa	Coronado Runners	02:56:38	+59:26	07:41	
201	1571	Rogério Oliveira	TEAM LANTEMIL	02:56:40	+59:28	07:41	
202	1344	Manuel Araújo	Individual	02:56:48	+59:36	07:41	
203	1440	Hélder Castro	KeMedo Team	02:56:52	+59:40	07:41	
204	1530	Paulo Reis	Running Esmoriz	02:56:53	+59:41	07:41	
205	1534	Miguel Ribeiro	S C Povoense - caracóis de corrida	02:56:58	+59:46	07:42	
206	1432	Jorge Pereira da Silva	Individual	02:57:19	+01:00:07	07:43	
207	75	Eliseu Leite	Individual	02:57:21	+01:00:09	07:43	
208	1347	Marco Santos	Individual	02:57:21	+01:00:09	07:43	
209	1260	Ricardo Moutinho	Individual	02:57:50	+01:00:38	07:44	
210	1318	David Silva	Individual	02:58:09	+01:00:57	07:45	
211	1547	Pedro Marques	S4L / MEDENSE FC	02:58:13	+01:01:01	07:45	
212	1574	Vitor Silva	TEAM LANTEMIL	02:58:22	+01:01:10	07:45	
213	1374	Rui Manuel Dias	Individual	02:58:34	+01:01:22	07:46	
214	1257	Ramiro Costa	Individual	02:58:41	+01:01:29	07:46	
215	1533	José Miguel Machado Marques dos santos Santos	S C Povoense - caracóis de corrida	02:58:45	+01:01:33	07:46	
216	1548	Eugenio Soares	S4L / MEDENSE FC	02:58:51	+01:01:39	07:47	
217	1544	Emanuel Vieira	S4L / MEDENSE FC	02:58:57	+01:01:45	07:47	
218	1108	João Manuel Cordeiro Mendes	COA / Corvus Trail Team	02:59:13	+01:02:01	07:48	
219	1092	Vasco Cardoso	Cinfães a Correr	02:59:35	+01:02:23	07:48	
220	1244	José Rocha	Individual	03:00:12	+01:03:00	07:50	
221	1429	Carlos Domingos Ferreira Alves	Individual	03:00:34	+01:03:22	07:51	
222	1273	André Lopes	Individual	03:00:38	+01:03:26	07:51	

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	1229	Filipe Lima	Individual	03:00:57	+01:03:45	07:52	
224	1172	Patricia Fernandes	GD Leões da Guarda - Lion Runners	03:01:20	+01:04:08	07:53	
225	1030	José Paulo Lima	Afifense Trail	03:01:26	+01:04:14	07:53	
226	1091	João Bernardo	Cinfães a Correr	03:01:37	+01:04:25	07:54	
227	1063	Jorge Fernandes	ARSM - Associação Recreativa de S. Miguel	03:01:42	+01:04:30	07:54	
228	1218	Bertrand MARTIN	Individual	03:01:44	+01:04:32	07:54	
229	1568	Fernando Nascimento	Tálenos Team	03:01:54	+01:04:42	07:55	
230	1371	Ricardo Seromenho	Individual	03:02:04	+01:04:52	07:55	
231	1113	Manuel Ferreira	Coronado runners	03:02:23	+01:05:11	07:56	
232	1400	Jorge Moreira	Trepa Trilhos Trail Team	03:02:45	+01:05:33	07:57	
233	1436	Agostinho da Silva Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	03:02:48	+01:05:36	07:57	
234	1085	Céu Costa	CHAVES RUNNING TEAM	03:03:12	+01:06:00	07:58	
235	1307	António Carlos Tavares de Paiva	Individual	03:03:27	+01:06:15	07:59	
236	1157	Rolando Paulo	Feirense Trail	03:04:17	+01:07:05	08:01	
237	1155	Paulo Ferreira	Feirense Trail	03:04:18	+01:07:06	08:01	
238	1160	Tiago dos Santos Costa	FidelidadeGDC	03:04:22	+01:07:10	08:01	
239	1095	Paulo Fernandes	Clube Atlético Macedo de Cavaleiros	03:04:27	+01:07:15	08:01	
240	1069	Rafael Almeida	A-Team	03:04:27	+01:07:15	08:01	
241	1293	Cristina Saraiva	Individual	03:04:55	+01:07:43	08:02	
242	1183	Paulo Alves	GONDOMAR FUTSAL CLUBE	03:05:08	+01:07:56	08:03	
243	1270	Tiago Vieira	Individual	03:05:08	+01:07:56	08:03	
244	1366	Pedro Sousa	Individual	03:05:12	+01:08:00	08:03	
245	1412	Paulo Alexandre de Abreu Dias	Individual	03:05:15	+01:08:03	08:03	
246	1601	Patrícia Palmeira	Ultimagem	03:05:23	+01:08:11	08:04	
247	1443	Jorge Seabra	KeMedo Team	03:05:24	+01:08:12	08:04	
248	1414	Paulo Lara	Individual	03:05:32	+01:08:20	08:04	
249	1420	Rui Jorge Freitas	Individual	03:05:33	+01:08:21	08:04	
250	1107	Rogério Filipe Cabedal Horta	COA / Corvus Trail Team	03:05:47	+01:08:35	08:05	
251	1509	João Coelho	PCRUNNERS	03:05:55	+01:08:43	08:05	
252	1254	Pedro Filipe Costa Araújo	Individual	03:06:05	+01:08:53	08:05	
253	1077	Ricardo Patrício	BOAVISTA TRAIL	03:06:24	+01:09:12	08:06	
254	1486	SAMUEL SANTOS	NOCTURNOS DE PAREDES	03:06:35	+01:09:23	08:07	
255	1024	Tiago Cruz	ADC SÃO JACINTO	03:06:35	+01:09:23	08:07	
256	1332	João Moreira	Individual	03:07:10	+01:09:58	08:08	
257	1579	Fernando Leite	TIT - Tintas Isaval Team	03:07:20	+01:10:08	08:09	
258	1439	Gerson Alves	KeMedo Team	03:07:25	+01:10:13	08:09	
259	1484	EDMUNDO OLIVEIRA	NOCTURNOS DE PAREDES	03:07:34	+01:10:22	08:09	
260	1191	Jorge Marques	Grupo Desportivo Limpeza Urbana	03:07:53	+01:10:41	08:10	
261	1212	Mariana Silva Pereira	Individual	03:07:54	+01:10:42	08:10	
262	1204	Ricardo Costa	Habcarpintaria	03:08:03	+01:10:51	08:11	
263	1177	Filipe Coelho	GD Leões da Guarda - Lion Runners	03:09:02	+01:11:50	08:13	
264	1003	Vitor Osorio	#ATÉCHORAS!	03:09:10	+01:11:58	08:13	
265	1142	Luís Ferreira	Duros do Trail	03:09:12	+01:12:00	08:14	
266	1106	Mariana Isabel da Conceição Henriques	COA / Corvus Trail Team	03:09:13	+01:12:01	08:14	
267	1356	Nuno Fonseca	Individual	03:09:21	+01:12:09	08:14	

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	1517	Pedro Miguel Duarte Ferreira	PORTO SENTIDO RUNNERS	03:09:32	+01:12:20	08:14	
269	1583	Ana Sá Pinto	TOG associação running team	03:09:32	+01:12:20	08:14	
270	1337	José António Ferreira Amaral	Individual	03:10:01	+01:12:49	08:16	
271	1153	Tânia Silva	Feirense Trail	03:10:01	+01:12:49	08:16	
272	1427	António Carlos	Individual	03:10:49	+01:13:37	08:18	
273	1027	Tiago Gonçalves	Afifense Trail	03:11:02	+01:13:50	08:18	
274	1034	Lino Moreira	All About	03:11:03	+01:13:51	08:18	
275	1297	Maria do Carmo Loureiro	Individual	03:11:16	+01:14:04	08:19	
276	1261	Ricardo Nogueira	Individual	03:11:48	+01:14:36	08:20	
277	1259	Ricardo Mendonça	Individual	03:11:51	+01:14:39	08:20	
278	1585	Goreti Rocha	TOG associação running team	03:11:52	+01:14:40	08:21	
279	116	Pedro Marques	KeMedo Team	03:11:58	+01:14:46	08:21	
280	1017	José Duarte	ADABEM Running team	03:11:59	+01:14:47	08:21	
281	1301	Alberto Ferreira Leite	Individual	03:11:59	+01:14:47	08:21	
282	1591	Alexandre Vaqueiro	Trilhos dos Templários/ acr santa cita	03:12:20	+01:15:08	08:22	
283	1038	Alexandra Sofia Gonçalves Repolho	Alverca Urban Runners	03:12:21	+01:15:09	08:22	
284	1268	Rui Brandão	Individual	03:12:56	+01:15:44	08:23	
285	1209	Diana Cláudia Fernandes Cachada	SERRA D'AIRE TRAIL TEAM	03:13:09	+01:15:57	08:24	
286	1383	Alberto Fernandes	Individual	03:13:10	+01:15:58	08:24	
287	1389	Carlos Borges	Individual	03:13:15	+01:16:03	08:24	
288	1114	Pedro Costa	Coronado runners	03:13:26	+01:16:14	08:25	
289	1501	Nuno Paredinha	OLIMPICO VIANENSE	03:13:33	+01:16:21	08:25	
290	1500	Natalia Martins	OLIMPICO VIANENSE	03:13:33	+01:16:21	08:25	
291	1285	Paula Cristina Gualter Soares	Individual	03:13:50	+01:16:38	08:26	
292	1059	Júlio Costa	Ansibikers	03:14:02	+01:16:50	08:26	
293	1390	Coelho Bravo	Individual	03:14:03	+01:16:51	08:26	
294	1593	Jorge Nunes	Trilhos dos Templários/ acr santa cita	03:14:14	+01:17:02	08:27	
295	2651	José Júnior	Tog Associação Running Team	03:14:15	+01:17:03	08:27	
296	1210	joana Catarina Gomes de Sousa	Individual	03:14:19	+01:17:07	08:27	
297	1616	Eduardo Pinto	Piratas Running Team	03:14:21	+01:17:09	08:27	
298	1181	Elisabete Rocha	GONDOMAR FUTSAL CLUBE	03:14:22	+01:17:10	08:27	
299	1323	Eduardo Ribeiro	Individual	03:14:32	+01:17:20	08:27	
300	1511	David Sousa	Piratas Running Team	03:15:27	+01:18:15	08:30	
301	1088	Vítor Santos	CIN RUNNING TEAM	03:15:29	+01:18:17	08:30	
302	1215	Rita Freitas	Individual	03:15:31	+01:18:19	08:30	
303	1322	Eduardo Pinto	Individual	03:15:52	+01:18:40	08:31	
304	1263	Ricardo Silva	Individual	03:16:08	+01:18:56	08:32	
305	1203	Hugo Alexandre Palmeira Moreira	GTT- ARMAZÉM DO CAFFÈ	03:16:09	+01:18:57	08:32	
306	1331	João Araújo	Individual	03:16:11	+01:18:59	08:32	
307	1196	Maria João Simões	GRVilaverdense	03:16:23	+01:19:11	08:32	
308	1225	Dário Santos	Individual	03:16:24	+01:19:12	08:32	
309	1016	Fátima Teles	ADABEM Running team	03:16:31	+01:19:19	08:33	
310	1208	Ângela Raquel Machado Teles	Individual	03:17:15	+01:20:03	08:35	
311	1335	Jorge Bruno Coelho Mota	Individual	03:17:16	+01:20:04	08:35	
312	1449	Pedro Ferreira	Leões de Tardariz Trail	03:17:26	+01:20:14	08:35	
313	1488	Lisa O'Brien	OCS - Arrábida Trail Team	03:17:50	+01:20:38	08:36	

Official Timekeeper: Lap2Go	7 / 11	generate 20-mar-2022 14:21
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TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
314	1505	Clara Teixeira	Os Preguiças Team	03:17:56	+01:20:44	08:36	
315	1397	Henrique Silva	Individual	03:18:08	+01:20:56	08:37	
316	1416	Paulo Silva	Individual	03:18:27	+01:21:15	08:38	
317	1540	Rui Oliveira	S4L / MEDENSE FC	03:18:31	+01:21:19	08:38	
318	1277	Belém Marques	Individual	03:18:44	+01:21:32	08:38	
319	1401	José Luís da Silva Lopes	Individual	03:18:46	+01:21:34	08:39	
320	1536	Carla Sofia Fonseca Neves	S4L / MEDENSE FC	03:18:52	+01:21:40	08:39	
321	1228	Fábio Fonseca	Individual	03:19:26	+01:22:14	08:40	
322	1031	Ricardo Paulo	Afifense Trail	03:19:52	+01:22:40	08:41	
323	1002	Rui Manuel da Costa Teixeira	#ATÉCHORAS!	03:20:04	+01:22:52	08:42	
324	1242	Jorge Oliveira	Individual	03:20:18	+01:23:06	08:43	
325	1602	Carlos Gabriel Gomes Rodrigues	Vale Correr	03:20:18	+01:23:06	08:43	
326	1201	João Namora	GRVilaverdense	03:20:35	+01:23:23	08:43	
327	1180	Manuel Silva	GONDOMAR FUTSAL CLUBE	03:21:07	+01:23:55	08:45	
328	1296	Margarida neves	Individual	03:21:28	+01:24:16	08:46	
329	1005	Helena Cerqueira	ACRA RUNNING	03:22:00	+01:24:48	08:47	
330	1326	Filipe Ferreira	Individual	03:22:00	+01:24:48	08:47	
331	1546	Paulo Freitas	S4L / MEDENSE FC	03:22:01	+01:24:49	08:47	
332	1409	Manuel Fernando Lopes Domingues	Individual	03:22:02	+01:24:50	08:47	
333	1403	José Mesquita	Individual	03:23:48	+01:26:36	08:52	
334	1399	Jorge Azevedo	Individual	03:23:53	+01:26:41	08:52	
335	1101	ALVARO LUIS MONTEIRO PINTO	Clube Millennium BCP	03:24:16	+01:27:04	08:53	
336	1451	Manuel Oliveira	Leões de Tardariz Trail	03:24:18	+01:27:06	08:53	
337	1007	Susana Ferreira	ACRA RUNNING	03:24:19	+01:27:07	08:53	
338	1159	David Manuel Neves de Sousa	FidelidadeGDC	03:24:23	+01:27:11	08:53	
339	1267	Rui Botelho	Individual	03:24:26	+01:27:14	08:53	
340	1471	Cesar Neves	Manitowoc	03:24:39	+01:27:27	08:54	
341	1150	Alice Couto	EQUIPA A	03:24:49	+01:27:37	08:54	
342	1207	Ana Catarina Neves	Individual	03:24:52	+01:27:40	08:54	
343	1127	Tália Martins	DCI/Trilhos Luso Bussaco	03:24:58	+01:27:46	08:55	
344	1175	Fátima Vieira	GD Leões da Guarda - Lion Runners	03:25:03	+01:27:51	08:55	
345	1317	Daniel Silva	Individual	03:25:10	+01:27:58	08:55	
346	1581	Tiago Pinto	TOG associação running team	03:25:15	+01:28:03	08:55	
347	1561	Paula Teixeira	Sportarc	03:25:32	+01:28:20	08:56	
348	1243	Jose Goncalves	Individual	03:25:35	+01:28:23	08:56	
349	1009	Silvia Marinho	AD Marco 09	03:25:58	+01:28:46	08:57	
350	1605	Catarina Regalo	Viriathus Runners Viseu	03:26:15	+01:29:03	08:58	
351	1227	Diogo Pereira da Costa	Individual	03:26:16	+01:29:04	08:58	
352	1116	Valter Silva14_03_1971	Individual	03:27:04	+01:29:52	09:00	
353	1438	Sandra Martins	KeMedo Team	03:27:17	+01:30:05	09:01	
354	1327	Hélder Ribeiro Agostinho	Individual	03:27:51	+01:30:39	09:02	
355	1444	Jorge Esteves	KeMedo Team	03:27:58	+01:30:46	09:03	
356	1115	Rui Silva	Coronado runners	03:29:06	+01:31:54	09:05	
357	1572	Tiago Dias	TEAM LANTEMIL	03:29:08	+01:31:56	09:06	
358	1485	LUCIO GOMES	NOCTURNOS DE PAREDES	03:29:19	+01:32:07	09:06	
359	1373	Robert Tavares	Individual	03:29:51	+01:32:39	09:07	

TRILHOS 23K - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
360	1531	Americo Fonseca	Running Esmoriz	03:30:48	+01:33:36	09:10	
361	1281	Manuela Monteiro	Individual	03:30:51	+01:33:39	09:10	
362	1446	Alda Cordeiro	Ladecasa	03:30:55	+01:33:43	09:10	
363	1386	António Dinis	Individual	03:31:00	+01:33:48	09:10	
364	1421	Rui Neves	Individual	03:31:01	+01:33:49	09:10	
365	1320	Duarte Madureira	Individual	03:31:25	+01:34:13	09:12	
366	1230	Filipe Sousa	Individual	03:31:41	+01:34:29	09:12	
367	1411	Olegário Oliveira	Individual	03:31:55	+01:34:43	09:13	
368	1040	Isabel Conceição	Alverca Urban Runners	03:32:02	+01:34:50	09:13	
369	1194	Antonio Madureira	Grupo Desportivo Limpeza Urbana	03:32:09	+01:34:57	09:13	
370	1353	Nelson Silva	Individual	03:32:39	+01:35:27	09:15	
371	1422	Rui Peixoto	Individual	03:32:46	+01:35:34	09:15	
372	1158	Ana Cristina Sousa Bessa	FidelidadeGDC	03:33:14	+01:36:02	09:16	
373	1387	António Gomes da Silva	Individual	03:33:15	+01:36:03	09:16	
374	1255	Pedro Marques	Individual	03:33:56	+01:36:44	09:18	
375	1288	Solange Sousa	Individual	03:34:03	+01:36:51	09:18	
376	1044	Alvaro Manuel Gonçalves Lente	Alverca Urban Runners	03:34:07	+01:36:55	09:19	
377	1213	Marta Sofia Alves Gonçalves	Individual	03:34:36	+01:37:24	09:20	
378	1250	Nelson Ribeiro	Individual	03:34:38	+01:37:26	09:20	
379	1258	Ricardo Jorge Vieira Peixoto	Individual	03:34:40	+01:37:28	09:20	
380	1211	Joana Tomás	Individual	03:34:46	+01:37:34	09:20	
381	1111	Andreia Barbosa	Coronado runners	03:35:11	+01:37:59	09:21	
382	1178	Miguel Mendes	GD Leões da Guarda - Lion Runners	03:35:23	+01:38:11	09:22	
383	1576	Luis Ferreira Gomes	TEAM LANTEMIL	03:35:36	+01:38:24	09:22	
384	1357	Nuno Marques	Individual	03:35:54	+01:38:42	09:23	
385	1448	Luís Martins	Leões de Tardariz Trail	03:35:58	+01:38:46	09:23	
386	1093	Pedro Dias	CLAC Entroncamento	03:35:59	+01:38:47	09:23	
387	1410	Manuel Moreira	Individual	03:36:00	+01:38:48	09:23	
388	1491	Márcio Ferreira	OiãRunners	03:36:07	+01:38:55	09:24	
389	1173	Norberto Aguiar	GD Leões da Guarda - Lion Runners	03:37:37	+01:40:25	09:28	
390	1217	André Rodrigues	Individual	03:38:09	+01:40:57	09:29	
391	1170	João Nunes	Gansos	03:38:33	+01:41:21	09:30	
392	1512	José Gonçalves	Piscinas Ramos/Artshirt	03:38:45	+01:41:33	09:31	
393	1470	Isabel Mariani	MAIA RUNNERS	03:38:58	+01:41:46	09:31	
394	1391	Eduardo Nascimento	Individual	03:39:12	+01:42:00	09:32	
395	1510	Paulo Genesio	PCRUNNERS	03:39:42	+01:42:30	09:33	
396	1224	Bruno Rocha	Individual	03:39:50	+01:42:38	09:33	
397	1266	Rui Barros	Individual	03:39:50	+01:42:38	09:33	
398	1431	João Pedro p r m silva	Individual	03:39:51	+01:42:39	09:34	
399	1311	António Santos	Individual	03:39:51	+01:42:39	09:34	
400	1300	Silvia Coelho	Individual	03:40:46	+01:43:34	09:36	
401	1606	José Faro	Viseu 360	03:40:47	+01:43:35	09:36	
402	1590	Mafalda Duarte	Trilhos dos Templários/ acr santa cita	03:41:05	+01:43:53	09:37	
403	1070	Gabriel Carneiro	Aves Runners	03:41:21	+01:44:09	09:37	
404	1124	Clara Santos	DCI/Trilhos Luso Bussaco	03:41:32	+01:44:20	09:38	
405	1303	Soledade sousa	KeMedo Team	03:41:32	+01:44:20	09:38	

TRILHOS 23K - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
406	1415	Paulo Ribeiro	Individual	03:41:49	+01:44:37	09:39	
407	1559	Isabel Brandão	Sportarc	03:42:35	+01:45:23	09:41	
408	1595	Marco Soares	Trilhos dos Templários/ acr santa cita	03:42:48	+01:45:36	09:41	
409	1249	Miguel Ângelo Carneiro de Sousa	Individual	03:42:49	+01:45:37	09:41	
410	1465	Soraia Sousa	Lusavouga CIDEP Trail Running	03:43:09	+01:45:57	09:42	
411	1466	Carlos Moreira	Lusavouga CIDEP Trail Running	03:43:09	+01:45:57	09:42	
412	1426	alipio lopes	Individual	03:43:15	+01:46:03	09:42	
413	1046	Paulo Lopes	Alverca Urban Runners	03:43:34	+01:46:22	09:43	
414	1504	Alexandra Fernandes	Oralklass - Amigos Do Trail	03:44:05	+01:46:53	09:45	
415	1283	Patrícia Rocha	Individual	03:44:52	+01:47:40	09:47	
416	1078	Sérgio Manuel Azevedo Fernandes	BTT 9:15 LOURO	03:45:47	+01:48:35	09:49	
417	1423	Rui Silva	Individual	03:47:48	+01:50:36	09:54	
418	1214	Mirela Costa	Individual	03:47:50	+01:50:38	09:54	
419	1125	Helena Lopes	DCI/Trilhos Luso Bussaco	03:48:08	+01:50:56	09:55	
420	1566	Elisabete Lourenço	Tálenos Team	03:49:18	+01:52:06	09:58	
421	1023	Sérgio Moura	ADC Santa Isabel Trail Running	03:49:34	+01:52:22	09:59	
422	1021	Andreia Moura	ADC Santa Isabel Trail Running	03:49:34	+01:52:22	09:59	
423	1316	Cristiano Ribeiro Gomes	Individual	03:51:16	+01:54:04	10:03	
424	1253	Pedro Augusto Gonçalves Carneiro	Individual	03:51:39	+01:54:27	10:04	
425	1068	Eduardo Santos	A-Team	03:51:39	+01:54:27	10:04	
426	1102	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	03:51:54	+01:54:42	10:05	
427	1396	FRANCISCO NETO	Individual	03:52:01	+01:54:49	10:05	
428	1060	Isabel Madeira	ARCD Venda da Luísa	03:52:07	+01:54:55	10:06	
429	1055	João Simões	Amigos 100 Limites	03:52:56	+01:55:44	10:08	
430	1061	Paulo Loureiro	ARJ MURO	03:53:24	+01:56:12	10:09	
431	1190	fernando rocha16	GRUPO DESPORTIVO LEÕES DO VENEZA	03:54:04	+01:56:52	10:11	
432	1482	António Rocha	MSS Contabilidade Trail Team	03:54:04	+01:56:52	10:11	
433	1286	Paula Cruz	GONDOMAR FUTSAL CLUBE	03:54:16	+01:57:04	10:11	
434	1402	Jose Madureira	Individual	03:54:23	+01:57:11	10:11	
435	1336	Jorge Miguel Gonçalves Sarraguça	Individual	03:54:28	+01:57:16	10:12	
436	1184	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	03:54:38	+01:57:26	10:12	
437	1192	Nuno Costa	Grupo Desportivo Limpeza Urbana	03:57:35	+02:00:23	10:20	
438	1193	Rui Pinto	Grupo Desportivo Limpeza Urbana	03:57:35	+02:00:23	10:20	
439	1532	Ana Lúcia Simões de oliveira	S C Povoense - caracóis de corrida	03:58:07	+02:00:55	10:21	
440	1404	José Oliveira	Individual	03:58:09	+02:00:57	10:21	
441	1479	Helder Silva	Moreira Relax Runners	03:58:18	+02:01:06	10:22	
442	1408	Luis Paulo Silva Ferreira	Individual	03:59:43	+02:02:31	10:25	
443	1042	Margarida Monteiro	Alverca Urban Runners	04:00:06	+02:02:54	10:26	
444	1392	Elizeu ribeiro gomes	Individual	04:00:08	+02:02:56	10:26	
445	1455	Sónia Brás	Linces do Marão	04:01:08	+02:03:56	10:29	
446	1437	Liliana Vieira	KeMedo Team	04:01:21	+02:04:09	10:30	
447	1445	Luis Gomes	KeMedo Team	04:01:22	+02:04:10	10:30	
448	1205	Duarte Malheiro	Hjk Gaia	04:01:53	+02:04:41	10:31	
449	1394	Fernando Rodrigues	Individual	04:02:03	+02:04:51	10:31	
450	1333	João Pedro Valente Serdoura Santos	Individual	04:02:03	+02:04:51	10:31	

TRILHOS 23K - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
451	1542	Rosa Costa	Individual	04:04:13	+02:07:01	10:37	
452	1235	João Laranjo	Individual	04:04:45	+02:07:33	10:38	
453	1071	Carla Lopes	Baguim Outdoor Activities (BOA`S)	04:06:04	+02:08:52	10:42	
454	1073	Ricardo Pinto	Baguim Outdoor Activities (BOA`S)	04:06:04	+02:08:52	10:42	
455	1072	Teresa Silva	Baguim Outdoor Activities (BOA`S)	04:06:04	+02:08:52	10:42	
456	1556	Rosa Tavares	SosenseTrailTeam-Braga&Fernandes	04:06:05	+02:08:53	10:42	
457	1298	Maria fatima marques Ribeiro	Individual	04:06:59	+02:09:47	10:44	
458	1206	Mário Pereira	Hjk Gaia	04:11:38	+02:14:26	10:56	
459	1554	António Pinheiro	SIM Summit	04:12:05	+02:14:53	10:58	
460	1567	Cremilde Raposo	Tálenos Team	04:13:02	+02:15:50	11:00	
461	1278	Carla Azevedo	Individual	04:13:18	+02:16:06	11:01	
462	1609	Rui Ferreira	Individual	04:14:18	+02:17:06	11:03	
463	1608	José Silva	Individual	04:14:19	+02:17:07	11:03	
464	1086	Amitaf Costa	CHAVES RUNNING TEAM	04:14:29	+02:17:17	11:04	
465	1312	Artur Fonseca	Individual	04:15:59	+02:18:47	11:08	
466	1290	Ana Silva	Individual	04:16:09	+02:18:57	11:08	
467	1282	maria luisa	Individual	04:16:31	+02:19:19	11:09	
468	1424	Valter Filipe Silva	CORRER LEÇA	04:16:50	+02:19:38	11:10	
469	1039	Carla Alexandra Sousa Carvalho	Alverca Urban Runners	04:17:12	+02:20:00	11:11	
470	1607	Dinis Martins	Viseu Running Team	04:24:20	+02:27:08	11:30	
471	1464	Pedro Tavares	Los Manos	04:28:06	+02:30:54	11:39	
472	1463	Paulo Oliveira	Los Manos	04:28:06	+02:30:54	11:39	
473	1611	Margarida Dantas	Team Lantemil	04:28:44	+02:31:32	11:41	
474	1185	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	04:29:01	+02:31:49	11:42	
475	1321	Eduardo Jorge Monteiro Benigno	Individual	04:33:47	+02:36:35	11:54	
476	1529	Luís Oliveira	Running Esmoriz	04:35:36	+02:38:24	11:59	
477	1528	Cristiana Pinto	Running Esmoriz	04:35:46	+02:38:34	11:59	
478	1041	Patrícia Marta	Alverca Urban Runners	04:37:17	+02:40:05	12:03	
479	1048	Pedro Sardinha	Alverca Urban Runners	04:37:26	+02:40:14	12:04	
480	1083	Domingos Faustino	Centro Cultural da STCP	04:37:47	+02:40:35	12:05	
481	1603	Joao Pinheiro	Valongo Trail Team	04:37:48	+02:40:36	12:05	
482	1493	Carlos Manuel Lemos Silva Martins	OiãRunners	04:46:07	+02:48:55	12:26	
483	1043	Graça Nobre	Alverca Urban Runners	04:46:42	+02:49:30	12:28	
484	1363	Pedro Leite	Individual	04:47:40	+02:50:28	12:30	
485	1539	Pedro Filipe Soares	S4L / MEDENSE FC	04:51:46	+02:54:34	12:41	
486	1151	Carla Vasconcelos	Exploradores Vasconcelos	04:53:26	+02:56:14	12:45	
487	1152	Pedro Vasconcelos	Exploradores Vasconcelos	04:53:27	+02:56:15	12:46	
488	1128	Elisia Gonçalves	Desnível Positivo	04:59:06	+03:01:54	13:00	
489	1276	Angela Araujo	Individual	04:59:07	+03:01:55	13:00	
490	1418	Pedro Perpétua	Individual	04:59:07	+03:01:55	13:00	

Trilhos 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	13,7°C	64%
End	13:59	13,7°C	64%

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

1	1503	Maria Gonçalves	Oralklass - Amigos Do Trail	Senior Feminino	02:30:27	+33:14	06:32
2	1550	Ana Melo	Saca trilhos anadia	Senior Feminino	02:46:33	+49:21	07:14
3	1118	Cláudia Figueira	Damira Trail Team	Senior Feminino	02:46:50	+49:37	07:15
4	1119	Fernanda Machado	Damira Trail Team	Senior Feminino	02:49:37	+52:25	07:22
5	1525	Sandra Garrido	Runners do Demo	Senior Feminino	02:50:14	+53:02	07:24
6	1130	Gabriela Fonseca	DiVE - INTO THE MOUNTAINS	Senior Feminino	02:55:23	+58:11	07:38
7	1172	Patricia Fernandes	GD Leões da Guarda - Lion Runners	Senior Feminino	03:01:20	+01:04:07	07:53
8	1212	Mariana Silva Pereira	Individual	Senior Feminino	03:07:54	+01:10:42	08:10
9	1106	Mariana Isabel da Conceição Henriques	COA / Corvus Trail Team	Senior Feminino	03:09:13	+01:12:00	08:14
10	1153	Tânia Silva	Feirense Trail	Senior Feminino	03:10:01	+01:12:48	08:16
11	1209	Diana Cláudia Fernandes Cachada	SERRA D'AIRE TRAIL TEAM	Senior Feminino	03:13:09	+01:15:56	08:24
12	1210	joana Catarina Gomes de Sousa	Individual	Senior Feminino	03:14:19	+01:17:07	08:27
13	1215	Rita Freitas	Individual	Senior Feminino	03:15:31	+01:18:18	08:30
14	1016	Fátima Teles	ADABEM Running team	Senior Feminino	03:16:31	+01:19:19	08:33
15	1208	Ângela Raquel Machado Teles	Individual	Senior Feminino	03:17:15	+01:20:02	08:35
16	1505	Clara Teixeira	Os Preguiças Team	Senior Feminino	03:17:56	+01:20:44	08:36
17	1536	Carla Sofia Fonseca Neves	S4L / MEDENSE FC	Senior Feminino	03:18:52	+01:21:40	08:39
18	1005	Helena Cerqueira	ACRA RUNNING	Senior Feminino	03:22:00	+01:24:47	08:47
19	1207	Ana Catarina Neves	Individual	Senior Feminino	03:24:52	+01:27:39	08:54
20	1009	Silvia Marinho	AD Marco 09	Senior Feminino	03:25:58	+01:28:46	08:57
21	1213	Marta Sofia Alves Gonçalves	Individual	Senior Feminino	03:34:36	+01:37:23	09:20
22	1211	Joana Tomás	Individual	Senior Feminino	03:34:46	+01:37:33	09:20
23	1111	Andreia Barbosa	Coronado runners	Senior Feminino	03:35:11	+01:37:59	09:21
24	1465	Soraia Sousa	Lusavouga CIDEP Trail Running	Senior Feminino	03:43:09	+01:45:56	09:42
25	1214	Mirela Costa	Individual	Senior Feminino	03:47:50	+01:50:37	09:54
26	1437	Liliana Vieira	KeMedo Team	Senior Feminino	04:01:21	+02:04:09	10:30
27	1528	Cristiana Pinto	Running Esmoriz	Senior Feminino	04:35:46	+02:38:33	11:59
28	1151	Carla Vasconcelos	Exploradores Vasconcelos	Senior Feminino	04:53:26	+02:56:13	12:45

Senior Masculino

1	1148	Eurico Pereira	EDV Viana Trail	Senior Masculino	01:58:51	+01:39	05:10
2	1147	Bruno Pereira	EDV Viana Trail	Senior Masculino	02:01:53	+04:41	05:18
3	1477	Vitor Carvalho	Minho e Lima Trail/Grupo Monte	Senior Masculino	02:03:32	+06:20	05:22
4	1475	Joel Pereira	Minho e Lima Trail/Grupo Monte	Senior Masculino	02:06:48	+09:35	05:31
5	1132	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:07:16	+10:03	05:32
6	1589	LÚCIO JOSÉ EDUARDO DURÃO CARRILHO	Trilhos dos Templários/ acr santa cita	Senior Masculino	02:07:31	+10:18	05:33

Official Timekeeper: Lap2Go	1 / 12	generate 20-mar-2022 14:22
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Trilhos 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

7	1084	José Alves	Centro de Trail Carlos Sá Penacova Team	Senior Masculino	02:07:59	+10:46	05:34
8	1519	Fernando Neves	Retorta - Quinta das Arcas	Senior Masculino	02:08:16	+11:04	05:35
9	1496	Nuno Branco	OLIMPICO VIANENSE	Senior Masculino	02:08:43	+11:30	05:36
10	1262	Ricardo Rego	Individual	Senior Masculino	02:09:32	+12:20	05:38
11	1144	Hélder Franco	EDL Trail	Senior Masculino	02:10:42	+13:29	05:41
12	1012	Sérgio Carneiro	AD Marco 09	Senior Masculino	02:13:39	+16:26	05:49
13	1136	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	02:13:54	+16:41	05:49
14	1064	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Senior Masculino	02:18:56	+21:43	06:02
15	1557	Marcos Ribeiro	Sport Clube Freamunde	Senior Masculino	02:19:28	+22:16	06:04
16	1614	José Capitão	Minho e Lima Trail/Grupo Monte	Senior Masculino	02:20:09	+22:57	06:06
17	1171	Luciano Gonçalves Faria	GD Castelense	Senior Masculino	02:21:31	+24:18	06:09
18	1226	Dino Bento	Individual	Senior Masculino	02:22:46	+25:34	06:12
19	1052	André Carneiro	Amigos 100 Limites	Senior Masculino	02:23:52	+26:40	06:15
20	1137	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	02:24:40	+27:27	06:17
21	1076	André Silva L	BOAVISTA TRAIL	Senior Masculino	02:26:02	+28:50	06:21
22	1474	Filipe Correia	Minho e Lima Trail/Grupo Monte	Senior Masculino	02:26:06	+28:54	06:21
23	1573	Tiago Pinheiro	TEAM LANTEMIL	Senior Masculino	02:26:11	+28:59	06:21
24	1240	Jorge Gonçalves	Individual	Senior Masculino	02:26:36	+29:23	06:22
25	1033	João Costa	AirLux - Nda	Senior Masculino	02:26:48	+29:36	06:23
26	1269	Tiago Alves	SERRA D'AIRE TRAIL TEAM	Senior Masculino	02:28:08	+30:55	06:26
27	1219	Bruno Correia	Individual	Senior Masculino	02:29:36	+32:23	06:30
28	1245	José Silva	Individual	Senior Masculino	02:30:06	+32:53	06:32
29	1538	Nuno Barros	S4L / MEDENSE FC	Senior Masculino	02:30:10	+32:57	06:32
30	1246	Luis Gomes	Individual	Senior Masculino	02:30:54	+33:41	06:34
31	1053	Fábio Moreira	Amigos 100 Limites	Senior Masculino	02:32:06	+34:54	06:37
32	1256	Pedro VALE	EDL Trail	Senior Masculino	02:32:37	+35:24	06:38
33	1604	Daniel Fernandes	vimarunners	Senior Masculino	02:33:38	+36:26	06:41
34	1143	Carlos Taveira	EDL Trail	Senior Masculino	02:34:06	+36:53	06:42
35	1251	Paulo Aroso	Individual	Senior Masculino	02:34:09	+36:56	06:42
36	1010	Filipe Mota	AD Marco 09	Senior Masculino	02:34:19	+37:07	06:43
37	1515	Ricardo Leal	Pó reforço trail team	Senior Masculino	02:35:35	+38:22	06:46
38	1081	luciano silva	Cabritos Saltadores	Senior Masculino	02:35:36	+38:23	06:46
39	1497	Pedro Lopes	OLIMPICO VIANENSE	Senior Masculino	02:35:41	+38:28	06:46
40	1233	Gonçalo Silva	Individual	Senior Masculino	02:35:51	+38:38	06:47
41	1580	Eduardo Neto	TOG associação running team	Senior Masculino	02:35:58	+38:45	06:47
42	1264	Romeu Martins de Matos	Individual	Senior Masculino	02:40:15	+43:02	06:58
43	1565	Miguel Ângelo da Silva Raposo	Talentos Team	Senior Masculino	02:42:55	+45:43	07:05
44	1238	Joaquim Domingos Lopes Alves	Individual	Senior Masculino	02:44:29	+47:17	07:09
45	1075	André Silva	BOAVISTA TRAIL	Senior Masculino	02:44:48	+47:35	07:10
46	1241	Jorge Lima	Individual	Senior Masculino	02:45:39	+48:27	07:12
47	1011	José Mário Teixeira Nogueira	AD Marco 09	Senior Masculino	02:45:51	+48:39	07:13
48	1054	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	02:45:59	+48:46	07:13
49	1026	Simão Ferreira	ADEPE	Senior Masculino	02:46:10	+48:57	07:13
50	1232	Gonçalo Antunes	Individual	Senior Masculino	02:48:25	+51:13	07:19
51	1247	Luis Mendes	Individual	Senior Masculino	02:49:18	+52:05	07:22
52	1523	Victor Vital	Reumáticos da Bila	Senior Masculino	02:49:55	+52:42	07:23

Official Timekeeper: Lap2Go	2 / 12	generate 20-mar-2022 14:22
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Trilhos 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

53	1025	Carlos Ribeiro	ADEPE	Senior Masculino	02:49:57	+52:44	07:23
54	1514	Pedro Coelho	Pó reforço trail team	Senior Masculino	02:50:00	+52:47	07:23
55	1222	Bruno Filipe Ferraz Pinto	Individual	Senior Masculino	02:50:08	+52:55	07:24
56	1558	Nelson Vilela	Sport Clube Freamunde	Senior Masculino	02:50:40	+53:27	07:25
57	1223	Bruno Miguel Oliveira Bernardes	Individual	Senior Masculino	02:50:53	+53:41	07:26
58	1541	Sandro Pinheiro	S4L / MEDENSE FC	Senior Masculino	02:51:59	+54:46	07:29
59	1067	Bruno Dias	A-Team	Senior Masculino	02:52:13	+55:01	07:29
60	1006	Vitor Gomes	ACRA RUNNING	Senior Masculino	02:52:58	+55:46	07:31
61	1237	João Ribeiro	Individual	Senior Masculino	02:53:42	+56:30	07:33
62	1598	Bruno Ferreira	Turbo Kings 2.0/ AD Ancede	Senior Masculino	02:53:50	+56:37	07:33
63	1600	Tony Ancede	Turbo Kings 2.0/ AD Ancede	Senior Masculino	02:53:50	+56:38	07:33
64	1216	André Araújo	Individual	Senior Masculino	02:54:18	+57:06	07:35
65	1133	Guilherme António Torres Coelho	Dudos do Trail	Senior Masculino	02:54:41	+57:29	07:36
66	1513	Miguel Fernando Silva e Sousa	Pó reforço trail team	Senior Masculino	02:54:49	+57:36	07:36
67	1571	Rogério Oliveira	TEAM LANTEMIL	Senior Masculino	02:56:40	+59:28	07:41
68	1260	Ricardo Moutinho	Individual	Senior Masculino	02:57:50	+01:00:37	07:44
69	1574	Vitor Silva	TEAM LANTEMIL	Senior Masculino	02:58:22	+01:01:10	07:45
70	1257	Ramiro Costa	Individual	Senior Masculino	02:58:41	+01:01:29	07:46
71	1244	José Rocha	Individual	Senior Masculino	03:00:12	+01:02:59	07:50
72	1229	Filipe Lima	Individual	Senior Masculino	03:00:57	+01:03:45	07:52
73	1218	Bertrand MARTIN	Individual	Senior Masculino	03:01:44	+01:04:32	07:54
74	1270	Tiago Vieira	Individual	Senior Masculino	03:05:08	+01:07:56	08:03
75	1254	Pedro Filipe Costa Araújo	Individual	Senior Masculino	03:06:05	+01:08:52	08:05
76	1486	SAMUEL SANTOS	NOCTURNOS DE PAREDES	Senior Masculino	03:06:35	+01:09:22	08:07
77	1024	Tiago Cruz	ADC SÃO JACINTO	Senior Masculino	03:06:35	+01:09:23	08:07
78	1484	EDMUNDO OLIVEIRA	NOCTURNOS DE PAREDES	Senior Masculino	03:07:34	+01:10:22	08:09
79	1204	Ricardo Costa	Habcarpintaria	Senior Masculino	03:08:03	+01:10:51	08:11
80	1517	Pedro Miguel Duarte Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	03:09:32	+01:12:19	08:14
81	1027	Tiago Gonçalves	Afifense Trail	Senior Masculino	03:11:02	+01:13:50	08:18
82	1261	Ricardo Nogueira	Individual	Senior Masculino	03:11:48	+01:14:35	08:20
83	1259	Ricardo Mendonça	Individual	Senior Masculino	03:11:51	+01:14:38	08:20
84	1017	José Duarte	ADABEM Running team	Senior Masculino	03:11:59	+01:14:46	08:21
85	1268	Rui Brandão	Individual	Senior Masculino	03:12:56	+01:15:43	08:23
86	1263	Ricardo Silva	Individual	Senior Masculino	03:16:08	+01:18:55	08:32
87	1225	Dário Santos	Individual	Senior Masculino	03:16:24	+01:19:12	08:32
88	1540	Rui Oliveira	S4L / MEDENSE FC	Senior Masculino	03:18:31	+01:21:19	08:38
89	1228	Fábio Fonseca	Individual	Senior Masculino	03:19:26	+01:22:13	08:40
90	1242	Jorge Oliveira	Individual	Senior Masculino	03:20:18	+01:23:05	08:43
91	1602	Carlos Gabriel Gomes Rodrigues	Vale Correr	Senior Masculino	03:20:18	+01:23:05	08:43
92	1180	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:21:07	+01:23:55	08:45
93	1267	Rui Botelho	Individual	Senior Masculino	03:24:26	+01:27:13	08:53
94	1581	Tiago Pinto	TOG associação running team	Senior Masculino	03:25:15	+01:28:02	08:55
95	1243	Jose Goncalves	Individual	Senior Masculino	03:25:35	+01:28:22	08:56
96	1227	Diogo Pereira da Costa	Individual	Senior Masculino	03:26:16	+01:29:04	08:58
97	1572	Tiago Dias	TEAM LANTEMIL	Senior Masculino	03:29:08	+01:31:56	09:06
98	1485	LUCIO GOMES	NOCTURNOS DE PAREDES	Senior Masculino	03:29:19	+01:32:07	09:06

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Trilhos 23K

23 KM

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99	1230	Filipe Sousa	Individual	Senior Masculino	03:31:41	+01:34:29	09:12
100	1255	Pedro Marques	Individual	Senior Masculino	03:33:56	+01:36:43	09:18
101	1250	Nelson Ribeiro	Individual	Senior Masculino	03:34:38	+01:37:25	09:20
102	1258	Ricardo Jorge Vieira Peixoto	Individual	Senior Masculino	03:34:40	+01:37:28	09:20
103	1093	Pedro Dias	CLAC Entroncamento	Senior Masculino	03:35:59	+01:38:46	09:23
104	1173	Norberto Aguiar	GD Leões da Guarda - Lion Runners	Senior Masculino	03:37:37	+01:40:24	09:28
105	1217	André Rodrigues	Individual	Senior Masculino	03:38:09	+01:40:57	09:29
106	1224	Bruno Rocha	Individual	Senior Masculino	03:39:50	+01:42:38	09:33
107	1266	Rui Barros	Individual	Senior Masculino	03:39:50	+01:42:38	09:33
108	1070	Gabriel Carneiro	Aves Runners	Senior Masculino	03:41:21	+01:44:09	09:37
109	1249	Miguel Ângelo Carneiro de Sousa	Individual	Senior Masculino	03:42:49	+01:45:36	09:41
110	1253	Pedro Augusto Gonçalves Carneiro	Individual	Senior Masculino	03:51:39	+01:54:26	10:04
111	1055	João Simões	Amigos 100 Limites	Senior Masculino	03:52:56	+01:55:43	10:08
112	1235	João Laranjo	Individual	Senior Masculino	04:04:45	+02:07:32	10:38
113	1529	Luís Oliveira	Running Esmoriz	Senior Masculino	04:35:36	+02:38:23	11:59
114	1539	Pedro Filipe Soares	S4L / MEDENSE FC	Senior Masculino	04:51:46	+02:54:34	12:41
115	1152	Pedro Vasconcelos	Exploradores Vasconcelos	Senior Masculino	04:53:27	+02:56:14	12:46

Sub 23 Feminino

1	1498	Ana Domingues	OLIMPICO VIANENSE	Sub 23 Feminino	02:37:52	+40:40	06:52
2	1526	Maria Eduarda Lopes Leitão	Runners do Demo	Sub 23 Feminino	02:47:47	+50:34	07:18

Sub 23 Masculino

1	1167	Tiago Nobre Vieira	Furfor running project	Sub 23 Masculino	01:57:12	05:06
2	1166	Nuno Campos	Furfor Running Project	Sub 23 Masculino	01:57:23	+00:11 05:06
3	1165	Diogo Andrade Ferreira	Furfor Running Project	Sub 23 Masculino	02:12:18	+15:05 05:45
4	1275	Gonalo Pereira de Almeida	Individual	Sub 23 Masculino	02:19:03	+21:51 06:03
5	1274	Francisco Andrade Gonalves	Individual	Sub 23 Masculino	02:24:50	+27:37 06:18
6	1272	Alexandre Ribeiro	Individual	Sub 23 Masculino	02:30:56	+33:44 06:34
7	1100	BRUNO DE ARAUJO NOGUEIRA	Clube Millennium BCP	Sub 23 Masculino	02:35:39	+38:26 06:46
8	1162	Fantin Lucien	Frido Sem Limites	Sub 23 Masculino	02:42:11	+44:58 07:03
9	1273	Andr Lopes	Individual	Sub 23 Masculino	03:00:38	+01:03:26 07:51

Veterana F40

1	1499	Carla Pereira	OLIMPICO VIANENSE	Veterana F40	02:23:00	+25:48	06:13
2	1524	Daniela Soares	Run River Escola de Atletismo de Rio Tinto	Veterana F40	02:49:00	+51:47	07:21
3	1452	Sandrina Gomes	LETHES TRAIL TEAM	Veterana F40	02:53:28	+56:16	07:33
4	1112	Carla Duarte	Coronado runners	Veterana F40	02:56:13	+59:00	07:40
5	1601	Patrícia Palmeira	Ultimagem	Veterana F40	03:05:23	+01:08:10	08:04
6	1583	Ana Sá Pinto	TOG associação running team	Veterana F40	03:09:32	+01:12:19	08:14
7	1585	Goreti Rocha	TOG associação running team	Veterana F40	03:11:52	+01:14:39	08:21

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Trilhos 23K

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8	1038	Alexandra Sofia Gonçalves Repolho	Alverca Urban Runners	Veterana F40	03:12:21	+01:15:08	08:22
9	1500	Natalia Martins	OLIMPICO VIANENSE	Veterana F40	03:13:33	+01:16:20	08:25
10	1285	Paula Cristina Gualter Soares	Individual	Veterana F40	03:13:50	+01:16:38	08:26
11	1181	Elisabete Rocha	GONDOMAR FUTSAL CLUBE	Veterana F40	03:14:22	+01:17:10	08:27
12	1488	Lisa O'Brien	OCS - Arrábida Trail Team	Veterana F40	03:17:50	+01:20:38	08:36
13	1277	Belém Marques	Individual	Veterana F40	03:18:44	+01:21:32	08:38
14	1007	Susana Ferreira	ACRA RUNNING	Veterana F40	03:24:19	+01:27:07	08:53
15	1605	Catarina Regalo	Viriathus Runners Viseu	Veterana F40	03:26:15	+01:29:03	08:58
16	1438	Sandra Martins	KeMedo Team	Veterana F40	03:27:17	+01:30:04	09:01
17	1281	Manuela Monteiro	Individual	Veterana F40	03:30:51	+01:33:38	09:10
18	1040	Isabel Conceição	Alverca Urban Runners	Veterana F40	03:32:02	+01:34:50	09:13
19	1158	Ana Cristina Sousa Bessa	FidelidadeGDC	Veterana F40	03:33:14	+01:36:01	09:16
20	1288	Solange Sousa	Individual	Veterana F40	03:34:03	+01:36:50	09:18
21	1590	Mafalda Duarte	Trilhos dos Templários/ acr santa cita	Veterana F40	03:41:05	+01:43:53	09:37
22	1124	Clara Santos	DCI/Trilhos Luso Bussaco	Veterana F40	03:41:32	+01:44:19	09:38
23	1559	Isabel Brandão	Sportarc	Veterana F40	03:42:35	+01:45:22	09:41
24	1283	Patrícia Rocha	Individual	Veterana F40	03:44:52	+01:47:39	09:47
25	1125	Helena Lopes	DCI/Trilhos Luso Bussaco	Veterana F40	03:48:08	+01:50:56	09:55
26	1566	Elisabete Lourenço	Talentos Team	Veterana F40	03:49:18	+01:52:05	09:58
27	1021	Andreia Moura	ADC Santa Isabel Trail Running	Veterana F40	03:49:34	+01:52:21	09:59
28	1286	Paula Cruz	GONDOMAR FUTSAL CLUBE	Veterana F40	03:54:16	+01:57:03	10:11
29	1532	Ana Lúcia Simões de oliveira	S C Povoense - caracóis de corrida	Veterana F40	03:58:07	+02:00:55	10:21
30	1455	Sónia Brás	Linces do Marão	Veterana F40	04:01:08	+02:03:55	10:29
31	1071	Carla Lopes	Baguim Outdoor Activities (BOA`S)	Veterana F40	04:06:04	+02:08:51	10:42
32	1278	Carla Azevedo	Individual	Veterana F40	04:13:18	+02:16:06	11:01
33	1282	maria luisa	Individual	Veterana F40	04:16:31	+02:19:19	11:09
34	1039	Carla Alexandra Sousa Carvalho	Alverca Urban Runners	Veterana F40	04:17:12	+02:20:00	11:11
35	1611	Margarida Dantas	Team Lantemil	Veterana F40	04:28:44	+02:31:31	11:41
36	1041	Patrícia Marta	Alverca Urban Runners	Veterana F40	04:37:17	+02:40:04	12:03
37	1128	Elisia Gonçalves	Desnível Positivo	Veterana F40	04:59:06	+03:01:54	13:00
38	1276	Angela Araujo	Individual	Veterana F40	04:59:07	+03:01:54	13:00

Veterana F50

1	1294	Fátima Coelho	Individual	Veterana F50	02:44:54	+47:42	07:10
2	1292	Carla Santos	Saca trilhos anadia	Veterana F50	02:53:04	+55:52	07:32
3	1085	Céu Costa	CHAVES RUNNING TEAM	Veterana F50	03:03:12	+01:05:59	07:58
4	1293	Cristina Saraiva	Individual	Veterana F50	03:04:55	+01:07:43	08:02
5	1297	Maria do Carmo Loureiro	Individual	Veterana F50	03:11:16	+01:14:03	08:19
6	1196	Maria João Simões	GRVilaverdense	Veterana F50	03:16:23	+01:19:11	08:32
7	1296	Margarida neves	Individual	Veterana F50	03:21:28	+01:24:15	08:46
8	1150	Alice Couto	EQUIPA A	Veterana F50	03:24:49	+01:27:36	08:54
9	1127	Tália Martins	DCI/Trilhos Luso Bussaco	Veterana F50	03:24:58	+01:27:46	08:55
10	1175	Fátima Vieira	GD Leões da Guarda - Lion Runners	Veterana F50	03:25:03	+01:27:51	08:55

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Trilhos 23K

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11	1561	Paula Teixeira	Sportarc	Veterana F50	03:25:32	+01:28:19	08:56
12	1446	Alda Cordeiro	Ladecasa	Veterana F50	03:30:55	+01:33:43	09:10
13	1470	Isabel Mariani	MAIA RUNNERS	Veterana F50	03:38:58	+01:41:45	09:31
14	1300	Sílvia Coelho	Individual	Veterana F50	03:40:46	+01:43:34	09:36
15	1504	Alexandra Fernandes	Oralklass - Amigos Do Trail	Veterana F50	03:44:05	+01:46:53	09:45
16	1060	Isabel Madeira	ARCD Venda da Luísa	Veterana F50	03:52:07	+01:54:54	10:06
17	1042	Margarida Monteiro	Alverca Urban Runners	Veterana F50	04:00:06	+02:02:54	10:26
18	1542	Rosa Costa	Individual	Veterana F50	04:04:13	+02:07:01	10:37
19	1072	Teresa Silva	Baguim Outdoor Activities (BOA' S)	Veterana F50	04:06:04	+02:08:52	10:42
20	1556	Rosa Tavares	SosenseTrailTeam-Braga&Fernandes	Veterana F50	04:06:05	+02:08:52	10:42
21	1298	Maria fatima marques Ribeiro	Individual	Veterana F50	04:06:59	+02:09:46	10:44
22	1567	Cremilde Raposo	Tálenos Team	Veterana F50	04:13:02	+02:15:50	11:00
23	1290	Ana Silva	Individual	Veterana F50	04:16:09	+02:18:56	11:08

Veterana F60

1	1303	Soledade sousa	KeMedo Team	Veterana F60	03:41:32	+01:44:19	09:38
2	1086	Amitaf Costa	CHAVES RUNNING TEAM	Veterana F60	04:14:29	+02:17:17	11:04
3	1043	Graça Nobre	Alverca Urban Runners	Veterana F60	04:46:42	+02:49:30	12:28

Veterano M40

1	1310	Antonio Luis Pereira	Individual	Veterano M40	02:00:31	+03:19	05:14
2	1156	Paulo Pinto	Feirense Trail	Veterano M40	02:04:55	+07:42	05:26
3	1370	RICARDO PEREIRA	Feirense Trail	Veterano M40	02:11:35	+14:23	05:43
4	1120	Fernando Ribeiro	Damira Trail Team	Veterano M40	02:12:28	+15:15	05:46
5	1597	Ricardo Ferreira	Trilhos dos Templários/ acr santa cita	Veterano M40	02:13:03	+15:50	05:47
6	1096	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	02:13:05	+15:52	05:47
7	1140	João Santos	Dura-F1 Raceteam	Veterano M40	02:13:20	+16:07	05:48
8	1520	Eurico Emanuel Miranda Ferreira Moura	Retorta - Quinta das Arcas	Veterano M40	02:14:20	+17:08	05:50
9	1138	António Gomes	Dura-F1 Raceteam	Veterano M40	02:15:14	+18:01	05:53
10	1594	Luís Alexandre	Trilhos dos Templários/ acr santa cita	Veterano M40	02:15:45	+18:32	05:54
11	1564	Pedro Mendes	Talentos Objetivos	Veterano M40	02:19:35	+22:23	06:04
12	1456	Jorge Costa	Linces do Marão	Veterano M40	02:20:34	+23:21	06:07
13	1098	Ricardo Caldas	Clube Desportivo Escola de Santana	Veterano M40	02:21:27	+24:15	06:09
14	1309	Antonio Luis Ferreira Costa Antunes	Individual	Veterano M40	02:21:31	+24:18	06:09
15	1467	Filipe Pinho	Lusavouga CIDEP Trail Running	Veterano M40	02:22:05	+24:52	06:11
16	1342	Luís Miguel Pereira	Individual	Veterano M40	02:22:35	+25:23	06:12
17	1563	Hugo Marinho	Strendure Tunning Team	Veterano M40	02:25:25	+28:13	06:19
18	1508	ARNALDO JOSÉ ARAÚJO	PCRUNNERS	Veterano M40	02:25:40	+28:27	06:20
19	1066	Pedro Cardoso	ASSSCC - Ar Livre e Aventura	Veterano M40	02:25:45	+28:32	06:20

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Trilhos 23K

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20	1013	Bruno Moreira	AD Marco 09	Veterano M40	02:25:52	+28:39	06:21
21	1129	Eduardo xavier	Devasta Trilhos	Veterano M40	02:26:55	+29:43	06:23
22	1480	Ibraim Sousa	MSS Contabilidade Trail Team	Veterano M40	02:27:07	+29:54	06:24
23	1187	Luís Filipe de Almeida Guerra	Goodfellas	Veterano M40	02:27:21	+30:09	06:24
24	1315	Cristiano Ribeiro Gomes	Individual	Veterano M40	02:27:38	+30:25	06:25
25	1051	Gonçalo Torres	AMA-Ass.Mondim Atletismo	Veterano M40	02:28:06	+30:53	06:26
26	1341	Licínio Reis	Individual	Veterano M40	02:28:07	+30:55	06:26
27	1139	Filipe Fonseca	Dura-F1 Raceteam	Veterano M40	02:28:55	+31:42	06:28
28	1560	Carlos Prudencio	Sportarc	Veterano M40	02:28:55	+31:42	06:28
29	1018	João Alves	ADABEM Running team	Veterano M40	02:29:25	+32:13	06:30
30	1338	José Barbosa	Individual	Veterano M40	02:29:42	+32:29	06:31
31	1065	Nuno Coelho	ASSSCC - Ar Livre e Aventura	Veterano M40	02:30:07	+32:55	06:32
32	1001	Joao Lopes	#ATÉCHORAS!	Veterano M40	02:30:09	+32:57	06:32
33	1104	Antonio Pedro Teixeira	Clube Zupper	Veterano M40	02:30:34	+33:21	06:33
34	1596	Nuno Lopes	Trilhos dos Templários/ acr santa cita	Veterano M40	02:30:36	+33:23	06:33
35	1575	Rogério Torres	TEAM LANTEMIL	Veterano M40	02:30:47	+33:35	06:33
36	1145	Nuno Morais	EDL Trail	Veterano M40	02:30:49	+33:36	06:33
37	1090	Joaquim Correia	Cinfães a Correr	Veterano M40	02:30:49	+33:37	06:33
38	1460	Pedro Roxo	Lobos do Brunheiro de Chaves / Anteros	Veterano M40	02:32:03	+34:50	06:37
39	1032	Paulo Neta	AirLux - Nda	Veterano M40	02:32:50	+35:38	06:39
40	1468	João Tavares	Lusavouga CIDEP Trail Running	Veterano M40	02:33:55	+36:42	06:42
41	1502	João Miguel Tavares Garrido	opraticante.pt	Veterano M40	02:33:59	+36:47	06:42
42	1146	Samuel Bernad Pereira Amorim	EDL Trail	Veterano M40	02:34:20	+37:08	06:43
43	1022	Fernando Augusto	ADC Santa Isabel Trail Running	Veterano M40	02:34:40	+37:28	06:43
44	1198	João Loureiro	GRVilaverdense	Veterano M40	02:35:02	+37:49	06:44
45	1339	José Paulo Pereira Ribeiro	Individual	Veterano M40	02:35:33	+38:20	06:46
46	1343	Luis Monteiro	Individual	Veterano M40	02:35:36	+38:24	06:46
47	1453	Nuno Sendao	LETHES TRAIL TEAM	Veterano M40	02:35:56	+38:43	06:47
48	1521	Hugo Duarte Teixeira	Retorta - Quinta das Arcas	Veterano M40	02:37:23	+40:10	06:51
49	1028	Amândio Antunes	Afifense Trail	Veterano M40	02:37:23	+40:10	06:51
50	50	Carlos barbosa	Fisioactive	Veterano M40	02:37:45	+40:33	06:52
51	1135	Márcio Botelho	Duelo D'Ocasão	Veterano M40	02:39:22	+42:09	06:56
52	1197	Carlos Palaio	GRVilaverdense	Veterano M40	02:39:32	+42:20	06:56
53	1587	Fernando Taborda	TOG associação running team	Veterano M40	02:39:44	+42:31	06:57
54	1375	Rui Martins	Individual	Veterano M40	02:39:58	+42:46	06:57
55	1592	Hugo Gabriel	Trilhos dos Templários/ acr santa cita	Veterano M40	02:40:03	+42:51	06:58
56	1359	Paulo Jorge	Individual	Veterano M40	02:40:18	+43:06	06:58
57	1056	Luis Ferraz	PCRUNNERS	Veterano M40	02:42:06	+44:53	07:03
58	1080	Bruno Raposeira	C.D"Os Águias" de Alpiarça	Veterano M40	02:42:24	+45:12	07:04
59	1588	Vicente Sousa	TOG associação running team	Veterano M40	02:43:47	+46:34	07:07
60	1045	Carlos Lopes	Alverca Urban Runners	Veterano M40	02:44:14	+47:02	07:08
61	1089	Bruno Mouta	Cinfães a Correr	Veterano M40	02:44:16	+47:03	07:09
62	1354	Nuno Carvalho	Individual	Veterano M40	02:44:44	+47:31	07:10
63	1008	Luís Paulo Ferreira	ACRA RUNNING	Veterano M40	02:45:21	+48:08	07:11

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64	1369	Ricardo Peixinho	Individual	Veterano M40	02:45:32	+48:20	07:12
65	1365	Pedro Patrício Neves	Individual	Veterano M40	02:45:36	+48:24	07:12
66	1481	José Salas	MSS Contabilidade Trail Team	Veterano M40	02:45:58	+48:46	07:13
67	1330	Jaime Fernando da Costa Ribeiro	Individual	Veterano M40	02:46:08	+48:55	07:13
68	1200	Paulo Batista	GRVilaverdense	Veterano M40	02:46:30	+49:18	07:14
69	1352	Nelson Reis	Individual	Veterano M40	02:47:26	+50:14	07:17
70	1199	Nelson Azenha	GRVilaverdense	Veterano M40	02:47:41	+50:28	07:17
71	1360	Paulo Machado	Individual	Veterano M40	02:48:10	+50:57	07:19
72	1435	Pedro Miguel de Ascensão Neves01051981	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M40	02:48:11	+50:58	07:19
73	1015	Fernando Faria	AD Pedome	Veterano M40	02:48:34	+51:22	07:20
74	1527	Carlos Alberto Santos Sousa	Runners do Demo	Veterano M40	02:49:15	+52:02	07:22
75	1507	Manuel Barbosa	Paredes Running	Veterano M40	02:49:26	+52:14	07:22
76	1355	NUNO FERNANDES	Individual	Veterano M40	02:49:54	+52:42	07:23
77	1306	André Trigais	Individual	Veterano M40	02:50:52	+53:40	07:26
78	1506	Sérgio Gomes	Os Preguiças Team	Veterano M40	02:50:57	+53:44	07:26
79	1447	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	02:52:24	+55:11	07:30
80	1490	Carlos Silva	OiãRunners	Veterano M40	02:53:41	+56:29	07:33
81	1362	Pedro Alves	Individual	Veterano M40	02:53:47	+56:35	07:33
82	1562	Rubens Soares	Sportarc	Veterano M40	02:54:43	+57:30	07:36
83	1313	Carlos Manuel Delgado Fernandes	Individual	Veterano M40	02:54:57	+57:45	07:36
84	1469	Paulo Inverneiro	Lusavouga CIDEP Trail Running	Veterano M40	02:55:02	+57:50	07:37
85	1535	Pedro Pacheco	S C Povoense - caracóis de corrida	Veterano M40	02:55:18	+58:05	07:37
86	1004	Manuel Fonseca	100PRESSA	Veterano M40	02:56:13	+59:01	07:40
87	1050	Fernando Magalhães	AMA-Ass.Mondim Atletismo	Veterano M40	02:56:16	+59:03	07:40
88	1329	Henri Costa	Coronado Runners	Veterano M40	02:56:38	+59:25	07:41
89	1344	Manuel Araújo	Individual	Veterano M40	02:56:48	+59:35	07:41
90	1440	Hélder Castro	KeMedo Team	Veterano M40	02:56:52	+59:40	07:41
91	1530	Paulo Reis	Running Esmoriz	Veterano M40	02:56:53	+59:40	07:41
92	1534	Miguel Ribeiro	S C Povoense - caracóis de corrida	Veterano M40	02:56:58	+59:46	07:42
93	75	Eliseu Leite	Individual	Veterano M40	02:57:21	+01:00:08	07:43
94	1347	Marco Santos	Individual	Veterano M40	02:57:21	+01:00:09	07:43
95	1318	David Silva	Individual	Veterano M40	02:58:09	+01:00:57	07:45
96	1547	Pedro Marques	S4L / MEDENSE FC	Veterano M40	02:58:13	+01:01:01	07:45
97	1374	Rui Manuel Dias	Individual	Veterano M40	02:58:34	+01:01:22	07:46
98	1533	José Miguel Machado Marques dos santos Santos	S C Povoense - caracóis de corrida	Veterano M40	02:58:45	+01:01:33	07:46
99	1544	Emanuel Vieira	S4L / MEDENSE FC	Veterano M40	02:58:57	+01:01:44	07:47
100	1092	Vasco Cardoso	Cinfães a Correr	Veterano M40	02:59:35	+01:02:22	07:48
101	1030	José Paulo Lima	Afifense Trail	Veterano M40	03:01:26	+01:04:13	07:53
102	1371	Ricardo Seromenho	Individual	Veterano M40	03:02:04	+01:04:51	07:55
103	1113	Manuel Ferreira	Coronado runners	Veterano M40	03:02:23	+01:05:11	07:56
104	1307	António Carlos Tavares de Paiva	Individual	Veterano M40	03:03:27	+01:06:14	07:59
105	1157	Rolando Paulo	Feirense Trail	Veterano M40	03:04:17	+01:07:05	08:01
106	1155	Paulo Ferreira	Feirense Trail	Veterano M40	03:04:18	+01:07:05	08:01
107	1160	Tiago dos Santos Costa	FidelidadeGDC	Veterano M40	03:04:22	+01:07:09	08:01

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Trilhos 23K

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108	1095	Paulo Fernandes	Clube Atlético Macedo de Cavaleiros	Veterano M40	03:04:27	+01:07:14	08:01
109	1069	Rafael Almeida	A-Team	Veterano M40	03:04:27	+01:07:14	08:01
110	1183	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	03:05:08	+01:07:55	08:03
111	1366	Pedro Sousa	Individual	Veterano M40	03:05:12	+01:07:59	08:03
112	1443	Jorge Seabra	KeMedo Team	Veterano M40	03:05:24	+01:08:12	08:04
113	1107	Rogério Filipe Cabedal Horta	COA / Corvus Trail Team	Veterano M40	03:05:47	+01:08:34	08:05
114	1509	João Coelho	PCRUNNERS	Veterano M40	03:05:55	+01:08:43	08:05
115	1077	Ricardo Patrício	BOAVISTA TRAIL	Veterano M40	03:06:24	+01:09:11	08:06
116	1332	João Moreira	Individual	Veterano M40	03:07:10	+01:09:57	08:08
117	1579	Fernando Leite	TIT - Tintas Isaval Team	Veterano M40	03:07:20	+01:10:07	08:09
118	1439	Gerson Alves	KeMedo Team	Veterano M40	03:07:25	+01:10:12	08:09
119	1191	Jorge Marques	Grupo Desportivo Limpeza Urbana	Veterano M40	03:07:53	+01:10:40	08:10
120	1177	Filipe Coelho	GD Leões da Guarda - Lion Runners	Veterano M40	03:09:02	+01:11:49	08:13
121	1003	Vitor Osorio	#ATÉCHORAS!	Veterano M40	03:09:10	+01:11:58	08:13
122	1356	Nuno Fonseca	Individual	Veterano M40	03:09:21	+01:12:09	08:14
123	1337	José António Ferreira Amaral	Individual	Veterano M40	03:10:01	+01:12:48	08:16
124	116	Pedro Marques	KeMedo Team	Veterano M40	03:11:58	+01:14:45	08:21
125	1591	Alexandre Vaqueiro	Trilhos dos Templários/ acr santa cita	Veterano M40	03:12:20	+01:15:07	08:22
126	1114	Pedro Costa	Coronado runners	Veterano M40	03:13:26	+01:16:14	08:25
127	1501	Nuno Paredinha	OLIMPICO VIANENSE	Veterano M40	03:13:33	+01:16:20	08:25
128	1593	Jorge Nunes	Trilhos dos Templários/ acr santa cita	Veterano M40	03:14:14	+01:17:02	08:27
129	1616	Eduardo Pinto	Piratas Running Team	Veterano M40	03:14:21	+01:17:09	08:27
130	1323	Eduardo Ribeiro	Individual	Veterano M40	03:14:32	+01:17:20	08:27
131	1511	David Sousa	Piratas Running Team	Veterano M40	03:15:27	+01:18:14	08:30
132	1322	Eduardo Pinto	Individual	Veterano M40	03:15:52	+01:18:39	08:31
133	1203	Hugo Alexandre Palmeira Moreira	GTT- ARMAZÉM DO CAFFÈ	Veterano M40	03:16:09	+01:18:56	08:32
134	1331	João Araújo	Individual	Veterano M40	03:16:11	+01:18:59	08:32
135	1335	Jorge Bruno Coelho Mota	Individual	Veterano M40	03:17:16	+01:20:03	08:35
136	1449	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	03:17:26	+01:20:13	08:35
137	1002	Rui Manuel da Costa Teixeira	#ATÉCHORAS!	Veterano M40	03:20:04	+01:22:51	08:42
138	1326	Filipe Ferreira	Individual	Veterano M40	03:22:00	+01:24:48	08:47
139	1546	Paulo Freitas	S4L / MEDENSE FC	Veterano M40	03:22:01	+01:24:49	08:47
140	1159	David Manuel Neves de Sousa	FidelidadeGDC	Veterano M40	03:24:23	+01:27:10	08:53
141	1471	Cesar Neves	Manitowoc	Veterano M40	03:24:39	+01:27:27	08:54
142	1317	Daniel Silva	Individual	Veterano M40	03:25:10	+01:27:57	08:55
143	1327	Hélder Ribeiro Agostinho	Individual	Veterano M40	03:27:51	+01:30:38	09:02
144	1115	Rui Silva	Coronado runners	Veterano M40	03:29:06	+01:31:53	09:05
145	1373	Robert Tavares	Individual	Veterano M40	03:29:51	+01:32:39	09:07
146	1320	Duarte Madureira	Individual	Veterano M40	03:31:25	+01:34:12	09:12
147	1353	Nelson Silva	Individual	Veterano M40	03:32:39	+01:35:26	09:15
148	1044	Alvaro Manuel Gonçalves Lente	Alverca Urban Runners	Veterano M40	03:34:07	+01:36:55	09:19
149	1178	Miguel Mendes	GD Leões da Guarda - Lion Runners	Veterano M40	03:35:23	+01:38:10	09:22
150	1357	Nuno Marques	Individual	Veterano M40	03:35:54	+01:38:41	09:23

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151	1448	Luís Martins	Leões de Tardariz Trail	Veterano M40	03:35:58	+01:38:45	09:23
152	1491	Márcio Ferreira	OiãRunners	Veterano M40	03:36:07	+01:38:54	09:24
153	1311	António Santos	Individual	Veterano M40	03:39:51	+01:42:39	09:34
154	1595	Marco Soares	Trilhos dos Templários/ acr santa cita	Veterano M40	03:42:48	+01:45:36	09:41
155	1466	Carlos Moreira	Lusavouga CIDEP Trail Running	Veterano M40	03:43:09	+01:45:57	09:42
156	1046	Paulo Lopes	Alverca Urban Runners	Veterano M40	03:43:34	+01:46:21	09:43
157	1078	Sérgio Manuel Azevedo Fernandes	BTT 9:15 LOURO	Veterano M40	03:45:47	+01:48:35	09:49
158	1023	Sérgio Moura	ADC Santa Isabel Trail Running	Veterano M40	03:49:34	+01:52:21	09:59
159	1316	Cristiano Ribeiro Gomes	Individual	Veterano M40	03:51:16	+01:54:04	10:03
160	1068	Eduardo Santos	A-Team	Veterano M40	03:51:39	+01:54:27	10:04
161	1061	Paulo Loureiro	ARJ MURO	Veterano M40	03:53:24	+01:56:12	10:09
162	1336	Jorge Miguel Gonçalves Sarraguça	Individual	Veterano M40	03:54:28	+01:57:15	10:12
163	1184	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	03:54:38	+01:57:25	10:12
164	1192	Nuno Costa	Grupo Desportivo Limpeza Urbana	Veterano M40	03:57:35	+02:00:22	10:20
165	1193	Rui Pinto	Grupo Desportivo Limpeza Urbana	Veterano M40	03:57:35	+02:00:22	10:20
166	1479	Helder Silva	Moreira Relax Runners	Veterano M40	03:58:18	+02:01:06	10:22
167	1205	Duarte Malheiro	Hjk Gaia	Veterano M40	04:01:53	+02:04:40	10:31
168	1333	João Pedro Valente Serdoura Santos	Individual	Veterano M40	04:02:03	+02:04:50	10:31
169	1073	Ricardo Pinto	Baguim Outdoor Activities (BOA`S)	Veterano M40	04:06:04	+02:08:51	10:42
170	1206	Mário Pereira	Hjk Gaia	Veterano M40	04:11:38	+02:14:26	10:56
171	1554	António Pinheiro	SIM Summit	Veterano M40	04:12:05	+02:14:52	10:58
172	1609	Rui Ferreira	Individual	Veterano M40	04:14:18	+02:17:05	11:03
173	1312	Artur Fonseca	Individual	Veterano M40	04:15:59	+02:18:47	11:08
174	1424	Valter Filipe Silva	CORRER LEÇA	Veterano M40	04:16:50	+02:19:37	11:10
175	1464	Pedro Tavares	Los Manos	Veterano M40	04:28:06	+02:30:53	11:39
176	1463	Paulo Oliveira	Los Manos	Veterano M40	04:28:06	+02:30:54	11:39
177	1321	Eduardo Jorge Monteiro Benigno	Individual	Veterano M40	04:33:47	+02:36:34	11:54
178	1048	Pedro Sardinha	Alverca Urban Runners	Veterano M40	04:37:26	+02:40:14	12:04
179	1363	Pedro Leite	Individual	Veterano M40	04:47:40	+02:50:27	12:30

Veterano M50

1	1522	Henrique Dias	Retorta - Quinta das Arcas	Veterano M50	02:10:37	+13:25	05:41
2	1551	José Campar	Saca trilhos anadia	Veterano M50	02:21:04	+23:51	06:08
3	1202	Miguel Pelicano	GRVilaverdense	Veterano M50	02:22:29	+25:16	06:12
4	1483	António Cunha	NAST - Núcleo associativo de Santo Tirso	Veterano M50	02:23:02	+25:49	06:13
5	1019	João Pires	ADABEM Running team	Veterano M50	02:31:42	+34:29	06:36
6	1385	Alfredo Moreira	Individual	Veterano M50	02:32:23	+35:10	06:38
7	1516	Antonio Silva	Pó reforço trail team	Veterano M50	02:32:46	+35:34	06:39
8	1186	João Vigário	GONDOMAR FUTSAL CLUBE	Veterano M50	02:35:48	+38:35	06:46
9	1419	Ricardo Lemos	Individual	Veterano M50	02:37:46	+40:33	06:52
10	1398	Joaquim Seabra	Individual	Veterano M50	02:40:32	+43:19	06:59
11	1417	Pedro Barbosa	Individual	Veterano M50	02:42:31	+45:18	07:04
12	1122	José Macedo	Damira Trail Team	Veterano M50	02:48:51	+51:39	07:20

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13	1110	Rui Paulo Fernandes Dias	COA / Corvus Trail Team	Veterano M50	02:51:21	+54:08	07:27
14	1388	ANTONIO JOAO GOMES DA SILVA	Individual	Veterano M50	02:51:26	+54:14	07:27
15	1382	Adérito Brandão	Individual	Veterano M50	02:53:11	+55:58	07:32
16	1450	António Pinto	Leões de Tardariz Trail	Veterano M50	02:53:11	+55:58	07:32
17	1109	João Manuel Mendes Pratas	COA / Corvus Trail Team	Veterano M50	02:53:40	+56:27	07:33
18	1393	Fernando Morais	Individual	Veterano M50	02:55:44	+58:32	07:38
19	1094	Paulo Jorge dos Reis Mota	CLAC Entroncamento	Veterano M50	02:56:04	+58:51	07:39
20	1121	António Ribeiro	Damira Trail Team	Veterano M50	02:56:13	+59:00	07:40
21	1548	Eugenio Soares	S4L / MEDENSE FC	Veterano M50	02:58:51	+01:01:39	07:47
22	1108	João Manuel Cordeiro Mendes	COA / Corvus Trail Team	Veterano M50	02:59:13	+01:02:00	07:48
23	1091	João Bernardo	Cinfães a Correr	Veterano M50	03:01:37	+01:04:24	07:54
24	1568	Fernando Nascimento	Tálenos Team	Veterano M50	03:01:54	+01:04:41	07:55
25	1400	Jorge Moreira	Trepa Trilhos Trail Team	Veterano M50	03:02:45	+01:05:32	07:57
26	1412	Paulo Alexandre de Abreu Dias	Individual	Veterano M50	03:05:15	+01:08:03	08:03
27	1414	Paulo Lara	Individual	Veterano M50	03:05:32	+01:08:19	08:04
28	1420	Rui Jorge Freitas	Individual	Veterano M50	03:05:33	+01:08:21	08:04
29	1142	Luís Ferreira	Duros do Trail	Veterano M50	03:09:12	+01:11:59	08:14
30	1383	Alberto Fernandes	Individual	Veterano M50	03:13:10	+01:15:57	08:24
31	1389	Carlos Borges	Individual	Veterano M50	03:13:15	+01:16:02	08:24
32	1059	Júlio Costa	Ansibikers	Veterano M50	03:14:02	+01:16:49	08:26
33	1390	Coelho Bravo	Individual	Veterano M50	03:14:03	+01:16:51	08:26
34	2651	José Júnior	Tog Associação Running Team	Veterano M50	03:14:15	+01:17:03	08:27
35	1088	Vítor Santos	CIN RUNNING TEAM	Veterano M50	03:15:29	+01:18:16	08:30
36	1397	Henrique Silva	Individual	Veterano M50	03:18:08	+01:20:55	08:37
37	1416	Paulo Silva	Individual	Veterano M50	03:18:27	+01:21:14	08:38
38	1401	José Luís da Silva Lopes	Individual	Veterano M50	03:18:46	+01:21:33	08:39
39	1031	Ricardo Paulo	Afifense Trail	Veterano M50	03:19:52	+01:22:39	08:41
40	1201	João Namora	GRVilaverdense	Veterano M50	03:20:35	+01:23:23	08:43
41	1409	Manuel Fernando Lopes Domingues	Individual	Veterano M50	03:22:02	+01:24:50	08:47
42	1403	José Mesquita	Individual	Veterano M50	03:23:48	+01:26:35	08:52
43	1399	Jorge Azevedo	Individual	Veterano M50	03:23:53	+01:26:40	08:52
44	1101	ALVARO LUIS MONTEIRO PINTO	Clube Millennium BCP	Veterano M50	03:24:16	+01:27:03	08:53
45	1451	Manuel Oliveira	Leões de Tardariz Trail	Veterano M50	03:24:18	+01:27:05	08:53
46	1116	Valter Silva14_03_1971	Individual	Veterano M50	03:27:04	+01:29:51	09:00
47	1444	Jorge Esteves	KeMedo Team	Veterano M50	03:27:58	+01:30:46	09:03
48	1531	Americo Fonseca	Running Esmoriz	Veterano M50	03:30:48	+01:33:35	09:10
49	1386	António Dinis	Individual	Veterano M50	03:31:00	+01:33:48	09:10
50	1421	Rui Neves	Individual	Veterano M50	03:31:01	+01:33:49	09:10
51	1411	Olegário Oliveira	Individual	Veterano M50	03:31:55	+01:34:43	09:13
52	1194	Antonio Madureira	Grupo Desportivo Limpeza Urbana	Veterano M50	03:32:09	+01:34:56	09:13
53	1422	Rui Peixoto	Individual	Veterano M50	03:32:46	+01:35:33	09:15
54	1387	António Gomes da Silva	Individual	Veterano M50	03:33:15	+01:36:03	09:16
55	1576	Luis Ferreira Gomes	TEAM LANTEMIL	Veterano M50	03:35:36	+01:38:24	09:22
56	1410	Manuel Moreira	Individual	Veterano M50	03:36:00	+01:38:48	09:23
57	1170	João Nunes	Gansos	Veterano M50	03:38:33	+01:41:20	09:30
58	1512	José Gonçalves	Piscinas Ramos/Artshirt	Veterano M50	03:38:45	+01:41:33	09:31

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59	1391	Eduardo Nascimento	Individual	Veterano M50	03:39:12	+01:41:59	09:32
60	1510	Paulo Genesio	PCRUNNERS	Veterano M50	03:39:42	+01:42:29	09:33
61	1606	José Faro	Viseu 360	Veterano M50	03:40:47	+01:43:34	09:36
62	1415	Paulo Ribeiro	Individual	Veterano M50	03:41:49	+01:44:37	09:39
63	1423	Rui Silva	Individual	Veterano M50	03:47:48	+01:50:35	09:54
64	1102	ARTUR CARLOS MOREIRA SILVA	Clube Millennium BCP	Veterano M50	03:51:54	+01:54:41	10:05
65	1396	FRANCISCO NETO	Individual	Veterano M50	03:52:01	+01:54:48	10:05
66	1482	António Rocha	MSS Contabilidade Trail Team	Veterano M50	03:54:04	+01:56:52	10:11
67	1402	Jose Madureira	Individual	Veterano M50	03:54:23	+01:57:10	10:11
68	1404	José Oliveira	Individual	Veterano M50	03:58:09	+02:00:56	10:21
69	1408	Luis Paulo Silva Ferreira	Individual	Veterano M50	03:59:43	+02:02:30	10:25
70	1392	Elizeu ribeiro gomes	Individual	Veterano M50	04:00:08	+02:02:56	10:26
71	1445	Luis Gomes	KeMedo Team	Veterano M50	04:01:22	+02:04:09	10:30
72	1394	Fernando Rodrigues	Individual	Veterano M50	04:02:03	+02:04:50	10:31
73	1608	José Silva	Individual	Veterano M50	04:14:19	+02:17:07	11:03
74	1607	Dinis Martins	Viseu Running Team	Veterano M50	04:24:20	+02:27:08	11:30
75	1185	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	04:29:01	+02:31:49	11:42
76	1083	Domingos Faustino	Centro Cultural da STCP	Veterano M50	04:37:47	+02:40:35	12:05
77	1603	Joao Pinheiro	Valongo Trail Team	Veterano M50	04:37:48	+02:40:35	12:05
78	1493	Carlos Manuel Lemos Silva Martins	OiãRunners	Veterano M50	04:46:07	+02:48:54	12:26
79	1418	Pedro Perpétua	Individual	Veterano M50	04:59:07	+03:01:54	13:00

Veterano M60

1	1123	João Ribeiro	Damira Trail Team	Veterano M60	02:30:38	+33:26	06:33
2	1552	Fernando Moraes	Saca trilhos anadia	Veterano M60	02:42:47	+45:34	07:05
3	1570	José Manuel Jesus Raposo	Tálenos Team	Veterano M60	02:51:36	+54:23	07:28
4	1458	João Gil	Linces do Marão	Veterano M60	02:55:53	+58:40	07:39
5	1432	Jorge Pereira da Silva	Individual	Veterano M60	02:57:19	+01:00:07	07:43
6	1429	Carlos Domingos Ferreira Alves	Individual	Veterano M60	03:00:34	+01:03:21	07:51
7	1063	Jorge Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	03:01:42	+01:04:29	07:54
8	1436	Agostinho da Silva Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M60	03:02:48	+01:05:35	07:57
9	1427	Antônio Carlos	Individual	Veterano M60	03:10:49	+01:13:37	08:18
10	1034	Lino Moreira	All About	Veterano M60	03:11:03	+01:13:51	08:18
11	1301	Alberto Ferreira Leite	Individual	Veterano M60	03:11:59	+01:14:46	08:21
12	1431	João Pedro p r m silva	Individual	Veterano M60	03:39:51	+01:42:38	09:34
13	1426	alipio lopes	Individual	Veterano M60	03:43:15	+01:46:03	09:42
14	1190	fernando rocha16	GRUPO DESPORTIVO LEÕES DO VENEZA	Veterano M60	03:54:04	+01:56:52	10:11

[illegible]

Official Timekeeper: Lap2Go	1 / 2	generate 20-mar-2022 14:22
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[illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 20-mar-2022 14:22
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MINI TRILHOS 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	14°C	63%
End	12:55	14°C	63%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2578	Carlos Monteiro	Retorta - Quinta das Arcas	52:57		04:25	
2	2577	Vitor Barbosa	Retorta - Quinta das Arcas	53:06	+00:09	04:25	
3	2018	Pedro Emanuel Pereira de Castro	AD Marco 09	53:14	+00:17	04:26	
4	2017	Márcio Cruz	A.R.C. Escola Atletismo de Coimbra / Intermache Taveiro	53:24	+00:27	04:27	
5	2132	Pedro Tapadas	Douroconta - Gabinete de Apoio e Contabilidade	53:35	+00:38	04:28	
6	2019	Samuel Silva	AD Marco 09	55:05	+02:08	04:35	
7	2521	João Ribeiro	Nutriloja ATAD	55:14	+02:17	04:36	
8	2530	Samuel Veiga	Olimpico Vianense	55:45	+02:48	04:39	
9	2486	Bruno Rodrigues	Minho e Lima Trail/Grupo Monte	56:06	+03:09	04:41	
10	2224	LUIS SILVA	GRUPO DESPORTIVO A.C.R.V.C.	56:26	+03:29	04:42	
11	2572	Marco BDS	RafaTeam	57:04	+04:07	04:45	
12	2529	Jose Mario	Olimpico Vianense	57:05	+04:08	04:45	
13	2600	Joaquim Sousa	Saca Trilhos Anadia	57:12	+04:15	04:46	
14	2148	Andre Silva	Feirense Trail	57:18	+04:21	04:47	
15	2021	AGOSTINHO CARNEIRO	AD Marco 09	57:21	+04:24	04:47	
16	2495	Tiago Lopes	Montanha Clube Trail Running / EFAPEL	57:29	+04:32	04:47	
17	2579	Tiago Lisboa	Retorta - Quinta das Arcas	57:48	+04:51	04:49	
18	2576	Tiago Pinto	Retorta - Quinta das Arcas	57:50	+04:53	04:49	
19	2525	Hugo Martins	Nutriloja ATAD	57:56	+04:59	04:50	
20	2493	Luís Magalhães	Minho e Lima Trail/Grupo Monte	58:01	+05:04	04:50	
21	2627	João Gomes	Tog Associação Running Team	59:03	+06:06	04:55	
22	2126	Ivo Barbosa	Devasta Trilhos	59:08	+06:11	04:56	
23	1188	CARLOS COSTA	GRUPO DESPORTIVO A.C.R.V.C.	59:17	+06:20	04:56	
24	2528	Adriano Rafael Morais	Olimpico Vianense	59:20	+06:23	04:57	
25	2015	Alcino Silva	A.D. Amarante Trail Running	59:33	+06:36	04:58	
26	2133	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	01:00:29	+07:32	05:02	
27	2218	JOSÉ GASPAR	GRUPO DESPORTIVO A.C.R.V.C.	01:00:40	+07:43	05:03	
28	2494	José Maria Monteiro Ferreira	Monsanto Running Team	01:00:55	+07:58	05:05	
29	2574	Zé Pedro	RafaTeam	01:01:05	+08:08	05:05	
30	2653	César Gonçalves	Trilhos de Viana	01:01:08	+08:11	05:06	
31	2615	Vitor Coelho	Team Sindeq	01:01:15	+08:18	05:06	
32	2646	Filipe Campos	Tog Associação Running Team	01:01:31	+08:34	05:08	
33	2489	Filipe Meneses	Minho e Lima Trail/Grupo Monte	01:01:32	+08:35	05:08	
34	2382	José Manuel Ferreira dos Santos	Nutriloja ATAD	01:01:40	+08:43	05:08	
35	2137	Fausto Silva	EDL TRAIL	01:01:42	+08:45	05:08	
36	2487	Francisco Franco	Minho e Lima Trail/Grupo Monte	01:02:05	+09:08	05:10	
37	2445	Sérgio Martins	Individual	01:02:29	+09:32	05:12	
38	2122	Manuel Sousa	DAMIRA TRAIL TEAM	01:03:01	+10:04	05:15	
39	2573	Tiago Sá	RafaTeam	01:03:06	+10:09	05:16	
40	2151	Rui Lopes	Feirense Trail	01:03:10	+10:13	05:16	
41	2220	PEDRO JORGE	GRUPO DESPORTIVO A.C.R.V.C.	01:03:11	+10:14	05:16	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	2123	Tiago Emanuel Damas Taborda	DCI/Trilhos Luso Bussaco	01:03:15	+10:18	05:16	
43	2575	Sebastião Agostinho Pereira Pinto	RafaTeam	01:03:48	+10:51	05:19	
44	2024	Roberto Freitas	adsebolido trail	01:04:03	+11:06	05:20	
45	2107	Guilherme Silva	COA / Corvus Trail Team	01:04:13	+11:16	05:21	
46	2294	Paulo Soares	Individual	01:04:33	+11:36	05:23	
47	2020	Tiago David Almeida Marinho	AD Marco 09	01:04:34	+11:37	05:23	
48	2446	Zé bósnia	Individual	01:04:41	+11:44	05:23	
49	2121	Jorge Moreira	DAMIRA TRAIL TEAM	01:04:49	+11:52	05:24	
50	2124	Carlos Cunha	DCI/Trilhos Luso Bussaco	01:04:53	+11:56	05:24	
51	2022	Joaquim Mendes	AD Pedome	01:05:15	+12:18	05:26	
52	2520	Fernando Manuel Alves Rodrigues	Nutriloja ATAD	01:05:15	+12:18	05:26	
53	2624	Nuno Silva	The Newbies	01:05:38	+12:41	05:28	
54	2183	Rúben Vieira	Fisioactive	01:05:57	+13:00	05:30	
55	2232	João Costa	GUNDEMARUS	01:06:02	+13:05	05:30	
56	2523	Alexandre silva	Nutriloja ATAD	01:06:16	+13:19	05:31	
57	2381	José Costa	Oralklass - Amigos Do Trail	01:06:26	+13:29	05:32	
58	2005	Tania Covas Costa	.COM-Clube Ori Minho	01:06:48	+13:51	05:34	
59	2185	Nuno Ramos	Fisioactive	01:06:53	+13:56	05:34	
60	2127	Carlos sousa	Devasta Trilhos	01:06:55	+13:58	05:35	
61	2219	NUNO MATOS	GRUPO DESPORTIVO A.C.R.V.C.	01:07:27	+14:30	05:37	
62	2120	Helder Borges	Damira Trail Team	01:07:29	+14:32	05:37	
63	2135	João Portugal	Dura-F1 Raceteam	01:07:36	+14:39	05:38	
64	2605	João Pedro Moreira	Serviços sociais Montepio	01:07:41	+14:44	05:38	
65	2075	Fernando Seabra	Cabritos Saltadores	01:07:54	+14:57	05:40	
66	2492	José Carlos Costa	Minho e Lima Trail/Grupo Monte	01:08:48	+15:51	05:44	
67	2016	Pedro Vieira	A.D. Amarante Trail Running	01:09:25	+16:28	05:47	
68	2139	Pedro Pimenta	EDL TRAIL	01:09:25	+16:28	05:47	
69	2138	Tiago Rocha	EDL TRAIL	01:09:38	+16:41	05:48	
70	2488	Gonçalo Carvalho	Minho e Lima Trail/Grupo Monte	01:09:40	+16:43	05:48	
71	2490	José Matos	Minho e Lima Trail/Grupo Monte	01:09:58	+17:01	05:50	
72	2131	Octavio Rodrigues	Douroconta - Gabinete de Apoio e Contabilidade	01:10:52	+17:55	05:54	
73	26	David Queiroz	CLAC Entroncamento	01:10:55	+17:58	05:55	
74	2479	Pedro Jordão Ribeiro	Machines	01:10:56	+17:59	05:55	
75	2043	David Dias	alverca urban runners	01:11:07	+18:10	05:56	
76	2426	José Carlos Ferreira	Individual	01:11:11	+18:14	05:56	
77	2029	Paulo Correia	adsebolido trail	01:11:23	+18:26	05:57	
78	2089	Rui paquete	Centro trabalhadores do bairro de Carcavelos	01:11:32	+18:35	05:58	
79	2648	Domingos Carvalho	Tog Associação Running Team	01:11:41	+18:44	05:58	
80	2225	PAULO SILVA	GRUPO DESPORTIVO A.C.R.V.C.	01:11:45	+18:48	05:59	
81	2226	PAULO SOUSA	GRUPO DESPORTIVO A.C.R.V.C.	01:12:06	+19:09	06:00	
82	1057	Tiago Mota	Amigos 100 Limites	01:12:06	+19:09	06:01	
83	2661	Zé Augusto	Turbo Kings 2.0/ AD Ancede	01:12:09	+19:12	06:01	
84	2621	Carlos Silva	The Newbies	01:12:16	+19:19	06:01	
85	2522	Oscar Rodrigues	Nutriloja ATAD	01:12:22	+19:25	06:02	
86	2287	José Ferreira	Individual	01:12:25	+19:28	06:02	
87	2242	Guida Ferreira Fontes	Individual	01:12:41	+19:44	06:03	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	2364	Bruno Inverno	Individual	01:12:46	+19:49	06:04	
89	2136	Ana Lúcia Dias	EDL TRAIL	01:13:08	+20:11	06:06	
90	2429	Luís Silvestre	Individual	01:13:09	+20:12	06:06	
91	2466	Tiago Maia	LION RUNNERS	01:13:22	+20:25	06:07	
92	2448	António Teixeira	Individual	01:13:38	+20:41	06:08	
93	2023	Manuel Lopes	adsebolido trail	01:13:58	+21:01	06:10	
94	2397	Nuno Teixeira	Individual	01:14:13	+21:16	06:11	
95	2055	João Moreira	Amigos 100 Limites	01:14:23	+21:26	06:12	
96	2272	Daniel Torres	Individual	01:14:35	+21:38	06:13	
97	1319	Domingos Martins	Individual	01:14:35	+21:38	06:13	
98	2405	Rui Albino	Individual	01:14:37	+21:40	06:13	
99	2286	José Ferreira	Individual	01:14:41	+21:44	06:13	
100	2619	Miguel Lima	The Lost	01:14:55	+21:58	06:15	
101	2612	Susana Azevedo	Team Lantemil	01:14:55	+21:58	06:15	
102	2662	João Oliveira	Ultimagem	01:14:57	+22:00	06:15	
103	2491	Carlos Morgado	Minho e Lima Trail/Grupo Monte	01:15:12	+22:15	06:16	
104	2004	Ricardo Pereira	#ATÉCHORAS!	01:15:23	+22:26	06:17	
105	2556	Pedro Xavier Marques Baldaia Moreira	Patrol	01:15:26	+22:29	06:17	
106	2583	Hugo Moreira	Run River Escola de Atletismo de Rio Tinto	01:15:29	+22:32	06:17	
107	2582	Teresa Amorim	Run River Escola de Atletismo de Rio Tinto	01:15:30	+22:33	06:18	
108	2408	RUI HUMBERTO SOUSA	Individual	01:15:34	+22:37	06:18	
109	2508	Manuel Agostinho Pinheiro	MSS Contabilidade Trail Team	01:15:41	+22:44	06:18	
110	2379	Jorge Durães	Individual	01:15:44	+22:47	06:19	
111	2267	Bernardo Antunes	Individual	01:15:44	+22:47	06:19	
112	2471	António Mendes	Lusos XXI	01:15:45	+22:48	06:19	
113	2411	Sérgio Sousa	Individual	01:16:10	+23:13	06:21	
114	2026	Bruno Barros	adsebolido trail	01:16:14	+23:17	06:21	
115	2284	João Rodrigues	Individual	01:16:16	+23:19	06:21	
116	2390	Manuel António da Silva Ferreira	Individual	01:16:20	+23:23	06:22	
117	2228	Constança Pelicano	GRVilaverdense	01:16:29	+23:32	06:22	
118	2613	Miguel Santos	Team Lantemil	01:16:39	+23:42	06:23	
119	2485	Ana Rita Carneiro	Minho e Lima Trail/Grupo Monte	01:16:48	+23:51	06:24	
120	2663	Pedro Oliveira	Ultimagem	01:16:54	+23:57	06:24	
121	2655	Marta Caeiro	Turbo Kings 2.0/ AD Ancede	01:16:57	+24:00	06:25	
122	2654	Mário Santos	Trilhos dos Templários/ ACR Santa Cita	01:17:05	+24:08	06:25	
123	2419	Fernando Abílio dos Santos Vieira	Individual	01:17:14	+24:17	06:26	
124	2440	Paulo Manuel Pereira Faria	Individual	01:18:05	+25:08	06:30	
125	2540	Fernando Teixeira	Os Preguiças Team	01:18:28	+25:31	06:32	
126	2048	Célio Oliveira	Amigos 100 Limites	01:18:30	+25:33	06:32	
127	2282	João Carlos Dias Leal	Individual	01:18:44	+25:47	06:34	
128	2673	Rui Nogueira	VALPORTASRUNNERS	01:18:59	+26:02	06:35	
129	2517	Florindo Pereira	Nova Linha Trail Runners	01:19:02	+26:05	06:35	
130	2062	Daniela Ferreira	Aztrail	01:19:06	+26:09	06:36	
131	2256	Sandra Oliveira	Individual	01:19:23	+26:26	06:37	
132	2678	Jose Parente	Trilhos de Viana	01:19:31	+26:34	06:38	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	2515	Diogo Moura	Nova Linha trail Runners	01:19:35	+26:38	06:38	
134	2039	Mário Felgueira	Afifense Trail	01:19:44	+26:47	06:39	
135	2037	Vera Nogueira	Afifense Trail	01:19:45	+26:48	06:39	
136	2438	Paulo Avelino Rebelo Pereira	Individual	01:19:52	+26:55	06:39	
137	2400	Renato Fernando Magalhães Oliveira	Individual	01:19:52	+26:55	06:39	
138	2118	Miguel Ferreira	Coronado Runners	01:19:54	+26:57	06:39	
139	2559	João Maia	Patrol	01:20:08	+27:11	06:41	
140	2625	Ricardo Oliveira	TIT - Tintas Isaval Team	01:20:13	+27:16	06:41	
141	2420	João Bronze	Individual	01:20:18	+27:21	06:42	
142	2539	Daniela Moutinho	Os Preguiças Team	01:20:25	+27:28	06:42	
143	2607	Daniela Ribeiro	Sharish Gin/GD Piranhas do Alqueva	01:20:37	+27:40	06:43	
144	2399	Pedro Cancelo	Individual	01:20:39	+27:42	06:43	
145	2140	Fernando Ramalho	Equipa A	01:20:44	+27:47	06:44	
146	2296	Ricardo Resende	Individual	01:20:45	+27:48	06:44	
147	2623	Marcelo Teixeira	The Newbies	01:20:47	+27:50	06:44	
148	2675	José Silva	VALPORTASRUNNERS	01:20:48	+27:51	06:44	
149	2265	Afonso Montenegro	Individual	01:20:48	+27:51	06:44	
150	2113	Bruno José Alves Chimeno	Coronado Runners	01:20:49	+27:52	06:44	
151	2106	Virgínia Lourenço Sousa	COA / Corvus Trail Team	01:20:52	+27:55	06:44	
152	2092	Pedro Correia	CIN RUNNING TEAM	01:20:58	+28:01	06:45	
153	2125	Hélder Jesus	DEMOLIDORES TEAM	01:20:59	+28:02	06:45	
154	1131	Paulo Alexandre Carneiro	DiVe - INTO THE MOUNTAINS	01:21:05	+28:08	06:45	
155	2061	Ligia dos Santos	Atletismo Clube da Tocha	01:21:05	+28:08	06:45	
156	2620	Vítor Ribeiro	The Mountains are calling	01:21:08	+28:11	06:46	
157	2258	Sara Ferreira	Individual	01:21:22	+28:25	06:47	
158	2363	António Moreira	Individual	01:21:50	+28:53	06:49	
159	2157	Manuel Oliveira	Feirense Trail	01:22:16	+29:19	06:51	
160	2001	Fabio Gomes	#ATÉCHORAS!	01:22:20	+29:23	06:52	
161	2628	Tiago Neves	Tog Associação Running Team	01:22:28	+29:31	06:52	
162	2091	Cristiano Salgado	CIN RUNNING TEAM	01:22:57	+30:00	06:55	
163	2543	Pedro Oliveira	OsFazConta	01:23:00	+30:03	06:55	
164	2101	Rui Camelo	Cinfães a Correr	01:23:11	+30:14	06:56	
165	2414	Abelardo Ferreira Gomes	Individual	01:23:16	+30:19	06:56	
166	2551	Lucinda marques	PAREDES RUNNING	01:23:48	+30:51	06:59	
167	2281	João Cardoso	Individual	01:23:49	+30:52	06:59	
168	2279	Hugo Freixo	Individual	01:24:03	+31:06	07:00	
169	2283	João Manuel Alves Baltazar	Individual	01:24:04	+31:07	07:00	
170	2473	Daniel Teixeira	Lusos XXI	01:24:18	+31:21	07:01	
171	2038	Francisco Cunha	Afifense Trail	01:24:19	+31:22	07:02	
172	2422	Joao Silva	Individual	01:24:21	+31:24	07:02	
173	2674	Rui Santos	VALPORTASRUNNERS	01:24:26	+31:29	07:02	
174	2476	Filipe Ribeiro	Machines	01:24:30	+31:33	07:03	
175	2307	Tiago Pereira	Individual	01:24:32	+31:35	07:03	
176	2008	Celestino Campos	100PRESSA	01:24:34	+31:37	07:03	
177	2658	Manuel Teixeira	Turbo Kings 2.0/ AD Ancede	01:24:40	+31:43	07:03	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	2645	Vítor Cardoso	Tog Associação Running Team	01:25:03	+32:06	07:05	
179	2025	Constantina Maria da Silva Rocha	adsebolido trail	01:25:09	+32:12	07:06	
180	1345	Marcio Mendes	Individual	01:25:34	+32:37	07:08	
181	2209	Carla Martins	Gondomar Futsal Clube	01:25:39	+32:42	07:08	
182	2154	Antonio Albuquerque	Feirense Trail	01:25:43	+32:46	07:09	
183	2156	Jorge Fontes	Feirense Trail	01:25:44	+32:47	07:09	
184	2563	Diana Alexandra Dias Leite Santos	Phoenix Evorun	01:25:50	+32:53	07:09	
185	2660	Hélder Bruno Serdoura	Turbo Kings 2.0/ AD Ancede	01:25:55	+32:58	07:10	
186	2626	Soraia Alves	Tog Associação Running Team	01:26:14	+33:17	07:11	
187	2301	Rui Costa	Individual	01:26:22	+33:25	07:12	
188	2369	Carlos Freixo	Individual	01:26:35	+33:38	07:13	
189	2413	Victor Rodrigues	Individual	01:26:35	+33:38	07:13	
190	2570	Andreia Filipa Pinho de Carvalho	RafaTeam	01:26:43	+33:46	07:14	
191	2622	Hugo Faria	The Newbies	01:26:53	+33:56	07:14	
192	2472	Carlos Pinto	Lusos XXI	01:27:05	+34:08	07:15	
193	2097	CÁTIA LUCIANA DE SOUSA MATOS	CINFÃES A CORRER	01:27:08	+34:11	07:16	
194	2261	Paulo Pinto	Individual	01:27:08	+34:11	07:16	
195	2277	Fábio Manuel Pinto	Individual	01:27:09	+34:12	07:16	
196	2519	Joaquim Rocha	NOVO BANCO	01:27:09	+34:12	07:16	
197	2640	Miguel Cunha	Tog Associação Running Team	01:27:10	+34:13	07:16	
198	2376	Filipe oliveira	Individual	01:27:11	+34:14	07:16	
199	2603	Ana Sofia Silva	SerLiMA / ADL Serralharia	01:27:17	+34:20	07:16	
200	2604	Sérgio Lima	SerLiMA / ADL Serralharia	01:27:17	+34:20	07:16	
201	2090	Carlos Moreira	CIN RUNNING TEAM	01:27:20	+34:23	07:17	
202	2006	Octávio Andrade	.COM-Clube Ori Minho	01:27:24	+34:27	07:17	
203	2548	Agostinho Silva	OsFazConta	01:27:28	+34:31	07:17	
204	2067	Delfim Silva	Bandodosquatro	01:27:29	+34:32	07:17	
205	2027	Ricardo Sousa	adsebolido trail	01:27:29	+34:32	07:17	
206	2667	Paulo Silva	UNIDOS PELOS TRILHOS	01:27:34	+34:37	07:18	
207	2108	Manuel Lopes da Silva	COA / Corvus Trail Team	01:27:39	+34:42	07:18	
208	2231	Teresa Rosa	GRVilaverdense	01:27:39	+34:42	07:18	
209	2093	Sérgio Reis	CIN RUNNING TEAM	01:27:42	+34:45	07:19	
210	2149	Nelson Dias	Feirense Trail	01:27:45	+34:48	07:19	
211	2081	Elisabete Queirós Pereira	Centro Ciclista de Gondomar	01:27:50	+34:53	07:19	
212	2080	Pedro Ribeiro	CART RUNNING TEAM	01:27:52	+34:55	07:19	
213	2280	Isaías Vieira	Individual	01:27:53	+34:56	07:19	
214	2433	Manuel Silva	Individual	01:28:06	+35:09	07:21	
215	2002	Nuno Maio	#ATÉCHORAS!	01:28:07	+35:10	07:21	
216	2177	Vicente Manuel Sousa João	FidelidadeGDC	01:28:09	+35:12	07:21	
217	2068	Filipe Longo	Biking Bastards	01:28:10	+35:13	07:21	
218	2531	Ana Mafalda Pereira	OPraticante.pt	01:28:13	+35:16	07:21	
219	2396	Nuno Teixeira	Individual	01:28:14	+35:17	07:21	
220	2184	Augusta Barbosa	Fisioactive	01:28:27	+35:30	07:22	
221	2102	Isabel Bernardo	Cinfães a Correr	01:28:40	+35:43	07:23	
222	2099	Patrícia Duarte	Cinfães a Correr	01:28:40	+35:43	07:23	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
223	2558	Cristiano Silva	Patrol	01:28:41	+35:44	07:23	
224	2103	Ana Marta Lopes Matos	Clube Desportivo de Espite	01:28:58	+36:01	07:25	
225	2368	Carlos Daniel Teixeira Pinto	Individual	01:29:11	+36:14	07:26	
226	2643	Pedro Dias	Tog Associação Running Team	01:29:23	+36:26	07:27	
227	2527	Mário Carvalho	Ofrunning	01:29:30	+36:33	07:28	
228	2051	Patrícia Conceição	Amigos 100 Limites	01:29:46	+36:49	07:29	
229	2436	Mário Magalhães	Individual	01:29:47	+36:50	07:29	
230	2597	Pedro Ferreira	S4L / MEDENSE FC	01:29:49	+36:52	07:29	
231	2598	Rómulo Silva	S4L / MEDENSE FC	01:29:50	+36:53	07:29	
232	2599	Rui Mota	S4L / MEDENSE FC	01:29:50	+36:53	07:29	
233	2595	João Teles	S4L / MEDENSE FC	01:29:50	+36:53	07:29	
234	2292	Nuno Silva	Individual	01:29:53	+36:56	07:29	
235	2300	Ruben Moreira	Individual	01:29:53	+36:56	07:29	
236	2533	Marta Alexandra Esteves do Carmo	OPraticante.pt	01:30:05	+37:08	07:30	
237	2534	António Lopes Garrido	OPraticante.pt	01:30:06	+37:09	07:30	
238	2518	Leandro Queirós	NOVO BANCO	01:30:15	+37:18	07:31	
239	2129	Cláudio Guarda	Dói-me quase tudo...	01:30:31	+37:34	07:33	
240	2130	Nuno Ribeiro	Dói-me quase tudo...	01:30:32	+37:35	07:33	
241	2553	ANTONIO JOSE PEREIRA BARBOSA	PAREDES RUNNING	01:30:34	+37:37	07:33	
242	2657	Cristiano Fonseca	Turbo Kings 2.0/ AD Ancede	01:30:50	+37:53	07:34	
243	2669	CARLOS JORGE	UNIDOS PELOS TRILHOS	01:30:50	+37:53	07:34	
244	2416	Amandio Sousa	Individual	01:30:54	+37:57	07:34	
245	2204	Miguel Costa	Gansos	01:30:56	+37:59	07:35	
246	2499	Marlene Martins	MSS Contabilidade Trail Team	01:31:07	+38:10	07:36	
247	2506	António Luís	MSS Contabilidade Trail Team	01:31:13	+38:16	07:36	
248	2235	BARBARA MICAELA SANTOS GOMES	Individual	01:31:13	+38:16	07:36	
249	2418	Artur Moraes	Individual	01:31:27	+38:30	07:37	
250	2060	Orlando Nogueira	ATAD-AMIGOS DO TRAIL	01:31:30	+38:33	07:37	
251	2304	Tiago Filipe Lopes Teixeira	Individual	01:31:30	+38:33	07:38	
252	2274	Diogo Miguel Santos Nogueira Monteiro	Individual	01:32:02	+39:05	07:40	
253	2670	JOAQUIM TEIXEIRA BENTO	UNIDOS PELOS TRILHOS	01:32:15	+39:18	07:41	
254	2596	Paulo Oliveira	S4L / MEDENSE FC	01:32:16	+39:19	07:41	
255	2594	João Sousa	S4L / MEDENSE FC	01:32:17	+39:20	07:41	
256	2455	Antonio Fidalgo	KeMedo Team	01:32:26	+39:29	07:42	
257	2299	Rodrigo Freitas	Individual	01:32:30	+39:33	07:43	
258	2348	Cláudia Graça	Individual	01:32:44	+39:47	07:44	
259	2298	Ricardo Veloso	Individual	01:32:58	+40:01	07:45	
260	2547	Ricardo Gomes	OsFazConta	01:32:59	+40:02	07:45	
261	2498	Clotilde Fernandes	MSS Contabilidade Trail Team	01:33:01	+40:04	07:45	
262	2221	RICARDO ROCHA	GRUPO DESPORTIVO A.C.R.V.C.	01:33:08	+40:11	07:46	
263	2311	Ana Paula Cunha	Individual	01:33:09	+40:12	07:46	
264	2252	Marta Ferreira	Individual	01:33:10	+40:13	07:46	
265	2387	Luís Fernando Almeida carlos	Individual	01:33:19	+40:22	07:47	
266	1280	Lília Magalhães	Individual	01:33:23	+40:26	07:47	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
267	2293	Paulo Jorge Alves Ferreira	Individual	01:33:33	+40:36	07:48	
268	2580	Jorge Silva	Retorta - Quinta das Arcas	01:33:35	+40:38	07:48	
269	2134	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	01:33:50	+40:53	07:49	
270	2207	Nau Neiva	Gansos	01:33:54	+40:57	07:49	
271	2273	Diogo Figueiredo	Individual	01:33:59	+41:02	07:50	
272	2203	Alex Ferreira	Gansos	01:34:16	+41:19	07:51	
273	2402	Ricardo Duarte	Individual	01:34:18	+41:21	07:51	
274	2409	Rui Miguel Barbosa Macário	Individual	01:34:18	+41:21	07:52	
275	2144	Marisa Doreta	Fardetas	01:34:26	+41:29	07:52	
276	2371	Cesario Antonio Ferreira Pinto Magalhães	Individual	01:34:27	+41:30	07:52	
277	2566	Teresa Lourenço	Porto Sentido Runners	01:34:32	+41:35	07:53	
278	2295	Ricardo Pinho	Individual	01:34:38	+41:41	07:53	
279	2587	CARLA LILIANA OLIVEIRA ALVES	RUNNERS DO DEMO	01:34:43	+41:46	07:54	
280	2555	Ana Araújo	Patrol	01:35:06	+42:09	07:56	
281	2275	Emanuel Dias	Individual	01:35:18	+42:21	07:57	
282	2581	Aurélio Carvalho	Retorta - Quinta das Arcas	01:35:19	+42:22	07:57	
283	2255	Patrícia Oliveira	Individual	01:35:24	+42:27	07:57	
284	2150	Paulo Sousa	Feirense Trail	01:35:26	+42:29	07:57	
285	2428	Josué Loureiro	Individual	01:35:35	+42:38	07:58	
286	2047	Amilcar Sanguedo	Amigos 100 Limites	01:35:43	+42:46	07:59	
287	2266	André Pereira	Individual	01:35:46	+42:49	07:59	
288	2672	Berta Ferreira	Valongo Trail Team	01:35:47	+42:50	07:59	
289	2109	Bárbara Martins	Coronado Runners	01:35:52	+42:55	07:59	
290	2424	Joaquim Moreira	Individual	01:35:55	+42:58	08:00	
291	2116	Fernanda Santos	Coronado Runners	01:35:56	+42:59	08:00	
292	2659	Nuno Miguel Queiroz Pereira	Turbo Kings 2.0/ AD Ancede	01:36:02	+43:05	08:00	
293	2036	Mariana Antunes	Afifense Trail	01:36:05	+43:08	08:00	
294	2052	Maria Ferreira	Amigos 100 Limites	01:36:11	+43:14	08:01	
295	2392	Maurício Hugo Cruz	Individual	01:36:23	+43:26	08:02	
296	2423	João Teixeira	Individual	01:36:30	+43:33	08:02	
297	2007	Olga Seabra	100PRESSA	01:36:38	+43:41	08:03	
298	2483	Nuno Carneiro	Manitowoc	01:36:55	+43:58	08:05	
299	2378	João Leite	Individual	01:37:11	+44:14	08:06	
300	2410	Sérgio Mota	Individual	01:37:16	+44:19	08:06	
301	2611	Anabela Sousa	Tartarugas de Seixezelo	01:37:18	+44:21	08:07	
302	2308	bruno filipe rodrigues teixeira	Individual	01:37:23	+44:26	08:07	
303	2278	Henrique Pereira	Individual	01:37:23	+44:26	08:07	
304	2169	Carlos Manuel Alves Pacheco	FidelidadeGDC	01:37:40	+44:43	08:08	
305	2044	Marina Moreira	Amigos 100 Limites	01:37:47	+44:50	08:09	
306	2496	Paulo Silva	MSS Contabilidade Trail Team	01:37:50	+44:53	08:09	
307	2417	Armando Machado	Individual	01:37:56	+44:59	08:10	
308	2263	Abel Cardoso	Individual	01:37:58	+45:01	08:10	
309	2179	José Mário Magalhães Pereira	FidelidadeGDC	01:38:09	+45:12	08:11	
310	2564	Francisco Carneiro Pinto	Pintos Endiabrados	01:38:11	+45:14	08:11	
311	2112	Ana Pereira	Coronado Runners	01:38:21	+45:24	08:12	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
312	2634	Sónia Reis	Tog Associação Running Team	01:38:50	+45:53	08:14	
313	2650	Jorge Martins	Tog Associação Running Team	01:38:51	+45:54	08:14	
314	2644	Susana Pereira	Tog Associação Running Team	01:38:51	+45:54	08:14	
315	2565	Joaquim Pinto	Pintos Endiabrados	01:38:53	+45:56	08:14	
316	2335	Sílvia Maria Soares Ferreira	Individual	01:39:03	+46:06	08:15	
317	2425	Jorge cunha	Individual	01:39:04	+46:07	08:15	
318	2271	César Filipe Martins dos Santos	Individual	01:39:20	+46:23	08:17	
319	2412	Telmo Moreira	Individual	01:39:20	+46:23	08:17	
320	1117	Joao Rocha	CORRER LEÇA	01:39:23	+46:26	08:17	
321	2668	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	01:39:43	+46:46	08:19	
322	2229	Fátima Oliveira	GRVilaverdense	01:39:44	+46:47	08:19	
323	2250	Laura Mosteo	Individual	01:39:54	+46:57	08:20	
324	2377	Helder Silva	Individual	01:40:00	+47:03	08:20	
325	2513	TANIA CARDOSO	NOCTURNOS DE PAREDES	01:40:04	+47:07	08:20	
326	2546	Jorge Silva	OsFazConta	01:40:23	+47:26	08:22	
327	2475	Fábio Rodrigues	Machines	01:40:40	+47:43	08:23	
328	2010	David Azevedo	100PRESSA	01:40:41	+47:44	08:23	
329	2606	João Lino Moreira	Serviços sociais Montepio	01:40:48	+47:51	08:24	
330	2230	Paula Monteiro	GRVilaverdense	01:40:59	+48:02	08:25	
331	2317	Dulce Ribeiro	Individual	01:41:11	+48:14	08:26	
332	2683	Nuno Marques	Individual	01:41:11	+48:14	08:26	
333	2268	Bruno Fernandes	Individual	01:41:12	+48:15	08:26	
334	2158	Carina de Jesus Oliveira Alves	FidelidadeGDC	01:41:14	+48:17	08:26	
335	2346	Cândida Rodrigues	Individual	01:41:17	+48:20	08:26	
336	2105	RICARDO JOSE MACHADO CABRAL BEIRAO	Clube Millennium bcp	01:41:24	+48:27	08:27	
337	2104	MARIA CLAUDIA SOTTO MAYOR REGO RIBEIRO	Clube Millennium bcp	01:41:24	+48:27	08:27	
338	2524	Sandra Costa	Nutriloja ATAD	01:41:33	+48:36	08:28	
339	2349	Conceição Rocha	Individual	01:41:34	+48:37	08:28	
340	2511	SILVIO FERREIRA	NASCIDOS PARA CORRER	01:41:38	+48:41	08:28	
341	2638	Luís Pires	Tog Associação Running Team	01:41:38	+48:41	08:28	
342	2676	Alberto martins	Individual	01:41:38	+48:41	08:28	
343	2208	Amélia Ramos	GD Leões da Guarda - Lion Runners	01:41:39	+48:42	08:28	
344	2034	Mariana Malheiro	Affense Trail	01:41:46	+48:49	08:29	
345	2196	Cristina Fonseca	Gansos	01:41:48	+48:51	08:29	
346	2199	Deolinda Vilarinho	Gansos	01:41:48	+48:51	08:29	
347	2206	Carlos Anjos	Gansos	01:41:48	+48:51	08:29	
348	2205	Álvaro Almeida	Gansos	01:41:50	+48:53	08:29	
349	2322	Joana Gonçalves	Individual	01:41:58	+49:01	08:30	
350	2350	Fernanda Marques	Individual	01:42:06	+49:09	08:30	
351	2312	Andreia Ribeiro	Boavista trail	01:42:08	+49:11	08:31	
352	2602	Nuno Brito	Salgueiros Running	01:42:16	+49:19	08:31	
353	2679	Carla Moreira	Individual	01:42:43	+49:46	08:34	
354	2449	Humberto Pinho	Individual	01:42:43	+49:46	08:34	
355	2053	Paula Moreira	Amigos 100 Limites	01:42:59	+50:02	08:35	
356	2656	Tina Sousa	Turbo Kings 2.0/ AD Ancede	01:43:22	+50:25	08:37	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
357	2351	Joaquina Pinto	Individual	01:43:31	+50:34	08:38	
358	2088	Paulo Gonçalves	Centro Cultural da STCP	01:43:46	+50:49	08:39	
359	2375	fidel conde	Individual	01:43:48	+50:51	08:39	
360	2302	Rui Custódio	Individual	01:43:52	+50:55	08:39	
361	2444	Salvador Roque	Individual	01:44:11	+51:14	08:41	
362	2421	João Paulo de Almeida Santana	Individual	01:44:23	+51:26	08:42	
363	2514	PAULO AMORIM	NOCTURNOS DE PAREDES	01:44:38	+51:41	08:43	
364	2454	Anabela Gomes	KeMedo Team	01:44:47	+51:50	08:44	
365	2415	Alcídio Figueiredo	Individual	01:44:50	+51:53	08:44	
366	2337	Susana Almeida	Individual	01:44:56	+51:59	08:45	
367	2260	Sofia Almeida	Individual	01:44:57	+52:00	08:45	
368	2589	Tânia Andreia Jesus Simões	S C Povoense - caracóis de corrida	01:45:01	+52:04	08:45	
369	2046	Vânia Moreira	Amigos 100 Limites	01:45:25	+52:28	08:47	
370	2359	Silvina Gama	Individual	01:45:26	+52:29	08:47	
371	2222	MARIA NEVES	GRUPO DESPORTIVO A.C.R.V.C.	01:45:44	+52:47	08:49	
372	2165	Maria Emilia Teixeira Moreira	FidelidadeGDC	01:45:45	+52:48	08:49	
373	2003	Alvaro Pereira	#ATÉCHORAS!	01:46:00	+53:03	08:50	
374	2442	Pedro matos	Individual	01:46:00	+53:03	08:50	
375	2588	Paula sousa	Running Esmoriz	01:46:35	+53:38	08:53	
376	2460	Miguel Ferreira	Leões de Tardariz Trail	01:47:06	+54:09	08:55	
377	2227	ROBERTO MOREIRA	GRUPO DESPORTIVO A.C.R.V.C.	01:47:16	+54:19	08:56	
378	2098	Isabel Andrade	Cinfães a correr	01:47:16	+54:19	08:56	
379	2477	Hélder Carneiro	Machines	01:47:17	+54:20	08:56	
380	2342	Verónica Martins	Individual	01:47:36	+54:39	08:58	
381	2480	Bruno Barros	Manitowoc	01:47:37	+54:40	08:58	
382	2058	Ana Oliveira	Running Esmoriz	01:47:37	+54:40	08:58	
383	2618	Manuel Soares Soares	The Lost	01:47:41	+54:44	08:58	
384	2115	Eliana Faria	Coronado Runners	01:47:42	+54:45	08:58	
385	2254	Pamela Pires	Individual	01:47:52	+54:55	08:59	
386	2406	rui gandra	Individual	01:47:52	+54:55	08:59	
387	2195	Bruno Lopes	Gansos	01:48:39	+55:42	09:03	
388	2147	José Castelo	Fardetas	01:48:43	+55:46	09:04	
389	2552	Sonia Marisa Teixeira Da Silva	PAREDES RUNNING	01:48:44	+55:47	09:04	
390	2297	Ricardo Silva	Individual	01:48:45	+55:48	09:04	
391	2398	Pedro Brizido	Individual	01:49:09	+56:12	09:06	
392	2063	Eugénia Monteiro	Baguim Outdoor Activities (BOA`S)	01:49:10	+56:13	09:06	
393	2591	Rui Alves	S4L / MEDENSE FC	01:49:27	+56:30	09:07	
394	2544	Brigida Duarte	OsFazConta	01:49:29	+56:32	09:07	
395	2590	Marco Oliveira Zamalek	S4L / MEDENSE FC	01:49:30	+56:33	09:08	
396	2042	Marília Nascimento	Alverca Urban Runners	01:49:41	+56:44	09:08	
397	2372	Daniel Angelo da Silva Moutinho Branco	Individual	01:49:43	+56:46	09:09	
398	2076	Andreia Valente	Caga tacos running team	01:49:46	+56:49	09:09	
399	2636	Rosa Moreira	Tog Associação Running Team	01:49:56	+56:59	09:10	
400	2182	Rita Domingues	Fisioactive	01:49:57	+57:00	09:10	
401	2197	Sofia Lopes	Gansos	01:49:58	+57:01	09:10	

MINI TRILHOS 12K - STAGE 1

12 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
402	2367	Bruno Valente	Individual	01:50:20	+57:23	09:12	
403	2324	Laura Pinto	Individual	01:50:27	+57:30	09:12	
404	2456	Beatriz Moreira	Leões de Tardariz Trail	01:50:30	+57:33	09:13	
405	2353	Maria Cabral	Individual	01:50:43	+57:46	09:14	
406	2453	Patricia Neto	KeMedo Team	01:51:01	+58:04	09:15	
407	2033	José Diogo	Afifense Trail	01:51:09	+58:12	09:16	
408	2430	Manuel Brandão	Individual	01:51:14	+58:17	09:16	
409	2014	Maximino Coelho	100PRESSA	01:51:18	+58:21	09:16	
410	2571	Bruno Pinho	Rafateam	01:51:29	+58:32	09:17	
411	2647	Carlos Conde	Tog Associação Running Team	01:51:48	+58:51	09:19	
412	2110	Joana Fernandes	Coronado Runners	01:51:59	+59:02	09:20	
413	2145	Silvia Castelo	Fardetas	01:52:20	+59:23	09:22	
414	2462	Margarida Brás	Lesmas & Caracóis	01:52:37	+59:40	09:23	
415	2516	Amália Monteiro	Nova Linha Trail Runners	01:52:57	+01:00:00	09:25	
416	2257	Sandra Sousa	Clube Trilheiros & Amigos	01:53:29	+01:00:32	09:27	
417	2468	Christine Alem	Lobos do Brunheiro de Chaves / Anteros	01:53:29	+01:00:32	09:27	
418	2057	Pedro Santos	ARCD Venda Da Luísa	01:53:32	+01:00:35	09:28	
419	2041	Cristina Filipe	Alverca Urban Runners	01:53:45	+01:00:48	09:29	
420	2202	Fernanda Santos	Gansos	01:53:50	+01:00:53	09:29	
421	2303	Sergio Rocha	Individual	01:53:52	+01:00:55	09:29	
422	2503	Maria Alves	MSS Contabilidade Trail Team	01:53:52	+01:00:55	09:29	
423	2510	Américo Leal	MSS Contabilidade Trail Team	01:53:52	+01:00:55	09:29	
424	2541	Adriana Duarte	OsFazConta	01:54:12	+01:01:15	09:31	
425	2054	Ricardo Leal	Amigos 100 Limites	01:54:33	+01:01:36	09:33	
426	2366	Bruno Sousa	Individual	01:54:35	+01:01:38	09:33	
427	2469	Sandra Martins	Lusavouga CIDEP Trail Running	01:54:56	+01:01:59	09:35	
428	2114	Carla Faria	Coronado Runners	01:55:01	+01:02:04	09:35	
429	2642	Paulo Soares	Tog Associação Running Team	01:55:02	+01:02:05	09:35	
430	2069	Rita Lopes	BTT ISOLAMAIS/SPORTAZ	01:55:03	+01:02:06	09:35	
431	2072	João Vieira	BTT ISOLAMAIS/SPORTAZ	01:55:03	+01:02:06	09:35	
432	2461	Carla Costa	Lesmas & Caracóis	01:55:26	+01:02:29	09:37	
433	2680	Maria Melo	Individual	01:55:30	+01:02:33	09:38	
434	2362	António Monteiro	Individual	01:55:31	+01:02:34	09:38	
435	2070	Diogo Moreira	BTT ISOLAMAIS/SPORTAZ	01:55:36	+01:02:39	09:38	
436	1377	Sérgio Brochado	Individual	01:55:37	+01:02:40	09:38	
437	2327	Maria de Fátima Fonseca Ramos	Individual	01:55:48	+01:02:51	09:39	
438	2343	Ana Maria da Fonseca Ramos	Individual	01:55:48	+01:02:51	09:39	
439	2214	Helena Cardoso	Gondomar Futsal Clube	01:55:57	+01:03:00	09:40	
440	2217	Márcia Correia	GRCD Leião Cobras Trailistas	01:56:02	+01:03:05	09:40	
441	2403	Ricardo Jorge Dias	Individual	01:56:20	+01:03:23	09:42	
442	2200	Paula Ferreira	Gansos	01:56:24	+01:03:27	09:42	
443	2608	Madalena Costa	Silva	01:56:26	+01:03:29	09:42	
444	2040	Ana Caliça	Alverca Urban Runners	01:57:02	+01:04:05	09:45	
445	2512	JOANA SILVA	NOCTURNOS DE PAREDES	01:57:06	+01:04:09	09:46	
446	2526	Manuel Moreira	Ofrunning	01:57:24	+01:04:27	09:47	
447	2567	Aida Ferreira	Power Girls	01:57:46	+01:04:49	09:49	

MINI TRILHOS 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
448	2568	Alexandra Leite	Power Girls	01:57:46	+01:04:49	09:49	
449	2166	Maria Margarida Pereira Moreira	FidelidadeGDC	01:57:50	+01:04:53	09:49	
450	2175	José Francisco Marques Moreira	FidelidadeGDC	01:57:50	+01:04:53	09:49	
451	2152	Tiago Carneiro	Feirense Trail	01:58:07	+01:05:10	09:51	
452	2289	Leonardo Alexandre Ferraz Pinto	Individual	01:58:31	+01:05:34	09:53	
453	2360	Sonia Sampaio	Individual	01:58:58	+01:06:01	09:55	
454	2465	Ricardo Pinho	Let'sGoTeam	01:59:17	+01:06:20	09:56	
455	2320	Isabel Loureiro	Individual	01:59:33	+01:06:36	09:58	
456	2074	Fernando Vieira	BTT ISOLAMAIS/SPORTAZ	01:59:43	+01:06:46	09:59	
457	2313	Célia Margarida Soares de Pinho	Individual	01:59:44	+01:06:47	09:59	
458	2435	Mário António Costa Pereira	Individual	01:59:44	+01:06:47	09:59	
459	2432	Manuel Silva	Individual	01:59:55	+01:06:58	10:00	
460	2509	Rui Machado	MSS Contabilidade Trail Team	02:00:01	+01:07:04	10:00	
461	2535	Germano Moura	Os Barriguitas	02:00:17	+01:07:20	10:01	
462	1174	Raquel Santos	GD Leões da Guarda - Lion Runners	02:00:32	+01:07:35	10:03	
463	2198	Sónia Barrosa	Gansos	02:00:34	+01:07:37	10:03	
464	2178	António José Carvalho Amaral	FidelidadeGDC	02:00:52	+01:07:55	10:04	
465	2500	Paula Pinheiro	MSS Contabilidade Trail Team	02:01:13	+01:08:16	10:06	
466	2427	JOSÉ PINHO	Individual	02:01:21	+01:08:24	10:07	
467	2318	florbela peixoto	Individual	02:01:21	+01:08:24	10:07	
468	2545	Vania Soares	OsFazConta	02:01:29	+01:08:32	10:07	
469	2474	Joana Ferreira	Machines	02:01:56	+01:08:59	10:10	
470	2078	Rosinda Macedo	Caga tacos running team	02:02:01	+01:09:04	10:10	
471	2079	Antonio Macedo	Caga tacos running team	02:02:03	+01:09:06	10:10	
472	2639	Marco Oliveira	Tog Associação Running Team	02:02:21	+01:09:24	10:12	
473	2384	José Moreira	Individual	02:02:49	+01:09:52	10:14	
474	2497	Carla Oliveira	MSS Contabilidade Trail Team	02:03:21	+01:10:24	10:17	
475	2333	Sandra Maria Perdigão Gomes	Individual	02:03:26	+01:10:29	10:17	
476	2532	Helena Santos	OPraticante.pt	02:03:44	+01:10:47	10:19	
477	2538	Diogo Pimenta	Os Goguinhos	02:03:48	+01:10:51	10:19	
478	2537	Marta Pimenta	Os Goguinhos	02:03:48	+01:10:51	10:19	
479	2237	Cláudia Sofia da Silva Cardoso	Individual	02:03:48	+01:10:51	10:19	
480	2251	Márcia Pinto	Individual	02:03:48	+01:10:51	10:19	
481	1610	Pedro Reis	Individual	02:04:01	+01:11:04	10:20	
482	2181	Sérgio Pedro Silva Vasconcelos Reis	FidelidadeGDC	02:04:02	+01:11:05	10:20	
483	2141	Analisa Teixeira	Eu e Elas	02:04:58	+01:12:01	10:25	
484	2355	Paula Monteiro	Individual	02:05:07	+01:12:10	10:26	
485	2584	Cláudia Ribeiro	Run4Fun	02:05:13	+01:12:16	10:26	
486	2586	Jose Ribeiro	Run4Fun	02:05:13	+01:12:16	10:26	
487	2542	Catarina Silva	OsFazConta	02:05:44	+01:12:47	10:29	
488	2143	Helder Teixeira	Eu e Elas	02:05:49	+01:12:52	10:29	
489	2310	Albertina Gonçalves	Individual	02:06:03	+01:13:06	10:30	
490	2056	Cidalia rodrigues	Arca Barcelos Runners	02:06:04	+01:13:07	10:30	
491	2128	Manuel Joaquim Oliveira de Barros	Devasta Trilhos	02:06:17	+01:13:20	10:31	
492	2585	Cristiana Machado	Run4Fun	02:06:38	+01:13:41	10:33	

MINI TRILHOS 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
493	2507	José Freitas	MSS Contabilidade Trail Team	02:06:54	+01:13:57	10:34	
494	2374	Fernando Silva	Individual	02:06:57	+01:14:00	10:35	
495	2244	Joana Ferreira	Individual	02:06:58	+01:14:01	10:35	
496	2305	Tiago Miguel Moreno Bitara	Individual	02:07:01	+01:14:04	10:35	
497	2431	manuel fernando teixeira silva	Individual	02:07:08	+01:14:11	10:36	
498	2635	Raquel Marques	Tog Associação Running Team	02:07:24	+01:14:27	10:37	
499	2341	Veronica Martins	Individual	02:07:39	+01:14:42	10:38	
500	2481	Daniel Sousa	Manitowoc	02:07:46	+01:14:49	10:39	
501	2356	Rosa Cerqueira	Individual	02:07:49	+01:14:52	10:39	
502	2482	Ricardo Jorge	Manitowoc	02:09:00	+01:16:03	10:45	
503	2484	Sterling Bolivar	Manitowoc	02:09:02	+01:16:05	10:45	
504	2463	Dulce Monteiro	Let'sGoTeam	02:09:33	+01:16:36	10:48	
505	2464	Jorge Rosário	Let'sGoTeam	02:09:33	+01:16:36	10:48	
506	2153	Silvia Costa	Feirense Trail	02:09:54	+01:16:57	10:49	
507	2201	Deolinda Campanha	Gansos	02:09:54	+01:16:57	10:50	
508	2236	Cidália Alves	Individual	02:10:09	+01:17:12	10:51	
509	2326	Márcia Fontes	Individual	02:10:09	+01:17:12	10:51	
510	2345	Antonia Azevedo	Individual	02:11:02	+01:18:05	10:55	
511	2339	Susana ferreira	Individual	02:11:14	+01:18:17	10:56	
512	2142	Rute Costa	Eu e Elas	02:12:07	+01:19:10	11:01	
513	2012	Joaquim Leite	100PRESSA	02:12:35	+01:19:38	11:03	
514	2338	Susana Ferreira	Individual	02:13:05	+01:20:08	11:05	
515	2032	Patrícia Amorim	Afifense Trail	02:13:32	+01:20:35	11:08	
516	2064	Fernando Valente	Bandodosquatro	02:13:58	+01:21:01	11:10	
517	2321	Isabel Pires	Individual	02:14:10	+01:21:13	11:11	
518	2404	Ricardo Luz	Individual	02:14:12	+01:21:15	11:11	
519	2253	Marta Filipa Correia	Individual	02:14:22	+01:21:25	11:12	
520	2065	Catarina Ferreira	Bandodosquatro	02:15:22	+01:22:25	11:17	
521	2066	Patrícia Ferreira	Bandodosquatro	02:15:23	+01:22:26	11:17	
522	2174	Jorge Paulo Costa Monteiro	FidelidadeGDC	02:15:30	+01:22:33	11:18	
523	2180	Licínio Mendonça Malafaia	FidelidadeGDC	02:15:32	+01:22:35	11:18	
524	2173	João Manuel Marques Moreira	FidelidadeGDC	02:15:55	+01:22:58	11:20	
525	2212	Patrícia Pereira	Gondomar Futsal Clube	02:16:10	+01:23:13	11:21	
526	2086	Inês Rodrigues	Centro Cultural da STCP	02:16:15	+01:23:18	11:21	
527	2458	Sandra Silva	Leões de Tardariz Trail	02:16:16	+01:23:19	11:21	
528	2459	Teresa Pinto	Leões de Tardariz Trail	02:16:16	+01:23:19	11:21	
529	2234	Andréa Fernandes	Individual	02:16:28	+01:23:31	11:22	
530	2087	Rui Rodrigues	Centro Cultural da STCP	02:16:54	+01:23:57	11:25	
531	2536	Manuel Moura	Os Barriguitas	02:18:31	+01:25:34	11:33	
532	2328	Marlene Pinto	Individual	02:18:37	+01:25:40	11:33	
533	2560	Rosa Bispo	Pernas Inertes	02:18:43	+01:25:46	11:34	
534	2561	José Pires Lima	Pernas Inertes	02:18:49	+01:25:52	11:34	
535	2358	Sara Rodrigues	Individual	02:19:53	+01:26:56	11:39	
536	2452	Lina Cabral	Intensivos Team	02:19:54	+01:26:57	11:40	
537	2336	Sofia Ferreira	Individual	02:20:27	+01:27:30	11:42	
538	2331	Raquel Tomé	Individual	02:20:28	+01:27:31	11:42	

MINI TRILHOS 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
539	2309	Vítor Gandra	Individual	02:20:48	+01:27:51	11:44	
540	2340	Susana Pereira	Individual	02:21:30	+01:28:33	11:47	
541	2665	MARIA FONSECA	UNIDOS PELOS TRILHOS	02:21:40	+01:28:43	11:48	
542	2664	RITA GONÇALVES	UNIDOS PELOS TRILHOS	02:21:40	+01:28:43	11:48	
543	2077	Fátima Lopes	Caga tacos running team	02:21:46	+01:28:49	11:49	
544	2505	Filipe Azevedo	MSS Contabilidade Trail Team	02:23:20	+01:30:23	11:57	
545	2285	Jorge Magalhães	Individual	02:24:43	+01:31:46	12:04	
546	2259	Sara Silva	Individual	02:24:44	+01:31:47	12:04	
547	2013	José Costa	100PRESSA	02:25:17	+01:32:20	12:06	
548	2011	Jaime Barbosa Campos 12081954	100PRESSA	02:25:17	+01:32:20	12:06	
549	2361	Alexandre Amaral Teles	Individual	02:25:33	+01:32:36	12:08	
550	2633	Kika Martins	Tog Associação Running Team	02:28:04	+01:35:07	12:20	
551	2631	Beatriz Almeida	Tog Associação Running Team	02:28:05	+01:35:08	12:20	
552	2159	Mafalda Sofia Teixeira Moreira	FidelidadeGDC	02:28:36	+01:35:39	12:23	
553	2176	Sérgio Fernando Silva Rodrigues	FidelidadeGDC	02:28:40	+01:35:43	12:23	
554	2554	Luis Ribeiro	PAREDES RUNNING	02:29:10	+01:36:13	12:26	
555	2550	Luisa Pacheco	PAREDES RUNNING	02:29:12	+01:36:15	12:26	
556	2170	Herlander Miguel Esteves Martins	FidelidadeGDC	02:32:17	+01:39:20	12:41	
557	2171	José Luis Santos Diegues	FidelidadeGDC	02:32:17	+01:39:20	12:41	
558	2344	Angelina Coimbra Fernandes	Individual	02:34:16	+01:41:19	12:51	
559	2357	Rosa Soares	Individual	02:35:33	+01:42:36	12:58	
560	2164	Cristina Clara Pacheco Bastos Pacheco	FidelidadeGDC	02:36:17	+01:43:20	13:01	
561	2167	Sandra Maria Carvalho Cepeda	FidelidadeGDC	02:36:18	+01:43:21	13:01	
562	2223	NATÁLIA MOREIRA	GRUPO DESPORTIVO A.C.R.V.C.	02:36:18	+01:43:21	13:01	
563	2172	António Ferreira Assunção	FidelidadeGDC	02:36:18	+01:43:21	13:01	
564	1351	Miguel Fonseca	Individual	02:39:11	+01:46:14	13:16	
565	2332	Salomé Fernandes	Individual	02:39:46	+01:46:49	13:19	
566	2601	Bárbara Brito	Salgueiros Running	02:41:54	+01:48:57	13:30	
567	2629	Beatriz Sousa	Tog Associação Running Team	02:41:55	+01:48:58	13:30	
568	2161	Albertina Fernanda Ribeiro Teixeira	FidelidadeGDC	02:42:57	+01:50:00	13:35	
569	2160	Susana Paula Martinho da Silva	FidelidadeGDC	02:42:57	+01:50:00	13:35	
570	2501	Sara Gomes	MSS Contabilidade Trail Team	02:47:14	+01:54:17	13:56	
571	2009	António Martins	100PRESSA	02:50:39	+01:57:42	14:13	
572	2334	Sandrina Pinto Fernandes	Individual	02:52:56	+01:59:59	14:25	
573	2329	Monia Cristina Oliveira	Individual	02:53:02	+02:00:05	14:25	
574	2245	Joana Filipa Marques Moreira	Individual	02:54:07	+02:01:10	14:31	
575	2117	Magda Regina de Araújo Faria	Coronado Runners	02:54:08	+02:01:11	14:31	
576	2031	FERNANDA SILVA	AF104 STUDIO	03:08:00	+02:15:03	15:40	
577	2451	Manuel Falcão	Individual	03:10:30	+02:17:33	15:52	
578	2319	Isabel Cristina Morais de Carvalho Lopes	Individual	03:12:37	+02:19:40	16:03	
579	2246	Joana Isabel Garces Cunha	Individual	03:14:23	+02:21:26	16:12	
580	2192	Cristina Sousa	Gangue Do Salto Alto	03:15:54	+02:22:57	16:20	
581	2190	Marcia Fernandes	Gangue Do Salto Alto	03:15:54	+02:22:57	16:20	
582	2193	Susana Fernandes	Gangue Do Salto Alto	03:15:54	+02:22:57	16:20	
583	2189	Mafalda Pericão	Gangue Do Salto Alto	03:15:54	+02:22:57	16:20	

Official Timekeeper: Lap2Go	13 / 14	generate 20-mar-2022 14:20
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MINI TRILHOS 12K - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
584	2191	Paula Mendes	Gangue Do Salto Alto	03:15:55	+02:22:58	16:20	
585	2187	Ilda Cardoso	Gangue Do Salto Alto	03:15:56	+02:22:59	16:20	
586	2188	Lucia Gomes	Gangue Do Salto Alto	03:15:57	+02:23:00	16:20	
587	2085	Ricardo Ferreira	Centro Cultural da STCP	03:16:27	+02:23:30	16:22	
588	2243	Inês Pinto	Individual	03:17:42	+02:24:45	16:29	
589	2238	Cristina Inverneiro	Individual	03:17:43	+02:24:46	16:29	
590	2347	Carmen Pinto	Individual	03:17:45	+02:24:48	16:29	
591	2262	Tânia Almeida	Individual	03:25:31	+02:32:34	17:08	

Mini Trilhos 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	14°C	63%
End	12:55	14°C	63%

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

1	2242	Guida Ferreira Fontes	Individual	Senior Feminino	01:12:41	+19:43	06:03
2	2136	Ana Lúcia Dias	EDL TRAIL	Senior Feminino	01:13:08	+20:10	06:06
3	2612	Susana Azevedo	Team Lantemil	Senior Feminino	01:14:55	+21:57	06:15
4	2582	Teresa Amorim	Run River Escola de Atletismo de Rio Tinto	Senior Feminino	01:15:30	+22:32	06:18
5	2485	Ana Rita Carneiro	Minho e Lima Trail/Grupo Monte	Senior Feminino	01:16:48	+23:51	06:24
6	2655	Marta Caeiro	Turbo Kings 2.0/ AD Ancede	Senior Feminino	01:16:57	+23:59	06:25
7	2062	Daniela Ferreira	Aztrail	Senior Feminino	01:19:06	+26:08	06:36
8	2256	Sandra Oliveira	Individual	Senior Feminino	01:19:23	+26:25	06:37
9	2539	Daniela Moutinho	Os Preguiças Team	Senior Feminino	01:20:25	+27:27	06:42
10	2607	Daniela Ribeiro	Sharish Gin/GD Piranhas do Alqueva	Senior Feminino	01:20:37	+27:39	06:43
11	2106	Virgínia Lourenço Sousa	COA / Corvus Trail Team	Senior Feminino	01:20:52	+27:54	06:44
12	2061	Ligia dos Santos	Atletismo Clube da Tocha	Senior Feminino	01:21:05	+28:08	06:45
13	2258	Sara Ferreira	Individual	Senior Feminino	01:21:22	+28:25	06:47
14	2209	Carla Martins	Gondomar Futsal Clube	Senior Feminino	01:25:39	+32:42	07:08
15	2626	Soraia Alves	Tog Associação Running Team	Senior Feminino	01:26:14	+33:17	07:11
16	2570	Andreia Filipa Pinho de Carvalho	RafaTeam	Senior Feminino	01:26:43	+33:45	07:14
17	2097	CÁTIA LUCIANA DE SOUSA MATOS	CINFÃES A CORRER	Senior Feminino	01:27:08	+34:10	07:16
18	2603	Ana Sofia Silva	SerLIMA / ADL Serralharia	Senior Feminino	01:27:17	+34:19	07:16
19	2531	Ana Mafalda Pereira	OPraticante.pt	Senior Feminino	01:28:13	+35:15	07:21
20	2099	Patrícia Duarte	Cinfães a Correr	Senior Feminino	01:28:40	+35:43	07:23
21	2103	Ana Marta Lopes Matos	Clube Desportivo de Espite	Senior Feminino	01:28:58	+36:01	07:25
22	2235	BARBARA MICAELA SANTOS GOMES	Individual	Senior Feminino	01:31:13	+38:15	07:36
23	2252	Marta Ferreira	Individual	Senior Feminino	01:33:10	+40:12	07:46
24	2555	Ana Araújo	Patrol	Senior Feminino	01:35:06	+42:09	07:56
25	2255	Patrícia Oliveira	Individual	Senior Feminino	01:35:24	+42:26	07:57
26	2109	Bárbara Martins	Coronado Runners	Senior Feminino	01:35:52	+42:54	07:59
27	2044	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:37:47	+44:50	08:09
28	2644	Susana Pereira	Tog Associação Running Team	Senior Feminino	01:38:51	+45:53	08:14
29	2250	Laura Mosteo	Individual	Senior Feminino	01:39:54	+46:57	08:20
30	2513	TANIA CARDOSO	NOCTURNOS DE PAREDES	Senior Feminino	01:40:04	+47:06	08:20
31	2158	Carina de Jesus Oliveira Alves	FidelidadeGDC	Senior Feminino	01:41:14	+48:16	08:26
32	2656	Tina Sousa	Turbo Kings 2.0/ AD Ancede	Senior Feminino	01:43:22	+50:24	08:37
33	2260	Sofia Almeida	Individual	Senior Feminino	01:44:57	+51:59	08:45
34	2589	Tânia Andreia Jesus Simões	S C Povoense - caracóis de corrida	Senior Feminino	01:45:01	+52:03	08:45
35	2046	Vânia Moreira	Amigos 100 Limites	Senior Feminino	01:45:25	+52:28	08:47
36	2098	Isabel Andrade	Cinfães a correr	Senior Feminino	01:47:16	+54:18	08:56
37	2254	Pamela Pires	Individual	Senior Feminino	01:47:52	+54:54	08:59

Official Timekeeper: Lap2Go	1 / 14	generate 20-mar-2022 14:21
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Mini Trilhos 12K

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	2182	Rita Domingues	Fisioactive	Senior Feminino	01:49:57	+57:00	09:10
39	2453	Patricia Neto	KeMedo Team	Senior Feminino	01:51:01	+58:03	09:15
40	2110	Joana Fernandes	Coronado Runners	Senior Feminino	01:51:59	+59:01	09:20
41	2257	Sandra Sousa	Clube Trilheiros & Amigos	Senior Feminino	01:53:29	+01:00:31	09:27
42	2541	Adriana Duarte	OsFazConta	Senior Feminino	01:54:12	+01:01:15	09:31
43	2069	Rita Lopes	BTT ISOLAMAIS/SPORTAZ	Senior Feminino	01:55:03	+01:02:05	09:35
44	2217	Márcia Correia	GRCD Leão Cobras Trailistas	Senior Feminino	01:56:02	+01:03:04	09:40
45	2608	Madalena Costa	Silva	Senior Feminino	01:56:26	+01:03:29	09:42
46	2512	JOANA SILVA	NOCTURNOS DE PAREDES	Senior Feminino	01:57:06	+01:04:09	09:46
47	2474	Joana Ferreira	Machines	Senior Feminino	02:01:56	+01:08:58	10:10
48	2532	Helena Santos	OPraticante.pt	Senior Feminino	02:03:44	+01:10:47	10:19
49	2537	Marta Pimenta	Os Goguinhos	Senior Feminino	02:03:48	+01:10:50	10:19
50	2237	Cláudia Sofia da Silva Cardoso	Individual	Senior Feminino	02:03:48	+01:10:51	10:19
51	2251	Márcia Pinto	Individual	Senior Feminino	02:03:48	+01:10:51	10:19
52	2141	Analisa Teixeira	Eu e Elas	Senior Feminino	02:04:58	+01:12:00	10:25
53	2542	Catarina Silva	OsFazConta	Senior Feminino	02:05:44	+01:12:46	10:29
54	2244	Joana Ferreira	Individual	Senior Feminino	02:06:58	+01:14:01	10:35
55	2236	Cidália Alves	Individual	Senior Feminino	02:10:09	+01:17:12	10:51
56	2032	Patrícia Amorim	Afifense Trail	Senior Feminino	02:13:32	+01:20:34	11:08
57	2253	Marta Filipa Correia	Individual	Senior Feminino	02:14:22	+01:21:24	11:12
58	2234	Andréa Fernandes	Individual	Senior Feminino	02:16:28	+01:23:30	11:22
59	2259	Sara Silva	Individual	Senior Feminino	02:24:44	+01:31:46	12:04
60	2159	Mafalda Sofia Teixeira Moreira	FidelidadeGDC	Senior Feminino	02:28:36	+01:35:38	12:23
61	2550	Luisa Pacheco	PAREDES RUNNING	Senior Feminino	02:29:12	+01:36:14	12:26
62	2245	Joana Filipa Marques Moreira	Individual	Senior Feminino	02:54:07	+02:01:09	14:31
63	2246	Joana Isabel Garces Cunha	Individual	Senior Feminino	03:14:23	+02:21:26	16:12
64	2243	Inês Pinto	Individual	Senior Feminino	03:17:42	+02:24:45	16:29
65	2238	Cristina Inverneiro	Individual	Senior Feminino	03:17:43	+02:24:45	16:29
66	2262	Tânia Almeida	Individual	Senior Feminino	03:25:31	+02:32:33	17:08

Senior Masculino

1	2577	Vitor Barbosa	Retorta - Quinta das Arcas	Senior Masculino	53:06	+00:08	04:25
2	2018	Pedro Emanuel Pereira de Castro	AD Marco 09	Senior Masculino	53:14	+00:17	04:26
3	2017	Márcio Cruz	A.R.C. Escola Atletismo de Coimbra / Intermache Taveiro	Senior Masculino	53:24	+00:26	04:27
4	2132	Pedro Tapadas	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	53:35	+00:37	04:28
5	2019	Samuel Silva	AD Marco 09	Senior Masculino	55:05	+02:08	04:35
6	2521	João Ribeiro	Nutriloja ATAD	Senior Masculino	55:14	+02:17	04:36
7	2486	Bruno Rodrigues	Minho e Lima Trail/Grupo Monte	Senior Masculino	56:06	+03:09	04:41
8	2572	Marco BDS	RafaTeam	Senior Masculino	57:04	+04:06	04:45
9	2148	Andre Silva	Feirense Trail	Senior Masculino	57:18	+04:20	04:47
10	2495	Tiago Lopes	Montanha Clube Trail Running / EFAPEL	Senior Masculino	57:29	+04:32	04:47
11	2576	Tiago Pinto	Retorta - Quinta das Arcas	Senior Masculino	57:50	+04:52	04:49
12	2627	João Gomes	Tog Associação Running Team	Senior Masculino	59:03	+06:05	04:55

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Mini Trilhos 12K

12 KM

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13	2126	Ivo Barbosa	Devasta Trilhos	Senior Masculino	59:08	+06:10	04:56
14	1188	CARLOS COSTA	GRUPO DESPORTIVO A.C.R.V.C.	Senior Masculino	59:17	+06:19	04:56
15	2528	Adriano Rafael Morais	Olimpico Vianense	Senior Masculino	59:20	+06:22	04:57
16	2218	JOSÉ GASPAR	GRUPO DESPORTIVO A.C.R.V.C.	Senior Masculino	01:00:40	+07:42	05:03
17	2494	José Maria Monteiro Ferreira	Monsanto Running Team	Senior Masculino	01:00:55	+07:58	05:05
18	2574	Zé Pedro	RafaTeam	Senior Masculino	01:01:05	+08:08	05:05
19	2646	Filipe Campos	Tog Associação Running Team	Senior Masculino	01:01:31	+08:34	05:08
20	2137	Fausto Silva	EDL TRAIL	Senior Masculino	01:01:42	+08:44	05:08
21	2573	Tiago Sá	RafaTeam	Senior Masculino	01:03:06	+10:08	05:16
22	2151	Rui Lopes	Feirense Trail	Senior Masculino	01:03:10	+10:12	05:16
23	2220	PEDRO JORGE	GRUPO DESPORTIVO A.C.R.V.C.	Senior Masculino	01:03:11	+10:13	05:16
24	2123	Tiago Emanuel Damas Taborda	DCI/Trilhos Luso Bussaco	Senior Masculino	01:03:15	+10:17	05:16
25	2024	Roberto Freitas	adsebolido trail	Senior Masculino	01:04:03	+11:06	05:20
26	2294	Paulo Soares	Individual	Senior Masculino	01:04:33	+11:35	05:23
27	2020	Tiago David Almeida Marinho	AD Marco 09	Senior Masculino	01:04:34	+11:36	05:23
28	2520	Fernando Manuel Alves Rodrigues	Nutriloja ATAD	Senior Masculino	01:05:15	+12:17	05:26
29	2624	Nuno Silva	The Newbies	Senior Masculino	01:05:38	+12:40	05:28
30	2183	Rúben Vieira	Fisioactive	Senior Masculino	01:05:57	+13:00	05:30
31	2232	João Costa	GUNDEMARUS	Senior Masculino	01:06:02	+13:04	05:30
32	2219	NUNO MATOS	GRUPO DESPORTIVO A.C.R.V.C.	Senior Masculino	01:07:27	+14:30	05:37
33	2139	Pedro Pimenta	EDL TRAIL	Senior Masculino	01:09:25	+16:27	05:47
34	2138	Tiago Rocha	EDL TRAIL	Senior Masculino	01:09:38	+16:40	05:48
35	26	David Queiroz	CLAC Entroncamento	Senior Masculino	01:10:55	+17:58	05:55
36	1057	Tiago Mota	Amigos 100 Limites	Senior Masculino	01:12:06	+19:08	06:01
37	2621	Carlos Silva	The Newbies	Senior Masculino	01:12:16	+19:18	06:01
38	2287	José Ferreira	Individual	Senior Masculino	01:12:25	+19:27	06:02
39	2023	Manuel Lopes	adsebolido trail	Senior Masculino	01:13:58	+21:01	06:10
40	2272	Daniel Torres	Individual	Senior Masculino	01:14:35	+21:37	06:13
41	2286	José Ferreira	Individual	Senior Masculino	01:14:41	+21:43	06:13
42	2662	João Oliveira	Ultimagem	Senior Masculino	01:14:57	+21:59	06:15
43	2556	Pedro Xavier Marques Baldaia Moreira	Patrol	Senior Masculino	01:15:26	+22:28	06:17
44	2583	Hugo Moreira	Run River Escola de Atletismo de Rio Tinto	Senior Masculino	01:15:29	+22:32	06:17
45	2267	Bernardo Antunes	Individual	Senior Masculino	01:15:44	+22:47	06:19
46	2471	António Mendes	Lusos XXI	Senior Masculino	01:15:45	+22:48	06:19
47	2284	João Rodrigues	Individual	Senior Masculino	01:16:16	+23:18	06:21
48	2613	Miguel Santos	Team Lantemil	Senior Masculino	01:16:39	+23:41	06:23
49	2654	Mário Santos	Trilhos dos Templários/ ACR Santa Cita	Senior Masculino	01:17:05	+24:08	06:25
50	2540	Fernando Teixeira	Os Preguiças Team	Senior Masculino	01:18:28	+25:30	06:32
51	2048	Célio Oliveira	Amigos 100 Limites	Senior Masculino	01:18:30	+25:32	06:32
52	2282	João Carlos Dias Leal	Individual	Senior Masculino	01:18:44	+25:46	06:34
53	2673	Rui Nogueira	VALPORTASRUNNERS	Senior Masculino	01:18:59	+26:01	06:35
54	2515	Diogo Moura	Nova Linha trail Runners	Senior Masculino	01:19:35	+26:37	06:38
55	2625	Ricardo Oliveira	TIT - Tintas Isaval Team	Senior Masculino	01:20:13	+27:16	06:41
56	2296	Ricardo Resende	Individual	Senior Masculino	01:20:45	+27:47	06:44
57	2623	Marcelo Teixeira	The Newbies	Senior Masculino	01:20:47	+27:49	06:44

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Mini Trilhos 12K

12 KM

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58	2265	Afonso Montenegro	Individual	Senior Masculino	01:20:48	+27:51	06:44
59	2113	Bruno José Alves Chimeno	Coronado Runners	Senior Masculino	01:20:49	+27:51	06:44
60	2092	Pedro Correia	CIN RUNNING TEAM	Senior Masculino	01:20:58	+28:00	06:45
61	2001	Fabio Gomes	#ATÉCHORAS!	Senior Masculino	01:22:20	+29:22	06:52
62	2628	Tiago Neves	Tog Associação Running Team	Senior Masculino	01:22:28	+29:30	06:52
63	2091	Cristiano Salgado	CIN RUNNING TEAM	Senior Masculino	01:22:57	+30:00	06:55
64	2543	Pedro Oliveira	OsFazConta	Senior Masculino	01:23:00	+30:02	06:55
65	2101	Rui Camelo	Cinfães a Correr	Senior Masculino	01:23:11	+30:14	06:56
66	2281	João Cardoso	Individual	Senior Masculino	01:23:49	+30:51	06:59
67	2279	Hugo Freixo	Individual	Senior Masculino	01:24:03	+31:06	07:00
68	2283	João Manuel Alves Baltazar	Individual	Senior Masculino	01:24:04	+31:06	07:00
69	2473	Daniel Teixeira	Lusos XXI	Senior Masculino	01:24:18	+31:20	07:01
70	2674	Rui Santos	VALPORTASRUNNERS	Senior Masculino	01:24:26	+31:28	07:02
71	2476	Filipe Ribeiro	Machines	Senior Masculino	01:24:30	+31:32	07:03
72	2307	Tiago Pereira	Individual	Senior Masculino	01:24:32	+31:35	07:03
73	2658	Manuel Teixeira	Turbo Kings 2.0/ AD Ancede	Senior Masculino	01:24:40	+31:42	07:03
74	2301	Rui Costa	Individual	Senior Masculino	01:26:22	+33:25	07:12
75	2622	Hugo Faria	The Newbies	Senior Masculino	01:26:53	+33:56	07:14
76	2472	Carlos Pinto	Lusos XXI	Senior Masculino	01:27:05	+34:07	07:15
77	2277	Fábio Manuel Pinto	Individual	Senior Masculino	01:27:09	+34:11	07:16
78	2604	Sérgio Lima	SerLiMA / ADL Serralharia	Senior Masculino	01:27:17	+34:19	07:16
79	2090	Carlos Moreira	CIN RUNNING TEAM	Senior Masculino	01:27:20	+34:22	07:17
80	2093	Sérgio Reis	CIN RUNNING TEAM	Senior Masculino	01:27:42	+34:44	07:19
81	2149	Nelson Dias	Feirense Trail	Senior Masculino	01:27:45	+34:48	07:19
82	2280	Isaías Vieira	Individual	Senior Masculino	01:27:53	+34:56	07:19
83	2002	Nuno Maio	#ATÉCHORAS!	Senior Masculino	01:28:07	+35:10	07:21
84	2068	Filipe Longo	Biking Bastards	Senior Masculino	01:28:10	+35:12	07:21
85	2292	Nuno Silva	Individual	Senior Masculino	01:29:53	+36:55	07:29
86	2300	Ruben Moreira	Individual	Senior Masculino	01:29:53	+36:55	07:29
87	2657	Cristiano Fonseca	Turbo Kings 2.0/ AD Ancede	Senior Masculino	01:30:50	+37:52	07:34
88	2304	Tiago Filipe Lopes Teixeira	Individual	Senior Masculino	01:31:30	+38:32	07:38
89	2274	Diogo Miguel Santos Nogueira Monteiro	Individual	Senior Masculino	01:32:02	+39:04	07:40
90	2299	Rodrigo Freitas	Individual	Senior Masculino	01:32:30	+39:33	07:43
91	2298	Ricardo Veloso	Individual	Senior Masculino	01:32:58	+40:00	07:45
92	2221	RICARDO ROCHA	GRUPO DESPORTIVO A.C.R.V.C.	Senior Masculino	01:33:08	+40:10	07:46
93	2293	Paulo Jorge Alves Ferreira	Individual	Senior Masculino	01:33:33	+40:35	07:48
94	2273	Diogo Figueiredo	Individual	Senior Masculino	01:33:59	+41:02	07:50
95	2295	Ricardo Pinho	Individual	Senior Masculino	01:34:38	+41:40	07:53
96	2275	Emanuel Dias	Individual	Senior Masculino	01:35:18	+42:20	07:57
97	2150	Paulo Sousa	Feirense Trail	Senior Masculino	01:35:26	+42:28	07:57
98	2047	Amilcar Sanguedo	Amigos 100 Limites	Senior Masculino	01:35:43	+42:45	07:59
99	2266	André Pereira	Individual	Senior Masculino	01:35:46	+42:49	07:59
100	2659	Nuno Miguel Queiroz Pereira	Turbo Kings 2.0/ AD Ancede	Senior Masculino	01:36:02	+43:04	08:00
101	2278	Henrique Pereira	Individual	Senior Masculino	01:37:23	+44:25	08:07
102	2496	Paulo Silva	MSS Contabilidade Trail Team	Senior Masculino	01:37:50	+44:52	08:09
103	2263	Abel Cardoso	Individual	Senior Masculino	01:37:58	+45:01	08:10

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Mini Trilhos 12K

12 KM

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104	2271	César Filipe Martins dos Santos	Individual	Senior Masculino	01:39:20	+46:22	08:17
105	2475	Fábio Rodrigues	Machines	Senior Masculino	01:40:40	+47:42	08:23
106	2268	Bruno Fernandes	Individual	Senior Masculino	01:41:12	+48:15	08:26
107	2302	Rui Custódio	Individual	Senior Masculino	01:43:52	+50:54	08:39
108	2514	PAULO AMORIM	NOCTURNOS DE PAREDES	Senior Masculino	01:44:38	+51:40	08:43
109	2477	Hélder Carneiro	Machines	Senior Masculino	01:47:17	+54:20	08:56
110	2480	Bruno Barros	Manitowoc	Senior Masculino	01:47:37	+54:39	08:58
111	2195	Bruno Lopes	Gansos	Senior Masculino	01:48:39	+55:41	09:03
112	2297	Ricardo Silva	Individual	Senior Masculino	01:48:45	+55:47	09:04
113	2591	Rui Alves	S4L / MEDENSE FC	Senior Masculino	01:49:27	+56:29	09:07
114	2590	Marco Oliveira Zamalek	S4L / MEDENSE FC	Senior Masculino	01:49:30	+56:33	09:08
115	2033	José Diogo	Afifense Trail	Senior Masculino	01:51:09	+58:11	09:16
116	2571	Bruno Pinho	Rafateam	Senior Masculino	01:51:29	+58:31	09:17
117	2303	Sergio Rocha	Individual	Senior Masculino	01:53:52	+01:00:54	09:29
118	2070	Diogo Moreira	BTT ISOLAMAIS/SPORTAZ	Senior Masculino	01:55:36	+01:02:39	09:38
119	2152	Tiago Carneiro	Feirense Trail	Senior Masculino	01:58:07	+01:05:09	09:51
120	2289	Leonardo Alexandre Ferraz Pinto	Individual	Senior Masculino	01:58:31	+01:05:34	09:53
121	2538	Diogo Pimenta	Os Goguinhos	Senior Masculino	02:03:48	+01:10:50	10:19
122	1610	Pedro Reis	Individual	Senior Masculino	02:04:01	+01:11:04	10:20
123	2305	Tiago Miguel Moreno Bitara	Individual	Senior Masculino	02:07:01	+01:14:03	10:35
124	2481	Daniel Sousa	Manitowoc	Senior Masculino	02:07:46	+01:14:48	10:39
125	2482	Ricardo Jorge	Manitowoc	Senior Masculino	02:09:00	+01:16:02	10:45
126	2064	Fernando Valente	Bandososquatro	Senior Masculino	02:13:58	+01:21:00	11:10
127	2285	Jorge Magalhães	Individual	Senior Masculino	02:24:43	+01:31:46	12:04
128	2085	Ricardo Ferreira	Centro Cultural da STCP	Senior Masculino	03:16:27	+02:23:29	16:22

Sub 23 Feminino

1	2228	Constança Pelicano	GRVilaverdense	Sub 23 Feminino	01:16:29	+23:31	06:22
2	2036	Mariana Antunes	Afifense Trail	Sub 23 Feminino	01:36:05	+43:07	08:00
3	2034	Mariana Malheiro	Afifense Trail	Sub 23 Feminino	01:41:46	+48:48	08:29
4	2456	Beatriz Moreira	Leões de Tardariz Trail	Sub 23 Feminino	01:50:30	+57:33	09:13
5	2086	Inês Rodrigues	Centro Cultural da STCP	Sub 23 Feminino	02:16:15	+01:23:18	11:21
6	2629	Beatriz Sousa	Tog Associação Running Team	Sub 23 Feminino	02:41:55	+01:48:57	13:30

Sub 23 Masculino

1	2530	Samuel Veiga	Olimpico Vianense	Sub 23 Masculino	55:45	+02:47	04:39
2	2529	Jose Mario	Olimpico Vianense	Sub 23 Masculino	57:05	+04:07	04:45
3	2487	Francisco Franco	Minho e Lima Trail/Grupo Monte	Sub 23 Masculino	01:02:05	+09:07	05:10
4	2107	Guilherme Silva	COA / Corvus Trail Team	Sub 23 Masculino	01:04:13	+11:16	05:21
5	2605	João Pedro Moreira	Serviços sociais Montepio	Sub 23 Masculino	01:07:41	+14:43	05:38
6	2488	Gonçalo Carvalho	Minho e Lima Trail/Grupo Monte	Sub 23 Masculino	01:09:40	+16:42	05:48
7	2466	Tiago Maia	LION RUNNERS	Sub 23 Masculino	01:13:22	+20:24	06:07
8	2308	bruno filipe rodrigues teixeira	Individual	Sub 23 Masculino	01:37:23	+44:25	08:07
9	2564	Francisco Carneiro Pinto	Pintos Endiabrados	Sub 23 Masculino	01:38:11	+45:13	08:11

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Mini Trilhos 12K

12 KM

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10	2309	Vítor Gandra	Individual	Sub 23 Masculino	02:20:48	+01:27:51	11:44
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Veterana F40

1	2005	Tania Covas Costa	.COM-Clube Ori Minho	Veterana F40	01:06:48	+13:50	05:34
2	2037	Vera Nogueira	Afifense Trail	Veterana F40	01:19:45	+26:47	06:39
3	2551	Lucinda marques	PAREDES RUNNING	Veterana F40	01:23:48	+30:50	06:59
4	2563	Diana Alexandra Dias Leite Santos	Phoenix Evorun	Veterana F40	01:25:50	+32:53	07:09
5	2081	Elisabete Queirós Pereira	Centro Ciclista de Gondomar	Veterana F40	01:27:50	+34:52	07:19
6	2051	Patrícia Conceição	Amigos 100 Limites	Veterana F40	01:29:46	+36:48	07:29
7	2533	Marta Alexandra Esteves do Carmo	OPraticante.pt	Veterana F40	01:30:05	+37:07	07:30
8	2499	Marlene Martins	MSS Contabilidade Trail Team	Veterana F40	01:31:07	+38:09	07:36
9	2498	Clotilde Fernandes	MSS Contabilidade Trail Team	Veterana F40	01:33:01	+40:03	07:45
10	2311	Ana Paula Cunha	Individual	Veterana F40	01:33:09	+40:11	07:46
11	1280	Lília Magalhães	Individual	Veterana F40	01:33:23	+40:25	07:47
12	2144	Marisa Doreta	Fardetas	Veterana F40	01:34:26	+41:29	07:52
13	2566	Teresa Lourenço	Porto Sentido Runners	Veterana F40	01:34:32	+41:34	07:53
14	2587	CARLA LILIANA OLIVEIRA ALVES	RUNNERS DO DEMO	Veterana F40	01:34:43	+41:45	07:54
15	2672	Berta Ferreira	Valongo Trail Team	Veterana F40	01:35:47	+42:50	07:59
16	2116	Fernanda Santos	Coronado Runners	Veterana F40	01:35:56	+42:58	08:00
17	2007	Olga Seabra	100PRESSA	Veterana F40	01:36:38	+43:40	08:03
18	2611	Anabela Sousa	Tartarugas de Seixezelo	Veterana F40	01:37:18	+44:20	08:07
19	2634	Sónia Reis	Tog Associação Running Team	Veterana F40	01:38:50	+45:52	08:14
20	2335	Sílvia Maria Soares Ferreira	Individual	Veterana F40	01:39:03	+46:05	08:15
21	2229	Fátima Oliveira	GRVilaverdense	Veterana F40	01:39:44	+46:46	08:19
22	2230	Paula Monteiro	GRVilaverdense	Veterana F40	01:40:59	+48:01	08:25
23	2317	Dulce Ribeiro	Individual	Veterana F40	01:41:11	+48:13	08:26
24	2524	Sandra Costa	Nutriloja ATAD	Veterana F40	01:41:33	+48:35	08:28
25	2208	Amélia Ramos	GD Leões da Guarda - Lion Runners	Veterana F40	01:41:39	+48:42	08:28
26	2196	Cristina Fonseca	Gansos	Veterana F40	01:41:48	+48:50	08:29
27	2322	Joana Gonçalves	Individual	Veterana F40	01:41:58	+49:00	08:30
28	2312	Andreia Ribeiro	Boavista trail	Veterana F40	01:42:08	+49:11	08:31
29	2679	Carla Moreira	Individual	Veterana F40	01:42:43	+49:45	08:34
30	2337	Susana Almeida	Individual	Veterana F40	01:44:56	+51:59	08:45
31	2222	MARIA NEVES	GRUPO DESPORTIVO A.C.R.V.C.	Veterana F40	01:45:44	+52:46	08:49
32	2342	Verónica Martins	Individual	Veterana F40	01:47:36	+54:39	08:58
33	2115	Eliana Faria	Coronado Runners	Veterana F40	01:47:42	+54:44	08:58
34	2552	Sonia Marisa Teixeira Da Silva	PAREDES RUNNING	Veterana F40	01:48:44	+55:47	09:04
35	2063	Eugénia Monteiro	Baguim Outdoor Activities (BOA'S)	Veterana F40	01:49:10	+56:12	09:06
36	2544	Brigida Duarte	OsFazConta	Veterana F40	01:49:29	+56:32	09:07
37	2076	Andreia Valente	Caga tacos running team	Veterana F40	01:49:46	+56:48	09:09
38	2197	Sofia Lopes	Gansos	Veterana F40	01:49:58	+57:01	09:10
39	2324	Laura Pinto	Individual	Veterana F40	01:50:27	+57:30	09:12

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12 KM

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OFFICIAL RESULT

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40	2145	Silvia Castelo	Fardetas	Veterana F40	01:52:20	+59:22	09:22
41	2462	Margarida Brás	Lesmas & Caracóis	Veterana F40	01:52:37	+59:39	09:23
42	2468	Christine Alem	Lobos do Brunheiro de Chaves / Anteros	Veterana F40	01:53:29	+01:00:31	09:27
43	2469	Sandra Martins	Lusavouga CIDEP Trail Running	Veterana F40	01:54:56	+01:01:58	09:35
44	2114	Carla Faria	Coronado Runners	Veterana F40	01:55:01	+01:02:04	09:35
45	2461	Carla Costa	Lesmas & Caracóis	Veterana F40	01:55:26	+01:02:29	09:37
46	2327	Maria de Fátima Fonseca Ramos	Individual	Veterana F40	01:55:48	+01:02:50	09:39
47	2040	Ana Calíça	Alverca Urban Runners	Veterana F40	01:57:02	+01:04:05	09:40
48	2567	Aida Ferreira	Power Girls	Veterana F40	01:57:46	+01:04:48	09:49
49	2568	Alexandra Leite	Power Girls	Veterana F40	01:57:46	+01:04:48	09:49
50	2320	Isabel Loureiro	Individual	Veterana F40	01:59:33	+01:06:36	09:58
51	2313	Célia Margarida Soares de Pinho	Individual	Veterana F40	01:59:44	+01:06:46	09:59
52	1174	Raquel Santos	GD Leões da Guarda - Lion Runners	Veterana F40	02:00:32	+01:07:34	10:03
53	2198	Sónia Barrosa	Gansos	Veterana F40	02:00:34	+01:07:36	10:03
54	2500	Paula Pinheiro	MSS Contabilidade Trail Team	Veterana F40	02:01:13	+01:08:15	10:06
55	2318	florbela peixoto	Individual	Veterana F40	02:01:21	+01:08:24	10:07
56	2545	Vania Soares	OsFazConta	Veterana F40	02:01:29	+01:08:31	10:07
57	2497	Carla Oliveira	MSS Contabilidade Trail Team	Veterana F40	02:03:21	+01:10:24	10:17
58	2333	Sandra Maria Perdigão Gomes	Individual	Veterana F40	02:03:26	+01:10:28	10:17
59	2584	Cláudia Ribeiro	Run4Fun	Veterana F40	02:05:13	+01:12:16	10:26
60	2310	Albertina Gonçalves	Individual	Veterana F40	02:06:03	+01:13:06	10:30
61	2056	Cidalia rodrigues	Arca Barcelos Runners	Veterana F40	02:06:04	+01:13:06	10:30
62	2585	Cristiana Machado	Run4Fun	Veterana F40	02:06:38	+01:13:40	10:33
63	2341	Veronica Martins	Individual	Veterana F40	02:07:39	+01:14:42	10:38
64	2463	Dulce Monteiro	Let'sGoTeam	Veterana F40	02:09:33	+01:16:35	10:48
65	2153	Silvia Costa	Feirense Trail	Veterana F40	02:09:54	+01:16:56	10:49
66	2326	Márcia Fontes	Individual	Veterana F40	02:10:09	+01:17:12	10:51
67	2339	Susana ferreira	Individual	Veterana F40	02:11:14	+01:18:16	10:56
68	2142	Rute Costa	Eu e Elas	Veterana F40	02:12:07	+01:19:10	11:01
69	2338	Susana Ferreira	Individual	Veterana F40	02:13:05	+01:20:08	11:05
70	2321	Isabel Pires	Individual	Veterana F40	02:14:10	+01:21:12	11:11
71	2065	Catarina Ferreira	Bandosquatro	Veterana F40	02:15:22	+01:22:24	11:17
72	2066	Patrícia Ferreira	Bandosquatro	Veterana F40	02:15:23	+01:22:25	11:17
73	2212	Patrícia Pereira	Gondomar Futsal Clube	Veterana F40	02:16:10	+01:23:12	11:21
74	2328	Marlene Pinto	Individual	Veterana F40	02:18:37	+01:25:39	11:33
75	2336	Sofia Ferreira	Individual	Veterana F40	02:20:27	+01:27:29	11:42
76	2331	Raquel Tomé	Individual	Veterana F40	02:20:28	+01:27:31	11:42
77	2340	Susana Pereira	Individual	Veterana F40	02:21:30	+01:28:32	11:47
78	2664	RITA GONÇALVES	UNIDOS PELOS TRILHOS	Veterana F40	02:21:40	+01:28:42	11:48
79	2633	Kika Martins	Tog Associação Running Team	Veterana F40	02:28:04	+01:35:06	12:20
80	2631	Beatriz Almeida	Tog Associação Running Team	Veterana F40	02:28:05	+01:35:07	12:20
81	2223	NATÁLIA MOREIRA	GRUPO DESPORTIVO A.C.R.V.C.	Veterana F40	02:36:18	+01:43:20	13:01
82	2332	Salomé Fernandes	Individual	Veterana F40	02:39:46	+01:46:48	13:19
83	2601	Bárbara Brito	Salgueiros Running	Veterana F40	02:41:54	+01:48:57	13:30
84	2160	Susana Paula Martinho da Silva	FidelidadeGDC	Veterana F40	02:42:57	+01:50:00	13:38

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85	2501	Sara Gomes	MSS Contabilidade Trail Team	Veterana F40	02:47:14	+01:54:17	13:56
86	2334	Sandrina Pinto Fernandes	Individual	Veterana F40	02:52:56	+01:59:59	14:25
87	2329	Monia Cristina Oliveira	Individual	Veterana F40	02:53:02	+02:00:05	14:25
88	2117	Magda Regina de Araújo Faria	Coronado Runners	Veterana F40	02:54:08	+02:01:10	14:31
89	2319	Isabel Cristina Morais de Carvalho Lopes	Individual	Veterana F40	03:12:37	+02:19:39	16:03
90	2190	Marcia Fernandes	Gangue Do Salto Alto	Veterana F40	03:15:54	+02:22:56	16:20
91	2189	Mafalda Pericão	Gangue Do Salto Alto	Veterana F40	03:15:54	+02:22:57	16:20
92	2191	Paula Mendes	Gangue Do Salto Alto	Veterana F40	03:15:55	+02:22:58	16:20
93	2187	Ilda Cardoso	Gangue Do Salto Alto	Veterana F40	03:15:56	+02:22:58	16:20
94	2188	Lucia Gomes	Gangue Do Salto Alto	Veterana F40	03:15:57	+02:22:59	16:20

Veterana F50

1	2025	Constantina Maria da Silva Rocha	adsebolido trail	Veterana F50	01:25:09	+32:11	07:06
2	2231	Teresa Rosa	GRVilaverdense	Veterana F50	01:27:39	+34:41	07:18
3	2184	Augusta Barbosa	Fisioactive	Veterana F50	01:28:27	+35:29	07:22
4	2102	Isabel Bernardo	Cinfães a Correr	Veterana F50	01:28:40	+35:42	07:23
5	2348	Cláudia Graça	Individual	Veterana F50	01:32:44	+39:46	07:44
6	2052	Maria Ferreira	Amigos 100 Limites	Veterana F50	01:36:11	+43:13	08:01
7	2112	Ana Pereira	Coronado Runners	Veterana F50	01:38:21	+45:24	08:12
8	2346	Cândida Rodrigues	Individual	Veterana F50	01:41:17	+48:19	08:26
9	2104	MARIA CLAUDIA SOTTO MAYOR REGO RIBEIRO	Clube Millennium bcp	Veterana F50	01:41:24	+48:26	08:27
10	2349	Conceição Rocha	Individual	Veterana F50	01:41:34	+48:36	08:28
11	2199	Deolinda Vilarinho	Gansos	Veterana F50	01:41:48	+48:50	08:29
12	2350	Fernanda Marques	Individual	Veterana F50	01:42:06	+49:08	08:30
13	2053	Paula Moreira	Amigos 100 Limites	Veterana F50	01:42:59	+50:02	08:35
14	2351	Joaquina Pinto	Individual	Veterana F50	01:43:31	+50:33	08:38
15	2454	Anabela Gomes	KeMedo Team	Veterana F50	01:44:47	+51:49	08:44
16	2359	Silvina Gama	Individual	Veterana F50	01:45:26	+52:28	08:47
17	2165	Maria Emilia Teixeira Moreira	FidelidadeGDC	Veterana F50	01:45:45	+52:48	08:49
18	2588	Paula sousa	Running Esmoriz	Veterana F50	01:46:35	+53:38	08:53
19	2058	Ana Oliveira	Running Esmoriz	Veterana F50	01:47:37	+54:40	08:58
20	2042	Marília Nascimento	Alverca Urban Runners	Veterana F50	01:49:41	+56:43	09:08
21	2636	Rosa Moreira	Tog Associação Running Team	Veterana F50	01:49:56	+56:58	09:10
22	2353	Maria Cabral	Individual	Veterana F50	01:50:43	+57:45	09:14
23	2516	Amália Monteiro	Nova Linha Trail Runners	Veterana F50	01:52:57	+59:59	09:25
24	2041	Cristina Filipe	Alverca Urban Runners	Veterana F50	01:53:45	+01:00:47	09:29
25	2503	Maria Alves	MSS Contabilidade Trail Team	Veterana F50	01:53:52	+01:00:54	09:29
26	2680	Maria Melo	Individual	Veterana F50	01:55:30	+01:02:32	09:38
27	2343	Ana Maria da Fonseca Ramos	Individual	Veterana F50	01:55:48	+01:02:50	09:39
28	2214	Helena Cardoso	Gondomar Futsal Clube	Veterana F50	01:55:57	+01:02:59	09:40
29	2200	Paula Ferreira	Gansos	Veterana F50	01:56:24	+01:03:26	09:42
30	2166	Maria Margarida Pereira Moreira	FidelidadeGDC	Veterana F50	01:57:50	+01:04:52	09:49
31	2360	Sonia Sampaio	Individual	Veterana F50	01:58:58	+01:06:00	09:55
32	2355	Paula Monteiro	Individual	Veterana F50	02:05:07	+01:12:09	10:26

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33	2635	Raquel Marques	Tog Associação Running Team	Veterana F50	02:07:24	+01:14:26	10:37
34	2356	Rosa Cerqueira	Individual	Veterana F50	02:07:49	+01:14:51	10:39
35	2345	Antonia Azevedo	Individual	Veterana F50	02:11:02	+01:18:04	10:55
36	2458	Sandra Silva	Leões de Tardariz Trail	Veterana F50	02:16:16	+01:23:18	11:21
37	2459	Teresa Pinto	Leões de Tardariz Trail	Veterana F50	02:16:16	+01:23:18	11:21
38	2358	Sara Rodrigues	Individual	Veterana F50	02:19:53	+01:26:55	11:39
39	2452	Lina Cabral	Intensivos Team	Veterana F50	02:19:54	+01:26:56	11:40
40	2665	MARIA FONSECA	UNIDOS PELOS TRILHOS	Veterana F50	02:21:40	+01:28:42	11:48
41	2344	Angelina Coimbra Fernandes	Individual	Veterana F50	02:34:16	+01:41:18	12:51
42	2357	Rosa Soares	Individual	Veterana F50	02:35:33	+01:42:36	12:58
43	2164	Cristina Clara Pacheco Bastos Pacheco	FidelidadeGDC	Veterana F50	02:36:17	+01:43:20	13:01
44	2167	Sandra Maria Carvalho Cepeda	FidelidadeGDC	Veterana F50	02:36:18	+01:43:20	13:01
45	2161	Albertina Fernanda Ribeiro Teixeira	FidelidadeGDC	Veterana F50	02:42:57	+01:49:59	13:35
46	2031	FERNANDA SILVA	AF104 STUDIO	Veterana F50	03:08:00	+02:15:02	15:40
47	2192	Cristina Sousa	Gangue Do Salto Alto	Veterana F50	03:15:54	+02:22:56	16:20
48	2193	Susana Fernandes	Gangue Do Salto Alto	Veterana F50	03:15:54	+02:22:57	16:20
49	2347	Carmen Pinto	Individual	Veterana F50	03:17:45	+02:24:48	16:29

Veterana F60

1	2202	Fernanda Santos	Gansos	Veterana F60	01:53:50	+01:00:53	09:29
2	2078	Rosinda Macedo	Caga tacos running team	Veterana F60	02:02:01	+01:09:04	10:10
3	2201	Deolinda Campanha	Gansos	Veterana F60	02:09:54	+01:16:57	10:50
4	2560	Rosa Bispo	Pernas Inertes	Veterana F60	02:18:43	+01:25:45	11:34
5	2077	Fátima Lopes	Caga tacos running team	Veterana F60	02:21:46	+01:28:48	11:49

Veterano M40

1	2578	Carlos Monteiro	Retorta - Quinta das Arcas	Veterano M40	52:57	04:25
2	2224	LUIS SILVA	GRUPO DESPORTIVO A.C.R.V.C.	Veterano M40	56:26	+03:28 04:42
3	2579	Tiago Lisboa	Retorta - Quinta das Arcas	Veterano M40	57:48	+04:50 04:49
4	2525	Hugo Martins	Nutriloja ATAD	Veterano M40	57:56	+04:59 04:50
5	2015	Alcino Silva	A.D. Amarante Trail Running	Veterano M40	59:33	+06:35 04:58
6	2133	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:00:29	+07:31 05:02
7	2653	César Gonçalves	Trilhos de Viana	Veterano M40	01:01:08	+08:11 05:06
8	2615	Vitor Coelho	Team Sindeq	Veterano M40	01:01:15	+08:17 05:06
9	2489	Filipe Meneses	Minho e Lima Trail/Grupo Monte	Veterano M40	01:01:32	+08:35 05:08
10	2382	José Manuel Ferreira dos Santos	Nutriloja ATAD	Veterano M40	01:01:40	+08:42 05:08
11	2575	Sebastião Agostinho Pereira Pinto	RafaTeam	Veterano M40	01:03:48	+10:50 05:19
12	2121	Jorge Moreira	DAMIRA TRAIL TEAM	Veterano M40	01:04:49	+11:51 05:24
13	2022	Joaquim Mendes	AD Pedome	Veterano M40	01:05:15	+12:17 05:26
14	2523	Alexandre silva	Nutriloja ATAD	Veterano M40	01:06:16	+13:18 05:31
15	2381	José Costa	Oralklass - Amigos Do Trail	Veterano M40	01:06:26	+13:28 05:32
16	2185	Nuno Ramos	Fisioactive	Veterano M40	01:06:53	+13:55 05:34
17	2120	Helder Borges	Damira Trail Team	Veterano M40	01:07:29	+14:31 05:37

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18	2135	João Portugal	Dura-F1 Raceteam	Veterano M40	01:07:36	+14:38	05:38
19	2016	Pedro Vieira	A.D. Amarante Trail Running	Veterano M40	01:09:25	+16:27	05:47
20	2490	José Matos	Minho e Lima Trail/Grupo Monte	Veterano M40	01:09:58	+17:00	05:50
21	2131	Octavio Rodrigues	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:10:52	+17:55	05:54
22	2479	Pedro Jordão Ribeiro	Machines	Veterano M40	01:10:56	+17:58	05:55
23	2043	David Dias	alverca urban runners	Veterano M40	01:11:07	+18:09	05:56
24	2089	Rui paquete	Centro trabalhadores do bairro de Carcavelos	Veterano M40	01:11:32	+18:35	05:58
25	2648	Domingos Carvalho	Tog Associação Running Team	Veterano M40	01:11:41	+18:44	05:58
26	2225	PAULO SILVA	GRUPO DESPORTIVO A.C.R.V.C.	Veterano M40	01:11:45	+18:47	05:59
27	2226	PAULO SOUSA	GRUPO DESPORTIVO A.C.R.V.C.	Veterano M40	01:12:06	+19:08	06:00
28	2522	Oscar Rodrigues	Nutriloja ATAD	Veterano M40	01:12:22	+19:24	06:02
29	2364	Bruno Inverno	Individual	Veterano M40	01:12:46	+19:49	06:04
30	2397	Nuno Teixeira	Individual	Veterano M40	01:14:13	+21:15	06:11
31	1319	Domingos Martins	Individual	Veterano M40	01:14:35	+21:38	06:13
32	2405	Rui Albino	Individual	Veterano M40	01:14:37	+21:40	06:13
33	2004	Ricardo Pereira	#ATÉCHORAS!	Veterano M40	01:15:23	+22:25	06:17
34	2408	RUI HUMBERTO SOUSA	Individual	Veterano M40	01:15:34	+22:36	06:18
35	2379	Jorge Durães	Individual	Veterano M40	01:15:44	+22:46	06:19
36	2411	Sérgio Sousa	Individual	Veterano M40	01:16:10	+23:12	06:21
37	2026	Bruno Barros	adsebolido trail	Veterano M40	01:16:14	+23:16	06:21
38	2390	Manuel António da Silva Ferreira	Individual	Veterano M40	01:16:20	+23:22	06:22
39	2663	Pedro Oliveira	Ultimagem	Veterano M40	01:16:54	+23:56	06:24
40	2039	Mário Felgueira	Afifense Trail	Veterano M40	01:19:44	+26:47	06:39
41	2400	Renato Fernando Magalhães Oliveira	Individual	Veterano M40	01:19:52	+26:54	06:39
42	2118	Miguel Ferreira	Coronado Runners	Veterano M40	01:19:54	+26:56	06:39
43	2559	João Maia	Patrol	Veterano M40	01:20:08	+27:10	06:41
44	2399	Pedro Cancelo	Individual	Veterano M40	01:20:39	+27:41	06:43
45	2675	José Silva	VALPORTASRUNNERS	Veterano M40	01:20:48	+27:50	06:44
46	2125	Hélder Jesus	DEMOLIDORES TEAM	Veterano M40	01:20:59	+28:02	06:45
47	2620	Vítor Ribeiro	The Mountains are calling	Veterano M40	01:21:08	+28:10	06:46
48	2363	António Moreira	Individual	Veterano M40	01:21:50	+28:52	06:49
49	2038	Francisco Cunha	Afifense Trail	Veterano M40	01:24:19	+31:21	07:02
50	2645	Vítor Cardoso	Tog Associação Running Team	Veterano M40	01:25:03	+32:05	07:05
51	1345	Marcio Mendes	Individual	Veterano M40	01:25:34	+32:36	07:08
52	2154	Antonio Albuquerque	Feirense Trail	Veterano M40	01:25:43	+32:46	07:09
53	2660	Hélder Bruno Serdoura	Turbo Kings 2.0/ AD Ancede	Veterano M40	01:25:55	+32:57	07:10
54	2369	Carlos Freixo	Individual	Veterano M40	01:26:35	+33:37	07:13
55	2413	Víctor Rodrigues	Individual	Veterano M40	01:26:35	+33:37	07:13
56	2640	Miguel Cunha	Tog Associação Running Team	Veterano M40	01:27:10	+34:12	07:16
57	2376	Filipe oliveira	Individual	Veterano M40	01:27:11	+34:13	07:16
58	2027	Ricardo Sousa	adsebolido trail	Veterano M40	01:27:29	+34:31	07:17
59	2667	Paulo Silva	UNIDOS PELOS TRILHOS	Veterano M40	01:27:34	+34:36	07:18
60	2108	Manuel Lopes da Silva	COA / Corvus Trail Team	Veterano M40	01:27:39	+34:41	07:18
61	2080	Pedro Ribeiro	CART RUNNING TEAM	Veterano M40	01:27:52	+34:54	07:19
62	2396	Nuno Teixeira	Individual	Veterano M40	01:28:14	+35:16	07:21

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63	2558	Cristiano Silva	Patrol	Veterano M40	01:28:41	+35:43	07:23
64	2368	Carlos Daniel Teixeira Pinto	Individual	Veterano M40	01:29:11	+36:13	07:26
65	2643	Pedro Dias	Tog Associação Running Team	Veterano M40	01:29:23	+36:25	07:27
66	2527	Mário Carvalho	Ofrunning	Veterano M40	01:29:30	+36:32	07:28
67	2597	Pedro Ferreira	S4L / MEDENSE FC	Veterano M40	01:29:49	+36:52	07:29
68	2598	Rómulo Silva	S4L / MEDENSE FC	Veterano M40	01:29:50	+36:52	07:29
69	2599	Rui Mota	S4L / MEDENSE FC	Veterano M40	01:29:50	+36:52	07:29
70	2595	João Teles	S4L / MEDENSE FC	Veterano M40	01:29:50	+36:53	07:29
71	2518	Leandro Queirós	NOVO BANCO	Veterano M40	01:30:15	+37:17	07:31
72	2129	Cláudio Guarda	Dói-me quase tudo...	Veterano M40	01:30:31	+37:34	07:33
73	2130	Nuno Ribeiro	Dói-me quase tudo...	Veterano M40	01:30:32	+37:34	07:33
74	2553	ANTONIO JOSE PEREIRA BARBOSA	PAREDES RUNNING	Veterano M40	01:30:34	+37:36	07:33
75	2204	Miguel Costa	Gansos	Veterano M40	01:30:56	+37:58	07:35
76	2060	Orlando Nogueira	ATAD-AMIGOS DO TRAIL	Veterano M40	01:31:30	+38:32	07:37
77	2596	Paulo Oliveira	S4L / MEDENSE FC	Veterano M40	01:32:16	+39:19	07:41
78	2594	João Sousa	S4L / MEDENSE FC	Veterano M40	01:32:17	+39:19	07:41
79	2387	Luís Fernando Almeida carlos	Individual	Veterano M40	01:33:19	+40:22	07:47
80	2203	Alex Ferreira	Gansos	Veterano M40	01:34:16	+41:19	07:51
81	2402	Ricardo Duarte	Individual	Veterano M40	01:34:18	+41:20	07:51
82	2409	Rui Miguel Barbosa Macário	Individual	Veterano M40	01:34:18	+41:20	07:52
83	2371	Cesario Antonio Ferreira Pinto Magalhães	Individual	Veterano M40	01:34:27	+41:29	07:52
84	2392	Mauricio Hugo Cruz	Individual	Veterano M40	01:36:23	+43:25	08:02
85	2483	Nuno Carneiro	Manitowoc	Veterano M40	01:36:55	+43:57	08:05
86	2378	João Leite	Individual	Veterano M40	01:37:11	+44:13	08:06
87	2410	Sérgio Mota	Individual	Veterano M40	01:37:16	+44:18	08:06
88	2169	Carlos Manuel Alves Pacheco	FidelidadeGDC	Veterano M40	01:37:40	+44:42	08:08
89	2412	Telmo Moreira	Individual	Veterano M40	01:39:20	+46:23	08:17
90	2377	Helder Silva	Individual	Veterano M40	01:40:00	+47:02	08:20
91	2546	Jorge Silva	OsFazConta	Veterano M40	01:40:23	+47:25	08:22
92	2606	João Lino Moreira	Serviços sociais Montepio	Veterano M40	01:40:48	+47:51	08:24
93	2683	Nuno Marques	Individual	Veterano M40	01:41:11	+48:13	08:26
94	2511	SILVIO FERREIRA	NASCIDOS PARA CORRER	Veterano M40	01:41:38	+48:40	08:28
95	2638	Luís Pires	Tog Associação Running Team	Veterano M40	01:41:38	+48:40	08:28
96	2602	Nuno Brito	Salgueiros Running	Veterano M40	01:42:16	+49:19	08:31
97	2375	fidel conde	Individual	Veterano M40	01:43:48	+50:50	08:39
98	2003	Alvaro Pereira	#ATÉCHORAS!	Veterano M40	01:46:00	+53:02	08:50
99	2460	Miguel Ferreira	Leões de Tardariz Trail	Veterano M40	01:47:06	+54:08	08:55
100	2227	ROBERTO MOREIRA	GRUPO DESPORTIVO A.C.R.V.C.	Veterano M40	01:47:16	+54:18	08:56
101	2618	Manuel Soares Soares	The Lost	Veterano M40	01:47:41	+54:43	08:58
102	2406	rui gandra	Individual	Veterano M40	01:47:52	+54:55	08:59
103	2398	Pedro Brizado	Individual	Veterano M40	01:49:09	+56:12	09:06
104	2372	Daniel Angelo da Silva Moutinho Branco	Individual	Veterano M40	01:49:43	+56:45	09:09
105	2367	Bruno Valente	Individual	Veterano M40	01:50:20	+57:22	09:12
106	2057	Pedro Santos	ARCD Venda Da Luísa	Veterano M40	01:53:32	+01:00:34	09:28
107	2054	Ricardo Leal	Amigos 100 Limites	Veterano M40	01:54:33	+01:01:35	09:33

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108	2366	Bruno Sousa	Individual	Veterano M40	01:54:35	+01:01:37	09:33
109	2642	Paulo Soares	Tog Associação Running Team	Veterano M40	01:55:02	+01:02:05	09:35
110	2072	João Vieira	BTT ISOLAMAIS/SPORTAZ	Veterano M40	01:55:03	+01:02:05	09:35
111	2362	António Monteiro	Individual	Veterano M40	01:55:31	+01:02:33	09:38
112	1377	Sérgio Brochado	Individual	Veterano M40	01:55:37	+01:02:40	09:38
113	2403	Ricardo Jorge Dias	Individual	Veterano M40	01:56:20	+01:03:22	09:42
114	2526	Manuel Moreira	Ofrunning	Veterano M40	01:57:24	+01:04:26	09:47
115	2465	Ricardo Pinho	Let'sGoTeam	Veterano M40	01:59:17	+01:06:19	09:56
116	2639	Marco Oliveira	Tog Associação Running Team	Veterano M40	02:02:21	+01:09:23	10:12
117	2384	José Moreira	Individual	Veterano M40	02:02:49	+01:09:51	10:14
118	2586	Jose Ribeiro	Run4Fun	Veterano M40	02:05:13	+01:12:16	10:26
119	2143	Helder Teixeira	Eu e Elas	Veterano M40	02:05:49	+01:12:52	10:29
120	2374	Fernando Silva	Individual	Veterano M40	02:06:57	+01:14:00	10:35
121	2484	Sterling Bolivar	Manitowoc	Veterano M40	02:09:02	+01:16:04	10:45
122	2464	Jorge Rosário	Let'sGoTeam	Veterano M40	02:09:33	+01:16:35	10:48
123	2404	Ricardo Luz	Individual	Veterano M40	02:14:12	+01:21:14	11:13
124	2087	Rui Rodrigues	Centro Cultural da STCP	Veterano M40	02:16:54	+01:23:56	11:25
125	2505	Filipe Azevedo	MSS Contabilidade Trail Team	Veterano M40	02:23:20	+01:30:22	11:57
126	2361	Alexandre Amaral Teles	Individual	Veterano M40	02:25:33	+01:32:35	12:08
127	2554	Luis Ribeiro	PAREDES RUNNING	Veterano M40	02:29:10	+01:36:13	12:26
128	2170	Herlander Miguel Esteves Martins	FidelidadeGDC	Veterano M40	02:32:17	+01:39:19	12:41
129	2171	José Luis Santos Diegues	FidelidadeGDC	Veterano M40	02:32:17	+01:39:19	12:41
130	1351	Miguel Fonseca	Individual	Veterano M40	02:39:11	+01:46:13	13:16

Veterano M50

1	2600	Joaquim Sousa	Saca Trilhos Anadia	Veterano M50	57:12	+04:15	04:46
2	2021	AGOSTINHO CARNEIRO	AD Marco 09	Veterano M50	57:21	+04:23	04:47
3	2493	Luís Magalhães	Minho e Lima Trail/Grupo Monte	Veterano M50	58:01	+05:03	04:50
4	2445	Sérgio Martins	Individual	Veterano M50	01:02:29	+09:31	05:12
5	2122	Manuel Sousa	DAMIRA TRAIL TEAM	Veterano M50	01:03:01	+10:03	05:15
6	2446	Zé bósnia	Individual	Veterano M50	01:04:41	+11:43	05:23
7	2124	Carlos Cunha	DCI/Trilhos Luso Bussaco	Veterano M50	01:04:53	+11:55	05:24
8	2127	Carlos sousa	Devasta Trilhos	Veterano M50	01:06:55	+13:57	05:35
9	2492	José Carlos Costa	Minho e Lima Trail/Grupo Monte	Veterano M50	01:08:48	+15:51	05:44
10	2426	José Carlos Ferreira	Individual	Veterano M50	01:11:11	+18:13	05:56
11	2029	Paulo Correia	adsebolido trail	Veterano M50	01:11:23	+18:25	05:57
12	2661	Zé Augusto	Turbo Kings 2.0/ AD Ancede	Veterano M50	01:12:09	+19:11	06:01
13	2429	Luís Silvestre	Individual	Veterano M50	01:13:09	+20:11	06:06
14	2619	Miguel Lima	The Lost	Veterano M50	01:14:55	+21:57	06:15
15	2491	Carlos Morgado	Minho e Lima Trail/Grupo Monte	Veterano M50	01:15:12	+22:14	06:16
16	2508	Manuel Agostinho Pinheiro	MSS Contabilidade Trail Team	Veterano M50	01:15:41	+22:43	06:18
17	2419	Fernando Abílio dos Santos Vieira	Individual	Veterano M50	01:17:14	+24:17	06:26
18	2440	Paulo Manuel Pereira Faria	Individual	Veterano M50	01:18:05	+25:07	06:30
19	2678	Jose Parente	Trilhos de Viana	Veterano M50	01:19:31	+26:33	06:38
20	2438	Paulo Avelino Rebelo Pereira	Individual	Veterano M50	01:19:52	+26:54	06:39

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21	2420	João Bronze	Individual	Veterano M50	01:20:18	+27:20	06:42
22	1131	Paulo Alexandre Carneiro	DiVe - INTO THE MOUNTAINS	Veterano M50	01:21:05	+28:07	06:45
23	2157	Manuel Oliveira	Feirense Trail	Veterano M50	01:22:16	+29:18	06:51
24	2414	Abelardo Ferreira Gomes	Individual	Veterano M50	01:23:16	+30:19	06:56
25	2422	Joao Silva	Individual	Veterano M50	01:24:21	+31:23	07:02
26	2008	Celestino Campos	100PRESSA	Veterano M50	01:24:34	+31:37	07:03
27	2156	Jorge Fontes	Feirense Trail	Veterano M50	01:25:44	+32:47	07:09
28	2261	Paulo Pinto	Individual	Veterano M50	01:27:08	+34:11	07:16
29	2519	Joaquim Rocha	NOVO BANCO	Veterano M50	01:27:09	+34:11	07:16
30	2006	Octávio Andrade	.COM-Clube Ori Minho	Veterano M50	01:27:24	+34:26	07:17
31	2067	Delfim Silva	Bandodosquatro	Veterano M50	01:27:29	+34:31	07:17
32	2433	Manuel Silva	Individual	Veterano M50	01:28:06	+35:09	07:21
33	2177	Vicente Manuel Sousa João	FidelidadeGDC	Veterano M50	01:28:09	+35:11	07:21
34	2436	Mário Magalhães	Individual	Veterano M50	01:29:47	+36:49	07:29
35	2669	CARLOS JORGE	UNIDOS PELOS TRILHOS	Veterano M50	01:30:50	+37:52	07:34
36	2416	Amandio Sousa	Individual	Veterano M50	01:30:54	+37:56	07:34
37	2506	António Luís	MSS Contabilidade Trail Team	Veterano M50	01:31:13	+38:15	07:36
38	2418	Artur Morais	Individual	Veterano M50	01:31:27	+38:29	07:37
39	2670	JOAQUIM TEIXEIRA BENTO	UNIDOS PELOS TRILHOS	Veterano M50	01:32:15	+39:17	07:41
40	2455	Antonio Fidalgo	KeMedo Team	Veterano M50	01:32:26	+39:28	07:42
41	2547	Ricardo Gomes	OsFazConta	Veterano M50	01:32:59	+40:01	07:45
42	2580	Jorge Silva	Retorta - Quinta das Arcas	Veterano M50	01:33:35	+40:37	07:48
43	2134	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:33:50	+40:52	07:49
44	2207	Nau Neiva	Gansos	Veterano M50	01:33:54	+40:56	07:49
45	2428	Josué Loureiro	Individual	Veterano M50	01:35:35	+42:37	07:58
46	2424	Joaquim Moreira	Individual	Veterano M50	01:35:55	+42:57	08:00
47	2423	João Teixeira	Individual	Veterano M50	01:36:30	+43:32	08:02
48	2417	Armando Machado	Individual	Veterano M50	01:37:56	+44:59	08:10
49	2650	Jorge Martins	Tog Associação Running Team	Veterano M50	01:38:51	+45:53	08:14
50	2565	Joaquim Pinto	Pintos Endiabrados	Veterano M50	01:38:53	+45:55	08:14
51	2425	Jorge cunha	Individual	Veterano M50	01:39:04	+46:06	08:15
52	1117	Joao Rocha	CORRER LEÇA	Veterano M50	01:39:23	+46:25	08:17
53	2668	ARTUR CARDOSO	UNIDOS PELOS TRILHOS	Veterano M50	01:39:43	+46:45	08:19
54	2105	RICARDO JOSE MACHADO CABRAL BEIRAO	Clube Millennium bcp	Veterano M50	01:41:24	+48:26	08:27
55	2206	Carlos Anjos	Gansos	Veterano M50	01:41:48	+48:51	08:29
56	2205	Álvaro Almeida	Gansos	Veterano M50	01:41:50	+48:53	08:29
57	2088	Paulo Gonçalves	Centro Cultural da STCP	Veterano M50	01:43:46	+50:49	08:39
58	2444	Salvador Roque	Individual	Veterano M50	01:44:11	+51:13	08:41
59	2421	João Paulo de Almeida Santana	Individual	Veterano M50	01:44:23	+51:25	08:42
60	2415	Alcídio Figueiredo	Individual	Veterano M50	01:44:50	+51:53	08:44
61	2442	Pedro matos	Individual	Veterano M50	01:46:00	+53:02	08:50
62	2430	Manuel Brandão	Individual	Veterano M50	01:51:14	+58:16	09:16
63	2647	Carlos Conde	Tog Associação Running Team	Veterano M50	01:51:48	+58:50	09:19
64	2175	José Francisco Marques Moreira	FidelidadeGDC	Veterano M50	01:57:50	+01:04:52	09:49
65	2435	Mário António Costa Pereira	Individual	Veterano M50	01:59:44	+01:06:47	09:59

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66	2432	Manuel Silva	Individual	Veterano M50	01:59:55	+01:06:58	10:00
67	2509	Rui Machado	MSS Contabilidade Trail Team	Veterano M50	02:00:01	+01:07:03	10:00
68	2427	JOSÉ PINHO	Individual	Veterano M50	02:01:21	+01:08:23	10:07
69	2507	José Freitas	MSS Contabilidade Trail Team	Veterano M50	02:06:54	+01:13:56	10:34
70	2431	manuel fernando teixeira silva	Individual	Veterano M50	02:07:08	+01:14:10	10:36
71	2174	Jorge Paulo Costa Monteiro	FidelidadeGDC	Veterano M50	02:15:30	+01:22:33	11:18
72	2173	João Manuel Marques Moreira	FidelidadeGDC	Veterano M50	02:15:55	+01:22:57	11:20
73	2176	Sérgio Fernando Silva Rodrigues	FidelidadeGDC	Veterano M50	02:28:40	+01:35:43	12:23
74	2172	António Ferreira Assunção	FidelidadeGDC	Veterano M50	02:36:18	+01:43:20	13:01

Veterano M60

1	2075	Fernando Seabra	Cabritos Saltadores	Veterano M60	01:07:54	+14:57	05:40
2	2448	António Teixeira	Individual	Veterano M60	01:13:38	+20:40	06:08
3	2055	João Moreira	Amigos 100 Limites	Veterano M60	01:14:23	+21:26	06:12
4	2517	Florindo Pereira	Nova Linha Trail Runners	Veterano M60	01:19:02	+26:05	06:35
5	2140	Fernando Ramalho	Equipa A	Veterano M60	01:20:44	+27:46	06:44
6	2548	Agostinho Silva	OsFazConta	Veterano M60	01:27:28	+34:30	07:17
7	2534	António Lopes Garrido	OPraticante.pt	Veterano M60	01:30:06	+37:08	07:30
8	2581	Aurélio Carvalho	Retorta - Quinta das Arcas	Veterano M60	01:35:19	+42:21	07:57
9	2179	José Mário Magalhães Pereira	FidelidadeGDC	Veterano M60	01:38:09	+45:11	08:11
10	2010	David Azevedo	100PRESSA	Veterano M60	01:40:41	+47:43	08:23
11	2676	Alberto martins	Individual	Veterano M60	01:41:38	+48:40	08:28
12	2449	Humberto Pinho	Individual	Veterano M60	01:42:43	+49:45	08:34
13	2147	José Castelo	Fardetas	Veterano M60	01:48:43	+55:45	09:04
14	2014	Maximino Coelho	100PRESSA	Veterano M60	01:51:18	+58:20	09:16
15	2510	Américo Leal	MSS Contabilidade Trail Team	Veterano M60	01:53:52	+01:00:54	09:29
16	2074	Fernando Vieira	BTT ISOLAMAIS/SPORTAZ	Veterano M60	01:59:43	+01:06:46	09:59
17	2535	Germano Moura	Os Barriguitas	Veterano M60	02:00:17	+01:07:19	10:01
18	2178	António José Carvalho Amaral	FidelidadeGDC	Veterano M60	02:00:52	+01:07:55	10:04
19	2079	Antonio Macedo	Caga tacos running team	Veterano M60	02:02:03	+01:09:05	10:10
20	2181	Sérgio Pedro Silva Vasconcelos Reis	FidelidadeGDC	Veterano M60	02:04:02	+01:11:04	10:20
21	2128	Manuel Joaquim Oliveira de Barros	Devasta Trilhos	Veterano M60	02:06:17	+01:13:19	10:31
22	2012	Joaquim Leite	100PRESSA	Veterano M60	02:12:35	+01:19:37	11:03
23	2180	Licínio Mendonça Malafaia	FidelidadeGDC	Veterano M60	02:15:32	+01:22:35	11:18
24	2536	Manuel Moura	Os Barriguitas	Veterano M60	02:18:31	+01:25:34	11:33
25	2561	José Pires Lima	Pernas Inertes	Veterano M60	02:18:49	+01:25:51	11:34
26	2013	José Costa	100PRESSA	Veterano M60	02:25:17	+01:32:19	12:06
27	2011	Jaime Barbosa Campos 12081954	100PRESSA	Veterano M60	02:25:17	+01:32:20	12:06
28	2009	António Martins	100PRESSA	Veterano M60	02:50:39	+01:57:41	14:13
29	2451	Manuel Falcão	Individual	Veterano M60	03:10:30	+02:17:32	15:52

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