

TRAIL LONGO 30K - A

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	84%
End	15:22	14.2°C	84%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	34	João Saiyajin	cb run	Senior Masculino	02:21:10		04:42
2	66	Helio Fumo	individual	Senior Masculino	02:29:25	+08:15	04:59
3	40	Pedro Bastos	equipa pnb	Veterano M40	02:29:30	+08:19	04:59
4	60	Nelson Feiteira	grupo de corrida de argoncilhe	Veterano M40	02:29:42	+08:31	04:59
5	24	Bruno Silva	bravos & bravitas	Veterano M40	02:50:43	+29:32	05:41
6	41	Alcides Barbosa	feirense trail	Senior Masculino	02:52:19	+31:09	05:45
7	46	Antonio Pinto	feirense trail	Veterano M50	02:56:56	+35:46	05:54
8	44	António Amorim	feirense trail	Veterano M40	02:56:57	+35:46	05:54
9	75	Domingos Gomes	individual	Veterano M40	02:59:43	+38:32	05:59
10	11	Hélder Melo	ac portalegre / utsm	Senior Masculino	03:01:58	+40:47	06:04
11	76	Francisco Manuel de Jesus Pinheiro	individual	Veterano M40	03:02:42	+41:32	06:05
12	124	Manuel Bastos	trail running clube btt sanguedo	Veterano M40	03:07:10	+45:59	06:14
13	12	Filipe Afonso	ac portalegre / utsm	Veterano M40	03:07:43	+46:32	06:15
14	61	Ricardo Ressurreição	guisande trail running	Senior Masculino	03:07:56	+46:45	06:16
15	94	Joao Miguel Valente	juventude cortegacense	Senior Masculino	03:07:56	+46:45	06:16
16	31	bruno macedo	caga tacos running team	Veterano M40	03:13:49	+52:38	06:28
17	37	José Carlos Dias	ctad - consumo zero	Veterano M50	03:14:00	+52:50	06:28
18	38	Pedro Ribeiro	ctad - consumo zero	Veterano M50	03:14:07	+52:57	06:28
19	118	Vitor Rito	running espinho	Senior Masculino	03:16:20	+55:09	06:33
20	1098	Rui Lopes Silva	feirense trail	Senior Masculino	03:17:23	+56:13	06:35
21	82	Nelson Reis	individual	Veterano M40	03:18:44	+57:33	06:37
22	62	Carlos Sá	guisande trail running	Veterano M40	03:21:20	+01:00:10	06:43
23	80	Miguel Dias	individual	Veterano M40	03:22:44	+01:01:33	06:45
24	64	André Cardoso	individual	Senior Masculino	03:22:44	+01:01:33	06:45
25	42	Liliana Cardoso	feirense trail	Veterana F40	03:23:29	+01:02:19	06:47
26	45	António Martins	feirense trail	Veterano M40	03:23:30	+01:02:19	06:47
27	39	Ivan Silva	edv viana trail	Veterano M40	03:24:07	+01:02:57	06:48
28	95	Joaquim Mota	juventude cortegacense	Senior Masculino	03:24:51	+01:03:40	06:50
29	97	Sergio Miguel Oliveira Costa	juventude cortegacense	Senior Masculino	03:25:24	+01:04:14	06:51
30	63	Domingos Ferreira	guisande trail running	Veterano M40	03:26:45	+01:05:34	06:54
31	93	Alexandre Brandão Andrade Leite	juventude cortegacense	Senior Masculino	03:28:24	+01:07:13	06:57
32	96	Rui Rafael Almeida Barbosa	juventude cortegacense	Senior Masculino	03:28:24	+01:07:14	06:57
33	72	Bruno Fernandes	individual	Veterano M40	03:28:31	+01:07:20	06:57
34	84	Ricardo Rocha	individual	Veterano M40	03:30:48	+01:09:37	07:02
35	15	Nuno Mariz	allforone	Veterano M40	03:31:19	+01:10:09	07:03
36	47	Jorge Nunes	feirense trail	Veterano M40	03:31:38	+01:10:28	07:03
37	13	Manuel Carlos Martins	adn mértola	Veterano M40	03:34:24	+01:13:14	07:09
38	69	Pedro Nogueira	individual	Senior Masculino	03:37:13	+01:16:03	07:14
39	117	Paulo Reis	running esmoriz	Veterano M40	03:43:17	+01:22:06	07:27
40	108	Sérgio Pinto Almeida	outlaw runners	Veterano M50	03:43:21	+01:22:10	07:27

TRAIL LONGO 30K - A

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	121	Jorge Mesquita	tog - associacao running team	Veterano M40	03:43:27	+01:22:17	07:27
42	49	Américo Costa	fitarena ginásio	Veterano M40	03:44:16	+01:23:06	07:29
43	65	Bruno Calado	individual	Senior Masculino	03:46:30	+01:25:20	07:33
44	67	João André Oliveira	individual	Senior Masculino	03:46:31	+01:25:20	07:33
45	120	Bruno Santo	tog - associacao running team	Veterano M40	03:47:23	+01:26:13	07:35
46	90	Marco Pinho	individual	Veterano M50	03:49:52	+01:28:42	07:40
47	107	Vitor Folgado	outlaw runners	Veterano M40	03:52:30	+01:31:20	07:45
48	103	Carlos Couto	outlaw runners	Veterano M40	03:52:31	+01:31:20	07:45
49	16	José Correia	arcorun	Veterano M40	03:53:25	+01:32:14	07:47
50	32	Rui Lopes	caldas s.jorge sport clube	Veterano M40	03:55:50	+01:34:40	07:52
51	48	Rolando Paulo	feirense trail	Veterano M40	03:56:13	+01:35:02	07:52
52	2314	Marta Gracinda Tavares Reis	juventude cortegacense	Veterana F40	03:57:27	+01:36:17	07:55
53	115	Rosa Maria Freitas Teixeira	ribeiras trail	Veterana F50	03:57:27	+01:36:17	07:55
54	86	Rui André Martins	individual	Veterano M40	03:57:38	+01:36:28	07:55
55	109	Ricardo Fernandes	pcrunners	Senior Masculino	03:57:57	+01:36:46	07:56
56	104	Filipe pinho	outlaw runners	Veterano M40	03:58:15	+01:37:04	07:57
57	106	Valter Correia	outlaw runners	Veterano M40	03:58:15	+01:37:04	07:57
58	28	Eduardo Carvalho	c+ runners	Senior Masculino	04:00:43	+01:39:33	08:01
59	99	Raquel Vasconcelos	no tomorrow running team	Veterana F40	04:01:39	+01:40:28	08:03
60	81	Miguel Marques	individual	Veterano M40	04:04:25	+01:43:15	08:09
61	17	Luis Gordicho	arrastassolas	Veterano M40	04:10:16	+01:49:06	08:21
62	20	Pedro Magalhaes	arrastassolas	Veterano M40	04:10:16	+01:49:06	08:21
63	19	Pedro Carvalho	arrastassolas	Veterano M40	04:10:16	+01:49:06	08:21
64	53	Mafalda Valente	geocrosstrail	Senior Feminino	04:11:48	+01:50:38	08:24
65	25	Mike	bravos & bravitas	Veterano M40	04:14:42	+01:53:31	08:29
66	88	Alfredo Rocha	individual	Veterano M50	04:22:53	+02:01:42	08:46
67	1348	Joao Oliveira	tog - associacao running team	Senior Masculino	04:24:23	+02:03:13	08:49
68	123	Jose Junior	tog - associacao running team	Veterano M50	04:24:23	+02:03:13	08:49
69	122	Vitor Cardoso	tog - associacao running team	Veterano M40	04:24:24	+02:03:13	08:49
70	33	Telmo Martins	catr	Veterano M40	04:28:19	+02:07:08	08:57
71	52	Rafael Fernandes	gang mêprimo	Veterano M40	04:32:00	+02:10:49	09:04
72	54	Rui Moreira	geocrosstrail	Veterano M40	04:32:00	+02:10:49	09:04
73	35	Carlos Navega	cncbacadapasso	Veterano M50	04:39:19	+02:18:08	09:19
74	30	DAVID TEIXEIRA	c+ runners	Veterano M40	04:40:28	+02:19:18	09:21
75	112	Fernando Costa	pernetas	Veterano M50	04:46:06	+02:24:55	09:32
76	111	Susana Canhola	pernetas	Veterana F40	04:46:06	+02:24:55	09:32
77	101	Paulo S Gomes	no tomorrow running team	Veterano M50	04:47:23	+02:26:13	09:35
78	89	Luis Manuel da Silva Morais	individual	Veterano M50	04:53:58	+02:32:47	09:48
79	83	Pedro Oliveira	individual	Veterano M40	04:55:01	+02:33:50	09:50
80	68	José Valente	individual	Senior Masculino	05:26:14	+03:05:03	10:52
81	50	Cláudia Hortênsio	gang mêprimo	Veterana F40	06:18:11	+03:57:01	12:36
82	51	João Paulo Pereira Hortênsio	gang mêprimo	Veterano M40	06:18:20	+03:57:10	12:37
83	128	José Costa	vassouras pernetas f.c.	Veterano M50	06:18:22	+03:57:11	12:37

Trail Longo 30K

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	84%
End	15:22	14.2°C	84%

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

1	53	Mafalda Valente	Geocrosstrail	Senior Feminino	04:11:49	08:24
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Senior Masculino

1	34	João Saiyajin	CB RUN	Senior Masculino	02:21:11	04:42
2	66	Helio Fumo	Individual	Senior Masculino	02:29:26	+08:15 04:59
3	41	Alcides Barbosa	Feirense Trail	Senior Masculino	02:52:20	+31:09 05:45
4	11	Hélder Melo	AC PORTALEGRE / UTM	Senior Masculino	03:01:58	+40:47 06:04
5	61	Ricardo Ressurreição	Guisande Trail Running	Senior Masculino	03:07:56	+46:45 06:16
6	94	Joao Miguel Valente	Juventude Cortegacense	Senior Masculino	03:07:56	+46:45 06:16
7	118	Vitor Rito	RUNNING ESPINHO	Senior Masculino	03:16:20	+55:09 06:33
8	1098	Rui Lopes Silva	Feirense Trail	Senior Masculino	03:17:24	+56:13 06:35
9	64	André Cardoso	Individual	Senior Masculino	03:22:44	+01:01:33 06:45
10	95	Joaquim Mota	Juventude Cortegacense	Senior Masculino	03:24:51	+01:03:40 06:50
11	97	Sergio Miguel Oliveira Costa	Juventude Cortegacense	Senior Masculino	03:25:25	+01:04:14 06:51
12	93	Alexandre Brandão Andrade Leite	Juventude Cortegacense	Senior Masculino	03:28:25	+01:07:13 06:57
13	96	Rui Rafael Almeida Barbosa	Juventude Cortegacense	Senior Masculino	03:28:25	+01:07:14 06:57
14	69	Pedro Nogueira	Individual	Senior Masculino	03:37:14	+01:16:03 07:14
15	65	Bruno Calado	Individual	Senior Masculino	03:46:31	+01:25:20 07:33
16	67	João André Oliveira	Individual	Senior Masculino	03:46:32	+01:25:20 07:33
17	109	Ricardo Fernandes	PCRUNNERS	Senior Masculino	03:57:57	+01:36:46 07:56
18	28	Eduardo Carvalho	C+ RUNNERS	Senior Masculino	04:00:44	+01:39:33 08:01
19	1348	Joao Oliveira	TOG - Associacao Running Team	Senior Masculino	04:24:24	+02:03:13 08:49
20	68	José Valente	Individual	Senior Masculino	05:26:14	+03:05:03 10:52

Veterana F40

1	42	Liliana Cardoso	Feirense Trail	Veterana F40	03:23:30	06:47:30
2	2314	Marta Gracinda Tavares Reis	Juventude Cortegacense	Veterana F40	03:57:28	+33:58 07:55:26
3	99	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	04:01:39	+38:09 08:03:38
4	111	Susana Canhola	Pernetas	Veterana F40	04:46:06	+01:22:36 09:32:42
5	50	Cláudia Hortênsio	Gang MêPrimo	Veterana F40	06:18:12	+02:54:41 12:36:53

Veterana F50

1	115	Rosa Maria Freitas Teixeira	Ribeiras Trail	Veterana F50	03:57:28	07:55:11
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Trail Longo 30K

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M40

1	40	Pedro Bastos	Equipa PNB	Veterano M40	02:29:30	04:59
2	60	Nelson Feiteira	Grupo de Corrida de Argoncilhe	Veterano M40	02:29:42	+00:11 04:59
3	24	Bruno Silva	Bravos & Bravitas	Veterano M40	02:50:43	+21:12 05:41
4	44	António Amorim	Feirense Trail	Veterano M40	02:56:57	+27:26 05:54
5	75	Domingos Gomes	Individual	Veterano M40	02:59:43	+30:12 05:59
6	76	Francisco Manuel de Jesus Pinheiro	Individual	Veterano M40	03:02:43	+33:12 06:05
7	124	Manuel Bastos	Trail Running Clube Btt Sanguedo	Veterano M40	03:07:11	+37:40 06:14
8	12	Filipe Afonso	AC PORTALEGRE / UTM	Veterano M40	03:07:43	+38:12 06:15
9	31	bruno macedo	Caga Tacos Running Team	Veterano M40	03:13:49	+44:19 06:28
10	82	Nelson Reis	Individual	Veterano M40	03:18:44	+49:14 06:37
11	62	Carlos Sá	Guisande Trail Running	Veterano M40	03:21:21	+51:50 06:43
12	80	Miguel Dias	Individual	Veterano M40	03:22:44	+53:13 06:45
13	45	António Martins	Feirense Trail	Veterano M40	03:23:31	+54:00 06:47
14	39	Ivan Silva	EDV Viana Trail	Veterano M40	03:24:08	+54:37 06:48
15	63	Domingos Ferreira	Guisande Trail Running	Veterano M40	03:26:45	+57:14 06:54
16	72	Bruno Fernandes	Individual	Veterano M40	03:28:31	+59:01 06:57
17	84	Ricardo Rocha	Individual	Veterano M40	03:30:48	+01:01:17 07:02
18	15	Nuno Mariz	AllforOne	Veterano M40	03:31:20	+01:01:49 07:03
19	47	Jorge Nunes	Feirense Trail	Veterano M40	03:31:39	+01:02:08 07:03
20	13	Manuel Carlos Martins	ADN Mértola	Veterano M40	03:34:25	+01:04:54 07:09
21	117	Paulo Reis	Running Esmoriz	Veterano M40	03:43:17	+01:13:46 07:27
22	121	Jorge Mesquita	TOG - Associacao Running Team	Veterano M40	03:43:28	+01:13:57 07:27
23	49	Américo Costa	Fitarena Ginásio	Veterano M40	03:44:17	+01:14:46 07:29
24	120	Bruno Santo	TOG - Associacao Running Team	Veterano M40	03:47:24	+01:17:53 07:35
25	107	Vitor Folgado	Outlaw Runners	Veterano M40	03:52:31	+01:23:00 07:45
26	103	Carlos Couto	Outlaw Runners	Veterano M40	03:52:31	+01:23:00 07:45
27	16	José Correia	ARCORUN	Veterano M40	03:53:25	+01:23:55 07:47
28	32	Rui Lopes	Caldas S.Jorge Sport Clube	Veterano M40	03:55:51	+01:26:20 07:52
29	48	Rolando Paulo	Feirense Trail	Veterano M40	03:56:13	+01:26:42 07:52
30	86	Rui André Martins	Individual	Veterano M40	03:57:39	+01:28:08 07:55
31	104	Filipe pinho	Outlaw Runners	Veterano M40	03:58:15	+01:28:45 07:57
32	106	Valter Correia	Outlaw Runners	Veterano M40	03:58:16	+01:28:45 07:57
33	81	Miguel Marques	Individual	Veterano M40	04:04:26	+01:34:55 08:09
34	17	Luis Gordicho	ARRASTASSOLAS	Veterano M40	04:10:17	+01:40:46 08:21
35	20	Pedro Magalhaes	ARRASTASSOLAS	Veterano M40	04:10:17	+01:40:46 08:21
36	19	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	04:10:17	+01:40:46 08:21
37	25	Mike	Bravos & Bravitas	Veterano M40	04:14:42	+01:45:11 08:29
38	122	Vitor Cardoso	TOG - Associacao Running Team	Veterano M40	04:24:24	+01:54:53 08:49
39	33	Telmo Martins	CATR	Veterano M40	04:28:20	+01:58:49 08:57
40	52	Rafael Fernandes	Gang MêPrimo	Veterano M40	04:32:00	+02:02:29 09:04
41	54	Rui Moreira	Geocrosstrail	Veterano M40	04:32:00	+02:02:29 09:04
42	30	DAVID TEIXEIRA	C+ RUNNERS	Veterano M40	04:40:29	+02:10:58 09:21
43	83	Pedro Oliveira	Individual	Veterano M40	04:55:01	+02:25:30 09:50

Trail Longo 30K

30 KM

[illegible]

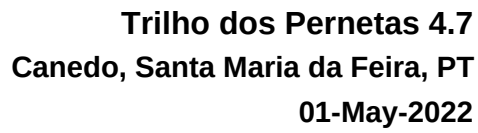
OFFICIAL RESULT

[illegible]

44	51	João Paulo Pereira Hortênsio	Gang MêPrimo	Veterano M40	06:18:21	+03:48:50	12:37
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Veterano M50

1	46	Antonio Pinto	Feirense Trail	Veterano M50	02:56:57	05:54
2	37	José Carlos Dias	CTAD - Consumo Zero	Veterano M50	03:14:01	+17:03 06:28
3	38	Pedro Ribeiro	CTAD - Consumo Zero	Veterano M50	03:14:08	+17:11 06:28
4	108	Sérgio Pinto Almeida	Outlaw Runners	Veterano M50	03:43:21	+46:24 07:27
5	90	Marco Pinho	Individual	Veterano M50	03:49:53	+52:56 07:40
6	88	Alfredo Rocha	Individual	Veterano M50	04:22:53	+01:25:56 08:46
7	123	Jose Junior	TOG - Associacao Running Team	Veterano M50	04:24:24	+01:27:27 08:49
8	35	Carlos Navega	CNCBacadapasso	Veterano M50	04:39:19	+01:42:22 09:19
9	112	Fernando Costa	Pernetas	Veterano M50	04:46:06	+01:49:09 09:32
10	101	Paulo S Gomes	NO TOMORROW RUNNING TEAM	Veterano M50	04:47:24	+01:50:27 09:35
11	89	Luis Manuel da Silva Morais	Individual	Veterano M50	04:53:58	+01:57:01 09:48
12	128	José Costa	Vassouras Pernetas F.C.	Veterano M50	06:18:22	+03:21:25 12:37

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 01-May-2022 15:33
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TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	14.4°C	79%
End	12:51	14.4°C	79%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1268	Fabio Barbosa	EDV Viana Trail	01:16:03		04:13	
2	1104	Paulo Pinto	Feirense Trail	01:18:47	+02:44	04:23	
3	1102	Mario Ricardo Pereira	Feirense Trail	01:21:08	+05:05	04:30	
4	1105	Pedro Moreira	Feirense Trail	01:21:08	+05:05	04:30	
5	1078	Hugo Silva	Dura-F1 Raceteam	01:22:04	+06:01	04:34	
6	1113	Hugo Silva	G.D.Ronda	01:25:34	+09:31	04:45	
7	1227	Antonio nunes	Individual	01:28:27	+12:24	04:55	
8	1018	Tiago Fernandes	ANTeam	01:28:45	+12:42	04:56	
9	1115	RUI Oliveira	G.D.Ronda	01:29:13	+13:10	04:57	
10	1079	José Pinheiro	Dura-F1 Raceteam	01:29:34	+13:31	04:59	
11	1080	David Coutinho	Dura-F1 Raceteam	01:30:56	+14:53	05:03	
12	1231	Augusto Aluai	Sporting Clube de Espinho/António Leitão	01:31:46	+15:43	05:06	
13	1265	Ernesto Marques Alves	Juventude Cortegacense	01:32:03	+16:00	05:07	
14	1273	Agostinho Costa	nac trail	01:32:19	+16:16	05:08	
15	1114	João Moreira	G.D.Ronda	01:32:35	+16:32	05:09	
16	1288	Domingos Manuel Fidalgo Vieira	opraticante.pt	01:33:13	+17:10	05:11	
17	1039	Sergio	Bravos & Bravitas	01:33:14	+17:11	05:11	
18	1247	Daniel Jose Silva Barros	Juventude Cortegacense	01:33:18	+17:15	05:11	
19	1038	Rui Teixeira	Bravos & Bravitas	01:33:41	+17:38	05:12	
20	1042	BRUNO BARGE	C.D.C. SÃO MARTINHO DA GÂNDARA	01:34:08	+18:05	05:14	
21	1072	Manuel Sousa	Damira Trail Team	01:35:04	+19:01	05:17	
22	1116	Carlos Fazendeiro	G.D.Ronda	01:35:51	+19:48	05:20	
23	1291	João Miguel Garrido	opraticante.pt	01:36:18	+20:15	05:21	
24	1377	Júlio Oliveira	Vila Maior Turismo	01:36:21	+20:18	05:21	
25	1029	Paulo Bandalho	Bandalhos running	01:37:37	+21:34	05:25	
26	1094	Pedro Alves	Espinho Trail	01:38:03	+22:00	05:27	
27	1081	João Portugal	Dura-F1 Raceteam	01:38:50	+22:47	05:29	
28	1363	Telmo Oliveira	Trail Running Suil Park	01:39:08	+23:05	05:30	
29	1357	Carlos Oliveira	Trail Running Suil Park	01:39:08	+23:05	05:30	
30	1360	André Oliveira	Trail Running Suil Park	01:39:09	+23:06	05:31	
31	1350	Vicente Sousa	TOG - Associacao Running Team	01:40:39	+24:36	05:36	
32	1234	Domingos soares	Individual	01:41:22	+25:19	05:38	
33	1336	António Prata	Tartarugas de Seixezelo	01:41:33	+25:30	05:38	
34	1358	Hugo Guimarães	Trail Running Suil Park	01:41:40	+25:37	05:39	
35	1100	Sara Cristina	Feirense Trail	01:42:21	+26:18	05:41	
36	1272	Francisco Terra	nac trail	01:42:22	+26:19	05:41	
37	1061	Ricardo Oliveira	CB RUN	01:42:24	+26:21	05:41	
38	1352	Manuel Couto	TrepaTrilhos Trail Team	01:42:34	+26:31	05:42	
39	1024	Paulo Reis	ARCORUN	01:42:40	+26:37	05:42	
40	1036	João sousa	Bravos & Bravitas	01:43:20	+27:17	05:44	
41	1103	Paulo Ferreira	Feirense Trail	01:44:59	+28:56	05:50	
42	1136	Gabriela Bello	Individual	01:45:03	+29:00	05:50	

TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1342	Eduardo Neto	TOG - Associacao Running Team	01:45:27	+29:24	05:52	
44	1155	Hugo Ricardo Ferreira	Individual	01:46:03	+30:00	05:53	
45	1333	Cristiana santos	Sporting Clube de Espinho/António Leitão	01:46:13	+30:10	05:54	
46	1062	José Nunes	CDC S.MARTINHO DA GÂNDARA	01:46:15	+30:12	05:54	
47	1257	Joao Paulo da Costa Oliveira	Juventude Cortegacense	01:47:17	+31:14	05:58	
48	1097	Marco Pires	Feirense Trail	01:47:37	+31:34	05:59	
49	1093	Eduardo Pinto	Espinho Trail	01:47:57	+31:54	06:00	
50	1152	Edgar Azenha	Individual	01:48:01	+31:58	06:00	
51	1189	Francisco Marques	Individual	01:48:15	+32:12	06:01	
52	1232	Carlos Lancha	Individual	01:48:57	+32:54	06:03	
53	1040	Diogo Martins	C.D.C. SÃO MARTINHO DA GÂNDARA	01:49:34	+33:31	06:05	
54	1128	Tiago Oliveira	Grupo de Corrida de Argoncilhe	01:49:48	+33:45	06:06	
55	1362	Miguel Oliveira	Trail Running Suil Park	01:49:51	+33:48	06:06	
56	1261	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	01:50:09	+34:06	06:07	
57	1241	Marcelo fernandes	Bravos & Bravitas	01:50:18	+34:15	06:08	
58	3057	Nuno Nunes	Espinho Trail	01:50:25	+34:22	06:08	
59	1146	Bruno Miguel Rodrigues soares	Individual	01:50:50	+34:47	06:09	
60	1200	Manuel Fernando Santos Oliveira	Individual	01:50:57	+34:54	06:10	
61	127	Luís Marques	Trilhados	01:51:01	+34:58	06:10	
62	126	David Aguiar	Trilhados	01:51:30	+35:27	06:12	
63	1068	Carlos Paulino	Clube Serviços Sociais CGD	01:52:05	+36:02	06:14	
64	1192	Hugo Pinto	Individual	01:52:06	+36:03	06:14	
65	1084	Alexandre Pereira	EQUIPA A	01:52:16	+36:13	06:14	
66	1051	Fábio Silva	Caminhadas da Amizade	01:52:16	+36:13	06:14	
67	1379	Bruno Gonçalves	Zequinhas Running	01:53:00	+36:57	06:17	
68	1056	Antonio Pinto	Caminhadas da Amizade	01:53:01	+36:58	06:17	
69	1158	João Rodrigues	Individual	01:54:00	+37:57	06:20	
70	1045	Paulo Silva	C.D.C. SÃO MARTINHO DA GÂNDARA	01:54:22	+38:19	06:21	
71	1121	Ricardo Godinho	Geocrosstrail	01:54:31	+38:28	06:22	
72	1267	Pedro Rola	Juventude Cortegacense	01:54:38	+38:35	06:22	
73	1284	Carina Gouveia	opraticante.pt	01:54:39	+38:36	06:22	
74	1374	João Oliveira	Ultimagem	01:55:19	+39:16	06:24	
75	1142	Rita Freitas	Individual	01:55:37	+39:34	06:25	
76	1375	Patrícia Palmeira	Ultimagem	01:55:45	+39:42	06:26	
77	1066	VITOR ALMEIDA	Clube Millennium BCP	01:56:15	+40:12	06:27	
78	1248	Filipe Nunes	Juventude Cortegacense	01:56:39	+40:36	06:29	
79	1037	Pedro Bastos	Bravos & Bravitas	01:56:44	+40:41	06:29	
80	1212	Ricardo Pereira	Bravos & Bravitas	01:57:02	+40:59	06:30	
81	1266	Manuel constantino silva	Juventude Cortegacense	01:57:21	+41:18	06:31	
82	1130	Liliana Pinho	Guisande Trail Running	01:57:32	+41:29	06:32	
83	1168	Ricardo Mendonça	Individual	01:57:32	+41:29	06:32	
84	1044	Filipe Este vex	C.D.C. SÃO MARTINHO DA GÂNDARA	01:57:34	+41:31	06:32	
85	1289	Gabriel Lima Godinho	opraticante.pt	01:57:45	+41:42	06:33	
86	1243	Vicente Pinto	Individual	01:57:45	+41:42	06:33	
87	1347	Carlos Silva	TOG - Associacao Running Team	01:57:48	+41:45	06:33	
88	1162	nuno saramago	Individual	01:57:50	+41:47	06:33	

TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	1159	Joel Filipe Oliveira Marques	Individual	01:58:59	+42:56	06:37	
90	1351	Pedro Matos	Individual	01:59:10	+43:07	06:37	
91	1337	Miguel Moura	Taylor's	01:59:11	+43:08	06:37	
92	1371	Pedro Custódio	Trilhados	01:59:12	+43:09	06:37	
93	1242	Paulo Santos	Individual	01:59:13	+43:10	06:37	
94	1240	Manuel Ribeiro	Individual	01:59:16	+43:13	06:38	
95	1165	Pedro Tavares	Individual	01:59:25	+43:22	06:38	
96	1063	ANTÓNIO ALVES	Clube Millennium BCP	01:59:34	+43:31	06:39	
97	1344	Ana Sá Pinto	TOG - Associacao Running Team	02:00:14	+44:11	06:41	
98	3055	Francisco Aragao	Espinho Trail	02:00:18	+44:15	06:41	
99	1349	Sandra Arribanca	TOG - Associacao Running Team	02:00:25	+44:22	06:41	
100	1206	Paulo Oliveira	Individual	02:00:37	+44:34	06:42	
101	1343	Tiago Neves	TOG - Associacao Running Team	02:00:59	+44:56	06:43	
102	1213	Ricardo Silva	Individual	02:01:11	+45:08	06:44	
103	1316	Jorge Santos	Outlaw Runners	02:01:16	+45:13	06:44	
104	1028	Saozita Ferreira	AZTrail	02:01:48	+45:45	06:46	
105	1008	Carlos Freitas	Trilhados	02:01:52	+45:49	06:46	
106	1211	Ricardo Lixa	Individual	02:02:00	+45:57	06:47	
107	1258	Joel Sequeira	Juventude Cortegacense	02:02:17	+46:14	06:48	
108	1043	Cláudio Castro	C.D.C. SÃO MARTINHO DA GÂNDARA	02:02:28	+46:25	06:48	
109	1327	Pedro Valente	RUNNING ESPINHO	02:02:39	+46:36	06:49	
110	1041	Filipe Pereira	C.D.C. SÃO MARTINHO DA GÂNDARA	02:02:53	+46:50	06:50	
111	1131	Mário Baptista	Hortodolameirão,Ida	02:03:20	+47:17	06:51	
112	1195	José herdeiro	Individual	02:03:25	+47:22	06:51	
113	1219	Toni Ferreira	Individual	02:03:27	+47:24	06:52	
114	1369	José Neves	TrepaTrilhos Trail Team	02:03:36	+47:33	06:52	
115	1071	Anabela de Castro Cordeiro	CTAD - Consumo Zero	02:03:41	+47:38	06:52	
116	1223	Abelardo Ferreira Gomes	Individual	02:04:51	+48:48	06:56	
117	1027	Daniela Ferreira	AZTrail	02:05:04	+49:01	06:57	
118	1166	Raul leite	Individual	02:05:04	+49:01	06:57	
119	105	Jorge Gomes	Outlaw Runners	02:05:42	+49:39	06:59	
120	1315	Adelino Pinheiro	Outlaw Runners	02:05:42	+49:39	06:59	
121	1359	Américo Oliveira	Trail Running Suil Park	02:05:46	+49:43	06:59	
122	1283	Ana Mafalda Pereira	opraticante.pt	02:06:09	+50:06	07:01	
123	1065	RUI FELGUEIRAS	Clube Millennium BCP	02:06:54	+50:51	07:03	
124	1064	ÁLVARO PINTO	Clube Millennium BCP	02:06:54	+50:51	07:03	
125	1075	Luis Ferreira	Daniel	02:06:57	+50:54	07:03	
126	1249	Jose Miguel Fonseca Duarte	Juventude Cortegacense	02:07:10	+51:07	07:04	
127	1172	Vasco Santos	Individual	02:07:15	+51:12	07:04	
128	1111	Juliana Melo	Fitarena Ginásio	02:07:21	+51:18	07:04	
129	1076	Luís Jeremias	Daniel	02:08:09	+52:06	07:07	
130	1178	paula oliveira	Individual	02:08:45	+52:42	07:09	
131	1134	Diana Pinho	Individual	02:09:38	+53:35	07:12	
132	1171	Tiago Pereira	Individual	02:09:54	+53:51	07:13	
133	1341	Rita Morais	TOG - Associacao Running Team	02:09:57	+53:54	07:13	
134	1194	Jorge Augusto Oliveira Guerra	Individual	02:10:15	+54:12	07:14	

TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	1251	Elisabete Alves Silva	Juventude Cortegacense	02:10:15	+54:12	07:14	
136	1237	jose bugalho	Individual	02:10:46	+54:43	07:16	
137	1147	Bruno Rocha	Individual	02:10:50	+54:47	07:16	
138	1372	Nuno Eça	TRTeam	02:10:57	+54:54	07:17	
139	1368	Paula Dias	TrepaTrilhos Trail Team	02:11:00	+54:57	07:17	
140	1217	Sérgio Tavares	Individual	02:11:18	+55:15	07:18	
141	1141	Raquel Rocha	Individual	02:11:25	+55:22	07:18	
142	1286	Ivone Bastos Reis	opraticante.pt	02:12:15	+56:12	07:21	
143	1366	Pedro Lopes	TrailNadas	02:12:39	+56:36	07:22	
144	1214	Ricardo Silvestre	Individual	02:12:40	+56:37	07:22	
145	1380	Marco Almeida	Zequinhas Running	02:12:57	+56:54	07:23	
146	1264	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	02:13:14	+57:11	07:24	
147	1238	Manuel Fernandes	Individual	02:13:23	+57:20	07:25	
148	1163	Pedro Miguel Lourenço	Individual	02:13:37	+57:34	07:25	
149	1112	Victor Sousa	Fitarena Ginásio	02:14:06	+58:03	07:27	
150	1186	Edgar CAMARA	Individual	02:14:07	+58:04	07:27	
151	1233	Clemente meireles	Individual	02:14:21	+58:18	07:28	
152	1354	RICHARD NOGUEIRA	Trail Running Clube Btt Sanguedo	02:14:22	+58:19	07:28	
153	1122	Vitor Moreira	Geocrosstrail	02:14:29	+58:26	07:28	
154	1120	Paula Almeida	Geocrosstrail	02:14:30	+58:27	07:28	
155	1083	Alice Couto	EQUIPA A	02:14:50	+58:47	07:29	
156	1025	Pedro Lopes	ARRASTASSOLAS	02:14:53	+58:50	07:30	
157	1250	Anabela dos Santos Marques	Juventude Cortegacense	02:15:42	+59:39	07:32	
158	1129	Fernando Pais	Grupo de Corrida de Argoncilhe	02:15:51	+59:48	07:33	
159	1151	Duarte Pinto	Individual	02:16:00	+59:57	07:33	
160	1154	Hélder Pinto	Individual	02:16:01	+59:58	07:33	
161	1191	Hugo Pinto	Individual	02:16:01	+59:58	07:33	
162	1193	Joaquim Manuel Vidal Costa	Individual	02:16:22	+01:00:19	07:35	
163	1144	André Gonçalves	Individual	02:16:22	+01:00:19	07:35	
164	1196	José Luís Ferreira Machado	Individual	02:16:22	+01:00:19	07:35	
165	1365	Jaime Azevedo	TrailNadas	02:17:02	+01:00:59	07:37	
166	1245	RENATO ARAUJO	JUFACC	02:17:35	+01:01:32	07:39	
167	1030	Cláudio Pinho	Biking Bastards	02:17:42	+01:01:39	07:39	
168	1031	Filipe Longo	Biking Bastards	02:17:42	+01:01:39	07:39	
169	1034	Ricardo Ferreira	Bravos & Bravitas	02:18:20	+01:02:17	07:41	
170	1235	Fernando Alberto da Conceição	Individual	02:18:22	+01:02:19	07:41	
171	1222	Vitor José Pedrosa Moutinho	Individual	02:18:22	+01:02:19	07:41	
172	2368	Angela Couto	Outlaw Runners	02:18:22	+01:02:19	07:41	
173	1246	Silvana Rocha	Juventude Cortegacense	02:19:32	+01:03:29	07:45	
174	1087	Miguel Cunha	EQUIPA A	02:21:08	+01:05:05	07:50	
175	1085	Jorge Vasconcelos	EQUIPA A	02:21:08	+01:05:05	07:50	
176	1053	Eduardo Ribeiro	Caminhadas da Amizade	02:21:32	+01:05:29	07:52	
177	1057	Manuel Moreira	Caminhadas da Amizade	02:21:58	+01:05:55	07:53	
178	1346	Sónia Reis	TOG - Associacao Running Team	02:22:05	+01:06:02	07:54	
179	1345	Goreti Rocha	TOG - Associacao Running Team	02:22:05	+01:06:02	07:54	

TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	1279	Fernando Andrade	NO TOMORROW RUNNING TEAM	02:22:08	+01:06:05	07:54	
181	1367	Ricardo Silva	TrailNadas	02:22:22	+01:06:19	07:55	
182	1198	Lindolfo Sol	Individual	02:22:45	+01:06:42	07:56	
183	1210	Pedro Silva	Individual	02:23:56	+01:07:53	08:00	
184	1208	Pedro José Ferreira Morais	Individual	02:24:22	+01:08:19	08:01	
185	1169	Ricardo Pereira	Individual	02:24:41	+01:08:38	08:02	
186	1292	RUI SANTOS	Os Falta D'Ar	02:24:50	+01:08:47	08:03	
187	1314	Marlene Gomes	Outlaw Runners	02:25:25	+01:09:22	08:05	
188	1296	Daniel Machado	OS FUGITIVOS DA CRISE	02:27:12	+01:11:09	08:11	
189	1294	Diana Carneiro	OS FUGITIVOS DA CRISE	02:27:13	+01:11:10	08:11	
190	1117	Sónia Guimarães	GD Leões da Guarda - Lion Runners	02:27:41	+01:11:38	08:12	
191	1132	Cátia Beirão	Individual	02:28:49	+01:12:46	08:16	
192	1277	Paula Andrade	NO TOMORROW RUNNING TEAM	02:29:14	+01:13:11	08:17	
193	1014	Lucia Teles	AllforOne	02:29:43	+01:13:40	08:19	
194	1275	Ana Barroso	NO TOMORROW RUNNING TEAM	02:29:54	+01:13:51	08:20	
195	1074	Daniel Santos	Daniel	02:31:33	+01:15:30	08:25	
196	1149	Carlos Maia	Individual	02:32:28	+01:16:25	08:28	
197	1378	Joana Pinho	Zequinhas Running	02:32:31	+01:16:28	08:28	
198	1091	Ricardo Duarte	Espinho Trail	02:34:32	+01:18:29	08:35	
199	1090	Filipe Couto	Espinho Trail	02:34:33	+01:18:30	08:35	
200	1089	Bruno Duarte	Espinho Trail	02:34:33	+01:18:30	08:35	
201	1092	Patricia Gomes	Espinho Trail	02:34:34	+01:18:31	08:35	
202	1256	Cecílio Manuel Silva Ferreira	Juventude Cortegacense	02:35:38	+01:19:35	08:39	
203	1254	Maria José Franco Oliveira	Juventude Cortegacense	02:35:38	+01:19:35	08:39	
204	1140	Monica Isabel Oliveira Morais	Individual	02:35:54	+01:19:51	08:40	
205	1370	Elisio Dias	TrepaTrilhos Trail Team	02:36:15	+01:20:12	08:41	
206	1278	Rui Taveira	NO TOMORROW RUNNING TEAM	02:36:32	+01:20:29	08:42	
207	1082	Antónia Tomaz	EQUIPA A	02:36:37	+01:20:34	08:42	
208	1086	Mário Araújo	EQUIPA A	02:37:12	+01:21:09	08:44	
209	1201	Marco Costa	Individual	02:39:35	+01:23:32	08:52	
210	1183	Júlia Grilo	Individual	02:41:52	+01:25:49	09:00	
211	1269	NELSON FERNANDES	LEI RUNNERS	02:42:14	+01:26:11	09:01	
212	1176	Liliana Monteiro	Individual	02:42:14	+01:26:11	09:01	
213	1046	andreia valente	Caga Tacos Running Team	02:42:16	+01:26:13	09:01	
214	1013	Helena Mariz	AllforOne	02:42:17	+01:26:14	09:01	
215	1328	Isabel Sofia Oliveira Sousa	RUNNING ESPINHO	02:46:27	+01:30:24	09:15	
216	1190	Hugo Luis	Individual	02:46:30	+01:30:27	09:15	
217	1334	CLARA OLIVEIRA	Sporting Clube de Espinho/António Leitão	02:46:34	+01:30:31	09:15	
218	1330	Alexandra Soares	RUNNING ESPINHO	02:46:44	+01:30:41	09:16	
219	1226	António Couto	Individual	02:48:00	+01:31:57	09:20	
220	1021	Hugo Oliveira	ANTeam	02:48:29	+01:32:26	09:22	
221	1181	Conceição Pereira	Individual	02:49:09	+01:33:06	09:24	
222	1022	Rui Almas	ANTeam	02:49:41	+01:33:38	09:26	
223	1050	antonio macedo	Caga Tacos Running Team	02:54:23	+01:38:20	09:41	
224	1048	rosinda macedo	Caga Tacos Running Team	02:54:23	+01:38:20	09:41	
225	1299	CARLA NOGUEIRA	Os Indomáveis	03:05:43	+01:49:40	10:19	

TRAIL MEDIO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	1311	ZECA GOMES	Os Indomáveis	03:05:44	+01:49:41	10:19	
227	1305	ESTELA FERREIRA	Os Indomáveis	03:05:54	+01:49:51	10:20	
228	1309	AUGUSTO RIBEIRO	Os Indomáveis	03:05:56	+01:49:53	10:20	
229	1307	ROMY SILVA	Os Indomáveis	03:05:56	+01:49:53	10:20	
230	1026	Helena Cunha	ARRASTASSOLAS	03:14:30	+01:58:27	10:48	
231	1177	Marta Sousa	Individual	03:18:08	+02:02:05	11:00	
232	1199	Luís Cruz	Individual	03:18:09	+02:02:06	11:00	
233	1143	Vera Ferreira	Individual	03:25:19	+02:09:16	11:24	
234	1167	Ricardo valentino gonçalves vieira	Individual	03:25:20	+02:09:17	11:24	
235	1174	Diana Leite	Individual	03:36:57	+02:20:54	12:03	
236	1133	Daniela Leite	Individual	03:36:58	+02:20:55	12:03	
237	1023	Fernando Lopes	ARCORUN	03:36:58	+02:20:55	12:03	
238	1156	Ivo Andrade	Individual	03:36:59	+02:20:56	12:03	
239	100	Pedro Moreira	NO TOMORROW RUNNING TEAM	03:37:04	+02:21:01	12:04	

Trail Medio 18K

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	14.4°C	79%
End	12:51	14.4°C	79%

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

1	1136	Gabriela Bello	Individual	Senior Feminino	01:45:03	05:50
2	1333	Cristiana santos	Sporting Clube de Espinho/António Leitão	Senior Feminino	01:46:13	+01:09 05:54
3	1284	Carina Gouveia	opraticante.pt	Senior Feminino	01:54:39	+09:36 06:22
4	1142	Rita Freitas	Individual	Senior Feminino	01:55:37	+10:33 06:25
5	1027	Daniela Ferreira	AZTrail	Senior Feminino	02:05:04	+20:00 06:57
6	1283	Ana Mafalda Pereira	opraticante.pt	Senior Feminino	02:06:09	+21:06 07:01
7	1134	Diana Pinho	Individual	Senior Feminino	02:09:38	+24:34 07:12
8	1341	Rita Morais	TOG - Associacao Running Team	Senior Feminino	02:09:57	+24:54 07:13
9	1141	Raquel Rocha	Individual	Senior Feminino	02:11:25	+26:22 07:18
10	1286	Ivone Bastos Reis	opraticante.pt	Senior Feminino	02:12:15	+27:12 07:21
11	2368	Angela Couto	Outlaw Runners	Senior Feminino	02:18:22	+33:19 07:41
12	1246	Silvana Rocha	Juventude Cortegacense	Senior Feminino	02:19:32	+34:29 07:45
13	1132	Cátia Beirão	Individual	Senior Feminino	02:28:49	+43:46 08:16
14	1378	Joana Pinho	Zequinhas Running	Senior Feminino	02:32:31	+47:27 08:28
15	1140	Monica Isabel Oliveira Morais	Individual	Senior Feminino	02:35:54	+50:51 08:40
16	1143	Vera Ferreira	Individual	Senior Feminino	03:25:19	+01:40:16 11:24
17	1133	Daniela Leite	Individual	Senior Feminino	03:36:58	+01:51:54 12:03

Senior Masculino

1	1268	Fabio Barbosa	EDV Viana Trail	Senior Masculino	01:16:03	04:13:00
2	1078	Hugo Silva	Dura-F1 Raceteam	Senior Masculino	01:22:04	+06:01 04:34:00
3	1018	Tiago Fernandes	ANTeam	Senior Masculino	01:28:45	+12:41 04:56:00
4	1079	José Pinheiro	Dura-F1 Raceteam	Senior Masculino	01:29:34	+13:30 04:59:00
5	1288	Domingos Manuel Fidalgo Vieira	opraticante.pt	Senior Masculino	01:33:13	+17:09 05:11:00
6	1247	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	01:33:18	+17:14 05:11:00
7	1357	Carlos Oliveira	Trail Running Suil Park	Senior Masculino	01:39:08	+23:05 05:30:00
8	1358	Hugo Guimarães	Trail Running Suil Park	Senior Masculino	01:41:40	+25:37 05:39:00
9	1061	Ricardo Oliveira	CB RUN	Senior Masculino	01:42:24	+26:21 05:41:00
10	1342	Eduardo Neto	TOG - Associacao Running Team	Senior Masculino	01:45:27	+29:24 05:52:00
11	1155	Hugo Ricardo Ferreira	Individual	Senior Masculino	01:46:03	+29:59 05:53:00
12	1097	Marco Pires	Feirense Trail	Senior Masculino	01:47:37	+31:33 05:59:00
13	1152	Edgar Azenha	Individual	Senior Masculino	01:48:01	+31:57 06:00:00
14	1040	Diogo Martins	C.D.C. SÃO MARTINHO DA GÂNDARA	Senior Masculino	01:49:34	+33:30 06:05:00
15	1146	Bruno Miguel Rodrigues soares	Individual	Senior Masculino	01:50:50	+34:47 06:09:00
16	127	Luís Marques	Trilhados	Senior Masculino	01:51:01	+34:58 06:10:00
17	126	David Aguiar	Trilhados	Senior Masculino	01:51:30	+35:26 06:12:00
18	1051	Fábio Silva	Caminhadas da Amizade	Senior Masculino	01:52:16	+36:13 06:14:00

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Trail Medio 18K

18 KM

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19	1379	Bruno Gonçalves	Zequinhas Running	Senior Masculino	01:53:00	+36:56	06:17
20	1158	João Rodrigues	Individual	Senior Masculino	01:54:00	+37:56	06:20
21	1374	João Oliveira	Ultimagem	Senior Masculino	01:55:19	+39:16	06:24
22	1248	Filipe Nunes	Juventude Cortegacense	Senior Masculino	01:56:39	+40:36	06:29
23	1168	Ricardo Mendonça	Individual	Senior Masculino	01:57:32	+41:29	06:32
24	1289	Gabriel Lima Godinho	opraticante.pt	Senior Masculino	01:57:45	+41:42	06:33
25	1162	nuno saramago	Individual	Senior Masculino	01:57:50	+41:47	06:33
26	1159	Joel Filipe Oliveira Marques	Individual	Senior Masculino	01:58:59	+42:56	06:37
27	1351	Pedro Matos	Individual	Senior Masculino	01:59:10	+43:07	06:37
28	1165	Pedro Tavares	Individual	Senior Masculino	01:59:25	+43:22	06:38
29	3055	Francisco Aragao	Espinho Trail	Senior Masculino	02:00:18	+44:15	06:41
30	1343	Tiago Neves	TOG - Associacao Running Team	Senior Masculino	02:00:59	+44:55	06:43
31	1008	Carlos Freitas	Trilhados	Senior Masculino	02:01:52	+45:49	06:46
32	1327	Pedro Valente	RUNNING ESPINHO	Senior Masculino	02:02:39	+46:36	06:49
33	1041	Filipe Pereira	C.D.C. SÃO MARTINHO DA GÂNDARA	Senior Masculino	02:02:53	+46:50	06:50
34	1131	Mário Baptista	Hortodolameirão,Ida	Senior Masculino	02:03:20	+47:16	06:51
35	1166	Raul leite	Individual	Senior Masculino	02:05:04	+49:00	06:57
36	1249	Jose Miguel Fonseca Duarte	Juventude Cortegacense	Senior Masculino	02:07:10	+51:07	07:04
37	1172	Vasco Santos	Individual	Senior Masculino	02:07:15	+51:11	07:04
38	1171	Tiago Pereira	Individual	Senior Masculino	02:09:54	+53:51	07:13
39	1147	Bruno Rocha	Individual	Senior Masculino	02:10:50	+54:46	07:16
40	1380	Marco Almeida	Zequinhas Running	Senior Masculino	02:12:57	+56:54	07:23
41	1163	Pedro Miguel Lourenço	Individual	Senior Masculino	02:13:37	+57:33	07:25
42	1025	Pedro Lopes	ARRASTASSOLAS	Senior Masculino	02:14:53	+58:50	07:30
43	1151	Duarte Pinto	Individual	Senior Masculino	02:16:00	+59:57	07:33
44	1154	Hélder Pinto	Individual	Senior Masculino	02:16:01	+59:57	07:33
45	1144	André Gonçalves	Individual	Senior Masculino	02:16:22	+01:00:18	07:35
46	1365	Jaime Azevedo	TrailNadas	Senior Masculino	02:17:02	+01:00:59	07:37
47	1030	Cláudio Pinho	Biking Bastards	Senior Masculino	02:17:42	+01:01:38	07:39
48	1031	Filipe Longo	Biking Bastards	Senior Masculino	02:17:42	+01:01:38	07:39
49	1034	Ricardo Ferreira	Bravos & Bravitas	Senior Masculino	02:18:20	+01:02:16	07:41
50	1169	Ricardo Pereira	Individual	Senior Masculino	02:24:41	+01:08:38	08:02
51	1149	Carlos Maia	Individual	Senior Masculino	02:32:28	+01:16:25	08:28
52	1091	Ricardo Duarte	Espinho Trail	Senior Masculino	02:34:32	+01:18:29	08:35
53	1090	Filipe Couto	Espinho Trail	Senior Masculino	02:34:33	+01:18:29	08:35
54	1089	Bruno Duarte	Espinho Trail	Senior Masculino	02:34:33	+01:18:29	08:35
55	1167	Ricardo valentino gonçalves vieira	Individual	Senior Masculino	03:25:20	+02:09:16	11:24
56	1156	Ivo Andrade	Individual	Senior Masculino	03:36:59	+02:20:55	12:03

Veterana F40

1	1100	Sara Cristina	Feirense Trail	Veterana F40	01:42:21	05:41
2	1375	Patrícia Palmeira	Ultimagem	Veterana F40	01:55:45	+13:24 06:26
3	1130	Liliana Pinho	Guisande Trail Running	Veterana F40	01:57:32	+15:11 06:32
4	1344	Ana Sá Pinto	TOG - Associacao Running Team	Veterana F40	02:00:14	+17:52 06:41

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Trail Medio 18K

18 KM

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5	1071	Anabela de Castro Cordeiro	CTAD - Consumo Zero	Veterana F40	02:03:41	+21:20	06:52
6	1111	Juliana Melo	Fitarena Ginásio	Veterana F40	02:07:21	+24:59	07:04
7	1178	paula oliveira	Individual	Veterana F40	02:08:45	+26:24	07:09
8	1251	Elisabete Alves Silva	Juventude Cortegacense	Veterana F40	02:10:15	+27:54	07:14
9	1250	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	02:15:42	+33:20	07:32
10	1346	Sónia Reis	TOG - Associacao Running Team	Veterana F40	02:22:05	+39:43	07:54
11	1345	Goreti Rocha	TOG - Associacao Running Team	Veterana F40	02:22:05	+39:44	07:54
12	1314	Marlene Gomes	Outlaw Runners	Veterana F40	02:25:25	+43:03	08:05
13	1294	Diana Carneiro	OS FUGITIVOS DA CRISE	Veterana F40	02:27:13	+44:52	08:11
14	1117	Sónia Guimarães	GD Leões da Guarda - Lion Runners	Veterana F40	02:27:41	+45:20	08:12
15	1275	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	02:29:54	+47:33	08:20
16	1092	Patricia Gomes	Espinho Trail	Veterana F40	02:34:34	+52:12	08:35
17	1254	Maria José Franco Oliveira	Juventude Cortegacense	Veterana F40	02:35:38	+53:17	08:39
18	1082	Antónia Tomaz	EQUIPA A	Veterana F40	02:36:37	+54:15	08:42
19	1176	Liliana Monteiro	Individual	Veterana F40	02:42:14	+59:52	09:01
20	1046	andrea valente	Caga Tacos Running Team	Veterana F40	02:42:16	+59:55	09:01
21	1013	Helena Mariz	AllforOne	Veterana F40	02:42:17	+59:55	09:01
22	1328	Isabel Sofia Oliveira Sousa	RUNNING ESPINHO	Veterana F40	02:46:27	+01:04:05	09:15
23	1299	CARLA NOGUEIRA	Os Indomáveis	Veterana F40	03:05:43	+01:23:22	10:19
24	1026	Helena Cunha	ARRASTASSOLAS	Veterana F40	03:14:30	+01:32:08	10:48
25	1177	Marta Sousa	Individual	Veterana F40	03:18:08	+01:35:47	11:00
26	1174	Diana Leite	Individual	Veterana F40	03:36:57	+01:54:36	12:03

Veterana F50

1	1349	Sandra Arribanca	TOG - Associacao Running Team	Veterana F50	02:00:25		06:41
2	1028	Saozita Ferreira	AZTrail	Veterana F50	02:01:48	+01:23	06:46
3	1368	Paula Dias	TrepaTrilhos Trail Team	Veterana F50	02:11:00	+10:35	07:17
4	1120	Paula Almeida	Geocrosstrail	Veterana F50	02:14:30	+14:04	07:28
5	1083	Alice Couto	EQUIPA A	Veterana F50	02:14:50	+14:25	07:29
6	1277	Paula Andrade	NO TOMORROW RUNNING TEAM	Veterana F50	02:29:14	+28:49	08:17
7	1014	Lucia Teles	AllforOne	Veterana F50	02:29:43	+29:18	08:19
8	1183	Júlia Grilo	Individual	Veterana F50	02:41:52	+41:27	09:00
9	1334	CLARA OLIVEIRA	Sporting Clube de Espinho/António Leitão	Veterana F50	02:46:34	+46:08	09:15
10	1330	Alexandra Soares	RUNNING ESPINHO	Veterana F50	02:46:44	+46:19	09:16
11	1181	Conceição Pereira	Individual	Veterana F50	02:49:09	+48:44	09:24
12	1048	rosinda macedo	Caga Tacos Running Team	Veterana F50	02:54:23	+53:58	09:41
13	1305	ESTELA FERREIRA	Os Indomáveis	Veterana F50	03:05:54	+01:05:29	10:20
14	1307	ROMY SILVA	Os Indomáveis	Veterana F50	03:05:56	+01:05:31	10:20

Veterano M40

1	1104	Paulo Pinto	Feirense Trail	Veterano M40	01:18:47	04:23
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Trail Medio 18K

18 KM

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2	1102	Mario Ricardo Pereira	Feirense Trail	Veterano M40	01:21:08	+02:20	04:30
3	1105	Pedro Moreira	Feirense Trail	Veterano M40	01:21:08	+02:20	04:30
4	1113	Hugo Silva	G.D.Ronda	Veterano M40	01:25:34	+06:46	04:45
5	1115	RUI Oliveira	G.D.Ronda	Veterano M40	01:29:13	+10:26	04:57
6	1080	David Coutinho	Dura-F1 Raceteam	Veterano M40	01:30:56	+12:08	05:03
7	1114	João Moreira	G.D.Ronda	Veterano M40	01:32:35	+13:48	05:09
8	1038	Rui Teixeira	Bravos & Bravitas	Veterano M40	01:33:41	+14:53	05:12
9	1042	BRUNO BARGE	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	01:34:08	+15:20	05:14
10	1291	João Miguel Garrido	opraticante.pt	Veterano M40	01:36:18	+17:30	05:21
11	1377	Júlio Oliveira	Vila Maior Turismo	Veterano M40	01:36:21	+17:34	05:21
12	1094	Pedro Alves	Espinho Trail	Veterano M40	01:38:03	+19:15	05:27
13	1081	João Portugal	Dura-F1 Raceteam	Veterano M40	01:38:50	+20:02	05:29
14	1363	Telmo Oliveira	Trail Running Suil Park	Veterano M40	01:39:08	+20:20	05:30
15	1360	André Oliveira	Trail Running Suil Park	Veterano M40	01:39:09	+20:21	05:31
16	1350	Vicente Sousa	TOG - Associacao Running Team	Veterano M40	01:40:39	+21:52	05:36
17	1272	Francisco Terra	nac trail	Veterano M40	01:42:22	+23:34	05:41
18	1352	Manuel Couto	TrepaTrilhos Trail Team	Veterano M40	01:42:34	+23:46	05:42
19	1024	Paulo Reis	ARCORUN	Veterano M40	01:42:40	+23:52	05:42
20	1036	João sousa	Bravos & Bravitas	Veterano M40	01:43:20	+24:33	05:44
21	1103	Paulo Ferreira	Feirense Trail	Veterano M40	01:44:59	+26:11	05:50
22	1257	Joao Paulo da Costa Oliveira	Juventude Cortegacense	Veterano M40	01:47:17	+28:29	05:58
23	1093	Eduardo Pinto	Espinho Trail	Veterano M40	01:47:57	+29:09	06:00
24	1189	Francisco Marques	Individual	Veterano M40	01:48:15	+29:27	06:01
25	1128	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	01:49:48	+31:00	06:06
26	1362	Miguel Oliveira	Trail Running Suil Park	Veterano M40	01:49:51	+31:03	06:06
27	1261	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	01:50:09	+31:21	06:07
28	3057	Nuno Nunes	Espinho Trail	Veterano M40	01:50:25	+31:37	06:08
29	1200	Manuel Fernando Santos Oliveira	Individual	Veterano M40	01:50:57	+32:09	06:10
30	1192	Hugo Pinto	Individual	Veterano M40	01:52:06	+33:19	06:14
31	1084	Alexandre Pereira	EQUIPA A	Veterano M40	01:52:16	+33:28	06:14
32	1045	Paulo Silva	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	01:54:22	+35:34	06:21
33	1121	Ricardo Godinho	Geocrosstrail	Veterano M40	01:54:31	+35:43	06:22
34	1037	Pedro Bastos	Bravos & Bravitas	Veterano M40	01:56:44	+37:56	06:29
35	1212	Ricardo Pereira	Bravos & Bravitas	Veterano M40	01:57:02	+38:15	06:30
36	1044	Filipe Este vex	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	01:57:34	+38:46	06:32
37	1347	Carlos Silva	TOG - Associacao Running Team	Veterano M40	01:57:48	+39:00	06:33
38	1337	Miguel Moura	Taylor's	Veterano M40	01:59:11	+40:23	06:37
39	1371	Pedro Custódio	Trilhados	Veterano M40	01:59:12	+40:24	06:37
40	1063	ANTÓNIO ALVES	Clube Millennium BCP	Veterano M40	01:59:34	+40:46	06:39
41	1206	Paulo Oliveira	Individual	Veterano M40	02:00:37	+41:49	06:42
42	1213	Ricardo Silva	Individual	Veterano M40	02:01:11	+42:23	06:44
43	1211	Ricardo Lixa	Individual	Veterano M40	02:02:00	+43:12	06:47
44	1258	Joel Sequeira	Juventude Cortegacense	Veterano M40	02:02:17	+43:29	06:48
45	1043	Cláudio Castro	C.D.C. SÃO MARTINHO DA GÂNDARA	Veterano M40	02:02:28	+43:40	06:48

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Trail Medio 18K

18 KM

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46	1195	José herdeiro	Individual	Veterano M40	02:03:25	+44:37	06:51
47	1219	Toni Ferreira	Individual	Veterano M40	02:03:27	+44:39	06:52
48	1369	José Neves	TrepaTrilhos Trail Team	Veterano M40	02:03:36	+44:48	06:52
49	105	Jorge Gomes	Outlaw Runners	Veterano M40	02:05:42	+46:54	06:59
50	1359	Américo Oliveira	Trail Running Suil Park	Veterano M40	02:05:46	+46:58	06:59
51	1075	Luis Ferreira	Daniel	Veterano M40	02:06:57	+48:10	07:03
52	1076	Luís Jeremias	Daniel	Veterano M40	02:08:09	+49:21	07:07
53	1194	Jorge Augusto Oliveira Guerra	Individual	Veterano M40	02:10:15	+51:27	07:14
54	1372	Nuno Eça	TRTeam	Veterano M40	02:10:57	+52:10	07:17
55	1217	Sérgio Tavares	Individual	Veterano M40	02:11:18	+52:30	07:18
56	1366	Pedro Lopes	TrailNadas	Veterano M40	02:12:39	+53:51	07:22
57	1214	Ricardo Silvestre	Individual	Veterano M40	02:12:40	+53:52	07:22
58	1112	Victor Sousa	Fitarena Ginásio	Veterano M40	02:14:06	+55:18	07:27
59	1186	Edgar CAMARA	Individual	Veterano M40	02:14:07	+55:19	07:27
60	1354	RICHARD NOGUEIRA	Trail Running Clube Btt Sanguedo	Veterano M40	02:14:22	+55:34	07:28
61	1122	Vitor Moreira	Geocrosstrail	Veterano M40	02:14:29	+55:42	07:28
62	1191	Hugo Pinto	Individual	Veterano M40	02:16:01	+57:13	07:33
63	1193	Joaquim Manuel Vidal Costa	Individual	Veterano M40	02:16:22	+57:34	07:35
64	1196	José Luís Ferreira Machado	Individual	Veterano M40	02:16:22	+57:34	07:35
65	1245	RENATO ARAUJO	JUFACC	Veterano M40	02:17:35	+58:48	07:39
66	1222	Vitor José Pedrosa Moutinho	Individual	Veterano M40	02:18:22	+59:34	07:41
67	1087	Miguel Cunha	EQUIPA A	Veterano M40	02:21:08	+01:02:20	07:50
68	1085	Jorge Vasconcelos	EQUIPA A	Veterano M40	02:21:08	+01:02:20	07:50
69	1053	Eduardo Ribeiro	Caminhadas da Amizade	Veterano M40	02:21:32	+01:02:44	07:52
70	1367	Ricardo Silva	TrailNadas	Veterano M40	02:22:22	+01:03:34	07:55
71	1198	Lindolfo Sol	Individual	Veterano M40	02:22:45	+01:03:58	07:56
72	1210	Pedro Silva	Individual	Veterano M40	02:23:56	+01:05:08	08:00
73	1208	Pedro José Ferreira Morais	Individual	Veterano M40	02:24:22	+01:05:34	08:01
74	1292	RUI SANTOS	Os Falta D'Ar	Veterano M40	02:24:50	+01:06:02	08:03
75	1296	Daniel Machado	OS FUGITIVOS DA CRISE	Veterano M40	02:27:12	+01:08:24	08:11
76	1074	Daniel Santos	Daniel	Veterano M40	02:31:33	+01:12:45	08:25
77	1256	Cecilio Manuel Silva Ferreira	Juventude Cortegacense	Veterano M40	02:35:38	+01:16:51	08:39
78	1278	Rui Taveira	NO TOMORROW RUNNING TEAM	Veterano M40	02:36:32	+01:17:44	08:42
79	1086	Mário Araújo	EQUIPA A	Veterano M40	02:37:12	+01:18:25	08:44
80	1201	Marco Costa	Individual	Veterano M40	02:39:35	+01:20:47	08:52
81	1269	NELSON FERNANDES	LEI RUNNERS	Veterano M40	02:42:14	+01:23:26	09:01
82	1190	Hugo Luis	Individual	Veterano M40	02:46:30	+01:27:42	09:15
83	1021	Hugo Oliveira	ANTeam	Veterano M40	02:48:29	+01:29:41	09:22
84	1199	Luís Cruz	Individual	Veterano M40	03:18:09	+01:59:21	11:00
85	1023	Fernando Lopes	ARCORUN	Veterano M40	03:36:58	+02:18:10	12:03
86	100	Pedro Moreira	NO TOMORROW RUNNING TEAM	Veterano M40	03:37:04	+02:18:16	12:04

Veterano M50

1	1227	Antonio nunes	Individual	Veterano M50	01:28:27	04:55
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Trail Medio 18K

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2	1231	Augusto Aluai	Sporting Clube de Espinho/António Leitão	Veterano M50	01:31:46	+03:18	05:06
3	1265	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	01:32:03	+03:35	05:07
4	1273	Agostinho Costa	nac trail	Veterano M50	01:32:19	+03:51	05:08
5	1039	Sergio	Bravos & Bravitas	Veterano M50	01:33:14	+04:46	05:11
6	1072	Manuel Sousa	Damira Trail Team	Veterano M50	01:35:04	+06:36	05:17
7	1116	Carlos Fazendeiro	G.D.Ronda	Veterano M50	01:35:51	+07:23	05:20
8	1029	Paulo Bandalho	Bandalhos running	Veterano M50	01:37:37	+09:10	05:23
9	1234	Domingos soares	Individual	Veterano M50	01:41:22	+12:54	05:38
10	1336	António Prata	Tartarugas de Seixezelo	Veterano M50	01:41:33	+13:05	05:38
11	1062	José Nunes	CDC S.MARTINHO DA GÂNDARA	Veterano M50	01:46:15	+17:47	05:54
12	1232	Carlos Lancha	Individual	Veterano M50	01:48:57	+20:30	06:03
13	1241	Marcelo fernandes	Bravos & Bravitas	Veterano M50	01:50:18	+21:50	06:08
14	1068	Carlos Paulino	Clube Serviços Sociais CGD	Veterano M50	01:52:05	+23:37	06:14
15	1056	Antonio Pinto	Caminhadas da Amizade	Veterano M50	01:53:01	+24:33	06:17
16	1267	Pedro Rola	Juventude Cortegacense	Veterano M50	01:54:38	+26:10	06:22
17	1066	VITOR ALMEIDA	Clube Millennium BCP	Veterano M50	01:56:15	+27:47	06:27
18	1266	Manuel constantino silva	Juventude Cortegacense	Veterano M50	01:57:21	+28:53	06:31
19	1243	Vicente Pinto	Individual	Veterano M50	01:57:45	+29:17	06:33
20	1242	Paulo Santos	Individual	Veterano M50	01:59:13	+30:45	06:37
21	1240	Manuel Ribeiro	Individual	Veterano M50	01:59:16	+30:48	06:38
22	1316	Jorge Santos	Outlaw Runners	Veterano M50	02:01:16	+32:48	06:44
23	1223	Abelardo Ferreira Gomes	Individual	Veterano M50	02:04:51	+36:23	06:56
24	1315	Adelino Pinheiro	Outlaw Runners	Veterano M50	02:05:42	+37:14	06:59
25	1065	RUI FELGUEIRAS	Clube Millennium BCP	Veterano M50	02:06:54	+38:26	07:03
26	1064	ÁLVARO PINTO	Clube Millennium BCP	Veterano M50	02:06:54	+38:26	07:03
27	1237	jose bugalho	Individual	Veterano M50	02:10:46	+42:18	07:16
28	1264	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	02:13:14	+44:46	07:24
29	1238	Manuel Fernandes	Individual	Veterano M50	02:13:23	+44:55	07:25
30	1233	Clemente meireles	Individual	Veterano M50	02:14:21	+45:53	07:28
31	1129	Fernando Pais	Grupo de Corrida de Argoncilhe	Veterano M50	02:15:51	+47:24	07:33
32	1235	Fernando Alberto da Conceição	Individual	Veterano M50	02:18:22	+49:54	07:41
33	1057	Manuel Moreira	Caminhadas da Amizade	Veterano M50	02:21:58	+53:30	07:53
34	1279	Fernando Andrade	NO TOMORROW RUNNING TEAM	Veterano M50	02:22:08	+53:40	07:54
35	1370	Elisio Dias	TrepaTrilhos Trail Team	Veterano M50	02:36:15	+01:07:47	08:41
36	1226	António Couto	Individual	Veterano M50	02:48:00	+01:19:33	09:20
37	1022	Rui Almas	ANTeam	Veterano M50	02:49:41	+01:21:13	09:26
38	1050	antonio macedo	Caga Tacos Running Team	Veterano M50	02:54:23	+01:25:55	09:41
39	1311	ZECA GOMES	Os Indomáveis	Veterano M50	03:05:44	+01:37:16	10:19
40	1309	AUGUSTO RIBEIRO	Os Indomáveis	Veterano M50	03:05:56	+01:37:28	10:20

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Trail Curto 10K

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	14.4°C	74%
End	14:18	14.4°C	74%

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

1	2204	Cristiana Ferreira	Individual	Senior Feminino	01:20:15	08:01
2	2161	Anabela Pimenta	Feirense Trail	Senior Feminino	01:29:48	+09:33 08:59
3	2214	Vera Rodrigues	Individual	Senior Feminino	01:30:14	+09:59 09:01
4	22	Mi couto	BOAVISTA TRAIL	Senior Feminino	01:40:44	+20:29 10:04
5	2068	Juliana Barbosa	Caminhadas da Amizade	Senior Feminino	01:46:45	+26:30 10:41
6	2067	Diana Pinto	Caminhadas da Amizade	Senior Feminino	01:46:46	+26:30 10:41
7	2066	Daniela Moreira	Caminhadas da Amizade	Senior Feminino	01:47:23	+27:08 10:44
8	2207	Filipa Mota	Individual	Senior Feminino	01:48:20	+28:04 10:50
9	2069	Mafalda Candal	Caminhadas da Amizade	Senior Feminino	01:50:30	+30:15 11:03
10	2071	Sónia Moreira	Caminhadas da Amizade	Senior Feminino	01:50:31	+30:16 11:03
11	2002	Helena Paiva	Gang MêPrimo	Senior Feminino	01:51:18	+31:03 11:08
12	2003	Susana Castro	Gang MêPrimo	Senior Feminino	01:51:19	+31:03 11:08
13	2125	Marlene Vieira	CB RUN	Senior Feminino	01:52:54	+32:39 11:17
14	2180	Marina Silva	Fitness Team	Senior Feminino	01:57:06	+36:50 11:43
15	2011	JOANA TORRES	#ATÉCHORAS!	Senior Feminino	01:57:21	+37:05 11:44
16	2202	Ana Resende	Individual	Senior Feminino	01:57:42	+37:26 11:46
17	2303	Isabel Melo	Juventude Cortegacense	Senior Feminino	01:58:46	+38:30 11:53
18	2208	Inês Gonçalves	Individual	Senior Feminino	02:00:08	+39:53 12:01
19	2212	Paula Cruz	Individual	Senior Feminino	02:00:11	+39:55 12:01
20	2211	Mariana Costa	Individual	Senior Feminino	02:00:44	+40:28 12:04
21	2040	Marília Matias	ANTeam	Senior Feminino	02:03:52	+43:37 12:23
22	110	Patricia Silva	Pernetas	Senior Feminino	02:04:52	+44:37 12:29
23	2042	Salomé Reis	ANTeam	Senior Feminino	02:12:04	+51:48 13:12
24	2201	Ana Guerra	Individual	Senior Feminino	02:12:36	+52:21 13:16
25	2041	Marina Silva	ANTeam	Senior Feminino	02:15:41	+55:26 13:34
26	2043	Tânia Abreu	ANTeam	Senior Feminino	02:18:40	+58:25 13:52
27	2354	Daniela Moreira dos Santos	MovAreias	Senior Feminino	02:19:34	+59:19 13:57
28	2353	Ana Margarida Castro	MovAreias	Senior Feminino	02:19:35	+59:20 13:57
29	2206	Diana Oliveira	Individual	Senior Feminino	02:22:10	+01:01:54 14:13
30	2413	Bruna Santos	TOG - Associacao Running Team	Senior Feminino	02:26:22	+01:06:06 14:38
31	2141	Andreia Silva	É nois	Senior Feminino	02:28:20	+01:08:04 14:50
32	2404	Cristiana Reis	Tartarugas de Seixezelo	Senior Feminino	02:29:23	+01:09:08 14:56
33	2300	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Senior Feminino	02:32:18	+01:12:03 15:14
34	2369	Cláudia Dias	Outlaw Runners	Senior Feminino	02:32:29	+01:12:13 15:15
35	2205	Diana Castro	Individual	Senior Feminino	02:33:04	+01:12:48 15:18
36	2051	Cátia Silva	As Belas e Eles	Senior Feminino	02:39:30	+01:19:15 15:57
37	2050	Carla Barbosa	As Belas e Eles	Senior Feminino	02:39:30	+01:19:15 15:57
38	2064	Ana Raquel Moreira	Caminhadas da Amizade	Senior Feminino	03:07:27	+01:47:12 18:45
39	2065	Beatriz Moreira	Caminhadas da Amizade	Senior Feminino	03:16:22	+01:56:07 19:38

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Trail Curto 10K

10 KM

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40	2070	Patricia Moreira	Caminhadas da Amizade	Senior Feminino	03:17:59	+01:57:44	19:48
41	2045	Raquel Lopes	ARRASTASSOLAS	Senior Feminino	03:18:31	+01:58:16	19:51

Senior Masculino

1	2162	Andre Silva	Feirense Trail	Senior Masculino	01:05:17	06:32
2	2164	Jose Ricardo da Silva	Feirense Trail	Senior Masculino	01:09:04	+03:47 06:54
3	2355	Tiago Magalhaes	NS Trail Team	Senior Masculino	01:09:25	+04:08 06:57
4	2165	Pedro Magalhães	Feirense Trail	Senior Masculino	01:18:01	+12:44 07:48
5	2225	Nuno Teixeira	Individual	Senior Masculino	01:20:43	+15:25 08:04
6	2226	Pedro Alves	Individual	Senior Masculino	01:26:24	+21:07 08:38
7	2215	Anthony Suarez	Individual	Senior Masculino	01:27:00	+21:43 08:42
8	2175	Sergio Gomes	FITARENA Ginásio	Senior Masculino	01:28:59	+23:41 08:54
9	2163	Helder Oliveira	Feirense Trail	Senior Masculino	01:29:50	+24:32 08:59
10	2224	João Leal	Individual	Senior Masculino	01:30:24	+25:06 09:02
11	2073	Bruno Coelho	Caminhadas da Amizade	Senior Masculino	01:30:44	+25:26 09:04
12	2217	Danilo Fenu	Bravos & Bravitas	Senior Masculino	01:33:36	+28:19 09:22
13	2221	Gabriel Rodrigues	Individual	Senior Masculino	01:34:51	+29:33 09:29
14	2078	Tiago Seabra	Caminhadas da Amizade	Senior Masculino	01:40:27	+35:09 10:03
15	2052	Ricardo Tavares	As Belas e Eles	Senior Masculino	01:41:00	+35:43 10:06
16	2220	FILIPE MIGUEL BARBOSA PARDILHÓ	Individual	Senior Masculino	01:42:22	+37:05 10:14
17	2028	Marcio Santos	Amigos do Conga	Senior Masculino	01:46:25	+41:07 10:38
18	2218	David Pinho	Individual	Senior Masculino	01:48:19	+43:02 10:50
19	2176	Tiago Freitas	Fitarena Ginásio	Senior Masculino	01:50:18	+45:00 11:02
20	2333	MARCO RODRIGUES	LEI RUNNERS	Senior Masculino	01:51:09	+45:51 11:07
21	2381	Paulo Ferreira	Pé na Rota	Senior Masculino	01:52:08	+46:51 11:13
22	70	Ricardo Santos	Individual	Senior Masculino	01:53:02	+47:45 11:18
23	2014	HUGO HEITOR	#ATÉCHORAS!	Senior Masculino	01:53:54	+48:36 11:23
24	2382	Ricardo Pinho	Pé na Rota	Senior Masculino	01:54:08	+48:50 11:25
25	2128	CHRISTIAN CORREIA	CF PEROSINHO TRAIL & RUNNING	Senior Masculino	01:55:39	+50:22 11:34
26	2174	Mario Bruno Henriques	Fitarena Ginásio	Senior Masculino	01:55:53	+50:35 11:35
27	2398	Luís Pereira	Running Esmoriz	Senior Masculino	01:57:20	+52:02 11:44
28	2364	Ricardo Pereira	Os Remendados	Senior Masculino	01:57:55	+52:38 11:48
29	2370	Bruno Barros	Outlaw Runners	Senior Masculino	02:00:05	+54:48 12:01
30	2222	Gil Dudot	Individual	Senior Masculino	02:00:22	+55:04 12:02
31	2223	Gonçalo Paiva	Individual	Senior Masculino	02:08:29	+01:03:11 12:51
32	2156	Marcio Moreira	Espinho Trail	Senior Masculino	02:08:38	+01:03:20 12:52
33	2157	Ricardo Sousa	Espinho Trail	Senior Masculino	02:09:33	+01:04:16 12:57
34	1148	Carlos Ferreira	Individual	Senior Masculino	02:12:37	+01:07:19 13:16
35	2044	Gustavo Faria	ANTeam	Senior Masculino	02:15:41	+01:10:23 13:34
36	1160	José Rocha	Individual	Senior Masculino	02:21:22	+01:16:05 14:08
37	2076	Joao Pinto	Caminhadas da Amizade	Senior Masculino	02:27:06	+01:21:48 14:43
38	2142	João Conceição	É nois	Senior Masculino	02:28:19	+01:23:01 14:50
39	2020	Ricardo Braga	ADC Santa Isabel Trail & Running	Senior Masculino	02:43:17	+01:37:59 16:20

Trail Curto 10K

10 KM

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OFFICIAL RESULT

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40	2077	Ruben Moreira	Caminhadas da Amizade	Senior Masculino	03:07:13	+02:01:56	18:43
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Veterana F40

1	43	Sandra Ferreira	Feirense Trail	Veterana F40	01:18:33	07:51
2	2190	Sandra Canelha	G.D.Ronda	Veterana F40	01:27:13	+08:40 08:43
3	2250	Susana Martins	Individual	Veterana F40	01:38:00	+19:27 09:48
4	1058	Liliana Canedo	Carlos & Liliana	Veterana F40	01:43:57	+25:24 10:24
5	2242	Lilibeth Santos	Individual	Veterana F40	01:44:50	+26:16 10:29
6	2059	Mariline	Bravos & Bravitas	Veterana F40	01:45:02	+26:28 10:30
7	2126	Marcela Fernandes	CB RUN	Veterana F40	01:45:06	+26:32 10:31
8	2361	Marta Alexandra Carmo	opraticante.pt	Veterana F40	01:46:16	+27:42 10:38
9	2082	Felicidade Duraes	Caminhadas da Amizade	Veterana F40	01:47:21	+28:47 10:44
10	2087	Susana Mota	Caminhadas da Amizade	Veterana F40	01:47:21	+28:47 10:44
11	2405	Anabela Sousa	Tartarugas de Seixezelo	Veterana F40	01:49:37	+31:03 10:58
12	2247	Sandra Alago	Individual	Veterana F40	01:52:55	+34:21 11:18
13	59	Sonia Lei	Grupo de Corrida de Argoncilhe	Veterana F40	01:54:42	+36:08 11:28
14	2017	SANDRA SILVA	#ATÉCHORAS!	Veterana F40	01:55:28	+36:54 11:33
15	2086	Paula Lopes	Caminhadas da Amizade	Veterana F40	02:00:28	+41:54 12:03
16	2060	Sonia oliveira	Bravos & Bravitas	Veterana F40	02:01:22	+42:48 12:08
17	2243	Maria luisa	Individual	Veterana F40	02:02:07	+43:33 12:13
18	2081	Carla Moreira	Caminhadas da Amizade	Veterana F40	02:02:51	+44:17 12:17
19	2362	Patricia Lamego	opraticante.pt	Veterana F40	02:03:31	+44:57 12:21
20	1290	Ana Abreu Freire	opraticante.pt	Veterana F40	02:03:31	+44:57 12:21
21	1099	Sandra Ferreira	Feirense Trail	Veterana F40	02:04:55	+46:21 12:30
22	2399	Olga Cristina Silva Domingues	Running Esmoriz	Veterana F40	02:07:13	+48:39 12:43
23	2232	Alexandra Valinhas	Individual	Veterana F40	02:12:15	+53:41 13:14
24	2365	Vânia Pereira	Os Remendados	Veterana F40	02:13:05	+54:31 13:19
25	2311	Cristina Maria Rodrigues Sá	Juventude Cortegacense	Veterana F40	02:14:47	+56:13 13:29
26	2124	Rita Karas	Caralinda TEAM	Veterana F40	02:14:48	+56:14 13:29
27	2313	MARCIA ROLA	Juventude Cortegacense	Veterana F40	02:14:48	+56:14 13:29
28	2084	Maria Margarida Barros	Caminhadas da Amizade	Veterana F40	02:18:16	+59:42 13:50
29	2245	Orquídea Sousa	Individual	Veterana F40	02:18:22	+59:48 13:50
30	2251	Susana Pinto	Individual	Veterana F40	02:18:22	+59:48 13:50
31	2238	Fernanda Rocha	Individual	Veterana F40	02:18:22	+59:48 13:50
32	2244	Marta Alves	Individual	Veterana F40	02:22:14	+01:03:40 14:13
33	2385	Maria Alexandra da Silva Gonçalves	Ribeiras Trail	Veterana F40	02:23:46	+01:05:12 14:23
34	2130	Adélia Silva	CIDEP Fornos Lusavouga	Veterana F40	02:25:06	+01:06:32 14:31
35	1180	Tânia Tavares	Individual	Veterana F40	02:25:21	+01:06:47 14:32
36	2415	Carla Santos	TOG - Associacao Running Team	Veterana F40	02:26:21	+01:07:48 14:38
37	2407	Maria do Ceu Melo	Tartarugas de Seixezelo	Veterana F40	02:27:59	+01:09:26 14:48
38	2406	Cidália Carvalho	Tartarugas de Seixezelo	Veterana F40	02:28:01	+01:09:27 14:48
39	2236	Catarina Coutinho da Silva	Individual	Veterana F40	02:28:14	+01:09:40 14:49
40	2061	Virginia	Bravos & Bravitas	Veterana F40	02:28:14	+01:09:41 14:49
41	2310	Anabela Moreira Cardoso	Juventude Cortegacense	Veterana F40	02:32:31	+01:13:57 15:15

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Trail Curto 10K

10 KM

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42	2233	Ana Luísa de Almeida Ramos	Individual	Veterana F40	02:33:51	+01:15:18	15:23
43	2231	Alda Veronica Ferreira Henriques sampaio	Individual	Veterana F40	02:34:45	+01:16:11	15:28
44	2167	Silvia Costa	Feirense Trail	Veterana F40	02:37:05	+01:18:31	15:42
45	2372	Erika Darcilia	Outlaw Runners	Veterana F40	02:39:25	+01:20:51	15:56
46	2414	Beatriz Almeida	TOG - Associacao Running Team	Veterana F40	02:45:19	+01:26:45	16:32
47	2416	Kika Martins	TOG - Associacao Running Team	Veterana F40	02:45:19	+01:26:45	16:32
48	2083	Maria José Sousa	Caminhadas da Amizade	Veterana F40	02:46:14	+01:27:40	16:37
49	2312	Liliana Castelo	Juventude Cortegacense	Veterana F40	02:53:17	+01:34:43	17:20
50	2248	Sandra Pinto	Individual	Veterana F40	02:53:20	+01:34:47	17:20
51	2342	Dulce Monteiro	Let's Go Team	Veterana F40	02:53:50	+01:35:16	17:23
52	2344	Silvia Almeida	Let's Go Team	Veterana F40	02:53:50	+01:35:17	17:23
53	2085	Marlene Barros	Caminhadas da Amizade	Veterana F40	02:58:26	+01:39:52	17:51
54	2345	Sónia Teixeira	Let's Go Team	Veterana F40	02:59:09	+01:40:36	17:55
55	2341	Diana Pinho	Let's Go Team	Veterana F40	02:59:28	+01:40:54	17:57
56	2015	Celia Cardinal	#ATÉCHORAS!	Veterana F40	03:05:55	+01:47:22	18:36
57	2079	Ana Brito	Caminhadas da Amizade	Veterana F40	03:16:34	+01:58:00	19:39
58	2343	Maria João Cunha	Let's Go Team	Veterana F40	03:17:03	+01:58:29	19:42
59	1052	Licinia Silva	Caminhadas da Amizade	Veterana F40	03:17:21	+01:58:47	19:44
60	2047	Sara Loureiro	ARRASTASSOLAS	Veterana F40	03:18:33	+01:59:59	19:51
61	2046	Raquel Ribeiro	ARRASTASSOLAS	Veterana F40	03:18:33	+01:59:59	19:51
62	2183	ANABELA LOURENÇO	FORÇA NA CANELA- ESPINHO	Veterana F40	03:34:25	+02:15:51	21:26
63	2184	JOANA ALMEIIDA	FORÇA NA CANELA- ESPINHO	Veterana F40	03:34:26	+02:15:52	21:27

Veterana F50

1	2178	Céu Ferreira	Fitarena Ginásio	Veterana F50	01:36:07	09:37
2	2387	Ana Cristina Gonçalves Costa Fonseca	Ribeiras Trail	Veterana F50	01:40:17	+04:09 10:02
3	2154	Maria carriço	Espigueiros runners caparrosinha	Veterana F50	01:40:19	+04:11 10:02
4	2389	Margarida Maria Pinto Martins	Ribeiras Trail	Veterana F50	01:43:34	+07:27 10:21
5	2335	FATIMA PAIS	LEI RUNNERS	Veterana F50	01:45:33	+09:26 10:33
6	2096	Maria Coelho	Caminhadas da Amizade	Veterana F50	01:47:22	+11:15 10:44
7	2090	Camila Manso	Caminhadas da Amizade	Veterana F50	01:50:07	+14:00 11:01
8	2103	Susana Pereira	Caminhadas da Amizade	Veterana F50	01:50:30	+14:23 11:03
9	2181	Fernanda pinheiro	Fitness Team	Veterana F50	01:53:17	+17:10 11:20
10	2099	Maria Rosário Almeida	Caminhadas da Amizade	Veterana F50	01:54:24	+18:17 11:26
11	2101	Rosa Almeida	Caminhadas da Amizade	Veterana F50	01:55:31	+19:24 11:33
12	2097	Maria Cristina Almeida	Caminhadas da Amizade	Veterana F50	01:56:53	+20:45 11:41
13	2195	Rosalina Fontes	Grupo de Corrida de Argoncilhe	Veterana F50	01:57:37	+21:30 11:46
14	2100	Paula Padrao	Caminhadas da Amizade	Veterana F50	01:59:30	+23:23 11:57
15	2091	Elsa Cruz	Caminhadas da Amizade	Veterana F50	01:59:34	+23:26 11:57
16	2194	Margarida Ribeiro	Grupo de Corrida de Argoncilhe	Veterana F50	02:00:29	+24:22 12:03
17	2193	Manuela Sousa	Grupo de Corrida de Argoncilhe	Veterana F50	02:05:07	+28:59 12:31
18	2318	Maria Elisabete Pinho Pereira Mendonça	Juventude Cortegacense	Veterana F50	02:13:49	+37:41 13:23
19	2105	Zélia Sousa	Caminhadas da Amizade	Veterana F50	02:22:08	+46:01 14:13
20	2095	Margarida Martins	Caminhadas da Amizade	Veterana F50	02:22:29	+46:22 14:15

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Trail Curto 10K

10 KM

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21	2388	Ana Paula Pinheiro Almeida Santos	Ribeiras Trail	Veterana F50	02:23:48	+47:41	14:23
22	2377	Paula Castro	Paula Castro	Veterana F50	02:25:21	+49:14	14:32
23	2409	Fátima Poças	Tartarugas de Seixezelo	Veterana F50	02:28:00	+51:52	14:48
24	2408	Celeste Costa	Tartarugas de Seixezelo	Veterana F50	02:28:13	+52:05	14:49
25	2152	Ana Lopes	Equipa da Ana	Veterana F50	02:34:38	+58:30	15:28
26	2254	Irene Nunes	Individual	Veterana F50	02:39:04	+01:02:57	15:54
27	2376	Fátima Reis	Paula Castro	Veterana F50	02:39:50	+01:03:42	15:59
28	2347	Rosa Cerqueira	Let's Go Team	Veterana F50	02:40:06	+01:03:58	16:01
29	2383	Rosa Bispo	Pernas Inertes	Veterana F50	02:52:37	+01:16:30	17:16
30	2255	Maria Albina Fernandes Almeida Silva	Individual	Veterana F50	02:52:37	+01:16:30	17:16
31	2317	Manuela Castelo	Juventude Cortegacense	Veterana F50	02:53:17	+01:17:10	17:20
32	2316	Gabriela Rola França	Juventude Cortegacense	Veterana F50	02:53:17	+01:17:10	17:20
33	2092	Fernanda Alves	Caminhadas da Amizade	Veterana F50	02:53:43	+01:17:36	17:22
34	2088	Aurora Moreira	Caminhadas da Amizade	Veterana F50	02:53:44	+01:17:36	17:22
35	2098	Maria Ferreira	Caminhadas da Amizade	Veterana F50	02:58:26	+01:22:19	17:51
36	2346	Paula Silva	Let's Go Team	Veterana F50	03:17:02	+01:40:54	19:42
37	2093	Idalina Oliveira	Caminhadas da Amizade	Veterana F50	03:17:22	+01:41:14	19:44
38	2089	Bina Brito	Caminhadas da Amizade	Veterana F50	03:17:29	+01:41:22	19:45
39	2094	Luisa Machado	Caminhadas da Amizade	Veterana F50	03:30:18	+01:54:10	21:02
40	2187	NÍDIA ROCHA	FORÇA NA CANELA- ESPINHO	Veterana F50	03:34:09	+01:58:01	21:25
41	2186	MAFALDA COELHO	FORÇA NA CANELA- ESPINHO	Veterana F50	03:34:09	+01:58:02	21:25
42	2185	ISABEL ALMEIDA	FORÇA NA CANELA- ESPINHO	Veterana F50	03:34:26	+01:58:19	21:27
43	2102	Rosana Silva	Caminhadas da Amizade	Veterana F50	04:18:54	+02:42:47	25:53
44	2104	Teresa Dieguez	Caminhadas da Amizade	Veterana F50	04:18:54	+02:42:47	25:53

Veterano M40

1	2010	Artur Rodrigues	PNB Bestofday.net	Veterano M40	01:01:12	06:07
2	2127	Diogo Barros	CB RUN	Veterano M40	01:07:36	+06:24 06:46
3	2169	Marcio Melo	Feirense Trail	Veterano M40	01:10:20	+09:08 07:02
4	2390	André Filipe Barbosa Teixeira da Silva	Ribeiras Trail	Veterano M40	01:13:09	+11:57 07:19
5	2356	Henrique Silva	NS Trail Team	Veterano M40	01:14:45	+13:32 07:28
6	2170	Paulo Jorge	Feirense Trail	Veterano M40	01:16:38	+15:26 07:40
7	2263	Elvio Jose Faria Santos	Individual	Veterano M40	01:17:21	+16:09 07:44
8	2386	Nuno Jaime	Ribeiras Trail	Veterano M40	01:19:58	+18:46 08:00
9	2283	Ricky Matias	Individual	Veterano M40	01:20:57	+19:45 08:06
10	2155	Paulo Rodrigues	Espigueiros runners caparrosinha	Veterano M40	01:23:06	+21:54 08:19
11	2393	Joaquim Manuel Pereira Pinto	Ribeiras Trail	Veterano M40	01:24:24	+23:12 08:26
12	2281	Paulo Mota	Individual	Veterano M40	01:26:56	+25:44 08:42
13	2422	Manuel Miguéis	V.C.BIKE	Veterano M40	01:27:54	+26:42 08:47
14	2277	Luis Gomes	Individual	Veterano M40	01:28:12	+26:59 08:49
15	58	Miguel Santos	Grupo Cultural e Desportivo Guilhovai	Veterano M40	01:28:53	+27:41 08:53
16	2391	Armando da Silva Moreira	Ribeiras Trail	Veterano M40	01:29:04	+27:52 08:54
17	2001	Raul Silva	Individual	Veterano M40	01:30:08	+28:56 09:01
18	1376	Carlos Rocha Costa	Vila Maior Turismo	Veterano M40	01:30:08	+28:56 09:01

Official Timekeeper: Lap2Go	5 / 8	generate 01-May-2022 14:36
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Trail Curto 10K

10 KM

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OFFICIAL RESULT

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19	2326	Nuno Andre da Costa Oliveira	Juventude Cortegacense	Veterano M40	01:31:30	+30:18	09:09
20	2261	Carlos Alago	Individual	Veterano M40	01:36:47	+35:35	09:41
21	2324	Jose Augusto Pinto Oliveira	Juventude Cortegacense	Veterano M40	01:37:09	+35:57	09:43
22	2053	Ricardo Silva	As Belas e Eles	Veterano M40	01:37:16	+36:04	09:44
23	2401	César Sousa	Sporting Clube Silvalde	Veterano M40	01:37:44	+36:32	09:46
24	2274	José Pinho	Individual	Veterano M40	01:40:32	+39:20	10:03
25	2168	Antonio Albuquerque	Feirense Trail	Veterano M40	01:40:44	+39:32	10:04
26	2107	Francisco Nunes	Caminhadas da Amizade	Veterano M40	01:42:42	+41:30	10:16
27	2285	Rui Gabriel	Individual	Veterano M40	01:43:19	+42:07	10:20
28	2019	DIOGO NOVAIS	#ATÉCHORAS!	Veterano M40	01:47:44	+46:32	10:46
29	2268	Joaquim Pedro Ferreira	Individual	Veterano M40	01:50:23	+49:11	11:02
30	2394	Ricardo Filipe Silva Rocha	Ribeiras Trail	Veterano M40	01:50:38	+49:26	11:04
31	2275	José Salgueiro	Individual	Veterano M40	01:51:17	+50:05	11:08
32	2280	Nuno Veloso	Individual	Veterano M40	01:51:33	+50:21	11:09
33	2287	Sérgio Luís Almeida Oliveira	Individual	Veterano M40	01:52:15	+51:03	11:13
34	2282	Pedro Brizado	Individual	Veterano M40	01:53:00	+51:48	11:18
35	2197	Nuno Pereira	Grupo de Corrida de Argoncilhe	Veterano M40	01:54:32	+53:20	11:27
36	2363	Pedro Arrojado	opraticante.pt	Veterano M40	01:57:43	+56:31	11:46
37	2171	Silvio Ferreira	Feirense Trail	Veterano M40	01:57:51	+56:38	11:47
38	2402	Rui Caralinda	Sporting Clube Silvalde	Veterano M40	01:58:09	+56:57	11:49
39	2325	Miguel Pinheiro Matos	Juventude Cortegacense	Veterano M40	01:58:30	+57:17	11:51
40	2339	XAVIER QUEIROS	LEI RUNNERS	Veterano M40	01:58:53	+57:41	11:53
41	2264	fidel conde	Individual	Veterano M40	02:02:07	+01:00:55	12:13
42	2266	Hélder Silva	Individual	Veterano M40	02:03:38	+01:02:26	12:22
43	2378	Paulo Correia	Paulo Correia Clinic	Veterano M40	02:08:22	+01:07:10	12:50
44	2366	Pedro Pereira	Os Remendados	Veterano M40	02:14:42	+01:13:30	13:28
45	2367	Sergio Pereira	Os Remendados	Veterano M40	02:14:43	+01:13:31	13:28
46	2279	Nelson Ferreira	Individual	Veterano M40	02:22:12	+01:21:00	14:13
47	2262	Carlos Fernandes Rodrigues	Individual	Veterano M40	02:22:12	+01:21:00	14:13
48	2321	Celso Camboa	Juventude Cortegacense	Veterano M40	02:22:12	+01:21:00	14:13
49	2110	Paulo Carneiro	Caminhadas da Amizade	Veterano M40	02:22:28	+01:21:16	14:15
50	2111	Ricardo Pinto	Caminhadas da Amizade	Veterano M40	02:27:06	+01:25:54	14:43
51	2030	Miguel Rodrigues	Amigos do Conga	Veterano M40	02:27:55	+01:26:43	14:48
52	2410	Marco Costa	Tartarugas de Seixezelo	Veterano M40	02:28:26	+01:27:14	14:51
53	2284	Rui Félix	Individual	Veterano M40	02:33:03	+01:31:51	15:18
54	2373	Sterling Bolivar	Outlaw Runners	Veterano M40	02:34:40	+01:33:28	15:28
55	2319	Antonio Neves	Juventude Cortegacense	Veterano M40	02:40:21	+01:39:09	16:02
56	2322	Helder Correia	Juventude Cortegacense	Veterano M40	02:40:21	+01:39:09	16:02
57	2418	Marco Oliveira	TOG - Associacao Running Team	Veterano M40	02:45:18	+01:44:06	16:32
58	2062	Ricardo Santos	Cabritos da Montanha	Veterano M40	02:48:18	+01:47:06	16:50
59	2348	Jorge Rosário	Let's Go Team	Veterano M40	02:53:51	+01:52:39	17:23
60	2349	Ricardo Pinho	Let's Go Team	Veterano M40	02:59:31	+01:58:19	17:57
61	2018	Alvaro Pereira	#ATÉCHORAS!	Veterano M40	03:05:55	+02:04:43	18:35
62	2048	Filipe Salazar	ARRASTASSOLAS	Veterano M40	03:15:07	+02:13:55	19:31
63	2109	Jorge Moreira	Caminhadas da Amizade	Veterano M40	03:16:23	+02:15:10	19:38

Trail Curto 10K

10 KM

[illegible]

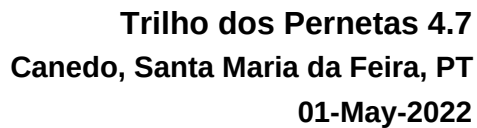
OFFICIAL RESULT

[illegible]

Veterano M50

1	2360	Manuel Valente	NS Trail Team	Veterano M50	01:09:01	06:54
2	2358	Jose Tavares	NS Trail Team	Veterano M50	01:11:28	+02:26 07:09
3	2357	Francelino Resende	NS Trail Team	Veterano M50	01:15:41	+06:39 07:34
4	2359	Manuel Domingues	NS Trail Team	Veterano M50	01:16:21	+07:20 07:38
5	2143	Fernando Ramalho	EQUIPA A	Veterano M50	01:30:52	+21:50 09:05
6	2173	Manuel Gomes	Feirense Trail	Veterano M50	01:33:11	+24:09 09:19
7	2350	João Silva	Let's Go Team	Veterano M50	01:36:01	+26:59 09:36
8	2172	Jorge Fontes	Feirense Trail	Veterano M50	01:40:44	+31:42 10:04
9	2289	Carlos Manuel Correia	Individual	Veterano M50	01:44:03	+35:02 10:24
10	2191	Fernando Mendes	Gang MêPrimo	Veterano M50	01:46:56	+37:54 10:42
11	2115	Arnaldo Mota	Caminhadas da Amizade	Veterano M50	01:47:23	+38:21 10:44
12	2118	Francisco Moreira	Caminhadas da Amizade	Veterano M50	01:49:33	+40:31 10:57
13	2411	Domingos Baptista	Tartarugas de Seixezelo	Veterano M50	01:49:37	+40:36 10:58
14	2293	Jorge Manuel Guedes da Silva Mota	Individual	Veterano M50	01:49:53	+40:51 10:59
15	2332	Paulo Castelo	Juventude Cortegacense	Veterano M50	01:50:00	+40:58 11:00
16	2121	Jose Joaquim Coelho	Caminhadas da Amizade	Veterano M50	01:50:32	+41:30 11:03
17	2182	José pinheiro	Fitness Team	Veterano M50	01:53:17	+44:16 11:20
18	2117	Celestino Pereira	Caminhadas da Amizade	Veterano M50	01:56:54	+47:52 11:41
19	2196	Fernando Couto Vale	Grupo de Corrida de Argoncilhe	Veterano M50	01:57:36	+48:34 11:46
20	2198	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M50	02:00:27	+51:26 12:03
21	2297	Victor	Individual	Veterano M50	02:02:20	+53:18 12:14
22	1230	Antonio Topa	Individual	Veterano M50	02:02:20	+53:19 12:14
23	2330	Augusto Santos Silva	Juventude Cortegacense	Veterano M50	02:03:11	+54:09 12:19
24	2291	Isidro Silva	Individual	Veterano M50	02:03:42	+54:40 12:22
25	2294	José Monteiro	Individual	Veterano M50	02:04:18	+55:17 12:26
26	1356	Fernando Correia	Trail Running Clube Btt Sanguedo	Veterano M50	02:04:55	+55:53 12:30
27	2295	Manuel Paiva	Individual	Veterano M50	02:08:40	+59:39 12:52
28	2033	Manuel Lopes	Amigos do Conga	Veterano M50	02:16:30	+01:07:28 13:39
29	2352	Albino Torres	MATILHA	Veterano M50	02:28:03	+01:19:01 14:48
30	1059	Carlos Silva	Carlos & Liliana	Veterano M50	02:28:54	+01:19:52 14:53
31	2153	António Castro	Equipa da Ana	Veterano M50	02:34:39	+01:25:37 15:28
32	2397	Rolando Alberto Ferreira Marques	Ribeiras Trail	Veterano M50	02:37:14	+01:28:12 15:43
33	2396	Manuel Fernando Alves dos Santos	Ribeiras Trail	Veterano M50	02:37:14	+01:28:12 15:43
34	2419	José Dara	TrepaTrilhos Trail Team	Veterano M50	02:38:42	+01:29:41 15:52
35	2120	Jose Barbosa	Caminhadas da Amizade	Veterano M50	02:46:14	+01:37:13 16:37
36	2290	Carlos Manuel Ferreira Silva	Individual	Veterano M50	02:52:37	+01:43:35 17:16
37	2384	José Pires Lima	Pernas Inertes	Veterano M50	02:52:38	+01:43:36 17:16
38	2123	Victor Marujo	Caminhadas da Amizade	Veterano M50	02:58:21	+01:49:19 17:50
39	2112	Abilio Pinto	Caminhadas da Amizade	Veterano M50	03:07:21	+01:58:19 18:44
40	2113	Agostinho Moreira	Caminhadas da Amizade	Veterano M50	03:16:30	+02:07:28 19:39
41	2119	Francisco Rodrigues	Caminhadas da Amizade	Veterano M50	03:17:24	+02:08:23 19:44
42	2049	Jose Araujo	ARRASTASSOLAS	Veterano M50	03:18:31	+02:09:29 19:51
43	2189	FERNANDO ALMEIDA	FORÇA NA CANELA- ESPINHO	Veterano M50	03:34:09	+02:25:07 21:25

Official Timekeeper: Lap2Go	7 / 8	generate 01-May-2022 14:36
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10 KM

OFFICIAL RESULT

[illegible]

TRAIL CURTO 10K - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	14.4°C	74%
End	14:18	14.4°C	74%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2010	Artur Rodrigues	PNB Bestofday.net	01:01:12		06:07	
2	2162	Andre Silva	Feirense Trail	01:05:17	+04:05	06:32	
3	2127	Diogo Barros	CB RUN	01:07:36	+06:24	06:46	
4	2360	Manuel Valente	NS Trail Team	01:09:01	+07:49	06:54	
5	2164	Jose Ricardo da Silva	Feirense Trail	01:09:04	+07:52	06:54	
6	2355	Tiago Magalhaes	NS Trail Team	01:09:25	+08:13	06:57	
7	2169	Marcio Melo	Feirense Trail	01:10:20	+09:08	07:02	
8	2358	Jose Tavares	NS Trail Team	01:11:28	+10:16	07:09	
9	2390	André Filipe Barbosa Teixeira da Silva	Ribeiras Trail	01:13:09	+11:57	07:19	
10	2356	Henrique Silva	NS Trail Team	01:14:45	+13:33	07:28	
11	2357	Francelino Resende	NS Trail Team	01:15:41	+14:29	07:34	
12	2359	Manuel Domingues	NS Trail Team	01:16:21	+15:09	07:38	
13	2170	Paulo Jorge	Feirense Trail	01:16:38	+15:26	07:40	
14	2263	Elvio Jose Faria Santos	Individual	01:17:21	+16:09	07:44	
15	2165	Pedro Magalhães	Feirense Trail	01:18:01	+16:49	07:48	
16	43	Sandra Ferreira	Feirense Trail	01:18:33	+17:21	07:51	
17	2386	Nuno Jaime	Ribeiras Trail	01:19:58	+18:46	08:00	
18	2204	Cristiana Ferreira	Individual	01:20:15	+19:03	08:01	
19	2225	Nuno Teixeira	Individual	01:20:43	+19:31	08:04	
20	2283	Ricky Matias	Individual	01:20:57	+19:45	08:06	
21	2155	Paulo Rodrigues	Espigueiros runners caparrosinha	01:23:06	+21:54	08:19	
22	2393	Joaquim Manuel Pereira Pinto	Ribeiras Trail	01:24:24	+23:12	08:26	
23	2226	Pedro Alves	Individual	01:26:24	+25:12	08:38	
24	2281	Paulo Mota	Individual	01:26:56	+25:44	08:42	
25	2215	Anthony Suarez	Individual	01:27:00	+25:48	08:42	
26	2190	Sandra Canelha	G.D.Ronda	01:27:13	+26:01	08:43	
27	2422	Manuel Miguéis	V.C.BIKE	01:27:54	+26:42	08:47	
28	2277	Luis Gomes	Individual	01:28:12	+27:00	08:49	
29	58	Miguel Santos	Grupo Cultural e Desportivo Guilhovai	01:28:53	+27:41	08:53	
30	2175	Sergio Gomes	FITARENA Ginásio	01:28:59	+27:47	08:54	
31	2391	Armando da Silva Moreira	Ribeiras Trail	01:29:04	+27:52	08:54	
32	2161	Anabela Pimenta	Feirense Trail	01:29:48	+28:36	08:59	
33	2163	Helder Oliveira	Feirense Trail	01:29:50	+28:38	08:59	
34	2001	Raul Silva	Individual	01:30:08	+28:56	09:01	
35	1376	Carlos Rocha Costa	Vila Maior Turismo	01:30:08	+28:56	09:01	
36	2214	Vera Rodrigues	Individual	01:30:14	+29:02	09:01	
37	2224	João Leal	Individual	01:30:24	+29:12	09:02	
38	2073	Bruno Coelho	Caminhadas da Amizade	01:30:44	+29:32	09:04	
39	2143	Fernando Ramalho	EQUIPA A	01:30:52	+29:40	09:05	
40	2326	Nuno Andre da Costa Oliveira	Juventude Cortegacense	01:31:30	+30:18	09:09	
41	2173	Manuel Gomes	Feirense Trail	01:33:11	+31:59	09:19	

TRAIL CURTO 10K - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	2217	Danilo Fenu	Bravos & Bravitas	01:33:36	+32:24	09:22	
43	2221	Gabriel Rodrigues	Individual	01:34:51	+33:39	09:29	
44	2350	João Silva	Let's Go Team	01:36:01	+34:49	09:36	
45	2178	Céu Ferreira	Fitarena Ginásio	01:36:07	+34:55	09:37	
46	2261	Carlos Alago	Individual	01:36:47	+35:35	09:41	
47	2324	Jose Augusto Pinto Oliveira	Juventude Cortegacense	01:37:09	+35:57	09:43	
48	2053	Ricardo Silva	As Belas e Eles	01:37:16	+36:04	09:44	
49	2401	César Sousa	Sporting Clube Silvalde	01:37:44	+36:32	09:46	
50	2250	Susana Martins	Individual	01:38:00	+36:48	09:48	
51	2387	Ana Cristina Gonçalves Costa Fonseca	Ribeiras Trail	01:40:17	+39:05	10:02	
52	2154	Maria carriço	Espigueiros runners caparrosinha	01:40:19	+39:07	10:02	
53	2078	Tiago Seabra	Caminhadas da Amizade	01:40:27	+39:15	10:03	
54	2274	José Pinho	Individual	01:40:32	+39:20	10:03	
55	2172	Jorge Fontes	Feirense Trail	01:40:44	+39:32	10:04	
56	2168	Antonio Albuquerque	Feirense Trail	01:40:44	+39:32	10:04	
57	22	Mi couto	BOAVISTA TRAIL	01:40:44	+39:32	10:04	
58	2052	Ricardo Tavares	As Belas e Eles	01:41:00	+39:48	10:06	
59	2220	FILIPE MIGUEL BARBOSA PARDILHÓ	Individual	01:42:22	+41:10	10:14	
60	2107	Francisco Nunes	Caminhadas da Amizade	01:42:42	+41:30	10:16	
61	2285	Rui Gabriel	Individual	01:43:19	+42:07	10:20	
62	2389	Margarida Maria Pinto Martins	Ribeiras Trail	01:43:34	+42:22	10:21	
63	1058	Liliana Canedo	Carlos & Liliana	01:43:57	+42:45	10:24	
64	2289	Carlos Manuel Correia	Individual	01:44:03	+42:51	10:24	
65	2242	Lilibeth Santos	Individual	01:44:50	+43:38	10:29	
66	2059	Marilíne	Bravos & Bravitas	01:45:02	+43:50	10:30	
67	2126	Marcela Fernandes	CB RUN	01:45:06	+43:54	10:31	
68	2335	FATIMA PAIS	LEI RUNNERS	01:45:33	+44:21	10:33	
69	2361	Marta Alexandra Carmo	opraticante.pt	01:46:16	+45:04	10:38	
70	2028	Marcio Santos	Amigos do Conga	01:46:25	+45:13	10:38	
71	2068	Juliana Barbosa	Caminhadas da Amizade	01:46:45	+45:33	10:41	
72	2067	Diana Pinto	Caminhadas da Amizade	01:46:46	+45:34	10:41	
73	2191	Fernando Mendes	Gang MêPrimo	01:46:56	+45:44	10:42	
74	2082	Felicidade Duraes	Caminhadas da Amizade	01:47:21	+46:09	10:44	
75	2087	Susana Mota	Caminhadas da Amizade	01:47:21	+46:09	10:44	
76	2096	Maria Coelho	Caminhadas da Amizade	01:47:22	+46:10	10:44	
77	2115	Arnaldo Mota	Caminhadas da Amizade	01:47:23	+46:11	10:44	
78	2066	Daniela Moreira	Caminhadas da Amizade	01:47:23	+46:12	10:44	
79	2019	DIOGO NOVAIS	#ATÉCHORAS!	01:47:44	+46:32	10:46	
80	2218	David Pinho	Individual	01:48:19	+47:07	10:50	
81	2207	Filipa Mota	Individual	01:48:20	+47:08	10:50	
82	2118	Francisco Moreira	Caminhadas da Amizade	01:49:33	+48:21	10:57	
83	2405	Anabela Sousa	Tartarugas de Seixezelo	01:49:37	+48:25	10:58	
84	2411	Domingos Baptista	Tartarugas de Seixezelo	01:49:37	+48:25	10:58	
85	2293	Jorge Manuel Guedes da Silva Mota	Individual	01:49:53	+48:41	10:59	
86	2332	Paulo Castelo	Juventude Cortegacense	01:50:00	+48:48	11:00	

TRAIL CURTO 10K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	2090	Camila Manso	Caminhadas da Amizade	01:50:07	+48:55	11:01	
88	2176	Tiago Freitas	Fitarena Ginásio	01:50:18	+49:06	11:02	
89	2268	Joaquim Pedro Ferreira	Individual	01:50:23	+49:11	11:02	
90	2103	Susana Pereira	Caminhadas da Amizade	01:50:30	+49:18	11:03	
91	2069	Mafalda Candal	Caminhadas da Amizade	01:50:30	+49:19	11:03	
92	2071	Sónia Moreira	Caminhadas da Amizade	01:50:31	+49:19	11:03	
93	2121	Jose Joaquim Coelho	Caminhadas da Amizade	01:50:32	+49:20	11:03	
94	2394	Ricardo Filipe Silva Rocha	Ribeiras Trail	01:50:38	+49:26	11:04	
95	2333	MARCO RODRIGUES	LEI RUNNERS	01:51:09	+49:57	11:07	
96	2275	José Salgueiro	Individual	01:51:17	+50:05	11:08	
97	2002	Helena Paiva	Gang MêPrimo	01:51:18	+50:06	11:08	
98	2003	Susana Castro	Gang MêPrimo	01:51:19	+50:07	11:08	
99	2280	Nuno Veloso	Individual	01:51:33	+50:21	11:09	
100	2381	Paulo Ferreira	Pé na Rota	01:52:08	+50:56	11:13	
101	2287	Sérgio Luís Almeida Oliveira	Individual	01:52:15	+51:03	11:13	
102	2125	Marlene Vieira	CB RUN	01:52:54	+51:42	11:17	
103	2247	Sandra Alago	Individual	01:52:55	+51:43	11:18	
104	2282	Pedro Brizado	Individual	01:53:00	+51:48	11:18	
105	70	Ricardo Santos	Individual	01:53:02	+51:50	11:18	
106	2181	Fernanda pinheiro	Fitness Team	01:53:17	+52:05	11:20	
107	2182	José pinheiro	Fitness Team	01:53:17	+52:05	11:20	
108	2014	HUGO HEITOR	#ATÉCHORAS!	01:53:54	+52:42	11:23	
109	2382	Ricardo Pinho	Pé na Rota	01:54:08	+52:56	11:25	
110	2099	Maria Rosário Almeida	Caminhadas da Amizade	01:54:24	+53:12	11:26	
111	2197	Nuno Pereira	Grupo de Corrida de Argoncilhe	01:54:32	+53:20	11:27	
112	59	Sonia Lei	Grupo de Corrida de Argoncilhe	01:54:42	+53:30	11:28	
113	2017	SANDRA SILVA	#ATÉCHORAS!	01:55:28	+54:16	11:33	
114	2101	Rosa Almeida	Caminhadas da Amizade	01:55:31	+54:19	11:33	
115	2128	CHRISTIAN CORREIA	CF PEROSINHO TRAIL & RUNNING	01:55:39	+54:28	11:34	
116	2174	Mario Bruno Henriques	Fitarena Ginásio	01:55:53	+54:41	11:35	
117	2097	Maria Cristina Almeida	Caminhadas da Amizade	01:56:53	+55:41	11:41	
118	2117	Celestino Pereira	Caminhadas da Amizade	01:56:54	+55:42	11:41	
119	2180	Marina Silva	Fitness Team	01:57:06	+55:54	11:43	
120	2398	Luís Pereira	Running Esmoriz	01:57:20	+56:08	11:44	
121	2011	JOANA TORRES	#ATÉCHORAS!	01:57:21	+56:09	11:44	
122	2196	Fernando Couto Vale	Grupo de Corrida de Argoncilhe	01:57:36	+56:24	11:46	
123	2195	Rosalina Fontes	Grupo de Corrida de Argoncilhe	01:57:37	+56:25	11:46	
124	2202	Ana Resende	Individual	01:57:42	+56:30	11:46	
125	2363	Pedro Arrojado	opraticante.pt	01:57:43	+56:31	11:46	
126	2171	Silvio Ferreira	Feirense Trail	01:57:51	+56:39	11:47	
127	2364	Ricardo Pereira	Os Remendados	01:57:55	+56:43	11:48	
128	2402	Rui Caralinda	Sporting Clube Silvalde	01:58:09	+56:57	11:49	
129	2325	Miguel Pinheiro Matos	Juventude Cortegacense	01:58:30	+57:18	11:51	
130	2303	Isabel Melo	Juventude Cortegacense	01:58:46	+57:34	11:53	
131	2339	XAVIER QUEIROS	LEI RUNNERS	01:58:53	+57:41	11:53	
132	2100	Paula Padrao	Caminhadas da Amizade	01:59:30	+58:18	11:57	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	2091	Elsa Cruz	Caminhadas da Amizade	01:59:34	+58:22	11:57	
134	2370	Bruno Barros	Outlaw Runners	02:00:05	+58:53	12:01	
135	2208	Inês Gonçalves	Individual	02:00:08	+58:56	12:01	
136	2212	Paula Cruz	Individual	02:00:11	+58:59	12:01	
137	2222	Gil Dudot	Individual	02:00:22	+59:10	12:02	
138	2198	Rui Oliveira	Grupo de Corrida de Argoncilhe	02:00:27	+59:15	12:03	
139	2086	Paula Lopes	Caminhadas da Amizade	02:00:28	+59:16	12:03	
140	2194	Margarida Ribeiro	Grupo de Corrida de Argoncilhe	02:00:29	+59:17	12:03	
141	2211	Mariana Costa	Individual	02:00:44	+59:32	12:04	
142	2060	Sonia oliveira	Bravos & Bravitas	02:01:22	+01:00:10	12:08	
143	2243	Maria luisa	Individual	02:02:07	+01:00:55	12:13	
144	2264	fidel conde	Individual	02:02:07	+01:00:55	12:13	
145	2297	Victor	Individual	02:02:20	+01:01:08	12:14	
146	1230	Antonio Topa	Individual	02:02:20	+01:01:08	12:14	
147	2081	Carla Moreira	Caminhadas da Amizade	02:02:51	+01:01:39	12:17	
148	2330	Augusto Santos Silva	Juventude Cortegacense	02:03:11	+01:01:59	12:19	
149	2362	Patricia Lamego	opraticante.pt	02:03:31	+01:02:19	12:21	
150	1290	Ana Abreu Freire	opraticante.pt	02:03:31	+01:02:19	12:21	
151	2266	Hélder Silva	Individual	02:03:38	+01:02:26	12:22	
152	2291	Isidro Silva	Individual	02:03:42	+01:02:30	12:22	
153	2040	Marília Matias	ANTeam	02:03:52	+01:02:40	12:23	
154	2294	José Monteiro	Individual	02:04:18	+01:03:06	12:26	
155	110	Patricia Silva	Pernetas	02:04:52	+01:03:40	12:29	
156	1356	Fernando Correia	Trail Running Clube Btt Sanguedo	02:04:55	+01:03:43	12:30	
157	1099	Sandra Ferreira	Feirense Trail	02:04:55	+01:03:43	12:30	
158	2193	Manuela Sousa	Grupo de Corrida de Argoncilhe	02:05:07	+01:03:55	12:31	
159	2399	Olga Cristina Silva Domingues	Running Esmoriz	02:07:13	+01:06:01	12:43	
160	2378	Paulo Correia	Paulo Correia Clinic	02:08:22	+01:07:10	12:50	
161	2223	Gonçalo Paiva	Individual	02:08:29	+01:07:17	12:51	
162	2156	Marcio Moreira	Espinho Trail	02:08:38	+01:07:26	12:52	
163	2295	Manuel Paiva	Individual	02:08:40	+01:07:28	12:52	
164	2157	Ricardo Sousa	Espinho Trail	02:09:33	+01:08:21	12:57	
165	2042	Salomé Reis	ANTeam	02:12:04	+01:10:52	13:12	
166	2232	Alexandra Valinhas	Individual	02:12:15	+01:11:03	13:14	
167	2201	Ana Guerra	Individual	02:12:36	+01:11:24	13:16	
168	1148	Carlos Ferreira	Individual	02:12:37	+01:11:25	13:16	
169	2365	Vânia Pereira	Os Remendados	02:13:05	+01:11:53	13:19	
170	2318	Maria Elisabete Pinho Pereira Mendonça	Juventude Cortegacense	02:13:49	+01:12:37	13:23	
171	2366	Pedro Pereira	Os Remendados	02:14:42	+01:13:30	13:28	
172	2367	Sergio Pereira	Os Remendados	02:14:43	+01:13:31	13:28	
173	2311	Cristina Maria Rodrigues Sá	Juventude Cortegacense	02:14:47	+01:13:35	13:29	
174	2124	Rita Karas	Caralinda TEAM	02:14:48	+01:13:36	13:29	
175	2313	MARCIA ROLA	Juventude Cortegacense	02:14:48	+01:13:36	13:29	
176	2044	Gustavo Faria	ANTeam	02:15:41	+01:14:29	13:34	
177	2041	Marina Silva	ANTeam	02:15:41	+01:14:29	13:34	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	2033	Manuel Lopes	Amigos do Conga	02:16:30	+01:15:18	13:39	
179	2084	Maria Margarida Barros	Caminhadas da Amizade	02:18:16	+01:17:04	13:50	
180	2245	Orquídea Sousa	Individual	02:18:22	+01:17:10	13:50	
181	2251	Susana Pinto	Individual	02:18:22	+01:17:10	13:50	
182	2238	Fernanda Rocha	Individual	02:18:22	+01:17:10	13:50	
183	2043	Tânia Abreu	ANTeam	02:18:40	+01:17:28	13:52	
184	2354	Daniela Moreira dos Santos	MovAreias	02:19:34	+01:18:22	13:57	
185	2353	Ana Margarida Castro	MovAreias	02:19:35	+01:18:23	13:57	
186	1160	José Rocha	Individual	02:21:22	+01:20:10	14:08	
187	2105	Zélia Sousa	Caminhadas da Amizade	02:22:08	+01:20:56	14:13	
188	2206	Diana Oliveira	Individual	02:22:10	+01:20:58	14:13	
189	2279	Nelson Ferreira	Individual	02:22:12	+01:21:00	14:13	
190	2262	Carlos Fernandes Rodrigues	Individual	02:22:12	+01:21:00	14:13	
191	2321	Celso Camboa	Juventude Cortegacense	02:22:12	+01:21:00	14:13	
192	2244	Marta Alves	Individual	02:22:14	+01:21:02	14:13	
193	2110	Paulo Carneiro	Caminhadas da Amizade	02:22:28	+01:21:16	14:15	
194	2095	Margarida Martins	Caminhadas da Amizade	02:22:29	+01:21:17	14:15	
195	2385	Maria Alexandra da Silva Gonçalves	Ribeiras Trail	02:23:46	+01:22:34	14:23	
196	2388	Ana Paula Pinheiro Almeida Santos	Ribeiras Trail	02:23:48	+01:22:36	14:23	
197	2130	Adélia Silva	CIDEP Fornos Lusavouga	02:25:06	+01:23:54	14:31	
198	1180	Tânia Tavares	Individual	02:25:21	+01:24:09	14:32	
199	2377	Paula Castro	Paula Castro	02:25:21	+01:24:09	14:32	
200	2415	Carla Santos	TOG - Associacao Running Team	02:26:21	+01:25:09	14:38	
201	2413	Bruna Santos	TOG - Associacao Running Team	02:26:22	+01:25:10	14:38	
202	2111	Ricardo Pinto	Caminhadas da Amizade	02:27:06	+01:25:54	14:43	
203	2076	Joao Pinto	Caminhadas da Amizade	02:27:06	+01:25:54	14:43	
204	2030	Miguel Rodrigues	Amigos do Conga	02:27:55	+01:26:43	14:48	
205	2407	Maria do Ceu Melo	Tartarugas de Seixezelo	02:27:59	+01:26:47	14:48	
206	2409	Fátima Poças	Tartarugas de Seixezelo	02:28:00	+01:26:48	14:48	
207	2406	Cidália Carvalho	Tartarugas de Seixezelo	02:28:01	+01:26:49	14:48	
208	2352	Albino Torres	MATILHA	02:28:03	+01:26:51	14:48	
209	2408	Celeste Costa	Tartarugas de Seixezelo	02:28:13	+01:27:01	14:49	
210	2236	Catarina Coutinho da Silva	Individual	02:28:14	+01:27:02	14:49	
211	2061	Virginia	Bravos & Bravitas	02:28:14	+01:27:02	14:49	
212	2142	João Conceição	É nois	02:28:19	+01:27:07	14:50	
213	2141	Andreia Silva	É nois	02:28:20	+01:27:08	14:50	
214	2410	Marco Costa	Tartarugas de Seixezelo	02:28:26	+01:27:14	14:51	
215	1059	Carlos Silva	Carlos & Liliana	02:28:54	+01:27:42	14:53	
216	2404	Cristiana Reis	Tartarugas de Seixezelo	02:29:23	+01:28:11	14:56	
217	2300	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	02:32:18	+01:31:06	15:14	
218	2369	Cláudia Dias	Outlaw Runners	02:32:29	+01:31:17	15:15	
219	2310	Anabela Moreira Cardoso	Juventude Cortegacense	02:32:31	+01:31:19	15:15	
220	2284	Rui Félix	Individual	02:33:03	+01:31:51	15:18	
221	2205	Diana Castro	Individual	02:33:04	+01:31:52	15:18	
222	2233	Ana Luísa de Almeida Ramos	Individual	02:33:51	+01:32:39	15:23	
223	2152	Ana Lopes	Equipa da Ana	02:34:38	+01:33:26	15:28	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	2153	António Castro	Equipa da Ana	02:34:39	+01:33:27	15:28	
225	2373	Sterling Bolivar	Outlaw Runners	02:34:40	+01:33:28	15:28	
226	2231	Alda Veronica Ferreira Henriques sampaio	Individual	02:34:45	+01:33:33	15:28	
227	2167	Silvia Costa	Feirense Trail	02:37:05	+01:35:53	15:42	
228	2397	Rolando Alberto Ferreira Marques	Ribeiras Trail	02:37:14	+01:36:02	15:43	
229	2396	Manuel Fernando Alves dos Santos	Ribeiras Trail	02:37:14	+01:36:02	15:43	
230	2419	José Dara	TrepaTrilhos Trail Team	02:38:42	+01:37:30	15:52	
231	2254	Irene Nunes	Individual	02:39:04	+01:37:52	15:54	
232	2372	Erika Darcilia	Outlaw Runners	02:39:25	+01:38:13	15:56	
233	2051	Cátia Silva	As Belas e Eles	02:39:30	+01:38:18	15:57	
234	2050	Carla Barbosa	As Belas e Eles	02:39:30	+01:38:18	15:57	
235	2376	Fátima Reis	Paula Castro	02:39:50	+01:38:38	15:59	
236	2347	Rosa Cerqueira	Let's Go Team	02:40:06	+01:38:54	16:01	
237	2319	Antonio Neves	Juventude Cortegacense	02:40:21	+01:39:09	16:02	
238	2322	Helder Correia	Juventude Cortegacense	02:40:21	+01:39:09	16:02	
239	2020	Ricardo Braga	ADC Santa Isabel Trail & Running	02:43:17	+01:42:05	16:20	
240	2418	Marco Oliveira	TOG - Associacao Running Team	02:45:18	+01:44:06	16:32	
241	2414	Beatriz Almeida	TOG - Associacao Running Team	02:45:19	+01:44:07	16:32	
242	2416	Kika Martins	TOG - Associacao Running Team	02:45:19	+01:44:07	16:32	
243	2083	Maria José Sousa	Caminhadas da Amizade	02:46:14	+01:45:02	16:37	
244	2120	Jose Barbosa	Caminhadas da Amizade	02:46:14	+01:45:02	16:37	
245	2062	Ricardo Santos	Cabritos da Montanha	02:48:18	+01:47:06	16:50	
246	2290	Carlos Manuel Ferreira Silva	Individual	02:52:37	+01:51:25	17:16	
247	2383	Rosa Bispo	Pernas Inertes	02:52:37	+01:51:25	17:16	
248	2255	Maria Albina Fernandes Almeida Silva	Individual	02:52:37	+01:51:25	17:16	
249	2384	José Pires Lima	Pernas Inertes	02:52:38	+01:51:26	17:16	
250	2317	Manuela Castelo	Juventude Cortegacense	02:53:17	+01:52:05	17:20	
251	2316	Gabriela Rola França	Juventude Cortegacense	02:53:17	+01:52:05	17:20	
252	2312	Liliana Castelo	Juventude Cortegacense	02:53:17	+01:52:05	17:20	
253	2248	Sandra Pinto	Individual	02:53:20	+01:52:08	17:20	
254	2092	Fernanda Alves	Caminhadas da Amizade	02:53:43	+01:52:31	17:22	
255	2088	Aurora Moreira	Caminhadas da Amizade	02:53:44	+01:52:32	17:22	
256	2342	Dulce Monteiro	Let's Go Team	02:53:50	+01:52:38	17:23	
257	2344	Silvia Almeida	Let's Go Team	02:53:50	+01:52:38	17:23	
258	2348	Jorge Rosário	Let's Go Team	02:53:51	+01:52:39	17:23	
259	2123	Victor Marujo	Caminhadas da Amizade	02:58:21	+01:57:09	17:50	
260	2085	Marlene Barros	Caminhadas da Amizade	02:58:26	+01:57:14	17:51	
261	2098	Maria Ferreira	Caminhadas da Amizade	02:58:26	+01:57:14	17:51	
262	2345	Sónia Teixeira	Let's Go Team	02:59:09	+01:57:57	17:55	
263	2341	Diana Pinho	Let's Go Team	02:59:28	+01:58:16	17:57	
264	2349	Ricardo Pinho	Let's Go Team	02:59:31	+01:58:19	17:57	
265	2018	Alvaro Pereira	#ATÉCHORAS!	03:05:55	+02:04:43	18:35	
266	2015	Celia Cardinal	#ATÉCHORAS!	03:05:55	+02:04:43	18:36	
267	2077	Ruben Moreira	Caminhadas da Amizade	03:07:13	+02:06:01	18:43	
268	2112	Abilio Pinto	Caminhadas da Amizade	03:07:21	+02:06:09	18:44	

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	2064	Ana Raquel Moreira	Caminhadas da Amizade	03:07:27	+02:06:15	18:45	
270	2048	Filipe Salazar	ARRASTASSOLAS	03:15:07	+02:13:55	19:31	
271	2065	Beatriz Moreira	Caminhadas da Amizade	03:16:22	+02:15:10	19:38	
272	2109	Jorge Moreira	Caminhadas da Amizade	03:16:23	+02:15:11	19:38	
273	2113	Agostinho Moreira	Caminhadas da Amizade	03:16:30	+02:15:18	19:39	
274	2079	Ana Brito	Caminhadas da Amizade	03:16:34	+02:15:22	19:39	
275	2346	Paula Silva	Let's Go Team	03:17:02	+02:15:50	19:42	
276	2343	Maria João Cunha	Let's Go Team	03:17:03	+02:15:51	19:42	
277	1052	Licinia Silva	Caminhadas da Amizade	03:17:21	+02:16:09	19:44	
278	2093	Idalina Oliveira	Caminhadas da Amizade	03:17:22	+02:16:10	19:44	
279	2119	Francisco Rodrigues	Caminhadas da Amizade	03:17:24	+02:16:12	19:44	
280	2089	Bina Brito	Caminhadas da Amizade	03:17:29	+02:16:17	19:45	
281	2070	Patricia Moreira	Caminhadas da Amizade	03:17:59	+02:16:48	19:48	
282	2049	Jose Araujo	ARRASTASSOLAS	03:18:31	+02:17:19	19:51	
283	2045	Raquel Lopes	ARRASTASSOLAS	03:18:31	+02:17:19	19:51	
284	2047	Sara Loureiro	ARRASTASSOLAS	03:18:33	+02:17:21	19:51	
285	2046	Raquel Ribeiro	ARRASTASSOLAS	03:18:33	+02:17:21	19:51	
286	2094	Luisa Machado	Caminhadas da Amizade	03:30:18	+02:29:06	21:02	
287	2189	FERNANDO ALMEIDA	FORÇA NA CANELA- ESPINHO	03:34:09	+02:32:57	21:25	
288	2187	NÍDIA ROCHA	FORÇA NA CANELA- ESPINHO	03:34:09	+02:32:57	21:25	
289	2186	MAFALDA COELHO	FORÇA NA CANELA- ESPINHO	03:34:09	+02:32:57	21:25	
290	2183	ANABELA LOURENÇO	FORÇA NA CANELA- ESPINHO	03:34:25	+02:33:13	21:26	
291	2184	JOANA ALMEIIDA	FORÇA NA CANELA- ESPINHO	03:34:26	+02:33:14	21:27	
292	2185	ISABEL ALMEIDA	FORÇA NA CANELA- ESPINHO	03:34:26	+02:33:14	21:27	
293	2114	António Faria Moreira	Caminhadas da Amizade	04:18:38	+03:17:26	25:52	
294	2102	Rosana Silva	Caminhadas da Amizade	04:18:54	+03:17:42	25:53	
295	2104	Teresa Dieguez	Caminhadas da Amizade	04:18:54	+03:17:42	25:53	

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 01-May-2022 14:38
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