

TRAIL 25KM - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16°C	67%
End	13:05	16°C	67%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	103	Cristiano Cunha	A. D. Nós Acreditamos	02:03:45		04:57	
2	148	Jose Meneses	Nocturnos de Paredes	02:07:07	+03:22	05:05	
3	168	João Gomes	TOG Associação Running Team	02:12:04	+08:19	05:17	
4	108	Nuno Carneiro	FisioMov	02:14:40	+10:55	05:23	
5	146	Carlos Alves	NAI- NÚCLEO ATLÉTICO IDÃES	02:19:00	+15:15	05:34	
6	144	Zé bósnia loureiro	LEões DE TARDARIZ TRAIL	02:26:57	+23:12	05:53	
7	106	carlos silva	Clube Trilheiros & amigos	02:29:40	+25:55	05:59	
8	120	Paulo Santos	Individual	02:29:59	+26:14	06:00	
9	101	Bruno Pereira	A. D. Nós Acreditamos	02:30:26	+26:41	06:01	
10	167	Nuno Silva	The Newbies	02:30:31	+26:46	06:01	
11	117	Eugénio Paiva Pereira Ribeiro	Individual	02:30:58	+27:13	06:02	
12	128	António Teles	Individual	02:31:06	+27:21	06:03	
13	139	Sérgio Moreira	Individual	02:32:51	+29:06	06:07	
14	129	Carlos Prudencio	Individual	02:34:28	+30:43	06:11	
15	107	Miguel Andrade	Corredores do Mato	02:34:42	+30:57	06:11	
16	162	Firmino Cruz	Sport Clube Freamunde	02:34:42	+30:57	06:11	
17	135	José pinto	A. D. Nós Acreditamos	02:35:27	+31:42	06:13	
18	112	Adelino Dias	Individual	02:38:12	+34:27	06:20	
19	104	Fernando Portela	BREAK	02:42:16	+38:31	06:29	
20	174	Eduardo Mendes	Trail Team Casa das Reparações	02:42:38	+38:53	06:30	
21	122	Romeu Matos	Individual	02:42:44	+38:59	06:31	
22	184	RICARDO MACHADO	Individual	02:43:23	+39:38	06:32	
23	141	Henrique Santos	Individual	02:44:49	+41:04	06:36	
24	175	Armando Machado	Trail Team Casa das Reparações	02:46:31	+42:46	06:40	
25	127	António Manuel Ribeiro Barbosa	Individual	02:46:52	+43:07	06:40	
26	138	Paulo Pinheiro	Individual	02:46:58	+43:13	06:41	
27	147	Jorge Araújo	NAI- NÚCLEO ATLÉTICO IDÃES	02:49:40	+45:55	06:47	
28	163	Leandro Silva	Sport Clube Freamunde	02:50:12	+46:27	06:49	
29	111	José Gonçalves	Ímpar running team	02:50:35	+46:50	06:49	
30	145	Luís Costa	NAI- NÚCLEO ATLÉTICO IDÃES	02:52:25	+48:40	06:54	
31	110	Bruno Costa	Hsantamariart	02:53:19	+49:34	06:56	
32	172	José Graça	TOG Associação Running Team	02:53:25	+49:40	06:56	
33	159	Patricio Afonso	SCCOIMBRÕES/Equipa A	02:53:34	+49:49	06:57	
34	154	Helder Silva	SCCOIMBRÕES/Equipa A	02:53:35	+49:50	06:57	
35	113	André Sequeira	Individual	02:58:22	+54:37	07:08	
36	176	João Sousa	Trail Team Casa das Reparações	02:58:51	+55:06	07:09	
37	131	DAVID DIAS	Individual	03:01:24	+57:39	07:15	
38	105	Gilberto Orlando	Clube Trilheiros & amigos	03:01:26	+57:41	07:15	
39	130	Cesar Leao	Individual	03:05:14	+01:01:29	07:25	
40	102	Lígia Mendes	A. D. Nós Acreditamos	03:05:17	+01:01:32	07:25	
41	118	Fabio Freitas	Individual	03:05:46	+01:02:01	07:26	
42	179	António Pinto	Caminhadas da amizade	03:05:47	+01:02:02	07:26	

TRAIL 25KM - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	166	José Torres	Team Lantemil	03:06:04	+01:02:19	07:27	
44	160	Paulo Ribeiro	SCCOIMBRÕES/Equipa A	03:07:04	+01:03:19	07:29	
45	165	Raquel Vasconcelos	SPORT COMÉRCIO E SALGUEIROS	03:07:34	+01:03:49	07:30	
46	134	Joaquim Leal	Individual	03:07:42	+01:03:57	07:30	
47	152	Patricia Ramos	SCCOIMBRÕES/Equipa A	03:11:50	+01:08:05	07:40	
48	169	Ana Quevedo	TOG Associação Running Team	03:12:33	+01:08:48	07:42	
49	156	Nuno Almeida	SCCOIMBRÕES/Equipa A	03:13:08	+01:09:23	07:44	
50	157	Nuno Santos	SCCOIMBRÕES/Equipa A	03:13:09	+01:09:24	07:44	
51	161	Paulo Ribeiro	Sport Clube Freamunde	03:17:19	+01:13:34	07:54	
52	182	Alexandre Costa	Paços runners	03:17:57	+01:14:12	07:55	
53	115	Bruno Teles	Individual	03:18:00	+01:14:15	07:55	
54	123	Rui Torres	Individual	03:18:00	+01:14:15	07:55	
55	121	Paulo Torres	Individual	03:18:00	+01:14:15	07:55	
56	143	José Sá	Individual	03:18:02	+01:14:17	07:55	
57	116	Carlos Carvalho	Individual	03:18:24	+01:14:39	07:56	
58	124	Cristina Silva	Individual	03:19:09	+01:15:24	07:58	
59	137	Miguel Martins	Individual	03:20:19	+01:16:34	08:01	
60	136	Luís Coelho	Individual	03:20:20	+01:16:35	08:01	
61	153	Olga Branquinho	SCCOIMBRÕES/Equipa A	03:20:26	+01:16:41	08:01	
62	177	Paula Dias	TrepaTrilhos Trail Team	03:25:20	+01:21:35	08:13	
63	171	Milita Andrade	TOG Associação Running Team	03:29:04	+01:25:19	08:22	
64	125	GLÓRIA BRÁS	Individual	03:30:52	+01:27:07	08:26	
65	126	Agostinho Costa	Individual	03:38:58	+01:35:13	08:46	
66	173	José Júnior	TOG Associação Running Team	03:42:06	+01:38:21	08:53	
67	155	Jorge Vasconcelos	SCCOIMBRÕES/Equipa A	03:47:38	+01:43:53	09:06	
68	133	João Soares	Individual	04:01:31	+01:57:46	09:40	
69	178	Joao Pinheiro	Valongo Trail Team	04:01:32	+01:57:47	09:40	
70	132	João Magalhães	Individual	04:02:10	+01:58:25	09:41	

Trail 25Km

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	16°C	67%
End	13:05	16°C	67%

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

1	152	Patricia Ramos	SCCOIMBRÕES/Equipa A	Senior Feminino	03:11:50	07:40
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Senior Masculino

1	168	João Gomes	TOG Associação Running Team	Senior Masculino	02:12:04	05:17:00
2	108	Nuno Carneiro	FisioMov	Senior Masculino	02:14:40	+02:36 05:23:00
3	120	Paulo Santos	Individual	Senior Masculino	02:29:59	+17:55 06:00:00
4	101	Bruno Pereira	A. D. Nós Acreditamos	Senior Masculino	02:30:26	+18:21 06:01:00
5	167	Nuno Silva	The Newbies	Senior Masculino	02:30:31	+18:26 06:01:00
6	117	Eugénio Paiva Pereira Ribeiro	Individual	Senior Masculino	02:30:58	+18:54 06:02:00
7	112	Adelino Dias	Individual	Senior Masculino	02:38:12	+26:08 06:20:00
8	122	Romeu Matos	Individual	Senior Masculino	02:42:44	+30:39 06:31:00
9	145	Luís Costa	NAI- NÚCLEO ATLÉTICO IDÃES	Senior Masculino	02:52:25	+40:21 06:54:00
10	113	André Sequeira	Individual	Senior Masculino	02:58:22	+46:17 07:08:00
11	118	Fabio Freitas	Individual	Senior Masculino	03:05:46	+53:41 07:26:00
12	161	Paulo Ribeiro	Sport Clube Freamunde	Senior Masculino	03:17:19	+01:05:14 07:54:00
13	115	Bruno Teles	Individual	Senior Masculino	03:18:00	+01:05:55 07:55:00
14	123	Rui Torres	Individual	Senior Masculino	03:18:00	+01:05:56 07:55:00
15	121	Paulo Torres	Individual	Senior Masculino	03:18:00	+01:05:56 07:55:00
16	116	Carlos Carvalho	Individual	Senior Masculino	03:18:24	+01:06:20 07:56:00

Veterana F40

1	102	Lígia Mendes	A. D. Nós Acreditamos	Veterana F40	03:05:17	07:25:17
2	165	Raquel Vasconcelos	SPORT COMÉRCIO E SALGUEIROS	Veterana F40	03:07:34	+02:17 07:30:17
3	169	Ana Quevedo	TOG Associação Running Team	Veterana F40	03:12:33	+07:16 07:42:33

Veterana F50

1	124	Cristina Silva	Individual	Veterana F50	03:19:09	07:58
2	153	Olga Branquinho	SCCOIMBRÕES/Equipa A	Veterana F50	03:20:26	+01:16 08:01
3	177	Paula Dias	TrepaTrilhos Trail Team	Veterana F50	03:25:20	+06:10 08:13
4	171	Milita Andrade	TOG Associação Running Team	Veterana F50	03:29:04	+09:55 08:22
5	125	GLÓRIA BRÁS	Individual	Veterana F50	03:30:52	+11:42 08:26

Trail 25Km

25 KM

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OFFICIAL RESULT

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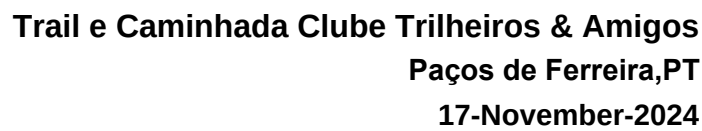
Veterano M40

1	103	Cristiano Cunha	A. D. Nós Acreditamos	Veterano M40	02:03:45	04:57
2	148	Jose Meneses	Nocturnos de Paredes	Veterano M40	02:07:07	+03:22 05:05
3	146	Carlos Alves	NAI- NÚCLEO ATLÉTICO IDÃES	Veterano M40	02:19:00	+15:14 05:34
4	128	António Teles	Individual	Veterano M40	02:31:06	+27:21 06:03
5	139	Sérgio Moreira	Individual	Veterano M40	02:32:51	+29:05 06:07
6	129	Carlos Prudencio	Individual	Veterano M40	02:34:28	+30:42 06:11
7	107	Miguel Andrade	Corredores do Mato	Veterano M40	02:34:42	+30:56 06:11
8	162	Firmino Cruz	Sport Clube Freamunde	Veterano M40	02:34:42	+30:57 06:11
9	135	José pinto	A. D. Nós Acreditamos	Veterano M40	02:35:27	+31:42 06:13
10	104	Fernando Portela	BREAK	Veterano M40	02:42:16	+38:30 06:29
11	174	Eduardo Mendes	Trail Team Casa das Reparações	Veterano M40	02:42:38	+38:52 06:30
12	127	António Manuel Ribeiro Barbosa	Individual	Veterano M40	02:46:52	+43:07 06:40
13	138	Paulo Pinheiro	Individual	Veterano M40	02:46:58	+43:12 06:41
14	147	Jorge Araújo	NAI- NÚCLEO ATLÉTICO IDÃES	Veterano M40	02:49:40	+45:54 06:47
15	163	Leandro Silva	Sport Clube Freamunde	Veterano M40	02:50:12	+46:27 06:49
16	110	Bruno Costa	Hsantamariart	Veterano M40	02:53:19	+49:34 06:56
17	154	Helder Silva	SCCOIMBRÕES/Equipa A	Veterano M40	02:53:35	+49:49 06:57
18	131	DAVID DIAS	Individual	Veterano M40	03:01:24	+57:39 07:15
19	105	Gilberto Orlando	Clube Trilheiros & amigos	Veterano M40	03:01:26	+57:40 07:15
20	130	Cesar Leao	Individual	Veterano M40	03:05:14	+01:01:28 07:25
21	166	José Torres	Team Lantermil	Veterano M40	03:06:04	+01:02:18 07:27
22	134	Joaquim Leal	Individual	Veterano M40	03:07:42	+01:03:56 07:30
23	156	Nuno Almeida	SCCOIMBRÕES/Equipa A	Veterano M40	03:13:08	+01:09:23 07:44
24	157	Nuno Santos	SCCOIMBRÕES/Equipa A	Veterano M40	03:13:09	+01:09:23 07:44
25	137	Miguel Martins	Individual	Veterano M40	03:20:19	+01:16:34 08:01
26	136	Luís Coelho	Individual	Veterano M40	03:20:20	+01:16:34 08:01
27	126	Agostinho Costa	Individual	Veterano M40	03:38:58	+01:35:12 08:46
28	155	Jorge Vasconcelos	SCCOIMBRÕES/Equipa A	Veterano M40	03:47:38	+01:43:53 09:06
29	133	João Soares	Individual	Veterano M40	04:01:31	+01:57:45 09:40
30	132	João Magalhães	Individual	Veterano M40	04:02:10	+01:58:24 09:41

Veterano M50

1	144	Zé bósnia loureiro	LEões DE TARDARIZ TRAIL	Veterano M50	02:26:57	05:53
2	106	carlos silva	Clube Trilheiros & amigos	Veterano M50	02:29:40	+02:42 05:59
3	141	Henrique Santos	Individual	Veterano M50	02:44:49	+17:51 06:36
4	175	Armando Machado	Trail Team Casa das Reparações	Veterano M50	02:46:31	+19:33 06:40
5	111	José Gonçalves	Ímpar running team	Veterano M50	02:50:35	+23:37 06:49
6	172	José Graça	TOG Associação Running Team	Veterano M50	02:53:25	+26:27 06:56
7	159	Patricio Afonso	SCCOIMBRÕES/Equipa A	Veterano M50	02:53:34	+26:36 06:57
8	176	João Sousa	Trail Team Casa das Reparações	Veterano M50	02:58:51	+31:53 07:09
9	179	António Pinto	Caminhadas da amizade	Veterano M50	03:05:47	+38:49 07:26
10	160	Paulo Ribeiro	SCCOIMBRÕES/Equipa A	Veterano M50	03:07:04	+40:06 07:29
11	182	Alexandre Costa	Paços runners	Veterano M50	03:17:57	+50:59 07:55

Official Timekeeper: Lap2Go	2 / 3	generate 17-Nov-2024 13:11
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Official Timekeeper: Lap2Go	1 / 1	generate 17-Nov-2024 13:09
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TRAIL 15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:10	12.8°C	88%
End	12:38	12.8°C	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1072	Tiago Coelho	Dá-Lhe Gás Trail Team-Fisioduo	01:16:53		05:08	
2	1013	Filipe Azevedo	BREAK	01:16:58	+00:05	05:08	
3	1331	Leonel Barros	Vizela Corre	01:17:00	+00:07	05:08	
4	1167	Antonio José de Jesus Nogueira	Individual	01:17:09	+00:16	05:09	
5	1017	Sérgio Pereira	BREAK	01:17:18	+00:25	05:09	
6	1307	Luis Mendes	Rolub associação desportiva	01:19:25	+02:32	05:18	
7	1280	Vítor Carneiro	Paços runners	01:20:41	+03:48	05:23	
8	1093	Henrique Manuel Moreira Martins	GDALCOUTIM-Trailrunners	01:21:03	+04:10	05:24	
9	1070	André Silva	Dá-Lhe Gás Trail Team-Fisioduo	01:21:14	+04:21	05:25	
10	1329	Helder Pereira	Travassós Running	01:21:19	+04:26	05:25	
11	1125	Emanuel Rocha	Individual	01:22:07	+05:14	05:28	
12	1216	Armindo Freitas	Individual	01:22:53	+06:00	05:32	
13	1236	Sérgio Martins	Individual	01:23:07	+06:14	05:32	
14	1086	Nelson Leandro dos Santos Martins Pinto	FC Vizela	01:23:18	+06:25	05:33	
15	1282	Abílio Fernandes	Pegasus OCR ProTeam	01:24:14	+07:21	05:37	
16	1222	José Antonio Alves de Sousa	Individual	01:24:21	+07:28	05:37	
17	1289	José nunes	Pó reforço trail team	01:24:33	+07:40	05:38	
18	1073	Paulo Silva	Dá-Lhe Gás Trail Team-Fisioduo	01:24:41	+07:48	05:39	
19	1291	Miguel Sousa	Pó reforço trail team	01:24:44	+07:51	05:39	
20	1115	Andre Viana	Individual	01:24:47	+07:54	05:39	
21	1146	Steve prazeres	Individual	01:24:59	+08:06	05:40	
22	1293	Ricardo Leal	Pó reforço trail team	01:25:15	+08:22	05:41	
23	1092	Belmiro Ferreira	GD Leões da Guarda - Lion Runners	01:25:26	+08:33	05:42	
24	1250	gilberto costa	Javalis100limites	01:25:59	+09:06	05:44	
25	1084	Sergio Talagaia	FC Vizela	01:26:52	+09:59	05:47	
26	1254	José Queirós	Lá vamos nós!	01:28:32	+11:39	05:54	
27	1232	Paulo carvalho	Individual	01:28:53	+12:00	05:56	
28	1257	Fernando Machado	Louredo Trail running	01:28:57	+12:04	05:56	
29	1308	Vítor Fernandes	RorizAventura	01:28:58	+12:05	05:56	
30	1292	Ricardo Carneiro	Pó reforço trail team	01:29:41	+12:48	05:59	
31	1130	João Manuel Ribeiro leal	Individual	01:30:06	+13:13	06:00	
32	1172	Carlos Felgueiras	Individual	01:30:24	+13:31	06:02	
33	1117	Bruno Pinheiro	Individual	01:30:52	+13:59	06:03	
34	1290	Luis Alves	Pó reforço trail team	01:30:56	+14:03	06:04	
35	1317	Rafael Campos dos Santos	STSLUZ	01:32:00	+15:07	06:08	
36	1085	Daniel Machado	FC Vizela	01:33:03	+16:10	06:12	
37	1024	Pedro Nogueira	BREAK	01:33:15	+16:22	06:13	
38	1174	Daniel Matos	Individual	01:33:18	+16:25	06:13	
39	1178	Filipe Garcez	Individual	01:33:34	+16:41	06:14	
40	1237	Abílio Marques	Individual	01:34:27	+17:34	06:18	
41	1213	Antonio Ribeiro	Individual	01:35:56	+19:03	06:24	

TRAIL 15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	1069	Adérito Oliveira	Dá-Lhe Gás Trail Team-Fisioduo	01:36:34	+19:41	06:26	
43	1184	Jaime Neto	Individual	01:36:49	+19:56	06:27	
44	1223	José Dias	Individual	01:36:54	+20:01	06:28	
45	1288	José Carlos Coelho Alves	Pó reforço trail team	01:36:57	+20:04	06:28	
46	1001	André Ferreira	9mais1	01:38:00	+21:07	06:32	
47	1003	Pedro Gabriel	9mais1	01:38:23	+21:30	06:34	
48	1147	Telmo Silva	Individual	01:38:27	+21:34	06:34	
49	1083	Rui Almeida	Erdal-Vimarunners	01:38:31	+21:38	06:34	
50	164	Vítor Carneiro	Sport Clube Freamunde	01:38:32	+21:39	06:34	
51	1132	joão rodrigues	Individual	01:38:36	+21:43	06:34	
52	1050	Rui neto	Clube Trilheiros & amigos	01:38:37	+21:44	06:34	
53	1225	José Neves	mss clube recreativo de gondomar	01:38:39	+21:46	06:35	
54	1138	Paulo Freitas	Individual	01:38:41	+21:48	06:35	
55	1022	Anselmo Campos	BREAK	01:38:41	+21:48	06:35	
56	1234	Ricardo Rodrigues	Individual	01:39:02	+22:09	06:36	
57	1074	Rui Silva	Dá-Lhe Gás Trail Team-Fisioduo	01:39:07	+22:14	06:36	
58	1303	Helder Alexandre Martins da silva	Refit	01:39:11	+22:18	06:37	
59	1315	Joaquim Coelho	Sport Clube Freamunde	01:39:12	+22:19	06:37	
60	1319	Laura Siva	STUDIOPT	01:39:14	+22:21	06:37	
61	1211	António José Bessa Martins	Individual	01:39:18	+22:25	06:37	
62	1180	Hélder Fernandes	Individual	01:39:20	+22:27	06:37	
63	1341	jose pereira	PC Runners	01:39:51	+22:58	06:39	
64	1026	Pedro Teixeira	CALCATRILHOS	01:40:03	+23:10	06:40	
65	1201	Pedro Marcelo	Individual	01:40:05	+23:12	06:40	
66	1325	Bruno Silva	The_Walkers	01:40:19	+23:26	06:41	
67	1271	Lino Cardoso	Never Alone Trail Team	01:40:42	+23:49	06:43	
68	1268	Joel Pereira	Never Alone Trail Team	01:40:42	+23:49	06:43	
69	1286	Sara Ferreira	Pó reforço trail team	01:40:58	+24:05	06:44	
70	1028	Rui Brandão	Caminhadas da amizade	01:41:07	+24:14	06:44	
71	1209	Vitorino Barbosa	Individual	01:41:35	+24:42	06:46	
72	1016	Luis Mirra	BREAK	01:42:26	+25:33	06:50	
73	1340	Carlos Ribeiro	Individual	01:42:46	+25:53	06:51	
74	1295	Nelson Cristiano Pacheco de Freitas Freitas0202	Pó reforço trail team	01:42:52	+25:59	06:51	
75	1304	Rui Santos	Refit	01:43:14	+26:21	06:53	
76	1322	Vítor Martins	STUDIOPT	01:43:15	+26:22	06:53	
77	1089	Miguel Rodrigues	FC Vizela	01:43:17	+26:24	06:53	
78	1200	Paulo Neves	Individual	01:43:20	+26:27	06:53	
79	1122	Diogo Parente	Individual	01:43:24	+26:31	06:54	
80	1314	Alex Borges	Sport Clube Freamunde	01:43:47	+26:54	06:55	
81	1082	Nuno Guerra	Erdal-Vimarunners	01:43:54	+27:01	06:56	
82	1274	Tiago Moreira	Nocturnos de Paredes	01:44:16	+27:23	06:57	
83	1071	José Oliveira	Dá-Lhe Gás Trail Team-Fisioduo	01:44:33	+27:40	06:58	
84	1233	Porfirio Pereira	Individual	01:44:37	+27:44	06:58	
85	1326	Vasco Campos	The_Walkers	01:44:53	+28:00	07:00	
86	1088	Raul Machado	FC Vizela	01:45:13	+28:20	07:01	

TRAIL 15KM - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	1008	Alfredo Lopes	A. D. Nós Acreditamos	01:45:15	+28:22	07:01	
88	1137	Nuno Ribeiro	Individual	01:45:27	+28:34	07:02	
89	1192	José Rosendo	Individual	01:45:36	+28:43	07:02	
90	1087	Paulo Freitas	FC Vizela	01:45:47	+28:54	07:03	
91	1208	Vítor Martins	Individual	01:45:55	+29:02	07:04	
92	1131	João Nuno Ferreira Faria	Individual	01:45:57	+29:04	07:04	
93	1135	Luis Neves	Individual	01:46:00	+29:07	07:04	
94	1096	Leonel Neves	Grupo Vilarinho Cima	01:46:03	+29:10	07:04	
95	1313	Fernando Sousa Ramalho	SCCOIMBRÕES/Equipa A	01:46:05	+29:12	07:04	
96	1009	Daniel Couto	Baltar Runners	01:46:24	+29:31	07:06	
97	1004	Davide Freitas	A. D. Nós Acreditamos	01:46:35	+29:42	07:06	
98	1139	Pedro Brandão	Individual	01:46:43	+29:50	07:07	
99	1176	Fausto leal	Individual	01:46:45	+29:52	07:07	
100	1190	Josè Fernando Ribeiro	Individual	01:47:35	+30:42	07:10	
101	1287	Domingos Fernandino Ferreira Gonçalves	Pó reforço trail team	01:48:02	+31:09	07:12	
102	1260	Nuno sousa	Lousada Trilhos	01:48:38	+31:45	07:15	
103	1032	Céu Moreira	Caminhadas da amizade	01:48:45	+31:52	07:15	
104	1229	marco duarte	Individual	01:48:48	+31:55	07:15	
105	1197	Oswaldo Ferreira	Individual	01:49:08	+32:15	07:17	
106	1219	Francisco Nunes	Individual	01:49:25	+32:32	07:18	
107	1018	Marcía Ruas	BREAK	01:49:34	+32:41	07:18	
108	1255	Rui Costa	Louredo Trail running	01:49:36	+32:43	07:18	
109	1080	Emanuel Freitas	Emanuel Freitas	01:49:39	+32:46	07:19	
110	1187	Joaquim Alves Pereira gomes	Individual	01:49:44	+32:51	07:19	
111	1136	Marcos André Marques Pedroso	Individual	01:49:57	+33:04	07:20	
112	1185	João Campos	Individual	01:50:03	+33:10	07:20	
113	1129	Hugo Gomes	Individual	01:50:09	+33:16	07:21	
114	1252	João Guimarães	joao paulo	01:50:57	+34:04	07:24	
115	1143	Ricardo Emanuel Moura da Silva	Individual	01:51:16	+34:23	07:25	
116	1114	André Soares	Individual	01:51:22	+34:29	07:25	
117	1221	Iazalde Martins	Individual	01:51:24	+34:31	07:26	
118	1044	José Sousa	Caminhadas da amizade	01:51:25	+34:32	07:26	
119	1015	Francisco Oliveira	BREAK	01:51:30	+34:37	07:26	
120	1273	Miguel Moreira	Nocturnos de Paredes	01:51:32	+34:39	07:26	
121	1014	Flávio Maia	BREAK	01:51:39	+34:46	07:27	
122	1123	Diogo Rocha	Individual	01:51:49	+34:56	07:27	
123	1249	Rui Miguel Martins Peixoto	IT RUNNERS	01:51:56	+35:03	07:28	
124	1270	Filipe Machado	Never Alone Trail Team	01:52:02	+35:09	07:28	
125	1090	Paulo leite	FC Vizela	01:52:04	+35:11	07:28	
126	1276	Jorge Rios	OS "fisgas"	01:52:04	+35:11	07:28	
127	1002	André Martins	9mais1	01:52:13	+35:20	07:29	
128	1047	Paulo Moreira	Caminhadas da amizade	01:52:14	+35:21	07:29	
129	1256	Cesário Magalhães	Louredo Trail running	01:52:15	+35:22	07:29	
130	1224	José Moreira Fernandes	Individual	01:52:15	+35:22	07:29	
131	1169	Arnaldo Carneiro	Individual	01:52:28	+35:35	07:30	

TRAIL 15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	1141	Pedro Gomes	Individual	01:52:28	+35:35	07:30	
133	1010	Antonio Couto	Baltar Runners	01:52:49	+35:56	07:31	
134	1259	Bruno ribeiro	Lousada Trilhos	01:52:51	+35:58	07:31	
135	1267	Manuel Matos	NAI- NÚCLEO ATLÉTICO IDÂES	01:52:52	+35:59	07:31	
136	1266	Nelson Silva	NAI- NÚCLEO ATLÉTICO IDÂES	01:52:52	+35:59	07:31	
137	1265	Raquel Alves	NAI- NÚCLEO ATLÉTICO IDÂES	01:52:55	+36:02	07:32	
138	1033	Fátima couto	Caminhadas da amizade	01:53:31	+36:38	07:34	
139	1337	eloi leitão	Individual	01:54:14	+37:21	07:37	
140	1173	Cláudio Ferreira	Individual	01:54:14	+37:21	07:37	
141	1057	Nuno Teixeira	Coxos e mancos-Felgueiras City	01:54:19	+37:26	07:37	
142	1160	Diana sousa	Individual	01:54:22	+37:29	07:37	
143	1220	francisco rodrigues	Individual	01:54:22	+37:29	07:37	
144	1309	Ernesto Brandão	RorizAventura	01:54:23	+37:30	07:38	
145	1078	André Pereira	Destemidos A. R. Sequeirô	01:54:46	+37:53	07:39	
146	1079	Armindo Silva	Destemidos A. R. Sequeirô	01:54:46	+37:53	07:39	
147	1244	José Santos	Individual	01:54:55	+38:02	07:40	
148	1278	João Couto	Paços Renners	01:55:07	+38:14	07:40	
149	1193	Luis Alves	Individual	01:55:13	+38:20	07:41	
150	1235	Rui Ribeiro	Individual	01:55:30	+38:37	07:42	
151	1075	Damião Duarte	Damião Duarte	01:55:32	+38:39	07:42	
152	1103	Diana Neto	Individual	01:55:33	+38:40	07:42	
153	1149	Tiago Fernando Costa Gomes	Individual	01:55:34	+38:41	07:42	
154	1242	Jorge Cunha	Individual	01:55:39	+38:46	07:43	
155	1007	Artur Ferreira	A. D. Nós Acreditamos	01:55:41	+38:48	07:43	
156	1297	Francisco Costa	Rebeldes trail	01:55:41	+38:48	07:43	
157	1025	Romeu Machado	BREAK	01:56:08	+39:15	07:45	
158	1021	Sandra Martins	BREAK	01:56:08	+39:15	07:45	
159	1263	António Luís	MSS GRUPO DESPORTIVO DE GONDOMAR	01:57:08	+40:15	07:49	
160	1261	Rómulo Terrau	LUSIMED	01:57:29	+40:36	07:50	
161	1045	Luis Barbosa	Caminhadas da amizade	01:57:34	+40:41	07:50	
162	1311	Maria Alice Couto	SCCOIMBRÕES/Equipa A	01:58:27	+41:34	07:54	
163	1011	Vania Oliveira	BREAK	01:58:32	+41:39	07:54	
164	1168	António Martins de Freitas	Individual	01:59:02	+42:09	07:56	
165	1277	Rui Ribeiro	OS "fiskas"	01:59:05	+42:12	07:56	
166	1294	Rodolfo Monteiro	Pó reforço trail team	01:59:37	+42:44	07:58	
167	1269	Fatima Sousa	Never Alone Trail Team	01:59:41	+42:48	07:59	
168	1111	Andre Silva	Individual	02:00:00	+43:07	08:00	
169	1215	Armando Neves	Individual	02:00:04	+43:11	08:00	
170	1264	António Rocha	MSS GRUPO DESPORTIVO DE GONDOMAR	02:00:11	+43:18	08:01	
171	1245	Manuel Braga	Individual	02:00:11	+43:18	08:01	
172	1102	Cristiana Seabra	Caminhadas da amizade	02:00:37	+43:44	08:02	
173	1077	Paulo Ferreira	DDT	02:01:09	+44:16	08:05	
174	1041	Sérgio Marques	Caminhadas da amizade	02:01:19	+44:26	08:05	
175	1251	Tony Barbosa	Javalis100limites	02:01:25	+44:32	08:06	
176	1020	Rosa Moreira	BREAK	02:01:27	+44:34	08:06	
177	1323	Filipa Belo	STUDIOPT	02:01:32	+44:39	08:06	

TRAIL 15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1253	Maria Sousa	Lá vamos nós!	02:01:52	+44:59	08:07	
179	1039	Paulo Sousa	Caminhadas da amizade	02:02:41	+45:48	08:11	
180	1076	Francisco José Pimenta Saraiva	DDT	02:02:54	+46:01	08:12	
181	1334	Artur Costa	Individual	02:02:58	+46:05	08:12	
182	1230	Miguel Cunha	Individual	02:03:29	+46:36	08:14	
183	1338	Patrícia Marques	Runners Sernancelhe Terra da Castanha	02:03:50	+46:57	08:15	
184	1066	Renato Fontinha	cristina fonseca	02:04:45	+47:52	08:19	
185	1067	Cláudia Rocha	Dá-Lhe Gás Trail Team-Fisioduo	02:05:27	+48:34	08:22	
186	1305	Isabel Oliveira	Ricardo Moraes	02:06:06	+49:13	08:24	
187	1321	Rui Nogueira	STUDIOPT	02:06:36	+49:43	08:26	
188	1127	Fábio Nogueira	Individual	02:06:40	+49:47	08:27	
189	1306	Ricardo Moraes	Ricardo Moraes	02:07:31	+50:38	08:30	
190	1333	Ricardo Pinto	Caminhadas da amizade	02:07:31	+50:38	08:30	
191	1203	Quim Barros	Individual	02:07:38	+50:45	08:31	
192	1206	Ricardo ribeiro	Individual	02:07:41	+50:48	08:31	
193	1042	António Moreira	Caminhadas da amizade	02:07:53	+51:00	08:32	
194	1046	Manuel Ribeiro	Caminhadas da amizade	02:07:59	+51:06	08:32	
195	1152	Cristina Rocha	Duelo Ocasião	02:08:24	+51:31	08:34	
196	1165	Antoine Buttin	Individual	02:08:39	+51:46	08:35	
197	1148	Thibaut Duriez	Individual	02:08:39	+51:46	08:35	
198	1034	Lígia Gonçalves	Caminhadas da amizade	02:10:23	+53:30	08:42	
199	1048	Vitorino Campos	Caminhadas da amizade	02:10:23	+53:30	08:42	
200	1154	Lígia Alves	Individual	02:10:28	+53:35	08:42	
201	1205	Ricardo Pacheco	Individual	02:10:28	+53:35	08:42	
202	1140	Pedro Duarte Teixeira de Carvalho	Individual	02:11:00	+54:07	08:44	
203	1272	Paulo Gomes	NO TOMORROW RUNNING TEAM	02:11:15	+54:22	08:45	
204	1186	João Luís Neves Silva	Individual	02:11:36	+54:43	08:46	
205	1330	Elisio Dias	TrepaTrilhos Trail Team	02:11:45	+54:52	08:47	
206	1318	Águeda Neto	STUDIOPT	02:12:27	+55:34	08:50	
207	1095	Marta Sousa	Grupo Vilarinho Cima	02:12:40	+55:47	08:51	
208	1258	Paula sousa	Lousada Trilhos	02:12:40	+55:47	08:51	
209	1121	Dinis freitas	Individual	02:13:52	+56:59	08:55	
210	1212	António Manuel Silva neto	Individual	02:13:52	+56:59	08:55	
211	1164	Alexandre Alfeirão	Individual	02:14:24	+57:31	08:58	
212	1110	André Ribeiro	Individual	02:14:29	+57:36	08:58	
213	1218	Francisco costa	Individual	02:14:34	+57:41	08:58	
214	1019	Lucia Pinheiro	BREAK	02:14:42	+57:49	08:59	
215	1023	José Rocha	BREAK	02:14:42	+57:49	08:59	
216	1194	Luís Miguel	Individual	02:15:27	+58:34	09:02	
217	1240	Belmiro Barros	Individual	02:15:49	+58:56	09:03	
218	1068	Estela Barbosa	Dá-Lhe Gás Trail Team-Fisioduo	02:15:52	+58:59	09:03	
219	1175	Daniel Sousa	Individual	02:15:52	+58:59	09:03	
220	1166	Antonio Carlos Gomes Dias	Individual	02:15:57	+59:04	09:04	
221	1040	Pedro Silva	Caminhadas da amizade	02:16:51	+59:58	09:07	
222	1059	Daniela Vieira	cristina fonseca	02:16:58	+01:00:05	09:08	
223	1063	Adriana Abreu	cristina fonseca	02:16:59	+01:00:06	09:08	

TRAIL 15KM - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	1302	João Santana	Rebeldes trail	02:17:09	+01:00:16	09:09	
225	1035	Margarida Martins	Caminhadas da amizade	02:17:19	+01:00:26	09:09	
226	1301	Fernando Barbosa	Rebeldes trail	02:17:48	+01:00:55	09:11	
227	1158	Claudia Costa	Individual	02:18:35	+01:01:42	09:14	
228	1327	Elisabete Ferreira	TOG Associação Running Team	02:18:40	+01:01:47	09:15	
229	1159	Cristina Carvalho	Individual	02:18:41	+01:01:48	09:15	
230	1239	AMERICO PEREIRA	Individual	02:18:55	+01:02:02	09:16	
231	1031	Anabela Carvalho	Caminhadas da amizade	02:19:45	+01:02:52	09:19	
232	1279	Ana Cristina Dias Silva	Paços runners	02:20:11	+01:03:18	09:21	
233	1281	Joaquim Pinto	Paços runners	02:20:11	+01:03:18	09:21	
234	1226	Luís Filipe Oliveira de Matos	Individual	02:20:27	+01:03:34	09:22	
235	1030	Sandra Águia	Caminhadas da amizade	02:20:37	+01:03:44	09:22	
236	1107	Paula Daniela Meireles Teixeira	Individual	02:20:43	+01:03:50	09:23	
237	1207	Vitor Hugo Alves Moreira Gomes	Individual	02:20:43	+01:03:50	09:23	
238	1324	Marcelo Teixeira	The Newbies	02:20:50	+01:03:57	09:23	
239	1199	Paulo Ferreira	Individual	02:21:35	+01:04:42	09:26	
240	1153	Emília Leal	Individual	02:21:40	+01:04:47	09:27	
241	1189	José da Silva	Individual	02:22:14	+01:05:21	09:29	
242	1188	José da Silva	Individual	02:22:14	+01:05:21	09:29	
243	1094	Manuel dias	Golden leaf	02:24:27	+01:07:34	09:38	
244	1214	António Sousa	Individual	02:24:58	+01:08:05	09:40	
245	1105	Joana Nunes	Individual	02:25:29	+01:08:36	09:42	
246	1243	José Leça	Individual	02:25:41	+01:08:48	09:43	
247	1064	Álvaro Almeida	cristina fonseca	02:25:58	+01:09:05	09:44	
248	1062	Sofia Lopes	cristina fonseca	02:25:58	+01:09:05	09:44	
249	1061	Sílvia Barbosa	cristina fonseca	02:25:58	+01:09:05	09:44	
250	1060	Marisa Pinheiro	cristina fonseca	02:25:59	+01:09:06	09:44	
251	1163	Marta Santana	Individual	02:26:42	+01:09:49	09:47	
252	1006	Pedro Mendes	A. D. Nós Acreditamos	02:27:20	+01:10:27	09:49	
253	1038	Jorge Moreira	Caminhadas da amizade	02:27:23	+01:10:30	09:50	
254	1183	Ion Gordiciuc	Individual	02:28:35	+01:11:42	09:54	
255	1285	Vitor Soares	Pés na terra	02:29:39	+01:12:46	09:59	
256	1284	Fátima Santos	Pés na terra	02:29:39	+01:12:46	09:59	
257	1170	Artur Fonseca	Individual	02:30:26	+01:13:33	10:02	
258	1104	Inês Rodrigues	Individual	02:31:20	+01:14:27	10:05	
259	1029	Carla Moreira	Caminhadas da amizade	02:32:35	+01:15:42	10:10	
260	1300	Moises Alves	Rebeldes trail	02:33:53	+01:17:00	10:16	
261	1238	Abilio Neves	Individual	02:34:36	+01:17:43	10:18	
262	1157	Albertina neto	Individual	02:35:06	+01:18:13	10:20	
263	1100	Carla Pacheco	Ímpar running team	02:35:22	+01:18:29	10:21	
264	1109	André Pinto	Individual	02:35:43	+01:18:50	10:23	
265	1275	Fernando Alves	OS "fisgas"	02:35:45	+01:18:52	10:23	
266	1198	Paulo Abreu	Individual	02:37:02	+01:20:09	10:28	
267	1036	Zélia Sousa	Caminhadas da amizade	02:38:34	+01:21:41	10:34	
268	1231	Paulo Carneiro	Caminhadas da amizade	02:38:36	+01:21:43	10:34	
269	1228	Manuel Paiva	Individual	02:39:16	+01:22:23	10:37	

TRAIL 15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
270	1151	Cláudia Gonçalves	Individual	02:40:37	+01:23:44	10:42	
271	1310	Gilma Silva	SCCOIMBRÕES/Equipa A	02:42:26	+01:25:33	10:50	
272	1081	Vanessa Dias	Equipa A	02:42:46	+01:25:53	10:51	
273	1119	Carlos Souto	Individual	02:43:08	+01:26:15	10:53	
274	1056	Rui Trigo	Corre São João	02:43:45	+01:26:52	10:55	
275	1210	António Couto	Individual	02:44:29	+01:27:36	10:58	
276	1171	Artur Jorge Machado da Silva Silva	Individual	02:45:27	+01:28:34	11:02	
277	1055	Alice Matos	Corre São João	02:46:51	+01:29:58	11:07	
278	1043	José Dias	Caminhadas da amizade	02:48:36	+01:31:43	11:14	
279	1177	Filipe Conceição	Individual	02:48:44	+01:31:51	11:15	
280	1320	Jorge Pacheco	STUDIOPT	02:49:56	+01:33:03	11:20	
281	1336	Ines Silva	Individual	02:50:27	+01:33:34	11:22	
282	1246	Carlos Martins	IT RUNNERS	02:50:41	+01:33:48	11:23	
283	1247	Ivo Sampaio	IT RUNNERS	02:50:42	+01:33:49	11:23	
284	1248	Miguel Dias	IT RUNNERS	02:50:42	+01:33:49	11:23	
285	1283	MANUEL ROCHA	PERNAS e INERTES lentos desde 2017	02:51:01	+01:34:08	11:24	
286	1051	Jacinta Fonseca	Clube Trilheiros & amigos	02:52:18	+01:35:25	11:29	
287	1156	Marlene Pinheiro	Individual	02:52:19	+01:35:26	11:29	
288	1101	Andreia Seabra	caminhadsas da amizade	02:53:33	+01:36:40	11:34	
289	1120	David Viana	Individual	02:54:09	+01:37:16	11:37	
290	1097	Magda Rocha	Hsantamariart	02:54:20	+01:37:27	11:37	
291	1098	Ana Rosa Rodrigues	Hsantamariart	02:54:20	+01:37:27	11:37	
292	1202	Pedro Santos	Individual	02:56:32	+01:39:39	11:46	
293	1099	Emilia Pires	Hsantamariart	02:57:16	+01:40:23	11:49	
294	1204	Ricardo Dias	Individual	02:59:04	+01:42:11	11:56	
295	1316	Tiago Sousa	SPORT COMÉRCIO E SALGUEIROS	02:59:19	+01:42:26	11:57	
296	1058	Carla Carneiro	cristina fonseca	02:59:19	+01:42:26	11:57	
297	1162	Maria Manuela	Individual	02:59:28	+01:42:35	11:58	
298	1155	Maria José Pereira dos Santos	Individual	02:59:51	+01:42:58	11:59	
299	1227	Manuel Jorge Nogueira Silva	Individual	03:00:30	+01:43:37	12:02	
300	1128	Filipe Teixeira	Individual	03:04:29	+01:47:36	12:18	
301	1053	António Gomes	Clube Trilheiros & amigos	03:27:47	+02:10:54	13:51	

Trail 15KM

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:10	12.8°C	88%
End	12:38	12.8°C	88%

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

1	1319	Laura Siva	STUDIOPT	Senior Feminino	01:39:14	06:37
2	1286	Sara Ferreira	Pó reforço trail team	Senior Feminino	01:40:58	+01:44 06:44
3	1265	Raquel Alves	NAI- NÚCLEO ATLÉTICO IDÃES	Senior Feminino	01:52:55	+13:40 07:32
4	1103	Diana Neto	Individual	Senior Feminino	01:55:33	+16:19 07:42
5	1011	Vania Oliveira	BREAK	Senior Feminino	01:58:32	+19:17 07:54
6	1102	Cristiana Seabra	Caminhadas da amizade	Senior Feminino	02:00:37	+21:22 08:02
7	1338	Patrícia Marques	Runners Sernancelhe Terra da Castanha	Senior Feminino	02:03:50	+24:35 08:15
8	1067	Cláudia Rocha	Dá-Lhe Gás Trail Team-Fisioduo	Senior Feminino	02:05:27	+26:12 08:22
9	1305	Isabel Oliveira	Ricardo Morais	Senior Feminino	02:06:06	+26:51 08:24
10	1318	Águeda Neto	STUDIOPT	Senior Feminino	02:12:27	+33:13 08:50
11	1068	Estela Barbosa	Dá-Lhe Gás Trail Team-Fisioduo	Senior Feminino	02:15:52	+36:37 09:03
12	1107	Paula Daniela Meireles Teixeira	Individual	Senior Feminino	02:20:43	+41:28 09:23
13	1105	Joana Nunes	Individual	Senior Feminino	02:25:29	+46:14 09:42
14	1104	Inês Rodrigues	Individual	Senior Feminino	02:31:20	+52:05 10:05
15	1336	Ines Silva	Individual	Senior Feminino	02:50:27	+01:11:13 11:22
16	1101	Andreia Seabra	caminhadsas da amizade	Senior Feminino	02:53:33	+01:14:19 11:34
17	1097	Magda Rocha	Hsantamariart	Senior Feminino	02:54:20	+01:15:05 11:37
18	1058	Carla Carneiro	cristina fonseca	Senior Feminino	02:59:19	+01:20:05 11:57

Senior Masculino

1	1072	Tiago Coelho	Dá-Lhe Gás Trail Team-Fisioduo	Senior Masculino	01:16:53	05:08
2	1013	Filipe Azevedo	BREAK	Senior Masculino	01:16:58	+00:05 05:08
3	1331	Leonel Barros	Vizela Corre	Senior Masculino	01:17:00	+00:06 05:08
4	1017	Sérgio Pereira	BREAK	Senior Masculino	01:17:18	+00:24 05:09
5	1093	Henrique Manuel Moreira Martins	GDALCOUTIM-Trailrunners	Senior Masculino	01:21:03	+04:10 05:24
6	1070	André Silva	Dá-Lhe Gás Trail Team-Fisioduo	Senior Masculino	01:21:14	+04:20 05:25
7	1125	Emanuel Rocha	Individual	Senior Masculino	01:22:07	+05:13 05:28
8	1289	José nunes	Pó reforço trail team	Senior Masculino	01:24:33	+07:40 05:38
9	1291	Miguel Sousa	Pó reforço trail team	Senior Masculino	01:24:44	+07:50 05:39
10	1115	Andre Viana	Individual	Senior Masculino	01:24:47	+07:53 05:39
11	1146	Steve prazeres	Individual	Senior Masculino	01:24:59	+08:06 05:40
12	1293	Ricardo Leal	Pó reforço trail team	Senior Masculino	01:25:15	+08:21 05:41
13	1308	Vitor Fernandes	RorizAventura	Senior Masculino	01:28:58	+12:04 05:56
14	1292	Ricardo Carneiro	Pó reforço trail team	Senior Masculino	01:29:41	+12:47 05:59
15	1130	João Manuel Ribeiro leal	Individual	Senior Masculino	01:30:06	+13:13 06:00
16	1117	Bruno Pinheiro	Individual	Senior Masculino	01:30:52	+13:59 06:03
17	1290	Luis Alves	Pó reforço trail team	Senior Masculino	01:30:56	+14:02 06:04

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Trail 15KM

15 KM

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18	1085	Daniel Machado	FC Vizela	Senior Masculino	01:33:03	+16:10	06:12
19	1069	Adérito Oliveira	Dá-Lhe Gás Trail Team-Fisioduo	Senior Masculino	01:36:34	+19:40	06:26
20	1288	José Carlos Coelho Alves	Pó reforço trail team	Senior Masculino	01:36:57	+20:03	06:28
21	1001	André Ferreira	9mais1	Senior Masculino	01:38:00	+21:07	06:32
22	1147	Telmo Silva	Individual	Senior Masculino	01:38:27	+21:34	06:34
23	1132	joão rodrigues	Individual	Senior Masculino	01:38:36	+21:42	06:34
24	1050	Rui neto	Clube Trilheiros & amigos	Senior Masculino	01:38:37	+21:44	06:34
25	1138	Paulo Freitas	Individual	Senior Masculino	01:38:41	+21:47	06:35
26	1303	Helder Alexandre Martins da silva	Refit	Senior Masculino	01:39:11	+22:17	06:37
27	1341	jose pereira	PC Runners	Senior Masculino	01:39:51	+22:57	06:39
28	1325	Bruno Silva	The_Walkers	Senior Masculino	01:40:19	+23:26	06:41
29	1268	Joel Pereira	Never Alone Trail Team	Senior Masculino	01:40:42	+23:49	06:43
30	1028	Rui Brandão	Caminhadas da amizade	Senior Masculino	01:41:07	+24:13	06:44
31	1016	Luis Mirra	BREAK	Senior Masculino	01:42:26	+25:32	06:50
32	1340	Carlos Ribeiro	Individual	Senior Masculino	01:42:46	+25:52	06:51
33	1304	Rui Santos	Refit	Senior Masculino	01:43:14	+26:20	06:53
34	1322	Vitor Martins	STUDIOPT	Senior Masculino	01:43:15	+26:22	06:53
35	1122	Diogo Parente	Individual	Senior Masculino	01:43:24	+26:30	06:54
36	1314	Alex Borges	Sport Clube Freamunde	Senior Masculino	01:43:47	+26:53	06:55
37	1071	José Oliveira	Dá-Lhe Gás Trail Team-Fisioduo	Senior Masculino	01:44:33	+27:39	06:58
38	1326	Vasco Campos	The_Walkers	Senior Masculino	01:44:53	+28:00	07:00
39	1137	Nuno Ribeiro	Individual	Senior Masculino	01:45:27	+28:33	07:02
40	1131	João Nuno Ferreira Faria	Individual	Senior Masculino	01:45:57	+29:03	07:04
41	1135	Luis Neves	Individual	Senior Masculino	01:46:00	+29:06	07:04
42	1004	Davide Freitas	A. D. Nós Acreditamos	Senior Masculino	01:46:35	+29:41	07:06
43	1139	Pedro Brandão	Individual	Senior Masculino	01:46:43	+29:49	07:07
44	1287	Domingos Fernandino Ferreira Gonçalves	Pó reforço trail team	Senior Masculino	01:48:02	+31:09	07:12
45	1255	Rui Costa	Louredo Trail running	Senior Masculino	01:49:36	+32:42	07:18
46	1136	Marcos André Marques Pedroso	Individual	Senior Masculino	01:49:57	+33:03	07:20
47	1129	Hugo Gomes	Individual	Senior Masculino	01:50:09	+33:16	07:21
48	1143	Ricardo Emanuel Moura da Silva	Individual	Senior Masculino	01:51:16	+34:22	07:25
49	1114	André Soares	Individual	Senior Masculino	01:51:22	+34:28	07:25
50	1015	Francisco Oliveira	BREAK	Senior Masculino	01:51:30	+34:37	07:26
51	1014	Flávio Maia	BREAK	Senior Masculino	01:51:39	+34:45	07:27
52	1123	Diogo Rocha	Individual	Senior Masculino	01:51:49	+34:55	07:27
53	1249	Rui Miguel Martins Peixoto	IT RUNNERS	Senior Masculino	01:51:56	+35:03	07:28
54	1276	Jorge Rios	OS "fisgas"	Senior Masculino	01:52:04	+35:11	07:28
55	1002	André Martins	9mais1	Senior Masculino	01:52:13	+35:20	07:29
56	1141	Pedro Gomes	Individual	Senior Masculino	01:52:28	+35:34	07:30
57	1078	André Pereira	Destemidos A. R. Sequeirô	Senior Masculino	01:54:46	+37:52	07:39
58	1149	Tiago Fernando Costa Gomes	Individual	Senior Masculino	01:55:34	+38:40	07:42
59	1297	Francisco Costa	Rebeldes trail	Senior Masculino	01:55:41	+38:47	07:43
60	1277	Rui Ribeiro	OS "fisgas"	Senior Masculino	01:59:05	+42:12	07:56
61	1294	Rodolfo Monteiro	Pó reforço trail team	Senior Masculino	01:59:37	+42:43	07:58
62	1111	Andre Silva	Individual	Senior Masculino	02:00:00	+43:06	08:00
63	1334	Artur Costa	Individual	Senior Masculino	02:02:58	+46:05	08:12

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Trail 15KM

15 KM

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64	1321	Rui Nogueira	STUDIOPT	Senior Masculino	02:06:36	+49:42	08:26
65	1127	Fábio Nogueira	Individual	Senior Masculino	02:06:40	+49:46	08:27
66	1306	Ricardo Morais	Ricardo Morais	Senior Masculino	02:07:31	+50:37	08:30
67	1148	Thibaut Duriez	Individual	Senior Masculino	02:08:39	+51:46	08:35
68	1140	Pedro Duarte Teixeira de Carvalho	Individual	Senior Masculino	02:11:00	+54:06	08:44
69	1121	Dinis freitas	Individual	Senior Masculino	02:13:52	+56:59	08:55
70	1110	André Ribeiro	Individual	Senior Masculino	02:14:29	+57:35	08:58
71	1324	Marcelo Teixeira	The Newbies	Senior Masculino	02:20:50	+01:03:57	09:23
72	1006	Pedro Mendes	A. D. Nós Acreditamos	Senior Masculino	02:27:20	+01:10:26	09:49
73	1109	André Pinto	Individual	Senior Masculino	02:35:43	+01:18:49	10:23
74	1275	Fernando Alves	OS "fisgas"	Senior Masculino	02:35:45	+01:18:51	10:23
75	1119	Carlos Souto	Individual	Senior Masculino	02:43:08	+01:26:15	10:53
76	1320	Jorge Pacheco	STUDIOPT	Senior Masculino	02:49:56	+01:33:02	11:20
77	1246	Carlos Martins	IT RUNNERS	Senior Masculino	02:50:41	+01:33:47	11:23
78	1247	Ivo Sampaio	IT RUNNERS	Senior Masculino	02:50:42	+01:33:48	11:23
79	1248	Miguel Dias	IT RUNNERS	Senior Masculino	02:50:42	+01:33:49	11:23
80	1120	David Viana	Individual	Senior Masculino	02:54:09	+01:37:16	11:37
81	1316	Tiago Sousa	SPORT COMÉRCIO E SALGUEIROS	Senior Masculino	02:59:19	+01:42:25	11:57
82	1128	Filipe Teixeira	Individual	Senior Masculino	03:04:29	+01:47:35	12:18

Veterana F40

1	1018	Marcia Ruas	BREAK	Veterana F40	01:49:34	07:18
2	1323	Filipa Belo	STUDIOPT	Veterana F40	02:01:32	+11:57 08:06
3	1152	Cristina Rocha	Duelo Ocasiao	Veterana F40	02:08:24	+18:49 08:34
4	1154	Ligia Alves	Individual	Veterana F40	02:10:28	+20:53 08:42
5	1095	Marta Sousa	Grupo Vilarinho Cima	Veterana F40	02:12:40	+23:05 08:51
6	1059	Daniela Vieira	cristina fonseca	Veterana F40	02:16:58	+27:23 09:08
7	1327	Elisabete Ferreira	TOG Associação Running Team	Veterana F40	02:18:40	+29:05 09:15
8	1030	Sandra Águia	Caminhadas da amizade	Veterana F40	02:20:37	+31:02 09:22
9	1153	Emília Leal	Individual	Veterana F40	02:21:40	+32:06 09:27
10	1062	Sofia Lopes	cristina fonseca	Veterana F40	02:25:58	+36:23 09:44
11	1061	Silvia Barbosa	cristina fonseca	Veterana F40	02:25:58	+36:23 09:44
12	1060	Marisa Pinheiro	cristina fonseca	Veterana F40	02:25:59	+36:24 09:44
13	1284	Fátima Santos	Pés na terra	Veterana F40	02:29:39	+40:04 09:59
14	1029	Carla Moreira	Caminhadas da amizade	Veterana F40	02:32:35	+43:00 10:10
15	1100	Carla Pacheco	Ímpar running team	Veterana F40	02:35:22	+45:47 10:21
16	1151	Cláudia Gonçalves	Individual	Veterana F40	02:40:37	+51:02 10:42
17	1310	Gilma Silva	SCCOIMBRÕES/Equipa A	Veterana F40	02:42:26	+52:51 10:50
18	1081	Vanessa Dias	Equipa A	Veterana F40	02:42:46	+53:11 10:51
19	1055	Alice Matos	Corre São João	Veterana F40	02:46:51	+57:16 11:07
20	1156	Marlene Pinheiro	Individual	Veterana F40	02:52:19	+01:02:44 11:29
21	1155	Maria José Pereira dos Santos	Individual	Veterana F40	02:59:51	+01:10:16 11:59

Trail 15KM

15 KM

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Veterana F50

1	1032	Céu Moreira	Caminhadas da amizade	Veterana F50	01:48:45	07:15
2	1033	Fátima couto	Caminhadas da amizade	Veterana F50	01:53:31	+04:45 07:34
3	1160	Diana sousa	Individual	Veterana F50	01:54:22	+05:36 07:37
4	1021	Sandra Martins	BREAK	Veterana F50	01:56:08	+07:22 07:45
5	1311	Maria Alice Couto	SCCOIMBRÕES/Equipa A	Veterana F50	01:58:27	+09:41 07:54
6	1269	Fatima Sousa	Never Alone Trail Team	Veterana F50	01:59:41	+10:55 07:59
7	1020	Rosa Moreira	BREAK	Veterana F50	02:01:27	+12:41 08:06
8	1034	Lígia Gonçalves	Caminhadas da amizade	Veterana F50	02:10:23	+21:37 08:42
9	1258	Paula sousa	Lousada Trilhos	Veterana F50	02:12:40	+23:54 08:51
10	1019	Lucia Pinheiro	BREAK	Veterana F50	02:14:42	+25:56 08:59
11	1063	Adriana Abreu	crisrina fonseca	Veterana F50	02:16:59	+28:13 09:08
12	1035	Margarida Martins	Caminhadas da amizade	Veterana F50	02:17:19	+28:33 09:09
13	1158	Claudia Costa	Individual	Veterana F50	02:18:35	+29:49 09:14
14	1159	Cristina Carvalho	Individual	Veterana F50	02:18:41	+29:55 09:15
15	1031	Anabela Carvalho	Caminhadas da amizade	Veterana F50	02:19:45	+31:00 09:19
16	1279	Ana Cristina Dias Silva	Paços runners	Veterana F50	02:20:11	+31:25 09:21
17	1163	Marta Santana	Individual	Veterana F50	02:26:42	+37:56 09:47
18	1157	Albertina neto	Individual	Veterana F50	02:35:06	+46:21 10:20
19	1036	Zélia Sousa	Caminhadas da amizade	Veterana F50	02:38:34	+49:48 10:34
20	1051	Jacinta Fonseca	Clube Trilheiros & amigos	Veterana F50	02:52:18	+01:03:32 11:29
21	1098	Ana Rosa Rodrigues	Hsantamariart	Veterana F50	02:54:20	+01:05:34 11:37
22	1162	Maria Manuela	Individual	Veterana F50	02:59:28	+01:10:42 11:58

Veterana F60

1	1253	Maria Sousa	Lá vamos nós!	Veterana F60	02:01:52	08:07
2	1099	Emilia Pires	Hsantamariart	Veterana F60	02:57:16	+55:24 11:49

Veterano M40

1	1167	Antonio José de Jesus Nogueira	Individual	Veterano M40	01:17:09	05:09
2	1307	Luis Mendes	Rolub associação desportiva	Veterano M40	01:19:25	+02:16 05:18
3	1280	Vítor Carneiro	Paços runners	Veterano M40	01:20:41	+03:31 05:23
4	1329	Helder Pereira	Travassós Running	Veterano M40	01:21:19	+04:10 05:25
5	1086	Nelson Leandro dos Santos Martins Pinto	FC Vizela	Veterano M40	01:23:18	+06:09 05:33
6	1073	Paulo Silva	Dá-Lhe Gás Trail Team-Fisioduo	Veterano M40	01:24:41	+07:31 05:39
7	1250	gilberto costa	Javalis100limites	Veterano M40	01:25:59	+08:50 05:44
8	1084	Sergio Talagaia	FC Vizela	Veterano M40	01:26:52	+09:43 05:47
9	1172	Carlos Felgueiras	Individual	Veterano M40	01:30:24	+13:15 06:02
10	1317	Rafael Campos dos Santos	STSLUZ	Veterano M40	01:32:00	+14:50 06:08
11	1024	Pedro Nogueira	BREAK	Veterano M40	01:33:15	+16:06 06:13
12	1174	Daniel Matos	Individual	Veterano M40	01:33:18	+16:08 06:13
13	1178	Filipe Garcez	Individual	Veterano M40	01:33:34	+16:25 06:14

Trail 15KM

15 KM

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60	1206	Ricardo ribeiro	Individual	Veterano M40	02:07:41	+50:32	08:31
61	1165	Antoine Buttin	Individual	Veterano M40	02:08:39	+51:30	08:35
62	1205	Ricardo Pacheco	Individual	Veterano M40	02:10:28	+53:18	08:42
63	1186	João Luís Neves Silva	Individual	Veterano M40	02:11:36	+54:26	08:46
64	1164	Alexandre Alfeirão	Individual	Veterano M40	02:14:24	+57:14	08:58
65	1023	José Rocha	BREAK	Veterano M40	02:14:42	+57:33	08:59
66	1194	Luís Miguel	Individual	Veterano M40	02:15:27	+58:17	09:02
67	1175	Daniel Sousa	Individual	Veterano M40	02:15:52	+58:43	09:03
68	1166	Antonio Carlos Gomes Dias	Individual	Veterano M40	02:15:57	+58:47	09:04
69	1040	Pedro Silva	Caminhadas da amizade	Veterano M40	02:16:51	+59:42	09:07
70	1207	Vitor Hugo Alves Moreira Gomes	Individual	Veterano M40	02:20:43	+01:03:33	09:23
71	1199	Paulo Ferreira	Individual	Veterano M40	02:21:35	+01:04:25	09:26
72	1189	José da Silva	Individual	Veterano M40	02:22:14	+01:05:05	09:29
73	1188	José da Silva	Individual	Veterano M40	02:22:14	+01:05:05	09:29
74	1038	Jorge Moreira	Caminhadas da amizade	Veterano M40	02:27:23	+01:10:13	09:50
75	1183	Ion Gordiciuc	Individual	Veterano M40	02:28:35	+01:11:26	09:54
76	1285	Vitor Soares	Pés na terra	Veterano M40	02:29:39	+01:12:29	09:59
77	1170	Artur Fonseca	Individual	Veterano M40	02:30:26	+01:13:16	10:02
78	1300	Moises Alves	Rebeldes trail	Veterano M40	02:33:53	+01:16:44	10:16
79	1198	Paulo Abreu	Individual	Veterano M40	02:37:02	+01:19:52	10:28
80	1056	Rui Trigo	Corre São João	Veterano M40	02:43:45	+01:26:36	10:55
81	1171	Artur Jorge Machado da Silva Silva	Individual	Veterano M40	02:45:27	+01:28:18	11:02
82	1177	Filipe Conceição	Individual	Veterano M40	02:48:44	+01:31:35	11:15
83	1202	Pedro Santos	Individual	Veterano M40	02:56:32	+01:39:23	11:46
84	1204	Ricardo Dias	Individual	Veterano M40	02:59:04	+01:41:54	11:56

Veterano M50

1	1216	Armando Freitas	Individual	Veterano M50	01:22:53	05:32
2	1236	Sérgio Martins	Individual	Veterano M50	01:23:07	+00:14 05:32
3	1282	Abílio Fernandes	Pegasus OCR ProTeam	Veterano M50	01:24:14	+01:20 05:37
4	1222	José Antonio Alves de Sousa	Individual	Veterano M50	01:24:21	+01:27 05:37
5	1092	Belmiro Ferreira	GD Leões da Guarda - Lion Runners	Veterano M50	01:25:26	+02:32 05:42
6	1254	José Queirós	Lá vamos nós!	Veterano M50	01:28:32	+05:39 05:54
7	1232	Paulo carvalho	Individual	Veterano M50	01:28:53	+06:00 05:56
8	1257	Fernando Machado	Louredo Trail running	Veterano M50	01:28:57	+06:03 05:56
9	1213	Antonio Ribeiro	Individual	Veterano M50	01:35:56	+13:03 06:24
10	1223	José Dias	Individual	Veterano M50	01:36:54	+14:00 06:28
11	1225	José Neves	mss clube recreativo de gondomar	Veterano M50	01:38:39	+15:45 06:35
12	1234	Ricardo Rodrigues	Individual	Veterano M50	01:39:02	+16:08 06:36
13	1211	António José Bessa Martins	Individual	Veterano M50	01:39:18	+16:24 06:37
14	1271	Lino Cardoso	Never Alone Trail Team	Veterano M50	01:40:42	+17:48 06:43
15	1089	Miguel Rodrigues	FC Vizela	Veterano M50	01:43:17	+20:23 06:53
16	1233	Porfirio Pereira	Individual	Veterano M50	01:44:37	+21:43 06:58
17	1008	Alfredo Lopes	A. D. Nós Acreditamos	Veterano M50	01:45:15	+22:21 07:01

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Trail 15KM

15 KM

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18	1229	marco duarte	Individual	Veterano M50	01:48:48	+25:54	07:15
19	1219	Francisco Nunes	Individual	Veterano M50	01:49:25	+26:31	07:18
20	1252	João Guimarães	joao paulo	Veterano M50	01:50:57	+28:03	07:24
21	1221	lazalde Martins	Individual	Veterano M50	01:51:24	+28:31	07:26
22	1044	José Sousa	Caminhadas da amizade	Veterano M50	01:51:25	+28:31	07:26
23	1270	Filipe Machado	Never Alone Trail Team	Veterano M50	01:52:02	+29:08	07:28
24	1090	Paulo leite	FC Vizela	Veterano M50	01:52:04	+29:10	07:28
25	1047	Paulo Moreira	Caminhadas da amizade	Veterano M50	01:52:14	+29:20	07:29
26	1224	José Moreira Fernandes	Individual	Veterano M50	01:52:15	+29:22	07:29
27	1010	Antonio Couto	Baltar Runners	Veterano M50	01:52:49	+29:55	07:31
28	1337	eloi leitão	Individual	Veterano M50	01:54:14	+31:20	07:37
29	1220	francisco rodrigues	Individual	Veterano M50	01:54:22	+31:29	07:37
30	1079	Armindo Silva	Destemidos A. R. Sequeirô	Veterano M50	01:54:46	+31:52	07:39
31	1278	João Couto	Paços Renners	Veterano M50	01:55:07	+32:14	07:40
32	1235	Rui Ribeiro	Individual	Veterano M50	01:55:30	+32:37	07:42
33	1263	António Luís	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M50	01:57:08	+34:14	07:49
34	1045	Luis Barbosa	Caminhadas da amizade	Veterano M50	01:57:34	+34:40	07:50
35	1215	Armando Neves	Individual	Veterano M50	02:00:04	+37:11	08:00
36	1264	António Rocha	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M50	02:00:11	+37:17	08:01
37	1251	Tony Barbosa	Javalis100limites	Veterano M50	02:01:25	+38:31	08:06
38	1230	Miguel Cunha	Individual	Veterano M50	02:03:29	+40:35	08:14
39	1066	Renato Fontinha	cristina fonseca	Veterano M50	02:04:45	+41:51	08:19
40	1042	António Moreira	Caminhadas da amizade	Veterano M50	02:07:53	+44:59	08:32
41	1046	Manuel Ribeiro	Caminhadas da amizade	Veterano M50	02:07:59	+45:05	08:32
42	1048	Vitorino Campos	Caminhadas da amizade	Veterano M50	02:10:23	+47:29	08:42
43	1272	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M50	02:11:15	+48:22	08:45
44	1330	Elisio Dias	TrepaTrilhos Trail Team	Veterano M50	02:11:45	+48:52	08:47
45	1212	António Manuel Silva neto	Individual	Veterano M50	02:13:52	+50:59	08:55
46	1218	Francisco costa	Individual	Veterano M50	02:14:34	+51:41	08:58
47	1302	João Santana	Rebeldes trail	Veterano M50	02:17:09	+54:15	09:09
48	1301	Fernando Barbosa	Rebeldes trail	Veterano M50	02:17:48	+54:54	09:11
49	1281	Joaquim Pinto	Paços runners	Veterano M50	02:20:11	+57:17	09:21
50	1226	Luís Filipe Oliveira de Matos	Individual	Veterano M50	02:20:27	+57:34	09:22
51	1094	Manuel dias	Golden leaf	Veterano M50	02:24:27	+01:01:33	09:38
52	1214	António Sousa	Individual	Veterano M50	02:24:58	+01:02:04	09:40
53	1064	Álvaro Almeida	cristina fonseca	Veterano M50	02:25:58	+01:03:05	09:44
54	1231	Paulo Carneiro	Caminhadas da amizade	Veterano M50	02:38:36	+01:15:42	10:34
55	1228	Manuel Paiva	Individual	Veterano M50	02:39:16	+01:16:22	10:37
56	1210	António Couto	Individual	Veterano M50	02:44:29	+01:21:35	10:58
57	1043	José Dias	Caminhadas da amizade	Veterano M50	02:48:36	+01:25:42	11:14
58	1283	MANUEL ROCHA	PERNAS e INERTES lentos desde 2017	Veterano M50	02:51:01	+01:28:07	11:24
59	1227	Manuel Jorge Nogueira Silva	Individual	Veterano M50	03:00:30	+01:37:37	12:02

Trail 15KM

[illegible]

15 KM

OFFICIAL RESULT

[illegible]

60	1053	António Gomes	Clube Trilheiros & amigos	Veterano M50	03:27:47	+02:04:54	13:51
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Veterano M60

1	1237	Abílio Marques	Individual	Veterano M60	01:34:27		06:18
2	1315	Joaquim Coelho	Sport Clube Freamunde	Veterano M60	01:39:12	+04:44	06:37
3	1313	Fernando Sousa Ramalho	SCCOIMBRÕES/Equipa A	Veterano M60	01:46:05	+11:37	07:04
4	1267	Manuel Matos	NAI- NÚCLEO ATLÉTICO IDÃES	Veterano M60	01:52:52	+18:24	07:31
5	1309	Ernesto Brandão	RorizAventura	Veterano M60	01:54:23	+19:56	07:38
6	1244	José Santos	Individual	Veterano M60	01:54:55	+20:27	07:40
7	1242	Jorge Cunha	Individual	Veterano M60	01:55:39	+21:11	07:43
8	1245	Manuel Braga	Individual	Veterano M60	02:00:11	+25:43	08:01
9	1240	Belmiro Barros	Individual	Veterano M60	02:15:49	+41:22	09:03
10	1239	AMERICO PEREIRA	Individual	Veterano M60	02:18:55	+44:28	09:16
11	1243	José Leça	Individual	Veterano M60	02:25:41	+51:13	09:43
12	1238	Abilio Neves	Individual	Veterano M60	02:34:36	+01:00:08	10:18

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 17-Nov-2024 12:47
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