

TRAIL LONGO - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	19,1°C	54%
End	12:19	19,1°C	54%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	13	Rúben Borges	CAAT	01:19:24		04:58	
2	155	Miguel Neves	RETORTA QUINTA DAS ARCAS	01:19:58	+00:34	05:00	
3	1	Victor Fernandes	A.D.Amarante trail running	01:19:58	+00:34	05:00	
4	36	FILIPE VITORINO TEIXEIRA ROCHA DE ALMEIDA	Clube Galp Norte	01:23:38	+04:14	05:14	
5	170	Paulo Aroso	TEAM LANTEMIL	01:24:20	+04:56	05:16	
6	56	DANIEL ROCHA	HSANTAMARIART	01:27:20	+07:56	05:28	
7	144	Rui Alvim	MSS Grupo Desportivo de Gondomar	01:27:25	+08:01	05:28	
8	157	David Gonçalves	S4L / Medense FC	01:27:40	+08:16	05:29	
9	91	Diogo Alexandre Monteiro Novais	Individual	01:27:49	+08:25	05:29	
10	53	Tiago Casais	GDRJRIBEIRAS	01:27:57	+08:33	05:30	
11	34	Rui Pedro Oliveira	CF Perosinho Trail & Running	01:28:51	+09:27	05:33	
12	22	Augusto Ferreira	Carcavelos Caravela Seguros	01:28:54	+09:30	05:33	
13	150	Bruno Monteiro	Nascidos Para Correr - Associação Desportiva	01:28:54	+09:30	05:33	
14	90	Carlos Santos	Individual	01:28:55	+09:31	05:33	
15	23	João Pinto	Carcavelos Caravela Seguros	01:29:13	+09:49	05:35	
16	136	Gonçalo Antunesi	KeMedo Team	01:29:52	+10:28	05:37	
17	183	António Dias	grupo desportivo limpeza urbana	01:30:42	+11:18	05:40	
18	32	Carlos Fernandes	CCD Matosinhos	01:31:42	+12:18	05:44	
19	176	Paulo Pereira	The Lost Team Trail	01:32:17	+12:53	05:46	
20	29	Jose monteiro	Carcavelos Caravela Seguros	01:33:33	+14:09	05:51	
21	156	Rui Barros	RETORTA QUINTA DAS ARCAS	01:33:49	+14:25	05:52	
22	143	José Neves Sousa	MSS Grupo Desportivo de Gondomar	01:34:04	+14:40	05:53	
23	142	Márcio Almeida	MSS Grupo Desportivo de Gondomar	01:34:34	+15:10	05:55	
24	120	Francisco Pinheiro	Individual	01:34:42	+15:18	05:55	
25	85	Daniel Martins	Individual	01:35:15	+15:51	05:57	
26	132	Paulo Dias	Individual	01:35:19	+15:55	05:57	
27	5	Artur Costa	AD Mont Blue Team	01:36:03	+16:39	06:00	
28	54	MIGUEL DIEZ GARCIA	GINÁSIO CLUBE DE BRAGANÇA	01:36:45	+17:21	06:03	
29	115	Rodrigo Oliveira	Individual	01:36:48	+17:24	06:03	
30	69	Ricardo Queirós	Individual	01:36:58	+17:34	06:04	
31	139	José Ferreira	LEBRES J & N	01:37:25	+18:01	06:05	
32	164	João Gilberto	Tartarugas Velozes	01:37:56	+18:32	06:07	
33	38	Ricardo João Caria Pinheiro	Clube Portugal Telecom Zona Norte	01:38:51	+19:27	06:11	
34	127	Jose Costa	Individual	01:39:34	+20:10	06:13	
35	102	ricardo coelho	Individual	01:40:03	+20:39	06:15	
36	49	José Silva	FDM RUNNING	01:40:04	+20:40	06:15	
37	87	Filipe Daniel Pereira Bessa	Individual	01:40:07	+20:43	06:15	
38	103	Ricardo Jorge Moreira Da Luz	Individual	01:40:23	+20:59	06:16	
39	6	João Moreira	Amigos 100 Limites	01:40:52	+21:28	06:18	
40	167	Francisco Santos	Tartarugas Velozes	01:40:58	+21:34	06:19	
41	133	Pedro Dias	Individual	01:41:03	+21:39	06:19	

TRAIL LONGO - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	7	João Lopes	Atéchoras	01:41:10	+21:46	06:19	
43	117	António Monteiro	Individual	01:41:19	+21:55	06:20	
44	15	Alcídio Moreira	Cansadinhos	01:41:52	+22:28	06:22	
45	146	Manuel Pereira	MSS Grupo Desportivo de Gondomar	01:42:28	+23:04	06:24	
46	47	Diogo Moreira	FDM Runners	01:42:37	+23:13	06:25	
47	55	PEDRO FERNANDES	HSANTAMARIART	01:42:38	+23:14	06:25	
48	182	Ricardo pinto	Individual	01:42:38	+23:14	06:25	
49	21	Adelino Silva	Carcavelos Caravela Seguros	01:42:48	+23:24	06:25	
50	46	Jorge Nogueira	Coronado runners	01:43:22	+23:58	06:28	
51	130	Paulo S	Individual	01:43:23	+23:59	06:28	
52	64	Bruno Cunha	Individual	01:43:25	+24:01	06:28	
53	57	MIGUEL SOUSA	HSANTAMARIART	01:43:52	+24:28	06:29	
54	173	Jorge Rosas	The Lost Team Trail	01:43:52	+24:28	06:29	
55	119	Fernando Paiva	Individual	01:44:14	+24:50	06:31	
56	100	Nuno Gil	Individual	01:44:30	+25:06	06:32	
57	138	Carlos Araújo	KeMedo Team	01:44:39	+25:15	06:32	
58	18	José Maio	CARAPPAUS DE CORRIDA	01:44:51	+25:27	06:33	
59	114	Ricardo Bastos	Individual	01:45:09	+25:45	06:34	
60	33	Isaac Costa	CCD Matosinhos	01:45:36	+26:12	06:36	
61	58	Diogo Romão	Individual	01:46:33	+27:09	06:40	
62	45	Augusto Vinhas	Coronado runners	01:46:38	+27:14	06:40	
63	37	Ricardo Albuquerque	Clube Galp Norte	01:46:45	+27:21	06:40	
64	83	André Brito	Individual	01:46:46	+27:22	06:40	
65	94	Helder Pinheiro	Individual	01:46:51	+27:27	06:41	
66	145	António Luís	MSS Grupo Desportivo de Gondomar	01:46:52	+27:28	06:41	
67	663	Sofia Afonso	S&V Trail Casa Lourenço	01:47:42	+28:18	06:44	
68	664	Vítor Reis	S&V Trail Casa Lourenço	01:47:47	+28:23	06:44	
69	60	Francisca Sousa	Individual	01:48:14	+28:50	06:46	
70	128	Manuel Domingues	Individual	01:48:26	+29:02	06:47	
71	35	Valter Barbosa	CF Perosinho Trail & Running	01:48:59	+29:35	06:49	
72	169	Miguel Moura	TAYLORS	01:48:59	+29:35	06:49	
73	10	Bruno Marante	Bigodes de Tinto	01:49:15	+29:51	06:50	
74	48	Kim Oliveira	FDM Runners	01:49:20	+29:56	06:50	
75	66	Eduardo Ferreira	Individual	01:50:05	+30:41	06:53	
76	2	Leonel Pereira	Abandonados	01:50:06	+30:42	06:53	
77	52	Paulo Silva	GD LEÕES DA GUARDA-LION RUNNERS	01:50:40	+31:16	06:55	
78	159	Ludmila Andrade	STONE BRIDGE RUNNERS	01:50:55	+31:31	06:56	
79	84	André Soares	Individual	01:52:13	+32:49	07:01	
80	122	Ricardo Silva	Individual	01:52:26	+33:02	07:02	
81	88	Francisco Neto Silva	Individual	01:53:00	+33:36	07:04	
82	99	Luis Ventura	Individual	01:53:48	+34:24	07:07	
83	43	Manuel Ferreira	Coronado runners	01:56:26	+37:02	07:17	
84	511	Angela João	Carcavelos Caravela Seguros	01:56:35	+37:11	07:17	
85	77	Daniela Silva	Individual	01:56:56	+37:32	07:19	
86	93	Hélder António de Oliveira Mendes	Individual	01:57:13	+37:49	07:20	
87	61	Marina Velogianni	Individual	01:57:49	+38:25	07:22	

TRAIL LONGO - STAGE 1

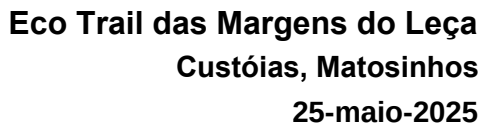
16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	40	Tomas Paiva	Coronado runners	01:58:03	+38:39	07:23	
89	181	Pedro Rodrigues	Individual	01:58:25	+39:01	07:24	
90	165	Bruno Salgado	Tartarugas Velozes	02:05:01	+45:37	07:49	
91	166	Cesar Gandra	Tartarugas Velozes	02:05:01	+45:37	07:49	
92	71	Ricardo Seca	Individual	02:06:50	+47:26	07:56	
93	76	Ariane Fontes	Individual	02:07:02	+47:38	07:56	
94	81	Melina Campos Xavier Lima	Individual	02:07:02	+47:38	07:56	
95	125	clemente meireles	Individual	02:08:00	+48:36	08:00	
96	126	Francisco costa	Individual	02:08:33	+49:09	08:02	
97	95	Hugo Oliveira	Individual	02:09:39	+50:15	08:06	
98	168	António Santos	Tartarugas Velozes	02:10:08	+50:44	08:08	
99	160	José Andrade	STONE BRIDGE RUNNERS	02:10:20	+50:56	08:09	
100	588	Joana Pádua	Individual	02:10:22	+50:58	08:09	
101	158	André cabral	STONE BRIDGE RUNNERS	02:10:45	+51:21	08:10	
102	9	Rui Teixeira	Atéchoras	02:12:13	+52:49	08:16	
103	104	Tiago Ribeiro	Individual	02:12:48	+53:24	08:18	
104	105	Vasco Figueiredo Dionísio	Individual	02:12:49	+53:25	08:18	
105	30	Liliana Sousa	CCD Matosinhos	02:12:55	+53:31	08:18	
106	74	Vicente Wissmann Nunes	Individual	02:12:58	+53:34	08:19	
107	63	Sarah Xavier	Individual	02:14:27	+55:03	08:24	
108	39	Daniela Pontes	Coronado runners	02:14:28	+55:04	08:24	
109	184	Rui silva	Individual	02:14:32	+55:08	08:25	
110	163	Eduardo Azevedo	Tartarugas Velozes	02:15:06	+55:42	08:27	
111	161	João Ferreira	Tartarugas Velozes	02:15:06	+55:42	08:27	
112	92	Fernando Oliveira	Individual	02:15:12	+55:48	08:27	
113	59	Barbara Fabris	Individual	02:15:36	+56:12	08:29	
114	3	José Oliveira	Abandonados	02:15:55	+56:31	08:30	
115	96	Hugo Teixeira	Individual	02:17:08	+57:44	08:34	
116	108	Amílcar Ricardo Cardoso Lopes	Individual	02:17:09	+57:45	08:34	
117	540	Fernanda Sousa	Corredor Fim de Tarde	02:18:35	+59:11	08:40	
118	123	Rui Miguel Oliveira	Individual	02:19:15	+59:51	08:42	
119	137	José Pinto	KeMedo Team	02:19:38	+01:00:14	08:44	
120	86	FABIANO MOURA OLIVEIRA	Individual	02:21:17	+01:01:53	08:50	
121	116	Vitor Santos	Individual	02:22:02	+01:02:38	08:53	
122	590	Paula Melo	Individual	02:24:36	+01:05:12	09:02	
123	147	Serafim Fonseca	MSS Grupo Desportivo de Gondomar	02:25:04	+01:05:40	09:04	
124	80	Cláudia Simões Costa Cardinal	Individual	02:25:45	+01:06:21	09:07	
125	112	João Magalhães	Individual	02:28:09	+01:08:45	09:16	
126	65	Da Costa Jeremias	Individual	02:31:16	+01:11:52	09:27	
127	174	Manuel Soares	The Lost Team Trail	02:32:18	+01:12:54	09:31	
128	31	Cristina Nora	CCD Matosinhos	02:35:51	+01:16:27	09:44	
129	180	Elias Cunha	Individual	02:37:21	+01:17:57	09:50	
130	179	Fatima Henriques	Individual	02:37:21	+01:17:57	09:50	
131	111	Helder Correia	Individual	02:38:43	+01:19:19	09:55	
132	106	Wellington Luiz Pinto dos Santos	Individual	02:43:40	+01:24:16	10:14	
133	78	Joana Duarte	Individual	02:44:30	+01:25:06	10:17	



16 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	162	Liliana Silva	Tartarugas Velozes	02:44:30	+01:25:06	10:17	
135	17	Orlando Oliveira	Caracóis do Asfalto	02:45:27	+01:26:03	10:20	
136	154	Thibaut Duriez	Patate & Bolinha	02:46:51	+01:27:27	10:26	
137	153	Ana Silva	Patate & Bolinha	02:46:52	+01:27:28	10:26	

Trail Longo

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	19,1°C	54%
End	12:19	19.1°C	54%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	58	Diogo Romão	Individual	Junior Masculino	01:46:33	06:40
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Senior Feminino

1	60	Francisca Sousa	Individual	Senior Feminino	01:48:14	06:46
2	61	Marina Velogianni	Individual	Senior Feminino	01:57:49	+09:35 07:22
3	63	Sarah Xavier	Individual	Senior Feminino	02:14:27	+26:13 08:24
4	39	Daniela Pontes	Coronado runners	Senior Feminino	02:14:28	+26:13 08:24
5	59	Barbara Fabris	Individual	Senior Feminino	02:15:36	+27:22 08:29

Senior Masculino

1	13	Rúben Borges	CAAT	Senior Masculino	01:19:24	04:58
2	53	Tiago Casais	GDRJRIBEIRAS	Senior Masculino	01:27:57	+08:32 05:30
3	34	Rui Pedro Oliveira	CF Perosinho Trail & Running	Senior Masculino	01:28:51	+09:26 05:33
4	69	Ricardo Queirós	Individual	Senior Masculino	01:36:58	+17:34 06:04
5	64	Bruno Cunha	Individual	Senior Masculino	01:43:25	+24:01 06:28
6	18	José Maio	CARAPUS DE CORRIDA	Senior Masculino	01:44:51	+25:27 06:33
7	66	Eduardo Ferreira	Individual	Senior Masculino	01:50:05	+30:41 06:53
8	40	Tomas Paiva	Coronado runners	Senior Masculino	01:58:03	+38:39 07:23
9	181	Pedro Rodrigues	Individual	Senior Masculino	01:58:25	+39:01 07:24
10	71	Ricardo Seca	Individual	Senior Masculino	02:06:50	+47:26 07:56
11	158	André cabral	STONE BRIDGE RUNNERS	Senior Masculino	02:10:45	+51:21 08:10
12	74	Vicente Wissmann Nunes	Individual	Senior Masculino	02:12:58	+53:34 08:19
13	184	Rui silva	Individual	Senior Masculino	02:14:32	+55:08 08:25
14	161	João Ferreira	Tartarugas Velozes	Senior Masculino	02:15:06	+55:42 08:27
15	65	Da Costa Jeremias	Individual	Senior Masculino	02:31:16	+01:11:51 09:27

Veterana F35

1	159	Ludmila Andrade	STONE BRIDGE RUNNERS	Veterana F35	01:50:55	06:56
2	77	Daniela Silva	Individual	Veterana F35	01:56:56	+06:01 07:19
3	76	Ariane Fontes	Individual	Veterana F35	02:07:02	+16:06 07:56
4	78	Joana Duarte	Individual	Veterana F35	02:44:30	+53:34 10:17
5	153	Ana Silva	Patate & Bolinha	Veterana F35	02:46:52	+55:56 10:26

Trail Longo

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F40

1	511	Angela João	Carcavelos Caravela Seguros	Veterana F40	01:56:35	07:17
2	81	Melina Campos Xavier Lima	Individual	Veterana F40	02:07:02	+10:27 07:56
3	30	Liliana Sousa	CCD Matosinhos	Veterana F40	02:12:55	+16:20 08:18
4	80	Cláudia Simões Costa Cardinal	Individual	Veterana F40	02:25:45	+29:10 09:07

Veterana F45

1	663	Sofia Afonso	S&V Trail Casa Lourenço	Veterana F45	01:47:42		06:44
2	588	Joana Pádua	Individual	Veterana F45	02:10:22	+22:40	08:09
3	162	Liliana Silva	Tartarugas Velozes	Veterana F45	02:44:30	+56:48	10:17

Veterana F50

1	590	Paula Melo	Individual	Veterana F50	02:24:36	09:02
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Veterana F55

1	540	Fernanda Sousa	Corredor Fim de Tarde	Veterana F55	02:18:35		08:40
2	31	Cristina Nora	CCD Matosinhos	Veterana F55	02:35:51	+17:16	09:44
3	179	Fatima Henriques	Individual	Veterana F55	02:37:21	+18:46	09:50

Veterano M35

1	155	Miguel Neves	RETORTA QUINTA DAS ARCAS	Veterano M35	01:19:58	05:00
2	157	David Gonçalves	S4L / Medense FC	Veterano M35	01:27:40	+07:42 05:29
3	136	Gonçalo Antunesi	KeMedo Team	Veterano M35	01:29:52	+09:53 05:37
4	156	Rui Barros	RETORTA QUINTA DAS ARCAS	Veterano M35	01:33:49	+13:51 05:52
5	85	Daniel Martins	Individual	Veterano M35	01:35:15	+15:17 05:57
6	164	João Gilberto	Tartarugas Velozes	Veterano M35	01:37:56	+17:57 06:07
7	49	José Silva	FDM RUNNING	Veterano M35	01:40:04	+20:05 06:15
8	87	Filipe Daniel Pereira Bessa	Individual	Veterano M35	01:40:07	+20:09 06:15
9	47	Diogo Moreira	FDM Runners	Veterano M35	01:42:37	+22:39 06:25
10	83	André Brito	Individual	Veterano M35	01:46:46	+26:48 06:40
11	2	Leonel Pereira	Abandonados	Veterano M35	01:50:06	+30:08 06:53
12	84	André Soares	Individual	Veterano M35	01:52:13	+32:14 07:01
13	88	Francisco Neto Silva	Individual	Veterano M35	01:53:00	+33:02 07:04
14	163	Eduardo Azevedo	Tartarugas Velozes	Veterano M35	02:15:06	+55:08 08:27
15	86	FABIANO MOURA OLIVEIRA	Individual	Veterano M35	02:21:17	+01:01:19 08:50
16	154	Thibaut Duriez	Patate & Bolinha	Veterano M35	02:46:51	+01:26:53 10:26

Trail Longo

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M40

1	36	FILIPE VITORINO TEIXEIRA ROCHA DE ALMEIDA	Clube Galp Norte	Veterano M40	01:23:38	05:14
2	170	Paulo Aroso	TEAM LANTEMIL	Veterano M40	01:24:20	+00:42 05:16
3	91	Diogo Alexandre Monteiro Novais	Individual	Veterano M40	01:27:49	+04:10 05:29
4	150	Bruno Monteiro	Nascidos Para Correr - Associação Desportiva	Veterano M40	01:28:54	+05:16 05:33
5	90	Carlos Santos	Individual	Veterano M40	01:28:55	+05:17 05:33
6	102	ricardo coelho	Individual	Veterano M40	01:40:03	+16:25 06:15
7	103	Ricardo Jorge Moreira Da Luz	Individual	Veterano M40	01:40:23	+16:45 06:16
8	167	Francisco Santos	Tartarugas Velozes	Veterano M40	01:40:58	+17:19 06:19
9	55	PEDRO FERNANDES	HSANTAMARIART	Veterano M40	01:42:38	+18:59 06:25
10	182	Ricardo pinto	Individual	Veterano M40	01:42:38	+18:59 06:25
11	100	Nuno Gil	Individual	Veterano M40	01:44:30	+20:51 06:32
12	37	Ricardo Albuquerque	Clube Galp Norte	Veterano M40	01:46:45	+23:06 06:40
13	94	Helder Pinheiro	Individual	Veterano M40	01:46:51	+23:13 06:41
14	35	Valter Barbosa	CF Perosinho Trail & Running	Veterano M40	01:48:59	+25:20 06:49
15	10	Bruno Marante	Bigodes de Tinto	Veterano M40	01:49:15	+25:36 06:50
16	99	Luis Ventura	Individual	Veterano M40	01:53:48	+30:09 07:07
17	93	Hélder António de Oliveira Mendes	Individual	Veterano M40	01:57:13	+33:35 07:20
18	165	Bruno Salgado	Tartarugas Velozes	Veterano M40	02:05:01	+41:22 07:49
19	166	Cesar Gandra	Tartarugas Velozes	Veterano M40	02:05:01	+41:22 07:49
20	95	Hugo Oliveira	Individual	Veterano M40	02:09:39	+46:00 08:06
21	104	Tiago Ribeiro	Individual	Veterano M40	02:12:48	+49:09 08:18
22	105	Vasco Figueiredo Dionísio	Individual	Veterano M40	02:12:49	+49:10 08:18
23	92	Fernando Oliveira	Individual	Veterano M40	02:15:12	+51:33 08:27
24	96	Hugo Teixeira	Individual	Veterano M40	02:17:08	+53:30 08:34
25	106	Wellington Luiz Pinto dos Santos	Individual	Veterano M40	02:43:40	+01:20:02 10:14

Veterano M45

1	1	Victor Fernandes	A.D.Amarante trail running	Veterano M45	01:19:58	05:00
2	56	DANIEL ROCHA	HSANTAMARIART	Veterano M45	01:27:20	+07:21 05:28
3	32	Carlos Fernandes	CCD Matosinhos	Veterano M45	01:31:42	+11:44 05:44
4	142	Márcio Almeida	MSS Grupo Desportivo de Gondomar	Veterano M45	01:34:34	+14:35 05:55
5	5	Artur Costa	AD Mont Blue Team	Veterano M45	01:36:03	+16:04 06:00
6	115	Rodrigo Oliveira	Individual	Veterano M45	01:36:48	+16:49 06:03
7	38	Ricardo João Caria Pinheiro	Clube Portugal Telecom Zona Norte	Veterano M45	01:38:51	+18:53 06:11
8	7	João Lopes	Atéchoras	Veterano M45	01:41:10	+21:11 06:19
9	173	Jorge Rosas	The Lost Team Trail	Veterano M45	01:43:52	+23:53 06:29
10	114	Ricardo Bastos	Individual	Veterano M45	01:45:09	+25:10 06:34
11	33	Isaac Costa	CCD Matosinhos	Veterano M45	01:45:36	+25:37 06:36
12	48	Kim Oliveira	FDM Runners	Veterano M45	01:49:20	+29:21 06:50
13	43	Manuel Ferreira	Coronado runners	Veterano M45	01:56:26	+36:28 07:17

Trail Longo

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

14	168	António Santos	Tartarugas Velozes	Veterano M45	02:10:08	+50:09	08:08
15	3	José Oliveira	Abandonados	Veterano M45	02:15:55	+55:56	08:30
16	108	Amílcar Ricardo Cardoso Lopes	Individual	Veterano M45	02:17:09	+57:10	08:34
17	137	José Pinto	KeMedo Team	Veterano M45	02:19:38	+59:39	08:44
18	116	Vitor Santos	Individual	Veterano M45	02:22:02	+01:02:03	08:53
19	112	João Magalhães	Individual	Veterano M45	02:28:09	+01:08:10	09:16
20	111	Helder Correia	Individual	Veterano M45	02:38:43	+01:18:44	09:55

Veterano M50

1	144	Rui Alvim	MSS Grupo Desportivo de Gondomar	Veterano M50	01:27:25	05:28
2	22	Augusto Ferreira	Carcavelos Caravela Seguros	Veterano M50	01:28:54	+01:28 05:33
3	23	João Pinto	Carcavelos Caravela Seguros	Veterano M50	01:29:13	+01:48 05:35
4	183	Antônio Dias	grupo desportivo limpeza urbana	Veterano M50	01:30:42	+03:17 05:40
5	143	José Neves Sousa	MSS Grupo Desportivo de Gondomar	Veterano M50	01:34:04	+06:39 05:53
6	120	Francisco Pinheiro	Individual	Veterano M50	01:34:42	+07:16 05:55
7	139	José Ferreira	LEBRES J & N	Veterano M50	01:37:25	+09:59 06:05
8	117	António Monteiro	Individual	Veterano M50	01:41:19	+13:54 06:20
9	15	Alcídio Moreira	Cansadinhos	Veterano M50	01:41:52	+14:26 06:22
10	21	Adelino Silva	Carcavelos Caravela Seguros	Veterano M50	01:42:48	+15:22 06:25
11	46	Jorge Nogueira	Coronado runners	Veterano M50	01:43:22	+15:57 06:28
12	57	MIGUEL SOUSA	HSANTAMARIART	Veterano M50	01:43:52	+16:26 06:29
13	119	Fernando Paiva	Individual	Veterano M50	01:44:14	+16:49 06:31
14	138	Carlos Araújo	KeMedo Team	Veterano M50	01:44:39	+17:13 06:32
15	45	Augusto Vinhas	Coronado runners	Veterano M50	01:46:38	+19:13 06:40
16	169	Miguel Moura	TAYLORS	Veterano M50	01:48:59	+21:34 06:49
17	122	Ricardo Silva	Individual	Veterano M50	01:52:26	+25:01 07:02
18	160	José Andrade	STONE BRIDGE RUNNERS	Veterano M50	02:10:20	+42:54 08:09
19	9	Rui Teixeira	Atéchoras	Veterano M50	02:12:13	+44:48 08:16
20	123	Rui Miguel Oliveira	Individual	Veterano M50	02:19:15	+51:49 08:42
21	174	Manuel Soares	The Lost Team Trail	Veterano M50	02:32:18	+01:04:52 09:31
22	180	Elias Cunha	Individual	Veterano M50	02:37:21	+01:09:55 09:50

Veterano M55

1	176	Paulo Pereira	The Lost Team Trail	Veterano M55	01:32:17	05:46
2	127	Jose Costa	Individual	Veterano M55	01:39:34	+07:16 06:13
3	130	Paulo S	Individual	Veterano M55	01:43:23	+11:05 06:28
4	145	António Luís	MSS Grupo Desportivo de Gondomar	Veterano M55	01:46:52	+14:34 06:41
5	664	Vítor Reis	S&V Trail Casa Lourenço	Veterano M55	01:47:47	+15:30 06:44
6	128	Manuel Domingues	Individual	Veterano M55	01:48:26	+16:09 06:47
7	52	Paulo Silva	GD LEÕES DA GUARDA-LION RUNNERS	Veterano M55	01:50:40	+18:22 06:55
8	125	clemente meireles	Individual	Veterano M55	02:08:00	+35:42 08:00

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Trail Longo

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

9	126	Francisco costa	Individual	Veterano M55	02:08:33	+36:15	08:02
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Veterano M60

1	132	Paulo Dias	Individual	Veterano M60	01:35:19	05:57
2	6	João Moreira	Amigos 100 Limites	Veterano M60	01:40:52	+05:32 06:18
3	133	Pedro Dias	Individual	Veterano M60	01:41:03	+05:43 06:19

Veterano M65

1	29	Jose monteiro	Carcavelos Caravela Seguros	Veterano M65	01:33:33	05:51
2	54	MIGUEL DIEZ GARCIA	GINÁSIO CLUBE DE BRAGANÇA	Veterano M65	01:36:45	+03:12 06:03
3	146	Manuel Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	01:42:28	+08:55 06:24
4	147	Serafim Fonseca	MSS Grupo Desportivo de Gondomar	Veterano M65	02:25:04	+51:31 09:04
5	17	Orlando Oliveira	Caracóis do Asfalto	Veterano M65	02:45:27	+01:11:53 10:20

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	19,1°C	60%
End	11:59	19,1°C	60%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	633	Luís Gomes	MSS Grupo Desportivo de Gondomar	56:48		04:44	
2	675	Gabi murillo	Sport comercios salgueiros	58:15	+01:27	04:51	
3	556	Ricardo Brandão	Gens S.C. Trail	58:18	+01:30	04:52	
4	516	Pedro Gilvaz	Carcavelos Caravela Seguros	58:30	+01:42	04:53	
5	654	André Silva	NS Trail Team	58:30	+01:42	04:53	
6	641	Fábio Sufiatti	MSS Grupo Desportivo de Gondomar	01:04:37	+07:49	05:23	
7	519	Mario Gonçalves	Carcavelos Caravela Seguros	01:04:49	+08:01	05:24	
8	560	HÉLDER NARCISO	GINÁSIO CLUBE DE BRAGANÇA	01:04:56	+08:08	05:25	
9	699	Ricardo Creissac da Silva	TRAIL - Grupo Desportivo de Trancoso	01:06:54	+10:06	05:34	
10	642	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	01:07:21	+10:33	05:37	
11	644	Luís Silvestre	MSS Grupo Desportivo de Gondomar	01:07:27	+10:39	05:37	
12	652	José Pereira	MSS Grupo Desportivo de Gondomar	01:07:29	+10:41	05:37	
13	634	Rafael Sousa	MSS Grupo Desportivo de Gondomar	01:07:30	+10:42	05:38	
14	521	Casimiro Galhardo	Carcavelos Caravela Seguros	01:07:46	+10:58	05:39	
15	599	Bruno Pereira	Individual	01:07:46	+10:58	05:39	
16	571	Fernando Leal	GRUPO MSS CONTABILIDADE	01:11:41	+14:53	05:58	
17	648	Asdrúbal Freitas	MSS Grupo Desportivo de Gondomar	01:12:13	+15:25	06:01	
18	632	Leandro Martins	MARTINS	01:13:21	+16:33	06:07	
19	151	Filipe Marques	Nascidos Para Correr - Associação Desportiva	01:13:23	+16:35	06:07	
20	553	Joaquim Pinto	GDRJRIBEIRAS	01:14:08	+17:20	06:11	
21	615	Joaquim Manuel Lopes Cunha	Individual	01:14:44	+17:56	06:14	
22	559	CATARINA LOPES	GINÁSIO CLUBE DE BRAGANÇA	01:14:53	+18:05	06:14	
23	507	Nuno Teixeira	Caldas de São Jorge Sport Clube	01:14:59	+18:11	06:15	
24	647	António Martins	MSS Grupo Desportivo de Gondomar	01:15:10	+18:22	06:16	
25	653	João Torres	NOCTURNOS DE PAREDES	01:15:49	+19:01	06:19	
26	645	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	01:15:57	+19:09	06:20	
27	570	MANUEL PALMEIRO	GINÁSIO CLUBE DE BRAGANÇA	01:16:19	+19:31	06:22	
28	618	Paulo Manuel Pereira Faria Faria	Individual	01:17:35	+20:47	06:28	
29	564	FELIPE DA SILVA	GINÁSIO CLUBE DE BRAGANÇA	01:18:16	+21:28	06:31	
30	552	Rui Gonçalves	GDRJRIBEIRAS	01:18:26	+21:38	06:32	
31	538	José Vinhas	Coronado runners	01:19:16	+22:28	06:36	
32	638	Márcio Teixeira	MSS Grupo Desportivo de Gondomar	01:20:45	+23:57	06:44	
33	579	João Silva	Individual	01:21:18	+24:30	06:47	
34	539	Rogério Rocha	Coronado runners	01:21:19	+24:31	06:47	
35	640	Adriano França	MSS Grupo Desportivo de Gondomar	01:21:22	+24:34	06:47	
36	602	Mário Pereira	Individual	01:22:24	+25:36	06:52	
37	172	Pedro Silva	The Lost Team Trail	01:22:30	+25:42	06:53	
38	567	JORGE PIRES	GINÁSIO CLUBE DE BRAGANÇA	01:23:09	+26:21	06:56	
39	566	HENRIQUE BAESSA	GINÁSIO CLUBE DE BRAGANÇA	01:23:15	+26:27	06:56	
40	643	António Rocha	MSS Grupo Desportivo de Gondomar	01:24:07	+27:19	07:01	
41	148	Pedro Gomes	Nascidos Para Correr - Associação Desportiva	01:24:10	+27:22	07:01	
42	149	Ricardo Gomes	Nascidos Para Correr - Associação Desportiva	01:24:17	+27:29	07:01	

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TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	705	delfim filho	Individual	01:24:48	+28:00	07:04	
44	557	ANDRÉ RODRIGUES	GINÁSIO CLUBE DE BRAGANÇA	01:25:30	+28:42	07:08	
45	569	DELMAR DOMINGUES	GINÁSIO CLUBE DE BRAGANÇA	01:25:39	+28:51	07:08	
46	684	Rui Cunha	STONE BRIDGE RUNNERS	01:25:41	+28:53	07:08	
47	524	Maria Lurdes Pereira	CCD Matosinhos	01:25:42	+28:54	07:08	
48	697	André Goulão Pena	TRAIL - Grupo Desportivo de Trancoso	01:26:21	+29:33	07:12	
49	596	Luis Mendonça	Individual	01:26:49	+30:01	07:14	
50	700	Rui Pedro Pena	TRAIL - Grupo Desportivo de Trancoso	01:27:35	+30:47	07:18	
51	577	Gabriel Alves	Individual	01:28:36	+31:48	07:23	
52	621	Carlos Pardelinha	Individual	01:28:54	+32:06	07:24	
53	600	Joao Luis Ferreira	Individual	01:30:06	+33:18	07:31	
54	597	Nuno Miguel Leocádio Oliveira	Individual	01:30:27	+33:39	07:32	
55	532	Flávia Nascimento	Clube do Vento	01:31:25	+34:37	07:37	
56	534	Nuno Nascimento	Clube do Vento	01:31:27	+34:39	07:37	
57	558	BIANCA ALBUQUERQUE	GINÁSIO CLUBE DE BRAGANÇA	01:32:50	+36:02	07:44	
58	629	Joaquim Nogueira	KeMedo Team	01:33:08	+36:20	07:46	
59	639	Alberto Vitelo	MSS Grupo Desportivo de Gondomar	01:33:12	+36:24	07:46	
60	545	João Campos	DDT RUNNERS	01:33:45	+36:57	07:49	
61	565	SÉRGIO ARAÚJO	GINÁSIO CLUBE DE BRAGANÇA	01:33:51	+37:03	07:49	
62	628	Carlos Rocha	KeMedo Team	01:34:03	+37:15	07:50	
63	501	Carlos Macedo	A.D.Amarante trail running	01:34:12	+37:24	07:51	
64	554	Agostinho Sequeira	GDRJRIBEIRAS	01:34:15	+37:27	07:51	
65	555	José Moura	GDRJRIBEIRAS	01:34:26	+37:38	07:52	
66	601	José Pedro Barbosa	Individual	01:34:48	+38:00	07:54	
67	508	Helena Abrantes	CARAP AUS DE CORRIDA	01:35:14	+38:26	07:56	
68	595	Jesus Tarifa	Individual	01:35:32	+38:44	07:58	
69	657	Marisa Martins	Petrus Runners	01:35:37	+38:49	07:58	
70	562	ADÉLIA SENDAS MELGO	GINÁSIO CLUBE DE BRAGANÇA	01:36:00	+39:12	08:00	
71	604	Tiago Barros	Individual	01:36:12	+39:24	08:01	
72	503	Rafaela Oliveira	Atletas da preguiça	01:36:45	+39:57	08:04	
73	679	Raquel Regado	STONE BRIDGE RUNNERS	01:37:43	+40:55	08:09	
74	525	António Celeste	CCD Matosinhos	01:37:43	+40:55	08:09	
75	506	Diogo Sousa	Atletas da preguiça	01:37:59	+41:11	08:10	
76	504	Vitor Sousa	Atletas da preguiça	01:38:05	+41:17	08:10	
77	656	Liliana Silva	Petrus Runners	01:38:09	+41:21	08:11	
78	658	João Martins	Petrus Runners	01:38:10	+41:22	08:11	
79	661	Hugo Bezerra	Rebeldes Trail	01:38:41	+41:53	08:13	
80	513	Adozinda Sousa	Carcavelos Caravela Seguros	01:39:03	+42:15	08:15	
81	651	António Costa	MSS Grupo Desportivo de Gondomar	01:39:07	+42:19	08:16	
82	512	Sonia Gilvaz	Carcavelos Caravela Seguros	01:39:16	+42:28	08:16	
83	673	Ricardo Beirão	São Team	01:39:51	+43:03	08:19	
84	667	Claudia Sotto Mayor	São Team	01:39:52	+43:04	08:19	
85	672	Fernando Jorge Oliveira	São Team	01:41:00	+44:12	08:25	
86	593	André Felipe Ferreira da Silva	Individual	01:41:29	+44:41	08:27	
87	692	Raquel Silva	The Lost Team Trail	01:42:35	+45:47	08:33	
88	594	Bruno Fernandes	Individual	01:42:48	+46:00	08:34	

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	573	Fernanda Simões	Individual	01:42:48	+46:00	08:34	
90	536	Pedro Tiago Gomes	COAAL	01:42:51	+46:03	08:34	
91	581	Rafael Lopes	Individual	01:43:04	+46:16	08:35	
92	578	João Pedro Oliveira Leite	Individual	01:43:04	+46:16	08:35	
93	582	MARIA DO ROSÁRIO CASTRO SANTOS	Individual	01:43:48	+47:00	08:39	
94	660	José Santos	Petrus Runners	01:43:55	+47:07	08:40	
95	544	Arnaldo Martins	CPN RUNNING TEAM	01:44:45	+47:57	08:44	
96	543	antonio magalhaes	CPN RUNNING TEAM	01:44:46	+47:58	08:44	
97	680	Pedro Magalhães	STONE BRIDGE RUNNERS	01:45:21	+48:33	08:47	
98	682	Ricardo Cardoso	STONE BRIDGE RUNNERS	01:45:22	+48:34	08:47	
99	683	Ricardo Coelho	STONE BRIDGE RUNNERS	01:45:24	+48:36	08:47	
100	576	Diogo Figueiredo	Individual	01:45:54	+49:06	08:50	
101	649	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	01:46:13	+49:25	08:51	
102	636	Maria Ferreira	MSS Grupo Desportivo de Gondomar	01:46:19	+49:31	08:52	
103	670	Natália Ribeiro	São Team	01:48:00	+51:12	09:00	
104	646	Rui Augusto	MSS Grupo Desportivo de Gondomar	01:48:03	+51:15	09:00	
105	613	Alcidio Figueiredo	Individual	01:48:11	+51:23	09:01	
106	662	Fernando Barbosa	Rebeldes Trail	01:49:34	+52:46	09:08	
107	619	Celso Azevedo	Individual	01:49:49	+53:01	09:09	
108	510	Nelson Pereira	CARAPAU DE CORRIDA	01:49:59	+53:11	09:10	
109	522	Horácio Teixeira	Carcavelos Caravela Seguros	01:50:24	+53:36	09:12	
110	696	Otilia Fontes	The Lost Team Trail	01:50:42	+53:54	09:14	
111	677	Barbara Delgado	STONE BRIDGE RUNNERS	01:50:59	+54:11	09:15	
112	598	Pedro Quintas	Individual	01:52:06	+55:18	09:20	
113	609	Joaquim Oliveira	Individual	01:52:48	+56:00	09:24	
114	607	Luis Li	Individual	01:53:08	+56:20	09:26	
115	529	Tatiana Silva	Clube do Vento	01:53:24	+56:36	09:27	
116	591	Teresa Bessa	Individual	01:53:38	+56:50	09:28	
117	625	Ana Nogueira	Infesta Autênticos	01:53:41	+56:53	09:28	
118	624	Alexandra Pinheiro	Infesta Autênticos	01:53:47	+56:59	09:29	
119	533	Vera Cardoso	Clube do Vento	01:53:51	+57:03	09:29	
120	531	Tiago Santos	Clube do Vento	01:53:51	+57:03	09:29	
121	626	Nuno Cabral	Infesta Autênticos	01:53:51	+57:03	09:29	
122	623	Tiago Campos	Infesta Autênticos	01:53:52	+57:04	09:29	
123	502	Paula Moreira	Amigos 100 Limites	01:54:29	+57:41	09:32	
124	665	JONATASN FERNANDES	São Team	01:54:31	+57:43	09:33	
125	631	João Carvalho	LUSOS XXI	01:55:09	+58:21	09:36	
126	630	Daniel Reis	LUSOS XXI	01:55:10	+58:22	09:36	
127	584	Joana Alves	Individual	01:55:11	+58:23	09:36	
128	574	Maria Gomes	Individual	01:55:13	+58:25	09:36	
129	526	Ana Pacheco	Clube do Vento	01:56:03	+59:15	09:40	
130	530	Fábio Cruz	Clube do Vento	01:56:04	+59:16	09:40	
131	505	Fátima Veiga	Atletas da preguiça	01:58:11	+01:01:23	09:51	
132	671	Mohammed Moudnib	São Team	01:58:15	+01:01:27	09:51	
133	528	Mikaella Duarte	Clube do Vento	01:58:36	+01:01:48	09:53	

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	535	Nuno Silva	Clube do Vento	01:58:37	+01:01:49	09:53	
135	693	Sandra Rosas	The Lost Team Trail	01:58:43	+01:01:55	09:54	
136	610	Jorge Teixeira	Individual	02:00:45	+01:03:57	10:04	
137	134	Abílio Soares	Individual	02:02:44	+01:05:56	10:14	
138	655	Pedro Pereira	Os Remendados	02:03:19	+01:06:31	10:17	
139	152	Joaquim Santos	Os Remendados	02:03:19	+01:06:31	10:17	
140	676	Andreia Santos	STONE BRIDGE RUNNERS	02:03:41	+01:06:53	10:18	
141	678	Sofia Oliveira	STONE BRIDGE RUNNERS	02:03:42	+01:06:54	10:18	
142	681	Hugo Rodrigues	STONE BRIDGE RUNNERS	02:03:42	+01:06:54	10:19	
143	592	Albina Ferreira	Individual	02:04:52	+01:08:04	10:24	
144	551	Jorge Marques	GD4C	02:05:18	+01:08:30	10:27	
145	550	Sandra Marcolino	GD4C	02:05:18	+01:08:30	10:27	
146	617	Manuel Jorge Nogueira Silva	Individual	02:06:00	+01:09:12	10:30	
147	614	João Santana	Individual	02:06:01	+01:09:13	10:30	
148	561	CECÍLIA XAVIER	GINÁSIO CLUBE DE BRAGANÇA	02:06:33	+01:09:45	10:33	
149	563	EUFÉmia DOMINGUES	GINÁSIO CLUBE DE BRAGANÇA	02:06:33	+01:09:45	10:33	
150	568	CARLOS FERNANDES	GINÁSIO CLUBE DE BRAGANÇA	02:06:45	+01:09:57	10:34	
151	616	José Carmo Teixeira	Individual	02:07:02	+01:10:14	10:35	
152	575	Vânia Neves	Individual	02:07:03	+01:10:15	10:35	
153	606	Eduardo Guedes	Individual	02:07:03	+01:10:15	10:35	
154	695	Nádia Silva	The Lost Team Trail	02:07:17	+01:10:29	10:36	
155	694	Maria José Mourão	The Lost Team Trail	02:07:17	+01:10:29	10:36	
156	171	Margarida Soares	The Lost Team Trail	02:07:18	+01:10:30	10:36	
157	546	Fernando Coutinho	EquipaBOOT	02:07:28	+01:10:40	10:37	
158	548	Hugo Miguel Rodrigues Campelo	Fidelidade GDC	02:07:29	+01:10:41	10:37	
159	549	Roberto Filipe Gato Henriques	Fidelidade GDC	02:12:02	+01:15:14	11:00	
160	547	Maria João Pinto João	Fidelidade GDC	02:12:02	+01:15:14	11:00	
161	608	Pedro Azevedo	Individual	02:12:03	+01:15:15	11:00	
162	627	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	02:14:40	+01:17:52	11:13	
163	650	Rui Machado	MSS Grupo Desportivo de Gondomar	02:14:41	+01:17:53	11:13	
164	527	Lara Araújo	Clube do Vento	02:14:41	+01:17:53	11:13	
165	686	Maria Brito	Tartarugas Velozes	02:17:48	+01:21:00	11:29	
166	572	Ana Azevedo	Individual	02:18:39	+01:21:51	11:33	
167	687	João Costa	Tartarugas Velozes	02:19:40	+01:22:52	11:38	
168	685	Gabriela Azevedo	Tartarugas Velozes	02:19:44	+01:22:56	11:39	
169	688	Fatima Costa	Tartarugas Velozes	02:32:56	+01:36:08	12:45	
170	689	Luis Pena	Tartarugas Velozes	02:32:57	+01:36:09	12:45	
171	674	José Guilherme	São Team	02:35:48	+01:39:00	12:59	
172	666	Isilda Namora	São Team	02:35:52	+01:39:04	12:59	
173	669	Luisa Valente	São Team	02:35:53	+01:39:05	12:59	

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	19,1°C	60%
End	11:59	19.1°C	60%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	699	Ricardo Creissac da Silva	TRAIL - Grupo Desportivo de Trancoso	Junior Masculino	01:06:54		05:34
2	557	ANDRÉ RODRIGUES	GINÁSIO CLUBE DE BRAGANÇA	Junior Masculino	01:25:30	+18:36	07:08
3	697	André Goulão Pena	TRAIL - Grupo Desportivo de Trancoso	Junior Masculino	01:26:21	+19:26	07:12

Senior Feminino

1	559	CATARINA LOPES	GINÁSIO CLUBE DE BRAGANÇA	Senior Feminino	01:14:53	06:14:53
2	558	BIANCA ALBUQUERQUE	GINÁSIO CLUBE DE BRAGANÇA	Senior Feminino	01:32:50	+17:56 07:44:53
3	503	Rafaela Oliveira	Atletas da preguiça	Senior Feminino	01:36:45	+21:51 08:04:53
4	656	Liliana Silva	Petrus Runners	Senior Feminino	01:38:09	+23:16 08:11:53
5	573	Fernanda Simões	Individual	Senior Feminino	01:42:48	+27:55 08:34:53
6	677	Barbara Delgado	STONE BRIDGE RUNNERS	Senior Feminino	01:50:59	+36:05 09:15:53
7	529	Tatiana Silva	Clube do Vento	Senior Feminino	01:53:24	+38:30 09:27:53
8	574	Maria Gomes	Individual	Senior Feminino	01:55:13	+40:19 09:36:53
9	526	Ana Pacheco	Clube do Vento	Senior Feminino	01:56:03	+41:10 09:40:53
10	528	Mikaella Duarte	Clube do Vento	Senior Feminino	01:58:36	+43:43 09:53:53
11	676	Andreia Santos	STONE BRIDGE RUNNERS	Senior Feminino	02:03:41	+48:47 10:18:53
12	575	Vânia Neves	Individual	Senior Feminino	02:07:03	+52:09 10:35:53
13	527	Lara Araújo	Clube do Vento	Senior Feminino	02:14:41	+59:47 11:13:53
14	686	Maria Brito	Tartarugas Velozes	Senior Feminino	02:17:48	+01:02:55 11:29:53
15	572	Ana Azevedo	Individual	Senior Feminino	02:18:39	+01:03:45 11:33:53
16	685	Gabriela Azevedo	Tartarugas Velozes	Senior Feminino	02:19:44	+01:04:50 11:39:53

Senior Masculino

1	633	Luís Gomes	MSS Grupo Desportivo de Gondomar	Senior Masculino	56:48		04:44
2	560	HÉLDER NARCISO	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	01:04:56	+08:07	05:25
3	634	Rafael Sousa	MSS Grupo Desportivo de Gondomar	Senior Masculino	01:07:30	+10:42	05:38
4	538	José Vinhas	Coronado runners	Senior Masculino	01:19:16	+22:27	06:36
5	579	João Silva	Individual	Senior Masculino	01:21:18	+24:30	06:47
6	148	Pedro Gomes	Nascidos Para Correr - Associação Desportiva	Senior Masculino	01:24:10	+27:21	07:01
7	577	Gabriel Alves	Individual	Senior Masculino	01:28:36	+31:47	07:23
8	504	Vitor Sousa	Atletas da preguiça	Senior Masculino	01:38:05	+41:16	08:10
9	536	Pedro Tiago Gomes	COAAL	Senior Masculino	01:42:51	+46:02	08:34
10	581	Rafael Lopes	Individual	Senior Masculino	01:43:04	+46:15	08:35

Official Timekeeper: Lap2Go	1 / 6	generate 25-mai.-2025 12:20
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Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

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11	578	João Pedro Oliveira Leite	Individual	Senior Masculino	01:43:04	+46:16	08:35
12	576	Diogo Figueiredo	Individual	Senior Masculino	01:45:54	+49:05	08:50
13	531	Tiago Santos	Clube do Vento	Senior Masculino	01:53:51	+57:02	09:29
14	623	Tiago Campos	Infesta Autênticos	Senior Masculino	01:53:52	+57:03	09:29
15	665	JONATASN FERNANDES	São Team	Senior Masculino	01:54:31	+57:43	09:33
16	630	Daniel Reis	LUSOS XXI	Senior Masculino	01:55:10	+58:22	09:36
17	530	Fábio Cruz	Clube do Vento	Senior Masculino	01:56:04	+59:15	09:40
18	687	João Costa	Tartarugas Velozes	Senior Masculino	02:19:40	+01:22:52	11:38

Veterana F35

1	532	Flávia Nascimento	Clube do Vento	Veterana F35	01:31:25	07:37
2	582	MARIA DO ROSÁRIO CASTRO SANTOS	Individual	Veterana F35	01:43:48	+12:22 08:39
3	533	Vera Cardoso	Clube do Vento	Veterana F35	01:53:51	+22:25 09:29
4	678	Sofia Oliveira	STONE BRIDGE RUNNERS	Veterana F35	02:03:42	+32:16 10:18
5	688	Fatima Costa	Tartarugas Velozes	Veterana F35	02:32:56	+01:01:31 12:45

Veterana F40

1	657	Marisa Martins	Petrus Runners	Veterana F40	01:35:37	07:58
2	679	Raquel Regado	STONE BRIDGE RUNNERS	Veterana F40	01:37:43	+02:06 08:09
3	692	Raquel Silva	The Lost Team Trail	Veterana F40	01:42:35	+06:58 08:33
4	584	Joana Alves	Individual	Veterana F40	01:55:11	+19:34 09:36
5	693	Sandra Rosas	The Lost Team Trail	Veterana F40	01:58:43	+23:06 09:54
6	550	Sandra Marcolino	GD4C	Veterana F40	02:05:18	+29:41 10:27
7	561	CECÍLIA XAVIER	GINÁSIO CLUBE DE BRAGANÇA	Veterana F40	02:06:33	+30:55 10:33
8	547	Maria João Pinto João	Fidelidade GDC	Veterana F40	02:12:02	+36:25 11:00

Veterana F45

1	512	Sonia Gilvaz	Carcavelos Caravela Seguros	Veterana F45	01:39:16	08:16
2	625	Ana Nogueira	Infesta Autênticos	Veterana F45	01:53:41	+14:24 09:28
3	624	Alexandra Pinheiro	Infesta Autênticos	Veterana F45	01:53:47	+14:31 09:29
4	505	Fátima Veiga	Atletas da preguiça	Veterana F45	01:58:11	+18:55 09:51
5	695	Nádia Silva	The Lost Team Trail	Veterana F45	02:07:17	+28:00 10:36
6	694	Maria José Mourão	The Lost Team Trail	Veterana F45	02:07:17	+28:01 10:36

Veterana F50

1	524	Maria Lurdes Pereira	CCD Matosinhos	Veterana F50	01:25:42	07:08
2	562	ADÉLIA SENDAS MELGO	GINÁSIO CLUBE DE BRAGANÇA	Veterana F50	01:36:00	+10:18 08:00
3	513	Adozinda Sousa	Carcavelos Caravela Seguros	Veterana F50	01:39:03	+13:21 08:15
4	696	Otilia Fontes	The Lost Team Trail	Veterana F50	01:50:42	+25:00 09:14
5	171	Margarida Soares	The Lost Team Trail	Veterana F50	02:07:18	+41:36 10:36

Trail Curto

12 KM

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OFFICIAL RESULT

[illegible]

6	666	Isilda Namora	São Team	Veterana F50	02:35:52	+01:10:09	12:59
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Veterana F55

1	508	Helena Abrantes	CARAPAU DE CORRIDA	Veterana F55	01:35:14	07:56
2	667	Claudia Sotto Mayor	São Team	Veterana F55	01:39:52	+04:37 08:19
3	636	Maria Ferreira	MSS Grupo Desportivo de Gondomar	Veterana F55	01:46:19	+11:04 08:52
4	670	Natália Ribeiro	São Team	Veterana F55	01:48:00	+12:45 09:00
5	591	Teresa Bessa	Individual	Veterana F55	01:53:38	+18:23 09:28
6	669	Luisa Valente	São Team	Veterana F55	02:35:53	+01:00:38 12:59

Veterana F60

1	502	Paula Moreira	Amigos 100 Limites	Veterana F60	01:54:29	09:32
2	592	Albina Ferreira	Individual	Veterana F60	02:04:52	+10:22 10:24
3	563	EUFÉLIA DOMINGUES	GINÁSIO CLUBE DE BRAGANÇA	Veterana F60	02:06:33	+12:03 10:33

Veterano M35

1	564	FELIPE DA SILVA	GINÁSIO CLUBE DE BRAGANÇA	Veterano M35	01:18:16	06:31
2	638	Márcio Teixeira	MSS Grupo Desportivo de Gondomar	Veterano M35	01:20:45	+02:28 06:44
3	539	Rogério Rocha	Coronado runners	Veterano M35	01:21:19	+03:02 06:47
4	149	Ricardo Gomes	Nascidos Para Correr - Associação Desportiva	Veterano M35	01:24:17	+06:00 07:01
5	596	Luis Mendonça	Individual	Veterano M35	01:26:49	+08:32 07:14
6	597	Nuno Miguel Leocádio Oliveira	Individual	Veterano M35	01:30:27	+12:10 07:32
7	595	Jesus Tarifa	Individual	Veterano M35	01:35:32	+17:15 07:58
8	658	João Martins	Petrus Runners	Veterano M35	01:38:10	+19:53 08:11
9	593	André Felipe Ferreira da Silva	Individual	Veterano M35	01:41:29	+23:13 08:27
10	594	Bruno Fernandes	Individual	Veterano M35	01:42:48	+24:31 08:34
11	598	Pedro Quintas	Individual	Veterano M35	01:52:06	+33:49 09:20

Veterano M40

1	675	Gabi murillo	Sport comercios salgueiros	Veterano M40	58:15		04:51
2	556	Ricardo Brandão	Gens S.C. Trail	Veterano M40	58:18	+00:03	04:52
3	654	André Silva	NS Trail Team	Veterano M40	58:30	+00:14	04:53
4	599	Bruno Pereira	Individual	Veterano M40	01:07:46	+09:30	05:39
5	151	Filipe Marques	Nascidos Para Correr - Associação Desportiva	Veterano M40	01:13:23	+15:07	06:07
6	507	Nuno Teixeira	Caldas de São Jorge Sport Clube	Veterano M40	01:14:59	+16:43	06:15
7	653	João Torres	NOCTURNOS DE PAREDES	Veterano M40	01:15:49	+17:33	06:19
8	602	Mário Pereira	Individual	Veterano M40	01:22:24	+24:08	06:52

Official Timekeeper: Lap2Go	3 / 6	generate 25-mai.-2025 12:20
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Trail Curto

12 KM

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OFFICIAL RESULT

[illegible]

9	172	Pedro Silva	The Lost Team Trail	Veterano M40	01:22:30	+24:14	06:53
10	600	Joao Luis Ferreira	Individual	Veterano M40	01:30:06	+31:50	07:31
11	534	Nuno Nascimento	Clube do Vento	Veterano M40	01:31:27	+33:11	07:37
12	639	Alberto Vitelo	MSS Grupo Desportivo de Gondomar	Veterano M40	01:33:12	+34:57	07:46
13	601	José Pedro Barbosa	Individual	Veterano M40	01:34:48	+36:32	07:54
14	604	Tiago Barros	Individual	Veterano M40	01:36:12	+37:56	08:01
15	506	Diogo Sousa	Atletas da preguiça	Veterano M40	01:37:59	+39:43	08:10
16	680	Pedro Magalhães	STONE BRIDGE RUNNERS	Veterano M40	01:45:21	+47:05	08:47
17	631	João Carvalho	LUSOS XXI	Veterano M40	01:55:09	+56:53	09:36
18	548	Hugo Miguel Rodrigues Campelo	Fidelidade GDC	Veterano M40	02:07:29	+01:09:13	10:37
19	549	Roberto Filipe Gato Henriques	Fidelidade GDC	Veterano M40	02:12:02	+01:13:46	11:00

Veterano M45

1	516	Pedro Gilvaz	Carcavelos Caravela Seguros	Veterano M45	58:30	04:53
2	641	Fábio Sufiatti	MSS Grupo Desportivo de Gondomar	Veterano M45	01:04:37	+06:06 05:23
3	642	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	Veterano M45	01:07:21	+08:51 05:37
4	632	Leandro Martins	MARTINS	Veterano M45	01:13:21	+14:51 06:07
5	552	Rui Gonçalves	GDRJRIBEIRAS	Veterano M45	01:18:26	+19:55 06:32
6	640	Adriano França	MSS Grupo Desportivo de Gondomar	Veterano M45	01:21:22	+22:51 06:47
7	705	delfim filho	Individual	Veterano M45	01:24:48	+26:17 07:04
8	545	João Campos	DDT RUNNERS	Veterano M45	01:33:45	+35:14 07:49
9	565	SÉRGIO ARAÚJO	GINÁSIO CLUBE DE BRAGANÇA	Veterano M45	01:33:51	+35:20 07:49
10	661	Hugo Bezerra	Rebeldes Trail	Veterano M45	01:38:41	+40:10 08:13
11	682	Ricardo Cardoso	STONE BRIDGE RUNNERS	Veterano M45	01:45:22	+46:51 08:47
12	683	Ricardo Coelho	STONE BRIDGE RUNNERS	Veterano M45	01:45:24	+46:53 08:47
13	510	Nelson Pereira	CARAPAU DE CORRIDA	Veterano M45	01:49:59	+51:28 09:10
14	607	Luis Li	Individual	Veterano M45	01:53:08	+54:37 09:26
15	535	Nuno Silva	Clube do Vento	Veterano M45	01:58:37	+01:00:06 09:53
16	655	Pedro Pereira	Os Remendados	Veterano M45	02:03:19	+01:04:49 10:17
17	681	Hugo Rodrigues	STONE BRIDGE RUNNERS	Veterano M45	02:03:42	+01:05:11 10:19
18	606	Eduardo Guedes	Individual	Veterano M45	02:07:03	+01:08:32 10:35
19	608	Pedro Azevedo	Individual	Veterano M45	02:12:03	+01:13:33 11:00

Veterano M50

1	644	Luís Silvestre	MSS Grupo Desportivo de Gondomar	Veterano M50	01:07:27	05:37
2	553	Joaquim Pinto	GDRJRIBEIRAS	Veterano M50	01:14:08	+06:41 06:11
3	645	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	Veterano M50	01:15:57	+08:29 06:20
4	567	JORGE PIRES	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	01:23:09	+15:42 06:56
5	566	HENRIQUE BAESSA	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	01:23:15	+15:48 06:56

Trail Curto

12 KM

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OFFICIAL RESULT

[illegible]

6	643	António Rocha	MSS Grupo Desportivo de Gondomar	Veterano M50	01:24:07	+16:40	07:01
7	684	Rui Cunha	STONE BRIDGE RUNNERS	Veterano M50	01:25:41	+18:14	07:08
8	700	Rui Pedro Pena	TRAIL - Grupo Desportivo de Trancoso	Veterano M50	01:27:35	+20:08	07:18
9	629	Joaquim Nogueira	KeMedo Team	Veterano M50	01:33:08	+25:41	07:46
10	628	Carlos Rocha	KeMedo Team	Veterano M50	01:34:03	+26:36	07:50
11	543	antonio magalhaes	CPN RUNNING TEAM	Veterano M50	01:44:46	+37:19	08:44
12	646	Rui Augusto	MSS Grupo Desportivo de Gondomar	Veterano M50	01:48:03	+40:36	09:00
13	662	Fernando Barbosa	Rebeldes Trail	Veterano M50	01:49:34	+42:07	09:08
14	609	Joaquim Oliveira	Individual	Veterano M50	01:52:48	+45:21	09:24
15	626	Nuno Cabral	Infesta Autênticos	Veterano M50	01:53:51	+46:24	09:29
16	671	Mohammed Moudnib	São Team	Veterano M50	01:58:15	+50:48	09:51
17	610	Jorge Teixeira	Individual	Veterano M50	02:00:45	+53:18	10:04
18	551	Jorge Marques	GD4C	Veterano M50	02:05:18	+57:51	10:27
19	546	Fernando Coutinho	EquipaBOOT	Veterano M50	02:07:28	+01:00:01	10:37
20	689	Luis Pena	Tartarugas Velozes	Veterano M50	02:32:57	+01:25:30	12:45

Veterano M55

1	648	Asdrúbal Freitas	MSS Grupo Desportivo de Gondomar	Veterano M55	01:12:13		06:01
2	615	Joaquim Manuel Lopes Cunha	Individual	Veterano M55	01:14:44	+02:31	06:14
3	647	António Martins	MSS Grupo Desportivo de Gondomar	Veterano M55	01:15:10	+02:57	06:16
4	618	Paulo Manuel Pereira Faria Faria	Individual	Veterano M55	01:17:35	+05:22	06:28
5	554	Agostinho Sequeira	GDRJRIBEIRAS	Veterano M55	01:34:15	+22:02	07:51
6	555	José Moura	GDRJRIBEIRAS	Veterano M55	01:34:26	+22:12	07:52
7	673	Ricardo Beirão	São Team	Veterano M55	01:39:51	+27:38	08:19
8	672	Fernando Jorge Oliveira	São Team	Veterano M55	01:41:00	+28:46	08:25
9	649	Joaquim Moreira	MSS Grupo Desportivo de Gondomar	Veterano M55	01:46:13	+34:00	08:51
10	613	Alcidio Figueiredo	Individual	Veterano M55	01:48:11	+35:57	09:01
11	152	Joaquim Santos	Os Remendados	Veterano M55	02:03:19	+51:06	10:17
12	617	Manuel Jorge Nogueira Silva	Individual	Veterano M55	02:06:00	+53:47	10:30
13	614	João Santana	Individual	Veterano M55	02:06:01	+53:47	10:30
14	616	José Carmo Teixeira	Individual	Veterano M55	02:07:02	+54:49	10:35
15	650	Rui Machado	MSS Grupo Desportivo de Gondomar	Veterano M55	02:14:41	+01:02:27	11:13

Veterano M60

1	519	Mario Gonçalves	Carcavelos Caravela Seguros	Veterano M60	01:04:49	05:24
2	571	Fernando Leal	GRUPO MSS CONTABILIDADE	Veterano M60	01:11:41	+06:51 05:58
3	570	MANUEL PALMEIRO	GINÁSIO CLUBE DE BRAGANÇA	Veterano M60	01:16:19	+11:29 06:22
4	569	DELMAR DOMINGUES	GINÁSIO CLUBE DE BRAGANÇA	Veterano M60	01:25:39	+20:49 07:08
5	525	António Celeste	CCD Matosinhos	Veterano M60	01:37:43	+32:54 08:09

Trail Curto

12 KM

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OFFICIAL RESULT

[illegible]

6	651	António Costa	MSS Grupo Desportivo de Gondomar	Veterano M60	01:39:07	+34:17	08:16
7	544	Arnaldo Martins	CPN RUNNING TEAM	Veterano M60	01:44:45	+39:56	08:44
8	619	Celso Azevedo	Individual	Veterano M60	01:49:49	+45:00	09:09
9	568	CARLOS FERNANDES	GINÁSIO CLUBE DE BRAGANÇA	Veterano M60	02:06:45	+01:01:56	10:34
10	627	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	Veterano M60	02:14:40	+01:09:50	11:13

Veterano M65

1	652	José Pereira	MSS Grupo Desportivo de Gondomar	Veterano M65	01:07:29	05:37
2	521	Casimiro Galhardo	Carcavelos Caravela Seguros	Veterano M65	01:07:46	+00:17 05:39
3	621	Carlos Pardelinha	Individual	Veterano M65	01:28:54	+21:25 07:24
4	501	Carlos Macedo	A.D.Amarante trail running	Veterano M65	01:34:12	+26:43 07:51
5	660	José Santos	Petrus Runners	Veterano M65	01:43:55	+36:26 08:40
6	522	Horácio Teixeira	Carcavelos Caravela Seguros	Veterano M65	01:50:24	+42:55 09:12
7	134	Abílio Soares	Individual	Veterano M65	02:02:44	+55:15 10:14
8	674	José Guilherme	São Team	Veterano M65	02:35:48	+01:28:19 12:59