

TRAIL - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:50	8,7°C	86%
End	12:51	8,7°C	86%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	514	Joaquim Sousa	GRVILAVERDENSE	02:16:30		05:56	
2	539	Alfredo Gaspar	Talentos Objetivos	02:16:43	+00:13	05:57	
3	525	André Magalhães	Individual	02:17:39	+01:09	05:59	
4	538	Pedro Daniel de Oliveira Veríssimo	OCS - ARRÁBIDA TRAIL TEAM	02:19:16	+02:46	06:03	
5	510	Jose margarido	CLTT - Clínica Litoral Trail Team	02:23:10	+06:40	06:13	
6	509	João Margarido	CLTT - Clínica Litoral Trail Team	02:24:03	+07:33	06:16	
7	534	Paulo Manuel Ramos Santos	Grupo Desportivo Ferreirense	02:24:44	+08:14	06:18	
8	506	Hélder Fernando da Silva Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	02:29:25	+12:55	06:30	
9	542	Pedro Mendes	Talentos Objetivos	02:31:10	+14:40	06:34	
10	541	Miguel Goyanes	Talentos Objetivos	02:33:05	+16:35	06:39	
11	540	Amílcar Ramos	Talentos Objetivos	02:36:58	+20:28	06:49	
12	513	Pedro Ponte	Grupo Desportivo Ferreirense	02:40:46	+24:16	06:59	
13	545	Eduardo Loureiro	Talentos Objetivos	02:46:28	+29:58	07:14	
14	517	Melissa Fernandes	Individual	02:46:36	+30:06	07:15	
15	512	vitór cação	Gatões Trail	02:46:40	+30:10	07:15	
16	511	Isaias Taveira Martins	DCI/Trilhos Luso Bussaco	02:48:12	+31:42	07:19	
17	515	Nuno Torres	GRVILAVERDENSE	02:52:19	+35:49	07:30	
18	536	José Pereira	Jose Pereira	02:54:05	+37:35	07:34	
19	533	José Brás	Individual	02:55:00	+38:30	07:37	
20	535	José Gil	Grupo Desportivo Ferreirense	02:58:29	+41:59	07:46	
21	537	Nelson Perpétua	LIZ RUNNERS	03:05:13	+48:43	08:03	
22	147	Ana Filipa Lopes Domingues Simões	Gatões BTT	03:07:49	+51:19	08:10	
23	531	Chris Hilton	Individual	03:08:36	+52:06	08:12	
24	528	Cesar Tafula	Individual	03:09:01	+52:31	08:13	
25	530	Ricardo patricio	Individual	03:09:25	+52:55	08:14	
26	502	Pedro Amaro	Aqui há gato	03:14:51	+58:21	08:28	
27	519	Fernando Manuel Dias Sousa	Individual	03:16:31	+01:00:01	08:33	
28	518	Diogo Jorge	Individual	03:16:32	+01:00:02	08:33	
29	543	Luís Figueiredo	TransQuiaiosTeam	03:19:30	+01:03:00	08:40	
30	544	Tiago Vilão	TransQuiaiosTeam	03:20:03	+01:03:33	08:42	
31	529	Pedro Mouro	Individual	03:23:56	+01:07:26	08:52	
32	516	Rui Santos	GRVILAVERDENSE	03:27:53	+01:11:23	09:02	
33	521	Paula Ferreira	Akuafit	03:28:42	+01:12:12	09:04	
34	504	Marisa Cláudia Teixeira Ferreira	ARSM - Associação Recreativa de S. Miguel	03:33:53	+01:17:23	09:18	
35	527	Vagner Filipe	Individual	03:37:27	+01:20:57	09:27	
36	522	Isabel Gomes	Gatões Trail	03:38:18	+01:21:48	09:29	
37	508	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	03:46:53	+01:30:23	09:52	
38	501	Sandra Isabel Mendes dos Reis	Academia de Desportos de Condeixa	04:00:02	+01:43:32	10:26	

Trail

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:50	8,7°C	86%
End	12:51	8.7°C	86%

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

1	517	Melissa Fernandes	Individual	Senior Feminino	02:46:36	07:15
2	147	Ana Filipa Lopes Domingues Simões	Gatões BTT	Senior Feminino	03:07:49	+21:12 08:10

Senior Masculino

1	513	Pedro Ponte	Grupo Desportivo Ferreirense	Senior Masculino	02:40:46	06:59:25
2	511	Isaías Taveira Martins	DCI/Trilhos Luso Bussaco	Senior Masculino	02:48:12	+07:25 07:19:25
3	519	Fernando Manuel Dias Sousa	Individual	Senior Masculino	03:16:31	+35:44 08:33:31
4	518	Diogo Jorge	Individual	Senior Masculino	03:16:32	+35:45 08:33:32

Sub 23 Masculino

1	514	Joaquim Sousa	GRVILAVERDENSE	Sub 23 Masculino	02:16:30	05:56
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Veterana F40

1	508	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	03:46:53	09:52:00
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Veterana F45

1	521	Paula Ferreira	Akuafit	Veterana F45	03:28:42	09:04
2	504	Marisa Cláudia Teixeira Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterana F45	03:33:53	+05:11 09:18
3	501	Sandra Isabel Mendes dos Reis	Academia de Desportos de Condeixa	Veterana F45	04:00:02	+31:19 10:26

Veterana F55

1	522	Isabel Gomes	Gatões Trail	Veterana F55	03:38:18	09:29
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Veterano M40

1	539	Alfredo Gaspar	Talentos Objetivos	Veterano M40	02:16:43	05:57
2	525	André Magalhães	Individual	Veterano M40	02:17:39	+00:56 05:58
3	545	Eduardo Loureiro	Talentos Objetivos	Veterano M40	02:46:28	+29:45 07:14
4	515	Nuno Torres	GRVILAVERDENSE	Veterano M40	02:52:19	+35:36 07:30
5	543	Luís Figueiredo	TransQuiaiosTeam	Veterano M40	03:19:30	+01:02:47 08:40

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Trail

23 KM

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OFFICIAL RESULT

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6	544	Tiago Vilão	TransQuiaiosTeam	Veterano M40	03:20:03	+01:03:20	08:42
7	527	Vagner Filipe	Individual	Veterano M40	03:37:27	+01:20:44	09:27

Veterano M45

1	538	Pedro Daniel de Oliveira Veríssimo	OCS - ARRÁBIDA TRAIL TEAM	Veterano M45	02:19:16	06:03
2	510	Jose margarido	CLTT - Clínica Litoral Trail Team	Veterano M45	02:23:10	+03:54 06:13
3	509	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M45	02:24:03	+04:47 06:16
4	506	Hélder Fernando da Silva Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M45	02:29:25	+10:09 06:30
5	541	Miguel Goyanes	Talentos Objetivos	Veterano M45	02:33:05	+13:49 06:39
6	540	Amílcar Ramos	Talentos Objetivos	Veterano M45	02:36:58	+17:42 06:49
7	512	vitor cação	Gatões Trail	Veterano M45	02:46:40	+27:24 07:15
8	528	Cesar Tafula	Individual	Veterano M45	03:09:01	+49:45 08:13
9	502	Pedro Amaro	Aqui há gato	Veterano M45	03:14:51	+55:35 08:28

Veterano M50

1	542	Pedro Mendes	Talentos Objetivos	Veterano M50	02:31:10	06:34
2	536	José Pereira	Jose Pereira	Veterano M50	02:54:05	+22:54 07:34
3	537	Nelson Perpétua	LIZ RUNNERS	Veterano M50	03:05:13	+34:02 08:03
4	530	Ricardo patricio	Individual	Veterano M50	03:09:25	+38:14 08:14
5	529	Pedro Moura	Individual	Veterano M50	03:23:56	+52:45 08:52

Veterano M55

1	534	Paulo Manuel Ramos Santos	Grupo Desportivo Ferreirense	Veterano M55	02:24:44	06:18
2	533	José Brás	Individual	Veterano M55	02:55:00	+30:16 07:37
3	531	Chris Hilton	Individual	Veterano M55	03:08:36	+43:52 08:12
4	516	Rui Santos	GRVILAVERDENSE	Veterano M55	03:27:53	+01:03:09 09:02

Veterano M60

1	535	José Gil	Grupo Desportivo Ferreirense	Veterano M60	02:58:29	07:46
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MINI TRAIL - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9°C	86%
End	12:39	9°C	86%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	69	João Novo	Atletismo Clube da Tocha	01:06:44		05:08	
2	156	Tiago Silva	Gatões BTT	01:06:58	+00:14	05:09	
3	74	Alex Silva	Atletismo Clube da Tocha	01:07:32	+00:48	05:12	
4	134	José Madeira	Escola de Atletismo de Coimbra/João Marques Real State	01:08:48	+02:04	05:18	
5	133	José Galvão	Escola de Atletismo de Coimbra/João Marques Real State	01:09:37	+02:53	05:21	
6	333	Jorge Filipe Gomes Albuquerque	UGAS TRAIL	01:12:05	+05:21	05:33	
7	318	Pedro Farias	Talentos Objetivos	01:13:19	+06:35	05:38	
8	70	Joaquim Oliveira	Atletismo Clube da Tocha	01:13:22	+06:38	05:39	
9	75	César Manuel de Jesus Figueiredo	Atletismo Clube da Tocha	01:13:32	+06:48	05:39	
10	135	Didier Jesus	Escola de Atletismo de Coimbra/João Marques Real State	01:14:00	+07:16	05:42	
11	68	Fábio Antunes	Atletismo Clube da Tocha	01:15:05	+08:21	05:47	
12	131	Hugo Neto	Escola de Atletismo de Coimbra/João Marques Real State	01:15:14	+08:30	05:47	
13	158	Jorge Simões	Gatões BTT	01:15:27	+08:43	05:48	
14	46	Ricardo Manuel Silva Oliveira	Ameal Trail	01:15:46	+09:02	05:50	
15	98	José Belbuche	Centro de Trail Carlos Sá Penacova Team	01:15:52	+09:08	05:50	
16	138	vítor Gomes	Flashover	01:16:30	+09:46	05:53	
17	16	Joao Simoes	ACDRS QUINHENDROS	01:16:35	+09:51	05:53	
18	18	Orlando Pires	ACDRS QUINHENDROS	01:18:51	+12:07	06:04	
19	61	Miguel lopes	ASCVALEIRINHA Trail	01:19:17	+12:33	06:06	
20	122	Paulo Faria	Trilhos Luso do Bussaco	01:19:18	+12:34	06:06	
21	255	Xavier Gonçalves	MIRO TRAIL	01:20:12	+13:28	06:10	
22	289	Luís Silva	RODA DIANTEIRA	01:20:20	+13:36	06:11	
23	78	José Manuel Jesus Zananar	Atletismo Clube da Tocha	01:20:47	+14:03	06:13	
24	282	José Carvalho	Pereira Trail	01:20:58	+14:14	06:14	
25	256	Tiago Duarte	MIRO TRAIL	01:21:04	+14:20	06:14	
26	86	Paulo Nunes	CAOH- Clube Atlético de Oliveira do Hospital	01:21:17	+14:33	06:15	
27	8	Tiago Moreno	ACDRS QUINHENDROS	01:21:21	+14:37	06:15	
28	13	Márcio Rodrigues	ACDRS QUINHENDROS	01:21:24	+14:40	06:16	
29	275	João Neves	Pereira Trail	01:21:41	+14:57	06:17	
30	128	José Torres	Domus Trail	01:21:54	+15:10	06:18	
31	155	Nuno Bugalho	Gatões BTT	01:21:57	+15:13	06:18	
32	307	Rúben Martins	Tainadas Run Team-Somengil	01:22:40	+15:56	06:22	
33	65	Nelson Filipe de Almeida Heleno	ASSSCC Ar Livre e Aventura	01:22:42	+15:58	06:22	
34	12	BRUNO RODRIGUES	ACDRS QUINHENDROS	01:23:15	+16:31	06:24	
35	310	João Dias	Talentos Objetivos	01:23:38	+16:54	06:26	
36	111	Vítor Oliveira	DCI/Trilhos Luso Bussaco	01:23:43	+16:59	06:26	
37	507	Bruno Primo	Centro de Trail Carlos Sá Penacova Team	01:23:44	+17:00	06:26	
38	10	Aurélio Luís Bessa Saúde	ACDRS QUINHENDROS	01:24:26	+17:42	06:30	
39	9	Tiago Simões	ACDRS QUINHENDROS	01:24:53	+18:09	06:32	

Official Timekeeper: Lap2Go	1 / 8	generate 09-nov.-2025 12:40
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MINI TRAIL - STAGE 1

13 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
40	35	Marco Brásio	ADCR Pereira	01:25:07	+18:23	06:33	
41	311	Ana Botelho	Talentos Objetivos	01:25:19	+18:35	06:34	
42	66	Gonçalo Gonçalves	ASSSCC Ar Livre e Aventura	01:25:51	+19:07	06:36	
43	79	Bruno Romão	Bairro dos anjos	01:25:58	+19:14	06:37	
44	23	Luis Lourenço	ACR seixo mira	01:26:35	+19:51	06:40	
45	76	Duarte Domingues	Atletismo Clube da Tocha	01:26:39	+19:55	06:40	
46	103	Paulo Pereira	CF Os Marialvas	01:26:40	+19:56	06:40	
47	330	MIGUEL ÂNGELO SANTO PINÃO	UGAS TRAIL	01:26:55	+20:11	06:41	
48	346	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:27:12	+20:28	06:42	
49	145	José Jesus	Formobike BTT & Trail Running	01:27:43	+20:59	06:45	
50	345	Francisco Missa	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:27:52	+21:08	06:46	
51	227	Pedro Cruz	Individual	01:28:18	+21:34	06:48	
52	47	Carlos Ferreira	Ameal Trail	01:29:05	+22:21	06:51	
53	164	Jose goncalves	Grupo Alegre Unido Bajouca	01:29:53	+23:09	06:55	
54	85	Luís Chaves	CAOH- Clube Atlético de Oliveira do Hospital	01:30:47	+24:03	06:59	
55	19	TóZé Serra	ACDRS QUINHENDROS	01:30:51	+24:07	06:59	
56	99	Tiago Ferreira	Centro de Trail Carlos Sá Penacova Team	01:30:54	+24:10	07:00	
57	73	Vítor Ferreira	Atletismo Clube da Tocha	01:31:03	+24:19	07:00	
58	150	Luís Miguel Oliveira da Silva	Gatões BTT	01:31:15	+24:31	07:01	
59	188	Miguel Vasco	GRVILAVERDENSE	01:32:01	+25:17	07:05	
60	232	Daniel Silva	Individual	01:32:12	+25:28	07:06	
61	248	Antonio ferreira	ACDRS QUINHENDROS	01:32:18	+25:34	07:06	
62	62	André Santos	ASSSCC Ar Livre e Aventura	01:32:32	+25:48	07:07	
63	146	Adão Bessa	Gang da Pedra	01:32:39	+25:55	07:08	
64	325	Paulo Marques	Talentos Objetivos	01:32:53	+26:09	07:09	
65	288	Bruno Cartaxo	RM Runners by Mira a Mexer	01:33:07	+26:23	07:10	
66	268	João matos	MIRO TRAIL	01:33:12	+26:28	07:10	
67	130	MELANIE MULLER MAIZ	EDV Viana Trail	01:33:14	+26:30	07:10	
68	210	Afonso Cruz	Individual	01:33:24	+26:40	07:11	
69	270	Luís Vilela	MONANHA CLUBE TRAIL RUNNING EFAPEL	01:33:44	+27:00	07:13	
70	344	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:33:55	+27:11	07:13	
71	283	Carlos Correia	Pereira Trail	01:34:43	+27:59	07:17	
72	338	Jorge Manuel de Jesus Perdigão	Unidos Run Team / As Oliveirinhas	01:34:52	+28:08	07:18	
73	54	Salomé Oliveira	ARCD Venda da Luísa	01:35:05	+28:21	07:19	
74	319	Samuel Cabete	Talentos Objetivos	01:35:16	+28:32	07:20	
75	329	Duarte Almeida	UGAS TRAIL	01:35:43	+28:59	07:22	
76	58	José Correia	ARSM - Associação Recreativa de S. Miguel	01:35:52	+29:08	07:22	
77	353	Vítor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:36:00	+29:16	07:23	
78	323	Pedro Figueiredo	Talentos Objetivos	01:36:08	+29:24	07:24	
79	205	Jorge Fernandes	Individual	01:36:09	+29:25	07:24	
80	120	Dora Gomes	Domus Trail	01:36:18	+29:34	07:24	
81	291	Mauro Gonçalves	RODA DIANTEIRA	01:37:06	+30:22	07:28	
82	326	Manuel Cabete	Talentos Objetivos	01:37:12	+30:28	07:29	
83	182	César Azenha	GRVILAVERDENSE	01:37:28	+30:44	07:30	
84	187	Carlos Santos	GRVILAVERDENSE	01:37:29	+30:45	07:30	
85	29	Cláudia Sofia Neto	ADCR Pereira	01:37:30	+30:46	07:30	

MINI TRAIL - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
86	149	Hugo Nobre	Gatões BTT	01:37:30	+30:46	07:30	
87	360	kathryn du buisson	Talentos Objetivos	01:38:17	+31:33	07:34	
88	26	Pedro Baptista	ACR seixo mira	01:38:50	+32:06	07:36	
89	281	André Santos	Pereira Trail	01:39:07	+32:23	07:37	
90	304	Nuno Silva	Sporting Clube Povoense - Caracóis de Corrida	01:39:28	+32:44	07:39	
91	238	Nuno Gonçalo Mendes Queda	Gatões BTT	01:39:45	+33:01	07:40	
92	71	Luis Miguel Varanda	Atletismo Clube da Tocha	01:39:51	+33:07	07:41	
93	11	Bruno B. Ferreira	ACDRS QUINHENDROS	01:40:05	+33:21	07:42	
94	36	Afonso Lopes	Talentos Objectivos	01:40:44	+34:00	07:45	
95	173	Marlene Marques	GRVILAVERDENSE	01:40:44	+34:00	07:45	
96	1	Tiago Pereira	233 Club	01:40:50	+34:06	07:45	
97	84	Isabel Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	01:40:51	+34:07	07:45	
98	184	José Silva	GRVILAVERDENSE	01:40:56	+34:12	07:46	
99	252	Luís Dias	Individual	01:40:57	+34:13	07:46	
100	276	Guida Carvalho	Pereira Trail	01:40:57	+34:13	07:46	
101	547	Ruben Miguel Jesus Santos	Individual	01:40:57	+34:13	07:46	
102	102	Miguel Figueiredo	Centro de Trail Carlos Sá Penacova Team	01:41:04	+34:20	07:46	
103	316	Ana Cristina Çaçoete	Talentos Objetivos	01:41:07	+34:23	07:47	
104	151	Rui Pereira	Gatões BTT	01:41:15	+34:31	07:47	
105	141	Vicente Zuzarte	FLASHOVER-BVPENELA	01:41:22	+34:38	07:48	
106	226	Diogo Rocha	Individual	01:41:28	+34:44	07:48	
107	245	Cláudio Espada	Individual	01:41:29	+34:45	07:48	
108	284	Wesley Rosa	RM Runners by Mira a Mexer	01:42:06	+35:22	07:51	
109	77	Luis Varanda	Atletismo Clube da Tocha	01:42:26	+35:42	07:53	
110	21	André Coquim	ACR seixo mira	01:42:51	+36:07	07:55	
111	350	Nuno Caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:43:03	+36:19	07:56	
112	162	Eugénio Santos	Gelcentro team	01:43:25	+36:41	07:57	
113	34	Lúcia Sofia Silva	ADCR Pereira	01:43:34	+36:50	07:58	
114	20	Rodrigo Carlos	ACR seixo mira	01:43:36	+36:52	07:58	
115	64	Catarina Marques	ASSSCC Ar Livre e Aventura	01:43:37	+36:53	07:58	
116	181	celso ferreira	GRVILAVERDENSE	01:43:40	+36:56	07:58	
117	349	Luis FilipeMartins Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:44:29	+37:45	08:02	
118	312	Ana Monteiro	Talentos Objetivos	01:44:40	+37:56	08:03	
119	324	Rui Silva	Talentos Objetivos	01:44:43	+37:59	08:03	
120	93	Jenna Tiffany-Skinner	Centro de Trail Carlos Sá Penacova Team	01:45:09	+38:25	08:05	
121	44	Válter Afonso	Ameal Trail	01:45:16	+38:32	08:06	
122	113	Bruno Mestre	Domus Trail	01:45:26	+38:42	08:07	
123	207	Rafael Ferreira	Individual	01:45:36	+38:52	08:07	
124	322	Nuno Coelho	Talentos Objetivos	01:45:38	+38:54	08:08	
125	59	Inês Cruz	ASCVALEIRINHA Trail	01:45:45	+39:01	08:08	
126	28	Kevin Cruz	ACSValeirinha	01:45:48	+39:04	08:08	
127	167	Fausto Emanuel Forte dos Reis	Grupo Recreativo Eirense	01:46:18	+39:34	08:11	
128	45	Daniel Ramos	Ameal Trail	01:46:19	+39:35	08:11	
129	165	Gui Rodrigues	Grupo Desportivo Ferreirense	01:46:23	+39:39	08:11	
130	148	Vanessa Fernandes	Gatões BTT	01:46:30	+39:46	08:12	
131	195	Vítor Alemão	GRVILAVERDENSE	01:46:35	+39:51	08:12	

MINI TRAIL - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
132	80	Pedro Valença	Botão Camp	01:47:13	+40:29	08:15	
133	4	Jorge Almeida	Academia de Desportos de Condeixa	01:47:22	+40:38	08:16	
134	3	Ana Rosário	Academia de Desportos de Condeixa	01:47:22	+40:38	08:16	
135	250	Paulo Acúrcio	Individual	01:47:48	+41:04	08:18	
136	351	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:47:54	+41:10	08:18	
137	49	Carlos Campos	Ameal Trail	01:47:54	+41:10	08:18	
138	222	Sandra Ferreira	Individual	01:47:58	+41:14	08:18	
139	303	José Miguel Machado Marques dos Santos	Sporting Clube Povoense - Caracóis de Corrida	01:48:25	+41:41	08:20	
140	17	António Gaspar	ACDRS QUINHENDROS	01:48:28	+41:44	08:21	
141	287	Rui Canudo	RM Runners by Mira a Mexer	01:48:30	+41:46	08:21	
142	241	Tiago Lopes	Ansibeikers	01:48:32	+41:48	08:21	
143	185	Nuno Gois	GRVILAVERDENSE	01:48:36	+41:52	08:21	
144	192	Vitor Santos	GRVILAVERDENSE	01:48:38	+41:54	08:21	
145	171	Rafael Alemão	GRVILAVERDENSE	01:48:50	+42:06	08:22	
146	337	Carine Oliveira Loureiro	Unidos Run Team / As Oliveirinhas	01:48:52	+42:08	08:22	
147	14	CARLOS MANUEL SANTOS SILVA	ACDRS QUINHENDROS	01:48:52	+42:08	08:22	
148	96	MONICA PATRICIA CARDOSO MARQUES	Centro de Trail Carlos Sá Penacova Team	01:49:04	+42:20	08:23	
149	309	Jorge martins	Tainadas Run Team-Somengil	01:49:05	+42:21	08:23	
150	2	Pedro Vieira	A.D. Amarante Trail Running	01:49:11	+42:27	08:24	
151	364	Paulo Fernandes	Individual	01:49:34	+42:50	08:26	
152	335	Nuno Costa	UGAS TRAIL	01:49:43	+42:59	08:26	
153	22	Jorge Castelhana	ACR seixo mira	01:50:11	+43:27	08:29	
154	295	Luís Dias	RUNNING4FUN TEAM VISEU	01:50:13	+43:29	08:29	
155	108	Pedro Quadrio	Com(dores)	01:50:18	+43:34	08:29	
156	6	Vera Tomé	Academia de Desportos de Condeixa	01:50:36	+43:52	08:30	
157	235	Jorge Berardo	Individual	01:50:38	+43:54	08:31	
158	277	Cátia Ferreira	Pereira Trail	01:50:58	+44:14	08:32	
159	320	Bruno Costa	Talentos Objetivos	01:50:59	+44:15	08:32	
160	31	Joana Lopes	ADCR Pereira	01:51:25	+44:41	08:34	
161	206	Miguel Rodrigues Patinho	Individual	01:51:26	+44:42	08:34	
162	193	Hermínio Almeida	GRVILAVERDENSE	01:51:40	+44:56	08:35	
163	63	Brian Dias Ferreira	ASSSCC Ar Livre e Aventura	01:51:45	+45:01	08:36	
164	204	Gonçalo Cardoso	Individual	01:52:12	+45:28	08:38	
165	336	Leonel Ramos	UGAS TRAIL	01:52:20	+45:36	08:38	
166	139	Alexandra Duarte	FLASHOVER-BVPENELA	01:52:32	+45:48	08:39	
167	51	Diogo Teixeira	ARCD Venda da Luísa	01:52:33	+45:49	08:39	
168	48	Pedro Relvao	Ameal Trail	01:53:09	+46:25	08:42	
169	300	Marinho Paulo Penacho Nunes	SOURE MOV	01:53:24	+46:40	08:43	
170	357	Carlos António Mota Longo da Conceição	cscrfcharneca	01:53:24	+46:40	08:43	
171	5	Liliana Agante	Academia de Desportos de Condeixa	01:53:44	+47:00	08:45	
172	242	Jaime Figueiredo	Individual	01:53:50	+47:06	08:45	
173	97	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	01:54:29	+47:45	08:48	
174	321	Nelson Lopes	Talentos Objetivos	01:54:45	+48:01	08:50	
175	105	Ricardo Oliveira	Com(dores)	01:54:59	+48:15	08:51	

MINI TRAIL - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
176	314	Elsa Peres	Talentos Objetivos	01:55:25	+48:41	08:53	
177	170	João Santos	GRVILAVERDENSE	01:55:48	+49:04	08:54	
178	301	Gil Maia dos Santos	Sporting Clube Povoense - Caracóis de Corrida	01:56:04	+49:20	08:56	
179	199	André Ferrão	Healthy Move	01:56:10	+49:26	08:56	
180	126	Miguel Mestre	Domus Trail	01:56:12	+49:28	08:56	
181	354	Joaquim Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:56:15	+49:31	08:57	
182	106	Marco Costa	Com(dores)	01:56:39	+49:55	08:58	
183	299	Paulo Lopes	SOURE MOV	01:56:40	+49:56	08:58	
184	202	Renata Oliveira	Individual	01:57:45	+51:01	09:03	
185	274	João Pacheco	Os Unidos Run Team	01:58:26	+51:42	09:07	
186	273	Nuno Fernandes	OPraticante.pt	01:58:36	+51:52	09:07	
187	100	Ricardo Coelho	Centro de Trail Carlos Sá Penacova Team	01:58:38	+51:54	09:08	
188	90	Mário Rui da Silva Santos	CAOH- Clube Atlético de Oliveira do Hospital	01:58:45	+52:01	09:08	
189	359	Jorge Manuel Fernandes Figueiral	cscrffharneca	01:58:50	+52:06	09:08	
190	347	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:58:55	+52:11	09:09	
191	203	Frederico Oliveira	Individual	01:59:24	+52:40	09:11	
192	286	José Tavares	RM Runners by Mira a Mexer	01:59:39	+52:55	09:12	
193	57	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	01:59:51	+53:07	09:13	
194	249	José Ferreira	Individual	01:59:56	+53:12	09:14	
195	315	Tânia Fernandes	Talentos Objetivos	02:00:05	+53:21	09:14	
196	265	Hugo Rodrigues	MIRO TRAIL	02:00:13	+53:29	09:15	
197	89	Fernando Martins Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	02:00:38	+53:54	09:17	
198	279	Sandra Salgado	Pereira Trail	02:00:39	+53:55	09:17	
199	293	Hélio Paulino	RODA DIANTEIRA	02:00:57	+54:13	09:18	
200	228	Rúben Emanuel Azenha Oliveira	Individual	02:01:02	+54:18	09:19	
201	125	Alexandre Oliveira	Domus Trail	02:01:04	+54:20	09:19	
202	179	Isabel Teixeira	GRVILAVERDENSE	02:01:11	+54:27	09:19	
203	194	Luís Lopes	GRVILAVERDENSE	02:01:18	+54:34	09:20	
204	200	Ana Gomes	Individual	02:01:33	+54:49	09:21	
205	524	José Sousa	Individual	02:01:33	+54:49	09:21	
206	140	Joana Santo	FLASHOVER-BVPENELA	02:01:56	+55:12	09:23	
207	348	Daniel Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:02:13	+55:29	09:24	
208	339	Daniela Ventura Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:02:35	+55:51	09:26	
209	280	Cláudia Caldeira	Pereira Trail	02:03:31	+56:47	09:30	
210	221	Nélia Jesus	Individual	02:03:59	+57:15	09:32	
211	129	David Mestre	Domus Trail	02:04:01	+57:17	09:32	
212	91	Tiago Marques Coelho	Centro de Trail Carlos Sá Penacova Team	02:04:05	+57:21	09:33	
213	334	Bruno Gonçalves	UGAS TRAIL	02:04:08	+57:24	09:33	
214	33	Ana Lúcia Alves Marins	ADCR Pereira	02:04:17	+57:33	09:34	
215	262	Jacinta Almeida	MIRO TRAIL	02:04:19	+57:35	09:34	
216	342	Patricia Isabel Da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:04:29	+57:45	09:35	
217	236	Jorge Oliveira	Individual	02:04:55	+58:11	09:37	
218	278	Patrícia Ferreira	Pereira Trail	02:05:08	+58:24	09:38	
219	161	Gisela Curto	Gelcentro team	02:05:14	+58:30	09:38	
220	290	Marco Santos	RODA DIANTEIRA	02:05:14	+58:30	09:38	
221	53	Micael rocha	ARCD Venda da Luísa	02:05:45	+59:01	09:40	

MINI TRAIL - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
222	25	Tiago de Jesus Lopes	ACR seixo mira	02:06:14	+59:30	09:43	
223	340	Inês Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:06:29	+59:45	09:44	
224	109	Benjamin garde	CUMIBROA RUNNING TEAM	02:06:58	+01:00:14	09:46	
225	110	Emmanuel Kete	CUMIBROA RUNNING TEAM	02:06:58	+01:00:14	09:46	
226	209	Leandro Margarido	Individual	02:07:02	+01:00:18	09:46	
227	358	João Batata	CF Os Marialvas	02:07:13	+01:00:29	09:47	
228	55	Sílvia costa	ARCD Venda da Luísa	02:07:14	+01:00:30	09:47	
229	174	Raphaela Rodrigues	GRVILAVERDENSE	02:07:42	+01:00:58	09:49	
230	183	João Bairrão	GRVILAVERDENSE	02:07:42	+01:00:58	09:49	
231	362	Nuno Miguel Gomes dos Santos	cscrcharneca	02:08:15	+01:01:31	09:52	
232	231	André Peneda	Individual	02:08:46	+01:02:02	09:54	
233	144	Luis Alves	FLASHOVER-BVPENELA	02:09:03	+01:02:19	09:56	
234	341	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:09:08	+01:02:24	09:56	
235	191	Pedro Lopes	GRVILAVERDENSE	02:09:11	+01:02:27	09:56	
236	216	Lucia Silva	Individual	02:09:11	+01:02:27	09:56	
237	285	João Ricardo Oliveira Canudo	RM Runners by Mira a Mexer	02:09:20	+01:02:36	09:57	
238	352	António Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:09:23	+01:02:39	09:57	
239	172	Diana Mendes	GRVILAVERDENSE	02:09:29	+01:02:45	09:58	
240	30	Dora Lopes	ADCR Pereira	02:09:31	+01:02:47	09:58	
241	298	Eugénia Batista	SOURE MOV	02:09:50	+01:03:06	09:59	
242	95	Mariana Vasconcelos	Centro de Trail Carlos Sá Penacova Team	02:10:28	+01:03:44	10:02	
243	52	Maria João Simões de Deus	ARCD Venda da Luísa	02:11:10	+01:04:26	10:05	
244	234	Johnny Run White Back	Individual	02:11:40	+01:04:56	10:08	
245	41	Carla Margarida da Silva Oliveira	Ameal Trail	02:13:24	+01:06:40	10:16	
246	32	Liliane Carvalho	ADCR Pereira	02:13:30	+01:06:46	10:16	
247	317	Lidia Chouco	Talentos Objetivos	02:13:34	+01:06:50	10:16	
248	269	Pedro Coutinho	MIRO TRAIL	02:13:34	+01:06:50	10:16	
249	331	Vânia Goncalo	UGAS TRAIL	02:14:06	+01:07:22	10:19	
250	24	Daniel Natário	ACR seixo mira	02:15:07	+01:08:23	10:24	
251	60	Iris Tabanez	ASCVALEIRINHA Trail	02:15:53	+01:09:09	10:27	
252	292	Ricardo Marques	RODA DIANTEIRA	02:16:26	+01:09:42	10:30	
253	240	Rodrigo Nunes	Individual	02:16:34	+01:09:50	10:30	
254	67	Maria Dias	Atletismo Clube da Tocha	02:17:48	+01:11:04	10:36	
255	7	Vânia Paixão	ACDRS QUINHENDROS	02:17:48	+01:11:04	10:36	
256	208	Vasco Carvalho	Individual	02:18:15	+01:11:31	10:38	
257	154	Patricia falcão	Gatões BTT	02:18:21	+01:11:37	10:39	
258	296	Celso Figueiredo	Saleiro Frutas Team	02:19:23	+01:12:39	10:43	
259	186	Raúl Vilares	GRVILAVERDENSE	02:19:33	+01:12:49	10:44	
260	43	Caty Costa	Ameal Trail	02:20:29	+01:13:46	10:48	
261	313	Ana Baptista	Talentos Objetivos	02:20:49	+01:14:05	10:50	
262	107	Pedro Lima	Com(dores)	02:21:00	+01:14:16	10:51	
263	124	Maria Mesquita	Domus Trail	02:21:07	+01:14:23	10:51	
264	251	Carlos Barroso	Individual	02:21:15	+01:14:31	10:52	
265	101	Gary Quintal	Centro de Trail Carlos Sá Penacova Team	02:21:33	+01:14:49	10:53	
266	229	Tiago Nunes	Individual	02:21:38	+01:14:54	10:54	
267	121	Oriana Dias	Domus Trail	02:22:11	+01:15:27	10:56	

MINI TRAIL - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
268	87	José Carlos Gouveia Marques	CAOH- Clube Atlético de Oliveira do Hospital	02:22:48	+01:16:04	10:59	
269	83	Joana Saraiva	CAOH- Clube Atlético de Oliveira do Hospital	02:22:48	+01:16:04	10:59	
270	223	Sónia Gomes de Oliveira	Individual	02:23:03	+01:16:19	11:00	
271	254	Joana Mendes	MIRO TRAIL	02:23:40	+01:16:56	11:03	
272	27	Liliana Gonçalves	ACSValeirinha	02:23:49	+01:17:05	11:04	
273	82	Inês Santos	CAOH- Clube Atlético de Oliveira do Hospital	02:24:05	+01:17:21	11:05	
274	363	Nuno Santos	Muratus Team	02:24:05	+01:17:21	11:05	
275	257	Andreia Carvalho	MIRO TRAIL	02:24:20	+01:17:36	11:06	
276	211	Bianca Falcão	Individual	02:25:40	+01:18:56	11:12	
277	305	Filipa Durão	Super Pevides	02:25:40	+01:18:56	11:12	
278	306	Rita Ribeiro	Super Pevides	02:25:40	+01:18:56	11:12	
279	72	Dora Almeida	Atletismo Clube da Tocha	02:25:42	+01:18:58	11:12	
280	294	Raul Jorge da Cruz Gomes Vigário de Matos	RUN 4 FUN	02:26:59	+01:20:15	11:18	
281	175	Sandra Liceia	GRVILAVERDENSE	02:27:15	+01:20:31	11:20	
282	153	Marisa Sardão	Gatões BTT	02:27:35	+01:20:51	11:21	
283	39	Sílvia Sousa	AMC Crossfit	02:27:44	+01:21:00	11:22	
284	365	Pedro Ponte	Muratus Team	02:29:05	+01:22:21	11:28	
285	201	Laura Sousa	Individual	02:29:28	+01:22:44	11:30	
286	247	Pedro Jorge	Individual	02:29:30	+01:22:46	11:30	
287	332	Lina Maria Oliveira Iapo Silva	UGAS TRAIL	02:29:43	+01:22:59	11:31	
288	197	Andreia Filipa	Healthy Move	02:29:51	+01:23:07	11:32	
289	343	Sandra Agra	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	02:29:51	+01:23:07	11:32	
290	356	Álvaro José Vieira Lopes	cscrcharneca	02:30:05	+01:23:21	11:33	
291	160	Nasário Rodrigues	Gatões BTT	02:30:09	+01:23:25	11:33	
292	261	Cristina Santos	MIRO TRAIL	02:30:21	+01:23:37	11:34	
293	263	Maria do Céu Rodrigues	MIRO TRAIL	02:30:21	+01:23:37	11:34	
294	198	Sofia Silva	Healthy Move	02:32:27	+01:25:43	11:44	
295	253	José moitinho	Domus Trail	02:33:01	+01:26:17	11:46	
296	166	Dora Dourado	Grupo Desportivo Ferreirense	02:33:18	+01:26:34	11:48	
297	92	João Marques	Centro de Trail Carlos Sá Penacova Team	02:36:50	+01:30:06	12:04	
298	355	Alda Ponte	Muratus Team	02:37:05	+01:30:21	12:05	
299	163	Anabela Fernandes	Grupo Alegre Unido Bajouca	02:37:10	+01:30:26	12:05	
300	224	António Pereira dos Santos	Individual	02:37:33	+01:30:49	12:07	
301	244	Pedro Gonçalves	Individual	02:37:33	+01:30:49	12:07	
302	217	Luísa Areia	Individual	02:40:00	+01:33:16	12:18	
303	118	Liliana Oliveira	Domus Trail	02:40:30	+01:33:46	12:21	
304	119	Vera Lúcia de Jesus Manco	Domus Trail	02:43:07	+01:36:23	12:33	
305	115	Carla Prina	Domus Trail	02:43:09	+01:36:25	12:33	
306	94	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	02:43:50	+01:37:06	12:36	
307	152	Tânia Santana	Gatões BTT	02:44:24	+01:37:40	12:39	
308	219	Sofia Alexandra Ventura Rodrigues	Individual	02:44:24	+01:37:40	12:39	
309	142	Eduarda Agra	FLASHOVER-BVPENELA	02:45:05	+01:38:21	12:42	
310	116	Joana Mesquita	Domus Trail	02:47:10	+01:40:26	12:52	
311	271	Zina Fernandes	OPraticante.pt	02:47:50	+01:41:06	12:55	
312	50	Manuel Ferreira	Ameal Trail	02:49:16	+01:42:32	13:01	

MINI TRAIL - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
313	42	Helena Afonso	Ameal Trail	02:49:29	+01:42:45	13:02	
314	178	Margarida Gante	GRVILAVERDENSE	02:52:25	+01:45:41	13:16	
315	267	José Santos	MIRO TRAIL	02:53:22	+01:46:38	13:20	
316	258	Teresa Rodrigues	MIRO TRAIL	02:53:22	+01:46:38	13:20	
317	260	Celia carvalho	MIRO TRAIL	02:53:22	+01:46:38	13:20	
318	264	Rosa Matos	MIRO TRAIL	02:53:22	+01:46:38	13:20	
319	220	Vera Gonçalves	Individual	02:54:31	+01:47:47	13:25	
320	297	Sílvia Pedro	Sílvia Pedro	02:58:28	+01:51:44	13:44	
321	159	Carlos romos	Gatões BTT	03:01:57	+01:55:13	14:00	
322	259	Alice Coelho	MIRO TRAIL	03:11:14	+02:04:30	14:43	
323	215	Liliana Freitas	Individual	03:11:32	+02:04:48	14:44	
324	214	Diana Rodrigues	Individual	03:11:32	+02:04:48	14:44	
325	302	Fátima Maia da Silva Maia	Sporting Clube Povoense - Caracóis de Corrida	03:11:43	+02:04:59	14:45	
326	112	Marina Santos	Domus Trail	03:12:49	+02:06:05	14:50	
327	114	Adelaide Varandas	Domus Trail	03:12:49	+02:06:05	14:50	
328	177	Fernanda Freitas	GRVILAVERDENSE	03:13:36	+02:06:52	14:54	
329	180	Fátima Cabeço	GRVILAVERDENSE	03:13:36	+02:06:52	14:54	
330	196	José Guerra	GRVILAVERDENSE	03:13:36	+02:06:52	14:54	
331	189	Paulo Pereira	GRVILAVERDENSE	03:13:36	+02:06:52	14:54	
332	37	Renata Silva	AMC	03:15:12	+02:08:28	15:01	
333	38	Noemi Cruz	AMC	03:15:16	+02:08:32	15:01	
334	230	Tim Holmstrup	Individual	03:16:41	+02:09:57	15:08	
335	117	Cristina Gonçalves	Domus Trail	03:18:37	+02:11:53	15:17	
336	123	Manuela Gabriel	Domus Trail	03:18:47	+02:12:03	15:17	
337	328	Mário Sérgio Serra Baptista	Tech3 S	03:22:35	+02:15:51	15:35	
338	327	Ana Filipa da Paz Pires	Tech3 S	03:22:36	+02:15:52	15:35	
339	213	Catia Margarida Gomes Sacras	Individual	03:28:05	+02:21:21	16:00	
340	239	Rafael Santos	Individual	03:28:06	+02:21:22	16:00	
341	212	Maria Manuel Correia Barreiros	Individual	03:28:09	+02:21:25	16:01	
342	237	Marco Miguel Ramos Marques	Individual	03:28:12	+02:21:28	16:01	
343	176	Vânia Ladeiro	GRVILAVERDENSE	03:36:44	+02:30:00	16:40	
344	190	Paulo Veríssimo	GRVILAVERDENSE	03:36:44	+02:30:00	16:40	
345	136	Cláudia Azenha	Figueira Kayak Clube	03:38:00	+02:31:16	16:46	

Mini Trail

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9°C	86%
End	12:39	9°C	86%

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

1	130	MELANIE MULLER MAIZ	EDV Viana Trail	Senior Feminino	01:33:14	07:10
2	148	Vanessa Fernandes	Gatões BTT	Senior Feminino	01:46:30	+13:16 08:12
3	3	Ana Rosário	Academia de Desportos de Condeixa	Senior Feminino	01:47:22	+14:07 08:16
4	139	Alexandra Duarte	FLASHOVER-BVPENELA	Senior Feminino	01:52:32	+19:18 08:39
5	202	Renata Oliveira	Individual	Senior Feminino	01:57:45	+24:31 09:03
6	200	Ana Gomes	Individual	Senior Feminino	02:01:33	+28:18 09:21
7	140	Joana Santo	FLASHOVER-BVPENELA	Senior Feminino	02:01:56	+28:42 09:23
8	339	Daniela Ventura Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:02:35	+29:21 09:26
9	340	Inês Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Feminino	02:06:29	+33:15 09:44
10	67	Maria Dias	Atletismo Clube da Tocha	Senior Feminino	02:17:48	+44:33 10:36
11	254	Joana Mendes	MIRO TRAIL	Senior Feminino	02:23:40	+50:26 11:03
12	82	Inês Santos	CAOH- Clube Atlético de Oliveira do Hospital	Senior Feminino	02:24:05	+50:51 11:05
13	305	Filipa Durão	Super Pevides	Senior Feminino	02:25:40	+52:26 11:12
14	306	Rita Ribeiro	Super Pevides	Senior Feminino	02:25:40	+52:26 11:12
15	201	Laura Sousa	Individual	Senior Feminino	02:29:28	+56:13 11:30
16	197	Andreia Filipa	Healthy Move	Senior Feminino	02:29:51	+56:36 11:32
17	198	Sofia Silva	Healthy Move	Senior Feminino	02:32:27	+59:12 11:44
18	112	Marina Santos	Domus Trail	Senior Feminino	03:12:49	+01:39:34 14:50

Senior Masculino

1	69	João Novo	Atletismo Clube da Tocha	Senior Masculino	01:06:44	05:08
2	133	José Galvão	Escola de Atletismo de Coimbra/João Marques Real State	Senior Masculino	01:09:37	+02:52 05:21
3	70	Joaquim Oliveira	Atletismo Clube da Tocha	Senior Masculino	01:13:22	+06:37 05:39
4	68	Fábio Antunes	Atletismo Clube da Tocha	Senior Masculino	01:15:05	+08:20 05:47
5	131	Hugo Neto	Escola de Atletismo de Coimbra/João Marques Real State	Senior Masculino	01:15:14	+08:29 05:47
6	122	Paulo Faria	Trilhos Luso do Bussaco	Senior Masculino	01:19:18	+12:33 06:06
7	255	Xavier Gonçalves	MIRO TRAIL	Senior Masculino	01:20:12	+13:27 06:10
8	289	Luís Silva	RODA DIANTEIRA	Senior Masculino	01:20:20	+13:35 06:11
9	275	João Neves	Pereira Trail	Senior Masculino	01:21:41	+14:56 06:17
10	310	João Dias	Talentos Objetivos	Senior Masculino	01:23:38	+16:53 06:26
11	79	Bruno Romão	Bairro dos anjos	Senior Masculino	01:25:58	+19:13 06:37
12	150	Luís Miguel Oliveira da Silva	Gatões BTT	Senior Masculino	01:31:15	+24:30 07:01
13	62	André Santos	ASSSCC Ar Livre e Aventura	Senior Masculino	01:32:32	+25:48 07:07
14	205	Jorge Fernandes	Individual	Senior Masculino	01:36:09	+29:24 07:24

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Mini Trail

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15	149	Hugo Nobre	Gatões BTT	Senior Masculino	01:37:30	+30:45	07:30
16	1	Tiago Pereira	233 Club	Senior Masculino	01:40:50	+34:05	07:45
17	547	Ruben Miguel Jesus Santos	Individual	Senior Masculino	01:40:57	+34:12	07:46
18	151	Rui Pereira	Gatões BTT	Senior Masculino	01:41:15	+34:30	07:47
19	141	Vicente Zuzarte	FLASHOVER-BVPENELA	Senior Masculino	01:41:22	+34:38	07:48
20	20	Rodrigo Carlos	ACR seixo mira	Senior Masculino	01:43:36	+36:52	07:58
21	113	Bruno Mestre	Domus Trail	Senior Masculino	01:45:26	+38:41	08:07
22	207	Rafael Ferreira	Individual	Senior Masculino	01:45:36	+38:51	08:07
23	165	Gui Rodrigues	Grupo Desportivo Ferreirense	Senior Masculino	01:46:23	+39:38	08:11
24	4	Jorge Almeida	Academia de Desportos de Condeixa	Senior Masculino	01:47:22	+40:37	08:16
25	171	Rafael Alemão	GRVILAVERDENSE	Senior Masculino	01:48:50	+42:05	08:22
26	206	Miguel Rodrigues Patinho	Individual	Senior Masculino	01:51:26	+44:41	08:34
27	63	Brian Dias Ferreira	ASSSCC Ar Livre e Aventura	Senior Masculino	01:51:45	+45:00	08:36
28	204	Gonçalo Cardoso	Individual	Senior Masculino	01:52:12	+45:27	08:38
29	51	Diogo Teixeira	ARCD Venda da Luísa	Senior Masculino	01:52:33	+45:48	08:39
30	105	Ricardo Oliveira	Com(dores)	Senior Masculino	01:54:59	+48:14	08:51
31	170	João Santos	GRVILAVERDENSE	Senior Masculino	01:55:48	+49:03	08:54
32	199	André Ferrão	Healthy Move	Senior Masculino	01:56:10	+49:25	08:56
33	274	João Pacheco	Os Unidos Run Team	Senior Masculino	01:58:26	+51:42	09:07
34	203	Frederico Oliveira	Individual	Senior Masculino	01:59:24	+52:39	09:11
35	524	José Sousa	Individual	Senior Masculino	02:01:33	+54:48	09:21
36	208	Vasco Carvalho	Individual	Senior Masculino	02:18:15	+01:11:30	10:38

Sub 18 Feminino

1	59	Inês Cruz	ASCVALEIRINHA Trail	Sub 18 Feminino	01:45:45	08:08
2	52	Maria João Simões de Deus	ARCD Venda da Luísa	Sub 18 Feminino	02:11:10	+25:25 10:05
3	60	Iris Tabanez	ASCVALEIRINHA Trail	Sub 18 Feminino	02:15:53	+30:08 10:27

Sub 18 Masculino

1	36	Afonso Lopes	Talentos Objectivos	Sub 18 Masculino	01:40:44	07:45
2	209	Leandro Margarido	Individual	Sub 18 Masculino	02:07:02	+26:17 09:46

Sub 20 Masculino

1	61	Miguel lopes	ASCVALEIRINHA Trail	Sub 20 Masculino	01:19:17	06:06
2	256	Tiago Duarte	MIRO TRAIL	Sub 20 Masculino	01:21:04	+01:46 06:14
3	307	Rúben Martins	Tainadas Run Team-Somengil	Sub 20 Masculino	01:22:40	+03:22 06:22
4	330	MIGUEL ÂNGELO SANTO PINÃO	UGAS TRAIL	Sub 20 Masculino	01:26:55	+07:37 06:41
5	210	Afonso Cruz	Individual	Sub 20 Masculino	01:33:24	+14:06 07:11
6	329	Duarte Almeida	UGAS TRAIL	Sub 20 Masculino	01:35:43	+16:25 07:22
7	91	Tiago Marques Coelho	Centro de Trail Carlos Sá Penacova Team	Sub 20 Masculino	02:04:05	+44:47 09:33

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Mini Trail

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8	53	Micael rocha	ARCD Venda da Luísa	Sub 20 Masculino	02:05:45	+46:27	09:40
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Sub 23 Masculino

1	71	Luis Miguel Varanda	Atletismo Clube da Tocha	Sub 23 Masculino	01:39:51	07:41
2	301	Gil Maia dos Santos	Sporting Clube Povoense - Caracóis de Corrida	Sub 23 Masculino	01:56:04	+16:12 08:56
3	92	João Marques	Centro de Trail Carlos Sá Penacova Team	Sub 23 Masculino	02:36:50	+56:58 12:04

Veterana F35

1	311	Ana Botelho	Talentos Objetivos	Veterana F35	01:25:19	06:34
2	54	Salomé Oliveira	ARCD Venda da Luísa	Veterana F35	01:35:05	+09:45 07:19
3	173	Marlene Marques	GRVILAVERDENSE	Veterana F35	01:40:44	+15:25 07:45
4	276	Guida Carvalho	Pereira Trail	Veterana F35	01:40:57	+15:38 07:46
5	312	Ana Monteiro	Talentos Objetivos	Veterana F35	01:44:40	+19:21 08:03
6	93	Jenna Tiffany-Skinner	Centro de Trail Carlos Sá Penacova Team	Veterana F35	01:45:09	+19:50 08:05
7	341	Goreti Gaudêncio	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F35	02:09:08	+43:49 09:56
8	172	Diana Mendes	GRVILAVERDENSE	Veterana F35	02:09:29	+44:10 09:58
9	7	Vânia Paixão	ACDRS QUINHENDROS	Veterana F35	02:17:48	+52:29 10:36
10	257	Andreia Carvalho	MIRO TRAIL	Veterana F35	02:24:20	+59:01 11:06
11	211	Bianca Falcão	Individual	Veterana F35	02:25:40	+01:00:21 11:12
12	152	Tânia Santana	Gatões BTT	Veterana F35	02:44:24	+01:19:05 12:39
13	37	Renata Silva	AMC	Veterana F35	03:15:12	+01:49:52 15:01
14	212	Maria Manuel Correia Barreiros	Individual	Veterana F35	03:28:09	+02:02:50 16:01

Veterana F40

1	29	Cláudia Sofia Neto	ADCR Pereira	Veterana F40	01:37:30	07:30
2	96	MONICA PATRICIA CARDOSO MARQUES	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:49:04	+11:34 08:23
3	277	Cátia Ferreira	Pereira Trail	Veterana F40	01:50:58	+13:28 08:32
4	31	Joana Lopes	ADCR Pereira	Veterana F40	01:51:25	+13:55 08:34
5	5	Liliana Agante	Academia de Desportos de Condeixa	Veterana F40	01:53:44	+16:14 08:45
6	97	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	Veterana F40	01:54:29	+16:59 08:48
7	314	Elsa Peres	Talentos Objetivos	Veterana F40	01:55:25	+17:55 08:53
8	315	Tânia Fernandes	Talentos Objetivos	Veterana F40	02:00:05	+22:35 09:14
9	342	Patricia Isabel Da Costa Simões	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	02:04:29	+26:59 09:35
10	278	Patrícia Ferreira	Pereira Trail	Veterana F40	02:05:08	+27:38 09:38
11	161	Gisela Curto	Gelcentro team	Veterana F40	02:05:14	+27:44 09:38

Mini Trail

13 KM

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12	174	Raphaela Rodrigues	GRVILAVERDENSE	Veterana F40	02:07:42	+30:11	09:49
13	216	Lucia Silva	Individual	Veterana F40	02:09:11	+31:41	09:56
14	30	Dora Lopes	ADCR Pereira	Veterana F40	02:09:31	+32:00	09:58
15	95	Mariana Vasconcelos	Centro de Trail Carlos Sá Penacova Team	Veterana F40	02:10:28	+32:58	10:02
16	32	Liliane Carvalho	ADCR Pereira	Veterana F40	02:13:30	+36:00	10:16
17	331	Vânia Goncalo	UGAS TRAIL	Veterana F40	02:14:06	+36:36	10:19
18	313	Ana Baptista	Talentos Objetivos	Veterana F40	02:20:49	+43:19	10:50
19	83	Joana Saraiva	CAOH- Clube Atlético de Oliveira do Hospital	Veterana F40	02:22:48	+45:18	10:59
20	343	Sandra Agra	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	02:29:51	+52:21	11:32
21	217	Luísa Areia	Individual	Veterana F40	02:40:00	+01:02:30	12:18
22	115	Carla Prina	Domus Trail	Veterana F40	02:43:09	+01:05:39	12:33
23	94	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	Veterana F40	02:43:50	+01:06:20	12:36
24	219	Sofia Alexandra Ventura Rodrigues	Individual	Veterana F40	02:44:24	+01:06:54	12:39
25	116	Joana Mesquita	Domus Trail	Veterana F40	02:47:10	+01:09:40	12:52
26	215	Liliana Freitas	Individual	Veterana F40	03:11:32	+01:34:02	14:44
27	214	Diana Rodrigues	Individual	Veterana F40	03:11:32	+01:34:02	14:44
28	114	Adelaide Varandas	Domus Trail	Veterana F40	03:12:49	+01:35:19	14:50
29	213	Catia Margarida Gomes Sacras	Individual	Veterana F40	03:28:05	+01:50:35	16:00
30	136	Cláudia Azenha	Figueira Kayak Clube	Veterana F40	03:38:00	+02:00:30	16:46

Veterana F45

1	360	kathryn du buisson	Talentos Objetivos	Veterana F45	01:38:17	07:34
2	316	Ana Cristina Caçoete	Talentos Objetivos	Veterana F45	01:41:07	+02:50 07:47
3	34	Lúcia Sofia Silva	ADCR Pereira	Veterana F45	01:43:34	+05:17 07:58
4	64	Catarina Marques	ASSSCC Ar Livre e Aventura	Veterana F45	01:43:37	+05:20 07:58
5	337	Carine Oliveira Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F45	01:48:52	+10:35 08:22
6	6	Vera Tomé	Academia de Desportos de Condeixa	Veterana F45	01:50:36	+12:19 08:30
7	279	Sandra Salgado	Pereira Trail	Veterana F45	02:00:39	+22:22 09:17
8	33	Ana Lúcia Alves Marins	ADCR Pereira	Veterana F45	02:04:17	+26:00 09:34
9	55	Sílvia costa	ARCD Venda da Luísa	Veterana F45	02:07:14	+28:57 09:47
10	41	Carla Margarida da Silva Oliveira	Ameal Trail	Veterana F45	02:13:24	+35:07 10:16
11	154	Patricia falcão	Gatões BTT	Veterana F45	02:18:21	+40:04 10:39
12	27	Liliana Gonçalves	ACSValeirinha	Veterana F45	02:23:49	+45:32 11:04
13	72	Dora Almeida	Atletismo Clube da Tocha	Veterana F45	02:25:42	+47:25 11:12
14	175	Sandra Liceia	GRVILAVERDENSE	Veterana F45	02:27:15	+48:58 11:20
15	153	Marisa Sardão	Gatões BTT	Veterana F45	02:27:35	+49:18 11:21
16	39	Sílvia Sousa	AMC Crossfit	Veterana F45	02:27:44	+49:27 11:22
17	118	Liliana Oliveira	Domus Trail	Veterana F45	02:40:30	+01:02:13 12:21
18	119	Vera Lúcia de Jesus Manco	Domus Trail	Veterana F45	02:43:07	+01:04:50 12:33
19	220	Vera Gonçalves	Individual	Veterana F45	02:54:31	+01:16:14 13:25
20	38	Noemi Cruz	AMC	Veterana F45	03:15:16	+01:36:59 15:01
21	117	Cristina Gonçalves	Domus Trail	Veterana F45	03:18:37	+01:40:20 15:17

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22	327	Ana Filipa da Paz Pires	Tech3 S	Veterana F45	03:22:36	+01:44:19	15:35
23	176	Vânia Ladeiro	GRVILAVERDENSE	Veterana F45	03:36:44	+01:58:27	16:40

Veterana F50

1	120	Dora Gomes	Domus Trail	Veterana F50	01:36:18	07:24
2	222	Sandra Ferreira	Individual	Veterana F50	01:47:58	+11:39 08:18
3	280	Cláudia Caldeira	Pereira Trail	Veterana F50	02:03:31	+27:12 09:30
4	221	Nélia Jesus	Individual	Veterana F50	02:03:59	+27:40 09:32
5	317	Lidia Chouco	Talentos Objetivos	Veterana F50	02:13:34	+37:15 10:16
6	121	Oriana Dias	Domus Trail	Veterana F50	02:22:11	+45:52 10:56
7	223	Sónia Gomes de Oliveira	Individual	Veterana F50	02:23:03	+46:44 11:00
8	166	Dora Dourado	Grupo Desportivo Ferreirense	Veterana F50	02:33:18	+56:59 11:48
9	271	Zina Fernandes	OPraticante.pt	Veterana F50	02:47:50	+01:11:31 12:55
10	42	Helena Afonso	Ameal Trail	Veterana F50	02:49:29	+01:13:10 13:02
11	178	Margarida Gante	GRVILAVERDENSE	Veterana F50	02:52:25	+01:16:06 13:16
12	258	Teresa Rodrigues	MIRO TRAIL	Veterana F50	02:53:22	+01:17:03 13:20
13	302	Fátima Maia da Silva Maia	Sporting Clube Povoense - Caracóis de Corrida	Veterana F50	03:11:43	+01:35:24 14:45
14	177	Fernanda Freitas	GRVILAVERDENSE	Veterana F50	03:13:36	+01:37:17 14:54

Veterana F55

1	179	Isabel Teixeira	GRVILAVERDENSE	Veterana F55	02:01:11	09:19
2	262	Jacinta Almeida	MIRO TRAIL	Veterana F55	02:04:19	+03:08 09:34
3	43	Caty Costa	Ameal Trail	Veterana F55	02:20:29	+19:18 10:48
4	124	Maria Mesquita	Domus Trail	Veterana F55	02:21:07	+19:55 10:51
5	261	Cristina Santos	MIRO TRAIL	Veterana F55	02:30:21	+29:09 11:34
6	355	Alda Ponte	Muratus Team	Veterana F55	02:37:05	+35:53 12:05
7	163	Anabela Fernandes	Grupo Alegre Unido Bajouca	Veterana F55	02:37:10	+35:58 12:05
8	142	Eduarda Agra	FLASHOVER-BVPENELA	Veterana F55	02:45:05	+43:54 12:42
9	260	Celia carvalho	MIRO TRAIL	Veterana F55	02:53:22	+52:11 13:20
10	297	Silvia Pedro	Silvia Pedro	Veterana F55	02:58:28	+57:16 13:44
11	259	Alice Coelho	MIRO TRAIL	Veterana F55	03:11:14	+01:10:02 14:43
12	123	Manuela Gabriel	Domus Trail	Veterana F55	03:18:47	+01:17:36 15:17

Veterana F60

1	84	Isabel Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	Veterana F60	01:40:51	07:45
2	298	Eugénia Batista	SOURE MOV	Veterana F60	02:09:50	+28:58 09:59
3	332	Lina Maria Oliveira Iapo Silva	UGAS TRAIL	Veterana F60	02:29:43	+48:52 11:31
4	263	Maria do Céu Rodrigues	MIRO TRAIL	Veterana F60	02:30:21	+49:29 11:34
5	264	Rosa Matos	MIRO TRAIL	Veterana F60	02:53:22	+01:12:30 13:20

Mini Trail

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6	180	Fátima Cabeço	GRVILAVERDENSE	Veterana F60	03:13:36	+01:32:44	14:54
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Veterano M35

1	156	Tiago Silva	Gatões BTT	Veterano M35	01:06:58	05:09
2	134	José Madeira	Escola de Atletismo de Coimbra/João Marques Real State	Veterano M35	01:08:48	+01:49 05:18
3	333	Jorge Filipe Gomes Albuquerque	UGAS TRAIL	Veterano M35	01:12:05	+05:06 05:33
4	318	Pedro Farias	Talentos Objetivos	Veterano M35	01:13:19	+06:20 05:38
5	98	José Belbuche	Centro de Trail Carlos Sá Penacova Team	Veterano M35	01:15:52	+08:53 05:50
6	86	Paulo Nunes	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M35	01:21:17	+14:18 06:15
7	155	Nuno Bugalho	Gatões BTT	Veterano M35	01:21:57	+14:59 06:18
8	65	Nelson Filipe de Almeida Heleno	ASSCC Ar Livre e Aventura	Veterano M35	01:22:42	+15:43 06:22
9	23	Luis Lourenço	ACR seixo mira	Veterano M35	01:26:35	+19:36 06:40
10	346	Rui Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:27:12	+20:14 06:42
11	345	Francisco Missa	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:27:52	+20:53 06:46
12	227	Pedro Cruz	Individual	Veterano M35	01:28:18	+21:19 06:48
13	85	Luís Chaves	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M35	01:30:47	+23:48 06:59
14	99	Tiago Ferreira	Centro de Trail Carlos Sá Penacova Team	Veterano M35	01:30:54	+23:55 07:00
15	344	Diogo Filipe Oliveira Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:33:55	+26:56 07:13
16	319	Samuel Cabete	Talentos Objetivos	Veterano M35	01:35:16	+28:17 07:20
17	226	Diogo Rocha	Individual	Veterano M35	01:41:28	+34:30 07:48
18	284	Wesley Rosa	RM Runners by Mira a Mexer	Veterano M35	01:42:06	+35:08 07:51
19	21	André Coquim	ACR seixo mira	Veterano M35	01:42:51	+35:52 07:55
20	44	Válter Afonso	Ameal Trail	Veterano M35	01:45:16	+38:17 08:06
21	364	Paulo Fernandes	Individual	Veterano M35	01:49:34	+42:35 08:26
22	22	Jorge Castelhanao	ACR seixo mira	Veterano M35	01:50:11	+43:12 08:29
23	126	Miguel Mestre	Domus Trail	Veterano M35	01:56:12	+49:13 08:56
24	347	Tiago Matias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M35	01:58:55	+51:57 09:09
25	228	Rúben Emanuel Azenha Oliveira	Individual	Veterano M35	02:01:02	+54:03 09:19
26	125	Alexandre Oliveira	Domus Trail	Veterano M35	02:01:04	+54:05 09:19
27	109	Benjamin garde	CUMIBROA RUNNING TEAM	Veterano M35	02:06:58	+59:59 09:46
28	110	Emmanuel Kete	CUMIBROA RUNNING TEAM	Veterano M35	02:06:58	+59:59 09:46
29	229	Tiago Nunes	Individual	Veterano M35	02:21:38	+01:14:39 10:54
30	363	Nuno Santos	Muratus Team	Veterano M35	02:24:05	+01:17:07 11:05
31	365	Pedro Ponte	Muratus Team	Veterano M35	02:29:05	+01:22:07 11:28
32	224	António Pereira dos Santos	Individual	Veterano M35	02:37:33	+01:30:34 12:07
33	230	Tim Holmstrup	Individual	Veterano M35	03:16:41	+02:09:42 15:08

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Veterano M40

1	158	Jorge Simões	Gatões BTT	Veterano M40	01:15:27	05:48
2	46	Ricardo Manuel Silva Oliveira	Ameal Trail	Veterano M40	01:15:46	+00:19 05:50
3	282	José Carvalho	Pereira Trail	Veterano M40	01:20:58	+05:31 06:14
4	8	Tiago Moreno	ACDRS QUINHENDROS	Veterano M40	01:21:21	+05:53 06:15
5	507	Bruno Primo	Centro de Trail Carlos Sá Penacova Team	Veterano M40	01:23:44	+08:17 06:26
6	9	Tiago Simões	ACDRS QUINHENDROS	Veterano M40	01:24:53	+09:26 06:32
7	35	Marco Brásio	ADCR Pereira	Veterano M40	01:25:07	+09:40 06:33
8	66	Gonçalo Gonçalves	ASSSCC Ar Livre e Aventura	Veterano M40	01:25:51	+10:24 06:36
9	73	Vítor Ferreira	Atletismo Clube da Tocha	Veterano M40	01:31:03	+15:36 07:00
10	232	Daniel Silva	Individual	Veterano M40	01:32:12	+16:45 07:06
11	291	Mauro Gonçalves	RODA DIANTEIRA	Veterano M40	01:37:06	+21:39 07:28
12	281	André Santos	Pereira Trail	Veterano M40	01:39:07	+23:40 07:37
13	238	Nuno Gonçalo Mendes Queda	Gatões BTT	Veterano M40	01:39:45	+24:18 07:40
14	162	Eugénio Santos	Gelcentro team	Veterano M40	01:43:25	+27:58 07:57
15	181	celso ferreira	GRVILAVERDENSE	Veterano M40	01:43:40	+28:13 07:58
16	167	Fausto Emanuel Forte dos Reis	Grupo Recreativo Eirense	Veterano M40	01:46:18	+30:51 08:11
17	45	Daniel Ramos	Ameal Trail	Veterano M40	01:46:19	+30:52 08:11
18	287	Rui Canudo	RM Runners by Mira a Mexer	Veterano M40	01:48:30	+33:02 08:21
19	241	Tiago Lopes	Ansibeikers	Veterano M40	01:48:32	+33:04 08:21
20	309	Jorge martins	Tainadas Run Team-Somengil	Veterano M40	01:49:05	+33:38 08:23
21	295	Luís Dias	RUNNING4FUN TEAM VISEU	Veterano M40	01:50:13	+34:46 08:29
22	235	Jorge Berardo	Individual	Veterano M40	01:50:38	+35:11 08:31
23	320	Bruno Costa	Talentos Objetivos	Veterano M40	01:50:59	+35:32 08:32
24	286	José Tavares	RM Runners by Mira a Mexer	Veterano M40	01:59:39	+44:12 09:12
25	265	Hugo Rodrigues	MIRO TRAIL	Veterano M40	02:00:13	+44:46 09:15
26	348	Daniel Marcos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	02:02:13	+46:46 09:24
27	236	Jorge Oliveira	Individual	Veterano M40	02:04:55	+49:28 09:37
28	290	Marco Santos	RODA DIANTEIRA	Veterano M40	02:05:14	+49:47 09:38
29	25	Tiago de Jesus Lopes	ACR seixo mira	Veterano M40	02:06:14	+50:47 09:43
30	231	André Peneda	Individual	Veterano M40	02:08:46	+53:19 09:54
31	285	João Ricardo Oliveira Canudo	RM Runners by Mira a Mexer	Veterano M40	02:09:20	+53:53 09:57
32	234	Johnny Run White Back	Individual	Veterano M40	02:11:40	+56:13 10:08
33	24	Daniel Natário	ACR seixo mira	Veterano M40	02:15:07	+59:40 10:24
34	292	Ricardo Marques	RODA DIANTEIRA	Veterano M40	02:16:26	+01:00:59 10:30
35	240	Rodrigo Nunes	Individual	Veterano M40	02:16:34	+01:01:07 10:30
36	87	José Carlos Gouveia Marques	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M40	02:22:48	+01:07:21 10:59
37	239	Rafael Santos	Individual	Veterano M40	03:28:06	+02:12:39 16:00
38	237	Marco Miguel Ramos Marques	Individual	Veterano M40	03:28:12	+02:12:45 16:01

Veterano M45

1	74	Alex Silva	Atletismo Clube da Tocha	Veterano M45	01:07:32	05:12
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Mini Trail

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2	75	César Manuel de Jesus Figueiredo	Atletismo Clube da Tocha	Veterano M45	01:13:32	+06:00	05:39
3	135	Didier Jesus	Escola de Atletismo de Coimbra/João Marques Real State	Veterano M45	01:14:00	+06:28	05:42
4	13	Márcio Rodrigues	ACDRS QUINHENDROS	Veterano M45	01:21:24	+13:52	06:16
5	128	José Torres	Domus Trail	Veterano M45	01:21:54	+14:22	06:18
6	12	BRUNO RODRIGUES	ACDRS QUINHENDROS	Veterano M45	01:23:15	+15:43	06:24
7	10	Aurélio Luís Bessa Saúde	ACDRS QUINHENDROS	Veterano M45	01:24:26	+16:54	06:30
8	47	Carlos Ferreira	Ameal Trail	Veterano M45	01:29:05	+21:33	06:51
9	288	Bruno Cartaxo	RM Runners by Mira a Mexer	Veterano M45	01:33:07	+25:35	07:10
10	270	Luís Vilela	MONANHA CLUBE TRAIL RUNNING EFAPEL	Veterano M45	01:33:44	+26:11	07:13
11	283	Carlos Correia	Pereira Trail	Veterano M45	01:34:43	+27:10	07:17
12	338	Jorge Manuel de Jesus Perdigão	Unidos Run Team / As Oliveirinhas	Veterano M45	01:34:52	+27:19	07:18
13	323	Pedro Figueiredo	Talentos Objetivos	Veterano M45	01:36:08	+28:36	07:24
14	182	César Azenha	GRVILAVERDENSE	Veterano M45	01:37:28	+29:56	07:30
15	26	Pedro Baptista	ACR seixo mira	Veterano M45	01:38:50	+31:18	07:36
16	11	Bruno B. Ferreira	ACDRS QUINHENDROS	Veterano M45	01:40:05	+32:33	07:42
17	184	José Silva	GRVILAVERDENSE	Veterano M45	01:40:56	+33:24	07:46
18	350	Nuno Caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:43:03	+35:31	07:56
19	349	Luis FilipeMartins Dias	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	01:44:29	+36:57	08:02
20	324	Rui Silva	Talentos Objetivos	Veterano M45	01:44:43	+37:10	08:03
21	322	Nuno Coelho	Talentos Objetivos	Veterano M45	01:45:38	+38:06	08:08
22	28	Kevin Cruz	ACSValeirinha	Veterano M45	01:45:48	+38:15	08:08
23	185	Nuno Gois	GRVILAVERDENSE	Veterano M45	01:48:36	+41:04	08:21
24	2	Pedro Vieira	A.D. Amarante Trail Running	Veterano M45	01:49:11	+41:39	08:24
25	335	Nuno Costa	UGAS TRAIL	Veterano M45	01:49:43	+42:10	08:26
26	48	Pedro Relvao	Ameal Trail	Veterano M45	01:53:09	+45:36	08:42
27	242	Jaime Figueiredo	Individual	Veterano M45	01:53:50	+46:18	08:45
28	321	Nelson Lopes	Talentos Objetivos	Veterano M45	01:54:45	+47:12	08:50
29	106	Marco Costa	Com(dores)	Veterano M45	01:56:39	+49:06	08:58
30	100	Ricardo Coelho	Centro de Trail Carlos Sá Penacova Team	Veterano M45	01:58:38	+51:06	09:08
31	293	Hélio Paulino	RODA DIANTEIRA	Veterano M45	02:00:57	+53:25	09:18
32	334	Bruno Gonçalo	UGAS TRAIL	Veterano M45	02:04:08	+56:35	09:33
33	183	João Bairrão	GRVILAVERDENSE	Veterano M45	02:07:42	+01:00:10	09:49
34	362	Nuno Miguel Gomes dos Santos	cscrfcharneca	Veterano M45	02:08:15	+01:00:42	09:52
35	296	Celso Figueiredo	Saleiro Frutas Team	Veterano M45	02:19:23	+01:11:51	10:43
36	186	Raúl Vilares	GRVILAVERDENSE	Veterano M45	02:19:33	+01:12:01	10:44
37	107	Pedro Lima	Com(dores)	Veterano M45	02:21:00	+01:13:27	10:51
38	356	Álvaro José Vieira Lopes	cscrfcharneca	Veterano M45	02:30:05	+01:22:32	11:33
39	160	Nasário Rodrigues	Gatões BTT	Veterano M45	02:30:09	+01:22:37	11:33
40	244	Pedro Gonçalves	Individual	Veterano M45	02:37:33	+01:30:01	12:07
41	159	Carlos romos	Gatões BTT	Veterano M45	03:01:57	+01:54:25	14:00

Mini Trail

13 KM

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Veterano M50

1	138	Witor Gomes	Flashover	Veterano M50	01:16:30	05:53
2	16	Joao Simoes	ACDRS QUINHENDROS	Veterano M50	01:16:35	+00:04 05:53
3	76	Duarte Domingues	Atletismo Clube da Tocha	Veterano M50	01:26:39	+10:08 06:40
4	188	Miguel Vasco	GRVILAVERDENSE	Veterano M50	01:32:01	+15:31 07:05
5	187	Carlos Santos	GRVILAVERDENSE	Veterano M50	01:37:29	+20:58 07:30
6	304	Nuno Silva	Sporting Clube Povoense - Caracóis de Corrida	Veterano M50	01:39:28	+22:58 07:39
7	102	Miguel Figueiredo	Centro de Trail Carlos Sá Penacova Team	Veterano M50	01:41:04	+24:34 07:46
8	245	Cláudio Espada	Individual	Veterano M50	01:41:29	+24:59 07:48
9	77	Luis Varanda	Atletismo Clube da Tocha	Veterano M50	01:42:26	+25:55 07:53
10	80	Pedro Valença	Botão Camp	Veterano M50	01:47:13	+30:43 08:15
11	351	Filipe José Ralha de Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M50	01:47:54	+31:23 08:18
12	49	Carlos Campos	Ameal Trail	Veterano M50	01:47:54	+31:24 08:18
13	303	José Miguel Machado Marques dos Santos	Sporting Clube Povoense - Caracóis de Corrida	Veterano M50	01:48:25	+31:55 08:20
14	192	Vitor Santos	GRVILAVERDENSE	Veterano M50	01:48:38	+32:08 08:21
15	14	CARLOS MANUEL SANTOS SILVA	ACDRS QUINHENDROS	Veterano M50	01:48:52	+32:22 08:22
16	108	Pedro Quadrio	Com(dores)	Veterano M50	01:50:18	+33:48 08:29
17	336	Leonel Ramos	UGAS TRAIL	Veterano M50	01:52:20	+35:50 08:38
18	357	Carlos António Mota Longo da Conceição	cscr4charneca	Veterano M50	01:53:24	+36:54 08:43
19	299	Paulo Lopes	SOURE MOV	Veterano M50	01:56:40	+40:10 08:58
20	273	Nuno Fernandes	OPraticante.pt	Veterano M50	01:58:36	+42:06 09:07
21	358	João Batata	CF Os Marialvas	Veterano M50	02:07:13	+50:43 09:47
22	191	Pedro Lopes	GRVILAVERDENSE	Veterano M50	02:09:11	+52:41 09:56
23	101	Gary Quintal	Centro de Trail Carlos Sá Penacova Team	Veterano M50	02:21:33	+01:05:03 10:53
24	247	Pedro Jorge	Individual	Veterano M50	02:29:30	+01:13:00 11:30
25	189	Paulo Pereira	GRVILAVERDENSE	Veterano M50	03:13:36	+01:57:06 14:54
26	328	Mário Sérgio Serra Baptista	Tech3 S	Veterano M50	03:22:35	+02:06:05 15:35
27	190	Paulo Veríssimo	GRVILAVERDENSE	Veterano M50	03:36:44	+02:20:13 16:40

Veterano M55

1	18	Orlando Pires	ACDRS QUINHENDROS	Veterano M55	01:18:51	06:04
2	111	Vitor Oliveira	DCI/Trilhos Luso Bussaco	Veterano M55	01:23:43	+04:51 06:26
3	103	Paulo Pereira	CF Os Marialvas	Veterano M55	01:26:40	+07:49 06:40
4	145	José Jesus	Formobike BTT & Trail Running	Veterano M55	01:27:43	+08:51 06:45
5	164	Jose goncalves	Grupo Alegre Unido Bajouca	Veterano M55	01:29:53	+11:02 06:55
6	19	TóZé Serra	ACDRS QUINHENDROS	Veterano M55	01:30:51	+12:00 06:59
7	248	Antonio ferreira	ACDRS QUINHENDROS	Veterano M55	01:32:18	+13:27 07:06
8	146	Adão Bessa	Gang da Pedra	Veterano M55	01:32:39	+13:48 07:08
9	325	Paulo Marques	Talentos Objetivos	Veterano M55	01:32:53	+14:01 07:09
10	250	Paulo Acúrcio	Individual	Veterano M55	01:47:48	+28:56 08:18

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Mini Trail

13 KM

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11	17	António Gaspar	ACDRS QUINHENDROS	Veterano M55	01:48:28	+29:37	08:21
12	193	Hermínio Almeida	GRVILAVERDENSE	Veterano M55	01:51:40	+32:49	08:35
13	300	Marinho Paulo Penacho Nunes	SOURE MOV	Veterano M55	01:53:24	+34:32	08:43
14	57	Paulo Martins	ARSM - Associação Recreativa de S. Miguel	Veterano M55	01:59:51	+41:00	09:13
15	249	José Ferreira	Individual	Veterano M55	01:59:56	+41:05	09:14
16	194	Luís Lopes	GRVILAVERDENSE	Veterano M55	02:01:18	+42:27	09:20
17	144	Luis Alves	FLASHOVER-BVPENELA	Veterano M55	02:09:03	+50:12	09:56
18	294	Raul Jorge da Cruz Gomes Vigário de Matos	RUN 4 FUN	Veterano M55	02:26:59	+01:08:08	11:18
19	253	José moitinho	Domus Trail	Veterano M55	02:33:01	+01:14:10	11:46
20	50	Manuel Ferreira	Ameal Trail	Veterano M55	02:49:16	+01:30:25	13:01

Veterano M60

1	78	José Manuel Jesus Zananar	Atletismo Clube da Tocha	Veterano M60	01:20:47		06:13
2	58	José Correia	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:35:52	+15:04	07:22
3	353	Vitor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M60	01:36:00	+15:12	07:23
4	326	Manuel Cabete	Talentos Objetivos	Veterano M60	01:37:12	+16:24	07:29
5	252	Luís Dias	Individual	Veterano M60	01:40:57	+20:09	07:46
6	90	Mário Rui da Silva Santos	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M60	01:58:45	+37:58	09:08
7	359	Jorge Manuel Fernandes Figueiral	cscrffharneca	Veterano M60	01:58:50	+38:03	09:08
8	89	Fernando Martins Isidoro	CAOH- Clube Atlético de Oliveira do Hospital	Veterano M60	02:00:38	+39:51	09:17
9	352	António Melo	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M60	02:09:23	+48:35	09:57
10	251	Carlos Barroso	Individual	Veterano M60	02:21:15	+01:00:28	10:52
11	267	José Santos	MIRO TRAIL	Veterano M60	02:53:22	+01:32:34	13:20

Veterano M65

1	268	João matos	MIRO TRAIL	Veterano M65	01:33:12	07:10
2	195	Vitor Alemão	GRVILAVERDENSE	Veterano M65	01:46:35	+13:23 08:12
3	354	Joaquim Almeida	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M65	01:56:15	+23:03 08:57
4	129	David Mestre	Domus Trail	Veterano M65	02:04:01	+30:49 09:32
5	269	Pedro Coutinho	MIRO TRAIL	Veterano M65	02:13:34	+40:22 10:16

Veterano M70

1	196	José Guerra	GRVILAVERDENSE	Veterano M70	03:13:36	14:54
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TEAM RESULTS - MINI TRAIL MASCULINO

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RANK	TEAM	DESCRIPTION	POINTS
1	ATLETISMO CLUBE DA TOCHA	1 + 3 + 8	12
2	ESCOLA DE ATLETISMO DE COIMBRA/JOÃO MARQUES REAL STATE	4 + 5 + 10	19
3	GATÕES BTT	2 + 13 + 31	46
4	ACDRS QUINHENDROS	17 + 18 + 27	62
5	TALENTOS OBJETIVOS	7 + 35 + 63	105
6	CENTRO DE TRAIL CARLOS SÁ PENACOVA TEAM	15 + 37 + 55	107
7	MIRO TRAIL	21 + 25 + 65	111
8	PEREIRA TRAIL	24 + 29 + 69	122
9	UGAS TRAIL	6 + 46 + 72	124
10	ASSSCC AR LIVRE E AVENTURA	33 + 41 + 61	135
11	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	47 + 49 + 68	164
12	AMEAL TRAIL	14 + 51 + 107	172
13	GRVILAVERDENSE	58 + 79 + 80	217
14	ACR SEIXO MIRA	43 + 82 + 100	225
15	CAOH- CLUBE ATLÉTICO DE OLIVEIRA DO HOSPITAL	26 + 53 + 160	239
16	RODA DIANTEIRA	22 + 77 + 169	268
17	RM RUNNERS BY MIRA A MEXER	64 + 98 + 123	285
18	DOMUS TRAIL	30 + 108 + 153	291
19	SPORTING CLUBE POVOENSE - CARACÓIS DE CORRIDA	84 + 121 + 151	356
20	COM(DORES)	135 + 149 + 155	439
21	CSCRFCHARNECA	146 + 161 + 187	494