

16KM - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18,3°C	82%
End	13:34	18.3°C	82%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	215	Francisco Pereira	Ativate	01:32:47		05:48	
2	33	Pedro Martins	AZTrail	01:40:02	+07:15	06:15	
3	157	Marco Lopes	Pegasus OCR ProTeam	01:40:24	+07:37	06:17	
4	206	José Costa	G.D. Ronda	01:41:50	+09:03	06:22	
5	209	Gilberto Costa	javalis100limites	01:45:00	+12:13	06:34	
6	61	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	01:45:06	+12:19	06:34	
7	197	Nuno Santos	Sentir Escariz running	01:48:19	+15:32	06:46	
8	148	José Tavares	NS TRAIL TEAM	01:48:25	+15:38	06:47	
9	55	BELMIRO MOREIRA FERREIRA	GD Leões da Guarda	01:48:25	+15:38	06:47	
10	3	Fábio Júnio Gonçalves da Silva	A.D Nós Acreditamos	01:48:32	+15:45	06:47	
11	25	Fernando Lima	Arrifana Running	01:48:55	+16:08	06:48	
12	99	Sérgio Coelho	Individual	01:49:08	+16:21	06:49	
13	164	Bruno Soares	Pupilos do Zé-Tó	01:50:01	+17:14	06:53	
14	32	Daniel Pinho	AZTrail	01:51:49	+19:02	06:59	
15	40	Paulo Oliveira	Clube novobanco	01:52:28	+19:41	07:02	
16	52	Antonio Cristóvão	G.D.C GUILHOVAI	01:52:29	+19:42	07:02	
17	85	João Valente	Individual	01:54:28	+21:41	07:09	
18	147	António Nunes	NS TRAIL TEAM	01:54:43	+21:56	07:10	
19	23	Antonio Francisco	Arrifana Running	01:55:27	+22:40	07:13	
20	159	Luís Teixeira	PowerRun	01:56:35	+23:48	07:17	
21	154	Paulo Sérgio Silva Gomes	Paulo Gomes	01:56:38	+23:51	07:17	
22	42	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	01:58:03	+25:16	07:23	
23	132	Mário Felgueiras	Individual	01:58:20	+25:33	07:24	
24	31	Daniel Carvalho	AZTrail	01:59:25	+26:38	07:28	
25	137	José Aguiar	Individual	02:01:47	+29:00	07:37	
26	75	André Meireles	Individual	02:02:23	+29:36	07:39	
27	82	Ivo Emanuel da Silva Leitão	Individual	02:03:05	+30:18	07:42	
28	9	Joaquim pinho	Amigos do trail OAZ	02:04:16	+31:29	07:46	
29	35	BRUNO VIEIRA	AZTrail	02:04:38	+31:51	07:47	
30	13	Roberto Bastos	Arrifana Running	02:04:39	+31:52	07:47	
31	146	Henrique Silva	NS TRAIL TEAM	02:04:50	+32:03	07:48	
32	166	Pedro Paiva	Pupilos do Zé-Tó	02:06:57	+34:10	07:56	
33	182	Nelson Pais	Run & Fun	02:06:59	+34:12	07:56	
34	175	Sara Mota	Run & Fun	02:06:59	+34:12	07:56	
35	168	António Silveira	Pupilos do Zé-Tó	02:09:02	+36:15	08:04	
36	167	António Ferreira	Pupilos do Zé-Tó	02:09:15	+36:28	08:05	
37	179	Américo Costa	Run & Fun	02:09:36	+36:49	08:06	
38	43	Ricardo Correia	Do Vale Running Brothers	02:10:44	+37:57	08:10	
39	185	Mário Almeida	Run & Fun	02:13:11	+40:24	08:19	
40	115	Filipe Pinho	Individual	02:13:55	+41:08	08:22	
41	62	SONIA ALMEIDA	Guisande Trail Running	02:15:26	+42:39	08:28	
42	21	Diogo lopes	Arrifana Running	02:15:28	+42:41	08:28	

16 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	208	Luís Francisco	javalis100limites	02:15:52	+43:05	08:29	
44	151	Jorge Santos	Outlaw runners	02:17:13	+44:26	08:35	
45	181	Joel Ferreira Pinto	Run & Fun	02:17:45	+44:58	08:37	
46	122	Ricardo José Azevedo Pinho	Individual	02:17:51	+45:04	08:37	
47	74	Sara Neves	Individual	02:17:52	+45:05	08:37	
48	109	Teresa Paiva	Run For Fun Laranjinhas	02:18:51	+46:04	08:41	
49	34	Brígida Lima	AZTrail	02:18:59	+46:12	08:41	
50	194	Fernando Sousa Ramalho	SCCOIMBRÕES/EQUIPA A	02:19:25	+46:38	08:43	
51	173	Céu Vilar	Run & Fun	02:20:18	+47:31	08:46	
52	180	Cláudio Santos	Run & Fun	02:20:36	+47:49	08:47	
53	131	Marcelo Fernandes	Individual	02:20:57	+48:10	08:49	
54	59	Ricardo Mendes	Gens SC Trail	02:21:55	+49:08	08:52	
55	14	Tiago Gonçalves	Arrifana Running	02:22:40	+49:53	08:55	
56	120	Paulo Costa	Individual	02:24:08	+51:21	09:00	
57	100	Tiago Manuel Dias Gaspar	Individual	02:24:11	+51:24	09:01	
58	127	Américo da Silva Bessa	Individual	02:24:11	+51:24	09:01	
59	95	Rúben Silva	Individual	02:24:11	+51:24	09:01	
60	172	José Nunes	Rogério Silva	02:24:19	+51:32	09:01	
61	192	Daniel Silva	SCCOIMBRÕES/EQUIPA A	02:24:52	+52:05	09:03	
62	76	André Oliveira	Individual	02:25:15	+52:28	09:05	
63	144	Mário Oliveira	Milheirós de Poiares	02:25:19	+52:32	09:05	
64	12	João Tavares	Arrifana Running	02:25:47	+53:00	09:07	
65	7	Helene ribeiro	Alter et go	02:26:49	+54:02	09:11	
66	8	Artur soares de almeida	Alter et go	02:26:49	+54:02	09:11	
67	56	SOFIA FERREIRA	GDCTINCM	02:26:50	+54:03	09:11	
68	4	Fátima Pinho	AFIS - Ovar	02:28:51	+56:04	09:18	
69	78	Carlos Pereira	Individual	02:28:53	+56:06	09:18	
70	171	Manuel Zola	Pupilos do Zé-Tó	02:29:05	+56:18	09:19	
71	134	Paulo Sá	Individual	02:29:08	+56:21	09:19	
72	186	Mike Funner	Run & Fun	02:29:12	+56:25	09:20	
73	97	Rui Pinho	Individual	02:29:16	+56:29	09:20	
74	153	Paula Dias	Paula Manuela Dias	02:29:19	+56:32	09:20	
75	129	Fernando Lopes	Individual	02:29:20	+56:33	09:20	
76	101	Vitor Almeida	Individual	02:30:17	+57:30	09:24	
77	183	Tino silva	Run & Fun	02:31:19	+58:32	09:27	
78	46	Luis Pinho	Domingo levo um Rádio	02:31:43	+58:56	09:29	
79	37	Mariana Guedes de Melo Tavares	Clube Desportivo Feirense	02:32:01	+59:14	09:30	
80	16	Carla Soares	Arrifana Running	02:32:18	+59:31	09:31	
81	94	RENATO FILIPE OLIVEIRA ROCHA	Individual	02:32:19	+59:32	09:31	
82	90	Nuno Dias	Individual	02:33:09	+01:00:22	09:34	
83	80	Filipe Soares	Individual	02:33:38	+01:00:51	09:36	
84	118	João Ribeiro	Individual	02:33:46	+01:00:59	09:37	
85	39	Helena Silva	Clube novobanco	02:33:49	+01:01:02	09:37	
86	10	Mária Calmeiro	Arrifana Running	02:33:51	+01:01:04	09:37	
87	60	Leonel Oliveira	Grupo desportivo da Cruz das Eiras	02:34:43	+01:01:56	09:40	
88	72	Joana Pereira	Individual	02:35:08	+01:02:21	09:42	

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16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	139	rodrigo pinhal	javalis100limites	02:35:09	+01:02:22	09:42	
90	44	António Pedro Ferreira	Domingo levo um Rádio	02:35:10	+01:02:23	09:42	
91	96	Rui Costa	Individual	02:35:35	+01:02:48	09:43	
92	107	Maria do Céu Ferreira	Individual	02:36:10	+01:03:23	09:46	
93	108	Sandra Ferreira	Individual	02:37:54	+01:05:07	09:52	
94	112	Carlos Paiva	Individual	02:37:56	+01:05:09	09:52	
95	93	Pedro Oliveira	Individual	02:39:08	+01:06:21	09:57	
96	86	Luis Marques	Individual	02:39:14	+01:06:27	09:57	
97	174	Elsa Mota	Run & Fun	02:39:15	+01:06:28	09:57	
98	149	Mónia Oliveira	Os Falta de Ar	02:39:21	+01:06:34	09:58	
99	150	Nuno Figueiredo	Os Falta de Ar	02:39:21	+01:06:34	09:58	
100	45	Nuno Pinho	Domingo levo um Rádio	02:39:24	+01:06:37	09:58	
101	58	Antonio Machado	GDCTINCM	02:39:51	+01:07:04	09:59	
102	47	Diana Sousa	Equipa A	02:40:20	+01:07:33	10:01	
103	88	Marco Danilo	Individual	02:40:23	+01:07:36	10:01	
104	198	Fernando Brandão	Sentir Escariz running	02:41:21	+01:08:34	10:05	
105	193	Jorge Vasconcelos	SCCOIMBRÕES/EQUIPA A	02:41:41	+01:08:54	10:06	
106	113	César Sousa	Individual	02:42:36	+01:09:49	10:10	
107	84	João Sá	Individual	02:43:48	+01:11:01	10:14	
108	201	Paulo Sampaio	Trepatrielhostrail	02:44:32	+01:11:45	10:17	
109	102	Daniela Caetano De Sá	Individual	02:44:46	+01:11:59	10:18	
110	191	Maria Alice Couto	SCCOIMBRÕES/EQUIPA A	02:45:19	+01:12:32	10:20	
111	155	João Paulo	PCRunners	02:47:59	+01:15:12	10:30	
112	189	Fátima Inês Teixeira	Sapatilhas Verdes	02:49:00	+01:16:13	10:34	
113	204	Helder Pereira	Turtles	02:49:20	+01:16:33	10:35	
114	136	Antonio Monteiro	Individual	02:51:11	+01:18:24	10:42	
115	11	Vanessa Maia	Arrifana Running	02:51:25	+01:18:38	10:43	
116	26	Paulo Fonseca	Arrifana Running	02:55:03	+01:22:16	10:56	
117	18	Paula Martins	Arrifana Running	02:55:03	+01:22:16	10:56	
118	69	Cristiana Seabra	Individual	02:55:28	+01:22:41	10:58	
119	161	Vera Lúcia Martins Rodrigues	PRODD TINTOL	02:55:29	+01:22:42	10:58	
120	163	Rui Manuel Oliveira Coelho	PRODD TINTOL	02:55:35	+01:22:48	10:58	
121	91	Pedro Lopes correia	Individual	02:56:40	+01:23:53	11:03	
122	210	André Vivas	Individual	02:57:50	+01:25:03	11:07	
123	1	Nuno Joel Rocha	Individual	02:57:51	+01:25:04	11:07	
124	117	Joao Luis Ferreira	Individual	02:58:25	+01:25:38	11:09	
125	104	Márcia Sousa	Individual	02:59:28	+01:26:41	11:13	
126	133	Miguel Cunha	Individual	02:59:35	+01:26:48	11:13	
127	177	Maria Mota	Run & Fun	03:04:34	+01:31:47	11:32	
128	187	Quinel Mota	Run & Fun	03:04:35	+01:31:48	11:32	
129	176	Emília Assunção	Run & Fun	03:04:40	+01:31:53	11:33	
130	64	nuno Santos	Guisande Trail Running	03:05:50	+01:33:03	11:37	
131	15	Ana dias	Arrifana Running	03:07:00	+01:34:13	11:41	
132	195	José Pereira	SCCOIMBRÕES/EQUIPA A	03:07:22	+01:34:35	11:43	
133	203	Vanessa Santos	Turtles	03:07:31	+01:34:44	11:43	
134	116	Gil Santos	Individual	03:08:45	+01:35:58	11:48	

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16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	68	Ana Dias	Individual	03:09:40	+01:36:53	11:51	
136	160	Lúcia Ferreira Ramalho	PRODD TINTOL	03:09:40	+01:36:53	11:51	
137	19	Sara Figueiredo	Arrifana Running	03:09:41	+01:36:54	11:51	
138	130	Francisco costa	Individual	03:09:46	+01:36:59	11:52	
139	63	Fernanda Pinheiro	Guisande Trail Running	03:11:43	+01:38:56	11:59	
140	65	Paulo Jesud	Guisande Trail Running	03:11:43	+01:38:56	11:59	
141	66	Manuel Gomes	Guisande Trail Running	03:11:44	+01:38:57	11:59	
142	67	José Pinheiro	Guisande Trail Running	03:11:45	+01:38:58	11:59	
143	77	André Tavares	Individual	03:12:00	+01:39:13	12:00	
144	81	Hugo Silva	Individual	03:13:30	+01:40:43	12:06	
145	83	João Pedro Silveira Vieira	Individual	03:13:34	+01:40:47	12:06	
146	70	Inês Bagnari	Individual	03:13:35	+01:40:48	12:06	
147	135	Rui Oliveira	Individual	03:13:48	+01:41:01	12:07	
148	138	Norberto Oliveira	Run For Fun Laranjinhas	03:14:53	+01:42:06	12:11	
149	53	Florinda carvalho	Gansos	03:17:08	+01:44:21	12:19	
150	98	Rui Santos	Individual	03:17:08	+01:44:21	12:19	
151	54	Alcino tavares	Gansos	03:17:12	+01:44:25	12:19	
152	41	Artur Pedro Enes	Clube novobanco	03:19:38	+01:46:51	12:29	
153	202	Rui Familiar	Trepatrilhastrail	03:22:07	+01:49:20	12:38	
154	200	Alexandra Valinhas	Trepatrilhastrail	03:22:13	+01:49:26	12:38	
155	87	Maiky Oliveira Rodrigues	Individual	03:23:37	+01:50:50	12:44	
156	28	Guilhermina Ligeiro	Atletas das 17 h	03:26:14	+01:53:27	12:53	
157	29	Maria Brandao	Atletas das 17 h	03:26:16	+01:53:29	12:53	
158	20	Susana Gomes	Arrifana Running	03:26:17	+01:53:30	12:54	
159	17	Sandra Gomes	Arrifana Running	03:26:17	+01:53:30	12:54	
160	199	Andreia Jorge	Trepatrilhastrail	03:29:28	+01:56:41	13:05	
161	119	Márcio Moura	Individual	03:32:48	+02:00:01	13:18	
162	111	Artur Fonseca	Individual	03:35:35	+02:02:48	13:28	
163	89	Nelson Sá	Individual	03:37:27	+02:04:40	13:35	
164	184	Diogo Silva	Run & Fun	03:38:01	+02:05:14	13:38	
165	114	Eduardo vieira	Individual	03:44:26	+02:11:39	14:02	
166	5	Albertina Oliveira	Albertina Oliveira	03:54:17	+02:21:30	14:39	
167	6	Sónia Matos	Albertina Oliveira	03:54:17	+02:21:30	14:39	
168	48	Mário Araújo	Equipa A	03:55:11	+02:22:24	14:42	
169	141	conceicao pereira	javalis100limites	03:55:39	+02:22:52	14:44	
170	142	tony barbosa	javalis100limites	03:55:40	+02:22:53	14:44	
171	50	Pedro Oliveira	ForMud	03:55:42	+02:22:55	14:44	
172	51	Helena Peixoto	ForMud	03:55:42	+02:22:55	14:44	
173	103	Liliana Resende	Individual	04:04:44	+02:31:57	15:18	
174	188	Carmo Paiva	Run For Fun Laranjinhas	04:04:49	+02:32:02	15:18	

16KM

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[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	18,3°C	82%
End	13:34	18.3°C	82%

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

1	42	Cristiana Ferreira	DCI/Trilhos Luso Bussaco	Senior Feminino	01:58:03	07:23:00
2	74	Sara Neves	Individual	Senior Feminino	02:17:52	+19:49 08:37:00
3	4	Fátima Pinho	AFIS - Ovar	Senior Feminino	02:28:51	+30:48 09:18:00
4	37	Mariana Guedes de Melo Tavares	Clube Desportivo Feirense	Senior Feminino	02:32:01	+33:58 09:30:00
5	10	Mária Calmeiro	Arrifana Running	Senior Feminino	02:33:51	+35:48 09:37:00
6	72	Joana Pereira	Individual	Senior Feminino	02:35:08	+37:05 09:42:00
7	11	Vanessa Maia	Arrifana Running	Senior Feminino	02:51:25	+53:22 10:43:00
8	69	Cristiana Seabra	Individual	Senior Feminino	02:55:28	+57:25 10:58:00
9	203	Vanessa Santos	Turtles	Senior Feminino	03:07:31	+01:09:28 11:43:00
10	68	Ana Dias	Individual	Senior Feminino	03:09:40	+01:11:37 11:51:00
11	160	Lúcia Ferreira Ramalho	PRODD TINTOL	Senior Feminino	03:09:40	+01:11:37 11:51:00
12	70	Inês Bagnari	Individual	Senior Feminino	03:13:35	+01:15:31 12:06:00
13	199	Andreia Jorge	Trepatrilhastrail	Senior Feminino	03:29:28	+01:31:25 13:05:00

Senior Masculino

1	33	Pedro Martins	AZTrail	Senior Masculino	01:40:02	06:15
2	3	Fábio Júnio Gonçalves da Silva	A.D Nós Acreditamos	Senior Masculino	01:48:32	+08:30 06:47
3	99	Sérgio Coelho	Individual	Senior Masculino	01:49:08	+09:05 06:49
4	164	Bruno Soares	Pupilos do Zé-Tó	Senior Masculino	01:50:01	+09:59 06:53
5	32	Daniel Pinho	AZTrail	Senior Masculino	01:51:49	+11:46 06:59
6	85	João Valente	Individual	Senior Masculino	01:54:28	+14:26 07:09
7	31	Daniel Carvalho	AZTrail	Senior Masculino	01:59:25	+19:22 07:28
8	75	André Meireles	Individual	Senior Masculino	02:02:23	+22:21 07:39
9	82	Ivo Emanuel da Silva Leitão	Individual	Senior Masculino	02:03:05	+23:03 07:42
10	13	Roberto Bastos	Arrifana Running	Senior Masculino	02:04:39	+24:37 07:47
11	43	Ricardo Correia	Do Vale Running Brothers	Senior Masculino	02:10:44	+30:42 08:10
12	59	Ricardo Mendes	Gens SC Trail	Senior Masculino	02:21:55	+41:52 08:52
13	14	Tiago Gonçalves	Arrifana Running	Senior Masculino	02:22:40	+42:38 08:55
14	100	Tiago Manuel Dias Gaspar	Individual	Senior Masculino	02:24:11	+44:08 09:01
15	95	Rúben Silva	Individual	Senior Masculino	02:24:11	+44:09 09:01
16	76	André Oliveira	Individual	Senior Masculino	02:25:15	+45:12 09:05
17	12	João Tavares	Arrifana Running	Senior Masculino	02:25:47	+45:44 09:07
18	78	Carlos Pereira	Individual	Senior Masculino	02:28:53	+48:51 09:18
19	97	Rui Pinho	Individual	Senior Masculino	02:29:16	+49:13 09:20
20	101	Vitor Almeida	Individual	Senior Masculino	02:30:17	+50:14 09:24
21	94	RENATO FILIPE OLIVEIRA ROCHA	Individual	Senior Masculino	02:32:19	+52:16 09:31
22	90	Nuno Dias	Individual	Senior Masculino	02:33:09	+53:06 09:34
23	80	Filipe Soares	Individual	Senior Masculino	02:33:38	+53:35 09:36

Official Timekeeper: Lap2Go	1 / 5	generate 06-jul.-2025 13:35
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16KM

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

24	139	rodrigo pinhal	javalis100limites	Senior Masculino	02:35:09	+55:06	09:42
25	44	António Pedro Ferreira	Domingo levo um Rádio	Senior Masculino	02:35:10	+55:07	09:42
26	96	Rui Costa	Individual	Senior Masculino	02:35:35	+55:33	09:43
27	93	Pedro Oliveira	Individual	Senior Masculino	02:39:08	+59:05	09:57
28	86	Luis Marques	Individual	Senior Masculino	02:39:14	+59:12	09:57
29	88	Marco Danilo	Individual	Senior Masculino	02:40:23	+01:00:20	10:01
30	84	João Sá	Individual	Senior Masculino	02:43:48	+01:03:45	10:14
31	91	Pedro Lopes correia	Individual	Senior Masculino	02:56:40	+01:16:38	11:03
32	210	André Vivas	Individual	Senior Masculino	02:57:50	+01:17:48	11:07
33	77	André Tavares	Individual	Senior Masculino	03:12:00	+01:31:57	12:00
34	81	Hugo Silva	Individual	Senior Masculino	03:13:30	+01:33:28	12:06
35	83	João Pedro Silveira Vieira	Individual	Senior Masculino	03:13:34	+01:33:31	12:06
36	98	Rui Santos	Individual	Senior Masculino	03:17:08	+01:37:05	12:19
37	87	Maiky Oliveira Rodrigues	Individual	Senior Masculino	03:23:37	+01:43:34	12:44
38	89	Nelson Sá	Individual	Senior Masculino	03:37:27	+01:57:24	13:35
39	184	Diogo Silva	Run & Fun	Senior Masculino	03:38:01	+01:57:58	13:38
40	50	Pedro Oliveira	ForMud	Senior Masculino	03:55:42	+02:15:40	14:44

Sub 23 Masculino

1	215	Francisco Pereira	Ativate	Sub 23 Masculino	01:32:47	05:48
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Veterana F40

1	175	Sara Mota	Run & Fun	Veterana F40	02:06:59	07:56
2	62	SONIA ALMEIDA	Guisande Trail Running	Veterana F40	02:15:26	+08:27 08:28
3	34	Brígida Lima	AZTrail	Veterana F40	02:18:59	+11:59 08:41
4	173	Céu Vilar	Run & Fun	Veterana F40	02:20:18	+13:18 08:46
5	7	Helene ribeiro	Alter et go	Veterana F40	02:26:49	+19:49 09:11
6	56	SOFIA FERREIRA	GDCTINCM	Veterana F40	02:26:50	+19:50 09:11
7	16	Carla Soares	Arrifana Running	Veterana F40	02:32:18	+25:19 09:31
8	174	Elsa Mota	Run & Fun	Veterana F40	02:39:15	+32:15 09:57
9	149	Mónia Oliveira	Os Falta de Ar	Veterana F40	02:39:21	+32:22 09:58
10	102	Daniela Caetano De Sá	Individual	Veterana F40	02:44:46	+37:46 10:18
11	189	Fátima Inês Teixeira	Sapatilhas Verdes	Veterana F40	02:49:00	+42:00 10:34
12	161	Vera Lúcia Martins Rodrigues	PRODD TINTOL	Veterana F40	02:55:29	+48:29 10:58
13	104	Márcia Sousa	Individual	Veterana F40	02:59:28	+52:28 11:13
14	15	Ana dias	Arrifana Running	Veterana F40	03:07:00	+01:00:00 11:41
15	53	Florinda carvalho	Gansos	Veterana F40	03:17:08	+01:10:08 12:19
16	200	Alexandra Valinhas	Trepatrielhostrail	Veterana F40	03:22:13	+01:15:14 12:38
17	17	Sandra Gomes	Arrifana Running	Veterana F40	03:26:17	+01:19:18 12:54
18	5	Albertina Oliveira	Albertina Oliveira	Veterana F40	03:54:17	+01:47:18 14:39
19	6	Sónia Matos	Albertina Oliveira	Veterana F40	03:54:17	+01:47:18 14:39
20	51	Helena Peixoto	ForMud	Veterana F40	03:55:42	+01:48:43 14:44

16KM

16 KM

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21	103	Liliana Resende	Individual	Veterana F40	04:04:44	+01:57:44	15:18
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Veterana F50

1	109	Teresa Paiva	Run For Fun Laranjinhas	Veterana F50	02:18:51	08:41
2	153	Paula Dias	Paula Manuela Dias	Veterana F50	02:29:19	+10:27 09:20
3	39	Helena Silva	Clube novobanco	Veterana F50	02:33:49	+14:57 09:37
4	107	Maria do Céu Ferreira	Individual	Veterana F50	02:36:10	+17:19 09:46
5	108	Sandra Ferreira	Individual	Veterana F50	02:37:54	+19:02 09:52
6	47	Diana Sousa	Equipa A	Veterana F50	02:40:20	+21:28 10:01
7	191	Maria Alice Couto	SCCOIMBRÕES/EQUIPA A	Veterana F50	02:45:19	+26:27 10:20
8	18	Paula Martins	Arrifana Running	Veterana F50	02:55:03	+36:11 10:56
9	177	Maria Mota	Run & Fun	Veterana F50	03:04:34	+45:42 11:32
10	176	Emília Assunção	Run & Fun	Veterana F50	03:04:40	+45:48 11:33
11	19	Sara Figueiredo	Arrifana Running	Veterana F50	03:09:41	+50:49 11:51
12	63	Fernanda Pinheiro	Guisande Trail Running	Veterana F50	03:11:43	+52:51 11:59
13	28	Guilhermina Ligeiro	Atletas das 17 h	Veterana F50	03:26:14	+01:07:22 12:53
14	29	Maria Brandao	Atletas das 17 h	Veterana F50	03:26:16	+01:07:24 12:53
15	20	Susana Gomes	Arrifana Running	Veterana F50	03:26:17	+01:07:25 12:54
16	188	Carmo Paiva	Run For Fun Laranjinhas	Veterana F50	04:04:49	+01:45:57 15:18

Veterana F60

1	141	conceicao pereira	javalis100limites	Veterana F60	03:55:39	14:44
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Veterano M40

1	157	Marco Lopes	Pegasus OCR ProTeam	Veterano M40	01:40:24	06:17
2	206	José Costa	G.D. Ronda	Veterano M40	01:41:50	+01:25 06:22
3	209	Gilberto Costa	javalis100limites	Veterano M40	01:45:00	+04:35 06:34
4	61	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	01:45:06	+04:41 06:34
5	197	Nuno Santos	Sentir Escariz running	Veterano M40	01:48:19	+07:54 06:46
6	40	Paulo Oliveira	Clube novobanco	Veterano M40	01:52:28	+12:04 07:02
7	52	Antonio Cristóvão	G.D.C GUILHOVAI	Veterano M40	01:52:29	+12:04 07:02
8	159	Luís Teixeira	PowerRun	Veterano M40	01:56:35	+16:11 07:17
9	154	Paulo Sérgio Silva Gomes	Paulo Gomes	Veterano M40	01:56:38	+16:14 07:17
10	9	Joaquim pinho	Amigos do trail OAZ	Veterano M40	02:04:16	+23:51 07:46
11	35	BRUNO VIEIRA	AZTrail	Veterano M40	02:04:38	+24:13 07:47
12	166	Pedro Paiva	Pupilos do Zé-Tó	Veterano M40	02:06:57	+26:32 07:56
13	182	Nelson Pais	Run & Fun	Veterano M40	02:06:59	+26:34 07:56
14	179	Américo Costa	Run & Fun	Veterano M40	02:09:36	+29:11 08:06
15	115	Filipe Pinho	Individual	Veterano M40	02:13:55	+33:31 08:22
16	21	Diogo lopes	Arrifana Running	Veterano M40	02:15:28	+35:03 08:28

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16KM

16 KM

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17	181	Joel Ferreira Pinto	Run & Fun	Veterano M40	02:17:45	+37:21	08:37
18	122	Ricardo José Azevedo Pinho	Individual	Veterano M40	02:17:51	+37:27	08:37
19	180	Cláudio Santos	Run & Fun	Veterano M40	02:20:36	+40:12	08:47
20	120	Paulo Costa	Individual	Veterano M40	02:24:08	+43:43	09:00
21	192	Daniel Silva	SCCOIMBRÕES/EQUIPA A	Veterano M40	02:24:52	+44:28	09:03
22	183	Tino silva	Run & Fun	Veterano M40	02:31:19	+50:54	09:27
23	118	João Ribeiro	Individual	Veterano M40	02:33:46	+53:22	09:37
24	60	Leonel Oliveira	Grupo desportivo da Cruz das Eiras	Veterano M40	02:34:43	+54:18	09:40
25	112	Carlos Paiva	Individual	Veterano M40	02:37:56	+57:31	09:52
26	150	Nuno Figueiredo	Os Falta de Ar	Veterano M40	02:39:21	+58:57	09:58
27	193	Jorge Vasconcelos	SCCOIMBRÕES/EQUIPA A	Veterano M40	02:41:41	+01:01:16	10:06
28	113	César Sousa	Individual	Veterano M40	02:42:36	+01:02:11	10:10
29	201	Paulo Sampaio	Trepatrielhostrail	Veterano M40	02:44:32	+01:04:07	10:17
30	204	Helder Pereira	Turtles	Veterano M40	02:49:20	+01:08:56	10:35
31	163	Rui Manuel Oliveira Coelho	PRODD TINTOL	Veterano M40	02:55:35	+01:15:10	10:58
32	1	Nuno Joel Rocha	Individual	Veterano M40	02:57:51	+01:17:26	11:07
33	117	Joao Luis Ferreira	Individual	Veterano M40	02:58:25	+01:18:01	11:09
34	64	nuno Santos	Guisande Trail Running	Veterano M40	03:05:50	+01:25:25	11:37
35	116	Gil Santos	Individual	Veterano M40	03:08:45	+01:28:21	11:48
36	65	Paulo Jesud	Guisande Trail Running	Veterano M40	03:11:43	+01:31:18	11:59
37	202	Rui Familiar	Trepatrielhostrail	Veterano M40	03:22:07	+01:41:42	12:38
38	119	Márcio Moura	Individual	Veterano M40	03:32:48	+01:52:23	13:18
39	111	Artur Fonseca	Individual	Veterano M40	03:35:35	+01:55:11	13:28
40	114	Eduardo vieira	Individual	Veterano M40	03:44:26	+02:04:01	14:02
41	48	Mário Araújo	Equipa A	Veterano M40	03:55:11	+02:14:46	14:42

Veterano M50

1	25	Fernando Lima	Arrifana Running	Veterano M50	01:48:55	06:48
2	147	António Nunes	NS TRAIL TEAM	Veterano M50	01:54:43	+05:48 07:10
3	23	Antonio Francisco	Arrifana Running	Veterano M50	01:55:27	+06:32 07:13
4	132	Mário Felgueiras	Individual	Veterano M50	01:58:20	+09:25 07:24
5	146	Henrique Silva	NS TRAIL TEAM	Veterano M50	02:04:50	+15:55 07:48
6	168	António Silveira	Pupilos do Zé-Tó	Veterano M50	02:09:02	+20:07 08:04
7	167	António Ferreira	Pupilos do Zé-Tó	Veterano M50	02:09:15	+20:20 08:05
8	185	Mário Almeida	Run & Fun	Veterano M50	02:13:11	+24:16 08:19
9	208	Luís Francisco	javalis100limites	Veterano M50	02:15:52	+26:57 08:29
10	151	Jorge Santos	Outlaw runners	Veterano M50	02:17:13	+28:18 08:35
11	131	Marcelo Fernandes	Individual	Veterano M50	02:20:57	+32:02 08:49
12	127	Américo da Silva Bessa	Individual	Veterano M50	02:24:11	+35:16 09:01
13	172	José Nunes	Rogério Silva	Veterano M50	02:24:19	+35:24 09:01
14	8	Artur soares de almeida	Alter et go	Veterano M50	02:26:49	+37:54 09:11
15	134	Paulo Sá	Individual	Veterano M50	02:29:08	+40:13 09:19
16	186	Mike Funner	Run & Fun	Veterano M50	02:29:12	+40:17 09:20
17	129	Fernando Lopes	Individual	Veterano M50	02:29:20	+40:25 09:20

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16KM

16 KM

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18	45	Nuno Pinho	Domingo levo um Rádio	Veterano M50	02:39:24	+50:29	09:58
19	58	Antonio Machado	GDCTINCM	Veterano M50	02:39:51	+50:56	09:59
20	198	Fernando Brandão	Sentir Escariz running	Veterano M50	02:41:21	+52:26	10:05
21	155	João Paulo	PCRunners	Veterano M50	02:47:59	+59:04	10:30
22	26	Paulo Fonseca	Arrifana Running	Veterano M50	02:55:03	+01:06:08	10:56
23	133	Miguel Cunha	Individual	Veterano M50	02:59:35	+01:10:40	11:13
24	130	Francisco costa	Individual	Veterano M50	03:09:46	+01:20:51	11:52
25	66	Manuel Gomes	Guisande Trail Running	Veterano M50	03:11:44	+01:22:49	11:59
26	135	Rui Oliveira	Individual	Veterano M50	03:13:48	+01:24:53	12:07
27	54	Alcino tavares	Gansos	Veterano M50	03:17:12	+01:28:17	12:19
28	41	Artur Pedro Enes	Clube novobanco	Veterano M50	03:19:38	+01:30:43	12:29
29	142	tony barbosa	javalis100limites	Veterano M50	03:55:40	+02:06:45	14:44

Veterano M60

1	148	José Tavares	NS TRAIL TEAM	Veterano M60	01:48:25	06:47
2	55	BELMIRO MOREIRA FERREIRA	GD Leões da Guarda	Veterano M60	01:48:25	+00:00 06:47
3	137	José Aguiar	Individual	Veterano M60	02:01:47	+13:22 07:37
4	194	Fernando Sousa Ramalho	SCCOIMBRÕES/EQUIPA A	Veterano M60	02:19:25	+31:00 08:43
5	144	Mário Oliveira	Milheirós de Poiares	Veterano M60	02:25:19	+36:54 09:05
6	171	Manuel Zola	Pupilos do Zé-Tó	Veterano M60	02:29:05	+40:40 09:19
7	46	Luis Pinho	Domingo levo um Rádio	Veterano M60	02:31:43	+43:17 09:29
8	136	Antonio Monteiro	Individual	Veterano M60	02:51:11	+01:02:45 10:42
9	187	Quinel Mota	Run & Fun	Veterano M60	03:04:35	+01:16:09 11:32
10	195	José Pereira	SCCOIMBRÕES/EQUIPA A	Veterano M60	03:07:22	+01:18:56 11:43
11	67	José Pinheiro	Guisande Trail Running	Veterano M60	03:11:45	+01:23:19 11:59
12	138	Norberto Oliveira	Run For Fun Laranjinhas	Veterano M60	03:14:53	+01:26:28 12:11

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