

18 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	34	Fábio silva	Individual	01:33:28		05:12	
2	14	Bruno Pinheiro	Dá-Lhe Gas Trail Team	01:47:28	+14:00	05:58	
3	20	Miguel Moreira	Destemidos / AR Sequeiró	01:50:07	+16:39	06:07	
4	81	Paulo Aroso	TEAM LANTEMIL	01:50:39	+17:11	06:09	
5	56	Alfredo da Silva Moreira	Individual	01:54:56	+21:28	06:23	
6	23	Rui Manuel Pereira Cardoso	DUELO D'OCASIÃO	01:55:02	+21:34	06:23	
7	17	Vítor Araujo	Dá-Lhe Gas Trail Team	01:56:59	+23:31	06:30	
8	63	Nuno morais	Individual	01:57:36	+24:08	06:32	
9	64	Simão Alves	Individual	02:00:13	+26:45	06:41	
10	85	Armando Machado	Trail Team Casa das Reparações	02:00:46	+27:18	06:43	
11	87	Mário Carvalho	GD Vilarinho de Cima	02:02:13	+28:45	06:47	
12	75	Nuno sousa	Lousada Trilhos	02:02:45	+29:17	06:49	
13	22	Ricardo Silva	Didact Heart	02:05:14	+31:46	06:57	
14	78	David Gonçalves	S4L / MedenseFC	02:05:58	+32:30	07:00	
15	28	Ricardo Ferreira	Ferreira's	02:07:00	+33:32	07:03	
16	39	Thibaut Hiesse	Individual	02:07:04	+33:36	07:04	
17	21	Renato Manuel da Cruz Alves	DIDACT	02:07:10	+33:42	07:04	
18	76	António Silva	PO REFORÇO TRAIL TEAM	02:08:22	+34:54	07:08	
19	30	Ricardo Ferreira	Ferreira's	02:10:11	+36:43	07:14	
20	27	Jorge Beliago	Escola Atletismo da Trofa	02:10:11	+36:43	07:14	
21	32	Daniel Torres	Individual	02:10:56	+37:28	07:16	
22	19	MORTE Judite	DESNIVEL POSITIVO	02:11:14	+37:46	07:17	
23	57	António Coelho	Individual	02:14:28	+41:00	07:28	
24	79	Carlos Manuel oliveira Cunha	salus Physicus	02:17:11	+43:43	07:37	
25	77	Manuel Jorge Nogueira Silva	Rebeldes Trail	02:20:27	+46:59	07:48	
26	62	Luís Filipe Oliveira de Matos	Individual	02:20:28	+47:00	07:48	
27	67	João Santana	Individual	02:20:30	+47:02	07:48	
28	29	Tiago Ferreira	Ferreira's	02:21:04	+47:36	07:50	
29	65	Tiago Moreira	Individual	02:21:08	+47:40	07:50	
30	7	Céu Sousa	Caminhadas da Amizade	02:21:37	+48:09	07:52	
31	43	Marlene pinheiro	Individual	02:21:58	+48:30	07:53	
32	54	Luis Miguel Ferreira Neves	Individual	02:23:03	+49:35	07:57	
33	12	Paulo Moreira	Caminhadas da Amizade	02:23:41	+50:13	07:59	
34	38	Telmo Silva	Individual	02:24:04	+50:36	08:00	
35	50	Celso Dias	Individual	02:26:10	+52:42	08:07	
36	53	Luís Forte	Individual	02:26:11	+52:43	08:07	
37	86	João Sousa	Trail Team Casa das Reparações	02:26:39	+53:11	08:09	
38	4	Sandra Lage	Boavista Trail	02:28:24	+54:56	08:15	
39	6	José Matos	Boavista Trail	02:28:32	+55:04	08:15	
40	60	Filipe Abreu	Individual	02:34:50	+01:01:22	08:36	
41	88	Paulo Neves	Baltar Runners	02:34:53	+01:01:25	08:36	
42	35	Francisco Lopes	Individual	02:34:57	+01:01:29	08:37	

18 KM

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Official Timekeeper: Lap2Go	2 / 2	generate 21-set.-2025 13:33
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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	12,3°C	83%
End	13:33	12,3°C	83%

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

1	34	Fábio silva	Individual	Senior Masculino	01:33:28		05:12:30
2	14	Bruno Pinheiro	Dá-Lhe Gas Trail Team	Senior Masculino	01:47:28	+14:00	05:58:30
3	20	Miguel Moreira	Destemidos / AR Sequeiró	Senior Masculino	01:50:07	+16:39	06:07:30
4	23	Rui Manuel Pereira Cardoso	DUELO D'OCASIÃO	Senior Masculino	01:55:02	+21:33	06:23:30
5	28	Ricardo Ferreira	Ferreira's	Senior Masculino	02:07:00	+33:31	07:03:30
6	39	Thibaut Hiesse	Individual	Senior Masculino	02:07:04	+33:35	07:04:30
7	27	Jorge Beliago	Escola Atletismo da Trofa	Senior Masculino	02:10:11	+36:43	07:14:30
8	32	Daniel Torres	Individual	Senior Masculino	02:10:56	+37:27	07:16:30
9	79	Carlos Manuel oliveira Cunha	salus Physicus	Senior Masculino	02:17:11	+43:42	07:37:30
10	29	Tiago Ferreira	Ferreira's	Senior Masculino	02:21:04	+47:35	07:50:30
11	38	Telmo Silva	Individual	Senior Masculino	02:24:04	+50:36	08:00:30
12	35	Francisco Lopes	Individual	Senior Masculino	02:34:57	+01:01:29	08:37:30
13	24	César Pereira	Éjali..equipa de amigos trailrunners	Senior Masculino	02:35:01	+01:01:33	08:37:30
14	36	Gustavo Almeida	Individual	Senior Masculino	02:45:13	+01:11:44	09:11:30
15	33	Fábio Silva	Individual	Senior Masculino	02:45:44	+01:12:15	09:12:30
16	90	Daniel Almeida	Individual	Senior Masculino	03:08:36	+01:35:08	10:29:30

Veterana F35

1	19	MORTE Judite	DESNIVEL POSITIVO	Veterana F35	02:11:14		07:17:14
2	15	Otacília Silva	Dá-Lhe Gas Trail Team	Veterana F35	02:58:24	+47:09	09:55:33
3	16	Telma Gonçalves	Dá-Lhe Gas Trail Team	Veterana F35	02:58:24	+47:10	09:55:34

Veterana F45

1	7	Céu Sousa	Caminhadas da Amizade	Veterana F45	02:21:37	07:52:11
2	43	Marlene pinheiro	Individual	Veterana F45	02:21:58	07:53:00
3	4	Sandra Lage	Boavista Trail	Veterana F45	02:28:24	08:15:46
4	82	Maria Neves	Tog	Veterana F45	02:41:54	09:00:16
5	74	Paula sousa	Lousada Trilhos	Veterana F45	02:57:17	09:51:40
6	70	Jacinta Fonseca	Jacinta Fonseca	Veterana F45	02:57:57	09:53:19
7	31	Paula Ferreira	Gansos trail e caminhada	Veterana F45	03:01:25	10:05:47
8	40	Helena Amaral	Individual	Veterana F45	04:00:08	13:20:30

Veterana F55

1	8	Camila Manso	Caminhadas da Amizade	Veterana F55	02:57:33	09:52:13
2	44	Fatima Barros	Individual	Veterana F55	03:39:55	+42:21 12:13:38

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OFFICIAL RESULT

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3	83	Fátima Mota	Tog	Veterana F55	03:59:07	+01:01:33	13:17
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Veterano M35

1	81	Paulo Aroso	TEAM LANTEMIL	Veterano M35	01:50:39	06:09
2	17	Vitor Araujo	Dá-Lhe Gas Trail Team	Veterano M35	01:56:59	+06:19 06:30
3	22	Ricardo Silva	Didact Heart	Veterano M35	02:05:14	+14:35 06:57
4	78	David Gonçalves	S4L / MedenseFC	Veterano M35	02:05:58	+15:19 07:00
5	30	Ricardo Ferreira	Ferreira's	Veterano M35	02:10:11	+19:31 07:14
6	54	Luis Miguel Ferreira Neves	Individual	Veterano M35	02:23:03	+32:23 07:57
7	50	Celso Dias	Individual	Veterano M35	02:26:10	+35:31 08:07
8	53	Luís Forte	Individual	Veterano M35	02:26:11	+35:31 08:07
9	88	Paulo Neves	Baltar Runners	Veterano M35	02:34:53	+44:14 08:36
10	2	Miguel Matos	A2LATIVA	Veterano M35	02:40:54	+50:15 08:56
11	25	Pedro Gomes	Éjali..equipa de amigos trailrunners	Veterano M35	02:41:14	+50:34 08:57
12	55	Pedro Campos	Individual	Veterano M35	02:53:21	+01:02:42 09:38
13	51	Gonçalo Silva	Individual	Veterano M35	02:57:19	+01:06:39 09:51
14	46	Bruno José Borges duarte	Individual	Veterano M35	02:59:42	+01:09:02 09:59
15	47	Bruno Santos	Individual	Veterano M35	03:38:51	+01:48:12 12:10
16	52	Hugo Reis	Individual	Veterano M35	04:04:00	+02:13:21 13:33

Veterano M45

1	56	Alfredo da Silva Moreira	Individual	Veterano M45	01:54:56	06:23
2	63	Nuno morais	Individual	Veterano M45	01:57:36	+02:39 06:32
3	64	Simão Alves	Individual	Veterano M45	02:00:13	+05:16 06:41
4	85	Armando Machado	Trail Team Casa das Reparações	Veterano M45	02:00:46	+05:49 06:43
5	75	Nuno sousa	Lousada Trilhos	Veterano M45	02:02:45	+07:49 06:49
6	21	Renato Manuel da Cruz Alves	DIDACT	Veterano M45	02:07:10	+12:14 07:04
7	76	António Silva	PO REFORÇO TRAIL TEAM	Veterano M45	02:08:22	+13:25 07:08
8	57	António Coelho	Individual	Veterano M45	02:14:28	+19:32 07:28
9	62	Luís Filipe Oliveira de Matos	Individual	Veterano M45	02:20:28	+25:32 07:48
10	65	Tiago Moreira	Individual	Veterano M45	02:21:08	+26:11 07:50
11	86	João Sousa	Trail Team Casa das Reparações	Veterano M45	02:26:39	+31:42 08:09
12	6	José Matos	Boavista Trail	Veterano M45	02:28:32	+33:35 08:15
13	60	Filipe Abreu	Individual	Veterano M45	02:34:50	+39:53 08:36
14	3	Antonio Couto	Baltar Runners	Veterano M45	02:35:17	+40:20 08:38
15	58	Armando Neves	Individual	Veterano M45	02:35:33	+40:37 08:39
16	89	Francisco Nunes	Individual	Veterano M45	02:35:59	+41:02 08:40
17	61	Jorge Anjos	Individual	Veterano M45	02:40:20	+45:23 08:54
18	1	José Oliveira	20vercorrer	Veterano M45	02:40:22	+45:25 08:55
19	26	Marcio mendes	Equipa Boot	Veterano M45	02:48:51	+53:55 09:23
20	59	Emanuel Freitas	Individual	Veterano M45	02:51:03	+56:06 09:30
21	72	Delfim Nunes	KeMedo Team	Veterano M45	03:01:12	+01:06:15 10:04

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22	84	Fernando Quintino Barbosa	Tog	Veterano M45	03:39:41	+01:44:44	12:12
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Veterano M55

1	87	Mário Carvalho	GD Vilarinho de Cima	Veterano M55	02:02:13		06:47
2	77	Manuel Jorge Nogueira Silva	Rebeldes Trail	Veterano M55	02:20:27	+18:13	07:48
3	67	João Santana	Individual	Veterano M55	02:20:30	+18:16	07:48
4	12	Paulo Moreira	Caminhadas da Amizade	Veterano M55	02:23:41	+21:28	07:59
5	80	Fernando Campos	salus Physicus	Veterano M55	02:47:42	+45:29	09:19
6	68	José Madureira	Individual	Veterano M55	02:48:25	+46:11	09:21
7	11	Jose Joaquim Moreira Coelho	A2LATIVA	Veterano M55	02:59:42	+57:29	09:59

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Official Timekeeper: Lap2Go	1 / 1	generate 21-set.-2025 13:33
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