

TRAIL 32K - STAGE 1

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	8,3°C	81%
End	14:47	8.3°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2096	Sérgio Sá	AGUIAS DE ALVELOS	03:03:54		05:45	
2	2085	Cláudio Araújo	Quebrarritmo	03:09:48	+05:54	05:56	
3	2101	Nuno Costa	365 RP	03:10:21	+06:27	05:57	
4	2091	Bruno Ribeiro	AGUIAS DE ALVELOS	03:14:14	+10:20	06:04	
5	2046	Ruben Ribeiro	Individual	03:15:30	+11:36	06:07	
6	2108	José Silva	365 RP	03:15:56	+12:02	06:07	
7	2114	João Rodrigues	Amigos da Montanha	03:19:20	+15:26	06:14	
8	2100	Sérgio Peixoto	365 RP	03:20:21	+16:27	06:16	
9	2093	Joel Araújo	AGUIAS DE ALVELOS	03:22:02	+18:08	06:19	
10	2000	Luís Ribeiro	EDL Trail	03:34:52	+30:58	06:43	
11	2102	Sérgio Silva	AGUIAS DE ALVELOS	03:39:13	+35:19	06:51	
12	2079	Miguel Ângelo Alves	Erdal	03:44:35	+40:41	07:01	
13	2080	Miguel De Oliveira	CBRUN	03:45:09	+41:15	07:02	
14	2045	Paulo Peixoto	Individual	03:45:48	+41:54	07:03	
15	2094	Nuno Fernandes	AGUIAS DE ALVELOS	03:45:51	+41:57	07:03	
16	2095	Duarte dos Santos Soeiro	AGUIAS DE ALVELOS	03:45:51	+41:57	07:03	
17	2086	Sebastião Pinto	Quebrarritmo	03:52:38	+48:44	07:16	
18	2036	Ceu fernandes	VITÓRIA SPORT CLUBE	03:53:08	+49:14	07:17	
19	2090	Andreia Rocha	DRGN	03:54:31	+50:37	07:20	
20	2068	José Araújo	LOBOS DO MONTE RUN	03:54:59	+51:05	07:21	
21	2066	Tiago Pinheiro	juvmar	03:55:33	+51:39	07:22	
22	2097	Ricardo Mendonça	365 RP	03:55:52	+51:58	07:22	
23	2098	Xavier Amorim	ADCAR	03:57:47	+53:53	07:26	
24	2061	Miguel Martins	LEBRES MINHOTAS	04:02:53	+58:59	07:35	
25	2078	Luís Miguel Santos	Erdal	04:03:04	+59:10	07:36	
26	2052	Nelson Gonçalves	juvmar	04:03:42	+59:48	07:37	
27	2082	Susana Alves	DRGN	04:04:19	+01:00:25	07:38	
28	2026	JOAO LARANJEIRA	Individual	04:07:27	+01:03:33	07:44	
29	2018	Rui Ramalho	Individual	04:07:37	+01:03:43	07:44	
30	2003	José Barbosa	Individual	04:08:14	+01:04:20	07:45	
31	2039	Júlio Cunha	Dr. Runner	04:10:26	+01:06:32	07:50	
32	2084	Jorge Lemos	Erdal	04:18:03	+01:14:09	08:04	
33	2099	Severino Ribeiro	Individual	04:18:34	+01:14:40	08:05	
34	2115	José Manuel Martins da Silva	Amigos da Montanha	04:21:09	+01:17:15	08:10	
35	2109	Jorge Domingues	LEBRES MINHOTAS	04:21:10	+01:17:16	08:10	
36	2089	Laurinda Sousa	DRGN	04:23:18	+01:19:24	08:14	
37	2083	João Ricardo Santos	Erdal	04:24:05	+01:20:11	08:15	
38	2031	César Pinheiro	A.D. Nós Acreditamos	04:25:55	+01:22:01	08:19	
39	2004	José Silva	Individual	04:26:10	+01:22:16	08:19	
40	2103	António Cardoso	ADCAR	04:27:35	+01:23:41	08:22	
41	2073	MANUEL ALVES	SOPA NA PEDRA	04:29:18	+01:25:24	08:25	
42	2009	Samuel Santos	Individual	04:29:58	+01:26:04	08:26	

32 KM

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	2029	Helder Oliveira	Terror dos Montes	04:30:22	+01:26:28	08:27	
44	2077	Ricardo Bailão	AfrikanRunners	04:30:25	+01:26:31	08:27	
45	2067	Emanuel Martins	AfrikanRunners	04:30:26	+01:26:32	08:27	
46	2063	Nelson Nunes	AfrikanRunners	04:30:26	+01:26:32	08:27	
47	2110	Nataliya Popova	Quebraritmo	04:31:51	+01:27:57	08:30	
48	2116	Bruno Leite	Individual	04:32:45	+01:28:51	08:31	
49	2002	Miguel Carvalho	Duros da Santa	04:38:01	+01:34:07	08:41	
50	2088	Jorge Mendes	Erdal	04:42:18	+01:38:24	08:49	
51	2065	João da silva	juvmar	04:42:58	+01:39:04	08:51	
52	2011	Pedro Fernandes	Miles & Vibes	04:48:34	+01:44:40	09:01	
53	2038	ANTONIO LONGRAS	Individual	04:49:07	+01:45:13	09:02	
54	2049	João Castro	VITÓRIA SPORT CLUBE	04:49:42	+01:45:48	09:03	
55	2044	Francisco José Martins Ferreira	OLÍMPICO VIANENSE	04:49:44	+01:45:50	09:03	
56	2081	Rui Vilasboas	ADCAR	04:52:24	+01:48:30	09:08	
57	2118	Susana Ribeiro	Monquim Bike Time	04:54:28	+01:50:34	09:12	
58	2008	Fernando Moreira	Duros da Santa	04:54:56	+01:51:02	09:13	
59	2017	CARLOS ALBERTO	Individual	04:55:29	+01:51:35	09:14	
60	2074	Ricardo Daniel de Sousa	Individual	04:59:28	+01:55:34	09:21	
61	2012	Hélder Assunção	PIMENTA	05:12:25	+02:08:31	09:46	
62	2023	António Oliveira	Os Finos	05:14:29	+02:10:35	09:50	
63	2043	Jaime Kaufman	Individual	05:14:36	+02:10:42	09:50	
64	2041	Paulo Elias	SF2002	05:14:53	+02:10:59	09:50	
65	2040	Bruno Reis	SF2002	05:14:54	+02:11:00	09:50	
66	2042	Luís Pereira	TEAM LANTEMIL	05:15:04	+02:11:10	09:51	
67	2050	João Ribeiro	Duros da Santa	05:18:04	+02:14:10	09:56	
68	2025	Sérgio Severino	Individual	05:21:33	+02:17:39	10:03	
69	2113	Artur Costa	Mont Blue Team	05:51:37	+02:47:43	10:59	
70	2015	Eduardo Ferreira	Individual	06:04:43	+03:00:49	11:24	
71	2016	Jorge Gomes	Ciclovilas	06:04:43	+03:00:49	11:24	
72	2028	Paulo Sampaio	TrepaTrilhos Trail Team	06:13:55	+03:10:01	11:41	
73	2062	Vania Santos	Individual	06:15:08	+03:11:14	11:43	
74	2058	Gloria Bras	ADE Trail Running	06:15:09	+03:11:15	11:43	
75	2075	Filipe Gonçalves	ADE Trail Running	06:15:09	+03:11:15	11:43	
76	2055	Joana Maia	ADE Trail Running	06:15:09	+03:11:15	11:43	
77	2076	Ana Pereira	ADE Trail Running	06:15:09	+03:11:15	11:43	
78	2057	Juliana Pinheiral	ADE Trail Running	06:15:10	+03:11:16	11:43	

Trail 32K

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	8,3°C	81%
End	14:47	8.3°C	81%

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

1	2082	Susana Alves	DRGN	Senior Feminino	04:04:19	07:36
2	2110	Nataliya Popova	Quebrarritmo	Senior Feminino	04:31:51	+27:31 08:30
3	2055	Joana Maia	ADE Trail Running	Senior Feminino	06:15:09	+02:10:50 11:43

Senior Masculino

1	2101	Nuno Costa	365 RP	Senior Masculino	03:10:21	05:57
2	2046	Ruben Ribeiro	Individual	Senior Masculino	03:15:30	+05:08 06:07
3	2108	José Silva	365 RP	Senior Masculino	03:15:56	+05:35 06:07
4	2094	Nuno Fernandes	AGUIAS DE ALVELOS	Senior Masculino	03:45:51	+35:30 07:03
5	2003	José Barbosa	Individual	Senior Masculino	04:08:14	+57:52 07:45
6	2009	Samuel Santos	Individual	Senior Masculino	04:29:58	+01:19:36 08:26
7	2011	Pedro Fernandes	Miles & Vibes	Senior Masculino	04:48:34	+01:38:13 09:01
8	2074	Ricardo Daniel de Sousa	Individual	Senior Masculino	04:59:28	+01:49:06 09:21
9	2050	João Ribeiro	Duros da Santa	Senior Masculino	05:18:04	+02:07:43 09:56
10	2015	Eduardo Ferreira	Individual	Senior Masculino	06:04:43	+02:54:21 11:24
11	2016	Jorge Gomes	Ciclovilas	Senior Masculino	06:04:43	+02:54:22 11:24

Sub 23 Masculino

1	2000	Luís Ribeiro	EDL Trail	Sub 23 Masculino	03:34:52	06:43
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Veterana F40

1	2090	Andreia Rocha	DRGN	Veterana F40	03:54:31	07:20:37
2	2062	Vania Santos	Individual	Veterana F40	06:15:08	+02:20:37
3	2057	Juliana Pinheiral	ADE Trail Running	Veterana F40	06:15:10	+02:20:39

Veterana F45

1	2076	Ana Pereira	ADE Trail Running	Veterana F45	06:15:09	11:43
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Veterana F50

1	2036	Ceu fernandes	VITÓRIA SPORT CLUBE	Veterana F50	03:53:08	07:17:00
2	2089	Laurinda Sousa	DRGN	Veterana F50	04:23:18	+30:09 08:14:00
3	2118	Susana Ribeiro	Monquim Bike Time	Veterana F50	04:54:28	+01:01:20 09:12:00

Trail 32K

32 KM

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OFFICIAL RESULT

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4	2058	Gloria Bras	ADE Trail Running	Veterana F50	06:15:09	+02:22:01	11:43
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Veterano M35

1	2085	Cláudio Araújo	Quebrarritmo	Veterano M35	03:09:48	05:56
2	2100	Sérgio Peixoto	365 RP	Veterano M35	03:20:21	+10:33 06:16
3	2066	Tiago Pinheiro	juvmar	Veterano M35	03:55:33	+45:44 07:22
4	2098	Xavier Amorim	ADCAR	Veterano M35	03:57:47	+47:58 07:26
5	2052	Nelson Gonçalves	juvmar	Veterano M35	04:03:42	+53:54 07:37
6	2026	JOAO LARANJEIRA	Individual	Veterano M35	04:07:27	+57:38 07:44
7	2029	Helder Oliveira	Terror dos Montes	Veterano M35	04:30:22	+01:20:34 08:27
8	2002	Miguel Carvalho	Duros da Santa	Veterano M35	04:38:01	+01:28:13 08:41
9	2065	João da silva	juvmar	Veterano M35	04:42:58	+01:33:09 08:51
10	2041	Paulo Elias	SF2002	Veterano M35	05:14:53	+02:05:04 09:50

Veterano M40

1	2096	Sérgio Sá	AGUIAS DE ALVELOS	Veterano M40	03:03:54	05:45
2	2095	Duarte dos Santos Soeiro	AGUIAS DE ALVELOS	Veterano M40	03:45:51	+41:57 07:03
3	2068	José Araújo	LOBOS DO MONTE RUN	Veterano M40	03:54:59	+51:05 07:21
4	2097	Ricardo Mendonça	365 RP	Veterano M40	03:55:52	+51:58 07:22
5	2078	Luís Miguel Santos	Erdal	Veterano M40	04:03:04	+59:10 07:36
6	2031	César Pinheiro	A.D. Nós Acreditamos	Veterano M40	04:25:55	+01:22:00 08:19
7	2004	José Silva	Individual	Veterano M40	04:26:10	+01:22:15 08:19
8	2040	Bruno Reis	SF2002	Veterano M40	05:14:54	+02:10:59 09:50

Veterano M45

1	2091	Bruno Ribeiro	AGUIAS DE ALVELOS	Veterano M45	03:14:14	06:04
2	2114	João Rodrigues	Amigos da Montanha	Veterano M45	03:19:20	+05:05 06:14
3	2093	Joel Araújo	AGUIAS DE ALVELOS	Veterano M45	03:22:02	+07:47 06:19
4	2102	Sérgio Silva	AGUIAS DE ALVELOS	Veterano M45	03:39:13	+24:58 06:51
5	2080	Miguel De Oliveira	CBRUN	Veterano M45	03:45:09	+30:54 07:02
6	2045	Paulo Peixoto	Individual	Veterano M45	03:45:48	+31:33 07:03
7	2061	Miguel Martins	LEBRES MINHOTAS	Veterano M45	04:02:53	+48:38 07:35
8	2083	João Ricardo Santos	Erdal	Veterano M45	04:24:05	+01:09:50 08:15
9	2067	Emanuel Martins	AfrikanRunners	Veterano M45	04:30:26	+01:16:11 08:27
10	2063	Nelson Nunes	AfrikanRunners	Veterano M45	04:30:26	+01:16:11 08:27
11	2116	Bruno Leite	Individual	Veterano M45	04:32:45	+01:18:30 08:31
12	2088	Jorge Mendes	Erdal	Veterano M45	04:42:18	+01:28:03 08:49
13	2049	João Castro	VITÓRIA SPORT CLUBE	Veterano M45	04:49:42	+01:35:27 09:03
14	2081	Rui Vilasboas	ADCAR	Veterano M45	04:52:24	+01:38:09 09:08
15	2017	CARLOS ALBERTO	Individual	Veterano M45	04:55:29	+01:41:14 09:14
16	2012	Hélder Assunção	PIMENTA	Veterano M45	05:12:25	+01:58:10 09:46

Official Timekeeper: Lap2Go	2 / 3	generate 23-mar.-2025 14:50
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Trail 32K

32 KM

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OFFICIAL RESULT

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17	2113	Artur Costa	Mont Blue Team	Veterano M45	05:51:37	+02:37:22	10:59
18	2028	Paulo Sampaio	TrepaTrilhos Trail Team	Veterano M45	06:13:55	+02:59:40	11:41

Veterano M50

1	2086	Sebastião Pinto	Quebrarritmo	Veterano M50	03:52:38	07:16
2	2018	Rui Ramalho	Individual	Veterano M50	04:07:37	+14:58 07:44
3	2039	Júlio Cunha	Dr. Runner	Veterano M50	04:10:26	+17:47 07:50
4	2084	Jorge Lemos	Erdal	Veterano M50	04:18:03	+25:24 08:04
5	2109	Jorge Domingues	LEBRES MINHOTAS	Veterano M50	04:21:10	+28:32 08:10
6	2077	Ricardo Bailão	AfrikanRunners	Veterano M50	04:30:25	+37:46 08:27
7	2023	António Oliveira	Os Finos	Veterano M50	05:14:29	+01:21:51 09:50
8	2042	Luís Pereira	TEAM LANTEMIL	Veterano M50	05:15:04	+01:22:25 09:51
9	2025	Sérgio Severino	Individual	Veterano M50	05:21:33	+01:28:54 10:03
10	2075	Filipe Gonçalves	ADE Trail Running	Veterano M50	06:15:09	+02:22:30 11:43

Veterano M55

1	2079	Miguel Ângelo Alves	Erdal	Veterano M55	03:44:35	07:01
2	2115	José Manuel Martins da Silva	Amigos da Montanha	Veterano M55	04:21:09	+36:34 08:10
3	2103	António Cardoso	ADCAR	Veterano M55	04:27:35	+43:00 08:22
4	2043	Jaime Kaufman	Individual	Veterano M55	05:14:36	+01:30:01 09:50

Veterano M60

1	2099	Severino Ribeiro	Individual	Veterano M60	04:18:34	08:05
2	2073	MANUEL ALVES	SOPA NA PEDRA	Veterano M60	04:29:18	+10:44 08:25
3	2038	ANTONIO LONGRAS	Individual	Veterano M60	04:49:07	+30:33 09:02
4	2044	Francisco José Martins Ferreira	OLÍMPICO VIANENSE	Veterano M60	04:49:44	+31:10 09:03
5	2008	Fernando Moreira	Duros da Santa	Veterano M60	04:54:56	+36:22 09:13

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Official Timekeeper: Lap2Go	1 / 1	generate 23-mar.-2025 14:49
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TRAIL SPRINT 20K - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	8,3°C	81%
End	14:28	8.3°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1282	Amândio Ferreira	Quebrarritmo	02:01:31		06:05	
2	1241	Marco Santos	365 RP	02:02:34	+01:03	06:08	
3	1184	Tiago Pinheiro	AD Marco 09	02:05:08	+03:37	06:15	
4	1218	Óscar Mendes	AGUIAS DE ALVELOS	02:05:59	+04:28	06:18	
5	1262	Luís Moreira	365 RP	02:07:16	+05:45	06:22	
6	1240	Pedro Carvalho	VVC	02:07:53	+06:22	06:24	
7	1243	Hugo Araújo	Quebrarritmo	02:08:08	+06:37	06:24	
8	1237	Pedro Oliveira	365 RP	02:09:47	+08:16	06:29	
9	1223	Nuno Figueiredo	AGUIAS DE ALVELOS	02:10:25	+08:54	06:31	
10	1227	Tiago Faria	AGUIAS DE ALVELOS	02:11:15	+09:44	06:34	
11	1230	Vítor Miranda	AGUIAS DE ALVELOS	02:19:00	+17:29	06:57	
12	1229	Sérgio Araújo	AGUIAS DE ALVELOS	02:19:01	+17:30	06:57	
13	1032	Nuno Fernandes	Franqueira Natureza e Aventura	02:19:55	+18:24	07:00	
14	1263	Hugo Silva	OLÍMPICO VIANENSE	02:20:16	+18:45	07:01	
15	1085	Alexandre Ribeiro	Vila Verde a Correr	02:20:50	+19:19	07:02	
16	1239	Tiago Oliveira	365 RP	02:21:05	+19:34	07:03	
17	1134	Hélder Barbosa	Individual	02:22:52	+21:21	07:09	
18	1030	Filipe Abreu	RIO NEIVA ADA	02:25:10	+23:39	07:16	
19	1212	Paulo Macedo	AIRORUN	02:26:48	+25:17	07:20	
20	1204	Sérgio Campos	Quebrarritmo	02:27:58	+26:27	07:24	
21	1166	Joana Fernandes	Akuafit	02:28:11	+26:40	07:25	
22	1182	Ricardo Campos	APGLS	02:28:37	+27:06	07:26	
23	1245	Luís Barbosa	Quebrarritmo	02:28:43	+27:12	07:26	
24	1264	Filipe Marinho	Quebrarritmo	02:29:28	+27:57	07:28	
25	1203	José de Sá	Quebrarritmo	02:32:40	+31:09	07:38	
26	1259	André Oliveira	CAAT	02:33:19	+31:48	07:40	
27	1209	Armindo Araújo	BVF	02:33:31	+32:00	07:41	
28	1129	Marco Silva	Pegasus OCR ProTeam	02:33:50	+32:19	07:42	
29	1128	Joao Sousa	os académicos	02:35:10	+33:39	07:46	
30	1039	Avelino Silva	Lobos do Atlântico	02:36:02	+34:31	07:48	
31	1235	Cláudio Monteiro	CBRUN	02:38:10	+36:39	07:55	
32	1035	Paulo Ferreira	ACRIF	02:38:14	+36:43	07:55	
33	1260	Amaro Barbosa	ACTIRUN	02:38:34	+37:03	07:56	
34	1047	Guilherme Brito	Individual	02:39:18	+37:47	07:58	
35	1171	Miguel Machado	A.D. Carreira Trail	02:39:32	+38:01	07:59	
36	1208	Joaquim Dinis	ADOSA	02:39:44	+38:13	07:59	
37	1267	João Pedro Santos Sousa	Individual	02:41:01	+39:30	08:03	
38	1283	José Rodrigues	365 RP	02:41:28	+39:57	08:04	
39	1286	Vasco Costa	APGLS	02:41:43	+40:12	08:05	
40	1036	José Macedo	ACRIF	02:42:04	+40:33	08:06	
41	1147	João Cardoso	Individual	02:43:37	+42:06	08:11	
42	1087	Manuel Oliveira	VVC	02:44:47	+43:16	08:14	

TRAIL SPRINT 20K - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1193	Manuel A Ferreira	GDAIRAO	02:45:23	+43:52	08:16	
44	1247	Paula Oliveira	Quebrarritmo	02:45:33	+44:02	08:17	
45	1053	José Mariz	Individual	02:46:44	+45:13	08:20	
46	1051	André Zão Santos	Miles & Vibes	02:46:48	+45:17	08:20	
47	1041	João Duarte	Franqueira Natureza e Aventura	02:47:45	+46:14	08:23	
48	1220	Ana Freitas	365 RP	02:49:04	+47:33	08:27	
49	1228	Inês Madureira Rodrigues Parreira Augusto	AGUIAS DE ALVELOS	02:49:20	+47:49	08:28	
50	1065	Rui Amaral	Individual	02:49:39	+48:08	08:29	
51	1258	Tiago Silva	AGUIAS DE ALVELOS	02:49:44	+48:13	08:29	
52	1210	Cláudio Lopes	VIZELA	02:50:30	+48:59	08:32	
53	1174	Ricardo Fernandes	AfrikanRunners	02:50:50	+49:19	08:32	
54	1160	Luis Laranjeira	Individual	02:50:57	+49:26	08:33	
55	1167	Joaquim Miranda	Trilhos de Viana	02:51:03	+49:32	08:33	
56	1046	Cláudio Cunha	Individual	02:51:08	+49:37	08:33	
57	1199	Luís Rodrigues	FCV	02:51:25	+49:54	08:34	
58	1028	Nuno Lomba	Apúlia a Correr	02:51:46	+50:15	08:35	
59	1221	Daniela Vilas Boas	365 RP	02:52:02	+50:31	08:36	
60	1180	Gil Araújo	Afifense Trail	02:52:16	+50:45	08:37	
61	1185	José Ferreira	Afifense Trail	02:52:16	+50:45	08:37	
62	1248	Cristina Sá	Quebrarritmo	02:52:18	+50:47	08:37	
63	1022	José Bernardino	3 DUKES	02:52:55	+51:24	08:39	
64	1234	Rui Faria	Erdal	02:53:04	+51:33	08:39	
65	1196	Nelson Pinto	FCV	02:53:24	+51:53	08:40	
66	1277	George Araujo	GTMB	02:53:53	+52:22	08:42	
67	1257	Sandra Castro	365 RP	02:53:54	+52:23	08:42	
68	1222	Sara Araújo	AGUIAS DE ALVELOS	02:54:27	+52:56	08:43	
69	1155	Hugo Sá	Individual	02:54:48	+53:17	08:44	
70	1127	Joaquim Rodrigues	Trilhos de Viana	02:55:32	+54:01	08:47	
71	1086	Cristiano Matos	Individual	02:56:10	+54:39	08:49	
72	1096	André Fernandes	CF ARENA	02:56:11	+54:40	08:49	
73	1021	João Oliveira	Individual	02:56:13	+54:42	08:49	
74	1071	José Costa	silvacosta	02:56:42	+55:11	08:50	
75	1195	Bráulio Gomes	Erdal	02:57:06	+55:35	08:51	
76	1013	Hugo Ribeiro	Individual	02:57:39	+56:08	08:53	
77	1173	Nuno Sousa	RUNNING ESPINHO	02:58:15	+56:44	08:55	
78	1111	Fábio Fernandes	Individual	02:58:36	+57:05	08:56	
79	1194	Rui Cunha	CAAT	02:59:01	+57:30	08:57	
80	1048	Ricardo Ramalho	Individual	02:59:35	+58:04	08:59	
81	1159	Vitor Barbosa	Miles & Vibes	02:59:36	+58:05	08:59	
82	1175	Bruno Pereira	Os Académicos Running	03:00:46	+59:15	09:02	
83	1231	Fernando Cunha	RAHC	03:00:48	+59:17	09:02	
84	1125	Carla Sereno	Individual	03:01:19	+59:48	09:04	
85	1201	Ricardo Marques	ELCT	03:02:01	+01:00:30	09:06	
86	1043	Filipe Campos	AIRORUN	03:02:15	+01:00:44	09:07	
87	1169	Luis Cunha	A.D. Carreira Trail	03:04:12	+01:02:41	09:13	

20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	3 / 5	generate 03-abr.-2025 09:26
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TRAIL SPRINT 20K - STAGE 1

20 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	1213	Marco Ribeiro	Erdal	03:29:46	+01:28:15	10:29	
135	1206	Márcia Sousa	Erdal	03:29:47	+01:28:16	10:29	
136	1281	Ricardo Alves	PCRunners	03:30:05	+01:28:34	10:30	
137	1119	Luis Elias	SF2002	03:31:06	+01:29:35	10:33	
138	2051	Marcelino Mota	BRAGARUNNERS	03:31:22	+01:29:51	10:34	
139	1154	Ricardo Capitão	Spin & Run Esposende	03:31:56	+01:30:25	10:36	
140	1143	Miguel Fino Loureiro	juvmar	03:32:08	+01:30:37	10:36	
141	1284	Jose Fernandes	RFrun	03:32:23	+01:30:52	10:37	
142	1118	Henrique Almeida	SF2002	03:32:54	+01:31:23	10:39	
143	1135	Paulo Lima	Individual	03:33:04	+01:31:33	10:39	
144	1054	Joel Marques	Individual	03:33:04	+01:31:33	10:39	
145	1073	Abner Santos	Individual	03:33:57	+01:32:26	10:42	
146	1103	Cândida Pinheiro	Duros da Santa	03:35:35	+01:34:04	10:47	
147	1092	Noel Pereira	A.D. Nós Acreditamos	03:36:15	+01:34:44	10:49	
148	1255	Vânia Campos	DRGN	03:36:53	+01:35:22	10:51	
149	1156	Diogo Lopes	DECISÕES E SOLUÇÕES ESPOSENDE	03:37:22	+01:35:51	10:52	
150	1003	Lutz Welling	Bosch	03:37:50	+01:36:19	10:54	
151	1191	Luis Ham Li	Amantes Trail & Run	03:38:24	+01:36:53	10:55	
152	1098	Pedro Nogueira	Individual	03:38:40	+01:37:09	10:56	
153	1006	Diniz Patrão	Individual	03:38:40	+01:37:09	10:56	
154	1138	Jorge Jaques	BestMoveRunning	03:39:01	+01:37:30	10:57	
155	1049	Bruno Marante	Bigodes de Tinto	03:40:05	+01:38:34	11:00	
156	1026	Jonas Maia	Bigodes de Tinto	03:40:05	+01:38:34	11:00	
157	1052	Rui Faria	Bigodes de Tinto	03:40:05	+01:38:34	11:00	
158	1076	Tiago Fernandes	Individual	03:40:51	+01:39:20	11:03	
159	1060	Carlos Felgueiras	ADCRSME	03:41:34	+01:40:03	11:05	
160	1122	Andreia Pelicano	Associação desportiva Mont blue team	03:41:40	+01:40:09	11:05	
161	1121	Vitor Mendes	Associação desportiva Mont blue team	03:41:40	+01:40:09	11:05	
162	1225	Natalia Branco	AGUIAS DE ALVELOS	03:42:05	+01:40:34	11:06	
163	1038	Marco duarte	Break	03:42:06	+01:40:35	11:06	
164	1270	Marcia Bandeira	Amigos da Montanha	03:43:33	+01:42:02	11:11	
165	1126	Nuno Carvalho	Individual	03:44:13	+01:42:42	11:13	
166	1145	António Capitão	juvmar	03:44:17	+01:42:46	11:13	
167	1268	Celestino Faria	Individual	03:44:49	+01:43:18	11:14	
168	1045	Gil Losa	Individual	03:45:06	+01:43:35	11:15	
169	1246	Bruno Madureira	CAAT	03:45:19	+01:43:48	11:16	
170	1074	Hélder Oliveira	Amigos Miradouro Trail	03:45:50	+01:44:19	11:17	
171	1279	João paulo rodrigues	Individual	03:46:29	+01:44:58	11:19	
172	1168	Carla Costa	RUNNING ESPINHO	03:46:32	+01:45:01	11:20	
173	1269	Tiago Alves	Individual	03:47:32	+01:46:01	11:23	
174	1078	Isabel Oliveira	Caminhadas da Amizade	03:48:03	+01:46:32	11:24	
175	1254	Rui Carvalho	BVF	03:48:03	+01:46:32	11:24	
176	1149	Carlos Gonçalves	Rafa team/bestmove Running	03:49:36	+01:48:05	11:29	
177	1068	Tiago Ferreira	Individual	03:50:01	+01:48:30	11:30	
178	1069	Susana Carvalho	Individual	03:50:42	+01:49:11	11:32	
179	1062	Pedro de Macedo	Individual	03:50:53	+01:49:22	11:33	

TRAIL SPRINT 20K - STAGE 1

20 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	1132	José Feliciano Azevedo Ferreira	CF ARENA	03:52:57	+01:51:26	11:39	
181	1162	Daniel Leite	Individual	03:53:13	+01:51:42	11:40	
182	1137	João Rodrigues	Individual	03:54:08	+01:52:37	11:42	
183	1089	Madalena Fontes	Phoenix Evorun	03:57:05	+01:55:34	11:51	
184	1088	Ricardo Ferreira	Phoenix Evorun	03:57:05	+01:55:34	11:51	
185	1010	Joel Monteiro	Joel Monnteiro	03:59:08	+01:57:37	11:57	
186	1029	Carlos Lomba	Individual	04:01:06	+01:59:35	12:03	
187	1272	Albino Oliveira	GTT - ARMAZÉM DO CAFÉ	04:01:07	+01:59:36	12:03	
188	1273	Bruno Dias	Individual	04:02:12	+02:00:41	12:07	
189	1070	Daniel de Freitas Ribeiro	Individual	04:02:56	+02:01:25	12:09	
190	1001	Paulo Saraiva	Individual	04:03:59	+02:02:28	12:12	
191	1109	Helder Oliveira	Individual	04:08:26	+02:06:55	12:25	
192	1110	EMILIA OLIVEIRA	Mães d'Elite- Raça Poveira	04:08:26	+02:06:55	12:25	
193	1187	Ana Lages	Akuafit	04:11:10	+02:09:39	12:34	
194	1164	Célia Pedrosa	juvmar	04:13:26	+02:11:55	12:40	
195	1079	Ricardo Morais	Caminhadas da Amizade	04:13:28	+02:11:57	12:40	
196	1081	João Vassalo	Individual	04:13:36	+02:12:05	12:41	
197	1249	Paula Azevedo	CAAT	04:14:26	+02:12:55	12:43	
198	1012	Rui Magalhães	Individual	04:14:26	+02:12:55	12:43	
199	1232	Vítor Rafael	RAHC	04:14:26	+02:12:55	12:43	
200	1271	Isabel Martins	Amigos da Montanha	04:15:17	+02:13:46	12:46	
201	1093	Joaquim Oliveira	A.D. Nós Acreditamos	04:16:50	+02:15:19	12:50	
202	1055	Diana Silva	Zé Dos Telhados	04:18:54	+02:17:23	12:57	
203	1061	Paulo Figueiredo	ADCRSME	04:22:36	+02:21:05	13:08	
204	1031	Manuel Peixoto	Individual	04:30:41	+02:29:10	13:32	
205	1123	Catarina Lomba	Individual	04:33:26	+02:31:55	13:40	
206	1124	JOSÉ NEVES	Trailistas "Eu é que sei"	04:33:26	+02:31:55	13:40	
207	1083	Tiago Martins	Individual	04:35:21	+02:33:50	13:46	
208	1280	Marta Leite	Individual	04:54:39	+02:53:08	14:44	
209	2112	Jorge Pinto	ADE Trail Running	04:54:39	+02:53:08	14:44	
210	1027	Ana Araujo	Individual	05:23:01	+03:21:30	16:09	
211	1152	Isa Catarina M. Ribeiro	ADE Trail Running	05:27:53	+03:26:22	16:24	

Trail Sprint 20K

20 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	8,3°C	81%
End	14:28	8.3°C	81%

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

1	1166	Joana Fernandes	Akuafit	Senior Feminino	02:28:11		07:25:00
2	1228	Inês Madureira Rodrigues Parreira Augusto	AGUIAS DE ALVELOS	Senior Feminino	02:49:20	+21:09	08:28:00
3	1221	Daniela Vilas Boas	365 RP	Senior Feminino	02:52:02	+23:50	08:36:00
4	1248	Cristina Sá	Quebrar ritmo	Senior Feminino	02:52:18	+24:07	08:37:00
5	1256	Rita Fernandes	AGUIAS DE ALVELOS	Senior Feminino	03:13:11	+44:59	09:40:00
6	1250	Sandra Costa	CAAT	Senior Feminino	03:14:40	+46:28	09:44:00
7	1104	Raquel Barreiro	Duros da Santa	Senior Feminino	03:15:25	+47:14	09:46:00
8	1255	Vânia Campos	DRGN	Senior Feminino	03:36:53	+01:08:41	10:51:00
9	1187	Ana Lages	Akuafit	Senior Feminino	04:11:10	+01:42:59	12:34:00
10	1055	Diana Silva	Zé Dos Telhados	Senior Feminino	04:18:54	+01:50:42	12:57:00
11	1123	Catarina Lomba	Individual	Senior Feminino	04:33:26	+02:05:14	13:40:00
12	1027	Ana Araujo	Individual	Senior Feminino	05:23:01	+02:54:49	16:09:00

Senior Masculino

1	1240	Pedro Carvalho	VVC	Senior Masculino	02:07:53	06:24:15
2	1243	Hugo Araújo	Quebrarritmo	Senior Masculino	02:08:08	+00:15
3	1085	Alexandre Ribeiro	Vila Verde a Correr	Senior Masculino	02:20:50	+12:56
4	1030	Filipe Abreu	RIO NEIVA ADA	Senior Masculino	02:25:10	+17:17
5	1245	Luís Barbosa	Quebrarritmo	Senior Masculino	02:28:43	+20:50
6	1128	Joao Sousa	os académicos	Senior Masculino	02:35:10	+27:17
7	1286	Vasco Costa	APGLS	Senior Masculino	02:41:43	+33:49
8	1147	João Cardoso	Individual	Senior Masculino	02:43:37	+35:44
9	1087	Manuel Oliveira	VVC	Senior Masculino	02:44:47	+36:53
10	1051	André Zão Santos	Miles & Vibes	Senior Masculino	02:46:48	+38:54
11	1046	Cláudio Cunha	Individual	Senior Masculino	02:51:08	+43:14
12	1086	Cristiano Matos	Individual	Senior Masculino	02:56:10	+48:17
13	1013	Hugo Ribeiro	Individual	Senior Masculino	02:57:39	+49:45
14	1111	Fábio Fernandes	Individual	Senior Masculino	02:58:36	+50:42
15	1194	Rui Cunha	CAAT	Senior Masculino	02:59:01	+51:07
16	1159	Vitor Barbosa	Miles & Vibes	Senior Masculino	02:59:36	+51:42
17	1056	João Faria	Erdal-Vimarunners	Senior Masculino	03:07:24	+59:30
18	1007	Daniel Branco	Miles & Vibes	Senior Masculino	03:10:27	+01:02:33
19	1095	André Coelho	Individual	Senior Masculino	03:18:37	+01:10:44
20	1015	Henrique Azevedo	Individual	Senior Masculino	03:18:38	+01:10:44
21	1067	Marcelo Cruz	Individual	Senior Masculino	03:21:31	+01:13:37
22	1050	Bruno Carvalho	Miles & Vibes	Senior Masculino	03:22:49	+01:14:55
23	1135	Paulo Lima	Individual	Senior Masculino	03:33:04	+01:25:10

Official Timekeeper: Lap2Go	1 / 7	generate 03-abr.-2025 09:26
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Trail Sprint 20K

20 KM

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OFFICIAL RESULT

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24	1054	Joel Marques	Individual	Senior Masculino	03:33:04	+01:25:10	10:39
25	1073	Abner Santos	Individual	Senior Masculino	03:33:57	+01:26:04	10:42
26	1156	Diogo Lopes	DECISÕES E SOLUÇÕES ESPOSENDE	Senior Masculino	03:37:22	+01:29:29	10:52
27	1006	Diniz Patrão	Individual	Senior Masculino	03:38:40	+01:30:46	10:56
28	1138	Jorge Jaques	BestMoveRunning	Senior Masculino	03:39:01	+01:31:07	10:57
29	1126	Nuno Carvalho	Individual	Senior Masculino	03:44:13	+01:36:20	11:13
30	1269	Tiago Alves	Individual	Senior Masculino	03:47:32	+01:39:38	11:23
31	1062	Pedro de Macedo	Individual	Senior Masculino	03:50:53	+01:42:59	11:33
32	1137	João Rodrigues	Individual	Senior Masculino	03:54:08	+01:46:14	11:42
33	1273	Bruno Dias	Individual	Senior Masculino	04:02:12	+01:54:19	12:07
34	1081	João Vassalo	Individual	Senior Masculino	04:13:36	+02:05:43	12:41

Sub 23 Masculino

1	1258	Tiago Silva	AGUIAS DE ALVELOS	Sub 23 Masculino	02:49:44	08:29
2	1242	Luís Talina	VVC	Sub 23 Masculino	03:23:21	+33:36 10:10
3	1063	Guilherme Faria	Individual	Sub 23 Masculino	03:29:42	+39:58 10:29

Veterana F35

1	1257	Sandra Castro	365 RP	Veterana F35	02:53:54	08:42
2	1217	Vania Loureiro	DRGN	Veterana F35	03:17:16	+23:21 09:52
3	1168	Carla Costa	RUNNING ESPINHO	Veterana F35	03:46:32	+52:37 11:20
4	1078	Isabel Oliveira	Caminhadas da Amizade	Veterana F35	03:48:03	+54:08 11:24
5	1069	Susana Carvalho	Individual	Veterana F35	03:50:42	+56:48 11:32
6	1089	Madalena Fontes	Phoenix Evorun	Veterana F35	03:57:05	+01:03:10 11:51
7	1152	Isa Catarina M. Ribeiro	ADE Trail Running	Veterana F35	05:27:53	+02:33:59 16:24

Veterana F40

1	1222	Sara Araújo	AGUIAS DE ALVELOS	Veterana F40	02:54:27	08:43
2	1106	Isabel Morim	Individual	Veterana F40	03:12:02	+17:35 09:36
3	1179	Marinha Pires	Affense Trail	Veterana F40	03:15:05	+20:37 09:45
4	1206	Márcia Sousa	Erdal	Veterana F40	03:29:47	+35:19 10:29
5	1110	EMILIA OLIVEIRA	Mães d`Elite- Raça Poveira	Veterana F40	04:08:26	+01:13:59 12:25
6	1249	Paula Azevedo	CAAT	Veterana F40	04:14:26	+01:19:58 12:43

Veterana F45

1	1125	Carla Sereno	Individual	Veterana F45	03:01:19	09:04
2	1276	Conceição Ribeiro	A.D. Nós Acreditamos	Veterana F45	03:10:28	+09:09 09:31
3	1233	Paula Ferreira	Akuafit	Veterana F45	03:14:06	+12:46 09:42
4	1214	Carla Ferreira	VVC	Veterana F45	03:28:16	+26:57 10:25

Trail Sprint 20K

20 KM

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OFFICIAL RESULT

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5	1122	Andreia Pelicano	Associação desportiva Mont blue team	Veterana F45	03:41:40	+40:21	11:05
6	1225	Natalia Branco	AGUIAS DE ALVELOS	Veterana F45	03:42:05	+40:46	11:06
7	1270	Marcia Bandeira	Amigos da Montanha	Veterana F45	03:43:33	+42:14	11:11
8	1280	Marta Leite	Individual	Veterana F45	04:54:39	+01:53:19	14:44

Veterana F50

1	1247	Paula Oliveira	Quebrarritmo	Veterana F50	02:45:33	08:17
2	1103	Cândida Pinheiro	Duros da Santa	Veterana F50	03:35:35	+50:01 10:47
3	1164	Célia Pedrosa	juvmar	Veterana F50	04:13:26	+01:27:53 12:40

Veterana F55

1	1220	Ana Freitas	365 RP	Veterana F55	02:49:04	08:27
2	1207	Rosa Vaz	CAAT	Veterana F55	03:17:13	+28:09 09:52
3	1224	Rosa Araújo	AGUIAS DE ALVELOS	Veterana F55	03:26:50	+37:45 10:20

Veterana F60

1	1271	Isabel Martins	Amigos da Montanha	Veterana F60	04:15:17	12:46
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Veterano M35

1	1282	Amândio Ferreira	Quebrarritmo	Veterano M35	02:01:31	06:05
2	1241	Marco Santos	365 RP	Veterano M35	02:02:34	+01:03 06:08
3	1184	Tiago Pinheiro	AD Marco 09	Veterano M35	02:05:08	+03:37 06:15
4	1262	Luís Moreira	365 RP	Veterano M35	02:07:16	+05:45 06:22
5	1227	Tiago Faria	AGUIAS DE ALVELOS	Veterano M35	02:11:15	+09:44 06:34
6	1239	Tiago Oliveira	365 RP	Veterano M35	02:21:05	+19:34 07:03
7	1203	José de Sá	Quebrarritmo	Veterano M35	02:32:40	+31:08 07:38
8	1129	Marco Silva	Pegasus OCR ProTeam	Veterano M35	02:33:50	+32:19 07:42
9	1039	Avelino Silva	Lobos do Atlântico	Veterano M35	02:36:02	+34:31 07:48
10	1260	Amaro Barbosa	ACTIRUN	Veterano M35	02:38:34	+37:03 07:56
11	1171	Miguel Machado	A.D. Carreira Trail	Veterano M35	02:39:32	+38:00 07:59
12	1065	Rui Amaral	Individual	Veterano M35	02:49:39	+48:08 08:29
13	1210	Cláudio Lopes	VIZELA	Veterano M35	02:50:30	+48:59 08:32
14	1028	Nuno Lomba	Apúlia a Correr	Veterano M35	02:51:46	+50:15 08:35
15	1180	Gil Araújo	Afifense Trail	Veterano M35	02:52:16	+50:45 08:37
16	1096	André Fernandes	CF ARENA	Veterano M35	02:56:11	+54:39 08:49
17	1021	João Oliveira	Individual	Veterano M35	02:56:13	+54:42 08:49
18	1195	Bráulio Gomes	Erdal	Veterano M35	02:57:06	+55:35 08:51
19	1018	Pascal Leiras	RIBEITRAIL	Veterano M35	03:08:25	+01:06:54 09:25
20	1266	CHEN ZHANGBING	Individual	Veterano M35	03:21:05	+01:19:34 10:03
21	1144	Pedro Silva	juvmar	Veterano M35	03:24:33	+01:23:02 10:14

Trail Sprint 20K

20 KM

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OFFICIAL RESULT

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22	1143	Miguel Fino Loureiro	juvmar	Veterano M35	03:32:08	+01:30:37	10:36
23	1076	Tiago Fernandes	Individual	Veterano M35	03:40:51	+01:39:19	11:03
24	1074	Hélder Oliveira	Amigos Miradouro Trail	Veterano M35	03:45:50	+01:44:18	11:17
25	1132	José Feliciano Azevedo Ferreira	CF ARENA	Veterano M35	03:52:57	+01:51:25	11:39
26	1162	Daniel Leite	Individual	Veterano M35	03:53:13	+01:51:42	11:40
27	1088	Ricardo Ferreira	Phoenix Evorun	Veterano M35	03:57:05	+01:55:34	11:51
28	1010	Joel Monteiro	Joel Monnteiro	Veterano M35	03:59:08	+01:57:37	11:57
29	1070	Daniel de Freitas Ribeiro	Individual	Veterano M35	04:02:56	+02:01:25	12:09
30	1079	Ricardo Morais	Caminhadas da Amizade	Veterano M35	04:13:28	+02:11:57	12:40

Veterano M40

1	1218	Óscar Mendes	AGUIAS DE ALVELOS	Veterano M40	02:05:59		06:18
2	1237	Pedro Oliveira	365 RP	Veterano M40	02:09:47	+03:47	06:29
3	1223	Nuno Figueiredo	AGUIAS DE ALVELOS	Veterano M40	02:10:25	+04:26	06:31
4	1229	Sérgio Araújo	AGUIAS DE ALVELOS	Veterano M40	02:19:01	+13:01	06:57
5	1032	Nuno Fernandes	Franqueira Natureza e Aventura	Veterano M40	02:19:55	+13:56	07:00
6	1263	Hugo Silva	OLÍMPICO VIANENSE	Veterano M40	02:20:16	+14:17	07:01
7	1182	Ricardo Campos	APGLS	Veterano M40	02:28:37	+22:38	07:26
8	1259	André Oliveira	CAAT	Veterano M40	02:33:19	+27:20	07:40
9	1041	João Duarte	Franqueira Natureza e Aventura	Veterano M40	02:47:45	+41:46	08:23
10	1160	Luis Laranjeira	Individual	Veterano M40	02:50:57	+44:58	08:33
11	1185	José Ferreira	Afifense Trail	Veterano M40	02:52:16	+46:17	08:37
12	1155	Hugo Sá	Individual	Veterano M40	02:54:48	+48:49	08:44
13	1175	Bruno Pereira	Os Académicos Running	Veterano M40	03:00:46	+54:47	09:02
14	1231	Fernando Cunha	RAHC	Veterano M40	03:00:48	+54:49	09:02
15	1201	Ricardo Marques	ELCT	Veterano M40	03:02:01	+56:01	09:06
16	1043	Filipe Campos	AIRORUN	Veterano M40	03:02:15	+56:16	09:07
17	1169	Luis Cunha	A.D. Carreira Trail	Veterano M40	03:04:12	+58:13	09:13
18	1236	Joel Vilas Boas	ADCAR	Veterano M40	03:07:03	+01:01:04	09:21
19	1080	Vitor Fonseca	Individual	Veterano M40	03:11:07	+01:05:08	09:33
20	1037	Francisco Ferreira	ACRIF	Veterano M40	03:12:39	+01:06:40	09:38
21	1186	Helder Catarino	Dragon Club	Veterano M40	03:17:19	+01:11:20	09:52
22	1150	José Rocha	Individual	Veterano M40	03:20:25	+01:14:26	10:01
23	1094	Pedro Torres	Miles & Vibes	Veterano M40	03:20:43	+01:14:44	10:02
24	1146	Vitor Alves	juvmar	Veterano M40	03:22:08	+01:16:09	10:06
25	1034	Filipe Correia	ACRIF	Veterano M40	03:23:30	+01:17:30	10:10
26	1000	Sergio Peixoto	Individual	Veterano M40	03:24:10	+01:18:11	10:12
27	1274	Cristóvão Barros	AfrikanRunners	Veterano M40	03:27:46	+01:21:47	10:23
28	1281	Ricardo Alves	PCRrunners	Veterano M40	03:30:05	+01:24:06	10:30
29	1119	Luis Elias	SF2002	Veterano M40	03:31:06	+01:25:07	10:33
30	1118	Henrique Almeida	SF2002	Veterano M40	03:32:54	+01:26:55	10:39
31	1049	Bruno Marante	Bigodes de Tinto	Veterano M40	03:40:05	+01:34:06	11:00
32	1026	Jonas Maia	Bigodes de Tinto	Veterano M40	03:40:05	+01:34:06	11:00
33	1052	Rui Faria	Bigodes de Tinto	Veterano M40	03:40:05	+01:34:06	11:00
34	1268	Celestino Faria	Individual	Veterano M40	03:44:49	+01:38:50	11:14

Trail Sprint 20K

20 KM

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OFFICIAL RESULT

[illegible]

35	1246	Bruno Madureira	CAAT	Veterano M40	03:45:19	+01:39:19	11:16
36	1254	Rui Carvalho	BVF	Veterano M40	03:48:03	+01:42:04	11:24
37	1149	Carlos Gonçalves	Rafa team/bestmove Running	Veterano M40	03:49:36	+01:43:37	11:29
38	1068	Tiago Ferreira	Individual	Veterano M40	03:50:01	+01:44:02	11:30
39	1083	Tiago Martins	Individual	Veterano M40	04:35:21	+02:29:22	13:46

Veterano M45

1	1230	Vitor Miranda	AGUIAS DE ALVELOS	Veterano M45	02:19:00		06:57
2	1134	Helder Barbosa	Individual	Veterano M45	02:22:52	+03:51	07:09
3	1212	Paulo Macedo	AIRORUN	Veterano M45	02:26:48	+07:47	07:20
4	1264	Filipe Marinho	Quebrarritmo	Veterano M45	02:29:28	+10:28	07:28
5	1174	Ricardo Fernandes	AfrikanRunners	Veterano M45	02:50:50	+31:49	08:32
6	1234	Rui Faria	Erdal	Veterano M45	02:53:04	+34:03	08:39
7	1196	Nelson Pinto	FCV	Veterano M45	02:53:24	+34:23	08:40
8	1048	Ricardo Ramalho	Individual	Veterano M45	02:59:35	+40:34	08:59
9	1084	Marco Boas	Duros da Santa	Veterano M45	03:15:25	+56:24	09:46
10	1117	Paulo Parente	Individual	Veterano M45	03:26:50	+01:07:49	10:21
11	1213	Marco Ribeiro	Erdal	Veterano M45	03:29:46	+01:10:45	10:29
12	2051	Marcelino Mota	BRAGARUNNERS	Veterano M45	03:31:22	+01:12:22	10:34
13	1154	Ricardo Capitão	Spin & Run Esposende	Veterano M45	03:31:56	+01:12:55	10:36
14	1191	Luis Ham Li	Amantes Trail & Run	Veterano M45	03:38:24	+01:19:23	10:55
15	1098	Pedro Nogueira	Individual	Veterano M45	03:38:40	+01:19:39	10:56
16	1060	Carlos Felgueiras	ADCRSME	Veterano M45	03:41:34	+01:22:33	11:05
17	1121	Vitor Mendes	Associação desportiva Mont blue team	Veterano M45	03:41:40	+01:22:39	11:05
18	1045	Gil Losa	Individual	Veterano M45	03:45:06	+01:26:05	11:15
19	1109	Helder Oliveira	Individual	Veterano M45	04:08:26	+01:49:25	12:25

Veterano M50

1	1204	Sérgio Campos	Quebrarritmo	Veterano M50	02:27:58	07:24
2	1035	Paulo Ferreira	ACRIF	Veterano M50	02:38:14	+10:15 07:55
3	1047	Guilherme Brito	Individual	Veterano M50	02:39:18	+11:20 07:58
4	1267	João Pedro Santos Sousa	Individual	Veterano M50	02:41:01	+13:02 08:03
5	1199	Luís Rodrigues	FCV	Veterano M50	02:51:25	+23:27 08:34
6	1277	George Araujo	GTMB	Veterano M50	02:53:53	+25:54 08:42
7	1173	Nuno Sousa	RUNNING ESPINHO	Veterano M50	02:58:15	+30:16 08:55
8	1107	Carlos pereira	Individual	Veterano M50	03:07:55	+39:57 09:24
9	1064	Manuel Faria	Individual	Veterano M50	03:13:26	+45:27 09:40
10	1183	Lino Vilaça	Lobo solitário	Veterano M50	03:24:31	+56:33 10:14
11	1115	Antonio Baptista	Individual	Veterano M50	03:25:40	+57:41 10:17
12	1158	FILIPPE Barreto	Individual	Veterano M50	03:28:16	+01:00:17 10:25
13	1284	Jose Fernandes	RFRun	Veterano M50	03:32:23	+01:04:24 10:37
14	1092	Noel Pereira	A.D. Nós Acreditamos	Veterano M50	03:36:15	+01:08:17 10:49
15	1038	Marco duarte	Break	Veterano M50	03:42:06	+01:14:07 11:06

Trail Sprint 20K

20 KM

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OFFICIAL RESULT

[illegible]

16	1001	Paulo Saraiva	Individual	Veterano M50	04:03:59	+01:36:01	12:12
17	1012	Rui Magalhães	Individual	Veterano M50	04:14:26	+01:46:27	12:43
18	1232	Vítor Rafael	RAHC	Veterano M50	04:14:26	+01:46:28	12:43
19	1061	Paulo Figueiredo	ADCRSME	Veterano M50	04:22:36	+01:54:37	13:08
20	1031	Manuel Peixoto	Individual	Veterano M50	04:30:41	+02:02:43	13:32
21	1124	JOSÉ NEVES	Trailistas "Eu é que sei"	Veterano M50	04:33:26	+02:05:27	13:40
22	2112	Jorge Pinto	ADE Trail Running	Veterano M50	04:54:39	+02:26:41	14:44

Veterano M55

1	1235	Cláudio Monteiro	CBRUN	Veterano M55	02:38:10	07:55
2	1208	Joaquim Dinis	ADOSA	Veterano M55	02:39:44	+01:33 07:59
3	1283	José Rodrigues	365 RP	Veterano M55	02:41:28	+03:17 08:04
4	1036	José Macedo	ACRIF	Veterano M55	02:42:04	+03:54 08:06
5	1193	Manuel A Ferreira	GDAIRAO	Veterano M55	02:45:23	+07:12 08:16
6	1022	José Bernardino	3 DUKES	Veterano M55	02:52:55	+14:44 08:39
7	1071	José Costa	silvacosta	Veterano M55	02:56:42	+18:31 08:50
8	1102	Valdemar Carvalho	DIABOS À SOLTA	Veterano M55	03:14:07	+35:56 09:42
9	1120	Paulo Martins	Individual	Veterano M55	03:15:15	+37:05 09:46
10	1025	Duarte ribeiro	Individual	Veterano M55	03:16:28	+38:17 09:49
11	1157	Fernando Vaz	Top top Runner	Veterano M55	03:17:14	+39:03 09:52
12	1189	Carlos Freixo	Individual	Veterano M55	03:25:47	+47:36 10:17
13	1003	Lutz Welling	Bosch	Veterano M55	03:37:50	+59:39 10:54
14	1145	António Capitão	juvmar	Veterano M55	03:44:17	+01:06:06 11:13
15	1279	João paulo rodrigues	Individual	Veterano M55	03:46:29	+01:08:18 11:19
16	1029	Carlos Lomba	Individual	Veterano M55	04:01:06	+01:22:56 12:03
17	1093	Joaquim Oliveira	A.D. Nós Acreditamos	Veterano M55	04:16:50	+01:38:39 12:50

Veterano M60

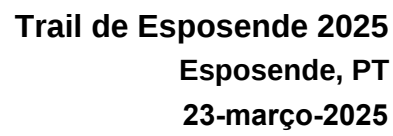
1	1209	Armando Araújo	BVF	Veterano M60	02:33:31	07:41
2	1053	José Mariz	Individual	Veterano M60	02:46:44	+13:13 08:20
3	1167	Joaquim Miranda	Trilhos de Viana	Veterano M60	02:51:03	+17:32 08:33
4	1127	Joaquim Rodrigues	Trilhos de Viana	Veterano M60	02:55:32	+22:00 08:47

Veterano M65

1	1253	Manuel Costa	ACVERM	Veterano M65	03:18:27	09:55
2	1042	Antonio Carlos Silva Teixeira	A.D.Amarante	Veterano M65	03:27:43	+09:15 10:23

Veterano M70

1	1272	Albino Oliveira	GTT - ARMAZÉM DO CAFÉ	Veterano M70	04:01:07	12:03
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20 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	1 / 1	generate 23-mar.-2025 14:49
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14 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	78	Nelson Loureiro	Pegasus OCR ProTeam	01:26:00		06:09	
2	41	Leonel Barros	Vizela Corre	01:29:30	+03:30	06:24	
3	305	Luciano Faria	GD Castelense	01:31:11	+05:11	06:31	
4	312	Nuno Moreira	Quebraritmo	01:32:04	+06:04	06:35	
5	181	Francisco Pilar	juvmar	01:34:46	+08:46	06:46	
6	227	Marco Lopes	Pegasus OCR ProTeam	01:36:53	+10:53	06:55	
7	264	Simão Cardoso	AGUIAS DE ALVELOS	01:42:03	+16:03	07:17	
8	240	TIAGO LEAL	AGUIAS DE ALVELOS	01:42:03	+16:03	07:17	
9	51	Rui Silva	Bosch Braga	01:42:12	+16:12	07:18	
10	297	Mathieu Cheritat-Geoffray	Individual	01:42:21	+16:21	07:19	
11	79	Henrique Loureiro	Pegasus OCR ProTeam	01:46:44	+20:44	07:37	
12	244	Paulo Coelho	Individual	01:46:48	+20:48	07:38	
13	200	Ricardo Gomes	Duros da Santa	01:47:04	+21:04	07:39	
14	114	Paulo Vilaça	Cdc priscos	01:47:10	+21:10	07:39	
15	173	Ricardo Miranda	AGUIAS DE ALVELOS	01:49:09	+23:09	07:48	
16	310	Carlos Oliveira	Quebraritmo	01:49:30	+23:30	07:49	
17	272	Pedro Oliveira	Quebraritmo	01:49:30	+23:30	07:49	
18	301	Pedro Maciel	Dragon Clube	01:49:40	+23:40	07:50	
19	58	José Teixeira	Individual	01:50:51	+24:51	07:55	
20	53	José Boucinha	VF's	01:51:00	+25:00	07:56	
21	265	Afonso Machado	CAAT	01:51:22	+25:22	07:57	
22	313	Diogo Pereira	CAAT	01:55:18	+29:18	08:14	
23	266	Rafael Carvalho	AGUIAS DE ALVELOS	01:55:58	+29:58	08:17	
24	49	Joel Pereira	Never Alone Trail Team	01:56:03	+30:03	08:17	
25	97	Duarte Fonseca	M.O.VE	01:56:21	+30:21	08:19	
26	101	Alfredo Fragoso	Individual	01:57:33	+31:33	08:24	
27	180	Joao Benta	Individual	01:57:33	+31:33	08:24	
28	212	Vitor cunha	A.D. Carreira Trail	01:57:40	+31:40	08:24	
29	48	Lino Cardoso	Never Alone Trail Team	01:58:23	+32:23	08:27	
30	226	Abel Gomes	AGUIAS DE ALVELOS	01:59:49	+33:49	08:33	
31	13	Valdemar Fragoso.	Individual	02:01:17	+35:17	08:40	
32	184	João Pires	Lobos do Brunheiro de Chaves / Anteros	02:01:48	+35:48	08:42	
33	206	Teresa Santos	Individual	02:02:32	+36:32	08:45	
34	115	Nuno Oliveira	Associação de Atletismo Vilacondense	02:02:36	+36:36	08:45	
35	260	Rodrigo Silva	AGUIAS DE ALVELOS	02:03:54	+37:54	08:51	
36	149	Tila Cerqueira	Embarca Running	02:04:48	+38:48	08:55	
37	94	Patrícia Sousa	Individual	02:05:36	+39:36	08:58	
38	304	Jorge Silva	A D Carreira	02:06:16	+40:16	09:01	
39	177	Eduardo Gonçalves	Individual	02:06:19	+40:19	09:01	
40	161	Jorge Parente	C.D.C Navais	02:06:30	+40:30	09:02	
41	89	Pedro Sousa	Individual	02:06:51	+40:51	09:04	
42	179	Susana Maldonado	Lobos do Brunheiro de Chaves / Anteros	02:06:59	+40:59	09:04	

Official Timekeeper: Lap2Go	1 / 6	generate 23-mar.-2025 14:01
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14 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	2 / 6	generate 23-mar.-2025 14:01
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TRAIL JOVEM 14K - STAGE 1

14 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
89	86	Júlio Ferreira	Júlio Ferreira	02:26:09	+01:00:09	10:26	
90	87	Alberto Sa	LOBOS DO MONTE RUN	02:26:09	+01:00:09	10:26	
91	47	Bruno Guedes	PORTO SENTIDO RUNNERS	02:26:56	+01:00:56	10:30	
92	99	Alfredo Machado	Duros da Santa	02:27:09	+01:01:09	10:31	
93	234	Mónica Martins	LEBRES MINHOTAS	02:27:23	+01:01:23	10:32	
94	31	Paulo Oliveira	Individual	02:27:23	+01:01:23	10:32	
95	95	Carlos Soares	Amigos da Montanha	02:27:23	+01:01:23	10:32	
96	167	Roberto Morim	Individual	02:28:37	+01:02:37	10:37	
97	168	Paula Gomes	Individual	02:28:37	+01:02:37	10:37	
98	77	Jorge Lima	limas	02:29:29	+01:03:29	10:41	
99	61	Fábio Abreu	Individual	02:30:03	+01:04:03	10:43	
100	211	Rui Gomes	Individual	02:30:06	+01:04:06	10:43	
101	286	António Moura	Grupo de corrida Argoncilhe	02:30:22	+01:04:22	10:44	
102	116	Cláudio Barbosa	Associação de Atletismo Vilacondense	02:30:25	+01:04:25	10:45	
103	106	Rodrigo Duarte	Foge Comigo	02:30:37	+01:04:37	10:45	
104	120	Tiago Tiago Santos	Individual	02:30:43	+01:04:43	10:46	
105	241	AVELINO FIGUEIREDO	AGUIAS DE ALVELOS	02:31:05	+01:05:05	10:48	
106	268	Sérgio Martins	Individual	02:31:07	+01:05:07	10:48	
107	56	TIAGO CORREIA	Individual	02:31:17	+01:05:17	10:48	
108	306	Isabel Rodrigues	Individual	02:31:26	+01:05:26	10:49	
109	59	Marlene Leitão	WALKLIFE by Gondi	02:31:34	+01:05:34	10:50	
110	269	Isabel Domingues	LEBRES MINHOTAS	02:32:26	+01:06:26	10:53	
111	1040	Carlos MACEDO	A.D.Amarante	02:32:42	+01:06:42	10:54	
112	197	JOAO PAULO MACEDO	Individual	02:34:19	+01:08:19	11:01	
113	105	Ricardo Moreira	Hi Fit	02:34:19	+01:08:19	11:01	
114	107	Ana Sofia Oliveira	Hi Fit	02:34:20	+01:08:20	11:01	
115	108	Álvaro Fernandes	Hi Fit	02:34:20	+01:08:20	11:01	
116	275	João Malheiro	Afifense Trail	02:34:33	+01:08:33	11:02	
117	39	Helder Silva	Individual	02:34:45	+01:08:45	11:03	
118	302	Manuela Sousa	Grupo de Corrida de Argoncilhe	02:35:13	+01:09:13	11:05	
119	208	Luís Miguel Rodrigues	CssR	02:35:48	+01:09:48	11:08	
120	309	Jose Alves	Individual	02:35:51	+01:09:51	11:08	
121	223	Mariana Lopes	A.D	02:36:20	+01:10:20	11:10	
122	249	Nuno Goncalves	Individual	02:36:27	+01:10:27	11:10	
123	9	Antonio Lima	Perelhal a Correr	02:36:39	+01:10:39	11:11	
124	11	Francisca Lima	Perelhal a Correr	02:36:40	+01:10:40	11:11	
125	1	Filipe Martins	Individual	02:37:06	+01:11:06	11:13	
126	91	Leonel Pinheiro	Individual	02:38:02	+01:12:02	11:17	
127	1130	António Maia	Apúlia a Correr	02:39:19	+01:13:19	11:23	
128	110	José Emidio Lopes	Individual	02:40:42	+01:14:42	11:29	
129	190	Manuela Magalhães	Individual	02:40:49	+01:14:49	11:29	
130	224	Antonio Cardoso	Amigos Miradouro Trail	02:41:25	+01:15:25	11:32	
131	134	Judite cristina torres	Individual	02:41:57	+01:15:57	11:34	
132	96	João Amorim	Individual	02:42:49	+01:16:49	11:38	
133	131	Luís Barros	ERDAL GUIMARÃES	02:42:56	+01:16:56	11:38	
134	154	José João Costa e Silva	Individual	02:42:56	+01:16:56	11:38	

TRAIL JOVEM 14K - STAGE 1

14 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	98	Romeu Vieira	The A Team Runners	02:42:56	+01:16:56	11:38	
136	148	Eduardo Loureiro	Individual	02:42:58	+01:16:58	11:38	
137	35	Nuno Silva	Individual	02:43:08	+01:17:08	11:39	
138	175	Fátima Miranda	M.O.VE	02:43:42	+01:17:42	11:42	
139	293	Susana Magalhães	Individual	02:43:43	+01:17:43	11:42	
140	254	João Teixeira	A.D. Nós Acreditamos	02:44:19	+01:18:19	11:44	
141	207	Miguel Neves	Individual	02:45:13	+01:19:13	11:48	
142	159	Antony Lopes	Individual	02:45:15	+01:19:15	11:48	
143	151	Aleksandra Rolof	Individual	02:45:40	+01:19:40	11:50	
144	287	Fernando Silva	Grupo da corrida de Argoncilhe	02:45:44	+01:19:44	11:50	
145	290	Diogo Capitão	Individual	02:46:23	+01:20:23	11:53	
146	112	Ricardo Carqueijó	Individual	02:46:24	+01:20:24	11:53	
147	213	Ana Sofia Sousa	Individual	02:46:29	+01:20:29	11:54	
148	40	Mariana Ferreira	Miles & Vibes	02:46:53	+01:20:53	11:55	
149	4	JOSE PEREIRA	Individual	02:48:07	+01:22:07	12:01	
150	193	Bruno Vilaça	Individual	02:48:35	+01:22:35	12:02	
151	12	Pedro Brás	NLP Runners	02:49:17	+01:23:17	12:06	
152	2	Vitória Carneiro	Miles & Vibes	02:49:19	+01:23:19	12:06	
153	84	Manuel Alves	Amigos Miradouro Trail	02:49:21	+01:23:21	12:06	
154	201	Marta Gomes	DECISÕES E SOLUÇÕES ESPOSENDE	02:49:42	+01:23:42	12:07	
155	30	Márcia Silva	Individual	02:49:52	+01:23:52	12:08	
156	55	Ernesto Araújo	Individual	02:49:56	+01:23:56	12:08	
157	169	Ricardo Cerqueira	Afifense Trail	02:50:55	+01:24:55	12:12	
158	62	Claudia Welling	Individual	02:51:22	+01:25:22	12:14	
159	263	Dânia Silva	SRC	02:51:54	+01:25:54	12:17	
160	283	Carla VilasBoas	Amigos da Montanha	02:52:04	+01:26:04	12:17	
161	143	Miguel Barros	Os de Fragoso	02:53:10	+01:27:10	12:22	
162	138	Anna Wezgraj da Silva	Lobos com Fome	02:53:14	+01:27:14	12:22	
163	259	Loanne Pinto	Individual	02:53:56	+01:27:56	12:25	
164	8	Ricardo Branco	Trilhos de Viana	02:56:44	+01:30:44	12:37	
165	52	Marina Cepa	Hi Fit	02:57:32	+01:31:32	12:41	
166	204	Isabel Queiroga	Apúlia a Correr	02:58:05	+01:32:05	12:43	
167	188	Graça Vilaça	AIRORUN	02:58:24	+01:32:24	12:45	
168	189	Domingos Peixoto	AIRORUN	02:58:24	+01:32:24	12:45	
169	111	Rui Cunha	Individual	02:59:26	+01:33:26	12:49	
170	281	Manuel Francisco Vasco Gaifem Tito Gaifem	Individual	03:00:06	+01:34:06	12:52	
171	215	Fabio Gomes	Os de Fragoso	03:00:23	+01:34:23	12:53	
172	75	EULALIA SOUSA	Top top Runner	03:00:46	+01:34:46	12:55	
173	74	ISABEL MARIA VELOSO	Top top Runner	03:00:46	+01:34:46	12:55	
174	82	André Gomes	Individual	03:01:06	+01:35:06	12:56	
175	132	Daniela Maio	Dani gato	03:01:06	+01:35:06	12:56	
176	83	João Gomes	Individual	03:01:06	+01:35:06	12:56	
177	71	Eduardo Barbosa	Individual	03:01:41	+01:35:41	12:59	
178	70	Cátia Barbosa	Individual	03:01:42	+01:35:42	12:59	
179	100	Olinda Neiva	Hi Fit	03:02:47	+01:36:47	13:03	

TRAIL JOVEM 14K - STAGE 1

14 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
180	171	Diogo Abreu	Individual	03:02:58	+01:36:58	13:04	
181	24	Joao soares	xallenge runners	03:04:34	+01:38:34	13:11	
182	23	Rosário Lemos	xallenge runners	03:04:34	+01:38:34	13:11	
183	21	Miguel Soares	xallenge runners	03:06:05	+01:40:05	13:18	
184	216	Jose Ribeirinho	Individual	03:06:55	+01:40:55	13:21	
185	1105	Luis Leite	Individual	03:06:55	+01:40:55	13:21	
186	196	Amélia Cruz	Individual	03:08:58	+01:42:58	13:30	
187	282	Cristiana VilasBoas	Amigos da Montanha	03:09:13	+01:43:13	13:31	
188	248	Manuel Enes de Abreu	Individual	03:10:12	+01:44:12	13:35	
189	214	Vitor Pinto	Individual	03:10:12	+01:44:12	13:35	
190	104	Rita Lima	Individual	03:11:05	+01:45:05	13:39	
191	164	Paula De Oliveira	Terror dos Montes	03:14:59	+01:48:59	13:56	
192	253	Margarida Rosa	Individual	03:17:01	+01:51:01	14:04	
193	119	Luís Neiva Sá	Vila chã team	03:17:07	+01:51:07	14:05	
194	92	Susana Silva	Individual	03:18:59	+01:52:59	14:13	
195	1178	José Alberto Pinto Costa Gonçalves	Amigos da Montanha	03:20:04	+01:54:04	14:17	
196	1176	Carla Sofia Campos	Gtt armazém do Caffè	03:20:04	+01:54:04	14:17	
197	1177	Maria Viveiros	Individual	03:20:04	+01:54:04	14:17	
198	26	Isabel Fernandes	ARC Vale S. Cosme	03:20:46	+01:54:46	14:20	
199	22	Sandra Oliveira	xallenge runners	03:20:46	+01:54:46	14:20	
200	285	Laure Seyssel	Individual	03:21:57	+01:55:57	14:25	
201	303	Gil Martins	Individual	03:26:06	+02:00:06	14:43	
202	156	Marta Fernandes	Individual	03:26:06	+02:00:06	14:43	
203	157	Cecília Gavina	Miles & Vibes	03:26:06	+02:00:06	14:43	
204	202	Araci Queiroga	Individual	03:27:20	+02:01:20	14:49	
205	245	Maria Oliveira	Afifense Trail	03:28:34	+02:02:34	14:54	
206	274	Patricia Meixedo	Afifense Trail	03:28:34	+02:02:34	14:54	
207	267	Rosa Zambrano	Individual	03:29:31	+02:03:31	14:58	
208	63	Mariana Abreu	Individual	03:29:36	+02:03:36	14:58	
209	80	Marco Abreu	Individual	03:29:36	+02:03:36	14:58	
210	109	RICARDO SILVA	Individual	03:29:37	+02:03:37	14:58	
211	60	Mário de Abreu	Individual	03:29:37	+02:03:37	14:58	
212	118	Rosa Souto	Individual	03:29:51	+02:03:51	14:59	
213	130	Orlanda Lopes	ERDAL GUIMARÃES	03:29:55	+02:03:55	15:00	
214	147	SILVIA OLIVEIRA	Individual	03:30:12	+02:04:12	15:01	
215	162	Cilene Gomes	Individual	03:30:13	+02:04:13	15:01	
216	113	Catarina Vale	Individual	03:30:14	+02:04:14	15:01	
217	93	Carlos Vale	Vilachotos	03:30:15	+02:04:15	15:01	
218	176	Maria Nogueira	Individual	03:30:21	+02:04:21	15:01	
219	258	Luiz Santos	Individual	03:32:34	+02:06:34	15:11	
220	36	Bruna Leandro	ADCRSME	03:32:34	+02:06:34	15:11	
221	54	Paulo Araújo	Team Resistência	03:32:56	+02:06:56	15:13	
222	7	Liliana Fernandes	Individual	03:34:19	+02:08:19	15:19	
223	14	Antonella Caruso	Individual	03:34:20	+02:08:20	15:19	
224	203	Ana Vieira	Individual	03:35:52	+02:09:52	15:25	
225	140	Nuno Caraça	Individual	03:35:52	+02:09:52	15:25	

TRAIL JOVEM 14K - STAGE 1

14 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
226	141	Carina Pinho	Fão Runners	03:35:52	+02:09:52	15:25	
227	142	Edmundo Martins	Estragados	03:35:53	+02:09:53	15:25	
228	155	Joana Alves	SF2002	03:36:48	+02:10:48	15:29	
229	192	Sara Loureiro	Team dos Reformados	03:37:52	+02:11:52	15:34	
230	242	Adriana Faria	Team dos Reformados	03:37:54	+02:11:54	15:34	
231	187	Patrícia Oliveira	Team dos Reformados	03:37:54	+02:11:54	15:34	
232	247	Margarete Couto	Afifense Trail	03:45:49	+02:19:49	16:08	
233	238	CECILIA SILVA	AGUIAS DE ALVELOS	03:46:30	+02:20:30	16:11	
234	237	FERNANDA FIGUEIREDO	AGUIAS DE ALVELOS	03:46:30	+02:20:30	16:11	
235	124	Andreia Silva	Afifense Trail	03:49:17	+02:23:17	16:23	
236	246	Manuela Cerqueira	Afifense Trail	03:49:17	+02:23:17	16:23	
237	252	Helena Azevedo	Afifense Trail	03:51:21	+02:25:21	16:32	
238	29	Paulo Costa	Individual	03:53:12	+02:27:12	16:39	
239	28	Ana Costa	Individual	03:53:12	+02:27:12	16:39	
240	64	Ana Maia	Andorinhas	04:19:58	+02:53:58	18:34	
241	65	Renato Santos	Andorinhas	04:19:58	+02:53:58	18:34	
242	67	Marta Maia	Andorinhas	04:19:59	+02:53:59	18:34	
243	66	Nuno Gonçalves	Andorinhas	04:20:00	+02:54:00	18:34	
244	205	André Branco	Individual	04:21:16	+02:55:16	18:40	
245	231	Rafael Santos	ARGO	04:23:05	+02:57:05	18:48	
246	230	Carlos Filipe	ARGO	04:23:06	+02:57:06	18:48	
247	220	Pedro Rocha	juvmar	04:23:07	+02:57:07	18:48	

Trail Jovem 14K

14 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	10,1°C	72%
End	13:55	10,1°C	72%

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

1	263	Dânia Silva	SRC	Junior Feminino	02:51:54	12:17
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Junior Masculino

1	265	Afonso Machado	CAAT	Junior Masculino	01:51:22	07:57
2	266	Rafael Carvalho	AGUIAS DE ALVELOS	Junior Masculino	01:55:58	+04:35 08:17
3	260	Rodrigo Silva	AGUIAS DE ALVELOS	Junior Masculino	02:03:54	+12:32 08:51
4	102	Luís Lima	limas	Junior Masculino	02:12:48	+21:25 09:29
5	193	Bruno Vilaça	Individual	Junior Masculino	02:48:35	+57:12 12:02

Juvenil Feminino

1	261	Márcia Moreira	MBT-B	Juvenil Feminino	02:16:09	09:43
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Juvenil Masculino

1	264	Simão Cardoso	AGUIAS DE ALVELOS	Juvenil Masculino	01:42:03		07:17:00
2	313	Diogo Pereira	CAAT	Juvenil Masculino	01:55:18	+13:15	08:14:00
3	311	Luis Silva	AGUIAS DE ALVELOS	Juvenil Masculino	02:08:11	+26:08	09:09:00

Senior Feminino

1	94	Patrícia Sousa	Individual	Senior Feminino	02:05:36	08:58
2	179	Susana Maldonado	Lobos do Brunheiro de Chaves / Anteros	Senior Feminino	02:06:59	+01:23 09:04
3	123	Catía Correia	A.D. Nós Acreditamos	Senior Feminino	02:08:56	+03:19 09:13
4	107	Ana Sofia Oliveira	Hi Fit	Senior Feminino	02:34:20	+28:43 11:01
5	11	Francisca Lima	Perelhal a Correr	Senior Feminino	02:36:40	+31:03 11:11
6	40	Mariana Ferreira	Miles & Vibes	Senior Feminino	02:46:53	+41:17 11:55
7	201	Marta Gomes	DECISÕES E SOLUÇÕES ESPOSENDE	Senior Feminino	02:49:42	+44:05 12:07
8	30	Márcia Silva	Individual	Senior Feminino	02:49:52	+44:15 12:08
9	259	Loanne Pinto	Individual	Senior Feminino	02:53:56	+48:19 12:25
10	132	Daniela Maio	Dani gato	Senior Feminino	03:01:06	+55:30 12:56
11	70	Cátia Barbosa	Individual	Senior Feminino	03:01:42	+56:05 12:59
12	196	Amélia Cruz	Individual	Senior Feminino	03:08:58	+01:03:22 13:30
13	164	Paula De Oliveira	Terror dos Montes	Senior Feminino	03:14:59	+01:09:23 13:56
14	285	Laure Seyssel	Individual	Senior Feminino	03:21:57	+01:16:21 14:25

Trail Jovem 14K

14 KM

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OFFICIAL RESULT

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15	156	Marta Fernandes	Individual	Senior Feminino	03:26:06	+01:20:30	14:43
16	157	Cecília Gavina	Miles & Vibes	Senior Feminino	03:26:06	+01:20:30	14:43
17	202	Araci Queiroga	Individual	Senior Feminino	03:27:20	+01:21:43	14:49
18	113	Catarina Vale	Individual	Senior Feminino	03:30:14	+01:24:38	15:01
19	7	Liliana Fernandes	Individual	Senior Feminino	03:34:19	+01:28:43	15:19
20	14	Antonella Caruso	Individual	Senior Feminino	03:34:20	+01:28:43	15:19
21	192	Sara Loureiro	Team dos Reformados	Senior Feminino	03:37:52	+01:32:16	15:34
22	242	Adriana Faria	Team dos Reformados	Senior Feminino	03:37:54	+01:32:17	15:34
23	187	Patrícia Oliveira	Team dos Reformados	Senior Feminino	03:37:54	+01:32:18	15:34
24	124	Andreia Silva	Afifense Trail	Senior Feminino	03:49:17	+01:43:41	16:23
25	64	Ana Maia	Andorinhas	Senior Feminino	04:19:58	+02:14:22	18:34

Senior Masculino

1	49	Joel Pereira	Never Alone Trail Team	Senior Masculino	01:56:03		08:17
2	184	João Pires	Lobos do Brunheiro de Chaves / Anteros	Senior Masculino	02:01:48	+05:45	08:42
3	177	Eduardo Gonçalves	Individual	Senior Masculino	02:06:19	+10:16	09:01
4	161	Jorge Parente	C.D.C Navais	Senior Masculino	02:06:30	+10:27	09:02
5	229	João Afonso	ARGO	Senior Masculino	02:09:52	+13:49	09:17
6	1016	João Ramos	ADCRSME	Senior Masculino	02:09:52	+13:49	09:17
7	307	Artur carqueijó	Individual	Senior Masculino	02:11:28	+15:25	09:23
8	19	João Novo	Individual	Senior Masculino	02:12:58	+16:55	09:30
9	42	André Pereira	Individual	Senior Masculino	02:13:42	+17:39	09:33
10	251	FABIO GUIMARÃES	Individual	Senior Masculino	02:16:14	+20:11	09:44
11	276	André Gomes	juvmar	Senior Masculino	02:17:22	+21:19	09:49
12	300	Guillaume Cepa	No trilho do castro	Senior Masculino	02:18:42	+22:39	09:54
13	17	Tiago Marques	Individual	Senior Masculino	02:20:32	+24:29	10:02
14	308	Rui Rodrigues	Individual	Senior Masculino	02:21:37	+25:34	10:07
15	211	Rui Gomes	Individual	Senior Masculino	02:30:06	+34:03	10:43
16	120	Tiago Tiago Santos	Individual	Senior Masculino	02:30:43	+34:40	10:46
17	108	Álvaro Fernandes	Hi Fit	Senior Masculino	02:34:20	+38:17	11:01
18	207	Miguel Neves	Individual	Senior Masculino	02:45:13	+49:10	11:48
19	159	Antony Lopes	Individual	Senior Masculino	02:45:15	+49:12	11:48
20	290	Diogo Capitão	Individual	Senior Masculino	02:46:23	+50:20	11:53
21	112	Ricardo Carqueijó	Individual	Senior Masculino	02:46:24	+50:20	11:53
22	12	Pedro Brás	NLP Runners	Senior Masculino	02:49:17	+53:14	12:06
23	169	Ricardo Cerqueira	Afifense Trail	Senior Masculino	02:50:55	+54:52	12:12
24	8	Ricardo Branco	Trilhos de Viana	Senior Masculino	02:56:44	+01:00:40	12:37
25	215	Fabio Gomes	Os de Fragoso	Senior Masculino	03:00:23	+01:04:20	12:53
26	82	André Gomes	Individual	Senior Masculino	03:01:06	+01:05:03	12:56
27	71	Eduardo Barbosa	Individual	Senior Masculino	03:01:41	+01:05:38	12:59
28	171	Diogo Abreu	Individual	Senior Masculino	03:02:58	+01:06:55	13:04
29	216	Jose Ribeirinho	Individual	Senior Masculino	03:06:55	+01:10:52	13:21
30	303	Gil Martins	Individual	Senior Masculino	03:26:06	+01:30:03	14:43
31	80	Marco Abreu	Individual	Senior Masculino	03:29:36	+01:33:33	14:58

Trail Jovem 14K

14 KM

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OFFICIAL RESULT

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32	142	Edmundo Martins	Estragados	Senior Masculino	03:35:53	+01:39:49	15:25
33	65	Renato Santos	Andorinhas	Senior Masculino	04:19:58	+02:23:55	18:34
34	205	André Branco	Individual	Senior Masculino	04:21:16	+02:25:13	18:40
35	231	Rafael Santos	ARGO	Senior Masculino	04:23:05	+02:27:02	18:48
36	230	Carlos Filipe	ARGO	Senior Masculino	04:23:06	+02:27:03	18:48

Sub 23 Feminino

1	63	Mariana Abreu	Individual	Sub 23 Feminino	03:29:36	14:58
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Sub 23 Masculino

1	297	Mathieu Cheritat-Geoffray	Individual	Sub 23 Masculino	01:42:21		07:19
2	61	Fábio Abreu	Individual	Sub 23 Masculino	02:30:03	+47:42	10:43
3	258	Luiz Santos	Individual	Sub 23 Masculino	03:32:34	+01:50:13	15:11

Veterana F35

1	149	Tila Cerqueira	Embarca Running	Veterana F35	02:04:48	08:55
2	271	Tania Bastos	Quebrarritmo	Veterana F35	02:09:39	+04:51 09:16
3	223	Mariana Lopes	A.D	Veterana F35	02:36:20	+31:32 11:10
4	138	Anna Wezgraj da Silva	Lobos com Fome	Veterana F35	02:53:14	+48:25 12:22
5	204	Isabel Queiroga	Apúlia a Correr	Veterana F35	02:58:05	+53:16 12:43
6	282	Cristiana VilasBoas	Amigos da Montanha	Veterana F35	03:09:13	+01:04:24 13:31
7	253	Margarida Rosa	Individual	Veterana F35	03:17:01	+01:12:12 14:04
8	1177	Maria Viveiros	Individual	Veterana F35	03:20:04	+01:15:16 14:17
9	176	Maria Nogueira	Individual	Veterana F35	03:30:21	+01:25:32 15:01
10	36	Bruna Leandro	ADCRSME	Veterana F35	03:32:34	+01:27:45 15:11
11	203	Ana Vieira	Individual	Veterana F35	03:35:52	+01:31:03 15:25
12	141	Carina Pinho	Fão Runners	Veterana F35	03:35:52	+01:31:04 15:25
13	155	Joana Alves	SF2002	Veterana F35	03:36:48	+01:31:59 15:29

Veterana F40

1	273	Florbela De Sa	Next Run	Veterana F40	02:18:31	09:54
2	234	Mónica Martins	LEBRES MINHOTAS	Veterana F40	02:27:23	+08:51 10:32
3	306	Isabel Rodrigues	Individual	Veterana F40	02:31:26	+12:54 10:49
4	59	Marlene Leitão	WALKLIFE by Gondi	Veterana F40	02:31:34	+13:03 10:50
5	293	Susana Magalhães	Individual	Veterana F40	02:43:43	+25:11 11:42
6	151	Aleksandra Rolof	Individual	Veterana F40	02:45:40	+27:08 11:50
7	52	Marina Cepa	Hi Fit	Veterana F40	02:57:32	+39:00 12:41
8	104	Rita Lima	Individual	Veterana F40	03:11:05	+52:33 13:39
9	267	Rosa Zambrano	Individual	Veterana F40	03:29:31	+01:11:00 14:58
10	130	Orlanda Lopes	ERDAL GUIMARÃES	Veterana F40	03:29:55	+01:11:23 15:00
11	147	SILVIA OLIVEIRA	Individual	Veterana F40	03:30:12	+01:11:40 15:01

Official Timekeeper: Lap2Go	3 / 8	generate 23-mar.-2025 14:01
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Trail Jovem 14K

14 KM

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OFFICIAL RESULT

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12	247	Margarete Couto	Afifense Trail	Veterana F40	03:45:49	+01:27:17	16:08
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Veterana F45

1	298	Cláudia Pereira	Next Run	Veterana F45	02:18:32	09:54
2	168	Paula Gomes	Individual	Veterana F45	02:28:37	+10:05 10:37
3	175	Fátima Miranda	M.O.VE	Veterana F45	02:43:42	+25:10 11:42
4	213	Ana Sofia Sousa	Individual	Veterana F45	02:46:29	+27:57 11:54
5	2	Vitória Carneiro	Miles & Vibes	Veterana F45	02:49:19	+30:47 12:06
6	188	Graça Vilaça	AIRORUN	Veterana F45	02:58:24	+39:52 12:45
7	245	Maria Oliveira	Afifense Trail	Veterana F45	03:28:34	+01:10:02 14:54
8	274	Patricia Meixedo	Afifense Trail	Veterana F45	03:28:34	+01:10:02 14:54
9	118	Rosa Souto	Individual	Veterana F45	03:29:51	+01:11:19 14:59
10	67	Marta Maia	Andorinhas	Veterana F45	04:19:59	+02:01:27 18:34

Veterana F50

1	206	Teresa Santos	Individual	Veterana F50	02:02:32	08:45
2	16	Ana Torrao	Individual	Veterana F50	02:25:05	+22:32 10:22
3	190	Manuela Magalhães	Individual	Veterana F50	02:40:49	+38:16 11:29
4	283	Carla VilasBoas	Amigos da Montanha	Veterana F50	02:52:04	+49:31 12:17
5	100	Olinda Neiva	Hi Fit	Veterana F50	03:02:47	+01:00:14 13:03
6	92	Susana Silva	Individual	Veterana F50	03:18:59	+01:16:26 14:13
7	1176	Carla Sofia Campos	Gtt armazém do Caffè	Veterana F50	03:20:04	+01:17:31 14:17
8	22	Sandra Oliveira	xallenge runners	Veterana F50	03:20:46	+01:18:13 14:20
9	162	Cilene Gomes	Individual	Veterana F50	03:30:13	+01:27:40 15:01
10	238	CECILIA SILVA	AGUIAS DE ALVELOS	Veterana F50	03:46:30	+01:43:57 16:11
11	28	Ana Costa	Individual	Veterana F50	03:53:12	+01:50:40 16:39

Veterana F55

1	150	Clara Cerqueira	Embarca Running	Veterana F55	02:25:13		10:22
2	269	Isabel Domingues	LEBRES MINHOTAS	Veterana F55	02:32:26	+07:13	10:53
3	134	Judite cristina torres	Individual	Veterana F55	02:41:57	+16:44	11:34
4	62	Claudia Welling	Individual	Veterana F55	02:51:22	+26:09	12:14
5	75	EULALIA SOUSA	Top top Runner	Veterana F55	03:00:46	+35:33	12:55
6	74	ISABEL MARIA VELOSO	Top top Runner	Veterana F55	03:00:46	+35:33	12:55
7	26	Isabel Fernandes	ARC Vale S. Cosme	Veterana F55	03:20:46	+55:32	14:20
8	246	Manuela Cerqueira	Afifense Trail	Veterana F55	03:49:17	+01:24:04	16:23

Veterana F60

1	302	Manuela Sousa	Grupo de Corrida de Argoncilhe	Veterana F60	02:35:13	11:05
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Trail Jovem 14K

14 KM

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OFFICIAL RESULT

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2	23	Rosário Lemos	xallenge runners	Veterana F60	03:04:34	+29:20	13:11
3	237	FERNANDA FIGUEIREDO	AGUIAS DE ALVELOS	Veterana F60	03:46:30	+01:11:16	16:11

Veterana F65

1	252	Helena Azevedo	Afifense Trail	Veterana F65	03:51:21	16:32
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Veterano M35

1	41	Leonel Barros	Vizela Corre	Veterano M35	01:29:30	06:24
2	305	Luciano Faria	GD Castelense	Veterano M35	01:31:11	+01:41 06:31
3	312	Nuno Moreira	Quebrarritmo	Veterano M35	01:32:04	+02:34 06:35
4	173	Ricardo Miranda	AGUIAS DE ALVELOS	Veterano M35	01:49:09	+19:38 07:48
5	53	José Boucinha	VF's	Veterano M35	01:51:00	+21:30 07:56
6	180	Joao Benta	Individual	Veterano M35	01:57:33	+28:02 08:24
7	1133	Nuno Lima	Individual	Veterano M35	02:08:31	+39:00 09:11
8	128	Marcos Pedroso	Individual	Veterano M35	02:11:10	+41:40 09:22
9	217	Américo Rebelo	Individual	Veterano M35	02:15:48	+46:17 09:42
10	56	TIAGO CORREIA	Individual	Veterano M35	02:31:17	+01:01:46 10:48
11	39	Helder Silva	Individual	Veterano M35	02:34:45	+01:05:14 11:03
12	224	Antonio Cardoso	Amigos Miradouro Trail	Veterano M35	02:41:25	+01:11:55 11:32
13	96	João Amorim	Individual	Veterano M35	02:42:49	+01:13:19 11:38
14	35	Nuno Silva	Individual	Veterano M35	02:43:08	+01:13:37 11:39
15	55	Ernesto Araújo	Individual	Veterano M35	02:49:56	+01:20:26 12:08
16	214	Vitor Pinto	Individual	Veterano M35	03:10:12	+01:40:42 13:35
17	140	Nuno Caraça	Individual	Veterano M35	03:35:52	+02:06:22 15:25

Veterano M40

1	181	Francisco Pilar	juvmar	Veterano M40	01:34:46	06:46
2	240	TIAGO LEAL	AGUIAS DE ALVELOS	Veterano M40	01:42:03	+07:16 07:17
3	79	Henrique Loureiro	Pegasus OCR ProTeam	Veterano M40	01:46:44	+11:58 07:37
4	272	Pedro Oliveira	Quebrar ritmo	Veterano M40	01:49:30	+14:44 07:49
5	301	Pedro Maciel	Dragon Clube	Veterano M40	01:49:40	+14:53 07:50
6	101	Alfredo Fragoso	Individual	Veterano M40	01:57:33	+22:46 08:24
7	212	Vitor cunha	A.D. Carreira Trail	Veterano M40	01:57:40	+22:53 08:24
8	226	Abel Gomes	AGUIAS DE ALVELOS	Veterano M40	01:59:49	+25:02 08:33
9	81	André Silva	Individual	Veterano M40	02:16:18	+41:31 09:44
10	209	Nelson Costa	CRISNEL RUNNING	Veterano M40	02:17:00	+42:13 09:47
11	88	Rui Moutinho	Individual	Veterano M40	02:18:14	+43:27 09:52
12	25	Mário Patrão	Individual	Veterano M40	02:19:42	+44:56 09:59
13	288	Raul Peixoto	Individual	Veterano M40	02:19:43	+44:56 09:59
14	185	Ricardo Pires	Individual	Veterano M40	02:20:44	+45:57 10:03
15	236	Marcio Passos	Individual	Veterano M40	02:24:51	+50:04 10:21
16	47	Bruno Guedes	PORTO SENTIDO RUNNERS	Veterano M40	02:26:56	+52:10 10:30

Trail Jovem 14K

14 KM

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OFFICIAL RESULT

[illegible]

17	31	Paulo Oliveira	Individual	Veterano M40	02:27:23	+52:36	10:32
18	95	Carlos Soares	Amigos da Montanha	Veterano M40	02:27:23	+52:37	10:32
19	167	Roberto Morim	Individual	Veterano M40	02:28:37	+53:50	10:37
20	197	JOAO PAULO MACEDO	Individual	Veterano M40	02:34:19	+59:32	11:01
21	105	Ricardo Moreira	Hi Fit	Veterano M40	02:34:19	+59:33	11:01
22	249	Nuno Goncalves	Individual	Veterano M40	02:36:27	+01:01:40	11:10
23	91	Leonel Pinheiro	Individual	Veterano M40	02:38:02	+01:03:16	11:17
24	110	José Emidio Lopes	Individual	Veterano M40	02:40:42	+01:05:55	11:29
25	98	Romeu Vieira	The A Team Runners	Veterano M40	02:42:56	+01:08:10	11:38
26	148	Eduardo Loureiro	Individual	Veterano M40	02:42:58	+01:08:11	11:38
27	84	Manuel Alves	Amigos Miradouro Trail	Veterano M40	02:49:21	+01:14:35	12:06
28	143	Miguel Barros	Os de Fragoso	Veterano M40	02:53:10	+01:18:23	12:22
29	54	Paulo Araújo	Team Resistência	Veterano M40	03:32:56	+01:58:10	15:13
30	66	Nuno Gonçalves	Andorinhas	Veterano M40	04:20:00	+02:45:13	18:34

Veterano M45

1	78	Nelson Loureiro	Pegasus OCR ProTeam	Veterano M45	01:26:00	06:09
2	227	Marco Lopes	Pegasus OCR ProTeam	Veterano M45	01:36:53	+10:53 06:55
3	51	Rui Silva	Bosch Braga	Veterano M45	01:42:12	+16:11 07:18
4	200	Ricardo Gomes	Duros da Santa	Veterano M45	01:47:04	+21:04 07:39
5	115	Nuno Oliveira	Associação de Atletismo Vilacondense	Veterano M45	02:02:36	+36:36 08:45
6	304	Jorge Silva	A D Carreira	Veterano M45	02:06:16	+40:16 09:01
7	89	Pedro Sousa	Individual	Veterano M45	02:06:51	+40:51 09:04
8	239	EDUARDO CUNHA	AGUIAS DE ALVELOS	Veterano M45	02:08:14	+42:13 09:10
9	122	Jorge Correia	A.D. Nós Acreditamos	Veterano M45	02:08:57	+42:57 09:13
10	44	Miguel Ferreira	ACRIF	Veterano M45	02:12:11	+46:10 09:26
11	228	Francisco Cunha	Afifense Trail	Veterano M45	02:15:00	+48:59 09:39
12	314	Andre Martins	MBT-B	Veterano M45	02:16:13	+50:12 09:44
13	1057	Helder Moreira	Individual	Veterano M45	02:18:03	+52:02 09:52
14	57	Martinho Capitao	limas	Veterano M45	02:22:17	+56:17 10:10
15	172	Martinho Correia	Dragon Club	Veterano M45	02:24:50	+58:49 10:21
16	268	Sérgio Martins	Individual	Veterano M45	02:31:07	+01:05:06 10:48
17	208	Luís Miguel Rodrigues	CssR	Veterano M45	02:35:48	+01:09:47 11:08
18	1	Filipe Martins	Individual	Veterano M45	02:37:06	+01:11:05 11:13
19	1130	António Maia	Apúlia a Correr	Veterano M45	02:39:19	+01:13:19 11:23
20	131	Luís Barros	ERDAL GUIMARÃES	Veterano M45	02:42:56	+01:16:55 11:38
21	154	José João Costa e Silva	Individual	Veterano M45	02:42:56	+01:16:56 11:38
22	189	Domingos Peixoto	AIRORUN	Veterano M45	02:58:24	+01:32:24 12:45
23	111	Rui Cunha	Individual	Veterano M45	02:59:26	+01:33:26 12:49
24	1105	Luis Leite	Individual	Veterano M45	03:06:55	+01:40:55 13:21
25	220	Pedro Rocha	juvmar	Veterano M45	04:23:07	+02:57:06 18:48

Trail Jovem 14K

14 KM

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OFFICIAL RESULT

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Veterano M50

1	244	Paulo Coelho	Individual	Veterano M50	01:46:48	07:38
2	114	Paulo Vilaça	Cdc priscos	Veterano M50	01:47:10	+00:21 07:39
3	310	Carlos Oliveira	Quebrar ritmo	Veterano M50	01:49:30	+02:42 07:49
4	58	José Teixeira	Individual	Veterano M50	01:50:51	+04:03 07:55
5	13	Valdemar Fragoso.	Individual	Veterano M50	02:01:17	+14:28 08:40
6	27	Miguel Mendes	ARC Vale S. Cosme	Veterano M50	02:10:38	+23:50 09:20
7	129	António Figueiredo	Individual	Veterano M50	02:12:19	+25:31 09:27
8	1066	Alcídio Moreira	Individual	Veterano M50	02:18:03	+31:15 09:52
9	270	Manuel Ferreira	Individual	Veterano M50	02:19:40	+32:51 09:59
10	50	Filipe Machado	Never Alone Trail Team	Veterano M50	02:20:23	+33:35 10:02
11	46	Carlos Silva	ACRIF	Veterano M50	02:24:12	+37:24 10:18
12	284	Jose Araujo	Amigos da Montanha	Veterano M50	02:25:25	+38:37 10:23
13	77	Jorge Lima	limas	Veterano M50	02:29:29	+42:41 10:41
14	286	António Moura	Grupo de corrida Argoncilhe	Veterano M50	02:30:22	+43:34 10:44
15	116	Cláudio Barbosa	Associação de Atletismo Vilacondense	Veterano M50	02:30:25	+43:37 10:45
16	106	Rodrigo Duarte	Foge Comigo	Veterano M50	02:30:37	+43:48 10:45
17	241	AVELINO FIGUEIREDO	AGUIAS DE ALVELOS	Veterano M50	02:31:05	+44:17 10:48
18	275	João Malheiro	Afifense Trail	Veterano M50	02:34:33	+47:45 11:02
19	119	Luís Neiva Sá	Vila chã team	Veterano M50	03:17:07	+01:30:19 14:05
20	1178	José Alberto Pinto Costa Gonçalves	Amigos da Montanha	Veterano M50	03:20:04	+01:33:15 14:17
21	109	RICARDO SILVA	Individual	Veterano M50	03:29:37	+01:42:48 14:58
22	60	Mário de Abreu	Individual	Veterano M50	03:29:37	+01:42:48 14:58
23	93	Carlos Vale	Vilachotos	Veterano M50	03:30:15	+01:43:26 15:01
24	29	Paulo Costa	Individual	Veterano M50	03:53:12	+02:06:23 16:39

Veterano M55

1	97	Duarte Fonseca	M.O.VE	Veterano M55	01:56:21	08:19:00
2	48	Lino Cardoso	Never Alone Trail Team	Veterano M55	01:58:23	+02:01 08:27:00
3	163	Albino Faria	A.D. Carreira Trail	Veterano M55	02:09:08	+12:46 09:13:00
4	99	Alfredo Machado	Duros da Santa	Veterano M55	02:27:09	+30:47 10:31:00
5	309	Jose Alves	Individual	Veterano M55	02:35:51	+39:30 11:08:00
6	254	João Teixeira	A.D. Nós Acreditamos	Veterano M55	02:44:19	+47:58 11:44:00
7	4	JOSE PEREIRA	Individual	Veterano M55	02:48:07	+51:46 12:01:00
8	83	João Gomes	Individual	Veterano M55	03:01:06	+01:04:45 12:56:00
9	24	Joao soares	xallenge runners	Veterano M55	03:04:34	+01:08:12 13:11:00
10	21	Miguel Soares	xallenge runners	Veterano M55	03:06:05	+01:09:44 13:18:00

Veterano M60

1	235	Harro van der Pluijm	Individual	Veterano M60	02:15:02	09:39
2	9	Antonio Lima	Perelhal a Correr	Veterano M60	02:36:39	+21:37 11:11

14 KM

OFFICIAL RESULT

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1	86	Júlio Ferreira	Júlio Ferreira	Veterano M65	02:26:09	10:26
2	1040	Carlos MACEDO	A.D.Amarante	Veterano M65	02:32:42	+06:33 10:54
3	287	Fernando Silva	Grupo da corrida de Argoncilhe	Veterano M65	02:45:44	+19:34 11:50
4	248	Manuel Enes de Abreu	Individual	Veterano M65	03:10:12	+44:02 13:35

1	87	Alberto Sa	LOBOS DO MONTE RUN	Veterano M70	02:26:09	10:26
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