

TRAIL LONGO - STAGE 1

20 KM

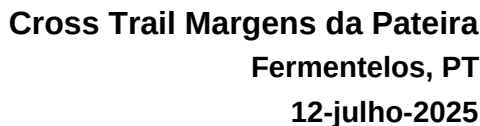
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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	19,9°C	82%
End	12:31	25.4°C	66%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	27	Pedro Rafael Tavares Garrido	saca trilhos anadia	Senior Masculino	01:55:16		05:46
2	6	João Margarido	cltt_clinica litoralis trail team	Veterano M40	02:09:42	+14:26	06:29
3	14	Ricardo Martins	individual	Senior Masculino	02:09:42	+14:26	06:29
4	11	Antonio Ratola	dci/trilhos luso bussaco	Senior Masculino	02:12:56	+17:40	06:39
5	7	Jose margarido	cltt_clinica litoralis trail team	Veterano M40	02:12:56	+17:40	06:39
6	29	João Almeida	saca trilhos anadia	Veterano M40	02:17:09	+21:53	06:51
7	30	Ricardo Varalonga	sport clube paradela	Veterano M40	02:28:45	+33:29	07:26
8	20	Paulo Jorge dos Santos Pereira	individual	Veterano M50	02:28:54	+33:38	07:27
9	4	Edgar Simões	cltt_clinica litoralis trail team	Senior Masculino	02:35:15	+39:58	07:46
10	33	Bruno Cardoso	trail bela bela	Veterano M40	02:36:37	+41:21	07:50
11	2	Manuel Roseiro Ferreira	adabem running team	Veterano M50	02:37:24	+42:08	07:52
12	26	Teresa Reis	saca trilhos anadia	Senior Feminino	02:37:46	+42:29	07:53
13	1	Luis Dias	a.d.fermentelos/bike riders	Veterano M40	02:44:20	+49:04	08:13
14	10	Vital José Pires Espinhal	dci/trilhos luso bussaco	Veterano M50	02:44:37	+49:20	08:14
15	28	Ana Melo	saca trilhos anadia	Veterana F40	02:44:55	+49:39	08:15
16	13	João Carlos Figueiredo Rosa	individual	Senior Masculino	02:45:19	+50:03	08:16
17	25	Ana Pereira	opraticante.pt	Senior Feminino	02:51:27	+56:11	08:34
18	3	João Almada	adt	Veterano M60	02:51:27	+56:11	08:34
19	17	Renato César Ribeiro	dci/trilhos luso bussaco	Veterano M40	02:54:22	+59:06	08:43
20	9	Idalina Ribeiro	dci/trilhos luso bussaco	Veterana F40	02:54:23	+59:07	08:43
21	23	Carlos Alberto da Silva Abreu	jovase trail running	Veterano M40	03:13:03	+01:17:47	09:39
22	22	Marisa Ferreira dos Santos	jovase trail running	Veterana F40	03:13:04	+01:17:48	09:39
23	5	Marilyn Lourenço	cltt_clinica litoralis trail team	Veterana F40	03:26:05	+01:30:49	10:18
24	15	Marta Gentil Mateus	individual	Veterana F40	03:30:01	+01:34:45	10:30
25	19	Joao Nuno Teixeira	individual	Veterano M50	03:30:02	+01:34:46	10:30
26	18	Artur Domingos Pires salvador	individual	Veterano M50	03:35:07	+01:39:50	10:45
27	24	Marta Rodrigues	marta rodrigues	Veterana F40	03:37:39	+01:42:23	10:53
28	12	Brendan Kelly	individual	Senior Masculino	03:46:39	+01:51:23	11:20



20 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	26	Teresa Reis	Saca trilhos anadia	Senior Feminino	02:37:45	+42:29	07:53:14
2	25	Ana Pereira	opraticante.pt	Senior Feminino	02:51:27	+56:11	08:34:58

1	27	Pedro Rafael Tavares Garrido	Saca trilhos anadia	Senior Masculino	01:55:15	05:46
2	14	Ricardo Martins	Individual	Senior Masculino	02:09:42	+14:26 06:29
3	11	Antonio Ratola	DCI/Trilhos Luso Bussaco	Senior Masculino	02:12:55	+17:40 06:39
4	4	Edgar Simões	CLTT_Clinica Litoral Trail Team	Senior Masculino	02:35:14	+39:58 07:46
5	13	João Carlos Figueiredo Rosa	Individual	Senior Masculino	02:45:18	+50:03 08:16
6	12	Brendan Kelly	Individual	Senior Masculino	03:46:38	+01:51:23 11:20

1	28	Ana Melo	Saca trilhos anadia	Veterana F40	02:44:55	+49:39	08:15:34
2	9	Idalina Ribeiro	DCI/Trilhos Luso Bussaco	Veterana F40	02:54:22	+59:07	08:43:01
3	22	Marisa Ferreira dos Santos	JOVASE Trail Running	Veterana F40	03:13:04	+01:17:48	09:39:52
4	5	Marilyn Lourenço	CLTT_Clinica Litoralis Trail Team	Veterana F40	03:26:05	+01:30:49	10:18:59
5	15	Marta Gentil Mateus	Individual	Veterana F40	03:30:01	+01:34:45	10:30:46
6	24	Marta Rodrigues	marta rodrigues	Veterana F40	03:37:39	+01:42:23	10:53:28

1	6	João Margarido	CLTT_Clinica Litoralis Trail Team	Veterano M40	02:09:42	+14:26	06:29:48
2	7	Jose margarido	CLTT_Clinica Litoralis Trail Team	Veterano M40	02:12:55	+17:40	06:39:43
3	29	João Almeida	Saca trilhos anadia	Veterano M40	02:17:09	+21:53	06:51:42
4	30	Ricardo Varalonga	Sport Clube Paradela	Veterano M40	02:28:45	+33:29	07:26:44
5	33	Bruno Cardoso	Trail Bela Bela	Veterano M40	02:36:37	+41:21	07:50:42
6	1	Luís Dias	A.D.Fermentelos/Bike Riders	Veterano M40	02:44:19	+49:04	08:13:42
7	17	Renato César Ribeiro	DCI/Trilhos Luso Bussaco	Veterano M40	02:54:22	+59:06	08:43:44
8	23	Carlos Alberto da Silva Abreu	JOVASE Trail Running	Veterano M40	03:13:03	+01:17:47	09:39:45

1	20	Paulo Jorge dos Santos Pereira	Individual	Veterano M50	02:28:54	+33:38	07:27:12
2	2	Manuel Roseiro Ferreira	ADABEM Running team	Veterano M50	02:37:24	+42:08	07:52:22
3	10	Vital José Pires Espinhal	DCI/Trilhos Luso Bussaco	Veterano M50	02:44:36	+49:20	08:14:02
4	19	Joao Nuno Teixeira	Individual	Veterano M50	03:30:02	+01:34:46	10:30:02

Official Timekeeper: Lap2Go	1 / 2	generate 13-jul.-2025 12:32
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20 KM

OFFICIAL RESULT

5	18	Artur Domingos Pires salvador	Individual	Veterano M50	03:35:06	+01:39:50	10:45
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1	3	João Almada	ADT	Veterano M60	02:51:27	+56:11	08:34
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TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	22,1°C	76%
End	11:48	25.4°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	204	Rui Figueiredo	saca trilhos anadia	Senior Masculino	01:08:05		04:32
2	136	Luís Manuel de Pinho Diogo	dci/trilhos luso bussaco	Senior Masculino	01:11:01	+02:56	04:44
3	129	SAMUEL SANTOS	dar recardães	Sub 23 Masculino	01:12:39	+04:33	04:51
4	203	Filipe Costa	saca trilhos anadia	Senior Masculino	01:14:40	+06:34	04:59
5	169	Bruno Rodrigues	individual	Veterano M40	01:14:42	+06:36	04:59
6	102	Rui Clsta	acd os ilhavs	Veterano M40	01:14:44	+06:38	04:59
7	132	NUNO CORREIA	dar recardães	Veterano M40	01:14:54	+06:48	05:00
8	209	Marcos André Ferreira	sport clube paradela	Senior Masculino	01:17:47	+09:41	05:11
9	8	DAVIDE SILVA	dar recardães	Veterano M40	01:18:30	+10:24	05:14
10	134	ALEX TONDELA	dar recardães	Veterano M50	01:18:44	+10:39	05:15
11	153	Leonardo Gil	individual	Senior Masculino	01:20:25	+12:19	05:22
12	195	Augusto Tavares	opraticante.pt	Veterano M40	01:20:39	+12:33	05:23
13	128	RICARDO TAVARES	dar recardães	Senior Masculino	01:22:01	+13:55	05:28
14	120	Manuel Vicente	biciarca run team	Veterano M50	01:22:01	+13:55	05:28
15	113	Hélio José Esteves Simões	afipre team	Veterano M40	01:22:55	+14:49	05:32
16	208	Luís Silva	sport clube paradela	Senior Masculino	01:25:26	+17:20	05:42
17	201	Luis Pereira	passo a passo	Veterano M50	01:25:35	+17:29	05:42
18	188	Domingos Vieira	opraticante.pt	Senior Masculino	01:26:09	+18:03	05:45
19	196	João Garrido	opraticante.pt	Veterano M40	01:26:41	+18:35	05:47
20	165	Daniel Ferreira	individual	Sub 23 Masculino	01:26:45	+18:39	05:47
21	179	Carlos Duarte	individual	Veterano M60	01:26:58	+18:53	05:48
22	206	Cláudio Agostinho	sport clube paradela	Senior Masculino	01:26:59	+18:53	05:48
23	214	André Costa	trail bela bela	Senior Masculino	01:27:29	+19:23	05:50
24	124	Luis Santos	cltt_clinica litoralis trail team	Senior Masculino	01:27:38	+19:32	05:51
25	161	ricardo pereira	individual	Senior Masculino	01:28:04	+19:58	05:52
26	183	André Gomes	oiã runners	Senior Masculino	01:29:51	+21:45	05:59
27	119	Rodrigo Gouveia	biciarca run team	Veterano M40	01:29:57	+21:52	06:00
28	216	Fábio Simões	trail bela bela	Senior Masculino	01:30:20	+22:14	06:01
29	211	Ricardo Vidal	sport clube paradela	Veterano M40	01:31:15	+23:10	06:05
30	224	Rui Barros	vvtr valongo do vouga trail running	Senior Masculino	01:31:25	+23:19	06:06
31	197	João Rocha	opraticante.pt	Veterano M40	01:31:26	+23:20	06:06
32	160	Rafael Reis Jesus	individual	Senior Masculino	01:31:31	+23:25	06:06
33	154	Luís Dias	individual	Senior Masculino	01:31:41	+23:36	06:07
34	131	JORGE FERREIRA	dar recardães	Veterano M40	01:31:48	+23:42	06:07
35	178	António Oliveira	individual	Veterano M60	01:32:41	+24:35	06:11
36	157	Nuno Sarabando	individual	Senior Masculino	01:35:34	+27:29	06:22
37	182	André Silva	ns trail team	Veterano M40	01:35:34	+27:29	06:22
38	109	Bruno Marques	adf bike riders	Veterano M40	01:36:04	+27:58	06:24
39	130	MARIBEL CARDOSO	dar recardães	Veterana F40	01:38:10	+30:04	06:33
40	219	Tiago Ferreira	trail bela bela	Senior Masculino	01:38:15	+30:10	06:33
41	137	Tiago Taborda	dci/trilhos luso bussaco	Veterano M40	01:38:27	+30:22	06:34

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	151	Francisco Manuel Teixeira Marques	individual	Senior Masculino	01:38:43	+30:37	06:35
43	106	HUGO GUERRA	actib	Veterano M40	01:38:58	+30:52	06:36
44	148	Álvaro Alves	individual	Senior Masculino	01:39:24	+31:18	06:38
45	174	Hernani Gomes dos Santos	individual	Veterano M50	01:39:34	+31:28	06:38
46	163	Tiago Dias	individual	Senior Masculino	01:39:49	+31:43	06:39
47	199	José Moreira	opraticante.pt	Veterano M50	01:40:08	+32:02	06:41
48	172	Miguel Correia	individual	Veterano M40	01:40:15	+32:10	06:41
49	150	Fábio Figueiredo	individual	Senior Masculino	01:40:23	+32:18	06:42
50	115	José Campos	assemblpark	Veterano M60	01:40:24	+32:18	06:42
51	207	Daniel Alexandre	sport clube paradela	Senior Masculino	01:41:17	+33:11	06:45
52	244	Tiago Ribeiro	sport clube paradela	Senior Masculino	01:41:19	+33:13	06:45
53	205	Liliana Ferreira	sport clube paradela	Senior Feminino	01:41:20	+33:15	06:45
54	217	HUGO MATOS	trail bela bela	Senior Masculino	01:41:45	+33:39	06:47
55	187	Cláudio Matos	opraticante.pt	Senior Masculino	01:42:28	+34:22	06:50
56	166	Miguel Magalhães Cardoso	individual	Sub 23 Masculino	01:42:31	+34:26	06:50
57	177	Pedro Cardoso	individual	Veterano M50	01:42:32	+34:26	06:50
58	111	João Victor Diniz Azevedo	afipre team	Senior Masculino	01:43:27	+35:21	06:54
59	116	Rogério Ribeiro	aztrail	Veterano M40	01:44:10	+36:04	06:57
60	210	Eduardo Fonseca	sport clube paradela	Veterano M40	01:45:16	+37:10	07:01
61	135	PAULO JORGE	dar recardães	Veterano M50	01:45:18	+37:12	07:01
62	133	NUNO JORGE SANTOS	dar recardães	Veterano M40	01:45:44	+37:38	07:03
63	194	Luciana Fidalgo	opraticante.pt	Veterana F50	01:45:44	+37:38	07:03
64	200	Carlos Santos	passo a passo	Veterano M50	01:46:23	+38:17	07:06
65	125	Mário Simoes	cltt_clinica litoralis trail team	Veterano M50	01:47:35	+39:29	07:10
66	112	José Henrique Diniz De Azevedo	afipre team	Senior Masculino	01:47:40	+39:34	07:11
67	186	Sofia Chipelo	opraticante.pt	Senior Feminino	01:48:11	+40:05	07:13
68	127	José Rui Bandeira Coimbra	cluve	Veterano M40	01:48:19	+40:13	07:13
69	173	Carlos ferreira	individual	Veterano M50	01:48:20	+40:14	07:13
70	215	Daniel Domingues Simões	trail bela bela	Senior Masculino	01:48:23	+40:17	07:14
71	122	Cristina Silva	casa benfica bairrada	Veterana F40	01:48:23	+40:17	07:14
72	114	António De Neiva Rodrigues	afipre team	Veterano M60	01:49:24	+41:19	07:18
73	202	Teresa Pinho	saca trilhos anadia	Senior Feminino	01:50:18	+42:13	07:21
74	104	LILIANA SILVA	actib	Veterana F40	01:50:47	+42:41	07:23
75	158	Pedro Garcia	individual	Senior Masculino	01:50:49	+42:43	07:23
76	184	Carina Gouveia	opraticante.pt	Senior Feminino	01:52:25	+44:20	07:30
77	220	Felícia Fernandes	trail bela bela	Veterana F40	01:53:31	+45:26	07:34
78	227	João Almeida	vvtr valongo do vouga trail running	Veterano M40	01:55:17	+47:12	07:41
79	118	Renato Neto	biciarca run team	Veterano M40	01:55:28	+47:22	07:42
80	138	Eduarda Vinagre	grupo desportivo assemblpark	Veterana F50	01:55:41	+47:35	07:43
81	176	Paulo Silva	individual	Veterano M50	01:55:56	+47:51	07:44
82	103	CATARINA CAETANO	actib	Senior Feminino	01:56:02	+47:56	07:44
83	107	CARLOS LOPES	actib	Veterano M50	01:56:30	+48:25	07:46
84	110	Michelly Cristina Gonçalves Camara	afipre team	Senior Feminino	01:57:59	+49:53	07:52
85	139	Carlos Rodrigues	grupo desportivo assemblpark	Veterano M60	01:58:17	+50:12	07:53

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	212	Mariana Martins dos Santos	trail bela bela	Senior Feminino	01:58:19	+50:13	07:53
87	126	Nico Elkan	clube de ancas	Senior Masculino	01:59:04	+50:58	07:56
88	164	Ana Camilo	individual	Sub 23 Feminino	01:59:30	+51:24	07:58
89	123	Marco Santiago	casa benfica bairrada	Veterano M40	01:59:41	+51:35	07:59
90	198	Paulo Silva	opraticante.pt	Veterano M40	01:59:57	+51:51	08:00
91	105	PAULA BRITO	actib	Veterana F40	02:00:13	+52:08	08:01
92	152	José Teixeira	individual	Senior Masculino	02:01:37	+53:31	08:06
93	142	Cláudia Rosa	individual	Senior Feminino	02:01:37	+53:31	08:06
94	121	António Matos	borabora, vamos lá!	Veterano M50	02:04:03	+55:57	08:16
95	140	Aida Adams	individual	Senior Feminino	02:04:23	+56:17	08:18
96	170	Elder Neves	individual	Veterano M40	02:04:23	+56:18	08:18
97	108	AVELINO SILVA	actib	Veterano M60	02:05:20	+57:15	08:21
98	229	Claudio Henriques	wegorun	Senior Masculino	02:06:51	+58:45	08:27
99	230	Fábio Henriques	wegorun	Senior Masculino	02:06:51	+58:45	08:27
100	231	Rui Oliveira	wegorun	Senior Masculino	02:06:51	+58:45	08:27
101	156	Miguel Ângelo Dos Santos Almeida	individual	Senior Masculino	02:06:54	+58:48	08:28
102	180	José Tavares	individual	Veterano M60	02:08:25	+01:00:19	08:34
103	143	CRISTINA FERREIRA ABRANTES	individual	Senior Feminino	02:09:50	+01:01:44	08:39
104	155	MARCO DE SOUSA GOMES	individual	Senior Masculino	02:09:50	+01:01:45	08:39
105	162	RODRIGO DAS NEVES	individual	Senior Masculino	02:09:51	+01:01:45	08:39
106	223	Sandra Ferreira	vvtr valongo do vouga trail running	Senior Feminino	02:11:36	+01:03:30	08:46
107	191	Aida Valente	opraticante.pt	Veterana F40	02:12:29	+01:04:23	08:50
108	149	Fábio Branco	individual	Senior Masculino	02:14:47	+01:06:41	08:59
109	185	Oriana Martins	opraticante.pt	Senior Feminino	02:16:06	+01:08:00	09:04
110	181	Carlos Oliveira	j c t	Veterano M50	02:19:30	+01:11:25	09:18
111	228	MIGUEL SÁ	vvtr valongo do vouga trail running	Veterano M50	02:24:43	+01:16:37	09:39
112	226	LUISA SILVA	vvtr valongo do vouga trail running	Veterana F50	02:24:43	+01:16:38	09:39
113	147	Rute Costa	individual	Senior Feminino	02:25:55	+01:17:49	09:44
114	141	Beatriz Duarte	individual	Senior Feminino	02:33:45	+01:25:39	10:15
115	159	Rafael Filipe Gomes da Costa	individual	Senior Masculino	02:33:46	+01:25:40	10:15
116	146	Nanci Kelly	individual	Senior Feminino	02:34:08	+01:26:02	10:17
117	225	CARLA MELO	vvtr valongo do vouga trail running	Veterana F50	02:38:18	+01:30:12	10:33

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	22,1°C	76%
End	11:48	25.4°C	68%

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

1	205	Liliana Ferreira	Sport Clube Paradela	Senior Feminino	01:41:20	+33:15	06:45
2	186	Sofia Chipelo	opraticante.pt	Senior Feminino	01:48:10	+40:05	07:13
3	202	Teresa Pinho	Saca trilhos anadia	Senior Feminino	01:50:18	+42:13	07:21
4	184	Carina Gouveia	opraticante.pt	Senior Feminino	01:52:25	+44:20	07:30
5	103	CATARINA CAETANO	ACTIB	Senior Feminino	01:56:02	+47:56	07:44
6	110	Michelly Cristina Gonçalves Camara	AFIPRE Team	Senior Feminino	01:57:59	+49:53	07:52
7	212	Mariana Martins dos Santos	Trail Bela Bela	Senior Feminino	01:58:18	+50:13	07:53
8	142	Cláudia Rosa	Individual	Senior Feminino	02:01:37	+53:31	08:06
9	140	Aida Adams	Individual	Senior Feminino	02:04:22	+56:17	08:18
10	143	CRISTINA FERREIRA ABRANTES	Individual	Senior Feminino	02:09:49	+01:01:44	08:39
11	223	Sandra Ferreira	VVTR Valongo do Vouga Trail Running	Senior Feminino	02:11:35	+01:03:30	08:46
12	185	Oriana Martins	opraticante.pt	Senior Feminino	02:16:05	+01:08:00	09:04
13	147	Rute Costa	Individual	Senior Feminino	02:25:54	+01:17:49	09:44
14	141	Beatriz Duarte	Individual	Senior Feminino	02:33:45	+01:25:39	10:15
15	146	Nanci Kelly	Individual	Senior Feminino	02:34:07	+01:26:02	10:17

Senior Masculino

1	204	Rui Figueiredo	Saca trilhos anadia	Senior Masculino	01:08:05	04:32
2	136	Luís Manuel de Pinho Diogo	DCI/Trilhos Luso Bussaco	Senior Masculino	01:11:01	+02:56 04:44
3	203	Filipe Costa	Saca trilhos anadia	Senior Masculino	01:14:40	+06:34 04:59
4	209	Marcos André Ferreira	Sport Clube Paradela	Senior Masculino	01:17:46	+09:41 05:11
5	153	Leonardo Gil	Individual	Senior Masculino	01:20:24	+12:19 05:22
6	128	RICARDO TAVARES	DAR Recardães	Senior Masculino	01:22:00	+13:55 05:28
7	208	Luís Silva	Sport Clube Paradela	Senior Masculino	01:25:25	+17:20 05:42
8	188	Domingos Vieira	opraticante.pt	Senior Masculino	01:26:09	+18:03 05:45
9	206	Cláudio Agostinho	Sport Clube Paradela	Senior Masculino	01:26:58	+18:53 05:48
10	214	André Costa	Trail Bela Bela	Senior Masculino	01:27:28	+19:23 05:50
11	124	Luis Santos	CLTT_Clinica Litoralis Trail Team	Senior Masculino	01:27:37	+19:32 05:51
12	161	ricardo pereira	Individual	Senior Masculino	01:28:04	+19:58 05:52
13	183	André Gomes	Oiã Runners	Senior Masculino	01:29:51	+21:45 05:59
14	216	Fábio Simões	Trail Bela Bela	Senior Masculino	01:30:19	+22:14 06:01
15	224	Rui Barros	VVTR Valongo do Vouga Trail Running	Senior Masculino	01:31:24	+23:19 06:06
16	160	Rafael Reis Jesus	Individual	Senior Masculino	01:31:31	+23:25 06:06
17	154	Luís Dias	Individual	Senior Masculino	01:31:41	+23:36 06:07
18	157	Nuno Sarabando	Individual	Senior Masculino	01:35:34	+27:29 06:22
19	219	Tiago Ferreira	Trail Bela Bela	Senior Masculino	01:38:15	+30:10 06:33
20	151	Francisco Manuel Teixeira Marques	Individual	Senior Masculino	01:38:42	+30:37 06:35

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Trail Curto

15 KM

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21	148	Álvaro Alves	Individual	Senior Masculino	01:39:23	+31:18	06:38
22	163	Tiago Dias	Individual	Senior Masculino	01:39:48	+31:43	06:39
23	150	Fábio Figueiredo	Individual	Senior Masculino	01:40:23	+32:18	06:42
24	207	Daniel Alexandre	Sport Clube Paradelas	Senior Masculino	01:41:16	+33:11	06:45
25	244	Tiago Ribeiro	Sport Clube Paradelas	Senior Masculino	01:41:18	+33:13	06:45
26	217	HUGO MATOS	Trail Bela Bela	Senior Masculino	01:41:44	+33:39	06:47
27	187	Cláudio Matos	opraticante.pt	Senior Masculino	01:42:27	+34:22	06:50
28	111	João Victor Diniz Azevedo	AFIPRE Team	Senior Masculino	01:43:26	+35:21	06:54
29	112	José Henrique Diniz De Azevedo	AFIPRE Team	Senior Masculino	01:47:39	+39:34	07:11
30	215	Daniel Domingues Simões	Trail Bela Bela	Senior Masculino	01:48:22	+40:17	07:14
31	158	Pedro Garcia	Individual	Senior Masculino	01:50:48	+42:43	07:23
32	126	Nico Elkan	Clube de Ancas	Senior Masculino	01:59:03	+50:58	07:56
33	152	José Teixeira	Individual	Senior Masculino	02:01:37	+53:31	08:06
34	229	Claudio Henriques	WeGoRun	Senior Masculino	02:06:50	+58:45	08:27
35	230	Fábio Henriques	WeGoRun	Senior Masculino	02:06:50	+58:45	08:27
36	231	Rui Oliveira	WeGoRun	Senior Masculino	02:06:50	+58:45	08:27
37	156	Miguel Ângelo Dos Santos Almeida	Individual	Senior Masculino	02:06:53	+58:48	08:28
38	155	MARCO DE SOUSA GOMES	Individual	Senior Masculino	02:09:50	+01:01:45	08:39
39	162	RODRIGO DAS NEVES	Individual	Senior Masculino	02:09:50	+01:01:45	08:39
40	149	Fábio Branco	Individual	Senior Masculino	02:14:46	+01:06:41	08:59
41	159	Rafael Filipe Gomes da Costa	Individual	Senior Masculino	02:33:45	+01:25:40	10:15

Sub 23 Feminino

1	164	Ana Camilo	Individual	Sub 23 Feminino	01:59:29	+51:24	07:58
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Sub 23 Masculino

1	129	SAMUEL SANTOS	DAR Recardões	Sub 23 Masculino	01:12:38	+04:33	04:51
2	165	Daniel Ferreira	Individual	Sub 23 Masculino	01:26:44	+18:39	05:47
3	166	Miguel Magalhães Cardoso	Individual	Sub 23 Masculino	01:42:31	+34:26	06:50

Veterana F40

1	130	MARIBEL CARDOSO	DAR Recardães	Veterana F40	01:38:09	+30:04	06:33
2	122	Cristina Silva	Casa Benfica Bairrada	Veterana F40	01:48:22	+40:17	07:14
3	104	LILIANA SILVA	ACTIB	Veterana F40	01:50:46	+42:41	07:23
4	220	Felícia Fernandes	Trail Bela Bela	Veterana F40	01:53:31	+45:26	07:34
5	105	PAULA BRITO	ACTIB	Veterana F40	02:00:13	+52:08	08:01
6	191	Aida Valente	opraticante.pt	Veterana F40	02:12:28	+01:04:23	08:50

Veterana F50

1	194	Luciana Fidalgo	opraticante.pt	Veterana F50	01:45:44	+37:38	07:03
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Trail Curto

15 KM

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2	138	Eduarda Vinagre	GRUPO DESPORTIVO ASSEMPARK	Veterana F50	01:55:40	+47:35	07:43
3	226	LUISA SILVA	VVTR Valongo do Vouga Trail Running	Veterana F50	02:24:43	+01:16:38	09:39
4	225	CARLA MELO	VVTR Valongo do Vouga Trail Running	Veterana F50	02:38:17	+01:30:12	10:33

Veterano M40

1	169	Bruno Rodrigues	Individual	Veterano M40	01:14:41	+06:36	04:59
2	102	Rui Clsta	ACD Os Ilhaves	Veterano M40	01:14:43	+06:38	04:59
3	132	NUNO CORREIA	DAR Recardães	Veterano M40	01:14:54	+06:48	05:00
4	8	DAVIDE SILVA	DAR Recardães	Veterano M40	01:18:29	+10:24	05:14
5	195	Augusto Tavares	opraticante.pt	Veterano M40	01:20:38	+12:33	05:23
6	113	Hélio José Esteves Simões	AFIPRE Team	Veterano M40	01:22:55	+14:49	05:32
7	196	João Garrido	opraticante.pt	Veterano M40	01:26:40	+18:35	05:47
8	119	Rodrigo Gouveia	Biciarca run team	Veterano M40	01:29:57	+21:52	06:00
9	211	Ricardo Vidal	Sport Clube Paradela	Veterano M40	01:31:15	+23:10	06:05
10	197	João Rocha	opraticante.pt	Veterano M40	01:31:26	+23:20	06:06
11	131	JORGE FERREIRA	DAR Recardães	Veterano M40	01:31:48	+23:42	06:07
12	182	André Silva	NS Trail Team	Veterano M40	01:35:34	+27:29	06:22
13	109	Bruno Marques	ADF Bike Riders	Veterano M40	01:36:03	+27:58	06:24
14	137	Tiago Taborda	DCI/Trilhos Luso Bussaco	Veterano M40	01:38:27	+30:22	06:34
15	106	HUGO GUERRA	ACTIB	Veterano M40	01:38:58	+30:52	06:36
16	172	Miguel Correia	Individual	Veterano M40	01:40:15	+32:10	06:41
17	116	Rogério Ribeiro	AZTrail	Veterano M40	01:44:09	+36:04	06:57
18	210	Eduardo Fonseca	Sport Clube Paradela	Veterano M40	01:45:16	+37:10	07:01
19	133	NUNO JORGE SANTOS	DAR Recardães	Veterano M40	01:45:43	+37:38	07:03
20	127	José Rui Bandeira Coimbra	CLUVE	Veterano M40	01:48:18	+40:13	07:13
21	227	João Almeida	VVTR Valongo do Vouga Trail Running	Veterano M40	01:55:17	+47:12	07:41
22	118	Renato Neto	Biciarca run team	Veterano M40	01:55:28	+47:22	07:42
23	123	Marco Santiago	Casa Benfica Bairrada	Veterano M40	01:59:40	+51:35	07:59
24	198	Paulo Silva	opraticante.pt	Veterano M40	01:59:56	+51:51	08:00
25	170	Elder Neves	Individual	Veterano M40	02:04:23	+56:18	08:18

Veterano M50

1	134	ALEX TONDELA	DAR Recardães	Veterano M50	01:18:44	+10:39	05:15
2	120	Manuel Vicente	Biciarca run team	Veterano M50	01:22:00	+13:55	05:28
3	201	Luis Pereira	Passo a Passo	Veterano M50	01:25:35	+17:29	05:42
4	174	Hernani Gomes dos Santos	Individual	Veterano M50	01:39:34	+31:28	06:38
5	199	José Moreira	opraticante.pt	Veterano M50	01:40:07	+32:02	06:41
6	177	Pedro Cardoso	Individual	Veterano M50	01:42:31	+34:26	06:50
7	135	PAULO JORGE	DAR Recardães	Veterano M50	01:45:17	+37:12	07:01
8	200	Carlos Santos	Passo a Passo	Veterano M50	01:46:22	+38:17	07:06
9	125	Mário Simoes	CLTT Clínica Litoral Trail Team	Veterano M50	01:47:34	+39:29	07:10

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Trail Curto

15 KM

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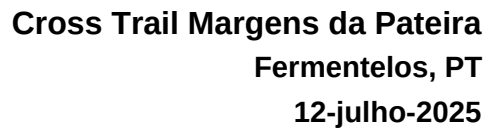
OFFICIAL RESULT

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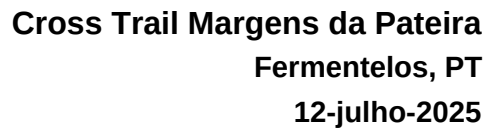
10	173	Carlos ferreira	Individual	Veterano M50	01:48:20	+40:14	07:13
11	176	Paulo Silva	Individual	Veterano M50	01:55:56	+47:51	07:44
12	107	CARLOS LOPES	ACTIB	Veterano M50	01:56:30	+48:25	07:46
13	121	António Matos	BoraBora, Vamos Lá!	Veterano M50	02:04:02	+55:57	08:16
14	181	Carlos Oliveira	J C T	Veterano M50	02:19:30	+01:11:25	09:18
15	228	MIGUEL SÁ	VVTR Valongo do Vouga Trail Running	Veterano M50	02:24:42	+01:16:37	09:39

Veterano M60

1	179	Carlos Duarte	Individual	Veterano M60	01:26:58	+18:53	05:48
2	178	António Oliveira	Individual	Veterano M60	01:32:40	+24:35	06:11
3	115	José Campos	Assempark	Veterano M60	01:40:23	+32:18	06:42
4	114	António De Neiva Rodrigues	AFIPRE Team	Veterano M60	01:49:24	+41:19	07:18
5	139	Carlos Rodrigues	GRUPO DESPORTIVO ASSEMPARK	Veterano M60	01:58:17	+50:12	07:53
6	108	AVELINO SILVA	ACTIB	Veterano M60	02:05:20	+57:15	08:21
7	180	José Tavares	Individual	Veterano M60	02:08:25	+01:00:19	08:34

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