

22 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	9,9°C	78%
End	12:06	9.9°C	78%

Official Timekeeper: Lap2Go	1 / 2	generate 30-nov.-2025 12:32
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22 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	9,9°C	78%
End	12:06	9.9°C	78%

22 KM

OFFICIAL RESULT

4	47	Joni Pandeirada Rocha	Tainadas Run Team - Somengil	Veterano M35	02:15:38	+37:54	06:10
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Veterano M40

1	9	João Margarido	CLTT - Clínica Litoralis Trail Team	Veterano M40	01:29:56	04:05
2	25	Nelson Santos	Individual	Veterano M40	01:30:09	+00:13 04:06
3	17	Vitor Santos	GRECAS - Vagos	Veterano M40	01:37:23	+07:27 04:26
4	52	Eduardo Loureiro	TALENTOS OBJETIVOS CLUBE DE ENDURO E RECREIO (TOCER)	Veterano M40	01:44:18	+14:22 04:44
5	37	Ricardo Miranda	Lobitos BikeTeam	Veterano M40	01:51:12	+21:16 05:03
6	32	Filipe Carvalho	JuveRunTeam	Veterano M40	01:56:47	+26:50 05:18
7	36	Felipe Jesus	Lobitos BikeTeam	Veterano M40	02:04:09	+34:12 05:39
8	22	Elder Neves	Individual	Veterano M40	02:04:15	+34:19 05:39
9	18	Bruno Silveira	Hut Runners	Veterano M40	02:27:17	+57:21 06:42

Veterano M45

1	10	Jose margarido	CLTT - Clínica Litoralis Trail Team	Veterano M45	01:30:14	04:06
2	28	Nuno Paiva	Individual	Veterano M45	01:44:52	+14:38 04:46
3	24	Carlos Estrela	Individual	Veterano M45	01:46:31	+16:17 04:51
4	26	Pedro Nuno Loureiro Baptista	Individual	Veterano M45	01:49:32	+19:17 04:59
5	50	Pedro Correia	Tainadas Run Team - Somengil	Veterano M45	01:54:45	+24:30 05:13
6	49	Licinio Manuel Saragoça Costa	Tainadas Run Team - Somengil	Veterano M45	01:59:27	+29:12 05:26
7	48	Jorge Carlos Piçarra Fernandes	Tainadas Run Team - Somengil	Veterano M45	01:59:54	+29:39 05:27
8	38	Rogério Domingues Barreira	Lobitos BikeTeam	Veterano M45	02:03:44	+33:29 05:37
9	33	Alves celso	JuveRunTeam	Veterano M45	02:23:57	+53:42 06:33

Veterano M50

1	6	Mário Felgueiras	Afifense Trail	Veterano M50	01:44:52	04:46
2	27	Eugenio Silva	Individual	Veterano M50	01:54:58	+10:05 05:14
3	51	Paulo César Martins Ramires	Tainadas Run Team - Somengil	Veterano M50	01:57:52	+12:59 05:21
4	39	Fernando dos Santos Mineiro	Lobitos BikeTeam	Veterano M50	02:03:47	+18:54 05:38

Veterano M55

1	41	Paulo Amaro	PelaEstradaFora	Veterano M55	01:47:19	04:53
2	13	António Almeida	Gira Sol	Veterano M55	01:55:45	+08:25 05:16
3	8	António Morgado	Chitas de Alcobaça	Veterano M55	02:10:33	+23:13 05:56
4	11	Mário Simões	CLTT - Clínica Litoral Trail Team	Veterano M55	02:13:24	+26:04 06:04
5	30	Carlos Rodrigues	Individual	Veterano M55	02:15:58	+28:38 06:11
6	29	Cesário Rocha	Individual	Veterano M55	02:17:43	+30:23 06:16

12 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:40	10,5°C	77%
End	12:02	10.5°C	77%

Official Timekeeper: Lap2Go	1 / 5	generate 30-nov.-2025 12:32
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12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	385	Bruno Reis	Individual	01:01:37	+12:35	05:08	
44	480	Hugo Bastos	RUNNING4FUN TEAM VISEU	01:01:45	+12:43	05:09	
45	494	Milson Matias	Tainadas Run Team - Somengil	01:02:04	+13:02	05:10	
46	461	Henrique Silva	Lúcia Costa	01:02:23	+13:21	05:12	
47	371	Marta Loureiro	GRECAS - Vagos	01:02:25	+13:23	05:12	
48	516	Arcanjo Martins	Unidos Run Team / As Oliveirinhas	01:02:38	+13:36	05:13	
49	472	Renato Mineiro	RM Runners by Mira a Mexer	01:02:47	+13:45	05:14	
50	325	Jorge Martins	Associação Tainadas Run Team	01:02:52	+13:50	05:14	
51	433	Nuno Miguel Martins Lopes	Individual	01:02:59	+13:57	05:15	
52	366	Adérito Curto	Gira Sol	01:03:06	+14:04	05:15	
53	476	Rui Canudo	RM Runners by Mira a Mexer	01:03:16	+14:14	05:16	
54	442	Nelo Julião	Individual	01:03:20	+14:18	05:17	
55	482	Luis Dias	RUNNING4FUN TEAM VISEU	01:03:36	+14:34	05:18	
56	365	Hugo Carvalho	Fruta da 5.ª	01:03:54	+14:52	05:20	
57	423	Cláudio Santos	Individual	01:03:56	+14:54	05:20	
58	481	André Santos	RUNNING4FUN TEAM VISEU	01:03:59	+14:57	05:20	
59	432	Jorge André Martins Castanheirao	Individual	01:03:59	+14:57	05:20	
60	504	Carine Loureiro	Unidos Run Team / As Oliveirinhas	01:04:28	+15:26	05:22	
61	498	Maria Ferreira	Unidos Run Team / As Oliveirinhas	01:04:28	+15:26	05:22	
62	475	Jose tavares	RM Runners by Mira a Mexer	01:05:12	+16:10	05:26	
63	439	Carlos Ferreira	Individual	01:05:47	+16:45	05:29	
64	444	Rui Vilar	Individual	01:06:09	+17:07	05:31	
65	391	Humberto Garcia	Individual	01:06:37	+17:35	05:33	
66	446	Paulo Santos	Individual	01:06:37	+17:35	05:33	
67	344	Guilherme Peixinha Martins	CTA Trail Team	01:06:41	+17:39	05:33	
68	416	André dos Santos Pereira	Individual	01:06:42	+17:40	05:34	
69	322	Asdrubal Freitas	asdrubal freitas	01:06:50	+17:48	05:34	
70	388	Francisco Roque	Individual	01:07:05	+18:03	05:35	
71	361	David Mestre	Domus Trail	01:07:12	+18:10	05:36	
72	376	Leandro Margarido	Individual	01:07:36	+18:34	05:38	
73	387	Davide Morgado	Individual	01:08:00	+18:58	05:40	
74	474	Cremilda Miranda	RM Runners by Mira a Mexer	01:08:03	+19:01	05:40	
75	443	Paulo Julião	Individual	01:08:16	+19:14	05:41	
76	500	João pacheco	Unidos Run Team / As Oliveirinhas	01:08:38	+19:36	05:43	
77	440	Fernando Manuel Rocha Freire	Individual	01:08:42	+19:40	05:44	
78	426	Marco Martins	Individual	01:09:03	+20:01	05:45	
79	429	Bruno Santos	Individual	01:09:15	+20:13	05:46	
80	424	Flavio Marques	Individual	01:09:18	+20:16	05:46	
81	402	Lucia silva	Individual	01:09:40	+20:38	05:48	
82	408	Sandrine Matias	Individual	01:09:47	+20:45	05:49	
83	334	Cristina Silva	Casa do Benfica da Bairrada	01:09:50	+20:48	05:49	
84	336	Marco Santiago	Casa do Benfica da Bairrada	01:09:51	+20:49	05:49	
85	339	Edgar Simões	CLTT - Clínica Litoral Trail Team	01:10:07	+21:05	05:51	
86	317	Francisco José da Rocha Camarinha	ACR seixo mira	01:10:21	+21:19	05:52	
87	425	Manuel Pereira	Individual	01:11:04	+22:02	05:55	

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
88	485	Stephanie Espadilha	Sosense Trail- Corind/ Braga &Fernandes	01:11:22	+22:20	05:57	
89	487	Paulo Santos	Sosense Trail- Corind/ Braga &Fernandes	01:11:22	+22:20	05:57	
90	486	João Santos	Sosense Trail- Corind/ Braga &Fernandes	01:11:22	+22:20	05:57	
91	479	Carlos Pires	RM Runners by Mira a Mexer	01:11:24	+22:22	05:57	
92	490	Rui Machado	Tainadas Run Team - Somengil	01:11:24	+22:22	05:57	
93	438	Vasco Mingatos	Individual	01:12:11	+23:09	06:01	
94	519	Daniela Figueiredo	Viriathvs Runners Viseu	01:12:26	+23:24	06:02	
95	340	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	01:12:29	+23:27	06:02	
96	437	Pedro Filipe S J Rocha	Individual	01:12:44	+23:42	06:04	
97	427	Pedro Couto	Individual	01:13:08	+24:06	06:06	
98	312	Sara Dinis	ACCM BTTeam	01:13:13	+24:11	06:06	
99	313	João Pacheco	ACCM BTTeam	01:13:14	+24:12	06:06	
100	396	Rui Miguel	Individual	01:13:48	+24:46	06:09	
101	457	SÓNIA SIMÕES	Lobitos BikeTeam	01:14:02	+25:00	06:10	
102	372	Suzete Marco	GRECAS - Vagos	01:14:09	+25:07	06:11	
103	489	Sandra Oliveira	Tainadas Run Team - Somengil	01:14:36	+25:34	06:13	
104	398	Diogo Santos	Individual	01:14:54	+25:52	06:14	
105	511	Graça Domingues Rumor	Unidos Run Team / As Oliveirinhas	01:15:37	+26:35	06:18	
106	415	Ludovina Saraiva	Individual	01:15:38	+26:36	06:18	
107	469	Ana Paula	Paraquedistas Baixo Vouga	01:15:44	+26:42	06:19	
108	483	Nelson Rocha	Sem Rumo	01:15:46	+26:44	06:19	
109	332	Joel Eurresta	Caramelos Running	01:15:48	+26:46	06:19	
110	330	Mariangel Marques	Caramelos Running	01:15:49	+26:47	06:19	
111	471	Jordao Laranja	Puro Judo	01:16:02	+27:00	06:20	
112	375	Catarina da Graça Martins Prior	Individual	01:16:09	+27:07	06:21	
113	333	Gabriel Matias Neto	CARAPPAUS DE CORRIDA	01:16:11	+27:09	06:21	
114	326	Ana Gaspar	BiciARCA Run Team	01:16:24	+27:22	06:22	
115	455	Rafael da Cruz Amaral	Lobitos BikeTeam	01:16:31	+27:29	06:23	
116	441	Luis Lourenço	Individual	01:16:35	+27:33	06:23	
117	502	Sarah Loureiro	Unidos Run Team / As Oliveirinhas	01:16:44	+27:42	06:24	
118	359	Jorge Laranjeiro	Domus Trail	01:16:45	+27:43	06:24	
119	316	Tiago de Jesus Lopes	ACR seixo mira	01:17:34	+28:32	06:28	
120	349	Carla Prina	Domus Trail	01:17:47	+28:45	06:29	
121	406	Liliana Oliveira	Individual	01:18:09	+29:07	06:31	
122	386	Daniel Santos	Individual	01:18:32	+29:30	06:33	
123	382	Viviana Pereira	Individual	01:20:26	+31:24	06:42	
124	410	Cláudia Almeida	Individual	01:20:32	+31:30	06:43	
125	473	Sónia Petronilho	RM Runners by Mira a Mexer	01:20:37	+31:35	06:43	
126	436	Paulo oliveira	Individual	01:21:27	+32:25	06:47	
127	428	António Jesus	Individual	01:21:59	+32:57	06:50	
128	350	Cristina Gonçalves	Domus Trail	01:22:44	+33:42	06:54	
129	495	Andreia Rodrigues	Trepanelas / Prifer	01:22:53	+33:51	06:54	
130	496	Gonçalo Sousa	Trepanelas / Prifer	01:22:53	+33:51	06:54	
131	451	Celso Alves	JuveRunTeam	01:24:26	+35:24	07:02	
132	517	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	01:24:57	+35:55	07:05	
133	355	Oriana Dias	Domus Trail	01:25:05	+36:03	07:05	

12 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	4 / 5	generate 30-nov.-2025 12:32
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TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	310	Susana Ramos	10Treinadas	01:56:58	+01:07:56	09:45	
180	380	Lara Almeida	Individual	01:57:10	+01:08:08	09:46	
181	378	Catarina Marabuto	Individual	01:57:10	+01:08:08	09:46	
182	381	Mariana Silva	Individual	01:57:11	+01:08:09	09:46	
183	346	Marta Cardoso Moitinho	Domus Trail	02:04:34	+01:15:32	10:23	
184	304	Sofia Fontes	1002	02:05:03	+01:16:01	10:25	
185	305	Paula Fontes	1002	02:05:04	+01:16:02	10:25	
186	348	Anabela Jesus Manco	Domus Trail	02:05:14	+01:16:12	10:26	
187	467	Carla farinha	Paraquedistas Baixo Vouga	02:07:02	+01:18:00	10:35	
188	468	Lucy Alcatrão	Paraquedistas Baixo Vouga	02:07:03	+01:18:01	10:35	
189	414	Ana LARANJEIRO	Individual	02:07:04	+01:18:02	10:35	
190	363	Andreia Gonçalves Arrais	Ficha Tripla	02:08:42	+01:19:40	10:43	
191	354	Martha Camarneira	Domus Trail	02:09:54	+01:20:52	10:50	
192	400	Breidys Verónica Chacón Mercado	Individual	02:10:32	+01:21:30	10:53	
193	364	Raquel Marques dos Santos Barreira Conde	Ficha Tripla	02:12:01	+01:22:59	11:00	
194	362	Daniel Marques Gadelho	Ficha Tripla	02:12:01	+01:22:59	11:00	
195	431	ENIO DIAZ RIOS	Individual	02:12:24	+01:23:22	11:02	
196	394	João Soares	Individual	02:12:47	+01:23:45	11:04	
197	311	Ana Luísa Félix Reste	10Treinadas	02:18:06	+01:29:04	11:30	

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:40	10,5°C	77%
End	12:02	10.5°C	77%

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

1	375	Catarina da Graça Martins Prior	Individual	Juvenil Feminino	01:16:09		06:21:10
2	302	Maria João	1002	Juvenil Feminino	01:33:47	+17:38	07:49:15
3	346	Marta Cardoso Moitinho	Domus Trail	Juvenil Feminino	02:04:34	+48:24	10:23:49

Juvenil Masculino

1	323	Rúben Martins	Associação Tainadas Run Team	Juvenil Masculino	51:46	04:19
2	454	Renato Ferreira	Lobitos BikeTeam	Juvenil Masculino	52:30	+00:43 04:22
3	449	Alex oliveira	JuveRunTeam	Juvenil Masculino	58:14	+06:28 04:51
4	376	Leandro Margarido	Individual	Juvenil Masculino	01:07:36	+15:49 05:38
5	333	Gabriel Matias Neto	CARAPAU DE CORRIDA	Juvenil Masculino	01:16:11	+24:25 06:21
6	453	Martim Jesus	Lobitos BikeTeam	Juvenil Masculino	01:39:07	+47:21 08:16

Senior Feminino

1	498	Maria Ferreira	Unidos Run Team / As Oliveirinhas	Senior Feminino	01:04:28	05:22
2	485	Stephanie Espadilha	Sosense Trail- Corind/ Braga &Fernandes	Senior Feminino	01:11:22	+06:54 05:57
3	489	Sandra Oliveira	Tainadas Run Team - Somengil	Senior Feminino	01:14:36	+10:08 06:13
4	382	Viviana Pereira	Individual	Senior Feminino	01:20:26	+15:57 06:42
5	495	Andreia Rodrigues	Trepanelas / Prifer	Senior Feminino	01:22:53	+18:24 06:54
6	338	Joana Simoes	CLTT - Clínica Litoralis Trail Team	Senior Feminino	01:31:12	+26:44 07:36
7	301	Mariana Nunes	1002	Senior Feminino	01:33:47	+29:18 07:49
8	377	Beatriz Barranquinho	Individual	Senior Feminino	01:34:08	+29:39 07:51
9	462	Ludney Jesus	LuLuTeam	Senior Feminino	01:47:09	+42:40 08:56
10	347	Filipa Almeida	Domus Trail	Senior Feminino	01:48:08	+43:39 09:01
11	306	Laura Almeida	10Treinadas	Senior Feminino	01:56:53	+52:25 09:44
12	307	Rita Dionísio	10Treinadas	Senior Feminino	01:56:56	+52:28 09:45
13	308	Sofia Dionísio	10Treinadas	Senior Feminino	01:56:58	+52:29 09:45
14	380	Lara Almeida	Individual	Senior Feminino	01:57:10	+52:41 09:46
15	378	Catarina Marabuto	Individual	Senior Feminino	01:57:10	+52:42 09:46
16	381	Mariana Silva	Individual	Senior Feminino	01:57:11	+52:43 09:46

Senior Masculino

1	395	Paulo Faria (Pepe)	Individual	Senior Masculino	49:02	04:05
2	491	Simão Martins	Tainadas Run Team - Somengil	Senior Masculino	50:08	+01:05 04:11
3	367	Luís Silvestre	GRECAS - Vagos	Senior Masculino	50:24	+01:21 04:12

12 KM

OFFICIAL RESULT

4	389	Gonalo Real	Individual	Senior Masculino	50:32	+01:29	04:13
5	368	Tiago Silvestre	GRECAS - Vagos	Senior Masculino	51:20	+02:17	04:17
6	393	Joo Costa	Individual	Senior Masculino	52:59	+03:56	04:25
7	465	David Marques	Os Outros	Senior Masculino	58:33	+09:30	04:53
8	390	Huguini i	Individual	Senior Masculino	58:33	+09:30	04:53
9	385	Bruno Reis	Individual	Senior Masculino	01:01:37	+12:35	05:08
10	480	Hugo Bastos	RUNNING4FUN TEAM VISEU	Senior Masculino	01:01:45	+12:42	05:09
11	472	Renato Mineiro	RM Runners by Mira a Mexer	Senior Masculino	01:02:47	+13:44	05:14
12	365	Hugo Carvalho	Fruta da 5.ª	Senior Masculino	01:03:54	+14:52	05:20
13	391	Humberto Garcia	Individual	Senior Masculino	01:06:37	+17:34	05:33
14	344	Guilherme Peixinha Martins	CTA Trail Team	Senior Masculino	01:06:41	+17:38	05:33
15	416	Andr� dos Santos Pereira	Individual	Senior Masculino	01:06:42	+17:39	05:34
16	388	Francisco Roque	Individual	Senior Masculino	01:07:05	+18:02	05:35
17	387	Davide Morgado	Individual	Senior Masculino	01:08:00	+18:58	05:40
18	500	Joo pacheco	Unidos Run Team / As Oliveirinhas	Senior Masculino	01:08:38	+19:35	05:43
19	339	Edgar Sim�es	CLTT - Cl�nica Litoral Trail Team	Senior Masculino	01:10:07	+21:04	05:51
20	487	Paulo Santos	Sosense Trail- Corind/ Braga &Fernandes	Senior Masculino	01:11:22	+22:19	05:57
21	486	Joo Santos	Sosense Trail- Corind/ Braga &Fernandes	Senior Masculino	01:11:22	+22:20	05:57
22	490	Rui Machado	Tainadas Run Team - Somengil	Senior Masculino	01:11:24	+22:21	05:57
23	396	Rui Miguel	Individual	Senior Masculino	01:13:48	+24:46	06:09
24	455	Rafael da Cruz Amaral	Lobitos BikeTeam	Senior Masculino	01:16:31	+27:28	06:23
25	386	Daniel Santos	Individual	Senior Masculino	01:18:32	+29:29	06:33
26	464	Daniel Alexandre Lote Barreira	Os Outros	Senior Masculino	01:26:22	+37:19	07:12
27	397	Tiago Lopes	Individual	Senior Masculino	01:34:10	+45:07	07:51
28	362	Daniel Marques Gadelho	Ficha Tripla	Senior Masculino	02:12:01	+01:22:58	11:00
29	394	Joo Soares	Individual	Senior Masculino	02:12:47	+01:23:44	11:04

1	369	Beatriz Pequeno	GRECAS - Vagos	Sub 23 Feminino	59:34	04:58
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1	370	Henrique Silva	GRECAS - Vagos	Sub 23 Masculino	49:22		04:07
2	345	Guilherme José Branco Dias Martins	CTA Trail Team	Sub 23 Masculino	01:01:08	+11:45	05:06
3	398	Diogo Santos	Individual	Sub 23 Masculino	01:14:54	+25:31	06:14

1	402	Lucia silva	Individual	Veterana F35	01:09:40	05:48
2	312	Sara Dinis	ACCM BTTeam	Veterana F35	01:13:13	+03:33 06:06
3	457	SÓNIA SIMÕES	Lobitos BikeTeam	Veterana F35	01:14:02	+04:21 06:10
4	330	Mariangel Marques	Caramelos Running	Veterana F35	01:15:49	+06:09 06:19
5	473	Sónia Petronilho	RM Runners by Mira a Mexer	Veterana F35	01:20:37	+10:57 06:43

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

6	456	Liliana Colaço	Lobitos BikeTeam	Veterana F35	01:25:44	+16:04	07:09
7	309	Sara Sabino	10Treinadas	Veterana F35	01:56:55	+47:15	09:45
8	310	Susana Ramos	10Treinadas	Veterana F35	01:56:58	+47:17	09:45
9	304	Sofia Fontes	1002	Veterana F35	02:05:03	+55:23	10:25
10	400	Breidys Verónica Chacón Mercado	Individual	Veterana F35	02:10:32	+01:00:52	10:53
11	364	Raquel Marques dos Santos Barreira Conde	Ficha Tripla	Veterana F35	02:12:01	+01:02:21	11:00

Veterana F40

1	504	Carine Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F40	01:04:28	05:22
2	334	Cristina Silva	Casa do Benfica da Bairrada	Veterana F40	01:09:50	+05:21 05:49
3	340	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	01:12:29	+08:01 06:02
4	326	Ana Gaspar	BiciARCA Run Team	Veterana F40	01:16:24	+11:56 06:22
5	502	Sarah Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F40	01:16:44	+12:15 06:24
6	349	Carla Prina	Domus Trail	Veterana F40	01:17:47	+13:19 06:29
7	517	Liliana Patrícia Rodrigues de Pinho	Vamos a Pé - Taboeira	Veterana F40	01:24:57	+20:29 07:05
8	407	Paula Simões	Individual	Veterana F40	01:34:15	+29:47 07:51
9	503	Sílvia Martins	Unidos Run Team / As Oliveirinhas	Veterana F40	01:37:07	+32:39 08:06
10	401	Janine Caetano	Individual	Veterana F40	01:42:28	+38:00 08:32
11	501	Margarida Perdigão	Unidos Run Team / As Oliveirinhas	Veterana F40	01:47:34	+43:06 08:58
12	348	Anabela Jesus Manco	Domus Trail	Veterana F40	02:05:14	+01:00:46 10:26
13	363	Andreia Gonçalves Arrais	Ficha Tripla	Veterana F40	02:08:42	+01:04:14 10:43
14	311	Ana Luísa Félix Reste	10Treinadas	Veterana F40	02:18:06	+01:13:37 11:30

Veterana F45

1	412	Sandra Ferreira	Individual	Veterana F45	01:00:56	05:05
2	371	Marta Loureiro	GRECAS - Vagos	Veterana F45	01:02:25	+01:29 05:12
3	408	Sandrine Matias	Individual	Veterana F45	01:09:47	+08:50 05:49
4	519	Daniela Figueiredo	Viriathvs Runners Viseu	Veterana F45	01:12:26	+11:29 06:02
5	406	Liliana Oliveira	Individual	Veterana F45	01:18:09	+17:13 06:31
6	350	Cristina Gonçalves	Domus Trail	Veterana F45	01:22:44	+21:48 06:54
7	352	Vera Lúcia de Jesus Manco	Domus Trail	Veterana F45	01:25:19	+24:23 07:07
8	405	Juliana Santos Garbayo	Individual	Veterana F45	01:26:05	+25:08 07:10
9	403	Carla Neves	Individual	Veterana F45	01:28:07	+27:11 07:21
10	507	CARLA SANTOS	Unidos Run Team / As Oliveirinhas	Veterana F45	01:31:39	+30:42 07:38
11	505	Elisabete Julião	Unidos Run Team / As Oliveirinhas	Veterana F45	01:32:01	+31:05 07:40
12	404	Clara Barreira	Individual	Veterana F45	01:40:54	+39:57 08:24
13	411	Maria Eugénia Rebelo Marta de Paiva	Individual	Veterana F45	01:46:51	+45:54 08:54
14	506	Guida Amaral	Unidos Run Team / As Oliveirinhas	Veterana F45	01:56:03	+55:07 09:40

Veterana F50

1	372	Suzete Marco	GRECAS - Vagos	Veterana F50	01:14:09	06:11
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OFFICIAL RESULT

2	410	Cláudia Almeida	Individual	Veterana F50	01:20:32	+06:22	06:43
3	355	Oriana Dias	Domus Trail	Veterana F50	01:25:05	+10:55	07:05
4	520	Felisbela Monteiro	Viriathvs Runners Viseu	Veterana F50	01:26:00	+11:50	07:10
5	409	Ana Oliveira	Individual	Veterana F50	01:28:47	+14:38	07:24
6	508	Dina Oliveira	Unidos Run Team / As Oliveirinhas	Veterana F50	01:35:34	+21:24	07:58
7	413	Silvia Santos	Individual	Veterana F50	01:46:51	+32:41	08:54
8	509	Paula Conceição	Unidos Run Team / As Oliveirinhas	Veterana F50	01:47:33	+33:23	08:58
9	356	Suzete da Silva Miranda Cardoso	Domus Trail	Veterana F50	01:56:10	+42:00	09:41
10	305	Paula Fontes	1002	Veterana F50	02:05:04	+50:54	10:25
11	467	Carla farinha	Paraquedistas Baixo Vouga	Veterana F50	02:07:02	+52:52	10:35
12	468	Lucy Alcatrão	Paraquedistas Baixo Vouga	Veterana F50	02:07:03	+52:53	10:35
13	354	Martha Camarneira	Domus Trail	Veterana F50	02:09:54	+55:44	10:50

1	474	Cremilda Miranda	RM Runners by Mira a Mexer	Veterana F55	01:08:03	05:40
2	511	Graça Domingues Rumor	Unidos Run Team / As Oliveirinhas	Veterana F55	01:15:37	+07:33 06:18
3	415	Ludovina Saraiva	Individual	Veterana F55	01:15:38	+07:34 06:18
4	469	Ana Paula	Paraquedistas Baixo Vouga	Veterana F55	01:15:44	+07:40 06:19
5	470	Paula Cardoso	Paraquedistas Baixo Vouga	Veterana F55	01:31:10	+23:06 07:36
6	335	Cristina Coutinho	Casa do Benfica da Bairrada	Veterana F55	01:31:50	+23:47 07:39
7	357	Manuela Gabriel	Domus Trail	Veterana F55	01:45:02	+36:58 08:45

1	341	Maria Fátima Pinho	CLTT - Clínica Litoralis Trail Team	Veterana F60	01:01:14	05:06
2	414	Ana LARANJEIRO	Individual	Veterana F60	02:07:04	+01:05:49 10:35

1	420	Luis Lourenço	Individual	Veterano M35	49:40	04:08
2	417	Diogo Paiva	Pereira Trail	Veterano M35	52:06	+02:25 04:21
3	419	Francisco Manuel Teixeira Marques	Individual	Veterano M35	56:14	+06:34 04:41
4	342	Luis Santos	CLTT - Clínica Litoralis Trail Team	Veterano M35	56:33	+06:52 04:43
5	421	Paulo Pires	Individual	Veterano M35	58:31	+08:50 04:53
6	476	Rui Canudo	RM Runners by Mira a Mexer	Veterano M35	01:03:16	+13:36 05:16
7	482	Luis Dias	RUNNING4FUN TEAM VISEU	Veterano M35	01:03:36	+13:55 05:18
8	423	Cláudio Santos	Individual	Veterano M35	01:03:56	+14:15 05:20
9	313	João Pacheco	ACCM BTTeam	Veterano M35	01:13:14	+23:34 06:06
10	332	Joel Eurresta	Caramelos Running	Veterano M35	01:15:48	+26:07 06:19
11	496	Gonçalo Sousa	Trepelanelas / Prifer	Veterano M35	01:22:53	+33:12 06:54
12	466	Michel da Conceição Pinho	Os Outros	Veterano M35	01:26:19	+36:38 07:12
13	418	Flavio Santiago	Individual	Veterano M35	01:42:31	+52:50 08:33

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OFFICIAL RESULT

Veterano M40

1	497	Eleutério de Oliveira Mota	Trepanelas / Prifer	Veterano M40	49:07	04:06
2	459	Micael Santos	Lobitos BikeTeam	Veterano M40	50:00	+00:53 04:10
3	327	Rodrigo Gouveia	BiciARCA Run Team	Veterano M40	55:37	+06:30 04:38
4	460	Nuno Oliveira	Lobitos BikeTeam	Veterano M40	58:36	+09:29 04:53
5	329	Nuno Teixeira	Caldas de São Jorge Sport Clube	Veterano M40	59:01	+09:54 04:55
6	478	Bruno Cartaxo	RM Runners by Mira a Mexer	Veterano M40	59:35	+10:28 04:58
7	325	Jorge Martins	Associação Tainadas Run Team	Veterano M40	01:02:52	+13:45 05:14
8	481	André Santos	RUNNING4FUN TEAM VISEU	Veterano M40	01:03:59	+14:51 05:20
9	432	Jorge André Martins Castanheirao	Individual	Veterano M40	01:03:59	+14:52 05:20
10	475	Jose tavares	RM Runners by Mira a Mexer	Veterano M40	01:05:12	+16:05 05:26
11	426	Marco Martins	Individual	Veterano M40	01:09:03	+19:56 05:45
12	424	Flavio Marques	Individual	Veterano M40	01:09:18	+20:11 05:46
13	425	Manuel Pereira	Individual	Veterano M40	01:11:04	+21:57 05:55
14	438	Vasco Mingatos	Individual	Veterano M40	01:12:11	+23:04 06:01
15	427	Pedro Couto	Individual	Veterano M40	01:13:08	+24:01 06:06
16	483	Nelson Rocha	Sem Rumo	Veterano M40	01:15:46	+26:38 06:19
17	316	Tiago de Jesus Lopes	ACR seixo mira	Veterano M40	01:17:34	+28:27 06:28
18	436	Paulo oliveira	Individual	Veterano M40	01:21:27	+32:20 06:47
19	463	Ludimar Guenda	LuLuTeam	Veterano M40	01:31:13	+42:06 07:36

Veterano M45

1	430	Carlos seguel	Individual	Veterano M45	52:26		04:22
2	318	Fernando Silva	ADCP PEDRALVA	Veterano M45	56:18	+03:52	04:42
3	374	Sérgio Silva	GRECAS - Vagos	Veterano M45	56:31	+04:04	04:43
4	343	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Veterano M45	58:51	+06:25	04:54
5	493	Nuno Martinho	Tainadas Run Team - Somengil	Veterano M45	58:54	+06:28	04:55
6	321	Jorge Melo	ARCD Venda da Luísa	Veterano M45	59:08	+06:42	04:56
7	319	Sérgio Silva	ADCP PEDRALVA	Veterano M45	59:23	+06:57	04:57
8	513	Jorge Perdigão	Unidos Run Team / As Oliveirinhas	Veterano M45	59:43	+07:17	04:59
9	484	Paulo Rocha	Sem Rumo	Veterano M45	01:01:37	+09:10	05:08
10	461	Henrique Silva	Lúcia Costa	Veterano M45	01:02:23	+09:57	05:12
11	433	Nuno Miguel Martins Lopes	Individual	Veterano M45	01:02:59	+10:33	05:15
12	443	Paulo Julião	Individual	Veterano M45	01:08:16	+15:49	05:41
13	429	Bruno Santos	Individual	Veterano M45	01:09:15	+16:48	05:46
14	336	Marco Santiago	Casa do Benfica da Bairrada	Veterano M45	01:09:51	+17:25	05:49
15	437	Pedro Filipe S J Rocha	Individual	Veterano M45	01:12:44	+20:18	06:04
16	471	Jordao Laranja	Puro Judo	Veterano M45	01:16:02	+23:36	06:20
17	428	António Jesus	Individual	Veterano M45	01:21:59	+29:33	06:50
18	451	Celso Alves	JuveRunTeam	Veterano M45	01:24:26	+31:59	07:02
19	512	Fernando Martins	Unidos Run Team / As Oliveirinhas	Veterano M45	01:32:48	+40:22	07:44
20	514	Frankelim Amaral	Unidos Run Team / As Oliveirinhas	Veterano M45	01:55:59	+01:03:33	09:40

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OFFICIAL RESULT

21	431	ENIO DIAZ RIOS	Individual	Veterano M45	02:12:24	+01:19:57	11:02
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1	373	Pedro Sarabando	GRECAS - Vagos	Veterano M50	49:02	04:05
2	328	Manuel Vicente	BiciARCA Run Team	Veterano M50	53:13	+04:11 04:26
3	448	João Barbosa	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	56:46	+07:43 04:44
4	320	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M50	01:00:24	+11:22 05:02
5	488	Tibério Almeida Santos	Sosense Trail- Corind/ Braga & Fernandes	Veterano M50	01:01:00	+11:57 05:05
6	494	Milson Matias	Tainadas Run Team - Somengil	Veterano M50	01:02:04	+13:02 05:10
7	442	Nelo Julião	Individual	Veterano M50	01:03:20	+14:18 05:17
8	439	Carlos Ferreira	Individual	Veterano M50	01:05:47	+16:45 05:29
9	444	Rui Vilar	Individual	Veterano M50	01:06:09	+17:07 05:31
10	446	Paulo Santos	Individual	Veterano M50	01:06:37	+17:35 05:33
11	440	Fernando Manuel Rocha Freire	Individual	Veterano M50	01:08:42	+19:40 05:44
12	317	Francisco José da Rocha Camarinha	ACR seixo mira	Veterano M50	01:10:21	+21:19 05:52
13	479	Carlos Pires	RM Runners by Mira a Mexer	Veterano M50	01:11:24	+22:22 05:57
14	441	Luis Lourenço	Individual	Veterano M50	01:16:35	+27:33 06:23
15	359	Jorge Laranjeiro	Domus Trail	Veterano M50	01:16:45	+27:42 06:24
16	445	João Silva	Individual	Veterano M50	01:25:40	+36:38 07:08
17	452	Luis Gothes	JuveRunTeam	Veterano M50	01:30:20	+41:17 07:32
18	515	Rui Pinho	Unidos Run Team / As Oliveirinhas	Veterano M50	01:32:48	+43:46 07:44

1	322	Asdrubal Freitas	asdrubal freitas	Veterano M55	01:06:50	05:34
2	360	José Moitinho	Domus Trail	Veterano M55	01:27:40	+20:49 07:18

1	447	Daniel Gomes	Javalis 100 limites	Veterano M60	59:36	04:58
2	516	Arcanjo Martins	Unidos Run Team / As Oliveirinhas	Veterano M60	01:02:38	+03:01 05:13
3	366	Adérito Curto	Gira Sol	Veterano M60	01:03:06	+03:29 05:15
4	361	David Mestre	Domus Trail	Veterano M60	01:07:12	+07:35 05:36
5	2	Álvaro Gandarez	Individual	Veterano M60	01:26:20	+26:43 07:12