

31KM - STAGE 1

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	14,3°C	88%
End	13:52	14.3°C	88%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	61	Rui Figueiredo	Saca Trilhos Anadia	02:07:17		04:06	
2	26	Mário Ibarra	G.D.A Ronda	02:19:19	+12:02	04:30	
3	27	José costa	G.D.A Ronda	02:30:17	+23:00	04:51	
4	65	Marcelo Sousa	Vale Correr	02:42:06	+34:49	05:14	
5	17	Ricardo Silva	Caldas S. Jorge Sport Clube	02:42:14	+34:57	05:14	
6	28	Manuel Bastos	G.D.A Ronda	02:42:33	+35:16	05:15	
7	42	Sérgio Coelho	Individual	02:42:34	+35:17	05:15	
8	52	Ricardo Seromenho	JAM - Juventude Atlético Mozelense	02:43:11	+35:54	05:16	
9	59	Bruno Soares	Pupilos do Zé-Tó	02:43:54	+36:37	05:17	
10	39	José Moreira	Individual	02:46:00	+38:43	05:21	
11	29	Carlos Fazendeiro	G.D.A Ronda	02:47:19	+40:02	05:24	
12	66	Tiago Oliveira	Vale Correr	02:48:35	+41:18	05:26	
13	55	Nuno Miguel Ramos Sousa	Marcos Carvalho	02:49:38	+42:21	05:28	
14	16	Paulo Oliveira	Brandoenses Running	02:54:03	+46:46	05:37	
15	62	Diogo Melo	Team El Comandante	03:03:28	+56:11	05:55	
16	60	Tony bri	Run For Fun Laranjinhas	03:03:41	+56:24	05:56	
17	15	Luís Fernando Monteiro da Mota	Atletismo de Miranda do Douro - CDMD	03:10:25	+01:03:08	06:09	
18	40	Pedro Silva	Individual	03:10:25	+01:03:08	06:09	
19	12	Diogo Lopes	Arrifana Running	03:19:35	+01:12:18	06:26	
20	38	Jorge Oliveira	Individual	03:20:38	+01:13:21	06:28	
21	22	Jorge Alves	Clube MILLENNIUMBCP	03:22:25	+01:15:08	06:32	
22	30	Diana Almeida	Grupo Corrida de Argoncilhe	03:23:14	+01:15:57	06:33	
23	32	Pedro Ferreira	Grupo Corrida de Argoncilhe	03:23:19	+01:16:02	06:34	
24	37	Joel Cardoso	Individual	03:24:16	+01:16:59	06:35	
25	41	Renato Pereira	Individual	03:24:20	+01:17:03	06:35	
26	50	Paulo Azevedo	Individual	03:26:15	+01:18:58	06:39	
27	64	José Torres	TEAM LANTEMIL	03:37:48	+01:30:31	07:02	
28	63	Sérgio Pereira	TEAM LANTEMIL	03:37:48	+01:30:31	07:02	
29	35	Oscar Almeida	H-RAKY	03:47:17	+01:40:00	07:20	
30	33	Pedro Martins	H-RAKY	03:47:17	+01:40:00	07:20	
31	45	César Sousa	Individual	04:06:28	+01:59:11	07:57	
32	54	Luis Morais	javalis100limites	04:17:03	+02:09:46	08:18	
33	23	Alexandre Santos	Furadourotrail	04:48:28	+02:41:11	09:18	
34	25	William Martínez	Furadourotrail	04:48:29	+02:41:12	09:18	
35	75	Carla Martins	Individual	04:48:36	+02:41:19	09:19	

31 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	14,3°C	88%
End	13:52	14.3°C	88%

31KM

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M50

1	28	Manuel Bastos	G.D.A Ronda	Veterano M50	02:42:33	05:15
2	55	Nuno Miguel Ramos Sousa	Marcos Carvalho	Veterano M50	02:49:38	+07:05 05:28
3	60	Tony bri	Run For Fun Laranjinha	Veterano M50	03:03:41	+21:08 05:56
4	15	Luís Fernando Monteiro da Mota	Atletismo de Miranda do Douro - CDMD	Veterano M50	03:10:25	+27:51 06:09
5	22	Jorge Alves	Clube MILLENNIUMBCP	Veterano M50	03:22:25	+39:52 06:32
6	50	Paulo Azevedo	Individual	Veterano M50	03:26:15	+43:42 06:39
7	64	José Torres	TEAM LANTEMIL	Veterano M50	03:37:48	+55:15 07:02
8	35	Oscar Almeida	H-RAKY	Veterano M50	03:47:17	+01:04:43 07:20
9	54	Luis Morais	javalis100limites	Veterano M50	04:17:03	+01:34:29 08:18

Veterano M60

1	29	Carlos Fazendeiro	G.D.A Ronda	Veterano M60	02:47:19	05:24
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17 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	1 / 5	generate 08-jun.-2025 12:25
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17KM - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	241	Alcides Relvas	Bravos e bravitas	01:34:33	+22:49	05:34	
44	217	Joaquim pereira pinho	Amigos do trail OAZ	01:34:43	+22:59	05:34	
45	357	José Augusto Ferreira	Individual	01:35:46	+24:02	05:38	
46	261	Alexandra Gomes	Fox running tean	01:36:07	+24:23	05:39	
47	350	Ricky Matias	Individual	01:36:14	+24:31	05:40	
48	347	Pedro Miguel da Silva Pinheiro	Individual	01:36:23	+24:39	05:40	
49	251	António Pedro Coelho	Clube Efacec	01:36:40	+24:56	05:41	
50	210	Agostinho Costa	Agostinho Jesus Costa	01:36:50	+25:06	05:42	
51	323	SONIA ALMEIDA	Guisande Trail Running	01:37:02	+25:18	05:42	
52	231	Rui Freitas	Arrifana Running	01:37:02	+25:18	05:42	
53	240	João Gomes	Bravos e bravitas	01:37:02	+25:18	05:42	
54	333	Filipe Soares	Individual	01:37:03	+25:19	05:43	
55	355	Carlos Alberto de Lima Bruno	Individual	01:37:40	+25:56	05:45	
56	206	Tiago Neves	42RUN	01:38:25	+26:41	05:47	
57	384	António Ferreira	Pupilos do Zé-Tó	01:38:42	+26:58	05:48	
58	390	Manuel Zolaş	Pupilos do Zé-Tó	01:38:42	+26:58	05:48	
59	207	Pedro Neves	42RUN	01:39:18	+27:34	05:50	
60	356	Carlos Lancha	Individual	01:39:29	+27:45	05:51	
61	226	Rui Soares	Arrifana Running	01:39:39	+27:55	05:52	
62	299	Filipe Soares	Individual	01:39:40	+27:56	05:52	
63	322	Eva Pimenta	Individual	01:39:48	+28:04	05:52	
64	254	Marisa Duarte	DCI/Trilhos Luso Bussaco	01:40:15	+28:31	05:54	
65	234	Berto castro	bando das lokas	01:40:40	+28:56	05:55	
66	344	Paulo Costa	Individual	01:42:14	+30:30	06:01	
67	259	Ricardo Correia	Do Vale Running Brothers	01:42:15	+30:31	06:01	
68	400	Teresa Pinho	Saca Trilhos Anadia	01:42:26	+30:42	06:02	
69	340	Luís Coelho	Individual	01:42:59	+31:15	06:03	
70	399	Carlos Rocha	Running Esmoriz	01:43:22	+31:38	06:05	
71	373	Jorge Oliveira	Lourosa em Movimento	01:43:26	+31:42	06:05	
72	411	Luís Lopes	Vale Correr	01:43:35	+31:51	06:06	
73	403	Gonçalo Nuno de Pinho Oliveira	Sapatilhas Verdes	01:44:15	+32:31	06:08	
74	288	António Santos	Individual	01:44:27	+32:43	06:09	
75	310	Luis Marques	Individual	01:44:39	+32:55	06:09	
76	338	João Gaspar	Individual	01:45:12	+33:28	06:11	
77	312	Marco Danilo	Individual	01:45:21	+33:37	06:12	
78	395	César Araújo	Run For Fun Laranjinhas	01:45:38	+33:54	06:13	
79	363	Vicente Pinto	Individual	01:45:42	+33:58	06:13	
80	307	Jorge Gonçalves	Individual	01:45:53	+34:09	06:14	
81	392	Gonçalo Araújo	Run For Fun Laranjinhas	01:46:01	+34:17	06:14	
82	393	Sandra Silva	Run For Fun Laranjinhas	01:46:01	+34:17	06:14	
83	268	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	01:46:18	+34:34	06:15	
84	330	Fernando Manuel Maia de Castro	Individual	01:46:28	+34:44	06:16	
85	222	Sonia Vidal	Arrifana Running	01:46:59	+35:15	06:18	
86	318	VITOR ALMEIDA	Individual	01:46:59	+35:15	06:18	
87	398	Paulo Reis	Running Esmoriz	01:47:28	+35:44	06:19	
88	397	Helena Silva	Running Esmoriz	01:47:28	+35:44	06:19	

17KM - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	317	Rodrigo Silva	Individual	01:47:31	+35:47	06:19	
90	287	Andrés Yepes	Individual	01:47:48	+36:04	06:20	
91	203	Luís Sousa	#bichinhosbrincadores	01:47:53	+36:09	06:21	
92	233	Carlos Casimiro	Associação Desportiva de Nariz	01:48:09	+36:25	06:22	
93	278	Sónia Monteiro	Individual	01:48:34	+36:50	06:23	
94	214	Rúben Daniel Lopes Alves	Amigos da Raquete	01:48:39	+36:55	06:23	
95	212	Álvaro Alves	Amigos da Raquete	01:48:40	+36:56	06:24	
96	223	Carla Cardoso	Arrifana Running	01:49:42	+37:58	06:27	
97	218	Mária Calmeiro	Arrifana Running	01:50:12	+38:28	06:29	
98	229	Luís Gomes	Arrifana Running	01:50:53	+39:09	06:31	
99	391	RICHARD NOGUEIRA	Richard Nogueira	01:51:10	+39:26	06:32	
100	377	Mónia Oliveira	Os Lesmas	01:51:18	+39:34	06:33	
101	378	Nuno Figueiredo	Os Lesmas	01:51:18	+39:34	06:33	
102	320	RUBEN FILIPE	Individual	01:51:29	+39:45	06:33	
103	280	Vanessa Andreia Silva Maia	Individual	01:51:30	+39:46	06:34	
104	256	ALCINO BASTOS	DCI/Trilhos Luso Bussaco	01:51:39	+39:55	06:34	
105	293	Danilo Fenu	Individual	01:52:02	+40:18	06:35	
106	336	Hélder carvalho	Individual	01:52:11	+40:27	06:36	
107	376	Daniel Serralva	Mozelos Running	01:52:12	+40:28	06:36	
108	295	Diogo rocha	Individual	01:53:03	+41:19	06:39	
109	213	Micael Santos Xará	Amigos da Raquete	01:53:30	+41:46	06:41	
110	215	Rui Costa	Amigos da Raquete	01:53:30	+41:46	06:41	
111	354	Artur Pedro Ferreira Enes	Individual	01:54:31	+42:47	06:44	
112	208	Carlos Macedo	A.D.Amarante	01:54:35	+42:51	06:44	
113	316	Pedro Santos	Individual	01:54:37	+42:53	06:45	
114	282	Adão Martins Oliveira	Individual	01:54:42	+42:58	06:45	
115	305	Joel Gomes	Individual	01:55:29	+43:45	06:48	
116	358	JOSE CORREIA	Individual	01:55:51	+44:07	06:49	
117	327	Liseta Pinto	Individual	01:55:57	+44:13	06:49	
118	348	Ricardo Bastos	Individual	01:56:25	+44:41	06:51	
119	335	Gustavo Pires-Morais	Individual	01:56:31	+44:47	06:51	
120	346	Pedro Botelho	Individual	01:56:32	+44:48	06:51	
121	381	Bruno Silva	Petrus Runners	01:56:39	+44:55	06:52	
122	290	Bruno Brito	Individual	01:57:04	+45:20	06:53	
123	279	Teresa Rocha	Individual	01:58:07	+46:23	06:57	
124	294	Diogo Leite Soares	Individual	01:58:07	+46:23	06:57	
125	300	Gustavo Marques	Individual	01:59:08	+47:24	07:00	
126	343	Orlando Henriques	Individual	01:59:08	+47:24	07:00	
127	407	Marco Almeida	SPORTARC	02:00:00	+48:16	07:04	
128	408	Miguel Soares	SPORTARC	02:00:01	+48:17	07:04	
129	375	Andreia Susana Silva Ramos	Marcos Carvalho	02:00:14	+48:30	07:04	
130	618	Paulo Gil	Individual	02:00:14	+48:30	07:04	
131	265	Manuela Sousa	Grupo Corrida de Argoncilhe	02:00:15	+48:31	07:04	
132	273	Ana Manuel	Individual	02:00:43	+48:59	07:06	
133	242	Armando Carragoso	CAL - Clube Atletismo de Lamas	02:00:53	+49:09	07:07	
134	243	JOSÉ COELHO	CAL - Clube Atletismo de Lamas	02:00:54	+49:10	07:07	

17KM - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	267	Fernando Silva	Grupo Corrida de Argoncilhe	02:00:56	+49:12	07:07	
136	362	Rui Pina	Individual	02:00:59	+49:15	07:07	
137	230	Paulo Fonseca	Arrifana Running	02:01:01	+49:17	07:07	
138	224	Paula Martins	Arrifana Running	02:01:01	+49:17	07:07	
139	352	ANDRE RODRIGUES DA SILVA	Individual	02:01:02	+49:18	07:07	
140	324	Susana F. Martins Moreira	Individual	02:01:39	+49:55	07:09	
141	331	Filipe Moreira	Individual	02:01:43	+49:59	07:10	
142	246	Fernanda Pinto	Carpem Diem	02:01:59	+50:15	07:11	
143	237	Mariline Baptista	Bravos e bravitas	02:02:10	+50:26	07:11	
144	308	José Diogo Oliveira Chaves	Individual	02:02:37	+50:53	07:13	
145	275	Daniela Leite da Silva	Individual	02:02:38	+50:54	07:13	
146	255	Paula Pedro	DCI/Trilhos Luso Bussaco	02:02:42	+50:58	07:13	
147	205	Duarte Aguiar	#bichinhosbrincadores	02:02:49	+51:05	07:13	
148	204	Juliana silva	#bichinhosbrincadores	02:02:54	+51:10	07:14	
149	365	joaquim couto	Individual	02:03:05	+51:21	07:14	
150	276	Mariana Antunes	Individual	02:03:25	+51:41	07:16	
151	285	André Costa	Individual	02:04:01	+52:17	07:18	
152	202	Lino Marques	#bichinhosbrincadores	02:04:41	+52:57	07:20	
153	201	Joana Santos Marques	#bichinhosbrincadores	02:04:42	+52:58	07:20	
154	211	José Nogueira	Allabout	02:04:44	+53:00	07:20	
155	238	Margarida Neves	Bravos e bravitas	02:04:55	+53:11	07:21	
156	228	Joaquim Moreira	Arrifana Running	02:05:00	+53:16	07:21	
157	277	Rosário Hora	Individual	02:05:17	+53:33	07:22	
158	252	Pedro Santos	CLUBE NOVO BANCO	02:05:56	+54:12	07:25	
159	380	Susana Marques	Petrus Runners	02:07:42	+55:58	07:31	
160	334	Gil Santos	Individual	02:08:07	+56:23	07:32	
161	48	Paulo martins	Individual	02:08:10	+56:26	07:32	
162	345	PAULO JESUS	Guisande Trail Running	02:08:56	+57:12	07:35	
163	281	Viviane Runa	Individual	02:10:59	+59:15	07:42	
164	359	José Fernando Pereira Rodrigues	Individual	02:11:47	+01:00:03	07:45	
165	366	José Leal	Individual	02:11:47	+01:00:03	07:45	
166	325	Anabela Ferreira Andrade Ribeiro	Individual	02:12:52	+01:01:08	07:49	
167	209	Fernanda Almeida	ACR Vale de Cambra	02:12:59	+01:01:15	07:49	
168	248	Fernando Rocha Sacramento	CENTRO CULTURAL E RECREATIVO DE SOUTO MAU	02:12:59	+01:01:15	07:49	
169	221	Sandra Gomes	Arrifana Running	02:13:02	+01:01:18	07:50	
170	225	Susana Gomes	Arrifana Running	02:13:02	+01:01:18	07:50	
171	361	Pedro Saraiva	Individual	02:13:03	+01:01:19	07:50	
172	329	Teresa Pina	Individual	02:13:44	+01:02:00	07:52	
173	245	Artur Mário de Carvalho Morais	CARETOS.OCR	02:13:48	+01:02:04	07:52	
174	412	Andre Simoes	Vespera de sexta feira	02:20:48	+01:09:04	08:17	
175	413	Paulo Roncon	Vespera de sexta feira	02:20:48	+01:09:04	08:17	
176	349	Ricardo Ferreira	Individual	02:20:59	+01:09:15	08:18	
177	319	JOANA GONÇALVES	Individual	02:21:15	+01:09:31	08:19	
178	292	Carolina Filipa Silva Valente	Individual	02:25:08	+01:13:24	08:32	
179	274	Carolina Tavares	Individual	02:25:08	+01:13:24	08:32	

17KM

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14,3°C	88%
End	11:33	14.3°C	88%

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

1	400	Teresa Pinho	Saca Trilhos Anadia	Senior Feminino	01:42:26	06:02:26
2	278	Sónia Monteiro	Individual	Senior Feminino	01:48:34	+06:08 06:23:10
3	218	Mária Calmeiro	Arrifana Running	Senior Feminino	01:50:12	+07:46 06:29:02
4	280	Vanessa Andreia Silva Maia	Individual	Senior Feminino	01:51:30	+09:03 06:34:05
5	279	Teresa Rocha	Individual	Senior Feminino	01:58:07	+15:41 06:57:02
6	273	Ana Manuel	Individual	Senior Feminino	02:00:43	+18:16 07:06:18
7	275	Daniela Leite da Silva	Individual	Senior Feminino	02:02:38	+20:11 07:13:09
8	276	Mariana Antunes	Individual	Senior Feminino	02:03:25	+20:59 07:16:04
9	201	Joana Santos Marques	#bichinhosbrincadores	Senior Feminino	02:04:42	+22:16 07:20:25
10	277	Rosário Hora	Individual	Senior Feminino	02:05:17	+22:51 07:22:22
11	281	Viviane Runa	Individual	Senior Feminino	02:10:59	+28:32 07:42:54
12	274	Carolina Tavares	Individual	Senior Feminino	02:25:08	+42:42 08:32:36
13	53	Monica Morais	javalis100limites	Senior Feminino	02:29:18	+46:52 08:47:28

Senior Masculino

1	370	Marco China	Lourosa em Movimento	Senior Masculino	01:17:56	04:35
2	371	Pedro Matos	Lourosa em Movimento	Senior Masculino	01:19:02	+01:06 04:39
3	304	João Valente	Individual	Senior Masculino	01:21:07	+03:11 04:46
4	219	Fábio Almeida	Arrifana Running	Senior Masculino	01:22:28	+04:32 04:51
5	236	Rui Teixeira	Bravos e bravitas	Senior Masculino	01:24:39	+06:43 04:59
6	302	Ivo Emanuel da Silva Leitão	Individual	Senior Masculino	01:24:47	+06:50 04:59
7	289	Bruno Bastos	Individual	Senior Masculino	01:25:45	+07:49 05:03
8	296	Eduardo Bastos	Individual	Senior Masculino	01:25:50	+07:53 05:03
9	298	Fernando Resende	Individual	Senior Masculino	01:26:40	+08:44 05:06
10	306	Jorge Freitas	Individual	Senior Masculino	01:28:09	+10:13 05:11
11	313	Mauro Sousa	DCI/Trilhos Luso Bussaco	Senior Masculino	01:29:24	+11:28 05:16
12	291	Bruno coelho	Individual	Senior Masculino	01:29:25	+11:29 05:16
13	315	Nuno Almeida	Individual	Senior Masculino	01:29:47	+11:51 05:17
14	405	Fernando Matos	sem treinos	Senior Masculino	01:32:30	+14:33 05:26
15	301	Hugo Pinho	Individual	Senior Masculino	01:33:17	+15:21 05:29
16	286	André Oliveira	Individual	Senior Masculino	01:34:20	+16:24 05:33
17	206	Tiago Neves	42RUN	Senior Masculino	01:38:25	+20:29 05:47
18	299	Filipe Soares	Individual	Senior Masculino	01:39:40	+21:43 05:52
19	259	Ricardo Correia	Do Vale Running Brothers	Senior Masculino	01:42:15	+24:18 06:01
20	411	Luís Lopes	Vale Correr	Senior Masculino	01:43:35	+25:39 06:06
21	288	António Santos	Individual	Senior Masculino	01:44:27	+26:30 06:09
22	310	Luis Marques	Individual	Senior Masculino	01:44:39	+26:43 06:09
23	312	Marco Danilo	Individual	Senior Masculino	01:45:21	+27:24 06:12

Official Timekeeper: Lap2Go	1 / 5	generate 08-jun.-2025 12:25
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17KM

17 KM

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OFFICIAL RESULT

[illegible]

24	307	Jorge Gonçalves	Individual	Senior Masculino	01:45:53	+27:57	06:14
25	318	VITOR ALMEIDA	Individual	Senior Masculino	01:46:59	+29:03	06:18
26	317	Rodrigo Silva	Individual	Senior Masculino	01:47:31	+29:35	06:19
27	287	Andrés Yepes	Individual	Senior Masculino	01:47:48	+29:52	06:20
28	203	Luís Sousa	#bichinhosbrincadores	Senior Masculino	01:47:53	+29:57	06:21
29	233	Carlos Casimiro	Associação Desportiva de Nariz	Senior Masculino	01:48:09	+30:13	06:22
30	214	Rúben Daniel Lopes Alves	Amigos da Raquete	Senior Masculino	01:48:39	+30:43	06:23
31	212	Álvaro Alves	Amigos da Raquete	Senior Masculino	01:48:40	+30:43	06:24
32	293	Danilo Fenu	Individual	Senior Masculino	01:52:02	+34:06	06:35
33	376	Daniel Serralva	Mozelos Running	Senior Masculino	01:52:12	+34:16	06:36
34	295	Diogo rocha	Individual	Senior Masculino	01:53:03	+35:07	06:39
35	213	Micael Santos Xará	Amigos da Raquete	Senior Masculino	01:53:30	+35:34	06:41
36	215	Rui Costa	Amigos da Raquete	Senior Masculino	01:53:30	+35:34	06:41
37	316	Pedro Santos	Individual	Senior Masculino	01:54:37	+36:41	06:45
38	282	Adão Martins Oliveira	Individual	Senior Masculino	01:54:42	+36:45	06:45
39	305	Joel Gomes	Individual	Senior Masculino	01:55:29	+37:33	06:48
40	290	Bruno Brito	Individual	Senior Masculino	01:57:04	+39:08	06:53
41	294	Diogo Leite Soares	Individual	Senior Masculino	01:58:07	+40:11	06:57
42	300	Gustavo Marques	Individual	Senior Masculino	01:59:08	+41:11	07:00
43	308	José Diogo Oliveira Chaves	Individual	Senior Masculino	02:02:37	+44:41	07:13
44	285	André Costa	Individual	Senior Masculino	02:04:01	+46:05	07:18
45	202	Lino Marques	#bichinhosbrincadores	Senior Masculino	02:04:41	+46:45	07:20
46	412	Andre Simoes	Vespera de sexta feira	Senior Masculino	02:20:48	+01:02:51	08:17
47	292	Carolina Filipa Silva Valente	Individual	Senior Masculino	02:25:08	+01:07:12	08:32
48	283	Anderson de Jesus	Individual	Senior Masculino	02:25:09	+01:07:13	08:32

Sub 23 Feminino

1	319	JOANA GONÇALVES	Individual	Sub 23 Feminino	02:21:15	08:19
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Sub 23 Masculino

1	321	Samuel Gome Estrela	Individual	Sub 23 Masculino	01:25:34	05:02
2	392	Gonalo Araujo	Run For Fun Laranjinhas	Sub 23 Masculino	01:46:01	+20:27 06:14
3	320	RUBEN FILIPE	Individual	Sub 23 Masculino	01:51:29	+25:55 06:33

Veterana F40

1	261	Alexandra Gomes	Fox running team	Veterana F40	01:36:07	05:39
2	323	SONIA ALMEIDA	Guisande Trail Running	Veterana F40	01:37:02	+00:55 05:42
3	322	Eva Pimenta	Individual	Veterana F40	01:39:48	+03:41 05:52
4	254	Marisa Duarte	DCI/Trilhos Luso Bussaco	Veterana F40	01:40:15	+04:08 05:54
5	393	Sandra Silva	Run For Fun Laranjinhas	Veterana F40	01:46:01	+09:54 06:14
6	222	Sonia Vidal	Arrifana Running	Veterana F40	01:46:59	+10:52 06:18
7	377	Mónia Oliveira	Os Lesmas	Veterana F40	01:51:18	+15:11 06:33

Official Timekeeper: Lap2Go	2 / 5	generate 08-jun.-2025 12:25
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17KM

17 KM

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OFFICIAL RESULT

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8	375	Andreia Susana Silva Ramos	Marcos Carvalho	Veterana F40	02:00:14	+24:07	07:04
9	324	Susana F. Martins Moreira	Individual	Veterana F40	02:01:39	+25:32	07:09
10	237	Mariline Baptista	Bravos e bravitas	Veterana F40	02:02:10	+26:03	07:11
11	255	Paula Pedro	DCI/Trilhos Luso Bussaco	Veterana F40	02:02:42	+26:34	07:13
12	204	Juliana silva	#bichinhosbrincadores	Veterana F40	02:02:54	+26:46	07:14
13	380	Susana Marques	Petrus Runners	Veterana F40	02:07:42	+31:35	07:31
14	221	Sandra Gomes	Arrifana Running	Veterana F40	02:13:02	+36:55	07:50
15	379	Marlene oliveira	Petrus Runners	Veterana F40	02:29:19	+53:11	08:47

Veterana F50

1	397	Helena Silva	Running Esmoriz	Veterana F50	01:47:28	06:19
2	223	Carla Cardoso	Arrifana Running	Veterana F50	01:49:42	+02:13 06:27
3	327	Liseta Pinto	Individual	Veterana F50	01:55:57	+08:28 06:49
4	224	Paula Martins	Arrifana Running	Veterana F50	02:01:01	+13:32 07:07
5	246	Fernanda Pinto	Carpem Diem	Veterana F50	02:01:59	+14:30 07:11
6	325	Anabela Ferreira Andrade Ribeiro	Individual	Veterana F50	02:12:52	+25:23 07:49
7	225	Susana Gomes	Arrifana Running	Veterana F50	02:13:02	+25:33 07:50
8	328	Sofia Martins	Individual	Veterana F50	02:29:28	+41:59 08:48

Veterana F60

1	268	Rosa Cerveira	Grupo Desportivo de Oliveira de Frades	Veterana F60	01:46:18	06:15
2	265	Manuela Sousa	Grupo Corrida de Argoncilhe	Veterana F60	02:00:15	+13:56 07:04
3	238	Margarida Neves	Bravos e bravitas	Veterana F60	02:04:55	+18:37 07:21
4	209	Fernanda Almeida	ACR Vale de Cambra	Veterana F60	02:12:59	+26:40 07:49
5	329	Teresa Pina	Individual	Veterana F60	02:13:44	+27:25 07:52

Veterano M40

1	401	Sérgio Manito	Saca Trilhos Anadia	Veterano M40	01:11:44	04:13
2	260	Paulo Pinto	EV PERALTAFIL	Veterano M40	01:11:46	+00:01 04:13
3	239	Bruno Silva	Bravos e bravitas	Veterano M40	01:13:05	+01:21 04:18
4	250	Filipe Pereira	Clube de Canoagem de Ovar	Veterano M40	01:23:06	+11:22 04:53
5	394	Filipe Silva	Run For Fun Laranjinhas	Veterano M40	01:25:17	+13:33 05:01
6	372	João Santos	Lourosa em Movimento	Veterano M40	01:26:12	+14:27 05:04
7	388	Rui Pereira	Pupilos do Zé-Tó	Veterano M40	01:27:21	+15:37 05:08
8	382	Humberto Rodrigues	Pupilos do Zé-Tó	Veterano M40	01:29:33	+17:49 05:16
9	332	Filipe Pinho	Individual	Veterano M40	01:34:16	+22:32 05:33
10	217	Joaquim pereira pinho	Amigos do trail OAZ	Veterano M40	01:34:43	+22:59 05:34
11	350	Ricky Matias	Individual	Veterano M40	01:36:14	+24:30 05:40
12	347	Pedro Miguel da Silva Pinheiro	Individual	Veterano M40	01:36:23	+24:39 05:40
13	333	Filipe Soares	Individual	Veterano M40	01:37:03	+25:18 05:43
14	207	Pedro Neves	42RUN	Veterano M40	01:39:18	+27:34 05:50

17KM

17 KM

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OFFICIAL RESULT

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15	226	Rui Soares	Arrifana Running	Veterano M40	01:39:39	+27:54	05:52
16	344	Paulo Costa	Individual	Veterano M40	01:42:14	+30:29	06:01
17	340	Luís Coelho	Individual	Veterano M40	01:42:59	+31:15	06:03
18	403	Gonçalo Nuno de Pinho Oliveira	Sapatilhas Verdes	Veterano M40	01:44:15	+32:31	06:08
19	338	João Gaspar	Individual	Veterano M40	01:45:12	+33:28	06:1
20	330	Fernando Manuel Maia de Castro	Individual	Veterano M40	01:46:28	+34:44	06:16
21	398	Paulo Reis	Running Esmoriz	Veterano M40	01:47:28	+35:44	06:19
22	378	Nuno Figueiredo	Os Lesmas	Veterano M40	01:51:18	+39:33	06:33
23	256	ALCINO BASTOS	DCI/Trilhos Luso Bussaco	Veterano M40	01:51:39	+39:54	06:34
24	336	Hélder carvalho	Individual	Veterano M40	01:52:11	+40:26	06:36
25	348	Ricardo Bastos	Individual	Veterano M40	01:56:25	+44:41	06:51
26	335	Gustavo Pires-Morais	Individual	Veterano M40	01:56:31	+44:47	06:51
27	346	Pedro Botelho	Individual	Veterano M40	01:56:32	+44:47	06:51
28	381	Bruno Silva	Petrus Runners	Veterano M40	01:56:39	+44:54	06:52
29	343	Orlando Henriques	Individual	Veterano M40	01:59:08	+47:23	07:00
30	407	Marco Almeida	SPORTARC	Veterano M40	02:00:00	+48:16	07:04
31	408	Miguel Soares	SPORTARC	Veterano M40	02:00:01	+48:17	07:04
32	242	Armando Carragoso	CAL - Clube Atletismo de Lamas	Veterano M40	02:00:53	+49:08	07:07
33	243	JOSÉ COELHO	CAL - Clube Atletismo de Lamas	Veterano M40	02:00:54	+49:09	07:07
34	331	Filipe Moreira	Individual	Veterano M40	02:01:43	+49:58	07:10
35	205	Duarte Aguiar	#bichinhosbrincadores	Veterano M40	02:02:49	+51:04	07:13
36	252	Pedro Santos	CLUBE NOVO BANCO	Veterano M40	02:05:56	+54:12	07:25
37	334	Gil Santos	Individual	Veterano M40	02:08:07	+56:22	07:32
38	48	Paulo martins	Individual	Veterano M40	02:08:10	+56:26	07:32
39	345	PAULO JESUS	Guisande Trail Running	Veterano M40	02:08:56	+57:11	07:35
40	413	Paulo Roncon	Vespera de sexta feira	Veterano M40	02:20:48	+01:09:03	08:17
41	349	Ricardo Ferreira	Individual	Veterano M40	02:20:59	+01:09:15	08:18

Veterano M50

1	227	Fernando Lima	Arrifana Running	Veterano M50	01:16:01	04:28
2	353	Antonio nunes	Individual	Veterano M50	01:20:59	+04:57 04:46
3	232	Victor Correia	Arrifana Running	Veterano M50	01:21:13	+05:11 04:47
4	244	Renato silva	Caldas S. Jorge Sport Clube	Veterano M50	01:21:33	+05:32 04:48
5	404	Augusto Aluai	SC Espinho	Veterano M50	01:22:05	+06:04 04:50
6	258	Miguel Duarte	DCI/Trilhos Luso Bussaco	Veterano M50	01:26:04	+10:03 05:04
7	422	Francelino Resende	Individual	Veterano M50	01:26:08	+10:07 05:04
8	369	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	01:28:50	+12:49 05:14
9	257	Daniel Silva	DCI/Trilhos Luso Bussaco	Veterano M50	01:29:40	+13:39 05:16
10	247	Paulo Reis	Carpem Diem	Veterano M50	01:30:23	+14:21 05:19
11	396	Miguel Ferreira	RUN&FUN	Veterano M50	01:32:30	+16:29 05:26
12	385	Carlos Familiar	Pupilos do Zé-Tó	Veterano M50	01:34:29	+18:28 05:33
13	357	José Augusto Ferreira	Individual	Veterano M50	01:35:46	+19:45 05:38
14	251	António Pedro Coelho	Clube Efacec	Veterano M50	01:36:40	+20:38 05:41
15	231	Rui Freitas	Arrifana Running	Veterano M50	01:37:02	+21:01 05:42
16	240	João Gomes	Bravos e bravitas	Veterano M50	01:37:02	+21:01 05:42

17KM

17 KM

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OFFICIAL RESULT

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17	355	Carlos Alberto de Lima Bruno	Individual	Veterano M50	01:37:40	+21:38	05:45
18	384	António Ferreira	Pupilos do Zé-Tó	Veterano M50	01:38:42	+22:41	05:48
19	356	Carlos Lancha	Individual	Veterano M50	01:39:29	+23:27	05:51
20	234	Berto castro	bando das lokas	Veterano M50	01:40:40	+24:39	05:55
21	399	Carlos Rocha	Running Esmoriz	Veterano M50	01:43:22	+27:21	06:05
22	373	Jorge Oliveira	Lourosa em Movimento	Veterano M50	01:43:26	+27:25	06:05
23	395	César Araújo	Run For Fun Laranjinhas	Veterano M50	01:45:38	+29:37	06:13
24	363	Vicente Pinto	Individual	Veterano M50	01:45:42	+29:41	06:13
25	229	Luís Gomes	Arrifana Running	Veterano M50	01:50:53	+34:52	06:31
26	391	RICHARD NOGUEIRA	Richard Nogueira	Veterano M50	01:51:10	+35:08	06:32
27	354	Artur Pedro Ferreira Enes	Individual	Veterano M50	01:54:31	+38:30	06:44
28	358	JOSE CORREIA	Individual	Veterano M50	01:55:51	+39:50	06:49
29	618	Paulo Gil	Individual	Veterano M50	02:00:14	+44:13	07:04
30	362	Rui Pina	Individual	Veterano M50	02:00:59	+44:58	07:07
31	230	Paulo Fonseca	Arrifana Running	Veterano M50	02:01:01	+45:00	07:07
32	352	ANDRE RODRIGUES DA SILVA	Individual	Veterano M50	02:01:02	+45:01	07:07
33	228	Joaquim Moreira	Arrifana Running	Veterano M50	02:05:00	+48:59	07:21
34	359	José Fernando Pereira Rodrigues	Individual	Veterano M50	02:11:47	+55:46	07:45
35	361	Pedro Saraiva	Individual	Veterano M50	02:13:03	+57:02	07:50

Veterano M60

1	402	Fernando Morais	Saca Trilhos Anadia	Veterano M60	01:28:17	05:12
2	235	José Santos	Brandoenses Running	Veterano M60	01:28:55	+00:37 05:14
3	389	António Barbas	Pupilos do Zé-Tó	Veterano M60	01:32:21	+04:03 05:26
4	367	Manuel Rodrigues	Individual	Veterano M60	01:34:20	+06:02 05:33
5	241	Alcides Relvas	Bravos e bravitas	Veterano M60	01:34:33	+06:16 05:34
6	210	Agostinho Costa	Agostinho Jesus Costa	Veterano M60	01:36:50	+08:32 05:42
7	390	Manuel Zola§	Pupilos do Zé-Tó	Veterano M60	01:38:42	+10:24 05:48
8	208	Carlos Macedo	A.D.Amarante	Veterano M60	01:54:35	+26:17 06:44
9	267	Fernando Silva	Grupo Corrida de Argoncilhe	Veterano M60	02:00:56	+32:38 07:07
10	365	joaquim couto	Individual	Veterano M60	02:03:05	+34:48 07:14
11	211	José Nogueira	Allabout	Veterano M60	02:04:44	+36:26 07:20
12	366	José Leal	Individual	Veterano M60	02:11:47	+43:30 07:45
13	248	Fernando Rocha Sacramento	CENTRO CULTURAL E RECREATIVO DE SOUTO MAU	Veterano M60	02:12:59	+44:41 07:49
14	245	Artur Mário de Carvalho Morais	CARETOS.OCR	Veterano M60	02:13:48	+45:30 07:52

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	17,3°C	77%
End	11:31	17.3°C	77%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	543	Antonio Cristóvão	G.D.C GUILHOVAI	39:58		04:00	
2	542	Hugo Ferreira	G.D.A Ronda	40:14	+00:16	04:01	
3	541	André Melo	G.D.A Ronda	40:53	+00:56	04:05	
4	644	João Amaro	Maratonistas do Sofá	41:25	+01:27	04:08	
5	619	Paulo Resende	Individual	41:41	+01:43	04:10	
6	531	Flávio Correia	DUELO D'OCASIÃO	45:17	+05:19	04:32	
7	578	André Soares	Individual	45:22	+05:24	04:32	
8	581	Luis Rafael Pereira Ferreira	Individual	46:21	+06:23	04:38	
9	580	João Pedro Rebelo da Silva	Individual	46:34	+06:36	04:39	
10	633	Manuel Silva	Lourosa em Movimento	46:58	+07:00	04:42	
11	637	Nuno sousa	Lousada Trilhos	47:26	+07:28	04:45	
12	547	Tiago Lei	Grupo Corrida de Argoncilhe	48:24	+08:26	04:50	
13	586	Sérgio Gonçalves	Individual	48:56	+08:58	04:54	
14	653	Paulo Almeida	Run For Fun Laranjinhas	49:18	+09:20	04:56	
15	585	Rui Santos	Individual	50:04	+10:06	05:00	
16	669	Tiago Oliveira	Trail da Ladeia Running Team	50:51	+10:53	05:05	
17	266	Nuno Pereira	Grupo Corrida de Argoncilhe	51:35	+11:37	05:10	
18	640	André Henriques	Macovictor runners	51:36	+11:38	05:10	
19	623	Samuel da Silva Rocha	Juventude Cortegacense	51:41	+11:43	05:10	
20	613	Adao bessa	Individual	52:43	+12:45	05:16	
21	642	Vera Ferreira	Maratonistas do Sofá	52:51	+12:53	05:17	
22	609	Bruno Ricardo Sousa Monteiro	Individual	53:09	+13:11	05:19	
23	600	Tânia Mateus	Individual	53:11	+13:13	05:19	
24	610	Marco Paiva	Individual	53:53	+13:55	05:23	
25	638	Miro sousa	Lousada Trilhos	54:05	+14:07	05:25	
26	643	Diogo Ferreira	Maratonistas do Sofá	54:33	+14:35	05:27	
27	43	António Henriques	Individual	54:53	+14:55	05:29	
28	576	Alberto Alves	Individual	54:53	+14:55	05:29	
29	509	Tomás Silva	Bravos e bravitas	55:51	+15:53	05:35	
30	672	Sara Eiró	Sport Comércio e Salgueiros	56:07	+16:09	05:37	
31	599	Sónia Gama	Individual	56:13	+16:15	05:37	
32	511	Vera Leite	Bravos e bravitas	56:47	+16:49	05:41	
33	567	Joana Pereira	Individual	56:56	+16:58	05:42	
34	588	Tiago Santiago	Individual	57:03	+17:05	05:42	
35	534	Diogo Leite	Família Leite	57:04	+17:06	05:42	
36	530	Dina Boieiro	D&B runners	57:09	+17:11	05:43	
37	529	Barbara Koehler	D&B runners	57:09	+17:11	05:43	
38	590	André Marques	Individual	57:58	+18:00	05:48	
39	591	João Tomás de Mousa Sabtos	Individual	57:58	+18:00	05:48	
40	635	Ernesto Silva	Lourosa em Movimento	58:38	+18:40	05:52	
41	654	Elsa Mota	RUN&FUN	58:48	+18:50	05:53	
42	622	Lídio oliveira	Individual	01:00:21	+20:23	06:02	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	532	Rosa Silva	DUELO D'OCASIÃO	01:00:51	+20:53	06:05	
44	582	Mário Sacramento	Individual	01:01:00	+21:02	06:06	
45	624	João Lei	Lei Runners	01:01:15	+21:17	06:07	
46	536	José Carlos Leite	Família Leite	01:01:29	+21:31	06:09	
47	671	Fernando Correia	Trail Running BTT Sanguedo	01:02:00	+22:02	06:12	
48	636	Paula sousa	Lousada Trilhos	01:02:00	+22:02	06:12	
49	629	Patricia Laranjeira	Lourosa em Movimento	01:02:09	+22:11	06:13	
50	632	António Almeida	Lourosa em Movimento	01:02:12	+22:14	06:13	
51	514	Pedro Bastos	Bravos e bravitas	01:02:26	+22:28	06:15	
52	510	Paula Soares	Bravos e bravitas	01:02:30	+22:32	06:15	
53	406	Joaquim Mota	sem treinos	01:02:33	+22:35	06:15	
54	670	Dulce Correia	Trail Running BTT Sanguedo	01:02:34	+22:36	06:15	
55	549	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	01:02:35	+22:37	06:15	
56	617	Manuel Marques	Individual	01:02:41	+22:43	06:16	
57	548	Sónia Lei	Grupo Corrida de Argoncilhe	01:02:50	+22:52	06:17	
58	512	Fatinha Lopes	Bravos e bravitas	01:03:10	+23:12	06:19	
59	601	Ana Ribeiro	Individual	01:03:13	+23:15	06:19	
60	557	Beatriz Nogueira	Individual	01:03:43	+23:45	06:22	
61	583	Pedro Azevedo	Individual	01:07:01	+27:03	06:42	
62	559	Diana Marques	Individual	01:08:06	+28:08	06:49	
63	593	Gisela Avelar	Individual	01:08:12	+28:14	06:49	
64	621	Paulo Silva	Individual	01:08:12	+28:14	06:49	
65	574	Vania Silva	Individual	01:08:39	+28:41	06:52	
66	550	Heather Nettleship	H&S	01:08:45	+28:47	06:52	
67	627	Vera Oliveira	Lourosa em Movimento	01:08:46	+28:48	06:53	
68	634	Ricardo Duarte	Lourosa em Movimento	01:08:47	+28:49	06:53	
69	598	Silvia Caetano	Individual	01:08:47	+28:49	06:53	
70	597	Sandra Campos	Individual	01:08:54	+28:56	06:53	
71	631	Palmira ontes	Lourosa em Movimento	01:09:00	+29:02	06:54	
72	571	Susana Paula Cardoso Martins	Individual	01:09:08	+29:10	06:55	
73	564	Inês Neves	Individual	01:09:40	+29:42	06:58	
74	569	Mariana Sousa	Individual	01:10:31	+30:33	07:03	
75	616	Luís Monteiro	Individual	01:10:34	+30:36	07:03	
76	553	Ana Carolina Tavares	Individual	01:10:38	+30:40	07:04	
77	655	Emília Assunção	RUN&FUN	01:10:59	+31:01	07:06	
78	503	Lurdes Fernandes	Arrifana Running	01:11:26	+31:28	07:09	
79	639	Pedro silva	Lousada Trilhos	01:11:33	+31:35	07:09	
80	594	Liliana Costa	Individual	01:11:40	+31:42	07:10	
81	657	Diana Silva	Sapatilhas Verdes	01:11:48	+31:50	07:11	
82	544	Íluri pinto	Gang das Caminhadas	01:11:54	+31:56	07:11	
83	608	António Jesus	Individual	01:12:09	+32:11	07:13	
84	545	Licínia Sousa	Gang das Caminhadas	01:12:17	+32:19	07:14	
85	546	Américo Pinto	Gang das Caminhadas	01:13:12	+33:14	07:19	
86	555	Ana Rita Couto da Silva	Individual	01:13:22	+33:24	07:20	
87	612	NUNO SILVA	Guisande Trail Running	01:14:15	+34:17	07:26	
88	513	Hélder Silva	Bravos e bravitas	01:14:25	+34:27	07:27	

10KM - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	614	JoaQuim Leite	Individual	01:14:45	+34:47	07:29	
90	515	Simão Rocha	Calçada Runners	01:14:58	+35:00	07:30	
91	651	Ivete Santos	Run For Fun Laranjinhas	01:15:06	+35:08	07:31	
92	589	Sofia Marques	Individual	01:15:06	+35:08	07:31	
93	566	Joana da Silva	Individual	01:15:16	+35:18	07:32	
94	554	Ana Martins	Individual	01:15:21	+35:23	07:32	
95	626	Catarina Silva	Lourosa em Movimento	01:15:43	+35:45	07:34	
96	628	Ricardo Ramos	Lourosa em Movimento	01:15:43	+35:45	07:34	
97	565	Isabel Marcolino	Individual	01:15:49	+35:51	07:35	
98	603	Felisbela Monteiro	Individual	01:17:00	+37:02	07:42	
99	558	Catarina Ferreira	Individual	01:17:06	+37:08	07:43	
100	605	Rosa Santos	Individual	01:17:22	+37:24	07:44	
101	552	Carlos Novais	H-RAKY	01:17:33	+37:35	07:45	
102	533	Mário Araújo	Equipa A	01:17:40	+37:42	07:46	
103	539	Pedro Oliveira	ForMud	01:19:47	+39:49	07:59	
104	540	Helena Peixoto	ForMud	01:19:48	+39:50	07:59	
105	611	Nuno Alexandre da Hora Pereira	Individual	01:19:57	+39:59	08:00	
106	649	Nuno Almeida	Os Cansados	01:20:18	+40:20	08:02	
107	501	Ana Almeida	Arrifana Running	01:21:18	+41:20	08:08	
108	504	Virginia Moreira	Arrifana Running	01:21:19	+41:21	08:08	
109	535	Rosa Carvalho	Família Leite	01:21:21	+41:23	08:08	
110	537	Andreia Regal	Fiães Running	01:21:21	+41:23	08:08	
111	360	Lourenço Marques	Individual	01:22:00	+42:02	08:12	
112	595	Liliana Resende	Individual	01:23:13	+43:15	08:19	
113	648	Sandra Santos	Os Cansados	01:26:43	+46:45	08:40	
114	646	Alexandra Nascimento	Os Cansados	01:26:43	+46:45	08:40	
115	570	Marlene Silva	Individual	01:27:34	+47:36	08:45	
116	606	Susana Gomes	Individual	01:32:33	+52:35	09:15	
117	560	Gabriela Cristóvão	Individual	01:33:40	+53:42	09:22	
118	572	Talita Cassiano	Individual	01:36:18	+56:20	09:38	
119	587	Thiago Marcolino	Individual	01:40:42	+01:00:44	10:04	
120	561	GABRIELA GASPAR DINIZ	Individual	01:41:46	+01:01:48	10:11	
121	577	Alex oliveira soares	Individual	01:41:46	+01:01:48	10:11	

10KM

10 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	17,3°C	77%
End	11:31	17,3°C	77%

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

1	642	Vera Ferreira	Maratonistas do Sofá	Senior Feminino	52:51	05:17
2	567	Joana Pereira	Individual	Senior Feminino	56:56	+04:05 05:42
3	530	Dina Boieiro	D&B runners	Senior Feminino	57:09	+04:18 05:43
4	529	Barbara Koehler	D&B runners	Senior Feminino	57:09	+04:18 05:43
5	557	Beatriz Nogueira	Individual	Senior Feminino	01:03:43	+10:51 06:22
6	559	Diana Marques	Individual	Senior Feminino	01:08:06	+15:15 06:49
7	574	Vania Silva	Individual	Senior Feminino	01:08:39	+15:47 06:52
8	550	Heather Nettleship	H&S	Senior Feminino	01:08:45	+15:53 06:52
9	627	Vera Oliveira	Lourosa em Movimento	Senior Feminino	01:08:46	+15:55 06:53
10	571	Susana Paula Cardoso Martins	Individual	Senior Feminino	01:09:08	+16:17 06:55
11	564	Inês Neves	Individual	Senior Feminino	01:09:40	+16:49 06:58
12	569	Mariana Sousa	Individual	Senior Feminino	01:10:31	+17:40 07:03
13	553	Ana Carolina Tavares	Individual	Senior Feminino	01:10:38	+17:47 07:04
14	657	Diana Silva	Sapatilhas Verdes	Senior Feminino	01:11:48	+18:57 07:11
15	555	Ana Rita Couto da Silva	Individual	Senior Feminino	01:13:22	+20:30 07:20
16	566	Joana da Silva	Individual	Senior Feminino	01:15:16	+22:25 07:32
17	554	Ana Martins	Individual	Senior Feminino	01:15:21	+22:30 07:32
18	626	Catarina Silva	Lourosa em Movimento	Senior Feminino	01:15:43	+22:51 07:34
19	565	Isabel Marcolino	Individual	Senior Feminino	01:15:49	+22:57 07:35
20	558	Catarina Ferreira	Individual	Senior Feminino	01:17:06	+24:14 07:43
21	501	Ana Almeida	Arrifana Running	Senior Feminino	01:21:18	+28:27 08:08
22	570	Marlene Silva	Individual	Senior Feminino	01:27:34	+34:43 08:45
23	560	Gabriela Cristóvão	Individual	Senior Feminino	01:33:40	+40:49 09:22
24	572	Talita Cassiano	Individual	Senior Feminino	01:36:18	+43:27 09:38
25	561	GABRIELA GASPAR DINIZ	Individual	Senior Feminino	01:41:46	+48:55 10:11

Senior Masculino

1	644	João Amaro	Maratonistas do Sofá	Senior Masculino	41:25	04:08
2	531	Flávio Correia	DUELO D'OCASIÃO	Senior Masculino	45:17	+03:52 04:32
3	578	André Soares	Individual	Senior Masculino	45:22	+03:57 04:32
4	581	Luis Rafael Pereira Ferreira	Individual	Senior Masculino	46:21	+04:56 04:38
5	580	João Pedro Rebelo da Silva	Individual	Senior Masculino	46:34	+05:09 04:39
6	586	Sérgio Gonçalves	Individual	Senior Masculino	48:56	+07:31 04:54
7	585	Rui Santos	Individual	Senior Masculino	50:04	+08:39 05:00
8	669	Tiago Oliveira	Trail da Ladeia Running Team	Senior Masculino	50:51	+09:26 05:05
9	640	André Henriques	Macovictor runners	Senior Masculino	51:36	+10:11 05:10
10	623	Samuel da Silva Rocha	Juventude Cortegacense	Senior Masculino	51:41	+10:16 05:10
11	643	Diogo Ferreira	Maratonistas do Sofá	Senior Masculino	54:33	+13:08 05:27

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OFFICIAL RESULT

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12	576	Alberto Alves	Individual	Senior Masculino	54:53	+13:28	05:29
13	588	Tiago Santiago	Individual	Senior Masculino	57:03	+15:38	05:42
14	534	Diogo Leite	Família Leite	Senior Masculino	57:04	+15:39	05:42
15	582	Mário Sacramento	Individual	Senior Masculino	01:01:00	+19:35	06:06
16	583	Pedro Azevedo	Individual	Senior Masculino	01:07:01	+25:36	06:42
17	515	Simão Rocha	Calçada Runners	Senior Masculino	01:14:58	+33:33	07:30
18	628	Ricardo Ramos	Lourosa em Movimento	Senior Masculino	01:15:43	+34:18	07:34
19	539	Pedro Oliveira	ForMud	Senior Masculino	01:19:47	+38:22	07:59
20	587	Thiago Marcolino	Individual	Senior Masculino	01:40:42	+59:17	10:04
21	577	Alex oliveira soares	Individual	Senior Masculino	01:41:46	+01:00:21	10:11

Sub 23 Feminino

1	589	Sofia Marques	Individual	Sub 23 Feminino	01:15:06	07:31
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Sub 23 Masculino

1	547	Tiago Lei	Grupo Corrida de Argoncilhe	Sub 23 Masculino	48:24	04:50
2	509	Tomás Silva	Bravos e bravitas	Sub 23 Masculino	55:51	+07:27 05:35
3	590	André Marques	Individual	Sub 23 Masculino	57:58	+09:34 05:48
4	591	João Tomás de Mousa Sabtos	Individual	Sub 23 Masculino	57:58	+09:34 05:48
5	544	lúri pinto	Gang das Caminhadas	Sub 23 Masculino	01:11:54	+23:30 07:11

Veterana F40

1	600	Tânia Mateus	Individual	Veterana F40	53:11	05:19
2	672	Sara Eiró	Sport Comércio e Salgueiros	Veterana F40	56:07	+02:55 05:37
3	599	Sónia Gama	Individual	Veterana F40	56:13	+03:01 05:37
4	511	Vera Leite	Bravos e bravitas	Veterana F40	56:47	+03:35 05:41
5	654	Elsa Mota	RUN&FUN	Veterana F40	58:48	+05:36 05:53
6	532	Rosa Silva	DUELO D'OCASIÃO	Veterana F40	01:00:51	+07:39 06:05
7	629	Patricia Laranjeira	Lourosa em Movimento	Veterana F40	01:02:09	+08:58 06:13
8	510	Paula Soares	Bravos e bravitas	Veterana F40	01:02:30	+09:18 06:15
9	548	Sónia Lei	Grupo Corrida de Argoncilhe	Veterana F40	01:02:50	+09:39 06:17
10	593	Gisela Avelar	Individual	Veterana F40	01:08:12	+15:01 06:49
11	598	Silvia Caetano	Individual	Veterana F40	01:08:47	+15:35 06:53
12	597	Sandra Campos	Individual	Veterana F40	01:08:54	+15:43 06:53
13	594	Liliana Costa	Individual	Veterana F40	01:11:40	+18:28 07:10
14	545	Licínia Sousa	Gang das Caminhadas	Veterana F40	01:12:17	+19:05 07:14
15	651	Ivete Santos	Run For Fun Laranjinhas	Veterana F40	01:15:06	+21:54 07:31
16	540	Helena Peixoto	ForMud	Veterana F40	01:19:48	+26:37 07:59
17	537	Andreia Regal	Fiães Running	Veterana F40	01:21:21	+28:10 08:08
18	595	Liliana Resende	Individual	Veterana F40	01:23:13	+30:02 08:19
19	648	Sandra Santos	Os Cansados	Veterana F40	01:26:43	+33:31 08:40

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OFFICIAL RESULT

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20	646	Alexandra Nascimento	Os Cansados	Veterana F40	01:26:43	+33:32	08:40
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Veterana F50

1	636	Paula sousa	Lousada Trilhos	Veterana F50	01:02:00	06:12
2	670	Dulce Correia	Trail Running BTT Sanguedo	Veterana F50	01:02:34	+00:33 06:15
3	512	Fatinha Lopes	Bravos e bravitas	Veterana F50	01:03:10	+01:10 06:19
4	601	Ana Ribeiro	Individual	Veterana F50	01:03:13	+01:13 06:19
5	631	Palmira ontes	Lourosa em Movimento	Veterana F50	01:09:00	+06:59 06:54
6	655	Emília Assunção	RUN&FUN	Veterana F50	01:10:59	+08:58 07:06
7	503	Lurdes Fernandes	Arrifana Running	Veterana F50	01:11:26	+09:26 07:09
8	603	Felisbela Monteiro	Individual	Veterana F50	01:17:00	+14:59 07:42
9	605	Rosa Santos	Individual	Veterana F50	01:17:22	+15:22 07:44
10	535	Rosa Carvalho	Família Leite	Veterana F50	01:21:21	+19:21 08:08
11	606	Susana Gomes	Individual	Veterana F50	01:32:33	+30:33 09:15

Veterana F60

1	504	Vírginia Moreira	Arrifana Running	Veterana F60	01:21:19	08:08
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Veterano M40

1	543	Antonio Cristóvão	G.D.C GUILHOVAI	Veterano M40	39:58	04:00
2	542	Hugo Ferreira	G.D.A Ronda	Veterano M40	40:14	+00:15 04:01
3	541	André Melo	G.D.A Ronda	Veterano M40	40:53	+00:55 04:05
4	633	Manuel Silva	Lourosa em Movimento	Veterano M40	46:58	+07:00 04:42
5	637	Nuno sousa	Lousada Trilhos	Veterano M40	47:26	+07:27 04:45
6	266	Nuno Pereira	Grupo Corrida de Argoncilhe	Veterano M40	51:35	+11:37 05:10
7	609	Bruno Ricardo Sousa Monteiro	Individual	Veterano M40	53:09	+13:10 05:19
8	610	Marco Paiva	Individual	Veterano M40	53:53	+13:55 05:23
9	43	António Henriques	Individual	Veterano M40	54:53	+14:54 05:29
10	624	João Lei	Lei Runners	Veterano M40	01:01:15	+21:16 06:07
11	632	António Almeida	Lourosa em Movimento	Veterano M40	01:02:12	+22:14 06:13
12	514	Pedro Bastos	Bravos e bravitas	Veterano M40	01:02:26	+22:27 06:15
13	634	Ricardo Duarte	Lourosa em Movimento	Veterano M40	01:08:47	+28:48 06:53
14	608	António Jesus	Individual	Veterano M40	01:12:09	+32:11 07:13
15	612	NUNO SILVA	Guisande Trail Running	Veterano M40	01:14:15	+34:17 07:26
16	513	Hélder Silva	Bravos e bravitas	Veterano M40	01:14:25	+34:27 07:27
17	533	Mário Araújo	Equipa A	Veterano M40	01:17:40	+37:41 07:46
18	611	Nuno Alexandre da Hora Pereira	Individual	Veterano M40	01:19:57	+39:59 08:00
19	649	Nuno Almeida	Os Cansados	Veterano M40	01:20:18	+40:20 08:02

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OFFICIAL RESULT

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Veterano M50

1	619	Paulo Resende	Individual	Veterano M50	41:41	04:10
2	653	Paulo Almeida	Run For Fun Laranjinhas	Veterano M50	49:18	+07:36 04:56
3	613	Adao bessa	Individual	Veterano M50	52:43	+11:01 05:15
4	638	Miro sousa	Lousada Trilhos	Veterano M50	54:05	+12:24 05:25
5	635	Ernesto Silva	Lourosa em Movimento	Veterano M50	58:38	+16:57 05:52
6	536	José Carlos Leite	Família Leite	Veterano M50	01:01:29	+19:47 06:09
7	406	Joaquim Mota	sem treinos	Veterano M50	01:02:33	+20:52 06:15
8	617	Manuel Marques	Individual	Veterano M50	01:02:41	+20:59 06:16
9	621	Paulo Silva	Individual	Veterano M50	01:08:12	+26:31 06:49
10	616	Luís Monteiro	Individual	Veterano M50	01:10:34	+28:52 07:03
11	639	Pedro silva	Lousada Trilhos	Veterano M50	01:11:33	+29:51 07:09
12	546	Américo Pinto	Gang das Caminhadas	Veterano M50	01:13:12	+31:30 07:19
13	614	JoaQuim Leite	Individual	Veterano M50	01:14:45	+33:04 07:29
14	360	Lourenço Marques	Individual	Veterano M50	01:22:00	+40:18 08:12

Veterano M60

1	622	Lidio oliveira	Individual	Veterano M60	01:00:21	06:02
2	671	Fernando Correia	Trail Running BTT Sanguedo	Veterano M60	01:02:00	+01:39 06:12
3	549	Joaquim Santos	Grupo Desportivo de Oliveira de Frades	Veterano M60	01:02:35	+02:13 06:15
4	552	Carlos Novais	H-RAKY	Veterano M60	01:17:33	+17:12 07:45

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