

31KM - STAGE 1

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	07:00	--	--
End	13:14	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	29	José Alves ⁿ	Clube Desportivo de Espite	02:56:06		05:41	
2	55	David Santos	EDV-VIANATRAIL	02:57:28	+01:22	05:43	
3	38	Daniel Gomes	Destemidos/A.R.Sequeirô	03:01:06	+05:00	05:51	
4	90	Carlos Manuel Amaral Simões	Dci/trilhos luso bussaco	03:06:42	+10:36	06:01	
5	53	Paulo Jorge Teixeira Moreira	EDV-VIANATRAIL	03:14:14	+18:08	06:16	
6	4	Marcos Ribeiro	A.D.Nós Acreditamos	03:19:43	+23:37	06:27	
7	45	Nuno Silva	Destemidos/A.R.Sequeirô	03:31:55	+35:49	06:50	
8	47	Ricardo Machado	Destemidos/A.R.Sequeirô	03:31:55	+35:49	06:50	
9	35	João Silva	Dci/trilhos luso bussaco	03:41:18	+45:12	07:08	
10	7	Luís Magalhães	AD Vila Chã do Marão Trail Team	03:41:26	+45:20	07:09	
11	95	Jorge Moreira	Individual	03:41:42	+45:36	07:09	
12	125	Allan Apolónio	OCS - Arrábida Trail Team	03:41:55	+45:49	07:10	
13	49	Filipe Rocha	Destemidos/A.R.Sequeirô	03:43:23	+47:17	07:12	
14	121	Miguel Barros	Linces do Marão	03:44:13	+48:07	07:14	
15	117	André Silva	LEões DE TARDARIZ TRAIL	03:47:53	+51:47	07:21	
16	16	Ricardo Garção	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	03:48:15	+52:09	07:22	
17	126	Rufino Paiva	OCS - Arrábida Trail Team	03:53:39	+57:33	07:32	
18	129	jorge coelho	Physio For Me	03:57:41	+01:01:35	07:40	
19	103	Armando Correia	Dci/trilhos luso bussaco	04:00:42	+01:04:36	07:46	
20	82	Gonçalo Ferreira	Individual	04:01:12	+01:05:06	07:47	
21	174	Filipe Pinheiro Pires	A.D.Nós Acreditamos	04:02:57	+01:06:51	07:50	
22	15	Alfredo Fraga	ARRASTASSOLAS	04:02:59	+01:06:53	07:50	
23	158	Alfredo da Silva Moreira	Individual	04:04:12	+01:08:06	07:53	
24	5	Carlos Silva	A.D.Nós Acreditamos	04:05:13	+01:09:07	07:55	
25	9	Abilio Magalhães	AD Vila Chã do Marão Trail Team	04:07:03	+01:10:57	07:58	
26	142	Pedro Mendes	Talentos Objetivos	04:13:02	+01:16:56	08:10	
27	178	Diogo Almeida Oliveira	Grupo Desportivo Ferreirense	04:13:03	+01:16:57	08:10	
28	74	Telma Sousa	Individual	04:13:23	+01:17:17	08:10	
29	134	Nelson Pais	Run & Fun	04:13:36	+01:17:30	08:11	
30	150	Carlos Oliveira	Turbolentos Running Team	04:15:51	+01:19:45	08:15	
31	157	José Moreira	OCS - Arrábida Trail Team	04:16:43	+01:20:37	08:17	
32	116	gilberto costa	Javalis100limites	04:17:30	+01:21:24	08:18	
33	22	Luis Pais de Sousa	BREAK	04:18:17	+01:22:11	08:20	
34	135	ALEXANDRA FERNANDES	RUNNERS DO DEMO	04:24:48	+01:28:42	08:33	
35	79	CLÁUDIO COVAL	Individual	04:26:47	+01:30:41	08:36	
36	100	Nuno Morais	Individual	04:28:50	+01:32:44	08:40	
37	58	Jorge Dias	GDRJ Ribeiras	04:31:27	+01:35:21	08:45	
38	12	Ana Salomé Rodrigues de Oliveira	Arcd Venda Da Luísa	04:31:30	+01:35:24	08:45	
39	177	Dario Cardoso	LEões DE TARDARIZ TRAIL	04:33:26	+01:37:20	08:49	
40	36	Amilcar Oliveira Gonçalves	Dci/trilhos luso bussaco	04:34:33	+01:38:27	08:51	
41	140	Carlos Palaio	Talentos Objetivos	04:36:34	+01:40:28	08:55	

Official Timekeeper: Lap2Go	1 / 2	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

31KM - STAGE 1

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	76	Carla Duarte	Destemidos/A.R.Sequeirô	04:36:41	+01:40:35	08:56	
43	65	José Miguel Botelho de Sousa	Individual	04:37:01	+01:40:55	08:56	
44	141	Nelson Azenha	Talentos Objetivos	04:39:07	+01:43:01	09:00	
45	87	Ricardo Moutinho	Individual	04:41:36	+01:45:30	09:05	
46	30	Nuno Oliveira	Constância Mountain Runners	04:43:56	+01:47:50	09:10	
47	59	Nuno Jaime	GDRJ Ribeiras	04:47:10	+01:51:04	09:16	
48	68	Nuno Bastos	Individual	04:47:34	+01:51:28	09:17	
49	120	Rosa Barros	Linces do Marão	04:48:07	+01:52:01	09:18	
50	28	Filipe Manuel Pereira Teixeira	Clube Atlético Codessoso	04:48:43	+01:52:37	09:19	
51	23	Miguel Amado Vieira	CCR Alqueidão da Serra	04:51:39	+01:55:33	09:24	
52	127	João coelho	PCRunners	04:52:03	+01:55:57	09:25	
53	97	Marco Silva	Individual	04:53:28	+01:57:22	09:28	
54	31	Augusto Gil Vinhas	Coronado Runners	04:55:40	+01:59:34	09:32	
55	111	Pedro Barbosa	Cabritos salteadores	04:57:23	+02:01:17	09:36	
56	92	Thiago Souza	Individual	04:58:56	+02:02:50	09:39	
57	57	Orlanda Rego	GAIA-RUNNING	04:58:57	+02:02:51	09:39	
58	81	Flávio Tavares	Individual	04:59:59	+02:03:53	09:41	
59	46	Tiago Araújo	Destemidos/A.R.Sequeirô	05:01:34	+02:05:28	09:44	
60	88	Tiago andre Teixeira Batista	Individual	05:02:12	+02:06:06	09:45	
61	25	Susana Couto	Cinfães a Correr	05:03:45	+02:07:39	09:48	
62	102	Ricardo Tavares	Individual	05:08:23	+02:12:17	09:57	
63	175	António Jorge Gomes Alves	Clube Millennium BCP	05:15:22	+02:19:16	10:10	
64	156	Henrique Pereira	Turbulentos Running Team	05:15:48	+02:19:42	10:11	
65	112	Paulo Silva	Individual	05:17:18	+02:21:12	10:14	
66	108	Pedro Ferreira	LEões DE TARDARIZ TRAIL	05:18:16	+02:22:10	10:16	
67	93	Cihan Bilge	Individual	05:42:16	+02:46:10	11:02	
68	27	Mário Simoes	CLTT-CLINICA LITORALIS TRAIL TEAM	05:42:27	+02:46:21	11:03	
69	83	João André Gomes Peres	Individual	05:53:53	+02:57:47	11:25	
70	99	Miguel Ferreira	Individual	05:53:56	+02:57:50	11:25	
71	48	Benjamim Costa	Destemidos/A.R.Sequeirô	05:59:21	+03:03:15	11:36	
72	41	Rosa Faria	Destemidos/A.R.Sequeirô	05:59:23	+03:03:17	11:36	
73	132	Ac Costa	Run & Fun	06:03:19	+03:07:13	11:43	
74	131	Cláudia Cordeiro	Run & Fun	06:03:20	+03:07:14	11:43	
75	113	António Batista Pereira	Individual	06:07:59	+03:11:53	11:52	
76	77	Fátima Freitas	Individual	06:08:15	+03:12:09	11:53	
77	138	Raquel Vasconcelos	SPORT COMÉRCIO E SALGUEIROS	06:08:16	+03:12:10	11:53	
78	51	Alexandre Pereira	Destemidos/A.R.Sequeirô	06:09:07	+03:13:01	11:54	
79	133	Nelito Funner	Run & Fun	06:14:44	+03:18:38	12:05	

31KM

[illegible]

31 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	07:00	-99°C	-99%
End	13:14	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Masculino

1	29	José Alves ⁿ	Clube Desportivo de Espite	Senior Masculino	02:56:06	05:41:00
2	38	Daniel Gomes	Destemidos/A.R.Sequeirô	Senior Masculino	03:01:06	+05:00 05:51:00
3	53	Paulo Jorge Teixeira Moreira	EDV-VIANATRIL	Senior Masculino	03:14:14	+18:08 06:16:00
4	7	Luís Magalhães	AD Vila Chã do Marão Trail Team	Senior Masculino	03:41:26	+45:20 07:09:00
5	178	Diogo Almeida Oliveira	Grupo Desportivo Ferreirense	Senior Masculino	04:13:03	+01:16:57 08:10:00
6	58	Jorge Dias	GDRJ Ribeiras	Senior Masculino	04:31:27	+01:35:21 08:45:00
7	65	José Miguel Botelho de Sousa	Individual	Senior Masculino	04:37:01	+01:40:55 08:56:00
8	68	Nuno Bastos	Individual	Senior Masculino	04:47:34	+01:51:28 09:17:00
9	28	Filipe Manuel Pereira Teixeira	Clube Atlético Codessoso	Senior Masculino	04:48:43	+01:52:37 09:19:00
10	23	Miguel Amado Vieira	CCR Alqueidão da Serra	Senior Masculino	04:51:39	+01:55:33 09:24:00

Veterana F35

1	12	Ana Salomé Rodrigues de Oliveira	Arcd Venda Da Luísa	Veterana F35	04:31:30	08:45
---	----	----------------------------------	---------------------	--------------	----------	-------

Veterana F40

1	74	Telma Sousa	Individual	Veterana F40	04:13:23	08:10:59
2	41	Rosa Faria	Destemidos/A.R.Sequeirô	Veterana F40	05:59:23	+01:45:59 11:36:52

Veterana F45

1	76	Carla Duarte	Destemidos/A.R.Sequeirô	Veterana F45	04:36:41	08:56:11
2	25	Susana Couto	Cinfães a Correr	Veterana F45	05:03:45	+27:03 09:48:59
3	131	Cláudia Cordeiro	Run & Fun	Veterana F45	06:03:20	+01:26:38 11:43:58
4	77	Fátima Freitas	Individual	Veterana F45	06:08:15	+01:31:34 11:53:59
5	138	Raquel Vasconcelos	SPORT COMÉRCIO E SALGUEIROS	Veterana F45	06:08:16	+01:31:34 11:53:59

Veterana F55

1	135	ALEXANDRA FERNANDES	RUNNERS DO DEMO	Veterana F55	04:24:48		08:33:00
2	120	Rosa Barros	Linces do Marão	Veterana F55	04:48:07	+23:18	09:18:00
3	57	Orlanda Rego	GAIA-RUNNING	Veterana F55	04:58:57	+34:08	09:39:00

31KM

[illegible]

31 KM

OFFICIAL RESULT

[illegible]

Veterano M35

1	55	David Santos	EDV-VIANATRAIL	Veterano M35	02:57:28	05:43:28
2	45	Nuno Silva	Destemidos/A.R.Sequeirô	Veterano M35	03:31:55	+34:26 06:50:24
3	117	André Silva	LEões DE TARDARIZ TRAIL	Veterano M35	03:47:53	+50:25 07:21:18
4	82	Gonçalo Ferreira	Individual	Veterano M35	04:01:12	+01:03:43 07:47:15
5	79	CLÁUDIO COVAL	Individual	Veterano M35	04:26:47	+01:29:19 08:36:46
6	87	Ricardo Moutinho	Individual	Veterano M35	04:41:36	+01:44:07 09:05:53
7	81	Flávio Tavares	Individual	Veterano M35	04:59:59	+02:02:31 09:41:20
8	46	Tiago Araújo	Destemidos/A.R.Sequeirô	Veterano M35	05:01:34	+02:04:05 09:44:49
9	88	Tiago andre Teixeira Batista	Individual	Veterano M35	05:02:12	+02:04:43 09:45:35
10	83	João André Gomes Peres	Individual	Veterano M35	05:53:53	+02:56:24 11:25:17

Veterano M40

1	90	Carlos Manuel Amaral Simões	Dci/trilhos luso bussaco	Veterano M40	03:06:42	06:01
2	4	Marcos Ribeiro	A.D.Nós Acreditamos	Veterano M40	03:19:43	+13:01 06:27
3	47	Ricardo Machado	Destemidos/A.R.Sequeirô	Veterano M40	03:31:55	+25:13 06:50
4	129	jorge coelho	Physio For Me	Veterano M40	03:57:41	+50:59 07:40
5	150	Carlos Oliveira	Turbolentos Running Team	Veterano M40	04:15:51	+01:09:08 08:15
6	30	Nuno Oliveira	Constância Mountain Runners	Veterano M40	04:43:56	+01:37:13 09:10
7	92	Thiago Souza	Individual	Veterano M40	04:58:56	+01:52:13 09:39
8	156	Henrique Pereira	Turbolentos Running Team	Veterano M40	05:15:48	+02:09:05 10:11

Veterano M45

1	35	João Silva	Dci/trilhos luso bussaco	Veterano M45	03:41:18	07:08
2	95	Jorge Moreira	Individual	Veterano M45	03:41:42	+00:23 07:09
3	125	Allan Apolónio	OCS - Arrábida Trail Team	Veterano M45	03:41:55	+00:36 07:10
4	49	Filipe Rocha	Destemidos/A.R.Sequeirô	Veterano M45	03:43:23	+02:05 07:12
5	16	Ricardo Garção	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Veterano M45	03:48:15	+06:56 07:22
6	100	Nuno Morais	Individual	Veterano M45	04:28:50	+47:32 08:40
7	59	Nuno Jaime	GDRJ Ribeiras	Veterano M45	04:47:10	+01:05:51 09:16
8	127	João coelho	PCRunners	Veterano M45	04:52:03	+01:10:45 09:25
9	97	Marco Silva	Individual	Veterano M45	04:53:28	+01:12:09 09:28
10	102	Ricardo Tavares	Individual	Veterano M45	05:08:23	+01:27:04 09:57
11	93	Cihan Bilge	Individual	Veterano M45	05:42:16	+02:00:57 11:02
12	99	Miguel Ferreira	Individual	Veterano M45	05:53:56	+02:12:37 11:25
13	48	Benjamim Costa	Destemidos/A.R.Sequeirô	Veterano M45	05:59:21	+02:18:02 11:36

Veterano M50

1	103	Armando Correia	Dci/trilhos luso bussaco	Veterano M50	04:00:42	07:46
2	174	Filipe Pinheiro Pires	A.D.Nós Acreditamos	Veterano M50	04:02:57	+02:15 07:50

31KM

[illegible]

31 KM

OFFICIAL RESULT

[illegible]

3	158	Alfredo da Silva Moreira	Individual	Veterano M50	04:04:12	+03:30	07:53
4	142	Pedro Mendes	Talentos Objetivos	Veterano M50	04:13:02	+12:19	08:10
5	134	Nelson Pais	Run & Fun	Veterano M50	04:13:36	+12:53	08:11
6	116	gilberto costa	Javalis100limites	Veterano M50	04:17:30	+16:47	08:18
7	177	Dario Cardoso	LEões DE TARDARIZ TRAIL	Veterano M50	04:33:26	+32:44	08:49
8	140	Carlos Palaio	Talentos Objetivos	Veterano M50	04:36:34	+35:52	08:55
9	141	Nelson Azenha	Talentos Objetivos	Veterano M50	04:39:07	+38:25	09:00
10	31	Augusto Gil Vinhas	Coronado Runners	Veterano M50	04:55:40	+54:58	09:32
11	175	António Jorge Gomes Alves	Clube Millennium BCP	Veterano M50	05:15:22	+01:14:39	10:10
12	108	Pedro Ferreira	LEões DE TARDARIZ TRAIL	Veterano M50	05:18:16	+01:17:34	10:16
13	132	Ac Costa	Run & Fun	Veterano M50	06:03:19	+02:02:36	11:43
14	133	Nelito Funner	Run & Fun	Veterano M50	06:14:44	+02:14:01	12:05

Veterano M55

1	121	Miguel Barros	Linces do Marão	Veterano M55	03:44:13	07:14
2	126	Rufino Paiva	OCS - Arrábida Trail Team	Veterano M55	03:53:39	+09:26 07:32
3	5	Carlos Silva	A.D.Nós Acreditamos	Veterano M55	04:05:13	+21:00 07:55
4	157	José Moreira	OCS - Arrábida Trail Team	Veterano M55	04:16:43	+32:30 08:17
5	22	Luis Pais de Sousa	BREAK	Veterano M55	04:18:17	+34:04 08:20
6	36	Amilcar Oliveira Gonçalves	Dci/trilhos luso bussaco	Veterano M55	04:34:33	+50:19 08:51
7	111	Pedro Barbosa	Cabritos salteadores	Veterano M55	04:57:23	+01:13:10 09:36
8	27	Mário Simoes	CLTT-CLINICA LITORALIS TRAIL TEAM	Veterano M55	05:42:27	+01:58:14 11:03

Veterano M60

1	9	Abilio Magalhães	AD Vila Chã do Marão Trail Team	Veterano M60	04:07:03	07:58
2	112	Paulo Silva	Individual	Veterano M60	05:17:18	+01:10:14 10:14

Veterano M65

1	15	Alfredo Fraga	ARRASTASSOLAS	Veterano M65	04:02:59	07:50
2	51	Alexandre Pereira	Destemidos/A.R.Sequeirô	Veterano M65	06:09:07	+02:06:08 11:54

Veterano M70

1	113	António Batista Pereira	Individual	Veterano M70	06:07:59	11:52
---	-----	-------------------------	------------	--------------	----------	-------



LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION -LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION -LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

Official Timekeeper: Lap2Go	1 / 1	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	07:15	--	--
End	11:58	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1300	José Meneses	Nocturnos de Paredes	01:24:39		05:39	
2	2	Hugo Pinto	EDV-VIANATRAIL	01:28:39	+04:00	05:55	
3	1097	Cristiano Mendes	Cinfães a Correr	01:31:04	+06:25	06:04	
4	1306	João Rovisco	OCS - Arrábida Trail Team	01:34:52	+10:13	06:19	
5	1068	Armindo Freitas	Clube Atlético Codessoso	01:35:11	+10:32	06:21	
6	1064	Jose margarido	CLTT-CLINICA LITORALIS TRAIL TEAM	01:36:39	+12:00	06:27	
7	1374	Jorge Dias	TURN0 DAS 7	01:37:47	+13:08	06:31	
8	1202	Filipe Almeida	Individual	01:38:18	+13:39	06:33	
9	1395	Tiago Rovisco	OCS - Arrábida Trail Team	01:38:34	+13:55	06:34	
10	1054	André Azevedo	Cinfães a Correr	01:40:05	+15:26	06:40	
11	1414	Daniel Silva	Cinfães a Correr	01:40:56	+16:17	06:44	
12	1028	Márcio Nogueira	Atletas 100%	01:41:10	+16:31	06:45	
13	1121	Eduardo Rocha	Cinfaes a correr	01:41:19	+16:40	06:45	
14	1023	Filipe Pinto	Associação Desportiva Aventuras de Paiva - Tuga Mobile	01:41:50	+17:11	06:47	
15	1066	José Ferraz	Clube Atlético Codessoso	01:43:19	+18:40	06:53	
16	1009	Filipe Ferreira	AD MARCO 09	01:43:46	+19:07	06:55	
17	1301	Antonio Fernandes	Nova linha	01:44:12	+19:33	06:57	
18	1230	Pedro Sousa	Individual	01:44:22	+19:43	06:57	
19	1074	Eduardo Xavier	Devasta Trilhos	01:44:58	+20:19	07:00	
20	1008	Rui Jorge Macedo Marinho	AD MARCO 09	01:45:43	+21:04	07:03	
21	1420	Fábio Quintas	Individual	01:46:13	+21:34	07:05	
22	1055	Pedro Ferreira	Cinfães a Correr	01:46:53	+22:14	07:08	
23	1025	Hugo Azevedo	Atletas 100%	01:48:11	+23:32	07:13	
24	1312	Tiago Nepomuceno	OCS - Arrábida Trail Team	01:48:13	+23:34	07:13	
25	1404	Fernando Jorge Ventura Antunes	Individual	01:48:21	+23:42	07:13	
26	1093	Carlos Costa	Grupo Vilarinho Cima	01:48:50	+24:11	07:15	
27	1332	Antonio Silveira	Pupilos do Zé-Tó	01:48:53	+24:14	07:16	
28	1073	Ivo Barbosa	Devasta Trilhos	01:49:00	+24:21	07:16	
29	1035	Ricardo Machado	Bouça Alta - Running	01:50:55	+26:16	07:24	
30	1324	Antonio Borges	Porto Sentido Runners	01:50:56	+26:17	07:24	
31	1388	Ricardo Cunha	Go Runners Valongo	01:51:06	+26:27	07:24	
32	1078	José Rodrigues	Eles Andem Aí	01:51:37	+26:58	07:26	
33	1046	Fernando Seabra da Silva	Caminhadas da amizade	01:51:41	+27:02	07:27	
34	1029	Cândido Costa	Atletas 100%	01:53:00	+28:21	07:32	
35	1092	Cristiano Carvalho	Grupo Vilarinho Cima	01:53:37	+28:58	07:34	
36	1036	Leandro Soares	Bouça Alta - Running	01:53:52	+29:13	07:35	
37	1219	Fernando Silva	Individual	01:54:27	+29:48	07:38	
38	1027	Rui Teixeira	Atletas 100%	01:54:46	+30:07	07:39	
39	1114	Bruno Cunha	Individual	01:54:50	+30:11	07:39	
40	1134	Paulo Monteiro	Individual	01:54:59	+30:20	07:40	
41	1247	Paulo Machado	Individual	01:56:08	+31:29	07:45	

15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	1366	António Barbosa	Trail Snakes Team	01:56:44	+32:05	07:47	
43	1106	Ililiana Moreira	Individual	01:56:48	+32:09	07:47	
44	1281	Nuno Miguel Bessa Sousa	Lousada Trilhos	01:57:35	+32:56	07:50	
45	1235	Vitorino Pereira	Individual	01:57:51	+33:12	07:51	
46	1344	Sara Mota	Run & Fun	01:58:25	+33:46	07:54	
47	1132	Miguel Pereira	Individual	01:59:00	+34:21	07:56	
48	1137	Rodrigo Faria	Individual	02:00:01	+35:22	08:00	
49	1152	Maria Sousa	Individual	02:00:20	+35:41	08:01	
50	1245	jose melo	Individual	02:01:02	+36:23	08:04	
51	1368	Manuel Garcês	Trail Snakes Team	02:01:32	+36:53	08:06	
52	1242	Joaquim Manuel Pereira Teixeira	Individual	02:01:58	+37:19	08:08	
53	1371	Ilda Almeida	Turbolentos Running Team	02:02:00	+37:21	08:08	
54	20	Flávio Maria	BREAK	02:02:28	+37:49	08:10	
55	1390	Joaquim Cunha	Individual	02:02:38	+37:59	08:11	
56	1214	Sérgio Leal	Individual	02:03:27	+38:48	08:14	
57	1287	Pedro Viana	Medense	02:03:35	+38:56	08:14	
58	1286	Nuno Barros	Medense	02:03:35	+38:56	08:14	
59	1047	José lemos	NAI Núcleo Amador de Idões	02:03:37	+38:58	08:14	
60	1089	Fernando Morais	GD Leões da Guarda - Lion Runners	02:04:10	+39:31	08:17	
61	1111	Raquel Faria	Individual	02:04:25	+39:46	08:18	
62	1290	Natalina Almeida	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	02:04:33	+39:54	08:18	
63	1183	André Silva	Individual	02:04:34	+39:55	08:18	
64	1037	Pedro Monteiro	Bouça Alta - Running	02:04:38	+39:59	08:19	
65	1288	Ivo Oliveira	Medense	02:04:42	+40:03	08:19	
66	1285	Susana Silva	Medense	02:04:42	+40:03	08:19	
67	1017	Helder Fernandes	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	02:05:15	+40:36	08:21	
68	1265	Carlos sousa	Individual	02:05:16	+40:37	08:21	
69	1076	Rosa Silva	Duelo D'Ocasão	02:05:38	+40:59	08:23	
70	1251	Ricardo Rodrigues	Individual	02:06:28	+41:49	08:26	
71	1002	Carlos Duarte	100 Gás Trail Team	02:06:43	+42:04	08:27	
72	1275	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	02:06:55	+42:16	08:28	
73	1207	leonel freitas	Individual	02:07:51	+43:12	08:31	
74	1190	João Pedro Mendes Pereira Ribeiro	Turbolentos Running Team	02:08:00	+43:21	08:32	
75	1021	Sandra Silva	Associação Desportiva Aventuras de Paiva - Tuga Mobile	02:08:07	+43:28	08:32	
76	1058	Elisabete Repas	Cinfães a Correr	02:08:24	+43:45	08:34	
77	1284	José Bessa	MATEMA TEXTEIS	02:08:59	+44:20	08:36	
78	1039	Vitor Pereira	Bouça Alta - Running	02:09:13	+44:34	08:37	
79	1088	Fátima Coelho	GD Leões da Guarda - Lion Runners	02:09:18	+44:39	08:37	
80	1296	Carlos Tadeia Mendes	MSS GRUPO DESPORTIVO DE GONDOMAR	02:09:37	+44:58	08:38	
81	1065	Iazalde Martins	Clube Atlético Codessoso	02:09:42	+45:03	08:39	
82	1231	Roberto Carlos Ramos Vasconcelos	Individual	02:10:39	+46:00	08:43	
83	1228	Pedro Fonseca	Individual	02:11:41	+47:02	08:47	
84	1140	Tiago Matos	Individual	02:11:52	+47:13	08:47	
85	1083	Kim Oliveira	FDM running	02:12:50	+48:11	08:51	
86	1367	Sérgio Santos	Trail Snakes Team	02:12:53	+48:14	08:52	

15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	1033	Rui Pedro Alves	Bota Pedra Team	02:13:39	+49:00	08:55	
88	1070	Mariana Coelho	Dci/trilhos luso bussaco	02:13:50	+49:11	08:55	
89	21	Marco Duarte	BREAK	02:13:55	+49:16	08:56	
90	1211	Paulo Pinheiro	Individual	02:14:08	+49:29	08:57	
91	1124	Hugo Ferreira	Individual	02:14:17	+49:38	08:57	
92	1136	Ricardo Vieira	Individual	02:16:05	+51:26	09:04	
93	1113	Alexandre Ferreira	Individual	02:16:06	+51:27	09:04	
94	1417	Henrique Sousa	Individual	02:16:16	+51:37	09:05	
95	1187	Emanuel Damaso	Individual	02:16:35	+51:56	09:06	
96	1283	Bernardino Andrade	Maia Runners	02:16:47	+52:08	09:07	
97	1188	FABIO Marques	Individual	02:18:04	+53:25	09:12	
98	1200	António Cunha	Individual	02:18:08	+53:29	09:13	
99	1406	Ruben Moreira	Individual	02:18:39	+54:00	09:15	
100	1391	Arnaldo Manuel Pinto dos Santos	Individual	02:19:24	+54:45	09:18	
101	179	Bruno Daniel dos Santos Moreira	Individual	02:20:07	+55:28	09:20	
102	1094	Paulo Jesus	Guisande Trail Running	02:20:24	+55:45	09:22	
103	1001	Carla Silvério	100 Gás Trail Team	02:21:22	+56:43	09:25	
104	1282	Isabel Mariani	Maia Runners	02:21:59	+57:20	09:28	
105	1014	Lino Cunha Moreira	All About	02:22:13	+57:34	09:29	
106	1227	Paulo Garrido	Individual	02:22:21	+57:42	09:29	
107	1416	Joana Maria Silva Simões	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	02:22:39	+58:00	09:31	
108	1267	José Santos	Individual	02:22:43	+58:04	09:31	
109	1026	Miguel Mesquita	Atletas 100%	02:23:02	+58:23	09:32	
110	1122	fernando bras	Individual	02:23:09	+58:30	09:33	
111	1208	Luís Alves	Individual	02:23:30	+58:51	09:34	
112	1199	André Ribeiro	Individual	02:23:30	+58:51	09:34	
113	1003	josé oliveira	20vercorrer	02:24:03	+59:24	09:36	
114	1403	Daniel Silva	Individual	02:24:21	+59:42	09:37	
115	1195	Luis Oliveira	Individual	02:24:21	+59:42	09:37	
116	1149	Diana Filipa Gonçalves Pinto	Individual	02:25:13	+01:00:34	09:41	
117	1343	Elsa Mota	Run & Fun	02:25:50	+01:01:11	09:43	
118	151	Guilherme silva	Velozes e Cansados	02:25:51	+01:01:12	09:43	
119	1249	Paulo Nunes Cosme	Individual	02:25:56	+01:01:17	09:44	
120	1229	Pedro miguel pinto lima	Individual	02:27:04	+01:02:25	09:48	
121	1261	martinho silva	Individual	02:30:01	+01:05:22	10:00	
122	1087	Rui Ferraz	GAIA-RUNNING	02:30:02	+01:05:23	10:00	
123	1031	Sérgio Pereira	Baradas do Monte Team	02:30:37	+01:05:58	10:02	
124	1259	Joaquim Silva	Individual	02:30:40	+01:06:01	10:03	
125	1101	Barbara Fabris	Individual	02:30:53	+01:06:14	10:04	
126	1038	Pedro Cardoso	Bouça Alta - Running	02:31:02	+01:06:23	10:04	
127	1419	João Almeida	Estronca Silvas	02:31:09	+01:06:30	10:05	
128	1345	Emília Assunção	Run & Fun	02:31:51	+01:07:12	10:07	
129	1418	Humberto Barros	Individual	02:32:09	+01:07:30	10:09	
130	1323	André Oliveira	Porto Sentido Runners	02:32:11	+01:07:32	10:09	
131	1082	Ricardo Coelho	FDM running	02:32:22	+01:07:43	10:09	
132	1226	Paulo Costa	Individual	02:32:27	+01:07:48	10:10	

15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	1263	Abelardo Gomes	Individual	02:32:58	+01:08:19	10:12	
134	1040	Amadeu Pinto	Bouça Alta - Running	02:33:09	+01:08:30	10:13	
135	1034	Patricia Pinto	Bouça Alta - Running	02:33:09	+01:08:30	10:13	
136	1041	Margarida Neves	Bravos e bravitas run	02:33:28	+01:08:49	10:14	
137	1370	Carina Rios Leite	Turbolentos Running Team	02:33:50	+01:09:11	10:15	
138	1194	Jorge Cruz	Individual	02:35:26	+01:10:47	10:22	
139	1215	Tiago leão	Individual	02:37:00	+01:12:21	10:28	
140	1110	Patrícia Sales	Individual	02:38:59	+01:14:20	10:36	
141	1192	Joaquim silva	Individual	02:39:46	+01:15:07	10:39	
142	1266	Jorge Ferreira	Individual	02:39:47	+01:15:08	10:39	
143	1252	Rui Magalhães	Individual	02:40:20	+01:15:41	10:41	
144	1130	Luís Babo	Individual	02:40:58	+01:16:19	10:44	
145	1413	Jorge Sarraguça	LEÕES DE TARDARIZ TRAIL	02:41:30	+01:16:51	10:46	
146	1365	Tiago Serrano	Tontos Team	02:42:29	+01:17:50	10:50	
147	1069	Maria Pamplona Barbosa Vinhas	Coronado Runners	02:42:31	+01:17:52	10:50	
148	1081	José Silva	FDM running	02:42:45	+01:18:06	10:51	
149	1079	Elisabete Maria de Almeida Ferreira	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	02:42:54	+01:18:15	10:52	
150	1030	Sonia Pereira	Baradas do Monte Team	02:43:19	+01:18:40	10:53	
151	1250	Pedro Silva	Individual	02:43:32	+01:18:53	10:54	
152	1141	Vicente Wismmann Nunes	Individual	02:44:56	+01:20:17	11:00	
153	1142	Vitor Gomes	Individual	02:46:35	+01:21:56	11:06	
154	1080	Diogo Moreira	FDM running	02:47:23	+01:22:44	11:10	
155	1260	Josué Loureiro	Individual	02:47:27	+01:22:48	11:10	
156	1091	Marta Sousa	Grupo Vilarinho Cima	02:49:46	+01:25:07	11:19	
157	1238	Filipe Ferreira	Individual	02:51:05	+01:26:26	11:24	
158	1209	Mário Martins	Individual	02:52:14	+01:27:35	11:29	
159	1201	Carlos Ribeiro	Individual	02:52:16	+01:27:37	11:29	
160	1053	Gary Quintal	Centro de Trail Carlos Sá Penacova Team	02:52:46	+01:28:07	11:31	
161	1162	Ana Vieira	Individual	02:53:35	+01:28:56	11:34	
162	1234	Vitor Santos	Individual	02:56:26	+01:31:47	11:46	
163	1196	Vitor coelho	Individual	02:59:29	+01:34:50	11:58	
164	1232	Venancio Almeida	Individual	03:00:23	+01:35:44	12:02	
165	1205	Jorge Eduardo Vaz Valente	Individual	03:00:24	+01:35:45	12:02	
166	1322	Luísa Marques	Porto Sentido Runners	03:00:38	+01:35:59	12:03	
167	1321	Elizabete Loureiro	Porto Sentido Runners	03:00:39	+01:36:00	12:03	
168	1011	Pedro Marques	ADOROISTO	03:01:50	+01:37:11	12:07	
169	1299	Paulo Gomes	NO TOMORROW RUNNING TEAM	03:01:52	+01:37:13	12:07	
170	1057	Marlene Ferreira	Cinfães a Correr	03:03:33	+01:38:54	12:14	
171	1270	Monica Moraes	Javalis100limites	03:04:56	+01:40:17	12:20	
172	1278	Manuel Oliveira	LEÕES DE TARDARIZ TRAIL	03:07:33	+01:42:54	12:30	
173	1389	Paula Cunha	Individual	03:09:15	+01:44:36	12:37	
174	1151	Liliana Couto	Individual	03:09:48	+01:45:09	12:39	
175	1180	Maria Joaquina oliveira Peixoto	Individual	03:09:50	+01:45:11	12:39	
176	1222	Jorge Monteiro	Individual	03:10:16	+01:45:37	12:41	
177	1302	Jéssica Sofia Ferreira Alves	Ó mais alto nível	03:13:11	+01:48:32	12:53	
178	1303	Ricardo Miguel Andrade Carvalho	Ó mais alto nível	03:13:11	+01:48:32	12:53	

15KM - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
179	1158	Ana Santos	Individual	03:15:26	+01:50:47	13:02	
180	1126	Igor Pereira	Individual	03:15:26	+01:50:47	13:02	
181	1042	Marco Oliveira	BREAK	03:22:26	+01:57:47	13:30	
182	1241	Hélder Pedro Vieira da Silva	Individual	03:33:11	+02:08:32	14:13	
183	1177	Conceição Rocha	Individual	03:36:17	+02:11:38	14:25	
184	1172	Helena Sousa	Individual	03:41:29	+02:16:50	14:46	
185	1387	Francisco Manuel Martins Oliveira	BREAK	03:47:07	+02:22:28	15:08	
186	1109	Marina Costa	NAST - Núcleo Associativo de Santo Tirso	03:47:07	+02:22:28	15:08	
187	1165	Marisa Alexandra Ferreira Moreira Gomes	Individual	03:47:49	+02:23:10	15:11	
188	1240	Helder Mota	Individual	03:49:03	+02:24:24	15:16	
189	1169	Sónia Matos	Individual	03:49:04	+02:24:25	15:16	
190	1051	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	04:04:40	+02:40:01	16:19	
191	1272	cristina duarte	Javalis100limites	04:14:30	+02:49:51	16:58	
192	1223	José Lopes	Individual	04:28:17	+03:03:38	17:53	
193	1012	Bárbara Oliveira	Albertina Oliveira	04:28:17	+03:03:38	17:53	

15KM

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

17	1136	Ricardo Vieira	Individual	Senior Masculino	02:16:05	+41:13	09:04
18	1113	Alexandre Ferreira	Individual	Senior Masculino	02:16:06	+41:13	09:04
19	179	Bruno Daniel dos Santos Moreira	Individual	Senior Masculino	02:20:07	+45:15	09:20
20	1026	Miguel Mesquita	Atletas 100%	Senior Masculino	02:23:02	+48:09	09:32
21	1122	fernando bras	Individual	Senior Masculino	02:23:09	+48:16	09:33
22	151	Guilherme silva	Velozes e Cansados	Senior Masculino	02:25:51	+50:59	09:43
23	1130	Luís Babo	Individual	Senior Masculino	02:40:58	+01:06:05	10:44
24	1141	Vicente Wismmann Nunes	Individual	Senior Masculino	02:44:56	+01:10:04	11:00
25	1142	Vitor Gomes	Individual	Senior Masculino	02:46:35	+01:11:42	11:06
26	1303	Ricardo Miguel Andrade Carvalho	Ó mais alto nível	Senior Masculino	03:13:11	+01:38:19	12:53
27	1126	Igor Pereira	Individual	Senior Masculino	03:15:26	+01:40:33	13:02

Veterana F35

1	1152	Maria Sousa	Individual	Veterana F35	02:00:20		08:01
2	1149	Diana Filipa Gonçalves Pinto	Individual	Veterana F35	02:25:13	+24:53	09:41
3	1151	Liliana Couto	Individual	Veterana F35	03:09:48	+01:09:28	12:39

Veterana F40

1	1370	Carina Rios Leite	Turbulentos Running Team	Veterana F40	02:33:50	10:15
2	1057	Marlene Ferreira	Cinfães a Correr	Veterana F40	03:03:33	+29:42 12:14
3	1158	Ana Santos	Individual	Veterana F40	03:15:26	+41:35 13:02
4	1051	Liliana Porto	Centro de Trail Carlos Sá Penacova Team	Veterana F40	04:04:40	+01:30:49 16:19

Veterana F45

1	1344	Sara Mota	Run & Fun	Veterana F45	01:58:25	07:54
2	1290	Natalina Almeida	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterana F45	02:04:33	+06:07 08:18
3	1285	Susana Silva	Medense	Veterana F45	02:04:42	+06:16 08:19
4	1076	Rosa Silva	Duelo D'Ocasão	Veterana F45	02:05:38	+07:12 08:23
5	1021	Sandra Silva	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Veterana F45	02:08:07	+09:41 08:32
6	1001	Carla Silvério	100 Gás Trail Team	Veterana F45	02:21:22	+22:56 09:25
7	1343	Elsa Mota	Run & Fun	Veterana F45	02:25:50	+27:24 09:43
8	1030	Sonia Pereira	Baradas do Monte Team	Veterana F45	02:43:19	+44:53 10:53
9	1091	Marta Sousa	Grupo Vilarinho Cima	Veterana F45	02:49:46	+51:20 11:19
10	1162	Ana Vieira	Individual	Veterana F45	02:53:35	+55:09 11:34
11	1165	Marisa Alexandra Ferreira Moreira Gomes	Individual	Veterana F45	03:47:49	+01:49:23 15:11
12	1169	Sónia Matos	Individual	Veterana F45	03:49:04	+01:50:38 15:16

15KM

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F50

1	1371	Ilda Almeida	Turbulentos Running Team	Veterana F50	02:02:00	08:08
2	1069	Maria Pamplona Barbosa Vinhas	Coronado Runners	Veterana F50	02:42:31	+40:30 10:50
3	1079	Elisabete Maria de Almeida Ferreira	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Veterana F50	02:42:54	+40:53 10:52
4	1322	Luísa Marques	Porto Sentido Runners	Veterana F50	03:00:38	+58:37 12:03
5	1321	Elizabete Loureiro	Porto Sentido Runners	Veterana F50	03:00:39	+58:38 12:03
6	1172	Helena Sousa	Individual	Veterana F50	03:41:29	+01:39:28 14:46
7	1272	cristina duarte	Javalis100limites	Veterana F50	04:14:30	+02:12:29 16:58

Veterana F55

1	1088	Fátima Coelho	GD Leões da Guarda - Lion Runners	Veterana F55	02:09:18	08:37
2	1282	Isabel Mariani	Maia Runners	Veterana F55	02:21:59	+12:41 09:28
3	1389	Paula Cunha	Individual	Veterana F55	03:09:15	+59:57 12:37
4	1180	Maria Joaquina oliveira Peixoto	Individual	Veterana F55	03:09:50	+01:00:32 12:39
5	1177	Conceição Rocha	Individual	Veterana F55	03:36:17	+01:26:59 14:25

Veterana F60

1	1058	Elisabete Repas	Cinfães a Correr	Veterana F60	02:08:24		08:34
2	1345	Emília Assunção	Run & Fun	Veterana F60	02:31:51	+23:26	10:07
3	1041	Margarida Neves	Bravos e bravitas run	Veterana F60	02:33:28	+25:04	10:14

Veterano M35

1	2	Hugo Pinto	EDV-VIANATRIL	Veterano M35	01:28:39	05:55
2	1414	Daniel Silva	Cinfães a Correr	Veterano M35	01:40:56	+12:17 06:44
3	1312	Tiago Nepomuceno	OCS - Arrábida Trail Team	Veterano M35	01:48:13	+19:33 07:13
4	1078	José Rodrigues	Eles Andem Aí	Veterano M35	01:51:37	+22:57 07:26
5	1092	Cristiano Carvalho	Grupo Vilarinho Cima	Veterano M35	01:53:37	+24:57 07:34
6	20	Flávio Maria	BREAK	Veterano M35	02:02:28	+33:49 08:10
7	1286	Nuno Barros	Medense	Veterano M35	02:03:35	+34:55 08:14
8	1183	André Silva	Individual	Veterano M35	02:04:34	+35:54 08:18
9	1190	João Pedro Mendes Pereira Ribeiro	Turbolentos Running Team	Veterano M35	02:08:00	+39:20 08:32
10	1187	Emanuel Damaso	Individual	Veterano M35	02:16:35	+47:55 09:06
11	1188	FABIO Marques	Individual	Veterano M35	02:18:04	+49:24 09:12
12	1195	Luis Oliveira	Individual	Veterano M35	02:24:21	+55:41 09:37
13	1192	Joaquim silva	Individual	Veterano M35	02:39:46	+01:11:06 10:39
14	1196	Vitor coelho	Individual	Veterano M35	02:59:29	+01:30:49 11:58
15	1387	Francisco Manuel Martins Oliveira	BREAK	Veterano M35	03:47:07	+02:18:27 15:08

15KM

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M40

1	1202	Filipe Almeida	Individual	Veterano M40	01:38:18	06:33
2	1028	Márcio Nogueira	Atletas 100%	Veterano M40	01:41:10	+02:51 06:45
3	1023	Filipe Pinto	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Veterano M40	01:41:50	+03:31 06:47
4	1066	José Ferraz	Clube Atlético Codessoso	Veterano M40	01:43:19	+05:00 06:53
5	1009	Filipe Ferreira	AD MARCO 09	Veterano M40	01:43:46	+05:27 06:55
6	1301	Antonio Fernandes	Nova linha	Veterano M40	01:44:12	+05:53 06:57
7	1093	Carlos Costa	Grupo Vilarinho Cima	Veterano M40	01:48:50	+10:32 07:15
8	1073	Ivo Barbosa	Devasta Trilhos	Veterano M40	01:49:00	+10:41 07:16
9	1036	Leandro Soares	Bouça Alta - Running	Veterano M40	01:53:52	+15:33 07:35
10	1366	António Barbosa	Trail Snakes Team	Veterano M40	01:56:44	+18:26 07:47
11	1214	Sérgio Leal	Individual	Veterano M40	02:03:27	+25:08 08:14
12	1287	Pedro Viana	Medense	Veterano M40	02:03:35	+25:16 08:14
13	1037	Pedro Monteiro	Bouça Alta - Running	Veterano M40	02:04:38	+26:19 08:19
14	1017	Helder Fernandes	AMA-ASSOCIAÇÃO MONDIM ATLETISMO	Veterano M40	02:05:15	+26:57 08:21
15	1207	leonel freitas	Individual	Veterano M40	02:07:51	+29:33 08:31
16	1367	Sérgio Santos	Trail Snakes Team	Veterano M40	02:12:53	+34:35 08:52
17	1211	Paulo Pinheiro	Individual	Veterano M40	02:14:08	+35:49 08:57
18	1417	Henrique Sousa	Individual	Veterano M40	02:16:16	+37:57 09:05
19	1200	António Cunha	Individual	Veterano M40	02:18:08	+39:50 09:13
20	1406	Ruben Moreira	Individual	Veterano M40	02:18:39	+40:20 09:15
21	1208	Luís Alves	Individual	Veterano M40	02:23:30	+45:11 09:34
22	1199	André Ribeiro	Individual	Veterano M40	02:23:30	+45:12 09:34
23	1419	João Almeida	Estronca Silvas	Veterano M40	02:31:09	+52:50 10:05
24	1323	André Oliveira	Porto Sentido Runners	Veterano M40	02:32:11	+53:52 10:09
25	1082	Ricardo Coelho	FDM running	Veterano M40	02:32:22	+54:04 10:09
26	1215	Tiago leão	Individual	Veterano M40	02:37:00	+58:41 10:28
27	1081	José Silva	FDM running	Veterano M40	02:42:45	+01:04:27 10:51
28	1080	Diogo Moreira	FDM running	Veterano M40	02:47:23	+01:09:04 11:10
29	1209	Mário Martins	Individual	Veterano M40	02:52:14	+01:13:55 11:29
30	1201	Carlos Ribeiro	Individual	Veterano M40	02:52:16	+01:13:57 11:29
31	1205	Jorge Eduardo Vaz Valente	Individual	Veterano M40	03:00:24	+01:22:06 12:02

Veterano M45

1	1300	José Meneses	Nocturnos de Paredes	Veterano M45	01:24:39	05:39
2	1064	Jose margarido	CLTT-CLINICA LITORALIS TRAIL TEAM	Veterano M45	01:36:39	+11:59 06:27
3	1395	Tiago Rovisco	OCS - Arrábida Trail Team	Veterano M45	01:38:34	+13:54 06:34
4	1230	Pedro Sousa	Individual	Veterano M45	01:44:22	+19:42 06:57
5	1074	Eduardo Xavier	Devasta Trilhos	Veterano M45	01:44:58	+20:19 07:00
6	1388	Ricardo Cunha	Go Runners Valongo	Veterano M45	01:51:06	+26:26 07:24
7	1029	Cândido Costa	Atletas 100%	Veterano M45	01:53:00	+28:21 07:32
8	1219	Fernando Silva	Individual	Veterano M45	01:54:27	+29:47 07:38

Official Timekeeper: Lap2Go	4 / 6	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

15KM

[illegible]

15 KM

OFFICIAL RESULT

[illegible]

9	1281	Nuno Miguel Bessa Sousa	Lousada Trilhos	Veterano M45	01:57:35	+32:56	07:50
10	1235	Vitorino Pereira	Individual	Veterano M45	01:57:51	+33:11	07:51
11	1368	Manuel Garcês	Trail Snakes Team	Veterano M45	02:01:32	+36:53	08:06
12	1047	José lemos	NAI Núcleo Amador de Idães	Veterano M45	02:03:37	+38:57	08:14
13	1288	Ivo Oliveira	Medense	Veterano M45	02:04:42	+40:02	08:19
14	1231	Roberto Carlos Ramos Vasconcelos	Individual	Veterano M45	02:10:39	+46:00	08:43
15	1228	Pedro Fonseca	Individual	Veterano M45	02:11:41	+47:02	08:47
16	1083	Kim Oliveira	FDM running	Veterano M45	02:12:50	+48:11	08:51
17	1094	Paulo Jesus	Guisande Trail Running	Veterano M45	02:20:24	+55:45	09:22
18	1227	Paulo Garrido	Individual	Veterano M45	02:22:21	+57:42	09:29
19	1229	Pedro miguel pinto lima	Individual	Veterano M45	02:27:04	+01:02:25	09:48
20	1031	Sérgio Pereira	Baradas do Monte Team	Veterano M45	02:30:37	+01:05:58	10:02
21	1418	Humberto Barros	Individual	Veterano M45	02:32:09	+01:07:30	10:09
22	1226	Paulo Costa	Individual	Veterano M45	02:32:27	+01:07:48	10:10
23	1413	Jorge Sarraguça	LEões DE TARDARIZ TRAIL	Veterano M45	02:41:30	+01:16:51	10:46
24	1365	Tiago Serrano	Tontos Team	Veterano M45	02:42:29	+01:17:49	10:50
25	1234	Vitor Santos	Individual	Veterano M45	02:56:26	+01:31:46	11:46
26	1232	Venancio Almeida	Individual	Veterano M45	03:00:23	+01:35:44	12:02
27	1011	Pedro Marques	ADOROISTO	Veterano M45	03:01:50	+01:37:11	12:07
28	1222	Jorge Monteiro	Individual	Veterano M45	03:10:16	+01:45:37	12:41
29	1042	Marco Oliveira	BREAK	Veterano M45	03:22:26	+01:57:47	13:30
30	1223	José Lopes	Individual	Veterano M45	04:28:17	+03:03:37	17:53

Veterano M50

1	1374	Jorge Dias	TURN0 DAS 7	Veterano M50	01:37:47	06:31
2	1332	Antonio Silveira	Pupilos do Z��-T��	Veterano M50	01:48:53	+11:05 07:16
3	1324	Antonio Borges	Porto Sentido Runners	Veterano M50	01:50:56	+13:08 07:24
4	1247	Paulo Machado	Individual	Veterano M50	01:56:08	+18:20 07:45
5	1245	jose melo	Individual	Veterano M50	02:01:02	+23:15 08:04
6	1242	Joaquim Manuel Pereira Teixeira	Individual	Veterano M50	02:01:58	+24:10 08:08
7	1251	Ricardo Rodrigues	Individual	Veterano M50	02:06:28	+28:40 08:26
8	1039	V��tor Pereira	Bou��a Alta - Running	Veterano M50	02:09:13	+31:25 08:37
9	1065	Iazalde Martins	Clube Atl��tico Codessoso	Veterano M50	02:09:42	+31:55 08:39
10	21	Marco Duarte	BREAK	Veterano M50	02:13:55	+36:08 08:56
11	1283	Bernardino Andrade	Maia Runners	Veterano M50	02:16:47	+38:59 09:07
12	1403	Daniel Silva	Individual	Veterano M50	02:24:21	+46:33 09:37
13	1249	Paulo Nunes Cosme	Individual	Veterano M50	02:25:56	+48:08 09:44
14	1038	Pedro Cardoso	Bou��a Alta - Running	Veterano M50	02:31:02	+53:14 10:04
15	1194	Jorge Cruz	Individual	Veterano M50	02:35:26	+57:38 10:22
16	1252	Rui Magalh��es	Individual	Veterano M50	02:40:20	+01:02:32 10:41
17	1250	Pedro Silva	Individual	Veterano M50	02:43:32	+01:05:44 10:54
18	1238	Filipe Ferreira	Individual	Veterano M50	02:51:05	+01:13:17 11:24
19	1053	Gary Quintal	Centro de Trail Carlos S�� Penacova Team	Veterano M50	02:52:46	+01:14:58 11:31
20	1299	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M50	03:01:52	+01:24:04 12:07

Official Timekeeper: Lap2Go	5 / 6	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

15KM

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

21	1278	Manuel Oliveira	LEÕES DE TARDARIZ TRAIL	Veterano M50	03:07:33	+01:29:45	12:30
22	1241	Hélder Pedro Vieira da Silva	Individual	Veterano M50	03:33:11	+01:55:23	14:13
23	1240	Helder Mota	Individual	Veterano M50	03:49:03	+02:11:16	15:16

Veterano M55

1	1068	Armindo Freitas	Clube Atlético Codessoso	Veterano M55	01:35:11	06:21
2	1404	Fernando Jorge Ventura Antunes	Individual	Veterano M55	01:48:21	+13:09 07:13
3	1390	Joaquim Cunha	Individual	Veterano M55	02:02:38	+27:26 08:11
4	1089	Fernando Morais	GD Leões da Guarda - Lion Runners	Veterano M55	02:04:10	+28:59 08:17
5	1002	Carlos Duarte	100 Gás Trail Team	Veterano M55	02:06:43	+31:32 08:27
6	1275	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M55	02:06:55	+31:44 08:28
7	1284	José Bessa	MATEMA TEXTEIS	Veterano M55	02:08:59	+33:48 08:36
8	1003	josé oliveira	20vercorrer	Veterano M55	02:24:03	+48:52 09:36
9	1261	martinho silva	Individual	Veterano M55	02:30:01	+54:50 10:00
10	1087	Rui Ferraz	GAIA-RUNNING	Veterano M55	02:30:02	+54:50 10:00
11	1259	Joaquim Silva	Individual	Veterano M55	02:30:40	+55:29 10:03
12	1260	Josué Loureiro	Individual	Veterano M55	02:47:27	+01:12:16 11:10

Veterano M60

1	1265	Carlos sousa	Individual	Veterano M60	02:05:16		08:21
2	1296	Carlos Tadeia Mendes	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M60	02:09:37	+04:21	08:38
3	1391	Arnaldo Manuel Pinto dos Santos	Individual	Veterano M60	02:19:24	+14:08	09:18
4	1267	José Santos	Individual	Veterano M60	02:22:43	+17:27	09:31
5	1263	Abelardo Gomes	Individual	Veterano M60	02:32:58	+27:42	10:12
6	1040	Amadeu Pinto	Bouça Alta - Running	Veterano M60	02:33:09	+27:53	10:13
7	1266	Jorge Ferreira	Individual	Veterano M60	02:39:47	+34:30	10:39

Veterano M65

1	1046	Fernando Seabra da Silva	Caminhadas da amizade	Veterano M65	01:51:41	07:27
---	------	--------------------------	-----------------------	--------------	----------	-------

Veterano M70

1	1014	Lino Cunha Moreira	All About	Veterano M70	02:22:13	09:29
---	------	--------------------	-----------	--------------	----------	-------

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

8KM - STAGE 1

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	--	--
End	11:39	--	--

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2125	Nelson Teixeira	LEões DE TARDARIZ TRAIL	50:42		06:20	
2	2064	Diogo Pereira	Individual	51:14	+00:32	06:24	
3	2003	Alcino Silva	A.D.Sebolido trail	51:45	+01:03	06:28	
4	2126	José loureiro	LEões DE TARDARIZ TRAIL	53:02	+02:20	06:38	
5	2115	Antero Moreira	Individual	57:03	+06:21	07:08	
6	2176	Miguel Alves	LEões DE TARDARIZ TRAIL	01:00:08	+09:26	07:31	
7	2192	Plácido Rodrigues	Nova linha	01:00:54	+10:12	07:37	
8	2004	António Pereira	A.D.Sebolido trail	01:01:17	+10:35	07:40	
9	2098	João Vieira	Lá Vamos Nós !	01:02:00	+11:18	07:45	
10	2049	Rodrigo Pereira	Individual	01:03:33	+12:51	07:57	
11	2180	João Jorge Pereira de Almeida	Individual	01:03:39	+12:57	07:57	
12	2108	Bruno Ricardo Sousa Monteiro	Individual	01:04:29	+13:47	08:04	
13	2065	Fábio Ferraz	Individual	01:04:39	+13:57	08:05	
14	2043	leonel neves	Grupo Vilarinho Cima	01:04:59	+14:17	08:07	
15	2044	Carlos Silva	Grupo Vilarinho Cima	01:05:43	+15:01	08:13	
16	2163	José Azevedo	Destemidos/A.R.Sequeirô	01:06:10	+15:28	08:16	
17	2025	Rúben lemos	NAI Núcleo Amador de Idães	01:06:26	+15:44	08:18	
18	2160	Nuno Miguel Costa Araújo	Individual	01:06:39	+15:57	08:20	
19	2022	Jorge Carvalho	Bustelo no Trilho	01:07:26	+16:44	08:26	
20	2072	Vitor Carneiro	Amigos100limites	01:07:27	+16:45	08:26	
21	2184	Ricardo Sousa	A.D.Sebolido trail	01:07:39	+16:57	08:27	
22	2034	Marcelo Teixeira	Destemidos/A.R.Sequeirô	01:08:25	+17:43	08:33	
23	2178	Mário Pereira	Diana Fernandes	01:10:17	+19:35	08:47	
24	2168	Hugo Gomes	Individual	01:10:19	+19:37	08:47	
25	2077	Tânia Bandeira	Individual	01:10:28	+19:46	08:49	
26	2164	Pedro Sequeira	Associação Desportiva Aventuras de Paiva - Tuga Mobile	01:10:38	+19:56	08:50	
27	2079	Diana Neto	Individual	01:10:42	+20:00	08:50	
28	2016	Diogo Marinho	Atletas 100%	01:11:21	+20:39	08:55	
29	2103	Tiago Reis	Individual	01:11:32	+20:50	08:57	
30	2169	Diogo Oliveira	Individual	01:13:11	+22:29	09:09	
31	2039	Serafim Ramos	GD Leões da Guarda - Lion Runners	01:13:16	+22:34	09:09	
32	2005	Domingos Ferreira	A.D.Sebolido trail	01:13:23	+22:41	09:10	
33	2147	Bruno Almeida	Unstoppable team	01:13:44	+23:02	09:13	
34	2075	Vadym Pryshlyak	Individual	01:14:07	+23:25	09:16	
35	2109	Carlos Daniel Pinto	Individual	01:15:18	+24:36	09:25	
36	2182	Júlio Sousa	A.D.Sebolido trail	01:15:20	+24:38	09:25	
37	2078	Bruno Oliveira	Individual	01:15:23	+24:41	09:25	
38	2145	Marco Paulo da Rocha Batista	Sai da Frente	01:16:00	+25:18	09:30	
39	2167	António Rocha	MSS GRUPO DESPORTIVO DE GONDOMAR	01:16:08	+25:26	09:31	
40	2009	Andre Nogueira	Atletas 100%	01:17:09	+26:27	09:39	
41	2038	Vasco Silva	Dreams	01:17:39	+26:57	09:42	

8KM - STAGE 1

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	2186	Nara Sofia Castro Viera da Fonseca	Individual	01:17:59	+27:17	09:45	
43	2040	Manuel Silva	Gens s.c. trail	01:18:04	+27:22	09:45	
44	2166	António Luis	MSS GRUPO DESPORTIVO DE GONDOMAR	01:20:03	+29:21	10:00	
45	2010	Guilherme Mesquita	Atletas 100%	01:21:06	+30:24	10:08	
46	2144	César Freitas	Sai da Frente	01:21:41	+30:59	10:13	
47	2074	Rui Meneses	Individual	01:22:10	+31:28	10:16	
48	2177	Élio Ferreira Tomás	Individual	01:22:56	+32:14	10:22	
49	2055	Inês Carneiro	Individual	01:23:44	+33:02	10:28	
50	2121	Maria Sousa	Lá vamos nós!	01:23:51	+33:09	10:29	
51	2101	Ricardo Sousa	Individual	01:23:55	+33:13	10:29	
52	2015	Daniel Pereira	Atletas 100%	01:24:37	+33:55	10:35	
53	2190	Lúcia Silva	Individual	01:24:38	+33:56	10:35	
54	2076	Vítor Miguel Ferreira Soares	Individual	01:27:15	+36:33	10:54	
55	2019	Pedro Miguel Marques Nogueira	BREAK	01:27:20	+36:38	10:55	
56	2018	Carina Oliveira	BREAK	01:27:25	+36:43	10:56	
57	2052	Andreia Filipa Silva Machado Martins	Individual	01:27:47	+37:05	10:58	
58	2012	Catarina Pereira	Atletas 100%	01:29:34	+38:52	11:12	
59	2099	Paulo rocha	Individual	01:29:47	+39:05	11:13	
60	2187	João Pedro Gomes	Individual	01:29:47	+39:05	11:13	
61	2001	Hélio Vieira	A. D. AMARANTE	01:30:33	+39:51	11:19	
62	2162	Pedro Vieira	A. D. AMARANTE	01:30:34	+39:52	11:19	
63	2017	Manuel joaquim silva Teixeira	Atletas 100%	01:31:34	+40:52	11:27	
64	2122	Hélder Gonçalves	Lá vamos nós!	01:31:41	+40:59	11:28	
65	2063	David Pinheiro	Individual	01:31:44	+41:02	11:28	
66	2020	Maria Silva	Bustelo no Trilho	01:31:57	+41:15	11:30	
67	2172	Fernando Teixeira	Os Preguiças Team	01:33:42	+43:00	11:43	
68	2170	Daniela Moutinho	Os Preguiças Team	01:33:42	+43:00	11:43	
69	2171	Sérgio Gomes	Os Preguiças Team	01:33:43	+43:01	11:43	
70	2128	Ana Silva	Nova linha	01:34:07	+43:25	11:46	
71	2120	Célia Sousa	Lá vamos nós!	01:37:39	+46:57	12:12	
72	2143	Tiago Manuel Barros Moreira	Sai da Frente	01:38:04	+47:22	12:15	
73	2036	Cristina Gomes	Dreams	01:41:04	+50:22	12:38	
74	2021	Lucília Pereira	Bustelo no Trilho	01:43:03	+52:21	12:53	
75	2069	Josué Barbosa	Individual	01:43:08	+52:26	12:53	
76	2058	Marta Oliveira	Individual	01:43:08	+52:26	12:53	
77	2188	Eliana Seixas	Nova linha	01:43:51	+53:09	12:59	
78	2181	Daniel Santos	-	01:44:22	+53:40	13:03	
79	2045	Dinis Babo	Individual	01:45:38	+54:56	13:12	
80	2068	João Trigais	Individual	01:45:51	+55:09	13:14	
81	2035	Pedro Pimenta	Destemidos/A.R.Sequeirô	01:45:59	+55:17	13:15	
82	2011	Lorenço Nogueira	Atletas 100%	01:46:59	+56:17	13:22	
83	2173	João Valente Polónia Coelho da Silva	João Silva	01:49:13	+58:31	13:39	
84	2117	Tânia Salomé Ferreira de Magalhães	João Silva	01:49:14	+58:32	13:39	
85	2189	Luís Manuel Lopes Fernandes	Individual	01:49:19	+58:37	13:40	
86	2142	José Carlos Oliveira Almeida	Sai da Frente	01:49:56	+59:14	13:45	

8KM - STAGE 1

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	2191	Mafalda Neves	Dreams	01:50:59	+01:00:17	13:52	
88	2037	Paula Santos	Dreams	01:51:03	+01:00:21	13:53	
89	2032	Tomás Andrade Soares	Clube Desportivo Feirense	01:52:50	+01:02:08	14:06	
90	2087	Sandra Cristina da Fonseca e Silva	Individual	01:53:08	+01:02:26	14:08	
91	2013	Carla Teixeira	Atletas 100%	01:53:35	+01:02:53	14:12	
92	2046	Pedro Costa	Individual	01:55:05	+01:04:23	14:23	
93	2096	Anselmo Costa	Individual	01:55:06	+01:04:24	14:23	
94	2165	Manuel Sousa	Individual	01:55:46	+01:05:04	14:28	
95	2097	Cristiano Alves	Individual	01:55:57	+01:05:15	14:30	
96	2095	Guilhermina Rodrigues da Silva	Individual	01:56:29	+01:05:47	14:34	
97	2193	Tânia Costa	Equipa Lourosa em Movimento	01:58:52	+01:08:10	14:52	
98	2033	José Dara	Clube Pessoal EDP-Porto	01:59:36	+01:08:54	14:57	
99	2006	Cátia Silva	AS BELAS E ELES	01:59:36	+01:08:54	14:57	
100	2106	Marco Lopes	Individual	02:01:22	+01:10:40	15:10	
101	2092	Susana Duarte	Individual	02:01:24	+01:10:42	15:10	
102	2093	Judite Fonseca	Individual	02:07:12	+01:16:30	15:54	
103	2140	Sérgio Leite	Sai da Frente	02:10:37	+01:19:55	16:20	
104	2007	Carla Barbosa	AS BELAS E ELES	02:14:35	+01:23:53	16:49	
105	2008	Liliana Melo	AS BELAS E ELES	02:14:38	+01:23:56	16:50	
106	2090	Georgina Ferreira	Individual	02:19:55	+01:29:13	17:29	
107	1292	José Neves Sousa	MSS GRUPO DESPORTIVO DE GONDOMAR	02:40:33	+01:49:51	20:04	
108	2091	Helga Margarida Ovelheiro da Silva Ferreira Cosme	Individual	02:48:13	+01:57:31	21:02	
109	2086	Olga Teixeira	Individual	02:48:13	+01:57:31	21:02	
110	2113	Rui Alexandre Fernandes Teixeira	Individual	02:48:13	+01:57:31	21:02	
111	2066	Ivo Cordeiro	Individual	03:06:46	+02:16:04	23:21	
112	1341	António Pinho	Requinho	03:09:28	+02:18:46	23:41	



8KM

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	-99°C	-99%
End	11:39	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Iniciado Masculino

1	2025	Rúben lemos	NAI Núcleo Amador de Idães	Iniciado Masculino	01:06:26	08:18:30
2	2169	Diogo Oliveira	Individual	Iniciado Masculino	01:13:11	+06:45 09:09:30
3	2009	Andre Nogueira	Atletas 100%	Iniciado Masculino	01:17:09	+10:43 09:39:30
4	2010	Guilherme Mesquita	Atletas 100%	Iniciado Masculino	01:21:06	+14:40 10:08:30
5	2045	Dinis Babo	Individual	Iniciado Masculino	01:45:38	+39:12 13:12:30
6	2011	Lorenço Nogueira	Atletas 100%	Iniciado Masculino	01:46:59	+40:33 13:22:30
7	2046	Pedro Costa	Individual	Iniciado Masculino	01:55:05	+48:39 14:23:30

Junior Feminino

1	2191	Mafalda Neves	Dreams	Junior Feminino	01:50:59	13:52
---	------	---------------	--------	-----------------	----------	-------

Juvenil Masculino

1	2049	Rodrigo Pereira	Individual	Juvenil Masculino	01:03:33	07:57
---	------	-----------------	------------	-------------------	----------	-------

Senior Feminino

1	2055	Inês Carneiro	Individual	Senior Feminino	01:23:44	10:28:30
2	2018	Carina Oliveira	BREAK	Senior Feminino	01:27:25	+03:41 10:56:11
3	2052	Andreia Filipa Silva Machado Martins	Individual	Senior Feminino	01:27:47	+04:03 10:58:39
4	2058	Marta Oliveira	Individual	Senior Feminino	01:43:08	+19:24 12:53:39
5	2117	Tânia Salomé Ferreira de Magalhães	João Silva	Senior Feminino	01:49:14	+25:30 13:39:39

Senior Masculino

1	2064	Diogo Pereira	Individual	Senior Masculino	51:14	06:24
2	2065	Fábio Ferraz	Individual	Senior Masculino	01:04:39	+13:25 08:05
3	2147	Bruno Almeida	Unstoppable team	Senior Masculino	01:13:44	+22:29 09:13
4	2075	Vadym Pryshlyak	Individual	Senior Masculino	01:14:07	+22:52 09:16
5	2074	Rui Meneses	Individual	Senior Masculino	01:22:10	+30:55 10:16
6	2076	Vítor Miguel Ferreira Soares	Individual	Senior Masculino	01:27:15	+36:00 10:54
7	2187	João Pedro Gomes	Individual	Senior Masculino	01:29:47	+38:32 11:13
8	2063	David Pinheiro	Individual	Senior Masculino	01:31:44	+40:29 11:28
9	2069	Josué Barbosa	Individual	Senior Masculino	01:43:08	+51:53 12:53
10	2181	Daniel Santos	-	Senior Masculino	01:44:22	+53:08 13:03
11	2068	João Trigaís	Individual	Senior Masculino	01:45:51	+54:36 13:14
12	2173	João Valente Polónia Coelho da Silva	João Silva	Senior Masculino	01:49:13	+57:58 13:39

Official Timekeeper: Lap2Go	1 / 5	generate 19-Jul-2026 13:19
-----------------------------	-------	----------------------------

8KM

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

13	2189	Luís Manuel Lopes Fernandes	Individual	Senior Masculino	01:49:19	+58:04	13:40
14	2140	Sérgio Leite	Sai da Frente	Senior Masculino	02:10:37	+01:19:23	16:20
15	2066	Ivo Cordeiro	Individual	Senior Masculino	03:06:46	+02:15:32	23:21

Sub 23 Feminino

1	2077	Tânia Bandeira	Individual	Sub 23 Feminino	01:10:28	08:49
2	2020	Maria Silva	Bustelo no Trilho	Sub 23 Feminino	01:31:57	+21:29 11:30

Sub 23 Masculino

1	2078	Bruno Oliveira	Individual	Sub 23 Masculino	01:15:23	09:25
2	2001	Hélio Vieira	A. D. AMARANTE	Sub 23 Masculino	01:30:33	+15:10 11:19
3	2032	Tomás Andrade Soares	Clube Desportivo Feirense	Sub 23 Masculino	01:52:50	+37:26 14:06

Veterana F35

1	2079	Diana Neto	Individual	Veterana F35	01:10:42	08:50
2	2186	Nara Sofia Castro Viera da Fonseca	Individual	Veterana F35	01:17:59	+07:17 09:45
3	2012	Catarina Pereira	Atletas 100%	Veterana F35	01:29:34	+18:52 11:12
4	2170	Daniela Moutinho	Os Preguiças Team	Veterana F35	01:33:42	+23:00 11:43
5	2120	Célia Sousa	Lá vamos nós!	Veterana F35	01:37:39	+26:57 12:12
6	2006	Cátia Silva	AS BELAS E ELES	Veterana F35	01:59:36	+48:54 14:57

Veterana F40

1	2190	Lúcia Silva	Individual	Veterana F40	01:24:38	10:35
2	2128	Ana Silva	Nova linha	Veterana F40	01:34:07	+09:28 11:46
3	2036	Cristina Gomes	Dreams	Veterana F40	01:41:04	+16:25 12:38
4	2188	Eliana Seixas	Nova linha	Veterana F40	01:43:51	+19:12 12:59
5	2013	Carla Teixeira	Atletas 100%	Veterana F40	01:53:35	+28:56 14:12
6	2007	Carla Barbosa	AS BELAS E ELES	Veterana F40	02:14:35	+49:56 16:49
7	2008	Liliana Melo	AS BELAS E ELES	Veterana F40	02:14:38	+49:59 16:50

Veterana F45

1	2087	Sandra Cristina da Fonseca e Silva	Individual	Veterana F45	01:53:08		14:08
2	2193	Tânia Costa	Equipa Lourosa em Movimento	Veterana F45	01:58:52	+05:44	14:52
3	2086	Olga Teixeira	Individual	Veterana F45	02:48:13	+55:05	21:02

Veterana F50

1	2021	Lucilia Pereira	Bustelo no Trilho	Veterana F50	01:43:03	12:53
2	2092	Susana Duarte	Individual	Veterana F50	02:01:24	+18:20 15:10

8KM

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

3	2090	Georgina Ferreira	Individual	Veterana F50	02:19:55	+36:51	17:29
4	2091	Helga Margarida Ovelheiro da Silva Ferreira Cosme	Individual	Veterana F50	02:48:13	+01:05:09	21:02

Veterana F55

1	2037	Paula Santos	Dreams	Veterana F55	01:51:03	13:53
2	2093	Judite Fonseca	Individual	Veterana F55	02:07:12	+16:08 15:54

Veterana F60

1	2121	Maria Sousa	Lá vamos nós!	Veterana F60	01:23:51	10:29
---	------	-------------	---------------	--------------	----------	-------

Veterana F70

1	2095	Guilhermina Rodrigues da Silva	Individual	Veterana F70	01:56:29	14:34
---	------	--------------------------------	------------	--------------	----------	-------

Veterano M35

1	2125	Nelson Teixeira	LEões DE TARDARIZ TRAIL	Veterano M35	50:42		06:20
2	2098	João Vieira	Lá Vamos Nós !	Veterano M35	01:02:00	+11:18	07:45
3	2034	Marcelo Teixeira	Destemidos/A.R.Sequeirô	Veterano M35	01:08:25	+17:43	08:33
4	2178	Mário Pereira	Diana Fernandes	Veterano M35	01:10:17	+19:34	08:47
5	2168	Hugo Gomes	Individual	Veterano M35	01:10:19	+19:36	08:47
6	2016	Diogo Marinho	Atletas 100%	Veterano M35	01:11:21	+20:38	08:55
7	2103	Tiago Reis	Individual	Veterano M35	01:11:32	+20:50	08:57
8	2038	Vasco Silva	Dreams	Veterano M35	01:17:39	+26:56	09:42
9	2177	Élio Ferreira Tomás	Individual	Veterano M35	01:22:56	+32:13	10:22
10	2101	Ricardo Sousa	Individual	Veterano M35	01:23:55	+33:13	10:29
11	2015	Daniel Pereira	Atletas 100%	Veterano M35	01:24:37	+33:54	10:35
12	2099	Paulo rocha	Individual	Veterano M35	01:29:47	+39:04	11:13
13	2172	Fernando Teixeira	Os Preguiças Team	Veterano M35	01:33:42	+42:59	11:43
14	2096	Anselmo Costa	Individual	Veterano M35	01:55:06	+01:04:23	14:23
15	2097	Cristiano Alves	Individual	Veterano M35	01:55:57	+01:05:14	14:30

Veterano M40

1	2176	Miguel Alves	LEões DE TARDARIZ TRAIL	Veterano M40	01:00:08		07:31
2	2192	Plácido Rodrigues	Nova linha	Veterano M40	01:00:54	+00:45	07:37
3	2182	Júlio Sousa	A.D.Sebolido trail	Veterano M40	01:15:20	+15:12	09:25
4	2040	Manuel Silva	Gens s.c. trail	Veterano M40	01:18:04	+17:55	09:45
5	2122	Hélder Gonçalves	Lá vamos nós!	Veterano M40	01:31:41	+31:32	11:28
6	2143	Tiago Manuel Barros Moreira	Sai da Frente	Veterano M40	01:38:04	+37:55	12:15
7	2142	José Carlos Oliveira Almeida	Sai da Frente	Veterano M40	01:49:56	+49:48	13:45

8KM

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

8	2106	Marco Lopes	Individual	Veterano M40	02:01:22	+01:01:13	15:10
---	------	-------------	------------	--------------	----------	-----------	-------

Veterano M45

1	2108	Bruno Ricardo Sousa Monteiro	Individual	Veterano M45	01:04:29	08:04
2	2160	Nuno Miguel Costa Araújo	Individual	Veterano M45	01:06:39	+02:10 08:20
3	2072	Vitor Carneiro	Amigos100limites	Veterano M45	01:07:27	+02:57 08:26
4	2109	Carlos Daniel Pinto	Individual	Veterano M45	01:15:18	+10:48 09:25
5	2144	César Freitas	Sai da Frente	Veterano M45	01:21:41	+17:12 10:13
6	2019	Pedro Miguel Marques Nogueira	BREAK	Veterano M45	01:27:20	+22:50 10:55
7	2162	Pedro Vieira	A. D. AMARANTE	Veterano M45	01:30:34	+26:04 11:19
8	2017	Manuel joaquim silva Teixeira	Atletas 100%	Veterano M45	01:31:34	+27:05 11:27
9	2035	Pedro Pimenta	Destemidos/A.R.Sequeirô	Veterano M45	01:45:59	+41:30 13:15
10	2165	Manuel Sousa	Individual	Veterano M45	01:55:46	+51:16 14:28
11	2113	Rui Alexandre Fernandes Teixeira	Individual	Veterano M45	02:48:13	+01:43:44 21:02

Veterano M50

1	2003	Alcino Silva	A.D.Sebolido trail	Veterano M50	51:45	06:28
2	2126	José loureiro	LEÕES DE TARDARIZ TRAIL	Veterano M50	53:02	+01:16 06:38
3	2043	leonel neves	Grupo Vilarinho Cima	Veterano M50	01:04:59	+13:13 08:07
4	2022	Jorge Carvalho	Bustelo no Trilho	Veterano M50	01:07:26	+15:41 08:26
5	2184	Ricardo Sousa	A.D.Sebolido trail	Veterano M50	01:07:39	+15:54 08:27
6	2164	Pedro Sequeira	Associação Desportiva Aventuras de Paiva - Tuga Mobile	Veterano M50	01:10:38	+18:52 08:50
7	2145	Marco Paulo da Rocha Batista	Sai da Frente	Veterano M50	01:16:00	+24:14 09:30
8	2171	Sérgio Gomes	Os Preguiças Team	Veterano M50	01:33:43	+41:57 11:43
9	1292	José Neves Sousa	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M50	02:40:33	+01:48:48 20:04
10	1341	António Pinho	Requinho	Veterano M50	03:09:28	+02:17:43 23:41

Veterano M55

1	2115	Antero Moreira	Individual	Veterano M55	57:03	07:08
2	2004	António Pereira	A.D.Sebolido trail	Veterano M55	01:01:17	+04:14 07:40
3	2044	Carlos Silva	Grupo Vilarinho Cima	Veterano M55	01:05:43	+08:40 08:13
4	2163	José Azevedo	Destemidos/A.R.Sequeirô	Veterano M55	01:06:10	+09:06 08:16
5	2005	Domingos Ferreira	A.D.Sebolido trail	Veterano M55	01:13:23	+16:20 09:10
6	2167	António Rocha	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M55	01:16:08	+19:05 09:31
7	2166	António Luis	MSS GRUPO DESPORTIVO DE GONDOMAR	Veterano M55	01:20:03	+23:00 10:00

8KM

8 KM

[illegible]

OFFICIAL RESULT

[illegible]

1	2180	João Jorge Pereira de Almeida	Individual	Veterano M60	01:03:39	07:57
---	------	-------------------------------	------------	--------------	----------	-------

1	2039	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M65	01:13:16	09:09
---	------	---------------	-----------------------------------	--------------	----------	-------

1	2033	José Dara	Clube Pessoal EDP-Porto	Veterano M70	01:59:36	14:57
---	------	-----------	-------------------------	--------------	----------	-------

TEAM RESULTS - 8KM

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	LEÕES DE TARDARIZ TRAIL	1 + 4 + 6	11
2	A.D.SEBOLIDO TRAIL	3 + 8 + 21	32
3	ATLETAS 100%	28 + 40 + 45	113
4	DESTEMIDOS/A.R.SEQUEIRÔ	16 + 22 + 81	119
5	NOVA LINHA	7 + 70 + 77	154
6	SAI DA FRENTE	38 + 46 + 72	156
7	BUSTELO NO TRILHO	19 + 66 + 74	159
8	LÁ VAMOS NÓS!	50 + 64 + 71	185
9	MSS GRUPO DESPORTIVO DE GONDOMAR	39 + 44 + 107	190
10	DREAMS	41 + 73 + 87	201
11	OS PREGUIÇAS TEAM	67 + 68 + 69	204
12	AS BELAS E ELES	99 + 104 + 105	308