

33KM - STAGE 1

33 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	12,2°C	75%
End	14:30	12,2°C	75%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	25	Leonel Rodrigues da Cunha	EDV-VIANA TRAIL	03:11:41		05:49	
2	2	Mário Pinto	A. D. Nós Acreditamos	03:11:42	+00:01	05:49	
3	8	Aitor Montero Bujan	A.R.Sequeirô/Destemidos	03:16:03	+04:22	05:56	
4	12	Filipe Rocha	A.R.Sequeirô/Destemidos	03:26:29	+14:48	06:15	
5	71	Bruno Pinto	PAREDES AVENTURA	03:28:49	+17:08	06:20	
6	18	Miguel Coelho	Associação Desportiva de Lustosa	03:31:48	+20:07	06:25	
7	27	Nelson Carvalhal	Ilumilamp/ADN/AcNorte	03:40:38	+28:57	06:41	
8	9	Nuno Silva	A.R.Sequeirô/Destemidos	03:40:40	+28:59	06:41	
9	6	Rui Silva	A.R.Sequeirô/Destemidos	03:46:58	+35:17	06:53	
10	72	Abilio Fernandes	Pegasus OCR ProTeam	03:48:40	+36:59	06:56	
11	40	André Rocha	Individual	03:48:41	+37:00	06:56	
12	11	Ricardo Machado	A.R.Sequeirô/Destemidos	03:51:25	+39:44	07:01	
13	26	Hélder Barbosa	Fátima Trail Team	03:54:30	+42:49	07:06	
14	74	Sérgio Monteiro	Sardonisca Runners	04:04:56	+53:15	07:25	
15	52	Nuno Morais	Individual	04:05:44	+54:03	07:27	
16	15	Francisco Silva	AD Marco 09	04:05:46	+54:05	07:27	
17	24	Sara Oliveira	Dragon Club	04:06:12	+54:31	07:28	
18	41	Filipe Soares	Individual	04:06:39	+54:58	07:28	
19	43	Marcos Vinícius Barbosa Olindino	Individual	04:15:10	+01:03:29	07:44	
20	67	Manuel Faria	Leões de Tardariz Trail	04:16:09	+01:04:28	07:46	
21	76	Patrícia Ribeiro	Thadea.Trail	04:16:37	+01:04:56	07:47	
22	13	Sérgio Santos	A.R.Sequeirô/Destemidos	04:18:36	+01:06:55	07:50	
23	4	Bruno Pereira	A. D. Nós Acreditamos	04:19:06	+01:07:25	07:51	
24	55	Agostinho Azevedo	Individual	04:20:07	+01:08:26	07:53	
25	30	José Pedro Moreira de Sousa	Individual	04:24:40	+01:12:59	08:01	
26	51	Marco Lopes	Individual	04:27:16	+01:15:35	08:06	
27	19	Anabela Fernandes Martins	Atletismo de Miranda do Douro-CDMD	04:27:47	+01:16:06	08:07	
28	57	Fernando Campos	Individual	04:27:47	+01:16:06	08:07	
29	42	Leonardo Tomazine	Individual	04:29:23	+01:17:42	08:10	
30	79	Carla Duarte	A.R.Sequeirô/Destemidos	04:31:52	+01:20:11	08:14	
31	10	Tiago Araújo	A.R.Sequeirô/Destemidos	04:31:57	+01:20:16	08:14	
32	68	Bruno Loureiro	opraticante.pt	04:41:44	+01:30:03	08:32	
33	31	Lucas Dal Cero Moraes	Individual	04:44:43	+01:33:02	08:38	
34	66	Miguel Alves	Leões de Tardariz Trail	04:48:32	+01:36:51	08:45	
35	21	Lia Silva	Thadea.Trail	04:49:39	+01:37:58	08:47	
36	38	Orlanda Rego	Individual	04:52:45	+01:41:04	08:52	
37	81	Patrice Redon	Individual	04:54:03	+01:42:22	08:55	
38	77	António Rosendo	Triclube / Rope	04:56:15	+01:44:34	08:59	
39	35	Afonso Rodrigues	Individual	04:56:51	+01:45:10	09:00	
40	47	Samuel Nogueira	Individual	05:02:19	+01:50:38	09:10	
41	78	Fernando Delgado	Vieira Runners	05:04:34	+01:52:53	09:14	
42	48	Tiago andre Teixeira Batista	Individual	05:06:54	+01:55:13	09:18	

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	34	Nelson Mendes	Individual	05:08:21	+01:56:40	09:21	
44	49	Evaldas Miliauskas	Individual	05:10:34	+01:58:53	09:25	
45	70	Carlos Couto	Outlaw runners	05:12:03	+02:00:22	09:27	
46	63	Paulo Dias	Individual	05:18:06	+02:06:25	09:38	
47	5	Benjamim Costa	A. D. Nós Acreditamos	05:22:40	+02:10:59	09:47	
48	69	Tiago Sousa	Os Tresloucados	05:24:57	+02:13:16	09:51	
49	73	Luís Carvalho	Salgueiros Running	05:25:20	+02:13:39	09:52	
50	37	José Luís Castro Costa	Individual	05:26:06	+02:14:25	09:53	
51	36	Joao Pedro Morais Santos	Individual	05:28:38	+02:16:57	09:58	
52	56	Emanuel Freitas	Individual	05:29:20	+02:17:39	09:59	
53	46	Ricardo Costa	Individual	05:29:40	+02:17:59	09:59	
54	75	Hélder de Oliveira	Terror dos Montes	05:30:43	+02:19:02	10:01	
55	58	José Luís Ferreira Coelho	Individual	05:32:18	+02:20:37	10:04	
56	32	Marco Daniel da Silva Sá	Individual	05:32:19	+02:20:38	10:04	
57	22	Fernando Nobre	CF Perosinho Trail & Running	05:35:23	+02:23:42	10:10	
58	7	Carla Martins	A.R.Sequeirô/Destemidos	05:35:25	+02:23:44	10:10	
59	61	Antonio Valerio	Individual	05:37:12	+02:25:31	10:13	
60	14	Alexandre Pereira	A.R.Sequeirô/Destemidos	05:58:40	+02:46:59	10:52	
61	80	Raquel Vasconcelos	A.R.Sequeirô/Destemidos	06:00:33	+02:48:52	10:56	

33 KM

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	Time	Temperature	Humidity
Start	08:30	12,2°C	75%
End	14:30	12,2°C	75%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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1	24	Sara Oliveira	Dragon Club	Senior Feminino	04:06:12	07:28
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1	2	Mário Pinto	A. D. Nós Acreditamos	Senior Masculino	03:11:42	05:49:00
2	18	Miguel Coelho	Associação Desportiva de Lustosa	Senior Masculino	03:31:48	+20:05 06:25:00
3	6	Rui Silva	A.R.Sequeirô/Destemidos	Senior Masculino	03:46:58	+35:16 06:53:00
4	15	Francisco Silva	AD Marco 09	Senior Masculino	04:05:46	+54:04 07:27:00
5	30	José Pedro Moreira de Sousa	Individual	Senior Masculino	04:24:40	+01:12:58 08:01:00
6	31	Lucas Dal Cero Moraes	Individual	Senior Masculino	04:44:43	+01:33:01 08:38:00
7	78	Fernando Delgado	Vieira Runners	Senior Masculino	05:04:34	+01:52:52 09:14:00
8	34	Nelson Mendes	Individual	Senior Masculino	05:08:21	+01:56:39 09:21:00
9	69	Tiago Sousa	Os Tresloucados	Senior Masculino	05:24:57	+02:13:15 09:51:00
10	32	Marco Daniel da Silva Sá	Individual	Senior Masculino	05:32:19	+02:20:37 10:04:00

1	35	Afonso Rodrigues	Individual	Sub 23 Masculino	04:56:51		09:00
2	37	José Luís Castro Costa	Individual	Sub 23 Masculino	05:26:06	+29:15	09:53
3	36	Joao Pedro Morais Santos	Individual	Sub 23 Masculino	05:28:38	+31:47	09:58

1	76	Patrícia Ribeiro	Thadea.Trail	Veterana F35	04:16:37	07:47:00
2	7	Carla Martins	A.R.Sequeirô/Destemidos	Veterana F35	05:35:25	+01:18:48 10:10:00

1	19	Anabela Fernandes Martins	Atletismo de Miranda do Douro- CDMD	Veterana F40	04:27:47	08:07
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1	79	Carla Duarte	A.R.Sequeirô/Destemidos	Veterana F45	04:31:52		08:14:46
2	21	Lia Silva	Thadea.Trail	Veterana F45	04:49:39	+17:46	08:47:25
3	80	Raquel Vasconcelos	A.R.Sequeirô/Destemidos	Veterana F45	06:00:33	+01:28:40	10:56:05

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OFFICIAL RESULT

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Veterana F55

1	38	Orlanda Rego	Individual	Veterana F55	04:52:45	08:52:45
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Veterano M35

1	8	Aitor Montero Bujan	A.R.Sequeirô/Destemidos	Veterano M35	03:16:03	05:56:03
2	9	Nuno Silva	A.R.Sequeirô/Destemidos	Veterano M35	03:40:40	+24:36 06:41:03
3	40	André Rocha	Individual	Veterano M35	03:48:41	+32:37 06:56:03
4	41	Filipe Soares	Individual	Veterano M35	04:06:39	+50:35 07:28:03
5	43	Marcos Vinícius Barbosa Olindino	Individual	Veterano M35	04:15:10	+59:06 07:44:03
6	4	Bruno Pereira	A. D. Nós Acreditamos	Veterano M35	04:19:06	+01:03:02 07:51:03
7	42	Leonardo Tomazine	Individual	Veterano M35	04:29:23	+01:13:19 08:10:03
8	10	Tiago Araújo	A.R.Sequeirô/Destemidos	Veterano M35	04:31:57	+01:15:53 08:14:03
9	47	Samuel Nogueira	Individual	Veterano M35	05:02:19	+01:46:15 09:10:03
10	48	Tiago andre Teixeira Batista	Individual	Veterano M35	05:06:54	+01:50:50 09:18:03
11	46	Ricardo Costa	Individual	Veterano M35	05:29:40	+02:13:36 09:59:03

Veterano M40

1	25	Leonel Rodrigues da Cunha	EDV-VIANA TRAIL	Veterano M40	03:11:41	05:49
2	11	Ricardo Machado	A.R.Sequeirô/Destemidos	Veterano M40	03:51:25	+39:44 07:01
3	74	Sérgio Monteiro	Sardonisca Runners	Veterano M40	04:04:56	+53:15 07:25
4	51	Marco Lopes	Individual	Veterano M40	04:27:16	+01:15:35 08:06
5	68	Bruno Loureiro	opraticante.pt	Veterano M40	04:41:44	+01:30:03 08:32
6	66	Miguel Alves	Leões de Tardariz Trail	Veterano M40	04:48:32	+01:36:51 08:45
7	81	Patrice Redon	Individual	Veterano M40	04:54:03	+01:42:22 08:55
8	49	Evaldas Miliauskas	Individual	Veterano M40	05:10:34	+01:58:53 09:25
9	75	Hélder de Oliveira	Terror dos Montes	Veterano M40	05:30:43	+02:19:02 10:01

Veterano M45

1	12	Filipe Rocha	A.R.Sequeirô/Destemidos	Veterano M45	03:26:29	06:15
2	71	Bruno Pinto	PAREDES AVENTURA	Veterano M45	03:28:49	+02:19 06:20
3	27	Nelson Carvalhal	Ilumilamp/ADN/AcNorte	Veterano M45	03:40:38	+14:08 06:41
4	26	Hélder Barbosa	Fátima Trail Team	Veterano M45	03:54:30	+28:00 07:06
5	52	Nuno Morais	Individual	Veterano M45	04:05:44	+39:14 07:27
6	13	Sérgio Santos	A.R.Sequeirô/Destemidos	Veterano M45	04:18:36	+52:06 07:50
7	77	António Rosendo	Triclube / Rope	Veterano M45	04:56:15	+01:29:45 08:59
8	5	Benjamim Costa	A. D. Nós Acreditamos	Veterano M45	05:22:40	+01:56:10 09:47
9	73	Luís Carvalheiro	Salgueiros Running	Veterano M45	05:25:20	+01:58:50 09:52
10	22	Fernando Nobre	CF Perosinho Trail & Running	Veterano M45	05:35:23	+02:08:53 10:10

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OFFICIAL RESULT

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Veterano M50

1	72	Abilio Fernandes	Pegasus OCR ProTeam	Veterano M50	03:48:40	06:56
2	55	Agostinho Azevedo	Individual	Veterano M50	04:20:07	+31:26 07:53
3	57	Fernando Campos	Individual	Veterano M50	04:27:47	+39:06 08:07
4	70	Carlos Couto	Outlaw runners	Veterano M50	05:12:03	+01:23:22 09:27
5	56	Emanuel Freitas	Individual	Veterano M50	05:29:20	+01:40:39 09:59
6	58	José Luís Ferreira Coelho	Individual	Veterano M50	05:32:18	+01:43:37 10:04

Veterano M55

1	67	Manuel Faria	Leões de Tardariz Trail	Veterano M55	04:16:09	07:46
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Veterano M60

1	63	Paulo Dias	Individual	Veterano M60	05:18:06	09:38
2	61	Antonio Valerio	Individual	Veterano M60	05:37:12	+19:06 10:13
3	14	Alexandre Pereira	A.R.Sequeirô/Destemidos	Veterano M60	05:58:40	+40:34 10:52

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Official Timekeeper: Lap2Go	1 / 1	generate 11-out.-2026 14:36
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23KM

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23 KM

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	13,9°C	65%
End	13:48	13,9°C	65%

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

1	506	Daniela Pontes	A.R.Sequeirô/Destemidos	Senior Feminino	03:15:58	08:31:00
2	542	Cristiana Seabra	Caminhadas da Amizade	Senior Feminino	03:43:03	+27:05 09:42:00
3	559	Ana Oliveira	Individual	Senior Feminino	04:11:50	+55:51 10:57:00
4	558	Ana Filipa Barbosa da Silva	Individual	Senior Feminino	04:15:12	+59:13 11:06:00
5	561	Mariana Lourenço	Individual	Senior Feminino	04:15:13	+59:14 11:06:00
6	507	Sara Carvalho	A.R.Sequeirô/Destemidos	Senior Feminino	04:29:17	+01:13:19 11:42:00
7	560	Ana Vinhas	Individual	Senior Feminino	04:31:06	+01:15:07 11:47:00

Senior Masculino

1	523	CARLOS EMANUEL AZEVEDO VAZ DA SILVA	Amarante FC	Senior Masculino	02:15:06	05:52
2	567	Francisco Andrade Gonçalves	Individual	Senior Masculino	02:20:26	+05:19 06:06
3	625	Luis Tavares	Runners do Demo	Senior Masculino	02:33:44	+18:37 06:41
4	524	Hugo Manuel Miranda Azevedo	Amarante FC	Senior Masculino	02:37:51	+22:44 06:52
5	509	Miguel Moreira	A.R.Sequeirô/Destemidos	Senior Masculino	02:38:54	+23:47 06:55
6	502	Cristiano Brás	A. D. Nós Acreditamos	Senior Masculino	02:41:01	+25:55 07:00
7	555	João Faria	Erdal-Vimarunners	Senior Masculino	02:45:48	+30:41 07:13
8	621	João Pereira	Retorta - Quinta das Arcas	Senior Masculino	02:46:34	+31:27 07:15
9	618	Daniel Soares	Pegasus OCR ProTeam	Senior Masculino	02:58:44	+43:37 07:46
10	508	José Vinhas	A.R.Sequeirô/Destemidos	Senior Masculino	03:00:46	+45:39 07:52
11	564	Carlos Ribeiro	Individual	Senior Masculino	03:07:33	+52:26 08:09
12	638	Rodrigo Silva	Cinfães a Correr	Senior Masculino	03:08:43	+53:36 08:12
13	563	Alejandro Areal	Individual	Senior Masculino	03:12:00	+56:53 08:21
14	549	Daniel Silva	DUELO D'OCASIÃO	Senior Masculino	03:32:08	+01:17:01 09:13
15	566	Duarte Marinho	Individual	Senior Masculino	03:33:39	+01:18:32 09:17
16	553	Fábio Sousa	EDV-VIANA TRAIL	Senior Masculino	03:50:44	+01:35:38 10:02
17	569	Pedro Ferreira	Individual	Senior Masculino	03:53:00	+01:37:53 10:08
18	568	Miguel Leal	Individual	Senior Masculino	03:55:29	+01:40:22 10:14
19	565	David Pinheiro	Individual	Senior Masculino	03:57:22	+01:42:15 10:19

Sub 20 Masculino

1	510	Tiago Vinhas	A.R.Sequeirô/Destemidos	Sub 20 Masculino	03:14:56	08:29
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Sub 23 Masculino

1	554	Diogo Andrade Ferreira	EDV-VIANA TRAIL	Sub 23 Masculino	02:22:21	06:11
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23 KM

OFFICIAL RESULT

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Veterana F35

Veterana F40

Veterana F45

Veterana F50

Veterana F55

Veterana F60

Veterano M35

Official Timekeeper: Lap2Go	2 / 4	generate 11-out.-2026 14:36
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23KM

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OFFICIAL RESULT

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6	536	António Mendes	Associação Desportiva Aventuras de Paiva-TugaMobile	Veterano M35	03:02:05	+52:51	07:55
7	556	Ricardo Gomes	Gang da Pedra	Veterano M35	03:03:56	+54:41	08:00
8	557	Tiago Casais	GDRJ Ribeiras	Veterano M35	03:09:27	+01:00:12	08:14
9	580	Ivan Tavares	Individual	Veterano M35	03:15:14	+01:05:59	08:29
10	613	Rui Costa	Louredo trail running	Veterano M35	03:20:09	+01:10:54	08:42
11	582	Nuno Moura	Individual	Veterano M35	03:23:09	+01:13:55	08:50
12	581	João Grilo	Individual	Veterano M35	03:23:19	+01:14:04	08:50
13	516	Marcelo Teixeira	A.R.Sequeirô/Destemidos	Veterano M35	03:33:09	+01:23:54	09:16
14	634	Filipe Teixeira	ZEBREUS	Veterano M35	03:38:48	+01:29:33	09:31
15	578	Fabio Marques	Individual	Veterano M35	03:47:15	+01:38:00	09:53
16	575	Angelo Alves	Individual	Veterano M35	03:53:17	+01:44:02	10:09
17	583	Orlando Carneiro	Individual	Veterano M35	04:04:47	+01:55:32	10:39
18	576	Bruno Santos	Individual	Veterano M35	04:48:44	+02:39:29	12:33

Veterano M40

1	528	RUI MANUEL COSTA NUNES TEIXEIRA	Amarante FC	Veterano M40	02:08:54	05:36
2	529	SAMUEL PEREIRA DA SILVA	Amarante FC	Veterano M40	02:18:20	+09:26 06:01
3	636	András Herczog	Individual	Veterano M40	02:20:38	+11:43 06:07
4	527	Miguel Ferrás	Amarante FC	Veterano M40	02:24:29	+15:34 06:17
5	537	Filipe Pinto	Associação Desportiva Aventuras de Paiva-TugaMobile	Veterano M40	02:31:43	+22:49 06:36
6	540	Adelino Moreira	Black Bull	Veterano M40	02:36:16	+27:22 06:48
7	590	Paulo Aroso	Individual	Veterano M40	02:48:07	+39:13 07:19
8	584	Bruno Pereira	Individual	Veterano M40	02:50:39	+41:45 07:25
9	517	Hugo Magalhães	A.R.Sequeirô/Destemidos	Veterano M40	02:51:48	+42:54 07:28
10	637	Sérgio Silva	Individual	Veterano M40	02:58:58	+50:03 07:47
11	588	Manuel Pereira	Individual	Veterano M40	03:10:23	+01:01:29 08:17
12	623	Flávio Oliveira	Retorta - Quinta das Arcas	Veterano M40	03:10:57	+01:02:03 08:18
13	591	Pedro Faria	Individual	Veterano M40	03:11:08	+01:02:14 08:19
14	586	David Lemos	Individual	Veterano M40	03:11:44	+01:02:50 08:20
15	589	Nelson Mourão	Individual	Veterano M40	03:24:31	+01:15:37 08:54
16	616	Wilson Sousa	Martini & 7up	Veterano M40	03:38:13	+01:29:19 09:29
17	585	Carlos Daniel Moreira da Silva Azevedo	Individual	Veterano M40	03:50:25	+01:41:31 10:01
18	630	Rui Familiar	TrepaTrilhos Trail Team	Veterano M40	03:58:22	+01:49:28 10:22

Veterano M45

1	520	Paulo Nogueira	DUELO D'OCASIÃO	Veterano M45	02:16:41	05:57
2	624	Eurico Emanuel Miranda Ferreira Moura	Retorta - Quinta das Arcas	Veterano M45	02:32:56	+16:14 06:39
3	612	Rui Almeida	Lobos da montanha	Veterano M45	02:42:35	+25:53 07:04
4	639	Orlando Rocha	EDV-VIANA TRAIL	Veterano M45	03:00:10	+43:28 07:50
5	596	Pedro Teixeira	Individual	Veterano M45	03:01:07	+44:25 07:52

Official Timekeeper: Lap2Go	3 / 4	generate 11-out.-2026 14:36
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OFFICIAL RESULT

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6	538	Carlos Moreira	Associação Desportiva Aventuras de Paiva-TugaMobile	Veterano M45	03:02:08	+45:26	07:55
7	594	João Ferreira	Individual	Veterano M45	03:06:13	+49:32	08:06
8	546	António Moreira	CF Os Belenenses	Veterano M45	03:10:40	+53:58	08:17
9	552	Fernando Sousa	DUELO D'OCASIÃO	Veterano M45	03:17:37	+01:00:55	08:36
10	595	MANUEL SALGUEIRO ALVAREZ	Individual	Veterano M45	03:23:19	+01:06:37	08:50
11	620	Emanuel Almeida	Pernas pra que vos quero	Veterano M45	03:23:23	+01:06:41	08:51
12	599	Rodrigo Oliveira	Individual	Veterano M45	03:23:45	+01:07:04	08:52
13	631	Fernando Silva	TrepaTrilhos Trail Team	Veterano M45	03:33:37	+01:16:55	09:17
14	614	Cesário Magalhães	Louredo trail running	Veterano M45	03:49:02	+01:32:20	09:57

Veterano M50

1	522	Fernando Carvalho	ADNA NÓS ACREDITAMOS	Veterano M50	02:25:24	06:19
2	617	Alfredo Moreira	Nós Cá de Casa	Veterano M50	02:36:34	+11:10 06:48
3	610	José Loureiro	Leões de Tardariz Trail	Veterano M50	02:41:07	+15:43 07:00
4	533	Pedro Carvalho	ARRASTASSOLAS	Veterano M50	03:07:29	+42:05 08:09
5	532	Luís Ribeiro	ARRASTASSOLAS	Veterano M50	03:07:30	+42:06 08:09
6	604	Nuno Figueiredo	Individual	Veterano M50	03:14:23	+48:59 08:27
7	628	Armando Machado	Trail Team Casa das Reparações	Veterano M50	03:26:57	+01:01:33 09:00
8	611	Pedro Ferreira	Leões de Tardariz Trail	Veterano M50	03:30:55	+01:05:31 09:10
9	518	Gil Vinhas	A.R.Sequeirô/Destemidos	Veterano M50	03:48:08	+01:22:44 09:55
10	601	Abilio Silva	Individual	Veterano M50	04:07:22	+01:41:57 10:45
11	605	Rui Alves	Individual	Veterano M50	04:12:01	+01:46:37 10:57
12	602	César Sousa	Individual	Veterano M50	04:34:01	+02:08:37 11:55

Veterano M55

1	548	José Dias	Costurarte	Veterano M55	02:51:13		07:27
2	608	Tozé Bessa Martins	Individual	Veterano M55	02:56:59	+05:46	07:42
3	607	JOSE MANUEL MENDES LOPES	ARCOV	Veterano M55	03:06:10	+14:56	08:06
4	519	José Azevedo	A.R.Sequeirô/Destemidos	Veterano M55	03:08:04	+16:50	08:11
5	545	Paulo Moreira	Caminhadas da Amizade	Veterano M55	03:37:30	+46:16	09:27
6	606	Henrique Silva	Individual	Veterano M55	03:52:29	+01:01:15	10:06
7	640	RICARDO JOSE MACHADO CABRAL BEIRAO	Clube Millennium BCP	Veterano M55	04:42:48	+01:51:35	12:18

Veterano M60

1	530	Abílio Mendes de Magalhães	Amarante FC	Veterano M60	02:50:56		07:26
2	521	Antonio Carlos	ADamarante Trail	Veterano M60	03:15:08	+24:12	08:29
3	609	Ferreira Jorge	Individual	Veterano M60	04:36:20	+01:45:24	12:01

23KM - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	13,9°C	65%
End	13:48	13.9°C	65%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	528	RUI MANUEL COSTA NUNES TEIXEIRA	Amarante FC	02:08:54		05:36	
2	526	PEDRO EMANUEL PEREIRA DE CASTRO	Amarante FC	02:09:14	+00:20	05:37	
3	523	CARLOS EMANUEL AZEVEDO VAZ DA SILVA	Amarante FC	02:15:06	+06:12	05:52	
4	520	Paulo Nogueira	DUELO D'OCASIÃO	02:16:41	+07:47	05:57	
5	529	SAMUEL PEREIRA DA SILVA	Amarante FC	02:18:20	+09:26	06:01	
6	567	Francisco Andrade Gonçalves	Individual	02:20:26	+11:32	06:06	
7	636	András Herczog	Individual	02:20:38	+11:44	06:07	
8	554	Diogo Andrade Ferreira	EDV-VIANA TRAIL	02:22:21	+13:27	06:11	
9	527	Miguel Ferrás	Amarante FC	02:24:29	+15:35	06:17	
10	522	Fernando Carvalho	ADNA NÓS ACREDITAMOS	02:25:24	+16:30	06:19	
11	525	cesar duarte	Amarante FC	02:30:58	+22:04	06:34	
12	537	Filipe Pinto	Associação Desportiva Aventuras de Paiva-TugaMobile	02:31:43	+22:49	06:36	
13	622	Daniel Bruno Silva	Retorta - Quinta das Arcas	02:32:55	+24:01	06:39	
14	624	Eurico Emanuel Miranda Ferreira Moura	Retorta - Quinta das Arcas	02:32:56	+24:02	06:39	
15	625	Luis Tavares	Runners do Demo	02:33:44	+24:50	06:41	
16	540	Adelino Moreira	Black Bull	02:36:16	+27:22	06:48	
17	617	Alfredo Moreira	Nós Cá de Casa	02:36:34	+27:40	06:48	
18	524	Hugo Manuel Miranda Azevedo	Amarante FC	02:37:51	+28:57	06:52	
19	509	Miguel Moreira	A.R.Sequeirô/Destemidos	02:38:54	+30:00	06:55	
20	615	Tiago Sousa	Martini & 7up	02:40:21	+31:27	06:58	
21	502	Cristiano Brás	A. D. Nós Acreditamos	02:41:01	+32:07	07:00	
22	610	José Loureiro	Leões de Tardariz Trail	02:41:07	+32:13	07:00	
23	612	Rui Almeida	Lobos da montanha	02:42:35	+33:41	07:04	
24	555	João Faria	Erdal-Vimarunners	02:45:48	+36:54	07:13	
25	621	João Pereira	Retorta - Quinta das Arcas	02:46:34	+37:40	07:15	
26	590	Paulo Aroso	Individual	02:48:07	+39:13	07:19	
27	584	Bruno Pereira	Individual	02:50:39	+41:45	07:25	
28	530	Abílio Mendes de Magalhães	Amarante FC	02:50:56	+42:02	07:26	
29	548	José Dias	Costurarte	02:51:13	+42:19	07:27	
30	517	Hugo Magalhães	A.R.Sequeirô/Destemidos	02:51:48	+42:54	07:28	
31	633	António Moreira	ZEBREUS	02:56:31	+47:37	07:40	
32	608	Tozé Bessa Martins	Individual	02:56:59	+48:05	07:42	
33	618	Daniel Soares	Pegasus OCR ProTeam	02:58:44	+49:50	07:46	
34	637	Sérgio Silva	Individual	02:58:58	+50:04	07:47	
35	639	Orlando Rocha	EDV-VIANA TRAIL	03:00:10	+51:16	07:50	
36	508	José Vinhas	A.R.Sequeirô/Destemidos	03:00:46	+51:52	07:52	
37	596	Pedro Teixeira	Individual	03:01:07	+52:13	07:52	
38	536	António Mendes	Associação Desportiva Aventuras de Paiva-TugaMobile	03:02:05	+53:11	07:55	

23KM - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
39	538	Carlos Moreira	Associação Desportiva Aventuras de Paiva-TugaMobile	03:02:08	+53:14	07:55	
40	504	Oscarina melo	A. D. Nós Acreditamos	03:02:11	+53:17	07:55	
41	556	Ricardo Gomes	Gang da Pedra	03:03:56	+55:02	08:00	
42	607	JOSE MANUEL MENDES LOPES	ARCOV	03:06:10	+57:16	08:06	
43	594	João Ferreira	Individual	03:06:13	+57:19	08:06	
44	533	Pedro Carvalho	ARRASTASSOLAS	03:07:29	+58:35	08:09	
45	532	Luís Ribeiro	ARRASTASSOLAS	03:07:30	+58:36	08:09	
46	564	Carlos Ribeiro	Individual	03:07:33	+58:39	08:09	
47	519	José Azevedo	A.R.Sequeirô/Destemidos	03:08:04	+59:10	08:11	
48	638	Rodrigo Silva	Cinfães a Correr	03:08:43	+59:49	08:12	
49	557	Tiago Casais	GDRJ Ribeiras	03:09:27	+01:00:33	08:14	
50	588	Manuel Pereira	Individual	03:10:23	+01:01:29	08:17	
51	546	António Moreira	CF Os Belenenses	03:10:40	+01:01:46	08:17	
52	623	Flávio Oliveira	Retorta - Quinta das Arcas	03:10:57	+01:02:03	08:18	
53	591	Pedro Faria	Individual	03:11:08	+01:02:14	08:19	
54	586	David Lemos	Individual	03:11:44	+01:02:50	08:20	
55	563	Alejandro Areal	Individual	03:12:00	+01:03:06	08:21	
56	543	Céu Moreira	Caminhadas da Amizade	03:14:05	+01:05:11	08:26	
57	604	Nuno Figueiredo	Individual	03:14:23	+01:05:29	08:27	
58	510	Tiago Vinhas	A.R.Sequeirô/Destemidos	03:14:56	+01:06:02	08:29	
59	521	Antonio Carlos	ADAmarante Trail	03:15:08	+01:06:14	08:29	
60	580	Ivan Tavares	Individual	03:15:14	+01:06:20	08:29	
61	506	Daniela Pontes	A.R.Sequeirô/Destemidos	03:15:58	+01:07:04	08:31	
62	552	Fernando Sousa	DUELO D'OCASIÃO	03:17:37	+01:08:43	08:36	
63	571	Ligia Alves	Individual	03:18:17	+01:09:23	08:37	
64	613	Rui Costa	Louredo trail running	03:20:09	+01:11:15	08:42	
65	551	Rosa Silva	DUELO D'OCASIÃO	03:20:15	+01:11:21	08:42	
66	582	Nuno Moura	Individual	03:23:09	+01:14:15	08:50	
67	581	João Grilo	Individual	03:23:19	+01:14:25	08:50	
68	595	MANUEL SALGUEIRO ALVAREZ	Individual	03:23:19	+01:14:25	08:50	
69	620	Emanuel Almeida	Pernas pra que vos quero	03:23:23	+01:14:29	08:51	
70	599	Rodrigo Oliveira	Individual	03:23:45	+01:14:51	08:52	
71	589	Nelson Mourão	Individual	03:24:31	+01:15:37	08:54	
72	570	Fernando Rodrigues	Individual	03:25:20	+01:16:26	08:56	
73	628	Armando Machado	Trail Team Casa das Reparações	03:26:57	+01:18:03	09:00	
74	611	Pedro Ferreira	Leões de Tardariz Trail	03:30:55	+01:22:01	09:10	
75	549	Daniel Silva	DUELO D'OCASIÃO	03:32:08	+01:23:14	09:13	
76	516	Marcelo Teixeira	A.R.Sequeirô/Destemidos	03:33:09	+01:24:15	09:16	
77	631	Fernando Silva	TrepaTrilhos Trail Team	03:33:37	+01:24:43	09:17	
78	566	Duarte Marinho	Individual	03:33:39	+01:24:45	09:17	
79	535	Sandra Silva	Associação Desportiva Aventuras de Paiva-TugaMobile	03:36:26	+01:27:32	09:25	
80	545	Paulo Moreira	Caminhadas da Amizade	03:37:30	+01:28:36	09:27	
81	616	Wilson Sousa	Martini & 7up	03:38:13	+01:29:19	09:29	
82	634	Filipe Teixeira	ZEBREUS	03:38:48	+01:29:54	09:31	
83	550	Ester Rocha	DUELO D'OCASIÃO	03:42:30	+01:33:36	09:40	

23KM - STAGE 1

23 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
84	542	Cristiana Seabra	Caminhadas da Amizade	03:43:03	+01:34:09	09:42	
85	578	Fabio Marques	Individual	03:47:15	+01:38:21	09:53	
86	518	Gil Vinhas	A.R.Sequeirô/Destemidos	03:48:08	+01:39:14	09:55	
87	514	Maria Vinhas	A.R.Sequeirô/Destemidos	03:48:09	+01:39:15	09:55	
88	614	Cesário Magalhães	Louredo trail running	03:49:02	+01:40:08	09:57	
89	585	Carlos Daniel Moreira da Silva Azevedo	Individual	03:50:25	+01:41:31	10:01	
90	553	Fábio Sousa	EDV-VIANA TRAIL	03:50:44	+01:41:50	10:02	
91	627	Milita Andrade	Tog Associação Running Team	03:51:58	+01:43:04	10:05	
92	606	Henrique Silva	Individual	03:52:29	+01:43:35	10:06	
93	569	Pedro Ferreira	Individual	03:53:00	+01:44:06	10:08	
94	575	Angelo Alves	Individual	03:53:17	+01:44:23	10:09	
95	505	Rosa Ferreira	A. D. Nós Acreditamos	03:53:26	+01:44:32	10:09	
96	568	Miguel Leal	Individual	03:55:29	+01:46:35	10:14	
97	565	David Pinheiro	Individual	03:57:22	+01:48:28	10:19	
98	573	Sandra Ferreira	Individual	03:58:22	+01:49:28	10:22	
99	630	Rui Familiar	TrepaTrilhos Trail Team	03:58:22	+01:49:28	10:22	
100	583	Orlando Carneiro	Individual	04:04:47	+01:55:53	10:39	
101	601	Abilio Silva	Individual	04:07:22	+01:58:28	10:45	
102	559	Ana Oliveira	Individual	04:11:50	+02:02:56	10:57	
103	605	Rui Alves	Individual	04:12:01	+02:03:07	10:57	
104	558	Ana Filipa Barbosa da Silva	Individual	04:15:12	+02:06:18	11:06	
105	561	Mariana Lourenço	Individual	04:15:13	+02:06:19	11:06	
106	544	Camila Manso	Caminhadas da Amizade	04:23:34	+02:14:40	11:28	
107	574	Paula Cristina Oliveira Silva	Individual	04:28:03	+02:19:09	11:39	
108	507	Sara Carvalho	A.R.Sequeirô/Destemidos	04:29:17	+02:20:23	11:42	
109	511	Ângela Abreu	A.R.Sequeirô/Destemidos	04:29:18	+02:20:24	11:43	
110	560	Ana Vinhas	Individual	04:31:06	+02:22:12	11:47	
111	602	César Sousa	Individual	04:34:01	+02:25:07	11:55	
112	609	Ferreira Jorge	Individual	04:36:20	+02:27:26	12:01	
113	640	RICARDO JOSE MACHADO CABRAL BEIRAO	Clube Millennium BCP	04:42:48	+02:33:54	12:18	
114	576	Bruno Santos	Individual	04:48:44	+02:39:50	12:33	

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Official Timekeeper: Lap2Go	1 / 1	generate 11-out.-2026 14:36
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13KM - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	13,8°C	72%
End	12:23	13,8°C	72%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1058	António Nogueira	DUELO D'OCASIÃO	01:01:31		04:44	
2	1047	Bruno Pinheiro	Dá-Lhe Gás Trail Team	01:04:20	+02:49	04:57	
3	1181	Isidro Pinto	Individual	01:05:07	+03:36	05:01	
4	1042	Eduardo Rocha	Cinfães a Correr	01:05:26	+03:55	05:02	
5	1097	João Pedro Da Silva Pinto	Individual	01:06:01	+04:30	05:05	
6	1278	Luis Gil	Clube de Futebol de Oliveira do Douro	01:08:19	+06:48	05:15	
7	1050	Vítor Araújo	Dá-Lhe Gás Trail Team	01:08:32	+07:01	05:16	
8	1051	Paulo Silva	Dá-Lhe Gás Trail Team	01:08:45	+07:14	05:17	
9	1296	Cláudio Silva	opraticante.pt	01:08:51	+07:20	05:18	
10	1054	Flávio Correia	DUELO D'OCASIÃO	01:09:08	+07:37	05:19	
11	1108	Rafael Gomes	Individual	01:09:35	+08:04	05:21	
12	1099	João Rafael	Individual	01:09:40	+08:09	05:22	
13	1092	Fernando Costa	Individual	01:10:35	+09:04	05:26	
14	1298	Eduardo Ferreira	opraticante.pt	01:10:36	+09:05	05:26	
15	1057	Vítor Pereira	DUELO D'OCASIÃO	01:10:38	+09:07	05:26	
16	1213	Alcino Moreira	Individual	01:10:45	+09:14	05:27	
17	1101	Luis Almeida	Individual	01:11:14	+09:43	05:29	
18	1016	Fernando Mota	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	01:11:29	+09:58	05:30	
19	1346	Ricardo Costa	Zégama	01:12:28	+10:57	05:34	
20	1217	Antonio Marinho	Individual	01:12:52	+11:21	05:36	
21	1310	Ricardo Oliveira	Ricardo Oliveira	01:13:31	+12:00	05:39	
22	1169	Manuel Bessa	Individual	01:14:08	+12:37	05:42	
23	1060	João Brito	DUELO D'OCASIÃO	01:15:08	+13:37	05:47	
24	1156	André Silva	Individual	01:15:51	+14:20	05:50	
25	1033	Telmo Pereira	Black Bull	01:15:55	+14:24	05:50	
26	1337	Ricardo Pinto	Individual	01:16:01	+14:30	05:51	
27	1210	Pedro Ribeiro	Individual	01:16:14	+14:43	05:52	
28	541	Pedro Nogueira	BREAL	01:16:19	+14:48	05:52	
29	1216	António Coelho	Individual	01:16:23	+14:52	05:53	
30	1275	Nuno sousa	Lousada Trilhos	01:16:36	+15:05	05:54	
31	1273	Bruno ribeiro	Lousada Trilhos	01:16:37	+15:06	05:54	
32	1191	Teixeira Filipe	Individual	01:16:52	+15:21	05:55	
33	1187	Oscar Rodrigues	Individual	01:17:04	+15:33	05:56	
34	1231	Paulo Machado	Individual	01:17:07	+15:36	05:56	
35	1297	Sérgio Sousa	opraticante.pt	01:17:38	+16:07	05:58	
36	1208	Nuno Lemos	Individual	01:18:20	+16:49	06:02	
37	1175	André Leite	Individual	01:19:18	+17:47	06:06	
38	1349	Paulo Carvalho	Individual	01:19:35	+18:04	06:07	
39	1182	Ivo Pereira	Fátima Trail Team	01:19:51	+18:20	06:09	
40	1347	Rui Orlando Neto	Individual	01:20:02	+18:31	06:09	
41	1282	Jorge Moreira	M.M.S	01:20:05	+18:34	06:10	
42	1041	Luis Barbosa	Caminhadas da Amizade	01:20:12	+18:41	06:10	

13KM - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1257	João Vieira	Lá vamos nós!	01:20:39	+19:08	06:12	
44	1221	Daniel Silva	Individual	01:21:09	+19:38	06:15	
45	1055	Jorge Correia	DUELO D'OCASIÃO	01:21:09	+19:38	06:15	
46	1209	Pedro Fonseca	Individual	01:21:13	+19:42	06:15	
47	1052	Francelino Resende	Dragões de Mozelos	01:21:50	+20:19	06:18	
48	1174	Vitor Manuel Ribeiro Pinheiro	A.D. AMARANTE	01:22:33	+21:02	06:21	
49	1268	Fernando Machado	Louredo trail running	01:22:41	+21:10	06:22	
50	1341	Diogo Neto	CSRDC Santiago	01:22:49	+21:18	06:22	
51	1076	Pedro Fonseca	GDRJ Ribeiras	01:22:50	+21:19	06:22	
52	1096	Ismael Manuel Jesus de Almeida	Individual	01:22:51	+21:20	06:22	
53	1065	Jorge Beliago	Escola Atletismo da Trofa	01:22:56	+21:25	06:23	
54	1248	João Jorge Pereira de Almeida	Individual	01:23:05	+21:34	06:23	
55	1073	Jaime Silva	Frezitrofa	01:23:08	+21:37	06:24	
56	1291	Portela bianchi	MSS Grupo Desportivo de Gondomar	01:23:14	+21:43	06:24	
57	1176	Augusto Fernandes	Individual	01:23:35	+22:04	06:26	
58	1254	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	01:23:39	+22:08	06:26	
59	1136	Rosana Vasconcelos	Individual	01:24:03	+22:32	06:28	
60	1006	Francisco Lemos	A. D. Nós Acreditamos	01:24:05	+22:34	06:28	
61	1166	Leandro sousa	Individual	01:24:28	+22:57	06:30	
62	1293	Pedro Carvalho	Nhados	01:24:41	+23:10	06:31	
63	1322	Vitor Dias	sunday workout	01:25:21	+23:50	06:34	
64	1207	Nuno Almeida	Individual	01:25:35	+24:04	06:35	
65	1056	Rui Fernandes	DUELO D'OCASIÃO	01:25:42	+24:11	06:36	
66	1292	Ricardo Teixeira	Nhados	01:25:44	+24:13	06:36	
67	1162	Fábio Freitas	Individual	01:25:53	+24:22	06:36	
68	1025	José Luís Teixeira	Black Bull	01:26:02	+24:31	06:37	
69	1031	Cláudio Pinto	Black Bull	01:26:02	+24:31	06:37	
70	1004	Davide Freitas	A. D. Nós Acreditamos	01:26:17	+24:46	06:38	
71	1009	Rui Vieira	AD Marco 09	01:26:18	+24:47	06:38	
72	1144	Mónica Rodrigues	Individual	01:26:19	+24:48	06:38	
73	1113	Sérgio Martins	Individual	01:26:30	+24:59	06:39	
74	1118	Gonçalo Gonçalves	Individual	01:26:32	+25:01	06:39	
75	1064	Rafael Duarte	Energy Run	01:26:36	+25:05	06:40	
76	1246	Aurélio Vieira	Individual	01:26:57	+25:26	06:41	
77	1184	Luis Miguel Ferreira Neves	Individual	01:27:05	+25:34	06:42	
78	1320	Sara Eiró	Sport Comércio e Salgueiros	01:27:11	+25:40	06:42	
79	1188	Pedro Ferreira	Individual	01:27:19	+25:48	06:43	
80	1238	António Matos	Individual	01:27:30	+25:59	06:44	
81	1154	Abel Rodrigues	Individual	01:27:35	+26:04	06:44	
82	1036	Jorge Carvalho	Bustelo no Trilho	01:27:41	+26:10	06:45	
83	1342	Francisco Silva	Individual	01:27:47	+26:16	06:45	
84	1134	Helena Vieira	Individual	01:28:02	+26:31	06:46	
85	1198	Francisco Batista	Individual	01:28:04	+26:33	06:46	
86	1294	Guilherme Correia	NOCTURNOS DE PAREDES	01:28:05	+26:34	06:47	
87	1179	Helder Mendes	Individual	01:28:13	+26:42	06:47	
88	1348	Jose Lopes	Individual	01:28:30	+26:59	06:48	

13KM - STAGE 1

13 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	1066	Joel Marques	FAST AO KM	01:28:32	+27:01	06:49	
90	1251	José Morais	Individual	01:28:49	+27:18	06:50	
91	1080	Francisco Batista	Individual	01:29:07	+27:36	06:51	
92	1202	Jose Augusto Mendes Rosendo	Individual	01:29:11	+27:40	06:52	
93	1020	Paulo inverneiro	Associação Desportiva Aventuras de Paiva-TugaMobile	01:29:14	+27:43	06:52	
94	1044	Joaquim Pereira	Clube futebol Oliveira douro	01:29:22	+27:51	06:52	
95	1234	Rui Magalhães	Individual	01:29:39	+28:08	06:54	
96	1344	Joao Sousa	Trail Team Casa das Reparações	01:29:44	+28:13	06:54	
97	1046	Maria Sousa	Costurarte	01:29:47	+28:16	06:54	
98	1277	Miro sousa	Lousada Trilhos	01:29:56	+28:25	06:55	
99	1261	Maria Jesus	Leões de Tardariz Trail	01:30:00	+28:29	06:55	
100	1351	Tiago Ramos	Individual	01:30:00	+28:29	06:55	
101	1224	Francisco Nunes	Individual	01:30:02	+28:31	06:56	
102	1115	TIAGO MIGUEL DE SOUSA ROCHA	Individual	01:30:42	+29:11	06:59	
103	1267	José Freitas	Lobos da montanha	01:31:28	+29:57	07:02	
104	1243	José da Rocha Rodrigues	Individual	01:31:38	+30:07	07:03	
105	1100	Jorge Berardo	Individual	01:31:49	+30:18	07:04	
106	1008	Vera Tomé	Academia de Desportos de Condeixa	01:31:49	+30:18	07:04	
107	1163	Joaquim Silva	Individual	01:31:59	+30:28	07:05	
108	1189	Ricardo Vaz	Individual	01:32:02	+30:31	07:05	
109	1087	Bruno Almeida	Individual	01:32:07	+30:36	07:05	
110	1333	Tiago João Gonçalves Serrano	Tontos Team	01:32:15	+30:44	07:06	
111	1133	Cláudia da Silva Pereira	Individual	01:32:44	+31:13	07:08	
112	1024	Antonio Couto	Baltar Runners	01:32:46	+31:15	07:08	
113	1262	Lá Salete Martins	Leões de Tardariz Trail	01:32:51	+31:20	07:09	
114	1253	Maximiano Rodrigues	Individual	01:32:59	+31:28	07:09	
115	1352	Nelson Teixeira	Individual	01:33:20	+31:49	07:11	
116	1340	Hugo Neto	CSRDC Santiago	01:33:53	+32:22	07:13	
117	1085	Patrícia Sales	Individual	01:34:03	+32:32	07:14	
118	1252	José Santos	Individual	01:34:12	+32:41	07:15	
119	1091	Fábio Ferraz	Individual	01:34:28	+32:57	07:16	
120	1200	Isidro Ribeiro	Individual	01:34:32	+33:01	07:16	
121	1274	Frederico silva	Lousada Trilhos	01:34:35	+33:04	07:17	
122	1185	Nuno André Da Rocha Ferreira	Individual	01:34:39	+33:08	07:17	
123	1161	Élio Tomás	Individual	01:34:43	+33:12	07:17	
124	1197	Filipe Abreu	Individual	01:34:46	+33:15	07:17	
125	1049	Cátia Leal	Dá-Lhe Gás Trail Team	01:35:00	+33:29	07:18	
126	1048	João Leal	Dá-Lhe Gás Trail Team	01:35:01	+33:30	07:19	
127	1321	Inês Seabra	sunday workout	01:35:27	+33:56	07:21	
128	1289	Patrício Ribeiro	Martini & Up	01:35:34	+34:03	07:21	
129	1288	Luís Carlos Pereira	Martini & Up	01:35:37	+34:06	07:21	
130	1225	helder ribeiro	Individual	01:35:48	+34:17	07:22	
131	1139	Szakacs Katalin	Individual	01:35:50	+34:19	07:22	
132	1063	Eduardo Pinto	Energy Run	01:35:54	+34:23	07:23	
133	1067	Diogo Moreira	FDM running	01:36:31	+35:00	07:25	

13KM - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
134	1167	Luís Fernando Júnior	Individual	01:36:33	+35:02	07:26	
135	1153	Carmo Marinho	Individual	01:36:34	+35:03	07:26	
136	1230	Manuel Morais	Individual	01:36:44	+35:13	07:26	
137	1040	Alice Sousa	Caça raposas	01:36:57	+35:26	07:27	
138	1015	Rosa Maria Queirós Vilas Boas Saldanha	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	01:37:02	+35:31	07:28	
139	1265	Dário Jordão	Lobos da montanha	01:37:06	+35:35	07:28	
140	1258	Hélder Gonçalves	Lá vamos nós!	01:37:13	+35:42	07:29	
141	1088	Bruno Libério Moreira Matias	Individual	01:37:17	+35:46	07:29	
142	1232	Paulo Manuel Teixeira Marinho	Individual	01:37:29	+35:58	07:30	
143	1204	Luís Miguel Duarte Moreira	Individual	01:37:30	+35:59	07:30	
144	1317	Hugo Costa	Serviços Socias Montepio	01:37:33	+36:02	07:30	
145	1143	Sónia Moreira	Individual	01:37:38	+36:07	07:31	
146	1003	Pedro Vieira	A. D. AMARANTE	01:37:56	+36:25	07:32	
147	1192	Tiago leão	Individual	01:38:40	+37:09	07:35	
148	1345	Tomas Soares	CD Feirense	01:38:40	+37:09	07:35	
149	1019	Nuno Fatria	Associação Desportiva Aventuras de Paiva-TugaMobile	01:38:43	+37:12	07:36	
150	1196	Fernando Rodrigues	Individual	01:39:03	+37:32	07:37	
151	1173	Rui Brandão	Individual	01:39:12	+37:41	07:38	
152	1211	Sérgio Sousa	Individual	01:39:13	+37:42	07:38	
153	1266	Orlando Pereira	Lobos da montanha	01:39:31	+38:00	07:39	
154	1045	MARIO RUI SANTANA DA ROCHA FERREIRA	Clube Millennium BCP	01:39:42	+38:11	07:40	
155	1177	Bruno Barbosa	Individual	01:40:03	+38:32	07:42	
156	1007	Sílvia Mendes	A.R.Sequeirô/Destemidos	01:40:06	+38:35	07:42	
157	1090	Diogo Costa	Individual	01:40:26	+38:55	07:44	
158	1312	daniel serralva	Running Mozelos	01:40:27	+38:56	07:44	
159	1236	Alberto Barros	Individual	01:40:35	+39:04	07:44	
160	1164	José bessa	Individual	01:40:41	+39:10	07:45	
161	1027	Cláudia Pinto	Black Bull	01:40:42	+39:11	07:45	
162	1227	José Neto	Individual	01:41:05	+39:34	07:47	
163	1245	Sergio cunha	Individual	01:41:14	+39:43	07:47	
164	1235	Vitor Cruz Nelo	Individual	01:41:48	+40:17	07:50	
165	1170	Paulo Lopes	Individual	01:41:57	+40:26	07:51	
166	1263	Américo Martins	Leões de Tardariz Trail	01:42:06	+40:35	07:51	
167	1160	Davide Andrade Vieira	Individual	01:42:13	+40:42	07:52	
168	1272	Paula sousa	Lousada Trilhos	01:42:18	+40:47	07:52	
169	1300	Alexandre Pereira	OS GUARDIÕES	01:42:21	+40:50	07:52	
170	1299	Carla Sampaio	OS GUARDIÕES	01:42:21	+40:50	07:52	
171	1301	Luis Paulo	OS GUARDIÕES	01:42:22	+40:51	07:52	
172	1334	Vitor Moreira	Trio todo-o-terreno	01:42:25	+40:54	07:53	
173	1212	Viriato Mendes	Individual	01:42:35	+41:04	07:53	
174	1068	José Silva	FDM running	01:42:41	+41:10	07:54	
175	1029	Sandra Teixeira	Black Bull	01:43:02	+41:31	07:56	
176	1078	Fernando Silva	Grupo Corrida de Argoncilhe	01:43:25	+41:54	07:57	
177	1117	Francisco José Nunes Dias	Individual	01:43:45	+42:14	07:59	

13KM - STAGE 1

13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
178	1157	Artur Ferreira	Individual	01:44:13	+42:42	08:01	
179	1021	Diogo Sousa	Atletas da preguiça	01:44:48	+43:17	08:04	
180	1330	Sérgio Moreira	Termobrasa_Runners	01:44:56	+43:25	08:04	
181	1186	Nuno Pereira	Individual	01:45:27	+43:56	08:07	
182	1111	Ricardo Maia	Individual	01:45:49	+44:18	08:08	
183	1107	Pedro Torres	Individual	01:45:49	+44:18	08:08	
184	1194	Duarte Malheiro	Individual	01:46:06	+44:35	08:10	
185	1305	Joaquim Santos	Os Remendados	01:46:17	+44:46	08:11	
186	1319	José Nuno Costa	Serviços Socias Montepio	01:46:19	+44:48	08:11	
187	1318	Júlio Santos	Serviços Socias Montepio	01:46:20	+44:49	08:11	
188	1062	Filipa Moreira	Energy Run	01:46:22	+44:51	08:11	
189	1233	Pedro Silva	Individual	01:46:36	+45:05	08:12	
190	1069	ricardo coelho	FDM running	01:47:30	+45:59	08:16	
191	1125	edna oliveira	Individual	01:47:42	+46:11	08:17	
192	1119	Aline Santana D'Ávila	Individual	01:47:43	+46:12	08:17	
193	1339	Rui Silva	Lousada Trilhos	01:47:44	+46:13	08:17	
194	1168	Luís Pereira	Individual	01:47:48	+46:17	08:18	
195	1327	Hugo Duarte	Termobrasa_Runners	01:47:50	+46:19	08:18	
196	1323	Fábio Vieira	Tartarugas Todo o Terreno	01:48:24	+46:53	08:20	
197	1308	Martinho Ferraz	Pés de Chumbo	01:48:25	+46:54	08:20	
198	1314	Clara Pacheco	Serviços Socias Montepio	01:48:41	+47:10	08:22	
199	1316	Agostinho Pacheco	Serviços Socias Montepio	01:48:42	+47:11	08:22	
200	1350	Cristina Carvalho	Individual	01:48:51	+47:20	08:22	
201	1082	Beatriz Carvalhas	Individual	01:48:57	+47:26	08:23	
202	1247	Belmiro Barros	Individual	01:49:08	+47:37	08:24	
203	1104	Miguel Ângelo	Individual	01:49:35	+48:04	08:26	
204	1158	Bruno Barbosa	Individual	01:49:36	+48:05	08:26	
205	1195	Duarte Pires	Individual	01:49:43	+48:12	08:26	
206	1270	Fatima cruz	Lousada Trilhos	01:49:51	+48:20	08:27	
207	1271	Elisabete cruz	Lousada Trilhos	01:49:51	+48:20	08:27	
208	1059	Albino Monteiro Fernandes	DUELO D'OCASIÃO	01:50:01	+48:30	08:28	
209	1260	Ana Patrícia	Leões de Tardariz Trail	01:50:13	+48:42	08:29	
210	1280	Luis Ribeiro	FierTeam	01:50:23	+48:52	08:29	
211	1171	Pedro Gomes	Individual	01:50:25	+48:54	08:30	
212	1250	Jose coelho	Individual	01:50:51	+49:20	08:32	
213	1155	André Silva	Individual	01:50:57	+49:26	08:32	
214	1094	Filipe Barros	Individual	01:51:00	+49:29	08:32	
215	1172	Ricardo Sousa	Individual	01:52:02	+50:31	08:37	
216	1089	Carlos Miguel Silva Tavares	Individual	01:52:11	+50:40	08:38	
217	1276	Pedro silva	Lousada Trilhos	01:52:22	+50:51	08:39	
218	1112	Rui AraUJO	Individual	01:52:25	+50:54	08:39	
219	1214	Aníbal Freitas	Individual	01:52:27	+50:56	08:39	
220	1121	Cátia Andrade	Individual	01:52:33	+51:02	08:39	
221	1140	Lara Marinho	Individual	01:52:37	+51:06	08:40	
222	1028	Joana Rocha	Black Bull	01:53:00	+51:29	08:42	
223	1145	Salete Maria Mendes Soares	Individual	01:53:09	+51:38	08:42	

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	1240	Fernando António Pacheco da Rocha	Individual	01:53:10	+51:39	08:42	
225	1105	Nuno Carvalho	Individual	01:54:22	+52:51	08:48	
226	1103	Marco sousa	Individual	01:54:40	+53:09	08:49	
227	1109	Ricardo Dias	Individual	01:55:37	+54:06	08:54	
228	1241	Jorge Dias	Individual	01:55:37	+54:06	08:54	
229	1098	joao pinto	Individual	01:55:39	+54:08	08:54	
230	1255	Célia Sousa	Lá vamos nós!	01:55:48	+54:17	08:54	
231	1264	Marcelo Pereira	Lobos da montanha	01:55:55	+54:24	08:55	
232	1256	Maria Sousa	Lá vamos nós!	01:56:01	+54:30	08:55	
233	1199	Hélder Correia	Individual	01:56:52	+55:21	08:59	
234	1035	Lucília Pereira	Bustelo no Trilho	01:57:34	+56:03	09:03	
235	1303	Rómulo Maia	Os Inseparáveis	01:57:35	+56:04	09:03	
236	1302	Catarina Faria	Os Inseparáveis	01:57:35	+56:04	09:03	
237	1149	Claudia Ribeiro	Individual	01:57:40	+56:09	09:03	
238	1279	Isabel Coelho	FierTeam	01:57:40	+56:09	09:03	
239	1244	Josué Loureiro	Individual	01:57:55	+56:24	09:04	
240	1120	Ana Marques	Individual	02:00:01	+58:30	09:14	
241	1228	Luís Filipe	Individual	02:00:08	+58:37	09:14	
242	1116	Íris Costa	Individual	02:00:18	+58:47	09:15	
243	1237	ALCIDIO FIGUEIREDO	Individual	02:00:28	+58:57	09:16	
244	1126	Joana Duarte	Individual	02:00:42	+59:11	09:17	
245	1229	Luis Ribeiro	Individual	02:02:51	+01:01:20	09:27	
246	1102	Luis Fonseca	Individual	02:02:59	+01:01:28	09:28	
247	1005	João Teixeira	A. D. Nós Acreditamos	02:03:00	+01:01:29	09:28	
248	1329	Pedro Pinto	Termobrasa_Runners	02:03:04	+01:01:33	09:28	
249	1328	Rui Moita	Termobrasa_Runners	02:03:05	+01:01:34	09:28	
250	1018	Helena Cunha	ARRASTASSOLAS	02:03:15	+01:01:44	09:29	
251	1206	Mário Santos	Individual	02:03:15	+01:01:44	09:29	
252	1011	Juliana Sousa	ADR "O Relâmpago"	02:03:26	+01:01:55	09:30	
253	1074	César Moreira	Gang da Pedra	02:03:39	+01:02:08	09:31	
254	1193	Antonio Pereira	Individual	02:03:42	+01:02:11	09:31	
255	1201	Jorge Monteiro	Individual	02:04:24	+01:02:53	09:34	
256	1338	Rui Silva	Valongo trail team	02:04:57	+01:03:26	09:37	
257	1335	Mónica Carvalho	Valongo trail team	02:04:58	+01:03:27	09:37	
258	1304	Pedro Pereira	Os Remendados	02:05:29	+01:03:58	09:39	
259	1012	Rúben Feliciano	ADR "O Relâmpago"	02:06:18	+01:04:47	09:43	
260	1249	João Santana	Individual	02:08:04	+01:06:33	09:51	
261	1315	Paulo Lopes	Serviços Socias Montepio	02:08:33	+01:07:02	09:53	
262	1017	José Cerdeira	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	02:08:34	+01:07:03	09:53	
263	1259	CLÁUDIA RAQUEL MARTINS FERREIRA	Leões de Tardariz Trail	02:09:25	+01:07:54	09:57	
264	1070	Sérgio Rodrigues	FIDELIDADE GDC	02:10:38	+01:09:07	10:03	
265	1215	Antonio Aurelio	Individual	02:11:21	+01:09:50	10:06	
266	1151	Maria Peixoto	Individual	02:11:21	+01:09:50	10:06	
267	1311	Diana Resende	Running Mozelos	02:13:13	+01:11:42	10:15	
268	1084	Joana Pinto	Individual	02:15:39	+01:14:08	10:26	

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13 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
269	1285	Cláudia Correia	Martini & 7up	02:16:51	+01:15:20	10:32	
270	1284	Sandrine Dias	Martini & 7up	02:16:51	+01:15:20	10:32	
271	1286	Marlene Pinto	Martini & 7up	02:16:51	+01:15:20	10:32	
272	1146	Susana Duarte	Individual	02:17:22	+01:15:51	10:34	
273	1130	Vânia Patrícia Ferreira	Individual	02:17:59	+01:16:28	10:37	
274	1183	Leonel Fernandes	Individual	02:18:53	+01:17:22	10:41	
275	1122	Cátia Santos	Individual	02:18:54	+01:17:23	10:41	
276	1336	Cristina Coelho	WOLVES	02:24:26	+01:22:55	11:07	
277	1142	Sandra Rodrigues	WOLVES	02:24:26	+01:22:55	11:07	
278	1295	Manuel Jorge	NuSofáÉkéBom	02:24:32	+01:23:01	11:07	
279	1147	Susana Leal	Individual	02:26:01	+01:24:30	11:14	
280	1306	Sandra Gomes	Os Tresloucados	02:28:54	+01:27:23	11:27	
281	1131	Ana Rocha	Individual	02:37:13	+01:35:42	12:06	
282	1150	manuela dias	Individual	02:41:25	+01:39:54	12:25	
283	1135	Maria José Pereira dos Santos	Individual	02:41:26	+01:39:55	12:25	
284	1093	Filipe António da Silva Teixeira Teixeirae	Individual	02:45:58	+01:44:27	12:46	
285	1332	Manuel Rodrigues	Tog Associação Running Team	02:46:23	+01:44:52	12:48	
286	1331	Liliana Rodrigues	Tog Associação Running Team	02:46:24	+01:44:53	12:48	
287	1128	Sara Neto	Individual	02:49:18	+01:47:47	13:01	
288	1081	Ana Carvalho	Individual	02:49:19	+01:47:48	13:01	
289	1124	Cristiana Leal	Individual	02:49:19	+01:47:48	13:01	

13KM

13 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	13,8°C	72%
End	12:23	13,8°C	72%

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

1	1341	Diogo Neto	CSRDC Santiago	Juvenil Masculino	01:22:49	06:22:49
2	1342	Francisco Silva	Individual	Juvenil Masculino	01:27:47	+04:58 06:45:47
3	1294	Guilherme Correia	NOCTURNOS DE PAREDES	Juvenil Masculino	01:28:05	+05:15 06:47:20
4	1080	Francisco Batista	Individual	Juvenil Masculino	01:29:07	+06:17 06:51:27
5	1264	Marcelo Pereira	Lobos da montanha	Juvenil Masculino	01:55:55	+33:06 08:55:01

Senior Feminino

1	1085	Patrícia Sales	Individual	Senior Feminino	01:34:03	07:14
2	1062	Filipa Moreira	Energy Run	Senior Feminino	01:46:22	+12:19 08:11
3	1082	Beatriz Carvalhas	Individual	Senior Feminino	01:48:57	+14:54 08:23
4	1302	Catarina Faria	Os Inseparáveis	Senior Feminino	01:57:35	+23:32 09:03
5	1311	Diana Resende	Running Mozelos	Senior Feminino	02:13:13	+39:10 10:15
6	1084	Joana Pinto	Individual	Senior Feminino	02:15:39	+41:35 10:26
7	1306	Sandra Gomes	Os Tresloucados	Senior Feminino	02:28:54	+54:51 11:27
8	1331	Liliana Rodrigues	Tog Associação Running Team	Senior Feminino	02:46:24	+01:12:21 12:48
9	1081	Ana Carvalho	Individual	Senior Feminino	02:49:19	+01:15:15 13:01

Senior Masculino

1	1047	Bruno Pinheiro	Dá-Lhe Gás Trail Team	Senior Masculino	01:04:20	04:57
2	1042	Eduardo Rocha	Cinfães a Correr	Senior Masculino	01:05:26	+01:05 05:02
3	1097	João Pedro Da Silva Pinto	Individual	Senior Masculino	01:06:01	+01:41 05:05
4	1054	Flávio Correia	DUELO D'OCASIÃO	Senior Masculino	01:09:08	+04:48 05:19
5	1108	Rafael Gomes	Individual	Senior Masculino	01:09:35	+05:14 05:21
6	1099	João Rafael	Individual	Senior Masculino	01:09:40	+05:20 05:22
7	1092	Fernando Costa	Individual	Senior Masculino	01:10:35	+06:15 05:26
8	1101	Luis Almeida	Individual	Senior Masculino	01:11:14	+06:53 05:29
9	1055	Jorge Correia	DUELO D'OCASIÃO	Senior Masculino	01:21:09	+16:48 06:15
10	1096	Ismael Manuel Jesus de Almeida	Individual	Senior Masculino	01:22:51	+18:31 06:22
11	1065	Jorge Beliago	Escola Atletismo da Trofa	Senior Masculino	01:22:56	+18:36 06:23
12	1292	Ricardo Teixeira	Nhados	Senior Masculino	01:25:44	+21:23 06:36
13	1025	José Luís Teixeira	Black Bull	Senior Masculino	01:26:02	+21:41 06:37
14	1004	Davide Freitas	A. D. Nós Acreditamos	Senior Masculino	01:26:17	+21:56 06:38
15	1113	Sérgio Martins	Individual	Senior Masculino	01:26:30	+22:09 06:39
16	1064	Rafael Duarte	Energy Run	Senior Masculino	01:26:36	+22:15 06:40
17	1115	TIAGO MIGUEL DE SOUSA ROCHA	Individual	Senior Masculino	01:30:42	+26:22 06:59
18	1100	Jorge Berardo	Individual	Senior Masculino	01:31:49	+27:28 07:04

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13KM

13 KM

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19	1087	Bruno Almeida	Individual	Senior Masculino	01:32:07	+27:47	07:05
20	1091	Fábio Ferraz	Individual	Senior Masculino	01:34:28	+30:07	07:16
21	1048	João Leal	Dá-Lhe Gás Trail Team	Senior Masculino	01:35:01	+30:40	07:19
22	1288	Luís Carlos Pereira	Martini & Up	Senior Masculino	01:35:37	+31:17	07:21
23	1063	Eduardo Pinto	Energy Run	Senior Masculino	01:35:54	+31:34	07:23
24	1088	Bruno Libério Moreira Matias	Individual	Senior Masculino	01:37:17	+32:57	07:29
25	1045	MARIO RUI SANTANA DA ROCHA FERREIRA	Clube Millennium BCP	Senior Masculino	01:39:42	+35:21	07:40
26	1090	Diogo Costa	Individual	Senior Masculino	01:40:26	+36:06	07:44
27	1312	daniel serralva	Running Mozelos	Senior Masculino	01:40:27	+36:06	07:44
28	1111	Ricardo Maia	Individual	Senior Masculino	01:45:49	+41:28	08:08
29	1107	Pedro Torres	Individual	Senior Masculino	01:45:49	+41:28	08:08
30	1339	Rui Silva	Lousada Trilhos	Senior Masculino	01:47:44	+43:23	08:17
31	1327	Hugo Duarte	Termobrasa_Runners	Senior Masculino	01:47:50	+43:30	08:18
32	1323	Fábio Vieira	Tartarugas Todo o Terreno	Senior Masculino	01:48:24	+44:04	08:20
33	1104	Miguel Ângelo	Individual	Senior Masculino	01:49:35	+45:15	08:26
34	1094	Filipe Barros	Individual	Senior Masculino	01:51:00	+46:39	08:32
35	1089	Carlos Miguel Silva Tavares	Individual	Senior Masculino	01:52:11	+47:51	08:38
36	1112	Rui AraUJO	Individual	Senior Masculino	01:52:25	+48:05	08:39
37	1105	Nuno Carvalho	Individual	Senior Masculino	01:54:22	+50:02	08:48
38	1103	Marco sousa	Individual	Senior Masculino	01:54:40	+50:20	08:49
39	1109	Ricardo Dias	Individual	Senior Masculino	01:55:37	+51:16	08:54
40	1098	joao pinto	Individual	Senior Masculino	01:55:39	+51:18	08:54
41	1102	Luis Fonseca	Individual	Senior Masculino	02:02:59	+58:38	09:28
42	1093	Filipe António da Silva Teixeira Teixeira	Individual	Senior Masculino	02:45:58	+01:41:38	12:46

Sub 23 Feminino

1	1116	Íris Costa	Individual	Sub 23 Feminino	02:00:18	09:15
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Sub 23 Masculino

1	1118	Gonalo Gonalves	Individual	Sub 23 Masculino	01:26:32	06:39
2	1265	Drio Jordo	Lobos da montanha	Sub 23 Masculino	01:37:06	+10:33 07:28
3	1345	Tomas Soares	CD Feirense	Sub 23 Masculino	01:38:40	+12:08 07:35
4	1117	Francisco Jos Nunes Dias	Individual	Sub 23 Masculino	01:43:45	+17:12 07:59

Veterana F35

1	1049	Cátia Leal	Dá-Lhe Gás Trail Team	Veterana F35	01:35:00	07:18
2	1125	edna oliveira	Individual	Veterana F35	01:47:42	+12:42 08:17
3	1119	Aline Santana D'Ávila	Individual	Veterana F35	01:47:43	+12:42 08:17
4	1121	Cátia Andrade	Individual	Veterana F35	01:52:33	+17:33 08:39
5	1255	Célia Sousa	Lá vamos nós!	Veterana F35	01:55:48	+20:48 08:54
6	1120	Ana Marques	Individual	Veterana F35	02:00:01	+25:01 09:14

13KM

13 KM

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7	1126	Joana Duarte	Individual	Veterana F35	02:00:42	+25:42	09:17
8	1259	CLÁUDIA RAQUEL MARTINS FERREIRA	Leões de Tardariz Trail	Veterana F35	02:09:25	+34:25	09:57
9	1284	Sandrine Dias	Martini & 7up	Veterana F35	02:16:51	+41:51	10:32
10	1130	Vânia Patrícia Ferreira	Individual	Veterana F35	02:17:59	+42:58	10:37
11	1122	Cátia Santos	Individual	Veterana F35	02:18:54	+43:54	10:41
12	1128	Sara Neto	Individual	Veterana F35	02:49:18	+01:14:18	13:01
13	1124	Cristiana Leal	Individual	Veterana F35	02:49:19	+01:14:19	13:01

Veterana F40

1	1136	Rosana Vasconcelos	Individual	Veterana F40	01:24:03		06:28
2	1134	Helena Vieira	Individual	Veterana F40	01:28:02	+03:58	06:46
3	1133	Cláudia da Silva Pereira	Individual	Veterana F40	01:32:44	+08:41	07:08
4	1321	Inês Seabra	sunday workout	Veterana F40	01:35:27	+11:24	07:21
5	1139	Szakacs Katalin	Individual	Veterana F40	01:35:50	+11:46	07:22
6	1007	Sílvia Mendes	A.R.Sequeirô/Destemidos	Veterana F40	01:40:06	+16:03	07:42
7	1260	Ana Patrícia	Leões de Tardariz Trail	Veterana F40	01:50:13	+26:09	08:29
8	1011	Juliana Sousa	ADR "O Relâmpago"	Veterana F40	02:03:26	+39:23	09:30
9	1335	Mónica Carvalho	Valongo trail team	Veterana F40	02:04:58	+40:54	09:37
10	1285	Cláudia Correia	Martini & 7up	Veterana F40	02:16:51	+52:47	10:32
11	1286	Marlene Pinto	Martini & 7up	Veterana F40	02:16:51	+52:48	10:32
12	1131	Ana Rocha	Individual	Veterana F40	02:37:13	+01:13:09	12:06
13	1135	Maria José Pereira dos Santos	Individual	Veterana F40	02:41:26	+01:17:22	12:25

Veterana F45

1	1320	Sara Eiró	Sport Comércio e Salgueiros	Veterana F45	01:27:11	06:42
2	1008	Vera Tomé	Academia de Desportos de Condeixa	Veterana F45	01:31:49	+04:38 07:04
3	1143	Sónia Moreira	Individual	Veterana F45	01:37:38	+10:26 07:31
4	1027	Cláudia Pinto	Black Bull	Veterana F45	01:40:42	+13:30 07:45
5	1299	Carla Sampaio	OS GUARDIÕES	Veterana F45	01:42:21	+15:10 07:52
6	1029	Sandra Teixeira	Black Bull	Veterana F45	01:43:02	+15:51 07:56
7	1270	Fatima cruz	Lousada Trilhos	Veterana F45	01:49:51	+22:40 08:27
8	1140	Lara Marinho	Individual	Veterana F45	01:52:37	+25:26 08:40
9	1028	Joana Rocha	Black Bull	Veterana F45	01:53:00	+25:49 08:42
10	1142	Sandra Rodrigues	WOLVES	Veterana F45	02:24:26	+57:15 11:07

Veterana F50

1	1144	Mónica Rodrigues	Individual	Veterana F50	01:26:19	06:38
2	1261	Maria Jesus	Leões de Tardariz Trail	Veterana F50	01:30:00	+03:40 06:55
3	1015	Rosa Maria Queirós Vilas Boas Saldanha	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	Veterana F50	01:37:02	+10:42 07:28
4	1272	Paula sousa	Lousada Trilhos	Veterana F50	01:42:18	+15:59 07:52

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5	1314	Clara Pacheco	Serviços Socias Montepio	Veterana F50	01:48:41	+22:22	08:22
6	1350	Cristina Carvalho	Individual	Veterana F50	01:48:51	+22:31	08:22
7	1271	Elisabete cruz	Lousada Trilhos	Veterana F50	01:49:51	+23:32	08:27
8	1145	Salete Maria Mendes Soares	Individual	Veterana F50	01:53:09	+26:50	08:42
9	1035	Lucília Pereira	Bustelo no Trilho	Veterana F50	01:57:34	+31:14	09:03
10	1018	Helena Cunha	ARRASTASSOLAS	Veterana F50	02:03:15	+36:55	09:29
11	1146	Susana Duarte	Individual	Veterana F50	02:17:22	+51:02	10:34
12	1147	Susana Leal	Individual	Veterana F50	02:26:01	+59:41	11:14

Veterana F55

1	1046	Maria Sousa	Costurarte	Veterana F55	01:29:47		06:54
2	1262	Lá Salete Martins	Leões de Tardariz Trail	Veterana F55	01:32:51	+03:03	07:09
3	1040	Alice Sousa	Caça raposas	Veterana F55	01:36:57	+07:10	07:27
4	1149	Claudia Ribeiro	Individual	Veterana F55	01:57:40	+27:52	09:03
5	1151	Maria Peixoto	Individual	Veterana F55	02:11:21	+41:33	10:06
6	1336	Cristina Coelho	WOLVES	Veterana F55	02:24:26	+54:38	11:07
7	1150	manuela dias	Individual	Veterana F55	02:41:25	+01:11:37	12:25

Veterana F60

1	1153	Carmo Marinho	Individual	Veterana F60	01:36:34	07:26
2	1256	Maria Sousa	Lá vamos nós!	Veterana F60	01:56:01	+19:26 08:55
3	1279	Isabel Coelho	FierTeam	Veterana F60	01:57:40	+21:05 09:03

Veterano M35

1	1296	Cláudio Silva	opraticante.pt	Veterano M35	01:08:51	05:18
2	1057	Vítor Pereira	DUELO D'OCASIÃO	Veterano M35	01:10:38	+01:47 05:26
3	1169	Manuel Bessa	Individual	Veterano M35	01:14:08	+05:17 05:42
4	1156	André Silva	Individual	Veterano M35	01:15:51	+07:00 05:50
5	1337	Ricardo Pinto	Individual	Veterano M35	01:16:01	+07:10 05:51
6	1257	João Vieira	Lá vamos nós!	Veterano M35	01:20:39	+11:48 06:12
7	1174	Vítor Manuel Ribeiro Pinheiro	A.D. AMARANTE	Veterano M35	01:22:33	+13:41 06:21
8	1166	Leandro sousa	Individual	Veterano M35	01:24:28	+15:36 06:30
9	1056	Rui Fernandes	DUELO D'OCASIÃO	Veterano M35	01:25:42	+16:51 06:36
10	1162	Fábio Freitas	Individual	Veterano M35	01:25:53	+17:02 06:36
11	1154	Abel Rodrigues	Individual	Veterano M35	01:27:35	+18:44 06:44
12	1163	Joaquim Silva	Individual	Veterano M35	01:31:59	+23:08 07:05
13	1352	Nelson Teixeira	Individual	Veterano M35	01:33:20	+24:29 07:11
14	1161	Élio Tomás	Individual	Veterano M35	01:34:43	+25:52 07:17
15	1167	Luís Fernando Júnior	Individual	Veterano M35	01:36:33	+27:42 07:26
16	1173	Rui Brandão	Individual	Veterano M35	01:39:12	+30:21 07:38
17	1164	José bessa	Individual	Veterano M35	01:40:41	+31:50 07:45
18	1170	Paulo Lopes	Individual	Veterano M35	01:41:57	+33:06 07:51

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19	1160	Davide Andrade Vieira	Individual	Veterano M35	01:42:13	+33:22	07:52
20	1334	Vitor Moreira	Trio todo-o-terreno	Veterano M35	01:42:25	+33:34	07:53
21	1157	Artur Ferreira	Individual	Veterano M35	01:44:13	+35:22	08:01
22	1168	Luís Pereira	Individual	Veterano M35	01:47:48	+38:56	08:18
23	1158	Bruno Barbosa	Individual	Veterano M35	01:49:36	+40:45	08:26
24	1280	Luis Ribeiro	FierTeam	Veterano M35	01:50:23	+41:32	08:29
25	1171	Pedro Gomes	Individual	Veterano M35	01:50:25	+41:33	08:30
26	1155	André Silva	Individual	Veterano M35	01:50:57	+42:06	08:32
27	1172	Ricardo Sousa	Individual	Veterano M35	01:52:02	+43:11	08:37

Veterano M40

1	1181	Isidro Pinto	Individual	Veterano M40	01:05:07		05:01
2	1050	Vitor Araújo	Dá-Lhe Gás Trail Team	Veterano M40	01:08:32	+03:25	05:16
3	1310	Ricardo Oliveira	Ricardo Oliveira	Veterano M40	01:13:31	+08:23	05:39
4	1191	Teixeira Filipe	Individual	Veterano M40	01:16:52	+11:44	05:55
5	1187	Oscar Rodrigues	Individual	Veterano M40	01:17:04	+11:57	05:56
6	1297	Sérgio Sousa	opraticante.pt	Veterano M40	01:17:38	+12:30	05:58
7	1175	André Leite	Individual	Veterano M40	01:19:18	+14:10	06:06
8	1182	Ivo Pereira	Fátima Trail Team	Veterano M40	01:19:51	+14:43	06:09
9	1076	Pedro Fonseca	GDRJ Ribeiras	Veterano M40	01:22:50	+17:42	06:22
10	1176	Augusto Fernandes	Individual	Veterano M40	01:23:35	+18:27	06:26
11	1031	Cláudio Pinto	Black Bull	Veterano M40	01:26:02	+20:54	06:37
12	1184	Luis Miguel Ferreira Neves	Individual	Veterano M40	01:27:05	+21:57	06:42
13	1188	Pedro Ferreira	Individual	Veterano M40	01:27:19	+22:12	06:43
14	1179	Helder Mendes	Individual	Veterano M40	01:28:13	+23:05	06:47
15	1351	Tiago Ramos	Individual	Veterano M40	01:30:00	+24:52	06:55
16	1189	Ricardo Vaz	Individual	Veterano M40	01:32:02	+26:54	07:05
17	1185	Nuno André Da Rocha Ferreira	Individual	Veterano M40	01:34:39	+29:31	07:17
18	1289	Patrício Ribeiro	Martini & Up	Veterano M40	01:35:34	+30:26	07:21
19	1067	Diogo Moreira	FDM running	Veterano M40	01:36:31	+31:23	07:25
20	1258	Hélder Gonçalves	Lá vamos nós!	Veterano M40	01:37:13	+32:05	07:29
21	1192	Tiago leão	Individual	Veterano M40	01:38:40	+33:32	07:35
22	1177	Bruno Barbosa	Individual	Veterano M40	01:40:03	+34:55	07:42
23	1300	Alexandre Pereira	OS GUARDIÕES	Veterano M40	01:42:21	+37:13	07:52
24	1068	José Silva	FDM running	Veterano M40	01:42:41	+37:33	07:54
25	1021	Diogo Sousa	Atletas da preguiça	Veterano M40	01:44:48	+39:40	08:04
26	1186	Nuno Pereira	Individual	Veterano M40	01:45:27	+40:19	08:07
27	1069	ricardo coelho	FDM running	Veterano M40	01:47:30	+42:22	08:16
28	1303	Rómulo Maia	Os Inseparáveis	Veterano M40	01:57:35	+52:27	09:03
29	1328	Rui Moita	Termobrasa_Runners	Veterano M40	02:03:05	+57:57	09:28
30	1074	César Moreira	Gang da Pedra	Veterano M40	02:03:39	+58:31	09:31
31	1183	Leonel Fernandes	Individual	Veterano M40	02:18:53	+01:13:45	10:41

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Veterano M45

1	1058	António Nogueira	DUELO D'OCASIÃO	Veterano M45	01:01:31	04:44
2	1298	Eduardo Ferreira	opraticante.pt	Veterano M45	01:10:36	+09:04 05:26
3	1016	Fernando Mota	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	Veterano M45	01:11:29	+09:58 05:30
4	1346	Ricardo Costa	Zégama	Veterano M45	01:12:28	+10:56 05:34
5	1033	Telmo Pereira	Black Bull	Veterano M45	01:15:55	+14:24 05:50
6	1210	Pedro Ribeiro	Individual	Veterano M45	01:16:14	+14:43 05:52
7	541	Pedro Nogueira	BREAL	Veterano M45	01:16:19	+14:47 05:52
8	1275	Nuno sousa	Lousada Trilhos	Veterano M45	01:16:36	+15:05 05:54
9	1273	Bruno ribeiro	Lousada Trilhos	Veterano M45	01:16:37	+15:05 05:54
10	1208	Nuno Lemos	Individual	Veterano M45	01:18:20	+16:49 06:02
11	1347	Rui Orlando Neto	Individual	Veterano M45	01:20:02	+18:30 06:09
12	1209	Pedro Fonseca	Individual	Veterano M45	01:21:13	+19:41 06:15
13	1293	Pedro Carvalho	Nhados	Veterano M45	01:24:41	+23:10 06:31
14	1322	Vitor Dias	sunday workout	Veterano M45	01:25:21	+23:49 06:34
15	1207	Nuno Almeida	Individual	Veterano M45	01:25:35	+24:03 06:35
16	1198	Francisco Batista	Individual	Veterano M45	01:28:04	+26:33 06:46
17	1066	Joel Marques	FAST AO KM	Veterano M45	01:28:32	+27:00 06:49
18	1202	Jose Augusto Mendes Rosendo	Individual	Veterano M45	01:29:11	+27:39 06:52
19	1020	Paulo inverneiro	Associação Desportiva Aventuras de Paiva-TugaMobile	Veterano M45	01:29:14	+27:42 06:52
20	1333	Tiago João Gonçalves Serrano	Tontos Team	Veterano M45	01:32:15	+30:44 07:06
21	1340	Hugo Neto	CSRDC Santiago	Veterano M45	01:33:53	+32:22 07:13
22	1200	Isidro Ribeiro	Individual	Veterano M45	01:34:32	+33:01 07:16
23	1274	Frederico silva	Lousada Trilhos	Veterano M45	01:34:35	+33:04 07:17
24	1197	Filipe Abreu	Individual	Veterano M45	01:34:46	+33:14 07:17
25	1204	Luís Miguel Duarte Moreira	Individual	Veterano M45	01:37:30	+35:58 07:30
26	1003	Pedro Vieira	A. D. AMARANTE	Veterano M45	01:37:56	+36:24 07:32
27	1019	Nuno Fatria	Associação Desportiva Aventuras de Paiva-TugaMobile	Veterano M45	01:38:43	+37:12 07:36
28	1196	Fernando Rodrigues	Individual	Veterano M45	01:39:03	+37:31 07:37
29	1211	Sérgio Sousa	Individual	Veterano M45	01:39:13	+37:42 07:38
30	1266	Orlando Pereira	Lobos da montanha	Veterano M45	01:39:31	+38:00 07:39
31	1212	Viriato Mendes	Individual	Veterano M45	01:42:35	+41:03 07:53
32	1194	Duarte Malheiro	Individual	Veterano M45	01:46:06	+44:34 08:10
33	1308	Martinho Ferraz	Pés de Chumbo	Veterano M45	01:48:25	+46:54 08:20
34	1195	Duarte Pires	Individual	Veterano M45	01:49:43	+48:11 08:26
35	1199	Hélder Correia	Individual	Veterano M45	01:56:52	+55:20 08:59
36	1206	Mário Santos	Individual	Veterano M45	02:03:15	+01:01:44 09:29
37	1193	Antonio Pereira	Individual	Veterano M45	02:03:42	+01:02:10 09:31
38	1201	Jorge Monteiro	Individual	Veterano M45	02:04:24	+01:02:53 09:34
39	1304	Pedro Pereira	Os Remendados	Veterano M45	02:05:29	+01:03:57 09:39
40	1012	Rúben Feliciano	ADR "O Relâmpago"	Veterano M45	02:06:18	+01:04:46 09:43
41	1315	Paulo Lopes	Serviços Socias Montepio	Veterano M45	02:08:33	+01:07:02 09:53

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Veterano M50

1	1278	Luis Gil	Clube de Futebol de Oliveira do Douro	Veterano M50	01:08:19	05:15
2	1051	Paulo Silva	Dá-Lhe Gás Trail Team	Veterano M50	01:08:45	+00:26 05:17
3	1213	Alcino Moreira	Individual	Veterano M50	01:10:45	+02:26 05:27
4	1217	Antonio Marinho	Individual	Veterano M50	01:12:52	+04:33 05:36
5	1216	António Coelho	Individual	Veterano M50	01:16:23	+08:03 05:53
6	1231	Paulo Machado	Individual	Veterano M50	01:17:07	+08:48 05:56
7	1349	Paulo Carvalho	Individual	Veterano M50	01:19:35	+11:16 06:07
8	1282	Jorge Moreira	M.M.S	Veterano M50	01:20:05	+11:46 06:10
9	1221	Daniel Silva	Individual	Veterano M50	01:21:09	+12:50 06:15
10	1073	Jaime Silva	Frezitrofa	Veterano M50	01:23:08	+14:49 06:24
11	1009	Rui Vieira	AD Marco 09	Veterano M50	01:26:18	+17:59 06:38
12	1036	Jorge Carvalho	Bustelo no Trilho	Veterano M50	01:27:41	+19:21 06:45
13	1348	Jose Lopes	Individual	Veterano M50	01:28:30	+20:11 06:48
14	1234	Rui Magalhães	Individual	Veterano M50	01:29:39	+21:20 06:54
15	1344	Joao Sousa	Trail Team Casa das Reparações	Veterano M50	01:29:44	+21:25 06:54
16	1224	Francisco Nunes	Individual	Veterano M50	01:30:02	+21:43 06:56
17	1024	Antonio Couto	Baltar Runners	Veterano M50	01:32:46	+24:27 07:08
18	1225	helder ribeiro	Individual	Veterano M50	01:35:48	+27:29 07:22
19	1230	Manuel Morais	Individual	Veterano M50	01:36:44	+28:25 07:26
20	1232	Paulo Manuel Teixeira Marinho	Individual	Veterano M50	01:37:29	+29:10 07:30
21	1317	Hugo Costa	Serviços Socias Montepio	Veterano M50	01:37:33	+29:14 07:30
22	1227	José Neto	Individual	Veterano M50	01:41:05	+32:46 07:47
23	1235	Vitor Cruz Nelo	Individual	Veterano M50	01:41:48	+33:29 07:50
24	1301	Luis Paulo	OS GUARDIÕES	Veterano M50	01:42:22	+34:03 07:52
25	1318	Júlio Santos	Serviços Socias Montepio	Veterano M50	01:46:20	+38:01 08:11
26	1233	Pedro Silva	Individual	Veterano M50	01:46:36	+38:17 08:12
27	1316	Agostinho Pacheco	Serviços Socias Montepio	Veterano M50	01:48:42	+40:23 08:22
28	1276	Pedro silva	Lousada Trilhos	Veterano M50	01:52:22	+44:03 08:39
29	1214	Aníbal Freitas	Individual	Veterano M50	01:52:27	+44:08 08:39
30	1228	Luís Filipe	Individual	Veterano M50	02:00:08	+51:49 09:14
31	1229	Luis Ribeiro	Individual	Veterano M50	02:02:51	+54:32 09:27
32	1329	Pedro Pinto	Termobrasa_Runners	Veterano M50	02:03:04	+54:45 09:28
33	1338	Rui Silva	Valongo trail team	Veterano M50	02:04:57	+56:38 09:37
34	1215	Antonio Aurelio	Individual	Veterano M50	02:11:21	+01:03:02 10:06

Veterano M55

1	1041	Luis Barbosa	Caminhadas da Amizade	Veterano M55	01:20:12	06:10
2	1052	Francelino Resende	Dragões de Mozelos	Veterano M55	01:21:50	+01:38 06:18
3	1268	Fernando Machado	Louredo trail running	Veterano M55	01:22:41	+02:29 06:22
4	1291	Portela bianchi	MSS Grupo Desportivo de Gondomar	Veterano M55	01:23:14	+03:01 06:24
5	1254	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M55	01:23:39	+03:26 06:26

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13KM

13 KM

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6	1238	António Matos	Individual	Veterano M55	01:27:30	+07:17	06:44
7	1044	Joaquim Pereira	Clube futebol Oliveira douro	Veterano M55	01:29:22	+09:10	06:52
8	1277	Miro sousa	Lousada Trilhos	Veterano M55	01:29:56	+09:44	06:55
9	1267	José Freitas	Lobos da montanha	Veterano M55	01:31:28	+11:15	07:02
10	1243	José da Rocha Rodrigues	Individual	Veterano M55	01:31:38	+11:25	07:03
11	1236	Alberto Barros	Individual	Veterano M55	01:40:35	+20:22	07:44
12	1245	Sergio cunha	Individual	Veterano M55	01:41:14	+21:01	07:47
13	1330	Sérgio Moreira	Termobrasa_Runners	Veterano M55	01:44:56	+24:43	08:04
14	1305	Joaquim Santos	Os Remendados	Veterano M55	01:46:17	+26:04	08:11
15	1319	José Nuno Costa	Serviços Socias Montepio	Veterano M55	01:46:19	+26:07	08:11
16	1240	Fernando António Pacheco da Rocha	Individual	Veterano M55	01:53:10	+32:57	08:42
17	1241	Jorge Dias	Individual	Veterano M55	01:55:37	+35:24	08:54
18	1244	Josué Loureiro	Individual	Veterano M55	01:57:55	+37:42	09:04
19	1237	ALCIDIO FIGUEIREDO	Individual	Veterano M55	02:00:28	+40:16	09:16
20	1005	João Teixeira	A. D. Nós Acreditamos	Veterano M55	02:03:00	+42:47	09:28
21	1070	Sérgio Rodrigues	FIDELIDADE GDC	Veterano M55	02:10:38	+50:26	10:03
22	1295	Manuel Jorge	NuSofáÉkéBom	Veterano M55	02:24:32	+01:04:19	11:07
23	1332	Manuel Rodrigues	Tog Associação Running Team	Veterano M55	02:46:23	+01:26:11	12:48

Veterano M60

1	1060	João Brito	DUELO D'OCASIÃO	Veterano M60	01:15:08	05:47
2	1248	João Jorge Pereira de Almeida	Individual	Veterano M60	01:23:05	+07:57 06:23
3	1006	Francisco Lemos	A. D. Nós Acreditamos	Veterano M60	01:24:05	+08:57 06:28
4	1246	Aurélio Vieira	Individual	Veterano M60	01:26:57	+11:49 06:41
5	1251	José Morais	Individual	Veterano M60	01:28:49	+13:41 06:50
6	1253	Maximiano Rodrigues	Individual	Veterano M60	01:32:59	+17:51 07:09
7	1252	José Santos	Individual	Veterano M60	01:34:12	+19:04 07:15
8	1263	Américo Martins	Leões de Tardariz Trail	Veterano M60	01:42:06	+26:58 07:51
9	1078	Fernando Silva	Grupo Corrida de Argoncilhe	Veterano M60	01:43:25	+28:17 07:57
10	1247	Belmiro Barros	Individual	Veterano M60	01:49:08	+34:00 08:24
11	1059	Albino Monteiro Fernandes	DUELO D'OCASIÃO	Veterano M60	01:50:01	+34:53 08:28
12	1250	Jose coelho	Individual	Veterano M60	01:50:51	+35:43 08:32
13	1249	João Santana	Individual	Veterano M60	02:08:04	+52:56 09:51
14	1017	José Cerdeira	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	Veterano M60	02:08:34	+53:26 09:53

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