

LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	9.2°C	87%
End	12:55	12°C	67%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	18	Pedro Santos	edv-viana trail	Veterano M50	02:18:58		05:34
2	32	Tiago Filipe Moreira Coelho	individual	Senior Masculino	02:18:59	+00:01	05:34
3	77	Jorge Moreira	parada running	Veterano M40	02:20:47	+01:49	05:38
4	45	Carlos Alves	individual	Veterano M40	02:35:06	+16:08	06:12
5	27	Fábio Silva	fátima trail team	Senior Masculino	02:37:43	+18:45	06:19
6	81	Hélder Pinto	stud10	Senior Masculino	02:39:54	+20:56	06:24
7	49	Paulo Cunha	individual	Veterano M40	02:40:56	+21:58	06:26
8	68	Miguel Barros	lincs do marão	Veterano M50	02:41:24	+22:26	06:27
9	34	Paula Sofia Coutinho Soares	individual	Veterana F40	02:41:39	+22:41	06:28
10	13	Fernando Ribeiro	damira trail team	Veterano M40	02:43:53	+24:55	06:33
11	78	Hugo Mota	paredes aventura	Veterano M30	02:45:45	+26:47	06:38
12	80	Pedro Campos	sportsup	Veterano M40	02:46:44	+27:46	06:40
13	2	Bruno Pereira	a.d.n nós acreditamos	Veterano M30	02:49:02	+30:04	06:46
14	12	Joaquim Domingos Lopes Alves	corredores do mato	Veterano M30	02:51:09	+32:11	06:51
15	55	Alfredo da Silva Moreira	individual	Veterano M50	02:51:43	+32:45	06:52
16	85	Carlos Oliveira	turbolentos running team	Veterano M40	02:52:48	+33:50	06:55
17	16	Fernando campos	individual	Veterano M40	02:53:06	+34:08	06:55
18	44	Rui Barbosa	individual	Veterano M30	02:55:39	+36:41	07:02
19	17	Júlio Cunha	dr. runner	Veterano M50	03:02:15	+43:17	07:17
20	76	Telma Sousa	parada running	Veterana F40	03:04:26	+45:28	07:23
21	42	Joel Brás	individual	Veterano M30	03:04:30	+45:32	07:23
22	69	Manuel Barbosa	manuel barbosa	Veterano M40	03:04:43	+45:45	07:23
23	56	antonio coelho	individual	Veterano M50	03:06:23	+47:25	07:27
24	63	PAULO JOIRGE TEIXEIRA DE CARVALHO	individual	Veterano M50	03:08:01	+49:03	07:31
25	65	José Pinto	jose miguel	Veterano M40	03:08:40	+49:42	07:33
26	38	Fernando Miguel Sousa Pacheco	individual	Veterano M30	03:13:00	+54:02	07:43
27	58	Francisco Pinheiro	individual	Veterano M50	03:13:28	+54:30	07:44
28	19	Diogo Leão	elev fitness	Senior Masculino	03:13:28	+54:30	07:44
29	24	Paulo Rocha	grupo desportivo ferroviários de campanha	Veterano M50	03:15:07	+56:09	07:48
30	79	Mário Almeida	run & fun	Veterano M50	03:17:32	+58:34	07:54
31	15	Carlos Rodrigues	datacol	Veterano M40	03:17:53	+58:55	07:55
32	20	Manuel Silva	elev fitness	Senior Masculino	03:19:58	+01:01:00	08:00
33	47	João Castro	individual	Veterano M40	03:23:50	+01:04:52	08:09
34	67	Rosa Barros	lincs do marão	Veterana F50	03:24:00	+01:05:02	08:10
35	8	Céu Sousa	caminhadas da amizade	Veterana F50	03:24:08	+01:05:10	08:10
36	26	Daniel Faria	individual	Senior Masculino	03:24:34	+01:05:36	08:11
37	84	António Rosendo	triclube de penafiel	Veterano M40	03:27:44	+01:08:46	08:19
38	51	Sérgio Dinis	individual	Veterano M40	03:28:40	+01:09:42	08:21
39	40	João Baía	individual	Veterano M30	03:29:03	+01:10:05	08:22

LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	43	Ricardo Peixoto	individual	Veterano M30	03:29:14	+01:10:16	08:22
41	50	Rui Amadeu Dantas	individual	Veterano M40	03:30:49	+01:11:51	08:26
42	60	José Sá	individual	Veterano M50	03:39:49	+01:20:51	08:48
43	74	Fernando Teixeira	os preguiças team	Veterano M30	03:40:10	+01:21:12	08:48
44	75	Sérgio Gomes	os preguiças team	Veterano M50	03:40:11	+01:21:13	08:48
45	64	Paulo Silva	individual	Veterano M50	03:47:39	+01:28:41	09:06
46	52	Adevan Pereira	individual	Veterano M50	03:51:42	+01:32:44	09:16
47	37	Bruno Pinto	individual	Veterano M30	03:53:02	+01:34:04	09:19
48	39	Filipe Teixeira	individual	Veterano M30	03:57:48	+01:38:50	09:31
49	46	Fernando Pinheiro	individual	Veterano M40	04:01:09	+01:42:11	09:39
50	6	Pedro Seabra	caminhadas da amizade	Senior Masculino	04:10:12	+01:51:14	10:00
51	7	Ricardo Costa	caminhadas da amizade	Senior Masculino	04:10:12	+01:51:14	10:00
52	4	Cristiana Seabra	caminhadas da amizade	Senior Feminino	04:10:26	+01:51:28	10:01
53	66	Delfim Nunes	kemedo team	Veterano M50	04:12:26	+01:53:28	10:06
54	23	Paula Ferreira	gansos	Veterana F50	04:12:30	+01:53:32	10:06
55	82	Miguel Magno	tribo da corrida	Senior Masculino	04:14:46	+01:55:48	10:11
56	83	Paulo Pinheiro	tribo da corrida	Senior Masculino	04:14:46	+01:55:48	10:11
57	31	Rafael Dias	individual	Senior Masculino	04:18:31	+01:59:33	10:20
58	29	João Pedro Morais Santos	individual	Senior Masculino	04:18:36	+01:59:38	10:21
59	3	Andreia Seabra	caminhadas da amizade	Senior Feminino	04:23:42	+02:04:44	10:33
60	5	Maximino Canhola	caminhadas da amizade	Senior Masculino	04:23:42	+02:04:44	10:33

Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	9.2°C	87%
End	12:55	12°C	67%

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

1	4	Cristiana Seabra	Caminhadas da amizade	Senior Feminino	04:10:26	+01:51:28	10:01:54
2	3	Andreia Seabra	Caminhadas da amizade	Senior Feminino	04:23:42	+02:04:44	10:33:08

Senior Masculino

1	32	Tiago Filipe Moreira Coelho	Individual	Senior Masculino	02:18:59	+00:01	05:34
2	27	Fábio Silva	FÁTIMA TRAIL TEAM	Senior Masculino	02:37:43	+18:45	06:19
3	81	Hélder Pinto	Stud10	Senior Masculino	02:39:54	+20:56	06:24
4	19	Diogo Leão	Elev Fitness	Senior Masculino	03:13:28	+54:30	07:44
5	20	Manuel Silva	Elev Fitness	Senior Masculino	03:19:58	+01:01:00	08:00
6	26	Daniel Faria	Individual	Senior Masculino	03:24:34	+01:05:36	08:11
7	6	Pedro Seabra	Caminhadas da amizade	Senior Masculino	04:10:12	+01:51:14	10:00
8	7	Ricardo Costa	Caminhadas da amizade	Senior Masculino	04:10:12	+01:51:14	10:00
9	82	Miguel Magno	TRIBO DA CORRIDA	Senior Masculino	04:14:46	+01:55:48	10:11
10	83	Paulo Pinheiro	TRIBO DA CORRIDA	Senior Masculino	04:14:46	+01:55:48	10:11
11	31	Rafael Dias	Individual	Senior Masculino	04:18:31	+01:59:33	10:20
12	29	João Pedro Morais Santos	Individual	Senior Masculino	04:18:36	+01:59:38	10:21
13	5	Maximino Canhola	Caminhadas da amizade	Senior Masculino	04:23:42	+02:04:44	10:33

Veterana F40

1	34	Paula Sofia Coutinho Soares	Individual	Veterana F40	02:41:39	+22:41	06:28:40
2	76	Telma Sousa	PARADA RUNNING	Veterana F40	03:04:26	+45:28	07:23:46

Veterana F50

1	67	Rosa Barros	Linces do Marão	Veterana F50	03:24:00	+01:05:02	08:10:02
2	8	Céu Sousa	Caminhadas da amizade	Veterana F50	03:24:08	+01:05:10	08:10:18
3	23	Paula Ferreira	Gansos	Veterana F50	04:12:30	+01:53:32	10:06:02

Veterano M30

1	78	Hugo Mota	PAREDES AVENTURA	Veterano M30	02:45:45	+26:47	06:38:00
2	2	Bruno Pereira	A.D.N nós Acreditamos	Veterano M30	02:49:02	+30:04	06:46:00
3	12	Joaquim Domingos Lopes Alves	Corredores do Mato	Veterano M30	02:51:09	+32:11	06:51:00
4	44	Rui Barbosa	Individual	Veterano M30	02:55:39	+36:41	07:02:00
5	42	Joel Brás	Individual	Veterano M30	03:04:30	+45:32	07:23:00
6	38	Fernando Miguel Sousa Pacheco	Individual	Veterano M30	03:13:00	+54:02	07:43:00

Official Timekeeper: Lap2Go	1 / 2	generate 04-Jan-2026 13:00
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Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

7	40	João Baía	Individual	Veterano M30	03:29:03	+01:10:05	08:22
8	43	Ricardo Peixoto	Individual	Veterano M30	03:29:14	+01:10:16	08:22
9	74	Fernando Teixeira	Os Preguiças Team	Veterano M30	03:40:10	+01:21:12	08:48
10	37	Bruno Pinto	Individual	Veterano M30	03:53:02	+01:34:04	09:19
11	39	Filipe Teixeira	Individual	Veterano M30	03:57:48	+01:38:50	09:31

Veterano M40

1	77	Jorge Moreira	PARADA RUNNING	Veterano M40	02:20:47	+01:49	05:38
2	45	Carlos Alves	Individual	Veterano M40	02:35:06	+16:08	06:12
3	49	Paulo Cunha	Individual	Veterano M40	02:40:56	+21:58	06:26
4	13	Fernando Ribeiro	DAMIRA TRAIL TEAM	Veterano M40	02:43:53	+24:55	06:33
5	80	Pedro Campos	SportSup	Veterano M40	02:46:44	+27:46	06:40
6	85	Carlos Oliveira	Turbolentos Running Team	Veterano M40	02:52:48	+33:50	06:55
7	16	Fernando campos	Individual	Veterano M40	02:53:06	+34:08	06:55
8	69	Manuel Barbosa	Manuel Barbosa	Veterano M40	03:04:43	+45:45	07:23
9	65	José Pinto	Jose Miguel	Veterano M40	03:08:40	+49:42	07:33
10	15	Carlos Rodrigues	Datacol	Veterano M40	03:17:53	+58:55	07:55
11	47	João Castro	Individual	Veterano M40	03:23:50	+01:04:52	08:09
12	84	António Rosendo	TriClube de Penafiel	Veterano M40	03:27:44	+01:08:46	08:19
13	51	Sérgio Dinis	Individual	Veterano M40	03:28:40	+01:09:42	08:21
14	50	Rui Amadeu Dantas	Individual	Veterano M40	03:30:49	+01:11:51	08:26
15	46	Fernando Pinheiro	Individual	Veterano M40	04:01:09	+01:42:11	09:39

Veterano M50

1	18	Pedro Santos	EDV-VIANA TRAIL	Veterano M50	02:18:58	05:34
2	68	Miguel Barros	Linces do Marão	Veterano M50	02:41:24	+22:26 06:27
3	55	Alfredo da Silva Moreira	Individual	Veterano M50	02:51:43	+32:45 06:52
4	17	Júlio Cunha	Dr. Runner	Veterano M50	03:02:15	+43:17 07:17
5	56	antonio coelho	Individual	Veterano M50	03:06:23	+47:25 07:27
6	63	PAULO JOIRGE TEIXEIRA DE CARVALHO	Individual	Veterano M50	03:08:01	+49:03 07:31
7	58	Francisco Pinheiro	Individual	Veterano M50	03:13:28	+54:30 07:44
8	24	Paulo Rocha	GRUPO DESPORTIVO FERROVIÁRIOS DE CAMPANHã	Veterano M50	03:15:07	+56:09 07:48
9	79	Mário Almeida	Run & Fun	Veterano M50	03:17:32	+58:34 07:54
10	60	José Sá	Individual	Veterano M50	03:39:49	+01:20:51 08:48
11	75	Sérgio Gomes	Os Preguiças Team	Veterano M50	03:40:11	+01:21:13 08:48
12	64	Paulo Silva	Individual	Veterano M50	03:47:39	+01:28:41 09:06
13	52	Adevan Pereira	Individual	Veterano M50	03:51:42	+01:32:44 09:16
14	66	Delfim Nunes	KeMedo Team	Veterano M50	04:12:26	+01:53:28 10:06

15 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:45	9.8°C	84%
End	11:58	12°C	69%

Official Timekeeper: Lap2Go	1 / 6	generate 04-Jan-2026 13:01
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CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	634	Bruno Miguel Ferreira Barbosa	individual	Veterano M30	01:37:46	+25:03	06:31
43	750	Sérgio Sousa	opraticante.pt	Veterano M40	01:37:49	+25:07	06:31
44	724	Paulo Machado	individual	Veterano M50	01:38:02	+25:19	06:32
45	546	Renato Alves	didact heart	Veterano M40	01:38:03	+25:21	06:32
46	735	João Vasconcelos	lousada runners	Veterano M40	01:38:08	+25:26	06:33
47	637	Daniel Torres	individual	Veterano M30	01:38:09	+25:27	06:33
48	673	Jorge Araújo	individual	Veterano M40	01:38:32	+25:49	06:34
49	657	TIAGO JOSE TEIXEIRA RIBEIRO	individual	Veterano M30	01:38:42	+26:00	06:35
50	699	carlos silva	a.d.n nós acreditamos	Veterano M50	01:38:56	+26:14	06:36
51	655	Rui Santos	individual	Veterano M30	01:39:26	+26:44	06:38
52	504	Luis Rocha	acr seixo-mira	Veterano M30	01:39:45	+27:03	06:39
53	681	Pedro Fonseca	individual	Veterano M40	01:39:46	+27:03	06:39
54	573	Vitor Rodrigues	gang da pedra	Senior Masculino	01:39:54	+27:11	06:40
55	608	Rui Silva	individual	Senior Masculino	01:40:00	+27:17	06:40
56	520	Isidro Ribeiro	baltar runners	Veterano M40	01:40:04	+27:21	06:40
57	532	Luis Barbosa	caminhadas da amizade	Veterano M50	01:40:34	+27:51	06:42
58	523	Sérgio Sousa	black bull	Senior Masculino	01:44:01	+31:18	06:56
59	725	Ricardo Rodrigues	individual	Veterano M50	01:44:18	+31:35	06:57
60	503	Hugo Manuel da Costa Monteiro	acda - calçada endurance runners	Veterano M30	01:44:20	+31:37	06:57
61	659	Victor Silvao	individual	Veterano M30	01:44:21	+31:39	06:57
62	599	Diana Rodrigues	individual	Senior Feminino	01:44:25	+31:42	06:58
63	769	Manuel Ferreira	pupilos do zé tó	Veterano M50	01:44:37	+31:54	06:58
64	749	Licínio Silva	nova linha trail runners	Veterano M40	01:44:55	+32:13	07:00
65	525	Paulo Coelho	black bull	Veterano M30	01:45:15	+32:32	07:01
66	670	Helder António de Oliveira Mendes	individual	Veterano M40	01:45:16	+32:34	07:01
67	501	Helena Gomes	a.d.n nós acreditamos	Veterana F50	01:45:34	+32:51	07:02
68	633	Bruno Castelo	individual	Veterano M30	01:46:30	+33:47	07:06
69	695	António Monteiro	individual	Veterano M50	01:47:18	+34:36	07:09
70	560	Vitor Silva	elev fitness	Veterano M30	01:47:27	+34:44	07:10
71	679	Paulo Costa	individual	Veterano M40	01:47:27	+34:45	07:10
72	646	José Carvalho	individual	Veterano M30	01:47:41	+34:58	07:11
73	692	Antonio Gomes	individual	Veterano M50	01:47:47	+35:04	07:11
74	746	Miguel Moreira	nocturnos de paredes	Veterano M40	01:47:57	+35:14	07:12
75	747	Daniel Pereira	nocturnos de paredes	Veterano M50	01:47:57	+35:15	07:12
76	729	Vitor Joaquim Malheiro Teixeira	individual	Veterano M50	01:48:01	+35:18	07:12
77	621	IDALINA MARTINS	individual	Veterana F40	01:48:04	+35:21	07:12
78	590	André Pereira	gd santa cruz / botelhos.pt	Veterano M30	01:48:12	+35:30	07:13
79	543	Rui Ferreira	cuca trail	Veterano M30	01:48:15	+35:32	07:13
80	780	Ricardo Ferreira	sunday workout	Veterano M40	01:48:19	+35:37	07:13
81	662	Antonio Moreira	individual	Veterano M40	01:48:22	+35:39	07:13
82	707	Francisco Nunes	individual	Veterano M50	01:48:31	+35:49	07:14
83	744	Vitor Silva	nocturnos de paredes	Veterano M30	01:48:32	+35:49	07:14
84	10	Paulo Moreira	caminhadas da amizade	Veterano M50	01:48:38	+35:56	07:15

CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	731	Vicente Pinto	juventude atlética mozelense	Veterano M50	01:48:48	+36:06	07:15
86	674	Jose Augusto Mendes Rosendo	individual	Veterano M40	01:49:04	+36:22	07:16
87	712	Joaquim Pinto	individual	Veterano M50	01:49:18	+36:36	07:17
88	741	Joaquim Alves Pereira gomes	modelos sempre	Veterano M50	01:49:23	+36:40	07:18
89	526	João Soares	bv marco	Senior Masculino	01:49:23	+36:41	07:18
90	527	Pedro Soares	bv marco	Veterano M30	01:49:24	+36:41	07:18
91	738	Miro sousa	lousada trilhos	Veterano M50	01:49:59	+37:16	07:20
92	667	Bruno Paulino	individual	Veterano M40	01:50:13	+37:30	07:21
93	709	JFernando Ferraz	individual	Veterano M50	01:50:17	+37:34	07:21
94	570	Filipe França	fc estrelas susanenses	Veterano M50	01:50:24	+37:42	07:22
95	530	Sérgio Marques	caminhadas da amizade	Veterano M40	01:50:35	+37:53	07:22
96	775	Sara Eiró	sport comércio e salgueiros	Veterana F40	01:51:04	+38:21	07:24
97	521	Antonio Couto	baltar runners	Veterano M50	01:51:04	+38:22	07:24
98	761	Tomás Morais	pinheirinhos trail runners	Senior Masculino	01:51:06	+38:23	07:24
99	766	José Coelho	prodd tintol	Veterano M50	01:51:57	+39:15	07:28
100	719	Lino Moreira	individual	Veterano M50	01:52:25	+39:42	07:30
101	502	Isabel Madureira	acda - calçada endurance runners	Veterana F30	01:53:01	+40:18	07:32
102	754	Liliana Moreira	parada running	Veterana F30	01:53:10	+40:28	07:33
103	629	Mónica margarida Barbosa Rodrigues	individual	Veterana F50	01:53:26	+40:43	07:34
104	559	Rui Tiago Barbosa de Sousa	elev fitness	Veterano M30	01:55:07	+42:24	07:40
105	561	Vitor Silva	elev fitness	Veterano M30	01:55:22	+42:39	07:41
106	632	André Neves	individual	Veterano M30	01:55:35	+42:53	07:42
107	653	Ricardo Mendes	individual	Veterano M30	01:55:36	+42:54	07:42
108	698	Carlos Macedo	individual	Veterano M50	01:55:40	+42:57	07:43
109	771	Márcia Sousa	sousa	Senior Feminino	01:56:13	+43:30	07:45
110	734	José Freitas	lobos dá montanha	Veterano M50	01:56:14	+43:31	07:45
111	684	Rúben Moreira	individual	Veterano M40	01:56:25	+43:42	07:46
112	638	David Gunzel	individual	Veterano M30	01:56:36	+43:54	07:46
113	644	Joao Faria	individual	Veterano M30	01:56:36	+43:54	07:46
114	635	Carlos Filipe Neves dos Santos	individual	Veterano M30	01:57:10	+44:27	07:49
115	656	Sergio Eiras	individual	Veterano M30	01:57:28	+44:46	07:50
116	730	Vitor Santos	individual	Veterano M50	01:57:32	+44:49	07:50
117	545	Manuel Araujo	cuca trail	Veterano M50	01:57:52	+45:09	07:51
118	693	Antonio J. Silva	individual	Veterano M50	01:57:56	+45:13	07:52
119	772	Henrique Galindro	sousa	Senior Masculino	01:57:57	+45:14	07:52
120	597	Ana Teresa Lourenço Queiroga	individual	Senior Feminino	01:57:58	+45:15	07:52
121	669	Fernando Rodrigues	individual	Veterano M40	01:58:09	+45:27	07:53
122	537	Ana Carolina Moura	clube atlético de codessoso	Veterana F30	01:58:22	+45:40	07:54
123	708	Hélder Ribeiro	individual	Veterano M50	01:58:44	+46:01	07:55
124	584	Renato Fontinha	gansos	Veterano M50	01:58:49	+46:06	07:55
125	557	João Silva	elev fitness	Veterano M30	01:59:00	+46:17	07:56
126	703	Eduardo Pinto	individual	Veterano M50	01:59:08	+46:26	07:57
127	512	Paulo Ribeiro	amigos do trail de mesão frio	Veterano M40	01:59:19	+46:36	07:57
128	776	Bruno Rodrigues	stud10	Senior Masculino	01:59:32	+46:50	07:58

15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	602	Armando Jorge Dias Costa	individual	Senior Masculino	01:59:34	+46:52	07:58
130	642	Fabio Freitas	individual	Veterano M30	01:59:36	+46:53	07:58
131	639	Diogo Pastor	individual	Veterano M30	01:59:46	+47:03	07:59
132	696	Asdrubal Freitas	individual	Veterano M50	01:59:46	+47:04	07:59
133	508	Rosa Saldanha	ama - associação mondim atletismo	Veterana F50	02:00:33	+47:50	08:02
134	726	Rui Magalhães	individual	Veterano M50	02:00:50	+48:08	08:03
135	668	Emanuel Freitas	individual	Veterano M40	02:00:58	+48:15	08:04
136	682	Pedro Sousa	individual	Veterano M40	02:01:23	+48:40	08:06
137	716	José Santos	individual	Veterano M50	02:01:28	+48:45	08:06
138	564	Fernando moura	espeliosos	Veterano M40	02:01:36	+48:54	08:06
139	515	Ana Oliveira	ases dos pedais running	Senior Feminino	02:01:48	+49:05	08:07
140	697	Aurélío Vieira	individual	Veterano M50	02:01:48	+49:05	08:07
141	706	Francisco José da Silva Pinto Figueiredo	individual	Veterano M50	02:02:09	+49:27	08:09
142	718	Lino Abreu	individual	Veterano M50	02:02:15	+49:32	08:09
143	672	Henrique Sousa	individual	Veterano M40	02:02:24	+49:41	08:10
144	617	Sara Rocha	individual	Veterana F30	02:02:24	+49:42	08:10
145	22	Atleta	fátima trail team	Veterano M50	02:02:54	+50:12	08:12
146	544	Francisco Cota	cuca trail	Veterano M50	02:03:42	+50:59	08:15
147	773	Tiago Filipe Leal Moreira	spirit premium gym	Veterano M30	02:04:15	+51:33	08:17
148	700	David Sousa	individual	Veterano M50	02:04:47	+52:05	08:19
149	736	Paula sousa	lousada trilhos	Veterana F50	02:05:05	+52:22	08:20
150	675	Jose Silva	individual	Veterano M40	02:06:09	+53:27	08:25
151	533	Vitorino Campos	caminhadas da amizade	Veterano M50	02:06:21	+53:38	08:25
152	517	Nelson Sousa	bairros fc	Veterano M30	02:06:37	+53:54	08:26
153	510	Rui Marques	amigos do trail de mesão frio	Veterano M30	02:06:47	+54:05	08:27
154	757	Diogo Loureiro	patrolmoj	Senior Masculino	02:06:47	+54:05	08:27
155	609	Sérgio Martins	individual	Senior Masculino	02:08:29	+55:46	08:34
156	685	Rui Novais	individual	Veterano M40	02:09:08	+56:25	08:37
157	660	Alexandre Gonçalves	individual	Veterano M40	02:09:09	+56:27	08:37
158	565	Jorge Valente	espeliosos	Veterano M40	02:09:36	+56:53	08:38
159	566	Venâncio Almeida	espeliosos	Veterano M40	02:09:36	+56:53	08:38
160	652	Ricardo Costa	individual	Veterano M30	02:09:49	+57:06	08:39
161	643	João Almeida	individual	Veterano M30	02:09:57	+57:14	08:40
162	765	André Oliveira	porto sentido runners	Veterano M30	02:10:25	+57:43	08:42
163	764	Elizabeth Loureiro	porto sentido runners	Veterana F50	02:10:26	+57:43	08:42
164	601	Pedro Azenha	individual	Veterano M40	02:10:34	+57:52	08:42
165	619	Cátia de Freitas Alves Azenha	individual	Veterana F40	02:10:35	+57:52	08:42
166	600	Fabiana Silva	individual	Senior Feminino	02:11:10	+58:27	08:45
167	715	Jose da Silva Cabral	individual	Veterano M50	02:11:31	+58:49	08:46
168	514	Adelino Pinto	apsom eventos	Veterano M40	02:11:33	+58:50	08:46
169	704	Fernando Amaro	individual	Veterano M50	02:11:33	+58:51	08:46
170	774	Ricardo de Avelar Azevedo e Sousa	spirit premium gym	Veterano M40	02:11:34	+58:51	08:46
171	581	Marisa Pinheiro	gansos	Veterana F40	02:11:48	+59:05	08:47
172	714	José Coelho da Silva	individual	Veterano M50	02:12:30	+59:48	08:50
173	645	José bessa	individual	Veterano M30	02:13:16	+01:00:34	08:53

15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
174	663	António Silva	individual	Veterano M40	02:13:46	+01:01:03	08:55
175	593	Paulo Dias	icasas	Veterano M30	02:14:07	+01:01:24	08:56
176	753	Liliana Loureiro	os preguiças team	Veterana F40	02:14:08	+01:01:26	08:57
177	73	Daniela Moutinho	os preguiças team	Veterana F30	02:14:09	+01:01:26	08:57
178	756	Antonio Barbosa	paredes running	Veterano M40	02:14:43	+01:02:00	08:59
179	576	Eduardo Almeida	gang da pedra	Veterano M30	02:14:47	+01:02:04	08:59
180	610	Zé Paulo	individual	Senior Masculino	02:15:33	+01:02:50	09:02
181	596	Ana Sousa	individual	Senior Feminino	02:15:33	+01:02:50	09:02
182	782	Fátima Mota	tog trinca orelhas de gato	Veterana F50	02:15:39	+01:02:56	09:03
183	783	Maria Neves	tog trinca orelhas de gato	Veterana F50	02:15:40	+01:02:58	09:03
184	556	David Silva	elev fitness	Veterano M30	02:15:45	+01:03:02	09:03
185	683	Ricardo Pinto	individual	Veterano M40	02:17:14	+01:04:31	09:09
186	723	Paulo D'Ávila	individual	Veterano M50	02:18:10	+01:05:28	09:13
187	586	Leonor Cid de Meneses	gazelas sem fronteiras	Senior Feminino	02:18:53	+01:06:10	09:16
188	582	Adriana Abreu	gansos	Veterana F50	02:22:09	+01:09:26	09:29
189	686	Tiago Queirós	individual	Veterano M40	02:22:46	+01:10:04	09:31
190	571	joao pinto	gang da pedra	Senior Masculino	02:23:10	+01:10:28	09:33
191	658	Tomás Gonçalves	individual	Veterano M30	02:23:15	+01:10:33	09:33
192	542	Cristiana Costa	cristiana costa	Veterana F30	02:23:30	+01:10:47	09:34
193	627	Cristina Carvalho	individual	Veterana F50	02:23:55	+01:11:13	09:36
194	607	Rui Pedro Martins Silva	individual	Senior Masculino	02:24:13	+01:11:31	09:37
195	687	Vasco Barbosa	individual	Veterano M40	02:24:14	+01:11:32	09:37
196	745	Daniel Almeida	nocturnos de paredes	Veterano M40	02:24:38	+01:11:56	09:39
197	623	Sandra Costa	individual	Veterana F40	02:24:45	+01:12:03	09:39
198	585	Florinda Silva	gazelas sem fronteiras	Senior Feminino	02:24:46	+01:12:03	09:39
199	591	Albino Eusébio	elev fitness	Veterano M30	02:25:43	+01:13:00	09:43
200	713	José Alberto Ferreira leão	individual	Veterano M50	02:25:46	+01:13:03	09:43
201	558	Marco Sousa	elev fitness	Veterano M30	02:25:52	+01:13:09	09:43
202	755	Sonia Silva	paredes running	Veterana F40	02:25:56	+01:13:13	09:44
203	778	Nelson Ferreira	sunday workout	Veterano M30	02:26:15	+01:13:33	09:45
204	779	Ricardo Cunha	sunday workout	Veterano M30	02:26:16	+01:13:33	09:45
205	583	Jorge Caldas	gansos	Veterano M40	02:28:05	+01:15:22	09:52
206	705	Francisco costa	individual	Veterano M50	02:29:28	+01:16:45	09:58
207	717	Josué Loureiro	individual	Veterano M50	02:29:48	+01:17:05	09:59
208	651	Paulo Sousa	individual	Veterano M30	02:30:22	+01:17:40	10:02
209	555	Luis Barbosa	elev fitness	Senior Masculino	02:30:34	+01:17:51	10:02
210	625	Aida linhares	individual	Veterana F50	02:30:59	+01:18:17	10:04
211	762	Frederico Brito	pinheirinhos trail runners	Veterano M30	02:30:59	+01:18:17	10:04
212	529	Sandra Marisa carvalho Águia	caminhadas da amizade	Veterana F40	02:32:32	+01:19:49	10:10
213	513	Victor Cardoso	amigos do trail de mesão frio	Veterano M40	02:32:37	+01:19:54	10:10
214	531	José António Barroso Sousa	caminhadas da amizade	Veterano M50	02:32:57	+01:20:15	10:12
215	620	Hérica Melo	individual	Veterana F40	02:33:43	+01:21:01	10:15
216	678	Orlando Almeida	individual	Veterano M40	02:33:43	+01:21:01	10:15
217	611	Ana Carvalho	individual	Veterana F30	02:35:26	+01:22:44	10:22
218	648	Luís Pinto	individual	Veterano M30	02:35:51	+01:23:08	10:23
219	752	Clara Teixeira	os preguiças team	Veterana F40	02:35:55	+01:23:12	10:24

CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	614	Joana Duarte	individual	Veterana F30	02:37:07	+01:24:25	10:29
221	781	Paulo Aroso	team lantemil	Veterano M40	02:37:12	+01:24:30	10:29
222	671	Helder Ribeiro	individual	Veterano M40	02:37:14	+01:24:31	10:29
223	587	Raquel Martins Nunes	gazelas sem fronteiras	Senior Feminino	02:38:23	+01:25:41	10:34
224	767	Bruno Soares	pupilos do zé tó	Veterano M30	02:42:44	+01:30:02	10:51
225	553	Gonalo Coelho	elev fitness	Senior Masculino	02:45:33	+01:32:50	11:02
226	554	Joo Sousa	elev fitness	Senior Masculino	02:45:33	+01:32:50	11:02
227	511	Marco Mota	amigos do trail de meso frio	Veterano M40	02:46:25	+01:33:42	11:06
228	720	Lus Matos	individual	Veterano M50	02:48:01	+01:35:18	11:12
229	522	Ins Pinto	black bull	Senior Feminino	02:48:42	+01:36:00	11:15
230	727	Valdemar Ferreira da Silva	individual	Veterano M50	02:48:44	+01:36:02	11:15
231	721	Manuel Jorge Nogueira Silva	individual	Veterano M50	02:50:54	+01:38:11	11:24
232	710	Joo Paulo de Almeida Santana	individual	Veterano M50	02:50:54	+01:38:12	11:24
233	626	Anabela Ferreira Andrade Ribeiro	individual	Veterana F50	02:53:55	+01:41:13	11:36
234	732	Ricardina pinto	lobos d montanha	Senior Feminino	03:02:13	+01:49:31	12:09
235	603	Bruno Pereira	individual	Senior Masculino	03:07:03	+01:54:20	12:28
236	641	Fbio Amaral	individual	Veterano M30	03:09:26	+01:56:43	12:38
237	618	Anabela Amarelo	individual	Veterana F40	03:09:28	+01:56:45	12:38
238	666	Bruno Amarelo	individual	Veterano M40	03:09:28	+01:56:45	12:38
239	622	Patrcia Silva	individual	Veterana F40	03:09:30	+01:56:48	12:38
240	562	Fernando Rocha	elev fitness	Veterano M40	03:13:07	+02:00:24	12:52
241	604	Joo cavadas	individual	Senior Masculino	03:13:08	+02:00:25	12:53
242	690	Antnio Cavadas	individual	Veterano M50	03:13:08	+02:00:26	12:53
243	615	Maria Barros Silva	individual	Veterana F30	03:13:09	+02:00:26	12:53

Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	9.8°C	84%
End	11:58	12°C	69%

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

1	598	Daniela Figueiredo	Individual	Senior Feminino	01:31:16	+18:33	06:05
2	599	Diana Rodrigues	Individual	Senior Feminino	01:44:25	+31:42	06:58
3	771	Márcia Sousa	Sousa	Senior Feminino	01:56:13	+43:30	07:45
4	597	Ana Teresa Lourenço Queiroga	Individual	Senior Feminino	01:57:58	+45:15	07:52
5	515	Ana Oliveira	Ases Dos Pedais Running	Senior Feminino	02:01:48	+49:05	08:07
6	600	Fabiana Silva	Individual	Senior Feminino	02:11:10	+58:27	08:45
7	596	Ana Sousa	Individual	Senior Feminino	02:15:33	+01:02:50	09:02
8	586	Leonor Cid de Meneses	Gazelas Sem Fronteiras	Senior Feminino	02:18:53	+01:06:10	09:16
9	585	Florinda Silva	Gazelas Sem Fronteiras	Senior Feminino	02:24:46	+01:12:03	09:39
10	587	Raquel Martins Nunes	Gazelas Sem Fronteiras	Senior Feminino	02:38:23	+01:25:41	10:34
11	522	Inês Pinto	Black Bull	Senior Feminino	02:48:42	+01:36:00	11:15
12	732	Ricardina pinto	Lobos dá montanha	Senior Feminino	03:02:13	+01:49:31	12:09

Senior Masculino

1	548	Nuno Guedes	Duelo D'ocasião	Senior Masculino	01:22:45	+10:03	05:31
2	606	Rodrigo Fernandes	Individual	Senior Masculino	01:23:23	+10:40	05:34
3	572	Pedro Sousa	Gang da Pedra	Senior Masculino	01:37:28	+24:45	06:30
4	573	Vitor Rodrigues	Gang da Pedra	Senior Masculino	01:39:54	+27:11	06:40
5	608	Rui Silva	Individual	Senior Masculino	01:40:00	+27:17	06:40
6	523	Sérgio Sousa	Black Bull	Senior Masculino	01:44:01	+31:18	06:56
7	526	João Soares	BV Marco	Senior Masculino	01:49:23	+36:41	07:18
8	761	Tomás Morais	Pinheirinhos Trail Runners	Senior Masculino	01:51:06	+38:23	07:24
9	772	Henrique Galindro	Sousa	Senior Masculino	01:57:57	+45:14	07:52
10	776	Bruno Rodrigues	Stud10	Senior Masculino	01:59:32	+46:50	07:58
11	602	Armando Jorge Dias Costa	Individual	Senior Masculino	01:59:34	+46:52	07:58
12	757	Diogo Loureiro	PatrolMoj	Senior Masculino	02:06:47	+54:05	08:27
13	609	Sérgio Martins	Individual	Senior Masculino	02:08:29	+55:46	08:34
14	610	Zé Paulo	Individual	Senior Masculino	02:15:33	+01:02:50	09:02
15	571	joao pinto	Gang da Pedra	Senior Masculino	02:23:10	+01:10:28	09:33
16	607	Rui Pedro Martins Silva	Individual	Senior Masculino	02:24:13	+01:11:31	09:37
17	555	Luis Barbosa	Elev Fitness	Senior Masculino	02:30:34	+01:17:51	10:02
18	553	Gonçalo Coelho	Elev Fitness	Senior Masculino	02:45:33	+01:32:50	11:02
19	554	João Sousa	Elev Fitness	Senior Masculino	02:45:33	+01:32:50	11:02
20	603	Bruno Pereira	Individual	Senior Masculino	03:07:03	+01:54:20	12:28
21	604	João cavadas	Individual	Senior Masculino	03:13:08	+02:00:25	12:53

Curto

15 KM

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OFFICIAL RESULT

[illegible]

Veterana F30

1	502	Isabel Madureira	ACDA - Calçada Endurance Runners	Veterana F30	01:53:01	+40:18	07:32
2	754	Liliana Moreira	PARADA RUNNING	Veterana F30	01:53:10	+40:28	07:33
3	537	Ana Carolina Moura	Clube Atlético de Codessoso	Veterana F30	01:58:22	+45:40	07:54
4	617	Sara Rocha	Individual	Veterana F30	02:02:24	+49:42	08:10
5	73	Daniela Moutinho	Os Preguiças Team	Veterana F30	02:14:09	+01:01:26	08:57
6	542	Cristiana Costa	Cristiana Costa	Veterana F30	02:23:30	+01:10:47	09:34
7	611	Ana Carvalho	Individual	Veterana F30	02:35:26	+01:22:44	10:22
8	614	Joana Duarte	Individual	Veterana F30	02:37:07	+01:24:25	10:29
9	615	Maria Barros Silva	Individual	Veterana F30	03:13:09	+02:00:26	12:53

Veterana F40

1	535	Célia Neto	celia neto	Veterana F40	01:34:16	+21:33	06:17
2	621	IDALINA MARTINS	Individual	Veterana F40	01:48:04	+35:21	07:12
3	775	Sara Eiró	SPORT COMÉRCIO E SALGUEIROS	Veterana F40	01:51:04	+38:21	07:24
4	619	Cátia de Freitas Alves Azenha	Individual	Veterana F40	02:10:35	+57:52	08:42
5	581	Marisa Pinheiro	Gansos	Veterana F40	02:11:48	+59:05	08:47
6	753	Liliana Loureiro	Os Preguiças Team	Veterana F40	02:14:08	+01:01:26	08:57
7	623	Sandra Costa	Individual	Veterana F40	02:24:45	+01:12:03	09:39
8	755	Sonia Silva	Paredes Running	Veterana F40	02:25:56	+01:13:13	09:44
9	529	Sandra Marisa carvalho Águia	Caminhadas da amizade	Veterana F40	02:32:32	+01:19:49	10:10
10	620	Hérica Melo	Individual	Veterana F40	02:33:43	+01:21:01	10:15
11	752	Clara Teixeira	Os Preguiças Team	Veterana F40	02:35:55	+01:23:12	10:24
12	618	Anabela Amarelo	Individual	Veterana F40	03:09:28	+01:56:45	12:38
13	622	Patrícia Silva	Individual	Veterana F40	03:09:30	+01:56:48	12:38

Veterana F50

1	501	Helena Gomes	A.D.N nós Acreditamos	Veterana F50	01:45:34	+32:51	07:02
2	629	Mónica margarida Barbosa Rodrigues	Individual	Veterana F50	01:53:26	+40:43	07:34
3	508	Rosa Saldanha	AMA - Associação Mondim Atletismo	Veterana F50	02:00:33	+47:50	08:02
4	736	Paula sousa	Lousada Trilhos	Veterana F50	02:05:05	+52:22	08:20
5	764	Elizabete Loureiro	Porto Sentido Runners	Veterana F50	02:10:26	+57:43	08:42
6	782	Fátima Mota	Tog trinca orelhas de gato	Veterana F50	02:15:39	+01:02:56	09:03
7	783	Maria Neves	Tog trinca orelhas de gato	Veterana F50	02:15:40	+01:02:58	09:03
8	582	Adriana Abreu	Gansos	Veterana F50	02:22:09	+01:09:26	09:29
9	627	Cristina Carvalho	Individual	Veterana F50	02:23:55	+01:11:13	09:36
10	625	Aida linhares	Individual	Veterana F50	02:30:59	+01:18:17	10:04
11	626	Anabela Ferreira Andrade Ribeiro	Individual	Veterana F50	02:53:55	+01:41:13	11:36

Curto

15 KM

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OFFICIAL RESULT

[illegible]

Veterano M30

1	577	Emanuel Rocha	Gang da Pedra	Veterano M30	01:16:24	+03:42	05:06
2	48	Fabio Campos	SportSup	Veterano M30	01:25:57	+13:14	05:44
3	575	Carlos Rocha	Gang da Pedra	Veterano M30	01:26:41	+13:58	05:47
4	569	Cláudio Silva	FC Estrelas Susanenses	Veterano M30	01:27:22	+14:39	05:49
5	743	Miguel Maia	Nocturnos de Paredes	Veterano M30	01:28:37	+15:55	05:55
6	509	André Ferreira	Amigos da noite run	Veterano M30	01:30:50	+18:08	06:03
7	524	Adelino Moreira	Black Bull	Veterano M30	01:30:56	+18:13	06:04
8	786	Vítor Pereira	Vítor Pereira	Veterano M30	01:31:02	+18:20	06:04
9	549	Flávio Correia	Duelo D'ocasião	Veterano M30	01:31:07	+18:24	06:04
10	538	Luis Miguel Teixeira Silveira	Clube Atlético de Codessoso	Veterano M30	01:31:11	+18:28	06:05
11	630	Adérito Oliveira	Individual	Veterano M30	01:35:29	+22:46	06:22
12	534	Pedro Silva	Casas adriana Astromil clube	Veterano M30	01:35:42	+23:00	06:23
13	578	Rui Gomes	Gang da Pedra	Veterano M30	01:36:58	+24:16	06:28
14	634	Bruno Miguel Ferreira Barbosa	Individual	Veterano M30	01:37:46	+25:03	06:31
15	637	Daniel Torres	Individual	Veterano M30	01:38:09	+25:27	06:33
16	657	TIAGO JOSE TEIXEIRA RIBEIRO	Individual	Veterano M30	01:38:42	+26:00	06:35
17	655	Rui Santos	Individual	Veterano M30	01:39:26	+26:44	06:38
18	504	Luis Rocha	acr seixo-mira	Veterano M30	01:39:45	+27:03	06:39
19	503	Hugo Manuel da Costa Monteiro	ACDA - Calçada Endurance Runners	Veterano M30	01:44:20	+31:37	06:57
20	659	Victor Silvao	Individual	Veterano M30	01:44:21	+31:39	06:57
21	525	Paulo Coelho	Black Bull	Veterano M30	01:45:15	+32:32	07:01
22	633	Bruno Castelo	Individual	Veterano M30	01:46:30	+33:47	07:06
23	560	Vítor Silva	Elev Fitness	Veterano M30	01:47:27	+34:44	07:10
24	646	José Carvalho	Individual	Veterano M30	01:47:41	+34:58	07:11
25	590	André Pereira	GD Santa Cruz / Botelhos.pt	Veterano M30	01:48:12	+35:30	07:13
26	543	Rui Ferreira	Cuca Trail	Veterano M30	01:48:15	+35:32	07:13
27	744	Vítor Silva	Nocturnos de Paredes	Veterano M30	01:48:32	+35:49	07:14
28	527	Pedro Soares	BV Marco	Veterano M30	01:49:24	+36:41	07:18
29	559	Rui Tiago Barbosa de Sousa	Elev Fitness	Veterano M30	01:55:07	+42:24	07:40
30	561	Vítor Silva	Elev Fitness	Veterano M30	01:55:22	+42:39	07:41
31	632	André Neves	Individual	Veterano M30	01:55:35	+42:53	07:42
32	653	Ricardo Mendes	Individual	Veterano M30	01:55:36	+42:54	07:42
33	638	David Gunzel	Individual	Veterano M30	01:56:36	+43:54	07:46
34	644	Joao Faria	Individual	Veterano M30	01:56:36	+43:54	07:46
35	635	Carlos Filipe Neves dos Santos	Individual	Veterano M30	01:57:10	+44:27	07:49
36	656	Sergio Eiras	Individual	Veterano M30	01:57:28	+44:46	07:50
37	557	João Silva	Elev Fitness	Veterano M30	01:59:00	+46:17	07:56
38	642	Fabio Freitas	Individual	Veterano M30	01:59:36	+46:53	07:58
39	639	Diogo Pastor	Individual	Veterano M30	01:59:46	+47:03	07:59
40	773	Tiago Filipe Leal Moreira	Spirit Premium Gym	Veterano M30	02:04:15	+51:33	08:17
41	517	Nelson Sousa	BAIRROS FC	Veterano M30	02:06:37	+53:54	08:26
42	510	Rui Marques	Amigos do Trail de Mesão Frio	Veterano M30	02:06:47	+54:05	08:27
43	652	Ricardo Costa	Individual	Veterano M30	02:09:49	+57:06	08:39
44	643	João Almeida	Individual	Veterano M30	02:09:57	+57:14	08:40

Official Timekeeper: Lap2Go	3 / 7	generate 04-Jan-2026 13:01
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45	765	André Oliveira	Porto Sentido Runners	Veterano M30	02:10:25	+57:43	08:42
46	645	José bessa	Individual	Veterano M30	02:13:16	+01:00:34	08:53
47	593	Paulo Dias	icasas	Veterano M30	02:14:07	+01:01:24	08:56
48	576	Eduardo Almeida	Gang da Pedra	Veterano M30	02:14:47	+01:02:04	08:59
49	556	David Silva	Elev Fitness	Veterano M30	02:15:45	+01:03:02	09:03
50	658	Tomás Gonçalves	Individual	Veterano M30	02:23:15	+01:10:33	09:33
51	591	Albino Eusébio	Elev Fitness	Veterano M30	02:25:43	+01:13:00	09:43
52	558	Marco Sousa	Elev Fitness	Veterano M30	02:25:52	+01:13:09	09:43
53	778	Nelson Ferreira	Sunday Workout	Veterano M30	02:26:15	+01:13:33	09:45
54	779	Ricardo Cunha	Sunday Workout	Veterano M30	02:26:16	+01:13:33	09:45
55	651	Paulo Sousa	Individual	Veterano M30	02:30:22	+01:17:40	10:02
56	762	Frederico Brito	Pinheirinhos Trail Runners	Veterano M30	02:30:59	+01:18:17	10:04
57	648	Luís Pinto	Individual	Veterano M30	02:35:51	+01:23:08	10:23
58	767	Bruno Soares	Pupilos do Zé Tó	Veterano M30	02:42:44	+01:30:02	10:51
59	641	Fábio Amaral	Individual	Veterano M30	03:09:26	+01:56:43	12:38

Veterano M40

1	518	Agostinho Reis	BAIRROS FC	Veterano M40	01:12:42	04:51
2	759	Nelson Loureiro	Pegasus OCR ProTeam	Veterano M40	01:15:02	+02:20 05:00
3	758	Henrique Loureiro	Pegasus OCR ProTeam	Veterano M40	01:26:06	+13:23 05:44
4	539	MOISES ANDRÉ MARTINS MACHADO	Clube Atlético de Codessoso	Veterano M40	01:26:13	+13:30 05:45
5	770	Sérgio Monteiro	Sardonisca Runners	Veterano M40	01:26:17	+13:35 05:45
6	507	Pedro Ricardo sousa	ADRAVELEDA	Veterano M40	01:28:32	+15:49 05:54
7	737	Nuno sousa	Lousada Trilhos	Veterano M40	01:30:22	+17:39 06:01
8	733	Rui Almeida	Lobos dá montanha	Veterano M40	01:32:15	+19:33 06:09
9	688	Vitor Araújo	Individual	Veterano M40	01:32:29	+19:47 06:10
10	665	António Teles	Individual	Veterano M40	01:32:59	+20:16 06:12
11	547	Ricardo Silva	DIDACT Heart	Veterano M40	01:33:41	+20:59 06:15
12	689	Vitorino Pereira	Individual	Veterano M40	01:34:10	+21:28 06:17
13	550	Carlos Pereira	Duelo D'ocasião	Veterano M40	01:34:56	+22:14 06:20
14	580	Paulo Torres	Gang da Pedra	Veterano M40	01:35:36	+22:54 06:22
15	551	Márcio Botelho	Duelo D'ocasião	Veterano M40	01:36:45	+24:03 06:27
16	750	Sérgio Sousa	OPraticante.PT	Veterano M40	01:37:49	+25:07 06:31
17	546	Renato Alves	DIDACT Heart	Veterano M40	01:38:03	+25:21 06:32
18	735	João Vasconcelos	LOUSADA RUNNERS	Veterano M40	01:38:08	+25:26 06:33
19	673	Jorge Araújo	Individual	Veterano M40	01:38:32	+25:49 06:34
20	681	Pedro Fonseca	Individual	Veterano M40	01:39:46	+27:03 06:39
21	520	Isidro Ribeiro	Baltar Runners	Veterano M40	01:40:04	+27:21 06:40
22	749	Licínio Silva	Nova Linha TRAIL Runners	Veterano M40	01:44:55	+32:13 07:00
23	670	Helder António de Oliveira Mendes	Individual	Veterano M40	01:45:16	+32:34 07:01
24	679	Paulo Costa	Individual	Veterano M40	01:47:27	+34:45 07:10
25	746	Miguel Moreira	Nocturnos de Paredes	Veterano M40	01:47:57	+35:14 07:12
26	780	Ricardo Ferreira	Sunday Workout	Veterano M40	01:48:19	+35:37 07:13
27	662	Antonio Moreira	Individual	Veterano M40	01:48:22	+35:39 07:13

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28	674	Jose Augusto Mendes Rosendo	Individual	Veterano M40	01:49:04	+36:22	07:16
29	667	Bruno Paulino	Individual	Veterano M40	01:50:13	+37:30	07:21
30	530	Sérgio Marques	Caminhadas da amizade	Veterano M40	01:50:35	+37:53	07:22
31	684	Rúben Moreira	Individual	Veterano M40	01:56:25	+43:42	07:46
32	669	Fernando Rodrigues	Individual	Veterano M40	01:58:09	+45:27	07:53
33	512	Paulo Ribeiro	Amigos do Trail de Mesão Frio	Veterano M40	01:59:19	+46:36	07:57
34	668	Emanuel Freitas	Individual	Veterano M40	02:00:58	+48:15	08:04
35	682	Pedro Sousa	Individual	Veterano M40	02:01:23	+48:40	08:06
36	564	Fernando moura	Espeliosos	Veterano M40	02:01:36	+48:54	08:06
37	672	Henrique Sousa	Individual	Veterano M40	02:02:24	+49:41	08:10
38	675	Jose Silva	Individual	Veterano M40	02:06:09	+53:27	08:25
39	685	Rui Novais	Individual	Veterano M40	02:09:08	+56:25	08:37
40	660	Alexandre Gonçalves	Individual	Veterano M40	02:09:09	+56:27	08:37
41	565	Jorge Valente	Espeliosos	Veterano M40	02:09:36	+56:53	08:38
42	566	Venâncio Almeida	Espeliosos	Veterano M40	02:09:36	+56:53	08:38
43	601	Pedro Azenha	Individual	Veterano M40	02:10:34	+57:52	08:42
44	514	Adelino Pinto	APSom Eventos	Veterano M40	02:11:33	+58:50	08:46
45	774	Ricardo de Avelar Azevedo e Sousa	Spirit Premium Gym	Veterano M40	02:11:34	+58:51	08:46
46	663	António Silva	Individual	Veterano M40	02:13:46	+01:01:03	08:55
47	756	Antonio Barbosa	Paredes Running	Veterano M40	02:14:43	+01:02:00	08:59
48	683	Ricardo Pinto	Individual	Veterano M40	02:17:14	+01:04:31	09:09
49	686	Tiago Queirós	Individual	Veterano M40	02:22:46	+01:10:04	09:31
50	687	Vasco Barbosa	Individual	Veterano M40	02:24:14	+01:11:32	09:37
51	745	Daniel Almeida	Nocturnos de Paredes	Veterano M40	02:24:38	+01:11:56	09:39
52	583	Jorge Caldas	Gansos	Veterano M40	02:28:05	+01:15:22	09:52
53	513	Victor Cardoso	Amigos do Trail de Mesão Frio	Veterano M40	02:32:37	+01:19:54	10:10
54	678	Orlando Almeida	Individual	Veterano M40	02:33:43	+01:21:01	10:15
55	781	Paulo Aroso	Team Lantemil	Veterano M40	02:37:12	+01:24:30	10:29
56	671	Helder Ribeiro	Individual	Veterano M40	02:37:14	+01:24:31	10:29
57	511	Marco Mota	Amigos do Trail de Mesão Frio	Veterano M40	02:46:25	+01:33:42	11:06
58	666	Bruno Amarelo	Individual	Veterano M40	03:09:28	+01:56:45	12:38
59	562	Fernando Rocha	Elev Fitness	Veterano M40	03:13:07	+02:00:24	12:52

Veterano M50

1	760	Abílio Fernandes	Pegasus OCR ProTeam	Veterano M50	01:20:36	+07:53	05:22
2	552	Joaquim correia	Duelo D'ocasião	Veterano M50	01:22:46	+10:03	05:31
3	540	Agostinho Carneiro	CLUBE de ATLETISMO de VILA BOA do BISPO	Veterano M50	01:31:24	+18:41	06:06
4	541	José dias	Costurarte	Veterano M50	01:31:58	+19:16	06:08
5	701	Eduardo Alberto	Individual	Veterano M50	01:32:21	+19:39	06:09
6	519	José Maia	BAIRROS FC	Veterano M50	01:33:27	+20:44	06:14
7	740	Jorge Moreira	M.M.S	Veterano M50	01:35:57	+23:14	06:24
8	691	António Coelho	Individual	Veterano M50	01:37:35	+24:52	06:30
9	724	Paulo Machado	Individual	Veterano M50	01:38:02	+25:19	06:32
10	699	carlos silva	A.D.N nós Acreditamos	Veterano M50	01:38:56	+26:14	06:36

Curto

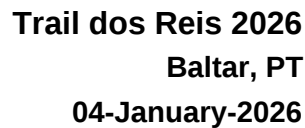
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OFFICIAL RESULT

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11	532	Luis Barbosa	Caminhadas da amizade	Veterano M50	01:40:34	+27:51	06:42
12	725	Ricardo Rodrigues	Individual	Veterano M50	01:44:18	+31:35	06:57
13	769	Manuel Ferreira	Pupilos do Zé Tó	Veterano M50	01:44:37	+31:54	06:58
14	695	António Monteiro	Individual	Veterano M50	01:47:18	+34:36	07:09
15	692	Antonio Gomes	Individual	Veterano M50	01:47:47	+35:04	07:11
16	747	Daniel Pereira	Nocturnos de Paredes	Veterano M50	01:47:57	+35:15	07:12
17	729	Vitor Joaquim Malheiro Teixeira	Individual	Veterano M50	01:48:01	+35:18	07:12
18	707	Francisco Nunes	Individual	Veterano M50	01:48:31	+35:49	07:14
19	10	Paulo Moreira	Caminhadas da amizade	Veterano M50	01:48:38	+35:56	07:15
20	731	Vicente Pinto	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M50	01:48:48	+36:06	07:15
21	712	Joaquim Pinto	Individual	Veterano M50	01:49:18	+36:36	07:17
22	741	Joaquim Alves Pereira gomes	Modelos sempre	Veterano M50	01:49:23	+36:40	07:18
23	738	Miro sousa	Lousada Trilhos	Veterano M50	01:49:59	+37:16	07:20
24	709	JFernando Ferraz	Individual	Veterano M50	01:50:17	+37:34	07:21
25	570	Filipe França	FC Estrelas Susanenses	Veterano M50	01:50:24	+37:42	07:22
26	521	Antonio Couto	Baltar Runners	Veterano M50	01:51:04	+38:22	07:24
27	766	José Coelho	Prodd Tintol	Veterano M50	01:51:57	+39:15	07:28
28	719	Lino Moreira	Individual	Veterano M50	01:52:25	+39:42	07:30
29	698	Carlos Macedo	Individual	Veterano M50	01:55:40	+42:57	07:43
30	734	José Freitas	Lobos dá montanha	Veterano M50	01:56:14	+43:31	07:45
31	730	Vitor Santos	Individual	Veterano M50	01:57:32	+44:49	07:50
32	545	Manuel Araujo	Cuca Trail	Veterano M50	01:57:52	+45:09	07:51
33	693	Antonio J. Silva	Individual	Veterano M50	01:57:56	+45:13	07:52
34	708	Hélder Ribeiro	Individual	Veterano M50	01:58:44	+46:01	07:55
35	584	Renato Fontinha	Gansos	Veterano M50	01:58:49	+46:06	07:55
36	703	Eduardo Pinto	Individual	Veterano M50	01:59:08	+46:26	07:57
37	696	Asdrubal Freitas	Individual	Veterano M50	01:59:46	+47:04	07:59
38	726	Rui Magalhães	Individual	Veterano M50	02:00:50	+48:08	08:03
39	716	José Santos	Individual	Veterano M50	02:01:28	+48:45	08:06
40	697	Aurélio Vieira	Individual	Veterano M50	02:01:48	+49:05	08:07
41	706	Francisco José da Silva Pinto Figueiredo	Individual	Veterano M50	02:02:09	+49:27	08:09
42	718	Lino Abreu	Individual	Veterano M50	02:02:15	+49:32	08:09
43	22	Atleta	FÁTIMA TRAIL TEAM	Veterano M50	02:02:54	+50:12	08:12
44	544	Francisco Cota	Cuca Trail	Veterano M50	02:03:42	+50:59	08:15
45	700	David Sousa	Individual	Veterano M50	02:04:47	+52:05	08:19
46	533	Vitorino Campos	Caminhadas da amizade	Veterano M50	02:06:21	+53:38	08:25
47	715	Jose da Silva Cabral	Individual	Veterano M50	02:11:31	+58:49	08:46
48	704	Fernando Amaro	Individual	Veterano M50	02:11:33	+58:51	08:46
49	714	José Coelho da Silva	Individual	Veterano M50	02:12:30	+59:48	08:50
50	723	Paulo D'Ávila	Individual	Veterano M50	02:18:10	+01:05:28	09:13
51	713	José Alberto Ferreira leão	Individual	Veterano M50	02:25:46	+01:13:03	09:43
52	705	Francisco costa	Individual	Veterano M50	02:29:28	+01:16:45	09:58
53	717	Josué Loureiro	Individual	Veterano M50	02:29:48	+01:17:05	09:59
54	531	José António Barroso Sousa	Caminhadas da amizade	Veterano M50	02:32:57	+01:20:15	10:12
55	720	Luís Matos	Individual	Veterano M50	02:48:01	+01:35:18	11:12



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56	727	Valdemar Ferreira da Silva	Individual	Veterano M50	02:48:44	+01:36:02	11:15
57	721	Manuel Jorge Nogueira Silva	Individual	Veterano M50	02:50:54	+01:38:11	11:24
58	710	João Paulo de Almeida Santana	Individual	Veterano M50	02:50:54	+01:38:12	11:24
59	690	António Cavadas	Individual	Veterano M50	03:13:08	+02:00:26	12:53