

TRAIL 21KM

[illegible]

21 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	0°C	0%
End	13:16	0°C	0%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	285	José Gaspar	odimarq	Senior Masculino	01:38:53		04:43
2	105	Diogo da Silva Fernandes	offtel runners/afa cycles	Senior Masculino	01:39:53	+01:00	04:45
3	180	Telmo Veloso	individual	Senior Masculino	01:44:21	+05:28	04:58
4	10	Rui Manuel Sampaio Laranjeira	bike seven esposende	Veterano M40	01:44:33	+05:40	04:59
5	264	Jose Monteiro	individual	Veterano M50	01:45:07	+06:14	05:00
6	227	João Paulo Dias Gonçalves	individual	Veterano M40	01:46:22	+07:29	05:01
7	205	ADOLFO GARRIDO FERNANDEZ	individual	Veterano M40	01:48:31	+09:38	05:10
8	56	Abilio José Leites Marques	freamunde running crew	Veterano M50	01:52:11	+13:18	05:21
9	93	andre cunha	individual	Senior Masculino	01:54:32	+15:39	05:27
10	151	nuno fernandes	individual	Senior Masculino	01:55:45	+16:52	05:31
11	197	ROBERTO FERREIRA	individual	Sub 25 Masculino	01:56:25	+17:32	05:33
12	360	Nuno Campos	individual	Veterano M40	01:57:24	+18:31	05:35
13	292	Bruno Mendes	prt/ad quinta	Sub 25 Masculino	01:57:53	+19:00	05:37
14	123	João João José Rocha da Silva	individual	Senior Masculino	01:58:13	+19:20	05:38
15	91	Amândio Filipe Pires Antunes	individual	Senior Masculino	01:58:19	+19:26	05:38
16	4	Ricardo Filipe Figueiredo Ferreira	bac runners	Sub 25 Masculino	01:58:25	+19:32	05:38
17	234	Luís Fontinha	individual	Veterano M40	01:58:36	+19:43	05:39
18	103	Carlos Miguel Faria Martins da Costa	individual	Senior Masculino	01:58:41	+19:48	05:39
19	278	José Capela	minho aventura	Veterano M50	01:58:58	+20:05	05:40
20	92	andré correia	individual	Senior Masculino	01:59:00	+20:07	05:40
21	195	Miguel Novais	individual	Senior Masculino	01:59:06	+20:13	05:40
22	308	Carlos Coelho	trail me	Senior Masculino	01:59:10	+20:17	05:40
23	37	jose faria	clube de atletismo da póvoa de varzim	Veterano M40	01:59:14	+20:21	05:41
24	96	Artur Costa	desnivel positiv o	Senior Masculino	01:59:20	+20:27	05:41
25	330	Fernando Manuel Tavares da Costa Antunes	turbulentos	Veterano M50	01:59:28	+20:35	05:41
26	7	Luis Filipe Ribeiro Vilarinho	bike seven esposende	Senior Masculino	02:00:10	+21:17	05:43
27	124	João Manuel do Vale Pereira Borges	individual	Senior Masculino	02:00:13	+21:20	05:43
28	261	Arsénio J M Fernandes	individual	Veterano M50	02:00:21	+21:28	05:44
29	97	Aurélio Bruno Lima Rebelo	individual	Senior Masculino	02:00:31	+21:38	05:44
30	165	Ricardo Jorge Quintela Correia	individual	Senior Masculino	02:01:08	+22:15	05:46
31	225	Gonçalo Mota	individual	Veterano M40	02:01:15	+22:22	05:46
32	117	Hugo Rocha	individual	Senior Masculino	02:02:02	+23:09	05:49
33	35	adao mendes	clube de atletismo da póvoa de varzim	Veterano M40	02:02:03	+23:10	05:49
34	147	Miguel Costa	individual	Senior Masculino	02:02:08	+23:15	05:49
35	361	Pedro Amaro	individual	Senior Masculino	02:02:40	+23:47	05:50

Official Timekeeper: Lap2Go	1 / 8	generate 03-Feb-2014 20:46
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TRAIL 21KM

21 KM

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OFFICIAL RESULT

[illegible]**R**
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
36	362	Adelino Sousa	individual	Senior Masculino	02:03:13	+24:20	05:52
37	158	Pedro Ferreira	individual	Senior Masculino	02:03:48	+24:55	05:54
38	120	João Dinis	individual	Senior Masculino	02:04:14	+25:21	05:55
39	134	Luis Gonçalves	individual	Senior Masculino	02:04:35	+25:42	05:56
40	196	Paulo José Cardoso Mesquita	individual	Sub 25 Masculino	02:04:37	+25:44	05:56
41	233	Luís Filipe Carvalhais	individual	Veterano M40	02:04:40	+25:47	05:56
42	342	Dominique Oliveira	viana runners	Senior Masculino	02:04:45	+25:52	05:56
43	251	Rolando Martins Moreira dos Santos	individual	Veterano M40	02:06:07	+27:14	06:00
44	133	José Jorge Marques da Silva Carvalho	individual	Senior Masculino	02:06:32	+27:39	06:02
45	279	Fernando Carneiro	nast	Senior Masculino	02:06:44	+27:51	06:02
46	270	Jorge Costa	marrafonas trail	Senior Masculino	02:06:52	+27:59	06:02
47	306	MIGUEL ARAÚJO	trail me	Veterano M40	02:07:05	+28:12	06:03
48	359	Carlos Gonçalves	individual	Veterano M40	02:07:57	+29:04	06:06
49	22	Ricardo Arantes	bracara runners	Senior Masculino	02:08:03	+29:10	06:06
50	6	Francisco José Capitão Nóvoa	bike seven esposende	Senior Masculino	02:08:09	+29:16	06:06
51	380	Daniel Rodrigues	individual	Senior Masculino	02:08:32	+29:39	06:07
52	295	André Coelho	running team lantemil	Senior Masculino	02:08:41	+29:48	06:08
53	162	Pedro Oliveira	individual	Senior Masculino	02:08:42	+29:49	06:08
54	365	Rui Oliveira	individual	Senior Masculino	02:08:55	+30:02	06:08
55	364	Luís Manuel Araújo Silva	individual	Senior Masculino	02:08:58	+30:05	06:08
56	276	Valdir Filipe Costa Pereira	minho aventura	Sub 25 Masculino	02:08:59	+30:06	06:09
57	19	André Peixoto	bracara runners	Senior Masculino	02:09:20	+30:27	06:10
58	21	Paulo Fernandes	bracara runners	Senior Masculino	02:09:22	+30:29	06:10
59	353	José da Silva Ferreira	vimarunners	Senior Masculino	02:09:25	+30:32	06:10
60	23	Rui Barbosa	bracara runners	Senior Masculino	02:09:26	+30:33	06:10
61	294	EDUARDO MANUEL AMARAL MERINO ROCHA	run&shine	Senior Masculino	02:09:32	+30:39	06:10
62	243	Orlando Correia	individual	Veterano M40	02:09:42	+30:49	06:11
63	203	Susana Simões	individual	Veterana F40	02:09:49	+30:56	06:11
64	29	Gil Oliveira	chaves running team	Senior Masculino	02:11:00	+32:07	06:14
65	132	José Gusman Barbosa	individual	Senior Masculino	02:11:12	+32:19	06:15
66	381	Ricardo Miranda	individual	Senior Masculino	02:11:20	+32:27	06:15
67	297	Pedro Miguel Oliveira	running team lantemil	Senior Masculino	02:11:28	+32:35	06:16
68	2	José Carlos Gonçalves de Matos	bac runners	Senior Masculino	02:11:33	+32:40	06:16
69	3	Nuno Miguel Oliveira da Silva	bac runners	Sub 25 Masculino	02:11:37	+32:44	06:16
70	155	Pedro Brandão	individual	Senior Masculino	02:12:06	+33:13	06:17
71	179	sérgio martins1	individual	Senior Masculino	02:12:12	+33:19	06:18
72	112	FILIPE RICARDO PINTO FERREIRA	individual	Senior Masculino	02:13:27	+34:34	06:21
73	98	Borja cordero arias	individual	Senior Masculino	02:13:29	+34:36	06:21
74	141	Marcelo Oliveira	individual	Senior Masculino	02:13:30	+34:37	06:21

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
75	15	António Loureiro	blade runners	Veterano M40	02:13:44	+34:51	06:22
76	211	António Teles	individual	Veterano M40	02:13:46	+34:53	06:22
77	122	joao grilo	individual	Senior Masculino	02:14:01	+35:08	06:23
78	387	Rodrigo Oliveira	individual	Senior Masculino	02:14:06	+35:13	06:23
79	345	Marco Gigante	viana runners	Senior Masculino	02:14:32	+35:39	06:24
80	326	Rui Santos	turbulentos	Veterano M40	02:14:52	+35:59	06:25
81	265	MANUEL F TEIXEIRA	individual	Veterano M50	02:14:54	+36:01	06:25
82	101	Bruno Miguel Godinho Pontes	individual	Senior Masculino	02:15:18	+36:25	06:27
83	254	Simão Azevedo Dias	individual	Veterano M40	02:15:25	+36:32	06:27
84	174	Rui Pedro Reis Duarte	individual	Senior Masculino	02:15:39	+36:46	06:28
85	46	Nuno Alves	fama runners	Senior Masculino	02:16:03	+37:10	06:29
86	43	Daniel Oliveira	fama runners	Senior Masculino	02:16:05	+37:12	06:29
87	232	Lúcio da Rocha Alves	individual	Veterano M40	02:16:52	+37:59	06:31
88	14	António Araujo	blade runners	Veterano M40	02:17:05	+38:12	06:32
89	354	Vitor Hugo Oliveira da Silva	vimarunners	Senior Masculino	02:17:07	+38:14	06:32
90	304	António Coelho	trail me	Senior Masculino	02:17:20	+38:27	06:32
91	73	Flora Leite	individual	Sub 25 Feminino	02:17:22	+38:29	06:32
92	154	Paulo Machado	individual	Senior Masculino	02:17:27	+38:34	06:33
93	352	Hélder Silva	vimarunners	Senior Masculino	02:17:28	+38:35	06:33
94	39	Leandro Freitas	edv/viana trail	Veterano M40	02:17:41	+38:48	06:33
95	55	Luis Miguel Azevedo da Silva	freamunde running crew	Sub 25 Masculino	02:17:48	+38:55	06:34
96	163	Renato Lopes	individual	Senior Masculino	02:17:53	+39:00	06:34
97	107	Duarte Oliveira	individual	Senior Masculino	02:18:00	+39:07	06:34
98	358	Carla Sofia Torres Sousa	individual	Senior Feminino	02:18:00	+39:07	06:34
99	246	PAULO MARTINS	individual	Veterano M40	02:18:11	+39:18	06:35
100	106	Diogo Oliveira Aguiar	individual	Senior Masculino	02:18:43	+39:50	06:36
101	309	JOÃO PAULO CANLE FERREIRA	tribraga equipa triatlo de braga	Veterano M40	02:19:21	+40:28	06:38
102	231	JOSÉ MANUEL RODRIGO NUNES	individual	Veterano M40	02:19:24	+40:31	06:38
103	149	Moisés de Jesus Ferreira Frutuoso	individual	Senior Masculino	02:19:32	+40:39	06:39
104	104	DANIEL RAUL FERREIRA	individual	Senior Masculino	02:19:34	+40:41	06:39
105	370	simao costa	clube de atletismo da póvoa de varzim	Senior Masculino	02:19:56	+41:03	06:40
106	235	Luís Guise	individual	Veterano M40	02:19:57	+41:04	06:40
107	244	Paulo Domingues	individual	Veterano M40	02:20:10	+41:17	06:40
108	168	Roberto Carlos Silva Teixeira	individual	Senior Masculino	02:20:13	+41:20	06:41
109	226	Hélder Rod.	individual	Veterano M40	02:20:18	+41:25	06:41
110	128	José Alcidio Rodrigues	individual	Senior Masculino	02:20:20	+41:27	06:41
111	161	Pedro Manuel Fernandes	individual	Senior Masculino	02:20:21	+41:28	06:41
112	259	António Martins Machado	individual	Veterano M50	02:20:24	+41:31	06:41
113	150	Nuno Alves	individual	Senior Masculino	02:20:49	+41:56	06:42
114	346	Pedro Fão	viana runners	Senior Masculino	02:21:02	+42:09	06:43
115	325	Manuel Coutinho Machado	turbulentos	Veterano M40	02:21:33	+42:40	06:44

TRAIL 21KM

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21 KM

OFFICIAL RESULT

[illegible]**R**
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
116	322	João Costa	turbulentos	Veterano M40	02:21:46	+42:53	06:45
117	181	Tiago Amaral	individual	Senior Masculino	02:21:54	+43:01	06:45
118	194	MÁRIO BRITO	individual	Sub 25 Masculino	02:22:45	+43:52	06:48
119	160	pedro jorge marques oliveira	individual	Senior Masculino	02:24:32	+45:39	06:53
120	131	José Filipe Figueiredo	individual	Senior Masculino	02:24:42	+45:49	06:53
121	305	António Grande	trail me	Veterano M40	02:24:49	+45:56	06:54
122	102	Carlos Freitas	individual	Senior Masculino	02:24:51	+45:58	06:54
123	5	Tiago Vilas Boas Rosa Barros	bac runners	Sub 25 Masculino	02:24:54	+46:01	06:54
124	230	Jose Manuel Gomes da Silva	individual	Veterano M40	02:24:57	+46:04	06:54
125	256	adelino brito	individual	Veterano M50	02:25:14	+46:21	06:55
126	28	Rui Baptista	bragaactive/cabalus	Veterano M40	02:25:14	+46:21	06:55
127	332	Emidio Jorge Dinis Quinteira	v.g.v.r. - realtintas / cyber cafe	Senior Masculino	02:25:18	+46:25	06:55
128	192	José Pedro Coelho Trindade	individual	Sub 25 Masculino	02:25:45	+46:52	06:56
129	245	Paulo Jorge Loureiro	individual	Veterano M40	02:25:50	+46:57	06:57
130	58	Antonio Salgado	get runners	Senior Masculino	02:26:31	+47:38	06:59
131	125	João Pedro da Costa Pinto Laranjeira	individual	Senior Masculino	02:26:36	+47:43	06:59
132	255	Vitor Joaquim Carvalhais	individual	Veterano M40	02:27:15	+48:22	07:01
133	331	Oswaldo Oliveira	turbulentos	Veterano M50	02:27:22	+48:29	07:01
134	273	Jorge Ferreira	mib_sport	Veterano M40	02:27:48	+48:55	07:02
135	209	Antonio Eugenio Teixeira Baptista	individual	Veterano M40	02:27:51	+48:58	07:02
136	50	Rui Ribeiro	fama runners	Senior Masculino	02:28:09	+49:16	07:03
137	323	José Carlos Ramalho	turbulentos	Veterano M40	02:28:18	+49:25	07:04
138	327	António Ferreira	turbulentos	Veterano M50	02:28:18	+49:25	07:04
139	313	Suvi Helena Salmilampi	turbulentos	Senior Feminino	02:28:37	+49:44	07:05
140	78	Marta Rosa	individual	Senior Feminino	02:29:13	+50:20	07:06
141	316	Nuno Oliveira	turbulentos	Senior Masculino	02:30:05	+51:12	07:09
142	315	Eugénio Rosas	turbulentos	Senior Masculino	02:30:09	+51:16	07:09
143	317	Nuno Silva	turbulentos	Senior Masculino	02:30:13	+51:20	07:09
144	49	Ricardo Costa	fama runners	Senior Masculino	02:30:15	+51:22	07:09
145	89	amancio silva	individual	Senior Masculino	02:30:18	+51:25	07:09
146	119	Ivo Fernandes	individual	Senior Masculino	02:30:21	+51:28	07:10
147	170	Rui Augusto Carvalho Braga	individual	Senior Masculino	02:30:33	+51:40	07:10
148	8	Marco Dinis Pereira Neiva	bike seven esposende	Senior Masculino	02:30:39	+51:46	07:10
149	108	Ernesto José Barbosa Soares Guimarães	individual	Senior Masculino	02:30:44	+51:51	07:11
150	248	Paulo Rito	individual	Veterano M40	02:30:50	+51:57	07:11
151	110	Filipe Manuel Vicente Afonso	individual	Senior Masculino	02:30:52	+51:59	07:11
152	94	Antonio Jose de Abreu AlmeidaTeixeira	individual	Senior Masculino	02:30:56	+52:03	07:11
153	64	Ana Luis Reis	individual	Senior Feminino	02:30:59	+52:06	07:11
154	357	Carlos Vieira	xmile running team	Senior Masculino	02:31:28	+52:35	07:13

Official Timekeeper: Lap2Go	4 / 8	generate 03-Feb-2014 20:46
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TRAIL 21KM

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21 KM

OFFICIAL RESULT

[illegible]**R**
REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
155	369	paulo abreu	clube de atletismo da póvoa de varzim	Veterano M40	02:31:45	+52:52	07:14
156	356	Isa Silva	xmile running team	Senior Feminino	02:31:50	+52:57	07:14
157	144	Marco Marques	individual	Senior Masculino	02:31:50	+52:57	07:14
158	307	Paulo Faria	trail me	Veterano M40	02:31:57	+53:04	07:14
159	183	Valter Diógenes Carvalho Miranda Capela	individual	Senior Masculino	02:31:59	+53:06	07:14
160	11	Edgar Ruben Queirós	blade runners	Senior Masculino	02:32:35	+53:42	07:16
161	314	Álvaro Aguiar	turbulentos	Senior Masculino	02:32:48	+53:55	07:17
162	335	Jorge Henrique Silva Quinteira	v.g.v.r. - realtintas / cyber cafe	Senior Masculino	02:32:52	+53:59	07:17
163	337	Luis Antonio Vaz Vieira	v.g.v.r. - realtintas / cyber cafe	Veterano M40	02:32:54	+54:01	07:17
164	280	Carmo Marinho	noctiluzes	Veterana F40	02:33:12	+54:19	07:18
165	253	Rui Paulo Martins	individual	Veterano M40	02:33:32	+54:39	07:19
166	333	Helder Manuel Jorge Ferreira	v.g.v.r. - realtintas / cyber cafe	Senior Masculino	02:33:41	+54:48	07:19
167	334	João Cunha	v.g.v.r. - realtintas / cyber cafe	Senior Masculino	02:33:45	+54:52	07:19
168	236	Luis Rego da Silva	individual	Veterano M40	02:34:00	+55:07	07:20
169	34	helenamendes	clube de atletismo da póvoa de varzim	Veterana F40	02:34:23	+55:30	07:21
170	76	Mariana Cecilia Pereira Rodrigues	individual	Senior Feminino	02:34:28	+55:35	07:21
171	20	Nuno Pinto	bracara runners	Senior Masculino	02:34:29	+55:36	07:21
172	24	Luis Braga	bracara runners	Sub 25 Masculino	02:34:39	+55:46	07:22
173	177	Sérgio Brochado	individual	Senior Masculino	02:35:10	+56:17	07:23
174	127	Jorge José Carvalho de Freitas Costa	individual	Senior Masculino	02:35:24	+56:31	07:24
175	296	Hélio Borges	running team lantemil	Senior Masculino	02:35:36	+56:43	07:25
176	262	Fernando Martins Mateus	individual	Veterano M50	02:35:37	+56:44	07:25
177	312	Sári Hajdu	turbulentos	Senior Feminino	02:35:42	+56:49	07:25
178	67	Anabela Maria Rainho	individual	Senior Feminino	02:35:54	+57:01	07:25
179	137	Luis Pinho	individual	Senior Masculino	02:36:01	+57:08	07:26
180	350	Anselmo Pinto	vimarunners	Senior Masculino	02:38:05	+59:12	07:32
181	355	António Augusto Costa	vimarunners	Veterano M40	02:38:15	+59:22	07:32
182	291	Vitor Teixeira	porto_pim - faial	Senior Masculino	02:39:00	+01:00:07	07:34
183	258	Antonio Jose Vieira Azevedo	individual	Veterano M50	02:41:07	+01:02:14	07:40
184	198	CRISTINA QUELHAS	individual	Veterana F40	02:41:12	+01:02:19	07:41
185	139	Manuel Morais	individual	Senior Masculino	02:41:48	+01:02:55	07:42
186	109	Filipe Alexandre Esteves da Silva	individual	Senior Masculino	02:43:12	+01:04:19	07:46
187	286	Gustavo Manuel Pereira Santos	osc/ipa	Senior Masculino	02:43:13	+01:04:20	07:46
188	171	Rui Jorge Pereira Marinho Ribeiro	individual	Senior Masculino	02:43:45	+01:04:52	07:48
189	115	Helder Miranda	individual	Senior Masculino	02:44:48	+01:05:55	07:51
190	83	Sara Sá	individual	Senior Feminino	02:44:48	+01:05:55	07:51
191	77	Mariana Duarte de Magalhaes	individual	Senior Feminino	02:44:50	+01:05:57	07:51
192	68	Blandine Craveiro	individual	Senior Feminino	02:45:20	+01:06:27	07:52
193	368	Rui Vilaça	individual	Veterano M40	02:45:27	+01:06:34	07:53
194	220	Eurico Fernando Portela Mendes	individual	Veterano M40	02:45:28	+01:06:35	07:53

TRAIL 21KM

21 KM

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REVISED[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
195	299	Hugo Edgar Macedo Peixoto Pereira	spump	Senior Masculino	02:45:33	+01:06:40	07:53
196	65	Ana Miranda	individual	Senior Feminino	02:45:38	+01:06:45	07:53
197	114	Gonalo Filipe Neves Padilha	individual	Senior Masculino	02:45:39	+01:06:46	07:53
198	318	Tiago Domingues Barbosa da Frada	turbulentos	Senior Masculino	02:45:45	+01:06:52	07:54
199	298	Diana Alexandra Dias Leite Santos	spump	Senior Feminino	02:46:09	+01:07:16	07:55
200	272	Sergio Fernandes	mib_sport	Senior Masculino	02:47:31	+01:08:38	07:59
201	142	Mrcio Rafael de Sousa Castro	individual	Senior Masculino	02:47:57	+01:09:04	08:00
202	81	Patrcia Raquel da Costa Grilo	individual	Senior Feminino	02:47:57	+01:09:04	08:00
203	385	Carla Ferreira	turbulentos	Veterana F40	02:48:09	+01:09:16	08:00
204	249	Paulo Sergio Silva Neves	individual	Veterano M40	02:48:12	+01:09:19	08:01
205	52	Carlos Espirito Santo	fama_runners	Veterano M40	02:48:15	+01:09:22	08:01
206	328	Antonio Jose Costa	turbulentos	Veterano M50	02:48:32	+01:09:39	08:02
207	54	Manuel Costa e S	fama_runners	Veterano M50	02:48:35	+01:09:42	08:02
208	229	Joaquim Jorge Nunes	individual	Veterano M40	02:48:37	+01:09:44	08:02
209	116	Hugo Almeida	individual	Senior Masculino	02:48:39	+01:09:46	08:02
210	207	Antnio Cndido Gomes Nogueira	individual	Veterano M40	02:48:41	+01:09:48	08:02
211	237	Luis Rocha	individual	Veterano M40	02:48:56	+01:10:03	08:03
212	274	Manuel Candido	mib_sport	Veterano M40	02:49:04	+01:10:11	08:03
213	320	Francisco Antnio dos Santos Costa	turbulentos	Veterano M40	02:49:24	+01:10:31	08:04
214	167	Ricardo Miguel de Oliveira Cunha	individual	Senior Masculino	02:49:25	+01:10:32	08:04
215	178	Srgio Laranjeira	individual	Senior Masculino	02:49:27	+01:10:34	08:04
216	129	Jos Antnio Barros Soares	individual	Senior Masculino	02:50:00	+01:11:07	08:06
217	169	Rodrigo Oliveira	individual	Senior Masculino	02:50:00	+01:11:07	08:06
218	208	antonio carneiro	individual	Veterano M40	02:51:15	+01:12:22	08:09
219	347	Rogrio Gil	viana_runners	Senior Masculino	02:51:34	+01:12:41	08:10
220	148	Miguel Faria	individual	Senior Masculino	02:51:37	+01:12:44	08:10
221	213	Csar Alexandre Simes Costa	individual	Veterano M40	02:51:48	+01:12:55	08:11
222	13	Rui Filipe Sousa	blade_runners	Senior Masculino	02:51:51	+01:12:58	08:11
223	257	Antnio Figueiras Grilo	individual	Veterano M50	02:51:53	+01:13:00	08:11
224	300	Jos Pedro Mendes Caetano Matos Prego	spump	Senior Masculino	02:52:02	+01:13:09	08:12
225	42	Rita Vilaa	fama_runners	Senior Feminino	02:52:29	+01:13:36	08:13
226	281	Rosa Ldia Silva	noctiluzes	Veterana F40	02:52:31	+01:13:38	08:13
227	311	Sandra Travessas	turbulentos	Senior Feminino	02:52:41	+01:13:48	08:13
228	329	Antnio Santos	turbulentos	Veterano M50	02:52:41	+01:13:48	08:13
229	32	sandra veloso	clube de atletismo da pvoa de varzim	Senior Feminino	02:52:43	+01:13:50	08:13
230	193	Luis Fernandes	individual	Sub 25 Masculino	02:52:46	+01:13:53	08:14
231	223	Francisco Santos	individual	Veterano M40	02:52:47	+01:13:54	08:14
232	263	Joaquim Amieiro	individual	Veterano M50	02:52:51	+01:13:58	08:14

TRAIL 21KM

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21 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
233	224	Gomes da Silva	individual	Veterano M40	02:52:56	+01:14:03	08:14
234	26	Joaquim Gayo	bragaactive/cabalus	Senior Masculino	02:53:00	+01:14:07	08:14
235	191	António Pedro Vieira Machado	individual	Sub 25 Masculino	02:53:04	+01:14:11	08:15
236	48	Pedro Silva	fama runners	Senior Masculino	02:53:15	+01:14:22	08:15
237	40	Catarina Costa	fama runners	Senior Feminino	02:53:15	+01:14:22	08:15
238	201	Paula Cristina Veloso sá	individual	Veterana F40	02:53:20	+01:14:27	08:15
239	284	João Gil da Costa	noctiluzes	Veterano M50	02:54:45	+01:15:52	08:19
240	222	Filipe Rodrigues Gonçalves	individual	Veterano M40	02:56:28	+01:17:35	08:24
241	62	Bruno Mota Martinho	grémio atlético de lisboa	Senior Masculino	02:56:46	+01:17:53	08:25
242	12	Ricardo Pinto	blade runners	Senior Masculino	02:57:08	+01:18:15	08:26
243	30	ana leonor	clube de atletismo da póvoa de varzim	Senior Feminino	02:57:20	+01:18:27	08:27
244	293	Liliana Gomes	run&shine	Senior Feminino	02:57:23	+01:18:30	08:27
245	189	Telma Esteves Gonçalves	individual	Sub 25 Feminino	02:57:26	+01:18:33	08:27
246	215	David Lafuente Alves	individual	Veterano M40	02:57:27	+01:18:34	08:27
247	228	João Rua	individual	Veterano M40	02:58:18	+01:19:25	08:29
248	216	Domingos Barros	individual	Veterano M40	02:58:23	+01:19:30	08:30
249	51	Rosa Vilhena	fama runners	Veterana F50	02:59:00	+01:20:07	08:31
250	135	Luís Guimarães	individual	Senior Masculino	02:59:32	+01:20:39	08:33
251	9	Tiago Barros Faria Viana	bike seven esposende	Senior Masculino	03:00:00	+01:21:07	08:34
252	338	Solange Cabral	vamos lá	Senior Feminino	03:00:29	+01:21:36	08:36
253	339	José Ribeiro	vamos lá	Veterano M40	03:00:30	+01:21:37	08:36
254	212	Carlos Jorge Ferreira Soares	individual	Veterano M40	03:00:39	+01:21:46	08:36
255	75	Marcia Correia	individual	Senior Feminino	03:00:45	+01:21:52	08:36
256	172	Rui Manuel Vieira Guimarães	individual	Senior Masculino	03:00:55	+01:22:02	08:37
257	242	Nuno Soares	individual	Veterano M40	03:01:41	+01:22:48	08:39
258	238	Manuel Carlos Carvalho Sousa	individual	Veterano M40	03:01:52	+01:22:59	08:40
259	74	Júlia Helena Macedo Machado da Silva	individual	Senior Feminino	03:02:59	+01:24:06	08:43
260	240	Mário Pedro Oliveira de Castro	individual	Veterano M40	03:03:31	+01:24:38	08:44
261	16	José Basílio Queirós	blade runners	Veterano M40	03:03:40	+01:24:47	08:45
262	202	severine boiteau	individual	Veterana F40	03:03:45	+01:24:52	08:45
263	260	António von Hafe	individual	Veterano M50	03:03:46	+01:24:53	08:45
264	138	Luís Vale	individual	Senior Masculino	03:04:29	+01:25:36	08:47
265	288	CARLA MOTA	pentelheiros runners	Veterana F40	03:04:30	+01:25:37	08:47
266	289	CARLOS AFONSO TEIXEIRA	pentelheiros runners	Veterano M40	03:04:41	+01:25:48	08:48
267	143	Márcio Sérgio Rocha Sousa	individual	Senior Masculino	03:05:28	+01:26:35	08:50
268	66	Ana Torres	individual	Senior Feminino	03:05:28	+01:26:35	08:50
269	206	Alberto Galamba	individual	Veterano M40	03:05:37	+01:26:44	08:50
270	87	Vânia Sofia Santos Machado	individual	Senior Feminino	03:05:39	+01:26:46	08:50
271	217	Eduardo Atraca	individual	Veterano M40	03:05:49	+01:26:56	08:51
272	63	Ana Cristina Pereira da Rosa	individual	Senior Feminino	03:06:07	+01:27:14	08:52

TRAIL 21KM

21 KM

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REVISED[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
273	95	armenio gil oliveira riba nobre	individual	Senior Masculino	03:08:14	+01:29:21	08:58
274	18	Eliane Apolinário	bracara runners	Senior Feminino	03:08:38	+01:29:45	08:59
275	366	Luis Brito Pereira	turbulentos	Veterano M50	03:08:59	+01:30:06	09:00
276	343	Hugo Martins	viana runners	Senior Masculino	03:09:00	+01:30:07	09:00
277	266	Roberto Lusquiños Álvarez	individual	Veterano M50	03:10:28	+01:31:35	09:04
278	188	Rita Leite	individual	Sub 25 Feminino	03:14:36	+01:35:43	09:16
279	166	Ricardo José Rodrigues Alves Dias	individual	Senior Masculino	03:17:14	+01:38:21	09:24
280	156	Pedro Castro	individual	Senior Masculino	03:21:50	+01:42:57	09:37
281	301	Luís Carlos Lopes	suícidas bracaros	Senior Masculino	03:22:08	+01:43:15	09:38
282	185	VITOR HUGO PIMENTA	individual	Senior Masculino	03:22:10	+01:43:17	09:38
283	61	Ana Pedrosa Augusto	grémio atlético de lisboa	Senior Feminino	03:23:00	+01:44:07	09:40
284	282	Deolinda Rosa Silva	noctiluzes	Veterana F50	03:24:49	+01:45:56	09:45
285	287	LARA VAZ PINTO	pentelheiros runners	Senior Feminino	03:25:21	+01:46:28	09:47
286	27	Rui Leite	bragaactive/cabalus	Senior Masculino	03:26:05	+01:47:12	09:49
287	372	Rui Quinta	individual	Veterano M50	03:26:13	+01:47:20	09:49
288	25	Susana Guerreiro	bragaactive/cabalus	Senior Feminino	03:26:19	+01:47:26	09:50
289	157	Pedro Costa	individual	Senior Masculino	03:26:23	+01:47:30	09:50
290	84	Sofia Apolinario	individual	Senior Feminino	03:26:26	+01:47:33	09:50
291	267	MÓNICA SOFIA ESTEVES	jc&niki	Senior Feminino	03:27:26	+01:48:33	09:53
292	268	JOSÉ CARLOS CUNHA	jc&niki	Senior Masculino	03:27:27	+01:48:34	09:53
293	367	JOSE CARLINDO DUARTE CARVALHO	individual	Senior Masculino	03:28:19	+01:49:26	09:55
294	214	Daniel Falcão	individual	Veterano M40	03:29:15	+01:50:22	09:58
295	348	Célia Vital	viana runners	Veterana F40	03:31:50	+01:52:57	10:05
296	60	Helena Sousa	girls trail	Senior Feminino	03:31:50	+01:52:57	10:05
297	341	Iva Ferreira	viana runners	Senior Feminino	03:31:51	+01:52:58	10:05
298	80	Nádia Filipa Pais Casteleiro	individual	Senior Feminino	03:35:36	+01:56:43	10:16
299	86	Vanessa Filipa Leite Ramos Cunha	individual	Senior Feminino	03:35:36	+01:56:43	10:16
300	349	Mário Ferreira	viana runners	Veterano M50	03:35:36	+01:56:43	10:16
301	173	Rui Monteiro	individual	Senior Masculino	03:43:08	+02:04:15	10:38
302	85	Tânia Sofia Miranda Pereira	individual	Senior Feminino	03:43:13	+02:04:20	10:38

Trail 21Km

[illegible]

21 KM

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	0°C	0%
End	13:16	0°C	0%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
Senior Feminino							
1	358	Carla Sofia Torres Sousa	Individual	Senior Feminino	02:18:00	+39:07	06:34
2	313	Suvi Helena Salmilampi	Turbulentos	Senior Feminino	02:28:37	+49:44	07:05
3	78	Marta Rosa	Individual	Senior Feminino	02:29:13	+50:20	07:06
4	64	Ana Luis Reis	Individual	Senior Feminino	02:30:59	+52:06	07:11
5	356	Isa Silva	Xmile Running Team	Senior Feminino	02:31:50	+52:57	07:14
6	76	Mariana Cecilia Pereira Rodrigues	Individual	Senior Feminino	02:34:28	+55:35	07:21
7	312	Sári Hajdu	Turbulentos	Senior Feminino	02:35:42	+56:49	07:25
8	67	Anabela Maria Rainho	Individual	Senior Feminino	02:35:54	+57:01	07:25
9	83	Sara Sá	Individual	Senior Feminino	02:44:48	+01:05:55	07:51
10	77	Mariana Duarte de Magalhaes	Individual	Senior Feminino	02:44:50	+01:05:57	07:51
11	68	Blandine Craveiro	Individual	Senior Feminino	02:45:20	+01:06:27	07:52
12	65	Ana Miranda	Individual	Senior Feminino	02:45:38	+01:06:45	07:53
13	298	Diana Alexandra Dias Leite Santos	SPUMP	Senior Feminino	02:46:09	+01:07:16	07:55
14	81	Patricia Raquel da Costa Grilo	Individual	Senior Feminino	02:47:57	+01:09:04	08:00
15	42	Rita Vilaça	Fama Runners	Senior Feminino	02:52:29	+01:13:36	08:13
16	311	Sandra Travessas	Turbulentos	Senior Feminino	02:52:41	+01:13:48	08:13
17	32	sandra veloso	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	02:52:43	+01:13:50	08:13
18	40	Catarina Costa	Fama Runners	Senior Feminino	02:53:15	+01:14:22	08:15
19	30	ana leonor	Clube de Atletismo da Póvoa de Varzim	Senior Feminino	02:57:20	+01:18:27	08:27
20	293	Liliana Gomes	RUN&SHINE	Senior Feminino	02:57:23	+01:18:30	08:27
21	338	Solange Cabral	Vamos Lá	Senior Feminino	03:00:29	+01:21:36	08:36
22	75	Marcia Correia	Individual	Senior Feminino	03:00:45	+01:21:52	08:36
23	74	Júlia Helena Macedo Machado da Silva	Individual	Senior Feminino	03:02:59	+01:24:06	08:43
24	66	Ana Torres	Individual	Senior Feminino	03:05:28	+01:26:35	08:50
25	87	Vânia Sofia Santos Machado	Individual	Senior Feminino	03:05:39	+01:26:46	08:50
26	63	Ana Cristina Pereira da Rosa	Individual	Senior Feminino	03:06:07	+01:27:14	08:52
27	18	Eliane Apolinário	Bracara Runners	Senior Feminino	03:08:38	+01:29:45	08:59
28	61	Ana Pedrosa Augusto	Grémio Atlético de Lisboa	Senior Feminino	03:23:00	+01:44:07	09:40
29	287	LARA VAZ PINTO	Pentelheiros Runners	Senior Feminino	03:25:21	+01:46:28	09:47
30	25	Susana Guerreiro	BragaActive/Cabalus	Senior Feminino	03:26:19	+01:47:26	09:50
31	84	Sofia Apolinario	Individual	Senior Feminino	03:26:26	+01:47:33	09:50
32	267	MÓNICA SOFIA ESTEVES	JC&NIKI	Senior Feminino	03:27:26	+01:48:33	09:53
33	60	Helena Sousa	girls trail	Senior Feminino	03:31:50	+01:52:57	10:05
34	341	Iva Ferreira	Viana Runners	Senior Feminino	03:31:51	+01:52:58	10:05

Official Timekeeper: Lap2Go	1 / 9	generate 03-Feb-2014 20:50
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Trail 21Km

21 KM

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OFFICIAL RESULT

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35	80	Nádia Filipa Pais Casteleiro	Individual	Senior Feminino	03:35:36	+01:56:43	10:16
36	86	Vanessa Filipa Leite Ramos Cunha	Individual	Senior Feminino	03:35:36	+01:56:43	10:16
37	85	Tânia Sofia Miranda Pereira	Individual	Senior Feminino	03:43:13	+02:04:20	10:38

Senior Masculino

1	285	José Gaspar	Odimarq	Senior Masculino	01:38:53		04:43
2	105	Diogo da Silva Fernandes	OFFtel runners/AFA Cycles	Senior Masculino	01:39:53	+01:00	04:45
3	180	Telmo Veloso	Individual	Senior Masculino	01:44:21	+05:28	04:58
4	93	andre cunha	Individual	Senior Masculino	01:54:32	+15:39	05:27
5	151	nuno fernandes	Individual	Senior Masculino	01:55:45	+16:52	05:31
6	123	João João José Rocha da Silva	Individual	Senior Masculino	01:58:13	+19:20	05:38
7	91	Amândio Filipe Pres Antunes	Individual	Senior Masculino	01:58:19	+19:26	05:38
8	103	Carlos Miguel Faria Martins da Costa	Individual	Senior Masculino	01:58:41	+19:48	05:39
9	92	andré correia	Individual	Senior Masculino	01:59:00	+20:07	05:40
10	195	Miguel Novais	Individual	Senior Masculino	01:59:06	+20:13	05:40
11	308	Carlos Coelho	Trail me	Senior Masculino	01:59:10	+20:17	05:40
12	96	Artur Costa	Desnivel Positivo	Senior Masculino	01:59:20	+20:27	05:41
13	7	Luis Filipe Ribeiro Vilarinho	Bike Seven Esposende	Senior Masculino	02:00:10	+21:17	05:43
14	124	João Manuel do Vale Pereira Borges	Individual	Senior Masculino	02:00:13	+21:20	05:43
15	97	Aurêlio Bruno Lima Rebelo	Individual	Senior Masculino	02:00:31	+21:38	05:44
16	165	Ricardo Jorge Quintela Correia	Individual	Senior Masculino	02:01:08	+22:15	05:46
17	117	Hugo Rocha	Individual	Senior Masculino	02:02:02	+23:09	05:49
18	147	Miguel Costa	Individual	Senior Masculino	02:02:08	+23:15	05:49
19	361	Pedro Amaro	Individual	Senior Masculino	02:02:40	+23:47	05:50
20	362	Adelino Sousa	Individual	Senior Masculino	02:03:13	+24:20	05:52
21	158	Pedro Ferreira	Individual	Senior Masculino	02:03:48	+24:55	05:54
22	120	João Dinis	Individual	Senior Masculino	02:04:14	+25:21	05:55
23	134	Luis Gonçalves	Individual	Senior Masculino	02:04:35	+25:42	05:56
24	342	Dominique Oliveira	Viana Runners	Senior Masculino	02:04:45	+25:52	05:56
25	133	José Jorge Marques da Silva Carvalho	Individual	Senior Masculino	02:06:32	+27:39	06:02
26	279	Fernando Carneiro	NAST	Senior Masculino	02:06:44	+27:51	06:02
27	270	Jorge Costa	Marrafonas Trail	Senior Masculino	02:06:52	+27:59	06:02
28	22	Ricardo Arantes	Bracara Runners	Senior Masculino	02:08:03	+29:10	06:06
29	6	Francisco José Capitão Nóvoa	Bike Seven Esposende	Senior Masculino	02:08:09	+29:16	06:06
30	380	Daniel Rodrigues	Individual	Senior Masculino	02:08:32	+29:39	06:07
31	295	André Coelho	RUNNING TEAM LANTEMIL	Senior Masculino	02:08:41	+29:48	06:08
32	162	Pedro Oliveira	Individual	Senior Masculino	02:08:42	+29:49	06:08
33	365	Rui Oliveira	Individual	Senior Masculino	02:08:55	+30:02	06:08
34	364	Luís Manuel Araújo Silva	Individual	Senior Masculino	02:08:58	+30:05	06:08
35	19	André Peixoto	Bracara Runners	Senior Masculino	02:09:20	+30:27	06:10
36	21	Paulo Fernandes	Bracara Runners	Senior Masculino	02:09:22	+30:29	06:10

Official Timekeeper: Lap2Go	2 / 9	generate 03-Feb-2014 20:50
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Trail 21Km

21 KM

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OFFICIAL RESULT

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37	353	José da Silva Ferreira	VIMARUNNERS	Senior Masculino	02:09:25	+30:32	06:10
38	23	Rui Barbosa	Bracara Runners	Senior Masculino	02:09:26	+30:33	06:10
39	294	EDUARDO MANUEL AMARAL MERINO ROCHA	RUN&SHINE	Senior Masculino	02:09:32	+30:39	06:10
40	29	Gil Oliveira	Chaves Running Team	Senior Masculino	02:11:00	+32:07	06:14
41	132	José Gusman Barbosa	Individual	Senior Masculino	02:11:12	+32:19	06:15
42	381	Ricardo Miranda	Individual	Senior Masculino	02:11:20	+32:27	06:15
43	297	Pedro Miguel Oliveira	RUNNING TEAM LANTÉMIL	Senior Masculino	02:11:28	+32:35	06:16
44	2	José Carlos Gonçalves de Matos	BAC Runners	Senior Masculino	02:11:33	+32:40	06:16
45	155	Pedro Brandão	Individual	Senior Masculino	02:12:06	+33:13	06:17
46	179	sérgio martins 1	Individual	Senior Masculino	02:12:12	+33:19	06:18
47	112	FILIFE RICARDO PINTO FERREIRA	Individual	Senior Masculino	02:13:27	+34:34	06:21
48	98	Borja cordero arias	Individual	Senior Masculino	02:13:29	+34:36	06:21
49	141	Marcelo Oliveira	Individual	Senior Masculino	02:13:30	+34:37	06:21
50	122	joao grilo	Individual	Senior Masculino	02:14:01	+35:08	06:23
51	387	Rodrigo Oliveira	Individual	Senior Masculino	02:14:06	+35:13	06:23
52	345	Marco Gigante	Viana Runners	Senior Masculino	02:14:32	+35:39	06:24
53	101	Bruno Miguel Godinho Pontes	Individual	Senior Masculino	02:15:18	+36:25	06:27
54	174	Rui Pedro Reis Duarte	Individual	Senior Masculino	02:15:39	+36:46	06:28
55	46	Nuno Alves	Fama Runners	Senior Masculino	02:16:03	+37:10	06:29
56	43	Daniel Oliveira	Fama Runners	Senior Masculino	02:16:05	+37:12	06:29
57	354	Vitor Hugo Oliveira da Silva	VIMARUNNERS	Senior Masculino	02:17:07	+38:14	06:32
58	304	António Coelho	Trail me	Senior Masculino	02:17:20	+38:27	06:32
59	154	Paulo Machado	Individual	Senior Masculino	02:17:27	+38:34	06:33
60	352	Hélder Silva	VIMARUNNERS	Senior Masculino	02:17:28	+38:35	06:33
61	163	Renato Lopes	Individual	Senior Masculino	02:17:53	+39:00	06:34
62	107	Duarte Oliveira	Individual	Senior Masculino	02:18:00	+39:07	06:34
63	106	Diogo Oliveira Aguiar	Individual	Senior Masculino	02:18:43	+39:50	06:36
64	149	Moisés de Jesus Ferreira Frutuoso	Individual	Senior Masculino	02:19:32	+40:39	06:39
65	104	DANIEL RAUL FERREIRA	Individual	Senior Masculino	02:19:34	+40:41	06:39
66	370	simao costa	Clube de Atletismo da Póvoa de Varzim	Senior Masculino	02:19:56	+41:03	06:40
67	168	Roberto Carlos Silva Teixeira	Individual	Senior Masculino	02:20:13	+41:20	06:41
68	128	José Alcídio Rodrigues	Individual	Senior Masculino	02:20:20	+41:27	06:41
69	161	Pedro Manuel Fernandes	Individual	Senior Masculino	02:20:21	+41:28	06:41
70	150	Nuno Alves	Individual	Senior Masculino	02:20:49	+41:56	06:42
71	346	Pedro Fão	Viana Runners	Senior Masculino	02:21:02	+42:09	06:43
72	181	Tiago Amaral	Individual	Senior Masculino	02:21:54	+43:01	06:45
73	160	pedro jorge marques oliveira	Individual	Senior Masculino	02:24:32	+45:39	06:53
74	131	José Filipe Figueiredo	Individual	Senior Masculino	02:24:42	+45:49	06:53
75	102	Carlos Freitas	Individual	Senior Masculino	02:24:51	+45:58	06:54

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Trail 21Km

21 KM

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76	332	Emidio Jorge Dinis Quinteira	V.G.V.R. - REALTINTAS / CYBER CAFE	Senior Masculino	02:25:18	+46:25	06:55
77	58	Antonio Salgado	Get Runners	Senior Masculino	02:26:31	+47:38	06:59
78	125	João Pedro da Costa Pinto Laranjeira	Individual	Senior Masculino	02:26:36	+47:43	06:59
79	50	Rui Ribeiro	Fama Runners	Senior Masculino	02:28:09	+49:16	07:03
80	316	Nuno Oliveira	Turbulentos	Senior Masculino	02:30:05	+51:12	07:09
81	315	Eugénio Rosas	Turbulentos	Senior Masculino	02:30:09	+51:16	07:09
82	317	Nuno Silva	Turbulentos	Senior Masculino	02:30:13	+51:20	07:09
83	49	Ricardo Costa	Fama Runners	Senior Masculino	02:30:15	+51:22	07:09
84	89	amancio silva	Individual	Senior Masculino	02:30:18	+51:25	07:09
85	119	Ivo Fernandes	Individual	Senior Masculino	02:30:21	+51:28	07:10
86	170	Rui Augusto Carvalho Braga	Individual	Senior Masculino	02:30:33	+51:40	07:10
87	8	Marco Dinis Pereira Neiva	Bike Seven Esposende	Senior Masculino	02:30:39	+51:46	07:10
88	108	Ernesto José Barbosa Soares Guimarães	Individual	Senior Masculino	02:30:44	+51:51	07:11
89	110	Filipe Manuel Vicente Afonso	Individual	Senior Masculino	02:30:52	+51:59	07:11
90	94	Antonio Jose de Abreu AlmeidaTeixeira	Individual	Senior Masculino	02:30:56	+52:03	07:11
91	357	Carlos Vieira	Xmile Running Team	Senior Masculino	02:31:28	+52:35	07:13
92	144	Marco Marques	Individual	Senior Masculino	02:31:50	+52:57	07:14
93	183	Valter Diógenes Carvalho Miranda Capela	Individual	Senior Masculino	02:31:59	+53:06	07:14
94	11	Edgar Ruben Queirós	Blade Runners	Senior Masculino	02:32:35	+53:42	07:16
95	314	Álvaro Aguiar	Turbulentos	Senior Masculino	02:32:48	+53:55	07:17
96	335	Jorge Henrique Silva Quinteira	V.G.V.R. - REALTINTAS / CYBER CAFE	Senior Masculino	02:32:52	+53:59	07:17
97	333	Helder Manuel Jorge Ferreira	V.G.V.R. - REALTINTAS / CYBER CAFE	Senior Masculino	02:33:41	+54:48	07:19
98	334	João Cunha	V.G.V.R. - REALTINTAS / CYBER CAFE	Senior Masculino	02:33:45	+54:52	07:19
99	20	Nuno Pinto	Bracara Runners	Senior Masculino	02:34:29	+55:36	07:21
100	177	Sérgio Brochado	Individual	Senior Masculino	02:35:10	+56:17	07:23
101	127	Jorge José Carvalho de Freitas Costa	Individual	Senior Masculino	02:35:24	+56:31	07:24
102	296	Hélio Borges	RUNNING TEAM LANTEMIL	Senior Masculino	02:35:36	+56:43	07:25
103	137	Luis Pinho	Individual	Senior Masculino	02:36:01	+57:08	07:26
104	350	Anselmo Pinto	VIMARUNNERS	Senior Masculino	02:38:05	+59:12	07:32
105	291	Vitor Teixeira	Porto_Pim - Faial	Senior Masculino	02:39:00	+01:00:07	07:34
106	139	Manuel Morais	Individual	Senior Masculino	02:41:48	+01:02:55	07:42
107	109	Filipe Alexandre Esteves da Silva	Individual	Senior Masculino	02:43:12	+01:04:19	07:46
108	286	Gustavo Manuel Pereira Santos	OSC/IPA	Senior Masculino	02:43:13	+01:04:20	07:46
109	171	Rui Jorge Pereira Marinho Ribeiro	Individual	Senior Masculino	02:43:45	+01:04:52	07:48
110	115	Helder Miranda	Individual	Senior Masculino	02:44:48	+01:05:55	07:51
111	299	Hugo Edgar Macedo Peixoto Pereira	SPUMP	Senior Masculino	02:45:33	+01:06:40	07:53
112	114	Gonçalo Filipe Neves Padilha	Individual	Senior Masculino	02:45:39	+01:06:46	07:53

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Trail 21Km

21 KM

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113	318	Tiago Domingues Barbosa da Frada	Turbulentos	Senior Masculino	02:45:45	+01:06:52	07:54
114	272	Sergio Fernandes	MBB_Sport	Senior Masculino	02:47:31	+01:08:38	07:59
115	142	Márcio Rafael de Sousa Castro	Individual	Senior Masculino	02:47:57	+01:09:04	08:00
116	116	Hugo Almeida	Individual	Senior Masculino	02:48:39	+01:09:46	08:02
117	167	Ricardo Miguel de Oliveira Cunha	Individual	Senior Masculino	02:49:25	+01:10:32	08:04
118	178	Sérgio Laranjeira	Individual	Senior Masculino	02:49:27	+01:10:34	08:04
119	129	José António Barros Soares	Individual	Senior Masculino	02:50:00	+01:11:07	08:06
120	169	Rodrigo Oliveira	Individual	Senior Masculino	02:50:00	+01:11:07	08:06
121	347	Rogério Gil	Viana Runners	Senior Masculino	02:51:34	+01:12:41	08:10
122	148	Miguel Faria	Individual	Senior Masculino	02:51:37	+01:12:44	08:10
123	13	Rui Filipe Sousa	Blade Runners	Senior Masculino	02:51:51	+01:12:58	08:11
124	300	José Pedro Mendes Caetano Matos Prego	SPUMP	Senior Masculino	02:52:02	+01:13:09	08:12
125	26	Joaquim Gayo	BragaActive/Cabalus	Senior Masculino	02:53:00	+01:14:07	08:14
126	48	Pedro Silva	Fama Runners	Senior Masculino	02:53:15	+01:14:22	08:15
127	62	Bruno Mota Martinho	Grémio Atlético de Lisboa	Senior Masculino	02:56:46	+01:17:53	08:25
128	12	Ricardo Pinto	Blade Runners	Senior Masculino	02:57:08	+01:18:15	08:26
129	135	Luís Guimarães	Individual	Senior Masculino	02:59:32	+01:20:39	08:33
130	9	Tiago Barros Faria Viana	Bike Seven Esposende	Senior Masculino	03:00:00	+01:21:07	08:34
131	172	Rui Manuel Vieira Guimarães	Individual	Senior Masculino	03:00:55	+01:22:02	08:37
132	138	Luís Vale	Individual	Senior Masculino	03:04:29	+01:25:36	08:47
133	143	Márcio Sérgio Rocha Sousa	Individual	Senior Masculino	03:05:28	+01:26:35	08:50
134	95	armenio gil oliveira riba nobre	Individual	Senior Masculino	03:08:14	+01:29:21	08:58
135	343	Hugo Martins	Viana Runners	Senior Masculino	03:09:00	+01:30:07	09:00
136	166	Ricardo José Rodrigues Alves Dias	Individual	Senior Masculino	03:17:14	+01:38:21	09:24
137	156	Pedro Castro	Individual	Senior Masculino	03:21:50	+01:42:57	09:37
138	301	Luís Carlos Lopes	Suicidas Bracaros	Senior Masculino	03:22:08	+01:43:15	09:38
139	185	VITOR HUGO PIMENTA	Individual	Senior Masculino	03:22:10	+01:43:17	09:38
140	27	Rui Leite	BragaActive/Cabalus	Senior Masculino	03:26:05	+01:47:12	09:49
141	157	Pedro Costa	Individual	Senior Masculino	03:26:23	+01:47:30	09:50
142	268	JOSÉ CARLOS CUNHA	JC&NIKI	Senior Masculino	03:27:27	+01:48:34	09:53
143	367	JOSE CARLINDO DUARTE CARVALHO	Individual	Senior Masculino	03:28:19	+01:49:26	09:55
144	173	Rui Monteiro	Individual	Senior Masculino	03:43:08	+02:04:15	10:38

Sub 25 Feminino

1	73	Flora Leite	Individual	Sub 25 Feminino	02:17:22	+38:29	06:32
2	189	Telma Esteves Gonçalves	Individual	Sub 25 Feminino	02:57:26	+01:18:33	08:27
3	188	Rita Leite	Individual	Sub 25 Feminino	03:14:36	+01:35:43	09:16

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Sub 25 Masculino

1	197	ROBERTO FERREIRA	Individual	Sub 25 Masculino	01:56:25	+17:32	05:33
2	292	Bruno Mendes	PRT/AD Quinta	Sub 25 Masculino	01:57:53	+19:00	05:37
3	4	Ricardo Filipe Figueiredo Ferreira	BAC Runners	Sub 25 Masculino	01:58:25	+19:32	05:38
4	196	Paulo José Cardoso Mesquita	Individual	Sub 25 Masculino	02:04:37	+25:44	05:56
5	276	Valdir Filipe Costa Pereira	Minho Aventura	Sub 25 Masculino	02:08:59	+30:06	06:09
6	3	Nuno Miguel Oliveira da Silva	BAC Runners	Sub 25 Masculino	02:11:37	+32:44	06:16
7	55	Luis Miguel Azevedo da Silva	Freamunde running crew	Sub 25 Masculino	02:17:48	+38:55	06:34
8	194	MÁRIO BRITO	Individual	Sub 25 Masculino	02:22:45	+43:52	06:48
9	5	Tiago Vilas Boas Rosa Barros	BAC Runners	Sub 25 Masculino	02:24:54	+46:01	06:54
10	192	José Pedro Coelho Trindade	Individual	Sub 25 Masculino	02:25:45	+46:52	06:56
11	24	Luis Braga	Bracara Runners	Sub 25 Masculino	02:34:39	+55:46	07:22
12	193	Luis Fernandes	Individual	Sub 25 Masculino	02:52:46	+01:13:53	08:14
13	191	António Pedro Vieira Machado	Individual	Sub 25 Masculino	02:53:04	+01:14:11	08:15

Veterana F40

1	203	Susana Simões	Individual	Veterana F40	02:09:49	+30:56	06:11
2	280	Carmo Marinho	Noctiluzes	Veterana F40	02:33:12	+54:19	07:18
3	34	helenas mendes	Clube de Atletismo da Póvoa de Varzim	Veterana F40	02:34:23	+55:30	07:21
4	198	CRISTINA QUELHAS	Individual	Veterana F40	02:41:12	+01:02:19	07:41
5	385	Carla Ferreira	turbulentos	Veterana F40	02:48:09	+01:09:16	08:00
6	281	Rosa Lidia Silva	Noctiluzes	Veterana F40	02:52:31	+01:13:38	08:13
7	201	Paula Cristina Veloso sá	Individual	Veterana F40	02:53:20	+01:14:27	08:15
8	202	severine boiteau	Individual	Veterana F40	03:03:45	+01:24:52	08:45
9	288	CARLA MOTA	Pentelheiros Runners	Veterana F40	03:04:30	+01:25:37	08:47
10	348	Célia Vital	Viana Runners	Veterana F40	03:31:50	+01:52:57	10:05

Veterana F50

1	51	Rosa Vilhena	Fama Runners	Veterana F50	02:59:00	+01:20:07	08:31
2	282	Deolinda Rosa Silva	Noctiluzes	Veterana F50	03:24:49	+01:45:56	09:45

Veterano M40

1	10	Rui Manuel Sampaio Laranjeira	Bike Seven Esposende	Veterano M40	01:44:33	+05:40	04:59
2	227	João Paulo Dias Gonçalves	Individual	Veterano M40	01:46:22	+07:29	05:04
3	205	ADOLFO GARRIDO FERNANDEZ	Individual	Veterano M40	01:48:31	+09:38	05:10
4	360	Nuno Campos	Individual	Veterano M40	01:57:24	+18:31	05:35
5	234	Luís Fontinha	Individual	Veterano M40	01:58:36	+19:43	05:39

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Trail 21Km

21 KM

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6	37	jose faria	Clube de Atletismo da Póvoa de Varzim	Veterano M40	01:59:14	+20:21	05:41
7	225	Gonçalo Mota	Individual	Veterano M40	02:01:15	+22:22	05:46
8	35	adao mendes	Clube de Atletismo da Póvoa de Varzim	Veterano M40	02:02:03	+23:10	05:49
9	233	Luís Filipe Carvalhais	Individual	Veterano M40	02:04:40	+25:47	05:56
10	251	Rolando Martins Moreira dos Santos	Individual	Veterano M40	02:06:07	+27:14	06:00
11	306	MIGUEL ARAÚJO	Trail me	Veterano M40	02:07:05	+28:12	06:03
12	359	Carlos Gonçalves	Individual	Veterano M40	02:07:57	+29:04	06:06
13	243	Orlando Correia	Individual	Veterano M40	02:09:42	+30:49	06:11
14	15	António Loureiro	Blade Runners	Veterano M40	02:13:44	+34:51	06:22
15	211	António Teles	Individual	Veterano M40	02:13:46	+34:53	06:22
16	326	Rui Santos	Turbulentos	Veterano M40	02:14:52	+35:59	06:25
17	254	Simão Azevedo Dias	Individual	Veterano M40	02:15:25	+36:32	06:27
18	232	Lúcio da Rocha Alves	Individual	Veterano M40	02:16:52	+37:59	06:31
19	14	António Araujo	Blade Runners	Veterano M40	02:17:05	+38:12	06:32
20	39	Leandro Freitas	EDV/Viana Trail	Veterano M40	02:17:41	+38:48	06:33
21	246	PAULO MARTINS	Individual	Veterano M40	02:18:11	+39:18	06:35
22	309	JOÃO PAULO CANLE FERREIRA	TRIBRAGA EQUIPA TRIATLO DE BRAGA	Veterano M40	02:19:21	+40:28	06:38
23	231	JOSÉ MANUEL RODRIGO NUNES	Individual	Veterano M40	02:19:24	+40:31	06:38
24	235	Luís Guise	Individual	Veterano M40	02:19:57	+41:04	06:40
25	244	Paulo Domingues	Individual	Veterano M40	02:20:10	+41:17	06:40
26	226	Hélder Rod.	Individual	Veterano M40	02:20:18	+41:25	06:41
27	325	Manuel Coutinho Machado	Turbulentos	Veterano M40	02:21:33	+42:40	06:44
28	322	João Costa	Turbulentos	Veterano M40	02:21:46	+42:53	06:45
29	305	António Grande	Trail me	Veterano M40	02:24:49	+45:56	06:54
30	230	Jose Manuel Gomes da Silva	Individual	Veterano M40	02:24:57	+46:04	06:54
31	28	Rui Baptista	BragaActive/Cabalus	Veterano M40	02:25:14	+46:21	06:55
32	245	Paulo Jorge Loureiro	Individual	Veterano M40	02:25:50	+46:57	06:57
33	255	Vitor Joaquim Carvalhais	Individual	Veterano M40	02:27:15	+48:22	07:01
34	273	Jorge Ferreira	MIB_Sport	Veterano M40	02:27:48	+48:55	07:02
35	209	Antonio Eugenio Teixeira Baptista	Individual	Veterano M40	02:27:51	+48:58	07:02
36	323	José Carlos Ramalho	Turbulentos	Veterano M40	02:28:18	+49:25	07:04
37	248	Paulo Rito	Individual	Veterano M40	02:30:50	+51:57	07:11
38	369	paulo abreu	Clube de Atletismo da Póvoa de Varzim	Veterano M40	02:31:45	+52:52	07:14
39	307	Paulo Faria	Trail me	Veterano M40	02:31:57	+53:04	07:14
40	337	Luis Antonio Vaz Vieira	V.G.V.R. - REALTINTAS / CYBER CAFE	Veterano M40	02:32:54	+54:01	07:17
41	253	Rui Paulo Martins	Individual	Veterano M40	02:33:32	+54:39	07:19
42	236	Luis Rego da Silva	Individual	Veterano M40	02:34:00	+55:07	07:20
43	355	António Augusto Costa	VIMA RUNNERS	Veterano M40	02:38:15	+59:22	07:32

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Trail 21Km

21 KM

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44	368	Rui Vilaça	Individual	Veterano M40	02:45:27	+01:06:34	07:53
45	220	Eurico Fernando Portela Mendes	Individual	Veterano M40	02:45:28	+01:06:35	07:53
46	249	Paulo Sergio Silva Neves	Individual	Veterano M40	02:48:12	+01:09:19	08:01
47	52	Carlos Espírito Santo	Fama Runners	Veterano M40	02:48:15	+01:09:22	08:01
48	229	Joaquim Jorge Nunes	Individual	Veterano M40	02:48:37	+01:09:44	08:02
49	207	António Cândido Gomes Nogueira	Individual	Veterano M40	02:48:41	+01:09:48	08:02
50	237	Luis Rocha	Individual	Veterano M40	02:48:56	+01:10:03	08:03
51	274	Manuel Candido	MI8_Sport	Veterano M40	02:49:04	+01:10:11	08:03
52	320	Francisco António dos Santos Costa	Turbulentos	Veterano M40	02:49:24	+01:10:31	08:04
53	208	antonio carneiro	Individual	Veterano M40	02:51:15	+01:12:22	08:09
54	213	César Alexandre Simões Costa	Individual	Veterano M40	02:51:48	+01:12:55	08:11
55	223	Francisco Santos	Individual	Veterano M40	02:52:47	+01:13:54	08:14
56	224	Gomes da Silva	Individual	Veterano M40	02:52:56	+01:14:03	08:14
57	222	Filipe Rodrigues Gonçalves	Individual	Veterano M40	02:56:28	+01:17:35	08:24
58	215	David Lafuente Alves	Individual	Veterano M40	02:57:27	+01:18:34	08:27
59	228	João Rua	Individual	Veterano M40	02:58:18	+01:19:25	08:29
60	216	Domingos Barros	Individual	Veterano M40	02:58:23	+01:19:30	08:30
61	339	José Ribeiro	Vamos Lá	Veterano M40	03:00:30	+01:21:37	08:36
62	212	Carlos Jorge Ferreira Soares	Individual	Veterano M40	03:00:39	+01:21:46	08:36
63	242	Nuno Soares	Individual	Veterano M40	03:01:41	+01:22:48	08:39
64	238	Manuel Carlos Carvalho Sousa	Individual	Veterano M40	03:01:52	+01:22:59	08:40
65	240	Mário Pedro Oliveira de Castro	Individual	Veterano M40	03:03:31	+01:24:38	08:44
66	16	José Basílio Queirós	Blade Runners	Veterano M40	03:03:40	+01:24:47	08:45
67	289	CARLOS AFONSO TEIXEIRA	Pentelheiros Runners	Veterano M40	03:04:41	+01:25:48	08:48
68	206	Alberto Galamba	Individual	Veterano M40	03:05:37	+01:26:44	08:50
69	217	Eduardo Atraca	Individual	Veterano M40	03:05:49	+01:26:56	08:51
70	214	Daniel Falcão	Individual	Veterano M40	03:29:15	+01:50:22	09:58

Veterano M50

1	264	Jose Monteiro	Individual	Veterano M50	01:45:07	+06:14	05:00
2	56	Abilio José Leites Marques	Freamunde running crew	Veterano M50	01:52:11	+13:18	05:21
3	278	José Capela	Minho Aventura	Veterano M50	01:58:58	+20:05	05:40
4	330	Fernando Manuel Tavares da Costa Antunes	Turbulentos	Veterano M50	01:59:28	+20:35	05:41
5	261	Arsénio J M Fernandes	Individual	Veterano M50	02:00:21	+21:28	05:44
6	265	MANUEL F TEXEIRA	Individual	Veterano M50	02:14:54	+36:01	06:25
7	259	António Martins Machado	Individual	Veterano M50	02:20:24	+41:31	06:41
8	256	adelino brito	Individual	Veterano M50	02:25:14	+46:21	06:55
9	331	Oswaldo Oliveira	Turbulentos	Veterano M50	02:27:22	+48:29	07:01
10	327	António Ferreira	Turbulentos	Veterano M50	02:28:18	+49:25	07:04
11	262	Fernando Martins Mateus	Individual	Veterano M50	02:35:37	+56:44	07:25

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12	258	Antonio Jose Vieira Azevedo	Individual	Veterano M50	02:41:07	+01:02:14	07:40
13	328	Antonio Jose Costa	Turbulentos	Veterano M50	02:48:32	+01:09:39	08:02
14	54	Manuel Costa e Sá	Fama Runners	Veterano M50	02:48:35	+01:09:42	08:02
15	257	António Figueiras Grilo	Individual	Veterano M50	02:51:53	+01:13:00	08:11
16	329	António Santos	Turbulentos	Veterano M50	02:52:41	+01:13:48	08:13
17	263	Joaquim Amieiro	Individual	Veterano M50	02:52:51	+01:13:58	08:14
18	284	João Gil da Costa	Noctiluzes	Veterano M50	02:54:45	+01:15:52	08:19
19	260	António von Hafe	Individual	Veterano M50	03:03:46	+01:24:53	08:45
20	366	Luis Brito Pereira	Turbulentos	Veterano M50	03:08:59	+01:30:06	09:00
21	266	Roberto Lusquinhos Álvarez	Individual	Veterano M50	03:10:28	+01:31:35	09:04
22	372	Rui Quinta	Individual	Veterano M50	03:26:13	+01:47:20	09:49
23	349	Mário Ferreira	Viana Runners	Veterano M50	03:35:36	+01:56:43	10:16

COLETIVA 21KM

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RANK	TEAM	DESCRIPTION	POINTS
1	Bracara Runners	49 + 57 + 58 + 60	224
2	Bike Seven Esposende	4 + 26 + 50 + 148	228
3	BAC Runners	16 + 68 + 69 + 123	276
4	Trail me	22 + 47 + 90 + 121	280
5	Clube de Atletismo da Póvoa de Varzim	23 + 33 + 105 + 155	316
6	Turbulentos	25 + 80 + 115 + 116	336
7	VIMARUNNERS	59 + 89 + 93 + 180	421
8	Fama Runners	85 + 86 + 136 + 144	451
9	Viana Runners	42 + 79 + 114 + 219	454
10	Blade Runners	75 + 88 + 160 + 222	545
11	V.G.V.R. - REALTINTAS / CYBER CAFE	127 + 162 + 163 + 166	618
12	Noctiluzes	164 + 226 + 239 + 284	913
13	BragaActive/Cabalus	126 + 234 + 286 + 288	934