

21K - STAGE 1

21 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	726	Agostinho da Silva Neves	juventude desportiva de gondomar	Veterano M60	01:52:02	+24:15	05:20
44	561	Sérgio Rodrigues	dr. merino/4moove	Senior Masculino	01:52:13	+24:26	05:21
45	637	Tiago Gomes	individual	Senior Masculino	01:52:43	+24:56	05:22
46	663	Antonio Perez Novoa	individual	Veterano M40	01:53:15	+25:28	05:24
47	565	Armando vieira	edl trail	Veterano M40	01:54:03	+26:16	05:26
48	804	Vasco Rocha	caav/trail	Veterano M40	01:54:09	+26:22	05:26
49	570	Ricardo Pinto	éjáli...clube de amigos trailrunners	Senior Masculino	01:54:24	+26:37	05:27
50	725	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	01:54:35	+26:48	05:27
51	724	Manuel constantino silva	juventude cortegacense	Veterano M50	01:54:49	+27:02	05:28
52	714	António Constantino Silva	juventude cortegacense	Senior Masculino	01:54:49	+27:02	05:28
53	602	MARTA	individual	Senior Feminino	01:54:52	+27:05	05:28
54	622	Jose Daniel Rey Mallo	individual	Senior Masculino	01:54:52	+27:05	05:28
55	673	José Luís Alonso Lago	individual	Veterano M40	01:54:55	+27:08	05:28
56	589	Marco Ribeiro	guimarunning	Veterano M40	01:55:02	+27:15	05:29
57	700	José Amorim	individual	Veterano M50	01:55:33	+27:46	05:30
58	740	Alberto Cunha	olímpico vianense trail	Veterano M50	01:55:37	+27:50	05:30
59	739	pedro carvalhido	olímpico vianense trail	Veterano M40	01:56:00	+28:13	05:31
60	559	Paulo Ribeiro	dive into the mountains	Veterano M40	01:56:43	+28:57	05:34
61	792	Eduardo Rodrigues	viana running	Senior Masculino	01:57:30	+29:43	05:36
62	793	Cristina Iglésias	viana running	Veterana F40	01:57:31	+29:45	05:36
63	776	Antero Roque	sporting club santacruzense	Senior Masculino	01:57:35	+29:48	05:36
64	558	Lino Abreu	dive into the mountains	Veterano M40	01:57:37	+29:50	05:36
65	572	Paulo Marques	enege epis & bordados	Senior Masculino	01:57:40	+29:53	05:36
66	769	Anita Costa	royal wellness center	Senior Feminino	01:57:52	+30:05	05:37
67	721	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M40	01:57:57	+30:11	05:37
68	753	Albino dos Santos Macaes Pires	porto sentido runners	Veterano M40	01:59:12	+31:26	05:41
69	674	Jose meleiro	individual	Veterano M40	02:00:00	+32:13	05:43
70	779	Alexandre Agostinho	the lords of the races	Senior Masculino	02:00:04	+32:17	05:43
71	780	Miguel Rodrigues	the lords of the races	Senior Masculino	02:00:04	+32:17	05:43
72	516	Bruno Miguel Moreira Loureiro	amc trail	Senior Masculino	02:00:06	+32:19	05:43
73	722	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	02:01:03	+33:16	05:46
74	796	Juliana lopes Onuma	vianarunning	Veterana F40	02:01:06	+33:19	05:46
75	787	João Calheiros	trogloeditas runners	Senior Masculino	02:01:08	+33:21	05:46
76	741	Jorge Augusto Oliveira Guerra	os falta d'ar	Veterano M40	02:01:10	+33:23	05:46
77	670	Jorge Pires	trail team montaria/aaslm	Veterano M40	02:01:18	+33:31	05:47
78	661	Antonio Chamorro Comesaña	individual	Veterano M40	02:01:45	+33:59	05:48
79	632	ricardo rodrigues gomes	individual	Senior Masculino	02:01:46	+33:59	05:48
80	621	JOSE ANTONIO FERNANDEZ NUÑEZ	individual	Senior Masculino	02:01:55	+34:08	05:48
81	801	Antonio Jose Araujo Lopes	individual	Veterano M40	02:01:56	+34:09	05:48
82	698	Duarte Alves	individual	Veterano M50	02:02:14	+34:27	05:49
83	767	Rui Castro	rinus fafe	Senior Masculino	02:02:39	+34:52	05:50
84	585	Luísa Pinto	guimarunning	Senior Feminino	02:02:48	+35:01	05:51
85	588	Miguel Carvalho	guimarunning	Senior Masculino	02:02:48	+35:02	05:51

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	662	ANTÓNIO MANUEL ABREU COELHO	individual	Veterano M40	02:03:44	+35:57	05:54
87	590	MARTA MARTINS	hsantamariart	Senior Feminino	02:04:34	+36:47	05:56
88	596	PAULO FREITAS	hsantamariart	Veterano M40	02:04:34	+36:47	05:56
89	592	EDUARDO FERREIRA	hsantamariart	Senior Masculino	02:04:35	+36:48	05:56
90	593	Pedro Fernandes	hsantamariart	Senior Masculino	02:04:36	+36:49	05:56
91	594	SÉRGIO RICARDO	hsantamariart	Senior Masculino	02:04:36	+36:49	05:56
92	781	Albertino Agostinho	the lords of the races	Veterano M50	02:05:24	+37:37	05:58
93	520	Sérgio Miguel Moura	amigos	Senior Masculino	02:05:41	+37:54	05:59
94	521	José Sala	amigos	Veterano M50	02:05:41	+37:55	05:59
95	761	João Pinheiro	porto sentido runners	Veterano M40	02:05:49	+38:02	06:00
96	203	Pedro Bernardes	all about	Senior Masculino	02:05:59	+38:12	06:00
97	709	Carlos Alves	individual	Veterano M60	02:06:07	+38:20	06:00
98	544	José Augusto Costa	bracara genus	Veterano M40	02:06:16	+38:29	06:01
99	607	Tânia filipa Barbosa dias carneiro	individual	Senior Feminino	02:06:24	+38:37	06:01
100	635	Rui Carneiro	individual	Senior Masculino	02:06:25	+38:38	06:01
101	569	Pedro Gomes	éjáli...clube de amigos trailrunners	Senior Masculino	02:06:39	+38:53	06:02
102	579	martinho cunha	g.d.castelense	Veterano M50	02:07:10	+39:23	06:03
103	719	Marcia Castro Costa	juventude cortegacense	Veterana F40	02:07:16	+39:29	06:04
104	519	José Andrade	amigos	Senior Masculino	02:07:20	+39:33	06:04
105	501	André Rodrigues	3d	Senior Masculino	02:07:44	+39:57	06:05
106	502	Vladimir Lenine	3d	Senior Masculino	02:07:45	+39:58	06:05
107	573	JACINTA SILVA	equipa atletismo povoense	Senior Feminino	02:08:19	+40:32	06:07
108	578	João Ferreira de Oliveira	equipa atletismo povoense	Veterano M50	02:08:19	+40:32	06:07
109	576	Jose Manuel Antunes Fernandes	equipa atletismo povoense	Veterano M40	02:08:20	+40:33	06:07
110	808	Sergio Cunha	sucupiraf.c	Veterano M40	02:08:22	+40:35	06:07
111	738	Daniel Amorim	olhar encantador	Senior Masculino	02:08:56	+41:09	06:08
112	701	José Gonçalves	individual	Veterano M50	02:09:08	+41:22	06:09
113	624	Lino Albano	individual	Senior Masculino	02:09:25	+41:38	06:10
114	631	RICARDO JORGE CUNHA REGO	alexandra carvalho team	Senior Masculino	02:10:09	+42:22	06:12
115	538	Solange Sousa	bia team	Senior Feminino	02:10:15	+42:28	06:12
116	539	Nelson Sousa	bia team	Veterano M40	02:10:15	+42:28	06:12
117	219	MANUEL RODRIGUES	correr leça	Veterano M60	02:10:27	+42:40	06:13
118	571	Diogo Viana Pereira	enege epis & bordados	Senior Masculino	02:10:38	+42:51	06:13
119	744	António Almeida	os isabelinhas	Veterano M40	02:10:53	+43:07	06:14
120	546	Ulisses Lopes	bracara genus	Veterano M40	02:11:33	+43:46	06:16
121	820	Herculano Guimarães	individual	Veterano M50	02:11:36	+43:49	06:16
122	810	Maria Lurdes Barbedo	sucupiraf.c	Veterana F40	02:12:13	+44:26	06:18
123	811	Hélder Monteiro	sucupiraf.c	Veterano M40	02:12:13	+44:26	06:18
124	807	Henrique Barbedo	sucupiraf.c	Veterano M40	02:12:13	+44:26	06:18
125	659	Alberto Carlos Codeço	individual	Veterano M40	02:12:16	+44:29	06:18
126	672	José Gomes	individual	Veterano M40	02:12:24	+44:37	06:18
127	712	Jorge Lobo	individual	Veterano M60	02:12:42	+44:55	06:19
128	682	Paulo Domingues	individual	Veterano M40	02:12:43	+44:56	06:19

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	687	Pedro Pimenta	individual	Veterano M40	02:13:05	+45:18	06:20
130	686	Pedro José Oliveira da Silva	individual	Veterano M40	02:13:05	+45:18	06:20
131	768	Marisa Novais	rinus fafe	Veterana F40	02:13:11	+45:24	06:21
132	765	Joana Magalhães	rinus fafe	Senior Feminino	02:13:43	+45:57	06:22
133	711	Joao Manuel Rodrigues Rita	individual	Veterano M60	02:13:53	+46:06	06:23
134	641	Beatriz Alonso Garcia	individual	Veterana F40	02:13:54	+46:07	06:23
135	518	LEANDRO FREITAS	amc trail	Veterano M50	02:14:24	+46:37	06:24
136	554	Cristina Rocha	comdor runners	Senior Feminino	02:14:36	+46:49	06:25
137	703	Luis Moreira	individual	Veterano M50	02:14:57	+47:10	06:26
138	710	Fernando Azevedo	individual	Veterano M60	02:15:33	+47:46	06:27
139	695	Vitor Rui Costa Miranda	individual	Veterano M40	02:15:33	+47:46	06:27
140	630	Pedro Miguel Sousa Cruz	individual	Senior Masculino	02:15:34	+47:47	06:27
141	613	Diogo	individual	Senior Masculino	02:15:36	+47:49	06:27
142	785	Maria Araújo	trogloditas runners	Senior Feminino	02:15:36	+47:49	06:27
143	789	Irene Silva	trogloditas runners	Veterana F40	02:15:36	+47:49	06:27
144	678	Manuel Guilherme Soares Gonçalves	individual	Veterano M40	02:15:39	+47:52	06:28
145	685	Pedro Fernandes	individual	Veterano M40	02:15:40	+47:53	06:28
146	513	eduardo jorge pacheco coutada	ade trail running	Veterano M40	02:16:28	+48:41	06:30
147	512	sameiro fraguinha	ade trail running	Veterana F40	02:16:29	+48:42	06:30
148	774	Jorge Silva	s.c. espinho	Veterano M40	02:16:56	+49:09	06:31
149	784	Irene Varajão	trogloditas runners	Senior Feminino	02:17:06	+49:19	06:32
150	679	PATRICK IIMA	individual	Veterano M40	02:17:08	+49:21	06:32
151	616	Fernando Costa	individual	Senior Masculino	02:17:51	+50:04	06:34
152	515	Ricardo Esteves	alexandra carvalho team	Sub 23 Masculino	02:17:52	+50:05	06:34
153	547	Sérgio Ferreira	caac - clube de atletismo de arentim e cunha	Senior Masculino	02:17:55	+50:09	06:34
154	669	Ignacio Cimas Fernández	individual	Veterano M40	02:17:56	+50:09	06:34
155	657	Fatima Almeida	individual	Veterana F50	02:18:03	+50:17	06:34
156	778	fernando manuel dias mendes	team shark	Veterano M40	02:18:29	+50:42	06:36
157	723	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	02:19:01	+51:14	06:37
158	819	Hugo Pereira	individual	Senior Masculino	02:19:18	+51:31	06:38
159	628	Paulo Clemente	individual	Senior Masculino	02:19:27	+51:40	06:38
160	606	Sabela vara adrio	individual	Senior Feminino	02:19:53	+52:06	06:40
161	680	Paulo Alexandre Lopes de Araújo Ferreira Gouveia	individual	Veterano M40	02:20:26	+52:39	06:41
162	610	Arnaldo Pires	individual	Senior Masculino	02:20:28	+52:41	06:41
163	625	Manuel Miranda	individual	Senior Masculino	02:21:01	+53:14	06:43
164	692	Rui Trindade	individual	Veterano M40	02:21:04	+53:17	06:43
165	506	Marina Amorim	acra running	Senior Feminino	02:21:20	+53:33	06:44
166	504	Ana Francisca Amorim	acra running	Senior Feminino	02:21:20	+53:33	06:44
167	809	Hélder Castro	sucupiraf.c	Veterano M40	02:21:20	+53:33	06:44
168	654	Miosete Silva	individual	Veterana F40	02:21:23	+53:37	06:44
169	580	Ana Gomes	gaia running	Senior Feminino	02:21:27	+53:40	06:44
170	528	Amilcar Ferreira	arcorun	Veterano M40	02:21:33	+53:46	06:44
171	527	Glória Santos	arcorun	Veterana F60	02:21:33	+53:46	06:44

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	577	Antonio Abilio Carvalho	equipa atletismo povoense	Veterano M50	02:21:52	+54:05	06:45
173	522	António Pereira	amigos atletismo povoense	Veterano M50	02:21:52	+54:06	06:45
174	783	Dorinda Sousa	trogloditas runners	Senior Feminino	02:22:16	+54:29	06:46
175	598	Elisabete Rente	individual	Senior Feminino	02:22:29	+54:43	06:47
176	747	Inês Neves	porto sentido runners	Senior Feminino	02:23:02	+55:15	06:49
177	764	Rui Miguel Silva Almeida Teixeira	porto sentido runners	Veterano M40	02:23:02	+55:16	06:49
178	665	Carlos Alberto Faria Correia	individual	Veterano M40	02:23:38	+55:51	06:50
179	555	Luísa Guimarães do Lago e Costa Rodrigues	cr candoso	Veterana F40	02:23:48	+56:01	06:51
180	788	Romano Pereira	trogloditas runners	Senior Masculino	02:24:38	+56:51	06:53
181	636	Sérgio Martins	individual	Senior Masculino	02:24:38	+56:51	06:53
182	766	João Lira	rinus fafe	Senior Masculino	02:24:55	+57:08	06:54
183	530	Jorge Leite	arcorun	Veterano M40	02:25:39	+57:52	06:56
184	668	Ernesto Macedo	individual	Veterano M40	02:26:01	+58:14	06:57
185	505	Helena Cerqueira	acra running	Senior Feminino	02:26:10	+58:23	06:58
186	742	Rui Edgar Da Silva Santos	os falta d'ar	Veterano M40	02:26:32	+58:46	06:59
187	743	Rui Teixeira	os falta d'ar	Veterano M40	02:26:33	+58:46	06:59
188	745	António Antunes	palmeira runners	Veterano M60	02:27:04	+59:17	07:00
189	716	Miguel Pinheiro Matos	juventude cortegacense	Senior Masculino	02:27:18	+59:31	07:01
190	756	Luísa Marques	porto sentido runners	Veterana F40	02:27:44	+59:57	07:02
191	762	Marco Caldas	porto sentido runners	Veterano M40	02:27:44	+59:57	07:02
192	705	PEDRO NUNO CASTEL-BRANCO	individual	Veterano M50	02:27:47	+01:00:00	07:02
193	93	Avelino Rodrigues	porto sentido runners	Veterano M40	02:27:51	+01:00:04	07:02
194	729	Sónia Teixeira	keepmoving	Veterana F40	02:28:07	+01:00:20	07:03
195	728	Paula Anjos	keepmoving	Veterana F40	02:28:07	+01:00:20	07:03
196	734	Helder costa	motivação	Veterano M40	02:28:09	+01:00:22	07:03
197	733	Desiderio Sousa	motivação	Senior Masculino	02:28:10	+01:00:23	07:03
198	507	Susana Ferreira	acra running	Senior Feminino	02:28:50	+01:01:04	07:05
199	599	Gorete Moreira	individual	Senior Feminino	02:28:52	+01:01:05	07:05
200	758	António Sousa	porto sentido runners	Veterano M40	02:29:15	+01:01:28	07:06
201	817	Mário Barbosa	individual	Veterano M40	02:29:55	+01:02:09	07:08
202	818	Cláudia Torres	individual	Veterana F40	02:29:56	+01:02:09	07:08
203	782	Bruno Pinheiro	trail team montaria	Senior Masculino	02:30:35	+01:02:48	07:10
204	754	Berta Ferreira	porto sentido runners	Veterana F40	02:31:50	+01:04:03	07:14
205	609	António Luís Tavares Teixeira Ferreira	individual	Senior Masculino	02:32:06	+01:04:19	07:15
206	553	Sandra Pina	comdor runners	Veterana F40	02:33:50	+01:06:04	07:20
207	706	Ricardo Luís Lima Pinto Teixeira	individual	Veterano M50	02:34:00	+01:06:13	07:20
208	586	Mara Silva	guimarunning	Senior Feminino	02:34:10	+01:06:23	07:20
209	525	Sandra Ferreira	arcorun	Veterana F40	02:34:11	+01:06:24	07:21
210	532	Paulo Reis	arcorun	Veterano M40	02:34:11	+01:06:24	07:21
211	633	Romeu Pereira	individual	Senior Masculino	02:34:46	+01:07:00	07:22
212	587	Márcia Sousa	guimarunning	Senior Feminino	02:34:48	+01:07:02	07:22
213	650	Helena Alves	individual	Veterana F40	02:36:16	+01:08:29	07:26

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	626	Maria Helena Alves	individual	Senior Masculino	02:36:16	+01:08:29	07:26
215	677	Luís Monteiro	individual	Veterano M40	02:36:38	+01:08:51	07:28
216	647	elisabete lopes costa	individual	Veterana F40	02:36:51	+01:09:04	07:28
217	694	Vitor perfeito Masculino sousa	individual	Veterano M40	02:36:52	+01:09:05	07:28
218	638	Daniela Fernandes	individual	Sub 23 Feminino	02:37:37	+01:09:50	07:30
219	642	Beta Fernandes	individual	Veterana F40	02:37:37	+01:09:50	07:30
220	702	José Miguel da Silva Carneiro	individual	Veterano M50	02:40:50	+01:13:03	07:40
221	755	Cidália Soares	porto sentido runners	Veterana F40	02:40:55	+01:13:08	07:40
222	229	ana coelho	gaia running	Senior Feminino	02:41:09	+01:13:22	07:40
223	582	Tony Dias	gostas pouco pá!	Veterano M40	02:41:46	+01:13:59	07:42
224	601	joana silva	individual	Senior Feminino	02:41:46	+01:14:00	07:42
225	655	Paula Isménia da Silva Ribeiro	individual	Veterana F40	02:41:54	+01:14:07	07:43
226	550	Nuno Couto	cerveira team running	Senior Masculino	02:42:07	+01:14:20	07:43
227	815	Ana Luísa Carvalho	individual	Veterana F40	02:43:28	+01:15:41	07:47
228	814	Sandra Silva	individual	Veterana F40	02:43:29	+01:15:42	07:47
229	816	Luis Freitas	individual	Senior Masculino	02:43:31	+01:15:44	07:47
230	748	Patrícia Ribeiro	porto sentido runners	Senior Feminino	02:45:29	+01:17:42	07:53
231	696	Aires Oliveira	individual	Veterano M50	02:45:45	+01:17:59	07:54
232	730	Albertina Gonçalves	lousada runners	Senior Feminino	02:46:06	+01:18:19	07:55
233	652	Maria de Fátima Castro Botelho Mendes	individual	Veterana F40	02:46:11	+01:18:25	07:55
234	799	RODRIGUES Bruno	zinkou	Senior Masculino	02:46:42	+01:18:56	07:56
235	798	LOUREIRO Bruno	zinkou	Senior Masculino	02:46:49	+01:19:02	07:57
236	523	Maria João	arcorun	Senior Feminino	02:50:42	+01:22:56	08:08
237	524	Nuno Fernandes	arcorun	Senior Masculino	02:50:43	+01:22:56	08:08
238	567	Carla Alexandra Araújo Pereira	edv-vianatrail	Veterana F40	02:51:16	+01:23:29	08:09
239	777	Claudia sofia lopes paula	team shark	Veterana F40	02:52:30	+01:24:43	08:13
240	771	Gustavo Cruz	runing tfp taylor´s	Sub 23 Masculino	02:54:13	+01:26:26	08:18
241	597	Catarina Batista	individual	Senior Feminino	02:56:07	+01:28:20	08:23
242	691	Rui Taveira	individual	Veterano M40	02:56:08	+01:28:21	08:23
243	812	Carine Reis	individual	Veterana F40	02:57:22	+01:29:36	08:27
244	813	Cristina Gonçalves	individual	Veterana F40	02:57:23	+01:29:36	08:27
245	786	Paula Araújo	trogloeditas runners	Senior Feminino	02:58:12	+01:30:25	08:29
246	749	André Oliveira	porto sentido runners	Senior Masculino	02:58:29	+01:30:42	08:30
247	604	Rita Alexandra Morais Fachadas	individual	Senior Feminino	02:58:50	+01:31:03	08:31
248	623	José Manuel Simões Nunes	individual	Senior Masculino	02:58:50	+01:31:03	08:31
249	581	Nuno Dias	gostas pouco pá!	Senior Masculino	02:58:59	+01:31:12	08:31
250	773	Serafim Cruz	runing tfp taylor´s	Veterano M40	02:59:39	+01:31:52	08:33
251	772	Maria Clara Cruz	runing tfp taylor´s	Veterana F40	02:59:40	+01:31:53	08:33
252	737	Carolina Manuel	o mundo da corrida	Veterana F40	03:00:28	+01:32:41	08:36
253	735	Olga Coelho	nós2	Senior Feminino	03:02:35	+01:34:48	08:42
254	736	Tiago Mendonça	nós2	Senior Masculino	03:02:36	+01:34:49	08:42
255	575	Ana Vieira	equipa atletismo povoense	Sub 23 Feminino	03:02:55	+01:35:08	08:43
256	574	Maria João Alves Oliveira	equipa atletismo povoense	Senior Feminino	03:02:55	+01:35:08	08:43
257	584	Catarina Pereira	guimarunning	Senior Feminino	03:09:37	+01:41:50	09:02
258	713	Stephen Matthew Kane	individual	Veterano M60	03:14:29	+01:46:42	09:16



21 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
259	656	Sofia Pinho	individual	Veterana F40	03:16:54	+01:49:07	09:23

21K

21 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	13:32	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	549	Diana Sousa	centro de ciclista de gondomar	Senior Feminino	01:36:42	+08:55	04:36
2	602	MARTA	Individual	Senior Feminino	01:54:52	+27:05	05:28
3	769	Anita Costa	Royal Wellness Center	Senior Feminino	01:57:52	+30:05	05:37
4	585	Luísa Pinto	GUIMARUNNING	Senior Feminino	02:02:48	+35:01	05:51
5	590	MARTA MARTINS	HSantaMariaRT	Senior Feminino	02:04:34	+36:47	05:56
6	607	Tânia filipa Barbosa dias carneiro	Individual	Senior Feminino	02:06:24	+38:37	06:01
7	573	JACINTA SILVA	Equipa atletismo povoense	Senior Feminino	02:08:19	+40:32	06:07
8	538	Solange Sousa	Bia Team	Senior Feminino	02:10:15	+42:28	06:12
9	765	Joana Magalhães	Rinus Fafe	Senior Feminino	02:13:43	+45:57	06:22
10	554	Cristina Rocha	ComDor Runners	Senior Feminino	02:14:36	+46:49	06:25
11	785	Maria Araújo	Trogloditas runners	Senior Feminino	02:15:36	+47:49	06:27
12	784	Irene Varajão	Trogloditas runners	Senior Feminino	02:17:06	+49:19	06:32
13	606	Sabela vara adrio	Individual	Senior Feminino	02:19:53	+52:06	06:40
14	506	Marina Amorim	ACRA running	Senior Feminino	02:21:20	+53:33	06:44
15	504	Ana Francisca Amorim	ACRA running	Senior Feminino	02:21:20	+53:33	06:44
16	580	Ana Gomes	Gaia Running	Senior Feminino	02:21:27	+53:40	06:44
17	783	Dorinda Sousa	Trogloditas runners	Senior Feminino	02:22:16	+54:29	06:46
18	598	Elisabete Rente	Individual	Senior Feminino	02:22:29	+54:43	06:47
19	747	Inês Neves	PORTO SENTIDO RUNNERS	Senior Feminino	02:23:02	+55:15	06:49
20	505	Helena Cerqueira	ACRA running	Senior Feminino	02:26:10	+58:23	06:58
21	507	Susana Ferreira	ACRA running	Senior Feminino	02:28:50	+01:01:04	07:05
22	599	Gorete Moreira	Individual	Senior Feminino	02:28:52	+01:01:05	07:05
23	586	Mara Silva	GUIMARUNNING	Senior Feminino	02:34:10	+01:06:23	07:20
24	587	Márcia Sousa	GUIMARUNNING	Senior Feminino	02:34:48	+01:07:02	07:22
25	229	ana coelho	Gaia Running	Senior Feminino	02:41:09	+01:13:22	07:40
26	601	joana silva	Individual	Senior Feminino	02:41:46	+01:14:00	07:42
27	748	Patrícia Ribeiro	PORTO SENTIDO RUNNERS	Senior Feminino	02:45:29	+01:17:42	07:53
28	730	Albertina Gonçalves	LOUSADA RUNNERS	Senior Feminino	02:46:06	+01:18:19	07:55
29	523	Maria João	ARCORUN	Senior Feminino	02:50:42	+01:22:56	08:08
30	597	Catarina Batista	Individual	Senior Feminino	02:56:07	+01:28:20	08:23
31	786	Paula Araújo	Trogloditas runners	Senior Feminino	02:58:12	+01:30:25	08:29
32	604	Rita Alexandra Morais Fachadas	Individual	Senior Feminino	02:58:50	+01:31:03	08:31
33	735	Olga Coelho	Nós2	Senior Feminino	03:02:35	+01:34:48	08:42
34	574	Maria João Alves Oliveira	Equipa atletismo povoense	Senior Feminino	03:02:55	+01:35:08	08:43
35	584	Catarina Pereira	GUIMARUNNING	Senior Feminino	03:09:37	+01:41:50	09:02

Senior Masculino

1	770	Miguel Neto	Royal Wellness Center	Senior Masculino	01:35:03	+07:16	04:32
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21K

21 KM

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OFFICIAL RESULT

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2	615	Felisberto Carvalho	Individual	Senior Masculino	01:35:12	+07:26	04:32
3	503	Carlos Oliveira	abrevaes	Senior Masculino	01:36:58	+09:11	04:37
4	620	Jorge Ferreira	Royal Wellness Center	Senior Masculino	01:38:47	+11:00	04:42
5	727	Tiago Amaral	Dr. Merino/4moove	Senior Masculino	01:39:35	+11:48	04:45
6	618	Francisco Mora	Individual	Senior Masculino	01:42:26	+14:39	04:53
7	537	Ismael Correló	BemMeQuero	Senior Masculino	01:42:39	+14:53	04:53
8	564	Samuel Amorim	EDL Trail	Senior Masculino	01:42:42	+14:55	04:53
9	563	Francisco Barbosa	Ecobarcaventura	Senior Masculino	01:44:09	+16:22	04:58
10	556	Antonio Almeida	DiVe Into The Mountains	Senior Masculino	01:46:14	+18:27	05:04
11	750	Emanuel Coelho	PORTO SENTIDO RUNNERS	Senior Masculino	01:47:24	+19:37	05:07
12	746	José Miguel Barros da Silva	Pernetas	Senior Masculino	01:48:33	+20:46	05:10
13	508	Vítor Gomes	ACRA running	Senior Masculino	01:50:03	+22:16	05:14
14	717	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Senior Masculino	01:50:33	+22:46	05:16
15	790	Fábio Pereira	UbiPharmaBoys	Senior Masculino	01:51:28	+23:41	05:18
16	791	Filipe Guerra	UbiPharmaBoys	Senior Masculino	01:51:28	+23:41	05:18
17	561	Sérgio Rodrigues	Dr. Merino/4moove	Senior Masculino	01:52:13	+24:26	05:21
18	637	Tiago Gomes	Individual	Senior Masculino	01:52:43	+24:56	05:22
19	570	Ricardo Pinto	éjáli...clube de amigos trailrunners	Senior Masculino	01:54:24	+26:37	05:27
20	725	Pedro Miguel de Ascensão Neves	Juventude desportiva de Gondomar	Senior Masculino	01:54:35	+26:48	05:27
21	714	António Constantino Silva	Juventude Cortegacense	Senior Masculino	01:54:49	+27:02	05:28
22	622	Jose Daniel Rey Mallo	Individual	Senior Masculino	01:54:52	+27:05	05:28
23	792	Eduardo Rodrigues	Viana Running	Senior Masculino	01:57:30	+29:43	05:36
24	776	Antero Roque	Sporting Club Santacruzense	Senior Masculino	01:57:35	+29:48	05:36
25	572	Paulo Marques	ENEGE EPIS & BORDADOS	Senior Masculino	01:57:40	+29:53	05:36
26	779	Alexandre Agostinho	The Lords of the Races	Senior Masculino	02:00:04	+32:17	05:43
27	780	Miguel Rodrigues	The Lords of the Races	Senior Masculino	02:00:04	+32:17	05:43
28	516	Bruno Miguel Moreira Loureiro	AMC TRAIL	Senior Masculino	02:00:06	+32:19	05:43
29	787	João Calheiros	Trogloditas runners	Senior Masculino	02:01:08	+33:21	05:46
30	632	ricardo rodrigues gomes	Individual	Senior Masculino	02:01:46	+33:59	05:48
31	621	JOSE ANTONIO FERNANDEZ NUÑEZ	Individual	Senior Masculino	02:01:55	+34:08	05:48
32	767	Rui Castro	Rinus Fafe	Senior Masculino	02:02:39	+34:52	05:50
33	588	Miguel Carvalho	GUIMARUNNING	Senior Masculino	02:02:48	+35:02	05:51
34	592	EDUARDO FERREIRA	HSantaMariaRT	Senior Masculino	02:04:35	+36:48	05:56
35	593	Pedro Fernandes	HSantaMariaRT	Senior Masculino	02:04:36	+36:49	05:56
36	594	SÉRGIO RICARDO	HSantaMariaRT	Senior Masculino	02:04:36	+36:49	05:56
37	520	Sérgio Miguel Moura	Amigos	Senior Masculino	02:05:41	+37:54	05:59
38	203	Pedro Bernardes	All About	Senior Masculino	02:05:59	+38:12	06:00
39	635	Rui Carneiro	Individual	Senior Masculino	02:06:25	+38:38	06:01
40	569	Pedro Gomes	éjáli...clube de amigos trailrunners	Senior Masculino	02:06:39	+38:53	06:02
41	519	José Andrade	Amigos	Senior Masculino	02:07:20	+39:33	06:04
42	501	André Rodrigues	3D	Senior Masculino	02:07:44	+39:57	06:05
43	502	Vladimir Lenine	3D	Senior Masculino	02:07:45	+39:58	06:05
44	738	Daniel Amorim	OLHAR ENCANTADOR	Senior Masculino	02:08:56	+41:09	06:08
45	624	Lino Albano	Individual	Senior Masculino	02:09:25	+41:38	06:10
46	631	RICARDO JORGE CUNHA REGO	Alexandra Carvalho Team	Senior Masculino	02:10:09	+42:22	06:12
47	571	Diogo Viana Pereira	ENEGE EPIS & BORDADOS	Senior Masculino	02:10:38	+42:51	06:13

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21K

21 KM

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48	630	Pedro Miguel Sousa Cruz	Individual	Senior Masculino	02:15:34	+47:47	06:27
49	613	Diogo	Individual	Senior Masculino	02:15:36	+47:49	06:27
50	616	Fernando Costa	Individual	Senior Masculino	02:17:51	+50:04	06:34
51	547	Sérgio Ferreira	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	02:17:55	+50:09	06:34
52	819	Hugo Pereira	Individual	Senior Masculino	02:19:18	+51:31	06:38
53	628	Paulo Clemente	Individual	Senior Masculino	02:19:27	+51:40	06:38
54	610	Arnaldo Pires	Individual	Senior Masculino	02:20:28	+52:41	06:41
55	625	Manuel Miranda	Individual	Senior Masculino	02:21:01	+53:14	06:43
56	788	Romano Pereira	Trogloditas runners	Senior Masculino	02:24:38	+56:51	06:53
57	636	Sérgio Martins	Individual	Senior Masculino	02:24:38	+56:51	06:53
58	766	João Lira	Rinus Fafe	Senior Masculino	02:24:55	+57:08	06:54
59	716	Miguel Pinheiro Matos	Juventude Cortegacense	Senior Masculino	02:27:18	+59:31	07:01
60	733	Desiderio Sousa	Motivação	Senior Masculino	02:28:10	+01:00:23	07:03
61	782	Bruno Pinheiro	TRAIL TEAM MONTARIA	Senior Masculino	02:30:35	+01:02:48	07:10
62	609	António Luís Tavares Teixeira Ferreira	Individual	Senior Masculino	02:32:06	+01:04:19	07:15
63	633	Romeu Pereira	Individual	Senior Masculino	02:34:46	+01:07:00	07:22
64	626	Maria Helena Alves	Individual	Senior Masculino	02:36:16	+01:08:29	07:26
65	550	Nuno Couto	Cerveira Team Running	Senior Masculino	02:42:07	+01:14:20	07:43
66	816	Luis Freitas	Individual	Senior Masculino	02:43:31	+01:15:44	07:47
67	799	RODRIGUES Bruno	ZINKOU	Senior Masculino	02:46:42	+01:18:56	07:56
68	798	LOUREIRO Bruno	ZINKOU	Senior Masculino	02:46:49	+01:19:02	07:57
69	524	Nuno Fernandes	ARCORUN	Senior Masculino	02:50:43	+01:22:56	08:08
70	749	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	02:58:29	+01:30:42	08:30
71	623	José Manuel Simões Nunes	Individual	Senior Masculino	02:58:50	+01:31:03	08:31
72	581	Nuno Dias	Gostas pouco pá!	Senior Masculino	02:58:59	+01:31:12	08:31
73	736	Tiago Mendonça	Nós2	Senior Masculino	03:02:36	+01:34:49	08:42

Sub 23 Feminino

1	732	Renata Gonçalves	Montanha Clube Trail Running/Efapel	Sub 23 Feminino	01:43:39	+15:53	04:56
2	638	Daniela Fernandes	Individual	Sub 23 Feminino	02:37:37	+01:09:50	07:30
3	575	Ana Vieira	Equipa atletismo povoense	Sub 23 Feminino	03:02:55	+01:35:08	08:43

Sub 23 Masculino

1	639	João Barbosa	Individual	Sub 23 Masculino	01:43:11	+15:24	04:55
2	515	Ricardo Esteves	Alexandra Carvalho Team	Sub 23 Masculino	02:17:52	+50:05	06:34
3	771	Gustavo Cruz	Runing TFP Taylor´s	Sub 23 Masculino	02:54:13	+01:26:26	08:18

Veterana F40

1	794	Paula Rios	Viana Running	Veterana F40	01:50:03	+22:16	05:14
2	793	Cristina Iglésias	Viana Running	Veterana F40	01:57:31	+29:45	05:36
3	796	Juliana lopes Onuma	VIANARUNNING	Veterana F40	02:01:06	+33:19	05:46

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21K

21 KM

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OFFICIAL RESULT

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4	719	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	02:07:16	+39:29	06:04
5	810	Maria Lurdes Barbedo	SucupiraF.C	Veterana F40	02:12:13	+44:26	06:18
6	768	Marisa Novais	Rinus Fafe	Veterana F40	02:13:11	+45:24	06:21
7	641	Beatriz Alonso Garcia	Individual	Veterana F40	02:13:54	+46:07	06:23
8	789	Irene Silva	Trogloditas runners	Veterana F40	02:15:36	+47:49	06:27
9	512	sameiro fraguinha	ADE Trail Running	Veterana F40	02:16:29	+48:42	06:30
10	654	Miosete Silva	Individual	Veterana F40	02:21:23	+53:37	06:44
11	555	Luísa Guimarães do Lago e Costa Rodrigues	CR Candoso	Veterana F40	02:23:48	+56:01	06:51
12	756	Luísa Marques	PORTO SENTIDO RUNNERS	Veterana F40	02:27:44	+59:57	07:02
13	729	Sónia Teixeira	keepmoving	Veterana F40	02:28:07	+01:00:20	07:03
14	728	Paula Anjos	keepmoving	Veterana F40	02:28:07	+01:00:20	07:03
15	818	Cláudia Torres	Individual	Veterana F40	02:29:56	+01:02:09	07:08
16	754	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	02:31:50	+01:04:03	07:14
17	553	Sandra Pina	ComDor Runners	Veterana F40	02:33:50	+01:06:04	07:20
18	525	Sandra Ferreira	ARCORUN	Veterana F40	02:34:11	+01:06:24	07:21
19	650	Helena Alves	Individual	Veterana F40	02:36:16	+01:08:29	07:26
20	647	elisabete lopes costa	Individual	Veterana F40	02:36:51	+01:09:04	07:28
21	642	Beta Fernandes	Individual	Veterana F40	02:37:37	+01:09:50	07:30
22	755	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:40:55	+01:13:08	07:40
23	655	Paula Isménia da Silva Ribeiro	Individual	Veterana F40	02:41:54	+01:14:07	07:43
24	815	Ana Luísa Carvalho	Individual	Veterana F40	02:43:28	+01:15:41	07:47
25	814	Sandra Silva	Individual	Veterana F40	02:43:29	+01:15:42	07:47
26	652	Maria de Fátima Castro Botelho Mendes	Individual	Veterana F40	02:46:11	+01:18:25	07:55
27	567	Carla Alexandra Araújo Pereira	EDV-VIANATRAIL	Veterana F40	02:51:16	+01:23:29	08:09
28	777	Claudia sofia lopes paula	Team Shark	Veterana F40	02:52:30	+01:24:43	08:13
29	812	Carine Reis	Individual	Veterana F40	02:57:22	+01:29:36	08:27
30	813	Cristina Gonçalves	Individual	Veterana F40	02:57:23	+01:29:36	08:27
31	772	Maria Clara Cruz	Runing TFP Taylor´s	Veterana F40	02:59:40	+01:31:53	08:33
32	737	Carolina Manuel	O Mundo da Corrida	Veterana F40	03:00:28	+01:32:41	08:36
33	656	Sofia Pinho	Individual	Veterana F40	03:16:54	+01:49:07	09:23

Veterana F50

1	657	Fatima Almeida	Individual	Veterana F50	02:18:03	+50:17	06:34
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Veterana F60

1	527	Glória Santos	ARCORUN	Veterana F60	02:21:33	+53:46	06:44
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Veterano M40

1	684	Paulo pinto	Individual	Veterano M40	01:27:46	04:11
2	664	carlos	Individual	Veterano M40	01:31:19	+03:32 04:21
3	595	JOSÉ AFONSO	HSantaMariaRT	Veterano M40	01:33:52	+06:06 04:28

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21 KM

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OFFICIAL RESULT

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4	688	PEIXINHO	Individual	Veterano M40	01:33:52	+06:06	04:28
5	795	Miguel Lira	Viana Running	Veterano M40	01:34:58	+07:11	04:31
6	658	ADELINO ALVES AIRES	Alexandra Carvalho Team	Veterano M40	01:35:48	+08:01	04:34
7	510	Luís Silva	ACRA running	Veterano M40	01:40:23	+12:36	04:47
8	583	Rogério Vicente	GTT Armazém do Café	Veterano M40	01:42:12	+14:25	04:52
9	566	Nuno Morais	EDL Trail	Veterano M40	01:42:19	+14:32	04:52
10	667	carlos barbosa	Individual	Veterano M40	01:43:12	+15:25	04:55
11	509	Luís Paulo	ACRA running	Veterano M40	01:44:35	+16:49	04:59
12	548	Carlos Loureiro	CAAV/TRAIL	Veterano M40	01:45:30	+17:43	05:01
13	693	Salvador Silva	Individual	Veterano M40	01:45:40	+17:53	05:02
14	557	Dario Coelho	DiVE Into The Mountains	Veterano M40	01:45:47	+18:00	05:02
15	676	Lucas Morgado	Royal Wellness Center	Veterano M40	01:45:54	+18:07	05:03
16	731	Adolfo Ribeiro	MINHO AVENTURA	Veterano M40	01:47:29	+19:42	05:07
17	568	Sérgio Ramos	EDV-VIANATRAIL	Veterano M40	01:47:43	+19:56	05:08
18	675	José Rui Duarte Vieira Moreira	Individual	Veterano M40	01:49:10	+21:23	05:12
19	663	Antonio Perez Novoa	Individual	Veterano M40	01:53:15	+25:28	05:24
20	565	Armando vieira	EDL Trail	Veterano M40	01:54:03	+26:16	05:26
21	804	Vasco Rocha	CAAV/TRAIL	Veterano M40	01:54:09	+26:22	05:26
22	673	José Luís Alonso Lago	Individual	Veterano M40	01:54:55	+27:08	05:28
23	589	Marco Ribeiro	GUIMARUNNING	Veterano M40	01:55:02	+27:15	05:29
24	739	pedro carvalhido	OLÍMPICO VIANENSE TRAIL	Veterano M40	01:56:00	+28:13	05:31
25	559	Paulo Ribeiro	DiVE Into The Mountains	Veterano M40	01:56:43	+28:57	05:34
26	558	Lino Abreu	DiVE Into The Mountains	Veterano M40	01:57:37	+29:50	05:36
27	721	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M40	01:57:57	+30:11	05:37
28	753	Albino dos Santos Macaes Pires	PORTO SENTIDO RUNNERS	Veterano M40	01:59:12	+31:26	05:41
29	674	Jose meleiro	Individual	Veterano M40	02:00:00	+32:13	05:43
30	722	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	02:01:03	+33:16	05:46
31	741	Jorge Augusto Oliveira Guerra	Os Falta D'Ar	Veterano M40	02:01:10	+33:23	05:46
32	670	Jorge Pires	Trail Team Montaria/Aaslm	Veterano M40	02:01:18	+33:31	05:47
33	661	Antonio Chamorro Comesaña	Individual	Veterano M40	02:01:45	+33:59	05:48
34	801	Antonio Jose Araujo Lopes	Individual	Veterano M40	02:01:56	+34:09	05:48
35	662	ANTÓNIO MANUEL ABREU COELHO	Individual	Veterano M40	02:03:44	+35:57	05:54
36	596	PAULO FREITAS	HSantaMariaRT	Veterano M40	02:04:34	+36:47	05:56
37	761	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M40	02:05:49	+38:02	06:00
38	544	José Augusto Costa	Bracara Genus	Veterano M40	02:06:16	+38:29	06:01
39	576	Jose Manuel Antunes Fernandes	Equipa atletismo povoense	Veterano M40	02:08:20	+40:33	06:07
40	808	Sergio Cunha	SucupiraF.C	Veterano M40	02:08:22	+40:35	06:07
41	539	Nelson Sousa	Bia Team	Veterano M40	02:10:15	+42:28	06:12
42	744	António Almeida	OS ISABELINHAS	Veterano M40	02:10:53	+43:07	06:14
43	546	Ulisses Lopes	Bracara Genus	Veterano M40	02:11:33	+43:46	06:16
44	811	Hélder Monteiro	SucupiraF.C	Veterano M40	02:12:13	+44:26	06:18
45	807	Henrique Barbedo	SucupiraF.C	Veterano M40	02:12:13	+44:26	06:18
46	659	Alberto Carlos Codeço	Individual	Veterano M40	02:12:16	+44:29	06:18
47	672	José Gomes	Individual	Veterano M40	02:12:24	+44:37	06:18
48	682	Paulo Domingues	Individual	Veterano M40	02:12:43	+44:56	06:19
49	687	Pedro Pimenta	Individual	Veterano M40	02:13:05	+45:18	06:20

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21K

21 KM

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50	686	Pedro José Oliveira da Silva	Individual	Veterano M40	02:13:05	+45:18	06:20
51	695	Vitor Rui Costa Miranda	Individual	Veterano M40	02:15:33	+47:46	06:27
52	678	Manuel Guilherme Soares Gonçalves	Individual	Veterano M40	02:15:39	+47:52	06:28
53	685	Pedro Fernandes	Individual	Veterano M40	02:15:40	+47:53	06:28
54	513	eduardo jorge pacheco coutada	ADE Trail Running	Veterano M40	02:16:28	+48:41	06:30
55	774	Jorge Silva	S.C. ESPINHO	Veterano M40	02:16:56	+49:09	06:31
56	679	PATRICK IIMA	Individual	Veterano M40	02:17:08	+49:21	06:32
57	669	Ignacio Cimas Fernández	Individual	Veterano M40	02:17:56	+50:09	06:34
58	778	fernando manuel dias mendes	Team Shark	Veterano M40	02:18:29	+50:42	06:36
59	680	Paulo Alexandre Lopes de Araújo Ferreira Gouveia	Individual	Veterano M40	02:20:26	+52:39	06:41
60	692	Rui Trindade	Individual	Veterano M40	02:21:04	+53:17	06:43
61	809	Hélder Castro	SucupiraF.C	Veterano M40	02:21:20	+53:33	06:44
62	528	Amílcar Ferreira	ARCORUN	Veterano M40	02:21:33	+53:46	06:44
63	764	Rui Miguel Silva Almeida Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	02:23:02	+55:16	06:49
64	665	Carlos Alberto Faria Correia	Individual	Veterano M40	02:23:38	+55:51	06:50
65	530	Jorge Leite	ARCORUN	Veterano M40	02:25:39	+57:52	06:56
66	668	Ernesto Macedo	Individual	Veterano M40	02:26:01	+58:14	06:57
67	742	Rui Edgar Da Silva Santos	Os Falta D'Ar	Veterano M40	02:26:32	+58:46	06:59
68	743	Rui Teixeira	Os Falta D'Ar	Veterano M40	02:26:33	+58:46	06:59
69	762	Marco Caldas	PORTO SENTIDO RUNNERS	Veterano M40	02:27:44	+59:57	07:02
70	93	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Veterano M40	02:27:51	+01:00:04	07:02
71	734	Helder costa	Motivação	Veterano M40	02:28:09	+01:00:22	07:03
72	758	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:29:15	+01:01:28	07:06
73	817	Mário Barbosa	Individual	Veterano M40	02:29:55	+01:02:09	07:08
74	532	Paulo Reis	ARCORUN	Veterano M40	02:34:11	+01:06:24	07:21
75	677	Luís Monteiro	Individual	Veterano M40	02:36:38	+01:08:51	07:28
76	694	Vitor perfeito Masculino sousa	Individual	Veterano M40	02:36:52	+01:09:05	07:28
77	582	Tony Dias	Gostas pouco pá!	Veterano M40	02:41:46	+01:13:59	07:42
78	691	Rui Taveira	Individual	Veterano M40	02:56:08	+01:28:21	08:23
79	773	Serafim Cruz	Runing TFP Taylor´s	Veterano M40	02:59:39	+01:31:52	08:33

Veterano M50

1	704	Paulo Melo	Individual	Veterano M50	01:44:59	+17:12	05:00
2	775	Manuel Oliveira	S.C. ESPINHO	Veterano M50	01:50:22	+22:35	05:15
3	511	António Amorim	ACRA running	Veterano M50	01:50:48	+23:01	05:17
4	699	Fernando Gonçalves	Individual	Veterano M50	01:51:18	+23:31	05:18
5	724	Manuel constantino silva	Juventude Cortegacense	Veterano M50	01:54:49	+27:02	05:28
6	700	José Amorim	Individual	Veterano M50	01:55:33	+27:46	05:30
7	740	Alberto Cunha	OLÍMPICO VIANENSE TRAIL	Veterano M50	01:55:37	+27:50	05:30
8	698	Duarte Alves	Individual	Veterano M50	02:02:14	+34:27	05:49
9	781	Albertino Agostinho	The Lords of the Races	Veterano M50	02:05:24	+37:37	05:58
10	521	José Sala	Amigos	Veterano M50	02:05:41	+37:55	05:59
11	579	martinho cunha	G.D.Castelense	Veterano M50	02:07:10	+39:23	06:03
12	578	João Ferreira de Oliveira	Equipa atletismo povoense	Veterano M50	02:08:19	+40:32	06:07

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13	701	José Gonçalves	Individual	Veterano M50	02:09:08	+41:22	06:09
14	820	Herculano Guimarães	Individual	Veterano M50	02:11:36	+43:49	06:16
15	518	LEANDRO FREITAS	AMC TRAIL	Veterano M50	02:14:24	+46:37	06:24
16	703	Luis Moreira	Individual	Veterano M50	02:14:57	+47:10	06:26
17	723	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	02:19:01	+51:14	06:37
18	577	Antonio Abilio Carvalho	Equipa atletismo povoense	Veterano M50	02:21:52	+54:05	06:45
19	522	António Pereira	AMIGOS ATLETISMO POVOENSE	Veterano M50	02:21:52	+54:06	06:45
20	705	PEDRO NUNO CASTEL-BRANCO	Individual	Veterano M50	02:27:47	+01:00:00	07:02
21	706	Ricardo Luís Lima Pinto Teixeira	Individual	Veterano M50	02:34:00	+01:06:13	07:20
22	702	José Miguel da Silva Carneiro	Individual	Veterano M50	02:40:50	+01:13:03	07:40
23	696	Aires Oliveira	Individual	Veterano M50	02:45:45	+01:17:59	07:54

Veterano M60

1	726	Agostinho da Silva Neves	Juventude desportiva de Gondomar	Veterano M60	01:52:02	+24:15	05:20
2	709	Carlos Alves	Individual	Veterano M60	02:06:07	+38:20	06:00
3	219	MANUEL RODRIGUES	CORRER LEÇA	Veterano M60	02:10:27	+42:40	06:13
4	712	Jorge Lobo	Individual	Veterano M60	02:12:42	+44:55	06:19
5	711	Joao Manuel Rodrigues Rita	Individual	Veterano M60	02:13:53	+46:06	06:23
6	710	Fernando Azevedo	Individual	Veterano M60	02:15:33	+47:46	06:27
7	745	António Antunes	Palmeira Runners	Veterano M60	02:27:04	+59:17	07:00
8	713	Stephen Matthew Kane	Individual	Veterano M60	03:14:29	+01:46:42	09:16