

## 13KM - STAGE 1

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:15 | 11.6°C      | 100%     |
| End   | 14:20 | 11.6°C      | 100%     |

| RANK | BIB | NAME                            | TEAM                                             | RESULT   | DIFF   | t/KM  | CARD |
|------|-----|---------------------------------|--------------------------------------------------|----------|--------|-------|------|
| 1    | 619 | Pedro Pontes                    | SERI Trail Team                                  | 01:06:30 |        | 05:07 |      |
| 2    | 588 | José Antonio losada miranda     | Individual                                       | 01:06:32 | +00:02 | 05:07 |      |
| 3    | 561 | Rafael Adriano Caldas Moraes    | Individual                                       | 01:07:19 | +00:49 | 05:11 |      |
| 4    | 506 | Joao Luis Fernandes Afonso      | Academia Desportiva de Arcos de Valdevez         | 01:08:58 | +02:28 | 05:18 |      |
| 5    | 557 | José Felipe González Álvarez    | Individual                                       | 01:12:12 | +05:42 | 05:33 |      |
| 6    | 505 | Carlos Alberto Pires Loureiro   | Academia Desportiva de Arcos de Valdevez         | 01:13:21 | +06:51 | 05:39 |      |
| 7    | 510 | Arlindo Ferreira                | Bits&Bikes/Trail Running                         | 01:18:30 | +12:00 | 06:02 |      |
| 8    | 517 | Nuno Freitas                    | Ecobarcaventura                                  | 01:22:21 | +15:51 | 06:20 |      |
| 9    | 551 | David Noya                      | Individual                                       | 01:22:25 | +15:55 | 06:20 |      |
| 10   | 537 | Cristiana Ferreira              | Individual                                       | 01:23:10 | +16:40 | 06:24 |      |
| 11   | 621 | Nelson Ramos                    | Sporting Clube Espinho Triatlo                   | 01:23:14 | +16:44 | 06:24 |      |
| 12   | 528 | José Costa                      | GDLU - Grupo Desportivo da limpeza Urbana da CMP | 01:25:25 | +18:55 | 06:34 |      |
| 13   | 508 | Frutuoso Sousa                  | AMC TRAIL                                        | 01:26:30 | +20:00 | 06:39 |      |
| 14   | 611 | Filipe Sousa                    | Ribeitreil                                       | 01:27:27 | +20:57 | 06:44 |      |
| 15   | 511 | Diamantino Martins Ribeiro      | Bora lá correr                                   | 01:28:54 | +22:24 | 06:50 |      |
| 16   | 591 | Lino Silva                      | Individual                                       | 01:29:01 | +22:31 | 06:51 |      |
| 17   | 539 | Diana Costa                     | Individual                                       | 01:29:11 | +22:41 | 06:52 |      |
| 18   | 503 | Nathalie Afonso                 | Academia Desportiva de Arcos de Valdevez         | 01:29:46 | +23:16 | 06:54 |      |
| 19   | 603 | Luís Brites                     | LF2GUIBERÇO                                      | 01:31:13 | +24:43 | 07:01 |      |
| 20   | 610 | Lino Moreira                    | Os TurboMula                                     | 01:31:42 | +25:12 | 07:03 |      |
| 21   | 516 | Diogo Soares da Costa Almeida   | Carlos Sá Nature Events                          | 01:34:10 | +27:40 | 07:15 |      |
| 22   | 544 | NÁDIA DANIELA DE ALMEIDA SIMÕES | Individual                                       | 01:34:15 | +27:45 | 07:15 |      |
| 23   | 592 | Nelson Bicho                    | Individual                                       | 01:34:15 | +27:45 | 07:15 |      |
| 24   | 612 | Maria Jose Boned Torres         | SA RAVAL , IBIZA                                 | 01:34:52 | +28:22 | 07:18 |      |
| 25   | 527 | Joaquim Rocha                   | ExerciseForYou                                   | 01:36:01 | +29:31 | 07:23 |      |
| 26   | 536 | Constança Brito                 | Individual                                       | 01:36:49 | +30:19 | 07:27 |      |
| 27   | 512 | Álvaro Oliveira                 | Bora lá correr                                   | 01:38:12 | +31:42 | 07:33 |      |
| 28   | 435 | Rui Branco                      | Os Tolinhos                                      | 01:42:16 | +35:46 | 07:52 |      |
| 29   | 549 | Bruno Martins                   | Individual                                       | 01:42:25 | +35:55 | 07:53 |      |
| 30   | 504 | Miguel Martins                  | Academia Desportiva de Arcos de Valdevez         | 01:42:29 | +35:59 | 07:53 |      |
| 31   | 607 | Salomé Sousa                    | Nos Acreditamos                                  | 01:42:41 | +36:11 | 07:54 |      |
| 32   | 423 | Natércia Freitas.               | Nos Acreditamos                                  | 01:43:25 | +36:55 | 07:57 |      |
| 33   | 589 | José Matos                      | Individual                                       | 01:44:36 | +38:06 | 08:03 |      |
| 34   | 556 | Jorge Silva                     | IMPETUS                                          | 01:46:23 | +39:53 | 08:11 |      |
| 35   | 609 | Susana Maria Silva Pereira      | Os Tolinhos                                      | 01:46:44 | +40:14 | 08:13 |      |
| 36   | 577 | Susana Vidal                    | Individual                                       | 01:47:43 | +41:13 | 08:17 |      |
| 37   | 562 | Rodrigo Oliveira                | Individual                                       | 01:48:22 | +41:52 | 08:20 |      |
| 38   | 509 | Alzira Alves                    | Bits&Bikes/Trail Running                         | 01:48:38 | +42:08 | 08:21 |      |
| 39   | 578 | Vanda Maia                      | Individual                                       | 01:49:12 | +42:42 | 08:24 |      |
| 40   | 526 | Jose Ferreira                   | ExerciseForYou                                   | 01:50:21 | +43:51 | 08:29 |      |

## 13KM - STAGE 1

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                             | TEAM                                             | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|----------------------------------|--------------------------------------------------|----------|-----------|-------|------|
| 41   | 520 | Carla Ferreira                   | Ermida Team                                      | 01:50:22 | +43:52    | 08:29 |      |
| 42   | 617 | Márcio Teixeira                  | SERI Trail Team                                  | 01:52:19 | +45:49    | 08:38 |      |
| 43   | 565 | Carlos Manuel Serra Quintela     | IMPETUS                                          | 01:52:27 | +45:57    | 08:39 |      |
| 44   | 620 | Pedro Santos                     | SERI Trail Team                                  | 01:52:29 | +45:59    | 08:39 |      |
| 45   | 546 | Susana Amorim                    | Individual                                       | 01:52:31 | +46:01    | 08:39 |      |
| 46   | 573 | Isaura veloso                    | Individual                                       | 01:52:36 | +46:06    | 08:40 |      |
| 47   | 599 | Miguel Carneiro                  | Individual                                       | 01:53:45 | +47:15    | 08:45 |      |
| 48   | 584 | Domingos Cardoso                 | Individual                                       | 01:53:52 | +47:22    | 08:46 |      |
| 49   | 541 | Lia Silva                        | Individual                                       | 01:54:05 | +47:35    | 08:47 |      |
| 50   | 575 | Nancy Martins                    | Individual                                       | 01:54:13 | +47:43    | 08:47 |      |
| 51   | 596 | Coelho Bravo                     | Individual                                       | 01:54:46 | +48:16    | 08:50 |      |
| 52   | 515 | pedro martins                    | Branco -Tratado                                  | 01:55:46 | +49:16    | 08:54 |      |
| 53   | 560 | Pedro Neves                      | Individual                                       | 01:55:51 | +49:21    | 08:55 |      |
| 54   | 529 | Pedro Pereira                    | GDLU - Grupo Desportivo da limpeza Urbana da CMP | 01:56:59 | +50:29    | 09:00 |      |
| 55   | 554 | João Paulo dos Santos Sousa      | Individual                                       | 01:58:25 | +51:55    | 09:07 |      |
| 56   | 595 | sergio pereira braga             | Individual                                       | 01:58:34 | +52:04    | 09:07 |      |
| 57   | 567 | Carla Antunes                    | Individual                                       | 01:58:34 | +52:04    | 09:07 |      |
| 58   | 600 | simon Letts                      | Individual                                       | 01:59:36 | +53:06    | 09:12 |      |
| 59   | 563 | tiago alexandre afonso rodrigues | Individual                                       | 02:00:22 | +53:52    | 09:16 |      |
| 60   | 587 | José Matos                       | Individual                                       | 02:01:42 | +55:12    | 09:22 |      |
| 61   | 538 | Cristina Martins                 | Individual                                       | 02:02:23 | +55:53    | 09:25 |      |
| 62   | 518 | Teresa Neiva                     | Ecobarcaventura                                  | 02:02:39 | +56:09    | 09:26 |      |
| 63   | 618 | Nuno Rodrigues                   | SERI Trail Team                                  | 02:02:50 | +56:20    | 09:27 |      |
| 64   | 572 | Georgina Ferreira                | Individual                                       | 02:02:59 | +56:29    | 09:28 |      |
| 65   | 598 | José de Castro                   | Individual                                       | 02:03:00 | +56:30    | 09:28 |      |
| 66   | 580 | Elisabete Melo                   | Individual                                       | 02:03:21 | +56:51    | 09:29 |      |
| 67   | 576 | Paula Ribeiro                    | Individual                                       | 02:04:23 | +57:53    | 09:34 |      |
| 68   | 590 | José Silva                       | Individual                                       | 02:08:11 | +01:01:41 | 09:52 |      |
| 69   | 597 | helder gomes                     | Individual                                       | 02:08:25 | +01:01:55 | 09:53 |      |
| 70   | 552 | Fernando Gamper                  | Individual                                       | 02:09:01 | +01:02:31 | 09:55 |      |
| 71   | 519 | Nuno Manuel Fernandes Esteves    | Equipa Fastio                                    | 02:09:09 | +01:02:39 | 09:56 |      |
| 72   | 574 | Livia Sousa                      | Individual                                       | 02:10:02 | +01:03:32 | 10:00 |      |
| 73   | 548 | António Costa                    | Individual                                       | 02:10:03 | +01:03:33 | 10:00 |      |
| 74   | 569 | Carla Ferreira                   | Individual                                       | 02:10:54 | +01:04:24 | 10:04 |      |
| 75   | 555 | Jorge Cerqueira                  | Individual                                       | 02:10:54 | +01:04:24 | 10:04 |      |
| 76   | 531 | Agueda Neto                      | Individual                                       | 02:11:31 | +01:05:01 | 10:07 |      |
| 77   | 622 | Ricardo Coelho                   | Taylors                                          | 02:11:31 | +01:05:01 | 10:07 |      |
| 78   | 583 | Isabel Nolasco                   | Individual                                       | 02:12:10 | +01:05:40 | 10:10 |      |
| 79   | 501 | Tiago Ferreira                   | 100 esTRILHOS                                    | 02:13:27 | +01:06:57 | 10:16 |      |
| 80   | 502 | Luís Aires                       | 100 esTRILHOS                                    | 02:13:27 | +01:06:57 | 10:16 |      |
| 81   | 532 | alexandra daniela mota esteves   | Individual                                       | 02:15:13 | +01:08:43 | 10:24 |      |
| 82   | 533 | Ana Rita Almeida                 | Individual                                       | 02:15:41 | +01:09:11 | 10:26 |      |
| 83   | 623 | Vítor Melo                       | Trail Timeout Aventura                           | 02:15:41 | +01:09:11 | 10:26 |      |
| 84   | 530 | Cristina Moura                   | Hora do Lobo Trail - CF Perosinho Atletismo      | 02:16:48 | +01:10:18 | 10:31 |      |
| 85   | 514 | António Silva                    | Branco -Tratado                                  | 02:19:29 | +01:12:59 | 10:44 |      |

## 13KM - STAGE 1

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

| RANK | BIB | NAME                                | TEAM             | RESULT   | DIFF      | t/KM  | CARD |
|------|-----|-------------------------------------|------------------|----------|-----------|-------|------|
| 86   | 559 | Nuno Fernandes Couto                | Individual       | 02:21:58 | +01:15:28 | 10:55 |      |
| 87   | 545 | Rita Coelho                         | Individual       | 02:21:59 | +01:15:29 | 10:55 |      |
| 88   | 507 | Patricia Maciel                     | ACRA running     | 02:23:15 | +01:16:45 | 11:01 |      |
| 89   | 564 | Adriana Teixeira                    | Individual       | 02:25:05 | +01:18:35 | 11:10 |      |
| 90   | 579 | celia                               | Individual       | 02:28:46 | +01:22:16 | 11:27 |      |
| 91   | 581 | susan Morse                         | Individual       | 02:29:44 | +01:23:14 | 11:31 |      |
| 92   | 540 | Joana Maria Bacelar Oliveira Fortes | Individual       | 02:30:20 | +01:23:50 | 11:34 |      |
| 93   | 570 | Carla Sousa                         | Individual       | 02:31:01 | +01:24:31 | 11:37 |      |
| 94   | 586 | Jorge Pinheiro                      | Individual       | 02:31:02 | +01:24:32 | 11:37 |      |
| 95   | 602 | Francisca Fernandes                 | LF2GUIBERÇO      | 02:31:54 | +01:25:24 | 11:41 |      |
| 96   | 433 | José Maria Gomes Pereira            | OS ISABELINHAS   | 02:32:02 | +01:25:32 | 11:42 |      |
| 97   | 608 | Paula Campelo Pereira               | OS ISABELINHAS   | 02:32:02 | +01:25:32 | 11:42 |      |
| 98   | 615 | Jose Torres Tur                     | SA RAVAL , IBIZA | 02:34:47 | +01:28:17 | 11:54 |      |
| 99   | 614 | Juan Antonio Ortiz López            | SA RAVAL , IBIZA | 02:34:47 | +01:28:17 | 11:54 |      |
| 100  | 535 | Blandine Gonçalves                  | Individual       | 02:36:20 | +01:29:50 | 12:02 |      |
| 101  | 568 | CARLA BRANCO                        | Individual       | 02:38:09 | +01:31:39 | 12:10 |      |
| 102  | 542 | Liliana Teixeira                    | Individual       | 02:39:57 | +01:33:27 | 12:18 |      |
| 103  | 524 | Iurdes sanguedo                     | ExerciseForYou   | 02:51:17 | +01:44:47 | 13:11 |      |
| 104  | 525 | Sandra Couto                        | ExerciseForYou   | 02:51:17 | +01:44:47 | 13:11 |      |
| 105  | 604 | Eliana sousa                        | Nos Acreditamos  | 03:04:13 | +01:57:43 | 14:10 |      |
| 106  | 606 | Aurora Silva                        | Nos Acreditamos  | 03:04:13 | +01:57:43 | 14:10 |      |
| 107  | 627 | Maria Fernanda Pereira              | Individual       | 04:08:29 | +03:01:59 | 19:07 |      |

**13KM**

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:15 | 11.6°C      | 100%     |
| End   | 14:20 | 11.6°C      | 100%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|    |     |                                     |                                          |                 |          |           |          |
|----|-----|-------------------------------------|------------------------------------------|-----------------|----------|-----------|----------|
| 1  | 537 | Cristiana Ferreira                  | Individual                               | Senior Feminino | 01:23:09 | +16:39    | 06:24:48 |
| 2  | 539 | Diana Costa                         | Individual                               | Senior Feminino | 01:29:10 | +22:40    | 06:52:38 |
| 3  | 503 | Nathalie Afonso                     | Academia Desportiva de Arcos de Valdevez | Senior Feminino | 01:29:46 | +23:15    | 06:54:01 |
| 4  | 544 | NÁDIA DANIELA DE ALMEIDA SIMÕES     | Individual                               | Senior Feminino | 01:34:14 | +27:44    | 07:15:18 |
| 5  | 536 | Constança Brito                     | Individual                               | Senior Feminino | 01:36:48 | +30:18    | 07:27:36 |
| 6  | 423 | Natércia Freitas.                   | Nos Acreditamos                          | Senior Feminino | 01:43:25 | +36:54    | 07:57:39 |
| 7  | 546 | Susana Amorim                       | Individual                               | Senior Feminino | 01:52:30 | +46:00    | 08:39:00 |
| 8  | 541 | Lia Silva                           | Individual                               | Senior Feminino | 01:54:04 | +47:34    | 08:47:38 |
| 9  | 538 | Cristina Martins                    | Individual                               | Senior Feminino | 02:02:22 | +55:52    | 09:25:34 |
| 10 | 531 | Agueda Neto                         | Individual                               | Senior Feminino | 02:11:30 | +01:05:00 | 10:07:00 |
| 11 | 532 | alexandra daniela mota esteves      | Individual                               | Senior Feminino | 02:15:12 | +01:08:42 | 10:24:14 |
| 12 | 533 | Ana Rita Almeida                    | Individual                               | Senior Feminino | 02:15:40 | +01:09:10 | 10:26:10 |
| 13 | 545 | Rita Coelho                         | Individual                               | Senior Feminino | 02:21:58 | +01:15:28 | 10:55:38 |
| 14 | 540 | Joana Maria Bacelar Oliveira Fortes | Individual                               | Senior Feminino | 02:30:20 | +01:23:49 | 11:34:09 |
| 15 | 602 | Francisca Fernandes                 | LF2GUIBERÇO                              | Senior Feminino | 02:31:54 | +01:25:24 | 11:41:08 |
| 16 | 535 | Blandine Gonçalves                  | Individual                               | Senior Feminino | 02:36:19 | +01:29:49 | 12:02:38 |
| 17 | 542 | Liliana Teixeira                    | Individual                               | Senior Feminino | 02:39:57 | +01:33:26 | 12:18:04 |
| 18 | 604 | Eliana sousa                        | Nos Acreditamos                          | Senior Feminino | 03:04:12 | +01:57:42 | 14:10:04 |

## Senior Masculino

|    |     |                               |                                          |                  |          |        |       |
|----|-----|-------------------------------|------------------------------------------|------------------|----------|--------|-------|
| 1  | 619 | Pedro Pontes                  | SERI Trail Team                          | Senior Masculino | 01:06:30 |        | 05:07 |
| 2  | 561 | Rafael Adriano Caldas Moraes  | Individual                               | Senior Masculino | 01:07:18 | +00:48 | 05:11 |
| 3  | 557 | José Felipe González Álvarez  | Individual                               | Senior Masculino | 01:12:11 | +05:41 | 05:33 |
| 4  | 517 | Nuno Freitas                  | Ecobarcavventura                         | Senior Masculino | 01:22:20 | +15:50 | 06:20 |
| 5  | 551 | David Noya                    | Individual                               | Senior Masculino | 01:22:25 | +15:54 | 06:20 |
| 6  | 508 | Frutuoso Sousa                | AMC TRAIL                                | Senior Masculino | 01:26:29 | +19:59 | 06:39 |
| 7  | 603 | Luís Brites                   | LF2GUIBERÇO                              | Senior Masculino | 01:31:12 | +24:42 | 07:01 |
| 8  | 516 | Diogo Soares da Costa Almeida | Carlos Sá Nature Events                  | Senior Masculino | 01:34:09 | +27:39 | 07:15 |
| 9  | 549 | Bruno Martins                 | Individual                               | Senior Masculino | 01:42:25 | +35:54 | 07:53 |
| 10 | 504 | Miguel Martins                | Academia Desportiva de Arcos de Valdevez | Senior Masculino | 01:42:29 | +35:59 | 07:53 |
| 11 | 556 | Jorge Silva                   | IMPETUS                                  | Senior Masculino | 01:46:22 | +39:52 | 08:11 |
| 12 | 562 | Rodrigo Oliveira              | Individual                               | Senior Masculino | 01:48:22 | +41:51 | 08:20 |
| 13 | 617 | Márcio Teixeira               | SERI Trail Team                          | Senior Masculino | 01:52:19 | +45:49 | 08:38 |
| 14 | 620 | Pedro Santos                  | SERI Trail Team                          | Senior Masculino | 01:52:28 | +45:58 | 08:39 |
| 15 | 560 | Pedro Neves                   | Individual                               | Senior Masculino | 01:55:50 | +49:20 | 08:55 |
| 16 | 554 | João Paulo dos Santos Sousa   | Individual                               | Senior Masculino | 01:58:25 | +51:55 | 09:07 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 4 | generate 20-Oct-2019 14:38 |
|-----------------------------|-------|----------------------------|

**13KM**

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |                                  |                        |                  |          |           |       |
|----|-----|----------------------------------|------------------------|------------------|----------|-----------|-------|
| 17 | 563 | tiago alexandre afonso rodrigues | Individual             | Senior Masculino | 02:00:22 | +53:51    | 09:16 |
| 18 | 618 | Nuno Rodrigues                   | SERI Trail Team        | Senior Masculino | 02:02:49 | +56:19    | 09:27 |
| 19 | 552 | Fernando Gamper                  | Individual             | Senior Masculino | 02:09:00 | +01:02:30 | 09:55 |
| 20 | 548 | António Costa                    | Individual             | Senior Masculino | 02:10:02 | +01:03:32 | 10:00 |
| 21 | 555 | Jorge Cerqueira                  | Individual             | Senior Masculino | 02:10:54 | +01:04:24 | 10:04 |
| 22 | 622 | Ricardo Coelho                   | Taylors                | Senior Masculino | 02:11:30 | +01:05:00 | 10:07 |
| 23 | 623 | Vítor Melo                       | Trail Timeout Aventura | Senior Masculino | 02:15:40 | +01:09:10 | 10:26 |
| 24 | 559 | Nuno Fernandes Couto             | Individual             | Senior Masculino | 02:21:58 | +01:15:27 | 10:55 |

## Sub 23 Feminino

|   |     |                  |            |                 |          |           |       |
|---|-----|------------------|------------|-----------------|----------|-----------|-------|
| 1 | 564 | Adriana Teixeira | Individual | Sub 23 Feminino | 02:25:04 | +01:18:34 | 11:10 |
|---|-----|------------------|------------|-----------------|----------|-----------|-------|

## Sub 23 Masculino

|   |     |                              |               |                  |          |           |       |
|---|-----|------------------------------|---------------|------------------|----------|-----------|-------|
| 1 | 565 | Carlos Manuel Serra Quintela | IMPETUS       | Sub 23 Masculino | 01:52:27 | +45:57    | 08:39 |
| 2 | 501 | Tiago Ferreira               | 100 esTRILHOS | Sub 23 Masculino | 02:13:26 | +01:06:56 | 10:16 |

## Veterana F40

|    |     |                            |                                             |              |          |           |       |
|----|-----|----------------------------|---------------------------------------------|--------------|----------|-----------|-------|
| 1  | 612 | Maria Jose Boned Torres    | SA RAVAL , IBIZA                            | Veterana F40 | 01:34:52 | +28:21    | 07:18 |
| 2  | 609 | Susana Maria Silva Pereira | Os Tolinhos                                 | Veterana F40 | 01:46:44 | +40:14    | 08:13 |
| 3  | 577 | Susana Vidal               | Individual                                  | Veterana F40 | 01:47:43 | +41:13    | 08:17 |
| 4  | 509 | Alzira Alves               | Bits&Bikes/Trail Running                    | Veterana F40 | 01:48:37 | +42:07    | 08:20 |
| 5  | 578 | Vanda Maia                 | Individual                                  | Veterana F40 | 01:49:11 | +42:41    | 08:24 |
| 6  | 520 | Carla Ferreira             | Ermida Team                                 | Veterana F40 | 01:50:21 | +43:51    | 08:29 |
| 7  | 573 | Isaura veloso              | Individual                                  | Veterana F40 | 01:52:36 | +46:05    | 08:40 |
| 8  | 575 | Nancy Martins              | Individual                                  | Veterana F40 | 01:54:12 | +47:42    | 08:47 |
| 9  | 567 | Carla Antunes              | Individual                                  | Veterana F40 | 01:58:33 | +52:03    | 09:07 |
| 10 | 572 | Georgina Ferreira          | Individual                                  | Veterana F40 | 02:02:59 | +56:28    | 09:28 |
| 11 | 576 | Paula Ribeiro              | Individual                                  | Veterana F40 | 02:04:23 | +57:52    | 09:34 |
| 12 | 574 | Livia Sousa                | Individual                                  | Veterana F40 | 02:10:02 | +01:03:32 | 10:00 |
| 13 | 569 | Carla Ferreira             | Individual                                  | Veterana F40 | 02:10:54 | +01:04:23 | 10:04 |
| 14 | 530 | Cristina Moura             | Hora do Lobo Trail - CF Perosinho Atletismo | Veterana F40 | 02:16:47 | +01:10:17 | 10:31 |
| 15 | 507 | Patricia Maciel            | ACRA running                                | Veterana F40 | 02:23:14 | +01:16:44 | 11:01 |
| 16 | 570 | Carla Sousa                | Individual                                  | Veterana F40 | 02:31:01 | +01:24:30 | 11:37 |
| 17 | 568 | CARLA BRANCO               | Individual                                  | Veterana F40 | 02:38:09 | +01:31:38 | 12:10 |
| 18 | 524 | Iurdes sanguedo            | ExerciseForYou                              | Veterana F40 | 02:51:16 | +01:44:46 | 13:11 |
| 19 | 525 | Sandra Couto               | ExerciseForYou                              | Veterana F40 | 02:51:17 | +01:44:46 | 13:11 |
| 20 | 606 | Aurora Silva               | Nos Acreditamos                             | Veterana F40 | 03:04:12 | +01:57:42 | 14:10 |
| 21 | 627 | Maria Fernanda Pereira     | Individual                                  | Veterana F40 | 04:08:28 | +03:01:58 | 19:07 |

**13KM**

[illegible]

**13 KM**

## OFFICIAL RESULT

[illegible]

## Veterana F50

|   |     |                       |                 |              |          |           |       |
|---|-----|-----------------------|-----------------|--------------|----------|-----------|-------|
| 1 | 607 | Salomé Sousa          | Nos Acreditamos | Veterana F50 | 01:42:41 | +36:10    | 07:54 |
| 2 | 518 | Teresa Neiva          | Ecobarcaventura | Veterana F50 | 02:02:38 | +56:08    | 09:26 |
| 3 | 580 | Elisabete Melo        | Individual      | Veterana F50 | 02:03:21 | +56:50    | 09:29 |
| 4 | 579 | celia                 | Individual      | Veterana F50 | 02:28:46 | +01:22:16 | 11:27 |
| 5 | 581 | susan Morse           | Individual      | Veterana F50 | 02:29:43 | +01:23:13 | 11:31 |
| 6 | 608 | Paula Campelo Pereira | OS ISABELINHAS  | Veterana F50 | 02:32:01 | +01:25:31 | 11:42 |

## Veterana F60

|   |     |                |            |              |          |           |       |
|---|-----|----------------|------------|--------------|----------|-----------|-------|
| 1 | 583 | Isabel Nolasco | Individual | Veterana F60 | 02:12:09 | +01:05:39 | 10:10 |
|---|-----|----------------|------------|--------------|----------|-----------|-------|

## Veterano M40

|    |     |                               |                                          |              |          |           |       |
|----|-----|-------------------------------|------------------------------------------|--------------|----------|-----------|-------|
| 1  | 588 | José Antonio losada miranda   | Individual                               | Veterano M40 | 01:06:32 | +00:01    | 05:07 |
| 2  | 506 | Joao Luis Fernandes Afonso    | Academia Desportiva de Arcos de Valdevez | Veterano M40 | 01:08:57 | +02:27    | 05:18 |
| 3  | 505 | Carlos Alberto Pires Loureiro | Academia Desportiva de Arcos de Valdevez | Veterano M40 | 01:13:21 | +06:51    | 05:39 |
| 4  | 591 | Lino Silva                    | Individual                               | Veterano M40 | 01:29:00 | +22:30    | 06:51 |
| 5  | 592 | Nelson Bicho                  | Individual                               | Veterano M40 | 01:34:14 | +27:44    | 07:15 |
| 6  | 589 | José Matos                    | Individual                               | Veterano M40 | 01:44:36 | +38:05    | 08:03 |
| 7  | 526 | Jose Ferreira                 | ExerciseForYou                           | Veterano M40 | 01:50:21 | +43:50    | 08:29 |
| 8  | 584 | Domingos Cardoso              | Individual                               | Veterano M40 | 01:53:52 | +47:22    | 08:46 |
| 9  | 595 | sergio pereira braga          | Individual                               | Veterano M40 | 01:58:33 | +52:03    | 09:07 |
| 10 | 587 | José Matos                    | Individual                               | Veterano M40 | 02:01:42 | +55:12    | 09:22 |
| 11 | 590 | José Silva                    | Individual                               | Veterano M40 | 02:08:10 | +01:01:40 | 09:52 |
| 12 | 519 | Nuno Manuel Fernandes Esteves | Equipa Fastio                            | Veterano M40 | 02:09:09 | +01:02:38 | 09:56 |
| 13 | 586 | Jorge Pinheiro                | Individual                               | Veterano M40 | 02:31:01 | +01:24:31 | 11:37 |
| 14 | 614 | Juan Antonio Ortiz López      | SA RAVAL , IBIZA                         | Veterano M40 | 02:34:47 | +01:28:16 | 11:54 |

## Veterano M50

|    |     |                            |                                                  |              |          |        |       |
|----|-----|----------------------------|--------------------------------------------------|--------------|----------|--------|-------|
| 1  | 510 | Arlindo Ferreira           | Bits&Bikes/Trail Running                         | Veterano M50 | 01:18:30 | +12:00 | 06:02 |
| 2  | 621 | Nelson Ramos               | Sporting Clube Espinho Triatlo                   | Veterano M50 | 01:23:13 | +16:43 | 06:24 |
| 3  | 528 | José Costa                 | GDLU - Grupo Desportivo da limpeza Urbana da CMP | Veterano M50 | 01:25:25 | +18:55 | 06:34 |
| 4  | 611 | Filipe Sousa               | Ribeitreil                                       | Veterano M50 | 01:27:27 | +20:57 | 06:44 |
| 5  | 511 | Diamantino Martins Ribeiro | Bora lá correr                                   | Veterano M50 | 01:28:53 | +22:23 | 06:50 |
| 6  | 527 | Joaquim Rocha              | ExerciseForYou                                   | Veterano M50 | 01:36:00 | +29:30 | 07:23 |
| 7  | 435 | Rui Branco                 | Os Tolinhos                                      | Veterano M50 | 01:42:15 | +35:45 | 07:52 |
| 8  | 599 | Miguel Carneiro            | Individual                                       | Veterano M50 | 01:53:45 | +47:14 | 08:45 |
| 9  | 596 | Coelho Bravo               | Individual                                       | Veterano M50 | 01:54:45 | +48:15 | 08:50 |
| 10 | 515 | pedro martins              | Branco -Tratado                                  | Veterano M50 | 01:55:45 | +49:15 | 08:54 |

**13KM**

**13 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |                          |                                                     |              |          |           |       |
|----|-----|--------------------------|-----------------------------------------------------|--------------|----------|-----------|-------|
| 11 | 529 | Pedro Pereira            | GDLU - Grupo Desportivo da<br>limpeza Urbana da CMP | Veterano M50 | 01:56:59 | +50:28    | 09:00 |
| 12 | 600 | simon Letts              | Individual                                          | Veterano M50 | 01:59:35 | +53:05    | 09:12 |
| 13 | 598 | José de Castro           | Individual                                          | Veterano M50 | 02:02:59 | +56:29    | 09:28 |
| 14 | 597 | helder gomes             | Individual                                          | Veterano M50 | 02:08:25 | +01:01:54 | 09:53 |
| 15 | 502 | Luís Aires               | 100 eSTRILHOS                                       | Veterano M50 | 02:13:27 | +01:06:56 | 10:16 |
| 16 | 514 | António Silva            | Branco -Tratado                                     | Veterano M50 | 02:19:29 | +01:12:58 | 10:44 |
| 17 | 433 | José Maria Gomes Pereira | OS ISABELINHAS                                      | Veterano M50 | 02:32:01 | +01:25:31 | 11:42 |
| 18 | 615 | Jose Torres Tur          | SA RAVAL , IBIZA                                    | Veterano M50 | 02:34:47 | +01:28:16 | 11:54 |

## Veterano M60

|   |     |                 |                |              |          |        |       |
|---|-----|-----------------|----------------|--------------|----------|--------|-------|
| 1 | 610 | Lino Moreira    | Os TurboMula   | Veterano M60 | 01:31:42 | +25:11 | 07:03 |
| 2 | 512 | Álvaro Oliveira | Bora lá correr | Veterano M60 | 01:38:11 | +31:41 | 07:33 |