

TRAIL CURTO 17KM - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	-99°C	-99%
End	16:13	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1467	Florian Mairy	team optisport-uglow	Senior Masculino	01:25:51		05:03
2	2003	Bruno Silva	oralklass-amigos do trail	Senior Masculino	01:29:47	+03:56	05:17
3	2454	cesar duarte	a.d.amarante trail running	Senior Masculino	01:29:53	+04:02	05:17
4	2007	Antonio Martins	centro ciclista de gondomar	Veterano M40	01:31:37	+05:46	05:23
5	2005	Asdrubal Freitas	centro ciclista de gondomar	Veterano M40	01:37:10	+11:20	05:43
6	2156	Miguel Neves	centro ciclista de gondomar	Senior Masculino	01:39:00	+13:09	05:49
7	3056	André Nogueira	uf 08 runners	Senior Masculino	01:40:19	+14:29	05:54
8	2843	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	01:40:20	+14:29	05:54
9	2323	Artur Barbosa	grupo desportivo dos ferroviários de campanha	Senior Masculino	01:40:34	+14:44	05:55
10	2273	Pedro Alberto Moreira dos Santos	fugitivos urbanos	Veterano M40	01:40:44	+14:53	05:56
11	2465	diogo angelo moreira parente	individual	Senior Masculino	01:40:53	+15:03	05:56
12	3026	Mathieu Bonnand	team optisport-uglow	Senior Masculino	01:40:56	+15:05	05:56
13	3025	Céline Lafaye	team optisport-uglow	Senior Feminino	01:40:57	+15:07	05:56
14	3057	Francisco Ferreira	uf 08 runners	Senior Masculino	01:41:09	+15:18	05:57
15	2841	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	01:43:17	+17:26	06:05
16	2263	André Moreira Pinto	footlovers freamunde - salming	Senior Masculino	01:43:56	+18:06	06:07
17	2871	Marco Brochado	os lobos do saibro	Senior Masculino	01:44:36	+18:46	06:09
18	2114	Carlos Jesus	beat your limit!	Senior Masculino	01:45:10	+19:19	06:11
19	2117	João Laranjeira	beat your limit!	Senior Masculino	01:45:10	+19:20	06:11
20	2852	Orlando Nogueira	oralklass-amigos do trail	Veterano M40	01:46:59	+21:08	06:18
21	2490	João barbosa	individual	Senior Masculino	01:47:42	+21:52	06:20
22	2993	Paulo Rocha	satecnosol outdoor / la sportiva	Senior Masculino	01:47:50	+21:59	06:21
23	2266	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	01:48:04	+22:14	06:21
24	2546	Ricardo Oliveira	individual	Senior Masculino	01:49:17	+23:26	06:26
25	2568	Cândida Seabra	individual	Veterana F40	01:49:27	+23:37	06:26
26	2211	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	01:49:56	+24:05	06:28
27	2212	Pedro Fernandes	ctad - trilhos de cinfães	Senior Masculino	01:49:56	+24:06	06:28
28	2158	Vitor Sousa	centro ciclista de gondomar	Veterano M50	01:50:10	+24:19	06:29
29	2059	Vitor Pinto	aliança de gandra	Senior Masculino	01:51:13	+25:22	06:33
30	2598	Abílio Magalhães	individual	Veterano M40	01:51:39	+25:49	06:34
31	2870	Filipe Pinto	os lobos do saibro	Senior Masculino	01:52:15	+26:24	06:36
32	3060	José Coelho	uf 08 runners	Veterano M40	01:52:32	+26:42	06:37
33	2116	Hugo Azevedo	beat your limit!	Senior Masculino	01:52:38	+26:48	06:38
34	3047	Renato Coelho	trail dos moinhos	Junior Masculino	01:52:46	+26:56	06:38
35	2842	Bruno Pinto	oralklass-amigos do trail	Senior Masculino	01:52:50	+27:00	06:38
36	2845	Mario Taborda	oralklass-amigos do trail	Junior Masculino	01:53:57	+28:07	06:42
37	2065	Fernando Oliveira	aliança de gandra	Veterano M40	01:55:06	+29:16	06:46
38	2064	Carlos Silva	aliança de gandra	Veterano M40	01:55:13	+29:23	06:47
39	2160	Jorge Silva	centro ciclista de gondomar	Veterano M50	01:55:44	+29:53	06:48
40	2053	Filipe Moreira	aliança de gandra	Senior Masculino	01:55:52	+30:02	06:49
41	2002	Maria Areias	oralklass-amigos do trail	Senior Feminino	01:55:54	+30:03	06:49

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2325	Ricardo Moreira	gtt - armazém do caffè	Senior Masculino	01:55:57	+30:07	06:49
43	3058	Paulo Machado	uf 08 runners	Senior Masculino	01:56:01	+30:10	06:49
44	2742	Carlos Ferreira	lusos xxi	Veterano M40	01:56:04	+30:13	06:50
45	2442	Bruno José Nunes Vale	individual	Senior Masculino	01:56:05	+30:15	06:50
46	2324	Emanuel Orlando Pinheiro Bento da Costa	gtt - armazém do caffè	Senior Masculino	01:56:12	+30:21	06:50
47	2681	José Manuel Pinto Gomes	individual	Veterano M50	01:57:58	+32:08	06:56
48	2264	Carlos Alexandre Moreira Pinto	fridão sem limites	Senior Masculino	01:57:58	+32:08	06:56
49	1176	Eurico Silva	individual	Senior Masculino	01:58:04	+32:13	06:57
50	2051	Agostinho Sousa	aliança de gandra	Senior Masculino	01:58:05	+32:14	06:57
51	31	José Cruz	ei team trail	Senior Masculino	01:58:05	+32:15	06:57
52	3059	Vítor Sousa	uf 08 runners	Senior Masculino	01:58:09	+32:18	06:57
53	2704	Laurindo Osório	kemedo team	Veterano M40	01:58:12	+32:21	06:57
54	2208	Ricardo Dantas	crocodilos / misterpc	Senior Masculino	01:58:15	+32:25	06:57
55	2838	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	01:59:17	+33:27	07:01
56	2210	Rui Andrade	crocodilos / misterpc	Veterano M40	01:59:23	+33:32	07:01
57	2726	Miguel Reis	leões de tardariz trail	Senior Masculino	01:59:24	+33:33	07:01
58	2700	Ivo Almeida	aliança de gandra	Veterano M40	01:59:27	+33:36	07:02
59	2004	Eva Cristiana Monteiro Coelho	moinhos run - adrm	Senior Feminino	01:59:35	+33:44	07:02
60	2159	David Tavares	centro ciclista de gondomar	Veterano M50	01:59:38	+33:47	07:02
61	2187	Vítor Neto	cfít freamunde	Senior Masculino	01:59:46	+33:56	07:03
62	2510	Manuel Barbosa	individual	Senior Masculino	01:59:56	+34:05	07:03
63	2204	Bruno Gomes	crocodilos / misterpc	Senior Masculino	02:00:51	+35:00	07:07
64	2542	Ricardo Ferreira	individual	Senior Masculino	02:01:08	+35:18	07:08
65	2530	Paulo Moreira	individual	Senior Masculino	02:01:14	+35:24	07:08
66	2840	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	02:02:12	+36:21	07:11
67	2623	Hélder Manuel Rosa da Silva Deveza	individual	Veterano M40	02:02:28	+36:37	07:12
68	2599	Abílio Paulo Pereira Ferreira	individual	Veterano M40	02:02:35	+36:44	07:13
69	2243	Miguel Baía	eu+ run	Senior Masculino	02:03:29	+37:39	07:16
70	2031	Paulo Araújo	a.d sebolido trail boneca d´ouro	Senior Masculino	02:04:00	+38:09	07:18
71	3077	Marco Silva	all about	Veterano M40	02:04:10	+38:20	07:18
72	11	Eduardo Pinto	all about	Veterano M40	02:04:10	+38:20	07:18
73	1422	Angelo Ribeiro	parjovem	Senior Masculino	02:05:20	+39:29	07:22
74	2098	MIGUEL BARROS	arcorun	Veterano M40	02:05:25	+39:35	07:23
75	1047	Tiago Reitor	beat your limit!	Senior Masculino	02:05:42	+39:52	07:24
76	2656	pedro ferreira	individual	Veterano M40	02:07:20	+41:29	07:29
77	2214	José Carlos Dias	ctad - trilhos de cinfães	Veterano M40	02:07:24	+41:33	07:30
78	2104	Tiago André da Silva Ferreira	associação desportiva de cabroelo	Junior Masculino	02:07:25	+41:35	07:30
79	2099	PAULO GRILO	arcorun	Veterano M40	02:07:34	+41:44	07:30
80	3046	Luís Teixeira	too stupid to stop	Senior Masculino	02:07:37	+41:46	07:30
81	2500	José Carlos Rodrigues Gonçalves	individual	Senior Masculino	02:07:48	+41:58	07:31
82	2963	Emanuel Coelho	rodabike/porto sentido	Senior Masculino	02:07:51	+42:01	07:31
83	2940	Laurindo Gomes	porto sentido	Veterano M40	02:07:53	+42:02	07:31
84	2094	AMILCAR FERREIRA	arcorun	Veterano M40	02:08:02	+42:12	07:32
85	2886	Francisco Rebelo	os ribeiros	Veterano M40	02:08:09	+42:19	07:32
86	2444	Bruno Pereira	individual	Senior Masculino	02:08:28	+42:37	07:33

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
87	2512	Márcio Barreto	individual	Senior Masculino	02:08:37	+42:47	07:34
88	2808	Paulo Colaço	nocturnos de paredes	Senior Masculino	02:08:40	+42:50	07:34
89	2207	Pedro Santos	crocodilos / misterpc	Senior Masculino	02:09:00	+43:09	07:35
90	2288	Guilherme Oliveira	generosos	Senior Masculino	02:09:10	+43:20	07:36
91	2765	Pedro Sá	moinhos run - adrm	Veterano M40	02:09:18	+43:28	07:36
92	2089	JORGE GOMES	arcorun	Senior Masculino	02:09:34	+43:43	07:37
93	2177	Francisco Pacheco	cfrit freamunde	Junior Masculino	02:09:35	+43:45	07:37
94	2506	José Rito	individual	Senior Masculino	02:09:39	+43:49	07:38
95	2205	João Moutinho	crocodilos / misterpc	Senior Masculino	02:09:52	+44:02	07:38
96	2433	Angelo Vaz	individual	Senior Masculino	02:09:55	+44:04	07:39
97	2825	António José Marinho Cunha	nós acreditamos	Veterano M50	02:10:05	+44:15	07:39
98	2088	Rui Pedro Reis	amigos quinta das freiras	Senior Masculino	02:10:23	+44:33	07:40
99	2448	Carlos Carvalho	individual	Senior Masculino	02:10:29	+44:38	07:41
100	2034	Hugo Angelo Ferraz Duarte	a.d.amarante trail running	Senior Masculino	02:10:41	+44:50	07:41
101	2533	Pedro Miguel Correia Vieira	a.d sebolido trail boneca d´ouro	Senior Masculino	02:10:43	+44:52	07:41
102	2057	Mário Almeida	aliança de gandra	Senior Masculino	02:10:54	+45:04	07:42
103	2817	Hélder Ribeiro	nós acreditamos	Senior Masculino	02:11:09	+45:19	07:43
104	2183	Ricardo Neto	cfrit freamunde	Senior Masculino	02:11:41	+45:50	07:45
105	2563	Vitor Agostinho Rocha Santos	individual	Senior Masculino	02:11:49	+45:59	07:45
106	2033	Roberto Freitas	a.d sebolido trail boneca d´ouro	Senior Masculino	02:12:03	+46:13	07:46
107	2505	José Pedro de Sousa Dias	individual	Senior Masculino	02:12:03	+46:13	07:46
108	2456	César Miguel Rodrigues de Sousa	individual	Senior Masculino	02:12:37	+46:47	07:48
109	2997	Joao Martins	shots international runners	Senior Masculino	02:13:02	+47:12	07:50
110	2459	Daniel Filipe Andrade Fernandes	individual	Senior Masculino	02:13:10	+47:19	07:50
111	2931	Miguel Pereira	porto sentido	Senior Masculino	02:13:22	+47:31	07:51
112	2835	Pedro Seixas	oralklass-amigos do trail	Veterano M40	02:13:26	+47:35	07:51
113	2645	Pábelo Marques	individual	Veterano M40	02:13:33	+47:42	07:51
114	2617	DELFIN NUNES	individual	Veterano M40	02:13:39	+47:48	07:52
115	1023	Mike Dias	all about	Veterano M40	02:13:58	+48:07	07:53
116	2715	Agostinho Sousa	kunalama runners	Veterano M50	02:14:12	+48:21	07:54
117	2181	Paulo Nogueira	cfrit freamunde	Senior Masculino	02:14:17	+48:26	07:54
118	2436	António José Ferreira	individual	Senior Masculino	02:14:27	+48:36	07:55
119	1193	Herberto Coelho	individual	Senior Masculino	02:14:38	+48:47	07:55
120	2539	Pedro Rodrigues	individual	Senior Masculino	02:14:42	+48:51	07:55
121	2751	Inês Moreira	moinhos run - adrm	Senior Feminino	02:14:42	+48:51	07:55
122	2244	Carlos Pereira	eu+ run	Veterano M40	02:14:50	+49:00	07:56
123	1183	Flávio Goncalves	individual	Senior Masculino	02:14:51	+49:01	07:56
124	2100	VITOR FOLGADO	arcorun	Veterano M40	02:15:07	+49:17	07:57
125	2624	Henrique Marques	individual	Veterano M40	02:15:19	+49:28	07:58
126	2006	Ana Maria Amaral	gondomar futsal clube	Veterana F40	02:15:24	+49:34	07:58
127	2934	Avelino Rodrigues	porto sentido	Veterano M40	02:15:27	+49:37	07:58
128	2847	Angelo Vidal	oralklass-amigos do trail	Veterano M40	02:15:36	+49:46	07:59
129	2702	Márcio Santos	kemedo team	Senior Masculino	02:15:49	+49:59	07:59
130	2666	Rui Silva	individual	Veterano M40	02:15:56	+50:06	08:00
131	2487	Hugo Miguel Martins Ribeiro	individual	Senior Masculino	02:16:13	+50:23	08:01
132	2725	José Santos	leões de tardariz trail	Senior Masculino	02:16:28	+50:37	08:02

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	2246	Paulo Rocha	factor x / s4l / medensefc	Senior Masculino	02:16:31	+50:40	08:02
134	2248	João Neves	factor x / s4l / medensefc	Veterano M40	02:16:31	+50:40	08:02
135	2163	Carolina Malheiro	cfit freamunde	Senior Feminino	02:16:56	+51:06	08:03
136	2178	Luis Bártolo	cfit freamunde	Senior Masculino	02:17:05	+51:15	08:04
137	2173	Arnaldo Nogueira	cfit freamunde	Senior Masculino	02:17:05	+51:15	08:04
138	2936	Ernesto Ribeiro	porto sentido	Veterano M40	02:17:17	+51:27	08:05
139	2468	Domingos Miguel Fernandes Ferreira Abreu	individual	Senior Masculino	02:17:22	+51:32	08:05
140	2762	Tiago Manuel Monteiro Soares	moinhos run - adrm	Senior Masculino	02:17:30	+51:39	08:05
141	2041	Emanuel Gomes	acrorunners	Senior Masculino	02:17:32	+51:41	08:05
142	2573	Luzia da Conceição Sousa Azevedo	individual	Veterana F40	02:18:15	+52:25	08:08
143	2226	bruno sousa	ele e ela	Senior Masculino	02:18:25	+52:34	08:09
144	2474	Filipe Pacheco	individual	Senior Masculino	02:18:28	+52:38	08:09
145	2727	Sérgio Oliveira	leões de tardariz trail	Senior Masculino	02:18:30	+52:40	08:09
146	2545	Ricardo Miguel Sousa Moreira	individual	Senior Masculino	02:18:37	+52:46	08:09
147	2618	Eduardo Nascimento	individual	Veterano M40	02:18:40	+52:49	08:09
148	2157	Filipe Sousa	centro ciclista de gondomar	Veterano M40	02:18:42	+52:51	08:10
149	2154	Sonia Sousa	centro ciclista de gondomar	Senior Feminino	02:18:42	+52:51	08:10
150	2849	Aurora morais	oralklass-amigos do trail	Veterana F40	02:19:05	+53:15	08:11
151	2724	José Castro	leões de tardariz trail	Senior Masculino	02:19:12	+53:22	08:11
152	2255	Emanuel Nunes	family pinto	Senior Masculino	02:19:17	+53:27	08:12
153	2629	jorge rodrigues	individual	Veterano M40	02:19:25	+53:35	08:12
154	1252	Ricardo Pinto	individual	Senior Masculino	02:19:38	+53:48	08:13
155	2247	Pedro Santos	factor x / s4l / medensefc	Senior Masculino	02:19:44	+53:53	08:13
156	2516	Mário Soares	individual	Senior Masculino	02:19:45	+53:55	08:13
157	3010	fatima coelho	somos nós team	Veterana F40	02:19:47	+53:57	08:13
158	2196	Artur Pereira	clube de pesca de amarante	Senior Masculino	02:20:08	+54:17	08:15
159	3013	fernando morais	somos nós team	Veterano M40	02:20:10	+54:20	08:15
160	2903	Pedro Cabral	p & j	Senior Masculino	02:20:33	+54:42	08:16
161	2524	nuno miguel pinto da silva	individual	Senior Masculino	02:20:53	+55:03	08:17
162	2892	Pedro Figueiredo	os turbomula	Senior Masculino	02:20:57	+55:07	08:18
163	2097	JORGE SANTOS SILVA	arcorun	Veterano M40	02:21:02	+55:11	08:18
164	2386	luisa cruz	individual	Senior Feminino	02:21:05	+55:15	08:18
165	2515	Marco Paulo Ribeiro Nunes	individual	Senior Masculino	02:21:17	+55:26	08:19
166	2322	Vitor Ribeiro	gondomar futsal clube	Veterano M50	02:21:18	+55:28	08:19
167	2127	Ricardo Barbosa	btt alegria / tubani	Senior Masculino	02:21:29	+55:38	08:19
168	2434	António Duarte	individual	Senior Masculino	02:21:29	+55:39	08:19
169	2511	Marcelo santos Peixoto	individual	Senior Masculino	02:21:29	+55:39	08:19
170	2667	Sérgio Sousa	individual	Veterano M40	02:21:32	+55:42	08:20
171	2129	Juca Teixeira	btt alegria / tubani	Veterano M40	02:21:36	+55:45	08:20
172	2488	Hugo Moreira	individual	Senior Masculino	02:21:39	+55:49	08:20
173	2119	Manuel Fonseca	beat your limit!	Senior Masculino	02:21:41	+55:51	08:20
174	2045	José Manuel	acrorunners	Veterano M40	02:21:56	+56:06	08:21
175	2610	carlos daniel bessa	individual	Veterano M40	02:22:01	+56:10	08:21
176	3029	Alexandre Soares	tecla 3 runners	Senior Masculino	02:22:07	+56:16	08:22
177	2969	Hugo Lobo	run 4 all	Senior Masculino	02:22:10	+56:20	08:22

Official Timekeeper: Lap2Go	4 / 19	generate 10-abr-2016 16:48
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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
178	2494	João Sousa	individual	Senior Masculino	02:22:26	+56:35	08:23
179	2916	Ricardo Nogueira	parjovem	Senior Masculino	02:22:27	+56:36	08:23
180	2729	Mário Moura	leões de tardariz trail	Veterano M40	02:22:41	+56:50	08:24
181	2787	Joel Renato da Rocha Vieira	motobock team	Senior Masculino	02:22:44	+56:53	08:24
182	2834	Andreia Barbosa	oralklass-amigos do trail	Senior Feminino	02:22:44	+56:54	08:24
183	1338	Tomas Correia	individual	Veterano M50	02:22:48	+56:58	08:24
184	2492	João Cardoso	individual	Senior Masculino	02:22:52	+57:02	08:24
185	2319	Fernando Ferreira	gondomar futsal clube	Veterano M50	02:22:55	+57:04	08:24
186	2891	Nuno Marques	os turbomula	Senior Masculino	02:22:56	+57:06	08:25
187	3045	Christophe Sousa	too stupid to stop	Senior Masculino	02:23:01	+57:11	08:25
188	3044	Carlos Vítor Moreira	too stupid to stop	Senior Masculino	02:23:08	+57:17	08:25
189	2141	Gonçalo Pinto Melo	casa da viúva	Junior Masculino	02:23:13	+57:23	08:26
190	2101	Tiago das Neves Costa	associação desportiva de cabroelo	Junior Masculino	02:23:13	+57:23	08:26
191	2429	André Brochado	individual	Senior Masculino	02:23:44	+57:53	08:27
192	2030	Manuel Lopes	a.d.sebolido trail boneca d´ouro	Senior Masculino	02:24:02	+58:11	08:28
193	2320	Fernando Pereira	gondomar futsal clube	Veterano M50	02:24:26	+58:36	08:30
194	2559	Telmo Antonio Sousa Ferrr	individual	Senior Masculino	02:24:34	+58:44	08:30
195	2612	CARLOS MANUEL DOS SANTOS ROCHA	individual	Veterano M40	02:24:35	+58:45	08:30
196	2970	Paulo Reis	run 4 all	Senior Masculino	02:24:47	+58:56	08:31
197	2118	José Carlos	beat your limit!	Senior Masculino	02:25:10	+59:19	08:32
198	2036	Nuno André Sampaio Moura	a.d.amarante trail running	Senior Masculino	02:25:18	+59:28	08:33
199	3035	José Ferreira	telefina	Veterano M40	02:25:20	+59:30	08:33
200	2179	Luis Ferreira	cfit freamunde	Senior Masculino	02:25:28	+59:38	08:33
201	2107	Agostinho Moreira	avenida caffe	Veterano M50	02:25:40	+59:49	08:34
202	2966	Alberto Magalhães	run 4 all	Senior Masculino	02:25:43	+59:53	08:34
203	2167	Luisa Guimarães	cfit freamunde	Senior Feminino	02:25:50	+59:59	08:35
204	2017	Tiago Castro	10temidos	Senior Masculino	02:25:58	+01:00:07	08:35
205	2470	Fábio André Martins Alves	individual	Senior Masculino	02:26:49	+01:00:59	08:38
206	2822	Fernando Silva	nós acreditamos	Veterano M40	02:26:57	+01:01:07	08:39
207	2184	Ricardo Nogueira	cfit freamunde	Senior Masculino	02:27:15	+01:01:25	08:40
208	2084	Monica Isabel Vieira Coelho	amigos do pedal	Senior Feminino	02:27:37	+01:01:46	08:41
209	3054	Luís Pinheiro	trailgloditas runners	Senior Masculino	02:28:20	+01:02:29	08:44
210	2657	Pedro Guimarães	individual	Veterano M40	02:28:23	+01:02:33	08:44
211	2555	Rui Pedro Martins Machado	individual	Senior Masculino	02:28:41	+01:02:50	08:45
212	2237	Luis Neves	equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
213	2236	Joaquim Ribeiro	equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
214	2600	Adão Ribeiro	individual	Veterano M40	02:29:23	+01:03:32	08:47
215	2168	Marisa Santos	cfit freamunde	Senior Feminino	02:29:43	+01:03:52	08:48
216	2058	Paulo Sousa	aliança de gandra	Senior Masculino	02:30:03	+01:04:13	08:50
217	2175	Carlos Leal	cfit freamunde	Senior Masculino	02:30:08	+01:04:18	08:50
218	2038	Jorge Fernando	acrorunners	Junior Masculino	02:30:28	+01:04:38	08:51
219	2741	Rui Moreira	lusos xxi	Veterano M40	02:30:35	+01:04:45	08:52
220	2092	MIGUEL ANDRADE	arcorun	Senior Masculino	02:30:37	+01:04:47	08:52
221	2730	Pedro Ferreira	leões de tardariz trail	Veterano M40	02:31:02	+01:05:11	08:53
222	2824	Álvaro Cardoso	nós acreditamos	Veterano M50	02:31:17	+01:05:27	08:54

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
223	2562	Tiago Rocha	individual	Senior Masculino	02:31:21	+01:05:30	08:54
224	2758	Manuel Fernando Máximo Pereira	moinhos run - adrm	Senior Masculino	02:31:39	+01:05:48	08:55
225	2218	Telma Marisa da Silva Pacheco e Sousa Castro	dr merino/ nutritfit	Senior Feminino	02:31:54	+01:06:04	08:56
226	2473	FERNANDO MEIRELES	individual	Senior Masculino	02:32:06	+01:06:16	08:57
227	3022	NUNO GRAMOSO	su team & friends	Senior Masculino	02:32:07	+01:06:16	08:57
228	2186	Rui Magalhães	cfit freamunde	Senior Masculino	02:32:17	+01:06:26	08:57
229	2749	Anabela Ferreira	moinhos run - adrm	Senior Feminino	02:32:45	+01:06:55	08:58
230	2783	joaquim pinto	monte dos amigos	Veterano M40	02:32:47	+01:06:56	08:59
231	2561	Tiago Monteiro	individual	Senior Masculino	02:32:48	+01:06:57	08:59
232	2125	Daniel Barbosa	btt alegria / tubani	Senior Masculino	02:32:50	+01:07:00	08:59
233	2452	Carlos Moreira	individual	Senior Masculino	02:32:57	+01:07:07	09:00
234	112	José Lopes	trail senhora do salto	Senior Masculino	02:32:58	+01:07:08	09:00
235	2032	Pedro Soares	a.d sebolido trail boneca d´ouro	Senior Masculino	02:33:03	+01:07:12	09:00
236	2939	José Ricardo	porto sentido	Veterano M40	02:33:06	+01:07:16	09:00
237	2846	Ruben Martins	oralklass-amigos do trail	Senior Masculino	02:33:07	+01:07:16	09:00
238	2220	Alice Sousa	dr merino/ nutritfit	Veterana F40	02:33:07	+01:07:16	09:00
239	2219	Helder Neves	dr merino/ nutritfit	Senior Masculino	02:33:11	+01:07:20	09:01
240	3049	Avelino Coelho	trail dos moinhos	Veterano M40	02:33:59	+01:08:09	09:04
241	2821	Armando Cardoso	nós acreditamos	Veterano M40	02:34:50	+01:08:59	09:06
242	2955	JOSÉ RODRIGUES	prestígio	Veterano M50	02:34:53	+01:09:03	09:07
243	2171	André Machado	cfit freamunde	Senior Masculino	02:35:00	+01:09:09	09:07
244	2185	Roberto Bessa	cfit freamunde	Senior Masculino	02:35:01	+01:09:11	09:07
245	2182	Paulo Ribeiro	cfit freamunde	Senior Masculino	02:35:27	+01:09:37	09:09
246	2190	Jorge Conceição	cfit freamunde	Veterano M50	02:35:28	+01:09:37	09:09
247	2130	Paulo Nunes	btt alegria / tubani	Veterano M40	02:35:32	+01:09:41	09:09
248	2536	PEDRO MIGUEL JORGE NUNES DA SILVA	individual	Senior Masculino	02:35:35	+01:09:44	09:09
249	2813	Raquel Dinis Paiva	nós	Senior Feminino	02:35:43	+01:09:53	09:10
250	2930	Bruno Guedes	porto sentido	Senior Masculino	02:35:52	+01:10:02	09:10
251	2651	Paulo Seabra	individual	Veterano M40	02:36:09	+01:10:18	09:11
252	2839	Patricia Santos	oralklass-amigos do trail	Senior Feminino	02:36:12	+01:10:21	09:11
253	2018	Paulo Ribeiro	10temidos	Veterano M40	02:36:23	+01:10:32	09:12
254	2382	Lígia Freitas	individual	Senior Feminino	02:36:29	+01:10:39	09:12
255	2580	maria arminda faria maciel	individual	Veterana F40	02:36:42	+01:10:52	09:13
256	2619	Filipe Duarte Castro	individual	Veterano M40	02:36:43	+01:10:52	09:13
257	2899	Cristina Costa	ou vai ou racha	Veterana F40	02:36:51	+01:11:00	09:14
258	2336	Alexandra Marques Azevedo	individual	Senior Feminino	02:36:54	+01:11:04	09:14
259	3000	Pedro Silva	smiling runners	Senior Masculino	02:37:03	+01:11:13	09:14
260	2937	João Barbosa	porto sentido	Veterano M40	02:37:03	+01:11:13	09:14
261	2977	Cátia Sequeira	s. s. montepio	Senior Feminino	02:37:20	+01:11:29	09:15
262	2508	Libanio José Rocha Alves	individual	Senior Masculino	02:38:12	+01:12:21	09:18
263	2149	Jorge Manuel Melo	casa da viúva	Veterano M50	02:38:25	+01:12:34	09:19
264	2145	Pedro Daniel M. C. RAMBO	casa da viúva	Senior Masculino	02:38:25	+01:12:34	09:19
265	2147	Paulo Fernando Melo Coelho Ferreira	casa da viúva	Veterano M40	02:38:25	+01:12:34	09:19
266	2144	Jorge Tiago Santos e Melo	casa da viúva	Senior Masculino	02:38:25	+01:12:35	09:19

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
267	2142	Bruno Santos e Melo	casa da viúva	Senior Masculino	02:38:25	+01:12:35	09:19
268	2146	Manuel De Melo Coelho Ferreira	casa da viúva	Veterano M40	02:38:25	+01:12:35	09:19
269	2662	Rui Fernandes	individual	Veterano M40	02:38:32	+01:12:42	09:20
270	2750	Claudia Patricia Silva Moreira	moinhos run - adrm	Senior Feminino	02:38:40	+01:12:49	09:20
271	3080	Carlos Freixo	individual	Veterano M40	02:38:41	+01:12:51	09:20
272	2347	andrea cunha	individual	Senior Feminino	02:38:46	+01:12:56	09:20
273	2334	Hugo André Costa Barros	individual	Junior Masculino	02:38:53	+01:13:03	09:21
274	2330	Bruno Fernandes	helder optica team	Senior Masculino	02:38:54	+01:13:03	09:21
275	2360	Cidália Teixeira	individual	Senior Feminino	02:38:59	+01:13:09	09:21
276	2985	Ricardo Silva	s. s. montepio	Veterano M40	02:39:15	+01:13:24	09:22
277	2978	Hugo Silva	s. s. montepio	Senior Masculino	02:39:15	+01:13:25	09:22
278	2766	Rui manuel pinto dos reis da quinta	moinhos run - adrm	Veterano M50	02:39:43	+01:13:53	09:24
279	2735	Antonio Coelho	lusos xxi	Senior Masculino	02:40:10	+01:14:20	09:25
280	2736	Fábio Castro	lusos xxi	Senior Masculino	02:40:36	+01:14:45	09:27
281	2983	Hugo Costa	s. s. montepio	Veterano M40	02:40:47	+01:14:57	09:28
282	2782	Sandra Miranda	individual	Veterana F40	02:40:50	+01:14:59	09:28
283	2132	José Luís Maia	bueda canoka	Senior Masculino	02:40:56	+01:15:05	09:28
284	2061	Ana Maria Pinto	aliança de gandra	Veterana F40	02:41:08	+01:15:17	09:29
285	2240	Márcio Castro	eu o antero e o sérgio	Senior Masculino	02:41:16	+01:15:26	09:29
286	2809	Rui Almeida	nocturnos de paredes	Senior Masculino	02:41:19	+01:15:28	09:29
287	2131	Emanuel Vieira	bueda canoka	Senior Masculino	02:41:29	+01:15:38	09:30
288	3076	Paula Santos	all about	Veterana F40	02:42:34	+01:16:43	09:34
289	2869	RICARDO NOGUEIRA	os guerreiros	Senior Masculino	02:43:23	+01:17:33	09:37
290	2867	Fernando Jorge Moreira pacheco	os guerreiros	Senior Masculino	02:43:23	+01:17:33	09:37
291	2613	Carlos Moutinho	individual	Veterano M40	02:44:28	+01:18:38	09:41
292	2189	Maria Antunes	cfit freamunde	Veterana F50	02:44:41	+01:18:50	09:41
293	2029	Fábio Correia	a.d sebolido trail boneca d´ouro	Senior Masculino	02:45:21	+01:19:31	09:44
294	2806	José Cunha	nocturnos de paredes	Senior Masculino	02:45:33	+01:19:42	09:44
295	2880	nuno Filipe morais Escobar	os morais	Veterano M40	02:45:40	+01:19:50	09:45
296	3032	Andrea Coelho	tecla 3 runners	Veterana F40	02:45:49	+01:19:59	09:45
297	2450	Carlos Filipe Neves dos Santos	individual	Senior Masculino	02:45:50	+01:19:59	09:45
298	2532	Pedro Manuel Nunes Martins	individual	Senior Masculino	02:45:50	+01:19:59	09:45
299	2793	Nuno Ferreira	nascidos para correr	Senior Masculino	02:45:55	+01:20:04	09:46
300	2134	André Magalhães	carreiros	Junior Masculino	02:46:11	+01:20:21	09:47
301	2535	Pedro Miguel Fonseca Magalhães	individual	Senior Masculino	02:46:30	+01:20:40	09:48
302	2265	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	02:46:34	+01:20:43	09:48
303	2763	Isabel Carvalho	moinhos run - adrm	Veterana F40	02:46:57	+01:21:06	09:49
304	2016	Helder Moreira	10temidos	Senior Masculino	02:47:01	+01:21:10	09:49
305	2732	Joaquim Leite	leões de tardariz trail	Veterano M50	02:47:08	+01:21:17	09:50
306	2728	Manuel Alvarino	leões de tardariz trail	Veterano M40	02:47:08	+01:21:18	09:50
307	2812	Salvador Santos	nocturnos de paredes	Veterano M40	02:47:10	+01:21:20	09:50
308	2055	Marco Moreira	aliança de gandra	Senior Masculino	02:47:23	+01:21:32	09:51
309	2549	Rui André Ribeiro	individual	Senior Masculino	02:47:33	+01:21:42	09:51
310	2455	César Lopes	individual	Senior Masculino	02:47:40	+01:21:50	09:52
311	2227	irene barbosa	ele e ela	Veterana F40	02:47:43	+01:21:53	09:52
312	2430	André Cunha	individual	Senior Masculino	02:47:47	+01:21:56	09:52

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
313	2254	Maria Sá	family pinto	Senior Feminino	02:47:48	+01:21:57	09:52
314	2351	Banita	individual	Senior Feminino	02:48:01	+01:22:11	09:53
315	2578	Margarida Monteiro	individual	Veterana F40	02:48:05	+01:22:14	09:53
316	2139	Ricardo Lopes	carreiros	Senior Masculino	02:48:35	+01:22:45	09:55
317	2759	Nuno Moreira	moinhos run - adrm	Senior Masculino	02:48:37	+01:22:46	09:55
318	2138	Paulo Lopes	carreiros	Senior Masculino	02:48:37	+01:22:47	09:55
319	3075	Rui Alves Quinta	moinhos run - adrm	Junior Masculino	02:48:40	+01:22:50	09:55
320	2755	Susana Sousa	moinhos run - adrm	Senior Feminino	02:48:50	+01:22:59	09:56
321	2161	Liliana Ribeiro	cfa runners	Senior Feminino	02:48:51	+01:23:00	09:56
322	2162	Filipe Nunes	cfa runners	Senior Masculino	02:48:51	+01:23:01	09:56
323	2194	Miguel Dias	cloudworks	Veterano M40	02:48:59	+01:23:09	09:56
324	2622	Francisco Manuel Ribeiro da Costa	individual	Veterano M40	02:49:05	+01:23:15	09:57
325	2153	Marlene Martins	centro ciclista de gondomar	Senior Feminino	02:49:06	+01:23:15	09:57
326	2155	Miguel Martins	centro ciclista de gondomar	Senior Masculino	02:49:10	+01:23:19	09:57
327	2128	Joaquim Soares	btt alegria / tubani	Veterano M40	02:49:18	+01:23:27	09:58
328	2126	Daniel Sousa	btt alegria / tubani	Senior Masculino	02:49:18	+01:23:28	09:58
329	2137	Filipe Oliveira	carreiros	Senior Masculino	02:49:24	+01:23:34	09:58
330	2760	roberto coelho	moinhos run - adrm	Senior Masculino	02:49:28	+01:23:37	09:58
331	2698	Manuel Afonso de Sousa Teixeira	i-run	Veterano M40	02:49:34	+01:23:44	09:59
332	3053	Daniel Silva	trailgloditas runners	Senior Masculino	02:49:54	+01:24:04	10:00
333	3052	Bruno Pereira	trailgloditas runners	Senior Masculino	02:49:57	+01:24:07	10:00
334	2820	Lúcia Oliveira	nós acreditamos	Veterana F40	02:50:27	+01:24:37	10:02
335	2477	FRANCISCO PACHECO	individual	Senior Masculino	02:50:33	+01:24:43	10:02
336	2910	Emanuela Rocha	parjovem	Senior Feminino	02:50:47	+01:24:57	10:03
337	2911	Antonio Neto	parjovem	Senior Masculino	02:50:47	+01:24:57	10:03
338	2528	Paulo Magalhães	individual	Senior Masculino	02:51:30	+01:25:39	10:05
339	3011	Minda Coelho	somos nós team	Veterana F40	02:52:05	+01:26:15	10:07
340	2752	Liliana Magalhães	moinhos run - adrm	Senior Feminino	02:53:16	+01:27:25	10:12
341	2060	Alexandra Padilha	aliança de gandra	Veterana F40	02:53:29	+01:27:38	10:12
342	2188	Cristina Neto	cfit freamunde	Veterana F40	02:53:56	+01:28:06	10:14
343	1446	Hugo Lopes	s. s. montepio	Senior Masculino	02:53:59	+01:28:09	10:14
344	2748	Germano Manuel Nunes Sousa	minions	Senior Masculino	02:54:00	+01:28:09	10:14
345	2019	Rui Sá	10temidos	Veterano M40	02:54:00	+01:28:10	10:14
346	2326	Ana Campanhã	h2o service	Senior Feminino	02:54:01	+01:28:10	10:14
347	3033	Teresa Silva	tecla 3 runners	Veterana F40	02:54:09	+01:28:19	10:15
348	2414	Simone Dinis Paiva	individual	Senior Feminino	02:54:20	+01:28:29	10:15
349	2241	Sérgio Sousa	eu o antero e o sérgio	Senior Masculino	02:54:29	+01:28:38	10:16
350	2105	carlos silva ferreira	autistic.runners	Veterano M40	02:54:34	+01:28:43	10:16
351	2307	Rui Oliveira	gondomar futsal clube	Senior Masculino	02:54:37	+01:28:47	10:16
352	2344	Ana Margarida Ribeiro Barros	individual	Senior Feminino	02:54:39	+01:28:48	10:16
353	2495	Joaquim Cardoso	individual	Senior Masculino	02:54:45	+01:28:54	10:17
354	2615	Claudio Silva	individual	Veterano M40	02:55:04	+01:29:14	10:18
355	2443	Bruno Moreira	individual	Senior Masculino	02:55:12	+01:29:22	10:18
356	3031	Sérgio Silva	tecla 3 runners	Senior Masculino	02:55:15	+01:29:25	10:19
357	1169	Bruno Monteiro	individual	Senior Masculino	02:55:27	+01:29:37	10:19
358	2169	Marta Ribeiro	cfit freamunde	Senior Feminino	02:55:30	+01:29:40	10:19

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
359	2432	André Vieira	individual	Senior Masculino	02:55:48	+01:29:58	10:21
360	2558	Sergio Chacim	individual	Senior Masculino	02:56:24	+01:30:33	10:23
361	2925	MIGUEL TEIXEIRA	pm	Veterano M40	02:56:38	+01:30:47	10:23
362	2923	TIAGO SILVA	pm	Senior Masculino	02:56:38	+01:30:47	10:23
363	2922	PAULO SILVA	pm	Senior Masculino	02:56:38	+01:30:47	10:23
364	2151	Marta André	casadotear.com	Senior Feminino	02:57:00	+01:31:10	10:25
365	2441	Bruno Joel Pereira	individual	Senior Masculino	02:57:19	+01:31:29	10:26
366	3071	Alexandra Pimenta	vimarunners	Senior Feminino	02:57:20	+01:31:29	10:26
367	2982	Carla Barros	s. s. montepio	Veterana F40	02:57:20	+01:31:30	10:26
368	3055	MANUEL SANTOS SILVA	trepatrilhos trail team	Veterano M40	02:57:35	+01:31:44	10:27
369	2370	Eunice Salgado	individual	Senior Feminino	02:57:46	+01:31:56	10:27
370	2653	Paulo Soares	individual	Veterano M40	02:57:54	+01:32:04	10:28
371	2850	Sónia Mota	oralklass-amigos do trail	Veterana F40	02:57:56	+01:32:05	10:28
372	2697	Joaquim Ferreira	i-run	Veterano M40	02:58:09	+01:32:19	10:29
373	2699	Pedro João Salgueiro Marques da Silva	i-run	Veterano M40	02:58:10	+01:32:19	10:29
374	2677	Filipe Mota	individual	Veterano M50	02:58:10	+01:32:20	10:29
375	2303	Mónica Carvalhais	gondomar futsal clube	Senior Feminino	02:58:14	+01:32:24	10:29
376	2815	Sandra Pereira	nós acreditamos	Senior Feminino	02:58:32	+01:32:41	10:30
377	2784	jose moura	monte dos amigos	Veterano M40	02:59:01	+01:33:10	10:32
378	2445	Bruno Ricardo Rodrigues de Sousa	individual	Senior Masculino	02:59:03	+01:33:12	10:32
379	2491	João Barbosa Pereira	individual	Senior Masculino	02:59:13	+01:33:23	10:33
380	2221	Ivone Cristina Lopes Ganso	dr merino/ nutritfit	Veterana F40	03:00:13	+01:34:22	10:36
381	2166	Liliana Teixeira	cfrit freamunde	Senior Feminino	03:00:31	+01:34:41	10:37
382	2743	Ana Rosa Alves	m.alves cabroelo	Veterana F50	03:00:57	+01:35:06	10:39
383	2570	Cristina Sousa	individual	Veterana F40	03:01:17	+01:35:26	10:40
384	2371	Fernanda Maria Ferreira Oliveira	individual	Senior Feminino	03:01:24	+01:35:34	10:40
385	2047	Carla Pereira	aliança de gandra	Senior Feminino	03:01:25	+01:35:35	10:40
386	2926	Tamara corral Martínez	portadas de valdeorras trail	Senior Feminino	03:01:27	+01:35:37	10:40
387	2202	Cândida Vilas-Boas	clube zipper	Veterana F40	03:01:28	+01:35:38	10:41
388	2380	Keissy Sousa	individual	Senior Feminino	03:01:28	+01:35:38	10:41
389	2486	Hugo André Couto	individual	Senior Masculino	03:02:46	+01:36:56	10:45
390	2396	Maria João Silva	individual	Senior Feminino	03:02:46	+01:36:56	10:45
391	1449	Julio Santos	s. s. montepio	Veterano M40	03:03:08	+01:37:18	10:46
392	2496	Jorge Filipe Pinheiro	individual	Senior Masculino	03:03:12	+01:37:21	10:47
393	2569	Cidália Soares	individual	Veterana F40	03:03:49	+01:37:58	10:49
394	2866	BRUNO DANIEL MAGALHÃES	os guerreiros	Senior Masculino	03:03:51	+01:38:00	10:49
395	2605	António Manuel Coelho de Sousa	individual	Veterano M40	03:04:03	+01:38:13	10:50
396	2851	Miguel Gonçalves	oralklass-amigos do trail	Veterano M40	03:04:04	+01:38:14	10:50
397	1370	Paula Morais	monte dos amigos	Senior Feminino	03:04:48	+01:38:57	10:52
398	2289	Pedro Reis	generosos	Senior Masculino	03:04:54	+01:39:03	10:53
399	2368	Elsa Costa	individual	Senior Feminino	03:04:54	+01:39:03	10:53
400	2245	Nuno André Correia	factor x / s4l / medensefc	Senior Masculino	03:05:04	+01:39:14	10:53
401	2720	Rita Pereira	lagaresport	Senior Feminino	03:05:09	+01:39:19	10:54
402	2644	Oscar Luis Oliveira Novais	individual	Veterano M40	03:05:10	+01:39:20	10:54
403	2504	José Luis Pereira da Rocha	individual	Senior Masculino	03:05:11	+01:39:20	10:54

TRAIL CURTO 17KM - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
404	2176	Cesar Moura	cfit freamunde	Senior Masculino	03:05:13	+01:39:22	10:54
405	2222	Alfredo Freitas	dr merino/ nutrifit	Veterano M40	03:05:40	+01:39:49	10:55
406	2628	Jorge Nogueira	individual	Veterano M40	03:06:07	+01:40:16	10:57
407	2040	Bruno José Rocha Ribeiro	acrorunners	Senior Masculino	03:06:08	+01:40:18	10:57
408	2350	Arlete Dias	individual	Senior Feminino	03:06:16	+01:40:26	10:57
409	2485	Helder Santos	individual	Senior Masculino	03:06:29	+01:40:39	10:58
410	2284	Natercia Teixeira	generosos	Senior Feminino	03:06:52	+01:41:02	11:00
411	2462	Daniel Pinto	individual	Senior Masculino	03:07:39	+01:41:48	11:02
412	2363	Cristina Rocha	individual	Senior Feminino	03:07:39	+01:41:49	11:02
413	2800	Carina Moreira	nocturnos de paredes	Senior Feminino	03:07:52	+01:42:01	11:03
414	2596	Marcia Cristina Mateus Lopes	individual	Senior Feminino	03:07:57	+01:42:07	11:03
415	2080	Jose Melo	amigos d´betão	Veterano M40	03:08:18	+01:42:28	11:05
416	2534	Pedro Miguel da Rocha Santos	individual	Senior Masculino	03:10:38	+01:44:47	11:13
417	2756	Anselmo Luís dos Santos Pereira	moinhos run - adrm	Senior Masculino	03:10:39	+01:44:48	11:13
418	3003	Henrique Sousa	solitário	Senior Masculino	03:10:46	+01:44:55	11:13
419	3015	Jorge Almeida	soplabifana	Veterano M40	03:10:46	+01:44:56	11:13
420	1163	André Monteiro	individual	Senior Masculino	03:10:53	+01:45:02	11:14
421	40	Céu Cordeiro	gondomar futsal clube	Senior Feminino	03:11:02	+01:45:11	11:14
422	2588	Paula Moreira	individual	Veterana F40	03:11:08	+01:45:18	11:15
423	2274	MANUEL REIS	fugitivos urbanos	Senior Masculino	03:11:13	+01:45:23	11:15
424	3028	Cristina Alexandra Barbosa Couto	tecla 3 runners	Senior Feminino	03:11:24	+01:45:33	11:16
425	3027	Andreia Pacheco	tecla 3 runners	Senior Feminino	03:11:24	+01:45:33	11:16
426	2593	Alice Moutinho	individual	Veterana F50	03:11:24	+01:45:34	11:16
427	2249	Pedro Silva	factor x / s4l / medensefc	Veterano M40	03:11:27	+01:45:37	11:16
428	1267	Tiago Pinto	individual	Senior Masculino	03:11:28	+01:45:37	11:16
429	2239	Antero Silva	eu o antero e o sérgio	Senior Masculino	03:11:40	+01:45:50	11:17
430	2640	Manuel Sérgio Sousa	individual	Veterano M40	03:11:51	+01:46:01	11:17
431	2525	Nuno Oliveira	individual	Senior Masculino	03:12:31	+01:46:40	11:19
432	2674	Armindo Moura	individual	Veterano M50	03:12:36	+01:46:46	11:20
433	2331	Eduarda Teixeira Moreira	a.d. cabroelo	Junior Feminino	03:12:38	+01:46:48	11:20
434	2872	Paulo Miguel Areal de Sousa	os mariolas	Senior Masculino	03:12:43	+01:46:53	11:20
435	2873	Ana Trigo	os mariolas	Veterana F40	03:12:44	+01:46:53	11:20
436	2333	Filipe Borges	individual	Junior Masculino	03:12:46	+01:46:56	11:20
437	2684	LUIZ C.J.BLANQUET	individual	Veterano M50	03:12:49	+01:46:58	11:21
438	2043	Ricardo Brochado	acrorunners	Senior Masculino	03:13:02	+01:47:11	11:21
439	2039	Rosa Mendes	acrorunners	Senior Feminino	03:13:02	+01:47:12	11:21
440	2042	João Cunha	acrorunners	Senior Masculino	03:13:02	+01:47:12	11:21
441	2999	Isabel Monteiro	smiling runners	Senior Feminino	03:13:06	+01:47:16	11:22
442	2998	Alberta Rodrigues	smiling runners	Senior Feminino	03:13:06	+01:47:16	11:22
443	2548	Rodrigo Magalhães	individual	Senior Masculino	03:13:11	+01:47:21	11:22
444	2550	Rui Correia	individual	Senior Masculino	03:13:21	+01:47:30	11:22
445	2271	Hugo Miguel da Silva Oliveira	fugitivos urbanos	Senior Masculino	03:13:23	+01:47:33	11:23
446	2761	Sérgio Manuel Dias Rocha	moinhos run - adrm	Senior Masculino	03:13:39	+01:47:48	11:23
447	2447	carlos barbosa	individual	Senior Masculino	03:13:47	+01:47:57	11:24
448	2463	David José Andrade Pereira	individual	Senior Masculino	03:13:50	+01:48:00	11:24
449	2356	Carla Susana Anunciação Monteiro	individual	Senior Feminino	03:14:13	+01:48:23	11:26

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
450	2272	Tiago Joel da Silva Coelho	fugitivos urbanos	Senior Masculino	03:14:13	+01:48:23	11:26
451	2267	Liliana Maria de Sousa Rodrigues	fugitivos urbanos	Senior Feminino	03:14:14	+01:48:23	11:26
452	2304	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	03:14:56	+01:49:05	11:28
453	2961	helder rocha	reumatico	Senior Masculino	03:14:56	+01:49:05	11:28
454	3020	FILIPE MAGANO	su team & friends	Senior Masculino	03:15:33	+01:49:43	11:30
455	3021	MIGUEL VIEIRA	su team & friends	Senior Masculino	03:15:34	+01:49:43	11:30
456	2482	Hélder Manuel Moreira Teles	individual	Senior Masculino	03:15:36	+01:49:45	11:30
457	2565	Vitor Vieira	individual	Senior Masculino	03:15:36	+01:49:46	11:30
458	2223	Joana Abreu	eat pasta run fast	Senior Feminino	03:15:46	+01:49:56	11:31
459	3002	Ricardo Manuel Martins Soares	sódescidas trail	Senior Masculino	03:15:49	+01:49:58	11:31
460	3001	Marcos Jil Alves Martins	sódescidas trail	Senior Masculino	03:15:49	+01:49:58	11:31
461	2603	António Carlos de Sousa Ferraz	individual	Veterano M40	03:17:14	+01:51:23	11:36
462	2621	Francisco José Garcia Moreira	individual	Veterano M40	03:17:14	+01:51:23	11:36
463	2280	Claudia Coelho	generosos	Senior Feminino	03:17:53	+01:52:03	11:38
464	3066	Mónica Magalhães	usf ts	Senior Feminino	03:18:09	+01:52:19	11:39
465	2920	Paulo Torres	pena team	Senior Masculino	03:18:22	+01:52:31	11:40
466	3067	Ana Alves	usf ts	Veterana F40	03:18:23	+01:52:32	11:40
467	2250	Rui Mota	factor x / s4l / medensefc	Veterano M40	03:18:30	+01:52:39	11:41
468	2541	Pedro Silva	individual	Senior Masculino	03:18:34	+01:52:44	11:41
469	2671	Antonio Cunha	individual	Veterano M50	03:18:48	+01:52:57	11:42
470	2426	ABEL ANDRADE	individual	Senior Masculino	03:19:31	+01:53:40	11:44
471	2614	Carlos Russo	individual	Veterano M40	03:19:34	+01:53:44	11:44
472	2688	VALDEMAR SILVA	individual	Veterano M50	03:19:35	+01:53:44	11:44
473	2904	Vitor Teixeira	papa trails	Senior Masculino	03:20:28	+01:54:38	11:48
474	2260	Manuel Rocha	fast ao km	Veterano M50	03:20:54	+01:55:04	11:49
475	2522	Nuno Filipe Monteiro Moreira Silva	individual	Senior Masculino	03:21:14	+01:55:24	11:50
476	2712	Bruno Bartes	kunalama runners	Senior Masculino	03:21:14	+01:55:24	11:50
477	2710	Elisabete Fonseca	kunalama runners	Senior Feminino	03:21:15	+01:55:24	11:50
478	2387	Luisa Mota	individual	Senior Feminino	03:21:26	+01:55:36	11:51
479	2521	Nuno Almeida	individual	Senior Masculino	03:21:26	+01:55:36	11:51
480	2523	Nuno Miguel de Brochado Neto	individual	Senior Masculino	03:21:48	+01:55:58	11:52
481	2887	Marisa Sousa	os turbomula	Senior Feminino	03:21:53	+01:56:02	11:53
482	2687	Raul Macedo	individual	Veterano M50	03:22:43	+01:56:52	11:55
483	2529	paulo manuel monteiro de carvalho	individual	Senior Masculino	03:22:52	+01:57:01	11:56
484	2376	Irina Micaela Rodrigues Coelho Vale	individual	Senior Feminino	03:23:02	+01:57:12	11:57
485	2191	Paulo Querido	cfit freamunde	Veterano M50	03:23:40	+01:57:50	11:59
486	2803	Maria Moutinho	nocturnos de paredes	Senior Feminino	03:23:42	+01:57:52	11:59
487	2801	Carla Sousa	nocturnos de paredes	Senior Feminino	03:23:43	+01:57:52	11:59
488	2949	ANTONIO MARTINS	portocargo	Veterano M40	03:23:48	+01:57:57	11:59
489	2733	Ana Rita Cunha	lusos xxi	Senior Feminino	03:23:48	+01:57:58	11:59
490	2772	rosa almeida	monte dos amigos	Senior Feminino	03:23:53	+01:58:02	12:00
491	2774	joao alves	monte dos amigos	Senior Masculino	03:23:53	+01:58:03	12:00
492	2353	Barbara Machado	individual	Senior Feminino	03:24:04	+01:58:13	12:00
493	2519	Nelson Nunes	individual	Senior Masculino	03:24:04	+01:58:14	12:00
494	2962	sergio pereira	reumatico	Senior Masculino	03:24:14	+01:58:24	12:01

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
495	2959	rosana martins	reumatico	Senior Feminino	03:24:14	+01:58:24	12:01
496	2686	MANUEL PINTO	individual	Veterano M50	03:24:24	+01:58:33	12:01
497	2483	HELDER MOREIRA	individual	Senior Masculino	03:24:24	+01:58:33	12:01
498	2802	Eva Moreira	nocturnos de paredes	Senior Feminino	03:24:24	+01:58:33	12:01
499	2591	Susana Luís	individual	Veterana F40	03:24:26	+01:58:35	12:02
500	2796	DANIEL LOPES	newton team	Senior Masculino	03:24:34	+01:58:43	12:02
501	2739	Luís Marinho	lusos xxi	Senior Masculino	03:25:18	+01:59:27	12:05
502	2868	JOSÉ CARLOS NOGUEIRA	os guerreiros	Senior Masculino	03:25:46	+01:59:55	12:06
503	2958	mara freitas	reumatico	Senior Feminino	03:26:21	+02:00:30	12:08
504	2225	Susana Silva	edv-viana trail	Senior Feminino	03:26:26	+02:00:35	12:09
505	2888	Marta Mota	os turbomula	Senior Feminino	03:26:27	+02:00:37	12:09
506	2493	João Carlos França	individual	Senior Masculino	03:26:40	+02:00:49	12:09
507	2484	Helder Moreira	individual	Senior Masculino	03:26:47	+02:00:56	12:10
508	2148	Fernando de Mello Coelho Ferreira	casa da viúva	Veterano M50	03:27:00	+02:01:09	12:11
509	3009	Cláudio Silva	somos nós team	Senior Masculino	03:27:00	+02:01:09	12:11
510	2299	Rodrigo Ferraz	generosos	Veterano M40	03:27:14	+02:01:24	12:11
511	2287	Sofia Tadeu	generosos	Senior Feminino	03:27:14	+02:01:24	12:11
512	2860	João Ferreira	os fugitivos da crise	Senior Masculino	03:27:17	+02:01:26	12:12
513	2943	Fernando Ferraz	porto sentido	Veterano M50	03:27:45	+02:01:55	12:13
514	2577	Manuela Mota	individual	Veterana F40	03:27:46	+02:01:56	12:13
515	2919	César Moreira	pena team	Senior Masculino	03:28:05	+02:02:14	12:14
516	2889	Sara Moreira	os turbomula	Senior Feminino	03:28:23	+02:02:33	12:16
517	2085	carmem moreira	amigos do pedal	Veterana F40	03:28:33	+02:02:42	12:16
518	2471	Fernando Bruno Caetano rocha	individual	Senior Masculino	03:28:48	+02:02:58	12:17
519	2980	Joana Direito	s. s. montepio	Senior Masculino	03:29:35	+02:03:45	12:20
520	2979	Ivo Martins	s. s. montepio	Senior Masculino	03:29:35	+02:03:45	12:20
521	2602	António Antunes	individual	Veterano M40	03:29:43	+02:03:52	12:20
522	2480	Gilberto Sousa	individual	Senior Masculino	03:29:54	+02:04:03	12:21
523	2481	Helder Oliveira	individual	Senior Masculino	03:29:54	+02:04:04	12:21
524	2740	Sérgio Costa	lusos xxi	Senior Masculino	03:30:11	+02:04:20	12:22
525	2738	João Paulo Andrade Carvalho	lusos xxi	Senior Masculino	03:30:11	+02:04:21	12:22
526	2737	Ivo Tiago Maiato Valadares	lusos xxi	Senior Masculino	03:30:11	+02:04:21	12:22
527	2121	Jorge Sousa	bitrunners	Senior Masculino	03:30:22	+02:04:32	12:23
528	2174	Bruno Costa	cfit freamunde	Senior Masculino	03:30:29	+02:04:38	12:23
529	2437	Antonio manuel moreira barbosa	individual	Senior Masculino	03:30:57	+02:05:07	12:25
530	2472	Fernando Ismael Oliveira Nogueira	individual	Senior Masculino	03:30:57	+02:05:07	12:25
531	2537	Pedro Miguel Pacheco de Jesus da Cunha	individual	Senior Masculino	03:31:01	+02:05:10	12:25
532	2451	Carlos Miguel Santos Moreira	individual	Senior Masculino	03:31:01	+02:05:10	12:25
533	2609	Carlos Avelino	individual	Veterano M40	03:31:10	+02:05:20	12:25
534	2935	Cláudio Cerqueira	porto sentido	Veterano M40	03:31:22	+02:05:32	12:26
535	2890	Filipe Nogueira	os turbomula	Senior Masculino	03:31:34	+02:05:43	12:27
536	2769	eva ribeiro	monte dos amigos	Senior Feminino	03:32:12	+02:06:22	12:29
537	2773	angelo faustino	monte dos amigos	Senior Masculino	03:32:12	+02:06:22	12:29
538	2276	Maria Sousa	futurrunners	Senior Feminino	03:32:16	+02:06:26	12:29
539	2115	Gil Castro	beat your limit!	Senior Masculino	03:32:38	+02:06:47	12:30

TRAIL CURTO 17KM - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
540	2853	Marília Dias	os arrastas	Veterana F40	03:32:41	+02:06:51	12:31
541	2277	Luis Teixeira	futurrunners	Senior Masculino	03:32:55	+02:07:05	12:32
542	2673	antonio guimaraes	individual	Veterano M50	03:33:08	+02:07:18	12:32
543	2373	FILIPA PINTO	individual	Senior Feminino	03:33:22	+02:07:32	12:33
544	2714	Pedro Rocha	kunalama runners	Senior Masculino	03:33:24	+02:07:34	12:33
545	2711	Isabel Fonseca	kunalama runners	Senior Feminino	03:33:26	+02:07:35	12:33
546	2913	Luís Garcia	parjovem	Senior Masculino	03:33:33	+02:07:43	12:34
547	2425	Vania Amaral	individual	Senior Feminino	03:33:34	+02:07:44	12:34
548	2420	Susana Martins	individual	Senior Feminino	03:33:39	+02:07:48	12:34
549	2753	Luciana Camilo	moinhos run - adrm	Senior Feminino	03:34:08	+02:08:17	12:36
550	2315	Ana Sousa	gondomar futsal clube	Veterana F50	03:34:13	+02:08:23	12:36
551	2547	Roberto Carlos Ferreira Moreira	individual	Senior Masculino	03:34:19	+02:08:29	12:36
552	3004	Isabel Pinto	solmaia runners	Senior Feminino	03:34:33	+02:08:42	12:37
553	1465	Glória Monteiro	tartarugas do asfalto	Veterana F40	03:34:33	+02:08:42	12:37
554	2327	Claúdia Babo	helder optica team	Senior Feminino	03:34:45	+02:08:54	12:38
555	2328	Paula Costa	helder optica team	Senior Feminino	03:34:45	+02:08:54	12:38
556	2329	Rita Basto	helder optica team	Senior Feminino	03:34:45	+02:08:55	12:38
557	2152	Branca Nabais	ccdfpjp	Veterana F40	03:34:49	+02:08:59	12:38
558	3039	Marlene Rodrigues	thunder team	Senior Feminino	03:34:55	+02:09:04	12:39
559	3043	Pedro Rodrigues	thunder team	Veterano M40	03:34:55	+02:09:04	12:39
560	2854	carlos Sousa	os arrastas	Veterano M40	03:35:08	+02:09:17	12:39
561	2987	Rui Silva	s. s. montepio	Veterano M40	03:36:02	+02:10:11	12:42
562	2810	Maria de Jesus	nocturnos de paredes	Veterana F40	03:36:02	+02:10:11	12:42
563	2833	Nélson Montalvão	o jogo	Veterano M40	03:36:09	+02:10:18	12:43
564	2893	Carlos Mota	os turbomula	Veterano M40	03:36:11	+02:10:20	12:43
565	2579	Margarida Oliveira	individual	Veterana F40	03:36:11	+02:10:21	12:43
566	2855	Manuel Moura	os barriguitas	Veterano M50	03:36:20	+02:10:30	12:44
567	2905	Sonia Silva	paredes running	Senior Feminino	03:36:26	+02:10:36	12:44
568	2906	Antonio Barbosa	paredes running	Senior Masculino	03:36:27	+02:10:36	12:44
569	2620	FILIPE TEIXEIRA	individual	Veterano M40	03:36:48	+02:10:58	12:45
570	2952	MANUEL PEREIRA	portocargo	Veterano M50	03:38:10	+02:12:20	12:50
571	2082	Carina Gonçalves Ferreira	amigos do pedal	Junior Feminino	03:38:13	+02:12:22	12:50
572	1329	Carlos Almeida	individual	Veterano M50	03:38:15	+02:12:25	12:50
573	2635	Jose Soares	individual	Veterano M40	03:38:21	+02:12:30	12:51
574	2200	Gabriel Moreira	clube zipper	Senior Masculino	03:38:25	+02:12:34	12:51
575	2275	Joana Rangel	futurrunners	Senior Feminino	03:38:41	+02:12:50	12:52
576	2947	LAURA VIEIRA	portocargo	Veterana F40	03:38:45	+02:12:55	12:52
577	2585	Maria Lurdes Mendes	individual	Veterana F40	03:38:50	+02:13:00	12:52
578	2859	Elsa Costa	os fugitivos da crise	Senior Feminino	03:38:51	+02:13:00	12:52
579	2203	Paula Nascimento	clube zipper	Veterana F40	03:38:53	+02:13:02	12:53
580	2410	Sandra Ramos	individual	Senior Feminino	03:38:54	+02:13:04	12:53
581	2335	Albertina cunha	individual	Senior Feminino	03:38:56	+02:13:05	12:53
582	2301	Isabel Marques	gondomar futsal clube	Senior Feminino	03:39:00	+02:13:10	12:53
583	2312	Olivia Coelho	gondomar futsal clube	Veterana F40	03:39:00	+02:13:10	12:53
584	2364	Cristina Rodrigues Teixeira Lopes	individual	Senior Feminino	03:39:45	+02:13:55	12:56
585	2848	Ana Oliveira	oralklass-amigos do trail	Veterana F40	03:40:46	+02:14:56	12:59

Official Timekeeper: Lap2Go	13 / 19	generate 10-abr-2016 16:48
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TRAIL CURTO 17KM - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
586	2538	Pedro Oliveira	individual	Senior Masculino	03:41:25	+02:15:34	13:01
587	2877	Maria Eduarda Pereira Morais	os morais	Senior Feminino	03:41:35	+02:15:45	13:02
588	2927	Raquel Pereira	porto sentido	Senior Feminino	03:42:43	+02:16:53	13:06
589	2942	Carlos Martins	porto sentido	Veterano M50	03:42:43	+02:16:53	13:06
590	2941	Luis Rodrigues	porto sentido	Veterano M40	03:42:44	+02:16:53	13:06
591	2933	Elizabete Loureiro	porto sentido	Veterana F40	03:42:44	+02:16:53	13:06
592	2411	Sara Braga	individual	Senior Feminino	03:42:44	+02:16:54	13:06
593	2557	Sandro Sousa	individual	Senior Masculino	03:42:45	+02:16:54	13:06
594	2874	Mónica Matos	os mariolas	Veterana F40	03:42:51	+02:17:01	13:07
595	2912	Filipe Moreira	parjovem	Senior Masculino	03:43:19	+02:17:28	13:08
596	3051	Patricia Vieira	trail senhora do salto	Senior Feminino	03:43:30	+02:17:39	13:09
597	111	Jorge Ferreirinha	trail senhora do salto	Senior Masculino	03:43:30	+02:17:39	13:09
598	2814	Carla Pereira	nós	Senior Masculino	03:43:53	+02:18:03	13:10
599	2216	Raul Cunha	cunhax	Veterano M40	03:44:02	+02:18:11	13:11
600	2170	Sofia Fernandes	cfrit freamunde	Senior Feminino	03:44:29	+02:18:39	13:12
601	2050	Sara Costa Rafael	aliança de gandra	Senior Feminino	03:44:30	+02:18:40	13:12
602	2660	Pedro Silva	individual	Veterano M40	03:44:31	+02:18:40	13:12
603	2649	Paulo Lara	individual	Veterano M40	03:44:37	+02:18:46	13:13
604	2359	Celina Tomás	individual	Senior Feminino	03:44:47	+02:18:57	13:13
605	2062	Carla Pinto	aliança de gandra	Veterana F40	03:45:16	+02:19:26	13:15
606	2199	Rita Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:28	+02:19:38	13:16
607	2198	Joana Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:29	+02:19:38	13:16
608	2197	Isabel Maria da Silva Henriques	clube do pessoal edp - delegação de gaia	Senior Feminino	03:45:29	+02:19:38	13:16
609	2637	Luís Moutinho	individual	Veterano M40	03:45:35	+02:19:44	13:16
610	2641	Miguel Moura	individual	Veterano M40	03:45:40	+02:19:49	13:16
611	2110	Cristina Jesus	beat your limit!	Senior Feminino	03:45:42	+02:19:51	13:17
612	2417	Sónia Sousa	individual	Senior Feminino	03:46:53	+02:21:03	13:21
613	2785	Bruno Antão	montes e vales	Senior Masculino	03:47:37	+02:21:47	13:23
614	2407	Patrícia Silva	individual	Senior Feminino	03:47:38	+02:21:47	13:23
615	2478	Gabriel Cunha	individual	Senior Masculino	03:47:38	+02:21:47	13:23
616	2201	João Rodrigues	clube zipper	Senior Masculino	03:47:48	+02:21:58	13:24
617	2655	Pedro Duarte	individual	Veterano M40	03:47:49	+02:21:58	13:24
618	2195	Sónia Bastos	clube de pesca de amarante	Senior Feminino	03:48:13	+02:22:22	13:25
619	2217	Sónia Dulcineia Silveira Magalhães Moreira	dr merino/ nutritfit	Senior Feminino	03:48:14	+02:22:23	13:26
620	2337	Alexandra Silva	individual	Senior Feminino	03:48:16	+02:22:25	13:26
621	2786	Maria Lurdes Conceição	montes e vales	Veterana F50	03:48:31	+02:22:41	13:27
622	2476	Francisco Manuel Pereira Barbosa	individual	Senior Masculino	03:48:34	+02:22:44	13:27
623	3024	Maria Portugal	tartarugas do asfalto	Veterana F40	03:48:53	+02:23:02	13:28
624	2232	Maria Fonseca	equipa joão ferreira	Veterana F40	03:48:57	+02:23:07	13:28
625	2658	Pedro Pereira	individual	Veterano M40	03:49:22	+02:23:31	13:30
626	2416	Sónia Isabel da Costa Gonçalves	individual	Senior Feminino	03:49:27	+02:23:36	13:30
627	2449	Carlos Cunha	individual	Senior Masculino	03:49:27	+02:23:36	13:30
628	2361	Cristiana Beatriz Ferreira de campos	individual	Senior Feminino	03:49:34	+02:23:43	13:30
629	2643	Nuno Miguel Silva Morais	individual	Veterano M40	03:49:34	+02:23:44	13:30
630	2224	Carla Alexandra Araújo Pereira	edv-viana trail	Senior Feminino	03:50:08	+02:24:17	13:32

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
631	2706	Sónia Gonçalves	kinkipa	Senior Feminino	03:50:12	+02:24:21	13:32
632	2707	Amândio Sousa	kinkipa	Veterano M40	03:50:12	+02:24:21	13:32
633	2705	Bruna Nunes	kinkipa	Senior Feminino	03:50:12	+02:24:22	13:33
634	2708	Augusto Teixeira	kinkipa	Veterano M50	03:50:14	+02:24:23	13:33
635	2136	Susana Ferreira	carreiros	Senior Feminino	03:50:47	+02:24:56	13:35
636	2164	Claudia Sousa	cfit freamunde	Senior Feminino	03:50:53	+02:25:03	13:35
637	2372	Filipa Gonçalves	individual	Senior Feminino	03:50:59	+02:25:08	13:35
638	2566	Ana Pestana	individual	Veterana F40	03:51:00	+02:25:10	13:35
639	2975	nuno correia	run2eat	Senior Masculino	03:51:04	+02:25:13	13:36
640	2976	rui rocha	run2eat	Veterano M40	03:51:04	+02:25:14	13:36
641	2799	Andreia Silva	nocturnos de paredes	Senior Feminino	03:52:10	+02:26:20	13:39
642	2251	Vitor Sousa	factor x / s4l / medensefc	Veterano M40	03:52:11	+02:26:20	13:39
643	2252	Alzira Rocha	family pinto	Senior Feminino	03:52:23	+02:26:32	13:40
644	2253	Daniela Pinto	family pinto	Senior Feminino	03:52:23	+02:26:32	13:40
645	2332	Diogo Miguel Moreira Teixeira	individual	Junior Masculino	03:52:45	+02:26:55	13:42
646	2581	Maria Augusta Moreira da Silva	individual	Veterana F40	03:52:48	+02:26:57	13:42
647	2102	Tânia Luisa Mendes Alves	associação desportiva de cabroelo	Senior Feminino	03:53:06	+02:27:15	13:43
648	2338	Ana Arriscado	individual	Senior Feminino	03:53:16	+02:27:26	13:43
649	2929	Vera Lúcia Sousa	porto sentido	Senior Feminino	03:53:25	+02:27:34	13:44
650	2805	Tânia Ferreira	nocturnos de paredes	Senior Feminino	03:53:37	+02:27:47	13:45
651	2804	Sandra Machado	nocturnos de paredes	Senior Feminino	03:53:37	+02:27:47	13:45
652	2807	Miguel Costa	nocturnos de paredes	Senior Masculino	03:53:38	+02:27:47	13:45
653	2111	Niki Marie	beat your limit!	Senior Feminino	03:53:51	+02:28:00	13:45
654	2909	Luis Ribeiro	paredes running	Veterano M40	03:54:12	+02:28:22	13:47
655	2383	Liliana Andreia Barbosa Mendes	individual	Senior Feminino	03:54:14	+02:28:24	13:47
656	2665	Rui Miguel Oliveira	individual	Veterano M40	03:54:17	+02:28:27	13:47
657	2531	Pedro Alves	individual	Senior Masculino	03:54:20	+02:28:30	13:47
658	2392	Maria da Luz Neves Olivença	individual	Senior Feminino	03:54:22	+02:28:31	13:47
659	2567	Andreia Alexandra Martins Sena Barbosa de Sá	individual	Veterana F40	03:54:37	+02:28:47	13:48
660	2358	Catarina Neto	individual	Senior Feminino	03:54:53	+02:29:03	13:49
661	2397	Maria silva	individual	Senior Feminino	03:54:53	+02:29:03	13:49
662	2636	Jota oliveira	individual	Veterano M40	03:54:57	+02:29:06	13:49
663	2073	Jose Carmo Teixeira	all about	Veterano M40	03:54:57	+02:29:06	13:49
664	2938	José carlos Teixeira Soares	porto sentido	Veterano M40	03:55:00	+02:29:10	13:49
665	2745	J.HENRIQUE S.S.MATOS	matts	Veterano M40	03:55:12	+02:29:21	13:50
666	2427	ADELINO JESUS CUNHA LOPES VIDEIRA	individual	Senior Masculino	03:55:14	+02:29:24	13:50
667	2744	SANDRA S.MATOS	matts	Veterana F40	03:55:21	+02:29:30	13:51
668	2257	Tiago Carneiro	family pinto	Senior Masculino	03:55:36	+02:29:45	13:52
669	2122	Rui Silva	bitrunners	Senior Masculino	03:55:41	+02:29:50	13:52
670	2781	sonia silva	monte dos amigos	Veterana F40	03:55:49	+02:29:58	13:52
671	2777	helen a roxo	monte dos amigos	Veterana F40	03:55:49	+02:29:59	13:52
672	2215	André Cunha	cunhax	Senior Masculino	03:55:52	+02:30:01	13:52
673	2907	Ana Ferreira	paredes running	Veterana F40	03:56:01	+02:30:11	13:53
674	2074	Andreia Ferreira	amigos d´betão	Senior Feminino	03:56:26	+02:30:35	13:54
675	2076	Mónica Pereira	amigos d´betão	Senior Feminino	03:56:26	+02:30:35	13:54

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
676	2078	Raul Silva	amigos d´betão	Senior Masculino	03:56:26	+02:30:35	13:54
677	2077	Manuel Pereira	amigos d´betão	Senior Masculino	03:56:26	+02:30:36	13:55
678	2306	Ricardo Santos	gondomar futsal clube	Senior Masculino	03:56:51	+02:31:00	13:56
679	2302	Marta Pinheiro	gondomar futsal clube	Senior Feminino	03:56:51	+02:31:00	13:56
680	2946	ISABEL VIEIRA	portocargo	Veterana F40	03:57:35	+02:31:44	13:59
681	2951	RENATO OLIVEIRA	portocargo	Veterano M40	03:57:35	+02:31:44	13:59
682	2608	Augusto Rodrigues	individual	Veterano M40	03:57:41	+02:31:51	13:59
683	2403	Marta Monteiro	individual	Senior Feminino	03:57:41	+02:31:51	13:59
684	2086	paula ferreira	amigos do pedal	Veterana F40	03:57:42	+02:31:52	13:59
685	2669	alberto martins	individual	Veterano M50	03:57:45	+02:31:55	13:59
686	2560	Telmo Rodrigues	individual	Senior Masculino	03:58:01	+02:32:11	14:00
687	1054	Ricardo Silva	bosch termotecnologia sa	Senior Masculino	03:59:14	+02:33:23	14:04
688	1053	Noame Maria Oliveira da Costa	bosch termotecnologia sa	Senior Feminino	03:59:14	+02:33:24	14:04
689	2989	Marieta Moreira	sai da frente	Veterana F40	03:59:53	+02:34:03	14:07
690	2228	Lurdes Loureiro	ép sai da frente	Senior Feminino	03:59:53	+02:34:03	14:07
691	2229	Ivo Loureiro	ép sai da frente	Veterano M40	03:59:53	+02:34:03	14:07
692	2770	maria lopes	monte dos amigos	Senior Feminino	04:01:41	+02:35:50	14:13
693	2768	angela dias	monte dos amigos	Senior Feminino	04:01:41	+02:35:50	14:13
694	2991	Emanuel Durães	sai da frente	Veterano M40	04:01:50	+02:35:59	14:14
695	2988	Ana Sofia Durães	sai da frente	Senior Feminino	04:01:50	+02:36:00	14:14
696	2757	Daniel Filipe Ferreira Da Silva	moinhos run - adrm	Senior Masculino	04:02:00	+02:36:09	14:14
697	2754	Marlene Raquel Vieira	moinhos run - adrm	Senior Feminino	04:02:00	+02:36:10	14:14
698	2391	Maria Antónia Correia Cunha	individual	Senior Feminino	04:02:07	+02:36:16	14:15
699	2399	Marisa Carvalho	individual	Senior Feminino	04:02:07	+02:36:16	14:15
700	2305	Ricardo Alves	gondomar futsal clube	Senior Masculino	04:02:51	+02:37:01	14:17
701	2318	António José Queiroz	gondomar futsal clube	Veterano M50	04:02:51	+02:37:01	14:17
702	2514	Marco Freitas	individual	Senior Masculino	04:02:57	+02:37:06	14:17
703	2390	Margarida Silva	individual	Senior Feminino	04:02:57	+02:37:07	14:18
704	2832	Jorge Oliveira	o jogo	Veterano M40	04:03:08	+02:37:18	14:18
705	2829	Sandra Oliveira	o jogo	Senior Feminino	04:03:08	+02:37:18	14:18
706	2828	Anabela Barata	o jogo	Senior Feminino	04:03:08	+02:37:18	14:18
707	2831	Bruno Rodrigues	o jogo	Veterano M40	04:03:09	+02:37:18	14:18
708	2659	Pedro Ramos	individual	Veterano M40	04:03:23	+02:37:33	14:19
709	3050	Domingos Coelho	trail dos moinhos	Veterano M50	04:03:38	+02:37:48	14:20
710	2398	Marina Rodrigues	individual	Senior Feminino	04:04:09	+02:38:18	14:22
711	2479	George Silva	individual	Senior Masculino	04:04:14	+02:38:24	14:22
712	2384	Liliana Leal	individual	Senior Feminino	04:04:15	+02:38:25	14:22
713	2654	Paulo Sousa	individual	Veterano M40	04:04:25	+02:38:35	14:23
714	2626	Joaquim Jorge Silva Pimenta Almeida	individual	Veterano M40	04:04:26	+02:38:35	14:23
715	2917	Rui Castro Martins	parjovem	Senior Masculino	04:04:26	+02:38:35	14:23
716	2994	João Pinto	se chegarmos ao fim vai ser bom	Senior Masculino	04:04:28	+02:38:38	14:23
717	2995	Ricardo Moreira	se chegarmos ao fim vai ser bom	Senior Masculino	04:04:28	+02:38:38	14:23
718	2792	José Antonio Angelino	nascidos para correr	Veterano M40	04:04:55	+02:39:05	14:24
719	2794	Cristina Moreira	nascidos para correr	Veterana F40	04:04:59	+02:39:08	14:25
720	2193	José Matos	cloudworks	Veterano M40	04:05:06	+02:39:16	14:25

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
721	2721	Adriana Almeida	leões de tardariz trail	Senior Feminino	04:05:29	+02:39:38	14:26
722	2722	Andreia Oliveira	leões de tardariz trail	Senior Feminino	04:05:29	+02:39:38	14:26
723	2595	Lurdes Monteiro	individual	Veterana F50	04:07:36	+02:41:46	14:34
724	2719	Ana Pereira	lagaresport	Senior Feminino	04:08:10	+02:42:20	14:36
725	2544	Ricardo Lobo	individual	Senior Masculino	04:08:11	+02:42:20	14:36
726	2300	Sergio Reis	generosos	Veterano M50	04:08:30	+02:42:39	14:37
727	2140	Augusto Magalhães	carreiros	Veterano M50	04:08:31	+02:42:41	14:37
728	2896	Albano Guedes	ou vai ou racha	Senior Masculino	04:08:36	+02:42:46	14:37
729	2897	Carmo Ribeiro	ou vai ou racha	Veterana F40	04:08:37	+02:42:46	14:37
730	2954	ERMESINDA CARVALHO	prestigio	Veterana F40	04:08:57	+02:43:07	14:39
731	2261	Bruno Anjos	ffit gaia trail	Senior Masculino	04:09:18	+02:43:28	14:40
732	2262	Hugo Tavares	ffit gaia trail	Senior Masculino	04:09:18	+02:43:28	14:40
733	2378	Joana Sousa	individual	Senior Feminino	04:09:31	+02:43:41	14:41
734	2678	João Sousa	individual	Veterano M50	04:09:31	+02:43:41	14:41
735	2393	Maria de Fátima Freitas Coelho	individual	Senior Feminino	04:09:42	+02:43:51	14:41
736	2412	Sara Daniela Ferreira Sotto Mayor	individual	Senior Feminino	04:09:42	+02:43:51	14:41
737	2502	José Henrique Oliveira Lopes	individual	Senior Masculino	04:09:42	+02:43:52	14:41
738	2586	Mónica Rocha	individual	Veterana F40	04:09:48	+02:43:57	14:42
739	2572	Irene Videira	individual	Veterana F40	04:09:48	+02:43:58	14:42
740	2283	Isabel Rocha	generosos	Senior Feminino	04:10:15	+02:44:25	14:43
741	2632	jose gentil almeida ferreira	individual	Veterano M40	04:10:19	+02:44:29	14:44
742	2865	MARIA JOÃO NOGUEIRA	os guerreiros	Senior Feminino	04:10:45	+02:44:54	14:45
743	2404	Marta Oliveira Pinheiro	individual	Senior Feminino	04:11:56	+02:46:05	14:49
744	2606	António Manuel de Oliveira Pinheiro	individual	Veterano M40	04:12:20	+02:46:29	14:51
745	2864	MARIA DE FÁTIMA CAMPOS	os guerreiros	Senior Feminino	04:12:55	+02:47:05	14:53
746	2863	MARIA DE FÁTIMA BESSA	os guerreiros	Senior Feminino	04:13:07	+02:47:16	14:53
747	2638	Luís Sequeira	individual	Veterano M40	04:13:24	+02:47:34	14:54
748	2960	bruno fonseca	reumatico	Senior Masculino	04:13:28	+02:47:37	14:55
749	2388	Mafalda Carvalho	individual	Senior Feminino	04:13:40	+02:47:50	14:55
750	2352	BÁRBARA BARBOSA	individual	Senior Feminino	04:13:40	+02:47:50	14:55
751	2279	Carla Pimentel	generosos	Senior Feminino	04:14:12	+02:48:21	14:57
752	2418	susana almeida	individual	Senior Feminino	04:16:08	+02:50:17	15:04
753	2377	joana silva	individual	Senior Feminino	04:17:10	+02:51:19	15:08
754	2366	Daniela Lopes	individual	Senior Feminino	04:17:10	+02:51:19	15:08
755	2554	Rui Pedro Costa Jesus	individual	Senior Masculino	04:17:25	+02:51:34	15:09
756	2069	Candido Afonso	all about	Veterana F40	04:17:36	+02:51:45	15:09
757	2068	Daniela Marques	all about	Senior Feminino	04:17:36	+02:51:45	15:09
758	2048	Catarina Tavares	aliança de gandra	Senior Feminino	04:17:37	+02:51:47	15:09
759	2049	Celina Ferreira	aliança de gandra	Senior Feminino	04:17:38	+02:51:47	15:09
760	2063	António Paiva	aliança de gandra	Veterano M40	04:17:39	+02:51:48	15:09
761	2401	Marisa Vieira	individual	Senior Feminino	04:17:43	+02:51:52	15:10
762	2270	Susana Patrícia Coelho MOREIRA	fugitivos urbanos	Senior Feminino	04:17:53	+02:52:02	15:10
763	2389	MANUELA AZEVEDO	individual	Senior Feminino	04:18:09	+02:52:19	15:11
764	2556	Samuel Alexandre dos Santos Queirós	individual	Senior Masculino	04:18:16	+02:52:26	15:12
765	2342	Ana Isabel marques Almeida e Silva	individual	Senior Feminino	04:18:17	+02:52:26	15:12

TRAIL CURTO 17KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
766	2294	Manuela Rosas	generosos	Veterana F40	04:18:19	+02:52:28	15:12
767	2901	Paula Sousa	ou vai ou racha	Veterana F40	04:18:25	+02:52:35	15:12
768	2898	Cláudia Barros	ou vai ou racha	Veterana F40	04:18:26	+02:52:35	15:12
769	2298	Filipe Carelhas	generosos	Veterano M40	04:18:54	+02:53:04	15:14
770	2282	Iolanda Cerqueira	generosos	Senior Feminino	04:18:54	+02:53:04	15:14
771	2311	Marina Terceiro	gondomar futsal clube	Veterana F40	04:21:15	+02:55:25	15:22
772	2339	Ana Bárbara Castro	individual	Senior Feminino	04:21:15	+02:55:25	15:22
773	3061	Carla Leal	uh lá lá	Senior Feminino	04:21:15	+02:55:25	15:22
774	3062	Carmelita Marques	uh lá lá	Senior Feminino	04:21:15	+02:55:25	15:22
775	2355	Carla Brinco	individual	Senior Feminino	04:21:16	+02:55:25	15:22
776	2582	Maria do Céu Paias Couto	individual	Veterana F40	04:23:47	+02:57:56	15:31
777	2268	Marina Sofia de Sousa Coelho	fugitivos urbanos	Senior Feminino	04:26:16	+03:00:26	15:40
778	2269	Sandra Patrícia Barbosa da Silva	fugitivos urbanos	Senior Feminino	04:26:16	+03:00:26	15:40
779	2723	Tânia Santos	leões de tardariz trail	Senior Feminino	04:26:23	+03:00:32	15:40
780	2020	Ana Margarida Moreira Ribeiro Coelho	a caminho de ser fit team	Senior Feminino	04:28:55	+03:03:05	15:49
781	2023	Maria Magalhães	a caminho de ser fit team	Senior Feminino	04:28:56	+03:03:06	15:49
782	2406	Oriana Teixeira	individual	Senior Feminino	04:31:39	+03:05:48	15:59
783	2791	Paula Ferreira	nascidos para correr	Senior Feminino	04:31:39	+03:05:48	15:59
784	2633	José Luís Silva	individual	Veterano M40	04:32:17	+03:06:27	16:01
785	2639	Manuel Antonio Amaral Brandao	individual	Veterano M40	04:32:18	+03:06:27	16:01
786	2616	Dario Alfredo Alves Moutinho	individual	Veterano M40	04:32:18	+03:06:27	16:01
787	2025	Anabela Moreira Ribeiro	a caminho de ser fit team	Veterana F40	04:32:47	+03:06:56	16:03
788	2022	Lúcia Moreira Ribeiro	a caminho de ser fit team	Senior Feminino	04:32:47	+03:06:56	16:03
789	2718	Nuno Oliveira	la zinco	Senior Masculino	04:32:56	+03:07:06	16:03
790	2716	Andreia Carvalho	la zinco	Senior Feminino	04:32:57	+03:07:06	16:03
791	2717	Paula Silva	la zinco	Senior Feminino	04:32:57	+03:07:07	16:03
792	2779	paula coutinho	monte dos amigos	Veterana F40	04:33:01	+03:07:10	16:04
793	2778	paula almeida	monte dos amigos	Veterana F40	04:33:01	+03:07:10	16:04
794	2011	Alexandra Sá	10temidos	Senior Feminino	04:33:02	+03:07:12	16:04
795	2012	Fernando Sá	10temidos	Veterano M40	04:33:02	+03:07:12	16:04
796	2024	Patricia Silva	a caminho de ser fit team	Senior Feminino	04:33:48	+03:07:58	16:06
797	2551	rui ferreira	individual	Senior Masculino	04:34:19	+03:08:29	16:08
798	2056	Marco Moreira	aliança de gandra	Senior Masculino	04:34:21	+03:08:30	16:08
799	2345	ANA SILVA	individual	Senior Feminino	04:34:21	+03:08:31	16:08
800	2571	elsa dias	individual	Veterana F40	04:34:22	+03:08:31	16:08
801	2113	Tania Rebelo	beat your limit!	Senior Feminino	04:34:31	+03:08:40	16:09
802	2112	Susana Cambey	beat your limit!	Senior Feminino	04:34:31	+03:08:41	16:09
803	2790	Joana Gonçalves	nascidos para correr	Senior Feminino	04:35:44	+03:09:54	16:13
804	2014	André Azevedo	10temidos	Senior Masculino	04:36:08	+03:10:17	16:15
805	3017	PATRICIA ANTUNES	su team & friends	Senior Feminino	04:36:12	+03:10:21	16:15
806	3018	SILVIA VIANA	su team & friends	Senior Feminino	04:36:12	+03:10:21	16:15
807	3016	IRENE MADEIRA	su team & friends	Senior Feminino	04:36:12	+03:10:22	16:15
808	2409	Rita AFT Valente	individual	Senior Feminino	04:36:24	+03:10:33	16:16
809	2526	Paulo Barbosa Pereira	individual	Senior Masculino	04:36:25	+03:10:34	16:16
810	2013	Ana Moreira	10temidos	Senior Feminino	04:36:26	+03:10:35	16:16

TRAIL CURTO 17KM - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
811	2015	Flavio Silva	10temidos	Senior Masculino	04:36:27	+03:10:36	16:16
812	2071	Fernanda Magalhaes	all about	Veterana F40	04:37:07	+03:11:16	16:18
813	2408	raquel silva	individual	Senior Feminino	04:37:43	+03:11:53	16:20
814	2574	Madalena Nogueira	individual	Veterana F40	04:43:11	+03:17:21	16:44
815	2233	Rita Gonçalves	equipa joão ferreira	Veterana F40	04:44:06	+03:18:15	16:43
816	2231	Claudia Frade	equipa joão ferreira	Veterana F40	04:44:13	+03:18:23	16:43
817	3041	Joao Rodrigues	thunder team	Senior Masculino	04:45:55	+03:20:05	16:49
818	3042	Miguel Ângelo Andrade	thunder team	Senior Masculino	04:46:30	+03:20:40	16:51
819	3040	Susana Ferreira	thunder team	Senior Feminino	04:46:31	+03:20:41	16:51
820	2875	Sonia Madureira	os mariolas	Veterana F40	04:46:32	+03:20:42	16:51
821	2453	Carlos Pereira	individual	Senior Masculino	04:48:38	+03:22:48	16:59
822	2771	patricia ferraz	monte dos amigos	Senior Feminino	04:49:47	+03:23:56	17:03
823	2767	andreia coelho	monte dos amigos	Senior Feminino	04:49:47	+03:23:57	17:03
824	2067	Carla Cardoso	all about	Senior Feminino	04:55:01	+03:29:10	17:21
825	2070	Elisabete Melo	all about	Veterana F40	04:55:01	+03:29:11	17:21
826	2374	Filipa Ribeiro	individual	Senior Feminino	04:55:23	+03:29:33	17:23
827	2343	Ana Luísa Maia	individual	Senior Feminino	04:55:23	+03:29:33	17:23
828	2590	Susana Fernandes	individual	Veterana F40	04:57:55	+03:32:05	17:32
829	2413	sara raquel cunha da silva	individual	Senior Feminino	05:00:02	+03:34:12	17:39
830	2797	NATERCIA NUNES	newton team	Veterana F40	05:00:28	+03:34:37	17:40
831	2292	Lu Pinto	generosos	Veterana F40	05:01:51	+03:36:01	17:45
832	2457	Claudio Henrique da Silva Meneses	individual	Senior Masculino	05:03:43	+03:37:52	17:52
833	3012	Rosalina Pereira	somos nós team	Veterana F50	05:11:17	+03:45:26	18:19
834	3014	Mário Rocha	somos nós team	Veterano M40	05:11:18	+03:45:28	18:19
835	2290	Carla Gomes	generosos	Veterana F40	05:23:48	+03:57:57	19:03

17 KM

OFFICIAL RESULT

ON - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - | AP2GO - T

	Time	Temperature	Humidity
Start	09:15	-99°C	-99%
End	16:13	-99°C	-99%

Junior Feminino

1	2331	Eduarda Teixeira Moreira	A.D. Cabroelo	Junior Feminino	03:12:39	11:20
2	2082	Carina Gonçalves Ferreira	AMIGOS DO PEDAL	Junior Feminino	03:38:13	+25:34 12:50

Junior Masculino

1	3047	Renato Coelho	Trail dos Moinhos	Junior Masculino	01:52:47		06:38
2	2845	Mario Taborda	Oralklass-Amigos do Trail	Junior Masculino	01:53:58	+01:11	06:42
3	2104	Tiago André da Silva Ferreira	Associação Desportiva de Cabroelo	Junior Masculino	02:07:26	+14:39	07:30
4	2177	Francisco Pacheco	CFit Freamunde	Junior Masculino	02:09:36	+16:49	07:37
5	2141	Gonçalo Pinto Melo	Casa da Viúva	Junior Masculino	02:23:14	+30:27	08:26
6	2101	Tiago das Neves Costa	Associação Desportiva de Cabroelo	Junior Masculino	02:23:14	+30:27	08:26
7	2038	Jorge Fernando	ACRORUNNERS	Junior Masculino	02:30:29	+37:42	08:51
8	2334	Hugo André Costa Barros	Individual	Junior Masculino	02:38:54	+46:07	09:21
9	2134	André Magalhães	Carreiros	Junior Masculino	02:46:12	+53:25	09:47
10	3075	Rui Alves Quinta	Moinhos Run - ADRM	Junior Masculino	02:48:41	+55:54	09:55
11	2333	Filipe Borges	Individual	Junior Masculino	03:12:47	+01:20:00	11:20
12	2332	Diogo Miguel Moreira Teixeira	Individual	Junior Masculino	03:52:46	+01:59:59	13:42

Senior Feminino

1	3025	Céline Lafaye	Team OPTISPORT-UGLOW	Senior Feminino	01:40:58	05:56
2	2002	Maria Areias	Oralklass-Amigos do Trail	Senior Feminino	01:55:54	+14:56 06:49
3	2838	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	01:59:18	+18:20 07:01
4	2004	Eva Cristiana Monteiro Coelho	Moinhos Run - ADRM	Senior Feminino	01:59:35	+18:37 07:02
5	2840	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	02:02:12	+21:14 07:11
6	2751	Inês Moreira	Moinhos Run - ADRM	Senior Feminino	02:14:42	+33:44 07:55
7	2163	Carolina Malheiro	CFit Freamunde	Senior Feminino	02:16:57	+35:59 08:03
8	2154	Sonia Sousa	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	02:18:42	+37:44 08:10
9	2386	luisa cruz	Individual	Senior Feminino	02:21:06	+40:08 08:18
10	2834	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	02:22:45	+41:47 08:24
11	2167	Luisa Guimarães	CFit Freamunde	Senior Feminino	02:25:50	+44:52 08:35
12	2084	Monica Isabel Vieira Coelho	AMIGOS DO PEDAL	Senior Feminino	02:27:37	+46:39 08:41
13	2168	Marisa Santos	CFit Freamunde	Senior Feminino	02:29:43	+48:45 08:48
14	2218	Telma Marisa da Silva Pacheco e Sousa Castro	Dr Merino/ Nutrifit	Senior Feminino	02:31:55	+50:57 08:56
15	2749	Anabela Ferreira	Moinhos Run - ADRM	Senior Feminino	02:32:46	+51:48 08:59
16	2813	Raquel Dinis Paiva	Nós	Senior Feminino	02:35:44	+54:46 09:10

Official Timekeeper: Lap2Go	1 / 20	generate 10-abr-2016 16:49
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trail curto 17km

17 KM

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17	2839	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	02:36:12	+55:14	09:11
18	2382	Ligia Freitas	Individual	Senior Feminino	02:36:30	+55:32	09:12
19	2336	Alexandra Marques Azevedo	Individual	Senior Feminino	02:36:55	+55:57	09:14
20	2977	Cátia Sequeira	S. S. Montepio	Senior Feminino	02:37:20	+56:22	09:15
21	2750	Claudia Patricia Silva Moreira	Moinhos Run - ADRM	Senior Feminino	02:38:40	+57:42	09:20
22	2347	andrea cunha	Individual	Senior Feminino	02:38:47	+57:49	09:20
23	2360	Cidália Teixeira	Individual	Senior Feminino	02:39:00	+58:02	09:21
24	2254	Maria Sá	Family Pinto	Senior Feminino	02:47:48	+01:06:50	09:52
25	2351	Banita	Individual	Senior Feminino	02:48:02	+01:07:04	09:53
26	2755	Susana Sousa	Moinhos Run - ADRM	Senior Feminino	02:48:50	+01:07:52	09:56
27	2161	Liliana Ribeiro	CFA Runners	Senior Feminino	02:48:51	+01:07:53	09:56
28	2153	Marlene Martins	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	02:49:06	+01:08:08	09:57
29	2910	Emanuela Rocha	Parjovem	Senior Feminino	02:50:48	+01:09:50	10:03
30	2752	Liliana Magalhães	Moinhos Run - ADRM	Senior Feminino	02:53:16	+01:12:18	10:12
31	2326	Ana Campanhã	H2O SERVICE	Senior Feminino	02:54:01	+01:13:03	10:14
32	2414	Simone Dinis Paiva	Individual	Senior Feminino	02:54:20	+01:13:22	10:15
33	2344	Ana Margarida Ribeiro Barros	Individual	Senior Feminino	02:54:39	+01:13:41	10:16
34	2169	Marta Ribeiro	CFit Freamunde	Senior Feminino	02:55:31	+01:14:33	10:19
35	2151	Marta André	casadotear.com	Senior Feminino	02:57:01	+01:16:03	10:25
36	3071	Alexandra Pimenta	vimarunners	Senior Feminino	02:57:20	+01:16:22	10:26
37	2370	Eunice Salgado	Individual	Senior Feminino	02:57:47	+01:16:49	10:27
38	2303	Mónica Carvalhais	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:58:15	+01:17:17	10:29
39	2815	Sandra Pereira	Nós Acreditamos	Senior Feminino	02:58:32	+01:17:34	10:30
40	2166	Liliana Teixeira	CFit Freamunde	Senior Feminino	03:00:32	+01:19:34	10:37
41	2371	Fernanda Maria Ferreira Oliveira	Individual	Senior Feminino	03:01:25	+01:20:27	10:40
42	2047	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	03:01:26	+01:20:28	10:40
43	2926	Tamara corral Martínez	Portadas de Valdeorras Trail	Senior Feminino	03:01:28	+01:20:30	10:40
44	2380	Keissy Sousa	Individual	Senior Feminino	03:01:29	+01:20:31	10:41
45	2396	Maria João Silva	Individual	Senior Feminino	03:02:47	+01:21:49	10:45
46	1370	Paula Morais	Monte dos Amigos	Senior Feminino	03:04:48	+01:23:50	10:52
47	2368	Elsa Costa	Individual	Senior Feminino	03:04:54	+01:23:56	10:53
48	2720	Rita Pereira	LagareSport	Senior Feminino	03:05:10	+01:24:12	10:54
49	2350	Arlete Dias	Individual	Senior Feminino	03:06:17	+01:25:19	10:57
50	2284	Natercia Teixeira	GENEROSOS	Senior Feminino	03:06:53	+01:25:55	11:00
51	2363	Cristina Rocha	Individual	Senior Feminino	03:07:40	+01:26:42	11:02
52	2800	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:07:52	+01:26:54	11:03
53	2596	Marcia Cristina Mateus Lopes	Individual	Senior Feminino	03:07:58	+01:27:00	11:03
54	40	Céu Cordeiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:11:02	+01:30:04	11:14
55	3028	Cristina Alexandra Barbosa Couto	Tecla 3 Runners	Senior Feminino	03:11:24	+01:30:26	11:16
56	3027	Andreia Pacheco	Tecla 3 Runners	Senior Feminino	03:11:24	+01:30:26	11:16
57	2039	Rosa Mendes	ACRORUNNERS	Senior Feminino	03:13:03	+01:32:05	11:21
58	2999	Isabel Monteiro	Smiling Runners	Senior Feminino	03:13:07	+01:32:09	11:22
59	2998	Alberta Rodrigues	Smiling Runners	Senior Feminino	03:13:07	+01:32:09	11:22
60	2356	Carla Susana Anunciação Monteiro	Individual	Senior Feminino	03:14:14	+01:33:16	11:26
61	2267	Liliana Maria de Sousa Rodrigues	Fugitivos Urbanos	Senior Feminino	03:14:14	+01:33:16	11:26
62	2223	Joana Abreu	Eat Pasta Run Fast	Senior Feminino	03:15:47	+01:34:49	11:31

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trail curto 17km

17 KM

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63	2280	Claudia Coelho	GENEROSOS	Senior Feminino	03:17:54	+01:36:56	11:38
64	3066	Mónica Magalhães	USF TS	Senior Feminino	03:18:10	+01:37:12	11:39
65	2710	Elisabete Fonseca	Kunalama runners	Senior Feminino	03:21:15	+01:40:17	11:50
66	2387	Luisa Mota	Individual	Senior Feminino	03:21:27	+01:40:29	11:51
67	2887	Marisa Sousa	Os TurboMula	Senior Feminino	03:21:53	+01:40:55	11:53
68	2376	Irina Micaela Rodrigues Coelho Vale	Individual	Senior Feminino	03:23:03	+01:42:05	11:57
69	2803	Maria Moutinho	NOCTURNOS DE PAREDES	Senior Feminino	03:23:43	+01:42:45	11:59
70	2801	Carla Sousa	NOCTURNOS DE PAREDES	Senior Feminino	03:23:43	+01:42:45	11:59
71	2733	Ana Rita Cunha	LUSOS XXI	Senior Feminino	03:23:49	+01:42:51	11:59
72	2772	rosa almeida	Monte dos Amigos	Senior Feminino	03:23:53	+01:42:55	12:00
73	2353	Barbara Machado	Individual	Senior Feminino	03:24:04	+01:43:06	12:00
74	2959	rosana martins	reumatico	Senior Feminino	03:24:15	+01:43:17	12:01
75	2802	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:24:24	+01:43:26	12:01
76	2958	mara freitas	reumatico	Senior Feminino	03:26:21	+01:45:23	12:08
77	2225	Susana Silva	EDV-VIANA TRAIL	Senior Feminino	03:26:26	+01:45:28	12:09
78	2888	Marta Mota	Os TurboMula	Senior Feminino	03:26:28	+01:45:30	12:09
79	2287	Sofia Tadeu	GENEROSOS	Senior Feminino	03:27:15	+01:46:17	12:11
80	2889	Sara Moreira	Os TurboMula	Senior Feminino	03:28:24	+01:47:26	12:16
81	2769	eva ribeiro	Monte dos Amigos	Senior Feminino	03:32:13	+01:51:15	12:29
82	2276	Maria Sousa	FuturRunners	Senior Feminino	03:32:17	+01:51:19	12:29
83	2373	FILIPA PINTO	Individual	Senior Feminino	03:33:23	+01:52:25	12:33
84	2711	Isabel Fonseca	Kunalama runners	Senior Feminino	03:33:26	+01:52:28	12:33
85	2425	Vania Amaral	Individual	Senior Feminino	03:33:35	+01:52:37	12:34
86	2420	Susana Martins	Individual	Senior Feminino	03:33:39	+01:52:41	12:34
87	2753	Luciana Camilo	Moinhos Run - ADRM	Senior Feminino	03:34:08	+01:53:10	12:36
88	3004	Isabel Pinto	Solmaia Runners	Senior Feminino	03:34:33	+01:53:35	12:37
89	2327	Claúdia Babo	Helder Optica TEAM	Senior Feminino	03:34:45	+01:53:47	12:38
90	2328	Paula Costa	Helder Optica TEAM	Senior Feminino	03:34:45	+01:53:47	12:38
91	2329	Rita Basto	Helder Optica TEAM	Senior Feminino	03:34:46	+01:53:48	12:38
92	3039	Marlene Rodrigues	Thunder Team	Senior Feminino	03:34:55	+01:53:57	12:39
93	2905	Sonia Silva	Paredes Running	Senior Feminino	03:36:27	+01:55:29	12:44
94	2275	Joana Rangel	FuturRunners	Senior Feminino	03:38:41	+01:57:43	12:52
95	2859	Elsa Costa	OS FUGITIVOS DA CRISE	Senior Feminino	03:38:51	+01:57:53	12:52
96	2410	Sandra Ramos	Individual	Senior Feminino	03:38:55	+01:57:57	12:53
97	2335	Albertina cunha	Individual	Senior Feminino	03:38:56	+01:57:58	12:53
98	2301	Isabel Marques	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:39:01	+01:58:03	12:53
99	2364	Cristina Rodrigues Teixeira Lopes	Individual	Senior Feminino	03:39:46	+01:58:48	12:56
100	2877	Maria Eduarda Pereira Morais	OS MORAIS	Senior Feminino	03:41:36	+02:00:38	13:02
101	2927	Raquel Pereira	PORTO SENTIDO	Senior Feminino	03:42:44	+02:01:46	13:06
102	2411	Sara Braga	Individual	Senior Feminino	03:42:45	+02:01:47	13:06
103	3051	Patricia Vieira	Trail Senhora do Salto	Senior Feminino	03:43:30	+02:02:32	13:09
104	2170	Sofia Fernandes	CFit Freamunde	Senior Feminino	03:44:30	+02:03:32	13:12
105	2050	Sara Costa Rafael	ALIANÇA DE GANDRA	Senior Feminino	03:44:31	+02:03:33	13:12
106	2359	Celina Tomás	Individual	Senior Feminino	03:44:48	+02:03:50	13:13
107	2199	Rita Chaves Rebelo	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16

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trail curto 17km

17 KM

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108	2198	Joana Chaves Rebelo	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16
109	2197	Isabel Maria da Silva Henriques	Clube do Pessoal EDP - Delegação de Gaia	Senior Feminino	03:45:29	+02:04:31	13:16
110	2110	Cristina Jesus	Beat Your Limit!	Senior Feminino	03:45:42	+02:04:44	13:17
111	2417	Sónia Sousa	Individual	Senior Feminino	03:46:54	+02:05:56	13:21
112	2407	Patrícia Silva	Individual	Senior Feminino	03:47:38	+02:06:40	13:23
113	2195	Sónia Bastos	Clube de Pesca de Amarante	Senior Feminino	03:48:13	+02:07:15	13:25
114	2217	Sónia Dulcineia Silveira Magalhães Moreira	Dr Merino/ Nutrifit	Senior Feminino	03:48:14	+02:07:16	13:2
115	2337	Alexandra Silva	Individual	Senior Feminino	03:48:16	+02:07:18	13:26
116	2416	Sónia Isabel da Costa Gonçalves	Individual	Senior Feminino	03:49:27	+02:08:29	13:30
117	2361	Cristiana Beatriz Ferreira de campos	Individual	Senior Feminino	03:49:34	+02:08:36	13:30
118	2224	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	03:50:08	+02:09:10	13:32
119	2706	Sónia Gonçalves	KinKipa	Senior Feminino	03:50:12	+02:09:14	13:32
120	2705	Bruna Nunes	KinKipa	Senior Feminino	03:50:13	+02:09:15	13:33
121	2136	Susana Ferreira	Carreiros	Senior Feminino	03:50:47	+02:09:49	13:35
122	2164	Claudia Sousa	CFit Freamunde	Senior Feminino	03:50:54	+02:09:56	13:35
123	2372	Filipa Gonçalves	Individual	Senior Feminino	03:50:59	+02:10:01	13:35
124	2799	Andreia Silva	NOCTURNOS DE PAREDES	Senior Feminino	03:52:11	+02:11:13	13:39
125	2252	Alzira Rocha	Family Pinto	Senior Feminino	03:52:23	+02:11:25	13:40
126	2253	Daniela Pinto	Family Pinto	Senior Feminino	03:52:23	+02:11:25	13:40
127	2102	Tânia Luisa Mendes Alves	Associação Desportiva de Cabroelo	Senior Feminino	03:53:06	+02:12:08	13:43
128	2338	Ana Arriscado	Individual	Senior Feminino	03:53:17	+02:12:19	13:43
129	2929	Vera Lúcia Sousa	PORTO SENTIDO	Senior Feminino	03:53:25	+02:12:27	13:44
130	2805	Tânia Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	03:53:38	+02:12:40	13:45
131	2804	Sandra Machado	NOCTURNOS DE PAREDES	Senior Feminino	03:53:38	+02:12:40	13:45
132	2111	Niki Marie	Beat Your Limit!	Senior Feminino	03:53:51	+02:12:53	13:45
133	2383	Liliana Andreia Barbosa Mendes	Individual	Senior Feminino	03:54:15	+02:13:17	13:47
134	2392	Maria da Luz Neves Olivença	Individual	Senior Feminino	03:54:22	+02:13:24	13:47
135	2358	Catarina Neto	Individual	Senior Feminino	03:54:54	+02:13:56	13:49
136	2397	Maria silva	Individual	Senior Feminino	03:54:54	+02:13:56	13:49
137	2074	Andreia Ferreira	Amigos d´Betão	Senior Feminino	03:56:26	+02:15:28	13:54
138	2076	Mónica Pereira	Amigos d´Betão	Senior Feminino	03:56:26	+02:15:28	13:54
139	2302	Marta Pinheiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:56:51	+02:15:53	13:56
140	2403	Marta Monteiro	Individual	Senior Feminino	03:57:42	+02:16:44	13:59
141	1053	Noame Maria Oliveira da Costa	BOSCH Termotecnologia SA	Senior Feminino	03:59:15	+02:18:17	14:04
142	2228	Lurdes Loureiro	ép saí da frente	Senior Feminino	03:59:54	+02:18:56	14:07
143	2770	maria lopes	Monte dos Amigos	Senior Feminino	04:01:41	+02:20:43	14:13
144	2768	angela dias	Monte dos Amigos	Senior Feminino	04:01:41	+02:20:43	14:13
145	2988	Ana Sofia Durães	SAI DA FRENTE	Senior Feminino	04:01:51	+02:20:53	14:14
146	2754	Marlene Raquel Vieira	Moinhos Run - ADRM	Senior Feminino	04:02:01	+02:21:03	14:14
147	2391	Maria Antónia Correia Cunha	Individual	Senior Feminino	04:02:07	+02:21:09	14:15
148	2399	Marisa Carvalho	Individual	Senior Feminino	04:02:07	+02:21:09	14:15
149	2390	Margarida Silva	Individual	Senior Feminino	04:02:58	+02:22:00	14:18
150	2829	Sandra Oliveira	O Jogo	Senior Feminino	04:03:09	+02:22:11	14:18
151	2828	Anabela Barata	O Jogo	Senior Feminino	04:03:09	+02:22:11	14:18

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trail curto 17km

17 KM

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152	2398	Marina Rodrigues	Individual	Senior Feminino	04:04:09	+02:23:11	14:22
153	2384	Liliana Leal	Individual	Senior Feminino	04:04:16	+02:23:18	14:22
154	2721	Adriana Almeida	Leões de Tardariz Trail	Senior Feminino	04:05:29	+02:24:31	14:26
155	2722	Andreia Oliveira	Leões de Tardariz Trail	Senior Feminino	04:05:29	+02:24:31	14:26
156	2719	Ana Pereira	LagareSport	Senior Feminino	04:08:11	+02:27:13	14:36
157	2378	Joana Sousa	Individual	Senior Feminino	04:09:32	+02:28:34	14:41
158	2393	Maria de Fátima Freitas Coelho	Individual	Senior Feminino	04:09:42	+02:28:44	14:41
159	2412	Sara Daniela Ferreira Sotto Mayor	Individual	Senior Feminino	04:09:42	+02:28:44	14:41
160	2283	Isabel Rocha	GENEROSOS	Senior Feminino	04:10:16	+02:29:18	14:43
161	2865	MARIA JOÃO NOGUEIRA	os guerreiros	Senior Feminino	04:10:45	+02:29:47	14:45
162	2404	Marta Oliveira Pinheiro	Individual	Senior Feminino	04:11:56	+02:30:58	14:49
163	2864	MARIA DE FÁTIMA CAMPOS	os guerreiros	Senior Feminino	04:12:56	+02:31:58	14:53
164	2863	MARIA DE FÁTIMA BESSA	os guerreiros	Senior Feminino	04:13:07	+02:32:09	14:53
165	2388	Mafalda Carvalho	Individual	Senior Feminino	04:13:41	+02:32:43	14:55
166	2352	BÁRBARA BARBOSA	Individual	Senior Feminino	04:13:41	+02:32:43	14:55
167	2279	Carla Pimentel	GENEROSOS	Senior Feminino	04:14:12	+02:33:14	14:57
168	2418	susana almeida	Individual	Senior Feminino	04:16:08	+02:35:10	15:04
169	2377	joana silva	Individual	Senior Feminino	04:17:10	+02:36:12	15:08
170	2366	Daniela Lopes	Individual	Senior Feminino	04:17:10	+02:36:12	15:08
171	2068	Daniela Marques	All About	Senior Feminino	04:17:36	+02:36:38	15:09
172	2048	Catarina Tavares	ALIANÇA DE GANDRA	Senior Feminino	04:17:38	+02:36:40	15:09
173	2049	Celina Ferreira	ALIANÇA DE GANDRA	Senior Feminino	04:17:38	+02:36:40	15:09
174	2401	Marisa Vieira	Individual	Senior Feminino	04:17:43	+02:36:45	15:10
175	2270	Susana Patrícia Coelho MOREIRA	Fugitivos Urbanos	Senior Feminino	04:17:53	+02:36:55	15:10
176	2389	MANUELA AZEVEDO	Individual	Senior Feminino	04:18:10	+02:37:12	15:11
177	2342	Ana Isabel marques Almeida e Silva	Individual	Senior Feminino	04:18:17	+02:37:19	15:12
178	2282	Iolanda Cerqueira	GENEROSOS	Senior Feminino	04:18:55	+02:37:57	15:14
179	2339	Ana Bárbara Castro	Individual	Senior Feminino	04:21:16	+02:40:18	15:22
180	3061	Carla Leal	Uh Lá Lá	Senior Feminino	04:21:16	+02:40:18	15:22
181	3062	Carmelita Marques	Uh Lá Lá	Senior Feminino	04:21:16	+02:40:18	15:22
182	2355	Carla Brinco	Individual	Senior Feminino	04:21:16	+02:40:18	15:22
183	2268	Marina Sofia de Sousa Coelho	Fugitivos Urbanos	Senior Feminino	04:26:17	+02:45:19	15:40
184	2269	Sandra Patrícia Barbosa da Silva	Fugitivos Urbanos	Senior Feminino	04:26:17	+02:45:19	15:40
185	2723	Tânia Santos	Leões de Tardariz Trail	Senior Feminino	04:26:23	+02:45:25	15:40
186	2020	Ana Margarida Moreira Ribeiro Coelho	a caminho de ser fit team	Senior Feminino	04:28:56	+02:47:58	15:49
187	2023	Maria Magalhães	a caminho de ser fit team	Senior Feminino	04:28:57	+02:47:59	15:49
188	2406	Oriana Teixeira	Individual	Senior Feminino	04:31:39	+02:50:41	15:59
189	2791	Paula Ferreira	Nascidos para Correr	Senior Feminino	04:31:39	+02:50:41	15:59
190	2022	Lúcia Moreira Ribeiro	a caminho de ser fit team	Senior Feminino	04:32:47	+02:51:49	16:03
191	2716	Andreia Carvalho	LA Zinco	Senior Feminino	04:32:57	+02:51:59	16:03
192	2717	Paula Silva	LA Zinco	Senior Feminino	04:32:58	+02:52:00	16:03
193	2011	Alexandra Sá	10TEMIDOS	Senior Feminino	04:33:03	+02:52:05	16:04
194	2024	Patricia Silva	a caminho de ser fit team	Senior Feminino	04:33:49	+02:52:51	16:06
195	2345	ANA SILVA	Individual	Senior Feminino	04:34:22	+02:53:24	16:08
196	2113	Tania Rebelo	Beat Your Limit!	Senior Feminino	04:34:31	+02:53:33	16:09
197	2112	Susana Cambey	Beat Your Limit!	Senior Feminino	04:34:32	+02:53:34	16:09

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trail curto 17km

17 KM

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198	2790	Joana Gonçalves	Nascidos para Correr	Senior Feminino	04:35:45	+02:54:47	16:13
199	3017	PATRICIA ANTUNES	SU TEAM & FRIENDS	Senior Feminino	04:36:12	+02:55:14	16:15
200	3018	SILVIA VIANA	SU TEAM & FRIENDS	Senior Feminino	04:36:12	+02:55:14	16:15
201	3016	IRENE MADEIRA	SU TEAM & FRIENDS	Senior Feminino	04:36:13	+02:55:15	16:15
202	2409	Rita AFT Valente	Individual	Senior Feminino	04:36:24	+02:55:26	16:16
203	2013	Ana Moreira	10TEMIDOS	Senior Feminino	04:36:26	+02:55:28	16:16
204	2408	raquel silva	Individual	Senior Feminino	04:37:44	+02:56:46	16:20
205	3040	Susana Ferreira	Thunder Team	Senior Feminino	04:46:32	+03:05:34	16:51
206	2771	patricia ferraz	Monte dos Amigos	Senior Feminino	04:49:47	+03:08:49	17:03
207	2767	andrea coelho	Monte dos Amigos	Senior Feminino	04:49:48	+03:08:50	17:03
208	2067	Carla Cardoso	All About	Senior Feminino	04:55:01	+03:14:03	17:21
209	2374	Filipa Ribeiro	Individual	Senior Feminino	04:55:24	+03:14:26	17:23
210	2343	Ana Luísa Maia	Individual	Senior Feminino	04:55:24	+03:14:26	17:23
211	2413	sara raquel cunha da silva	Individual	Senior Feminino	05:00:03	+03:19:05	17:39

Senior Masculino

1	1467	Florian Mairy	Team OPTISPORT-UGLOW	Senior Masculino	01:25:51	05:03
2	2003	Bruno Silva	Oralklass-Amigos do Trail	Senior Masculino	01:29:47	+03:56 05:17
3	2454	cesar duarte	A.D.Amarante trail running	Senior Masculino	01:29:53	+04:02 05:17
4	2156	Miguel Neves	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	01:39:00	+13:09 05:49
5	3056	André Nogueira	UF 08 RUNNERS	Senior Masculino	01:40:20	+14:29 05:54
6	2843	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	01:40:20	+14:29 05:54
7	2323	Artur Barbosa	Grupo Desportivo dos Ferroviários de Campanhã	Senior Masculino	01:40:35	+14:44 05:55
8	2465	diogo angelo moreira parente	Individual	Senior Masculino	01:40:54	+15:03 05:56
9	3026	Mathieu Bonnand	Team OPTISPORT-UGLOW	Senior Masculino	01:40:56	+15:05 05:56
10	3057	Francisco Ferreira	UF 08 RUNNERS	Senior Masculino	01:41:09	+15:18 05:57
11	2841	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	01:43:17	+17:26 06:05
12	2263	André Moreira Pinto	Footlovers Freamunde - Salming	Senior Masculino	01:43:57	+18:06 06:07
13	2871	Marco Brochado	Os Lobos do Saibro	Senior Masculino	01:44:37	+18:46 06:09
14	2114	Carlos Jesus	Beat Your Limit!	Senior Masculino	01:45:10	+19:19 06:11
15	2117	João Laranjeira	Beat Your Limit!	Senior Masculino	01:45:11	+19:20 06:11
16	2490	João barbosa	Individual	Senior Masculino	01:47:43	+21:52 06:20
17	2993	Paulo Rocha	Satecnosol Outdoor / La Sportiva	Senior Masculino	01:47:50	+21:59 06:21
18	2546	Ricardo Oliveira	Individual	Senior Masculino	01:49:17	+23:26 06:26
19	2211	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	01:49:56	+24:05 06:28
20	2212	Pedro Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	01:49:57	+24:06 06:28
21	2059	Vitor Pinto	ALIANÇA DE GANDRA	Senior Masculino	01:51:13	+25:22 06:33
22	2870	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	01:52:15	+26:24 06:36
23	2116	Hugo Azevedo	Beat Your Limit!	Senior Masculino	01:52:39	+26:48 06:38
24	2842	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	01:52:51	+27:00 06:38
25	2053	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:55:53	+30:02 06:49
26	2325	Ricardo Moreira	GTT - Armazém do Caffè	Senior Masculino	01:55:58	+30:07 06:49
27	3058	Paulo Machado	UF 08 RUNNERS	Senior Masculino	01:56:01	+30:10 06:49
28	2442	Bruno José Nunes Vale	Individual	Senior Masculino	01:56:06	+30:15 06:50

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trail curto 17km

17 KM

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29	2324	Emanuel Orlando Pinheiro Bento da Costa	GTT - Armazém do Caffè	Senior Masculino	01:56:12	+30:21	06:50
30	2264	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Senior Masculino	01:57:59	+32:08	06:56
31	1176	Eurico Silva	Individual	Senior Masculino	01:58:04	+32:13	06:57
32	2051	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:58:05	+32:14	06:57
33	31	José Cruz	EI Team Trail	Senior Masculino	01:58:06	+32:15	06:57
34	3059	Vítor Sousa	UF 08 RUNNERS	Senior Masculino	01:58:09	+32:18	06:57
35	2208	Ricardo Dantas	CROCODILOS / MISTERPC	Senior Masculino	01:58:16	+32:25	06:57
36	2726	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:59:24	+33:33	07:00
37	2187	Vítor Neto	CFit Freamunde	Senior Masculino	01:59:47	+33:56	07:03
38	2510	Manuel Barbosa	Individual	Senior Masculino	01:59:56	+34:05	07:03
39	2204	Bruno Gomes	CROCODILOS / MISTERPC	Senior Masculino	02:00:51	+35:00	07:07
40	2542	Ricardo Ferreira	Individual	Senior Masculino	02:01:09	+35:18	07:08
41	2530	Paulo Moreira	Individual	Senior Masculino	02:01:15	+35:24	07:08
42	2243	Miguel Baia	EU+ Run	Senior Masculino	02:03:30	+37:39	07:16
43	2031	Paulo Araújo	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:04:00	+38:09	07:18
44	1422	Angelo Ribeiro	Parjovem	Senior Masculino	02:05:20	+39:29	07:22
45	1047	Tiago Reitor	Beat Your Limit!	Senior Masculino	02:05:43	+39:52	07:24
46	3046	Luís Teixeira	Too Stupid to Stop	Senior Masculino	02:07:37	+41:46	07:30
47	2500	José Carlos Rodrigues Gonçalves	Individual	Senior Masculino	02:07:49	+41:58	07:31
48	2963	Emanuel Coelho	Rodabike/Porto Sentido	Senior Masculino	02:07:52	+42:01	07:31
49	2444	Bruno Pereira	Individual	Senior Masculino	02:08:28	+42:37	07:33
50	2512	Márcio Barreto	Individual	Senior Masculino	02:08:38	+42:47	07:34
51	2808	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	02:08:41	+42:50	07:34
52	2207	Pedro Santos	CROCODILOS / MISTERPC	Senior Masculino	02:09:00	+43:09	07:35
53	2288	Guilherme Oliveira	GENEROSOS	Senior Masculino	02:09:11	+43:20	07:36
54	2089	JORGE GOMES	ARCORUN	Senior Masculino	02:09:34	+43:43	07:37
55	2506	José Rito	Individual	Senior Masculino	02:09:40	+43:49	07:38
56	2205	João Moutinho	CROCODILOS / MISTERPC	Senior Masculino	02:09:53	+44:02	07:38
57	2433	Angelo Vaz	Individual	Senior Masculino	02:09:55	+44:04	07:39
58	2088	Rui Pedro Reis	AMIGOS QUINTA DAS FREIRAS	Senior Masculino	02:10:24	+44:33	07:40
59	2448	Carlos Carvalho	Individual	Senior Masculino	02:10:29	+44:38	07:41
60	2034	Hugo Angelo Ferraz Duarte	A.D.Amarante trail running	Senior Masculino	02:10:41	+44:50	07:41
61	2533	Pedro Miguel Correia Vieira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:10:43	+44:52	07:41
62	2057	Mário Almeida	ALIANÇA DE GANDRA	Senior Masculino	02:10:55	+45:04	07:42
63	2817	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	02:11:10	+45:19	07:43
64	2183	Ricardo Neto	CFit Freamunde	Senior Masculino	02:11:41	+45:50	07:45
65	2563	Vítor Agostinho Rocha Santos	Individual	Senior Masculino	02:11:50	+45:59	07:45
66	2033	Roberto Freitas	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:12:04	+46:13	07:46
67	2505	José Pedro de Sousa Dias	Individual	Senior Masculino	02:12:04	+46:13	07:46
68	2456	César Miguel Rodrigues de Sousa	Individual	Senior Masculino	02:12:38	+46:47	07:48
69	2997	Joao Martins	Shots International Runners	Senior Masculino	02:13:03	+47:12	07:50
70	2459	Daniel Filipe Andrade Fernandes	Individual	Senior Masculino	02:13:10	+47:19	07:50
71	2931	Miguel Pereira	PORTO SENTIDO	Senior Masculino	02:13:22	+47:31	07:51
72	2181	Paulo Nogueira	CFit Freamunde	Senior Masculino	02:14:17	+48:26	07:54
73	2436	António José Ferreira	Individual	Senior Masculino	02:14:27	+48:36	07:55
74	1193	Herberto Coelho	Individual	Senior Masculino	02:14:38	+48:47	07:55

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trail curto 17km

17 KM

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75	2539	Pedro Rodrigues	Individual	Senior Masculino	02:14:42	+48:51	07:55
76	1183	Flávio Goncalves	Individual	Senior Masculino	02:14:52	+49:01	07:56
77	2702	Márcio Santos	KeMedo Team	Senior Masculino	02:15:50	+49:59	07:59
78	2487	Hugo Miguel Martins Ribeiro	Individual	Senior Masculino	02:16:14	+50:23	08:01
79	2725	José Santos	Leões de Tardariz Trail	Senior Masculino	02:16:28	+50:37	08:02
80	2246	Paulo Rocha	Factor X / S4L / MedenseFC	Senior Masculino	02:16:31	+50:40	08:02
81	2178	Luis Bártolo	CFit Freamunde	Senior Masculino	02:17:06	+51:15	08:04
82	2173	Arnaldo Nogueira	CFit Freamunde	Senior Masculino	02:17:06	+51:15	08:04
83	2468	Domingos Miguel Fernandes Ferreira Abreu	Individual	Senior Masculino	02:17:23	+51:32	08:05
84	2762	Tiago Manuel Monteiro Soares	Moinhos Run - ADRM	Senior Masculino	02:17:30	+51:39	08:05
85	2041	Emanuel Gomes	ACRORUNNERS	Senior Masculino	02:17:32	+51:41	08:05
86	2226	bruno sousa	ele e ela	Senior Masculino	02:18:25	+52:34	08:09
87	2474	Filipe Pacheco	Individual	Senior Masculino	02:18:29	+52:38	08:09
88	2727	Sérgio Oliveira	Leões de Tardariz Trail	Senior Masculino	02:18:31	+52:40	08:09
89	2545	Ricardo Miguel Sousa Moreira	Individual	Senior Masculino	02:18:37	+52:46	08:09
90	2724	José Castro	Leões de Tardariz Trail	Senior Masculino	02:19:13	+53:22	08:11
91	2255	Emanuel Nunes	Family Pinto	Senior Masculino	02:19:18	+53:27	08:12
92	1252	Ricardo Pinto	Individual	Senior Masculino	02:19:39	+53:48	08:13
93	2247	Pedro Santos	Factor X / S4L / MedenseFC	Senior Masculino	02:19:44	+53:53	08:13
94	2516	Mário Soares	Individual	Senior Masculino	02:19:46	+53:55	08:13
95	2196	Artur Pereira	Clube de Pesca de Amarante	Senior Masculino	02:20:08	+54:17	08:15
96	2903	Pedro Cabral	P & J	Senior Masculino	02:20:33	+54:42	08:16
97	2524	nuno miguel pinto da silva	Individual	Senior Masculino	02:20:54	+55:03	08:17
98	2892	Pedro Figueiredo	Os TurboMula	Senior Masculino	02:20:58	+55:07	08:18
99	2515	Marco Paulo Ribeiro Nunes	Individual	Senior Masculino	02:21:17	+55:26	08:19
100	2127	Ricardo Barbosa	BTT Alegria / TUBANI	Senior Masculino	02:21:29	+55:38	08:19
101	2434	António Duarte	Individual	Senior Masculino	02:21:30	+55:39	08:19
102	2511	Marcelo santos Peixoto	Individual	Senior Masculino	02:21:30	+55:39	08:19
103	2488	Hugo Moreira	Individual	Senior Masculino	02:21:40	+55:49	08:20
104	2119	Manuel Fonseca	Beat Your Limit!	Senior Masculino	02:21:42	+55:51	08:20
105	3029	Alexandre Soares	Tecla 3 Runners	Senior Masculino	02:22:07	+56:16	08:22
106	2969	Hugo Lobo	Run 4 All	Senior Masculino	02:22:11	+56:20	08:22
107	2494	João Sousa	Individual	Senior Masculino	02:22:26	+56:35	08:23
108	2916	Ricardo Nogueira	Parjovem	Senior Masculino	02:22:27	+56:36	08:23
109	2787	Joel Renato da Rocha Vieira	MOTOBOCK TEAM	Senior Masculino	02:22:44	+56:53	08:24
110	2492	João Cardoso	Individual	Senior Masculino	02:22:53	+57:02	08:24
111	2891	Nuno Marques	Os TurboMula	Senior Masculino	02:22:57	+57:06	08:25
112	3045	Christophe Sousa	Too Stupid to Stop	Senior Masculino	02:23:02	+57:11	08:25
113	3044	Carlos Vítor Moreira	Too Stupid to Stop	Senior Masculino	02:23:08	+57:17	08:25
114	2429	André Brochado	Individual	Senior Masculino	02:23:44	+57:53	08:27
115	2030	Manuel Lopes	A.D Sebolido Trail boneca D'ouro	Senior Masculino	02:24:02	+58:11	08:28
116	2559	Telmo Antonio Sousa Ferrr	Individual	Senior Masculino	02:24:35	+58:44	08:30
117	2970	Paulo Reis	Run 4 All	Senior Masculino	02:24:47	+58:56	08:31
118	2118	José Carlos	Beat Your Limit!	Senior Masculino	02:25:10	+59:19	08:32
119	2036	Nuno André Sampaio Moura	A.D.Amarante trail running	Senior Masculino	02:25:19	+59:28	08:33
120	2179	Luis Ferreira	CFit Freamunde	Senior Masculino	02:25:29	+59:38	08:33

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trail curto 17km

17 KM

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121	2966	Alberto Magalhães	Run 4 All	Senior Masculino	02:25:44	+59:53	08:34
122	2017	Tiago Castro	10TEMIDOS	Senior Masculino	02:25:58	+01:00:07	08:35
123	2470	Fábio André Martins Alves	Individual	Senior Masculino	02:26:50	+01:00:59	08:38
124	2184	Ricardo Nogueira	CFit Freamunde	Senior Masculino	02:27:16	+01:01:25	08:40
125	3054	Luís Pinheiro	Trailgloditas Runners	Senior Masculino	02:28:20	+01:02:29	08:44
126	2555	Rui Pedro Martins Machado	Individual	Senior Masculino	02:28:41	+01:02:50	08:45
127	2237	Luis Neves	Equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
128	2236	Joaquim Ribeiro	Equipotencia	Senior Masculino	02:28:56	+01:03:05	08:46
129	2058	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:30:04	+01:04:13	08:50
130	2175	Carlos Leal	CFit Freamunde	Senior Masculino	02:30:09	+01:04:18	08:50
131	2092	MIGUEL ANDRADE	ARCORUN	Senior Masculino	02:30:38	+01:04:47	08:52
132	2562	Tiago Rocha	Individual	Senior Masculino	02:31:21	+01:05:30	08:54
133	2758	Manuel Fernando Máximo Pereira	Moinhos Run - ADRM	Senior Masculino	02:31:39	+01:05:48	08:55
134	2473	FERNANDO MEIRELES	Individual	Senior Masculino	02:32:07	+01:06:16	08:57
135	3022	NUNO GRAMOSO	SU TEAM & FRIENDS	Senior Masculino	02:32:07	+01:06:16	08:57
136	2186	Rui Magalhães	CFit Freamunde	Senior Masculino	02:32:17	+01:06:26	08:57
137	2561	Tiago Monteiro	Individual	Senior Masculino	02:32:48	+01:06:57	08:59
138	2125	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	02:32:51	+01:07:00	08:59
139	2452	Carlos Moreira	Individual	Senior Masculino	02:32:58	+01:07:07	09:00
140	112	José Lopes	Trail Senhora do Salto	Senior Masculino	02:32:59	+01:07:08	09:00
141	2032	Pedro Soares	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:33:03	+01:07:12	09:00
142	2846	Ruben Martins	Oralklass-Amigos do Trail	Senior Masculino	02:33:07	+01:07:16	09:00
143	2219	Helder Neves	Dr Merino/ Nutrifit	Senior Masculino	02:33:11	+01:07:20	09:01
144	2171	André Machado	CFit Freamunde	Senior Masculino	02:35:00	+01:09:09	09:07
145	2185	Roberto Bessa	CFit Freamunde	Senior Masculino	02:35:02	+01:09:11	09:07
146	2182	Paulo Ribeiro	CFit Freamunde	Senior Masculino	02:35:28	+01:09:37	09:09
147	2536	PEDRO MIGUEL JORGE NUNES DA SILVA	Individual	Senior Masculino	02:35:35	+01:09:44	09:09
148	2930	Bruno Guedes	PORTO SENTIDO	Senior Masculino	02:35:53	+01:10:02	09:10
149	3000	Pedro Silva	Smiling Runners	Senior Masculino	02:37:04	+01:11:13	09:14
150	2508	Libanio José Rocha Alves	Individual	Senior Masculino	02:38:12	+01:12:21	09:18
151	2145	Pedro Daniel M. C. RAMBO	Casa da Viúva	Senior Masculino	02:38:25	+01:12:34	09:19
152	2144	Jorge Tiago Santos e Melo	Casa da Viúva	Senior Masculino	02:38:26	+01:12:35	09:19
153	2142	Bruno Santos e Melo	Casa da Viúva	Senior Masculino	02:38:26	+01:12:35	09:19
154	2330	Bruno Fernandes	Helder Optica TEAM	Senior Masculino	02:38:54	+01:13:03	09:21
155	2978	Hugo Silva	S. S. Montepio	Senior Masculino	02:39:16	+01:13:25	09:22
156	2735	Antonio Coelho	LUSOS XXI	Senior Masculino	02:40:11	+01:14:20	09:25
157	2736	Fábio Castro	LUSOS XXI	Senior Masculino	02:40:36	+01:14:45	09:27
158	2132	José Luís Maia	Bueda Canoka	Senior Masculino	02:40:56	+01:15:05	09:28
159	2240	Márcio Castro	Eu o Antero e o Sérgio	Senior Masculino	02:41:17	+01:15:26	09:29
160	2809	Rui Almeida	NOCTURNOS DE PAREDES	Senior Masculino	02:41:19	+01:15:28	09:29
161	2131	Emanuel Vieira	Bueda Canoka	Senior Masculino	02:41:29	+01:15:38	09:30
162	2869	RICARDO NOGUEIRA	os guerreiros	Senior Masculino	02:43:24	+01:17:33	09:37
163	2867	Fernando Jorge Moreira pacheco	os guerreiros	Senior Masculino	02:43:24	+01:17:33	09:37
164	2029	Fábio Correia	A.D Sebolido Trail boneca D´ouro	Senior Masculino	02:45:22	+01:19:31	09:44
165	2806	José Cunha	NOCTURNOS DE PAREDES	Senior Masculino	02:45:33	+01:19:42	09:44
166	2450	Carlos Filipe Neves dos Santos	Individual	Senior Masculino	02:45:50	+01:19:59	09:45

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trail curto 17km

17 KM

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167	2532	Pedro Manuel Nunes Martins	Individual	Senior Masculino	02:45:50	+01:19:59	09:45
168	2793	Nuno Ferreira	Nascidos para Correr	Senior Masculino	02:45:55	+01:20:04	09:46
169	2535	Pedro Miguel Fonseca Magalhães	Individual	Senior Masculino	02:46:31	+01:20:40	09:48
170	2265	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	02:46:34	+01:20:43	09:48
171	2016	Helder Moreira	10TEMIDOS	Senior Masculino	02:47:01	+01:21:10	09:49
172	2055	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	02:47:23	+01:21:32	09:51
173	2549	Rui André Ribeiro	Individual	Senior Masculino	02:47:33	+01:21:42	09:51
174	2455	César Lopes	Individual	Senior Masculino	02:47:41	+01:21:50	09:52
175	2430	André Cunha	Individual	Senior Masculino	02:47:47	+01:21:56	09:52
176	2139	Ricardo Lopes	Carreiros	Senior Masculino	02:48:36	+01:22:45	09:55
177	2759	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	02:48:37	+01:22:46	09:55
178	2138	Paulo Lopes	Carreiros	Senior Masculino	02:48:38	+01:22:47	09:55
179	2162	Filipe Nunes	CFA Runners	Senior Masculino	02:48:52	+01:23:01	09:56
180	2155	Miguel Martins	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	02:49:10	+01:23:19	09:57
181	2126	Daniel Sousa	BTT Alegria / TUBANI	Senior Masculino	02:49:19	+01:23:28	09:58
182	2137	Filipe Oliveira	Carreiros	Senior Masculino	02:49:25	+01:23:34	09:58
183	2760	roberto coelho	Moinhos Run - ADRM	Senior Masculino	02:49:28	+01:23:37	09:58
184	3053	Daniel Silva	Trailgloditas Runners	Senior Masculino	02:49:55	+01:24:04	10:00
185	3052	Bruno Pereira	Trailgloditas Runners	Senior Masculino	02:49:58	+01:24:07	10:00
186	2477	FRANCISCO PACHECO	Individual	Senior Masculino	02:50:34	+01:24:43	10:02
187	2911	Antonio Neto	Parjovem	Senior Masculino	02:50:48	+01:24:57	10:03
188	2528	Paulo Magalhães	Individual	Senior Masculino	02:51:30	+01:25:39	10:05
189	1446	Hugo Lopes	S. S. Montepio	Senior Masculino	02:54:00	+01:28:09	10:14
190	2748	Germano Manuel Nunes Sousa	Minions	Senior Masculino	02:54:00	+01:28:09	10:14
191	2241	Sérgio Sousa	Eu o Antero e o Sérgio	Senior Masculino	02:54:29	+01:28:38	10:16
192	2307	Rui Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:54:38	+01:28:47	10:16
193	2495	Joaquim Cardoso	Individual	Senior Masculino	02:54:45	+01:28:54	10:17
194	2443	Bruno Moreira	Individual	Senior Masculino	02:55:13	+01:29:22	10:18
195	3031	Sérgio Silva	Tecla 3 Runners	Senior Masculino	02:55:16	+01:29:25	10:19
196	1169	Bruno Monteiro	Individual	Senior Masculino	02:55:28	+01:29:37	10:19
197	2432	André Vieira	Individual	Senior Masculino	02:55:49	+01:29:58	10:21
198	2558	Sergio Chacim	Individual	Senior Masculino	02:56:24	+01:30:33	10:23
199	2923	TIAGO SILVA	PM	Senior Masculino	02:56:38	+01:30:47	10:23
200	2922	PAULO SILVA	PM	Senior Masculino	02:56:38	+01:30:47	10:23
201	2441	Bruno Joel Pereira	Individual	Senior Masculino	02:57:20	+01:31:29	10:26
202	2445	Bruno Ricardo Rodrigues de Sousa	Individual	Senior Masculino	02:59:03	+01:33:12	10:32
203	2491	João Barbosa Pereira	Individual	Senior Masculino	02:59:14	+01:33:23	10:33
204	2486	Hugo André Couto	Individual	Senior Masculino	03:02:47	+01:36:56	10:45
205	2496	Jorge Filipe Pinheiro	Individual	Senior Masculino	03:03:12	+01:37:21	10:47
206	2866	BRUNO DANIEL MAGALHÃES	os guerreiros	Senior Masculino	03:03:51	+01:38:00	10:49
207	2289	Pedro Reis	GENEROSOS	Senior Masculino	03:04:54	+01:39:03	10:53
208	2245	Nuno André Correia	Factor X / S4L / MedenseFC	Senior Masculino	03:05:05	+01:39:14	10:53
209	2504	José Luis Pereira da Rocha	Individual	Senior Masculino	03:05:11	+01:39:20	10:54
210	2176	Cesar Moura	CFit Freamunde	Senior Masculino	03:05:13	+01:39:22	10:54
211	2040	Bruno José Rocha Ribeiro	ACRORUNNERS	Senior Masculino	03:06:09	+01:40:18	10:57
212	2485	Helder Santos	Individual	Senior Masculino	03:06:30	+01:40:39	10:58

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trail curto 17km

17 KM

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213	2462	Daniel Pinto	Individual	Senior Masculino	03:07:39	+01:41:48	11:02
214	2534	Pedro Miguel da Rocha Santos	Individual	Senior Masculino	03:10:38	+01:44:47	11:13
215	2756	Anselmo Luís dos Santos Pereira	Moinhos Run - ADRM	Senior Masculino	03:10:39	+01:44:48	11:13
216	3003	Henrique Sousa	Solitário	Senior Masculino	03:10:46	+01:44:55	11:13
217	1163	André Monteiro	Individual	Senior Masculino	03:10:53	+01:45:02	11:14
218	2274	MANUEL REIS	FUGITIVOS URBANOS	Senior Masculino	03:11:14	+01:45:23	11:15
219	1267	Tiago Pinto	Individual	Senior Masculino	03:11:28	+01:45:37	11:16
220	2239	Antero Silva	Eu o Antero e o Sérgio	Senior Masculino	03:11:41	+01:45:50	11:17
221	2525	Nuno Oliveira	Individual	Senior Masculino	03:12:31	+01:46:40	11:19
222	2872	Paulo Miguel Areal de Sousa	Os Mariolas	Senior Masculino	03:12:44	+01:46:53	11:20
223	2043	Ricardo Brochado	ACRORUNNERS	Senior Masculino	03:13:02	+01:47:11	11:21
224	2042	João Cunha	ACRORUNNERS	Senior Masculino	03:13:03	+01:47:12	11:21
225	2548	Rodrigo Magalhães	Individual	Senior Masculino	03:13:12	+01:47:21	11:22
226	2550	Rui Correia	Individual	Senior Masculino	03:13:21	+01:47:30	11:22
227	2271	Hugo Miguel da Silva Oliveira	Fugitivos Urbanos	Senior Masculino	03:13:24	+01:47:33	11:23
228	2761	Sérgio Manuel Dias Rocha	Moinhos Run - ADRM	Senior Masculino	03:13:39	+01:47:48	11:23
229	2447	carlos barbosa	Individual	Senior Masculino	03:13:48	+01:47:57	11:24
230	2463	David José Andrade Pereira	Individual	Senior Masculino	03:13:51	+01:48:00	11:24
231	2272	Tiago Joel da Silva Coelho	Fugitivos Urbanos	Senior Masculino	03:14:14	+01:48:23	11:26
232	2304	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:14:56	+01:49:05	11:28
233	2961	helder rocha	reumatico	Senior Masculino	03:14:56	+01:49:05	11:28
234	3020	FILIPE MAGANO	SU TEAM & FRIENDS	Senior Masculino	03:15:34	+01:49:43	11:30
235	3021	MIGUEL VIEIRA	SU TEAM & FRIENDS	Senior Masculino	03:15:34	+01:49:43	11:30
236	2482	Hélder Manuel Moreira Teles	Individual	Senior Masculino	03:15:36	+01:49:45	11:30
237	2565	Vítor Vieira	Individual	Senior Masculino	03:15:37	+01:49:46	11:30
238	3002	Ricardo Manuel Martins Soares	SóDescidas Trail	Senior Masculino	03:15:49	+01:49:58	11:31
239	3001	Marcos Jil Alves Martins	SóDescidas Trail	Senior Masculino	03:15:49	+01:49:58	11:31
240	2920	Paulo Torres	Pena Team	Senior Masculino	03:18:22	+01:52:31	11:40
241	2541	Pedro Silva	Individual	Senior Masculino	03:18:35	+01:52:44	11:41
242	2426	ABEL ANDRADE	Individual	Senior Masculino	03:19:31	+01:53:40	11:44
243	2904	Vitor Teixeira	PAPA TRAILS	Senior Masculino	03:20:29	+01:54:38	11:48
244	2522	Nuno Filipe Monteiro Moreira Silva	Individual	Senior Masculino	03:21:15	+01:55:24	11:50
245	2712	Bruno Bartes	Kunalama runners	Senior Masculino	03:21:15	+01:55:24	11:50
246	2521	Nuno Almeida	Individual	Senior Masculino	03:21:27	+01:55:36	11:51
247	2523	Nuno Miguel de Brochado Neto	Individual	Senior Masculino	03:21:49	+01:55:58	11:52
248	2529	paulo manuel monteiro de carvalho	Individual	Senior Masculino	03:22:52	+01:57:01	11:56
249	2774	joao alves	Monte dos Amigos	Senior Masculino	03:23:54	+01:58:03	12:00
250	2519	Nelson Nunes	Individual	Senior Masculino	03:24:05	+01:58:14	12:00
251	2962	sergio pereira	reumatico	Senior Masculino	03:24:15	+01:58:24	12:01
252	2483	HELDER MOREIRA	Individual	Senior Masculino	03:24:24	+01:58:33	12:01
253	2796	DANIEL LOPES	newton team	Senior Masculino	03:24:34	+01:58:43	12:02
254	2739	Luís Marinho	LUSOS XXI	Senior Masculino	03:25:18	+01:59:27	12:05
255	2868	JOSÉ CARLOS NOGUEIRA	os guerreiros	Senior Masculino	03:25:46	+01:59:55	12:06
256	2493	João Carlos França	Individual	Senior Masculino	03:26:40	+02:00:49	12:09
257	2484	Helder Moreira	Individual	Senior Masculino	03:26:47	+02:00:56	12:10
258	3009	Cláudio Silva	Somos Nós Team	Senior Masculino	03:27:00	+02:01:09	12:11

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trail curto 17km

17 KM

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OFFICIAL RESULT

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259	2860	João Ferreira	OS FUGITIVOS DA CRISE	Senior Masculino	03:27:17	+02:01:26	12:12
260	2919	César Moreira	Pena Team	Senior Masculino	03:28:05	+02:02:14	12:14
261	2471	Fernando Bruno Caetano rocha	Individual	Senior Masculino	03:28:49	+02:02:58	12:17
262	2980	Joana Direito	S. S. Montepio	Senior Masculino	03:29:36	+02:03:45	12:20
263	2979	Ivo Martins	S. S. Montepio	Senior Masculino	03:29:36	+02:03:45	12:20
264	2480	Gilberto Sousa	Individual	Senior Masculino	03:29:54	+02:04:03	12:21
265	2481	Helder Oliveira	Individual	Senior Masculino	03:29:55	+02:04:04	12:21
266	2740	Sérgio Costa	LUSOS XXI	Senior Masculino	03:30:11	+02:04:20	12:22
267	2738	João Paulo Andrade Carvalho	LUSOS XXI	Senior Masculino	03:30:12	+02:04:21	12:22
268	2737	Ivo Tiago Maiato Valadares	LUSOS XXI	Senior Masculino	03:30:12	+02:04:21	12:22
269	2121	Jorge Sousa	BitRunners	Senior Masculino	03:30:23	+02:04:32	12:23
270	2174	Bruno Costa	CFit Freamunde	Senior Masculino	03:30:29	+02:04:38	12:23
271	2437	Antonio manuel moreira barbosa	Individual	Senior Masculino	03:30:58	+02:05:07	12:25
272	2472	Fernando Ismael Oliveira Nogueira	Individual	Senior Masculino	03:30:58	+02:05:07	12:25
273	2537	Pedro Miguel Pacheco de Jesus da Cunha	Individual	Senior Masculino	03:31:01	+02:05:10	12:25
274	2451	Carlos Miguel Santos Moreira	Individual	Senior Masculino	03:31:01	+02:05:10	12:25
275	2890	Filipe Nogueira	Os TurboMula	Senior Masculino	03:31:34	+02:05:43	12:27
276	2773	angelo faustino	Monte dos Amigos	Senior Masculino	03:32:13	+02:06:22	12:29
277	2115	Gil Castro	Beat Your Limit!	Senior Masculino	03:32:38	+02:06:47	12:30
278	2277	Luis Teixeira	FuturRunners	Senior Masculino	03:32:56	+02:07:05	12:32
279	2714	Pedro Rocha	Kunalama runners	Senior Masculino	03:33:25	+02:07:34	12:33
280	2913	Luís Garcia	Parjovem	Senior Masculino	03:33:34	+02:07:43	12:34
281	2547	Roberto Carlos Ferreira Moreira	Individual	Senior Masculino	03:34:20	+02:08:29	12:36
282	2906	Antonio Barbosa	Paredes Running	Senior Masculino	03:36:27	+02:10:36	12:44
283	2200	Gabriel Moreira	Clube Zupper	Senior Masculino	03:38:25	+02:12:34	12:51
284	2538	Pedro Oliveira	Individual	Senior Masculino	03:41:25	+02:15:34	13:01
285	2557	Sandro Sousa	Individual	Senior Masculino	03:42:45	+02:16:54	13:06
286	2912	Filipe Moreira	Parjovem	Senior Masculino	03:43:19	+02:17:28	13:08
287	111	Jorge Ferreirinha	Trail Senhora do Salto	Senior Masculino	03:43:30	+02:17:39	13:09
288	2814	Carla Pereira	Nós	Senior Masculino	03:43:54	+02:18:03	13:10
289	2785	Bruno Antão	Montes e Vales	Senior Masculino	03:47:38	+02:21:47	13:23
290	2478	Gabriel Cunha	Individual	Senior Masculino	03:47:38	+02:21:47	13:23
291	2201	João Rodrigues	Clube Zupper	Senior Masculino	03:47:49	+02:21:58	13:24
292	2476	Francisco Manuel Pereira Barbosa	Individual	Senior Masculino	03:48:35	+02:22:44	13:27
293	2449	Carlos Cunha	Individual	Senior Masculino	03:49:27	+02:23:36	13:30
294	2975	nuno correia	run2eat	Senior Masculino	03:51:04	+02:25:13	13:36
295	2807	Miguel Costa	NOCTURNOS DE PAREDES	Senior Masculino	03:53:38	+02:27:47	13:45
296	2531	Pedro Alves	Individual	Senior Masculino	03:54:21	+02:28:30	13:47
297	2427	ADELINO JESUS CUNHA LOPES VIDEIRA	Individual	Senior Masculino	03:55:15	+02:29:24	13:50
298	2257	Tiago Carneiro	Family Pinto	Senior Masculino	03:55:36	+02:29:45	13:52
299	2122	Rui Silva	BitRunners	Senior Masculino	03:55:41	+02:29:50	13:52
300	2215	André Cunha	cUnHaX	Senior Masculino	03:55:52	+02:30:01	13:52
301	2078	Raul Silva	Amigos d´Betão	Senior Masculino	03:56:26	+02:30:35	13:54
302	2077	Manuel Pereira	Amigos d´Betão	Senior Masculino	03:56:27	+02:30:36	13:55
303	2306	Ricardo Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:56:51	+02:31:00	13:56

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trail curto 17km

17 KM

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304	2560	Telmo Rodrigues	Individual	Senior Masculino	03:58:02	+02:32:11	14:00
305	1054	Ricardo Silva	BOSCH Termotecnologia SA	Senior Masculino	03:59:14	+02:33:23	14:04
306	2757	Daniel Filipe Ferreira Da Silva	Moinhos Run - ADRM	Senior Masculino	04:02:00	+02:36:09	14:14
307	2305	Ricardo Alves	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:02:52	+02:37:01	14:17
308	2514	Marco Freitas	Individual	Senior Masculino	04:02:57	+02:37:06	14:17
309	2479	George Silva	Individual	Senior Masculino	04:04:15	+02:38:24	14:22
310	2917	Rui Castro Martins	Parjovem	Senior Masculino	04:04:26	+02:38:35	14:23
311	2994	João Pinto	Se Chegarmos ao fim vai ser bom	Senior Masculino	04:04:29	+02:38:38	14:23
312	2995	Ricardo Moreira	Se Chegarmos ao fim vai ser bom	Senior Masculino	04:04:29	+02:38:38	14:23
313	2544	Ricardo Lobo	Individual	Senior Masculino	04:08:11	+02:42:20	14:36
314	2896	Albano Guedes	Ou vai ou racha	Senior Masculino	04:08:37	+02:42:46	14:37
315	2261	Bruno Anjos	FFit Gaia Trail	Senior Masculino	04:09:19	+02:43:28	14:40
316	2262	Hugo Tavares	FFit Gaia Trail	Senior Masculino	04:09:19	+02:43:28	14:40
317	2502	José Henrique Oliveira Lopes	Individual	Senior Masculino	04:09:43	+02:43:52	14:41
318	2960	bruno fonseca	reumatico	Senior Masculino	04:13:28	+02:47:37	14:55
319	2554	Rui Pedro Costa Jesus	Individual	Senior Masculino	04:17:25	+02:51:34	15:09
320	2556	Samuel Alexandre dos Santos Queirós	Individual	Senior Masculino	04:18:17	+02:52:26	15:12
321	2718	Nuno Oliveira	LA Zinco	Senior Masculino	04:32:57	+03:07:06	16:03
322	2551	rui ferreira	Individual	Senior Masculino	04:34:20	+03:08:29	16:08
323	2056	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	04:34:21	+03:08:30	16:08
324	2014	André Azevedo	10TEMIDOS	Senior Masculino	04:36:08	+03:10:17	16:15
325	2526	Paulo Barbosa Pereira	Individual	Senior Masculino	04:36:25	+03:10:34	16:16
326	2015	Flavio Silva	10TEMIDOS	Senior Masculino	04:36:27	+03:10:36	16:16
327	3041	Joao Rodrigues	Thunder Team	Senior Masculino	04:45:56	+03:20:05	16:49
328	3042	Miguel Ângelo Andrade	Thunder Team	Senior Masculino	04:46:31	+03:20:40	16:51
329	2453	Carlos Pereira	Individual	Senior Masculino	04:48:39	+03:22:48	16:59
330	2457	Claudio Henrique da Silva Meneses	Individual	Senior Masculino	05:03:43	+03:37:52	17:52

Veterana F40

1	2568	Cândida Seabra	Individual	Veterana F40	01:49:28		06:26
2	2006	Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	02:15:25	+25:57	07:58
3	2573	Luzia da Conceição Sousa Azevedo	Individual	Veterana F40	02:18:16	+28:48	08:08
4	2849	Aurora morais	Oralklass-Amigos do Trail	Veterana F40	02:19:06	+29:38	08:11
5	3010	fatima coelho	Somos Nós Team	Veterana F40	02:19:48	+30:20	08:13
6	2220	Alice Sousa	Dr Merino/ Nutrifit	Veterana F40	02:33:07	+43:39	09:00
7	2580	maria arminda faria maciel	Individual	Veterana F40	02:36:43	+47:15	09:13
8	2899	Cristina Costa	Ou vai ou racha	Veterana F40	02:36:51	+47:23	09:14
9	2782	Sandra Miranda	Individual	Veterana F40	02:40:50	+51:22	09:28
10	2061	Ana Maria Pinto	ALIANÇA DE GANDRA	Veterana F40	02:41:08	+51:40	09:29
11	3076	Paula Santos	All About	Veterana F40	02:42:34	+53:06	09:34
12	3032	Andrea Coelho	Tecla 3 Runners	Veterana F40	02:45:50	+56:22	09:45
13	2763	Isabel Carvalho	Moinhos Run - ADRM	Veterana F40	02:46:57	+57:29	09:49
14	2227	irene barbosa	ele e ela	Veterana F40	02:47:44	+58:16	09:52
15	2578	Margarida Monteiro	Individual	Veterana F40	02:48:05	+58:37	09:53
16	2820	Lúcia Oliveira	Nós Acreditamos	Veterana F40	02:50:28	+01:01:00	10:02

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trail curto 17km

17 KM

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17	3011	Minda Coelho	Somos Nós Team	Veterana F40	02:52:06	+01:02:38	10:07
18	2060	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	02:53:29	+01:04:01	10:12
19	2188	Cristina Neto	CFit Freamunde	Veterana F40	02:53:57	+01:04:29	10:14
20	3033	Teresa Silva	Tecla 3 Runners	Veterana F40	02:54:10	+01:04:42	10:15
21	2982	Carla Barros	S. S. Montepio	Veterana F40	02:57:21	+01:07:53	10:26
22	2850	Sónia Mota	Oralklass-Amigos do Trail	Veterana F40	02:57:56	+01:08:28	10:28
23	2221	Ivone Cristina Lopes Ganso	Dr Merino/ Nutrifit	Veterana F40	03:00:13	+01:10:45	10:36
24	2570	Cristina Sousa	Individual	Veterana F40	03:01:17	+01:11:49	10:40
25	2202	Cândida Vilas-Boas	Clube Zupper	Veterana F40	03:01:29	+01:12:01	10:41
26	2569	Cidália Soares	Individual	Veterana F40	03:03:49	+01:14:21	10:49
27	2588	Paula Moreira	Individual	Veterana F40	03:11:09	+01:21:41	11:15
28	2873	Ana Trigo	Os Mariolas	Veterana F40	03:12:44	+01:23:16	11:20
29	3067	Ana Alves	USF TS	Veterana F40	03:18:23	+01:28:55	11:40
30	2591	Susana Luís	Individual	Veterana F40	03:24:26	+01:34:58	12:02
31	2577	Manuela Mota	Individual	Veterana F40	03:27:47	+01:38:19	12:13
32	2085	carmem moreira	AMIGOS DO PEDAL	Veterana F40	03:28:33	+01:39:05	12:16
33	2853	Marília Dias	Os Arrastas	Veterana F40	03:32:42	+01:43:14	12:31
34	1465	Glória Monteiro	Tartarugas do Asfalto	Veterana F40	03:34:33	+01:45:05	12:37
35	2152	Branca Nabais	CCDFPJP	Veterana F40	03:34:50	+01:45:22	12:38
36	2810	Maria de Jesus	NOCTURNOS DE PAREDES	Veterana F40	03:36:02	+01:46:34	12:42
37	2579	Margarida Oliveira	Individual	Veterana F40	03:36:12	+01:46:44	12:43
38	2947	LAURA VIEIRA	PORTOCARGO	Veterana F40	03:38:46	+01:49:18	12:52
39	2585	Maria Lurdes Mendes	Individual	Veterana F40	03:38:51	+01:49:23	12:52
40	2203	Paula Nascimento	Clube Zupper	Veterana F40	03:38:53	+01:49:25	12:53
41	2312	Olivia Coelho	GONDOMAR FUTSAL CLUBE	Veterana F40	03:39:01	+01:49:33	12:53
42	2848	Ana Oliveira	Oralklass-Amigos do Trail	Veterana F40	03:40:47	+01:51:19	12:59
43	2933	Elizabete Loureiro	PORTO SENTIDO	Veterana F40	03:42:44	+01:53:16	13:06
44	2874	Mónica Matos	Os Mariolas	Veterana F40	03:42:52	+01:53:24	13:07
45	2062	Carla Pinto	ALIANÇA DE GANDRA	Veterana F40	03:45:17	+01:55:49	13:15
46	3024	Maria Portugal	Tartarugas do Asfalto	Veterana F40	03:48:53	+01:59:25	13:28
47	2232	Maria Fonseca	Equipa João Ferreira	Veterana F40	03:48:58	+01:59:30	13:28
48	2566	Ana Pestana	Individual	Veterana F40	03:51:01	+02:01:33	13:35
49	2581	Maria Augusta Moreira da Silva	Individual	Veterana F40	03:52:48	+02:03:20	13:42
50	2567	Andreia Alexandra Martins Sena Barbosa de Sá	Individual	Veterana F40	03:54:38	+02:05:10	13:48
51	2744	SANDRA S.MATOS	MATTS	Veterana F40	03:55:21	+02:05:53	13:51
52	2781	sonia silva	Monte dos Amigos	Veterana F40	03:55:49	+02:06:21	13:52
53	2777	helen a roxo	Monte dos Amigos	Veterana F40	03:55:50	+02:06:22	13:52
54	2907	Ana Ferreira	Paredes Running	Veterana F40	03:56:02	+02:06:34	13:53
55	2946	ISABEL VIEIRA	PORTOCARGO	Veterana F40	03:57:35	+02:08:07	13:59
56	2086	paula ferreira	AMIGOS DO PEDAL	Veterana F40	03:57:43	+02:08:15	13:59
57	2989	Marieta Moreira	SAI DA FRENTE	Veterana F40	03:59:54	+02:10:26	14:07
58	2794	Cristina Moreira	Nascidos para Correr	Veterana F40	04:04:59	+02:15:31	14:25
59	2897	Carmo Ribeiro	Ou vai ou racha	Veterana F40	04:08:37	+02:19:09	14:37
60	2954	ERMESINDA CARVALHO	PRESTÍGIO	Veterana F40	04:08:58	+02:19:30	14:39
61	2586	Mónica Rocha	Individual	Veterana F40	04:09:48	+02:20:20	14:42
62	2572	Irene Videira	Individual	Veterana F40	04:09:49	+02:20:21	14:42

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trail curto 17km

17 KM

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63	2069	Candido Afonso	All About	Veterana F40	04:17:36	+02:28:08	15:09
64	2294	Manuela Rosas	GENEROSOS	Veterana F40	04:18:19	+02:28:51	15:12
65	2901	Paula Sousa	Ou vai ou racha	Veterana F40	04:18:26	+02:28:58	15:12
66	2898	Cláudia Barros	Ou vai ou racha	Veterana F40	04:18:26	+02:28:58	15:12
67	2311	Marina Terceiro	GONDOMAR FUTSAL CLUBE	Veterana F40	04:21:16	+02:31:48	15:22
68	2582	Maria do Céu Paias Couto	Individual	Veterana F40	04:23:47	+02:34:19	15:31
69	2025	Anabela Moreira Ribeiro	a caminho de ser fit team	Veterana F40	04:32:47	+02:43:19	16:03
70	2779	paula coutinho	Monte dos Amigos	Veterana F40	04:33:01	+02:43:33	16:04
71	2778	paula almeida	Monte dos Amigos	Veterana F40	04:33:01	+02:43:33	16:04
72	2571	elsa dias	Individual	Veterana F40	04:34:22	+02:44:54	16:08
73	2071	Fernanda Magalhaes	All About	Veterana F40	04:37:07	+02:47:39	16:18
74	2574	Madalena Nogueira	Individual	Veterana F40	04:43:12	+02:53:44	16:40
75	2233	Rita Gonçalves	Equipa João Ferreira	Veterana F40	04:44:06	+02:54:38	16:43
76	2231	Claudia Frade	Equipa João Ferreira	Veterana F40	04:44:14	+02:54:46	16:43
77	2875	Sonia Madureira	Os Mariolas	Veterana F40	04:46:33	+02:57:05	16:51
78	2070	Elisabete Melo	All About	Veterana F40	04:55:02	+03:05:34	17:21
79	2590	Susana Fernandes	Individual	Veterana F40	04:57:56	+03:08:28	17:32
80	2797	NATERCIA NUNES	newton team	Veterana F40	05:00:28	+03:11:00	17:40
81	2292	Lu Pinto	GENEROSOS	Veterana F40	05:01:52	+03:12:24	17:45
82	2290	Carla Gomes	GENEROSOS	Veterana F40	05:23:48	+03:34:20	19:03

Veterana F50

1	2189	Maria Antunes	CFit Freamunde	Veterana F50	02:44:41	09:41
2	2743	Ana Rosa Alves	M.Alves Cabroelo	Veterana F50	03:00:57	+16:16 10:39
3	2593	Alice Moutinho	Individual	Veterana F50	03:11:25	+26:44 11:16
4	2315	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	03:34:14	+49:33 12:36
5	2786	Maria Lurdes Conceição	Montes e Vales	Veterana F50	03:48:32	+01:03:51 13:27
6	2595	Lurdes Monteiro	Individual	Veterana F50	04:07:37	+01:22:56 14:34
7	3012	Rosalina Pereira	Somos Nós Team	Veterana F50	05:11:17	+02:26:36 18:19

Veterano M40

1	2007	Antonio Martins	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:31:37	05:23
2	2005	Asdrubal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:37:11	+05:34 05:43
3	2273	Pedro Alberto Moreira dos Santos	Fugitivos Urbanos	Veterano M40	01:40:44	+09:07 05:56
4	2852	Orlando Nogueira	Oralklass-Amigos do Trail	Veterano M40	01:46:59	+15:22 06:18
5	2266	Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	01:48:05	+16:28 06:21
6	2598	Abilio Magalhães	Individual	Veterano M40	01:51:40	+20:03 06:34
7	3060	José Coelho	UF 08 RUNNERS	Veterano M40	01:52:33	+20:56 06:37
8	2065	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:55:07	+23:30 06:46
9	2064	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	01:55:14	+23:37 06:47
10	2742	Carlos Ferreira	LUSOS XXI	Veterano M40	01:56:04	+24:27 06:50
11	2704	Laurindo Osório	KeMedo Team	Veterano M40	01:58:12	+26:35 06:57

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17 KM

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trail curto 17km

17 KM

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57	3049	Avelino Coelho	Trail dos Moinhos	Veterano M40	02:34:00	+01:02:23	09:04
58	2821	Armando Cardoso	Nós Acreditamos	Veterano M40	02:34:50	+01:03:13	09:06
59	2130	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	02:35:32	+01:03:55	09:09
60	2651	Paulo Seabra	Individual	Veterano M40	02:36:09	+01:04:32	09:11
61	2018	Paulo Ribeiro	10TEMIDOS	Veterano M40	02:36:23	+01:04:46	09:12
62	2619	Filipe Duarte Castro	Individual	Veterano M40	02:36:43	+01:05:06	09:13
63	2937	João Barbosa	PORTO SENTIDO	Veterano M40	02:37:04	+01:05:27	09:14
64	2147	Paulo Fernando Melo Coelho Ferreira	Casa da Viúva	Veterano M40	02:38:25	+01:06:48	09:19
65	2146	Manuel De Melo Coelho Ferreira	Casa da Viúva	Veterano M40	02:38:26	+01:06:49	09:19
66	2662	Rui Fernandes	Individual	Veterano M40	02:38:33	+01:06:56	09:20
67	3080	Carlos Freixo	Individual	Veterano M40	02:38:42	+01:07:05	09:20
68	2985	Ricardo Silva	S. S. Montepio	Veterano M40	02:39:15	+01:07:38	09:22
69	2983	Hugo Costa	S. S. Montepio	Veterano M40	02:40:48	+01:09:11	09:28
70	2613	Carlos Moutinho	Individual	Veterano M40	02:44:29	+01:12:52	09:41
71	2880	nuno Filipe morais Escobar	OS MORAIS	Veterano M40	02:45:41	+01:14:04	09:45
72	2728	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	02:47:09	+01:15:32	09:50
73	2812	Salvador Santos	NOCTURNOS DE PAREDES	Veterano M40	02:47:11	+01:15:34	09:50
74	2194	Miguel Dias	CloudWorks	Veterano M40	02:49:00	+01:17:23	09:56
75	2622	Francisco Manuel Ribeiro da Costa	Individual	Veterano M40	02:49:06	+01:17:29	09:57
76	2128	Joaquim Soares	BTT Alegria / TUBANI	Veterano M40	02:49:18	+01:17:41	09:58
77	2698	Manuel Afonso de Sousa Teixeira	I-Run	Veterano M40	02:49:35	+01:17:58	09:59
78	2019	Rui Sá	10TEMIDOS	Veterano M40	02:54:01	+01:22:24	10:14
79	2105	carlos silva ferreira	autistic.runners	Veterano M40	02:54:34	+01:22:57	10:16
80	2615	Claudio Silva	Individual	Veterano M40	02:55:05	+01:23:28	10:18
81	2925	MIGUEL TEIXEIRA	PM	Veterano M40	02:56:38	+01:25:01	10:23
82	3055	MANUEL SANTOS SILVA	TrepaTrilhos Trail Team	Veterano M40	02:57:35	+01:25:58	10:27
83	2653	Paulo Soares	Individual	Veterano M40	02:57:55	+01:26:18	10:28
84	2697	Joaquim Ferreira	I-Run	Veterano M40	02:58:10	+01:26:33	10:29
85	2699	Pedro João Salgueiro Marques da Silva	I-Run	Veterano M40	02:58:10	+01:26:33	10:29
86	2784	jose moura	Monte dos Amigos	Veterano M40	02:59:01	+01:27:24	10:32
87	1449	Julio Santos	S. S. Montepio	Veterano M40	03:03:09	+01:31:32	10:46
88	2605	António Manuel Coelho de Sousa	Individual	Veterano M40	03:04:04	+01:32:27	10:50
89	2851	Miguel Gonçalves	Oralklass-Amigos do Trail	Veterano M40	03:04:05	+01:32:28	10:50
90	2644	Oscar Luis Oliveira Novais	Individual	Veterano M40	03:05:11	+01:33:34	10:54
91	2222	Alfredo Freitas	Dr Merino/ Nutrifit	Veterano M40	03:05:40	+01:34:03	10:55
92	2628	Jorge Nogueira	Individual	Veterano M40	03:06:07	+01:34:30	10:57
93	2080	Jose Melo	Amigos d´Betão	Veterano M40	03:08:19	+01:36:42	11:05
94	3015	Jorge Almeida	soplabifana	Veterano M40	03:10:47	+01:39:10	11:13
95	2249	Pedro Silva	Factor X / S4L / MedenseFC	Veterano M40	03:11:28	+01:39:51	11:16
96	2640	Manuel Sérgio Sousa	Individual	Veterano M40	03:11:52	+01:40:15	11:17
97	2603	António Carlos de Sousa Ferraz	Individual	Veterano M40	03:17:14	+01:45:37	11:36
98	2621	Francisco José Garcia Moreira	Individual	Veterano M40	03:17:14	+01:45:37	11:36
99	2250	Rui Mota	Factor X / S4L / MedenseFC	Veterano M40	03:18:30	+01:46:53	11:41
100	2614	Carlos Russo	Individual	Veterano M40	03:19:35	+01:47:58	11:44
101	2949	ANTONIO MARTINS	PORTOCARGO	Veterano M40	03:23:48	+01:52:11	11:59
102	2299	Rodrigo Ferraz	GENEROSOS	Veterano M40	03:27:15	+01:55:38	12:11

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trail curto 17km

17 KM

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103	2602	António Antunes	Individual	Veterano M40	03:29:43	+01:58:06	12:20
104	2609	Carlos Avelino	Individual	Veterano M40	03:31:11	+01:59:34	12:25
105	2935	Cláudio Cerqueira	PORTO SENTIDO	Veterano M40	03:31:23	+01:59:46	12:26
106	3043	Pedro Rodrigues	Thunder Team	Veterano M40	03:34:55	+02:03:18	12:39
107	2854	carlos Sousa	Os Arrastas	Veterano M40	03:35:08	+02:03:31	12:39
108	2987	Rui Silva	S. S. Montepio	Veterano M40	03:36:02	+02:04:25	12:42
109	2833	Nélson Montalvão	O Jogo	Veterano M40	03:36:09	+02:04:32	12:43
110	2893	Carlos Mota	Os TurboMula	Veterano M40	03:36:11	+02:04:34	12:43
111	2620	FILIPE TEIXEIRA	Individual	Veterano M40	03:36:49	+02:05:12	12:45
112	2635	Jose Soares	Individual	Veterano M40	03:38:21	+02:06:44	12:51
113	2941	Luis Rodrigues	PORTO SENTIDO	Veterano M40	03:42:44	+02:11:07	13:06
114	2216	Raul Cunha	cUnHaX	Veterano M40	03:44:02	+02:12:25	13:11
115	2660	Pedro Silva	Individual	Veterano M40	03:44:31	+02:12:54	13:12
116	2649	Paulo Lara	Individual	Veterano M40	03:44:37	+02:13:00	13:13
117	2637	Luís Moutinho	Individual	Veterano M40	03:45:35	+02:13:58	13:16
118	2641	Miguel Moura	Individual	Veterano M40	03:45:40	+02:14:03	13:16
119	2655	Pedro Duarte	Individual	Veterano M40	03:47:49	+02:16:12	13:24
120	2658	Pedro Pereira	Individual	Veterano M40	03:49:22	+02:17:45	13:30
121	2643	Nuno Miguel Silva Morais	Individual	Veterano M40	03:49:35	+02:17:58	13:30
122	2707	Amândio Sousa	KinKipa	Veterano M40	03:50:12	+02:18:35	13:32
123	2976	rui rocha	run2eat	Veterano M40	03:51:05	+02:19:28	13:36
124	2251	Vitor Sousa	Factor X / S4L / MedenseFC	Veterano M40	03:52:11	+02:20:34	13:39
125	2909	Luis Ribeiro	Paredes Running	Veterano M40	03:54:13	+02:22:36	13:47
126	2665	Rui Miguel Oliveira	Individual	Veterano M40	03:54:18	+02:22:41	13:47
127	2636	Jota oliveira	Individual	Veterano M40	03:54:57	+02:23:20	13:49
128	2073	Jose Carmo Teixeira	All About	Veterano M40	03:54:57	+02:23:20	13:49
129	2938	José carlos Teixeira Soares	PORTO SENTIDO	Veterano M40	03:55:01	+02:23:24	13:49
130	2745	J.HENRIQUE S.S.MATOS	MATTS	Veterano M40	03:55:12	+02:23:35	13:50
131	2951	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	03:57:35	+02:25:58	13:59
132	2608	Augusto Rodrigues	Individual	Veterano M40	03:57:42	+02:26:05	13:59
133	2229	Ivo Loureiro	ép sai da frente	Veterano M40	03:59:54	+02:28:17	14:07
134	2991	Emanuel Durães	SAI DA FRENTE	Veterano M40	04:01:50	+02:30:13	14:14
135	2832	Jorge Oliveira	O Jogo	Veterano M40	04:03:09	+02:31:32	14:18
136	2831	Bruno Rodrigues	O Jogo	Veterano M40	04:03:09	+02:31:32	14:18
137	2659	Pedro Ramos	Individual	Veterano M40	04:03:24	+02:31:47	14:19
138	2654	Paulo Sousa	Individual	Veterano M40	04:04:26	+02:32:49	14:23
139	2626	Joaquim Jorge Silva Pimenta Almeida	Individual	Veterano M40	04:04:26	+02:32:49	14:23
140	2792	José Antonio Angelino	Nascidos para Correr	Veterano M40	04:04:56	+02:33:19	14:24
141	2193	José Matos	CloudWorks	Veterano M40	04:05:07	+02:33:30	14:25
142	2632	jose gentil almeida ferreira	Individual	Veterano M40	04:10:20	+02:38:43	14:44
143	2606	António Manuel de Oliveira Pinheiro	Individual	Veterano M40	04:12:20	+02:40:43	14:51
144	2638	Luís Sequeira	Individual	Veterano M40	04:13:25	+02:41:48	14:54
145	2063	António Paiva	ALIANÇA DE GANDRA	Veterano M40	04:17:39	+02:46:02	15:09
146	2298	Filipe Carelhas	GENEROSOS	Veterano M40	04:18:55	+02:47:18	15:14
147	2633	José Luís Silva	Individual	Veterano M40	04:32:18	+03:00:41	16:01
148	2639	Manuel Antonio Amaral Brandao	Individual	Veterano M40	04:32:18	+03:00:41	16:01

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trail curto 17km

17 KM

[illegible]

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[illegible]

149	2616	Dario Alfredo Alves Moutinho	Individual	Veterano M40	04:32:18	+03:00:41	16:01
150	2012	Fernando Sá	10TEMIDOS	Veterano M40	04:33:03	+03:01:26	16:04
151	3014	Mário Rocha	Somos Nós Team	Veterano M40	05:11:19	+03:39:42	18:19

Veterano M50

1	2158	Vitor Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:50:10		06:29
2	2160	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:55:44	+05:34	06:48
3	2681	José Manuel Pinto Gomes	Individual	Veterano M50	01:57:59	+07:49	06:56
4	2159	David Tavares	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:59:38	+09:28	07:02
5	2825	António José Marinho Cunha	Nós Acreditamos	Veterano M50	02:10:06	+19:56	07:33
6	2715	Agostinho Sousa	Kunalama runners	Veterano M50	02:14:12	+24:02	07:54
7	2322	Vitor Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M50	02:21:19	+31:09	08:19
8	1338	Tomas Correia	Individual	Veterano M50	02:22:49	+32:39	08:24
9	2319	Fernando Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M50	02:22:55	+32:45	08:24
10	2320	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50	02:24:27	+34:17	08:30
11	2107	Agostinho Moreira	Avenida Caffè	Veterano M50	02:25:40	+35:30	08:34
12	2824	Álvaro Cardoso	Nós Acreditamos	Veterano M50	02:31:18	+41:08	08:54
13	2955	JOSÉ RODRIGUES	PRESTÍGIO	Veterano M50	02:34:54	+44:44	09:07
14	2190	Jorge Conceição	CFit Freamunde	Veterano M50	02:35:28	+45:18	09:09
15	2149	Jorge Manuel Melo	Casa da Viúva	Veterano M50	02:38:25	+48:15	09:19
16	2766	Rui manuel pinto dos reis da quinta	Moinhos Run - ADRM	Veterano M50	02:39:44	+49:34	09:24
17	2732	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	02:47:08	+56:58	09:50
18	2677	Filipe Mota	Individual	Veterano M50	02:58:11	+01:08:01	10:29
19	2674	Armindo Moura	Individual	Veterano M50	03:12:37	+01:22:27	11:20
20	2684	LUIZ C.J.BLANQUET	Individual	Veterano M50	03:12:49	+01:22:39	11:21
21	2671	Antonio Cunha	Individual	Veterano M50	03:18:48	+01:28:38	11:42
22	2688	VALDEMAR SILVA	Individual	Veterano M50	03:19:35	+01:29:25	11:44
23	2260	Manuel Rocha	FAST AO KM	Veterano M50	03:20:55	+01:30:45	11:49
24	2687	Raul Macedo	Individual	Veterano M50	03:22:43	+01:32:33	11:55
25	2191	Paulo Querido	CFit Freamunde	Veterano M50	03:23:41	+01:33:31	11:59
26	2686	MANUEL PINTO	Individual	Veterano M50	03:24:24	+01:34:14	12:01
27	2148	Fernando de Mello Coelho Ferreira	Casa da Viúva	Veterano M50	03:27:00	+01:36:50	12:11
28	2943	Fernando Ferraz	PORTO SENTIDO	Veterano M50	03:27:46	+01:37:36	12:13
29	2673	antonio guimaraes	Individual	Veterano M50	03:33:09	+01:42:59	12:32
30	2855	Manuel Moura	OS BARRIGUITAS	Veterano M50	03:36:21	+01:46:11	12:44
31	2952	MANUEL PEREIRA	PORTOCARGO	Veterano M50	03:38:11	+01:48:01	12:50
32	1329	Carlos Almeida	Individual	Veterano M50	03:38:16	+01:48:06	12:50
33	2942	Carlos Martins	PORTO SENTIDO	Veterano M50	03:42:44	+01:52:34	13:06
34	2708	Augusto Teixeira	KinKipa	Veterano M50	03:50:14	+02:00:04	13:33
35	2669	alberto martins	Individual	Veterano M50	03:57:46	+02:07:36	13:59
36	2318	António José Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M50	04:02:52	+02:12:42	14:17
37	3050	Domingos Coelho	Trail dos Moinhos	Veterano M50	04:03:39	+02:13:29	14:20
38	2300	Sergio Reis	GENEROSOS	Veterano M50	04:08:30	+02:18:20	14:37

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39	2140	Augusto Magalhães	Carreiros	Veterano M50	04:08:32	+02:18:22	14:37
40	2678	João Sousa	Individual	Veterano M50	04:09:32	+02:19:22	14:41