

TRAIL LONGO - STAGE 1

40 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	7,1°C	43%
End	16:22	7.1°C	43%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1215	Rodrigo Gonalo Noivo Greg3rio	amcf-arr3bida trail team	Senior Masculino	03:38:57		05:28
2	1188	Antonio sergio moreira de sa	individual	Senior Masculino	03:43:11	+04:13	05:35
3	1173	Victor Fernandes	ctad - trilhos de cinf3es	Veterano M40	03:44:21	+05:23	05:37
4	1236	Jo3o Nogueira	oralklass – amigos do trail	Senior Masculino	03:54:27	+15:29	05:52
5	1226	Fernando Neves	oralklass – amigos do trail	Senior Masculino	03:59:10	+20:12	05:59
6	1045	Helder Fernando Pereira Rocha	douroconta trail team	Veterano M40	04:00:36	+21:38	06:01
7	1198	Paulo jose cardoso mesquita	vilaverdeacorrer	Senior Masculino	04:00:59	+22:01	06:01
8	1144	Rui Pedro Pinheiro da Fonseca	individual	Veterano M40	04:05:56	+26:58	06:09
9	1225	Oihan Amurrio Olalde	nao	Senior Masculino	04:06:09	+27:11	06:09
10	1210	Jorge Alexandre da Silva L. Gonalves	barcelos team portugal	Veterano M40	04:07:23	+28:25	06:11
11	1229	V3tor Pinto	oralklass – amigos do trail	Veterano M40	04:07:23	+28:25	06:11
12	1079	Paulo Jorge Miranda	turres trail team	Veterano M40	04:08:07	+29:10	06:12
13	1018	Carlos barbosa	g	Veterano M40	04:08:13	+29:15	06:12
14	1185	Artur Miguel da Concei3o Cotrim	clube de atletismo de ferreira do z3zere	Senior Masculino	04:08:19	+29:21	06:12
15	1050	Daniel Dominguez	cerveira team running/clube celtas do minho	Senior Masculino	04:09:35	+30:37	06:14
16	1221	Andr3 Martins Alves	correr antas 3 noite	Senior Masculino	04:11:08	+32:11	06:17
17	1227	Fernando Taborda	oralklass – amigos do trail	Veterano M40	04:18:38	+39:40	06:28
18	1002	Fatima Melo	barcelos team portugal	Veterana F40	04:21:56	+42:58	06:33
19	1237	Andr3 Nogueira	oralklass – amigos do trail	Senior Masculino	04:24:21	+45:23	06:37
20	1187	Inuo Filipe Silva Melo	dr. merino/4moove	Senior Masculino	04:25:26	+46:28	06:38
21	1113	Alex Tondela	sport clube beira-mar	Veterano M40	04:26:50	+47:52	06:40
22	1092	Filipe Andre Silva Mendes	individual	Senior Masculino	04:29:19	+50:21	06:44
23	1104	Jorge Humberto Garcia Catarino	insane trail team	Senior Masculino	04:30:43	+51:46	06:46
24	1043	LUIS MIGUEL DA CUNHA SANTOS	vimarunners	Senior Masculino	04:33:38	+54:41	06:50
25	1091	Jos3 Lu3s Matos Boucinha	individual	Senior Masculino	04:35:02	+56:04	06:53
26	1219	Germano Figueira	individual	Senior Masculino	04:35:24	+56:26	06:53
27	1148	Andr3 Lopes	moloni running team	Senior Masculino	04:36:08	+57:10	06:54
28	1231	Valter Gouveia	centro ciclista de gondomar	Senior Masculino	04:37:58	+59:00	06:57
29	1121	Pedro miguel rodrigues castro	caac - clube de atletismo de aretim e cunha	Senior Masculino	04:38:16	+59:19	06:57
30	1125	RICARDO SOUSA	caac - clube de atletismo de aretim e cunha	Senior Masculino	04:38:16	+59:19	06:57
31	1195	Eduardo Antonio Lima da Silva	individual	Veterano M40	04:39:51	+01:00:53	07:00
32	1175	Tiago Ramos	clube de atletismo de ferreira do z3zere	Senior Masculino	04:40:34	+01:01:37	07:01
33	1169	Luis Vieira	entre os montes	Veterano M50	04:40:36	+01:01:38	07:01
34	1117	Filipe MArques	turres trail team	Senior Masculino	04:41:01	+01:02:04	07:02
35	1232	Paulo Sarmento	hora do lobo trail – cf perozinho atletismo	Senior Masculino	04:42:44	+01:03:46	07:04

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
36	1216	Amaro Fernandes Torres da Costa	padela natural team-fisiofreixo	Senior Masculino	04:43:14	+01:04:17	07:05
37	1076	José Carlos Sousa Coelho	socksby/afacycles	Veterano M40	04:49:05	+01:10:08	07:14
38	1032	Pedro Sousa	10temidos	Veterano M40	04:49:52	+01:10:55	07:15
39	1212	Andre Sousa	arca barcelos runners	Veterano M40	04:50:54	+01:11:57	07:16
40	1097	Hugo Moreira	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	04:52:07	+01:13:09	07:18
41	1186	Nuno Angélico	moloni running team	Senior Masculino	04:53:06	+01:14:08	07:20
42	1141	Pablo Reguera Ferreira	aviva sport club	Senior Masculino	04:53:34	+01:14:37	07:20
43	1054	Francisco José Barbosa Gomes	apúlia a correr	Senior Masculino	04:54:53	+01:15:55	07:22
44	1023	Pedro Ribeiro Pinto	crocodilos/misterpc	Veterano M40	04:55:40	+01:16:43	07:24
45	1107	Norberto Fernando Sampaio Teixeira Fernandes	os lobos do saibro	Senior Masculino	04:56:23	+01:17:26	07:25
46	1209	João Batista Ferreira de Sousa	vidaativarunners	Veterano M50	04:56:43	+01:17:45	07:25
47	1037	Alfredo fernando sousa costa	oursense	Veterano M50	04:57:27	+01:18:30	07:26
48	1126	Pedro Alves	gd castelense	Senior Masculino	04:57:59	+01:19:01	07:27
49	1145	Fernando Jorge Ferreira Rodrigues	individual	Senior Masculino	05:03:44	+01:24:46	07:36
50	1062	Joaquim Bernardino da Silva Alves	minho aventura	Veterano M40	05:03:44	+01:24:46	07:36
51	1183	Benjamim Batista da Cruz	fragoso trail	Veterano M40	05:03:59	+01:25:02	07:36
52	1165	Marco Aurélio Gonçalves Marques	individual	Senior Masculino	05:04:40	+01:25:43	07:37
53	1201	Maria Goretí Barbosa Correia	amigo trail run	Veterana F40	05:05:44	+01:26:47	07:39
54	1191	Alex Ribeiro	edv-viana trail	Senior Masculino	05:06:18	+01:27:20	07:39
55	1084	Paulo Jorge Pinho Ferreira	ctr vale de cambra	Veterano M50	05:06:47	+01:27:49	07:40
56	1127	Cesário Manuel de Oliveira Leite	brabus runners	Senior Masculino	05:06:52	+01:27:54	07:40
57	1203	Fábio Valter Inácio Martins	grupo desportivo de goma	Senior Masculino	05:07:43	+01:28:45	07:42
58	1196	Marco david r. silva	vilaverdeacorrer	Senior Masculino	05:07:43	+01:28:45	07:42
59	1118	Marina Alves	turres trail team	Senior Feminino	05:07:50	+01:28:52	07:42
60	1171	Aida Maria Rodrigues Presa	girls4run	Veterana F40	05:08:16	+01:29:18	07:42
61	1060	José Joaquim da Cunha Gonçalves	best fitness place	Senior Masculino	05:09:16	+01:30:18	07:44
62	1139	José Carlos Rodrigues Cardoso	arca barcelos runners	Veterano M50	05:09:22	+01:30:24	07:44
63	1075	Fábio Alexandre Dionísio Silva	acbatalha	Senior Masculino	05:11:35	+01:32:38	07:47
64	1015	Filipe Oliveyra	imperadores	Senior Masculino	05:11:41	+01:32:43	07:48
65	1105	Jorge Agostinho da Silva Domingues	lebres minhotas	Veterano M40	05:12:11	+01:33:13	07:48
66	1189	Ivan Rodriguez Alves	ermida team	Senior Masculino	05:13:50	+01:34:52	07:51
67	1222	Manuel Emidio de Freitas Rocha	porto runners	Veterano M50	05:15:48	+01:36:51	07:54
68	1098	Luís Filipe Freitas da Silva	individual	Senior Masculino	05:16:01	+01:37:04	07:54
69	1090	André Manuel Martins Príncipe	sport clube beira-mar	Senior Masculino	05:17:27	+01:38:29	07:56
70	1207	Carlos alexandre carneiro dos santos pereira	individual	Veterano M40	05:18:15	+01:39:17	07:57
71	1170	Nélio Martins Guimarães	alive runners	Senior Masculino	05:18:18	+01:39:20	07:57
72	1095	Bruno Alberto Silva Freitas	nast	Senior Masculino	05:18:18	+01:39:20	07:57

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
73	1208	Eduardo Soares	novo doce trail	Senior Masculino	05:18:18	+01:39:20	07:57
74	1068	Cesar lopes fernandes	apúlia a correr	Senior Masculino	05:20:11	+01:41:13	08:00
75	1108	João Carlos macedo paralvas	b.t.m.	Senior Masculino	05:20:39	+01:41:42	08:01
76	1197	Diogo Filipe Andrade Araújo	b.t.m.	Senior Masculino	05:20:39	+01:41:42	08:01
77	1147	Filipe Braz	moloni running team	Veterano M40	05:21:15	+01:42:17	08:02
78	1133	Sergio francisco barros rodrigues	10temidos	Senior Masculino	05:21:35	+01:42:37	08:02
79	1024	Domingos Filipe Pereira Nogueira	moreira relax runners	Senior Masculino	05:21:35	+01:42:38	08:02
80	1223	Daniel Covelo costas	c. a. r. redondela	Senior Masculino	05:22:01	+01:43:03	08:03
81	1100	Francisco Ismael Moniz Carneiro	a d esmeriz running	Veterano M40	05:22:07	+01:43:09	08:03
82	1115	Miguel Ângelo de Oliveira Pintp	amigos do pedal trailagares	Sub 23 Masculino	05:22:38	+01:43:40	08:04
83	1085	Joao ribeiro laranjeira	ade trail running	Senior Masculino	05:22:38	+01:43:40	08:04
84	1224	Ivan Covelo costas	c. a. r. redondela	Senior Masculino	05:22:46	+01:43:48	08:04
85	1028	Nelson Tiago Rodrigues Leal	individual	Senior Masculino	05:23:26	+01:44:28	08:05
86	1088	Jose Gomes	nocturnos de paredes	Veterano M50	05:23:44	+01:44:47	08:06
87	1101	José Mário Casais Pereira	ade trail running	Senior Masculino	05:24:16	+01:45:19	08:06
88	1214	Eusébio Costa Gonçalves	individual	Senior Masculino	05:24:55	+01:45:57	08:07
89	1172	Luis Almeida	lion runners - g. d. leões da guarda	Veterano M50	05:25:18	+01:46:20	08:08
90	1220	MARIO RUI LEITE COSTA	moreira relax runners	Veterano M50	05:25:40	+01:46:42	08:09
91	1073	Luís Miguel dos Santos Emídio	coa - clube de orientação e aventura	Veterano M40	05:27:03	+01:48:06	08:11
92	1031	José Paulo Silva Ribeiro	10temidos	Veterano M40	05:27:52	+01:48:54	08:12
93	1174	Mário Jorge Pereira Martins	moka trail team	Senior Masculino	05:29:19	+01:50:22	08:14
94	1140	Miguel Filipe Carvalho Soares	arca barcelos runners	Senior Masculino	05:29:38	+01:50:40	08:14
95	1206	José Nelson Oliveira Nunes	afrikanrunners	Veterano M40	05:30:05	+01:51:08	08:15
96	1136	Artur Jorge Pereira Rodrigues	barcelos team portugal	Veterano M40	05:30:48	+01:51:51	08:16
97	1123	Fernanda manuela freitas machado	aliança de gandra	Senior Feminino	05:31:21	+01:52:24	08:17
98	1014	Manuel antonio ferreira pinto teixeira	cmmcp	Veterano M40	05:31:22	+01:52:24	08:17
99	1167	António Loureiro	autistic runners	Veterano M50	05:32:13	+01:53:15	08:18
100	1080	Carlos Manuel Sousa Miranda	individual	Senior Masculino	05:33:52	+01:54:54	08:21
101	1181	Mónica Elisa das Dores Ribeiro Moreira	nast	Veterana F40	05:33:58	+01:55:00	08:21
102	1124	Gonçalo Manuel Marinho Lopes da Mota	nast	Veterano M40	05:34:00	+01:55:02	08:21
103	1135	José Miguel Freitas Teixeira	budeguita runners	Senior Masculino	05:36:49	+01:57:51	08:25
104	1041	Pedro Filipe Dias Alves	enjoy and go runners	Veterano M40	05:36:49	+01:57:51	08:25
105	1055	Nuno Damasceno Moreira da Silva	cuidado com o urso trail runners	Senior Masculino	05:37:02	+01:58:04	08:26
106	1131	Joel José Ginga	sport clube beira-mar	Senior Masculino	05:37:12	+01:58:15	08:26
107	1176	Adriano Rocha	outsiders trail team	Veterano M40	05:37:36	+01:58:38	08:26
108	1179	Ricardo Nuno Teixeira da Rocha	individual	Senior Masculino	05:38:44	+01:59:47	08:28
109	1159	Luis Miguel Neco Lima	arca barcelos runners	Veterano M40	05:39:20	+02:00:22	08:29
110	1048	Maria de Fátima da Silva Lopes	individual	Veterana F40	05:40:14	+02:01:16	08:30

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
111	1164	Nuno Joaquim Simões Campos	clube zipper	Senior Masculino	05:40:14	+02:01:16	08:30
112	1235	André Saleiro	individual	Veterano M40	05:40:49	+02:01:52	08:31
113	1234	Manuel José Jesus	individual	Senior Masculino	05:40:49	+02:01:52	08:31
114	1138	Vitor Manuel Ferreira dos Santos	leões tadariz	Veterano M40	05:41:28	+02:02:30	08:32
115	1178	Frederico Silva Pinto	a.d.amarante trail running	Senior Masculino	05:44:28	+02:05:30	08:37
116	1111	Joel Alexandre Pinto e Silva	insane trail team	Veterano M40	05:47:25	+02:08:27	08:41
117	1071	Samuel Fagundes Amorim	gd castelense	Senior Masculino	05:47:31	+02:08:33	08:41
118	1102	Pedro Filipe de Sá Guimaraes Marinho	nexplore - dut	Veterano M40	05:47:39	+02:08:41	08:41
119	1070	Fárido Tavares	solotrail	Senior Masculino	05:47:53	+02:08:55	08:42
120	1034	Miguel Ângelo Brito Faria	experienciar	Veterano M40	05:48:13	+02:09:16	08:42
121	1058	Carlos Miranda	ade trail running	Senior Masculino	05:48:28	+02:09:30	08:43
122	1087	Jose alexandre jesuismartins	individual	Veterano M40	05:48:29	+02:09:32	08:43
123	1116	Luis Miguel Braga	individual	Senior Masculino	05:49:15	+02:10:17	08:44
124	1093	Paulo Manuel Dias da Silva Azevedo	lusitanos	Veterano M40	05:49:21	+02:10:23	08:44
125	1025	Paulo Belmiro de Oliveira Nunes	individual	Veterano M40	05:49:21	+02:10:23	08:44
126	1017	Luís Vizeu	sópão	Veterano M40	05:49:44	+02:10:46	08:45
127	1129	Ricardo da Silva Briote	ade trail running	Senior Masculino	05:50:40	+02:11:42	08:46
128	1112	João Lourenço Resende	cuidado com o urso trail runners	Senior Masculino	05:51:03	+02:12:05	08:47
129	1128	Alexandre Miguel Praia Ribeiro Rodrigues	individual	Senior Masculino	05:51:07	+02:12:09	08:47
130	1072	Roberto Esteves	monção team trail (mtt)	Veterano M40	05:51:07	+02:12:10	08:47
131	1019	Sérgio Osório	global trail	Veterano M40	05:52:14	+02:13:17	08:48
132	1146	João Carlos dos Santos Moreira	individual	Senior Masculino	05:53:17	+02:14:19	08:50
133	1038	Sandro Davide Sousa Afonso	brabus runners	Senior Masculino	05:54:15	+02:15:17	08:51
134	1166	Helder Ricardo Almeida da Silva	individual	Veterano M40	05:55:36	+02:16:38	08:53
135	1156	Álvaro Nunes	all about	Veterano M40	05:55:37	+02:16:39	08:53
136	1074	Alberto Gil de Sousa Gabriel Ferreira da Silva	individual	Senior Masculino	05:55:38	+02:16:40	08:53
137	1200	José Marco Ramos da Silva	média 10 team	Senior Masculino	05:57:28	+02:18:30	08:56
138	1158	Manuel Sampaio	all about	Veterano M60	05:58:26	+02:19:29	08:58
139	147	Tiago Pedro Amorim	budeguita runners	Veterano M40	05:58:29	+02:19:31	08:58
140	1122	Sergio manuel da costa pereira	aliança de gandra	Senior Masculino	05:59:10	+02:20:12	08:59
141	1021	Bruno José Ferreira e Fonseca Fernandes	gondomar futsal clube	Senior Masculino	06:02:38	+02:23:40	09:04
142	1067	Fernando Vicente	os galgos	Veterano M50	06:03:51	+02:24:54	09:06
143	1119	João Ricardo Abreu Santos Fernandes Duarte	individual	Veterano M40	06:04:29	+02:25:31	09:07
144	1163	Antonio Pedro Pinto Correia	moloni running team	Senior Masculino	06:05:00	+02:26:02	09:08
145	1059	Sandra Fernanda Dias Santos	cal	Senior Feminino	06:06:36	+02:27:39	09:10
146	1057	JOSE RODRIGUES COSTA	individual	Veterano M50	06:06:36	+02:27:39	09:10
147	1012	Rui Samuel Sousa Carvalho Costa Gonçalves	ggt-armazém do caffè	Senior Masculino	06:06:40	+02:27:42	09:10

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
148	1137	Carlos Alberto dos Reis Moreira	individual	Senior Masculino	06:06:58	+02:28:00	09:10
149	1110	Emanuel de Jesus Melo Martins	afrikanrunners	Veterano M40	06:07:05	+02:28:08	09:11
150	1211	Jose Diogo Amorim Costa de Castro Couto	ganita sportive	Senior Masculino	06:08:19	+02:29:21	09:12
151	1180	NELSON EDUARDO MARTINS DUARTE	outsiders trail team	Veterano M40	06:12:04	+02:33:06	09:18
152	1033	Alexandra Padilha	individual	Veterana F40	06:13:18	+02:34:21	09:20
153	1020	Hernâni Manuel Silva Veríssimo	individual	Senior Masculino	06:17:53	+02:38:55	09:27
154	1016	Antonio Avelino Dias da Silva	arca barcelos runners	Veterano M60	06:22:28	+02:43:31	09:34
155	1109	Nuno Cruz	arca barcelos runners	Senior Masculino	06:22:28	+02:43:31	09:34
156	1213	Tiago José Duarte Jardim Gonçalves	individual	Senior Masculino	06:22:31	+02:43:33	09:34
157	1204	ELENA DOMINGUEZ GONZALEZ	aviva sport club	Veterana F40	06:22:43	+02:43:45	09:34
158	1086	Joao Paulo Alves Ferreira	individual	Senior Masculino	06:22:43	+02:43:46	09:34
159	1151	Jose Antonio Oliveira Ribeiro da Silva	running espinho	Veterano M40	06:24:46	+02:45:48	09:37
160	1106	Edgar Gomes Prazeres da Costa	b.t.m.	Veterano M40	06:24:52	+02:45:55	09:37
161	1064	Nuno Carlos Lamas de Albuquerque	minho aventura	Veterano M50	06:25:11	+02:46:14	09:38
162	1193	Manuel Araújo	edv-viana trail	Veterano M40	06:27:51	+02:48:53	09:42
163	1007	Ana Sofia da Silva Borges	nast	Senior Feminino	06:28:04	+02:49:07	09:42
164	1094	Joaquim Manuel Vidal da Costa	individual	Veterano M40	06:28:11	+02:49:13	09:42
165	1155	César Gonçalves carneiro	adcreguenga	Senior Masculino	06:28:12	+02:49:14	09:42
166	1130	Pedro Polónio	sport clube beira-mar	Senior Masculino	06:29:42	+02:50:44	09:45
167	1202	Carolina Conceição Rodrigues Pereira	afifensetrail	Veterana F40	06:29:45	+02:50:47	09:45
168	1052	Vitor Manuel Castro Ribeiro	brabus runners	Senior Masculino	06:30:01	+02:51:03	09:45
169	1190	Ricardo José Simões Campos	individual	Senior Masculino	06:30:22	+02:51:25	09:46
170	1114	Pedro Miguel Torres Machado	individual	Senior Masculino	06:30:33	+02:51:36	09:46
171	1046	Luis Santos Poeira	porto runners	Veterano M50	06:32:19	+02:53:22	09:48
172	1162	Luis António de Freitas teixeir	budeguita runners	Veterano M40	06:33:38	+02:54:40	09:50
173	1150	Amélia Moreira	selvagens	Veterana F50	06:33:55	+02:54:58	09:51
174	1103	Marco Paulo Marques Nicolau	individual	Senior Masculino	06:33:57	+02:54:59	09:51
175	1039	António Miguel Braga Lopes Macieira	fit gaia trail	Veterano M40	06:33:57	+02:54:59	09:51
176	1065	Filipe escobar	ei team trail	Veterano M40	06:41:29	+03:02:31	10:02
177	1238	Paulo Jorge Brunido Laranjo	ss box	Senior Masculino	06:47:39	+03:08:42	10:11
178	1049	Paula Cristina Ferreira da Silva	comdor runners	Veterana F40	06:52:19	+03:13:21	10:18
179	1051	Daniel Filipe Garcia Pinto	comdor runners	Senior Masculino	06:52:19	+03:13:21	10:18
180	1168	Ivan martinez martin	c.a.r. marisqueiro	Senior Masculino	06:56:10	+03:17:13	10:24
181	1142	Ricardo Jorge Ferreira Leite Teixeira	los fofuxos	Veterano M40	06:58:01	+03:19:03	10:27
182	1143	Ana Luisa Dolores Ferreira da Silva	los fofuxos	Senior Feminino	06:58:01	+03:19:04	10:27
183	1194	Nuno Marques	edv-viana trail	Senior Masculino	07:17:29	+03:38:31	10:56

Trail Longo

40 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	7,1°C	43%
End	16:22	7.1°C	43%

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

1	1118	Marina Alves	Turres Trail Team	Senior Feminino	05:07:50	+01:28:52	07:42:42
2	1123	Fernanda manuela freitas machado	ALIANÇA DE GANDRA	Senior Feminino	05:31:21	+01:52:24	08:17:45
3	1059	Sandra Fernanda Dias Santos	CAL	Senior Feminino	06:06:36	+02:27:39	09:10:05
4	1007	Ana Sofia da Silva Borges	NAST	Senior Feminino	06:28:04	+02:49:07	09:42:15
5	1143	Ana Luisa Dolores Ferreira da Silva	Los Fofuxos	Senior Feminino	06:58:01	+03:19:04	10:27:05
6	1154	Sónia Dionisio	MicroRunning Team	Senior Feminino	07:21:29	+03:42:32	11:02:01
7	1083	Ana Isabel Santos Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	07:28:13	+03:49:15	11:12:01

Senior Masculino

1	1215	Rodrigo Gonalo Noivo Greg3rio	AMCF-Arr3bida Trail Team	Senior Masculino	03:38:57	05:28
2	1188	Antonio sergio moreira de sa	Individual	Senior Masculino	03:43:11	+04:13 05:35
3	1236	Jo3o Nogueira	ORALKLASS – AMIGOS DO TRAIL	Senior Masculino	03:54:27	+15:29 05:52
4	1226	Fernando Neves	ORALKLASS – AMIGOS DO TRAIL	Senior Masculino	03:59:10	+20:12 05:59
5	1198	Paulo jose cardoso mesquita	VilaVerdeaCorrer	Senior Masculino	04:00:59	+22:01 06:01
6	1225	Oihan Amurrio Olalde	Nao	Senior Masculino	04:06:09	+27:11 06:09
7	1185	Artur Miguel da Concei3o Cotrim	Clube de Atletismo de Ferreira do Z3zere	Senior Masculino	04:08:19	+29:21 06:12
8	1050	Daniel Dominguez	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	04:09:35	+30:37 06:14
9	1221	Andr3 Martins Alves	Correr Antas 3 Noite	Senior Masculino	04:11:08	+32:11 06:17
10	1237	Andr3 Nogueira	ORALKLASS – AMIGOS DO TRAIL	Senior Masculino	04:24:21	+45:23 06:37
11	1187	Inuo Filipe Silva Melo	Dr. Merino/4moove	Senior Masculino	04:25:26	+46:28 06:38
12	1092	Filipe Andre Silva Mendes	Individual	Senior Masculino	04:29:19	+50:21 06:44
13	1104	Jorge Humberto Garcia Catarino	INSANE TRAIL TEAM	Senior Masculino	04:30:43	+51:46 06:46
14	1043	LUIS MIGUEL DA CUNHA SANTOS	vimarunners	Senior Masculino	04:33:38	+54:41 06:50
15	1091	Jos3 Lu3s Matos Boucinha	Individual	Senior Masculino	04:35:02	+56:04 06:53
16	1219	Germano Figueira	Individual	Senior Masculino	04:35:24	+56:26 06:53
17	1148	Andr3 Lopes	Moloni Running Team	Senior Masculino	04:36:08	+57:10 06:54
18	1231	Valter Gouveia	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	04:37:58	+59:00 06:57
19	1121	Pedro miguel rodrigues castro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	04:38:16	+59:19 06:57
20	1125	RICARDO SOUSA	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	04:38:16	+59:19 06:57
21	1175	Tiago Ramos	Clube de Atletismo de Ferreira do Z3zere	Senior Masculino	04:40:34	+01:01:37 07:01
22	1117	Filipe MArques	Turres Trail Team	Senior Masculino	04:41:01	+01:02:04 07:02

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Trail Longo

40 KM

[illegible]

OFFICIAL RESULT

[illegible]

23	1232	Paulo Sarmento	Hora do Lobo Trail – CF Perozinho Atletismo	Senior Masculino	04:42:44	+01:03:46	07:04
24	1216	Amaro Fernandes Torres da Costa	Padela Natural Team-Fisiofreixo	Senior Masculino	04:43:14	+01:04:17	07:05
25	1097	Hugo Moreira	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	04:52:07	+01:13:09	07:18
26	1186	Nuno Angélico	Moloni Running Team	Senior Masculino	04:53:06	+01:14:08	07:20
27	1141	Pablo Reguera Ferreira	AVIVA SPORT CLUB	Senior Masculino	04:53:34	+01:14:37	07:20
28	1054	Francisco José Barbosa Gomes	Apúlia a Correr	Senior Masculino	04:54:53	+01:15:55	07:22
29	1107	Norberto Fernando Sampaio Teixeira Fernandes	Os Lobos do Saibro	Senior Masculino	04:56:23	+01:17:26	07:25
30	1126	Pedro Alves	GD Castelense	Senior Masculino	04:57:59	+01:19:01	07:27
31	1145	Fernando Jorge Ferreira Rodrigues	Individual	Senior Masculino	05:03:44	+01:24:46	07:36
32	1165	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	05:04:40	+01:25:43	07:37
33	1191	Alex Ribeiro	EDV-VIANA TRAIL	Senior Masculino	05:06:18	+01:27:20	07:39
34	1127	Cesário Manuel de Oliveira Leite	Brabus Runners	Senior Masculino	05:06:52	+01:27:54	07:40
35	1203	Fábio Valter Inácio Martins	Grupo desportivo de Goma	Senior Masculino	05:07:43	+01:28:45	07:42
36	1196	Marco david r. silva	VilaVerdeaCorrer	Senior Masculino	05:07:43	+01:28:45	07:42
37	1060	José Joaquim da Cunha Gonçalves	BEST FITNESS PLACE	Senior Masculino	05:09:16	+01:30:18	07:44
38	1075	Fábio Alexandre Dionísio Silva	ACBATALHA	Senior Masculino	05:11:35	+01:32:38	07:47
39	1015	Filipe Oliveyra	Imperadores	Senior Masculino	05:11:41	+01:32:43	07:48
40	1189	Ivan Rodriguez Alves	Ermida Team	Senior Masculino	05:13:50	+01:34:52	07:51
41	1098	Luís Filipe Freitas da Silva	Individual	Senior Masculino	05:16:01	+01:37:04	07:54
42	1090	André Manuel Martins Príncipe	Sport Clube Beira-Mar	Senior Masculino	05:17:27	+01:38:29	07:56
43	1170	Nélio Martins Guimarães	Alive Runners	Senior Masculino	05:18:18	+01:39:20	07:57
44	1095	Bruno Alberto Silva Freitas	NAST	Senior Masculino	05:18:18	+01:39:20	07:57
45	1208	Eduardo Soares	Novo Doce Trail	Senior Masculino	05:18:18	+01:39:20	07:57
46	1068	Cesar lopes fernandes	Apúlia a Correr	Senior Masculino	05:20:11	+01:41:13	08:00
47	1108	João Carlos macedo paralvas	B.T.M.	Senior Masculino	05:20:39	+01:41:42	08:01
48	1197	Diogo Filipe Andrade Araújo	B.T.M.	Senior Masculino	05:20:39	+01:41:42	08:01
49	1133	Sergio francisco barros rodrigues	10TEMIDOS	Senior Masculino	05:21:35	+01:42:37	08:02
50	1024	Domingos Filipe Pereira Nogueira	Moreira Relax Runners	Senior Masculino	05:21:35	+01:42:38	08:02
51	1223	Daniel Covelo costas	C. A. R. Redondela	Senior Masculino	05:22:01	+01:43:03	08:03
52	1085	Joao ribeiro laranjaiera	ADE Trail Running	Senior Masculino	05:22:38	+01:43:40	08:04
53	1224	Ivan Covelo costas	C. A. R. Redondela	Senior Masculino	05:22:46	+01:43:48	08:04
54	1028	Nelson Tiago Rodrigues Leal	Individual	Senior Masculino	05:23:26	+01:44:28	08:05
55	1101	José Mário Casais Pereira	ADE Trail Running	Senior Masculino	05:24:16	+01:45:19	08:06
56	1214	Eusébio Costa Gonçalves	Individual	Senior Masculino	05:24:55	+01:45:57	08:07
57	1174	Mário Jorge Pereira Martins	Moka Trail Team	Senior Masculino	05:29:19	+01:50:22	08:14
58	1140	Miguel Filipe Carvalho Soares	ARCA BarceloS runners	Senior Masculino	05:29:38	+01:50:40	08:14
59	1080	Carlos Manuel Sousa Miranda	Individual	Senior Masculino	05:33:52	+01:54:54	08:21
60	1135	José Miguel Freitas Teixeira	BUDEGUITA RUNNERS	Senior Masculino	05:36:49	+01:57:51	08:25
61	1055	Nuno Damasceno Moreira da Silva	Cuidado com o Urso Trail Runners	Senior Masculino	05:37:02	+01:58:04	08:26
62	1131	Joel José Ginga	Sport Clube Beira-Mar	Senior Masculino	05:37:12	+01:58:15	08:26
63	1179	Ricardo Nuno Teixeira da Rocha	Individual	Senior Masculino	05:38:44	+01:59:47	08:28
64	1164	Nuno Joaquim Simões Campos	Clube Zupper	Senior Masculino	05:40:14	+02:01:16	08:30
65	1234	Manuel José Jesus	Individual	Senior Masculino	05:40:49	+02:01:52	08:31
66	1178	Frederico Silva Pinto	A.D.Amarante trail running	Senior Masculino	05:44:28	+02:05:30	08:37

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Trail Longo

40 KM

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67	1071	Samuel Fagundes Amorim	GD Castelense	Senior Masculino	05:47:31	+02:08:33	08:41
68	1070	Fárido Tavares	SOLOTRAIL	Senior Masculino	05:47:53	+02:08:55	08:42
69	1058	Carlos Miranda	ADE Trail Running	Senior Masculino	05:48:28	+02:09:30	08:43
70	1116	Luis Miguel Braga	Individual	Senior Masculino	05:49:15	+02:10:17	08:44
71	1129	Ricardo da Silva Briote	ADE Trail Running	Senior Masculino	05:50:40	+02:11:42	08:46
72	1112	João Lourenço Resende	Cuidado com o Urso Trail Runners	Senior Masculino	05:51:03	+02:12:05	08:47
73	1128	Alexandre Miguel Praia Ribeiro Rodrigues	Individual	Senior Masculino	05:51:07	+02:12:09	08:47
74	1146	João Carlos dos Santos Moreira	Individual	Senior Masculino	05:53:17	+02:14:19	08:50
75	1038	Sandro Davide Sousa Afonso	Brabus Runners	Senior Masculino	05:54:15	+02:15:17	08:51
76	1074	Alberto Gil de Sousa Gabriel Ferreira da Silva	Individual	Senior Masculino	05:55:38	+02:16:40	08:53
77	1200	José Marco Ramos da Silva	Média 10 Team	Senior Masculino	05:57:28	+02:18:30	08:56
78	1122	Sergio manuel da costa pereira	ALIANÇA DE GANDRA	Senior Masculino	05:59:10	+02:20:12	08:59
79	1021	Bruno José Ferreira e Fonseca Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	06:02:38	+02:23:40	09:04
80	1163	Antonio Pedro Pinto Correia	Moloni Running Team	Senior Masculino	06:05:00	+02:26:02	09:08
81	1012	Rui Samuel Sousa Carvalho Costa Gonçalves	GTT-Armazém do Caffè	Senior Masculino	06:06:40	+02:27:42	09:10
82	1137	Carlos Alberto dos Reis Moreira	Individual	Senior Masculino	06:06:58	+02:28:00	09:10
83	1211	Jose Diogo Amorim Costa de Castro Couto	GANITA SPORTIVE	Senior Masculino	06:08:19	+02:29:21	09:12
84	1020	Hernâni Manuel Silva Veríssimo	Individual	Senior Masculino	06:17:53	+02:38:55	09:27
85	1109	Nuno Cruz	ARCA BarceloS runners	Senior Masculino	06:22:28	+02:43:31	09:34
86	1213	Tiago José Duarte Jardim Gonçalves	Individual	Senior Masculino	06:22:31	+02:43:33	09:34
87	1086	Joao Paulo Alves Ferreira	Individual	Senior Masculino	06:22:43	+02:43:46	09:34
88	1155	César Gonçalves carneiro	ADCReguenga	Senior Masculino	06:28:12	+02:49:14	09:42
89	1130	Pedro Polónio	Sport Clube Beira-Mar	Senior Masculino	06:29:42	+02:50:44	09:45
90	1052	Vitor Manuel Castro Ribeiro	Brabus Runners	Senior Masculino	06:30:01	+02:51:03	09:45
91	1190	Ricardo José Simões Campos	Individual	Senior Masculino	06:30:22	+02:51:25	09:46
92	1114	Pedro Miguel Torres Machado	Individual	Senior Masculino	06:30:33	+02:51:36	09:46
93	1103	Marco Paulo Marques Nicolau	Individual	Senior Masculino	06:33:57	+02:54:59	09:51
94	1238	Paulo Jorge Brunido Laranjo	SS Box	Senior Masculino	06:47:39	+03:08:42	10:11
95	1051	Daniel Filipe Garcia Pinto	ComDor Runners	Senior Masculino	06:52:19	+03:13:21	10:18
96	1168	Ivan martinez martin	C.A.R. MARISQUEIRO	Senior Masculino	06:56:10	+03:17:13	10:24
97	1194	Nuno Marques	EDV-VIANA TRAIL	Senior Masculino	07:17:29	+03:38:31	10:56
98	1063	César Ricardo Reis da Costa	MINHO AVENTURA	Senior Masculino	07:22:48	+03:43:50	11:04
99	1082	Pedro Miguel Guedes Bernardes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	07:28:13	+03:49:15	11:12

Sub 23 Masculino

1	1115	Miguel Ângelo de Oliveira Pintp	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	05:22:38	+01:43:40	08:04
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Veterana F40

1	1002	Fatima Melo	Barcelos Team Portugal	Veterana F40	04:21:56	+42:58	06:33
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Trail Longo

40 KM

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OFFICIAL RESULT

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2	1201	Maria Goreti Barbosa Correia	AMIGO TRAIL RUN	Veterana F40	05:05:44	+01:26:47	07:39
3	1171	Aida Maria Rodrigues Presa	Girls4Run	Veterana F40	05:08:16	+01:29:18	07:42
4	1181	Mónica Elisa das Dores Ribeiro Moreira	NAST	Veterana F40	05:33:58	+01:55:00	08:21
5	1048	Maria de Fátima da Silva Lopes	Individual	Veterana F40	05:40:14	+02:01:16	08:30
6	1033	Alexandra Padilha	Individual	Veterana F40	06:13:18	+02:34:21	09:20
7	1204	ELENA DOMINGUEZ GONZALEZ	AVIVA SPORT CLUB	Veterana F40	06:22:43	+02:43:45	09:34
8	1202	Carolina Conceição Rodrigues Pereira	AfifenseTrail	Veterana F40	06:29:45	+02:50:47	09:45
9	1049	Paula Cristina Ferreira da Silva	ComDor Runners	Veterana F40	06:52:19	+03:13:21	10:18
10	1152	Natasha Planas Dias	Individual	Veterana F40	07:40:39	+04:01:41	11:31

Veterana F50

1	1150	Amélia Moreira	selvagens	Veterana F50	06:33:55	+02:54:58	09:51
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Veterano M40

1	1173	Victor Fernandes	CTAD - Trilhos de Cinfães	Veterano M40	03:44:21	+05:23	05:37
2	1045	Helder Fernando Pereira Rocha	DOUROCONTA TRAIL TEAM	Veterano M40	04:00:36	+21:38	06:01
3	1144	Rui Pedro Pinheiro da Fonseca	Individual	Veterano M40	04:05:56	+26:58	06:09
4	1210	Jorge Alexandre da Silva L. Gonçalves	Barcelos Team Portugal	Veterano M40	04:07:23	+28:25	06:11
5	1229	Vítor Pinto	ORALKLASS – AMIGOS DO TRAIL	Veterano M40	04:07:23	+28:25	06:11
6	1079	Paulo Jorge Miranda	Turres Trail Team	Veterano M40	04:08:07	+29:10	06:12
7	1018	Carlos barbosa	G	Veterano M40	04:08:13	+29:15	06:12
8	1227	Fernando Taborda	ORALKLASS – AMIGOS DO TRAIL	Veterano M40	04:18:38	+39:40	06:28
9	1113	Alex Tondela	Sport Clube Beira-Mar	Veterano M40	04:26:50	+47:52	06:40
10	1195	Eduardo Antonio Lima da Silva	Individual	Veterano M40	04:39:51	+01:00:53	07:00
11	1076	José Carlos Sousa Coelho	SocksBy/AfaCycles	Veterano M40	04:49:05	+01:10:08	07:14
12	1032	Pedro Sousa	10TEMIDOS	Veterano M40	04:49:52	+01:10:55	07:15
13	1212	Andre Sousa	ARCA BarceloS runners	Veterano M40	04:50:54	+01:11:57	07:16
14	1023	Pedro Ribeiro Pinto	Crocodilos/MisterPC	Veterano M40	04:55:40	+01:16:43	07:24
15	1062	Joaquim Bernardino da Silva Alves	MINHO AVENTURA	Veterano M40	05:03:44	+01:24:46	07:36
16	1183	Benjamim Batista da Cruz	Fragoso Trail	Veterano M40	05:03:59	+01:25:02	07:36
17	1105	Jorge Agostinho da Silva Domingues	Lebres Minhotas	Veterano M40	05:12:11	+01:33:13	07:48
18	1207	Carlos alexandre carneiro dos santos pereira	Individual	Veterano M40	05:18:15	+01:39:17	07:57
19	1147	Filipe Braz	Moloni Running Team	Veterano M40	05:21:15	+01:42:17	08:02
20	1100	Francisco Ismael Moniz Carneiro	A D ESMERIZ RUNNING	Veterano M40	05:22:07	+01:43:09	08:03
21	1073	Luís Miguel dos Santos Emídio	COA - Clube de Orientação e Aventura	Veterano M40	05:27:03	+01:48:06	08:11
22	1031	José Paulo Silva Ribeiro	10TEMIDOS	Veterano M40	05:27:52	+01:48:54	08:12
23	1206	José Nelson Oliveira Nunes	AfrikanRunners	Veterano M40	05:30:05	+01:51:08	08:15
24	1136	Artur Jorge Pereira Rodrigues	Barcelos Team Portugal	Veterano M40	05:30:48	+01:51:51	08:16
25	1014	Manuel antonio ferreira pinto teixeira	cmmcp	Veterano M40	05:31:22	+01:52:24	08:17
26	1124	Gonçalo Manuel Marinho Lopes da Mota	NAST	Veterano M40	05:34:00	+01:55:02	08:21

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Trail Longo

40 KM

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27	1041	Pedro Filipe Dias Alves	Enjoy and Go Runners	Veterano M40	05:36:49	+01:57:51	08:25
28	1176	Adriano Rocha	Outsiders trail team	Veterano M40	05:37:36	+01:58:38	08:26
29	1159	Luis Miguel Neco Lima	ARCA BarceloS runners	Veterano M40	05:39:20	+02:00:22	08:29
30	1235	André Saleiro	Individual	Veterano M40	05:40:49	+02:01:52	08:31
31	1138	Vitor Manuel Ferreira dos Santos	leões tadariz	Veterano M40	05:41:28	+02:02:30	08:32
32	1111	Joel Alexandre Pinto e Silva	INSANE TRAIL TEAM	Veterano M40	05:47:25	+02:08:27	08:44
33	1102	Pedro Filipe de Sá Guimaraes Marinho	Nexplore - DUT	Veterano M40	05:47:39	+02:08:41	08:41
34	1034	Miguel Ângelo Brito Faria	experiençar	Veterano M40	05:48:13	+02:09:16	08:42
35	1087	Jose alexandre jesuismartins	Individual	Veterano M40	05:48:29	+02:09:32	08:43
36	1093	Paulo Manuel Dias da Silva Azevedo	Lusitanos	Veterano M40	05:49:21	+02:10:23	08:44
37	1025	Paulo Belmiro de Oliveira Nunes	Individual	Veterano M40	05:49:21	+02:10:23	08:44
38	1017	Luís Vizeu	SóPão	Veterano M40	05:49:44	+02:10:46	08:45
39	1072	Roberto Esteves	Monção Team Trail (MTT)	Veterano M40	05:51:07	+02:12:10	08:47
40	1019	Sérgio Osório	Global Trail	Veterano M40	05:52:14	+02:13:17	08:48
41	1166	Helder Ricardo Almeida da Silva	Individual	Veterano M40	05:55:36	+02:16:38	08:53
42	1156	Álvaro Nunes	All About	Veterano M40	05:55:37	+02:16:39	08:53
43	147	Tiago Pedro Amorim	BUDEGUITA RUNNERS	Veterano M40	05:58:29	+02:19:31	08:58
44	1119	João Ricardo Abreu Santos Fernandes Duarte	Individual	Veterano M40	06:04:29	+02:25:31	09:07
45	1110	Emanuel de Jesus Melo Martins	AfrikanRunners	Veterano M40	06:07:05	+02:28:08	09:11
46	1180	NELSON EDUARDO MARTINS DUARTE	Outsiders trail team	Veterano M40	06:12:04	+02:33:06	09:18
47	1151	Jose Antonio Oliveira Ribeiro da Silva	RUNNING ESPINHO	Veterano M40	06:24:46	+02:45:48	09:37
48	1106	Edgar Gomes Prazeres da Costa	B.T.M.	Veterano M40	06:24:52	+02:45:55	09:37
49	1193	Manuel Araújo	EDV-VIANA TRAIL	Veterano M40	06:27:51	+02:48:53	09:42
50	1094	Joaquim Manuel Vidal da Costa	Individual	Veterano M40	06:28:11	+02:49:13	09:42
51	1162	Luis António de Freitas teixeira	BUDEGUITA RUNNERS	Veterano M40	06:33:38	+02:54:40	09:50
52	1039	António Miguel Braga Lopes Macieira	FIT GAIA TRAIL	Veterano M40	06:33:57	+02:54:59	09:51
53	1065	Filipe escobar	EI Team Trail	Veterano M40	06:41:29	+03:02:31	10:02
54	1142	Ricardo Jorge Ferreira Leite Teixeira	Los Fofuxos	Veterano M40	06:58:01	+03:19:03	10:27
55	1066	Pedro Manuel Araujo Mendes Flores de Magalhaes	Cuidado com o Urso Trail Runners	Veterano M40	07:19:15	+03:40:17	10:59
56	1160	Ricardo Oliveira	MICRORUNNING TEAM	Veterano M40	07:21:29	+03:42:32	11:02

Veterano M50

1	1169	Luis Vieira	Entre os Montes	Veterano M50	04:40:36	+01:01:38	07:01
2	1209	João Batista Ferreira de Sousa	VIDAATIVARUNNERS	Veterano M50	04:56:43	+01:17:45	07:25
3	1037	Alfredo fernando sousa costa	oursense	Veterano M50	04:57:27	+01:18:30	07:26
4	1084	Paulo Jorge Pinho Ferreira	CTR Vale de Cambra	Veterano M50	05:06:47	+01:27:49	07:40
5	1139	José Carlos Rodrigues Cardoso	ARCA BarceloS runners	Veterano M50	05:09:22	+01:30:24	07:44
6	1222	Manuel Emidio de Freitas Rocha	Porto Runners	Veterano M50	05:15:48	+01:36:51	07:54
7	1088	Jose Gomes	NOCTURNOS DE PAREDES	Veterano M50	05:23:44	+01:44:47	08:06
8	1172	Luis Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	05:25:18	+01:46:20	08:08
9	1220	MARIO RUI LEITE COSTA	Moreira Relax Runners	Veterano M50	05:25:40	+01:46:42	08:09
10	1167	António Loureiro	Autistic Runners	Veterano M50	05:32:13	+01:53:15	08:18

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Official Timekeeper: Lap2Go	1 / 1	generate 19-nov-2017 19:20
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