

TRAIL 17K - STAGE 1

17 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	15°C	100%
End	14:30	15°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	787	PEDRO BASTOS	ozxtreme	Senior Masculino	01:33:58		05:32
2	827	Rui Figueiredo	trail bela bela	Senior Masculino	01:34:32	+00:34	05:34
3	514	Joaquim silva	adosa os santa apolónia	Veterano M40	01:38:10	+04:12	05:47
4	596	João Moreira dos Santos	casa do povo	Veterano M40	01:38:40	+04:42	05:48
5	836	LECOUFFLARD LOICK	individual	Senior Masculino	01:40:51	+06:53	05:56
6	758	António Gomes	mt crecuspport	Senior Masculino	01:41:09	+07:11	05:57
7	756	João Amândio	montanha clube trail running/efapel	Senior Masculino	01:41:43	+07:44	05:59
8	687	PAULO DIAS	individual	Senior Masculino	01:42:50	+08:51	06:03
9	806	António Mariz	saca trilhos anadia	Veterano M40	01:43:12	+09:13	06:04
10	606	Diogo Pimenta	dci/associação trilhos luso bussaco	Senior Masculino	01:43:31	+09:32	06:05
11	808	Joaquim Sousa	saca trilhos anadia	Veterano M40	01:43:47	+09:48	06:06
12	757	Alex Tondela	montanha clube trail running/efapel	Veterano M40	01:43:57	+09:58	06:07
13	671	Frederico das neves salgado	individual	Senior Masculino	01:45:16	+11:18	06:12
14	811	Bruno Silva	sc espinho - atletismo / antónio leitão	Senior Masculino	01:48:41	+14:42	06:24
15	507	Pedro Rafael Tavares Garrido	100juizo runners	Senior Masculino	01:50:02	+16:03	06:28
16	744	MARCO MELO	laac - bike & sport	Senior Masculino	01:50:20	+16:22	06:29
17	748	Márcio Cruz	márcio cruz	Senior Masculino	01:50:53	+16:54	06:31
18	714	Carlos Pereira	individual	Veterano M40	01:53:04	+19:05	06:39
19	786	Davide Carvalho	ozxtreme	Senior Masculino	01:53:59	+20:01	06:42
20	834	PAULO MIGUEL PEREIRA VIEGAS	ozxtreme	Senior Masculino	01:54:00	+20:01	06:42
21	802	Inês João	saca trilhos anadia	Senior Feminino	01:54:02	+20:03	06:42
22	533	Bruno Rodrigues	agd sports academy	Senior Masculino	01:54:07	+20:09	06:43
23	611	Carlos Cunha	dci/associação trilhos luso bussaco	Veterano M50	01:54:16	+20:17	06:43
24	581	PEDRO Manos Simocas	arsm-associação recreativa são miguel	Veterano M40	01:55:13	+21:15	06:47
25	732	Ricardo Bio	individual	Senior Masculino	01:56:40	+22:41	06:52
26	742	Renato Jose Marques Martins	joaquim chaves saúde	Senior Masculino	01:57:09	+23:10	06:53
27	760	Ricardo Branquinho	nar - núcleo de atletismo de requeixo	Senior Masculino	01:57:41	+23:43	06:55
28	749	Pedro alves	melguinhas doc3s	Senior Masculino	01:58:01	+24:03	06:57
29	809	José Pereira	saca trilhos anadia	Veterano M40	01:58:18	+24:19	06:58
30	582	José Simões	arsm-associação recreativa são miguel	Veterano M50	01:58:42	+24:43	06:59
31	759	José Cruz	mt crecuspport	Veterano M40	02:00:06	+26:07	07:04
32	794	Manuel Oliveira	sc espinho - atletismo / antónio leitão	Veterano M50	02:00:35	+26:37	07:06
33	610	Miguel Viegas	dci/associação trilhos luso bussaco	Senior Masculino	02:00:47	+26:48	07:06
34	717	Filipe Silva Fonseca	individual	Veterano M40	02:01:05	+27:07	07:07
35	741	PEDRO PERALTA	individual	Veterano M50	02:01:19	+27:20	07:08
36	743	João Pedro Oliveira	joaquim chaves saúde	Veterano M40	02:01:35	+27:37	07:09
37	673	Hugo Silva	individual	Senior Masculino	02:02:56	+28:58	07:14
38	608	Miguel Silva	dci/associação trilhos luso bussaco	Senior Masculino	02:03:40	+29:41	07:16
39	774	Mário Rui de Campos Gonçalves	onda team	Veterano M50	02:03:44	+29:45	07:17
40	626	Alexandre Simões	espaço saúde	Senior Masculino	02:03:49	+29:51	07:17

TRAIL 17K - STAGE 1

17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	780	Nuno Coelho	os moitas	Veterano M40	02:04:10	+30:12	07:18
42	767	Francisco Valga	onda team	Senior Masculino	02:04:32	+30:34	07:20
43	772	Sergio Amaral	onda team	Veterano M40	02:04:33	+30:34	07:20
44	713	Carlos Lopes	individual	Veterano M40	02:04:38	+30:40	07:20
45	609	Miguel Teixeira	dci/associação trilhos luso bussaco	Senior Masculino	02:05:10	+31:11	07:22
46	798	Tiago Miguel Tavares Ribeiro	s.c.paradela	Senior Masculino	02:05:17	+31:18	07:22
47	689	Ricardo Jorge São Bento Pereira	individual	Senior Masculino	02:05:22	+31:24	07:23
48	692	Tiago Almeida	individual	Senior Masculino	02:05:47	+31:49	07:24
49	664	bruno sousa	individual	Senior Masculino	02:05:59	+32:01	07:25
50	547	NELSON ROSA	agd sports academy	Senior Masculino	02:05:59	+32:01	07:25
51	819	Nuno Miguel Vieira Teixeira	sportarc running	Senior Masculino	02:06:24	+32:25	07:26
52	805	Lisandro alves	saca trilhos anadia	Senior Masculino	02:07:19	+33:21	07:29
53	724	Nuno Almeida	individual	Veterano M40	02:07:24	+33:25	07:30
54	803	Joana João	saca trilhos anadia	Senior Feminino	02:08:13	+34:15	07:33
55	810	Albano João	saca trilhos anadia	Veterano M50	02:08:14	+34:16	07:33
56	800	Miguel Santos	s.c.paradela	Veterano M40	02:08:23	+34:24	07:33
57	711	António Trigueiro	individual	Veterano M40	02:08:23	+34:25	07:33
58	510	João Almada	a.d.travasso	Veterano M50	02:09:10	+35:11	07:36
59	790	David Felizardo	puzzle - centro de explicações de águeda	Senior Masculino	02:09:50	+35:51	07:38
60	789	Patrícia Silva	puzzle - centro de explicações de águeda	Senior Feminino	02:09:50	+35:51	07:38
61	795	Armando Cardoso	s.c.paradela	Senior Masculino	02:11:45	+37:47	07:45
62	644	CARINA PINHO	ginasio fit4fun	Senior Feminino	02:12:05	+38:07	07:46
63	736	Evaristo Bastos	individual	Veterano M50	02:13:41	+39:42	07:52
64	641	Emanuel António Pinto Rodrigues	fundiven	Senior Masculino	02:13:51	+39:53	07:52
65	782	Eugénio Santos	out 2 run/miro	Senior Masculino	02:13:54	+39:56	07:53
66	835	Luis Soares	laac - bike & sport	Veterano M40	02:14:04	+40:06	07:53
67	769	Rafael Oliveira	onda team	Senior Masculino	02:14:12	+40:14	07:54
68	544	MÁRCIO ALEXANDRE MELO DA SILVA	agd sports academy	Senior Masculino	02:14:13	+40:15	07:54
69	817	César Sousa	sc espinho - atletismo / antónio leitão	Veterano M40	02:14:16	+40:18	07:54
70	583	Rui Mota	atac - águeda trail aventura clube	Veterano M40	02:14:27	+40:28	07:55
71	504	Joao Pedro Sousa Matos	100juizo runners	Senior Masculino	02:15:16	+41:18	07:57
72	505	João Tiago dos Santos de Sousa	100juizo runners	Senior Masculino	02:15:17	+41:19	07:57
73	571	Inês Almeida Teixeira	águeda action club - actib	Senior Feminino	02:16:14	+42:16	08:01
74	585	ANTONIO MARQUES	avila runners	Veterano M50	02:16:39	+42:40	08:02
75	734	Avelino Silva	individual	Veterano M50	02:16:43	+42:44	08:03
76	512	João Paulo Nunes Pires	adabem running team	Veterano M40	02:17:45	+43:47	08:06
77	535	Bruno Tripeiro	agd sports academy	Senior Masculino	02:17:53	+43:54	08:07
78	710	António David Cerveira Mateus	individual	Veterano M40	02:18:00	+44:01	08:07
79	688	Ricardo Jorge Frade de Jesus	individual	Senior Masculino	02:18:10	+44:12	08:08
80	564	Epic Shit	agd sports academy	Veterano M40	02:18:47	+44:48	08:10
81	550	Samer Batista	agd sports academy	Senior Masculino	02:18:49	+44:50	08:10
82	702	Isabel Almeida	individual	Veterana F40	02:19:08	+45:09	08:11
83	511	João Alves	adabem running team	Senior Masculino	02:20:37	+46:38	08:16

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	605	Maria Ramos	dci/associação trilhos luso bussaco	Senior Feminino	02:20:38	+46:39	08:16
85	685	Nelson Rocha	individual	Senior Masculino	02:21:19	+47:21	08:19
86	60	Pedro Cruz	puzzle - centro de explicações de águeda	Senior Masculino	02:21:22	+47:23	08:19
87	574	Marcelo André Almeida Silva	águeda action club - actib	Senior Masculino	02:21:24	+47:25	08:19
88	518	Catarina Caetano	agd sports academy	Senior Feminino	02:21:33	+47:35	08:20
89	551	Telmo Miguel Como Neves	agd sports academy	Senior Masculino	02:21:51	+47:53	08:21
90	680	luis santos	individual	Senior Masculino	02:22:06	+48:08	08:22
91	503	João Miguel Tavares Garrido	100juizo runners	Senior Masculino	02:22:36	+48:38	08:23
92	815	Ana Silva	sc espinho - atletismo / antónio leitão	Veterana F40	02:23:10	+49:11	08:25
93	705	Paula Neves	individual	Veterana F40	02:23:12	+49:14	08:25
94	812	Nuno Albergaria	sc espinho - atletismo / antónio leitão	Senior Masculino	02:24:19	+50:21	08:29
95	579	PAULO FERREIRA	amigos do trail	Senior Masculino	02:24:20	+50:21	08:29
96	801	Ana Ribeiro	saca trilhos anadia	Senior Feminino	02:24:22	+50:24	08:30
97	719	João Paulo Pereira Hortênsio	individual	Veterano M40	02:24:58	+51:00	08:32
98	546	Miguel Portilho	agd sports academy	Senior Masculino	02:25:28	+51:29	08:33
99	532	BRUNO HENRIQUES	agd sports academy	Senior Masculino	02:25:28	+51:29	08:33
100	607	João Simões	dci/associação trilhos luso bussaco	Senior Masculino	02:26:55	+52:56	08:39
101	657	Palmira Vieira	individual	Senior Feminino	02:26:59	+53:01	08:39
102	721	Mário Carvalho	individual	Veterano M40	02:27:01	+53:03	08:39
103	630	Tiago Freitas Freitas	espaço saúde	Senior Masculino	02:27:42	+53:44	08:41
104	669	filipe pombo	individual	Senior Masculino	02:27:44	+53:46	08:41
105	793	Jorge Silva	s.c.espinho	Veterano M40	02:28:23	+54:25	08:44
106	831	Hugo Oliveira	vale de boi team	Senior Masculino	02:28:32	+54:34	08:44
107	738	Joaquim Balreira	individual	Veterano M50	02:28:34	+54:35	08:44
108	837	Bruno Nogueira Migueis	vamos a pé	Senior Masculino	02:28:37	+54:39	08:45
109	832	Mário António Pereira Migueis	vamos a pé	Veterano M40	02:28:37	+54:39	08:45
110	740	Octavio Sergio Rodrigues Linhares	individual	Veterano M50	02:28:57	+54:59	08:46
111	768	ivo leandro pinto goncalves	onda team	Senior Masculino	02:29:05	+55:07	08:46
112	573	André Sousa	águeda action club - actib	Senior Masculino	02:29:15	+55:17	08:47
113	733	Armando Monteiro	individual	Veterano M50	02:29:25	+55:26	08:47
114	727	Rafael Fernandes	individual	Veterano M40	02:30:52	+56:54	08:53
115	569	Samuel Guerra	agd sports academy	Veterano M40	02:31:07	+57:09	08:53
116	691	Roberto Pereira	individual	Senior Masculino	02:31:48	+57:50	08:56
117	565	Mário Santiago	agd sports academy	Veterano M40	02:32:10	+58:11	08:57
118	720	JORGE CARLOS PIÇARRA FERNANDES	individual	Veterano M40	02:32:46	+58:47	08:59
119	647	Gaspar Manuel Silva Araujo	grc telhadela	Veterano M40	02:32:56	+58:57	09:00
120	745	HERNANI SILVA	laac - bike & sport	Veterano M40	02:33:17	+59:19	09:01
121	746	JACINTO SILVA	laac - bike & sport	Veterano M40	02:33:17	+59:19	09:01
122	531	Antonio Pedro Tondela	agd sports academy	Senior Masculino	02:33:17	+59:19	09:01
123	818	Ricardo Rodrigues	seguros rodrigues	Senior Masculino	02:34:19	+01:00:21	09:05
124	682	Mário Vieira	individual	Senior Masculino	02:34:22	+01:00:24	09:05
125	672	Hugo	individual	Senior Masculino	02:35:12	+01:01:13	09:08
126	613	JOÃO PAULO	ddt runner	Veterano M40	02:35:15	+01:01:16	09:08
127	602	Rui Miguel Ferreira Rodrigues	cc family	Senior Masculino	02:35:30	+01:01:32	09:09
128	737	João Isidoro dos Santos	individual	Veterano M50	02:35:53	+01:01:54	09:10

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17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	807	João Gabriel	saca trilhos anadia	Veterano M40	02:35:55	+01:01:57	09:10
130	540	Hugo Lopes	agd sports academy	Senior Masculino	02:36:29	+01:02:31	09:12
131	763	Sérgio	oliveira runners	Senior Masculino	02:36:41	+01:02:42	09:13
132	764	Sergio Pereira	oliveira runners	Veterano M40	02:36:41	+01:02:42	09:13
133	762	Hugo Tavares	oliveira runners	Senior Masculino	02:36:41	+01:02:42	09:13
134	707	ALDA	individual	Veterana F50	02:37:31	+01:03:33	09:16
135	747	PEDRO AMARAL	laac - bike & sport	Veterano M40	02:37:32	+01:03:34	09:16
136	592	Severina Almeida	c.a.t.r. - correio de albergaria trail running	Veterana F40	02:37:38	+01:03:40	09:16
137	643	Sandra Canelha	g.d.ronda	Veterana F40	02:37:40	+01:03:42	09:17
138	830	Francisco Oliveira	vale de boi team	Senior Masculino	02:37:56	+01:03:58	09:17
139	676	Joao Filipe Marinho Marques	individual	Senior Masculino	02:38:14	+01:04:15	09:18
140	716	César Vidal	individual	Veterano M40	02:38:15	+01:04:17	09:19
141	580	LEANDRO MATOS	amigos do trail	Veterano M40	02:39:00	+01:05:01	09:21
142	513	Deolinda Faria	adosa os santa apolónia	Veterana F40	02:39:22	+01:05:24	09:23
143	730	Severo Coutinho	individual	Veterano M40	02:39:37	+01:05:38	09:23
144	735	cesar calvo	individual	Veterano M50	02:40:16	+01:06:18	09:26
145	728	Sérgio Ferreira	individual	Veterano M40	02:40:41	+01:06:42	09:27
146	594	Manuel Carlos Santos Dias	c.a.t.r. - correio de albergaria trail running	Veterano M40	02:42:29	+01:08:31	09:34
147	545	Marco António Alves Vicente	agd sports academy	Senior Masculino	02:43:27	+01:09:29	09:37
148	765	Ana Rita Almeida	onda team	Senior Feminino	02:44:00	+01:10:02	09:39
149	771	Carla Manuela Rodrigues Pinto Gonçalves	onda team	Veterana F50	02:44:00	+01:10:02	09:39
150	620	Delfina Maria Matos Rodrigues	espaço saúde	Senior Feminino	02:44:14	+01:10:15	09:40
151	635	Maria alice jesus de Almeida Corlho	espaço saúde	Veterana F50	02:44:28	+01:10:30	09:41
152	799	João Pedro Duarte Lopes	s.c.paradela	Veterano M40	02:45:17	+01:11:18	09:43
153	615	SMónica Fernandes	esadof	Senior Feminino	02:45:22	+01:11:23	09:44
154	595	Jil Coelho	c.d.c paradela	Senior Masculino	02:45:22	+01:11:24	09:44
155	576	Ricardo Jorge Baptista Ferreira	águeda action club - actib	Senior Masculino	02:46:03	+01:12:04	09:46
156	549	RICARDO MANUEL NEVES FERREIRA	agd sports academy	Senior Masculino	02:46:03	+01:12:04	09:46
157	666	Carlos Henrique Da Silva Neves	individual	Senior Masculino	02:46:10	+01:12:12	09:47
158	645	Mário Mendes	goodfellaswiseguys	Senior Masculino	02:47:11	+01:13:12	09:50
159	681	Marcos Roldão	individual	Senior Masculino	02:47:21	+01:13:23	09:51
160	625	Marlene Soares Gomes	espaço saúde	Senior Feminino	02:47:23	+01:13:24	09:51
161	556	Maria Calvo	agd sports academy	Veterana F40	02:47:28	+01:13:30	09:51
162	568	Pedro Teixeira	agd sports academy	Veterano M40	02:47:52	+01:13:54	09:53
163	577	VERA PINHO	amigos do trail	Senior Feminino	02:48:26	+01:14:27	09:54
164	553	Ana Patricia de Bastos Lemos	agd sports academy	Veterana F40	02:49:14	+01:15:16	09:57
165	563	António Costa	agd sports academy	Veterano M40	02:49:14	+01:15:16	09:57
166	651	Carina Gouveia	individual	Senior Feminino	02:49:43	+01:15:44	09:59
167	61	Pedro Isabel	puzzle - centro de explicações de águeda	Senior Masculino	02:49:54	+01:15:55	10:00
168	821	Jhonny dos Santos Marques	tainadas run team	Senior Masculino	02:50:47	+01:16:48	10:03
169	822	Joni Pandeirada Rocha	tainadas run team	Senior Masculino	02:50:47	+01:16:48	10:03
170	820	Alexandre de Oliveira Cardoso	tainadas run team	Senior Masculino	02:50:47	+01:16:49	10:03
171	665	Bruno Trindade	individual	Senior Masculino	02:51:00	+01:17:02	10:04

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17 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	684	Miguel de Oliveira	individual	Senior Masculino	02:51:00	+01:17:02	10:04
173	792	Nuno Pereira	rouxinóis d aldeia team	Senior Masculino	02:51:01	+01:17:02	10:04
174	501	Ana Mafalda Pereira	100juizo runners	Senior Feminino	02:51:16	+01:17:17	10:04
175	593	Humberto Almeida	c.a.t.r. - correio de albergaria trail running	Veterano M40	02:51:38	+01:17:39	10:06
176	804	Albano Almeida	saca trilhos anadia	Senior Masculino	02:51:50	+01:17:51	10:06
177	528	Rita Fonseca	agd sports academy	Senior Feminino	02:52:02	+01:18:04	10:07
178	614	PAULO FERREIRA	ddt runner	Veterano M40	02:52:54	+01:18:55	10:10
179	534	Bruno Roque	agd sports academy	Senior Masculino	02:53:02	+01:19:04	10:11
180	570	Alexandre Baptista	agd sports academy	Veterano M50	02:53:03	+01:19:05	10:11
181	578	ANDRES FERREIRA	amigos do trail	Senior Masculino	02:53:40	+01:19:42	10:13
182	555	Iolanda Tomaz	agd sports academy	Veterana F40	02:54:53	+01:20:54	10:17
183	718	HELDER MARQUES	individual	Veterano M40	02:55:25	+01:21:26	10:19
184	703	MARGARIDA RODRIGUES	individual	Veterana F40	02:55:42	+01:21:43	10:20
185	604	Claúdia Afonso	dci/associação trilhos luso bussaco	Senior Feminino	02:55:55	+01:21:57	10:21
186	520	Emanuela Corga Morais	agd sports academy	Senior Feminino	02:58:03	+01:24:04	10:28
187	527	MARISA PEREIRA MARQUES	agd sports academy	Senior Feminino	02:58:03	+01:24:05	10:28
188	517	Bruna Filipa de Almeida Alves da Costa	agd sports academy	Senior Feminino	02:58:03	+01:24:05	10:28
189	828	Cristina Meireles	umelga runners	Veterana F50	02:58:19	+01:24:20	10:29
190	829	Eduardo Meireles	umelga runners	Veterano M50	02:58:19	+01:24:21	10:29
191	601	Bruno Diogo	cc family	Senior Masculino	02:58:39	+01:24:41	10:31
192	700	Diana Pereira	individual	Veterana F40	02:59:14	+01:25:16	10:33
193	624	Mariana Girão	espaço saúde	Senior Feminino	03:00:12	+01:26:13	10:36
194	622	Maria Beirão	espaço saúde	Senior Feminino	03:00:15	+01:26:16	10:36
195	628	Joao Sousa	espaço saúde	Senior Masculino	03:00:15	+01:26:17	10:36
196	729	Sérgio Marco Medeiros Tavares	individual	Veterano M40	03:02:21	+01:28:23	10:44
197	603	Lucia Teles	cc family	Veterana F40	03:03:32	+01:29:33	10:48
198	632	Conceição Maria Simões Candeias	espaço saúde	Veterana F40	03:04:16	+01:30:18	10:50
199	722	Mário Silva	individual	Veterano M40	03:05:19	+01:31:20	10:54
200	661	Sofia Almeida	individual	Senior Feminino	03:05:19	+01:31:21	10:54
201	586	Júlio Terra	aztrail/mercentro	Veterano M50	03:07:03	+01:33:04	11:00
202	13	Filipe Cunha	aztrail/mercentro	Veterano M40	03:07:03	+01:33:04	11:00
203	589	Helena Isabel Amador Oliveira Pereira	bunheiro runners	Senior Feminino	03:07:36	+01:33:38	11:02
204	588	Ana Abreu Freire	bunheiro runners	Senior Feminino	03:08:00	+01:34:02	11:04
205	650	Ana Sofia Dias de Figueiredo	individual	Senior Feminino	03:09:01	+01:35:03	11:07
206	697	Carla Alexandra Soares Cardoso	individual	Veterana F40	03:09:01	+01:35:03	11:07
207	591	José Adérito Almeida Pinheiro	c.a.t.r. - correio de albergaria trail running	Senior Masculino	03:09:26	+01:35:27	11:09
208	639	Carolina Luis Ferreira dos Santos Silva	fundiven	Senior Feminino	03:09:32	+01:35:33	11:09
209	726	Paulo Batista	individual	Veterano M40	03:09:44	+01:35:45	11:10
210	590	suzana ferreira ribeiro	c.a.t.r. - correio de albergaria trail running	Senior Feminino	03:09:57	+01:35:58	11:10
211	723	Migue silva	individual	Veterano M40	03:10:23	+01:36:25	11:12
212	648	Ana almeida	individual	Senior Feminino	03:10:23	+01:36:25	11:12
213	814	Margarida Machado	sc espinho - atletismo / antónio leitão	Veterana F50	03:10:45	+01:36:47	11:13

TRAIL 17K - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	652	Catarina dias	individual	Senior Feminino	03:10:45	+01:36:47	11:13
215	816	António Albuquerque	sc espinho - atletismo / antónio leitão	Veterano M40	03:10:46	+01:36:47	11:13
216	554	Carla Lemos	agd sports academy	Veterana F40	03:10:46	+01:36:48	11:13
217	560	Anabela Xavier	agd sports academy	Veterana F50	03:10:46	+01:36:48	11:13
218	522	Gabriela Ladeira	agd sports academy	Senior Feminino	03:10:46	+01:36:48	11:13
219	539	Gilberto Santos	agd sports academy	Senior Masculino	03:10:53	+01:36:54	11:14
220	670	Francisco José dos Santos Sousa	individual	Senior Masculino	03:10:58	+01:37:00	11:14
221	683	Miguel A. Martins	individual	Senior Masculino	03:11:06	+01:37:07	11:14
222	640	Cristina Almeida Ribeiro	fundiven	Senior Feminino	03:12:22	+01:38:23	11:19
223	785	Inês Mendonça	ozxtreme	Senior Feminino	03:13:18	+01:39:19	11:22
224	770	Elizabete Ferreira	onda team	Veterana F40	03:13:38	+01:39:39	11:23
225	678	João Tavares	individual	Senior Masculino	03:14:46	+01:40:47	11:27
226	826	Ricardo Silva	tarahumara	Veterano M40	03:15:12	+01:41:14	11:29
227	825	Carlos Leitão	tarahumara	Veterano M40	03:15:13	+01:41:14	11:29
228	824	Hugo Godinho	tarahumara	Senior Masculino	03:15:13	+01:41:14	11:29
229	823	Fábio Silva	tarahumara	Senior Masculino	03:15:13	+01:41:15	11:29
230	599	Filomena Moraes Costa Soares	cc family	Senior Feminino	03:15:50	+01:41:51	11:31
231	597	Ana Silva Lopes	cc family	Senior Feminino	03:15:50	+01:41:51	11:31
232	506	José Miguel Oliveira Rodrigues	100juizo runners	Senior Masculino	03:15:55	+01:41:56	11:31
233	502	João André de Oliveira	100juizo runners	Senior Masculino	03:16:03	+01:42:05	11:32
234	515	Ana Sofia Torres	agd sports academy	Senior Feminino	03:16:08	+01:42:09	11:32
235	526	Mariana Dias	agd sports academy	Senior Feminino	03:16:08	+01:42:09	11:32
236	781	Isabel Jesus	out 2 run/miro	Senior Feminino	03:18:10	+01:44:11	11:39
237	775	Rui Ferreira	onda team	Veterano M50	03:18:10	+01:44:11	11:39
238	739	Nicolau Gouveia	individual	Veterano M50	03:18:33	+01:44:35	11:41
239	521	Filipa Reis	agd sports academy	Senior Feminino	03:18:37	+01:44:38	11:41
240	541	João Martins	agd sports academy	Senior Masculino	03:18:37	+01:44:39	11:41
241	559	Sónia Pereira	agd sports academy	Veterana F40	03:19:00	+01:45:01	11:42
242	529	Tânia Maria	agd sports academy	Senior Feminino	03:19:23	+01:45:25	11:44
243	525	Karina Ribeiro	agd sports academy	Senior Feminino	03:19:23	+01:45:25	11:44
244	659	Sandra Ribeiro	individual	Senior Feminino	03:20:43	+01:46:44	11:48
245	662	Tânia Leonor Henriques Tavares	individual	Senior Feminino	03:21:55	+01:47:57	11:53
246	777	Jacky Vieira Filipe	os franciscos	Senior Masculino	03:22:16	+01:48:17	11:54
247	655	Lia Miranda	individual	Senior Feminino	03:23:19	+01:49:21	11:58
248	660	Sara Fernandes	individual	Senior Feminino	03:23:19	+01:49:21	11:58
249	715	CARLOS RODRIGUES	individual	Veterano M40	03:26:24	+01:52:25	12:08
250	784	José Santos	out 2 run/miro	Veterano M50	03:26:27	+01:52:29	12:09
251	561	Kelly Farias	agd sports academy	Veterana F50	03:27:47	+01:53:49	12:13
252	575	Pedro Santiago	águeda action club - actib	Senior Masculino	03:27:56	+01:53:58	12:14
253	791	Fábio André Pereira Marques	rouxinóis d aldeia team	Senior Masculino	03:30:56	+01:56:57	12:24
254	708	MARIA BANDEIRA	individual	Veterana F50	03:32:03	+01:58:04	12:28
255	704	MARIA DIAS	individual	Veterana F40	03:32:03	+01:58:05	12:28
256	677	João Ricardo Rodrigues dos Reis	individual	Senior Masculino	03:32:19	+01:58:20	12:29
257	538	Emanuel Feio	agd sports academy	Senior Masculino	03:32:19	+01:58:21	12:29

TRAIL 17K - STAGE 1

17 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
258	621	Jéssica Faria Marques	espaço saúde	Senior Feminino	03:35:23	+02:01:24	12:40
259	536	DANIEL CANÁRIO	agd sports academy	Senior Masculino	03:35:32	+02:01:34	12:41
260	524	JOANA CANÁRIO	agd sports academy	Senior Feminino	03:35:32	+02:01:34	12:41
261	761	Catarina Marques	oliveira runners	Senior Feminino	03:35:36	+02:01:37	12:41
262	612	BRUNO CARDOSO	ddt runner	Senior Masculino	03:35:53	+02:01:54	12:42
263	523	Joana Araújo	agd sports academy	Senior Feminino	03:35:53	+02:01:55	12:42
264	618	Carla Sofia Rodrigues Tavares	espaço saúde	Senior Feminino	03:36:30	+02:02:32	12:44
265	617	Ana Teresa Cravo Silva Lopes	espaço saúde	Senior Feminino	03:36:31	+02:02:32	12:44
266	629	Luis filipe Jesus Vasconcelos	espaço saúde	Senior Masculino	03:37:46	+02:03:47	12:49
267	52	Tania Cristina Duarte Ferreira	out 2 run/miro	Senior Feminino	03:38:09	+02:04:10	12:50
268	779	Daniela Geitoeira	os moitas	Senior Feminino	03:41:49	+02:07:50	13:03
269	754	José Teixeira	mexe mexe em excelente companhia	Senior Masculino	03:45:12	+02:11:13	13:15
270	752	Neide Dias	mexe mexe em excelente companhia	Senior Feminino	03:45:12	+02:11:14	13:15
271	750	Cláudia Rosa	mexe mexe em excelente companhia	Senior Feminino	03:45:12	+02:11:14	13:15
272	751	Eliana Rodrigues	mexe mexe em excelente companhia	Senior Feminino	03:45:12	+02:11:14	13:15
273	753	Fábio Marques	mexe mexe em excelente companhia	Senior Masculino	03:45:12	+02:11:14	13:15
274	699	Cláudia Susana Guedes da Silva Ferreira Hortênsio	individual	Veterana F40	03:48:12	+02:14:14	13:25
275	30	Luis carlos lemos Ferreira	individual	Senior Masculino	03:49:17	+02:15:18	13:29
276	695	Ana rita duarte	individual	Veterana F40	03:55:11	+02:21:12	13:50
277	766	MARGARIDA CARDOSO	onda team	Senior Feminino	03:56:01	+02:22:03	13:53
278	776	vitlor cardoso	onda team	Veterano M50	03:56:02	+02:22:04	13:53
279	633	Amélia Santos	espaço saúde	Veterana F50	03:59:12	+02:25:14	14:04
280	584	Zenaida Andrade	avila runners	Veterana F40	04:01:15	+02:27:16	14:11
281	598	Andreia Filipa Santos Silva	cc family	Senior Feminino	04:01:40	+02:27:41	14:13
282	600	Liliana Teixeira	cc family	Senior Feminino	04:01:43	+02:27:45	14:13
283	706	Simone Gomes	individual	Veterana F40	04:03:43	+02:29:45	14:20
284	712	Artur Durães	individual	Veterano M40	04:03:44	+02:29:45	14:20
285	694	Vasyl Malyarchuk	individual	Senior Masculino	04:04:10	+02:30:11	14:22
286	542	João Rodrigues	agd sports academy	Senior Masculino	04:11:08	+02:37:10	14:46
287	558	Patrícia Cruz	agd sports academy	Veterana F40	04:11:08	+02:37:10	14:46
288	668	Filipe José Cardoso de Figueiredo	individual	Senior Masculino	04:22:20	+02:48:22	15:26
289	653	Cátia Rato	individual	Senior Feminino	04:22:21	+02:48:22	15:26
290	616	Ana Sofia Vidreiro Ribeiro	espaço saúde	Senior Feminino	04:22:21	+02:48:23	15:26
291	519	Diana Filipa Barbosa	agd sports academy	Senior Feminino	04:28:51	+02:54:52	15:49
292	537	DIOGO MICAEL ABRANTES DOS SANTOS	agd sports academy	Senior Masculino	04:28:52	+02:54:53	15:49
293	654	Diana Nogueira	individual	Senior Feminino	04:37:10	+03:03:11	16:18
294	631	Ana Guerra	espaço saúde	Veterana F40	04:37:13	+03:03:14	16:18
295	634	Isabel Tendeiro	espaço saúde	Veterana F50	04:37:14	+03:03:15	16:18
296	658	Renata Urbano	individual	Senior Feminino	04:58:41	+03:24:43	17:34
297	656	Maria Joao Cardoso	individual	Senior Feminino	05:00:05	+03:26:07	17:39

Trail 17k

17 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	15°C	100%
End	14:30	15°C	100%

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

1	802	Inês João	Saca Trilhos Anadia	Senior Feminino	01:54:02	+20:03	06:42
2	803	Joana João	Saca Trilhos Anadia	Senior Feminino	02:08:13	+34:15	07:33
3	789	Patrícia Silva	Puzzle - Centro de explicações de Águeda	Senior Feminino	02:09:50	+35:51	07:38
4	644	CARINA PINHO	GINASIO FIT4FUN	Senior Feminino	02:12:05	+38:07	07:46
5	571	Inês Almeida Teixeira	ÁGUEDA ACTION CLUB - ACTIB	Senior Feminino	02:16:14	+42:16	08:01
6	605	Maria Ramos	DCI/Associação Trilhos Luso Bussaco	Senior Feminino	02:20:38	+46:39	08:16
7	518	Catarina Caetano	AGD SPORTS ACADEMY	Senior Feminino	02:21:33	+47:35	08:20
8	801	Ana Ribeiro	Saca Trilhos Anadia	Senior Feminino	02:24:22	+50:24	08:30
9	657	Palmira Vieira	Individual	Senior Feminino	02:26:59	+53:01	08:39
10	765	Ana Rita Almeida	Onda team	Senior Feminino	02:44:00	+01:10:02	09:39
11	620	Delfina Maria Matos Rodrigues	ESPAÇO SAÚDE	Senior Feminino	02:44:14	+01:10:15	09:40
12	615	SMónica Fernandes	ESADOF	Senior Feminino	02:45:22	+01:11:23	09:44
13	625	Marlene Soares Gomes	ESPAÇO SAÚDE	Senior Feminino	02:47:23	+01:13:24	09:51
14	577	VERA PINHO	AMIGOS DO TRAIL	Senior Feminino	02:48:26	+01:14:27	09:54
15	651	Carina Gouveia	Individual	Senior Feminino	02:49:43	+01:15:44	09:59
16	501	Ana Mafalda Pereira	100JUIZO RUNNERS	Senior Feminino	02:51:16	+01:17:17	10:04
17	528	Rita Fonseca	AGD SPORTS ACADEMY	Senior Feminino	02:52:02	+01:18:04	10:07
18	604	Claúdia Afonso	DCI/Associação Trilhos Luso Bussaco	Senior Feminino	02:55:55	+01:21:57	10:21
19	520	Emanuela Corga Morais	AGD Sports Academy	Senior Feminino	02:58:03	+01:24:04	10:28
20	527	MARISA PEREIRA MARQUES	Agd Sports Academy	Senior Feminino	02:58:03	+01:24:05	10:28
21	517	Bruna Filipa de Almeida Alves da Costa	AGD Sports Academy	Senior Feminino	02:58:03	+01:24:05	10:28
22	624	Mariana Girão	Espaço Saúde	Senior Feminino	03:00:12	+01:26:13	10:36
23	622	Maria Beirão	Espaço Saúde	Senior Feminino	03:00:15	+01:26:16	10:36
24	661	Sofia Almeida	Individual	Senior Feminino	03:05:19	+01:31:21	10:54
25	589	Helena Isabel Amador Oliveira Pereira	Bunheiro Runners	Senior Feminino	03:07:36	+01:33:38	11:02
26	588	Ana Abreu Freire	Bunheiro Runners	Senior Feminino	03:08:00	+01:34:02	11:04
27	650	Ana Sofia Dias de Figueiredo	Individual	Senior Feminino	03:09:01	+01:35:03	11:07
28	639	Carolina Luis Ferreira dos Santos Silva	Fundiven	Senior Feminino	03:09:32	+01:35:33	11:09
29	590	suzana ferreira ribeiro	C.A.T.R. - Correio de Albergaria Trail Running	Senior Feminino	03:09:57	+01:35:58	11:10
30	648	Ana almeida	Individual	Senior Feminino	03:10:23	+01:36:25	11:12
31	652	Catarina dias	Individual	Senior Feminino	03:10:45	+01:36:47	11:13
32	522	Gabriela Ladeira	AGD SPORTS ACADEMY	Senior Feminino	03:10:46	+01:36:48	11:13
33	640	Cristina Almeida Ribeiro	Fundiven	Senior Feminino	03:12:22	+01:38:23	11:19
34	785	Inês Mendonça	Ozxtreme	Senior Feminino	03:13:18	+01:39:19	11:22
35	599	Filomena Morais Costa Soares	CC Family	Senior Feminino	03:15:50	+01:41:51	11:31
36	597	Ana Silva Lopes	CC Family	Senior Feminino	03:15:50	+01:41:51	11:31
37	515	Ana Sofia Torres	Agd sports academy	Senior Feminino	03:16:08	+01:42:09	11:32

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Trail 17k

17 KM

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OFFICIAL RESULT

[illegible]

38	526	Mariana Dias	AGD SPORTS ACADEMY	Senior Feminino	03:16:08	+01:42:09	11:32
39	781	Isabel Jesus	out 2 run/Miro	Senior Feminino	03:18:10	+01:44:11	11:39
40	521	Filipa Reis	AGD SPORTS ACADEMY	Senior Feminino	03:18:37	+01:44:38	11:41
41	529	Tânia Maria	AGD SPORTS ACADEMY	Senior Feminino	03:19:23	+01:45:25	11:44
42	525	Karina Ribeiro	AGD SPORTS ACADEMY	Senior Feminino	03:19:23	+01:45:25	11:44
43	659	Sandra Ribeiro	Individual	Senior Feminino	03:20:43	+01:46:44	11:48
44	662	Tânia Leonor Henriques Tavares	Individual	Senior Feminino	03:21:55	+01:47:57	11:53
45	655	Lia Miranda	Individual	Senior Feminino	03:23:19	+01:49:21	11:58
46	660	Sara Fernandes	Individual	Senior Feminino	03:23:19	+01:49:21	11:58
47	621	Jéssica Faria Marques	Espaço Saúde	Senior Feminino	03:35:23	+02:01:24	12:40
48	524	JOANA CANÁRIO	AGD SPORTS ACADEMY	Senior Feminino	03:35:32	+02:01:34	12:41
49	761	Catarina Marques	Oliveira Runners	Senior Feminino	03:35:36	+02:01:37	12:41
50	523	Joana Araújo	AGD SPORTS ACADEMY	Senior Feminino	03:35:53	+02:01:55	12:42
51	618	Carla Sofia Rodrigues Tavares	Espaço Saúde	Senior Feminino	03:36:30	+02:02:32	12:44
52	617	Ana Teresa Cravo Silva Lopes	Espaço Saúde	Senior Feminino	03:36:31	+02:02:32	12:44
53	52	Tania Cristina Duarte Ferreira	out 2 run/Miro	Senior Feminino	03:38:09	+02:04:10	12:50
54	779	Daniela Geitoeira	Os Moitas	Senior Feminino	03:41:49	+02:07:50	13:03
55	752	Neide Dias	Mexe Mexe em Excelente Companhia	Senior Feminino	03:45:12	+02:11:14	13:15
56	750	Cláudia Rosa	Mexe Mexe em Excelente Companhia	Senior Feminino	03:45:12	+02:11:14	13:15
57	751	Eliana Rodrigues	Mexe Mexe em Excelente Companhia	Senior Feminino	03:45:12	+02:11:14	13:15
58	766	MARGARIDA CARDOSO	ONDA TEAM	Senior Feminino	03:56:01	+02:22:03	13:53
59	598	Andreia Filipa Santos Silva	CC FAMILY	Senior Feminino	04:01:40	+02:27:41	14:13
60	600	Liliana Teixeira	CC Family	Senior Feminino	04:01:43	+02:27:45	14:13
61	653	Cátia Rato	Individual	Senior Feminino	04:22:21	+02:48:22	15:26
62	616	Ana Sofia Vidreiro Ribeiro	Espaço Saúde	Senior Feminino	04:22:21	+02:48:23	15:26
63	519	Diana Filipa Barbosa	AGD SPORTS ACADEMY	Senior Feminino	04:28:51	+02:54:52	15:49
64	654	Diana Nogueira	Individual	Senior Feminino	04:37:10	+03:03:11	16:18
65	658	Renata Urbano	Individual	Senior Feminino	04:58:41	+03:24:43	17:34
66	656	Maria Joao Cardoso	Individual	Senior Feminino	05:00:05	+03:26:07	17:39

Senior Masculino

1	787	PEDRO BASTOS	Ozxtreme	Senior Masculino	01:33:58	05:32
2	827	Rui Figueiredo	Trail Bela Bela	Senior Masculino	01:34:32	+00:34 05:34
3	836	LECOUFFLARD LOICK	Individual	Senior Masculino	01:40:51	+06:53 05:56
4	758	António Gomes	MT CRECUSport	Senior Masculino	01:41:09	+07:11 05:57
5	756	João Amândio	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Masculino	01:41:43	+07:44 05:59
6	687	PAULO DIAS	Individual	Senior Masculino	01:42:50	+08:51 06:03
7	606	Diogo Pimenta	DCI/Associação Trilhos Luso Bussaco	Senior Masculino	01:43:31	+09:32 06:05
8	671	Frederico das neves salgado	Individual	Senior Masculino	01:45:16	+11:18 06:12
9	811	Bruno Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Senior Masculino	01:48:41	+14:42 06:24
10	507	Pedro Rafael Tavares Garrido	100JUIZO RUNNERS	Senior Masculino	01:50:02	+16:03 06:28

Official Timekeeper: Lap2Go	2 / 8	generate 14-abr-2019 14:47
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Trail 17k

17 KM

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OFFICIAL RESULT

[illegible]

11	744	MARCO MELO	LAAC - BIKE & SPORT	Senior Masculino	01:50:20	+16:22	06:29
12	748	Márcio Cruz	Márcio Cruz	Senior Masculino	01:50:53	+16:54	06:31
13	786	Davide Carvalho	OzXtreme	Senior Masculino	01:53:59	+20:01	06:42
14	834	PAULO MIGUEL PEREIRA VIEGAS	OZxtreme	Senior Masculino	01:54:00	+20:01	06:42
15	533	Bruno Rodrigues	AGD SPORTS ACADEMY	Senior Masculino	01:54:07	+20:09	06:43
16	732	Ricardo Bio	Individual	Senior Masculino	01:56:40	+22:41	06:52
17	742	Renato Jose Marques Martins	Joaquim Chaves Saúde	Senior Masculino	01:57:09	+23:10	06:53
18	760	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Senior Masculino	01:57:41	+23:43	06:55
19	749	Pedro alves	Melguinhas doc3s	Senior Masculino	01:58:01	+24:03	06:57
20	610	Miguel Viegas	DCI/Associação Trilhos Luso Bussaco	Senior Masculino	02:00:47	+26:48	07:06
21	673	Hugo Silva	Individual	Senior Masculino	02:02:56	+28:58	07:14
22	608	Miguel Silva	DCI/Associação Trilhos Luso Bussaco	Senior Masculino	02:03:40	+29:41	07:16
23	626	Alexandre Simões	Espaço Saúde	Senior Masculino	02:03:49	+29:51	07:17
24	767	Francisco Valga	Onda Team	Senior Masculino	02:04:32	+30:34	07:20
25	609	Miguel Teixeira	DCI/Associação Trilhos Luso Bussaco	Senior Masculino	02:05:10	+31:11	07:22
26	798	Tiago Miguel Tavares Ribeiro	S.C.Paradela	Senior Masculino	02:05:17	+31:18	07:22
27	689	Ricardo Jorge São Bento Pereira	Individual	Senior Masculino	02:05:22	+31:24	07:23
28	692	Tiago Almeida	Individual	Senior Masculino	02:05:47	+31:49	07:24
29	664	bruno sousa	Individual	Senior Masculino	02:05:59	+32:01	07:25
30	547	NELSON ROSA	AGD SPORTS ACADEMY	Senior Masculino	02:05:59	+32:01	07:25
31	819	Nuno Miguel Vieira Teixeira	Sportarc Running	Senior Masculino	02:06:24	+32:25	07:26
32	805	Lisandro alves	Saca trilhos anadia	Senior Masculino	02:07:19	+33:21	07:29
33	790	David Felizardo	Puzzle - Centro de explicações de Águeda	Senior Masculino	02:09:50	+35:51	07:38
34	795	Armando Cardoso	S.C.Paradela	Senior Masculino	02:11:45	+37:47	07:45
35	641	Emanuel António Pinto Rodrigues	Fundiven	Senior Masculino	02:13:51	+39:53	07:52
36	782	Eugénio Santos	Out 2 run/Miro	Senior Masculino	02:13:54	+39:56	07:53
37	769	Rafael Oliveira	Onda Team	Senior Masculino	02:14:12	+40:14	07:54
38	544	MÁRCIO ALEXANDRE MELO DA SILVA	AGD Sports Academy	Senior Masculino	02:14:13	+40:15	07:54
39	504	Joao Pedro Sousa Matos	100JUIZO RUNNERS	Senior Masculino	02:15:16	+41:18	07:57
40	505	João Tiago dos Santos de Sousa	100JUIZO RUNNERS	Senior Masculino	02:15:17	+41:19	07:57
41	535	Bruno Tripeiro	AGD Sports Academy	Senior Masculino	02:17:53	+43:54	08:07
42	688	Ricardo Jorge Frade de Jesus	Individual	Senior Masculino	02:18:10	+44:12	08:08
43	550	Samer Batista	AGD SPORTS ACADEMY	Senior Masculino	02:18:49	+44:50	08:10
44	511	João Alves	ADABEM RUNNING TEAM	Senior Masculino	02:20:37	+46:38	08:16
45	685	Nelson Rocha	Individual	Senior Masculino	02:21:19	+47:21	08:19
46	60	Pedro Cruz	Puzzle - Centro de explicações de Águeda	Senior Masculino	02:21:22	+47:23	08:19
47	574	Marcelo André Almeida Silva	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	02:21:24	+47:25	08:19
48	551	Telmo Miguel Como Neves	AGD Sports Academy	Senior Masculino	02:21:51	+47:53	08:21
49	680	luis santos	Individual	Senior Masculino	02:22:06	+48:08	08:22
50	503	João Miguel Tavares Garrido	100JUIZO RUNNERS	Senior Masculino	02:22:36	+48:38	08:23
51	812	Nuno Albergaria	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Senior Masculino	02:24:19	+50:21	08:29

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Trail 17k

17 KM

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52	579	PAULO FERREIRA	AMIGOS DO TRAIL	Senior Masculino	02:24:20	+50:21	08:29
53	546	Miguel Portilho	AGD SPORTS ACADEMY	Senior Masculino	02:25:28	+51:29	08:33
54	532	BRUNO HENRIQUES	AGD Sports Academy	Senior Masculino	02:25:28	+51:29	08:33
55	607	João Simões	DCI/Associação Trilhos Luso Bussaco	Senior Masculino	02:26:55	+52:56	08:39
56	630	Tiago Freitas Freitas	Espaço Saúde	Senior Masculino	02:27:42	+53:44	08:41
57	669	filipe pombo	Individual	Senior Masculino	02:27:44	+53:46	08:41
58	831	Hugo Oliveira	Vale de Boi team	Senior Masculino	02:28:32	+54:34	08:44
59	837	Bruno Nogueira Migueis	Vamos a Pé	Senior Masculino	02:28:37	+54:39	08:45
60	768	ivo leandro pinto goncalves	onda TEAM	Senior Masculino	02:29:05	+55:07	08:46
61	573	André Sousa	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	02:29:15	+55:17	08:47
62	691	Roberto Pereira	Individual	Senior Masculino	02:31:48	+57:50	08:56
63	531	Antonio Pedro Tondela	AGD SPORTS ACADEMY	Senior Masculino	02:33:17	+59:19	09:01
64	818	Ricardo Rodrigues	Seguros Rodrigues	Senior Masculino	02:34:19	+01:00:21	09:05
65	682	Mário Vieira	Individual	Senior Masculino	02:34:22	+01:00:24	09:05
66	672	Hugo	Individual	Senior Masculino	02:35:12	+01:01:13	09:08
67	602	Rui Miguel Ferreira Rodrigues	CC Family	Senior Masculino	02:35:30	+01:01:32	09:09
68	540	Hugo Lopes	AGD Sports Academy	Senior Masculino	02:36:29	+01:02:31	09:12
69	763	Sérgio	Oliveira Runners	Senior Masculino	02:36:41	+01:02:42	09:13
70	762	Hugo Tavares	Oliveira Runners	Senior Masculino	02:36:41	+01:02:42	09:13
71	830	Francisco Oliveira	Vale de Boi team	Senior Masculino	02:37:56	+01:03:58	09:17
72	676	Joao Filipe Marinho Marques	Individual	Senior Masculino	02:38:14	+01:04:15	09:18
73	545	Marco António Alves Vicente	AGD SPORTS ACADEMY	Senior Masculino	02:43:27	+01:09:29	09:37
74	595	Jil Coelho	C.D.C Paradela	Senior Masculino	02:45:22	+01:11:24	09:44
75	576	Ricardo Jorge Baptista Ferreira	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	02:46:03	+01:12:04	09:46
76	549	RICARDO MANUEL NEVES FERREIRA	Agd Sports Academy	Senior Masculino	02:46:03	+01:12:04	09:46
77	666	Carlos Henrique Da Silva Neves	Individual	Senior Masculino	02:46:10	+01:12:12	09:47
78	645	Mário Mendes	GOODFELLASWISEGUYS	Senior Masculino	02:47:11	+01:13:12	09:50
79	681	Marcos Roldão	Individual	Senior Masculino	02:47:21	+01:13:23	09:51
80	61	Pedro Isabel	Puzzle - Centro de explicações de Águeda	Senior Masculino	02:49:54	+01:15:55	10:00
81	821	Jhonny dos Santos Marques	Tainadas Run Team	Senior Masculino	02:50:47	+01:16:48	10:03
82	822	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	02:50:47	+01:16:48	10:03
83	820	Alexandre de Oliveira Cardoso	Tainadas Run Team	Senior Masculino	02:50:47	+01:16:49	10:03
84	665	Bruno Trindade	Individual	Senior Masculino	02:51:00	+01:17:02	10:04
85	684	Miguel de Oliveira	Individual	Senior Masculino	02:51:00	+01:17:02	10:04
86	792	Nuno Pereira	Rouxinóis d aldeia Team	Senior Masculino	02:51:01	+01:17:02	10:04
87	804	Albano Almeida	Saca Trilhos Anadia	Senior Masculino	02:51:50	+01:17:51	10:06
88	534	Bruno Roque	AGD SPORTS ACADEMY	Senior Masculino	02:53:02	+01:19:04	10:11
89	578	ANDRES FERREIRA	AMIGOS DO TRAIL	Senior Masculino	02:53:40	+01:19:42	10:13
90	601	Bruno Diogo	CC Family	Senior Masculino	02:58:39	+01:24:41	10:31
91	628	Joao Sousa	Espaço Saúde	Senior Masculino	03:00:15	+01:26:17	10:36
92	591	José Adérito Almeida Pinheiro	C.A.T.R. - Correio de Albergaria Trail Running	Senior Masculino	03:09:26	+01:35:27	11:09
93	539	Gilberto Santos	AGD SPORTS ACADEMY	Senior Masculino	03:10:53	+01:36:54	11:14
94	670	Francisco José dos Santos Sousa	Individual	Senior Masculino	03:10:58	+01:37:00	11:14
95	683	Miguel A. Martins	Individual	Senior Masculino	03:11:06	+01:37:07	11:14

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96	678	João Tavares	Individual	Senior Masculino	03:14:46	+01:40:47	11:27
97	824	Hugo Godinho	Tarahumara	Senior Masculino	03:15:13	+01:41:14	11:29
98	823	Fábio Silva	Tarahumara	Senior Masculino	03:15:13	+01:41:15	11:29
99	506	José Miguel Oliveira Rodrigues	100JUIZO RUNNERS	Senior Masculino	03:15:55	+01:41:56	11:31
100	502	João André de Oliveira	100JUIZO RUNNERS	Senior Masculino	03:16:03	+01:42:05	11:32
101	541	João Martins	AGD SPORTS ACADEMY	Senior Masculino	03:18:37	+01:44:39	11:41
102	777	Jacky Vieira Filipe	Os Franciscos	Senior Masculino	03:22:16	+01:48:17	11:54
103	575	Pedro Santiago	ÁGUEDA ACTION CLUB - ACTIB	Senior Masculino	03:27:56	+01:53:58	12:14
104	791	Fábio André Pereira Marques	Rouxinóis d aldeia Team	Senior Masculino	03:30:56	+01:56:57	12:24
105	677	João Ricardo Rodrigues dos Reis	Individual	Senior Masculino	03:32:19	+01:58:20	12:29
106	538	Emanuel Feio	AGD Sports Academy	Senior Masculino	03:32:19	+01:58:21	12:29
107	536	DANIEL CANÁRIO	AGD SPORTS ACADEMY	Senior Masculino	03:35:32	+02:01:34	12:41
108	612	BRUNO CARDOSO	DDT RUNNER	Senior Masculino	03:35:53	+02:01:54	12:42
109	629	Luis filipe Jesus Vasconcelos	Espaço Saúde	Senior Masculino	03:37:46	+02:03:47	12:49
110	754	José Teixeira	Mexe Mexe em Excelente Companhia	Senior Masculino	03:45:12	+02:11:13	13:15
111	753	Fábio Marques	Mexe Mexe em Excelente Companhia	Senior Masculino	03:45:12	+02:11:14	13:15
112	30	Luis carlos lemos Ferreira	Individual	Senior Masculino	03:49:17	+02:15:18	13:29
113	694	Vasyl Malyarchuk	Individual	Senior Masculino	04:04:10	+02:30:11	14:22
114	542	João Rodrigues	AGD Sports Academy	Senior Masculino	04:11:08	+02:37:10	14:46
115	668	Filipe José Cardoso de Figueiredo	Individual	Senior Masculino	04:22:20	+02:48:22	15:26
116	537	DIOGO MICAEL ABRANTES DOS SANTOS	Agd Sports Academy	Senior Masculino	04:28:52	+02:54:53	15:49

Veterana F40

1	702	Isabel Almeida	Individual	Veterana F40	02:19:08	+45:09	08:11
2	815	Ana Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	02:23:10	+49:11	08:25
3	705	Paula Neves	Individual	Veterana F40	02:23:12	+49:14	08:25
4	592	Severina Almeida	C.A.T.R. - Correio de Albergaria Trail Running	Veterana F40	02:37:38	+01:03:40	09:16
5	643	Sandra Canelha	G.D.Ronda	Veterana F40	02:37:40	+01:03:42	09:17
6	513	Deolinda Faria	Adosa os santa Apolónia	Veterana F40	02:39:22	+01:05:24	09:23
7	556	Maria Calvo	AGD SPORTS ACADEMY	Veterana F40	02:47:28	+01:13:30	09:51
8	553	Ana Patricia de Bastos Lemos	AGD SPORTS ACADEMY	Veterana F40	02:49:14	+01:15:16	09:57
9	555	Iolanda Tomaz	AGD Sports Academy	Veterana F40	02:54:53	+01:20:54	10:17
10	703	MARGARIDA RODRIGUES	Individual	Veterana F40	02:55:42	+01:21:43	10:20
11	700	Diana Pereira	Individual	Veterana F40	02:59:14	+01:25:16	10:33
12	603	Lucia Teles	CC Family	Veterana F40	03:03:32	+01:29:33	10:48
13	632	Conceição Maria Simões Candeias	Espaço Saúde	Veterana F40	03:04:16	+01:30:18	10:50
14	697	Carla Alexandra Soares Cardoso	Individual	Veterana F40	03:09:01	+01:35:03	11:07
15	554	Carla Lemos	AGD Sports Academy	Veterana F40	03:10:46	+01:36:48	11:13
16	770	Elizabete Ferreira	Onda Team	Veterana F40	03:13:38	+01:39:39	11:23
17	559	Sónia Pereira	AGD Sports Academy	Veterana F40	03:19:00	+01:45:01	11:42
18	704	MARIA DIAS	Individual	Veterana F40	03:32:03	+01:58:05	12:28

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19	699	Cláudia Susana Guedes da Silva Ferreira Hortênsio	Individual	Veterana F40	03:48:12	+02:14:14	13:25
20	695	Ana rita duarte	Individual	Veterana F40	03:55:11	+02:21:12	13:50
21	584	Zenaida Andrade	Avila Runners	Veterana F40	04:01:15	+02:27:16	14:11
22	706	Simone Gomes	Individual	Veterana F40	04:03:43	+02:29:45	14:20
23	558	Patrícia Cruz	AGD Sports Academy	Veterana F40	04:11:08	+02:37:10	14:46
24	631	Ana Guerra	Espaço Saúde	Veterana F40	04:37:13	+03:03:14	16:18

Veterana F50

1	707	ALDA	Individual	Veterana F50	02:37:31	+01:03:33	09:16
2	771	Carla Manuela Rodrigues Pinto Gonçalves	ONDA TEAM	Veterana F50	02:44:00	+01:10:02	09:39
3	635	Maria alice jesus de Almeida Corlho	Espaço Saúde	Veterana F50	02:44:28	+01:10:30	09:41
4	828	Cristina Meireles	Umelga Runners	Veterana F50	02:58:19	+01:24:20	10:29
5	814	Margarida Machado	SC ESPINHO - ATLETISMO / ANTONIO LEITÃO	Veterana F50	03:10:45	+01:36:47	11:13
6	560	Anabela Xavier	AGD Sports Academy	Veterana F50	03:10:46	+01:36:48	11:13
7	561	Kelly Farias	AGD SPORTS ACADEMY	Veterana F50	03:27:47	+01:53:49	12:13
8	708	MARIA BANDEIRA	Individual	Veterana F50	03:32:03	+01:58:04	12:28
9	633	Amelia Santos	Espaço Saúde	Veterana F50	03:59:12	+02:25:14	14:04
10	634	Isabel Tendeiro	Espaço Saúde	Veterana F50	04:37:14	+03:03:15	16:18

Veterano M40

1	514	Joaquim silva	Adosa os santa Apolónia	Veterano M40	01:38:10	+04:12	05:47
2	596	João Moreira dos Santos	Casa do Povo	Veterano M40	01:38:40	+04:42	05:48
3	806	António Mariz	Saca Trilhos Anadia	Veterano M40	01:43:12	+09:13	06:04
4	808	Joaquim Sousa	Saca Trilhos Anadia	Veterano M40	01:43:47	+09:48	06:06
5	757	Alex Tondela	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M40	01:43:57	+09:58	06:07
6	714	Carlos Pereira	Individual	Veterano M40	01:53:04	+19:05	06:39
7	581	PEDRO Manos Simocas	ARSM-Associação Recreativa São Miguel	Veterano M40	01:55:13	+21:15	06:47
8	809	José Pereira	Saca Trilhos Anadia	Veterano M40	01:58:18	+24:19	06:58
9	759	José Cruz	MT CRECUSport	Veterano M40	02:00:06	+26:07	07:04
10	717	Filipe Silva Fonseca	Individual	Veterano M40	02:01:05	+27:07	07:07
11	743	João Pedro Oliveira	Joaquim Chaves Saúde	Veterano M40	02:01:35	+27:37	07:09
12	780	Nuno Coelho	Os Moitas	Veterano M40	02:04:10	+30:12	07:18
13	772	Sergio Amaral	Onda team	Veterano M40	02:04:33	+30:34	07:20
14	713	Carlos Lopes	Individual	Veterano M40	02:04:38	+30:40	07:20
15	724	Nuno Almeida	Individual	Veterano M40	02:07:24	+33:25	07:30
16	800	Miguel Santos	S.C.Paradela	Veterano M40	02:08:23	+34:24	07:33
17	711	António Trigueiro	Individual	Veterano M40	02:08:23	+34:25	07:33
18	835	Luis Soares	LAAC - BIKE & SPORT	Veterano M40	02:14:04	+40:06	07:53
19	817	César Sousa	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	02:14:16	+40:18	07:54

Trail 17k

17 KM

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OFFICIAL RESULT

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20	583	Rui Mota	ATAC - Águeda Trail Aventura Clube	Veterano M40	02:14:27	+40:28	07:55
21	512	João Paulo Nunes Pires	Adabem Running Team	Veterano M40	02:17:45	+43:47	08:06
22	710	António David Cerveira Mateus	Individual	Veterano M40	02:18:00	+44:01	08:07
23	564	Epic Shit	agd sports academy	Veterano M40	02:18:47	+44:48	08:10
24	719	João Paulo Pereira Hortênsio	Individual	Veterano M40	02:24:58	+51:00	08:32
25	721	Mário Carvalho	Individual	Veterano M40	02:27:01	+53:03	08:39
26	793	Jorge Silva	S.C.ESPINHO	Veterano M40	02:28:23	+54:25	08:4
27	832	Mário António Pereira Migueis	Vamos a Pé	Veterano M40	02:28:37	+54:39	08:45
28	727	Rafael Fernandes	Individual	Veterano M40	02:30:52	+56:54	08:53
29	569	Samuel Guerra	agd sports academy	Veterano M40	02:31:07	+57:09	08:53
30	565	Mário Santiago	AGD Sports Academy	Veterano M40	02:32:10	+58:11	08:57
31	720	JORGE CARLOS PIÇARRA FERNANDES	Individual	Veterano M40	02:32:46	+58:47	08:59
32	647	Gaspar Manuel Silva Araujo	GRC TELHADELA	Veterano M40	02:32:56	+58:57	09:00
33	745	HERNANI SILVA	LAAC - BIKE & SPORT	Veterano M40	02:33:17	+59:19	09:01
34	746	JACINTO SILVA	LAAC - BIKE & SPORT	Veterano M40	02:33:17	+59:19	09:01
35	613	JOÃO PAULO	DDT RUNNER	Veterano M40	02:35:15	+01:01:16	09:08
36	807	João Gabriel	Saca Trilhos Anadia	Veterano M40	02:35:55	+01:01:57	09:10
37	764	Sergio Pereira	Oliveira Runners	Veterano M40	02:36:41	+01:02:42	09:13
38	747	PEDRO AMARAL	LAAC - BIKE & SPORT	Veterano M40	02:37:32	+01:03:34	09:16
39	716	César Vidal	Individual	Veterano M40	02:38:15	+01:04:17	09:19
40	580	LEANDRO MATOS	AMIGOS DO TRAIL	Veterano M40	02:39:00	+01:05:01	09:21
41	730	Severo Coutinho	Individual	Veterano M40	02:39:37	+01:05:38	09:23
42	728	Sérgio Ferreira	Individual	Veterano M40	02:40:41	+01:06:42	09:27
43	594	Manuel Carlos Santos Dias	C.A.T.R. - Correio de Albergaria Trail Running	Veterano M40	02:42:29	+01:08:31	09:34
44	799	João Pedro Duarte Lopes	S.C.Paradela	Veterano M40	02:45:17	+01:11:18	09:43
45	568	Pedro Teixeira	AGD SPORTS ACADEMY	Veterano M40	02:47:52	+01:13:54	09:53
46	563	António Costa	AGD SPORTS ACADEMY	Veterano M40	02:49:14	+01:15:16	09:57
47	593	Humberto Almeida	C.A.T.R. - Correio de Albergaria Trail Running	Veterano M40	02:51:38	+01:17:39	10:06
48	614	PAULO FERREIRA	DDT RUNNER	Veterano M40	02:52:54	+01:18:55	10:10
49	718	HELDER MARQUES	Individual	Veterano M40	02:55:25	+01:21:26	10:19
50	729	Sérgio Marco Medeiros Tavares	Individual	Veterano M40	03:02:21	+01:28:23	10:44
51	722	Mário Silva	Individual	Veterano M40	03:05:19	+01:31:20	10:54
52	13	Filipe Cunha	AZtrail/Mercentro	Veterano M40	03:07:03	+01:33:04	11:00
53	726	Paulo Batista	Individual	Veterano M40	03:09:44	+01:35:45	11:10
54	723	Migue silva	Individual	Veterano M40	03:10:23	+01:36:25	11:12
55	816	António Albuquerque	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	03:10:46	+01:36:47	11:13
56	826	Ricardo Silva	Tarahumara	Veterano M40	03:15:12	+01:41:14	11:29
57	825	Carlos Leitão	Tarahumara	Veterano M40	03:15:13	+01:41:14	11:29
58	715	CARLOS RODRIGUES	Individual	Veterano M40	03:26:24	+01:52:25	12:08
59	712	Artur Durães	Individual	Veterano M40	04:03:44	+02:29:45	14:20

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Veterano M50

1	611	Carlos Cunha	DCI/Associação Trilhos Luso Bussaco	Veterano M50	01:54:16	+20:17	06:43
2	582	José Simões	ARSM-Associação Recreativa São Miguel	Veterano M50	01:58:42	+24:43	06:59
3	794	Manuel Oliveira	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M50	02:00:35	+26:37	07:06
4	741	PEDRO PERALTA	Individual	Veterano M50	02:01:19	+27:20	07:08
5	774	Mário Rui de Campos Gonçalves	ONDA TEAM	Veterano M50	02:03:44	+29:45	07:17
6	810	Albano João	Saca Trilhos Anadia	Veterano M50	02:08:14	+34:16	07:33
7	510	João Almada	A.D.TRAVASSO	Veterano M50	02:09:10	+35:11	07:36
8	736	Evaristo Bastos	Individual	Veterano M50	02:13:41	+39:42	07:52
9	585	ANTONIO MARQUES	Avila Runners	Veterano M50	02:16:39	+42:40	08:02
10	734	Avelino Silva	Individual	Veterano M50	02:16:43	+42:44	08:03
11	738	Joaquim Balreira	Individual	Veterano M50	02:28:34	+54:35	08:44
12	740	Octavio Sergio Rodrigues Linhares	Individual	Veterano M50	02:28:57	+54:59	08:46
13	733	Armando Monteiro	Individual	Veterano M50	02:29:25	+55:26	08:47
14	737	João Isidoro dos Santos	Individual	Veterano M50	02:35:53	+01:01:54	09:10
15	735	cesar calvo	Individual	Veterano M50	02:40:16	+01:06:18	09:26
16	570	Alexandre Baptista	AGD SPORTS ACADEMY	Veterano M50	02:53:03	+01:19:05	10:11
17	829	Eduardo Meireles	Umelga Runners	Veterano M50	02:58:19	+01:24:21	10:29
18	586	Júlio Terra	AZtrail/Mercentro	Veterano M50	03:07:03	+01:33:04	11:00
19	775	Rui Ferreira	Onda Team	Veterano M50	03:18:10	+01:44:11	11:39
20	739	Nicolau Gouveia	Individual	Veterano M50	03:18:33	+01:44:35	11:41
21	784	José Santos	out 2 run/Miro	Veterano M50	03:26:27	+01:52:29	12:09
22	776	vit0r cardoso	ONDA TEAM	Veterano M50	03:56:02	+02:22:04	13:53

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Official Timekeeper: Lap2Go	1 / 1	generate 14-abr-2019 14:47
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