

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:10	15,3°C	76%
End	12:03	17,8°C	67%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	539	MANUEL SOUSA	c.i. argoncilhe	Veterano M40	01:03:55		04:16
2	571	Nelson Feiteira	grupo de corrida de argoncilhe	Senior Masculino	01:06:31	+02:36	04:26
3	519	Paulo pinto	aztrail mercentro	Veterano M40	01:07:15	+03:19	04:29
4	692	Bruno Gonçalves	montanha clube trail running	Senior Masculino	01:09:11	+05:16	04:37
5	604	Fábio Reis	vale correr vale cambra	Senior Masculino	01:09:55	+06:00	04:40
6	743	Rui Oliveira	vila maior em turismo	Veterano M40	01:13:07	+09:11	04:52
7	606	Helder Robalinho	individual	Senior Masculino	01:13:07	+09:11	04:52
8	742	Júlio Oliveira	vila maior em turismo	Veterano M40	01:14:48	+10:52	04:59
9	527	tiago magalhaes	bravos & bravitas	Senior Masculino	01:16:30	+12:35	05:06
10	565	Diogo João	gaia trail	Veterano M40	01:17:04	+13:08	05:08
11	567	Hugo Figueiredo	gramidense infante futebol clube	Veterano M40	01:17:46	+13:50	05:11
12	745	Marco Neves	yazaki runners	Veterano M40	01:18:01	+14:05	05:12
13	516	Ricardo Silva	arranca toqueiras	Senior Masculino	01:18:42	+14:46	05:15
14	684	FABIO BARBOSA	lei runners	Senior Masculino	01:19:21	+15:25	05:17
15	719	Andre silva	sc espinho /atletismo antónio leitão	Senior Masculino	01:19:37	+15:41	05:18
16	754	Manuel domingues	caldas s. jorge sport clube	Veterano M50	01:19:46	+15:51	05:19
17	532	Valter Pinho	bravos & bravitas	Senior Masculino	01:20:08	+16:13	05:21
18	543	José Adelino	clube pessoal aguas gaia	Veterano M50	01:21:00	+17:05	05:24
19	614	Miguel Pinto	individual	Senior Masculino	01:22:04	+18:09	05:28
20	537	Joaquim Quintas da Silva Batista	btt sandim	Veterano M40	01:22:22	+18:27	05:30
21	700	Carlos Couto	outlaw runners	Veterano M40	01:22:41	+18:46	05:31
22	752	Pedro Rodrigues	individual	Senior Masculino	01:24:35	+20:39	05:38
23	610	LUÍS GOMES	individual	Senior Masculino	01:24:40	+20:44	05:39
24	602	Fábio Campos	individual	Senior Masculino	01:24:46	+20:51	05:39
25	526	Rui Teixeira	bravos & bravitas	Senior Masculino	01:25:12	+21:17	05:41
26	531	Joao sousa	bravos & bravitas	Veterano M40	01:25:18	+21:22	05:41
27	533	Sérgio	bravos & bravitas	Veterano M40	01:25:47	+21:51	05:43
28	578	António Prata D. Nascimento	grupo de corrida de argoncilhe	Veterano M50	01:26:09	+22:14	05:45
29	562	Eduardo Pinto	espinho trail	Veterano M40	01:26:12	+22:17	05:45
30	734	Alcino Santos	trail running clube btt sanguedo	Veterano M50	01:27:19	+23:24	05:49
31	540	Ramiro Silva	caldas s. jorge sport clube	Veterano M50	01:28:06	+24:11	05:52
32	523	Daniel Oliveira	bravos & bravitas	Senior Masculino	01:28:15	+24:20	05:53
33	568	Miguel Teixeira	gramidense infante futebol clube	Veterano M40	01:28:43	+24:47	05:55
34	593	Raquel Andrade	individual	Senior Feminino	01:29:31	+25:35	05:58
35	572	Tiago Oliveira	grupo de corrida de argoncilhe	Senior Masculino	01:29:33	+25:38	05:58
36	663	Manuel Abreu	individual	Veterano M40	01:30:29	+26:33	06:02
37	507	João Ribeiro	ahimaaz	Senior Masculino	01:30:35	+26:39	06:02
38	569	Bruno Andrade	grupo de corrida de argoncilhe	Senior Masculino	01:30:47	+26:51	06:03
39	625	Ricardo Pereira	individual	Senior Masculino	01:32:01	+28:06	06:08
40	744	António Marques	vila maior em turismo	Veterano M50	01:32:13	+28:18	06:09
41	656	JOAO NEVES	individual	Veterano M40	01:32:19	+28:23	06:09

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
42	506	Manuel Silva	a20's box	Veterano M40	01:32:30	+28:35	06:10
43	617	Nelson Reis	individual	Senior Masculino	01:32:31	+28:35	06:10
44	732	Nelson Aguiar	sflur (sociedade filarmónica lealdade ribeirense)	Veterano M40	01:32:48	+28:52	06:11
45	741	Carlos Costa	vila maior em turismo	Veterano M40	01:32:56	+29:01	06:12
46	720	MARLENE SOARES	sc espinho /atletismo antónio leitão	Veterana F40	01:33:47	+29:52	06:15
47	727	Cesar sousa	sc espinho /atletismo antónio leitão	Veterano M40	01:33:48	+29:52	06:15
48	677	Baltazar Ferreira	individual	Veterano M50	01:34:03	+30:07	06:16
49	703	Jorge Santos	outlaw runners	Veterano M50	01:34:52	+30:57	06:20
50	551	JOÃO PAULO CAMPOS	ddt runners	Veterano M40	01:35:15	+31:19	06:21
51	512	Joana Silva	arcorun	Senior Feminino	01:35:50	+31:55	06:23
52	685	NELSON FERNANDES	lei runners	Senior Masculino	01:36:00	+32:04	06:24
53	618	Paulo Carneiro	individual	Senior Masculino	01:36:02	+32:06	06:24
54	620	Pedro Conceição	individual	Senior Masculino	01:36:12	+32:17	06:25
55	662	Manuel Abreu	individual	Veterano M40	01:36:16	+32:21	06:25
56	651	Carlos Augusto Martins da Silva	individual	Veterano M40	01:36:20	+32:25	06:25
57	673	valter manuel rocha da silva sa	individual	Veterano M40	01:36:34	+32:39	06:26
58	536	Mariana Almeida Batista	btt sandim	Senior Feminino	01:36:41	+32:45	06:27
59	538	Marinho Quintas da Silva Batista	btt sandim	Veterano M40	01:36:41	+32:45	06:27
60	603	Fábio Emanuel Santos Silva	individual	Senior Masculino	01:36:44	+32:49	06:27
61	755	Tiago Magalhães	individual	Senior Masculino	01:36:47	+32:51	06:27
62	740	Carlos Freitas	trilhados	Senior Masculino	01:37:37	+33:41	06:30
63	623	Ricardo Cunha	individual	Senior Masculino	01:38:50	+34:54	06:35
64	678	fenando duarte ferreira	individual	Veterano M50	01:38:50	+34:54	06:35
65	616	Nelson Meira	individual	Senior Masculino	01:39:05	+35:10	06:36
66	724	Olga gomes	sc espinho /atletismo antónio leitão	Veterana F50	01:39:17	+35:21	06:37
67	546	Elizabethete Gonçalves	clube trilheiros & amigos	Veterana F40	01:39:53	+35:57	06:40
68	547	Manuel Freire	clube trilheiros & amigos	Veterano M40	01:39:54	+35:59	06:40
69	661	Luís Miguel Rodrigues Sá	individual	Veterano M40	01:40:15	+36:20	06:41
70	681	Júlio Nunes Teixeira	individual	Veterano M50	01:40:22	+36:26	06:41
71	667	Nelson Silva	individual	Veterano M40	01:40:24	+36:29	06:42
72	570	Mário João Silva Ibarra	grupo de corrida de argoncilhe	Senior Masculino	01:40:30	+36:35	06:42
73	751	Tiago Moreira	individual	Veterano M40	01:40:34	+36:39	06:42
74	559	Cristina Couto	espinho trail	Veterana F40	01:40:37	+36:42	06:43
75	609	Joel Filipe Oliveira Marques	individual	Senior Masculino	01:40:44	+36:48	06:43
76	664	Manuel António Prazeres Ribeiro	individual	Veterano M40	01:40:50	+36:54	06:43
77	587	Cheila Ferreira	individual	Senior Feminino	01:40:52	+36:57	06:44
78	534	urbino	bravos & bravitas	Veterano M40	01:41:05	+37:09	06:44
79	708	luís Miguel Brochado Costa	ripolins grijo a correr	Veterano M40	01:41:23	+37:28	06:46
80	564	Sandra Canelha	g.d.ronda	Veterana F40	01:41:30	+37:35	06:46
81	690	CARLOS SILVA	lei runners	Veterano M40	01:41:55	+37:59	06:48
82	513	Rui Viegas	arcorun	Senior Masculino	01:42:24	+38:29	06:50
83	622	Ricardo Barbosa	individual	Senior Masculino	01:42:33	+38:37	06:50
84	764	Sara Ferreira	individual	Senior Feminino	01:42:35	+38:39	06:50

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	613	Medina	individual	Senior Masculino	01:42:59	+39:03	06:52
86	520	catia alexandra	bravos & bravitas	Senior Feminino	01:43:15	+39:20	06:53
87	753	Renato Rodrigues	individual	Senior Masculino	01:43:49	+39:54	06:55
88	652	Carlos Lancha	individual	Veterano M40	01:43:57	+40:01	06:56
89	647	Manuela Sousa	grupo de corrida de argoncilhe	Veterana F50	01:44:14	+40:19	06:57
90	691	JOAQUIM QUEIROS	lei runners	Veterano M40	01:44:15	+40:20	06:57
91	675	Américo Vicente Amorim Alves Pinto	individual	Veterano M50	01:44:27	+40:31	06:58
92	582	Alejandra Santos Martins	individual	Senior Feminino	01:45:07	+41:11	07:00
93	615	Miguel Rothés	individual	Senior Masculino	01:45:07	+41:11	07:01
94	629	Tiago Tavares	individual	Senior Masculino	01:45:40	+41:45	07:03
95	660	Luis Gomes	individual	Veterano M40	01:46:05	+42:09	07:04
96	607	Hugo Tavares	individual	Senior Masculino	01:46:48	+42:53	07:07
97	600	Diogo Cruz	individual	Senior Masculino	01:46:52	+42:57	07:08
98	608	Humberto José de Lima Barros	individual	Senior Masculino	01:47:11	+43:15	07:09
99	552	PAULO FERREIRA	ddt runners	Veterano M40	01:47:26	+43:30	07:10
100	627	Tiago Pereira	individual	Senior Masculino	01:47:46	+43:51	07:11
101	573	Vasco Neves	grupo de corrida de argoncilhe	Senior Masculino	01:48:10	+44:14	07:13
102	654	Flavio	individual	Veterano M40	01:48:17	+44:21	07:13
103	557	Patrícia Gomes	espinho trail	Senior Feminino	01:48:33	+44:38	07:14
104	714	Nelson Miranda	running espinho	Senior Masculino	01:48:37	+44:41	07:14
105	665	Mário Araújo	individual	Veterano M40	01:48:40	+44:44	07:15
106	545	Manuel Santiago	clube pessoal aguas gaia	Veterano M50	01:49:17	+45:22	07:17
107	544	José Barbosa	clube pessoal aguas gaia	Veterano M50	01:49:17	+45:22	07:17
108	670	Rui Gabriel	individual	Veterano M40	01:50:41	+46:45	07:23
109	566	PAULO SILVA	gramidense infante futebol clube	Senior Masculino	01:50:43	+46:47	07:23
110	689	FATIMA PAIS	lei runners	Veterana F50	01:51:03	+47:07	07:24
111	731	Jose pereira	sc espinho /atletismo antónio leitão	Veterano M50	01:51:03	+47:08	07:24
112	574	Anabela Sousa	grupo de corrida de argoncilhe	Veterana F40	01:51:33	+47:38	07:26
113	728	Nuno pereira	sc espinho /atletismo antónio leitão	Veterano M40	01:51:56	+48:01	07:28
114	761	Roberto Oliveira	individual	Senior Masculino	01:51:57	+48:02	07:28
115	525	Ricardo Santos	bravos & bravitas	Senior Masculino	01:52:35	+48:40	07:30
116	707	Fernando Costa	pernetas	Veterano M40	01:53:06	+49:11	07:32
117	706	Susana Canhola	pernetas	Veterana F40	01:53:07	+49:11	07:32
118	738	Joaquim Norberto Alves das Neves	trepatrihos trail team	Senior Masculino	01:53:11	+49:15	07:33
119	510	Tiago Poças	ahimaaz	Veterano M40	01:53:42	+49:47	07:35
120	733	MARIA ALVES	trail running clube btt sanguedo	Veterana F40	01:54:15	+50:20	07:37
121	598	André Miguel Ferreira da Silva	individual	Senior Masculino	01:54:27	+50:31	07:38
122	580	Fernando Silva	grupo de corrida de argoncilhe	Veterano M50	01:55:52	+51:56	07:43
123	671	Rui Pedro Teixeira da Silva	individual	Veterano M40	01:56:14	+52:19	07:45
124	739	Ana Silva	trepatrihos trail team	Veterana F50	01:57:09	+53:13	07:49
125	701	Filipe Plnho	outlaw runners	Veterano M40	01:57:09	+53:13	07:49
126	621	Pedro Valente	individual	Senior Masculino	01:57:34	+53:39	07:50
127	676	ARMANDO FERNANDO PEDREIRAS SANTOS	individual	Veterano M50	01:57:45	+53:50	07:51
128	628	Tiago Pinto	individual	Senior Masculino	01:58:03	+54:07	07:52

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	640	Sandra Amorim	individual	Veterana F40	01:58:03	+54:07	07:52
130	679	Joaquim Jorge Silva Pereira Santos	individual	Veterano M50	01:58:29	+54:33	07:54
131	750	Francisco Silva	individual	Veterano M40	01:58:38	+54:43	07:55
132	704	Silvia Vilar	paulo correia reabilitação integrada	Veterana F40	01:59:20	+55:24	07:57
133	705	Paulo Correia	paulo correia reabilitação integrada	Veterano M40	01:59:21	+55:26	07:57
134	581	Rui Oliveira	grupo de corrida de argoncilhe	Veterano M50	02:00:13	+56:18	08:01
135	725	Antonio albuquerque	sc espinho /atletismo antónio leitão	Veterano M40	02:00:13	+56:18	08:01
136	726	Jorge Fontes	sc espinho /atletismo antónio leitão	Veterano M40	02:00:14	+56:18	08:01
137	711	Paula Sousa	running esmoriz	Veterana F40	02:00:19	+56:24	08:01
138	712	Américo Fonseca	running esmoriz	Veterano M40	02:00:20	+56:24	08:01
139	639	Paula Manuela Dias	individual	Veterana F40	02:00:27	+56:32	08:02
140	694	RUI SANTOS	os falta d'ar	Veterano M40	02:00:31	+56:35	08:02
141	674	Vítor Miguel Cardoso Araújo	individual	Veterano M40	02:00:36	+56:41	08:02
142	645	Fernanda Almeida	individual	Veterana F50	02:01:06	+57:10	08:04
143	693	Jorge Augusto Oliveira Guerra	os falta d'ar	Veterano M40	02:01:06	+57:11	08:04
144	501	Emiliana Rei	20 ver correr	Senior Feminino	02:01:53	+57:57	08:08
145	698	Isabel Santos	outlaw runners	Veterana F40	02:02:39	+58:44	08:11
146	644	Conceição Pereira	individual	Veterana F50	02:02:51	+58:56	08:11
147	522	Tânia silva	bravos & bravitas	Senior Feminino	02:03:17	+59:21	08:13
148	535	Pelágio Silva	bravos & bravitas	Veterano M50	02:03:19	+59:23	08:13
149	577	Luís Sargo	grupo de corrida de argoncilhe	Veterano M40	02:05:29	+01:01:33	08:22
150	579	Fernando Couto	grupo de corrida de argoncilhe	Veterano M50	02:06:30	+01:02:34	08:26
151	697	Marlene Gomes	outlaw runners	Senior Feminino	02:06:39	+01:02:44	08:27
152	508	Jonas Pinho	ahimaaz	Senior Masculino	02:06:42	+01:02:47	08:27
153	509	Tiago Alves	ahimaaz	Senior Masculino	02:06:43	+01:02:47	08:27
154	730	Silvio ferreira	sc espinho /atletismo antónio leitão	Veterano M40	02:06:44	+01:02:48	08:27
155	575	Rosalina Pais	grupo de corrida de argoncilhe	Veterana F40	02:06:44	+01:02:49	08:27
156	563	TONY BARBOSA	espinho trail	Veterano M40	02:07:09	+01:03:13	08:29
157	746	Mariline Baptista	individual	Senior Feminino	02:08:04	+01:04:09	08:32
158	709	Cristiana Pinto	running esmoriz	Senior Feminino	02:09:41	+01:05:45	08:39
159	710	Heliana Sá	running esmoriz	Senior Feminino	02:09:41	+01:05:46	08:39
160	713	António Porrão	running esmoriz	Veterano M50	02:09:43	+01:05:48	08:39
161	757	Rosa Almeida	individual	Veterana F40	02:10:59	+01:07:03	08:44
162	648	Paula cristina oliveira silva	individual	Veterana F50	02:11:00	+01:07:04	08:44
163	683	LILIANA MONTEIRO	lei runners	Senior Feminino	02:11:40	+01:07:44	08:47
164	748	Sofia Martins	individual	Senior Feminino	02:11:50	+01:07:54	08:47
165	550	BRUNO CARDOSO	ddt runners	Senior Masculino	02:12:43	+01:08:47	08:51
166	599	Bruno Teixeira	individual	Senior Masculino	02:12:59	+01:09:03	08:52
167	759	Diogo Silva	individual	Senior Masculino	02:13:00	+01:09:04	08:52
168	590	Juliana Couto	individual	Senior Feminino	02:13:13	+01:09:18	08:53
169	529	Virgínia	bravos & bravitas	Veterana F40	02:13:28	+01:09:33	08:54
170	737	Americo Oliveira	trail running suil park	Veterano M40	02:13:37	+01:09:42	08:55
171	517	Andreia Regal	arranca toqueiras	Veterana F40	02:13:50	+01:09:55	08:55
172	528	Vitor Bravo	bravos & bravitas	Senior Masculino	02:13:50	+01:09:55	08:55
173	687	LILIANA CANEDO	lei runners	Veterana F40	02:14:01	+01:10:06	08:56

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	554	Ana Tavares	espinho trail	Senior Feminino	02:14:07	+01:10:12	08:57
175	558	Ana Paula Cruz	espinho trail	Veterana F40	02:14:08	+01:10:12	08:57
176	688	ALZIRA FERREIRA	lei runners	Veterana F50	02:14:09	+01:10:13	08:57
177	561	Ana Duarte	espinho trail	Veterana F50	02:15:43	+01:11:48	09:03
178	555	CARLA PEREIRA	espinho trail	Senior Feminino	02:15:43	+01:11:48	09:03
179	560	CRISTINA DUARTE	espinho trail	Veterana F40	02:15:43	+01:11:48	09:03
180	682	DEBORA LOUREIRO	lei runners	Senior Feminino	02:16:00	+01:12:05	09:04
181	556	LETÍCIA OLIVEIRA	espinho trail	Senior Feminino	02:17:00	+01:13:05	09:08
182	686	CELESTE FERNANDES	lei runners	Veterana F40	02:18:05	+01:14:09	09:12
183	576	Jorge Vaz	grupo de corrida de argoncilhe	Veterano M40	02:20:55	+01:16:59	09:24
184	735	Liliana Gouveia	trail running suil park	Senior Feminino	02:25:06	+01:21:11	09:40
185	736	Salome Mota	trail running suil park	Veterana F40	02:25:50	+01:21:55	09:43
186	646	Joaquina Martins	individual	Veterana F50	02:27:01	+01:23:05	09:48
187	649	Álvaro Cairrão	individual	Veterano M40	02:28:04	+01:24:08	09:52
188	548	Celina Baptista	cncbacadapasso	Veterana F50	02:28:54	+01:24:59	09:56
189	549	Carlos Navega	cncbacadapasso	Veterano M50	02:28:55	+01:24:59	09:56
190	624	Ricardo Jorge Santos Pereira	individual	Senior Masculino	02:32:17	+01:28:21	10:09
191	596	Vânia Teresa Silva Pereira	individual	Senior Feminino	02:33:09	+01:29:13	10:13
192	672	Sergio Henrique Silva Pereira	individual	Veterano M40	02:33:16	+01:29:20	10:13
193	504	Abílio Costa	20 ver correr	Veterano M50	02:34:09	+01:30:14	10:17
194	502	Fátima Costa	20 ver correr	Veterana F40	02:34:09	+01:30:14	10:17
195	702	Sterling Bolivar	outlaw runners	Veterano M40	02:34:18	+01:30:23	10:17
196	630	Tito Bruno Alves	individual	Senior Masculino	02:34:28	+01:30:32	10:18
197	762	Isabel Aguiar	individual	Senior Feminino	02:35:18	+01:31:23	10:21
198	641	Sandra Ferreira	individual	Veterana F40	02:35:20	+01:31:24	10:21
199	637	Maria Emília Ferreira Oliveira	individual	Veterana F40	02:35:51	+01:31:56	10:23
200	653	Filipe Cardoso Araújo	individual	Veterano M40	02:35:52	+01:31:56	10:23
201	594	Rita Neves	individual	Senior Feminino	02:35:56	+01:32:01	10:24
202	511	Alexandra Soares	alexandra soares	Veterana F40	02:36:00	+01:32:05	10:24
203	611	Marcos Carvalho	individual	Senior Masculino	02:36:00	+01:32:05	10:24
204	642	Sandra Martins	individual	Veterana F40	02:36:00	+01:32:05	10:24
205	715	Silvia Costa	running espinho	Veterana F40	02:36:01	+01:32:05	10:24
206	718	Rui Soares	running espinho	Veterano M40	02:36:01	+01:32:05	10:24
207	717	Paulo Ferreira	running espinho	Veterano M40	02:36:01	+01:32:05	10:24
208	633	Clara Oliveira	individual	Veterana F40	02:36:01	+01:32:05	10:24
209	586	Carina rebelo	individual	Senior Feminino	02:36:43	+01:32:48	10:27
210	588	Deborah pereira	individual	Senior Feminino	02:36:44	+01:32:48	10:27
211	695	Cláudia Dias	outlaw runners	Senior Feminino	02:37:15	+01:33:20	10:29
212	699	Veronica Sampaio	outlaw runners	Veterana F40	02:37:15	+01:33:20	10:29
213	729	Sergio pinto	sc espinho /atletismo antónio leitão	Veterano M40	02:37:40	+01:33:44	10:31
214	722	Patricia couto	sc espinho /atletismo antónio leitão	Veterana F40	02:37:40	+01:33:44	10:31
215	716	Ana Oliveira	running espinho	Veterana F50	02:37:42	+01:33:47	10:31
216	505	Pedro Sousa	20 ver correr	Veterano M50	02:39:41	+01:35:45	10:39
217	503	Gilda Cunha	20 ver correr	Veterana F50	02:39:41	+01:35:46	10:39
218	515	Fernando lopes	arcorun	Veterano M40	02:40:16	+01:36:20	10:41
219	514	Patrícia Amorim	arcorun	Veterana F40	02:40:16	+01:36:21	10:41

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	585	Andréa Daniela Fernandes Santos	individual	Senior Feminino	02:41:51	+01:37:55	10:47
221	643	Alexandra Alão	individual	Veterana F50	02:41:52	+01:37:56	10:47
222	696	Erika Jesus	outlaw runners	Senior Feminino	02:42:58	+01:39:03	10:52
223	584	Ana Vilar	individual	Senior Feminino	02:43:49	+01:39:53	10:55
224	650	André Santos	individual	Veterano M40	02:43:49	+01:39:54	10:55
225	635	Leonor Lopes	individual	Veterana F40	02:43:50	+01:39:54	10:55
226	666	Nelson Silva	individual	Veterano M40	02:43:50	+01:39:55	10:55
227	749	Leonor Lopes	individual	Senior Feminino	02:43:50	+01:39:55	10:55
228	638	Nathalie beleza	individual	Veterana F40	02:43:53	+01:39:57	10:56
229	760	Julia Grilo	individual	Veterana F50	02:43:53	+01:39:57	10:56
230	591	Lúcia Mota	individual	Senior Feminino	02:44:43	+01:40:47	10:59
231	583	ANA ALMEIDA	individual	Senior Feminino	02:45:11	+01:41:15	11:01
232	541	serafim sousa	clube atletismo de lamas	Veterano M50	02:45:22	+01:41:26	11:01
233	597	Zita Coelho	individual	Senior Feminino	02:45:46	+01:41:50	11:03
234	530	Margarida	bravos & bravitas	Veterana F50	02:46:13	+01:42:17	11:05
235	524	Marco	bravos & bravitas	Senior Masculino	02:46:19	+01:42:23	11:05
236	521	Fatima carneiro	bravos & bravitas	Senior Feminino	02:46:21	+01:42:25	11:05
237	595	Vanessa Oliveira	individual	Senior Feminino	02:49:52	+01:45:56	11:19
238	634	Fernanda rocha	individual	Veterana F40	02:49:52	+01:45:57	11:20
239	589	Isaura Moreira	individual	Senior Feminino	02:49:53	+01:45:57	11:20

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:10	15,3°C	76%
End	12:03	17,8°C	67%

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

1	593	Raquel Andrade	Individual	Senior Feminino	01:29:31	+25:35	05:58
2	512	Joana Silva	ArcoRun	Senior Feminino	01:35:50	+31:55	06:23
3	536	Mariana Almeida Batista	Btt sandim	Senior Feminino	01:36:41	+32:45	06:27
4	587	Cheila Ferreira	Individual	Senior Feminino	01:40:52	+36:57	06:44
5	764	Sara Ferreira	Individual	Senior Feminino	01:42:35	+38:39	06:50
6	520	catia alexandra	Bravos & Bravitas	Senior Feminino	01:43:15	+39:20	06:53
7	582	Alejandra Santos Martins	Individual	Senior Feminino	01:45:07	+41:11	07:00
8	557	Patrícia Gomes	ESPINHO TRAIL	Senior Feminino	01:48:33	+44:38	07:14
9	501	Emiliana Rei	20 VER CORRER	Senior Feminino	02:01:53	+57:57	08:08
10	522	Tânia silva	Bravos & Bravitas	Senior Feminino	02:03:17	+59:21	08:13
11	697	Marlene Gomes	Outlaw Runners	Senior Feminino	02:06:39	+01:02:44	08:27
12	746	Mariline Baptista	Individual	Senior Feminino	02:08:04	+01:04:09	08:32
13	709	Cristiana Pinto	Running Esmoriz	Senior Feminino	02:09:41	+01:05:45	08:39
14	710	Heliana Sá	Running Esmoriz	Senior Feminino	02:09:41	+01:05:46	08:39
15	683	LILIANA MONTEIRO	LEI RUNNERS	Senior Feminino	02:11:40	+01:07:44	08:47
16	748	Sofia Martins	Individual	Senior Feminino	02:11:50	+01:07:54	08:47
17	590	Juliana Couto	Individual	Senior Feminino	02:13:13	+01:09:18	08:53
18	554	Ana Tavares	Espinho Trail	Senior Feminino	02:14:07	+01:10:12	08:57
19	555	CARLA PEREIRA	ESPINHO TRAIL	Senior Feminino	02:15:43	+01:11:48	09:03
20	682	DEBORA LOUREIRO	LEI RUNNERS	Senior Feminino	02:16:00	+01:12:05	09:04
21	556	LETÍCIA OLIVEIRA	ESPINHO TRAIL	Senior Feminino	02:17:00	+01:13:05	09:08
22	735	Liliana Gouveia	Trail Running Suil Park	Senior Feminino	02:25:06	+01:21:11	09:40
23	596	Vânia Teresa Silva Pereira	Individual	Senior Feminino	02:33:09	+01:29:13	10:13
24	762	Isabel Aguiar	Individual	Senior Feminino	02:35:18	+01:31:23	10:21
25	594	Rita Neves	Individual	Senior Feminino	02:35:56	+01:32:01	10:24
26	586	Carina rebelo	Individual	Senior Feminino	02:36:43	+01:32:48	10:27
27	588	Deborah pereira	Individual	Senior Feminino	02:36:44	+01:32:48	10:27
28	695	Cláudia Dias	Outlaw Runners	Senior Feminino	02:37:15	+01:33:20	10:29
29	585	Andréa Daniela Fernandes Santos	Individual	Senior Feminino	02:41:51	+01:37:55	10:47
30	696	Erika Jesus	Outlaw Runners	Senior Feminino	02:42:58	+01:39:03	10:52
31	584	Ana Vilar	Individual	Senior Feminino	02:43:49	+01:39:53	10:55
32	749	Leonor Lopes	Individual	Senior Feminino	02:43:50	+01:39:55	10:55
33	591	Lúcia Mota	Individual	Senior Feminino	02:44:43	+01:40:47	10:59
34	583	ANA ALMEIDA	Individual	Senior Feminino	02:45:11	+01:41:15	11:01
35	597	Zita Coelho	Individual	Senior Feminino	02:45:46	+01:41:50	11:03
36	521	Fatima carneiro	Bravos & Bravitas	Senior Feminino	02:46:21	+01:42:25	11:05
37	595	Vanessa Oliveira	Individual	Senior Feminino	02:49:52	+01:45:56	11:19
38	589	Isaura Moreira	Individual	Senior Feminino	02:49:53	+01:45:57	11:20

Official Timekeeper: Lap2Go	1 / 7	generate 10-jun-2019 13:08
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Trail Curto

15 KM

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OFFICIAL RESULT

[illegible]

Senior Masculino

1	571	Nelson Feiteira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:06:31	+02:36	04:26
2	692	Bruno Gonçalves	Montanha Clube Trail Running	Senior Masculino	01:09:11	+05:16	04:37
3	604	Fábio Reis	Vale Correr Vale Cambra	Senior Masculino	01:09:55	+06:00	04:40
4	606	Helder Robalinho	Individual	Senior Masculino	01:13:07	+09:11	04:52
5	527	tiago magalhaes	bravos & bravitas	Senior Masculino	01:16:30	+12:35	05:06
6	516	Ricardo Silva	Arranca Toqueiras	Senior Masculino	01:18:42	+14:46	05:15
7	684	FABIO BARBOSA	LEI RUNNERS	Senior Masculino	01:19:21	+15:25	05:17
8	719	Andre silva	SC Espinho /Atletismo António Leitão	Senior Masculino	01:19:37	+15:41	05:18
9	532	Valter Pinho	Bravos & Bravitas	Senior Masculino	01:20:08	+16:13	05:21
10	614	Miguel Pinto	Individual	Senior Masculino	01:22:04	+18:09	05:28
11	752	Pedro Rodrigues	Individual	Senior Masculino	01:24:35	+20:39	05:38
12	610	LUÍS GOMES	Individual	Senior Masculino	01:24:40	+20:44	05:39
13	602	Fábio Campos	Individual	Senior Masculino	01:24:46	+20:51	05:39
14	526	Rui Teixeira	Bravos & Bravitas	Senior Masculino	01:25:12	+21:17	05:41
15	523	Daniel Oliveira	Bravos & Bravitas	Senior Masculino	01:28:15	+24:20	05:53
16	572	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:29:33	+25:38	05:58
17	507	João Ribeiro	Ahimaaz	Senior Masculino	01:30:35	+26:39	06:02
18	569	Bruno Andrade	Grupo de Corrida de Argoncilhe	Senior Masculino	01:30:47	+26:51	06:03
19	625	Ricardo Pereira	Individual	Senior Masculino	01:32:01	+28:06	06:08
20	617	Nelson Reis	Individual	Senior Masculino	01:32:31	+28:35	06:10
21	685	NELSON FERNANDES	LEI RUNNERS	Senior Masculino	01:36:00	+32:04	06:24
22	618	Paulo Carneiro	Individual	Senior Masculino	01:36:02	+32:06	06:24
23	620	Pedro Conceição	Individual	Senior Masculino	01:36:12	+32:17	06:25
24	603	Fábio Emanuel Santos Silva	Individual	Senior Masculino	01:36:44	+32:49	06:27
25	755	Tiago Magalhães	Individual	Senior Masculino	01:36:47	+32:51	06:27
26	740	Carlos Freitas	Trilhados	Senior Masculino	01:37:37	+33:41	06:30
27	623	Ricardo Cunha	Individual	Senior Masculino	01:38:50	+34:54	06:35
28	616	Nelson Meira	Individual	Senior Masculino	01:39:05	+35:10	06:36
29	570	Mário João Silva Ibarra	Grupo de Corrida de Argoncilhe	Senior Masculino	01:40:30	+36:35	06:42
30	609	Joel Filipe Oliveira Marques	Individual	Senior Masculino	01:40:44	+36:48	06:43
31	513	Rui Viegas	ArcoRun	Senior Masculino	01:42:24	+38:29	06:50
32	622	Ricardo Barbosa	Individual	Senior Masculino	01:42:33	+38:37	06:50
33	613	Medina	Individual	Senior Masculino	01:42:59	+39:03	06:52
34	753	Renato Rodrigues	Individual	Senior Masculino	01:43:49	+39:54	06:55
35	615	Miguel Rothes	Individual	Senior Masculino	01:45:07	+41:11	07:01
36	629	Tiago Tavares	Individual	Senior Masculino	01:45:40	+41:45	07:03
37	607	Hugo Tavares	Individual	Senior Masculino	01:46:48	+42:53	07:07
38	600	Diogo Cruz	Individual	Senior Masculino	01:46:52	+42:57	07:08
39	608	Humberto José de Lima Barros	Individual	Senior Masculino	01:47:11	+43:15	07:09
40	627	Tiago Pereira	Individual	Senior Masculino	01:47:46	+43:51	07:11
41	573	Vasco Neves	Grupo de Corrida de Argoncilhe	Senior Masculino	01:48:10	+44:14	07:13
42	714	Nelson Miranda	Running Espinho	Senior Masculino	01:48:37	+44:41	07:14
43	566	PAULO SILVA	GRAMIDENSE INFANTE FUTEBOL CLUBE	Senior Masculino	01:50:43	+46:47	07:23

Official Timekeeper: Lap2Go	2 / 7	generate 10-jun-2019 13:08
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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

44	761	Roberto Oliveira	Individual	Senior Masculino	01:51:57	+48:02	07:28
45	525	Ricardo Santos	Bravos & Bravitas	Senior Masculino	01:52:35	+48:40	07:30
46	738	Joaquim Norberto Alves das Neves	TrepaTrilhos Trail Team	Senior Masculino	01:53:11	+49:15	07:33
47	598	André Miguel Ferreira da Silva	Individual	Senior Masculino	01:54:27	+50:31	07:38
48	621	Pedro Valente	Individual	Senior Masculino	01:57:34	+53:39	07:50
49	628	Tiago Pinto	Individual	Senior Masculino	01:58:03	+54:07	07:52
50	508	Jonas Pinho	Ahimaaz	Senior Masculino	02:06:42	+01:02:47	08:27
51	509	Tiago Alves	Ahimaaz	Senior Masculino	02:06:43	+01:02:47	08:27
52	550	BRUNO CARDOSO	DDT RUNNERS	Senior Masculino	02:12:43	+01:08:47	08:51
53	599	Bruno Teixeira	Individual	Senior Masculino	02:12:59	+01:09:03	08:52
54	759	Diogo Silva	Individual	Senior Masculino	02:13:00	+01:09:04	08:52
55	528	Vitor Bravo	Bravos & bravitas	Senior Masculino	02:13:50	+01:09:55	08:55
56	624	Ricardo Jorge Santos Pereira	Individual	Senior Masculino	02:32:17	+01:28:21	10:09
57	630	Tito Bruno Alves	Individual	Senior Masculino	02:34:28	+01:30:32	10:18
58	611	Marcos Carvalho	Individual	Senior Masculino	02:36:00	+01:32:05	10:24
59	524	Marco	Bravos & Bravitas	Senior Masculino	02:46:19	+01:42:23	11:05

Veterana F40

1	720	MARLENE SOARES	SC Espinho /Atletismo António Leitão	Veterana F40	01:33:47	+29:52	06:15
2	546	Elizabete Gonçalves	Clube Trilheiros & Amigos	Veterana F40	01:39:53	+35:57	06:40
3	559	Cristina Couto	ESPINHO TRAIL	Veterana F40	01:40:37	+36:42	06:43
4	564	Sandra Canelha	G.D.Ronda	Veterana F40	01:41:30	+37:35	06:46
5	574	Anabela Sousa	Grupo de Corrida de Argoncilhe	Veterana F40	01:51:33	+47:38	07:26
6	706	Susana Canhola	PERNETAS	Veterana F40	01:53:07	+49:11	07:32
7	733	MARIA ALVES	TRAIL RUNNING CLUBE BTT SANGUEDO	Veterana F40	01:54:15	+50:20	07:37
8	640	Sandra Amorim	Individual	Veterana F40	01:58:03	+54:07	07:52
9	704	Silvia Vilar	Paulo Correia Reabilitação Integrada	Veterana F40	01:59:20	+55:24	07:57
10	711	Paula Sousa	Running Esmoriz	Veterana F40	02:00:19	+56:24	08:01
11	639	Paula Manuela Dias	Individual	Veterana F40	02:00:27	+56:32	08:02
12	698	Isabel Santos	Outlaw Runners	Veterana F40	02:02:39	+58:44	08:11
13	575	Rosalina Pais	Grupo de Corrida de Argoncilhe	Veterana F40	02:06:44	+01:02:49	08:27
14	757	Rosa Almeida	Individual	Veterana F40	02:10:59	+01:07:03	08:44
15	529	Virgínia	Bravos & Bravitas	Veterana F40	02:13:28	+01:09:33	08:54
16	517	Andreia Regal	Arranca Toqueiras	Veterana F40	02:13:50	+01:09:55	08:55
17	687	LILIANA CANEDO	LEI RUNNERS	Veterana F40	02:14:01	+01:10:06	08:56
18	558	Ana Paula Cruz	Espinho Trail	Veterana F40	02:14:08	+01:10:12	08:57
19	560	CRISTINA DUARTE	ESPINHO TRAIL	Veterana F40	02:15:43	+01:11:48	09:03
20	686	CELESTE FERNANDES	LEI RUNNERS	Veterana F40	02:18:05	+01:14:09	09:12
21	736	Salome Mota	Trail Running Suil Park	Veterana F40	02:25:50	+01:21:55	09:43
22	502	Fátima Costa	20 VER CORRER	Veterana F40	02:34:09	+01:30:14	10:17
23	641	Sandra Ferreira	Individual	Veterana F40	02:35:20	+01:31:24	10:21
24	637	Maria Emília Ferreira Oliveira	Individual	Veterana F40	02:35:51	+01:31:56	10:23
25	511	Alexandra Soares	Alexandra Soares	Veterana F40	02:36:00	+01:32:05	10:24

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

26	642	Sandra Martins	Individual	Veterana F40	02:36:00	+01:32:05	10:24
27	715	Silvia Costa	Running Espinho	Veterana F40	02:36:01	+01:32:05	10:24
28	633	Clara Oliveira	Individual	Veterana F40	02:36:01	+01:32:05	10:24
29	699	Veronica Sampaio	Outlaw Runners	Veterana F40	02:37:15	+01:33:20	10:29
30	722	Patricia couto	SC Espinho /Atletismo António Leitão	Veterana F40	02:37:40	+01:33:44	10:31
31	514	Patrícia Amorim	Arcorun	Veterana F40	02:40:16	+01:36:21	10:41
32	635	Leonor Lopes	Individual	Veterana F40	02:43:50	+01:39:54	10:55
33	638	Nathalie beleza	Individual	Veterana F40	02:43:53	+01:39:57	10:56
34	634	Fernanda rocha	Individual	Veterana F40	02:49:52	+01:45:57	11:20

Veterana F50

1	724	Olga gomes	SC Espinho /Atletismo António Leitão	Veterana F50	01:39:17	+35:21	06:37
2	647	Manuela Sousa	Grupo de Corrida de Argoncilhe	Veterana F50	01:44:14	+40:19	06:57
3	689	FATIMA PAIS	LEI RUNNERS	Veterana F50	01:51:03	+47:07	07:24
4	739	Ana Silva	TrepaTrilhos Trail Team	Veterana F50	01:57:09	+53:13	07:49
5	645	Fernanda Almeida	Individual	Veterana F50	02:01:06	+57:10	08:04
6	644	Conceição Pereira	Individual	Veterana F50	02:02:51	+58:56	08:11
7	648	Paula cristina oliveira silva	Individual	Veterana F50	02:11:00	+01:07:04	08:44
8	688	ALZIRA FERREIRA	LEI RUNNERS	Veterana F50	02:14:09	+01:10:13	08:57
9	561	Ana Duarte	Espinho Trail	Veterana F50	02:15:43	+01:11:48	09:03
10	646	Joaquina Martins	Individual	Veterana F50	02:27:01	+01:23:05	09:48
11	548	Celina Baptista	CNCBacadapasso	Veterana F50	02:28:54	+01:24:59	09:56
12	716	Ana Oliveira	Running Espinho	Veterana F50	02:37:42	+01:33:47	10:31
13	503	Gilda Cunha	20 VER CORRER	Veterana F50	02:39:41	+01:35:46	10:39
14	643	Alexandra Alão	Individual	Veterana F50	02:41:52	+01:37:56	10:47
15	760	Julia Grilo	Individual	Veterana F50	02:43:53	+01:39:57	10:56
16	530	Margarida	Bravos & Bravitas	Veterana F50	02:46:13	+01:42:17	11:05

Veterano M40

1	539	MANUEL SOUSA	C.I. ARGONCILHE	Veterano M40	01:03:55	04:16
2	519	Paulo pinto	AZTRAIL MERCENTRO	Veterano M40	01:07:15	+03:19 04:29
3	743	Rui Oliveira	Vila Maior em Turismo	Veterano M40	01:13:07	+09:11 04:52
4	742	Júlio Oliveira	Vila Maior em Turismo	Veterano M40	01:14:48	+10:52 04:59
5	565	Diogo João	Gaia Trail	Veterano M40	01:17:04	+13:08 05:08
6	567	Hugo Figueiredo	GRAMIDENSE INFANTE FUTEBOL CLUBE	Veterano M40	01:17:46	+13:50 05:11
7	745	Marco Neves	Yazaki runners	Veterano M40	01:18:01	+14:05 05:12
8	537	Joaquim Quintas da Silva Batista	Btt sandim	Veterano M40	01:22:22	+18:27 05:30
9	700	Carlos Couto	Outlaw Runners	Veterano M40	01:22:41	+18:46 05:31
10	531	Joao sousa	Bravos & Bravitas	Veterano M40	01:25:18	+21:22 05:41
11	533	Sérgio	Bravos & Bravitas	Veterano M40	01:25:47	+21:51 05:43
12	562	Eduardo Pinto	ESPINHO TRAIL	Veterano M40	01:26:12	+22:17 05:45

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

13	568	Miguel Teixeira	GRAMIDENSE INFANTE FUTEBOL CLUBE	Veterano M40	01:28:43	+24:47	05:55
14	663	Manuel Abreu	Individual	Veterano M40	01:30:29	+26:33	06:02
15	656	JOAO NEVES	Individual	Veterano M40	01:32:19	+28:23	06:09
16	506	Manuel Silva	A20'S Box	Veterano M40	01:32:30	+28:35	06:10
17	732	Nelson Aguiar	SFLUR (Sociedade Filarmónica Lealdade Ribeirense)	Veterano M40	01:32:48	+28:52	06:11
18	741	Carlos Costa	Vila Maior em Turismo	Veterano M40	01:32:56	+29:01	06:12
19	727	Cesar sousa	SC Espinho /Atletismo António Leitão	Veterano M40	01:33:48	+29:52	06:13
20	551	JOÃO PAULO CAMPOS	DDT RUNNERS	Veterano M40	01:35:15	+31:19	06:21
21	662	Manuel Abreu	Individual	Veterano M40	01:36:16	+32:21	06:25
22	651	Carlos Augusto Martins da Silva	Individual	Veterano M40	01:36:20	+32:25	06:25
23	673	valter manuel rocha da silva sa	Individual	Veterano M40	01:36:34	+32:39	06:26
24	538	Marinho Quintas da Silva Batista	Btt sandim	Veterano M40	01:36:41	+32:45	06:27
25	547	Manuel Freire	Clube Trilheiros & Amigos	Veterano M40	01:39:54	+35:59	06:40
26	661	Luís Miguel Rodrigues Sá	Individual	Veterano M40	01:40:15	+36:20	06:41
27	667	Nelson Silva	Individual	Veterano M40	01:40:24	+36:29	06:42
28	751	Tiago Moreira	Individual	Veterano M40	01:40:34	+36:39	06:42
29	664	Manuel António Prazeres Ribeiro	Individual	Veterano M40	01:40:50	+36:54	06:43
30	534	urbino	bravos & bravitas	Veterano M40	01:41:05	+37:09	06:44
31	708	luís Miguel Brochado Costa	RIPOLINS GRIJO A CORRER	Veterano M40	01:41:23	+37:28	06:46
32	690	CARLOS SILVA	LEI RUNNERS	Veterano M40	01:41:55	+37:59	06:48
33	652	Carlos Lancha	Individual	Veterano M40	01:43:57	+40:01	06:56
34	691	JOAQUIM QUEIROS	LEI RUNNERS	Veterano M40	01:44:15	+40:20	06:57
35	660	Luis Gomes	Individual	Veterano M40	01:46:05	+42:09	07:04
36	552	PAULO FERREIRA	DDT RUNNERS	Veterano M40	01:47:26	+43:30	07:10
37	654	Flavio	Individual	Veterano M40	01:48:17	+44:21	07:13
38	665	Mário Araújo	Individual	Veterano M40	01:48:40	+44:44	07:15
39	670	Rui Gabriel	Individual	Veterano M40	01:50:41	+46:45	07:23
40	728	Nuno pereira	SC Espinho /Atletismo António Leitão	Veterano M40	01:51:56	+48:01	07:28
41	707	Fernando Costa	PERNETAS	Veterano M40	01:53:06	+49:11	07:32
42	510	Tiago Poças	Ahimaaz	Veterano M40	01:53:42	+49:47	07:35
43	671	Rui Pedro Teixeira da Silva	Individual	Veterano M40	01:56:14	+52:19	07:45
44	701	Filipe Plinho	Outlaw Runners	Veterano M40	01:57:09	+53:13	07:49
45	750	Francisco Silva	Individual	Veterano M40	01:58:38	+54:43	07:55
46	705	Paulo Correia	Paulo Correia Reabilitação Integrada	Veterano M40	01:59:21	+55:26	07:57
47	725	Antonio albuquerque	SC Espinho /Atletismo António Leitão	Veterano M40	02:00:13	+56:18	08:01
48	726	Jorge Fontes	SC Espinho /Atletismo António Leitão	Veterano M40	02:00:14	+56:18	08:01
49	712	Américo Fonseca	Running Esmoriz	Veterano M40	02:00:20	+56:24	08:01
50	694	RUI SANTOS	OS FALTA D'AR	Veterano M40	02:00:31	+56:35	08:02
51	674	Vítor Miguel Cardoso Araújo	Individual	Veterano M40	02:00:36	+56:41	08:02
52	693	Jorge Augusto Oliveira Guerra	OS FALTA D'AR	Veterano M40	02:01:06	+57:11	08:04
53	577	Luís Sargo	Grupo de Corrida de Argoncilhe	Veterano M40	02:05:29	+01:01:33	08:22

Official Timekeeper: Lap2Go	5 / 7	generate 10-jun-2019 13:08
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Trail Curto

15 KM

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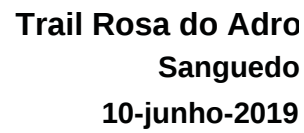
OFFICIAL RESULT

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54	730	Silvio ferreira	SC Espinho /Atletismo António Leitão	Veterano M40	02:06:44	+01:02:48	08:27
55	563	TONY BARBOSA	ESPINHO TRAIL	Veterano M40	02:07:09	+01:03:13	08:29
56	737	Americo Oliveira	Trail Running Suil Park	Veterano M40	02:13:37	+01:09:42	08:55
57	576	Jorge Vaz	Grupo de Corrida de Argoncilhe	Veterano M40	02:20:55	+01:16:59	09:24
58	649	Álvaro Cairrão	Individual	Veterano M40	02:28:04	+01:24:08	09:52
59	672	Sergio Henrique Silva Pereira	Individual	Veterano M40	02:33:16	+01:29:20	10:13
60	702	Sterling Bolivar	Outlaw Runners	Veterano M40	02:34:18	+01:30:23	10:17
61	653	Filipe Cardoso Araújo	Individual	Veterano M40	02:35:52	+01:31:56	10:23
62	718	Rui Soares	RUNNING ESPINHO	Veterano M40	02:36:01	+01:32:05	10:24
63	717	Paulo Ferreira	Running Espinho	Veterano M40	02:36:01	+01:32:05	10:24
64	729	Sergio pinto	SC Espinho /Atletismo António Leitão	Veterano M40	02:37:40	+01:33:44	10:31
65	515	Fernando lopes	Arcorun	Veterano M40	02:40:16	+01:36:20	10:41
66	650	André Santos	Individual	Veterano M40	02:43:49	+01:39:54	10:55
67	666	Nelson Silva	Individual	Veterano M40	02:43:50	+01:39:55	10:55

Veterano M50

1	754	Manuel domingos	Caldas S. Jorge Sport Clube	Veterano M50	01:19:46	+15:51	05:19
2	543	José Adelino	Clube Pessoal Aguas Gaia	Veterano M50	01:21:00	+17:05	05:24
3	578	António Prata D. Nascimento	Grupo de Corrida de Argoncilhe	Veterano M50	01:26:09	+22:14	05:45
4	734	Alcino Santos	TRAIL RUNNING CLUBE BTT SANGUEDO	Veterano M50	01:27:19	+23:24	05:49
5	540	Ramiro Silva	Caldas S. Jorge Sport Clube	Veterano M50	01:28:06	+24:11	05:52
6	744	António Marques	Vila Maior em Turismo	Veterano M50	01:32:13	+28:18	06:09
7	677	Baltazar Ferreira	Individual	Veterano M50	01:34:03	+30:07	06:16
8	703	Jorge Santos	Outlaw Runners	Veterano M50	01:34:52	+30:57	06:20
9	678	fenando duarte ferreira	Individual	Veterano M50	01:38:50	+34:54	06:35
10	681	Júlio Nunes Teixeira	Individual	Veterano M50	01:40:22	+36:26	06:41
11	675	Américo Vicente Amorim Alves Pinto	Individual	Veterano M50	01:44:27	+40:31	06:58
12	545	Manuel Santiago	Clube Pessoal Aguas Gaia	Veterano M50	01:49:17	+45:22	07:17
13	544	José Barbosa	Clube Pessoal Aguas Gaia	Veterano M50	01:49:17	+45:22	07:17
14	731	Jose pereira	SC Espinho /Atletismo António Leitão	Veterano M50	01:51:03	+47:08	07:24
15	580	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M50	01:55:52	+51:56	07:43
16	676	ARMANDO FERNANDO PEDREIRAS SANTOS	Individual	Veterano M50	01:57:45	+53:50	07:51
17	679	Joaquim Jorge Silva Pereira Santos	Individual	Veterano M50	01:58:29	+54:33	07:54
18	581	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M50	02:00:13	+56:18	08:01
19	535	Pelágio Silva	Bravos & Bravitas	Veterano M50	02:03:19	+59:23	08:13
20	579	Fernando Couto	Grupo de Corrida de Argoncilhe	Veterano M50	02:06:30	+01:02:34	08:26
21	713	António Porrão	Running Esmoriz	Veterano M50	02:09:43	+01:05:48	08:39
22	549	Carlos Navega	CNCBacadapasso	Veterano M50	02:28:55	+01:24:59	09:56
23	504	Abílio Costa	20 VER CORRER	Veterano M50	02:34:09	+01:30:14	10:17
24	505	Pedro Sousa	20 VER CORRER	Veterano M50	02:39:41	+01:35:45	10:39



15 KM

OFFICIAL RESULT

25	541	serafim sousa	Clube Atletismo de Lamas	Veterano M50	02:45:22	+01:41:26	11:01
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