

TRAIL CURTO - STAGE 1

14 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	7°C	100%
End	13:06	14°C	62%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1062	Rui Gomes	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:20:00		05:43
2	1063	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:20:38	+00:37	05:46
3	1090	Álvaro Gabriel Vasconcelos da Silva Moreira	fridão sem limites	Senior Masculino	01:21:02	+01:01	05:47
4	1014	Jorge Oliveira	a.d.amarante trail running / opraticante.pt	Veterano M40	01:26:26	+06:26	06:10
5	1118	Patrick Marques	gondomar futsal clube	Veterano M40	01:26:59	+06:58	06:13
6	1089	Adão Paulo Teixeira Monteiro	fridão sem limites	Senior Masculino	01:28:03	+08:03	06:17
7	1092	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	01:28:18	+08:18	06:18
8	1094	Paulo Teixeira Sousa	fridão sem limites	Veterano M40	01:28:46	+08:46	06:20
9	1091	Bruno Daniel Mendes Azevedo	fridão sem limites	Senior Masculino	01:29:47	+09:47	06:25
10	1244	António Ribeiro	marco runners	Senior Masculino	01:30:32	+10:31	06:28
11	1067	Andre Filipe Oliveira Almeida	factor x /s4l / medense fc	Senior Masculino	01:31:21	+11:21	06:32
12	1260	Hugo Romano	moinhos run - adrm	Veterano M40	01:31:49	+11:49	06:34
13	1015	Manuel Vieira	a.d.amarante trail running / opraticante.pt	Veterano M40	01:31:51	+11:51	06:34
14	1016	Miguel Barros	a.d.amarante trail running / opraticante.pt	Veterano M40	01:31:52	+11:51	06:34
15	1056	Bruno Alexandre Santos	ctad – trilhos de cinfães	Senior Masculino	01:31:57	+11:57	06:34
16	1029	Fernando Sousa	ca vila boa do bispo	Veterano M40	01:32:18	+12:17	06:36
17	1058	Bruno Santos	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:32:19	+12:18	06:36
18	1207	Carlos Pereira	individual	Veterano M40	01:33:34	+13:33	06:41
19	1060	Ricardo Barros	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:33:53	+13:52	06:42
20	103	Helder Camilo	moinhos run - adrm	Senior Masculino	01:34:12	+14:11	06:44
21	1017	Carlos Queirós	a.d.amarante trail running / opraticante.pt	Senior Masculino	01:35:11	+15:11	06:48
22	1061	Rogério Moreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:36:15	+16:14	06:53
23	1070	Vitor Moreira	factor x /s4l / medense fc	Senior Masculino	01:38:04	+18:04	07:00
24	1181	pedro emanuel pereira de castro	individual	Senior Masculino	01:38:45	+18:45	07:03
25	1174	Luís Sá	individual	Senior Masculino	01:39:06	+19:06	07:05
26	1341	Daniel Carvalho	individual	Senior Masculino	01:39:16	+19:15	07:05
27	1212	José Ribeiro	individual	Veterano M40	01:39:29	+19:29	07:06
28	1001	Rui Dias	#correratenumdarmais	Senior Masculino	01:39:50	+19:49	07:08
29	1030	João Ribeiro	ca vila boa do bispo	Veterano M50	01:39:55	+19:54	07:08
30	1339	Pedro Viana	factor x /s4l / medense fc	Senior Masculino	01:40:16	+20:15	07:10
31	1162	eurico fernando duarte magalhães	individual	Senior Masculino	01:40:38	+20:38	07:11
32	1093	Carlos Alexandre Moreira Pinto	fridão sem limites	Veterano M40	01:41:06	+21:05	07:13
33	1274	Carlos Vinhas	nocturnos de paredes	Veterano M50	01:41:10	+21:09	07:14
34	1253	Eva Monteiro	moinhos run - adrm	Senior Feminino	01:41:23	+21:22	07:15
35	1066	Telmo Ferreira	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:41:27	+21:26	07:15
36	1069	David Gonçalves	factor x /s4l / medense fc	Senior Masculino	01:41:31	+21:30	07:15
37	1075	Mário Pedro dos Santos Ferreira	factor x /s4l / medense fc	Veterano M40	01:41:34	+21:34	07:15
38	1039	Nuno Cunha	clube zipper	Senior Masculino	01:41:48	+21:47	07:16

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
39	1293	Rui Ferreira	pi 100 pé	Veterano M40	01:41:53	+21:53	07:17
40	1254	Inês Moreira	moinhos run - adrm	Senior Feminino	01:42:03	+22:02	07:17
41	1171	José Raul Moreira Soares	individual	Senior Masculino	01:42:19	+22:19	07:19
42	1040	Pedro Cancelo	clube zipper	Senior Masculino	01:42:26	+22:25	07:19
43	1291	Leandro Queiros	pi 100 pé	Veterano M40	01:43:14	+23:14	07:22
44	1076	Rui Miguel Moreira Mota	factor x /s4l / medense fc	Veterano M40	01:44:15	+24:15	07:27
45	1309	Laurindo Gomes	porto sentido runners	Veterano M40	01:44:16	+24:16	07:27
46	1059	Nuno Ferreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:44:51	+24:50	07:29
47	1048	Rui DeMatos	corre tascas running club	Senior Masculino	01:44:56	+24:56	07:30
48	1064	António Azevedo	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:45:00	+24:59	07:30
49	1280	Joel Ferreira	os aventureiros	Senior Masculino	01:45:01	+25:00	07:30
50	1109	Sandra Pera	gondomar futsal clube	Senior Feminino	01:45:09	+25:09	07:31
51	1241	Ricardo Rocha	manuel	Veterano M40	01:45:15	+25:15	07:31
52	1153	Carlos Jesus	individual	Senior Masculino	01:45:23	+25:22	07:32
53	1314	Carla Sousa	red line	Senior Feminino	01:46:23	+26:22	07:36
54	1315	Hugo Pereira	red line	Senior Masculino	01:46:24	+26:23	07:36
55	1316	José Carlos Sousa	red line	Senior Masculino	01:46:24	+26:24	07:36
56	1245	Filipe Rocha	marco runners	Senior Masculino	01:47:02	+27:01	07:39
57	1037	Sergio Fonseca	casa benfica marco	Veterano M40	01:47:05	+27:04	07:39
58	1333	Jose Sá	satecnosol outdoor	Senior Masculino	01:47:13	+27:12	07:40
59	1248	Rui Madureira	marco runners	Senior Masculino	01:47:27	+27:26	07:41
60	1321	CARLOS MANUEL DOS SANTOS ROCHA	sai da frente	Veterano M40	01:47:29	+27:29	07:41
61	1334	Angelo Ribeiro	individual	Senior Masculino	01:47:29	+27:29	07:41
62	1047	Nuno Meireles	corre tascas running club	Senior Masculino	01:47:37	+27:36	07:41
63	1154	Carlos Monteiro	individual	Senior Masculino	01:48:05	+28:05	07:43
64	1203	Alberto Freitas	individual	Veterano M40	01:48:05	+28:05	07:43
65	1342	Filipe Machado	individual	Senior Masculino	01:48:10	+28:09	07:44
66	1247	Pedro Nogueira	marco runners	Senior Masculino	01:48:12	+28:11	07:44
67	1146	Armando Magalhães	individual	Senior Masculino	01:48:13	+28:12	07:44
68	1160	Edgar Queiros	individual	Senior Masculino	01:48:15	+28:15	07:44
69	1041	Amilcar Lopes	clube zipper	Veterano M40	01:48:29	+28:28	07:45
70	1027	ricardo sampaio	brabus runners	Senior Masculino	01:48:32	+28:32	07:45
71	1007	Angela Soares	a.d.amarante trail running / opraticante.pt	Senior Feminino	01:48:35	+28:34	07:45
72	1049	António Malheiro	corre tascas running club	Veterano M40	01:49:06	+29:06	07:48
73	1269	Rui Miguel Sousa	mountain runners	Senior Masculino	01:49:27	+29:27	07:49
74	1088	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	01:49:46	+29:45	07:50
75	1216	Pedro Coelho	individual	Veterano M40	01:49:52	+29:52	07:51
76	1290	Pedro Ribeiro	pi 100 pé	Senior Masculino	01:50:15	+30:14	07:53
77	1246	Luis Vasconcelos	marco runners	Senior Masculino	01:50:38	+30:38	07:54
78	1022	António rocha	ana soraia ferreira	Senior Masculino	01:51:10	+31:09	07:56
79	1266	Patrícia Ribeiro	mountain runners	Senior Feminino	01:51:25	+31:24	07:58
80	1272	Joaquim teixeira	mountain runners	Veterano M40	01:51:25	+31:24	07:58
81	1267	Antonio Silva	mountain runners	Senior Masculino	01:51:25	+31:25	07:58
82	1150	Carlos Alberto Soares Moreira	individual	Senior Masculino	01:51:56	+31:56	08:00

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[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	1028	Sandro Afonso	brabus runners	Senior Masculino	01:52:06	+32:05	08:00
84	1189	Vítor Vieira	individual	Senior Masculino	01:52:35	+32:35	08:03
85	1122	Pedro Sousa	gondomar futsal clube	Veterano M50	01:53:12	+33:11	08:05
86	1013	Rosa Barros	a.d.amarante trail running / opraticante.pt	Veterana F40	01:53:18	+33:17	08:06
87	1287	António Ferreira	pi 100 pé	Senior Masculino	01:54:17	+34:17	08:10
88	1261	Pedro Vieira	moinhos run - adrm	Veterano M40	01:54:24	+34:24	08:10
89	1319	Pedro Machado	s. s. montepio	Senior Masculino	01:55:38	+35:38	08:16
90	1176	Nelson Lopes	individual	Senior Masculino	01:56:37	+36:37	08:20
91	1259	Nuno Moreira	moinhos run - adrm	Senior Masculino	01:56:44	+36:43	08:20
92	1074	João Neves	factor x /s4l / medense fc	Veterano M40	01:57:12	+37:12	08:22
93	1221	RUI TEIXEIRA	individual	Veterano M40	01:57:27	+37:26	08:23
94	1288	Filipe Soares	pi 100 pé	Senior Masculino	01:57:36	+37:35	08:24
95	1289	Paulo Moura	pi 100 pé	Senior Masculino	01:57:37	+37:36	08:24
96	1169	Jonatan Ribeiro	individual	Senior Masculino	01:58:06	+38:05	08:26
97	1219	rodrigo pinheiro aguiar	individual	Veterano M40	01:58:39	+38:38	08:29
98	1168	Joel Pinto	individual	Senior Masculino	01:58:51	+38:50	08:29
99	1156	Daniel coelho	individual	Senior Masculino	01:58:53	+38:52	08:30
100	1238	Eugenia Teixeira	keepmoving	Veterana F40	01:59:43	+39:42	08:33
101	1258	Manuel Pereira	moinhos run - adrm	Senior Masculino	02:00:08	+40:07	08:35
102	1271	Paulo Rafael Silva	mountain runners	Senior Masculino	02:00:19	+40:19	08:36
103	1012	Ricardo Teixeira	a.d.amarante trail running / opraticante.pt	Senior Masculino	02:00:20	+40:20	08:36
104	1318	Hugo Silva	s. s. montepio	Senior Masculino	02:00:45	+40:44	08:38
105	1197	Maria Joaquina da Silva Pinto	individual	Veterana F40	02:01:01	+41:01	08:39
106	1306	António Sousa	porto sentido runners	Veterano M40	02:02:27	+42:26	08:45
107	1011	Nuno André Moura	a.d.amarante trail running / opraticante.pt	Senior Masculino	02:02:38	+42:37	08:46
108	1225	Artur Mário de Carvalho Morais	individual	Veterano M50	02:02:49	+42:49	08:46
109	1239	Paula Anjos	keepmoving	Veterana F40	02:02:56	+42:55	08:47
110	1209	Daniel Vieira	individual	Veterano M40	02:02:58	+42:58	08:47
111	1042	AnaRita Silva	corre tascas running club	Senior Feminino	02:03:10	+43:10	08:48
112	1155	Celso Reis	individual	Senior Masculino	02:03:12	+43:11	08:48
113	1045	Manel Silva	corre tascas running club	Senior Masculino	02:03:21	+43:20	08:49
114	1043	Carla Malheiro	corre tascas running club	Senior Feminino	02:03:39	+43:39	08:50
115	1021	Adriano silva	ana soraia ferreira	Senior Masculino	02:03:55	+43:55	08:51
116	1185	Rui belarmino teixeira queiros	individual	Senior Masculino	02:05:12	+45:12	08:57
117	1003	César Rocha	#correratenumdarmais	Veterano M40	02:05:43	+45:42	08:59
118	1002	Isabel Dias	#correratenumdarmais	Veterana F40	02:05:43	+45:42	08:59
119	1186	Rui Manuel Cardoso Carril	individual	Senior Masculino	02:05:50	+45:49	08:59
120	1282	Emanuel Alves	osgordosteam	Senior Masculino	02:05:50	+45:50	08:59
121	1065	Rui Marques	douroconta - gabinete de apoio e contabilidade	Veterano M40	02:06:18	+46:17	09:01
122	1127	Ana Virgínia Lirio	individual	Senior Feminino	02:06:32	+46:32	09:02
123	1151	Carlos cunha	individual	Senior Masculino	02:06:37	+46:36	09:03
124	1180	Pedro costa	individual	Senior Masculino	02:06:37	+46:37	09:03
125	1178	Nuno Melo	individual	Senior Masculino	02:06:37	+46:37	09:03
126	1292	Marco Gonçalves	pi 100 pé	Veterano M40	02:06:38	+46:38	09:03
127	1264	Claudia Sousa	mountain runners	Senior Feminino	02:07:07	+47:06	09:05

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14 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
128	1294	Rui Ferreira	pi 100 pé	Veterano M40	02:07:18	+47:17	09:06
129	1302	Cidália Soares	porto sentido runners	Veterana F40	02:07:19	+47:18	09:06
130	1313	Fernando Ferraz	porto sentido runners	Veterano M50	02:07:19	+47:18	09:06
131	1165	João Filipe Moreira de Sousa	individual	Senior Masculino	02:07:47	+47:46	09:08
132	1283	Joel Alves	osgordosteam	Senior Masculino	02:08:16	+48:15	09:10
133	1009	Luís Mendes	a.d.amarante trail running / opraticante.pt	Senior Masculino	02:08:24	+48:23	09:10
134	1025	Antonio Joaquim Teixeira Magalhães	autistic runners / luis mota automoveis	Veterano M50	02:08:32	+48:32	09:11
135	1284	Sérgio Simões	osgordosteam	Senior Masculino	02:08:54	+48:53	09:12
136	1265	Ililiana Magalhães	mountain runners	Senior Feminino	02:09:05	+49:05	09:13
137	1250	Isabel Madureira	mcn night runners	Senior Feminino	02:09:08	+49:07	09:13
138	1163	Filipe Teixeira	individual	Senior Masculino	02:09:12	+49:11	09:14
139	1188	Tiago Oliveira	individual	Senior Masculino	02:09:12	+49:11	09:14
140	1158	Diogo Coelho	individual	Senior Masculino	02:09:12	+49:11	09:14
141	1100	Rafaela Ribeiro	generosos runners	Senior Feminino	02:09:24	+49:23	09:15
142	1072	Sónia Veludo	factor x /s4l / medense fc	Veterana F40	02:09:24	+49:24	09:15
143	1285	Marisa sousa	pés de chumbo	Senior Feminino	02:09:30	+49:30	09:15
144	1286	Maria Teixeira	pés de chumbo	Veterana F40	02:09:30	+49:30	09:15
145	1233	Paula Pereira	ironladies	Senior Feminino	02:09:48	+49:48	09:16
146	1263	Rui Quinta	moinhos run - adrm	Veterano M50	02:10:20	+50:20	09:19
147	1257	Carlos Gonçalves	moinhos run - adrm	Senior Masculino	02:10:20	+50:20	09:19
148	1262	Pedro Sá	moinhos run - adrm	Veterano M50	02:10:21	+50:20	09:19
149	1004	António Fernandes	#correratenumdarmais	Veterano M50	02:10:21	+50:20	09:19
150	1214	manuel vieira	individual	Veterano M40	02:10:29	+50:29	09:19
151	1152	Carlos Filipe Monteiro Silva	individual	Senior Masculino	02:10:34	+50:33	09:20
152	1195	JULIA MARIA BARBOSA DE OLIVEIRA BALTAZAR	individual	Veterana F40	02:11:00	+51:00	09:21
153	1073	Filipe Fonseca	factor x /s4l / medense fc	Veterano M40	02:11:01	+51:00	09:22
154	1055	Philippe Domingues	crossfit aveiro	Veterano M40	02:11:03	+51:03	09:22
155	1008	Carina Pereira	a.d.amarante trail running / opraticante.pt	Senior Feminino	02:11:16	+51:16	09:23
156	1010	Luís Pereira	a.d.amarante trail running / opraticante.pt	Senior Masculino	02:11:16	+51:16	09:23
157	1279	Bruno Castelo	os aventureiros	Senior Masculino	02:11:17	+51:17	09:23
158	1273	Graça Ribeiro	nocturnos de paredes	Veterana F50	02:11:32	+51:31	09:24
159	1068	Carlos Frutuoso	factor x /s4l / medense fc	Senior Masculino	02:11:52	+51:52	09:25
160	1087	Rolf Kullmann	fapomed, sa.	Veterano M40	02:12:06	+52:05	09:26
161	1018	João Cunha	acrorunners	Senior Masculino	02:14:31	+54:30	09:37
162	1019	Pedro Vieira	acrorunners	Senior Masculino	02:14:31	+54:30	09:37
163	1229	José Hilário Queirós de Barros	individual	Veterano M50	02:15:02	+55:02	09:39
164	1208	Daniel Gomes	individual	Veterano M40	02:15:08	+55:07	09:39
165	1036	Humberto Ferreira	caderneta de cromos	Senior Masculino	02:15:11	+55:11	09:39
166	1035	Filipe Silva	caderneta de cromos	Senior Masculino	02:15:12	+55:11	09:39
167	1051	susana margarida da silva cruz	crossfit aveiro	Senior Feminino	02:15:50	+55:49	09:42
168	1050	Liliana Ribeiro	crossfit aveiro	Senior Feminino	02:15:50	+55:49	09:42
169	1052	Filipe Nunes	crossfit aveiro	Senior Masculino	02:15:50	+55:49	09:42
170	1054	Dulce Almeida	crossfit aveiro	Veterana F40	02:15:50	+55:50	09:42
171	1053	Ricardo Alexandre de Jesus Oliveira	crossfit aveiro	Senior Masculino	02:15:50	+55:50	09:42

TRAIL CURTO - STAGE 1

14 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	1300	Vera Lúcia Sousa	porto sentido runners	Senior Feminino	02:16:30	+56:29	09:45
173	1213	luis mota	individual	Veterano M40	02:16:35	+56:35	09:45
174	1220	Rui Sousa	individual	Veterano M40	02:16:39	+56:39	09:46
175	1006	Ana Mendonça	a.d.amaranate trail running / opraticante.pt	Senior Feminino	02:16:49	+56:49	09:46
176	1167	João Teixeira	individual	Senior Masculino	02:17:00	+57:00	09:47
177	1192	Cidalia Ferreira	individual	Veterana F40	02:17:09	+57:08	09:48
178	1026	Mariana Oliveira	brabus runners	Senior Feminino	02:17:41	+57:40	09:50
179	1297	Ana Nova	porto sentido runners	Senior Feminino	02:17:42	+57:41	09:50
180	1312	Carlos Martins	porto sentido runners	Veterano M50	02:17:50	+57:50	09:51
181	1303	Elizabete Loureiro	porto sentido runners	Veterana F40	02:17:50	+57:50	09:51
182	1194	Judite Margarida MAchado Magalhães	individual	Veterana F40	02:17:52	+57:52	09:51
183	1304	Sandra Mascarenhas	porto sentido runners	Veterana F40	02:18:23	+58:23	09:53
184	1236	Rita Araujo	keepmoving	Senior Feminino	02:18:38	+58:37	09:54
185	1124	Alcinda Branddão	individual	Senior Feminino	02:18:46	+58:46	09:55
186	1226	Joaquim Matos	individual	Veterano M50	02:19:09	+59:08	09:56
187	1242	Manuel Rocha	manuel	Veterano M50	02:19:40	+59:40	09:59
188	1129	Carina monteiro	individual	Senior Feminino	02:20:22	+01:00:21	10:02
189	1032	Márcia Vieira	caderneta de cromos	Senior Feminino	02:20:54	+01:00:53	10:04
190	1110	Ricardo Alves	gondomar futsal clube	Senior Masculino	02:21:10	+01:01:10	10:05
191	1329	Maria Sousa	team aguenta aí	Senior Feminino	02:21:23	+01:01:23	10:06
192	1330	Luis Teixeira	team aguenta aí	Senior Masculino	02:21:23	+01:01:23	10:06
193	1102	Horacio Ferreira	generosos runners	Senior Masculino	02:22:10	+01:02:10	10:09
194	1295	Américo Botelho	pink floyd	Senior Masculino	02:22:14	+01:02:14	10:10
195	1184	Richard Marques	individual	Senior Masculino	02:22:16	+01:02:15	10:10
196	1177	noribal azevedo	individual	Senior Masculino	02:22:42	+01:02:41	10:12
197	1196	luísa Pinelo	individual	Veterana F40	02:23:07	+01:03:06	10:13
198	1147	Bruno Delgado	individual	Senior Masculino	02:23:13	+01:03:12	10:14
199	1296	Manuel Bastos	pink floyd	Veterano M40	02:23:14	+01:03:13	10:14
200	1126	Ana Cristina da Silva Pinto	individual	Senior Feminino	02:23:32	+01:03:32	10:15
201	1145	Vera Mónica Mendes Carvalho	individual	Senior Feminino	02:23:32	+01:03:32	10:15
202	1190	Alexandra Vasconcelos	individual	Veterana F40	02:23:33	+01:03:32	10:15
203	1228	José Gomes Pereira	individual	Veterano M50	02:23:35	+01:03:34	10:15
204	1227	JORGE SUZANO	individual	Veterano M50	02:23:49	+01:03:48	10:16
205	1256	Marta Moreira	moinhos run - adrm	Senior Feminino	02:23:53	+01:03:53	10:17
206	1175	Narciso Gomes	individual	Senior Masculino	02:23:53	+01:03:53	10:17
207	1135	Joana Pinheiro	individual	Senior Feminino	02:24:12	+01:04:12	10:18
208	1251	Bruno Pinto	mcn night runners	Senior Masculino	02:25:05	+01:05:04	10:22
209	1096	Joana Rocha	generosos runners	Senior Feminino	02:26:07	+01:06:07	10:26
210	1336	Ricardo Jorge Vieira Mendes	individual	Senior Masculino	02:26:36	+01:06:35	10:28
211	1172	Jose Silva	individual	Senior Masculino	02:26:36	+01:06:35	10:28
212	1116	Jorge Silva	gondomar futsal clube	Veterano M40	02:27:14	+01:07:13	10:31
213	1191	Ana Pinheiro	individual	Veterana F40	02:27:17	+01:07:16	10:31
214	1204	António Cunha	individual	Veterano M40	02:27:17	+01:07:17	10:31
215	1202	Lúcio Simão Morais Ferreira da Cunha	individual	Veterano M40	02:27:18	+01:07:18	10:31
216	1205	António Soares	individual	Veterano M40	02:27:20	+01:07:20	10:31

TRAIL CURTO - STAGE 1

14 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	1237	Susana Carrilho	keepmoving	Senior Feminino	02:27:55	+01:07:55	10:34
218	1071	Maria Hermínia	factor x /s4l / medense fc	Veterana F40	02:28:01	+01:08:00	10:34
219	1211	HUGO MIGUEL LOPES ALVES	individual	Veterano M40	02:28:47	+01:08:47	10:38
220	1133	Eugénia Maria Oliveira Azevedo	individual	Senior Feminino	02:29:14	+01:09:13	10:40
221	1115	Branca Marques	gondomar futsal clube	Veterana F50	02:29:31	+01:09:31	10:41
222	1086	FATIMA PEREIRA	familia pereira	Veterana F50	02:29:39	+01:09:38	10:41
223	1210	Fernando Vieira	individual	Veterano M40	02:29:46	+01:09:45	10:42
224	1255	Joana Moreira	moinhos run - adrm	Senior Feminino	02:29:59	+01:09:59	10:43
225	1044	Carmen Ferreira	corre tascas running club	Senior Feminino	02:30:26	+01:10:25	10:45
226	1268	César Pumpinho	mountain runners	Senior Masculino	02:31:00	+01:10:59	10:47
227	1095	Claudia Coelho	generosos runners	Senior Feminino	02:31:33	+01:11:33	10:50
228	1235	Cláudia Leitão	keepmoving	Senior Feminino	02:31:53	+01:11:53	10:51
229	1278	Fernanda Castelo	os aventureiros	Senior Feminino	02:31:59	+01:11:58	10:51
230	1113	Adelaide Vigário	gondomar futsal clube	Veterana F50	02:32:28	+01:12:28	10:53
231	1179	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	02:32:44	+01:12:44	10:55
232	1199	sandra raimundo	individual	Veterana F40	02:32:44	+01:12:44	10:55
233	1114	Ana Sousa	gondomar futsal clube	Veterana F50	02:32:45	+01:12:44	10:55
234	1098	Natercia Teixeira	generosos runners	Senior Feminino	02:33:01	+01:13:00	10:56
235	1121	Ilídio Freitas	gondomar futsal clube	Veterano M50	02:33:53	+01:13:53	11:00
236	1117	Mário Ribeiro	gondomar futsal clube	Veterano M40	02:33:53	+01:13:53	11:00
237	1161	Eduardo Jorge Marquês Minhoto Borges da Silva	individual	Senior Masculino	02:35:06	+01:15:05	11:05
238	1249	Andrea Vieira	marco trail	Senior Feminino	02:36:17	+01:16:16	11:10
239	1057	João Cardoso	ctad – trilhos de cinfães	Senior Masculino	02:36:17	+01:16:17	11:10
240	1104	Paula Ferreira	generosos runners	Veterana F40	02:36:34	+01:16:34	11:11
241	1106	Rodrigo Ferraz	generosos runners	Veterano M40	02:36:50	+01:16:49	11:12
242	1101	Sofia Tadeu	generosos runners	Senior Feminino	02:36:50	+01:16:49	11:12
243	1201	Paulina soares	individual	Veterana F50	02:37:14	+01:17:13	11:14
244	1240	Susana Monteiro	keepmoving	Veterana F40	02:37:18	+01:17:18	11:14
245	1033	Paula Vieira	caderneta de cromos	Senior Feminino	02:38:02	+01:18:01	11:17
246	1034	Bruno Costa	caderneta de cromos	Senior Masculino	02:38:06	+01:18:05	11:18
247	1217	Pedro Machado	individual	Veterano M40	02:38:34	+01:18:34	11:20
248	1144	Raquel Almeida	individual	Senior Feminino	02:38:34	+01:18:34	11:20
249	1038	Moura Pinto	casa benfica marco	Veterano M50	02:39:40	+01:19:39	11:24
250	1083	ISABEL PEREIRA	familia pereira	Senior Feminino	02:40:14	+01:20:13	11:27
251	1305	Lurdes Conceição	porto sentido runners	Veterana F50	02:42:23	+01:22:22	11:36
252	1308	José Ricardo	porto sentido runners	Veterano M40	02:42:23	+01:22:23	11:36
253	1200	Susana Cunha	individual	Veterana F40	02:43:59	+01:23:59	11:43
254	1317	Tânia Rebelo	s. s. montepio	Senior Feminino	02:44:16	+01:24:15	11:44
255	1320	Rui Rebelo	s. s. montepio	Senior Masculino	02:44:29	+01:24:28	11:45
256	1136	Joana Silveira	individual	Senior Feminino	02:44:47	+01:24:47	11:46
257	1159	Diogo Vasconcelos	individual	Senior Masculino	02:44:49	+01:24:48	11:46
258	1206	Augusto lopes	individual	Veterano M40	02:46:15	+01:26:14	11:53
259	1138	Liliana Teixeira	individual	Senior Feminino	02:46:26	+01:26:26	11:53
260	1120	António José Queiroz	gondomar futsal clube	Veterano M50	02:46:41	+01:26:41	11:54
261	1193	Dina Coelho	individual	Veterana F40	02:47:05	+01:27:04	11:56

Official Timekeeper: Lap2Go	6 / 7	generate 04-Apr-2017 17:09
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TRAIL CURTO - STAGE 1

14 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
262	1128	ANGELICA MARIA DE SOUSA RIBEIRO	individual	Senior Feminino	02:47:08	+01:27:07	11:56
263	1299	Lisa Pereira	porto sentido runners	Senior Feminino	02:47:56	+01:27:56	12:00
264	1311	Miguel Pereira	porto sentido runners	Veterano M40	02:47:57	+01:27:56	12:00
265	1005	Ana Catarina Alves Teixeira	a.d.amarante trail running / opraticante.pt	Senior Feminino	02:48:07	+01:28:07	12:01
266	116	Claudio Cerqueira	porto sentido runners	Veterano M40	02:48:20	+01:28:20	12:0
267	1111	Ricardo Santos	gondomar futsal clube	Senior Masculino	02:48:36	+01:28:36	12:03
268	1108	Patrícia Santos	gondomar futsal clube	Senior Feminino	02:48:47	+01:28:47	12:03
269	144	Flávio Carvalho	nuttânia gulosa	Senior Masculino	02:49:38	+01:29:38	12:07
270	1331	Alexandra Bessa	team aguenta aí	Veterana F40	02:52:09	+01:32:08	12:18
271	1332	Manuel Jorge	team aguenta aí	Veterano M40	02:52:09	+01:32:09	12:18
272	1123	Adriana Colino	individual	Senior Feminino	02:53:37	+01:33:37	12:24
273	1230	Ana Rita Carneiro	ironladies	Senior Feminino	03:01:51	+01:41:50	12:59
274	1232	Olga Coelho	ironladies	Senior Feminino	03:01:51	+01:41:51	12:59
275	1234	Regina Lima	ironladies	Veterana F40	03:01:51	+01:41:51	12:59
276	1275	Tânia Monteiro	nuttânia gulosa	Senior Feminino	03:02:55	+01:42:54	13:04
277	1277	Manuela Aguiar	nuttânia gulosa	Veterana F50	03:02:55	+01:42:55	13:04
278	1149	Bruno Rodrigues	individual	Senior Masculino	03:08:52	+01:48:52	13:29
279	1085	DELFINA PEREIRA	familia pereira	Veterana F50	03:17:10	+01:57:10	14:05
280	1084	ANA PEREIRA	familia pereira	Veterana F50	03:17:25	+01:57:24	14:06
281	1139	Luciana Coelho	individual	Senior Feminino	03:25:07	+02:05:06	14:39
282	1170	José Pinheiro	individual	Senior Masculino	03:25:07	+02:05:07	14:39
283	1140	Mara Seixas	individual	Senior Feminino	03:26:02	+02:06:01	14:43
284	1157	Daniel Ribeiro Pinto	individual	Senior Masculino	03:26:02	+02:06:01	14:43
285	1023	Marisa Leite	arrast'o pé	Senior Feminino	03:27:04	+02:07:04	14:47
286	1024	Ricardo Teixeira	arrast'o pé	Senior Masculino	03:27:05	+02:07:05	14:48
287	1107	Marta Pinheiro	gondomar futsal clube	Senior Feminino	03:31:30	+02:11:30	15:06
288	1112	Marina Terceiro	gondomar futsal clube	Veterana F40	03:31:31	+02:11:30	15:07
289	1298	Carmen Loureiro	porto sentido runners	Senior Feminino	03:40:45	+02:20:44	15:46
290	1310	Miguel Azevedo	porto sentido runners	Veterano M40	03:40:54	+02:20:54	15:47
291	1081	João Miguel Freitas	fama runners	Veterano M40	03:43:31	+02:23:30	15:58
292	1082	Jorge Garcia	fama runners	Veterano M40	03:43:32	+02:23:32	15:58
293	1077	Rui David Neves	fama runners	Senior Masculino	03:50:55	+02:30:55	16:30
294	1080	Francisco Freitas	fama runners	Veterano M40	03:50:56	+02:30:56	16:30
295	1137	Lília Pinto	individual	Senior Feminino	04:02:50	+02:42:49	17:21
296	1130	Carla Oliveira	individual	Senior Feminino	04:02:50	+02:42:49	17:21

Trail Curto

14 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	7°C	100%
End	13:06	14°C	62%

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

1	1253	Eva Monteiro	Moinhos Run - ADRM	Senior Feminino	01:41:23	07:15
2	1254	Inês Moreira	Moinhos Run - ADRM	Senior Feminino	01:42:03	+00:40 07:17
3	1109	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:45:09	+03:47 07:31
4	1314	Carla Sousa	RED LINE	Senior Feminino	01:46:23	+05:00 07:36
5	1007	Angela Soares	A.D.Amarante Trail Running / OPraticante.pt	Senior Feminino	01:48:35	+07:12 07:45
6	1088	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	01:49:46	+08:23 07:50
7	1266	Patrícia Ribeiro	Mountain Runners	Senior Feminino	01:51:25	+10:02 07:58
8	1042	AnaRita Silva	Corre Tascas Running Club	Senior Feminino	02:03:10	+21:48 08:48
9	1043	Carla Malheiro	Corre Tascas Running Club	Senior Feminino	02:03:39	+22:17 08:50
10	1127	Ana Virgínia Lirio	Individual	Senior Feminino	02:06:32	+25:10 09:02
11	1264	Claudia Sousa	Mountain Runners	Senior Feminino	02:07:07	+25:44 09:05
12	1265	Ililiana Magalhães	Mountain Runners	Senior Feminino	02:09:05	+27:43 09:13
13	1250	Isabel Madureira	MCN Night Runners	Senior Feminino	02:09:08	+27:45 09:13
14	1100	Rafaela Ribeiro	GENEROSOS RUNNERS	Senior Feminino	02:09:24	+28:01 09:15
15	1285	Marisa sousa	Pés de Chumbo	Senior Feminino	02:09:30	+28:08 09:15
16	1233	Paula Pereira	Ironladies	Senior Feminino	02:09:48	+28:26 09:16
17	1008	Carina Pereira	A.D.Amarante Trail Running / OPraticante.pt	Senior Feminino	02:11:16	+29:54 09:23
18	1051	susana margarida da silva cruz	CrossFit Aveiro	Senior Feminino	02:15:50	+34:27 09:42
19	1050	Liliana Ribeiro	CrossFit Aveiro	Senior Feminino	02:15:50	+34:27 09:42
20	1300	Vera Lúcia Sousa	PORTO SENTIDO RUNNERS	Senior Feminino	02:16:30	+35:07 09:45
21	1006	Ana Mendonça	A.D.Amarante Trail Running / OPraticante.pt	Senior Feminino	02:16:49	+35:27 09:46
22	1026	Mariana Oliveira	Brabus Runners	Senior Feminino	02:17:41	+36:18 09:50
23	1297	Ana Nova	PORTO SENTIDO RUNNERS	Senior Feminino	02:17:42	+36:19 09:50
24	1236	Rita Araujo	keepmoving	Senior Feminino	02:18:38	+37:15 09:54
25	1124	Alcinda Branddão	Individual	Senior Feminino	02:18:46	+37:24 09:55
26	1129	Carina monteiro	Individual	Senior Feminino	02:20:22	+38:59 10:02
27	1032	Márcia Vieira	caderneta de cromos	Senior Feminino	02:20:54	+39:31 10:04
28	1329	Maria Sousa	Team aguenta Aí	Senior Feminino	02:21:23	+40:01 10:06
29	1126	Ana Cristina da Silva Pinto	Individual	Senior Feminino	02:23:32	+42:10 10:15
30	1145	Vera Mónica Mendes Carvalho	Individual	Senior Feminino	02:23:32	+42:10 10:15
31	1256	Marta Moreira	Moinhos Run - ADRM	Senior Feminino	02:23:53	+42:31 10:17
32	1135	Joana Pinheiro	Individual	Senior Feminino	02:24:12	+42:50 10:18
33	1096	Joana Rocha	GENEROSOS RUNNERS	Senior Feminino	02:26:07	+44:45 10:26
34	1237	Susana Carrilho	keepmoving	Senior Feminino	02:27:55	+46:33 10:34
35	1133	Eugénia Maria Oliveira Azevedo	Individual	Senior Feminino	02:29:14	+47:51 10:40
36	1255	Joana Moreira	Moinhos Run - ADRM	Senior Feminino	02:29:59	+48:37 10:43
37	1044	Carmen Ferreira	Corre Tascas Running Club	Senior Feminino	02:30:26	+49:03 10:45

Official Timekeeper: Lap2Go	1 / 8	generate 04-Apr-2017 17:09
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Trail Curto

14 KM

[illegible]

OFFICIAL RESULT

38	1095	Claudia Coelho	GENEROSOS RUNNERS	Senior Feminino	02:31:33	+50:11	10:50
39	1235	Cláudia Leitão	keepmoving	Senior Feminino	02:31:53	+50:31	10:51
40	1278	Fernanda Castelo	os aventureiros	Senior Feminino	02:31:59	+50:36	10:51
41	1098	Natercia Teixeira	GENEROSOS RUNNERS	Senior Feminino	02:33:01	+51:38	10:56
42	1249	Andrea Vieira	MARCO TRAIL	Senior Feminino	02:36:17	+54:54	11:10
43	1101	Sofia Tadeu	GENEROSOS RUNNERS	Senior Feminino	02:36:50	+55:27	11:12
44	1033	Paula Vieira	caderneta de cromos	Senior Feminino	02:38:02	+56:39	11:17
45	1144	Raquel Almeida	Individual	Senior Feminino	02:38:34	+57:12	11:20
46	1083	ISABEL PEREIRA	FAMILIA PEREIRA	Senior Feminino	02:40:14	+58:51	11:27
47	1317	Tânia Rebelo	S. S. Montepio	Senior Feminino	02:44:16	+01:02:53	11:44
48	1136	Joana Silveira	Individual	Senior Feminino	02:44:47	+01:03:25	11:46
49	1138	Liliana Teixeira	Individual	Senior Feminino	02:46:26	+01:05:04	11:53
50	1128	ANGELICA MARIA DE SOUSA RIBEIRO	Individual	Senior Feminino	02:47:08	+01:05:45	11:56
51	1299	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	02:47:56	+01:06:34	12:00
52	1005	Ana Catarina Alves Teixeira	A.D.Amarante Trail Running / OPraticante.pt	Senior Feminino	02:48:07	+01:06:45	12:01
53	1108	Patrícia Santos	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:48:47	+01:07:25	12:03
54	1123	Adriana Colino	Individual	Senior Feminino	02:53:37	+01:12:15	12:24
55	1230	Ana Rita Carneiro	Ironladies	Senior Feminino	03:01:51	+01:20:28	12:59
56	1232	Olga Coelho	Ironladies	Senior Feminino	03:01:51	+01:20:29	12:59
57	1275	Tânia Monteiro	Nuttânia Gulosa	Senior Feminino	03:02:55	+01:21:32	13:04
58	1139	Luciana Coelho	Individual	Senior Feminino	03:25:07	+01:43:44	14:39
59	1140	Mara Seixas	Individual	Senior Feminino	03:26:02	+01:44:39	14:43
60	1023	Marisa Leite	Arrast'o pé	Senior Feminino	03:27:04	+01:45:42	14:47
61	1107	Marta Pinheiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:31:30	+01:50:08	15:06
62	1298	Carmen Loureiro	PORTO SENTIDO RUNNERS	Senior Feminino	03:40:45	+01:59:22	15:46
63	1137	Lília Pinto	Individual	Senior Feminino	04:02:50	+02:21:27	17:21
64	1130	Carla Oliveira	Individual	Senior Feminino	04:02:50	+02:21:27	17:21

Senior Masculino

1	1062	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:20:00	05:43
2	1063	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:20:38	+00:37 05:46
3	1090	Álvaro Gabriel Vasconcelos da Silva Moreira	Fridão Sem Limites	Senior Masculino	01:21:02	+01:01 05:47
4	1089	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	01:28:03	+08:03 06:17
5	1092	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	01:28:18	+08:18 06:18
6	1091	Bruno Daniel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	01:29:47	+09:47 06:25
7	1244	António Ribeiro	Marco Runners	Senior Masculino	01:30:32	+10:31 06:28
8	1067	Andre Filipe Oliveira Almeida	Factor X /S4L / Medense FC	Senior Masculino	01:31:21	+11:21 06:32
9	1056	Bruno Alexandre Santos	CTAD – Trilhos de Cinfães	Senior Masculino	01:31:57	+11:57 06:34
10	1058	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:32:19	+12:18 06:36
11	1060	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:33:53	+13:52 06:42

Trail Curto

14 KM

[illegible]

OFFICIAL RESULT

[illegible]

12	103	Helder Camilo	Moinhos Run - ADRM	Senior Masculino	01:34:12	+14:11	06:44
13	1017	Carlos Queirós	A.D.Amarante Trail Running / OPraticante.pt	Senior Masculino	01:35:11	+15:11	06:48
14	1061	Rogério Moreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:36:15	+16:14	06:53
15	1070	Vitor Moreira	Factor X /S4L / Medense FC	Senior Masculino	01:38:04	+18:04	07:00
16	1181	pedro emanuel pereira de castro	Individual	Senior Masculino	01:38:45	+18:45	07:03
17	1174	Luís Sá	Individual	Senior Masculino	01:39:06	+19:06	07:05
18	1341	Daniel Carvalho	Individual	Senior Masculino	01:39:16	+19:15	07:05
19	1001	Rui Dias	#correratenumdarmais	Senior Masculino	01:39:50	+19:49	07:08
20	1339	Pedro Viana	Factor X /S4L / Medense FC	Senior Masculino	01:40:16	+20:15	07:10
21	1162	eurico fernando duarte magalhães	Individual	Senior Masculino	01:40:38	+20:38	07:11
22	1069	David Gonçalves	Factor X /S4L / Medense FC	Senior Masculino	01:41:31	+21:30	07:15
23	1039	Nuno Cunha	Clube Zupper	Senior Masculino	01:41:48	+21:47	07:16
24	1171	José Raul Moreira Soares	Individual	Senior Masculino	01:42:19	+22:19	07:19
25	1040	Pedro Cancelo	Clube Zupper	Senior Masculino	01:42:26	+22:25	07:19
26	1059	Nuno Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:44:51	+24:50	07:29
27	1048	Rui DeMatos	Corre Tascas Running Club	Senior Masculino	01:44:56	+24:56	07:30
28	1280	Joel Ferreira	os aventureiros	Senior Masculino	01:45:01	+25:00	07:30
29	1153	Carlos Jesus	Individual	Senior Masculino	01:45:23	+25:22	07:32
30	1315	Hugo Pereira	RED LINE	Senior Masculino	01:46:24	+26:23	07:36
31	1316	José Carlos Sousa	RED LINE	Senior Masculino	01:46:24	+26:24	07:36
32	1245	Filipe Rocha	Marco Runners	Senior Masculino	01:47:02	+27:01	07:39
33	1333	Jose Sá	Satecnosol Outdoor	Senior Masculino	01:47:13	+27:12	07:40
34	1248	Rui Madureira	Marco Runners	Senior Masculino	01:47:27	+27:26	07:41
35	1334	Angelo Ribeiro	Individual	Senior Masculino	01:47:29	+27:29	07:41
36	1047	Nuno Meireles	Corre Tascas Running Club	Senior Masculino	01:47:37	+27:36	07:41
37	1154	Carlos Monteiro	Individual	Senior Masculino	01:48:05	+28:05	07:43
38	1342	Filipe Machado	Individual	Senior Masculino	01:48:10	+28:09	07:44
39	1247	Pedro Nogueira	Marco Runners	Senior Masculino	01:48:12	+28:11	07:44
40	1146	Armando Magalhães	Individual	Senior Masculino	01:48:13	+28:12	07:44
41	1160	Edgar Queiros	Individual	Senior Masculino	01:48:15	+28:15	07:44
42	1027	ricardo sampaio	Brabus Runners	Senior Masculino	01:48:32	+28:32	07:45
43	1269	Rui Miguel Sousa	Mountain Runners	Senior Masculino	01:49:27	+29:27	07:49
44	1290	Pedro Ribeiro	PI 100 PÉ	Senior Masculino	01:50:15	+30:14	07:53
45	1246	Luis Vasconcelos	Marco Runners	Senior Masculino	01:50:38	+30:38	07:54
46	1022	António rocha	Ana Soraia ferreira	Senior Masculino	01:51:10	+31:09	07:56
47	1267	Antonio Silva	Mountain Runners	Senior Masculino	01:51:25	+31:25	07:58
48	1150	Carlos Alberto Soares Moreira	Individual	Senior Masculino	01:51:56	+31:56	08:00
49	1028	Sandro Afonso	Brabus Runners	Senior Masculino	01:52:06	+32:05	08:00
50	1189	Vítor Vieira	Individual	Senior Masculino	01:52:35	+32:35	08:03
51	1287	António Ferreira	PI 100 PÉ	Senior Masculino	01:54:17	+34:17	08:10
52	1319	Pedro Machado	S. S. Montepio	Senior Masculino	01:55:38	+35:38	08:16
53	1176	Nelson Lopes	Individual	Senior Masculino	01:56:37	+36:37	08:20
54	1259	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	01:56:44	+36:43	08:20
55	1288	Filipe Soares	PI 100 PÉ	Senior Masculino	01:57:36	+37:35	08:24

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Trail Curto

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56	1289	Paulo Moura	PI 100 PÉ	Senior Masculino	01:57:37	+37:36	08:24
57	1169	Jonatan Ribeiro	Individual	Senior Masculino	01:58:06	+38:05	08:26
58	1168	Joel Pinto	Individual	Senior Masculino	01:58:51	+38:50	08:29
59	1156	Daniel coelho	Individual	Senior Masculino	01:58:53	+38:52	08:30
60	1258	Manuel Pereira	Moinhos Run - ADRM	Senior Masculino	02:00:08	+40:07	08:35
61	1271	Paulo Rafael Silva	Mountain Runners	Senior Masculino	02:00:19	+40:19	08:36
62	1012	Ricardo Teixeira	A.D.Amarante Trail Running / OPraticante.pt	Senior Masculino	02:00:20	+40:20	08:36
63	1318	Hugo Silva	S. S. Montepio	Senior Masculino	02:00:45	+40:44	08:38
64	1011	Nuno André Moura	A.D.Amarante Trail Running / OPraticante.pt	Senior Masculino	02:02:38	+42:37	08:46
65	1155	Celso Reis	Individual	Senior Masculino	02:03:12	+43:11	08:48
66	1045	Manel Silva	Corre Tascas Running Club	Senior Masculino	02:03:21	+43:20	08:49
67	1021	Adriano silva	Ana Soraia ferreira	Senior Masculino	02:03:55	+43:55	08:51
68	1185	Rui belarmino teixeira queiros	Individual	Senior Masculino	02:05:12	+45:12	08:57
69	1186	Rui Manuel Cardoso Carril	Individual	Senior Masculino	02:05:50	+45:49	08:59
70	1282	Emanuel Alves	OSGORDOSTeam	Senior Masculino	02:05:50	+45:50	08:59
71	1151	Carlos cunha	Individual	Senior Masculino	02:06:37	+46:36	09:03
72	1180	Pedro costa	Individual	Senior Masculino	02:06:37	+46:37	09:03
73	1178	Nuno Melo	Individual	Senior Masculino	02:06:37	+46:37	09:03
74	1165	João Filipe Moreira de Sousa	Individual	Senior Masculino	02:07:47	+47:46	09:08
75	1283	Joel Alves	OSGORDOSTeam	Senior Masculino	02:08:16	+48:15	09:10
76	1009	Luís Mendes	A.D.Amarante Trail Running / OPraticante.pt	Senior Masculino	02:08:24	+48:23	09:10
77	1284	Sérgio Simões	OSGORDOSTeam	Senior Masculino	02:08:54	+48:53	09:12
78	1163	Filipe Teixeira	Individual	Senior Masculino	02:09:12	+49:11	09:14
79	1188	Tiago Oliveira	Individual	Senior Masculino	02:09:12	+49:11	09:14
80	1158	Diogo Coelho	Individual	Senior Masculino	02:09:12	+49:11	09:14
81	1257	Carlos Gonçalves	Moinhos Run - ADRM	Senior Masculino	02:10:20	+50:20	09:19
82	1152	Carlos Filipe Monteiro Silva	Individual	Senior Masculino	02:10:34	+50:33	09:20
83	1010	Luís Pereira	A.D.Amarante Trail Running / OPraticante.pt	Senior Masculino	02:11:16	+51:16	09:23
84	1279	Bruno Castelo	os aventureiros	Senior Masculino	02:11:17	+51:17	09:23
85	1068	Carlos Frutuoso	Factor X /S4L / Medense FC	Senior Masculino	02:11:52	+51:52	09:25
86	1018	João Cunha	ACRORUNNERS	Senior Masculino	02:14:31	+54:30	09:37
87	1019	Pedro Vieira	ACRORUNNERS	Senior Masculino	02:14:31	+54:30	09:37
88	1036	Humberto Ferreira	caderneta de cromos	Senior Masculino	02:15:11	+55:11	09:39
89	1035	Filipe Silva	caderneta de cromos	Senior Masculino	02:15:12	+55:11	09:39
90	1052	Filipe Nunes	CrossFit Aveiro	Senior Masculino	02:15:50	+55:49	09:42
91	1053	Ricardo Alexandre de Jesus Oliveira	CrossFit Aveiro	Senior Masculino	02:15:50	+55:50	09:42
92	1167	João Teixeira	Individual	Senior Masculino	02:17:00	+57:00	09:47
93	1110	Ricardo Alves	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:21:10	+01:01:10	10:05
94	1330	Luis Teixeira	Team aguenta Ai	Senior Masculino	02:21:23	+01:01:23	10:06
95	1102	Horacio Ferreira	GENEROSOS RUNNERS	Senior Masculino	02:22:10	+01:02:10	10:09
96	1295	Américo Botelho	Pink Floyd	Senior Masculino	02:22:14	+01:02:14	10:10
97	1184	Richard Marques	Individual	Senior Masculino	02:22:16	+01:02:15	10:10
98	1177	noribal azevedo	Individual	Senior Masculino	02:22:42	+01:02:41	10:12
99	1147	Bruno Delgado	Individual	Senior Masculino	02:23:13	+01:03:12	10:14

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100	1175	Narciso Gomes	Individual	Senior Masculino	02:23:53	+01:03:53	10:17
101	1251	Bruno Pinto	MCN Night Runners	Senior Masculino	02:25:05	+01:05:04	10:22
102	1336	Ricardo Jorge Vieira Mendes	Individual	Senior Masculino	02:26:36	+01:06:35	10:28
103	1172	Jose Silva	Individual	Senior Masculino	02:26:36	+01:06:35	10:28
104	1268	César Pumpinho	Mountain Runners	Senior Masculino	02:31:00	+01:10:59	10:47
105	1179	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	02:32:44	+01:12:44	10:55
106	1161	Eduardo Jorge Marquês Minhoto Borges da Silva	Individual	Senior Masculino	02:35:06	+01:15:05	11:05
107	1057	João Cardoso	CTAD – Trilhos de Cinfães	Senior Masculino	02:36:17	+01:16:17	11:10
108	1034	Bruno Costa	caderneta de cromos	Senior Masculino	02:38:06	+01:18:05	11:18
109	1320	Rui Rebelo	S. S. Montepio	Senior Masculino	02:44:29	+01:24:28	11:45
110	1159	Diogo Vasconcelos	Individual	Senior Masculino	02:44:49	+01:24:48	11:46
111	1111	Ricardo Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:48:36	+01:28:36	12:03
112	144	Flávio Carvalho	Nuttânia Gulosa	Senior Masculino	02:49:38	+01:29:38	12:07
113	1149	Bruno Rodrigues	Individual	Senior Masculino	03:08:52	+01:48:52	13:29
114	1170	José Pinheiro	Individual	Senior Masculino	03:25:07	+02:05:07	14:39
115	1157	Daniel Ribeiro Pinto	Individual	Senior Masculino	03:26:02	+02:06:01	14:43
116	1024	Ricardo Teixeira	Arrast'o pé	Senior Masculino	03:27:05	+02:07:05	14:48
117	1077	Rui David Neves	FAMA RUNNERS	Senior Masculino	03:50:55	+02:30:55	16:30

Veterana F40

1	1013	Rosa Barros	A.D.Amarante Trail Running / OPraticante.pt	Veterana F40	01:53:18	08:06
2	1238	Eugenia Teixeira	keepmoving	Veterana F40	01:59:43	+06:25 08:33
3	1197	Maria Joaquina da Silva Pinto	Individual	Veterana F40	02:01:01	+07:44 08:39
4	1239	Paula Anjos	keepmoving	Veterana F40	02:02:56	+09:38 08:46
5	1002	Isabel Dias	#correratenumdarmais	Veterana F40	02:05:43	+12:25 08:59
6	1302	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:07:19	+14:01 09:06
7	1072	Sónia Veludo	Factor X /S4L / Medense FC	Veterana F40	02:09:24	+16:07 09:15
8	1286	Maria Teixeira	Pés de Chumbo	Veterana F40	02:09:30	+16:13 09:15
9	1195	JULIA MARIA BARBOSA DE OLIVEIRA BALTAZAR	Individual	Veterana F40	02:11:00	+17:43 09:21
10	1054	Dulce Almeida	CrossFit Aveiro	Veterana F40	02:15:50	+22:33 09:42
11	1192	Cidalia Ferreira	Individual	Veterana F40	02:17:09	+23:51 09:48
12	1303	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	02:17:50	+24:33 09:51
13	1194	Judite Margarida MACHado Magalhães	Individual	Veterana F40	02:17:52	+24:35 09:51
14	1304	Sandra Mascarenhas	PORTO SENTIDO RUNNERS	Veterana F40	02:18:23	+25:06 09:53
15	1196	luísa Pinelo	Individual	Veterana F40	02:23:07	+29:49 10:13
16	1190	Alexandra Vasconcelos	Individual	Veterana F40	02:23:33	+30:15 10:15
17	1191	Ana Pinheiro	Individual	Veterana F40	02:27:17	+33:59 10:31
18	1071	Maria Herminia	Factor X /S4L / Medense FC	Veterana F40	02:28:01	+34:43 10:34
19	1199	sandra raimundo	Individual	Veterana F40	02:32:44	+39:27 10:55
20	1104	Paula Ferreira	GENEROSOS RUNNERS	Veterana F40	02:36:34	+43:17 11:11
21	1240	Susana Monteiro	keepmoving	Veterana F40	02:37:18	+44:01 11:14
22	1200	Susana Cunha	Individual	Veterana F40	02:43:59	+50:42 11:43
23	1193	Dina Coelho	Individual	Veterana F40	02:47:05	+53:47 11:56

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24	1331	Alexandra Bessa	Team aguenta Aí	Veterana F40	02:52:09	+58:51	12:18
25	1234	Regina Lima	Ironladies	Veterana F40	03:01:51	+01:08:34	12:59
26	1112	Marina Terceiro	GONDOMAR FUTSAL CLUBE	Veterana F40	03:31:31	+01:38:13	15:07

Veterana F50

1	1273	Graça Ribeiro	NOCTURNOS DE PAREDES	Veterana F50	02:11:32	09:24
2	1115	Branca Marques	GONDOMAR FUTSAL CLUBE	Veterana F50	02:29:31	+18:00 10:41
3	1086	FATIMA PEREIRA	FAMILIA PEREIRA	Veterana F50	02:29:39	+18:07 10:41
4	1113	Adelaide Vigário	GONDOMAR FUTSAL CLUBE	Veterana F50	02:32:28	+20:57 10:53
5	1114	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	02:32:45	+21:13 10:55
6	1201	Paulina soares	Individual	Veterana F50	02:37:14	+25:42 11:14
7	1305	Lurdes Conceição	PORTO SENTIDO RUNNERS	Veterana F50	02:42:23	+30:51 11:36
8	1277	Manuela Aguiar	Nuttânia Gulosa	Veterana F50	03:02:55	+51:24 13:04
9	1085	DELFINA PEREIRA	FAMILIA PEREIRA	Veterana F50	03:17:10	+01:05:39 14:05
10	1084	ANA PEREIRA	FAMILIA PEREIRA	Veterana F50	03:17:25	+01:05:53 14:06

Veterano M40

1	1014	Jorge Oliveira	A.D.Amarante Trail Running / OPraticante.pt	Veterano M40	01:26:26	06:10
2	1118	Patrick Marques	GONDOMAR FUTSAL CLUBE	Veterano M40	01:26:59	+00:32 06:13
3	1094	Paulo Teixeira Sousa	Fridão Sem Limites	Veterano M40	01:28:46	+02:20 06:20
4	1260	Hugo Romano	Moinhos Run - ADRM	Veterano M40	01:31:49	+05:23 06:34
5	1015	Manuel Vieira	A.D.Amarante Trail Running / OPraticante.pt	Veterano M40	01:31:51	+05:25 06:34
6	1016	Miguel Barros	A.D.Amarante Trail Running / OPraticante.pt	Veterano M40	01:31:52	+05:25 06:34
7	1029	Fernando Sousa	CA Vila Boa do Bispo	Veterano M40	01:32:18	+05:51 06:36
8	1207	Carlos Pereira	Individual	Veterano M40	01:33:34	+07:07 06:41
9	1212	José Ribeiro	Individual	Veterano M40	01:39:29	+13:03 07:06
10	1093	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Veterano M40	01:41:06	+14:39 07:13
11	1066	Telmo Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:41:27	+15:00 07:15
12	1075	Mário Pedro dos Santos Ferreira	Factor X /S4L / Medense FC	Veterano M40	01:41:34	+15:08 07:15
13	1293	Rui Ferreira	PI 100 PÉ	Veterano M40	01:41:53	+15:27 07:17
14	1291	Leandro Queiros	PI 100 PÉ	Veterano M40	01:43:14	+16:48 07:22
15	1076	Rui Miguel Moreira Mota	Factor X /S4L / Medense FC	Veterano M40	01:44:15	+17:49 07:27
16	1309	Laurindo Gomes	PORTO SENTIDO RUNNERS	Veterano M40	01:44:16	+17:50 07:27
17	1064	António Azevedo	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:45:00	+18:33 07:30
18	1241	Ricardo Rocha	Manuel	Veterano M40	01:45:15	+18:49 07:31
19	1037	Sergio Fonseca	Casa Benfica Marco	Veterano M40	01:47:05	+20:38 07:39
20	1321	CARLOS MANUEL DOS SANTOS ROCHA	SAI DA FRENTE	Veterano M40	01:47:29	+21:03 07:41
21	1203	Alberto Freitas	Individual	Veterano M40	01:48:05	+21:39 07:43
22	1041	Amilcar Lopes	Clube Zupper	Veterano M40	01:48:29	+22:02 07:45

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23	1049	António Malheiro	Corre Tascas Running Club	Veterano M40	01:49:06	+22:40	07:48
24	1216	Pedro Coelho	Individual	Veterano M40	01:49:52	+23:26	07:51
25	1272	Joaquim teixeira	Mountain Runners	Veterano M40	01:51:25	+24:58	07:58
26	1261	Pedro Vieira	Moinhos Run - ADRM	Veterano M40	01:54:24	+27:58	08:10
27	1074	João Neves	Factor X /S4L / Medense FC	Veterano M40	01:57:12	+30:46	08:22
28	1221	RUI TEIXEIRA	Individual	Veterano M40	01:57:27	+31:00	08:23
29	1219	rodrigo pinheiro aguiar	Individual	Veterano M40	01:58:39	+32:12	08:29
30	1306	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:02:27	+36:00	08:45
31	1209	Daniel Vieira	Individual	Veterano M40	02:02:58	+36:32	08:47
32	1003	César Rocha	#correratenumdarmais	Veterano M40	02:05:43	+39:16	08:59
33	1065	Rui Marques	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:06:18	+39:51	09:01
34	1292	Marco Gonçalves	PI 100 PÉ	Veterano M40	02:06:38	+40:12	09:03
35	1294	Rui Ferreira	PI 100 PÉ	Veterano M40	02:07:18	+40:51	09:06
36	1214	manuel vieira	Individual	Veterano M40	02:10:29	+44:03	09:19
37	1073	Filipe Fonseca	Factor X /S4L / Medense FC	Veterano M40	02:11:01	+44:34	09:22
38	1055	Philippe Domingues	CrossFit Aveiro	Veterano M40	02:11:03	+44:37	09:22
39	1087	Rolf Kullmann	FAPOMED, SA.	Veterano M40	02:12:06	+45:39	09:26
40	1208	Daniel Gomes	Individual	Veterano M40	02:15:08	+48:41	09:39
41	1213	luis mota	Individual	Veterano M40	02:16:35	+50:09	09:45
42	1220	Rui Sousa	Individual	Veterano M40	02:16:39	+50:13	09:46
43	1296	Manuel Bastos	Pink Floyd	Veterano M40	02:23:14	+56:47	10:14
44	1116	Jorge Silva	GONDOMAR FUTSAL CLUBE	Veterano M40	02:27:14	+01:00:47	10:31
45	1204	António Cunha	Individual	Veterano M40	02:27:17	+01:00:51	10:31
46	1202	Lúcio Simão Morais Ferreira da Cunha	Individual	Veterano M40	02:27:18	+01:00:52	10:31
47	1205	António Soares	Individual	Veterano M40	02:27:20	+01:00:54	10:31
48	1211	HUGO MIGUEL LOPES ALVES	Individual	Veterano M40	02:28:47	+01:02:21	10:38
49	1210	Fernando Vieira	Individual	Veterano M40	02:29:46	+01:03:19	10:42
50	1117	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:33:53	+01:07:27	11:00
51	1106	Rodrigo Ferraz	GENEROSOS RUNNERS	Veterano M40	02:36:50	+01:10:23	11:12
52	1217	Pedro Machado	Individual	Veterano M40	02:38:34	+01:12:08	11:20
53	1308	José Ricardo	PORTO SENTIDO RUNNERS	Veterano M40	02:42:23	+01:15:57	11:36
54	1206	Augusto lopes	Individual	Veterano M40	02:46:15	+01:19:48	11:53
55	1311	Miguel Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:47:57	+01:21:30	12:00
56	116	Claudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	02:48:20	+01:21:54	12:01
57	1332	Manuel Jorge	Team aguenta Aí	Veterano M40	02:52:09	+01:25:43	12:18
58	1310	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	03:40:54	+02:14:28	15:47
59	1081	João Miguel Freitas	FAMA RUNNERS	Veterano M40	03:43:31	+02:17:04	15:58
60	1082	Jorge Garcia	FAMA RUNNERS	Veterano M40	03:43:32	+02:17:06	15:58
61	1080	Francisco Freitas	FAMA RUNNERS	Veterano M40	03:50:56	+02:24:30	16:30

Veterano M50

1	1030	João Ribeiro	CA Vila Boa do Bispo	Veterano M50	01:39:55		07:08
2	1274	Carlos Vinhas	NOCTURNOS DE PAREDES	Veterano M50	01:41:10	+01:15	07:14
3	1122	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M50	01:53:12	+13:17	08:05

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4	1225	Artur Mário de Carvalho Moraes	Individual	Veterano M50	02:02:49	+22:55	08:46
5	1313	Fernando Ferraz	PORTO SENTIDO RUNNERS	Veterano M50	02:07:19	+27:24	09:06
6	1025	Antonio Joaquim Teixeira Magalhães	Autistic Runners / Luis Mota Automoveis	Veterano M50	02:08:32	+28:38	09:11
7	1263	Rui Quinta	Moinhos Run - ADRM	Veterano M50	02:10:20	+30:26	09:19
8	1262	Pedro Sá	Moinhos Run - ADRM	Veterano M50	02:10:21	+30:26	09:19
9	1004	António Fernandes	#correratenumdarmais	Veterano M50	02:10:21	+30:26	09:19
10	1229	José Hilário Queirós de Barros	Individual	Veterano M50	02:15:02	+35:08	09:39
11	1312	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	02:17:50	+37:56	09:51
12	1226	Joaquim Matos	Individual	Veterano M50	02:19:09	+39:14	09:56
13	1242	Manuel Rocha	Manuel	Veterano M50	02:19:40	+39:46	09:59
14	1228	José Gomes Pereira	Individual	Veterano M50	02:23:35	+43:40	10:15
15	1227	JORGE SUZANO	Individual	Veterano M50	02:23:49	+43:54	10:16
16	1121	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	02:33:53	+53:59	11:00
17	1038	Moura Pinto	Casa Benfica Marco	Veterano M50	02:39:40	+59:45	11:24
18	1120	António José Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M50	02:46:41	+01:06:47	11:54

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Official Timekeeper: Lap2Go	1 / 1	generate 04-Apr-2017 17:13
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