

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:19	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1735	Nelson Davide Pimenta Graça	team goldnutrition / run.pt	Senior Masculino	01:27:11		05:49
2	1195	VITOR BARBOSA	gdr retorta	Senior Masculino	01:27:43	+00:32	05:51
3	1196	HENRIQUE DIAS	gdr retorta	Veterano M40	01:27:50	+00:39	05:51
4	1193	PEDRO SANTOS	fugitivos urbanos	Veterano M40	01:31:38	+04:27	06:07
5	1424	Belmiro Ferreira	individual	Veterano M40	01:32:42	+05:30	06:11
6	1197	ADELINO SILVA	gdr retorta	Veterano M40	01:34:02	+06:50	06:16
7	1731	Abílio Ribeiro	sporting clube de espinho	Veterano M40	01:35:40	+08:29	06:23
8	1571	Sergio Sousa	multipower gaia trail	Veterano M40	01:36:08	+08:56	06:25
9	1569	Sergio Rodrigues	multipower gaia trail	Senior Masculino	01:36:35	+09:24	06:26
10	1685	André Silva	da-lhe gas	Senior Masculino	01:36:51	+09:39	06:27
11	1278	Antonio Pires	individual	Senior Masculino	01:38:07	+10:56	06:33
12	1121	Paulo Silva	da-lhe gas	Veterano M40	01:39:08	+11:56	06:37
13	1777	Leonel Rodrigues da Cunha	satecnosol outdoor / la sportiva	Senior Masculino	01:41:00	+13:49	06:44
14	1337	MARÇAL AVELINO SALAZAR MARQUES MENDES	individual	Senior Masculino	01:41:48	+14:37	06:47
15	1559	Hugo Romano	moinhos run - adrm	Veterano M40	01:43:26	+16:14	06:54
16	1183	Paulo sousa	fridão sem limites	Veterano M40	01:44:34	+17:22	06:58
17	1567	Pedro Sabugueiro	multipower gaia trail	Senior Masculino	01:44:47	+17:35	06:59
18	1565	Carlos Alves	multipower gaia trail	Senior Masculino	01:45:42	+18:30	07:03
19	1194	TIAGO PINTO	gdr retorta	Senior Masculino	01:46:03	+18:52	07:04
20	1133	Vitor Rio	douroconta trail team	Senior Masculino	01:46:06	+18:55	07:04
21	1415	Abilio Mendes Magalhães	individual	Veterano M40	01:46:13	+19:02	07:05
22	1132	Tiago Pinto	douroconta trail team	Senior Masculino	01:46:23	+19:12	07:06
23	1210	Patrick Marques	gondomar futsal clube	Veterano M40	01:46:38	+19:26	07:07
24	1564	Bruno Soares	multipower gaia trail	Senior Masculino	01:47:22	+20:11	07:10
25	1262	Emanuel Costa	individual	Senior Masculino	01:49:09	+21:57	07:17
26	1558	Tiago Soares	moinhos run - adrm	Senior Masculino	01:49:19	+22:07	07:17
27	1114	José Carlos Dias	ctad - trilhos de cinfães	Veterano M40	01:49:49	+22:38	07:19
28	1314	Joao barbosa	individual	Senior Masculino	01:50:01	+22:49	07:20
29	1116	Aderito Oliveira	da-lhe gas	Senior Masculino	01:50:24	+23:13	07:22
30	1167	Miguel Guimarães	fitspot-parque nascente	Senior Masculino	01:50:28	+23:16	07:22
31	1118	Joaquim Duarte	da-lhe gas	Senior Masculino	01:50:35	+23:23	07:22
32	1117	Carlos Prudêncio	da-lhe gas	Senior Masculino	01:50:53	+23:42	07:24
33	1209	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	01:52:18	+25:07	07:29
34	1581	Albertina Cunha	nocturnos de paredes	Senior Feminino	01:53:01	+25:50	07:32
35	1182	adão paulo teixeira monteiro	fridão sem limites	Senior Masculino	01:53:07	+25:55	07:32
36	1274	Alcides José da Silva Barbosa	individual	Senior Masculino	01:53:08	+25:56	07:33
37	1023	Fernando Oliveira	aliança de gandra	Veterano M40	01:53:16	+26:04	07:33
38	1022	António Dias	aliança de gandra	Veterano M40	01:53:16	+26:05	07:33
39	1643	José António R Sousa	pernetas	Senior Masculino	01:53:28	+26:17	07:34
40	1016	Filipe Moreira	aliança de gandra	Senior Masculino	01:53:39	+26:27	07:35
41	1570	Delfim Conceição	multipower gaia trail	Veterano M40	01:54:16	+27:05	07:37

Official Timekeeper: Lap2Go	1 / 16	generate 31-jul-2016 14:55
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15 KM

OFFICIAL RESULT

Official Timekeeper: Lap2Go	2 / 16	generate 31-jul-2016 14:55
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TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1457	LUIS ALMEIDA	individual	Veterano M40	02:06:12	+39:01	08:25
88	1543	Tiago Santos	mean machine crossfit	Senior Masculino	02:06:23	+39:11	08:26
89	1025	Telmo Almeida	aliança de gandra	Veterano M40	02:06:44	+39:32	08:27
90	1341	Marco Sousa	individual	Senior Masculino	02:06:46	+39:34	08:27
91	1557	Simão sousa	moinhos run - adrm	Senior Masculino	02:07:00	+39:48	08:28
92	1555	Miguel Santos	moinhos run - adrm	Senior Masculino	02:07:00	+39:49	08:28
93	1024	Fernando Santos	aliança de gandra	Veterano M40	02:07:06	+39:54	08:28
94	1566	PATricio Fernando	multipower gaia trail	Senior Masculino	02:07:28	+40:17	08:30
95	1585	Nelson Leite	nortrail rt	Senior Masculino	02:07:39	+40:27	08:31
96	1729	Adelino Fernandes	smip	Veterano M40	02:07:53	+40:42	08:32
97	1071	Jorge Santos	arcorun	Veterano M40	02:08:03	+40:52	08:32
98	1448	Jorge Antunes	individual	Veterano M40	02:08:19	+41:07	08:33
99	1109	António Teixeira	clube zipper	Veterano M40	02:08:30	+41:18	08:34
100	1418	ALBERTO CARVALHO	individual	Veterano M40	02:08:37	+41:26	08:35
101	1320	José Andrade	individual	Senior Masculino	02:08:39	+41:27	08:35
102	1333	LUÍS MIGUEL PINHEIRO NETO	individual	Senior Masculino	02:08:42	+41:30	08:35
103	1742	Carlos Vitor de Sousa Moreira	too stupid to stop	Senior Masculino	02:09:03	+41:52	08:36
104	1744	Luis Filipe Moreira Teixeira	too stupid to stop	Senior Masculino	02:09:04	+41:53	08:36
105	1282	Bruno Esteves	individual	Senior Masculino	02:09:06	+41:54	08:36
106	1694	Helder Queirós	run 4 all	Senior Masculino	02:09:07	+41:55	08:36
107	1588	Leandro Teixeira	nós acreditamos	Senior Masculino	02:09:31	+42:20	08:38
108	1468	Paulo Brás	individual	Veterano M40	02:09:57	+42:46	08:40
109	1032	Ana Paula Sorares Vieira	amigos do pedal trailagares	Senior Feminino	02:11:29	+44:17	08:46
110	1339	marcio barreto	individual	Senior Masculino	02:11:31	+44:19	08:46
111	1502	Rogério Fernandes	kemedo team	Veterano M40	02:11:39	+44:28	08:47
112	1202	Bruno Vigário	gondomar futsal clube	Senior Masculino	02:11:48	+44:36	08:47
113	1110	manuel antonio teixeira	cmmcp	Veterano M40	02:11:53	+44:42	08:48
114	1741	Alexandre Teixeira	too stupid to stop	Senior Masculino	02:11:55	+44:44	08:48
115	1318	Joel Santos	individual	Senior Masculino	02:12:06	+44:55	08:48
116	1699	Álvaro Ribeiro	run 4 all	Veterano M40	02:12:20	+45:08	08:49
117	1009	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	02:12:41	+45:30	08:51
118	1442	Ivo Almeida	individual	Veterano M40	02:13:15	+46:03	08:53
119	1273	AGOSTINHO FERNANDES	individual	Senior Masculino	02:13:32	+46:21	08:54
120	1351	Nuno Sousa	individual	Senior Masculino	02:13:55	+46:43	08:56
121	1644	Paulo Silva	pm	Senior Masculino	02:14:17	+47:06	08:57
122	1757	Pedro Sousa	trinca orelhas de gato	Senior Masculino	02:14:20	+47:08	08:57
123	1384	Vitor Ribeiro	individual	Senior Masculino	02:14:21	+47:10	08:57
124	1044	Tiago André Moreira Durães	amigos do pedal trailagares	Senior Masculino	02:14:30	+47:19	08:58
125	1135	bruno sousa	ele e ela	Senior Masculino	02:14:58	+47:46	09:00
126	1427	Carlos Araújo	individual	Veterano M40	02:14:59	+47:48	09:00
127	1067	António Martins	antónio paulo da silva jardim martins	Veterano M40	02:15:03	+47:51	09:00
128	1554	Inês Moreira	moinhos run - adrm	Senior Feminino	02:15:12	+48:01	09:01
129	1530	João Vale	leroy merlin trail team	Senior Masculino	02:15:16	+48:04	09:01
130	1500	Jose Augusto Abreu Costa	kemedo team	Veterano M40	02:15:20	+48:08	09:01
131	1753	Tiago Silva	trilha dos runners	Senior Masculino	02:15:22	+48:10	09:01
132	1041	Adriano Reis	amigos do pedal trailagares	Senior Masculino	02:15:24	+48:12	09:02

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15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	1365	Ricardo Moreira	individual	Senior Masculino	02:15:50	+48:38	09:03
134	1349	Nuno José da Cruz	individual	Senior Masculino	02:15:54	+48:42	09:04
135	1765	Victor Cardoso	trinca orelhas de gato	Veterano M40	02:15:55	+48:43	09:04
136	1454	José Manuel Moreira Lopes	individual	Veterano M40	02:15:57	+48:46	09:04
137	1074	Alcino Pinto	athlon runner's	Veterano M40	02:15:58	+48:47	09:04
138	1017	Paulo Sousa	aliança de gandra	Senior Masculino	02:16:02	+48:50	09:04
139	1087	Conceição Oliveira	capv - clube de atletismo da póvoa de varzim	Veterana F40	02:16:07	+48:55	09:04
140	1499	Fernando Barata	kemedo team	Veterano M40	02:16:21	+49:10	09:05
141	1072	Dênis Quadros	athlon runner's	Senior Masculino	02:16:40	+49:28	09:07
142	1528	Hélder Ferreira	leroy merlin trail team	Senior Masculino	02:16:42	+49:30	09:07
143	1695	José Fernando Silva	run 4 all	Senior Masculino	02:17:04	+49:53	09:08
144	1251	luisa cruz	moinhos run - adrm	Senior Feminino	02:17:21	+50:10	09:09
145	1732	Jorge Coelho	sporting clube de espinho	Veterano M40	02:18:02	+50:50	09:12
146	1361	Pedro Pereira	individual	Senior Masculino	02:18:11	+51:00	09:13
147	1506	Luis Silva	la zinco	Senior Masculino	02:19:04	+51:53	09:16
148	1532	Carlos Reis	leroy merlin trail team	Veterano M40	02:19:11	+51:59	09:17
149	1249	Hugo Barreira	individual	Senior Masculino	02:19:22	+52:11	09:18
150	1345	Miguel Ângelo Silva Neto	individual	Senior Masculino	02:19:43	+52:31	09:19
151	1484	Wilson Fonseca	individual	Veterano M40	02:20:03	+52:51	09:20
152	1697	Rui Rebelo	run 4 all	Senior Masculino	02:20:44	+53:33	09:23
153	1358	Pedro Costa	individual	Senior Masculino	02:20:46	+53:34	09:23
154	1681	Paulo Coelho	reumáticos dos trilhos	Veterano M40	02:20:51	+53:39	09:23
155	1080	JOAQUIM PAULO	c.d.c são martinho da gândara	Veterano M40	02:21:01	+53:50	09:24
156	1552	Cláudia Moreira	moinhos run - adrm	Senior Feminino	02:21:18	+54:07	09:25
157	1192	TOMÉ MARQUES	fugitivos urbanos	Senior Masculino	02:21:19	+54:07	09:25
158	1367	Ricardo Ramos	individual	Senior Masculino	02:21:42	+54:31	09:27
159	1328	Leandro "Malakata"	individual	Senior Masculino	02:21:44	+54:33	09:27
160	1754	Daniel Grandão	trinca orelhas de gato	Senior Masculino	02:21:54	+54:42	09:28
161	1591	Paula Fonseca	nós acreditamos	Veterana F40	02:21:54	+54:43	09:28
162	1369	Ruben Cipriano Alves Moreira	individual	Senior Masculino	02:21:58	+54:46	09:28
163	1176	Rui Silva	fitspot-parque nascente	Veterano M40	02:22:03	+54:51	09:28
164	1171	Alcino Vieira	fitspot-parque nascente	Veterano M40	02:22:08	+54:57	09:29
165	1629	Tiago Rocha	outsiders running trail team	Senior Masculino	02:22:10	+54:58	09:29
166	1545	Dario Manuel Oliveira Cardoso	mean machine crossfit	Veterano M40	02:22:28	+55:16	09:30
167	1271	Adelino Barbosa Rodrigues Pinheiro	individual	Senior Masculino	02:22:29	+55:17	09:30
168	1208	jose mendes	gondomar futsal clube	Veterano M40	02:22:36	+55:25	09:30
169	1743	Christophe Barbosa de Sousa	too stupid to stop	Senior Masculino	02:22:46	+55:34	09:31
170	1512	Mateusz Stasto	legion combat	Senior Masculino	02:22:47	+55:35	09:31
171	1540	Nuno Lemos	mean machine crossfit	Senior Masculino	02:22:58	+55:47	09:32
172	1556	Nuno Moreira	moinhos run - adrm	Senior Masculino	02:23:32	+56:20	09:34
173	1153	Sérgio Leal	farroncos papa km	Senior Masculino	02:23:34	+56:22	09:34
174	1749	Jorge Ferreirinha	trail sra do salto	Senior Masculino	02:23:40	+56:28	09:35
175	1481	sergio alberto costa sousa	individual	Veterano M40	02:23:48	+56:36	09:35
176	1519	José Castro	leões de tardariz trail	Senior Masculino	02:23:54	+56:42	09:36
177	1247	André Cunha	i-run	Senior Masculino	02:24:03	+56:52	09:36

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1416	Abilio Topa	individual	Veterano M40	02:24:17	+57:05	09:37
179	1432	Eduardo Caramalho	individual	Veterano M40	02:24:24	+57:13	09:38
180	1656	Carlos Martins	porto sentido runners	Veterano M40	02:24:40	+57:29	09:39
181	1178	AMERICO FRANÇA	frança	Veterano M40	02:24:43	+57:31	09:39
182	1577	Marco Almeida	nascidos para correr	Veterano M40	02:24:45	+57:33	09:39
183	1281	Beto Mota	individual	Senior Masculino	02:24:50	+57:39	09:39
184	1676	sergio pereira	reumatico	Senior Masculino	02:24:51	+57:39	09:39
185	1675	sergio pereira	reumatico	Senior Masculino	02:24:51	+57:39	09:39
186	1607	Ricardo Dias da Fonseca	os atletas	Senior Masculino	02:24:52	+57:41	09:40
187	1093	Bruno Ramiro	casadotear.pt	Senior Masculino	02:24:54	+57:43	09:40
188	1105	Hugo Rabaça	clube desportivo cepsa	Senior Masculino	02:25:20	+58:09	09:41
189	1594	Fernando Silva	nós acreditamos	Veterano M40	02:25:24	+58:13	09:42
190	1336	Manuel Neto de Moura	individual	Senior Masculino	02:25:41	+58:30	09:43
191	1602	Renato Santos	ofrunning	Senior Masculino	02:25:44	+58:33	09:43
192	1035	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	02:26:02	+58:50	09:44
193	1372	Rui Sousa	individual	Senior Masculino	02:26:04	+58:52	09:44
194	1019	Alexandra Padilha	aliança de gandra	Veterana F40	02:26:30	+59:18	09:46
195	1277	André Montenegro Ferreira	individual	Senior Masculino	02:26:53	+59:41	09:48
196	1767	Susana Neta	clube zipper	Veterana F40	02:27:03	+59:52	09:48
197	1524	Pedro Ferreira	leões de tardariz trail	Veterano M40	02:27:25	+01:00:14	09:50
198	47	Pedro Santos	factor x / s4l / medensefc	Senior Masculino	02:27:56	+01:00:45	09:52
199	1386	Vitor Santos	individual	Senior Masculino	02:27:57	+01:00:45	09:52
200	1531	Jorge Pinheiro	leroy merlin trail team	Senior Masculino	02:27:58	+01:00:47	09:52
201	1750	Vitorino Dias	trail sra do salto	Veterano M40	02:28:12	+01:01:00	09:53
202	1445	Joaquim Coelho	individual	Veterano M40	02:28:13	+01:01:01	09:53
203	1302	Gilberto Orlando	individual	Senior Masculino	02:28:14	+01:01:03	09:53
204	1449	jorge luis duarte caria	individual	Veterano M40	02:28:16	+01:01:04	09:53
205	1147	Francisco Matos	farroncos papa km	Senior Masculino	02:28:19	+01:01:07	09:53
206	1430	David Sousa	individual	Veterano M40	02:28:33	+01:01:21	09:54
207	1467	oscar jose soares silva	individual	Veterano M40	02:28:37	+01:01:25	09:54
208	1522	António Pinto	leões de tardariz trail	Veterano M40	02:29:51	+01:02:39	09:59
209	1220	ANDREA CUNHA	individual	Senior Feminino	02:29:52	+01:02:40	09:59
210	1649	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	02:30:23	+01:03:11	10:02
211	1150	João Matos	farroncos papa km	Senior Masculino	02:30:46	+01:03:34	10:03
212	1243	Joana Azevedo	individual	Senior Feminino	02:30:48	+01:03:37	10:03
213	1188	HUGO OLIVEIRA	fugitivos urbanos	Senior Masculino	02:30:49	+01:03:37	10:03
214	1592	Álvaro Cardoso	nós acreditamos	Veterano M40	02:31:13	+01:04:02	10:05
215	1779	Armando Rosa	individual	Veterano M40	02:31:15	+01:04:03	10:05
216	1015	Carlos Martins	aliança de gandra	Senior Masculino	02:31:18	+01:04:07	10:05
217	1304	HairStylist Leonel Fernandes	individual	Senior Masculino	02:31:23	+01:04:12	10:06
218	1678	Sérgio Almeida	reumáticos dos trilhos	Senior Masculino	02:31:34	+01:04:22	10:06
219	1283	Bruno Manuel Pereira Nunes	individual	Senior Masculino	02:31:58	+01:04:46	10:08
220	1461	Marco Ginoulhiac	individual	Veterano M40	02:32:01	+01:04:50	10:08
221	1190	Nuno Ferreira	fugitivos urbanos	Senior Masculino	02:32:07	+01:04:56	10:09
222	1595	Eduardo Ribeiro	not fast, just furious	Senior Masculino	02:32:08	+01:04:57	10:09
223	1307	Helder Rodrigues	individual	Senior Masculino	02:32:09	+01:04:58	10:09

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	1645	Miguel Teixeira	pm	Veterano M40	02:32:17	+01:05:06	10:09
225	1014	André Santos	aliança de gandra	Senior Masculino	02:32:23	+01:05:11	10:10
226	1305	Helder Antonio de Oliveira Mendes	individual	Senior Masculino	02:32:36	+01:05:25	10:10
227	1593	Armando Cardoso	nós acreditamos	Veterano M40	02:32:58	+01:05:46	10:12
228	1682	dario ribeiro	ribeira bar team	Senior Masculino	02:33:03	+01:05:51	10:12
229	1368	Ricardo Ribeiro	individual	Senior Masculino	02:33:06	+01:05:55	10:12
230	1469	Paulo Moreira	individual	Veterano M40	02:33:32	+01:06:20	10:14
231	1179	David Moisés Rodrigues Soares	freeletics porto	Senior Masculino	02:33:56	+01:06:45	10:16
232	1180	João António Ferreira Gonçalves	freeletics porto	Senior Masculino	02:33:56	+01:06:45	10:16
233	1181	Sérgio Miguel Ferreira da Costa	freeletics porto	Senior Masculino	02:33:56	+01:06:45	10:16
234	1040	Bruno Filipe da Costa Mendes	amigos do pedal trailagares	Senior Masculino	02:33:59	+01:06:48	10:16
235	1619	Mário Vieira	os transmed	Senior Masculino	02:34:00	+01:06:49	10:16
236	1011	Leandro Ricardo Oliveira Pinto Simões	adeqa tia micas	Senior Masculino	02:34:23	+01:07:11	10:18
237	1010	Hugo Barroso Pinto	adeqa tia micas	Senior Masculino	02:34:23	+01:07:12	10:18
238	1012	Vitor Matos	adeqa tia micas	Senior Masculino	02:34:23	+01:07:12	10:18
239	1301	Gerson Alves	individual	Senior Masculino	02:34:26	+01:07:15	10:18
240	1218	Ana Pereira	individual	Senior Feminino	02:34:28	+01:07:17	10:18
241	1300	Francisco Cardoso	individual	Senior Masculino	02:34:29	+01:07:17	10:18
242	1350	Nuno Miguel Pereira de Jesus	individual	Senior Masculino	02:34:50	+01:07:38	10:19
243	1464	Mike Dias	individual	Veterano M40	02:34:59	+01:07:48	10:20
244	1079	Paulo Nunes	btt alegria / tubani	Veterano M40	02:35:02	+01:07:50	10:20
245	1138	Pedro Silva	factor x / s4l / medensefc	Veterano M40	02:35:13	+01:08:02	10:21
246	1420	Antero Cunha	individual	Veterano M40	02:35:20	+01:08:08	10:21
247	1137	Rui Mota	factor x / s4l / medensefc	Veterano M40	02:35:23	+01:08:11	10:22
248	1315	Joaquim Alves	individual	Senior Masculino	02:35:30	+01:08:18	10:22
249	1403	Ivone Ferreira	individual	Veterana F40	02:35:34	+01:08:23	10:22
250	1310	Hugo Ferreira	individual	Senior Masculino	02:35:35	+01:08:23	10:22
251	1586	Sandra Pereira	nós acreditamos	Senior Feminino	02:35:50	+01:08:39	10:23
252	1601	Mário Rui Carvalho	ofrunning	Senior Masculino	02:35:52	+01:08:41	10:24
253	1348	Nuno Gaio	individual	Senior Masculino	02:35:56	+01:08:44	10:24
254	1096	Avelino Pereira	ccdtc:m.gondomar	Veterano M40	02:36:08	+01:08:57	10:25
255	1525	José Pereira	leroy merlin team	Senior Masculino	02:36:20	+01:09:08	10:25
256	1576	silvio ferreira	nascidos para correr	Senior Masculino	02:36:20	+01:09:09	10:25
257	1758	Vicente de Sousa	trinca orelhas de gato	Senior Masculino	02:36:30	+01:09:18	10:26
258	1498	Tiago Rocha	kemedo team	Senior Masculino	02:36:31	+01:09:19	10:26
259	1018	Sérgio Pereira	aliança de gandra	Senior Masculino	02:36:33	+01:09:21	10:26
260	1783	Pedro Vieira	individual	Senior Masculino	02:36:36	+01:09:25	10:26
261	1494	João Manuel Santos Silva	juõed	Veterano M40	02:36:49	+01:09:38	10:27
262	1493	João Miguel Almeida da Silva	juõed	Senior Masculino	02:36:51	+01:09:39	10:27
263	1438	Francisco Manuel Ribeiro da Costa	individual	Veterano M40	02:36:52	+01:09:41	10:28
264	1204	Rui Oliveira	gondomar futsal clube	Senior Masculino	02:36:57	+01:09:46	10:28
265	1108	Marisa Pereira	clube zipper	Senior Feminino	02:37:01	+01:09:49	10:28
266	1329	Libanio José Rocha Alves	individual	Senior Masculino	02:37:02	+01:09:50	10:28
267	1452	Jose Dias	individual	Veterano M40	02:37:10	+01:09:58	10:29
268	1379	Tiago Soares	individual	Senior Masculino	02:37:11	+01:10:00	10:29

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
269	1720	Joao Nuno Cardoso	s. s. montepio	Veterano M40	02:37:18	+01:10:06	10:29
270	1437	Fernando Oliveira	individual	Veterano M40	02:37:22	+01:10:10	10:29
271	1292	Daniel Pinto	individual	Senior Masculino	02:37:24	+01:10:13	10:30
272	1433	eduardo fernandes	individual	Veterano M40	02:38:18	+01:11:06	10:33
273	1001	Ana Campanhã	10temidos	Senior Feminino	02:38:18	+01:11:06	10:33
274	1611	Joaquim Manuel Pinto Vieira	os cachos	Veterano M40	02:38:59	+01:11:48	10:36
275	1503	Hugo André Vaz Couto	komokunomato	Senior Masculino	02:39:07	+01:11:55	10:36
276	1408	Paula Silva	individual	Veterana F40	02:39:08	+01:11:56	10:3
277	1610	Carlos Manuel Pinto Vieira	os cachos	Veterano M40	02:39:23	+01:12:12	10:38
278	1317	Joaquim Fernando Martins Santos	individual	Senior Masculino	02:39:23	+01:12:12	10:38
279	1727	Sergio Santiago	shots international runners	Senior Masculino	02:39:39	+01:12:27	10:39
280	1258	Ondina Mária Morim Salgado	individual	Senior Feminino	02:40:15	+01:13:03	10:41
281	1029	Nuno Santos	amigos do costume	Senior Masculino	02:40:27	+01:13:15	10:42
282	1608	Vitor Neto	os atletas	Veterano M40	02:40:31	+01:13:19	10:42
283	1428	carlos jorge oliveira figueiredo	individual	Veterano M40	02:40:32	+01:13:21	10:42
284	1460	Manuel Reis	individual	Veterano M40	02:40:38	+01:13:26	10:43
285	1099	André Martins	cfit/inbiketus	Senior Masculino	02:40:40	+01:13:28	10:43
286	1482	Sérgio Pessegueiro	individual	Veterano M40	02:40:43	+01:13:31	10:43
287	144	José Luís Pinto	individual	Veterano M40	02:40:48	+01:13:37	10:43
288	1434	Fátima Vieira	individual	Veterana F40	02:41:21	+01:14:09	10:45
289	1730	Ricardo Sousa	somos nós team	Senior Masculino	02:41:26	+01:14:14	10:46
290	1211	Pedro Arantes	grupo desportivo do bairro dos pescadores de matosinhos	Senior Masculino	02:41:33	+01:14:21	10:46
291	1487	Celia Sousa	invictus oporto team	Senior Feminino	02:42:13	+01:15:01	10:49
292	1311	Hugo Manuel Sousa Moreira	individual	Senior Masculino	02:43:01	+01:15:50	10:52
293	1224	Anita Gabriela Moreira Nunes da Costa	individual	Senior Feminino	02:43:03	+01:15:52	10:52
294	1324	Jose Manuel da Silva Barbosa	individual	Senior Masculino	02:43:16	+01:16:05	10:53
295	1719	Joao Moreira	s. s. montepio	Veterano M40	02:43:22	+01:16:10	10:53
296	1366	Ricardo Novais	individual	Senior Masculino	02:43:24	+01:16:13	10:54
297	1294	DAVID TEIXEIRA	individual	Senior Masculino	02:43:31	+01:16:19	10:54
298	1306	Helder José da rocha Oliveira	individual	Senior Masculino	02:43:36	+01:16:24	10:54
299	1477	Ricardo Silva	individual	Veterano M40	02:43:38	+01:16:26	10:55
300	1185	CARLOS RODRIGUES	fugitivos urbanos	Senior Masculino	02:43:40	+01:16:28	10:55
301	1410	Rosa coelho	individual	Veterana F40	02:43:41	+01:16:29	10:55
302	1254	Maria Moutinho	individual	Senior Feminino	02:43:42	+01:16:31	10:55
303	1560	Rui Quinta	moinhos run - adrm	Veterano M40	02:44:21	+01:17:10	10:57
304	1073	João Teixeira	athlon runner's	Senior Masculino	02:44:31	+01:17:19	10:58
305	1227	Carla Sofia Gonçalves Pinto	individual	Senior Feminino	02:44:44	+01:17:32	10:59
306	1296	Fernando Alves	individual	Senior Masculino	02:44:48	+01:17:37	10:59
307	1496	Jose Pinto	kemedo team	Senior Masculino	02:44:49	+01:17:38	10:59
308	1658	Jorge Pereira	porto sentido runners	Veterano M40	02:45:07	+01:17:56	11:01
309	1535	Miguel Mendes	lion runners - g.d. leões da guarda	Senior Masculino	02:45:10	+01:17:58	11:01
310	1440	gabriel rodrigues ferreira	individual	Veterano M40	02:45:30	+01:18:18	11:02
311	1255	Marina Sofia Ribeiro Rodrigues	individual	Senior Feminino	02:45:50	+01:18:39	11:03
312	1475	Pedro Silva	individual	Veterano M40	02:45:55	+01:18:44	11:04
313	1471	Paulo Pinto	individual	Veterano M40	02:45:58	+01:18:47	11:04

TRAIL CURTO - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
314	1334	Luís Pinto	individual	Senior Masculino	02:46:00	+01:18:49	11:04
315	1352	Paulo Andre	individual	Senior Masculino	02:46:26	+01:19:14	11:06
316	1609	Bruno Castelo	os aventureiros	Senior Masculino	02:46:38	+01:19:27	11:07
317	1406	Maria José Silva Teixeira	individual	Veterana F40	02:47:01	+01:19:49	11:08
318	1163	Diana Almeida	fitspot-parque nascente	Senior Feminino	02:47:11	+01:20:00	11:09
319	1659	José Ricardo	porto sentido runners	Veterano M40	02:47:13	+01:20:01	11:09
320	1518	Guilherme Oliveira	leões de tardariz trail	Senior Masculino	02:47:14	+01:20:03	11:09
321	1624	Agostinho Silva	osfazconta	Veterano M40	02:47:52	+01:20:40	11:11
322	1112	Sandrine Matias Ferreira	correria	Senior Feminino	02:48:01	+01:20:49	11:12
323	1006	Nuno Andrade	8.2 team	Senior Masculino	02:48:30	+01:21:18	11:14
324	1161	Ana Flores	fitspot-parque nascente	Senior Feminino	02:48:34	+01:21:23	11:14
325	1173	Carlindo Martins	fitspot-parque nascente	Veterano M40	02:48:36	+01:21:24	11:14
326	1077	Elisabete Faria	brabus runners	Senior Feminino	02:48:58	+01:21:46	11:16
327	1533	Paulo Carneiro	les moutons	Veterano M40	02:48:59	+01:21:48	11:16
328	1603	João Paulo Dias	ofrunning	Veterano M40	02:49:33	+01:22:22	11:18
329	1439	Francisco Vitor Costa Faria	individual	Veterano M40	02:49:41	+01:22:29	11:19
330	1293	David Matellano Criado	individual	Senior Masculino	02:49:52	+01:22:40	11:19
331	1781	Rui Gandra	individual	Veterano M40	02:49:56	+01:22:44	11:20
332	1186	FÁBIO MOREIRA	fugitivos urbanos	Senior Masculino	02:49:59	+01:22:47	11:20
333	1639	Antonio Barbosa	paredes running	Senior Masculino	02:50:04	+01:22:53	11:20
334	1579	Liseta Pinto	nice runners	Veterana F40	02:50:18	+01:23:06	11:21
335	1051	Armindo Moreira	amigos do sofá	Veterano M40	02:50:29	+01:23:18	11:22
336	1316	Joaquim Cardoso	individual	Senior Masculino	02:50:34	+01:23:23	11:22
337	1688	Tomas Moura	rmcosta	Senior Masculino	02:50:36	+01:23:25	11:22
338	1715	Alfredo Abreu	s. s. montepio	Veterano M40	02:50:37	+01:23:26	11:23
339	1672	rosana martins	reumatico	Senior Feminino	02:50:43	+01:23:31	11:23
340	1270	Abílio Santos	individual	Senior Masculino	02:52:01	+01:24:49	11:28
341	1401	Elisabete Gonçalves	individual	Veterana F40	02:52:17	+01:25:06	11:29
342	1191	Sérgio Silva	fugitivos urbanos	Senior Masculino	02:52:39	+01:25:27	11:31
343	1212	Isabel Carvalho	helenas gomes	Veterana F40	02:52:41	+01:25:29	11:31
344	1407	PAULA COSTA	individual	Veterana F40	02:52:42	+01:25:30	11:31
345	1107	Alberto Brandão	clube desportivo cepsa	Veterano M40	02:52:43	+01:25:32	11:31
346	1501	Luis Joaquim Gomes	kemedeo team	Veterano M40	02:52:45	+01:25:33	11:31
347	1436	Fernando Manuel Dias mendes	individual	Veterano M40	02:52:59	+01:25:48	11:32
348	1447	Joaquim Torres	individual	Veterano M40	02:53:10	+01:25:58	11:33
349	1711	Ivo Martins	s. s. montepio	Senior Masculino	02:53:11	+01:25:59	11:33
350	1708	Joana Direito	s. s. montepio	Senior Feminino	02:53:12	+01:26:01	11:33
351	1474	Pedro Rodrigues	individual	Veterano M40	02:53:15	+01:26:03	11:33
352	1655	António Sousa	porto sentido runners	Veterano M40	02:53:20	+01:26:08	11:33
353	1652	cidália soares	porto sentido runners	Veterana F40	02:53:20	+01:26:09	11:33
354	1309	Hugo Alexandre Alves	individual	Senior Masculino	02:53:21	+01:26:10	11:33
355	1714	Carla Barros	s. s. montepio	Veterana F40	02:53:24	+01:26:12	11:34
356	1710	Hugo Vladimiro Silva	s. s. montepio	Senior Masculino	02:53:24	+01:26:13	11:34
357	1724	Nuno Almeida	sempre juntos	Senior Masculino	02:53:29	+01:26:18	11:34
358	1378	Tiago Mendes	individual	Senior Masculino	02:53:36	+01:26:25	11:34
359	1419	Alex Silva	individual	Veterano M40	02:53:45	+01:26:33	11:35

TRAIL CURTO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
360	1288	Carlos Rocha	individual	Senior Masculino	02:54:02	+01:26:51	11:36
361	1092	Marta André	casadotear.pt	Senior Feminino	02:54:17	+01:27:06	11:37
362	1584	Mário Manuel Silva Nogueira	nortrail rt	Senior Masculino	02:54:32	+01:27:21	11:38
363	1248	Lídia Teles	individual	Senior Feminino	02:54:49	+01:27:38	11:39
364	1297	Fernando Bruno Caetano rocha	individual	Senior Masculino	02:54:51	+01:27:39	11:39
365	1354	Paulo Marques	individual	Senior Masculino	02:55:19	+01:28:08	11:41
366	1322	jose fernando coelho meireles	individual	Senior Masculino	02:55:25	+01:28:13	11:42
367	1166	Flávio Santos	fitspot-parque nascente	Senior Masculino	02:55:25	+01:28:13	11:44
368	1721	Julio Santos	s. s. montepio	Veterano M40	02:55:34	+01:28:23	11:42
369	1381	Vitor Andrade	individual	Senior Masculino	02:55:43	+01:28:31	11:43
370	1582	Jorge Moreira	nocturnos de paredes	Senior Masculino	02:56:09	+01:28:58	11:45
371	1651	Vítor Martins	porto sentido runners	Senior Masculino	02:56:18	+01:29:07	11:45
372	1004	Rui Sá	10temidos	Veterano M40	02:56:24	+01:29:13	11:46
373	1596	Luís Vieira	not fast, just furious	Senior Masculino	02:56:27	+01:29:15	11:46
374	1756	Luís Martins	trinca orelhas de gato	Senior Masculino	02:56:32	+01:29:21	11:46
375	1668	Sarinha	pupilos	Senior Feminino	02:56:47	+01:29:36	11:47
376	1061	Cristina Machado	andatrilhos freamunde	Senior Feminino	02:57:26	+01:30:15	11:50
377	1063	Luís Pedro	andatrilhos freamunde	Senior Masculino	02:57:28	+01:30:17	11:50
378	1064	Marco Mendes	andatrilhos freamunde	Senior Masculino	02:57:30	+01:30:19	11:50
379	1066	Daniel Machado Neto	andatrilhos freamunde	Veterano M40	02:57:31	+01:30:19	11:50
380	1414	Fernando Silva	individual	Veterano M40	02:57:48	+01:30:36	11:51
381	1713	Rui Carvalho	s. s. montepio	Senior Masculino	02:57:54	+01:30:43	11:52
382	1326	jose miguel araújo cunha magalhães pereira	individual	Senior Masculino	02:58:00	+01:30:49	11:52
383	1391	Cacilda Maria Sousa Ramos	individual	Veterana F40	02:58:31	+01:31:19	11:54
384	1762	Rui Silva	trinca orelhas de gato	Veterano M40	02:58:42	+01:31:30	11:55
385	1175	Miguel Bandeira	fitspot-parque nascente	Veterano M40	02:58:49	+01:31:37	11:55
386	1760	Carlos Conde	trinca orelhas de gato	Veterano M40	02:59:20	+01:32:08	11:57
387	1088	Conceição Rabaldo	capv - clube de atletismo da póvoa de varzim	Veterana F40	03:00:08	+01:32:56	12:01
388	1385	Vitor Santos	individual	Senior Masculino	03:00:18	+01:33:07	12:01
389	21	Humberto joao Ribeiro da costa	amigos trabalho	Senior Masculino	03:00:19	+01:33:08	12:01
390	1455	JOSE MÁRIO MAGALHÃES DE PEREIRA	individual	Veterano M40	03:00:42	+01:33:31	12:03
391	1618	Carlos Henrique da Silva Neves	os transmed	Senior Masculino	03:00:44	+01:33:32	12:03
392	1780	Sérgio Almeida	individual	Senior Masculino	03:01:01	+01:33:50	12:04
393	1134	Susana Silva	edv-viana trail	Senior Feminino	03:01:03	+01:33:51	12:04
394	1520	José Ribeiro	leões de tardariz trail	Senior Masculino	03:01:07	+01:33:55	12:04
395	1347	Norberto Aguiar	individual	Senior Masculino	03:01:08	+01:33:56	12:05
396	1083	Quim	caetano runners	Senior Masculino	03:01:10	+01:33:58	12:05
397	1290	Daniel Jorge Rodrigues Amaral	individual	Senior Masculino	03:02:06	+01:34:55	12:08
398	1049	Sandra Costa	amigos do sofá	Senior Feminino	03:02:59	+01:35:48	12:12
399	1344	Micael Queirós	individual	Senior Masculino	03:03:53	+01:36:42	12:16
400	1095	Nuno Ribeiro	ccd siemens	Senior Masculino	03:04:15	+01:37:04	12:17
401	1343	Mário Soares	individual	Senior Masculino	03:04:30	+01:37:18	12:18
402	1387	ana Paula Teixeira	individual	Veterana F40	03:05:04	+01:37:53	12:20
403	1269	Abel Filipe Lameiras Cardoso	individual	Senior Masculino	03:05:25	+01:38:13	12:22

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
404	1615	Lino Moura	os mangueiras	Veterano M40	03:05:34	+01:38:22	12:22
405	1002	Paulo Ribeiro	10temidos	Veterano M40	03:06:11	+01:38:59	12:25
406	1291	Daniel Machado	individual	Senior Masculino	03:06:19	+01:39:08	12:25
407	1745	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	03:06:19	+01:39:08	12:25
408	1151	Pedro Correia	farroncos papa km	Senior Masculino	03:06:21	+01:39:10	12:25
409	1003	Pedro Sousa	10temidos	Veterano M40	03:06:32	+01:39:20	12:26
410	1377	Telmo Rodrigues	individual	Senior Masculino	03:06:33	+01:39:22	12:26
411	1267	Carvalho LUSO XXI	individual	Senior Masculino	03:06:39	+01:39:27	12:27
412	1174	Luis Espirito Santo	fitspot-parque nascente	Veterano M40	03:06:41	+01:39:29	12:27
413	24	Israel Sergio Ferreira ribeiro	amigos trabalho	Veterano M40	03:06:42	+01:39:30	12:27
414	22	Rodolfo Jorge Soares da silva	amigos trabalho	Senior Masculino	03:06:45	+01:39:33	12:27
415	1084	Ana Leonor	capv - clube de atletismo da póvoa de varzim	Senior Feminino	03:06:52	+01:39:41	12:28
416	1614	Nuno Brandão	os mangueiras	Senior Masculino	03:06:54	+01:39:42	12:28
417	1613	João Sousa	os mangueiras	Senior Masculino	03:06:55	+01:39:43	12:28
418	1089	Mariana Parente	capv - clube de atletismo da póvoa de varzim	Veterana F40	03:06:58	+01:39:47	12:28
419	1653	Elisabete Loureiro	porto sentido runners	Veterana F40	03:07:02	+01:39:50	12:28
420	1657	Fernando Ferraz	porto sentido runners	Veterano M40	03:07:02	+01:39:50	12:28
421	1654	Sandra Carvalho	porto sentido runners	Veterana F40	03:07:02	+01:39:50	12:28
422	1776	MARLENE AFONSO	individual	Senior Feminino	03:07:17	+01:40:05	12:29
423	1156	Manuel Rocha	fast ao km	Veterano M40	03:07:29	+01:40:18	12:30
424	1319	Jóni Pandeirada Rocha	individual	Senior Masculino	03:07:30	+01:40:18	12:30
425	1670	mara freitas	reumatico	Senior Feminino	03:07:40	+01:40:28	12:31
426	1148	Gil Vieira	farroncos papa km	Senior Masculino	03:07:43	+01:40:31	12:31
427	23	Silvino Cristiano Ferreira Ribeiro	amigos trabalho	Senior Masculino	03:08:06	+01:40:54	12:32
428	1761	Miguel Costa	trinca orelhas de gato	Veterano M40	03:08:42	+01:41:31	12:35
429	1298	Filipe André dos Santos Pereira	individual	Senior Masculino	03:08:43	+01:41:31	12:35
430	1201	Patrícia Pereira	gondomar futsal clube	Senior Feminino	03:08:47	+01:41:35	12:35
431	1113	Cristina Santos	correria	Veterana F40	03:09:10	+01:41:59	12:37
432	1154	Tó Chico	farroncos papa km	Senior Masculino	03:09:22	+01:42:10	12:37
433	1106	Paulo Brandão	clube desportivo cepsa	Senior Masculino	03:09:23	+01:42:12	12:38
434	1451	José Belarmino	individual	Veterano M40	03:09:30	+01:42:18	12:38
435	1252	MARGARIDA MARIA BARBOSA DE BRITO	individual	Senior Feminino	03:09:34	+01:42:22	12:38
436	1578	Tiago Rodrigues	nice runners	Senior Masculino	03:09:35	+01:42:23	12:38
437	1723	Luisa Mota	sempre juntos	Senior Feminino	03:10:21	+01:43:10	12:41
438	1431	Domingos Barbosa da Silva	individual	Veterano M40	03:11:03	+01:43:51	12:44
439	1082	Zelinha Viana	caetano runners	Senior Feminino	03:11:37	+01:44:25	12:46
440	1213	Cédric Silva	índios de btrail	Senior Masculino	03:11:42	+01:44:31	12:47
441	1215	Flávio Cardoso	índios de btrail	Senior Masculino	03:11:43	+01:44:31	12:47
442	1214	Filipe Gonçalves	índios de btrail	Senior Masculino	03:11:43	+01:44:32	12:47
443	1275	Alexandre Filipe Vieira Valente	individual	Senior Masculino	03:11:54	+01:44:42	12:48
444	1465	Milton Rodrigues	individual	Veterano M40	03:11:55	+01:44:44	12:48
445	1527	Fernando Pinheiro	leroy merlin trail team	Senior Masculino	03:12:10	+01:44:58	12:49
446	1046	Carmen Moreira	amigos do pedal trailagares	Veterana F40	03:12:11	+01:44:59	12:49
447	1356	Paulo Sampaio	individual	Senior Masculino	03:12:30	+01:45:19	12:50

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
448	1590	Lúcia Oliveira	nós acreditamos	Veterana F40	03:12:38	+01:45:26	12:51
449	1589	Ricardo Carvalho	nós acreditamos	Senior Masculino	03:12:39	+01:45:28	12:51
450	1085	Marisa Xavier	capv - clube de atletismo da póvoa de varzim	Senior Feminino	03:12:40	+01:45:28	12:51
451	1086	Sandra Veloso	capv - clube de atletismo da póvoa de varzim	Senior Feminino	03:12:40	+01:45:28	12:51
452	1759	Agostinho Costa	trinca orelhas de gato	Veterano M40	03:12:40	+01:45:28	12:51
453	1635	Ana Alves	papa trails	Veterana F40	03:12:41	+01:45:29	12:51
454	1054	Henrique Melo	amigos dos semáforos, bamulá	Senior Masculino	03:12:42	+01:45:31	12:51
455	1478	RUI FERNANDO DOS SANTOS PEREIRA DA SILVA ALMEIDA	individual	Veterano M40	03:12:44	+01:45:33	12:51
456	1717	Fernando Carvalho	s. s. montepio	Veterano M40	03:12:46	+01:45:35	12:51
457	1443	JOAO LOURENÇO	individual	Veterano M40	03:12:50	+01:45:39	12:51
458	1380	Valter Hugo Gonçalves de Mendonça	individual	Senior Masculino	03:12:54	+01:45:42	12:52
459	1580	Luis Marques	nice runners	Veterano M40	03:14:17	+01:47:05	12:57
460	1239	Eduarda Gonçalves Coelho	individual	Senior Feminino	03:15:01	+01:47:49	13:00
461	1313	Jaime Coelho	individual	Senior Masculino	03:15:03	+01:47:52	13:00
462	1330	Luís Faria	individual	Senior Masculino	03:15:12	+01:48:01	13:01
463	1097	Helena Mesquita	cepos	Senior Feminino	03:15:15	+01:48:03	13:01
464	1098	Luis Pereira	cepos	Veterano M40	03:15:16	+01:48:04	13:01
465	1256	Marlene Raquel Vieira	individual	Senior Feminino	03:15:17	+01:48:06	13:01
466	1458	luis Manuel Soares Ribeiro	individual	Veterano M40	03:15:18	+01:48:06	13:01
467	1289	Daniel Filipe Ferreira Da Silva	individual	Senior Masculino	03:15:19	+01:48:08	13:01
468	1638	Sonia Silva	paredes running	Senior Feminino	03:15:23	+01:48:12	13:02
469	1663	Sara Eiró Soares	powersrunning	Senior Feminino	03:15:25	+01:48:14	13:02
470	1261	Sara braga	individual	Senior Feminino	03:15:29	+01:48:18	13:02
471	1235	Cristina Rocha	individual	Senior Feminino	03:15:37	+01:48:26	13:03
472	1094	Susana Ribeiro	ccd siemens	Senior Feminino	03:15:40	+01:48:28	13:03
473	1718	Francisco Moreira	s. s. montepio	Veterano M40	03:15:50	+01:48:38	13:03
474	1636	José Alves	papa trails	Veterano M40	03:15:56	+01:48:44	13:04
475	1583	Hugo Rocha	nortrail rt	Senior Masculino	03:15:57	+01:48:46	13:04
476	1253	Maria de fatima N. Barbosa pinto	individual	Senior Feminino	03:16:03	+01:48:52	13:04
477	1664	Zita Bessa	powersrunning	Senior Feminino	03:16:12	+01:49:00	13:05
478	1617	Casimiro Rebelo	os rebelos	Veterano M40	03:16:30	+01:49:19	13:06
479	1616	David rebelo	os rebelos	Senior Masculino	03:16:33	+01:49:22	13:06
480	1677	Nuno Silva	reumáticos dos trilhos	Senior Masculino	03:16:37	+01:49:25	13:06
481	1259	Sandra Daniela Sousa Alves	individual	Senior Feminino	03:16:41	+01:49:29	13:07
482	1321	José António Lobo Dias Carneiro	individual	Senior Masculino	03:16:42	+01:49:30	13:07
483	1634	Vitor Teixeira	papa trails	Senior Masculino	03:16:47	+01:49:36	13:07
484	1422	ARMINDO SERRA MARTINS DOS SANTOS	individual	Veterano M40	03:16:58	+01:49:46	13:08
485	1389	Angela Lopes	individual	Veterana F40	03:17:00	+01:49:49	13:08
486	1373	Sandro sousa	individual	Senior Masculino	03:17:03	+01:49:51	13:08
487	1260	Sandra Ramos	individual	Senior Feminino	03:17:47	+01:50:35	13:11
488	1446	Joaquim Ramos	individual	Veterano M40	03:17:51	+01:50:39	13:11
489	1286	Bruno Ricardo Oliveira Barros	individual	Senior Masculino	03:17:54	+01:50:43	13:12
490	1606	André Barros	os atletas	Senior Masculino	03:18:25	+01:51:14	13:14

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
491	1763	Sérgio Rocha	trinca orelhas de gato	Veterano M40	03:18:27	+01:51:16	13:14
492	1396	Claudia Lopes	individual	Veterana F40	03:18:52	+01:51:41	13:16
493	1374	Sérgio Miguel Barbosa Moura	individual	Senior Masculino	03:18:59	+01:51:48	13:16
494	1521	Agostinho Cardoso	leões de tardariz trail	Veterano M40	03:19:07	+01:51:56	13:17
495	1768	Andrea Lima Pereira	upgo	Senior Feminino	03:19:19	+01:52:08	13:17
496	1769	Rui Miguel Lima Pereira	upgo	Senior Masculino	03:19:20	+01:52:08	13:17
497	1621	Brigida Duarte	osfazconta	Senior Feminino	03:19:25	+01:52:13	13:18
498	1026	Gonçalo Santos	all about spirit team	Senior Masculino	03:19:25	+01:52:14	13:18
499	1027	Diana Cancela	all about spirit team	Veterana F40	03:19:28	+01:52:16	13:18
500	1680	Elisabete Amado	reumáticos dos trilhos	Veterana F40	03:20:26	+01:53:15	13:22
501	1287	Carlos Miguel Rodrigues Cunha	individual	Senior Masculino	03:20:28	+01:53:17	13:22
502	1600	Manuel Moreira	ofrunning	Senior Masculino	03:20:37	+01:53:26	13:23
503	1598	Rogério Oliveira	not fast, just furious	Senior Masculino	03:20:58	+01:53:47	13:24
504	1476	Raul Alvarenga	individual	Veterano M40	03:21:30	+01:54:19	13:26
505	1480	Sandro Sousa	individual	Veterano M40	03:22:17	+01:55:06	13:29
506	1751	Pedro Gonçalves	trailgloditas	Veterano M40	03:22:19	+01:55:08	13:29
507	1739	Marlene Rodrigues	thunder team	Veterana F40	03:22:24	+01:55:12	13:30
508	1740	Pedro Rodrigues	thunder team	Veterano M40	03:22:25	+01:55:13	13:30
509	1453	Jose Eduardo Moreira	individual	Veterano M40	03:22:39	+01:55:28	13:31
510	1399	Eduarda Maria Vieira Magalhães Freitas	individual	Veterana F40	03:23:00	+01:55:48	13:32
511	1115	Raul Cunha	cunhax	Veterano M40	03:23:54	+01:56:43	13:36
512	1630	Estela Oliveira	papa trails	Senior Feminino	03:24:01	+01:56:49	13:36
513	1632	Monica Magalhaes	papa trails	Senior Feminino	03:24:01	+01:56:50	13:36
514	1728	Pedro Ramos	shots international runners	Veterano M40	03:24:29	+01:57:17	13:38
515	1075	Solange Sousa	bia team 2016	Senior Feminino	03:25:35	+01:58:23	13:42
516	1076	Nelson Sousa	bia team 2016	Senior Masculino	03:25:36	+01:58:24	13:42
517	1164	Inês Arcos	fitspot-parque nascente	Senior Feminino	03:25:52	+01:58:40	13:43
518	1159	Alexandra Pereira	fitspot-parque nascente	Senior Feminino	03:25:54	+01:58:42	13:44
519	1631	Mafalda Alves	papa trails	Senior Feminino	03:26:00	+01:58:49	13:44
520	1238	Diana Pinto	individual	Senior Feminino	03:26:20	+01:59:09	13:45
521	1285	Bruno Pinto	individual	Senior Masculino	03:26:35	+01:59:23	13:46
522	1669	Pedro Anjos	pupilos	Senior Masculino	03:26:36	+01:59:25	13:46
523	1091	Paulo Neves	casa dos trabalhadores - aguas do porto	Senior Masculino	03:26:39	+01:59:27	13:47
524	1216	Ana Mafalda Santos	individual	Senior Feminino	03:26:44	+01:59:33	13:47
525	1237	Diana Gonçalves	individual	Senior Feminino	03:26:47	+01:59:35	13:47
526	1382	Vitor Ferreira pão em casa	individual	Senior Masculino	03:26:49	+01:59:38	13:47
527	1223	Angela Bragança	individual	Senior Feminino	03:26:51	+01:59:40	13:47
528	1497	Pedro Duarte	kemedo team	Senior Masculino	03:26:53	+01:59:41	13:48
529	1561	Fernando Monteiro	moreira relax runners	Veterano M40	03:26:56	+01:59:44	13:48
530	1393	Carla Caria	individual	Veterana F40	03:26:57	+01:59:45	13:48
531	1231	Cláudia	individual	Senior Feminino	03:27:16	+02:00:05	13:49
532	1648	Maria Almeida	porto sentido runners	Senior Feminino	03:27:17	+02:00:05	13:49
533	1772	Antonio Fernandes	wolves run trail	Veterano M40	03:28:14	+02:01:03	13:53
534	1303	Gonçalo David	individual	Senior Masculino	03:28:49	+02:01:38	13:55
535	1257	Noélia Moreira	mean machine crossfit	Senior Feminino	03:29:25	+02:02:13	13:58

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
536	1056	Ana Paula Guimarães Granja	amigos dos semáforos, bamulá	Veterana F40	03:29:55	+02:02:44	14:00
537	1033	Ana Rita Nogueira Coelho	amigos do pedal trailagares	Senior Feminino	03:30:19	+02:03:07	14:01
538	1450	Jorge Manuel Pires Mendonça	individual	Veterano M40	03:31:11	+02:04:00	14:05
539	1038	Telma Filipa Teixeira Rocha	amigos do pedal trailagares	Senior Feminino	03:31:35	+02:04:23	14:06
540	1139	Rita Leal	familia patanisca	Senior Feminino	03:32:10	+02:04:59	14:09
541	1360	Pedro Neto	individual	Senior Masculino	03:32:14	+02:05:02	14:09
542	1771	Rui Sousa	wolves run trail	Senior Masculino	03:32:21	+02:05:09	14:09
543	1544	Raquel CampoGrande	mean machine crossfit	Veterana F40	03:32:39	+02:05:28	14:11
544	1479	Rui Freitas (Han@Runners)	individual	Veterano M40	03:32:47	+02:05:36	14:11
545	1241	Isabel Duarte Cavadas	individual	Senior Feminino	03:33:03	+02:05:51	14:12
546	1265	Sónia Patrícia Peixoto Oliveira	individual	Senior Feminino	03:33:03	+02:05:52	14:12
547	1364	Ricardo Amaral	individual	Senior Masculino	03:33:08	+02:05:56	14:13
548	1057	Cristina Amaral	amigos dos semáforos, bamulá	Veterana F40	03:33:20	+02:06:08	14:13
549	1342	Mário Dias	individual	Senior Masculino	03:33:22	+02:06:10	14:13
550	1042	Patrícia Martins	amigos do pedal trailagares	Senior Masculino	03:33:38	+02:06:26	14:15
551	1272	Adelino Jesus Cunha Lopes Videira	individual	Senior Masculino	03:34:10	+02:06:59	14:17
552	1508	Joana Magalhaes	legion combat	Senior Feminino	03:34:14	+02:07:03	14:17
553	1149	João Chin	farroncos papa km	Senior Masculino	03:34:32	+02:07:21	14:18
554	1693	Sandra Teixeira	run 4 all	Senior Feminino	03:34:47	+02:07:36	14:19
555	1228	Carla Teixeira	individual	Senior Feminino	03:35:22	+02:08:10	14:21
556	1435	Fernando Jorge Beleza Moreira de Almeida	individual	Veterano M40	03:35:27	+02:08:15	14:22
557	1146	Bruno Rocha	farroncos papa km	Senior Masculino	03:35:31	+02:08:19	14:22
558	1141	Eva Mendes	farroncos papa km	Senior Feminino	03:35:32	+02:08:21	14:22
559	1152	Pedro Santiago	farroncos papa km	Senior Masculino	03:35:34	+02:08:22	14:22
560	1142	Marta Pereira	farroncos papa km	Senior Feminino	03:35:47	+02:08:35	14:23
561	1140	Catarina Bastos	farroncos papa km	Senior Feminino	03:35:47	+02:08:36	14:23
562	1055	Miguel Alves	amigos dos semáforos, bamulá	Senior Masculino	03:35:54	+02:08:43	14:24
563	1245	Joana Natália Botelho Oliveira	individual	Senior Feminino	03:36:01	+02:08:49	14:24
564	1203	fabio silva	gondomar futsal clube	Senior Masculino	03:37:18	+02:10:06	14:29
565	1284	Bruno Marques	individual	Senior Masculino	03:37:42	+02:10:30	14:31
566	1404	Maria da Luz	individual	Veterana F40	03:38:08	+02:10:56	14:33
567	1661	Cláudia Silva	powersrunning	Senior Feminino	03:38:37	+02:11:26	14:35
568	1665	Hugo Barros	powersrunning	Senior Masculino	03:38:38	+02:11:27	14:35
569	1504	Rui Miguel Oliveira	komokunomato	Veterano M40	03:38:41	+02:11:30	14:35
570	1547	Sandra Sá Novo	metralhas runners	Senior Feminino	03:38:58	+02:11:47	14:36
571	1048	Natália Cecília Rocha Ferreira	amigos do pedal trailagares	Veterana F40	03:39:19	+02:12:08	14:37
572	1266	Sónia Pereira	individual	Senior Feminino	03:41:14	+02:14:02	14:45
573	1388	Andreia Alexandra Martins Sena Barbosa de Sá	individual	Veterana F40	03:41:15	+02:14:04	14:45
574	1671	marisa pinto	reumatico	Senior Feminino	03:41:39	+02:14:28	14:47
575	1263	Silvia Figueiredo	individual	Senior Feminino	03:41:39	+02:14:28	14:47
576	1007	Isabel rangel	8.2 team	Veterana F40	03:42:05	+02:14:53	14:48
577	1008	Antonio pinho	8.2 team	Veterano M40	03:42:06	+02:14:54	14:48
578	1169	Sergio Azevedo	fitspot-parque nascente	Senior Masculino	03:42:11	+02:14:59	14:49
579	1162	Clara Costa	fitspot-parque nascente	Senior Feminino	03:42:11	+02:15:00	14:49
580	1160	Ana Ferro	fitspot-parque nascente	Senior Feminino	03:42:12	+02:15:00	14:49

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
581	1696	Nuno Sousa	run 4 all	Senior Masculino	03:44:02	+02:16:50	14:56
582	1774	Bruno Ricardo Rodrigues Silva	xeque mate	Senior Masculino	03:44:06	+02:16:55	14:56
583	1775	Fernando José Pina Vieira	xeque mate	Senior Masculino	03:44:14	+02:17:02	14:57
584	1246	Justyna Lenczewska	individual	Senior Feminino	03:44:57	+02:17:45	15:00
585	1402	Isabel Pires	individual	Veterana F40	03:44:58	+02:17:46	15:00
586	1599	Bruno melo	o porto invictus team	Senior Masculino	03:45:10	+02:17:58	15:01
587	1417	Vanessa Dias	individual	Senior Feminino	03:45:11	+02:18:00	15:01
588	1764	Sérgio Sousa	trinca orelhas de gato	Veterano M40	03:45:59	+02:18:48	15:04
589	1279	Artur Fonseca	individual	Senior Masculino	03:46:39	+02:19:28	15:07
590	1513	Pedro Raimundo	legion combat	Senior Masculino	03:46:47	+02:19:36	15:07
591	1514	Ricardo Santos	legion combat	Senior Masculino	03:46:49	+02:19:38	15:07
592	1526	Mafalda Dias	leroy merlin trail team	Senior Feminino	03:48:13	+02:21:02	15:13
593	1047	Guilhermina Maria Vieira Pinto Rocha	amigos do pedal trailagares	Veterana F40	03:48:14	+02:21:03	15:13
594	1126	Rui Ferreira	danados	Senior Masculino	03:49:32	+02:22:21	15:18
595	1726	Álvaro Costa	sete	Veterano M40	03:50:03	+02:22:52	15:20
596	1725	Mariana Costa	sete	Senior Feminino	03:50:04	+02:22:53	15:20
597	1125	carlos alberto barbosa	danados	Senior Masculino	03:50:06	+02:22:55	15:20
598	1124	susana almeida	danados	Senior Feminino	03:50:31	+02:23:19	15:22
599	1217	Ana Margarida Arriscado	individual	Senior Feminino	03:51:06	+02:23:55	15:24
600	1692	Anabela Garcia	run 4 all	Senior Feminino	03:51:14	+02:24:03	15:25
601	1534	Daniela Silva	lion runners - g.d. leões da guarda	Senior Feminino	03:51:47	+02:24:35	15:27
602	1229	Catarina Daniela Rocha Nogueira	individual	Senior Feminino	03:52:13	+02:25:02	15:29
603	1400	Elisa Pereira	individual	Veterana F40	03:52:30	+02:25:18	15:30
604	1332	Luís Garcia	individual	Senior Masculino	03:52:32	+02:25:20	15:30
605	1748	Patricia Vieira	trail sra do salto	Senior Feminino	03:52:45	+02:25:34	15:31
606	1747	Lígia Ferreirinha	trail sra do salto	Senior Feminino	03:53:45	+02:26:33	15:35
607	1620	Adriana Duarte	osfazconta	Senior Feminino	03:57:24	+02:30:13	15:50
608	1546	Joana Silva	metralhas runners	Senior Feminino	03:57:52	+02:30:41	15:52
609	1550	Artur Saraiva	metralhas runners	Veterano M40	03:57:53	+02:30:41	15:52
610	1548	Sara Vigarío	metralhas runners	Senior Feminino	03:57:53	+02:30:41	15:52
611	1030	André Oliveira	amigos do costume	Veterano M40	03:57:58	+02:30:46	15:52
612	1666	Miguel Barbosa	powersrunning	Senior Masculino	03:58:37	+02:31:26	15:55
613	1662	Patrícia Andreia	powersrunning	Senior Feminino	03:58:41	+02:31:29	15:55
614	1299	Filipe lopes	individual	Senior Masculino	04:00:34	+02:33:23	16:02
615	1037	Susana Marisa de Cunha Melo	amigos do pedal trailagares	Senior Feminino	04:00:54	+02:33:42	16:04
616	1642	Álvaro da Silva Ribeiro	pedais de aço btt	Senior Masculino	04:00:55	+02:33:43	16:04
617	1641	Ilidia Isabel da Rocha	pedais de aço btt	Senior Feminino	04:01:03	+02:33:52	16:04
618	1505	Andreia Carvalho	la zinco	Senior Feminino	04:01:07	+02:33:55	16:04
619	1034	Cátia Sofia Rodrigues Oliveira	amigos do pedal trailagares	Senior Feminino	04:01:13	+02:34:01	16:05
620	1667	Rui Noddy	powersrunning	Senior Masculino	04:01:24	+02:34:13	16:06
621	1222	Andreia raquel ferreira martins	individual	Senior Feminino	04:01:29	+02:34:17	16:06
622	1679	Carla Silva	reumáticos dos trilhos	Veterana F40	04:03:34	+02:36:23	16:14
623	1466	Norberto Simões Eustáquio	individual	Veterano M40	04:04:28	+02:37:16	16:18
624	1104	Marisa Silva	clube desportivo cepsa	Senior Feminino	04:04:53	+02:37:41	16:20
625	1405	maria filomena venâncio lopes marcelo	individual	Veterana F40	04:08:37	+02:41:26	16:35

TRAIL CURTO - STAGE 1

15 KM

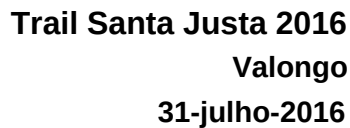
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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
626	1394	Célia Vieira	individual	Veterana F40	04:08:38	+02:41:26	16:35
627	1172	Almerindo Freitas	fitspot-parque nascente	Veterano M40	04:09:18	+02:42:07	16:37
628	1549	Sonia Sampaio	metralhas runners	Veterana F40	04:09:43	+02:42:32	16:39
629	1690	Paulo Costa	rmcosta	Veterano M40	04:10:38	+02:43:26	16:43
630	1689	Claudia Moura	rmcosta	Veterana F40	04:10:38	+02:43:27	16:43
631	1686	Marta Reguengo	rmcosta	Senior Feminino	04:10:38	+02:43:27	16:43
632	1053	Maria José Cálix	amigos dos semáforos, bamulá	Senior Feminino	04:12:04	+02:44:53	16:48
633	1206	Marina Terceiro	gondomar futsal clube	Veterana F40	04:13:07	+02:45:56	16:53
634	1205	Alexandra Barradas	gondomar futsal clube	Veterana F40	04:13:10	+02:45:58	16:53
635	1485	Carla Faria	inimigos do podium	Veterana F40	04:15:03	+02:47:52	17:00
636	1390	Antónia Ferreira	individual	Veterana F40	04:15:04	+02:47:52	17:00
637	1423	AZEMIRO MARTINS	individual	Veterano M40	04:15:16	+02:48:04	17:01
638	1605	Camila Pinto	os aceleras	Veterana F40	04:15:18	+02:48:06	17:01
639	1604	Paulo Santos	os aceleras	Senior Masculino	04:15:18	+02:48:07	17:01
640	1397	claudia maria carvalho gonçalves	individual	Veterana F40	04:15:23	+02:48:11	17:02
641	1363	Ricardo Alberto Teixeira Neves	individual	Senior Masculino	04:15:24	+02:48:12	17:02
642	1060	Miguel Magalhães	amigos dos semáforos, bamulá	Veterano M40	04:17:50	+02:50:39	17:11
643	1058	Teresa Cálix	amigos dos semáforos, bamulá	Veterana F40	04:17:50	+02:50:39	17:11
644	1059	Marco Pacheco	amigos dos semáforos, bamulá	Veterano M40	04:17:51	+02:50:39	17:11
645	1225	Carla Camarinha	individual	Senior Feminino	04:17:52	+02:50:41	17:12
646	1705	Paulina Soares	run for life	Veterana F40	04:18:21	+02:51:10	17:13
647	1240	Helena maria dias fernandes	individual	Senior Feminino	04:22:26	+02:55:14	17:30
648	1308	Hélio Filipe Nogueira Martins	individual	Senior Masculino	04:22:27	+02:55:15	17:30
649	1187	FÁBIO PACHECO	fugitivos urbanos	Senior Masculino	04:24:13	+02:57:01	17:37
650	1031	Alice Silva	amigos do pedal trailagares	Senior Feminino	04:27:02	+02:59:51	17:48
651	1219	Ana Vieira Lopes	individual	Senior Feminino	04:27:09	+02:59:57	17:49
652	1250	Liliana Isabel Barbosa Nogueira	individual	Senior Feminino	04:32:35	+03:05:24	18:10
653	1623	Jorge Silva	osfazconta	Senior Masculino	04:38:57	+03:11:46	18:36
654	1691	rui costa	rmcosta	Veterano M40	04:40:31	+03:13:20	18:42
655	1687	Gustavo Costa	rmcosta	Senior Masculino	04:40:32	+03:13:21	18:42
656	1700	Ana Sofia Augusto	run for life	Senior Feminino	04:40:52	+03:13:41	18:44
657	1701	Helder Correia	run for life	Senior Masculino	04:40:53	+03:13:41	18:44
658	1264	Sónia Garcês	individual	Senior Feminino	04:43:50	+03:16:39	18:55
659	1707	Joao Carlos Machado Pinto Ribeiro	run for life	Veterano M40	04:45:12	+03:18:00	19:01
660	1704	Paula Oliveira	run for life	Veterana F40	04:45:15	+03:18:04	19:01
661	1702	Lucília Cadavez	run for life	Veterana F40	04:45:16	+03:18:04	19:01
662	1122	anita silva	danados	Senior Feminino	04:51:17	+03:24:06	19:25
663	1127	elsa dias	danados	Veterana F40	04:51:17	+03:24:06	19:25
664	1123	marisa vieira	danados	Senior Feminino	04:51:18	+03:24:06	19:25
665	1628	Paulo Jorge de Sousa Magalhães	ou vai ou racha	Veterano M40	04:57:43	+03:30:32	19:51
666	1625	Ana Rita Barros Neves Magalhães	ou vai ou racha	Veterana F40	04:58:48	+03:31:36	19:55
667	1081	Patricia Soares	caetano runners	Senior Feminino	05:01:12	+03:34:00	20:05
668	1626	Arminda Maciel	ou vai ou racha	Veterana F40	05:07:55	+03:40:43	20:32
669	1627	Jose Gentil	ou vai ou racha	Veterano M40	05:08:05	+03:40:53	20:32
670	1411	ROSA COSTA	individual	Veterana F40	05:10:32	+03:43:21	20:42
671	1398	CRIS SANTIAGO	individual	Veterana F40	05:10:33	+03:43:21	20:42

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15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
672	1236	Diana Filipa Ribeiro Pinho	individual	Senior Feminino	05:14:28	+03:47:17	20:58
673	1226	carla faria	individual	Senior Feminino	05:19:19	+03:52:07	21:17

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:19	-99°C	-99%

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

1	1581	Albertina Cunha	NOCTURNOS DE PAREDES	Senior Feminino	01:53:01	07:32
2	1553	Eva Cristiana Monteiro Coelho	Moinhos Run - ADRM	Senior Feminino	01:58:18	+05:16 07:53
3	1778	Catarina Correia	Individual	Senior Feminino	02:01:37	+08:35 08:06
4	1507	Helena Gomes	Legion Combat	Senior Feminino	02:04:14	+11:13 08:17
5	1200	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:04:56	+11:54 08:20
6	1563	Hortense Tenda	MULTIPOWER GAIA TRAIL	Senior Feminino	02:05:22	+12:20 08:21
7	1536	Marta Lopes	MartiMar	Senior Feminino	02:06:01	+13:00 08:28
8	1234	Cristina Coutinho	Individual	Senior Feminino	02:06:09	+13:08 08:25
9	1032	Ana Paula Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	02:11:29	+18:27 08:46
10	1554	Inês Moreira	Moinhos Run - ADRM	Senior Feminino	02:15:12	+22:11 09:01
11	1251	luisa cruz	Moinhos Run - ADRM	Senior Feminino	02:17:21	+24:20 09:09
12	1552	Cláudia Moreira	Moinhos Run - ADRM	Senior Feminino	02:21:18	+28:17 09:25
13	1035	Maria José Pereira Leão	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	02:26:02	+33:00 09:44
14	1220	ANDREA CUNHA	Individual	Senior Feminino	02:29:52	+36:50 09:59
15	1243	Joana Azevedo	Individual	Senior Feminino	02:30:48	+37:47 10:03
16	1218	Ana Pereira	Individual	Senior Feminino	02:34:28	+41:27 10:18
17	1586	Sandra Pereira	Nós Acreditamos	Senior Feminino	02:35:50	+42:49 10:23
18	1108	Marisa Pereira	Clube Zupper	Senior Feminino	02:37:01	+43:59 10:28
19	1001	Ana Campanhã	10TEMIDOS	Senior Feminino	02:38:18	+45:16 10:33
20	1258	Ondina Mária Morim Salgado	Individual	Senior Feminino	02:40:15	+47:13 10:41
21	1487	Celia Sousa	Invictus Oporto Team	Senior Feminino	02:42:13	+49:11 10:49
22	1224	Anita Gabriela Moreira Nunes da Costa	Individual	Senior Feminino	02:43:03	+50:02 10:52
23	1254	Maria Moutinho	Individual	Senior Feminino	02:43:42	+50:41 10:55
24	1227	Carla Sofia Gonçalves Pinto	Individual	Senior Feminino	02:44:44	+51:42 10:59
25	1255	Marina Sofia Ribeiro Rodrigues	Individual	Senior Feminino	02:45:50	+52:49 11:03
26	1163	Diana Almeida	FITSPOT-Parque Nascente	Senior Feminino	02:47:11	+54:10 11:09
27	1112	Sandrine Matias Ferreira	CorreRia	Senior Feminino	02:48:01	+54:59 11:12
28	1161	Ana Flores	FITSPOT-Parque Nascente	Senior Feminino	02:48:34	+55:33 11:14
29	1077	Elisabete Faria	Brabus Runners	Senior Feminino	02:48:58	+55:56 11:16
30	1672	rosana martins	reumatico	Senior Feminino	02:50:43	+57:41 11:23
31	1708	Joana Direito	S. S. Montepio	Senior Feminino	02:53:12	+01:00:11 11:33
32	1092	Marta André	Casadotear.pt	Senior Feminino	02:54:17	+01:01:16 11:37
33	1248	Lídia Teles	Individual	Senior Feminino	02:54:49	+01:01:48 11:39
34	1668	Sarinha	Pupilos	Senior Feminino	02:56:47	+01:03:46 11:47
35	1061	Cristina Machado	Andatrilhos Freamunde	Senior Feminino	02:57:26	+01:04:25 11:50
36	1134	Susana Silva	EDV-VIANA TRAIL	Senior Feminino	03:01:03	+01:08:01 12:04
37	1049	Sandra Costa	Amigos do Sofá	Senior Feminino	03:02:59	+01:09:58 12:12

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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	1084	Ana Leonor	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Senior Feminino	03:06:52	+01:13:51	12:28
39	1776	MARLENE AFONSO	Individual	Senior Feminino	03:07:17	+01:14:15	12:29
40	1670	mara freitas	reumatico	Senior Feminino	03:07:40	+01:14:38	12:31
41	1201	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:08:47	+01:15:45	12:35
42	1252	MARGARIDA MARIA BARBOSA DE BRITO	Individual	Senior Feminino	03:09:34	+01:16:32	12:38
43	1723	Luisa Mota	Sempre Juntos	Senior Feminino	03:10:21	+01:17:20	12:41
44	1082	Zelinha Viana	CAETANO RUNNERS	Senior Feminino	03:11:37	+01:18:35	12:42
45	1085	Marisa Xavier	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Senior Feminino	03:12:40	+01:19:38	12:51
46	1086	Sandra Veloso	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Senior Feminino	03:12:40	+01:19:38	12:51
47	1239	Eduarda Gonçalves Coelho	Individual	Senior Feminino	03:15:01	+01:21:59	13:00
48	1097	Helena Mesquita	Cepos	Senior Feminino	03:15:15	+01:22:13	13:01
49	1256	Marlene Raquel Vieira	Individual	Senior Feminino	03:15:17	+01:22:16	13:01
50	1638	Sonia Silva	Paredes Running	Senior Feminino	03:15:23	+01:22:22	13:02
51	1663	Sara Eiró Soares	PowersRunning	Senior Feminino	03:15:25	+01:22:24	13:02
52	1261	Sara braga	Individual	Senior Feminino	03:15:29	+01:22:28	13:02
53	1235	Cristina Rocha	Individual	Senior Feminino	03:15:37	+01:22:36	13:03
54	1094	Susana Ribeiro	CCD Siemens	Senior Feminino	03:15:40	+01:22:38	13:03
55	1253	Maria de fatima N. Barbosa pinto	Individual	Senior Feminino	03:16:03	+01:23:02	13:04
56	1664	Zita Bessa	PowersRunning	Senior Feminino	03:16:12	+01:23:10	13:05
57	1259	Sandra Daniela Sousa Alves	Individual	Senior Feminino	03:16:41	+01:23:39	13:07
58	1260	Sandra Ramos	Individual	Senior Feminino	03:17:47	+01:24:45	13:11
59	1768	Andrea Lima Pereira	upgo	Senior Feminino	03:19:19	+01:26:18	13:17
60	1621	Brigida Duarte	OsFazConta	Senior Feminino	03:19:25	+01:26:23	13:18
61	1630	Estela Oliveira	PAPA TRAILS	Senior Feminino	03:24:01	+01:30:59	13:36
62	1632	Monica Magalhaes	PAPA TRAILS	Senior Feminino	03:24:01	+01:31:00	13:36
63	1075	Solange Sousa	Bia Team 2016	Senior Feminino	03:25:35	+01:32:33	13:42
64	1164	Inês Arcos	FITSPOT-Parque Nascente	Senior Feminino	03:25:52	+01:32:50	13:43
65	1159	Alexandra Pereira	FITSPOT-Parque Nascente	Senior Feminino	03:25:54	+01:32:52	13:44
66	1631	Mafalda Alves	PAPA TRAILS	Senior Feminino	03:26:00	+01:32:59	13:44
67	1238	Diana Pinto	Individual	Senior Feminino	03:26:20	+01:33:19	13:45
68	1216	Ana Mafalda Santos	Individual	Senior Feminino	03:26:44	+01:33:43	13:47
69	1237	Diana Gonçalves	Individual	Senior Feminino	03:26:47	+01:33:45	13:47
70	1223	Angela Bragança	Individual	Senior Feminino	03:26:51	+01:33:50	13:47
71	1231	Cláudia	Individual	Senior Feminino	03:27:16	+01:34:15	13:49
72	1648	Maria Almeida	PORTO SENTIDO RUNNERS	Senior Feminino	03:27:17	+01:34:15	13:49
73	1257	Noélia Moreira	Mean Machine Crossfit	Senior Feminino	03:29:25	+01:36:23	13:58
74	1033	Ana Rita Nogueira Coelho	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:30:19	+01:37:17	14:01
75	1038	Telma Filipa Teixeira Rocha	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:31:35	+01:38:33	14:06
76	1139	Rita Leal	Familia Patanisca	Senior Feminino	03:32:10	+01:39:09	14:09
77	1241	Isabel Duarte Cavadas	Individual	Senior Feminino	03:33:03	+01:40:01	14:12
78	1265	Sónia Patrícia Peixoto Oliveira	Individual	Senior Feminino	03:33:03	+01:40:02	14:12
79	1508	Joana Magalhaes	Legion Combat	Senior Feminino	03:34:14	+01:41:13	14:17

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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

80	1693	Sandra Teixeira	Run 4 All	Senior Feminino	03:34:47	+01:41:46	14:19
81	1228	Carla Teixeira	Individual	Senior Feminino	03:35:22	+01:42:20	14:21
82	1141	Eva Mendes	Farroncos Papa KM	Senior Feminino	03:35:32	+01:42:31	14:22
83	1142	Marta Pereira	Farroncos Papa KM	Senior Feminino	03:35:47	+01:42:45	14:23
84	1140	Catarina Bastos	Farroncos Papa KM	Senior Feminino	03:35:47	+01:42:46	14:23
85	1245	Joana Natália Botelho Oliveira	Individual	Senior Feminino	03:36:01	+01:42:59	14:24
86	1661	Cláudia Silva	PowersRunning	Senior Feminino	03:38:37	+01:45:36	14:35
87	1547	Sandra Sá Novo	Metralhas Runners	Senior Feminino	03:38:58	+01:45:57	14:36
88	1266	Sónia Pereira	Individual	Senior Feminino	03:41:14	+01:48:12	14:43
89	1671	marisa pinto	reumatico	Senior Feminino	03:41:39	+01:48:38	14:47
90	1263	Silvia Figueiredo	Individual	Senior Feminino	03:41:39	+01:48:38	14:47
91	1162	Clara Costa	FITSPOT-Parque Nascente	Senior Feminino	03:42:11	+01:49:10	14:49
92	1160	Ana Ferro	FITSPOT-Parque Nascente	Senior Feminino	03:42:12	+01:49:10	14:49
93	1246	Justyna Lenczewska	Individual	Senior Feminino	03:44:57	+01:51:55	15:00
94	1417	Vanessa Dias	Individual	Senior Feminino	03:45:11	+01:52:10	15:01
95	1526	Mafalda Dias	LEROY MERLIN TRAIL TEAM	Senior Feminino	03:48:13	+01:55:12	15:13
96	1725	Mariana Costa	SETE	Senior Feminino	03:50:04	+01:57:03	15:20
97	1124	susana almeida	danados	Senior Feminino	03:50:31	+01:57:29	15:22
98	1217	Ana Margarida Arriscado	Individual	Senior Feminino	03:51:06	+01:58:05	15:24
99	1692	Anabela Garcia	Run 4 All	Senior Feminino	03:51:14	+01:58:13	15:25
100	1534	Daniela Silva	LION RUNNERS - G.D. Leões da Guarda	Senior Feminino	03:51:47	+01:58:45	15:27
101	1229	Catarina Daniela Rocha Nogueira	Individual	Senior Feminino	03:52:13	+01:59:12	15:29
102	1748	Patricia Vieira	Trail Sra do Salto	Senior Feminino	03:52:45	+01:59:44	15:31
103	1747	Lígia Ferreirinha	Trail Sra do Salto	Senior Feminino	03:53:45	+02:00:43	15:35
104	1620	Adriana Duarte	OsFazConta	Senior Feminino	03:57:24	+02:04:23	15:50
105	1546	Joana Silva	Metralhas Runners	Senior Feminino	03:57:52	+02:04:51	15:52
106	1548	Sara Vigario	Metralhas Runners	Senior Feminino	03:57:53	+02:04:51	15:52
107	1662	Patrícia Andreia	PowersRunning	Senior Feminino	03:58:41	+02:05:39	15:55
108	1037	Susana Marisa de Cunha Melo	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	04:00:54	+02:07:52	16:04
109	1641	Ilidia Isabel da Rocha	Pedais de aço btt	Senior Feminino	04:01:03	+02:08:02	16:04
110	1505	Andreia Carvalho	LA Zinco	Senior Feminino	04:01:07	+02:08:05	16:04
111	1034	Cátia Sofia Rodrigues Oliveira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	04:01:13	+02:08:11	16:05
112	1222	Andreia raquel ferreira martins	Individual	Senior Feminino	04:01:29	+02:08:27	16:06
113	1104	Marisa Silva	Clube Desportivo Cepsa	Senior Feminino	04:04:53	+02:11:51	16:20
114	1686	Marta Reguengo	rmcosta	Senior Feminino	04:10:38	+02:17:37	16:43
115	1053	Maria José Cálix	Amigos dos semáforos, bamulá	Senior Feminino	04:12:04	+02:19:03	16:48
116	1225	Carla Camarinha	Individual	Senior Feminino	04:17:52	+02:24:51	17:12
117	1240	Helena maria dias fernandes	Individual	Senior Feminino	04:22:26	+02:29:24	17:30
118	1031	Alice Silva	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	04:27:02	+02:34:01	17:48
119	1219	Ana Vieira Lopes	Individual	Senior Feminino	04:27:09	+02:34:07	17:49
120	1250	Liliana Isabel Barbosa Nogueira	Individual	Senior Feminino	04:32:35	+02:39:34	18:10
121	1700	Ana Sofia Augusto	Run For Life	Senior Feminino	04:40:52	+02:47:51	18:44
122	1264	Sónia Garcês	Individual	Senior Feminino	04:43:50	+02:50:49	18:55
123	1122	anita silva	danados	Senior Feminino	04:51:17	+02:58:16	19:25

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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

124	1123	marisa vieira	danados	Senior Feminino	04:51:18	+02:58:16	19:25
125	1081	Patricia Soares	CAETANO RUNNERS	Senior Feminino	05:01:12	+03:08:10	20:05
126	1236	Diana Filipa Ribeiro Pinho	Individual	Senior Feminino	05:14:28	+03:21:27	20:58
127	1226	carla faria	Individual	Senior Feminino	05:19:19	+03:26:17	21:17

Senior Masculino

1	1735	Nelson Davide Pimenta Graça	Team GoldNutrition / RUN.PT	Senior Masculino	01:27:11	05:49
2	1195	VITOR BARBOSA	GDR RETORTA	Senior Masculino	01:27:43	+00:32 05:51
3	1569	Sergio Rodrigues	MULTIPOWER GAIA TRAIL	Senior Masculino	01:36:35	+09:24 06:26
4	1685	André Silva	Da-lhe Gas	Senior Masculino	01:36:51	+09:39 06:27
5	1278	Antonio Pires	Individual	Senior Masculino	01:38:07	+10:56 06:33
6	1777	Leonel Rodrigues da Cunha	Satecnosol Outdoor / La Sportiva	Senior Masculino	01:41:00	+13:49 06:44
7	1337	MARÇAL AVELINO SALAZAR MARQUES MENDES	Individual	Senior Masculino	01:41:48	+14:37 06:47
8	1567	Pedro Sabugueiro	MULTIPOWER GAIA TRAIL	Senior Masculino	01:44:47	+17:35 06:59
9	1565	Carlos Alves	MULTIPOWER GAIA TRAIL	Senior Masculino	01:45:42	+18:30 07:03
10	1194	TIAGO PINTO	GDR RETORTA	Senior Masculino	01:46:03	+18:52 07:04
11	1133	Vitor Rio	DOUROCONTA TRAIL TEAM	Senior Masculino	01:46:06	+18:55 07:04
12	1132	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	01:46:23	+19:12 07:06
13	1564	Bruno Soares	MULTIPOWER GAIA TRAIL	Senior Masculino	01:47:22	+20:11 07:10
14	1262	Emanuel Costa	Individual	Senior Masculino	01:49:09	+21:57 07:17
15	1558	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	01:49:19	+22:07 07:17
16	1314	Joao barbosa	Individual	Senior Masculino	01:50:01	+22:49 07:20
17	1116	Aderito Oliveira	Da-lhe Gas	Senior Masculino	01:50:24	+23:13 07:22
18	1167	Miguel Guimarães	FITSPOT-Parque Nascente	Senior Masculino	01:50:28	+23:16 07:22
19	1118	Joaquim Duarte	Da-lhe Gas	Senior Masculino	01:50:35	+23:23 07:22
20	1117	Carlos Prudêncio	Da-lhe Gas	Senior Masculino	01:50:53	+23:42 07:24
21	1182	adão paulo teixeira monteiro	Fridão Sem Limites	Senior Masculino	01:53:07	+25:55 07:32
22	1274	Alcides José da Silva Barbosa	Individual	Senior Masculino	01:53:08	+25:56 07:33
23	1643	José António R Sousa	Pernetas	Senior Masculino	01:53:28	+26:17 07:34
24	1016	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:53:39	+26:27 07:35
25	1359	Pedro Jorge Ferreira Borges Da Costa	Individual	Senior Masculino	01:54:26	+27:15 07:38
26	1537	Márcio Costa	MartiMar	Senior Masculino	01:54:50	+27:38 07:39
27	1155	Ricardo Rocha	FAST AO KM	Senior Masculino	01:55:22	+28:11 07:42
28	1353	Paulo Filipe Loureiro Ferreira	Individual	Senior Masculino	01:55:38	+28:27 07:43
29	1198	João Barbosa	Global Trail	Senior Masculino	01:55:40	+28:29 07:43
30	1684	paulo barbsa	ribeira bar team	Senior Masculino	01:56:48	+29:36 07:47
31	1325	Jose Meneses	Individual	Senior Masculino	01:57:13	+30:02 07:49
32	1157	Paulo Sarmento	FFit Gaia Trail	Senior Masculino	01:57:34	+30:22 07:50
33	1650	Emanuel Coelho	PORTO SENTIDO RUNNERS	Senior Masculino	01:57:42	+30:31 07:51
34	1755	João Oliveira	Trinca Orelhas de Gato	Senior Masculino	01:58:13	+31:01 07:53
35	1043	Ruben Daniel Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	01:58:19	+31:07 07:53
36	1511	Henrique Campos	Legion Combat	Senior Masculino	01:58:54	+31:42 07:56
37	1637	Helder Camilo	PAREDES AVENTURA	Senior Masculino	01:58:55	+31:44 07:56
38	1542	Ricardo jorge Leão sousa	Mean Machine CrossFit	Senior Masculino	01:59:15	+32:04 07:57

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Trail Curto

15 KM

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39	1131	Hélder Rocha	DOUROCONTA TRAIL TEAM	Senior Masculino	02:00:09	+32:58	08:01
40	1130	Bruno Santos	DOUROCONTA TRAIL TEAM	Senior Masculino	02:00:10	+32:59	08:01
41	1065	Ricardo Neto	Andatrilhos Freamunde	Senior Masculino	02:00:19	+33:07	08:01
42	1331	Luís Filipe Mendes Magalhães	Individual	Senior Masculino	02:00:40	+33:28	08:03
43	1068	Jorge Gomes	ARCORUN	Senior Masculino	02:01:20	+34:09	08:05
44	1101	Carlos Samagaio	CHALLENGE FORCE	Senior Masculino	02:02:05	+34:53	08:08
45	1119	José Carlos Rodrigues Gonçalves	Da-lhe Gas	Senior Masculino	02:03:29	+36:17	08:14
46	1568	ricardo silva	MULTIPOWER GAIA TRAIL	Senior Masculino	02:03:37	+36:25	08:15
47	1346	Miguel Torres	Individual	Senior Masculino	02:03:50	+36:38	08:15
48	1490	Angelo Vaz	Invictus Oporto Team	Senior Masculino	02:04:27	+37:16	08:18
49	1120	José Dias	Da-lhe Gas	Senior Masculino	02:04:28	+37:17	08:18
50	1640	Manuel Barbosa	Paredes Running	Senior Masculino	02:05:26	+38:14	08:22
51	1587	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	02:05:33	+38:22	08:22
52	1698	Ulisses Costa	Run 4 All	Senior Masculino	02:05:46	+38:35	08:23
53	1050	Pedro Silva	Amigos do Sofá	Senior Masculino	02:05:47	+38:36	08:23
54	1543	Tiago Santos	Mean Machine CrossFit	Senior Masculino	02:06:23	+39:11	08:26
55	1341	Marco Sousa	Individual	Senior Masculino	02:06:46	+39:34	08:27
56	1557	Simão sousa	Moinhos Run - ADRM	Senior Masculino	02:07:00	+39:48	08:28
57	1555	Miguel Santos	Moinhos Run - ADRM	Senior Masculino	02:07:00	+39:49	08:28
58	1566	PAtrício Fernando	MULTIPOWER GAIA TRAIL	Senior Masculino	02:07:28	+40:17	08:30
59	1585	Nelson Leite	NorTrail RT	Senior Masculino	02:07:39	+40:27	08:31
60	1320	José Andrade	Individual	Senior Masculino	02:08:39	+41:27	08:35
61	1333	LUÍS MIGUEL PINHEIRO NETO	Individual	Senior Masculino	02:08:42	+41:30	08:35
62	1742	Carlos Vitor de Sousa Moreira	Too Stupid to Stop	Senior Masculino	02:09:03	+41:52	08:36
63	1744	Luis Filipe Moreira Teixeira	Too Stupid to Stop	Senior Masculino	02:09:04	+41:53	08:36
64	1282	Bruno Esteves	Individual	Senior Masculino	02:09:06	+41:54	08:36
65	1694	Helder Queirós	Run 4 All	Senior Masculino	02:09:07	+41:55	08:36
66	1588	Leandro Teixeira	Nós Acreditamos	Senior Masculino	02:09:31	+42:20	08:38
67	1339	marcio barreto	Individual	Senior Masculino	02:11:31	+44:19	08:46
68	1202	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:11:48	+44:36	08:47
69	1741	Alexandre Teixeira	Too Stupid to Stop	Senior Masculino	02:11:55	+44:44	08:48
70	1318	Joel Santos	Individual	Senior Masculino	02:12:06	+44:55	08:48
71	1009	Pedro Vieira	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	02:12:41	+45:30	08:51
72	1273	AGOSTINHO FERNANDES	Individual	Senior Masculino	02:13:32	+46:21	08:54
73	1351	Nuno Sousa	Individual	Senior Masculino	02:13:55	+46:43	08:56
74	1644	Paulo Silva	PM	Senior Masculino	02:14:17	+47:06	08:57
75	1757	Pedro Sousa	Trinca Orelhas de Gato	Senior Masculino	02:14:20	+47:08	08:57
76	1384	Vítor Ribeiro	Individual	Senior Masculino	02:14:21	+47:10	08:57
77	1044	Tiago André Moreira Durães	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:14:30	+47:19	08:58
78	1135	bruno sousa	ele e ela	Senior Masculino	02:14:58	+47:46	09:00
79	1530	João Vale	LEROY MERLIN TRAIL TEAM	Senior Masculino	02:15:16	+48:04	09:01
80	1753	Tiago Silva	trilha dos runners	Senior Masculino	02:15:22	+48:10	09:01
81	1041	Adriano Reis	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:15:24	+48:12	09:02
82	1365	Ricardo Moreira	Individual	Senior Masculino	02:15:50	+48:38	09:03
83	1349	Nuno josé da cruz	Individual	Senior Masculino	02:15:54	+48:42	09:04

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Trail Curto

15 KM

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84	1017	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:16:02	+48:50	09:04
85	1072	Dênis Quadros	ATHLON RUNNER'S	Senior Masculino	02:16:40	+49:28	09:07
86	1528	Hélder Ferreira	LEROY MERLIN TRAIL TEAM	Senior Masculino	02:16:42	+49:30	09:07
87	1695	José Fernando Silva	Run 4 All	Senior Masculino	02:17:04	+49:53	09:08
88	1361	Pedro Pereira	Individual	Senior Masculino	02:18:11	+51:00	09:13
89	1506	Luis Silva	LA Zinco	Senior Masculino	02:19:04	+51:53	09:16
90	1249	Hugo Barreira	Individual	Senior Masculino	02:19:22	+52:11	09:18
91	1345	Miguel Ângelo Silva Neto	Individual	Senior Masculino	02:19:43	+52:31	09:19
92	1697	Rui Rebelo	Run 4 All	Senior Masculino	02:20:44	+53:33	09:23
93	1358	Pedro Costa	Individual	Senior Masculino	02:20:46	+53:34	09:23
94	1192	TOMÉ MARQUES	Fugitivos Urbanos	Senior Masculino	02:21:19	+54:07	09:25
95	1367	Ricardo Ramos	Individual	Senior Masculino	02:21:42	+54:31	09:27
96	1328	Leandro "Malakata"	Individual	Senior Masculino	02:21:44	+54:33	09:27
97	1754	Daniel Grandão	Trinca Orelhas de Gato	Senior Masculino	02:21:54	+54:42	09:28
98	1369	Ruben Cipriano Alves Moreira	Individual	Senior Masculino	02:21:58	+54:46	09:28
99	1629	Tiago Rocha	Outsiders running trail team	Senior Masculino	02:22:10	+54:58	09:29
100	1271	Adelino Barbosa Rodrigues Pinheiro	Individual	Senior Masculino	02:22:29	+55:17	09:30
101	1743	Christophe Barbosa de Sousa	Too Stupid to Stop	Senior Masculino	02:22:46	+55:34	09:31
102	1512	Mateusz Stasto	Legion Combat	Senior Masculino	02:22:47	+55:35	09:31
103	1540	Nuno Lemos	mean machine crossfit	Senior Masculino	02:22:58	+55:47	09:32
104	1556	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	02:23:32	+56:20	09:34
105	1153	Sérgio Leal	Farroncos Papa KM	Senior Masculino	02:23:34	+56:22	09:34
106	1749	Jorge Ferreirinha	Trail Sra do Salto	Senior Masculino	02:23:40	+56:28	09:35
107	1519	José Castro	Leões de Tardariz Trail	Senior Masculino	02:23:54	+56:42	09:36
108	1247	André Cunha	I-Run	Senior Masculino	02:24:03	+56:52	09:36
109	1281	Beto Mota	Individual	Senior Masculino	02:24:50	+57:39	09:39
110	1676	sergio pereira	reumatico	Senior Masculino	02:24:51	+57:39	09:39
111	1675	sergio pereira	reumatico	Senior Masculino	02:24:51	+57:39	09:39
112	1607	Ricardo Dias da Fonseca	Os Atletas	Senior Masculino	02:24:52	+57:41	09:40
113	1093	Bruno Ramiro	Casadotear.pt	Senior Masculino	02:24:54	+57:43	09:40
114	1105	Hugo Rabaça	Clube Desportivo Cepsa	Senior Masculino	02:25:20	+58:09	09:41
115	1336	Manuel Neto de Moura	Individual	Senior Masculino	02:25:41	+58:30	09:43
116	1602	Renato Santos	OFRunning	Senior Masculino	02:25:44	+58:33	09:43
117	1372	Rui Sousa	Individual	Senior Masculino	02:26:04	+58:52	09:44
118	1277	André Montenegro Ferreira	Individual	Senior Masculino	02:26:53	+59:41	09:48
119	47	Pedro Santos	Factor X / S4L / MedenseFC	Senior Masculino	02:27:56	+01:00:45	09:52
120	1386	Vitor Santos	Individual	Senior Masculino	02:27:57	+01:00:45	09:52
121	1531	Jorge Pinheiro	LEROY MERLIN TRAIL TEAM	Senior Masculino	02:27:58	+01:00:47	09:52
122	1302	Gilberto Orlando	Individual	Senior Masculino	02:28:14	+01:01:03	09:53
123	1147	Francisco Matos	Farroncos Papa KM	Senior Masculino	02:28:19	+01:01:07	09:53
124	1649	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	02:30:23	+01:03:11	10:02
125	1150	João Matos	Farroncos Papa KM	Senior Masculino	02:30:46	+01:03:34	10:03
126	1188	HUGO OLIVEIRA	Fugitivos Urbanos	Senior Masculino	02:30:49	+01:03:37	10:03
127	1015	Carlos Martins	ALIANÇA DE GANDRA	Senior Masculino	02:31:18	+01:04:07	10:05
128	1304	HairStylist Leonel Fernandes	Individual	Senior Masculino	02:31:23	+01:04:12	10:06
129	1678	Sérgio Almeida	Reumáticos dos Trilhos	Senior Masculino	02:31:34	+01:04:22	10:06

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Trail Curto

15 KM

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130	1283	Bruno Manuel Pereira Nunes	Individual	Senior Masculino	02:31:58	+01:04:46	10:08
131	1190	Nuno Ferreira	Fugitivos Urbanos	Senior Masculino	02:32:07	+01:04:56	10:09
132	1595	Eduardo Ribeiro	Not Fast, Just Furious	Senior Masculino	02:32:08	+01:04:57	10:09
133	1307	Helder Rodrigues	Individual	Senior Masculino	02:32:09	+01:04:58	10:09
134	1014	André Santos	ALIANÇA DE GANDRA	Senior Masculino	02:32:23	+01:05:11	10:10
135	1305	Helder Antonio de Oliveira Mendes	Individual	Senior Masculino	02:32:36	+01:05:25	10:10
136	1682	dario ribeiro	ribeira bar team	Senior Masculino	02:33:03	+01:05:51	10:12
137	1368	Ricardo Ribeiro	Individual	Senior Masculino	02:33:06	+01:05:55	10:12
138	1179	David Moisés Rodrigues Soares	Freeletics Porto	Senior Masculino	02:33:56	+01:06:45	10:16
139	1180	João António Ferreira Gonçalves	Freeletics Porto	Senior Masculino	02:33:56	+01:06:45	10:16
140	1181	Sérgio Miguel Ferreira da Costa	Freeletics Porto	Senior Masculino	02:33:56	+01:06:45	10:16
141	1040	Bruno Filipe da Costa Mendes	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:33:59	+01:06:48	10:16
142	1619	Mário Vieira	Os Transmed	Senior Masculino	02:34:00	+01:06:49	10:16
143	1011	Leandro Ricardo Oliveira Pinto Simões	Adega Tia Micas	Senior Masculino	02:34:23	+01:07:11	10:18
144	1010	Hugo Barroso Pinto	Adega Tia Micas	Senior Masculino	02:34:23	+01:07:12	10:18
145	1012	Vitor Matos	Adega Tia Micas	Senior Masculino	02:34:23	+01:07:12	10:18
146	1301	Gerson Alves	Individual	Senior Masculino	02:34:26	+01:07:15	10:18
147	1300	Francisco Cardoso	Individual	Senior Masculino	02:34:29	+01:07:17	10:18
148	1350	Nuno Miguel Pereira de Jesus	Individual	Senior Masculino	02:34:50	+01:07:38	10:19
149	1315	Joaquim Alves	Individual	Senior Masculino	02:35:30	+01:08:18	10:22
150	1310	Hugo Ferreira	Individual	Senior Masculino	02:35:35	+01:08:23	10:22
151	1601	Mário Rui Carvalho	OFRunning	Senior Masculino	02:35:52	+01:08:41	10:24
152	1348	Nuno Gaio	Individual	Senior Masculino	02:35:56	+01:08:44	10:24
153	1525	José Pereira	Leroy Merlin Team	Senior Masculino	02:36:20	+01:09:08	10:25
154	1576	silvio ferreira	Nascidos para Correr	Senior Masculino	02:36:20	+01:09:09	10:25
155	1758	Vicente de Sousa	Trinca Orelhas de Gato	Senior Masculino	02:36:30	+01:09:18	10:26
156	1498	Tiago Rocha	KeMedo Team	Senior Masculino	02:36:31	+01:09:19	10:26
157	1018	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	02:36:33	+01:09:21	10:26
158	1783	Pedro Vieira	Individual	Senior Masculino	02:36:36	+01:09:25	10:26
159	1493	João Miguel Almeida da Silva	JUÕED	Senior Masculino	02:36:51	+01:09:39	10:27
160	1204	Rui Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:36:57	+01:09:46	10:28
161	1329	Libanio José Rocha Alves	Individual	Senior Masculino	02:37:02	+01:09:50	10:28
162	1379	Tiago Soares	Individual	Senior Masculino	02:37:11	+01:10:00	10:29
163	1292	Daniel Pinto	Individual	Senior Masculino	02:37:24	+01:10:13	10:30
164	1503	Hugo André Vaz Couto	KOMOKUNOMATO	Senior Masculino	02:39:07	+01:11:55	10:36
165	1317	Joaquim Fernando Martins Santos	Individual	Senior Masculino	02:39:23	+01:12:12	10:38
166	1727	Sergio Santiago	Shots International Runners	Senior Masculino	02:39:39	+01:12:27	10:39
167	1029	Nuno Santos	Amigos do costume	Senior Masculino	02:40:27	+01:13:15	10:42
168	1099	André Martins	CFit/inBIKEtus	Senior Masculino	02:40:40	+01:13:28	10:43
169	1730	Ricardo Sousa	Somos Nós Team	Senior Masculino	02:41:26	+01:14:14	10:46
170	1211	Pedro Arantes	Grupo Desportivo do bairro dos pescadores de Matosinhos	Senior Masculino	02:41:33	+01:14:21	10:46
171	1311	Hugo Manuel Sousa Moreira	Individual	Senior Masculino	02:43:01	+01:15:50	10:52
172	1324	Jose Manuel da Silva Barbosa	Individual	Senior Masculino	02:43:16	+01:16:05	10:53
173	1366	Ricardo Novais	Individual	Senior Masculino	02:43:24	+01:16:13	10:54
174	1294	DAVID TEIXEIRA	Individual	Senior Masculino	02:43:31	+01:16:19	10:54

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Trail Curto

15 KM

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175	1306	Helder José da rocha Oliveira	Individual	Senior Masculino	02:43:36	+01:16:24	10:54
176	1185	CARLOS RODRIGUES	Fugitivos Urbanos	Senior Masculino	02:43:40	+01:16:28	10:55
177	1073	João Teixeira	ATHLON RUNNER'S	Senior Masculino	02:44:31	+01:17:19	10:58
178	1296	Fernando Alves	Individual	Senior Masculino	02:44:48	+01:17:37	10:59
179	1496	Jose Pinto	KeMedo Team	Senior Masculino	02:44:49	+01:17:38	10:59
180	1535	Miguel Mendes	LION RUNNERS - G.D. Leões da Guarda	Senior Masculino	02:45:10	+01:17:58	11:01
181	1334	Luís Pinto	Individual	Senior Masculino	02:46:00	+01:18:49	11:04
182	1352	Paulo Andre	Individual	Senior Masculino	02:46:26	+01:19:14	11:06
183	1609	Bruno Castelo	os aventureiros	Senior Masculino	02:46:38	+01:19:27	11:07
184	1518	Guilherme Oliveira	Leões de Tardariz Trail	Senior Masculino	02:47:14	+01:20:03	11:09
185	1006	Nuno Andrade	8.2 Team	Senior Masculino	02:48:30	+01:21:18	11:14
186	1293	David Matellano Criado	Individual	Senior Masculino	02:49:52	+01:22:40	11:19
187	1186	FÁBIO MOREIRA	Fugitivos Urbanos	Senior Masculino	02:49:59	+01:22:47	11:20
188	1639	Antonio Barbosa	Paredes Running	Senior Masculino	02:50:04	+01:22:53	11:20
189	1316	Joaquim Cardoso	Individual	Senior Masculino	02:50:34	+01:23:23	11:22
190	1688	Tomas Moura	rmcosta	Senior Masculino	02:50:36	+01:23:25	11:22
191	1270	Abílio Santos	Individual	Senior Masculino	02:52:01	+01:24:49	11:28
192	1191	Sérgio Silva	Fugitivos Urbanos	Senior Masculino	02:52:39	+01:25:27	11:31
193	1711	Ivo Martins	S. S. Montepio	Senior Masculino	02:53:11	+01:25:59	11:33
194	1309	Hugo Alexandre Alves	Individual	Senior Masculino	02:53:21	+01:26:10	11:33
195	1710	Hugo Vladimiro Silva	S. S. Montepio	Senior Masculino	02:53:24	+01:26:13	11:34
196	1724	Nuno Almeida	Sempre Juntos	Senior Masculino	02:53:29	+01:26:18	11:34
197	1378	Tiago Mendes	Individual	Senior Masculino	02:53:36	+01:26:25	11:34
198	1288	Carlos Rocha	Individual	Senior Masculino	02:54:02	+01:26:51	11:36
199	1584	Mário Manuel Silva Nogueira	NorTrail RT	Senior Masculino	02:54:32	+01:27:21	11:38
200	1297	Fernando Bruno Caetano rocha	Individual	Senior Masculino	02:54:51	+01:27:39	11:39
201	1354	Paulo Marques	Individual	Senior Masculino	02:55:19	+01:28:08	11:41
202	1322	jose fernando coelho meireles	Individual	Senior Masculino	02:55:25	+01:28:13	11:42
203	1166	Flávio Santos	FITSPOT-Parque Nascente	Senior Masculino	02:55:25	+01:28:13	11:42
204	1381	Vitor Andrade	Individual	Senior Masculino	02:55:43	+01:28:31	11:43
205	1582	Jorge Moreira	NOCTURNOS DE PAREDES	Senior Masculino	02:56:09	+01:28:58	11:45
206	1651	Vitor Martins	PORTO SENTIDO RUNNERS	Senior Masculino	02:56:18	+01:29:07	11:45
207	1596	Luís Vieira	Not Fast, Just Furious	Senior Masculino	02:56:27	+01:29:15	11:46
208	1756	Luís Martins	Trinca Orelhas de Gato	Senior Masculino	02:56:32	+01:29:21	11:46
209	1063	Luís Pedro	Andatrilhos Freamunde	Senior Masculino	02:57:28	+01:30:17	11:50
210	1064	Marco Mendes	Andatrilhos Freamunde	Senior Masculino	02:57:30	+01:30:19	11:50
211	1713	Rui Carvalho	S. S. Montepio	Senior Masculino	02:57:54	+01:30:43	11:52
212	1326	jose miguel Araújo cunha magalhães pereira	Individual	Senior Masculino	02:58:00	+01:30:49	11:52
213	1385	Vitor Santos	Individual	Senior Masculino	03:00:18	+01:33:07	12:01
214	21	Humberto joao Ribeiro da costa	Amigos trabalho	Senior Masculino	03:00:19	+01:33:08	12:01
215	1618	Carlos Henrique da Silva Neves	Os Transmed	Senior Masculino	03:00:44	+01:33:32	12:03
216	1780	Sérgio Almeida	Individual	Senior Masculino	03:01:01	+01:33:50	12:04
217	1520	José Ribeiro	Leões de Tardariz Trail	Senior Masculino	03:01:07	+01:33:55	12:04
218	1347	Norberto Aguiar	Individual	Senior Masculino	03:01:08	+01:33:56	12:05
219	1083	Quim	CAETANO RUNNERS	Senior Masculino	03:01:10	+01:33:58	12:05

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Trail Curto

15 KM

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OFFICIAL RESULT

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220	1290	Daniel Jorge Rodrigues Amaral	Individual	Senior Masculino	03:02:06	+01:34:55	12:08
221	1344	Micael Queirós	Individual	Senior Masculino	03:03:53	+01:36:42	12:16
222	1095	Nuno Ribeiro	CCD Siemens	Senior Masculino	03:04:15	+01:37:04	12:17
223	1343	Mário Soares	Individual	Senior Masculino	03:04:30	+01:37:18	12:18
224	1269	Abel Filipe Lameiras Cardoso	Individual	Senior Masculino	03:05:25	+01:38:13	12:22
225	1291	Daniel Machado	Individual	Senior Masculino	03:06:19	+01:39:08	12:25
226	1151	Pedro Correia	Farroncos Papa KM	Senior Masculino	03:06:21	+01:39:10	12:25
227	1377	Telmo Rodrigues	Individual	Senior Masculino	03:06:33	+01:39:22	12:26
228	1267	Carvalho LUSO XXI	Individual	Senior Masculino	03:06:39	+01:39:27	12:27
229	22	Rodolfo Jorge Soares da silva	Amigos trabalho	Senior Masculino	03:06:45	+01:39:33	12:27
230	1614	Nuno Brandão	Os Mangueias	Senior Masculino	03:06:54	+01:39:42	12:28
231	1613	João Sousa	Os Mangueias	Senior Masculino	03:06:55	+01:39:43	12:28
232	1319	Jóni Pandeirada Rocha	Individual	Senior Masculino	03:07:30	+01:40:18	12:30
233	1148	Gil Vieira	Farroncos Papa KM	Senior Masculino	03:07:43	+01:40:31	12:31
234	23	Silvino Cristiano Ferreira Ribeiro	Amigos trabalho	Senior Masculino	03:08:06	+01:40:54	12:32
235	1298	Filipe André dos Santos Pereira	Individual	Senior Masculino	03:08:43	+01:41:31	12:35
236	1154	Tó Chico	Farroncos Papa KM	Senior Masculino	03:09:22	+01:42:10	12:37
237	1106	Paulo Brandão	Clube Desportivo Cepsa	Senior Masculino	03:09:23	+01:42:12	12:38
238	1578	Tiago Rodrigues	Nice Runners	Senior Masculino	03:09:35	+01:42:23	12:38
239	1213	Cédric Silva	Índios de BTTrail	Senior Masculino	03:11:42	+01:44:31	12:47
240	1215	Flávio Cardoso	Índios de BTTrail	Senior Masculino	03:11:43	+01:44:31	12:47
241	1214	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	03:11:43	+01:44:32	12:47
242	1275	Alexandre Filipe Vieira Valente	Individual	Senior Masculino	03:11:54	+01:44:42	12:48
243	1527	Fernando Pinheiro	LEROY MERLIN TRAIL TEAM	Senior Masculino	03:12:10	+01:44:58	12:49
244	1356	Paulo Sampaio	Individual	Senior Masculino	03:12:30	+01:45:19	12:50
245	1589	Ricardo Carvalho	Nós Acreditamos	Senior Masculino	03:12:39	+01:45:28	12:51
246	1054	Henrique Melo	Amigos dos semáforos, bamulá	Senior Masculino	03:12:42	+01:45:31	12:51
247	1380	Valter Hugo Gonçalves de Mendonça	Individual	Senior Masculino	03:12:54	+01:45:42	12:52
248	1313	Jaime Coelho	Individual	Senior Masculino	03:15:03	+01:47:52	13:00
249	1330	Luís Faria	Individual	Senior Masculino	03:15:12	+01:48:01	13:01
250	1289	Daniel Filipe Ferreira Da Silva	Individual	Senior Masculino	03:15:19	+01:48:08	13:01
251	1583	Hugo Rocha	NorTrail RT	Senior Masculino	03:15:57	+01:48:46	13:04
252	1616	David rebelo	Os Rebelos	Senior Masculino	03:16:33	+01:49:22	13:06
253	1677	Nuno Silva	Reumáticos dos Trilhos	Senior Masculino	03:16:37	+01:49:25	13:06
254	1321	José António Lobo Dias Carneiro	Individual	Senior Masculino	03:16:42	+01:49:30	13:07
255	1634	Vitor Teixeira	PAPA TRAILS	Senior Masculino	03:16:47	+01:49:36	13:07
256	1373	Sandro sousa	Individual	Senior Masculino	03:17:03	+01:49:51	13:08
257	1286	Bruno Ricardo Oliveira Barros	Individual	Senior Masculino	03:17:54	+01:50:43	13:12
258	1606	André Barros	Os Atletas	Senior Masculino	03:18:25	+01:51:14	13:14
259	1374	Sérgio Miguel Barbosa Moura	Individual	Senior Masculino	03:18:59	+01:51:48	13:16
260	1769	Rui Miguel Lima Pereira	upgo	Senior Masculino	03:19:20	+01:52:08	13:17
261	1026	Gonçalo Santos	All About Spirit Team	Senior Masculino	03:19:25	+01:52:14	13:18
262	1287	Carlos Miguel Rodrigues Cunha	Individual	Senior Masculino	03:20:28	+01:53:17	13:22
263	1600	Manuel Moreira	OFRunning	Senior Masculino	03:20:37	+01:53:26	13:23
264	1598	Rogério Oliveira	Not Fast, Just Furious	Senior Masculino	03:20:58	+01:53:47	13:24
265	1076	Nelson Sousa	Bia Team 2016	Senior Masculino	03:25:36	+01:58:24	13:42

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Trail Curto

15 KM

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266	1285	Bruno Pinto	Individual	Senior Masculino	03:26:35	+01:59:23	13:46
267	1669	Pedro Anjos	Pupilos	Senior Masculino	03:26:36	+01:59:25	13:46
268	1091	Paulo Neves	Casa dos Trabalhadores - Aguas do Porto	Senior Masculino	03:26:39	+01:59:27	13:47
269	1382	Vitor Ferreira pão em casa	Individual	Senior Masculino	03:26:49	+01:59:38	13:47
270	1497	Pedro Duarte	KeMedo Team	Senior Masculino	03:26:53	+01:59:41	13:48
271	1303	Gonçalo David	Individual	Senior Masculino	03:28:49	+02:01:38	13:55
272	1360	Pedro Neto	Individual	Senior Masculino	03:32:14	+02:05:02	14:09
273	1771	Rui Sousa	Wolves Run Trail	Senior Masculino	03:32:21	+02:05:09	14:09
274	1364	Ricardo Amaral	Individual	Senior Masculino	03:33:08	+02:05:56	14:13
275	1342	Mário Dias	Individual	Senior Masculino	03:33:22	+02:06:10	14:13
276	1042	Patrícia Martins	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	03:33:38	+02:06:26	14:15
277	1272	Adelino Jesus Cunha Lopes Videira	Individual	Senior Masculino	03:34:10	+02:06:59	14:17
278	1149	João Chin	Farroncos Papa KM	Senior Masculino	03:34:32	+02:07:21	14:18
279	1146	Bruno Rocha	Farroncos Papa KM	Senior Masculino	03:35:31	+02:08:19	14:22
280	1152	Pedro Santiago	Farroncos Papa KM	Senior Masculino	03:35:34	+02:08:22	14:22
281	1055	Miguel Alves	Amigos dos semáforos, bamulá	Senior Masculino	03:35:54	+02:08:43	14:24
282	1203	fabio silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:37:18	+02:10:06	14:29
283	1284	Bruno Marques	Individual	Senior Masculino	03:37:42	+02:10:30	14:31
284	1665	Hugo Barros	PowersRunning	Senior Masculino	03:38:38	+02:11:27	14:35
285	1169	Sergio Azevedo	FITSPOT-Parque Nascente	Senior Masculino	03:42:11	+02:14:59	14:49
286	1696	Nuno Sousa	Run 4 All	Senior Masculino	03:44:02	+02:16:50	14:56
287	1774	Bruno Ricardo Rodrigues Silva	Xequê Mate	Senior Masculino	03:44:06	+02:16:55	14:56
288	1775	Fernando José Pina Vieira	Xequê Mate	Senior Masculino	03:44:14	+02:17:02	14:57
289	1599	Bruno melo	O porto invictus team	Senior Masculino	03:45:10	+02:17:58	15:01
290	1279	Artur Fonseca	Individual	Senior Masculino	03:46:39	+02:19:28	15:07
291	1513	Pedro Raimundo	Legion Combat	Senior Masculino	03:46:47	+02:19:36	15:07
292	1514	Ricardo Santos	Legion Combat	Senior Masculino	03:46:49	+02:19:38	15:07
293	1126	Rui Ferreira	danados	Senior Masculino	03:49:32	+02:22:21	15:18
294	1125	carlos alberto barbosa	Danados	Senior Masculino	03:50:06	+02:22:55	15:20
295	1332	Luís Garcia	Individual	Senior Masculino	03:52:32	+02:25:20	15:30
296	1666	Miguel Barbosa	PowersRunning	Senior Masculino	03:58:37	+02:31:26	15:55
297	1299	Filipe lopes	Individual	Senior Masculino	04:00:34	+02:33:23	16:02
298	1642	Álvaro da Silva Ribeiro	Pedais de aço btt	Senior Masculino	04:00:55	+02:33:43	16:04
299	1667	Rui Noddy	PowersRunning	Senior Masculino	04:01:24	+02:34:13	16:06
300	1604	Paulo Santos	Os Aceleras	Senior Masculino	04:15:18	+02:48:07	17:01
301	1363	Ricardo Alberto Teixeira Neves	Individual	Senior Masculino	04:15:24	+02:48:12	17:02
302	1308	Hélio Filipe Nogueira Martins	Individual	Senior Masculino	04:22:27	+02:55:15	17:30
303	1187	FÁBIO PACHECO	Fugitivos Urbanos	Senior Masculino	04:24:13	+02:57:01	17:37
304	1623	Jorge Silva	OsFazConta	Senior Masculino	04:38:57	+03:11:46	18:36
305	1687	Gustavo Costa	rmcosta	Senior Masculino	04:40:32	+03:13:21	18:42
306	1701	Helder Correia	Run For Life	Senior Masculino	04:40:53	+03:13:41	18:44

Trail Curto

15 KM

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OFFICIAL RESULT

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Veterana F40

1	1087	Conceição Oliveira	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Veterana F40	02:16:07	09:04
2	1591	Paula Fonseca	Nós Acreditamos	Veterana F40	02:21:54	+05:48 09:28
3	1019	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	02:26:30	+10:23 09:46
4	1767	Susana Neta	Clube Zupper	Veterana F40	02:27:03	+10:57 09:48
5	1403	Ivone Ferreira	Individual	Veterana F40	02:35:34	+19:28 10:22
6	1408	Paula Silva	Individual	Veterana F40	02:39:08	+23:01 10:37
7	1434	Fátima Vieira	Individual	Veterana F40	02:41:21	+25:14 10:45
8	1410	Rosa coelho	Individual	Veterana F40	02:43:41	+27:34 10:55
9	1406	Maria José Silva Teixeira	Individual	Veterana F40	02:47:01	+30:54 11:08
10	1579	Liseta Pinto	Nice Runners	Veterana F40	02:50:18	+34:11 11:21
11	1401	Elisabete Gonçalves	Individual	Veterana F40	02:52:17	+36:11 11:29
12	1212	Isabel Carvalho	Helena Gomes	Veterana F40	02:52:41	+36:34 11:31
13	1407	PAULA COSTA	Individual	Veterana F40	02:52:42	+36:35 11:31
14	1652	cidália soares	PORTO SENTIDO RUNNERS	Veterana F40	02:53:20	+37:14 11:33
15	1714	Carla Barros	S. S. Montepio	Veterana F40	02:53:24	+37:17 11:34
16	1391	Cacilda Maria Sousa Ramos	Individual	Veterana F40	02:58:31	+42:24 11:54
17	1088	Conceição Rabaldo	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Veterana F40	03:00:08	+44:01 12:01
18	1387	ana Paula Teixeira	Individual	Veterana F40	03:05:04	+48:58 12:20
19	1089	Mariana Parente	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Veterana F40	03:06:58	+50:52 12:28
20	1653	Elisabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	03:07:02	+50:55 12:28
21	1654	Sandra Carvalho	PORTO SENTIDO RUNNERS	Veterana F40	03:07:02	+50:55 12:28
22	1113	Cristina Santos	CorreRia	Veterana F40	03:09:10	+53:04 12:37
23	1046	Carmen Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	03:12:11	+56:04 12:49
24	1590	Lúcia Oliveira	Nós Acreditamos	Veterana F40	03:12:38	+56:31 12:51
25	1635	Ana Alves	PAPA TRAILS	Veterana F40	03:12:41	+56:34 12:51
26	1389	Angela Lopes	Individual	Veterana F40	03:17:00	+01:00:54 13:08
27	1396	Claudia Lopes	Individual	Veterana F40	03:18:52	+01:02:46 13:16
28	1027	Diana Cancela	All About Spirit Team	Veterana F40	03:19:28	+01:03:21 13:18
29	1680	Elisabete Amado	Reumáticos dos Trilhos	Veterana F40	03:20:26	+01:04:20 13:22
30	1739	Marlene Rodrigues	Thunder Team	Veterana F40	03:22:24	+01:06:17 13:30
31	1399	Eduarda Maria Vieira Magalhães Freitas	Individual	Veterana F40	03:23:00	+01:06:53 13:32
32	1393	Carla Caria	Individual	Veterana F40	03:26:57	+01:10:50 13:48
33	1056	Ana Paula Guimarães Granja	Amigos dos semáforos, bamulá	Veterana F40	03:29:55	+01:13:49 14:00
34	1544	Raquel CampoGrande	Mean Machine Crossfit	Veterana F40	03:32:39	+01:16:33 14:11
35	1057	Cristina Amaral	Amigos dos semáforos, bamulá	Veterana F40	03:33:20	+01:17:13 14:13
36	1404	Maria da Luz	Individual	Veterana F40	03:38:08	+01:22:01 14:33
37	1048	Natália Cecília Rocha Ferreira	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	03:39:19	+01:23:13 14:37
38	1388	Andreia Alexandra Martins Sena Barbosa de Sá	Individual	Veterana F40	03:41:15	+01:25:09 14:45
39	1007	Isabel rangel	8.2 Team	Veterana F40	03:42:05	+01:25:58 14:48

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Trail Curto

15 KM

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40	1402	Isabel Pires	Individual	Veterana F40	03:44:58	+01:28:51	15:00
41	1047	Guilhermina Maria Vieira Pinto Rocha	AMIGOS DO PEDAL TRILAGARES	Veterana F40	03:48:14	+01:32:08	15:13
42	1400	Elisa Pereira	Individual	Veterana F40	03:52:30	+01:36:23	15:30
43	1679	Carla Silva	Reumáticos dos Trilhos	Veterana F40	04:03:34	+01:47:28	16:14
44	1405	maria filomena venâncio lopes marcelo	Individual	Veterana F40	04:08:37	+01:52:31	16:35
45	1394	Célia Vieira	Individual	Veterana F40	04:08:38	+01:52:31	16:35
46	1549	Sonia Sampaio	Metralhas Runners	Veterana F40	04:09:43	+01:53:37	16:39
47	1689	Claudia Moura	rmcosta	Veterana F40	04:10:38	+01:54:32	16:43
48	1206	Marina Terceiro	GONDOMAR FUTSAL CLUBE	Veterana F40	04:13:07	+01:57:01	16:53
49	1205	Alexandra Barradas	GONDOMAR FUTSAL CLUBE	Veterana F40	04:13:10	+01:57:03	16:53
50	1485	Carla Faria	Inimigos do Podium	Veterana F40	04:15:03	+01:58:57	17:00
51	1390	Antónia Ferreira	Individual	Veterana F40	04:15:04	+01:58:57	17:00
52	1605	Camila Pinto	Os Aceleras	Veterana F40	04:15:18	+01:59:11	17:01
53	1397	claudia maria carvalho gonçalves	Individual	Veterana F40	04:15:23	+01:59:16	17:02
54	1058	Teresa Cáliz	Amigos dos semáforos, bamulá	Veterana F40	04:17:50	+02:01:44	17:11
55	1705	Paulina Soares	Run For Life	Veterana F40	04:18:21	+02:02:15	17:13
56	1704	Paula Oliveira	Run For Life	Veterana F40	04:45:15	+02:29:09	19:01
57	1702	Lucília Cadavez	Run For Life	Veterana F40	04:45:16	+02:29:09	19:01
58	1127	elsa dias	danados	Veterana F40	04:51:17	+02:35:11	19:25
59	1625	Ana Rita Barros Neves Magalhães	Ou vai ou racha	Veterana F40	04:58:48	+02:42:41	19:55
60	1626	Arminda Maciel	Ou vai ou racha	Veterana F40	05:07:55	+02:51:48	20:32
61	1411	ROSA COSTA	Individual	Veterana F40	05:10:32	+02:54:26	20:42
62	1398	CRIS SANTIAGO	Individual	Veterana F40	05:10:33	+02:54:26	20:42

Veterano M40

1	1196	HENRIQUE DIAS	GDR RETORTA	Veterano M40	01:27:50	05:51
2	1193	PEDRO SANTOS	Fugitivos Urbanos	Veterano M40	01:31:38	+03:48 06:07
3	1424	Belmiro Ferreira	Individual	Veterano M40	01:32:42	+04:51 06:11
4	1197	ADELINO SILVA	GDR RETORTA	Veterano M40	01:34:02	+06:11 06:16
5	1731	Abílio Ribeiro	Sporting clube de Espinho	Veterano M40	01:35:40	+07:50 06:23
6	1571	Sergio Sousa	MULTIPOWER GAIA TRAIL	Veterano M40	01:36:08	+08:17 06:25
7	1121	Paulo Silva	Da-lhe Gas	Veterano M40	01:39:08	+11:17 06:37
8	1559	Hugo Romano	Moinhos Run - ADRM	Veterano M40	01:43:26	+15:35 06:54
9	1183	Paulo sousa	Fridão Sem Limites	Veterano M40	01:44:34	+16:43 06:58
10	1415	Abilio Mendes Magalhães	Individual	Veterano M40	01:46:13	+18:23 07:05
11	1210	Patrick Marques	GONDOMAR FUTSAL CLUBE	Veterano M40	01:46:38	+18:47 07:07
12	1114	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M40	01:49:49	+21:59 07:19
13	1209	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	01:52:18	+24:28 07:29
14	1023	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:53:16	+25:25 07:33
15	1022	António Dias	ALIANÇA DE GANDRA	Veterano M40	01:53:16	+25:26 07:33
16	1570	Delfim Conceição	MULTIPOWER GAIA TRAIL	Veterano M40	01:54:16	+26:26 07:37
17	1184	Ricardo Francisco Sousa Aires	Fridão Sem Limites	Veterano M40	01:55:41	+27:51 07:43
18	1199	Carlos Barbosa	Global Trail	Veterano M40	01:55:42	+27:52 07:43
19	1090	Simão Costa	CAPV - CLUBE DE ATLETISMO DA PÓVOA DE VARZIM	Veterano M40	01:56:36	+28:46 07:46

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Trail Curto

15 KM

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20	1733	Manuel Oliveira	Sporting clube de Espinho	Veterano M40	01:58:40	+30:49	07:55
21	1052	José Costa	Amigos do Sofá	Veterano M40	02:01:49	+33:58	08:07
22	1425	Bruno Cardoso Araujo	Individual	Veterano M40	02:01:52	+34:01	08:07
23	1483	Vitor manuel ribeiro coelho	Individual	Veterano M40	02:03:02	+35:12	08:12
24	1070	Carlos Couto	ARCORUN	Veterano M40	02:04:02	+36:12	08:16
25	1492	Bruno Coutada	Invictus Oporto Team	Veterano M40	02:04:17	+36:27	08:17
26	1457	LUIS ALMEIDA	Individual	Veterano M40	02:06:12	+38:22	08:25
27	1025	Telmo Almeida	ALIANÇA DE GANDRA	Veterano M40	02:06:44	+38:53	08:27
28	1024	Fernando Santos	ALIANÇA DE GANDRA	Veterano M40	02:07:06	+39:15	08:28
29	1729	Adelino Fernandes	SMIP	Veterano M40	02:07:53	+40:03	08:32
30	1071	Jorge Santos	ARCORUN	Veterano M40	02:08:03	+40:13	08:32
31	1448	Jorge Antunes	Individual	Veterano M40	02:08:19	+40:28	08:33
32	1109	António Teixeira	Clube Zupper	Veterano M40	02:08:30	+40:39	08:34
33	1418	ALBERTO CARVALHO	Individual	Veterano M40	02:08:37	+40:47	08:35
34	1468	Paulo Brás	Individual	Veterano M40	02:09:57	+42:07	08:40
35	1502	Rogério Fernandes	KeMedo Team	Veterano M40	02:11:39	+43:49	08:47
36	1110	manuel antonio teixeira	cmmcp	Veterano M40	02:11:53	+44:03	08:48
37	1699	Álvaro Ribeiro	Run 4 All	Veterano M40	02:12:20	+44:29	08:49
38	1442	Ivo Almeida	Individual	Veterano M40	02:13:15	+45:24	08:53
39	1427	Carlos Araújo	Individual	Veterano M40	02:14:59	+47:09	09:00
40	1067	António Martins	António Paulo da Silva Jardim Martins	Veterano M40	02:15:03	+47:12	09:00
41	1500	Jose Augusto Abreu Costa	KeMedo Team	Veterano M40	02:15:20	+47:29	09:01
42	1765	Víctor Cardoso	Trinca Orelhas de Gato	Veterano M40	02:15:55	+48:04	09:04
43	1454	José Manuel Moreira Lopes	Individual	Veterano M40	02:15:57	+48:07	09:04
44	1074	Alcino Pinto	ATHLON RUNNER'S	Veterano M40	02:15:58	+48:08	09:04
45	1499	Fernando barata	KeMedo Team	Veterano M40	02:16:21	+48:31	09:05
46	1732	Jorge Coelho	Sporting clube de Espinho	Veterano M40	02:18:02	+50:11	09:12
47	1532	Carlos Reis	LEROY MERLIN TRAIL TEAM	Veterano M40	02:19:11	+51:20	09:17
48	1484	Wilson Fonseca	Individual	Veterano M40	02:20:03	+52:12	09:20
49	1681	Paulo Coelho	Reumáticos dos Trilhos	Veterano M40	02:20:51	+53:00	09:23
50	1080	JOAQUIM PAULO	C.D.C SÃO MARTINHO DA GÂNDARA	Veterano M40	02:21:01	+53:11	09:24
51	1176	Rui Silva	FITSPOT-Parque Nascente	Veterano M40	02:22:03	+54:12	09:28
52	1171	Alcino Vieira	FITSPOT-Parque Nascente	Veterano M40	02:22:08	+54:18	09:29
53	1545	Dario Manuel Oliveira Cardoso	Mean Machine CrossFit	Veterano M40	02:22:28	+54:37	09:30
54	1208	jose mendes	GONDOMAR FUTSAL CLUBE	Veterano M40	02:22:36	+54:46	09:30
55	1481	sergio alberto costa sousa	Individual	Veterano M40	02:23:48	+55:57	09:35
56	1416	Abilio Topa	Individual	Veterano M40	02:24:17	+56:26	09:37
57	1432	Eduardo Caramalho	Individual	Veterano M40	02:24:24	+56:34	09:38
58	1656	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M40	02:24:40	+56:50	09:39
59	1178	AMERICO FRANÇA	frança	Veterano M40	02:24:43	+56:52	09:39
60	1577	Marco Almeida	Nascidos para Correr	Veterano M40	02:24:45	+56:54	09:39
61	1594	Fernando Silva	Nós Acreditamos	Veterano M40	02:25:24	+57:34	09:42
62	1524	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	02:27:25	+59:35	09:50
63	1750	Vitorino Dias	Trail Sra do Salto	Veterano M40	02:28:12	+01:00:21	09:53
64	1445	Joaquim Coelho	Individual	Veterano M40	02:28:13	+01:00:22	09:53

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Trail Curto

15 KM

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65	1449	jorge luis duarte caria	Individual	Veterano M40	02:28:16	+01:00:25	09:53
66	1430	David Sousa	Individual	Veterano M40	02:28:33	+01:00:42	09:54
67	1467	oscar jose soares silva	Individual	Veterano M40	02:28:37	+01:00:46	09:54
68	1522	António Pinto	Leões de Tardariz Trail	Veterano M40	02:29:51	+01:02:00	09:59
69	1592	Álvaro Cardoso	Nós Acreditamos	Veterano M40	02:31:13	+01:03:23	10:05
70	1779	Armando Rosa	Individual	Veterano M40	02:31:15	+01:03:24	10:05
71	1461	Marco Ginoulhiac	Individual	Veterano M40	02:32:01	+01:04:11	10:08
72	1645	Miguel Teixeira	PM	Veterano M40	02:32:17	+01:04:27	10:09
73	1593	Armando Cardoso	Nós Acreditamos	Veterano M40	02:32:58	+01:05:07	10:12
74	1469	Paulo Moreira	Individual	Veterano M40	02:33:32	+01:05:41	10:14
75	1464	Mike Dias	Individual	Veterano M40	02:34:59	+01:07:09	10:20
76	1079	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	02:35:02	+01:07:11	10:20
77	1138	Pedro Silva	Factor X / S4L / MedenseFC	Veterano M40	02:35:13	+01:07:23	10:21
78	1420	Antero Cunha	Individual	Veterano M40	02:35:20	+01:07:29	10:21
79	1137	Rui Mota	Factor X / S4L / MedenseFC	Veterano M40	02:35:23	+01:07:32	10:22
80	1096	Avelino Pereira	CCDTC:M.Gondomar	Veterano M40	02:36:08	+01:08:18	10:25
81	1494	João Manuel Santos Silva	JUÕED	Veterano M40	02:36:49	+01:08:59	10:27
82	1438	Francisco Manuel Ribeiro da Costa	Individual	Veterano M40	02:36:52	+01:09:02	10:28
83	1452	Jose Dias	Individual	Veterano M40	02:37:10	+01:09:19	10:29
84	1720	Joao Nuno Cardoso	S. S. Montepio	Veterano M40	02:37:18	+01:09:27	10:29
85	1437	Fernando Oliveira	Individual	Veterano M40	02:37:22	+01:09:31	10:29
86	1433	eduardo fernandes	Individual	Veterano M40	02:38:18	+01:10:27	10:33
87	1611	Joaquim Manuel Pinto Vieira	OS CACHOS	Veterano M40	02:38:59	+01:11:09	10:36
88	1610	Carlos Manuel Pinto Vieira	OS CACHOS	Veterano M40	02:39:23	+01:11:33	10:38
89	1608	Vitor Neto	Os Atletas	Veterano M40	02:40:31	+01:12:40	10:42
90	1428	carlos jorge oliveira figueiredo	Individual	Veterano M40	02:40:32	+01:12:42	10:42
91	1460	Manuel Reis	Individual	Veterano M40	02:40:38	+01:12:47	10:43
92	1482	Sérgio Pessegueiro	Individual	Veterano M40	02:40:43	+01:12:52	10:43
93	144	José Luís Pinto	Individual	Veterano M40	02:40:48	+01:12:58	10:43
94	1719	Joao Moreira	S. S. Montepio	Veterano M40	02:43:22	+01:15:31	10:53
95	1477	Ricardo Silva	Individual	Veterano M40	02:43:38	+01:15:47	10:55
96	1560	Rui Quinta	Moinhos Run - ADRM	Veterano M40	02:44:21	+01:16:31	10:57
97	1658	Jorge Pereira	PORTO SENTIDO RUNNERS	Veterano M40	02:45:07	+01:17:17	11:01
98	1440	gabriel rodrigues ferreira	Individual	Veterano M40	02:45:30	+01:17:39	11:02
99	1475	Pedro Silva	Individual	Veterano M40	02:45:55	+01:18:05	11:04
100	1471	Paulo Pinto	Individual	Veterano M40	02:45:58	+01:18:08	11:04
101	1659	José Ricardo	PORTO SENTIDO RUNNERS	Veterano M40	02:47:13	+01:19:22	11:09
102	1624	Agostinho Silva	OsFazConta	Veterano M40	02:47:52	+01:20:01	11:11
103	1173	Carlindo Martins	FITSPOT-Parque Nascente	Veterano M40	02:48:36	+01:20:45	11:14
104	1533	Paulo Carneiro	les moutons	Veterano M40	02:48:59	+01:21:09	11:16
105	1603	João Paulo Dias	OFRunning	Veterano M40	02:49:33	+01:21:43	11:18
106	1439	Francisco Vitor Costa Faria	Individual	Veterano M40	02:49:41	+01:21:50	11:19
107	1781	Rui Gandra	Individual	Veterano M40	02:49:56	+01:22:05	11:20
108	1051	Armindo Moreira	Amigos do Sofá	Veterano M40	02:50:29	+01:22:39	11:22
109	1715	Alfredo Abreu	S. S. Montepio	Veterano M40	02:50:37	+01:22:47	11:23
110	1107	Alberto Brandão	Clube Desportivo Cepsa	Veterano M40	02:52:43	+01:24:53	11:31

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Trail Curto

15 KM

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111	1501	Luis Joaquim Gomes	KeMedo Team	Veterano M40	02:52:45	+01:24:54	11:31
112	1436	Fernando Manuel Dias mendes	Individual	Veterano M40	02:52:59	+01:25:09	11:32
113	1447	Joaquim Torres	Individual	Veterano M40	02:53:10	+01:25:19	11:33
114	1474	Pedro Rodrigues	Individual	Veterano M40	02:53:15	+01:25:24	11:33
115	1655	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:53:20	+01:25:29	11:33
116	1419	Alex Silva	Individual	Veterano M40	02:53:45	+01:25:54	11:35
117	1721	Julio Santos	S. S. Montepio	Veterano M40	02:55:34	+01:27:44	11:42
118	1004	Rui Sá	10TEMIDOS	Veterano M40	02:56:24	+01:28:34	11:46
119	1066	Daniel Machado Neto	Andatrilhos Freamunde	Veterano M40	02:57:31	+01:29:40	11:50
120	1414	Fernando Silva	Individual	Veterano M40	02:57:48	+01:29:57	11:51
121	1762	Rui Silva	Trinca Orelhas de Gato	Veterano M40	02:58:42	+01:30:51	11:55
122	1175	Miguel Bandeira	FITSPOT-Parque Nascente	Veterano M40	02:58:49	+01:30:58	11:55
123	1760	Carlos Conde	Trinca Orelhas de Gato	Veterano M40	02:59:20	+01:31:29	11:57
124	1455	JOSE MÁRIO MAGALHÃES DE PEREIRA	Individual	Veterano M40	03:00:42	+01:32:52	12:03
125	1615	Lino Moura	Os Mangueiras	Veterano M40	03:05:34	+01:37:43	12:22
126	1002	Paulo Ribeiro	10TEMIDOS	Veterano M40	03:06:11	+01:38:20	12:25
127	1745	Rolando Paulo	Trail Running Clube Btt Sanguedo	Veterano M40	03:06:19	+01:38:29	12:25
128	1003	Pedro Sousa	10TEMIDOS	Veterano M40	03:06:32	+01:38:41	12:26
129	1174	Luis Espirito Santo	FITSPOT-Parque Nascente	Veterano M40	03:06:41	+01:38:50	12:27
130	24	Israel Sergio Ferreira ribeiro	Amigos trabalho	Veterano M40	03:06:42	+01:38:51	12:27
131	1657	Fernando Ferraz	PORTO SENTIDO RUNNERS	Veterano M40	03:07:02	+01:39:11	12:28
132	1156	Manuel Rocha	FAST AO KM	Veterano M40	03:07:29	+01:39:39	12:30
133	1761	Miguel Costa	Trinca Orelhas de Gato	Veterano M40	03:08:42	+01:40:52	12:35
134	1451	José Belarmino	Individual	Veterano M40	03:09:30	+01:41:39	12:38
135	1431	Domingos Barbosa da Silva	Individual	Veterano M40	03:11:03	+01:43:12	12:44
136	1465	Milton Rodrigues	Individual	Veterano M40	03:11:55	+01:44:05	12:48
137	1759	Agostinho Costa	Trinca Orelhas de Gato	Veterano M40	03:12:40	+01:44:49	12:51
138	1478	RUI FERNANDO DOS SANTOS PEREIRA DA SILVA ALMEIDA	Individual	Veterano M40	03:12:44	+01:44:54	12:51
139	1717	Fernando Carvalho	S. S. Montepio	Veterano M40	03:12:46	+01:44:56	12:51
140	1443	JOAO LOURENÇO	Individual	Veterano M40	03:12:50	+01:45:00	12:51
141	1580	Luis Marques	Nice Runners	Veterano M40	03:14:17	+01:46:26	12:57
142	1098	Luis Pereira	Cepos	Veterano M40	03:15:16	+01:47:25	13:01
143	1458	luis Manuel Soares Ribeiro	Individual	Veterano M40	03:15:18	+01:47:27	13:01
144	1718	Francisco Moreira	S. S. Montepio	Veterano M40	03:15:50	+01:47:59	13:03
145	1636	José Alves	PAPA TRAILS	Veterano M40	03:15:56	+01:48:05	13:04
146	1617	Casimiro Rebelo	Os Rebelos	Veterano M40	03:16:30	+01:48:40	13:06
147	1422	ARMINDO SERRA MARTINS DOS SANTOS	Individual	Veterano M40	03:16:58	+01:49:07	13:08
148	1446	Joaquim Ramos	Individual	Veterano M40	03:17:51	+01:50:00	13:11
149	1763	Sérgio Rocha	Trinca Orelhas de Gato	Veterano M40	03:18:27	+01:50:37	13:14
150	1521	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M40	03:19:07	+01:51:17	13:17
151	1476	Raul Alvarenga	Individual	Veterano M40	03:21:30	+01:53:40	13:26
152	1480	Sandro Sousa	Individual	Veterano M40	03:22:17	+01:54:27	13:29
153	1751	Pedro Gonçalves	Trailgloditas	Veterano M40	03:22:19	+01:54:29	13:29
154	1740	Pedro Rodrigues	Thunder Team	Veterano M40	03:22:25	+01:54:34	13:30

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Trail Curto

15 KM

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155	1453	Jose Eduardo Moreira	Individual	Veterano M40	03:22:39	+01:54:49	13:31
156	1115	Raul Cunha	cUnHaX	Veterano M40	03:23:54	+01:56:04	13:36
157	1728	Pedro Ramos	Shots International Runners	Veterano M40	03:24:29	+01:56:38	13:38
158	1561	Fernando Monteiro	Moreira Relax Runners	Veterano M40	03:26:56	+01:59:05	13:48
159	1772	Antonio Fernandes	Wolves Run Trail	Veterano M40	03:28:14	+02:00:24	13:53
160	1450	Jorge Manuel Pires Mendonça	Individual	Veterano M40	03:31:11	+02:03:21	14:05
161	1479	Rui Freitas (Han@Runners)	Individual	Veterano M40	03:32:47	+02:04:57	14:11
162	1435	Fernando Jorge Beleza Moreira de Almeida	Individual	Veterano M40	03:35:27	+02:07:36	14:22
163	1504	Rui Miguel Oliveira	KOMOKUNOMATO	Veterano M40	03:38:41	+02:10:51	14:35
164	1008	Antonio pinho	8.2 Team	Veterano M40	03:42:06	+02:14:15	14:48
165	1764	Sérgio Sousa	Trinca Orelhas de Gato	Veterano M40	03:45:59	+02:18:09	15:04
166	1726	Álvaro Costa	SETE	Veterano M40	03:50:03	+02:22:13	15:20
167	1550	Artur Saraiva	Metralhas Runners	Veterano M40	03:57:53	+02:30:02	15:52
168	1030	André Oliveira	Amigos do costume	Veterano M40	03:57:58	+02:30:07	15:52
169	1466	Norberto Simões Eustáquio	Individual	Veterano M40	04:04:28	+02:36:37	16:18
170	1172	Almerindo Freitas	FITSPOT-Parque Nascente	Veterano M40	04:09:18	+02:41:28	16:37
171	1690	Paulo Costa	rmcosta	Veterano M40	04:10:38	+02:42:47	16:43
172	1423	AZEMIRO MARTINS	Individual	Veterano M40	04:15:16	+02:47:25	17:01
173	1060	Miguel Magalhães	Amigos dos semáforos, bamulá	Veterano M40	04:17:50	+02:50:00	17:11
174	1059	Marco Pacheco	Amigos dos semáforos, bamulá	Veterano M40	04:17:51	+02:50:00	17:11
175	1691	rui costa	rmcosta	Veterano M40	04:40:31	+03:12:41	18:42
176	1707	Joao Carlos Machado Pinto Ribeiro	Run For Life	Veterano M40	04:45:12	+03:17:21	19:01
177	1628	Paulo Jorge de Sousa Magalhães	Ou vai ou racha	Veterano M40	04:57:43	+03:29:53	19:51
178	1627	Jose Gentil	Ou vai ou racha	Veterano M40	05:08:05	+03:40:14	20:32

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