

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:00	18,6°C	93%
End	14:55	18,6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	380	Bruno Jesus	satecnosol outdoor / la sportiva	Senior Masculino	02:46:05		05:32
2	412	Luis Fernandes	u.f. comércio e indústria atletismo	Senior Masculino	02:47:53	+01:47	05:36
3	350	António Braziela Rocha	oralklass-amigos do trail	Sub 23 Masculino	02:48:39	+02:33	05:37
4	93	Nelson Santos	vão nelas runners	Veterano M40	02:48:59	+02:53	05:38
5	383	Leonel Cunha	satecnosol outdoor / la sportiva	Senior Masculino	02:50:35	+04:29	05:41
6	384	Bruno Silva	satecnosol outdoor / la sportiva	Sub 23 Masculino	02:51:55	+05:49	05:44
7	25	Bruno Miguel Rodrigues Moreira	amigos do pedal trailagares	Senior Masculino	02:54:53	+08:47	05:50
8	7	Paulo Costa	a.d.amarante trail running	Senior Masculino	02:57:37	+11:32	05:55
9	349	Nuno Alves	oralklass-amigos do trail	Senior Masculino	02:58:33	+12:27	05:57
10	272	Diogo Baena	juventude vidigalense	Senior Masculino	02:58:52	+12:47	05:58
11	19	Francisco Joao Fernandes	águias de alvelos	Senior Masculino	02:59:16	+13:10	05:59
12	58	Nuno Fernandes	clube atletismo fafe	Senior Masculino	03:00:54	+14:48	06:02
13	18	Bruno Ribeiro	águias de alvelos	Senior Masculino	03:02:17	+16:11	06:05
14	118	PEDRO SANTOS	fugitivos urbanos - clínica + saúde	Veterano M40	03:02:28	+16:22	06:05
15	151	Agostinho Reis	individual	Senior Masculino	03:04:29	+18:23	06:09
16	413	Virgílio Gomes	u.f. comércio e indústria atletismo	Veterano M45	03:04:48	+18:42	06:10
17	8	Vitor Costa	a.d.amarante trail running	Veterano M40	03:04:55	+18:49	06:10
18	239	Abílio	individual	Veterano M45	03:05:05	+18:59	06:10
19	382	Fabio Pinto	satecnosol outdoor / la sportiva	Senior Masculino	03:08:19	+22:13	06:17
20	377	Paulo Pires	runner's do demo	Senior Masculino	03:09:14	+23:08	06:18
21	154	Antonio sa	individual	Senior Masculino	03:11:26	+25:20	06:23
22	348	Fernando Neves	oralklass-amigos do trail	Senior Masculino	03:12:00	+25:54	06:24
23	415	Paulo Mesquita	vilaverdeacorrer	Senior Masculino	03:12:13	+26:08	06:24
24	61	Ricardo Duarte	clube de atletismo de ferreira do zêzere	Senior Masculino	03:13:10	+27:04	06:26
25	95	Helder Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	03:13:21	+27:15	06:27
26	110	Luís Miguel Ribeiro da Cunha	figueira kayak clube	Veterano M40	03:15:26	+29:20	06:31
27	111	Carlos Rodrigues	figueira kayak clube	Veterano M50	03:15:59	+29:53	06:32
28	410	Pedro Pinheiro	trilho perdido eventos / importlux	Veterano M40	03:16:15	+30:09	06:33
29	300	Belmiro Ferreira	lion runners - g. d. leões da guarda	Veterano M50	03:17:27	+31:21	06:35
30	227	Nuno Cardoso	individual	Veterano M40	03:18:17	+32:11	06:37
31	236	Rui Pedro Pinheiro da Fonseca	individual	Veterano M40	03:19:36	+33:30	06:39
32	347	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	03:19:42	+33:37	06:39
33	57	Daniel Costa	clube atletismo fafe	Senior Masculino	03:19:48	+33:42	06:40
34	346	Nuno Pereira	olímpico vianense trail	Senior Masculino	03:21:56	+35:50	06:44
35	399	Alex Tondela	sport clube beira-mar	Veterano M40	03:21:58	+35:52	06:44
36	10	Filipe Afonso	acportalegre/utsm	Senior Masculino	03:22:08	+36:02	06:44
37	181	Márcio Castro	individual	Senior Masculino	03:23:19	+37:13	06:47
38	44	Humberto Alexandre Dias Silva	aztrail	Senior Masculino	03:23:26	+37:20	06:47
39	1064	Fernando Leal	amigos do pedal trailagares	Veterano M50	03:24:12	+38:07	06:48
40	60	Rui Pedro Povo	clube atletismo fafe	Veterano M40	03:25:04	+38:59	06:50
41	59	Filipe Rocha	clube atletismo fafe	Sub 23 Masculino	03:25:49	+39:44	06:52

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	407	Miguel Ribeiro	trilho perdido eventos / importlux	Senior Masculino	03:26:08	+40:02	06:52
43	63	Hélder Pereira	clube de atletismo de ferreira do zêzere	Veterano M40	03:26:36	+40:30	06:53
44	106	Pedro Barros	factor x / s4l / medense fc	Senior Masculino	03:27:39	+41:33	06:55
45	104	André Almeida	factor x / s4l / medense fc	Senior Masculino	03:27:57	+41:51	06:56
46	97	Bernardo Tavares	dr.merino/4moove	Senior Masculino	03:28:30	+42:24	06:57
47	313	Tiago Soares	moinhos run - adrm	Senior Masculino	03:28:55	+42:50	06:58
48	254	Humberto Vara	individual	Veterano M50	03:29:00	+42:54	06:58
49	282	Márcio Carvalho	kemedo team	Senior Masculino	03:29:59	+43:53	07:00
50	161	Pedro Marques	dr.merino/4moove	Veterano M50	03:30:31	+44:26	07:01
51	345	Miguel Jaques	olímpico vianense trail	Senior Masculino	03:30:35	+44:30	07:01
52	32	Francisco Lemos	amigos do pedal trailagares	Veterano M55	03:33:17	+47:11	07:07
53	139	HUGO ARAUJO	gtt armazém do café	Senior Masculino	03:34:02	+47:56	07:08
54	317	Nuno Coelho	montanha clube trail running/efapel	Senior Masculino	03:34:03	+47:57	07:08
55	319	paulo nogueira	montanha clube trail running/efapel	Senior Masculino	03:34:16	+48:10	07:09
56	194	Simão Seça	individual	Senior Masculino	03:35:09	+49:04	07:10
57	385	Paulo Barbosa	satecnosol outdoor / la sportiva	Sub 23 Masculino	03:35:21	+49:15	07:11
58	187	Pedro Costa	individual	Senior Masculino	03:36:03	+49:57	07:12
59	158	Daniel Rodrigues	dão nelas runners	Senior Masculino	03:36:25	+50:19	07:13
60	29	Fernando Carvalho	amigos do pedal trailagares	Veterano M45	03:36:36	+50:30	07:13
61	340	Filipe Lemos	nortrail	Senior Masculino	03:36:42	+50:36	07:13
62	11	Luís semedo	acportalegre/utsm	Senior Masculino	03:39:07	+53:01	07:18
63	12	Marco Nabais	acportalegre/utsm	Senior Masculino	03:39:07	+53:01	07:18
64	62	Tiago Ramos	clube de atletismo de ferreira do zêzere	Senior Masculino	03:39:09	+53:03	07:18
65	214	Carlos Barbosa	individual	Veterano M40	03:39:30	+53:24	07:19
66	411	Filipe Inácio	u.f. comércio e indústria atletismo	Senior Masculino	03:39:37	+53:32	07:19
67	343	Rufino Paiva	ocs-proaventuras	Veterano M45	03:39:56	+53:50	07:20
68	344	João Castel-Branco	olímpico vianense trail	Senior Masculino	03:40:01	+53:56	07:20
69	165	Filipe Sousa	individual	Senior Masculino	03:40:34	+54:28	07:21
70	358	Márcio Cruz	ozxtreme/rda	Sub 23 Masculino	03:40:46	+54:40	07:22
71	373	Bruno Rodrigues	montanha clube trail running/efapel	Senior Masculino	03:41:01	+54:55	07:22
72	318	NUNO LEONARDO CASSINDA VELOSO	montanha clube trail running/efapel	Senior Masculino	03:41:01	+54:55	07:22
73	298	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	03:41:20	+55:14	07:23
74	196	Pedro Silva	individual	Sub 23 Masculino	03:41:37	+55:31	07:23
75	338	Paulo Ferreira	nocturnos de paredes	Veterano M40	03:41:44	+55:38	07:23
76	360	Pedro Pratas	paredes aventura	Veterano M45	03:42:47	+56:41	07:26
77	376	José António Figueiredo Fonseca	runner's do demo	Senior Masculino	03:43:40	+57:34	07:27
78	396	Emídio Correia	sport clube beira-mar	Senior Masculino	03:43:40	+57:34	07:27
79	180	Leonel Reis	individual	Senior Masculino	03:44:08	+58:03	07:28
80	278	Eurico Moura	kemedo team	Senior Masculino	03:44:34	+58:28	07:29
81	359	Filipe Saraiva	palmeira runners	Senior Masculino	03:44:42	+58:37	07:29
82	30	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M50	03:45:31	+59:26	07:31
83	337	Paulo Colaço	nocturnos de paredes	Veterano M40	03:46:56	+01:00:50	07:34
84	6	António Mendes	a.d.amarante trail running	Senior Masculino	03:47:42	+01:01:36	07:35
85	374	Cristóvão Chaves	runner's do demo	Senior Masculino	03:48:07	+01:02:02	07:36
86	27	José Pinto	amigos do pedal trailagares	Senior Masculino	03:48:19	+01:02:13	07:37

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30 KM

[illegible]

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	85	Nelson Teixeira	crocodilos / mister pc	Senior Masculino	03:48:57	+01:02:51	07:38
88	136	FLAVIO PASTOR	grupo dramatico e recreativo da retorta	Senior Masculino	03:49:03	+01:02:57	07:38
89	173	João Filipe Tomás Amândio	individual	Senior Masculino	03:50:05	+01:04:00	07:40
90	332	Nuno Ribeiro	nascidos para correr	Senior Masculino	03:50:24	+01:04:19	07:41
91	271	Joana Raio Esperanço	juventude vidigalense	Senior Feminino	03:50:36	+01:04:31	07:41
92	297	Luis Sá	lion runners - g. d. leões da guarda	Veterano M40	03:50:37	+01:04:32	07:41
93	90	Paulo César Ferreira	ctad-trilhos de cinfaes	Veterano M40	03:50:43	+01:04:37	07:41
94	31	Amadeu Teixeira	amigos do pedal trailagares	Veterano M55	03:50:47	+01:04:41	07:42
95	34	Carlos Fernandes	as belas e eles	Veterano M40	03:52:27	+01:06:21	07:45
96	418	VÍTOR RODRIGUES	vilaverdeacorrer	Veterano M40	03:52:34	+01:06:28	07:45
97	100	Paula soares	equipa autistic runners	Senior Feminino	03:52:35	+01:06:29	07:45
98	45	Daniel Ribeiro	bitrunners	Senior Masculino	03:52:38	+01:06:33	07:45
99	238	Yannick Sorne	individual	Veterano M40	03:52:51	+01:06:45	07:46
100	98	Tiago Sousa	dr.merino/4moove	Senior Masculino	03:52:52	+01:06:46	07:46
101	198	Vitor Manuel Dias Alves	individual	Sub 23 Masculino	03:52:57	+01:06:51	07:46
102	286	Fernando Gomes	kemedo team	Veterano M45	03:53:00	+01:06:55	07:46
103	291	Hugo Moreira	leões de tardariz trail	Senior Masculino	03:53:49	+01:07:44	07:48
104	370	Sandra Mendes	profisio team	Veterana F40	03:54:11	+01:08:05	07:48
105	230	paulo jorge	individual	Veterano M40	03:54:12	+01:08:07	07:48
106	404	Elisabete Santos	team lantermil	Veterana F40	03:54:31	+01:08:25	07:49
107	138	Paulo Crespo	gteam	Veterano M40	03:54:47	+01:08:41	07:50
108	229	Óscar Magolo	individual	Veterano M40	03:55:34	+01:09:29	07:51
109	116	Ricardo Francisco Sousa Aires	fridão sem limites	Veterano M40	03:55:42	+01:09:36	07:51
110	371	Raul Silva	profisio team	Veterano M40	03:57:31	+01:11:26	07:55
111	379	Luís Filipe Martinho Salvador	runner's do demo	Veterano M50	03:58:16	+01:12:10	07:57
112	403	Rosália Silva	team lantermil	Senior Feminino	03:58:16	+01:12:11	07:57
113	325	Leandro Pacheco	monte dos amigos/juventude ribeiras	Veterano M40	03:58:43	+01:12:37	07:57
114	119	Mário Melo	galhardos runners	Senior Masculino	03:58:51	+01:12:46	07:58
115	284	Bruno Araújo	kemedo team	Veterano M40	03:59:59	+01:13:54	08:00
116	99	Paula lage	dr.merino/4moove	Veterana F40	04:00:09	+01:14:04	08:00
117	1339	Vitor André Da Silva Cardoso	ctad-trilhos de cinfaes	Senior Masculino	04:00:48	+01:14:42	08:02
118	72	Jorge Nabais	coa - clube de orientação e aventura	Senior Masculino	04:02:06	+01:16:00	08:04
119	292	Miguel Alves	leões de tardariz trail	Senior Masculino	04:02:34	+01:16:28	08:05
120	250	Tiago Leal	individual	Veterano M45	04:03:04	+01:16:59	08:06
121	308	António Pinto	mocidade sangemil ac	Senior Masculino	04:03:19	+01:17:13	08:07
122	248	Paulo Neta	individual	Veterano M45	04:03:51	+01:17:45	08:08
123	434	Manuel Sardinha	individual	Veterano M55	04:04:01	+01:17:55	08:08
124	50	Michael Granadeiro	c.d. os águias de alpiarça	Senior Masculino	04:04:31	+01:18:25	08:09
125	406	João Silva	trilho perdido eventos / imporlux	Senior Masculino	04:04:51	+01:18:45	08:10
126	152	Alexandre Pereira	individual	Senior Masculino	04:05:00	+01:18:54	08:10
127	20	Antonio Gomes	águias de alvelos	Veterano M45	04:05:48	+01:19:42	08:12
128	205	Alexandra Fernandes	individual	Veterana F50	04:05:57	+01:19:51	08:12
129	22	Margarida Amaro	amcf - arrábida trail team	Veterana F40	04:05:57	+01:19:51	08:12
130	186	Nuno Sá	individual	Senior Masculino	04:06:20	+01:20:14	08:13
131	37	Pedro Meneses	associação desportiva da efacec	Veterano M40	04:06:41	+01:20:36	08:13
132	14	José Moisés	acportalegre/utsm	Veterano M45	04:07:14	+01:21:09	08:14

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	105	David Gonçalves	factor x / s4l / medense fc	Senior Masculino	04:07:42	+01:21:36	08:15
134	1720	João Oliveira	trinca orelhas de gato	Senior Masculino	04:07:52	+01:21:46	08:16
135	1742	Victor Cardoso	trinca orelhas de gato	Veterano M40	04:07:52	+01:21:46	08:16
136	87	Paulo Pelicano	crocodilos / mister pc	Veterano M45	04:07:57	+01:21:51	08:16
137	235	Rúben Alves	individual	Veterano M40	04:08:00	+01:21:55	08:16
138	157	Carlos Miguel Coelho Jacinto	individual	Senior Masculino	04:08:03	+01:21:57	08:16
139	335	Pedro Pisco	nice runners	Veterano M45	04:08:10	+01:22:04	08:16
140	268	Joao Paulo da Costa oliveira	juventude cortegacense	Veterano M40	04:08:39	+01:22:34	08:17
141	400	João Cardoso	ss montepio	Veterano M40	04:10:26	+01:24:20	08:21
142	320	Tiago Daniel Correia Rodrigue	montanha clube trail running/efapel	Senior Masculino	04:10:41	+01:24:35	08:21
143	123	Mafalda Moniz	go! runners	Senior Feminino	04:10:42	+01:24:36	08:21
144	369	Hugo Figueiredo	pm	Veterano M40	04:10:43	+01:24:37	08:21
145	155	Bruno Ramiro	individual	Senior Masculino	04:10:53	+01:24:47	08:22
146	40	Maria Augusta Da Costa loureiro	associação desportiva de cabroelo	Veterana F45	04:10:58	+01:24:52	08:22
147	242	Gatinot	individual	Veterano M45	04:11:00	+01:24:55	08:22
148	315	Hélder Lopes	montanha clube trail running/efapel	Senior Masculino	04:11:24	+01:25:18	08:23
149	91	Cláudio Antero Carvalho Roça	dão nelas runners	Senior Masculino	04:11:36	+01:25:31	08:23
150	261	alfredo costa	individual	Veterano M55	04:13:23	+01:27:17	08:27
151	92	Nuno Salvador	dão nelas runners	Senior Masculino	04:13:30	+01:27:24	08:27
152	177	Jose Grijó	individual	Senior Masculino	04:13:32	+01:27:27	08:27
153	176	Joel Ferreira	individual	Senior Masculino	04:13:35	+01:27:29	08:27
154	387	Raquel Campos	shots international runners	Senior Feminino	04:13:37	+01:27:32	08:27
155	253	Carlos Cunha	individual	Veterano M50	04:13:40	+01:27:34	08:27
156	55	Pedro Anjos	clac - entroncamento	Veterano M40	04:14:33	+01:28:27	08:29
157	141	Filipe Oliveyra	imperadores	Senior Masculino	04:14:59	+01:28:54	08:30
158	77	Simão Pedro	coa - clube de orientação e aventura	Veterano M40	04:16:01	+01:29:56	08:32
159	273	Fátima Alendouro	juventude vidigalense	Veterana F40	04:16:04	+01:29:59	08:32
160	211	André Pinheiro	individual	Veterano M40	04:16:09	+01:30:04	08:32
161	339	José Gomes	nocturnos de paredes	Veterano M50	04:16:39	+01:30:33	08:33
162	329	Pedro Vieira	mountain runners	Senior Masculino	04:17:06	+01:31:00	08:34
163	147	Maria santos	individual	Senior Feminino	04:17:10	+01:31:04	08:34
164	395	André Manuel Martins Príncipe	sport clube beira-mar	Senior Masculino	04:17:20	+01:31:14	08:35
165	28	Ruben Daniel Soares Vieira	amigos do pedal trailagares	Sub 23 Masculino	04:17:29	+01:31:23	08:35
166	170	Henrique Barbosa	individual	Senior Masculino	04:18:05	+01:31:59	08:36
167	23	Ana Paula Soares Vieira	amigos do pedal trailagares	Senior Feminino	04:18:20	+01:32:14	08:37
168	256	Luís Mota	individual	Veterano M50	04:18:32	+01:32:27	08:37
169	219	Hugo Brito	individual	Veterano M40	04:18:38	+01:32:32	08:37
170	287	José Augusto	kemedo team	Veterano M45	04:18:43	+01:32:37	08:37
171	241	Daniel Mota	individual	Veterano M45	04:21:03	+01:34:57	08:42
172	48	Bruno Nalha	c.d. os águias de alpiarça	Senior Masculino	04:21:29	+01:35:23	08:43
173	276	Carlos Leal	kemedo team	Senior Masculino	04:21:31	+01:35:25	08:43
174	52	Nuno Paulino	c.d. os águias de alpiarça	Veterano M40	04:21:47	+01:35:41	08:44
175	94	Vitor Rio	douroconta - gabinete de apoio e contabilidade	Senior Masculino	04:22:41	+01:36:36	08:45
176	9	Ana Miranda	acportalegre/utsm	Senior Feminino	04:23:25	+01:37:19	08:47
177	146	Mafalda Luís	individual	Senior Feminino	04:24:43	+01:38:38	08:49

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30 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	130	Pedro Matos	gondomar futsal clube	Veterano M40	04:24:44	+01:38:39	08:49
179	361	Manuel Barbosa	paredes runinnng	Veterano M40	04:25:08	+01:39:02	08:50
180	210	André Figueiredo	individual	Veterano M40	04:25:11	+01:39:05	08:50
181	49	Bruno Raposeira	c.d. os águias de alpiarça	Senior Masculino	04:25:11	+01:39:05	08:50
182	327	MARIO COSTA	moreira relax runners	Veterano M50	04:25:38	+01:39:33	08:51
183	189	Ricardo Filipe Ferreira Pereira	individual	Senior Masculino	04:27:14	+01:41:08	08:54
184	322	Luis vilela	montanha clube trail running/efapel	Veterano M40	04:27:21	+01:41:15	08:55
185	372	Marilyne Rua Marques	runner's do demo	Senior Feminino	04:27:30	+01:41:24	08:55
186	215	Flavio monteiro	individual	Veterano M40	04:27:48	+01:41:42	08:56
187	129	Telmo Mendonça	gondomar futsal clube	Senior Masculino	04:27:57	+01:41:51	08:56
188	417	Oscar Sousa	vilaverdeacorrer	Veterano M40	04:28:30	+01:42:25	08:57
189	124	Andreia Amorim	gondomar futsal clube	Senior Feminino	04:28:31	+01:42:25	08:57
190	43	Lúcia Lourenço	avf team	Senior Feminino	04:28:31	+01:42:26	08:57
191	294	Bruno Batista	lion runners - g. d. leões da guarda	Senior Masculino	04:29:05	+01:42:59	08:58
192	117	SÉRGIO SILVA	fugitivos urbanos - clínica + saúde	Senior Masculino	04:29:28	+01:43:22	08:59
193	1739	Sergio Gomes	trinca orelhas de gato	Veterano M40	04:29:43	+01:43:37	08:59
194	193	Sérgio pereira	individual	Senior Masculino	04:30:05	+01:44:00	09:00
195	166	Flávio Silva	individual	Senior Masculino	04:30:41	+01:44:35	09:01
196	237	Rui Pena	individual	Veterano M40	04:31:27	+01:45:21	09:03
197	107	Pedro Santos	factor x / s4l / medense fc	Senior Masculino	04:31:34	+01:45:28	09:03
198	262	alipio lopes	individual	Veterano M55	04:32:00	+01:45:55	09:04
199	206	Cidália Costa Martins	individual	Veterana F50	04:32:17	+01:46:12	09:05
200	209	Álvaro Nunes	all about spirit team	Veterano M40	04:33:42	+01:47:36	09:07
201	312	Manuel Pereira	moinhos run - admn	Senior Masculino	04:34:08	+01:48:03	09:08
202	135	Nuno Santos	grupo desportivo do bairro dos pescadores de matosinhos	Veterano M40	04:34:21	+01:48:15	09:09
203	56	Susana Silva Rodrigues	clube atletismo fafe	Senior Feminino	04:35:02	+01:48:56	09:10
204	175	Joao Pereira	individual	Senior Masculino	04:35:49	+01:49:44	09:12
205	330	Joaquim Teixeira	mountain runners	Veterano M40	04:38:02	+01:51:57	09:16
206	392	RODOLFO ORFÃO	sinmetro	Veterano M40	04:38:03	+01:51:57	09:16
207	391	CRISTINA BARROS	sinmetro	Veterana F40	04:38:04	+01:51:59	09:16
208	328	Antonio Silva	mountain runners	Senior Masculino	04:38:07	+01:52:02	09:16
209	402	Paulo J. Ferreira	tálenitos team	Veterano M50	04:40:22	+01:54:16	09:21
210	331	Lurdes Gil	mountain trails	Veterana F45	04:41:12	+01:55:07	09:22
211	171	Hugo fernandes	individual	Senior Masculino	04:41:15	+01:55:09	09:23
212	78	Luís Emídio	coa - clube de orientação e aventura	Veterano M45	04:42:03	+01:55:58	09:24
213	416	Diogo Torres	vilaverdeacorrer	Sub 23 Masculino	04:43:06	+01:57:01	09:26
214	326	Manuel Pereira Moreno	morcegos trail	Veterano M55	04:43:25	+01:57:20	09:27
215	419	João Andrade	widecells group plc	Senior Masculino	04:43:53	+01:57:47	09:28
216	89	Tiago Aragão	ctad-trilhos de cinfães	Senior Masculino	04:43:53	+01:57:47	09:28
217	35	Carmen Ferreira	asc vale grande	Veterana F45	04:43:59	+01:57:53	09:28
218	125	André Trigais	gondomar futsal clube	Senior Masculino	04:44:00	+01:57:55	09:28
219	86	Pedro Santos	crocodilos / mister pc	Senior Masculino	04:44:27	+01:58:22	09:29
220	113	André Santos	freeletics porto	Senior Masculino	04:44:28	+01:58:22	09:29
221	121	Luis Oliveira	gd santander totta	Veterano M40	04:45:06	+01:59:00	09:30
222	160	Eduardo Carvalho	individual	Senior Masculino	04:45:11	+01:59:05	09:30

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	301	Paulo Brás	lion runners - g. d. leões da guarda	Veterano M50	04:45:11	+01:59:05	09:30
224	218	Henrique Bruno Santos	individual	Veterano M40	04:45:54	+01:59:48	09:32
225	259	Paulo Jorge Loureiro	individual	Veterano M50	04:46:01	+01:59:55	09:32
226	247	Nuno Cunha	individual	Veterano M45	04:46:56	+02:00:51	09:34
227	33	Ricardo Magalhães	as belas e eles	Senior Masculino	04:46:59	+02:00:54	09:34
228	233	Ricardo Castro	individual	Veterano M40	04:47:05	+02:00:59	09:34
229	47	Rui Airosa	budeguita runners	Veterano M40	04:47:34	+02:01:28	09:35
230	103	Tiago Gomes	extreme academy	Senior Masculino	04:47:35	+02:01:30	09:35
231	74	Nuno Barata	coa - clube de orientação e aventura	Veterano M40	04:47:43	+02:01:38	09:35
232	199	Alexandra Padilha	individual	Veterana F40	04:48:30	+02:02:24	09:37
233	88	Ricardo Carvalho	ctad-trilhos de cinfães	Senior Masculino	04:48:35	+02:02:29	09:37
234	134	José Mendes	gondomar futsal clube	Veterano M55	04:49:12	+02:03:07	09:38
235	316	Hugo Rodrigues	montanha clube trail running/efapel	Senior Masculino	04:50:31	+02:04:25	09:41
236	333	Joaquim Alberto Oliveira Gonçalves	nascidos para correr	Veterano M55	04:50:46	+02:04:40	09:42
237	71	Artur Oliveira	coa - clube de orientação e aventura	Senior Masculino	04:51:08	+02:05:03	09:42
238	164	Filipe Machado	individual	Senior Masculino	04:51:10	+02:05:04	09:42
239	390	Nelson Silva	shots international runners	Veterano M40	04:51:37	+02:05:32	09:43
240	96	José Ferreira	douroconta - gabinete de apoio e contabilidade	Veterano M40	04:52:09	+02:06:04	09:44
241	245	Luís Barata da Rocha	individual	Veterano M45	04:52:22	+02:06:17	09:45
242	224	Miguel Moreira	individual	Veterano M40	04:52:23	+02:06:17	09:45
243	334	Octavio Sousa	nascidos para correr	Veterano M55	04:52:39	+02:06:34	09:45
244	246	Nelson Santos	individual	Veterano M45	04:52:44	+02:06:38	09:45
245	108	Miguel Moura	factor x / s4l / medense fc	Veterano M40	04:52:47	+02:06:41	09:46
246	221	jorge paulino	individual	Veterano M40	04:53:31	+02:07:25	09:47
247	204	Vanda Matias	individual	Veterana F45	04:54:11	+02:08:06	09:48
248	368	MICKAEL CUTTÉ	pleum'run	Senior Masculino	04:55:03	+02:08:58	09:50
249	299	Aida Presa	lion runners - g. d. leões da guarda	Veterana F40	04:55:18	+02:09:12	09:51
250	302	Luís de Almeida	lion runners - g. d. leões da guarda	Veterano M55	04:55:18	+02:09:13	09:51
251	208	Emilia Galinha	individual	Veterana F55	04:56:56	+02:10:51	09:54
252	251	Toze	individual	Veterano M45	04:59:21	+02:13:15	09:59
253	281	Joaquim Santos	kemedo team	Senior Masculino	04:59:37	+02:13:31	09:59
254	397	Joel José Ginga	sport clube beira-mar	Senior Masculino	04:59:40	+02:13:34	09:59
255	120	Rui Viegas	galhardos runners	Senior Masculino	04:59:52	+02:13:46	10:00
256	51	Antonio Serrão	c.d. os águias de alpiarça	Veterano M40	05:00:46	+02:14:41	10:02
257	408	Ana Tomé	trilho perdido eventos / imporlux	Veterana F40	05:00:46	+02:14:41	10:02
258	81	Tiago Fernandes da Silva Montalvão Coelho	correr leça	Senior Masculino	05:00:59	+02:14:53	10:02
259	21	Ana Maria Pinto	aliança de gandra	Veterana F40	05:01:09	+02:15:03	10:02
260	15	Cláudio Cândido	ade - trail running	Veterano M40	05:01:59	+02:15:53	10:04
261	142	Cristiana Esteves	individual	Senior Feminino	05:02:27	+02:16:22	10:05
262	36	Miguel Cruz	associação desportiva da efacec	Veterano M40	05:02:33	+02:16:27	10:05
263	228	Nuno Sérgio Neto Capela	individual	Veterano M40	05:03:35	+02:17:29	10:07
264	126	Bruno Fernandes	gondomar futsal clube	Senior Masculino	05:04:16	+02:18:10	10:09
265	76	Rui Pereira	coa - clube de orientação e aventura	Veterano M40	05:05:03	+02:18:57	10:10
266	252	vítor santos	individual	Veterano M45	05:06:20	+02:20:14	10:13

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
267	351	joão fonseca	os amigos s.pedro da cova	Senior Masculino	05:06:35	+02:20:30	10:13
268	270	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M45	05:06:37	+02:20:32	10:13
269	398	Pedro Polónio	sport clube beira-mar	Senior Masculino	05:06:41	+02:20:35	10:13
270	362	Camila David Mendes Moura	pari passu	Sub 23 Feminino	05:06:41	+02:20:35	10:13
271	293	Carlos Reis	leroy merlin trail team	Veterano M45	05:06:44	+02:20:38	10:13
272	303	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M55	05:07:38	+02:21:32	10:15
273	168	Gilberto viana	individual	Senior Masculino	05:07:54	+02:21:49	10:16
274	323	Firmino Mendes	montanha clube trail running/efapel	Veterano M55	05:08:28	+02:22:23	10:17
275	212	ARTUR FERREIRA	individual	Veterano M40	05:09:22	+02:23:16	10:19
276	143	Daniela Soares	individual	Senior Feminino	05:09:22	+02:23:17	10:19
277	153	Antonio Carlos Tavares de Paiva	individual	Senior Masculino	05:09:35	+02:23:29	10:19
278	288	Henrique Pereira	kemedo team	Veterano M50	05:09:42	+02:23:36	10:19
279	324	Sara Soares	monte dos amigos/juventude ribeiras	Senior Feminino	05:09:53	+02:23:47	10:20
280	197	Ricardo Ribeiro	individual	Sub 23 Masculino	05:10:16	+02:24:10	10:21
281	109	José Miguel Freitas Teixeira	felrun	Senior Masculino	05:10:16	+02:24:10	10:21
282	13	Ana Ventura	acportalegre/utsm	Veterana F40	05:10:36	+02:24:30	10:21
283	265	Luis Carvalho	individual	Veterano M55	05:11:13	+02:25:07	10:22
284	257	Paulo AGC Ribeiro	individual	Veterano M50	05:13:35	+02:27:29	10:27
285	83	nuno morgado	correr leça	Veterano M40	05:14:52	+02:28:46	10:30
286	255	Joaquim lobato	individual	Veterano M50	05:14:59	+02:28:54	10:30
287	393	Fátima Vieira	somos nós team	Veterana F50	05:15:52	+02:29:47	10:32
288	150	Solange Sousa	individual	Senior Feminino	05:16:38	+02:30:33	10:33
289	354	nuno marques	os caga tacos running team	Senior Masculino	05:16:45	+02:30:39	10:34
290	133	Fernando Pereira	gondomar futsal clube	Veterano M50	05:16:48	+02:30:42	10:34
291	296	Diogo Ramalhão	lion runners - g. d. leões da guarda	Senior Masculino	05:17:02	+02:30:56	10:34
292	67	Manuel Carlos Martins	clube nortada aventura - murtosa night runners	Veterano M40	05:18:00	+02:31:54	10:36
293	159	DAVID TEIXEIRA	individual	Senior Masculino	05:18:04	+02:31:58	10:36
294	226	Miguel Azevedo	porto sentido runners	Veterano M40	05:19:13	+02:33:07	10:38
295	388	Artur Pereira	shots international runners	Senior Masculino	05:19:19	+02:33:13	10:39
296	305	Tiago Pereira e Silva	marcapasso trail team	Senior Masculino	05:21:03	+02:34:57	10:42
297	264	José Barros Martins	individual	Veterano M55	05:22:03	+02:35:57	10:44
298	341	Nelson Leite	nortrail	Senior Masculino	05:22:04	+02:35:58	10:44
299	207	Maria Iracema Fernandes Costa	individual	Veterana F50	05:22:07	+02:36:02	10:44
300	249	Rui Fernandes	individual	Veterano M45	05:22:15	+02:36:09	10:45
301	258	Paulo Ferreira	individual	Veterano M50	05:22:27	+02:36:22	10:45
302	53	Nuno Ribeiro	ccd siemens	Senior Masculino	05:22:37	+02:36:31	10:45
303	309	SILVIO MIGUEL ALVES FERREIRA	mocidade sangemil ac	Veterano M40	05:22:40	+02:36:35	10:45
304	263	João Menezes Silva	individual	Veterano M55	05:22:53	+02:36:48	10:46
305	17	Carlos Pereira	affensetrail	Veterano M45	05:27:38	+02:41:33	10:55
306	16	Carolina Pereira	affensetrail	Veterana F45	05:27:39	+02:41:33	10:55
307	203	Maria de Fátima da Silva Lopes	individual	Veterana F45	05:29:09	+02:43:03	10:58
308	405	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	05:29:48	+02:43:42	11:00
309	290	Helena Cerqueda	la zinco	Senior Feminino	05:31:23	+02:45:17	11:03

TRAIL 30K - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
310	156	Carlos Henrique da Silva Neves	individual	Senior Masculino	05:32:39	+02:46:33	11:05
311	216	Helder Agostinho	individual	Veterano M40	05:33:40	+02:47:35	11:07
312	137	Liliana Costa	grupo fontes bike team	Senior Feminino	05:33:42	+02:47:37	11:07
313	140	Duarte Conceição	hora do lobo trail	Senior Masculino	05:34:01	+02:47:55	11:08
314	244	José Manuel ferreira	individual	Veterano M45	05:34:02	+02:47:56	11:08
315	26	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	05:34:38	+02:48:32	11:09
316	279	Fabio Silva	kemedo team	Senior Masculino	05:34:44	+02:48:38	11:09
317	260	Vitor Manuel Barbosa Moreira	individual	Veterano M50	05:35:03	+02:48:57	11:10
318	69	Sónia Marques	coa - clube de orientação e aventura	Senior Feminino	05:35:58	+02:49:53	11:12
319	75	Rodrigo Lopes	coa - clube de orientação e aventura	Veterano M40	05:35:59	+02:49:53	11:12
320	1056	António Barbosa	amigos do pedal trailagares	Senior Masculino	05:37:52	+02:51:47	11:16
321	41	celso torres	athlete power	Veterano M55	05:38:04	+02:51:58	11:16
322	184	Micael Queirós	individual	Senior Masculino	05:39:25	+02:53:20	11:19
323	321	Ana Loreto	montanha clube trail running/efapel	Veterana F45	05:39:53	+02:53:48	11:20
324	148	Patrícia Alexandra Batista da Silva	individual	Senior Feminino	05:40:51	+02:54:45	11:22
325	145	Isabel Conceição	individual	Senior Feminino	05:41:18	+02:55:12	11:23
326	449	Luisa Cruz	moinhos run - adrm	Senior Feminino	05:45:15	+02:59:09	11:31
327	82	António Barros	correr leça	Veterano M40	05:46:07	+03:00:01	11:32
328	183	Mário Vieira	individual	Senior Masculino	05:46:14	+03:00:08	11:32
329	277	Diogo Oliveira	kemedo team	Senior Masculino	05:47:30	+03:01:24	11:35
330	200	Carla Patrícia	individual	Veterana F40	05:47:52	+03:01:47	11:36
331	275	joao paulo almeida	kaninos	Veterano M50	05:54:40	+03:08:34	11:49
332	172	Humberto Barros	individual	Senior Masculino	05:54:40	+03:08:35	11:49
333	79	Luís Gonçalves	coa - clube de orientação e aventura	Veterano M50	05:55:26	+03:09:20	11:51
334	179	José Pedro Freitas	individual	Senior Masculino	05:56:09	+03:10:03	11:52
335	202	Su Raposo	individual	Veterana F40	05:59:26	+03:13:21	11:59
336	112	RUI SÁ	fit gaia trail	Veterano M55	05:59:39	+03:13:33	11:59
337	102	Manuel Cunha Lima	experienciar	Veterano M55	06:00:39	+03:14:33	12:01
338	266	António Fernandes	individual	Veterano M60	06:00:57	+03:14:51	12:02
339	144	Helena Passos	individual	Senior Feminino	06:01:40	+03:15:34	12:03
340	188	Pedro Neves	individual	Senior Masculino	06:05:31	+03:19:25	12:11
341	352	emidio pontes	os amigos s.pedro da cova	Veterano M55	06:07:18	+03:21:12	12:15
342	450	Filipe Leitão	gondomar futsal clube	Senior Masculino	06:13:17	+03:27:12	12:27
343	243	JOÃO CARLOS BRITO	individual	Veterano M45	06:13:24	+03:27:18	12:27
344	336	Nuno Alexandre	nocturnos de paredes	Veterano M40	06:14:45	+03:28:40	12:30
345	190	Rui Bastos	individual	Senior Masculino	06:15:09	+03:29:03	12:30
346	366	Rui Manuel Ribeiro Mesquita	penguins bshc	Senior Masculino	06:16:47	+03:30:42	12:34
347	364	Raquel Cunha Pacheco	penguins bshc	Senior Feminino	06:16:47	+03:30:42	12:34
348	363	Ana Lúcia Mota Pires	penguins bshc	Senior Feminino	06:16:48	+03:30:42	12:34
349	80	Dulce Neves	correr leça	Senior Feminino	06:20:26	+03:34:20	12:41
350	38	Mário Ferreira	associação desportiva da efacec	Veterano M45	06:20:27	+03:34:21	12:41
351	267	Vitor Afonso Lourenço	jobrinde - montes saloios	Veterano M45	06:26:42	+03:40:36	12:53
352	304	Tiago Gomes Mota	marcapasso trail team	Senior Masculino	06:34:58	+03:48:52	13:10
353	306	Lúcio Ribeiro	marcapasso trail team	Veterano M40	06:35:02	+03:48:56	13:10



30 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
354	84	Carla Raposo	correr lisboa	Veterana F45	06:54:52	+04:08:47	13:50
355	213	Artur Fonseca	individual	Veterano M40	06:54:54	+04:08:48	13:50

Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:00	18,6°C	93%
End	14:55	18,6°C	93%

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

1	271	Joana Raio Esperanço	Juventude Vidigalense	Senior Feminino	03:50:36	+01:04:31	07:41
2	100	Paula soares	Equipa Autistic runners	Senior Feminino	03:52:35	+01:06:29	07:45
3	403	Rosália Silva	TEAM LANTEMIL	Senior Feminino	03:58:16	+01:12:11	07:57
4	123	Mafalda Moniz	GO! Runners	Senior Feminino	04:10:42	+01:24:36	08:21
5	387	Raquel Campos	Shots International Runners	Senior Feminino	04:13:37	+01:27:32	08:27
6	147	Maria santos	Individual	Senior Feminino	04:17:10	+01:31:04	08:34
7	23	Ana Paula Soares Vieira	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	04:18:20	+01:32:14	08:37
8	9	Ana Miranda	ACPortalegre/UTSM	Senior Feminino	04:23:25	+01:37:19	08:47
9	146	Mafalda Luís	Individual	Senior Feminino	04:24:43	+01:38:38	08:49
10	372	Marilyne Rua Marques	RUNNER'S DO DEMO	Senior Feminino	04:27:30	+01:41:24	08:55
11	124	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:28:31	+01:42:25	08:57
12	43	Lúcia Lourenço	AVF Team	Senior Feminino	04:28:31	+01:42:26	08:57
13	56	Susana Silva Rodrigues	Clube Atletismo Fafe	Senior Feminino	04:35:02	+01:48:56	09:10
14	142	Cristiana Esteves	Individual	Senior Feminino	05:02:27	+02:16:22	10:05
15	143	Daniela Soares	Individual	Senior Feminino	05:09:22	+02:23:17	10:19
16	324	Sara Soares	Monte dos Amigos/Juventude Ribeiras	Senior Feminino	05:09:53	+02:23:47	10:20
17	150	Solange Sousa	Individual	Senior Feminino	05:16:38	+02:30:33	10:33
18	290	Helena Cerqueda	LA Zinco	Senior Feminino	05:31:23	+02:45:17	11:03
19	137	Liliana Costa	Grupo Fontes Bike Team	Senior Feminino	05:33:42	+02:47:37	11:07
20	69	Sónia Marques	COA - Clube de Orientação e Aventura	Senior Feminino	05:35:58	+02:49:53	11:12
21	148	Patrícia Alexandra Batista da Silva	Individual	Senior Feminino	05:40:51	+02:54:45	11:22
22	145	Isabel Conceição	Individual	Senior Feminino	05:41:18	+02:55:12	11:23
23	449	Luisa Cruz	Moinhos Run - ADRM	Senior Feminino	05:45:15	+02:59:09	11:31
24	144	Helena Passos	Individual	Senior Feminino	06:01:40	+03:15:34	12:03
25	364	Raquel Cunha Pacheco	Penguins BSHC	Senior Feminino	06:16:47	+03:30:42	12:34
26	363	Ana Lúcia Mota Pires	Penguins BSHC	Senior Feminino	06:16:48	+03:30:42	12:34
27	80	Dulce Neves	CORRER LEÇA	Senior Feminino	06:20:26	+03:34:20	12:41

Senior Masculino

1	380	Bruno Jesus	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:46:05	05:32
2	412	Luis Fernandes	U.F. Comércio e Indústria Atletism	Senior Masculino	02:47:53	+01:47 05:36
3	383	Leonel Cunha	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:50:35	+04:29 05:41
4	25	Bruno Miguel Rodrigues Moreira	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	02:54:53	+08:47 05:50
5	7	Paulo Costa	A.D.Amarante trail running	Senior Masculino	02:57:37	+11:32 05:55
6	349	Nuno Alves	Oralklass-Amigos do Trail	Senior Masculino	02:58:33	+12:27 05:57

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Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

7	272	Diogo Baena	Juventude Vidigalense	Senior Masculino	02:58:52	+12:47	05:58
8	19	Francisco Joao Fernandes	ÁGUIAS DE ALVELOS	Senior Masculino	02:59:16	+13:10	05:59
9	58	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	03:00:54	+14:48	06:02
10	18	Bruno Ribeiro	ÁGUIAS DE ALVELOS	Senior Masculino	03:02:17	+16:11	06:05
11	151	Agostinho Reis	Individual	Senior Masculino	03:04:29	+18:23	06:09
12	382	Fabio Pinto	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:08:19	+22:13	06:17
13	377	Paulo Pires	RUNNER'S DO DEMO	Senior Masculino	03:09:14	+23:08	06:18
14	154	Antonio sa	Individual	Senior Masculino	03:11:26	+25:20	06:23
15	348	Fernando Neves	Oralklass-Amigos do Trail	Senior Masculino	03:12:00	+25:54	06:24
16	415	Paulo Mesquita	VilaVerdeaCorrer	Senior Masculino	03:12:13	+26:08	06:24
17	61	Ricardo Duarte	Clube de Atletismo de Ferreira do Zézere	Senior Masculino	03:13:10	+27:04	06:26
18	347	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	03:19:42	+33:37	06:39
19	57	Daniel Costa	Clube Atletismo Fafe	Senior Masculino	03:19:48	+33:42	06:40
20	346	Nuno Pereira	OLÍMPICO VIANENSE TRAIL	Senior Masculino	03:21:56	+35:50	06:44
21	10	Filipe Afonso	ACPortalegre/UTSM	Senior Masculino	03:22:08	+36:02	06:44
22	181	Márcio Castro	Individual	Senior Masculino	03:23:19	+37:13	06:47
23	44	Humberto Alexandre Dias Silva	AZTrail	Senior Masculino	03:23:26	+37:20	06:47
24	407	Miguel Ribeiro	Trilho Perdido Eventos / Importlux	Senior Masculino	03:26:08	+40:02	06:52
25	106	Pedro Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:27:39	+41:33	06:55
26	104	André Almeida	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:27:57	+41:51	06:56
27	97	Bernardo Tavares	Dr.merino/4moove	Senior Masculino	03:28:30	+42:24	06:57
28	313	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	03:28:55	+42:50	06:58
29	282	Márcio Carvalho	KeMedo Team	Senior Masculino	03:29:59	+43:53	07:00
30	345	Miguel Jaques	OLÍMPICO VIANENSE TRAIL	Senior Masculino	03:30:35	+44:30	07:01
31	139	HUGO ARAUJO	GTT Armazém do café	Senior Masculino	03:34:02	+47:56	07:08
32	317	Nuno Coelho	Montanha Clube Trail Running/Efapel	Senior Masculino	03:34:03	+47:57	07:08
33	319	paulo nogueira	Montanha Clube Trail Running/Efapel	Senior Masculino	03:34:16	+48:10	07:09
34	194	Simão Seça	Individual	Senior Masculino	03:35:09	+49:04	07:10
35	187	Pedro Costa	Individual	Senior Masculino	03:36:03	+49:57	07:12
36	158	Daniel Rodrigues	Dão Nelas Runners	Senior Masculino	03:36:25	+50:19	07:13
37	340	Filipe Lemos	NorTrail	Senior Masculino	03:36:42	+50:36	07:13
38	11	Luís semedo	ACPortalegre/UTSM	Senior Masculino	03:39:07	+53:01	07:18
39	12	Marco Nabais	ACPortalegre/UTSM	Senior Masculino	03:39:07	+53:01	07:18
40	62	Tiago Ramos	Clube de Atletismo de Ferreira do Zézere	Senior Masculino	03:39:09	+53:03	07:18
41	411	Filipe Inácio	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:39:37	+53:32	07:19
42	344	João Castel-Branco	OLÍMPICO VIANENSE TRAIL	Senior Masculino	03:40:01	+53:56	07:20
43	165	Filipe Sousa	Individual	Senior Masculino	03:40:34	+54:28	07:21
44	373	Bruno Rodrigues	Montanha Clube Trail Running/Efapel	Senior Masculino	03:41:01	+54:55	07:22
45	318	NUNO LEONARDO CASSINDA VELOSO	Montanha Clube Trail Running/Efapel	Senior Masculino	03:41:01	+54:55	07:22
46	298	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	03:41:20	+55:14	07:23
47	376	José António Figueiredo Fonseca	RUNNER'S DO DEMO	Senior Masculino	03:43:40	+57:34	07:27

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Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

48	396	Emídio Correia	Sport Clube Beira-Mar	Senior Masculino	03:43:40	+57:34	07:27
49	180	Leonel Reis	Individual	Senior Masculino	03:44:08	+58:03	07:28
50	278	Eurico Moura	KeMedo Team	Senior Masculino	03:44:34	+58:28	07:29
51	359	Filipe Saraiva	Palmeira Runners	Senior Masculino	03:44:42	+58:37	07:29
52	6	António Mendes	A.D.Amarante trail running	Senior Masculino	03:47:42	+01:01:36	07:35
53	374	Cristóvão Chaves	RUNNER'S DO DEMO	Senior Masculino	03:48:07	+01:02:02	07:36
54	27	José Pinto	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:48:19	+01:02:13	07:37
55	85	Nelson Teixeira	Crocodilos / Mister PC	Senior Masculino	03:48:57	+01:02:51	07:38
56	136	FLAVIO PASTOR	grupo dramatico e recreativo da retorta	Senior Masculino	03:49:03	+01:02:57	07:38
57	173	João Filipe Tomás Amândio	Individual	Senior Masculino	03:50:05	+01:04:00	07:40
58	332	Nuno Ribeiro	Nascidos para Correr	Senior Masculino	03:50:24	+01:04:19	07:41
59	45	Daniel Ribeiro	BitRunners	Senior Masculino	03:52:38	+01:06:33	07:45
60	98	Tiago Sousa	Dr.merino/4moove	Senior Masculino	03:52:52	+01:06:46	07:46
61	291	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	03:53:49	+01:07:44	07:48
62	119	Mário Melo	GALHARDOS RUNNERS	Senior Masculino	03:58:51	+01:12:46	07:58
63	1339	Vitor André Da Silva Cardoso	CTAD-Trilhos de Cinfães	Senior Masculino	04:00:48	+01:14:42	08:02
64	72	Jorge Nabais	COA - Clube de Orientação e Aventura	Senior Masculino	04:02:06	+01:16:00	08:04
65	292	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	04:02:34	+01:16:28	08:05
66	308	António Pinto	Mocidade Sangemil AC	Senior Masculino	04:03:19	+01:17:13	08:07
67	50	Michael Granadeiro	C.D. Os Águias de Alpiarça	Senior Masculino	04:04:31	+01:18:25	08:09
68	406	João Silva	Trilho Perdido Eventos / Importlux	Senior Masculino	04:04:51	+01:18:45	08:10
69	152	Alexandre Pereira	Individual	Senior Masculino	04:05:00	+01:18:54	08:10
70	186	Nuno Sá	Individual	Senior Masculino	04:06:20	+01:20:14	08:13
71	105	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:07:42	+01:21:36	08:15
72	1720	João Oliveira	Trinca Orelhas de Gato	Senior Masculino	04:07:52	+01:21:46	08:16
73	157	Carlos Miguel Coelho Jacinto	Individual	Senior Masculino	04:08:03	+01:21:57	08:16
74	320	Tiago Daniel Correia Rodrigues	Montanha Clube Trail Running/Efapel	Senior Masculino	04:10:41	+01:24:35	08:21
75	155	Bruno Ramiro	Individual	Senior Masculino	04:10:53	+01:24:47	08:22
76	315	Hélder Lopes	Montanha Clube Trail Running/Efapel	Senior Masculino	04:11:24	+01:25:18	08:23
77	91	Cláudio Antero Carvalho Roças	Dão Nelas Runners	Senior Masculino	04:11:36	+01:25:31	08:23
78	92	Nuno Salvador	Dão Nelas Runners	Senior Masculino	04:13:30	+01:27:24	08:27
79	177	Jose Grijo	Individual	Senior Masculino	04:13:32	+01:27:27	08:27
80	176	Joel Ferreira	Individual	Senior Masculino	04:13:35	+01:27:29	08:27
81	141	Filipe Oliveyra	Imperadores	Senior Masculino	04:14:59	+01:28:54	08:30
82	329	Pedro Vieira	Mountain Runners	Senior Masculino	04:17:06	+01:31:00	08:34
83	395	André Manuel Martins Príncipe	Sport Clube Beira-Mar	Senior Masculino	04:17:20	+01:31:14	08:35
84	170	Henrique Barbosa	Individual	Senior Masculino	04:18:05	+01:31:59	08:36
85	48	Bruno Nalha	C.D. Os Águias de Alpiarça	Senior Masculino	04:21:29	+01:35:23	08:43
86	276	Carlos Leal	KeMedo Team	Senior Masculino	04:21:31	+01:35:25	08:43
87	94	Vitor Rio	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	04:22:41	+01:36:36	08:45
88	49	Bruno Raposeira	C.D. Os Águias de Alpiarça	Senior Masculino	04:25:11	+01:39:05	08:50
89	189	Ricardo Filipe Ferreira Pereira	Individual	Senior Masculino	04:27:14	+01:41:08	08:54

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Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

90	129	Telmo Mendonça	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:27:57	+01:41:51	08:56
91	294	Bruno Batista	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:29:05	+01:42:59	08:58
92	117	SÉRGIO SILVA	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	04:29:28	+01:43:22	08:59
93	193	Sérgio pereira	Individual	Senior Masculino	04:30:05	+01:44:00	09:00
94	166	Flávio Silva	Individual	Senior Masculino	04:30:41	+01:44:35	09:01
95	107	Pedro Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:31:34	+01:45:28	09:03
96	312	Manuel Pereira	Moinhos Run - ADRM	Senior Masculino	04:34:08	+01:48:03	09:08
97	175	Joao Pereira	Individual	Senior Masculino	04:35:49	+01:49:44	09:12
98	328	Antonio Silva	Mountain Runners	Senior Masculino	04:38:07	+01:52:02	09:16
99	171	Hugo fernandes	Individual	Senior Masculino	04:41:15	+01:55:09	09:23
100	419	João Andrade	WideCells Group PLC	Senior Masculino	04:43:53	+01:57:47	09:28
101	89	Tiago Aragão	CTAD-Trilhos de Cinfães	Senior Masculino	04:43:53	+01:57:47	09:28
102	125	André Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:44:00	+01:57:55	09:28
103	86	Pedro Santos	Crocodilos / Mister PC	Senior Masculino	04:44:27	+01:58:22	09:29
104	113	André Santos	Freeletics Porto	Senior Masculino	04:44:28	+01:58:22	09:29
105	160	Eduardo Carvalho	Individual	Senior Masculino	04:45:11	+01:59:05	09:30
106	33	Ricardo Magalhães	As Belas e Eles	Senior Masculino	04:46:59	+02:00:54	09:34
107	103	Tiago Gomes	Extreme Academy	Senior Masculino	04:47:35	+02:01:30	09:35
108	88	Ricardo Carvalho	CTAD-Trilhos de Cinfães	Senior Masculino	04:48:35	+02:02:29	09:37
109	316	Hugo Rodrigues	Montanha Clube Trail Running/Efapel	Senior Masculino	04:50:31	+02:04:25	09:41
110	71	Artur Oliveira	COA - Clube de Orientação e Aventura	Senior Masculino	04:51:08	+02:05:03	09:42
111	164	Filipe Machado	Individual	Senior Masculino	04:51:10	+02:05:04	09:42
112	368	MICKAEL CUTTÉ	PLEUM'RUN	Senior Masculino	04:55:03	+02:08:58	09:50
113	281	Joaquim Santos	KeMedo Team	Senior Masculino	04:59:37	+02:13:31	09:59
114	397	Joel José Ginga	Sport Clube Beira-Mar	Senior Masculino	04:59:40	+02:13:34	09:59
115	120	Rui Viegas	GALHARDOS RUNNERS	Senior Masculino	04:59:52	+02:13:46	10:00
116	81	Tiago Fernandes da Silva Montalvão Coelho	CORRER LEÇA	Senior Masculino	05:00:59	+02:14:53	10:02
117	126	Bruno Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:04:16	+02:18:10	10:09
118	351	joão fonseca	os amigos s.pedro da cova	Senior Masculino	05:06:35	+02:20:30	10:13
119	398	Pedro Polónio	Sport Clube Beira-Mar	Senior Masculino	05:06:41	+02:20:35	10:13
120	168	Gilberto viana	Individual	Senior Masculino	05:07:54	+02:21:49	10:16
121	153	Antonio Carlos Tavares de Paiva	Individual	Senior Masculino	05:09:35	+02:23:29	10:19
122	109	José Miguel Freitas Teixeira	Felrun	Senior Masculino	05:10:16	+02:24:10	10:21
123	354	nuno marques	os caga tacos running team	Senior Masculino	05:16:45	+02:30:39	10:34
124	296	Diogo Ramalhão	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:17:02	+02:30:56	10:34
125	159	DAVID TEIXEIRA	Individual	Senior Masculino	05:18:04	+02:31:58	10:36
126	388	Artur Pereira	Shots International Runners	Senior Masculino	05:19:19	+02:33:13	10:39
127	305	Tiago Pereira e Silva	Marcapasso trail team	Senior Masculino	05:21:03	+02:34:57	10:42
128	341	Nelson Leite	NorTrail	Senior Masculino	05:22:04	+02:35:58	10:44
129	53	Nuno Ribeiro	CCD Siemens	Senior Masculino	05:22:37	+02:36:31	10:45
130	156	Carlos Henrique da Silva Neves	Individual	Senior Masculino	05:32:39	+02:46:33	11:05
131	140	Duarte Conceição	Hora do Lobo Trail	Senior Masculino	05:34:01	+02:47:55	11:08

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Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

132	26	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	05:34:38	+02:48:32	11:09
133	279	Fabio Silva	KeMedo Team	Senior Masculino	05:34:44	+02:48:38	11:09
134	1056	António Barbosa	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	05:37:52	+02:51:47	11:16
135	184	Micael Queirós	Individual	Senior Masculino	05:39:25	+02:53:20	11:19
136	183	Mário Vieira	Individual	Senior Masculino	05:46:14	+03:00:08	11:32
137	277	Diogo Oliveira	KeMedo Team	Senior Masculino	05:47:30	+03:01:24	11:35
138	172	Humberto Barros	Individual	Senior Masculino	05:54:40	+03:08:35	11:49
139	179	José Pedro Freitas	Individual	Senior Masculino	05:56:09	+03:10:03	11:52
140	188	Pedro Neves	Individual	Senior Masculino	06:05:31	+03:19:25	12:11
141	450	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	06:13:17	+03:27:12	12:27
142	190	Rui Bastos	Individual	Senior Masculino	06:15:09	+03:29:03	12:30
143	366	Rui Manuel Ribeiro Mesquita	Penguins BSHC	Senior Masculino	06:16:47	+03:30:42	12:34
144	304	Tiago Gomes Mota	Marcapasso trail team	Senior Masculino	06:34:58	+03:48:52	13:10

Sub 23 Feminino

1	362	Camila David Mendes Moura	Pari Passu	Sub 23 Feminino	05:06:41	+02:20:35	10:13
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Sub 23 Masculino

1	350	António Braziela Rocha	Oralklass-Amigos do Trail	Sub 23 Masculino	02:48:39	+02:33	05:37
2	384	Bruno Silva	Satecnosol Outdoor / La Sportiva	Sub 23 Masculino	02:51:55	+05:49	05:44
3	59	Filipe Rocha	Clube Atletismo Fafe	Sub 23 Masculino	03:25:49	+39:44	06:52
4	385	Paulo Barbosa	Satecnosol Outdoor / La Sportiva	Sub 23 Masculino	03:35:21	+49:15	07:11
5	358	Márcio Cruz	ozxtreme/RDA	Sub 23 Masculino	03:40:46	+54:40	07:22
6	196	Pedro Silva	Individual	Sub 23 Masculino	03:41:37	+55:31	07:23
7	198	Vitor Manuel Dias Alves	Individual	Sub 23 Masculino	03:52:57	+01:06:51	07:46
8	28	Ruben Daniel Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Sub 23 Masculino	04:17:29	+01:31:23	08:35
9	416	Diogo Torres	VilaVerdeaCorrer	Sub 23 Masculino	04:43:06	+01:57:01	09:26
10	197	Ricardo Ribeiro	Individual	Sub 23 Masculino	05:10:16	+02:24:10	10:21

Veterana F40

1	370	Sandra Mendes	Profisio Team	Veterana F40	03:54:11	+01:08:05	07:48
2	404	Elisabete Santos	TEAM LANTEMIL	Veterana F40	03:54:31	+01:08:25	07:49
3	99	Paula lage	Dr.merino/4moove	Veterana F40	04:00:09	+01:14:04	08:00
4	22	Margarida Amaro	AMCF - Arrábida Trail Team	Veterana F40	04:05:57	+01:19:51	08:12
5	273	Fátima Alendouro	Juventude Vidigalense	Veterana F40	04:16:04	+01:29:59	08:32
6	391	CRISTINA BARROS	Sinmetro	Veterana F40	04:38:04	+01:51:59	09:16
7	199	Alexandra Padilha	Individual	Veterana F40	04:48:30	+02:02:24	09:37
8	299	Aida Presa	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	04:55:18	+02:09:12	09:51
9	408	Ana Tomé	Trilho Perdido Eventos / Importlux	Veterana F40	05:00:46	+02:14:41	10:02

Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

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10	21	Ana Maria Pinto	ALIANÇA DE GANDRA	Veterana F40	05:01:09	+02:15:03	10:02
11	13	Ana Ventura	ACPortalegre/UTSM	Veterana F40	05:10:36	+02:24:30	10:21
12	200	Carla Patrícia	Individual	Veterana F40	05:47:52	+03:01:47	11:36
13	202	Su Raposo	Individual	Veterana F40	05:59:26	+03:13:21	11:59

Veterana F45

1	40	Maria Augusta Da Costa loureiro	Associação Desportiva de Cabroelo	Veterana F45	04:10:58	+01:24:52	08:22
2	331	Lurdes Gil	Mountain trails	Veterana F45	04:41:12	+01:55:07	09:22
3	35	Carmen Ferreira	ASC Vale Grande	Veterana F45	04:43:59	+01:57:53	09:28
4	204	Vanda Matias	Individual	Veterana F45	04:54:11	+02:08:06	09:48
5	16	Carolina Pereira	AfifenseTrail	Veterana F45	05:27:39	+02:41:33	10:55
6	203	Maria de Fátima da Silva Lopes	Individual	Veterana F45	05:29:09	+02:43:03	10:58
7	321	Ana Loreto	Montanha Clube Trail Running/Efapel	Veterana F45	05:39:53	+02:53:48	11:20
8	84	Carla Raposo	CORRER LISBOA	Veterana F45	06:54:52	+04:08:47	13:50

Veterana F50

1	205	Alexandra Fernandes	Individual	Veterana F50	04:05:57	+01:19:51	08:12
2	206	Cidália Costa Martins	Individual	Veterana F50	04:32:17	+01:46:12	09:05
3	393	Fátima Vieira	Somos Nós Team	Veterana F50	05:15:52	+02:29:47	10:32
4	207	Maria Iracema Fernandes Costa	Individual	Veterana F50	05:22:07	+02:36:02	10:44

Veterana F55

1	208	Emilia Galinha	Individual	Veterana F55	04:56:56	+02:10:51	09:54
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Veterano M40

1	93	Nelson Santos	Dão Nelas Runners	Veterano M40	02:48:59	+02:53	05:38
2	118	PEDRO SANTOS	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	03:02:28	+16:22	06:05
3	8	Vítor Costa	A.D.Amarante trail running	Veterano M40	03:04:55	+18:49	06:10
4	95	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	03:13:21	+27:15	06:27
5	110	Luís Miguel Ribeiro da Cunha	Figueira Kayak Clube	Veterano M40	03:15:26	+29:20	06:31
6	410	Pedro Pinheiro	Trilho Perdido Eventos / Importlux	Veterano M40	03:16:15	+30:09	06:33
7	227	Nuno Cardoso	Individual	Veterano M40	03:18:17	+32:11	06:37
8	236	Rui Pedro Pinheiro da Fonseca	Individual	Veterano M40	03:19:36	+33:30	06:39
9	399	Alex Tondela	Sport Clube Beira-Mar	Veterano M40	03:21:58	+35:52	06:44
10	60	Rui Pedro Povo	Clube Atletismo Fafe	Veterano M40	03:25:04	+38:59	06:50
11	63	Hélder Pereira	Clube de Atletismo de Ferreira do Zêzere	Veterano M40	03:26:36	+40:30	06:53
12	214	Carlos Barbosa	Individual	Veterano M40	03:39:30	+53:24	07:19

Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

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13	338	Paulo Ferreira	NOCTURNOS DE PAREDES	Veterano M40	03:41:44	+55:38	07:23
14	337	Paulo Colaço	NOCTURNOS DE PAREDES	Veterano M40	03:46:56	+01:00:50	07:34
15	297	Luis Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	03:50:37	+01:04:32	07:41
16	90	Paulo César Ferreira	CTAD-Trilhos de Cinfães	Veterano M40	03:50:43	+01:04:37	07:41
17	34	Carlos Fernandes	As Belas e Eles	Veterano M40	03:52:27	+01:06:21	07:45
18	418	VÍTOR RODRIGUES	VilaVerdeaCorrer	Veterano M40	03:52:34	+01:06:28	07:45
19	238	Yannick Sorne	Individual	Veterano M40	03:52:51	+01:06:45	07:46
20	230	paulo jorge	Individual	Veterano M40	03:54:12	+01:08:07	07:48
21	138	Paulo Crespo	GTeam	Veterano M40	03:54:47	+01:08:41	07:50
22	229	Óscar Magolo	Individual	Veterano M40	03:55:34	+01:09:29	07:51
23	116	Ricardo Francisco Sousa Aires	Fridão Sem Limites	Veterano M40	03:55:42	+01:09:36	07:51
24	371	Raul Silva	Profisio Team	Veterano M40	03:57:31	+01:11:26	07:55
25	325	Leandro Pacheco	Monte dos Amigos/Juventude Ribeiras	Veterano M40	03:58:43	+01:12:37	07:57
26	284	Bruno Araújo	KeMedo Team	Veterano M40	03:59:59	+01:13:54	08:00
27	37	Pedro Meneses	Associação Desportiva da Efacec	Veterano M40	04:06:41	+01:20:36	08:13
28	1742	Victor Cardoso	Trinca Orelhas de Gato	Veterano M40	04:07:52	+01:21:46	08:16
29	235	Rúben Alves	Individual	Veterano M40	04:08:00	+01:21:55	08:16
30	268	Joao Paulo da Costa oliveira	Juventude Cortegacense	Veterano M40	04:08:39	+01:22:34	08:17
31	400	João Cardoso	SS MONTEPIO	Veterano M40	04:10:26	+01:24:20	08:21
32	369	Hugo Figueiredo	PM	Veterano M40	04:10:43	+01:24:37	08:21
33	55	Pedro Anjos	CLAC - ENTRONCAMENTO	Veterano M40	04:14:33	+01:28:27	08:29
34	77	Simão Pedro	COA - Clube de Orientação e Aventura	Veterano M40	04:16:01	+01:29:56	08:32
35	211	André Pinheiro	Individual	Veterano M40	04:16:09	+01:30:04	08:32
36	219	Hugo Brito	Individual	Veterano M40	04:18:38	+01:32:32	08:37
37	52	Nuno Paulino	C.D. Os Águias de Alpiarça	Veterano M40	04:21:47	+01:35:41	08:44
38	130	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	04:24:44	+01:38:39	08:49
39	361	Manuel Barbosa	Paredes Runinnng	Veterano M40	04:25:08	+01:39:02	08:50
40	210	André Figueiredo	Individual	Veterano M40	04:25:11	+01:39:05	08:50
41	322	Luis vilela	Montanha Clube Trail Running/Efapel	Veterano M40	04:27:21	+01:41:15	08:55
42	215	Flavio monteiro	Individual	Veterano M40	04:27:48	+01:41:42	08:56
43	417	Oscar Sousa	VilaVerdeaCorrer	Veterano M40	04:28:30	+01:42:25	08:57
44	1739	Sergio Gomes	Trinca Orelhas de Gato	Veterano M40	04:29:43	+01:43:37	08:59
45	237	Rui Pena	Individual	Veterano M40	04:31:27	+01:45:21	09:03
46	209	Álvaro Nunes	All About Spirit Team	Veterano M40	04:33:42	+01:47:36	09:07
47	135	Nuno Santos	Grupo Desportivo do bairro dos pescadores de Matosinhos	Veterano M40	04:34:21	+01:48:15	09:09
48	330	Joaquim Teixeira	Mountain Runners	Veterano M40	04:38:02	+01:51:57	09:16
49	392	RODOLFO ORFÃO	Sinmetro	Veterano M40	04:38:03	+01:51:57	09:16
50	121	Luis Oliveira	GD santander totta	Veterano M40	04:45:06	+01:59:00	09:30
51	218	Henrique Bruno Santos	Individual	Veterano M40	04:45:54	+01:59:48	09:32
52	233	Ricardo Castro	Individual	Veterano M40	04:47:05	+02:00:59	09:34
53	47	Rui Airosa	BUDEGUITA RUNNERS	Veterano M40	04:47:34	+02:01:28	09:35
54	74	Nuno Barata	COA - Clube de Orientação e Aventura	Veterano M40	04:47:43	+02:01:38	09:35

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Trail 30K

30 KM

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OFFICIAL RESULT

55	390	Nelson Silva	Shots International Runners	Veterano M40	04:51:37	+02:05:32	09:43
56	96	José Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	04:52:09	+02:06:04	09:44
57	224	Miguel Moreira	Individual	Veterano M40	04:52:23	+02:06:17	09:45
58	108	Miguel Moura	FACTOR X / S4L / MEDENSE FC	Veterano M40	04:52:47	+02:06:41	09:46
59	221	jorge paulino	Individual	Veterano M40	04:53:31	+02:07:25	09:47
60	51	Antonio Serrão	C.D. Os Águias de Alpiarça	Veterano M40	05:00:46	+02:14:41	10:02
61	15	Cláudio Cândido	ADE - Trail Running	Veterano M40	05:01:59	+02:15:53	10:04
62	36	Miguel Cruz	Associação Desportiva da Efaced	Veterano M40	05:02:33	+02:16:27	10:05
63	228	Nuno Sérgio Neto Capela	Individual	Veterano M40	05:03:35	+02:17:29	10:07
64	76	Rui Pereira	COA - Clube de Orientação e Aventura	Veterano M40	05:05:03	+02:18:57	10:10
65	212	ARTUR FERREIRA	Individual	Veterano M40	05:09:22	+02:23:16	10:19
66	83	nuno morgado	CORRER LEÇA	Veterano M40	05:14:52	+02:28:46	10:30
67	67	Manuel Carlos Martins	Clube Nortada Aventura - Murtosa night runners	Veterano M40	05:18:00	+02:31:54	10:36
68	226	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	05:19:13	+02:33:07	10:38
69	309	SILVIO MIGUEL ALVES FERREIRA	Mocidade Sangemil AC	Veterano M40	05:22:40	+02:36:35	10:45
70	405	Rolando Paulo	Trail Running Clube Btt Sanguedo	Veterano M40	05:29:48	+02:43:42	11:00
71	216	Helder Agostinho	Individual	Veterano M40	05:33:40	+02:47:35	11:07
72	75	Rodrigo Lopes	COA - Clube de Orientação e Aventura	Veterano M40	05:35:59	+02:49:53	11:12
73	82	António Barros	CORRER LEÇA	Veterano M40	05:46:07	+03:00:01	11:32
74	336	Nuno Alexandre	NOCTURNOS DE PAREDES	Veterano M40	06:14:45	+03:28:40	12:30
75	306	Lúcio Ribeiro	Marcapasso trail team	Veterano M40	06:35:02	+03:48:56	13:10
76	213	Artur Fonseca	Individual	Veterano M40	06:54:54	+04:08:48	13:50

Veterano M45

1	413	Virgílio Gomes	U.F. Comércio e Indústria Atletism	Veterano M45	03:04:48	+18:42	06:10
2	239	Abílio	Individual	Veterano M45	03:05:05	+18:59	06:10
3	29	Fernando Carvalho	AMIGOS DO PEDAL TRAILAGARES	Veterano M45	03:36:36	+50:30	07:13
4	343	Rufino Paiva	OCS-Proaventuras	Veterano M45	03:39:56	+53:50	07:20
5	360	Pedro Pratas	PAREDES AVENTURA	Veterano M45	03:42:47	+56:41	07:26
6	286	Fernando Gomes	KeMedo Team	Veterano M45	03:53:00	+01:06:55	07:46
7	250	Tiago Leal	Individual	Veterano M45	04:03:04	+01:16:59	08:06
8	248	Paulo Neta	Individual	Veterano M45	04:03:51	+01:17:45	08:08
9	20	Antonio Gomes	ÁGUIAS DE ALVELOS	Veterano M45	04:05:48	+01:19:42	08:12
10	14	José Moisés	ACPortalegre/UTSM	Veterano M45	04:07:14	+01:21:09	08:14
11	87	Paulo Pelicano	Crocodilos / Mister PC	Veterano M45	04:07:57	+01:21:51	08:16
12	335	Pedro Pisco	Nice Runners	Veterano M45	04:08:10	+01:22:04	08:16
13	242	Gatinot	Individual	Veterano M45	04:11:00	+01:24:55	08:22
14	287	José Augusto	KeMedo Team	Veterano M45	04:18:43	+01:32:37	08:37
15	241	Daniel Mota	Individual	Veterano M45	04:21:03	+01:34:57	08:42
16	78	Luís Emídio	COA - Clube de Orientação e Aventura	Veterano M45	04:42:03	+01:55:58	09:24
17	247	Nuno Cunha	Individual	Veterano M45	04:46:56	+02:00:51	09:34

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Trail 30K

30 KM

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OFFICIAL RESULT

18	245	Luís Barata da Rocha	Individual	Veterano M45	04:52:22	+02:06:17	09:45
19	246	Nelson Santos	Individual	Veterano M45	04:52:44	+02:06:38	09:45
20	251	Toze	Individual	Veterano M45	04:59:21	+02:13:15	09:59
21	252	vit0r santos	Individual	Veterano M45	05:06:20	+02:20:14	10:13
22	270	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M45	05:06:37	+02:20:32	10:13
23	293	Carlos Reis	LEROY MERLIN TRAIL TEAM	Veterano M45	05:06:44	+02:20:38	10:13
24	249	Rui Fernandes	Individual	Veterano M45	05:22:15	+02:36:09	10:45
25	17	Carlos Pereira	AfifenseTrail	Veterano M45	05:27:38	+02:41:33	10:55
26	244	José Manuel ferreira	Individual	Veterano M45	05:34:02	+02:47:56	11:08
27	243	JOÃO CARLOS BRITO	Individual	Veterano M45	06:13:24	+03:27:18	12:27
28	38	Mário Ferreira	Associação Desportiva da Efacec	Veterano M45	06:20:27	+03:34:21	12:41
29	267	Vitor Afonso Lourenço	JOBRINDE - MONTES SALOIOS	Veterano M45	06:26:42	+03:40:36	12:53

Veterano M50

1	111	Carlos Rodrigues	Figueira Kayak Clube	Veterano M50	03:15:59	+29:53	06:32
2	300	Belmiro Ferreira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	03:17:27	+31:21	06:35
3	1064	Fernando Leal	AMIGOS DO PEDAL TRILAGARES	Veterano M50	03:24:12	+38:07	06:48
4	254	Humberto Vara	Individual	Veterano M50	03:29:00	+42:54	06:58
5	161	Pedro Marques	Dr.merino/4moove	Veterano M50	03:30:31	+44:26	07:01
6	30	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRILAGARES	Veterano M50	03:45:31	+59:26	07:31
7	379	Luís Filipe Martinho Salvador	RUNNER'S DO DEMO	Veterano M50	03:58:16	+01:12:10	07:57
8	253	Carlos Cunha	Individual	Veterano M50	04:13:40	+01:27:34	08:27
9	339	José Gomes	NOCTURNOS DE PAREDES	Veterano M50	04:16:39	+01:30:33	08:33
10	256	Luís Mota	Individual	Veterano M50	04:18:32	+01:32:27	08:37
11	327	MARIO COSTA	Moreira Relax Runners	Veterano M50	04:25:38	+01:39:33	08:51
12	402	Paulo J. Ferreira	Talentos Team	Veterano M50	04:40:22	+01:54:16	09:21
13	301	Paulo Brás	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	04:45:11	+01:59:05	09:30
14	259	Paulo Jorge Loureiro	Individual	Veterano M50	04:46:01	+01:59:55	09:32
15	288	Henrique Pereira	KeMedo Team	Veterano M50	05:09:42	+02:23:36	10:19
16	257	Paulo AGC Ribeiro	Individual	Veterano M50	05:13:35	+02:27:29	10:27
17	255	Joaquim Iobato	Individual	Veterano M50	05:14:59	+02:28:54	10:30
18	133	Fernando Pereira	GONDOMAR FUTSAL CLUBE	Veterano M50	05:16:48	+02:30:42	10:34
19	258	Paulo Ferreira	Individual	Veterano M50	05:22:27	+02:36:22	10:45
20	260	Vitor Manuel Barbosa Moreira	Individual	Veterano M50	05:35:03	+02:48:57	11:10
21	275	joao paulo almeida	Kaninos	Veterano M50	05:54:40	+03:08:34	11:49
22	79	Luís Gonçalves	COA - Clube de Orientação e Aventura	Veterano M50	05:55:26	+03:09:20	11:51

Veterano M55

1	32	Francisco Lemos	AMIGOS DO PEDAL TRILAGARES	Veterano M55	03:33:17	+47:11	07:07
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Trail 30K

30 KM

[illegible]

OFFICIAL RESULT

2	31	Amadeu Teixeira	AMIGOS DO PEDAL TRAILAGARES	Veterano M55	03:50:47	+01:04:41	07:42
3	434	Manuel Sardinha	Individual	Veterano M55	04:04:01	+01:17:55	08:08
4	261	alfredo costa	Individual	Veterano M55	04:13:23	+01:27:17	08:27
5	262	alipio lopes	Individual	Veterano M55	04:32:00	+01:45:55	09:04
6	326	Manuel Pereira Moreno	MORCEGOS TRAIL	Veterano M55	04:43:25	+01:57:20	09:27
7	134	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M55	04:49:12	+02:03:07	09:38
8	333	Joaquim Alberto Oliveira Gonçalves	Nascidos para Correr	Veterano M55	04:50:46	+02:04:40	09:42
9	334	Octavio Sousa	Nascidos para Correr	Veterano M55	04:52:39	+02:06:34	09:45
10	302	Luís de Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	04:55:18	+02:09:13	09:51
11	303	Serafim Ramos	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	05:07:38	+02:21:32	10:15
12	323	Firmino Mendes	Montanha Clube Trail Running/Epapel	Veterano M55	05:08:28	+02:22:23	10:17
13	265	Luis Carvalho	Individual	Veterano M55	05:11:13	+02:25:07	10:22
14	264	José Barros Martins	Individual	Veterano M55	05:22:03	+02:35:57	10:44
15	263	João Menezes Silva	Individual	Veterano M55	05:22:53	+02:36:48	10:46
16	41	celso torres	Athlete Power	Veterano M55	05:38:04	+02:51:58	11:16
17	112	RUI SÁ	FIT GAIA TRAIL	Veterano M55	05:59:39	+03:13:33	11:59
18	102	Manuel Cunha Lima	experiençar	Veterano M55	06:00:39	+03:14:33	12:01
19	352	emidio pontes	os amigos s.pedro da cova	Veterano M55	06:07:18	+03:21:12	12:15

Veterano M60

1	266	António Fernandes	Individual	Veterano M60	06:00:57	+03:14:51	12:02
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COLETIVO - TRAIL 30K

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	Satecnosol Outdoor / La Sportiva	08:28:36 [1 + 5 + 6]	0
2	Oralklass-Amigos do Trail	08:59:13 [3 + 9 + 22]	0
3	U.F. Comércio e Indústria Atletismo	09:32:19 [2 + 16 + 66]	0
4	Clube Atletismo Fafe	09:45:47 [12 + 33 + 40]	0
5	A.D.Amarante trail running	09:50:15 [8 + 17 + 84]	0
6	AMIGOS DO PEDAL TRAILAGARES	09:52:23 [7 + 39 + 52]	0
7	ÁGUIAS DE ALVELOS	10:07:22 [11 + 13 + 127]	0
8	Clube de Atletismo de Ferreira do Zêzere	10:18:56 [24 + 43 + 64]	0
9	OLÍMPICO VIANENSE TRAIL	10:32:33 [34 + 51 + 68]	0
10	Dão Nelas Runners	10:37:01 [4 + 59 + 149]	0
11	ACPortalegre/UTSM	10:40:23 [36 + 62 + 63]	0
12	RUNNER'S DO DEMO	10:41:02 [20 + 77 + 85]	0
13	Trilho Perdido Eventos / Importlux	10:47:15 [28 + 42 + 125]	0
14	Montanha Clube Trail Running/Efapel	10:49:21 [54 + 55 + 71]	0
15	LION RUNNERS - G. D. LEÕES DA GUARDA	10:49:25 [29 + 73 + 92]	0
16	Dr.merino/4moove	10:51:54 [46 + 50 + 100]	0
17	FACTOR X / S4L / MEDENSE FC	11:03:19 [44 + 45 + 133]	0
18	Juventude Vidigalense	11:05:33 [10 + 91 + 159]	0
19	KeMedo Team	11:07:34 [49 + 80 + 102]	0
20	Sport Clube Beira-Mar	11:22:59 [35 + 78 + 164]	0
21	VilaVerdeaCorrer	11:33:18 [23 + 96 + 188]	0
22	NOCTURNOS DE PAREDES	11:45:20 [75 + 83 + 161]	0
23	Douroconta - Gabinete de Apoio e Contabilidade	12:28:12 [25 + 175 + 240]	0
24	CTAD-Trilhos de Cinfães	12:35:25 [93 + 117 + 216]	0
25	Crocodilos / Mister PC	12:41:22 [87 + 136 + 219]	0
26	Trinca Orelhas de Gato	12:45:28 [134 + 135 + 193]	0
27	C.D. Os Águias de Alpiarça	12:47:48 [124 + 172 + 174]	0
28	COA - Clube de Orientação e Aventura	13:00:11 [118 + 158 + 212]	0
29	GONDOMAR FUTSAL CLUBE	13:21:13 [178 + 187 + 189]	0
30	Mountain Runners	13:33:16 [162 + 205 + 208]	0
31	Nascidos para Correr	13:33:50 [90 + 236 + 243]	0
32	Moinhos Run - ADRM	13:48:19 [47 + 201 + 326]	0
33	Shots International Runners	14:24:34 [154 + 239 + 295]	0
34	Associação Desportiva da Efacec	15:29:42 [131 + 262 + 350]	0
35	CORRER LEÇA	16:01:59 [258 + 285 + 327]	0
36	Marcapasso trail team	18:31:03 [296 + 352 + 353]	0
37	Penguins BSHC	18:50:23 [346 + 347 + 348]	0