

TRAIL LONGO - STAGE 1

20 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:30	8.4°C	93%
End	13:13	16.5°C	67%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	8	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:33:24		04:40
2	1	Bruno Silva	afacycles	Veterano M40	01:33:45	+00:20	04:41
3	152	Pedro Santos	fugitivos urbanos - clínica + saúde	Veterano M40	01:35:11	+01:47	04:46
4	2	Bruno Coelho	satecnosoloutdoor - lasportiva	Senior Masculino	01:36:17	+02:53	04:49
5	80	Luís Pedro Ferreira de Sousa Martins	ggt - armazém do caffè	Senior Masculino	01:36:17	+02:53	04:49
6	281	Paulo Mesquita	vilaverdeacorrer	Senior Masculino	01:37:18	+03:53	04:52
7	148	Nuno Cardoso	individual	Veterano M40	01:37:21	+03:56	04:52
8	47	Tiago Pinto	douroconta – gabinete de apoio e contabilidade, lda	Senior Masculino	01:37:30	+04:06	04:53
9	11	Vitor Costa	a.d.amarante trail running	Veterano M40	01:37:34	+04:10	04:53
10	49	Rui Gomes	douroconta – gabinete de apoio e contabilidade, lda	Veterano M40	01:37:58	+04:34	04:54
11	233	Nuno Pereira	olimpico vianense trail	Senior Masculino	01:38:19	+04:55	04:55
12	57	Pedro Barros	factor x / s4l / medense fc	Senior Masculino	01:39:13	+05:48	04:58
13	239	Miguel Neves	oralklass - amigos do trail	Senior Masculino	01:39:18	+05:54	04:58
14	48	Hélder Rocha	douroconta – gabinete de apoio e contabilidade, lda	Veterano M40	01:39:36	+06:11	04:59
15	158	António Amador	individual	Veterano M45	01:42:03	+08:39	05:06
16	118	Pedro Gonçalves	individual	Senior Masculino	01:42:16	+08:52	05:07
17	121	Ricardo Rego	individual	Senior Masculino	01:43:18	+09:53	05:10
18	3	Pedro Marques	dr.merino/4moove	Veterano M50	01:43:42	+10:18	05:11
19	258	Fábio Pinto	satecnosoloutdoor - lasportiva	Senior Masculino	01:44:09	+10:45	05:12
20	286	Joaquim Freitas	satecnosoloutdoor - lasportiva	Veterano M40	01:45:13	+11:48	05:16
21	217	Tiago Soares	moinhos run-adrm	Senior Masculino	01:45:45	+12:21	05:17
22	22	Fernando Leal	amigos do pedal trailagares	Veterano M50	01:45:48	+12:23	05:17
23	237	Filipe Carneiro	oralklass - amigos do trail	Senior Masculino	01:46:29	+13:05	05:19
24	92	Cesar duarte	a.d.amarante trail running	Senior Masculino	01:46:54	+13:30	05:21
25	271	Paulo Lui dos Santos Gomes	team lantemil	Senior Masculino	01:47:02	+13:37	05:21
26	6	Filipe Barros	a.d.amarante trail running	Senior Masculino	01:48:08	+14:43	05:24
27	194	Hugo Silva	lion runners - g. d. leões da guarda	Senior Masculino	01:48:12	+14:47	05:25
28	141	João Pedro Pedrosa Nunes	individual	Veterano M40	01:48:17	+14:52	05:25
29	30	Filipe Pinto	btt alegria // tubani	Senior Masculino	01:48:17	+14:53	05:25
30	238	Gilberto da Silva Pimenta	oralklass - amigos do trail	Senior Masculino	01:48:39	+15:15	05:26
31	228	Fernando Carvalho	nós acreditamos	Veterano M45	01:50:12	+16:47	05:31
32	33	Nuno lemos	clube atletismo fafe	Senior Masculino	01:50:13	+16:48	05:31
33	252	Luís Martins	riofit running	Senior Masculino	01:50:15	+16:51	05:31
34	234	Paulo Jorge D. Domingues	olimpico vianense trail	Veterano M50	01:50:19	+16:54	05:31
35	18	luis freitas	airorun	Senior Masculino	01:50:27	+17:03	05:31
36	103	Jacinto Sousa	individual	Senior Masculino	01:51:06	+17:42	05:33
37	231	Francisco Lemos	nós acreditamos	Veterano M55	01:51:16	+17:52	05:34
38	276	João Oliveira	trinca orelhas de gato	Senior Masculino	01:51:18	+17:53	05:34
39	111	Nuno guimaraes	individual	Senior Masculino	01:51:18	+17:53	05:34
40	62	Adérito Silva	fitnesssmile	Senior Masculino	01:51:54	+18:30	05:36

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	153	Rui Conde Franco	individual	Veterano M40	01:51:55	+18:30	05:36
42	43	Nelson Teixeira	crocodilos / misterpc	Senior Masculino	01:52:33	+19:08	05:38
43	161	Duarte Gil Ribeiro Barbosa	individual	Veterano M45	01:53:14	+19:49	05:40
44	226	Marco Pinto	nós acreditamos	Senior Masculino	01:54:17	+20:53	05:43
45	95	Fabio Marins	individual	Senior Masculino	01:54:43	+21:19	05:44
46	174	Fernando Martins	individual	Veterano M50	01:54:49	+21:24	05:44
47	287	Luís Pinho	ginasio fit2fun	Veterano M45	01:54:49	+21:25	05:44
48	235	Daniela Russo	oralklass - amigos do trail	Senior Feminino	01:54:50	+21:26	05:45
49	13	Nuno Jaime	adi-higiene	Veterano M40	01:54:54	+21:30	05:45
50	254	JOAO MEIRA	riofit running	Veterano M40	01:55:00	+21:36	05:45
51	20	Daniel cardoso	airorun	Veterano M45	01:55:17	+21:52	05:46
52	105	João Narciso Gonçalves	individual	Senior Masculino	01:55:48	+22:24	05:47
53	122	Ricardo Ribeiro	individual	Senior Masculino	01:57:02	+23:38	05:51
54	4	Paula Lage	dr.merino/4moove	Veterana F40	01:57:14	+23:50	05:52
55	46	José Pinto	douroconta – gabinete de apoio e contabilidade, lda	Senior Masculino	01:57:18	+23:54	05:52
56	99	Hélder Rafael Machado da Cunha	individual	Senior Masculino	01:58:23	+24:59	05:55
57	282	Diogo Torres	vilaverdeacorrer	Sub 23 Masculino	01:58:27	+25:02	05:55
58	236	Maria Gonçalves	oralklass - amigos do trail	Senior Feminino	01:58:52	+25:27	05:57
59	247	Jorge Marques	pisa sapos	Veterano M40	01:58:53	+25:29	05:57
60	97	Gabriel Coutinho	individual	Senior Masculino	01:58:58	+25:33	05:57
61	280	Marco Silva	vilaverdeacorrer	Senior Masculino	01:59:16	+25:51	05:58
62	187	Agostinho da Silva Neves	juventude desportiva de gondomar	Veterano M60	01:59:23	+25:59	05:58
63	186	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	01:59:35	+26:11	05:59
64	29	Marco Aurélio Gonçalves Marques	blasqem runners	Senior Masculino	02:00:29	+27:04	06:01
65	207	fausto teixeira	lobos do monte	Veterano M45	02:01:05	+27:41	06:03
66	232	Angelo Martins	olimpico vianense trail	Senior Masculino	02:01:08	+27:43	06:03
67	44	José Carlos Dias	ctad - trilhos de cinfães	Veterano M45	02:01:09	+27:44	06:03
68	253	Abílio Oliveira	riofit running	Veterano M40	02:01:10	+27:45	06:04
69	201	Pedro Gaio	lion runners - g. d. leões da guarda	Veterano M40	02:01:16	+27:52	06:04
70	166	jose nogueira	individual	Veterano M45	02:01:28	+28:04	06:04
71	175	Francisco Nogueira	individual	Veterano M50	02:01:32	+28:07	06:05
72	240	Sérgio Anunciação	oralklass - amigos do trail	Veterano M50	02:02:52	+29:27	06:09
73	185	MANUEL PÓVOAS	individual	Veterano M55	02:03:25	+30:00	06:10
74	202	Ricardo Vidal	lion runners - g. d. leões da guarda	Veterano M40	02:03:31	+30:06	06:11
75	256	Manuel Lopes	riofit running	Veterano M50	02:03:38	+30:14	06:11
76	38	Eduardo Vieira Cardoso	clube spiridon de gaia	Senior Masculino	02:03:42	+30:18	06:11
77	215	Miguel Santos	moinhos run-adrm	Senior Masculino	02:04:28	+31:04	06:13
78	165	jose lopes	individual	Veterano M45	02:06:04	+32:39	06:18
79	91	Bruno Machado	individual	Senior Masculino	02:06:54	+33:29	06:21
80	19	Helder azevedo	airorun	Veterano M40	02:07:12	+33:48	06:22
81	112	Nuno José da Cruz	individual	Senior Masculino	02:08:11	+34:47	06:25
82	54	FRANCISCO FONSECA	equipa joão ferreira	Veterano M45	02:08:22	+34:57	06:25
83	188	AGOSTINHO SOUSA	kunalama runners	Veterano M60	02:08:58	+35:34	06:27

20 KM

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REVISED

Official Timekeeper: Lap2Go	3 / 6	generate 20-Nov-2017 11:58
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TRAIL LONGO - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
	90	Andre Costa	individual	Senior Masculino	02:22:00	+48:35	07:06
131	106	Joaquim Domingos Lopes Alves	individual	Senior Masculino	02:22:29	+49:04	07:07
132	266	Francisco Moreira	ss montepio	Veterano M45	02:22:51	+49:26	07:09
133	159	Carlos Pereira	individual	Veterano M45	02:23:32	+50:07	07:11
134	89	Liliana Ribeiro	individual	Senior Feminino	02:23:46	+50:21	07:11
135	72	SILVIA VILAR	ginásio fit4fun	Veterana F40	02:23:57	+50:33	07:12
136	274	luis peixoto	tricotar trails	Veterano M40	02:24:07	+50:43	07:12
137	32	marcelo pinto	clube amador de mirandela	Senior Masculino	02:25:09	+51:44	07:15
138	10	Pedro Marinho	a.d.amarante trail running	Veterano M40	02:25:09	+51:44	07:15
139	50	António Azevedo	douroconta – gabinete de apoio e contabilidade, lda	Veterano M45	02:25:15	+51:51	07:16
140	267	Fernando Carvalho	ss montepio	Veterano M50	02:25:19	+51:54	07:16
141	163	Henrique Silva	individual	Veterano M45	02:25:24	+52:00	07:16
142	77	Diogo Silva	grupo desportivo banco de portugal	Senior Masculino	02:25:30	+52:05	07:17
143	129	Maria Ferreira	individual	Veterana F40	02:25:35	+52:11	07:17
144	68	Pedro Ferreira	ginásio fit4fun	Senior Masculino	02:25:40	+52:15	07:17
145	177	João Manuel dos Santos Silva	individual	Veterano M50	02:25:49	+52:25	07:17
146	209	António Fonseca	mãe & filha	Veterano M40	02:25:50	+52:25	07:18
147	73	Conceição Ferreira	ginásio fit4fun	Veterana F50	02:26:02	+52:37	07:18
148	264	Rubens Brandão Soares	sportarc	Veterano M40	02:26:16	+52:52	07:19
149	108	Luís Vieira	individual	Senior Masculino	02:26:20	+52:55	07:19
150	244	Pedro Salgueiro	pedro luis de	Senior Masculino	02:26:21	+52:56	07:19
151	170	Rui Azevedo	individual	Veterano M45	02:26:23	+52:58	07:19
152	138	Cristina Moura Saraiva	individual	Veterana F50	02:26:33	+53:08	07:20
153	154	Rui Manuel Dias	individual	Veterano M40	02:26:36	+53:11	07:20
154	230	Fernando Silva	nós acreditamos	Veterano M50	02:27:25	+54:01	07:22
155	250	Victor Vital	reumáticos da bila	Senior Masculino	02:28:28	+55:03	07:25
156	126	Sergio Nuno Soares Alves	individual	Senior Masculino	02:28:28	+55:03	07:25
157	249	Alexandre Serafim	reumáticos da bila	Senior Masculino	02:28:28	+55:03	07:25
158	120	Ricardo Novais	individual	Senior Masculino	02:29:05	+55:41	07:27
159	222	João Rebelo	nijori runners	Senior Masculino	02:29:35	+56:11	07:29
160	107	JOSE CARLOS GONÇALVES SANTOS	individual	Senior Masculino	02:29:56	+56:32	07:30
161	109	Márcio Castro	individual	Senior Masculino	02:30:13	+56:48	07:31
162	268	José Lopes	team devesa	Senior Masculino	02:30:31	+57:06	07:32
163	191	Tatiana Silva	lion runners - g. d. leões da guarda	Senior Feminino	02:30:39	+57:14	07:32
164	189	Camila Mendes	lion runners - g. d. leões da guarda	Senior Feminino	02:30:39	+57:14	07:32
165	5	Nuno Neves	100meta	Senior Masculino	02:30:42	+57:18	07:32
166	178	João Silva	individual	Veterano M50	02:30:44	+57:19	07:32
167	113	Nuno Pina	individual	Senior Masculino	02:30:49	+57:24	07:32
168	295	Manuel Andrade	individual	Veterano M55	02:31:03	+57:38	07:33
169	168	Paulo Neta	individual	Veterano M45	02:31:20	+57:55	07:34
170	160	David Ribeiro	individual	Veterano M45	02:32:35	+59:11	07:38
171	45	Ricardo Fernandes	denirovip	Senior Masculino	02:32:35	+59:11	07:38
172	288	Ricardo Silva	factor x / s4l / medense fc	Veterano M45	02:32:38	+59:13	07:38
173	125	Sérgio Miranda	individual	Senior Masculino	02:32:40	+59:15	07:38

20 KM

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REVISED

Official Timekeeper: Lap2Go	5 / 6	generate 20-Nov-2017 11:58
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20 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
219	55	Manuel Cunha Lima	experienciar	Veterano M55	02:47:42	+01:14:18	08:23
220	192	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	02:48:46	+01:15:21	08:26
221	101	Hugo Oliveira	individual	Senior Masculino	02:48:55	+01:15:30	08:27
222	124	Rui Correia	individual	Senior Masculino	02:49:03	+01:15:39	08:27
223	184	Carlos Almeida	individual	Veterano M55	02:49:09	+01:15:45	08:27
224	245	Tiago Salgueiro	pedro luis de	Senior Masculino	02:49:44	+01:16:19	08:29
225	155	Sérgio Oliveira	individual	Veterano M40	02:49:48	+01:16:24	08:29
226	66	Carlos magalhaes	ginásio fit4fun	Senior Masculino	02:49:53	+01:16:29	08:30
227	69	Rui Ribeiro	ginásio fit4fun	Senior Masculino	02:49:53	+01:16:29	08:30
228	197	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	02:50:16	+01:16:52	08:31
229	142	Jorge Cruz	individual	Veterano M40	02:50:16	+01:16:52	08:31
230	283	Aida presa	correr leça	Veterana F40	02:50:17	+01:16:52	08:31
231	289	Carmem Magalhães	lion runners - g. d. leões da guarda	Veterana F40	02:50:17	+01:16:52	08:31
232	96	Fernando Reis	individual	Senior Masculino	02:50:18	+01:16:53	08:31
233	151	Paulo Seabra	individual	Veterano M40	02:50:18	+01:16:53	08:31
234	180	JOAQUIM SANTOS	individual	Veterano M50	02:51:30	+01:18:06	08:35
235	71	Patricia Monteiro	ginásio fit4fun	Veterana F40	02:53:35	+01:20:10	08:41
236	31	Elisabete Faria	c.r candoso	Senior Feminino	02:53:35	+01:20:11	08:41
237	203	José Patarata	lion runners - g. d. leões da guarda	Veterano M45	02:53:35	+01:20:11	08:41
238	210	Isabel Araújo	maianorthsiderun	Veterana F50	02:57:28	+01:24:04	08:52
239	212	Zé Espirito Santo	maianorthsiderun	Veterano M60	02:57:29	+01:24:04	08:52
240	116	paulo lima	individual	Senior Masculino	02:57:42	+01:24:17	08:53
241	167	José Ricardo	individual	Veterano M45	02:58:57	+01:25:32	08:57
242	127	Ana Ricardo	individual	Sub 23 Feminino	02:58:57	+01:25:33	08:57
243	52	PAULO SILVA	equipa joão ferreira	Veterano M40	02:59:11	+01:25:47	08:58
244	53	CARLOS JORGE	equipa joão ferreira	Veterano M45	02:59:12	+01:25:47	08:58
245	37	Serafim Ramos	clube pessoal edp porto	Veterano M55	03:04:32	+01:31:07	09:14
246	35	Carlos Alves	clube pessoal edp porto	Veterano M55	03:04:32	+01:31:07	09:14
247	36	Pedro Dias	clube pessoal edp porto	Veterano M55	03:04:32	+01:31:07	09:14
248	137	Ana paula teixeira	individual	Veterana F50	03:04:33	+01:31:08	09:14
249	132	Dina Leitão	individual	Veterana F45	03:04:48	+01:31:24	09:14
250	51	António Pinheiro	dr.merino/4moove	Senior Masculino	03:05:51	+01:32:27	09:18
251	296	Carlos Martins	individual	Veterano M40	03:06:30	+01:33:05	09:20
252	25	Sandra Ferreira	arcorun	Veterana F40	03:07:22	+01:33:57	09:22
253	229	Álvaro Cardoso	nós acreditamos	Veterano M50	03:09:31	+01:36:07	09:29
254	131	SUSANA LEAL	individual	Veterana F40	03:11:09	+01:37:45	09:33
255	156	abilio silva	individual	Veterano M45	03:11:10	+01:37:45	09:34
256	205	Raul Ferreira	lion runners - g. d. leões da guarda	Veterano M55	03:17:18	+01:43:53	09:52
257	248	Rui Noddy	powerrunners #1000pecadosparedes	Senior Masculino	03:17:50	+01:44:26	09:54
258	110	Márcio Ferreira	individual	Senior Masculino	03:18:17	+01:44:52	09:55
259	136	Ana Paula Sousa	individual	Veterana F50	03:22:47	+01:49:22	10:08
260	157	Álvaro Costa	individual	Veterano M45	03:35:37	+02:02:13	10:47
261	133	Elisabete Alves Nogueira	individual	Veterana F45	03:42:36	+02:09:12	11:08
262	134	Rosa Soares	individual	Veterana F45	03:42:37	+02:09:12	11:08

Trail Longo

20 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:30	8.4°C	93%
End	13:13	16.5°C	67%

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

1	235	Daniela Russo	Oralklass - Amigos Do Trail	Senior Feminino	01:54:50	+21:26	05:45
2	236	Maria Gonçalves	Oralklass - Amigos Do Trail	Senior Feminino	01:58:52	+25:27	05:57
3	270	Rosalia Silva	TEAM LANTEMIL	Senior Feminino	02:11:35	+38:10	06:35
4	65	Carina Pinho	Ginásio Fit4Fun	Senior Feminino	02:17:58	+44:33	06:54
5	190	Sofia Pimenta	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:19:21	+45:57	06:58
6	89	Liliana Ribeiro	Individual	Senior Feminino	02:23:46	+50:21	07:11
7	191	Tatiana Silva	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:30:39	+57:14	07:32
8	189	Camila Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:30:39	+57:14	07:32
9	257	Ana Costa	RUNNING TEAM MAIA	Senior Feminino	02:33:30	+01:00:05	07:41
10	86	Ana Monteiro	Individual	Senior Feminino	02:33:40	+01:00:16	07:41
11	88	Joana Azevedo	Individual	Senior Feminino	02:35:47	+01:02:22	07:47
12	84	Ana Barros	Individual	Senior Feminino	02:37:38	+01:04:14	07:53
13	56	Tânia Lopes	FACTOR X / S4L / MEDENSE FC	Senior Feminino	02:39:45	+01:06:20	07:59
14	87	Ana Sofia Fontes	Individual	Senior Feminino	02:40:10	+01:06:46	08:01
15	224	Sandra Pereira	Nós Acreditamos	Senior Feminino	02:41:55	+01:08:31	08:06
16	31	Elisabete Faria	C.R Candoso	Senior Feminino	02:53:35	+01:20:11	08:41

Senior Masculino

1	8	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:33:24	04:40
2	2	Bruno Coelho	SatecnosolOutdoor - LaSportiva	Senior Masculino	01:36:17	+02:53 04:49
3	80	Luís Pedro Ferreira de Sousa Martins	GTT - Armazém do Caffè	Senior Masculino	01:36:17	+02:53 04:49
4	281	Paulo Mesquita	VilaVerdeaCorrer	Senior Masculino	01:37:18	+03:53 04:52
5	47	Tiago Pinto	Douroconta – Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:37:30	+04:06 04:53
6	233	Nuno Pereira	OLIMPICO VIANENSE TRAIL	Senior Masculino	01:38:19	+04:55 04:55
7	57	Pedro Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:39:13	+05:48 04:58
8	239	Miguel Neves	Oralklass - Amigos Do Trail	Senior Masculino	01:39:18	+05:54 04:58
9	118	Pedro Gonçalves	Individual	Senior Masculino	01:42:16	+08:52 05:07
10	121	Ricardo Rego	Individual	Senior Masculino	01:43:18	+09:53 05:10
11	258	Fábio Pinto	SatecnosolOutdoor - LaSportiva	Senior Masculino	01:44:09	+10:45 05:12
12	217	Tiago Soares	Moinhos Run-ADRM	Senior Masculino	01:45:45	+12:21 05:17
13	237	Filipe Carneiro	Oralklass - Amigos Do Trail	Senior Masculino	01:46:29	+13:05 05:19
14	92	Cesar duarte	A.D.Amarante trail running	Senior Masculino	01:46:54	+13:30 05:21
15	271	Paulo Lui dos Santos Gomes	TEAM LANTEMIL	Senior Masculino	01:47:02	+13:37 05:21
16	6	Filipe Barros	A.D.Amarante trail running	Senior Masculino	01:48:08	+14:43 05:24

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20 KM

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Sub 23 Feminino

1	128	Gabriela Fonseca	Individual	Sub 23 Feminino	02:33:26	+01:00:02	07:40
2	127	Ana Ricardo	Individual	Sub 23 Feminino	02:58:57	+01:25:33	08:57

Sub 23 Masculino

1	282	Diogo Torres	VilaVerdeaCorrer	Sub 23 Masculino	01:58:27	+25:02	05:55
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Veterana F40

1	4	Paula Lage	Dr.Merino/4moove	Veterana F40	01:57:14	+23:50	05:52
2	273	Elisabete Santos	TEAM LANTEMIL	Veterana F40	02:09:09	+35:45	06:27
3	218	HELENA GOMES	Moinhos Run-ADRM	Veterana F40	02:14:55	+41:30	06:45
4	72	SILVIA VILAR	Ginásio Fit4Fun	Veterana F40	02:23:57	+50:33	07:12
5	129	Maria Ferreira	Individual	Veterana F40	02:25:35	+52:11	07:17
6	197	Isabel Pinto	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	02:50:16	+01:16:52	08:31
7	283	Aida presa	CORRER LEÇA	Veterana F40	02:50:17	+01:16:52	08:31
8	289	Carmem Magalhães	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	02:50:17	+01:16:52	08:31
9	71	Patricia Monteiro	Ginásio Fit4Fun	Veterana F40	02:53:35	+01:20:10	08:41
10	25	Sandra Ferreira	ARCORUN	Veterana F40	03:07:22	+01:33:57	09:22
11	131	SUSANA LEAL	Individual	Veterana F40	03:11:09	+01:37:45	09:33

Veterana F45

1	219	ISABEL CARVALHO	Moinhos Run-ADRM	Veterana F45	02:39:33	+01:06:09	07:59
2	294	Élia oliveira	Magic Friends Runners	Veterana F45	02:41:45	+01:08:21	08:05
3	132	Dina Leitão	Individual	Veterana F45	03:04:48	+01:31:24	09:14
4	133	Elisabete Alves Nogueira	Individual	Veterana F45	03:42:36	+02:09:12	11:08
5	134	Rosa Soares	Individual	Veterana F45	03:42:37	+02:09:12	11:08

Veterana F50

1	73	Conceição Ferreira	Ginásio Fit4Fun	Veterana F50	02:26:02	+52:37	07:18
2	138	Cristina Moura Saraiva	Individual	Veterana F50	02:26:33	+53:08	07:20
3	293	Nilda magalhaes	Magic Friends Runners	Veterana F50	02:41:59	+01:08:35	08:06
4	198	Maria Ricardo	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	02:43:25	+01:10:01	08:10
5	139	Margarida Ribeiro Neves	Individual	Veterana F50	02:44:20	+01:10:55	08:13
6	210	Isabel Araújo	MaiaNorthSideRun	Veterana F50	02:57:28	+01:24:04	08:52
7	137	Ana paula teixeira	Individual	Veterana F50	03:04:33	+01:31:08	09:14
8	136	Ana Paula Sousa	Individual	Veterana F50	03:22:47	+01:49:22	10:08

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Veterano M40

1	1	Bruno Silva	Afacycles	Veterano M40	01:33:45	+00:20	04:41
2	152	Pedro Santos	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	01:35:11	+01:47	04:46
3	148	Nuno Cardoso	Individual	Veterano M40	01:37:21	+03:56	04:52
4	11	Vitor Costa	A.D.Amarante trail running	Veterano M40	01:37:34	+04:10	04:53
5	49	Rui Gomes	Douroconta – Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:37:58	+04:34	04:54
6	48	Hélder Rocha	Douroconta – Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:39:36	+06:11	04:55
7	286	Joaquim Freitas	SatecnosolOutdoor - LaSportiva	Veterano M40	01:45:13	+11:48	05:16
8	141	João Pedro Pedrosa Nunes	Individual	Veterano M40	01:48:17	+14:52	05:25
9	153	Rui Conde Franco	Individual	Veterano M40	01:51:55	+18:30	05:36
10	13	Nuno Jaime	ADI-HIGIENE	Veterano M40	01:54:54	+21:30	05:45
11	254	JOAO MEIRA	RIOFIT RUNNING	Veterano M40	01:55:00	+21:36	05:45
12	247	Jorge Marques	Pisa Sapos	Veterano M40	01:58:53	+25:29	05:57
13	253	Abílio Oliveira	RIOFIT RUNNING	Veterano M40	02:01:10	+27:45	06:04
14	201	Pedro Gaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:01:16	+27:52	06:04
15	202	Ricardo Vidal	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:03:31	+30:06	06:11
16	19	Helder azevedo	AIRORUN	Veterano M40	02:07:12	+33:48	06:22
17	279	Victor Cardoso	Trinca Orelhas de Gato	Veterano M40	02:12:56	+39:31	06:39
18	140	Eliseu Leite	Individual	Veterano M40	02:13:10	+39:46	06:40
19	255	João Silva	RIOFIT RUNNING	Veterano M40	02:13:29	+40:04	06:40
20	199	Domingos Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:14:13	+40:49	06:43
21	206	miguel pereira	Lobos Do Monte	Veterano M40	02:14:30	+41:05	06:44
22	60	Ricardo Rocha	FAST AO KM	Veterano M40	02:15:28	+42:03	06:46
23	82	Luis Lucas	GTT - Armazém do Caffè	Veterano M40	02:16:11	+42:47	06:49
24	75	Luis Guerra	Ginásio Fit4Fun	Veterano M40	02:16:18	+42:53	06:49
25	149	Nuno Sousa	Individual	Veterano M40	02:16:35	+43:11	06:50
26	292	Armando oliveira	Magic Friends Runners	Veterano M40	02:16:56	+43:31	06:51
27	14	Paulo Marques	ADI-HIGIENE	Veterano M40	02:17:06	+43:42	06:51
28	220	Carlos Duarte	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:18:03	+44:38	06:54
29	74	Filipe Ferreira	Ginásio Fit4Fun	Veterano M40	02:19:28	+46:04	06:58
30	251	Pedro Gilvaz	Ribeiras Trail	Veterano M40	02:20:02	+46:37	07:00
31	274	luis peixoto	Tricotar Trails	Veterano M40	02:24:07	+50:43	07:12
32	10	Pedro Marinho	A.D.Amarante trail running	Veterano M40	02:25:09	+51:44	07:15
33	209	António Fonseca	Mãe & Filha	Veterano M40	02:25:50	+52:25	07:18
34	264	Rubens Brandão Soares	SPORTARC	Veterano M40	02:26:16	+52:52	07:19
35	154	Rui Manuel Dias	Individual	Veterano M40	02:26:36	+53:11	07:20
36	150	Paulo Nuno	Individual	Veterano M40	02:37:30	+01:04:06	07:53
37	143	Jose Antonio de Oliveira Ribeiro da Silva	Individual	Veterano M40	02:37:50	+01:04:25	07:54
38	34	Carlos Martins	Clube Nortada Aventura - MNR	Veterano M40	02:39:16	+01:05:52	07:58

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Veterano M45

1	158	António Amador	Individual	Veterano M45	01:42:03	+08:39	05:06
2	228	Fernando Carvalho	Nós Acreditamos	Veterano M45	01:50:12	+16:47	05:31
3	161	Duarte Gil Ribeiro Barbosa	Individual	Veterano M45	01:53:14	+19:49	05:40
4	287	Luís Pinho	Ginasio Fit2Fun	Veterano M45	01:54:49	+21:25	05:44
5	20	Daniel cardoso	AIRORUN	Veterano M45	01:55:17	+21:52	05:46
6	207	fausto teixeira	Lobos Do Monte	Veterano M45	02:01:05	+27:41	06:03
7	44	José Carlos Dias	CTAD - Trilhos de Cinfães	Veterano M45	02:01:09	+27:44	06:03
8	166	jose nogueira	Individual	Veterano M45	02:01:28	+28:04	06:04
9	165	jose lopes	Individual	Veterano M45	02:06:04	+32:39	06:18
10	54	FRANCISCO FONSECA	Equipa João Ferreira	Veterano M45	02:08:22	+34:57	06:25
11	28	José Oliveira	Ascários Escariz	Veterano M45	02:11:35	+38:10	06:35
12	12	António Gonçalves	ACSP	Veterano M45	02:16:34	+43:09	06:50
13	172	Vitor Coelho	Individual	Veterano M45	02:16:50	+43:26	06:51
14	208	Eurico Mendes	M&E runners	Veterano M45	02:17:36	+44:11	06:53
15	26	Amílcar Ferreira	ARCORUN	Veterano M45	02:19:19	+45:55	06:58
16	214	Alcídio Moreira	Mata elefantes	Veterano M45	02:21:29	+48:04	07:04
17	266	Francisco Moreira	SS MONTEPIO	Veterano M45	02:22:51	+49:26	07:09
18	159	Carlos Pereira	Individual	Veterano M45	02:23:32	+50:07	07:11
19	50	António Azevedo	Douroconta – Gabinete de Apoio e Contabilidade, Lda	Veterano M45	02:25:15	+51:51	07:16
20	163	Henrique Silva	Individual	Veterano M45	02:25:24	+52:00	07:16
21	170	Rui Azevedo	Individual	Veterano M45	02:26:23	+52:58	07:19
22	168	Paulo Neta	Individual	Veterano M45	02:31:20	+57:55	07:34
23	160	David Ribeiro	Individual	Veterano M45	02:32:35	+59:11	07:38
24	288	Ricardo Silva	FACTOR X / S4L / MEDENSE FC	Veterano M45	02:32:38	+59:13	07:38
25	227	Armando Cardoso	Nós Acreditamos	Veterano M45	02:34:29	+01:01:04	07:43
26	162	Fernando Santos	Individual	Veterano M45	02:36:01	+01:02:37	07:48
27	164	jose alberto mendes	Individual	Veterano M45	02:36:56	+01:03:31	07:51
28	171	sérgio pinto almeida	Individual	Veterano M45	02:37:27	+01:04:02	07:52
29	261	Ricardo Ribeiro	Saudade do Sofá Team	Veterano M45	02:42:51	+01:09:27	08:09
30	203	José Patarata	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M45	02:53:35	+01:20:11	08:41
31	167	José Ricardo	Individual	Veterano M45	02:58:57	+01:25:32	08:57

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32	53	CARLOS JORGE	Equipa João Ferreira	Veterano M45	02:59:12	+01:25:47	08:58
33	156	abilio silva	Individual	Veterano M45	03:11:10	+01:37:45	09:34
34	157	Álvaro Costa	Individual	Veterano M45	03:35:37	+02:02:13	10:47

Veterano M50

1	3	Pedro Marques	Dr.Merino/4moove	Veterano M50	01:43:42	+10:18	05:11
2	22	Fernando Leal	AMIGOS DO PEDAL TRAILAGARES	Veterano M50	01:45:48	+12:23	05:17
3	234	Paulo Jorge D. Domingues	OLIMPICO VIANENSE TRAIL	Veterano M50	01:50:19	+16:54	05:31
4	174	Fernando Martins	Individual	Veterano M50	01:54:49	+21:24	05:44
5	175	Francisco Nogueira	Individual	Veterano M50	02:01:32	+28:07	06:05
6	240	Sérgio Anunciação	Oralklass - Amigos Do Trail	Veterano M50	02:02:52	+29:27	06:09
7	256	Manuel Lopes	RIOFIT RUNNING	Veterano M50	02:03:38	+30:14	06:11
8	83	Albino Campos	GTT - Armazém do Caffè	Veterano M50	02:10:27	+37:02	06:31
9	179	Joaquim lobato	Individual	Veterano M50	02:16:12	+42:47	06:49
10	181	José Mesquita	Individual	Veterano M50	02:18:59	+45:35	06:57
11	61	Paulo Machado	FIT GAIA TRAIL	Veterano M50	02:20:55	+47:31	07:03
12	267	Fernando Carvalho	SS MONTEPIO	Veterano M50	02:25:19	+51:54	07:16
13	177	João Manuel dos Santos Silva	Individual	Veterano M50	02:25:49	+52:25	07:17
14	230	Fernando Silva	Nós Acreditamos	Veterano M50	02:27:25	+54:01	07:22
15	178	João Silva	Individual	Veterano M50	02:30:44	+57:19	07:32
16	173	Antonino Pereira	Individual	Veterano M50	02:33:26	+01:00:02	07:40
17	176	João António Miranda dos Santos	Individual	Veterano M50	02:34:58	+01:01:34	07:45
18	204	Ricardo Beirão	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	02:35:45	+01:02:20	07:47
19	183	Valdemar Almeida	Individual	Veterano M50	02:36:32	+01:03:07	07:50
20	21	Artur Silva	All About Spirit Team	Veterano M50	02:38:09	+01:04:44	07:54
21	180	JOAQUIM SANTOS	Individual	Veterano M50	02:51:30	+01:18:06	08:35
22	229	Álvaro Cardoso	Nós Acreditamos	Veterano M50	03:09:31	+01:36:07	09:29

Veterano M55

1	231	Francisco Lemos	Nós Acreditamos	Veterano M55	01:51:16	+17:52	05:34
2	185	MANUEL PÓVOAS	Individual	Veterano M55	02:03:25	+30:00	06:10
3	295	Manuel Andrade	Individual	Veterano M55	02:31:03	+57:38	07:33
4	78	fernando rocha	grupo desportivo leoes de veneza	Veterano M55	02:39:07	+01:05:43	07:57
5	64	JOSE MÁRIO PEREIRA	GDC Fidelidade	Veterano M55	02:42:47	+01:09:23	08:08
6	211	Mário Soares	MaiaNorthSideRun	Veterano M55	02:43:25	+01:10:01	08:10
7	55	Manuel Cunha Lima	experiençar	Veterano M55	02:47:42	+01:14:18	08:23
8	184	Carlos Almeida	Individual	Veterano M55	02:49:09	+01:15:45	08:27
9	37	Serafim Ramos	CLUBE PESSOAL EDP PORTO	Veterano M55	03:04:32	+01:31:07	09:14
10	35	Carlos Alves	CLUBE PESSOAL EDP PORTO	Veterano M55	03:04:32	+01:31:07	09:14
11	36	Pedro Dias	CLUBE PESSOAL EDP PORTO	Veterano M55	03:04:32	+01:31:07	09:14
12	205	Raul Ferreira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	03:17:18	+01:43:53	09:52

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Veterano M60

1	187	Agostinho da Silva Neves	Juventude desportiva de Gondomar	Veterano M60	01:59:23	+25:59	05:58
2	188	AGOSTINHO SOUSA	Kunalama runners	Veterano M60	02:08:58	+35:34	06:27
3	243	Lino Moreira	Os TurboMula	Veterano M60	02:20:11	+46:47	07:01
4	242	josé moura sousa	OS BARRIGUITAS	Veterano M60	02:38:42	+01:05:18	07:56
5	212	Zé Espirito Santo	MaiaNorthSideRun	Veterano M60	02:57:29	+01:24:04	08:52

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