

TRAIL - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	10,7°C	87%
End	13:39	10.7°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	3	Bruno Ribeiro	águias de alvelos	Veterano M40	01:36:47		04:50
2	29	CARLOS VELOSO	águias de alvelos	Veterano M40	01:38:16	+01:28	04:55
3	46	Fernando Neves	oralklass amigos do trail	Senior Masculino	01:42:56	+06:08	05:09
4	44	Fabio Pinto	furfor running project	Senior Masculino	01:43:23	+06:35	05:10
5	105	Pedro Bastos	vcbike	Veterano M40	01:50:11	+13:23	05:31
6	56	João Gomes	tog- trinca orelhas de gato	Senior Masculino	01:50:17	+13:29	05:31
7	73	José Barbosa	individual	Senior Masculino	01:52:35	+15:48	05:38
8	103	Paulo Ribeiro	apúlia a correr	Senior Masculino	01:54:53	+18:05	05:45
9	119	Fernando Oliveira	tog- trinca orelhas de gato	Veterano M50	01:55:24	+18:36	05:46
10	82	Luis Leite	maia runners	Veterano M40	01:55:34	+18:47	05:47
11	124	Tiago Sousa	team lanthemil	Senior Masculino	01:55:53	+19:05	05:48
12	54	Isaac Costa	individual	Veterano M40	01:56:08	+19:21	05:48
13	39	Domingos Teixeira	individual	Veterano M40	01:57:04	+20:16	05:51
14	14	António Ferreira	all about	Veterano M40	01:57:22	+20:34	05:52
15	92	Nuno Ferreira	trail me	Veterano M40	01:58:05	+21:17	05:54
16	79	Lucas Morgado	furfor running project	Veterano M40	01:58:46	+21:58	05:56
17	37	Dário Silva	boavista trail	Veterano M40	02:00:24	+23:36	06:01
18	18	Arsénio Batata	pés de chumbo runners	Veterano M40	02:01:04	+24:16	06:03
19	118	Rui Ferreira	individual	Veterano M40	02:04:46	+27:58	06:14
20	85	Manuel Carriço	lobos do monte run	Veterano M50	02:05:39	+28:51	06:17
21	86	Manuel Costa	team lanthemil	Veterano M50	02:05:43	+28:55	06:17
22	90	Ricardo Ribeiro	ginásio fit4fun	Veterano M40	02:05:48	+29:00	06:17
23	4	Adérito Silva	dive - into the mountains	Veterano M40	02:05:52	+29:05	06:18
24	116	Ricardo Vidal	lion runners - g. d. leões da guarda	Veterano M40	02:06:00	+29:13	06:18
25	40	EDGAR LUCAS	clube millenniumbcp	Senior Masculino	02:06:46	+29:58	06:20
26	57	João Maia	coronado runners	Veterano M40	02:06:46	+29:59	06:20
27	66	Jorge Matos	pés de chumbo runners	Senior Masculino	02:07:31	+30:44	06:23
28	100	Paulo Moreira	lobos do monte run	Veterano M50	02:09:11	+32:23	06:28
29	36	Daniel Mota	individual	Veterano M40	02:09:14	+32:26	06:28
30	126	Vicente Sousa	tog- trinca orelhas de gato	Veterano M40	02:09:39	+32:52	06:29
31	94	Pedro Monteiro	gaia-running	Senior Masculino	02:09:53	+33:05	06:30
32	12	António Carlos Tavares De Paiva	correr leça	Veterano M40	02:10:00	+33:12	06:30
33	42	Eliseu Leite	lobos do monte run	Veterano M40	02:10:03	+33:16	06:30
34	95	Orlando Costa	correr leça	Veterano M50	02:10:11	+33:23	06:31
35	101	Paulo Oliveira	pés de chumbo runners	Veterano M40	02:10:58	+34:10	06:33
36	38	Domingos Faria	lion runners - g. d. leões da guarda	Veterano M40	02:11:03	+34:15	06:33
37	106	Pedro Coelho	prorreforço trail team	Senior Masculino	02:13:00	+36:12	06:39
38	111	Raquel Andrade	individual	Senior Feminino	02:13:34	+36:46	06:41
39	23	Bruno Moura	individual	Senior Masculino	02:13:35	+36:47	06:41
40	50	Filipe Moreira	individual	Veterano M40	02:15:49	+39:01	06:47
41	109	Pedro Teixeira	lobos do monte run	Veterano M40	02:16:02	+39:14	06:48

20 KM

OFFICIAL RESULT

generate 10-nov-2019 14:05

TRAIL - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	112	Ricardo Ferreira	individual	Veterano M40	02:54:06	+01:17:18	08:42
89	20	Artur Neves	sever do vouga	Veterano M40	02:56:18	+01:19:30	08:49
90	27	Sylvie Duarte	ginásio fit4fun	Veterana F50	02:56:54	+01:20:07	08:51
91	72	José António Fernandes	individual	Veterano M40	02:57:06	+01:20:18	08:51
92	65	Jorge Cruz	carecas	Veterano M40	02:57:20	+01:20:32	08:52
93	99	Paulo Macedo	pari passu	Veterano M50	02:57:25	+01:20:37	08:52
94	28	Carlos Taveira	arcozelo-v.nova gaia	Veterano M50	02:57:52	+01:21:05	08:54
95	35	Daniel Fortuna	ginásio fit4fun	Senior Masculino	02:58:13	+01:21:25	08:55
96	107	Pedro Santos	individual	Veterano M40	02:59:27	+01:22:39	08:58
97	115	Ricardo Silva	oliveira´s	Senior Masculino	02:59:27	+01:22:39	08:58
98	97	PAULO FERREIRA	individual	Senior Masculino	03:00:51	+01:24:03	09:03
99	62	João Soares	lion runners - g. d. leões da guarda	Senior Masculino	03:02:17	+01:25:29	09:07
100	104	Paulo Vilarinho	gaia-running	Veterano M40	03:03:09	+01:26:21	09:09
101	120	Sílvia Peralta	gaia-running	Veterana F40	03:03:09	+01:26:21	09:09
102	5	Adriano Alves	coronado runners	Veterano M40	03:03:39	+01:26:51	09:11
103	16	ANTÓNIO LUCAS	clube millenniumbcp	Veterano M50	03:04:13	+01:27:25	09:13
104	132	Miguel Santos	blasqem	Veterano M40	03:07:20	+01:30:32	09:22
105	2	Rui Pinho	individual	Veterano M40	03:07:20	+01:30:32	09:22
106	131	João Paulo Meixedo	blasqem	Veterano M50	03:07:21	+01:30:33	09:22
107	122	Tiago Moraes	blasqem	Senior Masculino	03:08:01	+01:31:14	09:24
108	114	Ricardo Maia	tira do prato e gasta no sapato	Senior Masculino	03:09:22	+01:32:34	09:28
109	45	Félix Maia	tira do prato e gasta no sapato	Veterano M50	03:09:22	+01:32:34	09:28
110	64	JORGE COSTA	guimarães	Veterano M40	03:09:54	+01:33:06	09:30
111	24	Cândido Gomes	elisa correia	Senior Masculino	03:10:01	+01:33:13	09:30
112	13	António Ferreira	individual	Veterano M40	03:10:49	+01:34:02	09:32
113	135	Ricardo Santos	individual	Veterano M40	03:10:59	+01:34:11	09:33
114	80	Lucinda Gomes	lion runners - g. d. leões da guarda	Veterana F50	03:19:46	+01:42:59	09:59
115	48	Fernando Rodrigues	vila lusa imobiliária rua	Veterano M50	03:19:47	+01:42:59	09:59
116	130	Ivete Carneiro	jn	Veterana F40	03:23:59	+01:47:11	10:12
117	74	Renato Vieira	individual	Veterano M40	03:24:00	+01:47:12	10:12
118	69	Jorge Rocha	lion runners - g. d. leões da guarda	Veterano M40	03:28:05	+01:51:17	10:24
119	113	Ricardo Fortuna	ginásio fit4fun	Senior Masculino	03:35:53	+01:59:06	10:48
120	71	Jose almeida	espinho	Veterano M50	03:42:36	+02:05:48	11:08
121	31	Claudia Carvalheira	ginásio fit4fun	Veterana F40	03:45:04	+02:08:16	11:15
122	133	Patricia Monteiro	ginásio fit4fun	Veterana F40	03:45:04	+02:08:16	11:15
123	58	Filipe Carneiro	vila verde a correr	Veterano M40	03:45:42	+02:08:55	11:17

Trail

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	10,7°C	87%
End	13:39	10,7°C	87%

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

1	111	Raquel Andrade	Individual	Senior Feminino	02:13:34	+36:46	06:41:10
2	25	Carina Pinho	Ginásio Fit4Fun	Senior Feminino	02:18:07	+41:20	06:54:17

Senior Masculino

1	46	Fernando Neves	ORALKLASS AMIGOS DO TRAIL	Senior Masculino	01:42:56	+06:08	05:09
2	44	Fabio Pinto	Furfor running Project	Senior Masculino	01:43:23	+06:35	05:10
3	56	João Gomes	TOG- trinca orelhas de gato	Senior Masculino	01:50:17	+13:29	05:31
4	73	José Barbosa	Individual	Senior Masculino	01:52:35	+15:48	05:38
5	103	Paulo Ribeiro	Apúlia a Correr	Senior Masculino	01:54:53	+18:05	05:45
6	124	Tiago Sousa	Team Lantemil	Senior Masculino	01:55:53	+19:05	05:48
7	40	EDGAR LUCAS	Clube Millenniumbcp	Senior Masculino	02:06:46	+29:58	06:20
8	66	Jorge Matos	Pés de Chumbo Runners	Senior Masculino	02:07:31	+30:44	06:23
9	94	Pedro Monteiro	Gaia-Running	Senior Masculino	02:09:53	+33:05	06:30
10	106	Pedro Coelho	Proreforço Trail Team	Senior Masculino	02:13:00	+36:12	06:39
11	23	Bruno Moura	Individual	Senior Masculino	02:13:35	+36:47	06:41
12	9	Álvaro Vale	ADE Trail Running	Senior Masculino	02:18:39	+41:51	06:56
13	84	Luis Pereira	Trofa team	Senior Masculino	02:19:13	+42:25	06:58
14	117	Rogério Oliveira	Individual	Senior Masculino	02:19:18	+42:31	06:58
15	96	Paulo Araújo	Individual	Senior Masculino	02:21:56	+45:08	07:06
16	91	Miguel Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:26:08	+49:20	07:18
17	11	Andre Sousa	Ginásio Fit4Fun	Senior Masculino	02:27:47	+51:00	07:23
18	129	Luis Junqueiro	Equipa Boot	Senior Masculino	02:29:27	+52:39	07:28
19	63	Joaquim Alves	Individual	Senior Masculino	02:33:25	+56:37	07:40
20	49	Fernando Sousa	Lobos do Monte Run	Senior Masculino	02:34:33	+57:45	07:44
21	52	Helder Marques	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:35:05	+58:17	07:45
22	75	Jose Goncalves	Individual	Senior Masculino	02:37:03	+01:00:16	07:51
23	134	Bruno Ferraz Pinto	Individual	Senior Masculino	02:44:46	+01:07:58	08:14
24	77	José Manuel Silva	Blasqem	Senior Masculino	02:53:22	+01:16:34	08:40
25	35	Daniel Fortuna	Ginásio Fit4Fun	Senior Masculino	02:58:13	+01:21:25	08:55
26	115	Ricardo Silva	Oliveira´s	Senior Masculino	02:59:27	+01:22:39	08:58
27	97	PAULO FERREIRA	Individual	Senior Masculino	03:00:51	+01:24:03	09:03
28	62	João Soares	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:02:17	+01:25:29	09:07
29	122	Tiago Moraes	Blasqem	Senior Masculino	03:08:01	+01:31:14	09:24
30	114	Ricardo Maia	Tira do prato e gasta no sapato	Senior Masculino	03:09:22	+01:32:34	09:28
31	24	Cândido Gomes	ELISA CORREIA	Senior Masculino	03:10:01	+01:33:13	09:30

Trail

20 KM

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OFFICIAL RESULT

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32	113	Ricardo Fortuna	Ginásio Fit4Fun	Senior Masculino	03:35:53	+01:59:06	10:48
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Sub 23 Masculino

1	60	João Santos	Lobos do monte Run	Sub 23 Masculino	02:22:44	+45:57	07:08
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Veterana F40

1	121	Silvia Vilar	Ginásio Fit4Fun	Veterana F40	02:18:07	+41:20	06:54
2	1	Alice Lopes	Ginásio Fit4Fun	Veterana F40	02:18:09	+41:22	06:54
3	30	Ceu Costa	MAIA RUNNERS	Veterana F40	02:26:20	+49:32	07:19
4	33	Conceição Ferreira	Coronado Runners	Veterana F40	02:27:18	+50:30	07:22
5	10	Ana Costa	Maia	Veterana F40	02:49:46	+01:12:58	08:29
6	21	Beatriz Cruz	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	02:53:22	+01:16:34	08:40
7	120	Silvia Peralta	Gaia-Running	Veterana F40	03:03:09	+01:26:21	09:09
8	130	Ivete Carneiro	JN	Veterana F40	03:23:59	+01:47:11	10:12
9	31	Claudia Carvalheira	Ginásio Fit4Fun	Veterana F40	03:45:04	+02:08:16	11:15
10	133	Patricia Monteiro	Ginásio Fit4Fun	Veterana F40	03:45:04	+02:08:16	11:15

Veterana F50

1	41	Elisabete Repas	Gaia-Running	Veterana F50	02:21:02	+44:14	07:03
2	34	Conceição Ferreira	Aztrail	Veterana F50	02:26:20	+49:32	07:19
3	27	Sylvie Duarte	Ginásio Fit4Fun	Veterana F50	02:56:54	+01:20:07	08:51
4	80	Lucinda Gomes	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	03:19:46	+01:42:59	09:59

Veterano M40

1	3	Bruno Ribeiro	Águias de Alvelos	Veterano M40	01:36:47	04:50
2	29	CARLOS VELOSO	ÁGUIAS DE ALVELOS	Veterano M40	01:38:16	+01:28 04:55
3	105	Pedro Bastos	VCBIKE	Veterano M40	01:50:11	+13:23 05:31
4	82	Luis Leite	MAIA RUNNERS	Veterano M40	01:55:34	+18:47 05:47
5	54	Isaac Costa	Individual	Veterano M40	01:56:08	+19:21 05:48
6	39	Domingos Teixeira	Individual	Veterano M40	01:57:04	+20:16 05:51
7	14	António Ferreira	All About	Veterano M40	01:57:22	+20:34 05:52
8	92	Nuno Ferreira	Trail me	Veterano M40	01:58:05	+21:17 05:54
9	79	Lucas Morgado	Furfor running Project	Veterano M40	01:58:46	+21:58 05:56
10	37	Dário Silva	Boavista trail	Veterano M40	02:00:24	+23:36 06:01
11	18	Arsénio Batata	Pés de Chumbo Runners	Veterano M40	02:01:04	+24:16 06:03
12	118	Rui Ferreira	Individual	Veterano M40	02:04:46	+27:58 06:14
13	90	Ricardo Ribeiro	Ginásio Fit4Fun	Veterano M40	02:05:48	+29:00 06:17
14	4	Adérito Silva	Dive - Into the Mountains	Veterano M40	02:05:52	+29:05 06:18

Trail

20 KM

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OFFICIAL RESULT

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15	116	Ricardo Vidal	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:06:00	+29:13	06:18
16	57	João Maia	Coronado Runners	Veterano M40	02:06:46	+29:59	06:20
17	36	Daniel Mota	Individual	Veterano M40	02:09:14	+32:26	06:28
18	126	Vicente Sousa	TOG- trinca orelhas de gato	Veterano M40	02:09:39	+32:52	06:29
19	12	António Carlos Tavares De Paiva	Correr Leça	Veterano M40	02:10:00	+33:12	06:30
20	42	Eliseu Leite	Lobos do Monte Run	Veterano M40	02:10:03	+33:16	06:30
21	101	Paulo Oliveira	Pés de Chumbo Runners	Veterano M40	02:10:58	+34:10	06:33
22	38	Domingos Faria	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:11:03	+34:15	06:33
23	50	Filipe Moreira	Individual	Veterano M40	02:15:49	+39:01	06:47
24	109	Pedro Teixeira	Lobos do Monte Run	Veterano M40	02:16:02	+39:14	06:48
25	76	José Machado	Individual	Veterano M40	02:19:36	+42:48	06:59
26	8	Alvaro Cardoso	Claranet	Veterano M40	02:20:19	+43:31	07:01
27	127	Vitor Coelho	Individual	Veterano M40	02:20:43	+43:55	07:02
28	83	Luis Lucas	GTT-Armazém do Caffè	Veterano M40	02:21:44	+44:56	07:05
29	19	Artur Gil	Pés de Chumbo Runners	Veterano M40	02:26:12	+49:24	07:19
30	15	Antonio Leal Leal	Individual	Veterano M40	02:27:15	+50:27	07:22
31	81	LUIS GUERRA	Ginásio Fit4Fun	Veterano M40	02:27:47	+51:00	07:23
32	67	Jorge Mesquita	TOG- trinca orelhas de gato	Veterano M40	02:30:03	+53:15	07:30
33	89	Miguel Ferraz	Individual	Veterano M40	02:30:24	+53:36	07:31
34	87	Márcio Mendes	Equipa boot	Veterano M40	02:30:46	+53:58	07:32
35	51	Guilherme Martins	Claranet	Veterano M40	02:33:13	+56:25	07:40
36	93	Nuno Pina	Individual	Veterano M40	02:41:50	+01:05:02	08:06
37	68	Jorge Pinto	Individual	Veterano M40	02:46:09	+01:09:22	08:18
38	98	Paulo Fonseca	Coronado Runners	Veterano M40	02:48:33	+01:11:45	08:26
39	102	Paulo Pereira	Running Team maia	Veterano M40	02:49:46	+01:12:58	08:29
40	128	Vitor Manuel Fonseca	Individual	Veterano M40	02:53:15	+01:16:27	08:40
41	112	Ricardo Ferreira	Individual	Veterano M40	02:54:06	+01:17:18	08:42
42	20	Artur Neves	SEVER DO VOUGA	Veterano M40	02:56:18	+01:19:30	08:49
43	72	José António Fernandes	Individual	Veterano M40	02:57:06	+01:20:18	08:51
44	65	Jorge Cruz	Carecas	Veterano M40	02:57:20	+01:20:32	08:52
45	107	Pedro Santos	Individual	Veterano M40	02:59:27	+01:22:39	08:58
46	104	Paulo Vilarinho	Gaia-Running	Veterano M40	03:03:09	+01:26:21	09:09
47	5	Adriano Alves	Coronado runners	Veterano M40	03:03:39	+01:26:51	09:11
48	132	Miguel Santos	Blasqem	Veterano M40	03:07:20	+01:30:32	09:22
49	2	Rui Pinho	Individual	Veterano M40	03:07:20	+01:30:32	09:22
50	64	JORGE COSTA	Guimarães	Veterano M40	03:09:54	+01:33:06	09:30
51	13	António Ferreira	Individual	Veterano M40	03:10:49	+01:34:02	09:32
52	135	Ricardo Santos	Individual	Veterano M40	03:10:59	+01:34:11	09:33
53	74	Renato Vieira	Individual	Veterano M40	03:24:00	+01:47:12	10:12
54	69	Jorge Rocha	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	03:28:05	+01:51:17	10:24
55	58	Filipe Carneiro	Vila Verde a Correr	Veterano M40	03:45:42	+02:08:55	11:17

Trail

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M50

1	119	Fernando Oliveira	TOG- Trinca Orelhas de Gato	Veterano M50	01:55:24	+18:36	05:46
2	85	Manuel Carriço	Lobos do Monte Run	Veterano M50	02:05:39	+28:51	06:17
3	86	Manuel Costa	Team Lantermil	Veterano M50	02:05:43	+28:55	06:17
4	100	Paulo Moreira	Lobos do monte run	Veterano M50	02:09:11	+32:23	06:28
5	95	Orlando Costa	CORRER LEÇA	Veterano M50	02:10:11	+33:23	06:31
6	61	JOÃO SILVA	Clube Millenniumbcp	Veterano M50	02:28:14	+51:26	07:25
7	6	Alberto Pereira	Clube Millenniumbcp	Veterano M50	02:35:41	+58:53	07:47
8	7	Alcindo Silva	X TRail Running Forum	Veterano M50	02:53:46	+01:16:58	08:41
9	99	Paulo Macedo	Pari Passu	Veterano M50	02:57:25	+01:20:37	08:52
10	28	Carlos Taveira	Arcozelo-V.NOVA GAIA	Veterano M50	02:57:52	+01:21:05	08:54
11	16	ANTÓNIO LUCAS	Clube Millenniumbcp	Veterano M50	03:04:13	+01:27:25	09:13
12	131	João Paulo Meixedo	Blasqem	Veterano M50	03:07:21	+01:30:33	09:22
13	45	Félix Maia	Tira do prato e gasta no sapato	Veterano M50	03:09:22	+01:32:34	09:28
14	48	Fernando Rodrigues	Vila Lusa Imobiliária Rua	Veterano M50	03:19:47	+01:42:59	09:59
15	71	Jose almeida	Espinho	Veterano M50	03:42:36	+02:05:48	11:08

Veterano M60

1	43	Ernesto Silva	CORONADO Runners	Veterano M60	02:20:36	+43:48	07:02
2	70	Jorge Silva	Individual	Veterano M60	02:24:08	+47:21	07:12
3	78	Lino Moreira	Os TurboMula	Veterano M60	02:26:35	+49:47	07:20
4	47	Fernando rocha	grupo desportivo leoes do veneza	Veterano M60	02:45:25	+01:08:37	08:16

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 10-nov-2019 14:06
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