

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:30	2°C	75%
End	12:12	2°C	75%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2293	Fabio Correia	sc espinho / antónio leitão	Senior Masculino	41:56		04:12
2	2057	Ricardo Barros	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	43:39	+01:42	04:22
3	2109	António Paiva Santos	individual	Senior Masculino	44:06	+02:09	04:25
4	2018	Carlos Queirós	a.d.amarante	Senior Masculino	44:48	+02:51	04:29
5	2032	Bruno Pereira	amigos 100 limites	Senior Masculino	46:08	+04:11	04:37
6	2038	João Vigário	amigos 100 limites	Sub 23 Masculino	48:04	+06:07	04:48
7	2062	José Rocha	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	48:25	+06:28	04:51
8	2177	Belmiro Manuel Rodrigues Moreira	individual	Veterano M40	48:34	+06:37	04:51
9	2157	Ricardo Joel Ferreira Costa	individual	Sub 23 Masculino	49:05	+07:08	04:55
10	2207	Paulo Quintas	individual	Veterano M50	50:10	+08:13	05:01
11	2130	nicolas lebechec	individual	Senior Masculino	50:11	+08:14	05:01
12	2024	Samuel Silva	a.d.amarante	Sub 23 Masculino	50:17	+08:20	05:02
13	2056	José Conceição	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	50:35	+08:38	05:04
14	2232	João Ribeiro	manu's therapy trail running	Veterano M40	50:46	+08:49	05:05
15	2145	Tiago Oliveira	individual	Senior Masculino	51:17	+09:21	05:08
16	2058	Vitor Rio	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	51:19	+09:23	05:08
17	2191	Paulo Coelho	individual	Veterano M45	52:06	+10:10	05:13
18	2022	Nuno Ferreira	a.d.amarante	Senior Masculino	52:28	+10:31	05:15
19	2205	Paulo Dias	individual	Veterano M50	56:06	+14:09	05:37
20	2129	Miguel Ferreira	individual	Senior Masculino	56:22	+14:25	05:38
21	2108	Antonio Ferreira	individual	Senior Masculino	56:25	+14:29	05:39
22	2039	Hélder Monteiro	amigos 100 limites	Veterano M40	56:29	+14:32	05:39
23	2303	Alexandrino Costa Guimarães	tt runners	Veterano M40	56:41	+14:44	05:40
24	2139	Pedro Almeida	individual	Senior Masculino	57:11	+15:15	05:43
25	2277	Pedro Ferreira	porto sentido runners	Senior Masculino	57:22	+15:26	05:44
26	2284	Jorge Moreira	prosel team	Senior Masculino	57:35	+15:38	05:46
27	2135	Nuno Teixeira	individual	Senior Masculino	57:37	+15:40	05:46
28	2037	Tó Faria	amigos 100 limites	Senior Masculino	57:49	+15:52	05:47
29	2042	Sandra Cardoso	baguim runners	Veterana F40	57:55	+15:58	05:48
30	2154	António Ribeiro Ferreira	individual	Sub 23 Masculino	58:36	+16:39	05:52
31	2286	André Pinho	reumatico trail team	Veterano M40	59:32	+17:35	05:57
32	2033	Celso Ribeiro	amigos 100 limites	Senior Masculino	01:00:16	+18:19	06:02
33	2299	Nuno Andrade	teamcakolssuperportistas	Senior Masculino	01:00:37	+18:40	06:04
34	2127	Miguel Faria	individual	Senior Masculino	01:01:02	+19:05	06:06
35	2046	Lourenço Cardoso	baguim runners	Veterano M45	01:01:11	+19:14	06:07
36	2283	RENATO OLIVEIRA	portocargo runners	Veterano M45	01:01:20	+19:23	06:08
37	2137	Oscar Teixeira	individual	Senior Masculino	01:01:21	+19:24	06:08
38	2189	Manuel Domingues	individual	Veterano M45	01:02:16	+20:19	06:14
39	2141	Pedro Fonseca	individual	Senior Masculino	01:02:19	+20:22	06:14

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	2045	Vitor Cardoso	baguim runners	Veterano M40	01:02:26	+20:30	06:15
41	2036	Nelson Silva	amigos 100 limites	Senior Masculino	01:02:54	+20:58	06:17
42	2210	jose manuel trancoso sequeira	individual	Veterano M55	01:02:57	+21:00	06:18
43	2280	Filipe Ferreira	porto sentido runners	Veterano M40	01:02:59	+21:02	06:18
44	2211	José Rodrigues de Almeida	individual	Veterano M55	01:03:08	+21:11	06:19
45	2253	Ricardo Madeira	omc runners	Senior Masculino	01:03:25	+21:28	06:21
46	2020	Daniel Santos	a.d.amarante	Senior Masculino	01:03:41	+21:44	06:22
47	2153	André Macedo Costa	individual	Sub 23 Masculino	01:03:48	+21:52	06:23
48	2158	Vasco Macedo Costa	individual	Sub 23 Masculino	01:03:49	+21:52	06:23
49	2114	Diogo Lopes	individual	Senior Masculino	01:03:49	+21:52	06:23
50	2162	João Paulo Ferreira	individual	Veterano M45	01:04:00	+22:04	06:24
51	2287	André Daniel da Rocha Moreira	royal wellness center	Sub 23 Masculino	01:04:51	+22:54	06:29
52	2209	Vasco rodrigues	individual	Veterano M50	01:05:07	+23:11	06:31
53	2179	Hélder	individual	Veterano M40	01:05:41	+23:45	06:34
54	2126	Leandro Queiros	individual	Senior Masculino	01:05:41	+23:45	06:34
55	2212	Francisco Dias da Silva	individual	Veterano M60	01:05:46	+23:49	06:35
56	2118	Henrique Silva Fernandes	individual	Senior Masculino	01:05:50	+23:54	06:35
57	2063	Marco Castro	douroconta - gabinete de apoio e contabilidade, lda	Veterano M45	01:06:09	+24:13	06:37
58	2112	Bruno Miguel Oliveira Garcês	individual	Senior Masculino	01:06:21	+24:24	06:38
59	2196	Rui Pereira	individual	Veterano M45	01:06:26	+24:29	06:39
60	2228	Manu Pinto	manu's therapy trail running	Senior Feminino	01:06:31	+24:35	06:39
61	2183	Pedro Ferreira	individual	Veterano M40	01:06:34	+24:37	06:39
62	2188	Luís António da Silva Costa Abreu	individual	Veterano M45	01:07:05	+25:08	06:43
63	2041	Serafim Fonseca	amigos s.pedro da cova	Veterano M60	01:07:13	+25:17	06:43
64	2142	Ricardo manuel antunes carneiro	individual	Senior Masculino	01:07:21	+25:24	06:44
65	2034	Flávio Teixeira	amigos 100 limites	Senior Masculino	01:07:43	+25:46	06:46
66	2035	Mauro Silva	amigos 100 limites	Senior Masculino	01:07:43	+25:47	06:46
67	2044	Bino Sousa	baguim runners	Veterano M40	01:07:45	+25:48	06:47
68	2306	João Pinheiro	vivacidade	Veterano M45	01:07:49	+25:53	06:47
69	2066	VITOR ABREU	flac	Senior Masculino	01:08:15	+26:18	06:50
70	2082	Rui Teixeira	gondomar futsal clube	Veterano M40	01:08:16	+26:19	06:50
71	2226	Serafim Ferreira	leões de tardariz trail	Veterano M55	01:08:29	+26:33	06:51
72	2013	Patricia Carvalho	a.d.amarante	Senior Feminino	01:08:38	+26:41	06:52
73	2021	Márcio Teixeira	a.d.amarante	Senior Masculino	01:08:38	+26:41	06:52
74	2297	Miguel Filipe da Costa	su runners	Sub 23 Masculino	01:09:01	+27:05	06:54
75	2230	Sylvie Ribeiro	manu's therapy trail running	Senior Feminino	01:10:00	+28:04	07:00
76	2116	Filipe Clemente	individual	Senior Masculino	01:10:06	+28:09	07:01
77	2147	vit0r neves	individual	Senior Masculino	01:10:21	+28:25	07:02
78	2004	Ricardo Pina	10temidos	Senior Masculino	01:10:28	+28:32	07:03
79	2282	PAULO FERREIRA	portocargo runners	Veterano M45	01:10:30	+28:33	07:03
80	2161	Carla Paula Silva Ferreira	adeca	Veterana F40	01:10:52	+28:56	07:05
81	2206	Paulo Fernandes	individual	Veterano M50	01:11:02	+29:06	07:06
82	2178	Francisco Manuel da Silva Ferreira	individual	Veterano M40	01:11:27	+29:31	07:09

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	2195	Rui Pedro Teixeira da Silva	individual	Veterano M45	01:12:10	+30:13	07:13
84	2214	Manuel Emidio	individual	Veterano M60	01:12:18	+30:22	07:14
85	2017	Virginia Pereira	a.d.amarante	Senior Feminino	01:12:27	+30:31	07:15
86	2193	Pedro Melo	individual	Veterano M45	01:12:33	+30:37	07:15
87	2199	Alcídio Figueiredo	individual	Veterano M50	01:12:44	+30:47	07:16
88	2302	Carlos Artur Silva Paiva	tt runners	Sub 23 Masculino	01:12:44	+30:48	07:16
89	2301	João Ricardo Ribeiro Lopes	tt runners	Senior Masculino	01:12:45	+30:48	07:17
90	2192	Paulo Santos	individual	Veterano M45	01:13:10	+31:14	07:19
91	2011	Lúcia Aurora leite	a.d.amarante	Senior Feminino	01:13:23	+31:26	07:20
92	2026	Daniel Correia	a.d.amarante	Veterano M40	01:13:23	+31:26	07:20
93	2224	Miguel Reis	leões de tardariz trail	Senior Masculino	01:13:38	+31:41	07:22
94	2115	Emanuel Cunha	individual	Senior Masculino	01:13:57	+32:00	07:24
95	2087	Ana Rita Meireles Fernandes	individual	Senior Feminino	01:13:59	+32:03	07:24
96	2105	Sara Conceição Oliveira Silva	individual	Senior Feminino	01:14:00	+32:04	07:24
97	2143	Rui Pedro Santos	individual	Senior Masculino	01:14:14	+32:17	07:25
98	2184	Pedro Monteiro	individual	Veterano M40	01:14:15	+32:18	07:26
99	2008	Daniela Queirós	a.d.amarante	Senior Feminino	01:14:20	+32:24	07:26
100	2265	Luis Fernandes	os sarrotes	Senior Masculino	01:14:38	+32:41	07:28
101	2103	Noémia Pinto	individual	Senior Feminino	01:14:54	+32:57	07:29
102	2223	José Ribeiro	leões de tardariz trail	Senior Masculino	01:14:59	+33:02	07:30
103	2083	Silvina Pais	gulosos por quilómetros	Veterana F55	01:15:01	+33:04	07:30
104	2111	Bruno Filipe Teixeira Roda	individual	Senior Masculino	01:15:23	+33:26	07:32
105	2096	Liliana de Jesus Vieira da Silva	individual	Senior Feminino	01:15:28	+33:31	07:33
106	2131	Nuno Filipe Gonçalves Guedes	individual	Senior Masculino	01:15:46	+33:50	07:35
107	2274	Ricardo Gomes	osfazconta	Veterano M45	01:15:51	+33:54	07:35
108	2187	Jorge Alves	individual	Veterano M45	01:15:52	+33:55	07:35
109	2146	Vítor Francisco Cardoso Quintas	individual	Senior Masculino	01:16:16	+34:19	07:38
110	2182	Nuno Prada	individual	Veterano M40	01:16:58	+35:02	07:42
111	2298	Miguel Martins	su runners	Veterano M45	01:17:27	+35:30	07:45
112	2296	Sergio Filipe Maia de Sousa	su runners	Senior Masculino	01:17:27	+35:30	07:45
113	2051	Marcela Fernandes	cb run	Senior Feminino	01:17:39	+35:42	07:46
114	2052	Diogo Barros	cb run	Veterano M40	01:17:39	+35:42	07:46
115	2134	Nuno Teixeira	individual	Senior Masculino	01:17:41	+35:44	07:46
116	2092	Daniela Andreia Oliveira Silva	individual	Senior Feminino	01:17:54	+35:57	07:47
117	2203	Jose Manuel Lopes	individual	Veterano M50	01:18:00	+36:04	07:48
118	2053	Alessandra Oliveira Moscato	correr leça	Senior Feminino	01:18:15	+36:19	07:50
119	2251	Américo Leal	mss contabilidade trail team	Veterano M55	01:19:04	+37:07	07:54
120	2029	Cláudia Pereira	amigos 100 limites	Senior Feminino	01:19:40	+37:44	07:58
121	2236	Raquel Marques	mss contabilidade trail team	Senior Feminino	01:19:42	+37:45	07:58
122	2304	Tânia Ferreira	vivacidade	Senior Feminino	01:19:48	+37:52	07:59
123	2180	João Esteves	individual	Veterano M40	01:19:52	+37:55	07:59
124	2006	Ana Mendonça	a.d.amarante	Senior Feminino	01:19:58	+38:01	08:00
125	2160	Carla Alexandra Ventura	individual	Veterana F40	01:20:00	+38:04	08:00
126	1412	Vanda Miranda	magic mushrooms	Senior Feminino	01:20:00	+38:04	08:00
127	2227	Margarida Brás	lesmas & caracóis	Senior Feminino	01:20:21	+38:25	08:02

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	2100	Marta Pereira	individual	Senior Feminino	01:20:31	+38:34	08:03
129	2194	Rui Miguel Koch Rua	individual	Veterano M45	01:20:34	+38:38	08:03
130	2289	Nelson Pinto	rra time	Senior Masculino	01:20:46	+38:49	08:05
131	2185	Rui Manuel da Fonseca Teixeira	individual	Veterano M40	01:21:16	+39:19	08:08
132	2102	Mónica Irene de Sousa Miranda Teixeira	individual	Senior Feminino	01:21:16	+39:20	08:08
133	2221	Joaquina Martins	invicta runners team	Veterana F60	01:21:19	+39:23	08:08
134	2176	Hermínia	individual	Veterana F50	01:21:20	+39:24	08:08
135	2030	Marina Moreira	amigos 100 limites	Senior Feminino	01:21:22	+39:25	08:08
136	2061	Fernanda Bento	douroconta - gabinete de apoio e contabilidade, lda	Veterana F55	01:21:44	+39:47	08:10
137	2275	Agostinho Silva	osfazconta	Veterano M60	01:22:05	+40:08	08:13
138	2248	Ana Oliveira	mss contabilidade trail team	Veterana F55	01:22:11	+40:14	08:13
139	2311	Cidália Peixoto	individual	Veterana F45	01:22:13	+40:17	08:13
140	2290	Pedro Maia	rra time	Senior Masculino	01:22:15	+40:18	08:14
141	2003	David Guimarães	100meta	Veterano M55	01:22:43	+40:46	08:16
142	2172	Maria Praça	individual	Veterana F45	01:24:11	+42:14	08:25
143	2054	Clara Gonçalves	costa & gonçaves	Veterana F40	01:24:59	+43:03	08:30
144	2055	Rui Costa	costa & gonçaves	Veterano M45	01:24:59	+43:03	08:30
145	2310	Diogo Cruz	individual	Senior Masculino	01:25:06	+43:09	08:31
146	2123	José Faria	individual	Senior Masculino	01:25:23	+43:27	08:32
147	2001	Mariana Machado Ballester	compressport portugal	Senior Feminino	01:25:23	+43:27	08:32
148	2075	Ivone pardal	gansos	Veterana F40	01:25:32	+43:35	08:33
149	2268	Paula Moreira	os turbomula	Veterana F40	01:25:35	+43:38	08:34
150	2267	Marta Mota	os turbomula	Veterana F40	01:25:35	+43:38	08:34
151	2043	Madalena Silva	baguim runners	Veterana F60	01:25:41	+43:44	08:34
152	2244	Claudia Carvalhal	mss contabilidade trail team	Veterana F45	01:25:43	+43:47	08:34
153	2169	Ana Manuela Silva	individual	Veterana F45	01:25:47	+43:50	08:35
154	2258	Pedro Miguel Ferreira dos Santos	os amigos	Senior Masculino	01:25:55	+43:59	08:36
155	2099	Madalena Costa	individual	Senior Feminino	01:26:30	+44:33	08:39
156	2163	Luísa Nogueira	individual	Veterana F40	01:26:39	+44:43	08:40
157	2247	Natália Carvalho	mss contabilidade trail team	Veterana F50	01:26:49	+44:52	08:41
158	2246	Irene Bastos	mss contabilidade trail team	Veterana F50	01:26:56	+45:00	08:42
159	2239	Cátia Sousa	mss contabilidade trail team	Senior Masculino	01:26:56	+45:00	08:42
160	2249	Rosa Castro	mss contabilidade trail team	Veterana F55	01:26:57	+45:00	08:42
161	2235	Marina Silva	mss contabilidade trail team	Senior Feminino	01:26:57	+45:00	08:42
162	2027	José Coelho	adeca	Veterano M45	01:27:06	+45:09	08:43
163	2186	António José Moura Ferreira	individual	Veterano M45	01:27:25	+45:28	08:45
164	2101	Marta Raquel Lopes	individual	Senior Feminino	01:27:27	+45:31	08:45
165	2257	Helder Filipe Sousa Mesquita	os amigos	Senior Masculino	01:27:47	+45:50	08:47
166	2276	Marco Sousa	porto sentido runners	Senior Masculino	01:28:00	+46:04	08:48
167	2279	Teresa Maria Lourenço	porto sentido runners	Veterana F40	01:28:00	+46:04	08:48
168	2278	Pedro Roda	porto sentido runners	Senior Masculino	01:28:00	+46:04	08:48
169	2198	Valter Silva	individual	Veterano M45	01:28:11	+46:14	08:49
170	2231	David Costa	manu's therapy trail running	Veterano M40	01:28:17	+46:21	08:50

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10 KM



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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	2260	Paula Cristina Vieira Sousa	os amigos	Veterana F40	01:28:18	+46:21	08:50
172	2256	Alexandra Maria Rodrigues Leitão Correia Esteves	os amigos	Senior Feminino	01:28:32	+46:35	08:51
173	2086	Patrícia Sousa	gundemarus	Veterana F40	01:28:40	+46:44	08:52
174	2219	Mónica Silva	infecto team	Veterana F40	01:29:03	+47:06	08:54
175	2010	Liliana Figueiredo	a.d.amarante	Senior Feminino	01:29:14	+47:17	08:55
176	2014	Sílvia Pinto	a.d.amarante	Senior Feminino	01:29:14	+47:17	08:55
177	2213	Germano Moura	individual	Veterano M60	01:29:28	+47:31	08:57
178	2002	Margarida Freitas	100meta	Veterana F45	01:29:35	+47:38	08:58
179	2016	Sónia Moura	a.d.amarante	Senior Feminino	01:30:11	+48:14	09:01
180	2007	Ana Teixeira	a.d.amarante	Senior Feminino	01:30:11	+48:14	09:01
181	2012	Natália Nunes	a.d.amarante	Senior Feminino	01:30:12	+48:15	09:01
182	2229	Sandra João	manu's therapy trail running	Senior Feminino	01:30:24	+48:28	09:02
183	1062	Rui Rocha	brincalhães	Veterano M40	01:31:06	+49:09	09:07
184	2272	Jorge Silva	osfazconta	Senior Masculino	01:31:16	+49:19	09:08
185	2273	Brigida Duarte	osfazconta	Veterana F40	01:31:17	+49:21	09:08
186	2270	Adriana Duarte	osfazconta	Senior Feminino	01:31:18	+49:21	09:08
187	2285	Ricardo Jorge Braga	rechonchudos trail runners	Senior Masculino	01:32:18	+50:22	09:14
188	2240	Mário Branco	mss contabilidade trail team	Senior Masculino	01:32:24	+50:27	09:14
189	2262	Alberto Santos	os amigos	Veterano M45	01:32:26	+50:29	09:15
190	2107	Zélia Ribeiro	individual	Senior Feminino	01:32:31	+50:34	09:15
191	2168	Zélia Andrade	individual	Veterana F40	01:32:31	+50:34	09:15
192	2252	Luís Sousa	omc runners	Senior Masculino	01:32:36	+50:39	09:16
193	2255	Pedro Alves	omc runners	Veterano M40	01:32:38	+50:41	09:16
194	2254	Susana Peixoto	omc runners	Veterana F40	01:32:38	+50:41	09:16
195	2238	Vanessa Ramos	mss contabilidade trail team	Senior Feminino	01:33:21	+51:24	09:20
196	2155	Diogo Almeida	individual	Sub 23 Masculino	01:34:22	+52:26	09:26
197	2094	Iva Carneiro	individual	Senior Feminino	01:34:22	+52:26	09:26
198	2136	Orlando Almeida	individual	Senior Masculino	01:34:22	+52:26	09:26
199	2156	José Pedro Ribeiro de Sousa	individual	Sub 23 Masculino	01:35:11	+53:14	09:31
200	2204	Manuel Brandão	individual	Veterano M50	01:36:25	+54:28	09:39
201	2170	Francisca Sousa	individual	Veterana F45	01:37:23	+55:26	09:44
202	2173	Paula Reis	individual	Veterana F45	01:37:23	+55:27	09:44
203	2084	Artur Romão	gulosos por quilómetros	Veterano M55	01:37:30	+55:34	09:45
204	2065	Sofia Monteiro	dragonas	Senior Feminino	01:37:47	+55:50	09:47
205	2064	Andreia Cortina Vieira	dragonas	Senior Feminino	01:37:48	+55:51	09:47
206	2167	Susana Costa	individual	Veterana F40	01:38:16	+56:19	09:50
207	2166	Rita Santos Rodrigues	individual	Veterana F40	01:38:16	+56:20	09:50
208	2174	Albertina Magalhães	individual	Veterana F50	01:38:35	+56:39	09:52
209	2093	Eli Maia	individual	Senior Feminino	01:38:51	+56:54	09:53
210	2078	Carla Morais	geadas running	Senior Feminino	01:39:34	+57:38	09:57
211	2079	Liliana Alves	geadas running	Senior Feminino	01:39:37	+57:40	09:58
212	2269	Ana Moreira	os turbomula	Veterana F60	01:40:06	+58:09	10:01
213	2294	Ju	strongteam	Senior Feminino	01:40:13	+58:16	10:01
214	2070	FERNANDO ABEL TEIXEIRA DE CARVALHO	flac	Veterano M60	01:40:13	+58:17	10:01
215	2263	Helder Oliveira	os amigos	Veterano M45	01:40:20	+58:23	10:02

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	2259	Patrícia Cruz	os amigos	Veterana F40	01:40:20	+58:23	10:02
217	2068	CARLOS NELSON COSTA SANTOS	flac	Veterano M45	01:40:54	+58:58	10:05
218	2050	Núria Barros	brincalhões	Sub 23 Feminino	01:41:03	+59:07	10:06
219	2073	Emília Morais	gaia trail	Veterana F45	01:41:09	+59:12	10:07
220	2080	Helena Mateus	gondarãfrente	Senior Feminino	01:41:11	+59:14	10:07
221	2081	Rosa Pires	gondarãfrente	Veterana F50	01:41:11	+59:14	10:07
222	2090	Andreia Duarte	individual	Senior Feminino	01:41:35	+59:38	10:10
223	2110	António Sousa	individual	Senior Masculino	01:41:35	+59:38	10:10
224	2165	Raquel Maria Silva Santos	individual	Veterana F40	01:42:32	+01:00:36	10:15
225	2085	ANDREIA LEITE	gundemarus	Senior Feminino	01:42:57	+01:01:00	10:18
226	2175	Ana Oliveira	individual	Veterana F50	01:43:26	+01:01:30	10:21
227	2164	MARIA moreira	individual	Veterana F40	01:43:27	+01:01:31	10:21
228	2095	Joana Filipa Maia	individual	Senior Feminino	01:44:31	+01:02:34	10:27
229	2305	Pedro Santos	vivacidade	Senior Masculino	01:45:57	+01:04:00	10:36
230	2261	Sofia Cruz	os amigos	Veterana F40	01:46:36	+01:04:40	10:40
231	2089	Andreia Brandão	individual	Senior Feminino	01:46:40	+01:04:43	10:40
232	2215	Manuel Leonardo	individual	Veterano M60	01:53:32	+01:11:36	11:21
233	2152	Micaela Oliveira	individual	Sub 23 Feminino	01:54:22	+01:12:25	11:26
234	2234	Ângela Graça	monte dos amigos	Veterana F50	01:56:03	+01:14:06	11:36
235	2245	Cristina Esteves	mss contabilidade trail team	Veterana F50	01:57:56	+01:15:59	11:48
236	2048	Helena Leal	batatas	Veterana F50	01:59:21	+01:17:24	11:56
237	2049	Pedro Placido	batatas	Veterano M45	01:59:21	+01:17:24	11:56
238	2307	Nelson Ivo Moutinho Barja	weteach run team	Senior Masculino	02:00:11	+01:18:15	12:01
239	2171	Isabel Santos	individual	Veterana F45	02:01:40	+01:19:43	12:10
240	2106	vit0r santos	individual	Senior Feminino	02:01:40	+01:19:43	12:10
241	2292	Pedro Soares	s. s. montepio	Veterano M45	02:01:42	+01:19:45	12:10
242	2291	Maria Soares Cardoso	s. s. montepio	Veterana F45	02:01:42	+01:19:45	12:10
243	2243	Daniel Silva	mss contabilidade trail team	Sub 23 Masculino	02:02:06	+01:20:09	12:13
244	2241	Catarina Esteves	mss contabilidade trail team	Sub 23 Feminino	02:02:06	+01:20:09	12:13
245	2091	Carla Silva	individual	Senior Feminino	02:10:25	+01:28:28	13:03
246	2097	Liliana Moreira	individual	Senior Feminino	02:10:25	+01:28:28	13:03
247	2069	JOSÉ ANTÓNIO MOURA SERRA	flac	Veterano M55	02:27:13	+01:45:16	14:43

Obs

BIB	NOTE	NAME	TEAM	CAT
2150	DQ	Cristina Isabel Gomes	Individual	Sub 23 Feminino
2005	DNS	Ana Lírio	A.D.Amarante	Senior Feminino
2009	DNS	Dina Marta Monteiro Figueiredo	A.D.Amarante	Senior Feminino
2015	DNS	Sónia Bastos	A.D.Amarante	Senior Feminino
2023	DNS	Joana Andrade	A.D.Amarante	Sub 23 Feminino
2025	DNS	Albano Coelho	A.D.Amarante	Veterano M40
2028	DNS	Cátia Martins	Amigos 100 Limites	Senior Feminino
2031	DNS	Alcino Silva	Amigos 100 Limites	Senior Masculino
2040	DNS	João Fonseca	amigos s.pedro da cova	Senior Masculino

MINI TRAIL - STAGE 1

10 KM

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2059	DNS	Lara Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Sub 23 Feminino
2060	DNS	Maria Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterana F45
2067	DNS	ZULMIRA SOARES	FLAC	Veterana F40
2072	DNS	Teresa Mesquita	Fotografas	Veterana F40
2076	DNS	Carla santos	Gansos	Veterana F45
2088	DNS	Ana Sofia Flores Borges	Individual	Senior Feminino
2098	DNS	Livi Nunes	Individual	Senior Feminino
2104	DNS	Sandra Morais	Individual	Senior Feminino
2113	DNS	Christophe Teixeira	Individual	Senior Masculino
2117	DNS	Franck Stacke Ferreira	Individual	Senior Masculino
2119	DNS	Hugo Alexandre Alves	Individual	Senior Masculino
2120	DNS	João Ribeiro	Individual	Senior Masculino
2124	DNS	Josué Alberto França Moreira	Individual	Senior Masculino
2125	DNS	Leandro Neves	Individual	Senior Masculino
2128	DNS	Miguel Ferreira	Individual	Senior Masculino
2132	DNS	Nuno Filipe Gonçalves Guedes	Individual	Senior Masculino
2133	DNS	Nuno Nobre	Individual	Senior Masculino
2138	DNS	Paulo Soares	Individual	Senior Masculino
2140	DNS	Pedro Costa	Individual	Senior Masculino
2144	DNS	Rui Sá	Individual	Senior Masculino
2148	DNS	viktor neves	Individual	Senior Masculino
2149	DNS	Vitor Ricardo Pinho Mota	Individual	Senior Masculino
2151	DNS	Maria Inês Correia	Individual	Sub 23 Feminino
2159	DNS	Anabela Sampaio	Individual	Veterana F40
2190	DNS	Paulo Alexandre Correia	Individual	Veterano M45
2197	DNS	Valter Luis Moura Silva	Individual	Veterano M45
2200	DNS	Fernando Trigo	Individual	Veterano M50
2201	DNS	Jose antonio freitas	Individual	Veterano M50
2202	DNS	José Antonio Freitas	Individual	Veterano M50
2208	DNS	Rui Manuel Vieira da Costa	Individual	Veterano M50
2216	DNS	Mário Magalhães	Individual	Veterano M60
2218	DNS	José Filipe Pinto	Infecto team	Senior Masculino
2220	DNS	Sónia Moreira	Infecto team	Veterana F40
2222	DNS	Alfredo Faria	Leais	Veterano M60
2233	DNS	Helena roxo	Monte dos Amigos	Veterana F45
2237	DNS	Sara Gomes	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino
2242	DNS	Tânia Lima	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino
2250	DNS	Filipe Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40
2264	DNS	Rita Moura	OS BARRIGUITAS	Senior Feminino
2266	DNS	Tiago Gaio	Os Sarrotes	Senior Masculino
2271	DNS	Vania Soares	OsFazConta	Senior Feminino
2281	DNS	ISABEL VIEIRA	PORTOCARGO RUNNERS	Veterana F45
2288	DNS	Miguel Moreira	RRA Time	Senior Masculino
2295	DNS	Nana Fish	Strongteam	Senior Feminino
2300	DNS	Miguel Marote Henriques	Trail-running.pt	Veterano M45
2308	DNS	Anabela Céu Alves	WETEACH RUN TEAM	Veterana F40

10 KM

OFFICIAL RESULT

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Mini Trail

10 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:30	2°C	75%
End	12:12	2°C	75%

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

1	2228	Manu Pinto	Manu's Therapy Trail Running	Senior Feminino	01:06:31	+24:35	06:39
2	2013	Patricia Carvalho	A.D.Amarante	Senior Feminino	01:08:38	+26:41	06:52
3	2230	Sylvie Ribeiro	Manu's Therapy Trail Running	Senior Feminino	01:10:00	+28:04	07:00
4	2017	Virginia Pereira	A.D.Amarante	Senior Feminino	01:12:27	+30:31	07:15
5	2011	Lúcia Aurora leite	A.D.Amarante	Senior Feminino	01:13:23	+31:26	07:20
6	2087	Ana Rita Meireles Fernandes	Individual	Senior Feminino	01:13:59	+32:03	07:24
7	2105	Sara Conceição Oliveira Silva	Individual	Senior Feminino	01:14:00	+32:04	07:24
8	2008	Daniela Queirós	A.D.Amarante	Senior Feminino	01:14:20	+32:24	07:26
9	2103	Noémia Pinto	Individual	Senior Feminino	01:14:54	+32:57	07:29
10	2096	Liliana de Jesus Vieira da Silva	Individual	Senior Feminino	01:15:28	+33:31	07:33
11	2051	Marcela Fernandes	CB RUN	Senior Feminino	01:17:39	+35:42	07:46
12	2092	Daniela Andreia Oliveira Silva	Individual	Senior Feminino	01:17:54	+35:57	07:47
13	2053	Alessandra Oliveira Moscato	CORRER LEÇA	Senior Feminino	01:18:15	+36:19	07:50
14	2029	Cláudia Pereira	Amigos 100 Limites	Senior Feminino	01:19:40	+37:44	07:58
15	2236	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:19:42	+37:45	07:58
16	2304	Tânia Ferreira	Vivacidade	Senior Feminino	01:19:48	+37:52	07:59
17	2006	Ana Mendonça	A.D.Amarante	Senior Feminino	01:19:58	+38:01	08:00
18	1412	Vanda Miranda	Magic Mushrooms	Senior Feminino	01:20:00	+38:04	08:00
19	2227	Margarida Brás	Lesmas & Caracóis	Senior Feminino	01:20:21	+38:25	08:02
20	2100	Marta Pereira	Individual	Senior Feminino	01:20:31	+38:34	08:03
21	2102	Mónica Irene de Sousa Miranda Teixeira	Individual	Senior Feminino	01:21:16	+39:20	08:08
22	2030	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:21:22	+39:25	08:08
23	2001	Mariana Machado Ballester	Compressport Portugal	Senior Feminino	01:25:23	+43:27	08:32
24	2099	Madalena Costa	Individual	Senior Feminino	01:26:30	+44:33	08:39
25	2235	Marina Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:26:57	+45:00	08:42
26	2101	Marta Raquel Lopes	Individual	Senior Feminino	01:27:27	+45:31	08:45
27	2256	Alexandra Maria Rodrigues Leitão Correia Esteves	Os Amigos	Senior Feminino	01:28:32	+46:35	08:51
28	2010	Liliana Figueiredo	A.D.Amarante	Senior Feminino	01:29:14	+47:17	08:55
29	2014	Sílvia Pinto	A.D.Amarante	Senior Feminino	01:29:14	+47:17	08:55
30	2016	Sónia Moura	A.D.Amarante	Senior Feminino	01:30:11	+48:14	09:01
31	2007	Ana Teixeira	A.D.Amarante	Senior Feminino	01:30:11	+48:14	09:01
32	2012	Natália Nunes	A.D.Amarante	Senior Feminino	01:30:12	+48:15	09:01
33	2229	Sandra João	Manu's Therapy Trail Running	Senior Feminino	01:30:24	+48:28	09:02
34	2270	Adriana Duarte	OsFazConta	Senior Feminino	01:31:18	+49:21	09:08
35	2107	Zélia Ribeiro	Individual	Senior Feminino	01:32:31	+50:34	09:15
36	2238	Vanessa Ramos	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:33:21	+51:24	09:20

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Mini Trail

10 KM

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37	2094	Iva Carneiro	Individual	Senior Feminino	01:34:22	+52:26	09:26
38	2065	Sofia monteiro	Dragonas	Senior Feminino	01:37:47	+55:50	09:47
39	2064	Andreia cortina vieira	Dragonas	Senior Feminino	01:37:48	+55:51	09:47
40	2093	Eli Maia	Individual	Senior Feminino	01:38:51	+56:54	09:53
41	2078	Carla Morais	Geadas Running	Senior Feminino	01:39:34	+57:38	09:57
42	2079	Liliana Alves	Geadas Running	Senior Feminino	01:39:37	+57:40	09:58
43	2294	Ju	Strongteam	Senior Feminino	01:40:13	+58:16	10:01
44	2080	Helena Mateus	Gondarãfrente	Senior Feminino	01:41:11	+59:14	10:07
45	2090	Andreia Duarte	Individual	Senior Feminino	01:41:35	+59:38	10:10
46	2085	ANDREIA LEITE	GUNDEMARUS	Senior Feminino	01:42:57	+01:01:00	10:18
47	2095	Joana Filipa Maia	Individual	Senior Feminino	01:44:31	+01:02:34	10:27
48	2089	Andreia Brandão	Individual	Senior Feminino	01:46:40	+01:04:43	10:40
49	2106	vit0r santos	Individual	Senior Feminino	02:01:40	+01:19:43	12:10
50	2091	Carla Silva	Individual	Senior Feminino	02:10:25	+01:28:28	13:03
51	2097	Liliana Moreira	Individual	Senior Feminino	02:10:25	+01:28:28	13:03

Senior Masculino

1	2293	Fabio Correia	SC ESPINHO / ANTÓNIO LEITÃO	Senior Masculino	41:56		04:12
2	2057	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	43:39	+01:42	04:22
3	2109	António Paiva Santos	Individual	Senior Masculino	44:06	+02:09	04:25
4	2018	Carlos Queirós	A.D.Amarante	Senior Masculino	44:48	+02:51	04:29
5	2032	Bruno Pereira	Amigos 100 Limites	Senior Masculino	46:08	+04:11	04:37
6	2130	nicolas lebechec	Individual	Senior Masculino	50:11	+08:14	05:01
7	2056	José Conceição	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	50:35	+08:38	05:04
8	2145	Tiago Oliveira	Individual	Senior Masculino	51:17	+09:21	05:08
9	2058	Vitor Rio	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	51:19	+09:23	05:08
10	2022	Nuno Ferreira	A.D.Amarante	Senior Masculino	52:28	+10:31	05:15
11	2129	Miguel Ferreira	Individual	Senior Masculino	56:22	+14:25	05:38
12	2108	Antonio Ferreira	Individual	Senior Masculino	56:25	+14:29	05:39
13	2139	Pedro Almeida	Individual	Senior Masculino	57:11	+15:15	05:43
14	2277	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	57:22	+15:26	05:44
15	2284	Jorge Moreira	Prosel TEAM	Senior Masculino	57:35	+15:38	05:46
16	2135	Nuno Teixeira	Individual	Senior Masculino	57:37	+15:40	05:46
17	2037	Tó Faria	Amigos 100 Limites	Senior Masculino	57:49	+15:52	05:47
18	2033	Celso Ribeiro	Amigos 100 Limites	Senior Masculino	01:00:16	+18:19	06:02
19	2299	Nuno Andrade	TeamCakolSuperPortistas	Senior Masculino	01:00:37	+18:40	06:04
20	2127	Miguel Faria	Individual	Senior Masculino	01:01:02	+19:05	06:06
21	2137	Oscar Teixeira	Individual	Senior Masculino	01:01:21	+19:24	06:08
22	2141	Pedro Fonseca	Individual	Senior Masculino	01:02:19	+20:22	06:14
23	2036	Nélson Silva	Amigos 100 Limites	Senior Masculino	01:02:54	+20:58	06:17
24	2253	Ricardo Madeira	OMC Runners	Senior Masculino	01:03:25	+21:28	06:21
25	2020	Daniel Santos	A.D.Amarante	Senior Masculino	01:03:41	+21:44	06:22
26	2114	Diogo Lopes	Individual	Senior Masculino	01:03:49	+21:52	06:23

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Mini Trail

10 KM



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27	2126	Leandro Queiros	Individual	Senior Masculino	01:05:41	+23:45	06:34
28	2118	Henrique Silva Fernandes	Individual	Senior Masculino	01:05:50	+23:54	06:35
29	2112	Bruno Miguel Oliveira Garcês	Individual	Senior Masculino	01:06:21	+24:24	06:38
30	2142	Ricardo manuel antunes carneiro	Individual	Senior Masculino	01:07:21	+25:24	06:44
31	2034	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	01:07:43	+25:46	06:46
32	2035	Mauro Silva	Amigos 100 Limites	Senior Masculino	01:07:43	+25:47	06:46
33	2066	VITOR ABREU	FLAC	Senior Masculino	01:08:15	+26:18	06:50
34	2021	Márcio Teixeira	A.D.Amarante	Senior Masculino	01:08:38	+26:41	06:52
35	2116	Filipe Clemente	Individual	Senior Masculino	01:10:06	+28:09	07:01
36	2147	vítor neves	Individual	Senior Masculino	01:10:21	+28:25	07:02
37	2004	Ricardo Pina	10TEMIDOS	Senior Masculino	01:10:28	+28:32	07:03
38	2301	João Ricardo Ribeiro Lopes	TT Runners	Senior Masculino	01:12:45	+30:48	07:17
39	2224	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:13:38	+31:41	07:22
40	2115	Emanuel Cunha	Individual	Senior Masculino	01:13:57	+32:00	07:24
41	2143	Rui Pedro Santos	Individual	Senior Masculino	01:14:14	+32:17	07:25
42	2265	Luis Fernandes	Os Sarrotes	Senior Masculino	01:14:38	+32:41	07:28
43	2223	José Ribeiro	Leões de Tardariz Trail	Senior Masculino	01:14:59	+33:02	07:30
44	2111	Bruno Filipe Teixeira Roda	Individual	Senior Masculino	01:15:23	+33:26	07:32
45	2131	Nuno Filipe Gonçalves Guedes	Individual	Senior Masculino	01:15:46	+33:50	07:35
46	2146	Vítor Francisco Cardoso Quintas	Individual	Senior Masculino	01:16:16	+34:19	07:38
47	2296	Sergio Filipe Maia de Sousa	SU Runners	Senior Masculino	01:17:27	+35:30	07:45
48	2134	Nuno Teixeira	Individual	Senior Masculino	01:17:41	+35:44	07:46
49	2289	Nelson Pinto	RRA Time	Senior Masculino	01:20:46	+38:49	08:05
50	2290	Pedro Maia	RRA Time	Senior Masculino	01:22:15	+40:18	08:14
51	2310	Diogo Cruz	Individual	Senior Masculino	01:25:06	+43:09	08:31
52	2123	José Faria	Individual	Senior Masculino	01:25:23	+43:27	08:32
53	2258	Pedro Miguel Ferreira dos Santos	Os Amigos	Senior Masculino	01:25:55	+43:59	08:36
54	2239	Cátia Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:26:56	+45:00	08:42
55	2257	Helder Filipe Sousa Mesquita	Os Amigos	Senior Masculino	01:27:47	+45:50	08:47
56	2276	Marco Sousa	PORTO SENTIDO RUNNERS	Senior Masculino	01:28:00	+46:04	08:48
57	2278	Pedro Roda	PORTO SENTIDO RUNNERS	Senior Masculino	01:28:00	+46:04	08:48
58	2272	Jorge Silva	OsFazConta	Senior Masculino	01:31:16	+49:19	09:08
59	2285	Ricardo Jorge Braga	Rechonchudos Trail Runners	Senior Masculino	01:32:18	+50:22	09:14
60	2240	Mário Branco	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:32:24	+50:27	09:14
61	2252	Luís Sousa	OMC Runners	Senior Masculino	01:32:36	+50:39	09:16
62	2136	Orlando Almeida	Individual	Senior Masculino	01:34:22	+52:26	09:26
63	2110	António Sousa	Individual	Senior Masculino	01:41:35	+59:38	10:10
64	2305	Pedro Santos	Vivacidade	Senior Masculino	01:45:57	+01:04:00	10:36
65	2307	Nelson Ivo Moutinho Barja	WETEACH RUN TEAM	Senior Masculino	02:00:11	+01:18:15	12:01

Sub 23 Feminino

1	2050	Núria Barros	Brincalhões	Sub 23 Feminino	01:41:03	+59:07	10:06
2	2152	Micaela Oliveira	Individual	Sub 23 Feminino	01:54:22	+01:12:25	11:26

Mini Trail

10 KM

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3	2241	Catarina Esteves	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino	02:02:06	+01:20:09	12:13
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Sub 23 Masculino

1	2038	João Vigário	Amigos 100 Limites	Sub 23 Masculino	48:04	+06:07	04:48
2	2157	Ricardo Joel Ferreira Costa	Individual	Sub 23 Masculino	49:05	+07:08	04:55
3	2024	Samuel Silva	A.D.Amarante	Sub 23 Masculino	50:17	+08:20	05:02
4	2154	António Ribeiro Ferreira	Individual	Sub 23 Masculino	58:36	+16:39	05:52
5	2153	André Macedo Costa	Individual	Sub 23 Masculino	01:03:48	+21:52	06:23
6	2158	Vasco Macedo Costa	Individual	Sub 23 Masculino	01:03:49	+21:52	06:23
7	2287	André Daniel da Rocha Moreira	Royal Wellness Center	Sub 23 Masculino	01:04:51	+22:54	06:29
8	2297	Miguel Filipe da Costa	SU Runners	Sub 23 Masculino	01:09:01	+27:05	06:54
9	2302	Carlos Artur Silva Paiva	TT Runners	Sub 23 Masculino	01:12:44	+30:48	07:16
10	2155	Diogo Almeida	Individual	Sub 23 Masculino	01:34:22	+52:26	09:26
11	2156	José Pedro Ribeiro de Sousa	Individual	Sub 23 Masculino	01:35:11	+53:14	09:31
12	2243	Daniel Silva	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Masculino	02:02:06	+01:20:09	12:13

Veterana F40

1	2042	Sandra Cardoso	Baguim Runners	Veterana F40	57:55	+15:58	05:48
2	2161	Carla Paula Silva Ferreira	ADECA	Veterana F40	01:10:52	+28:56	07:05
3	2160	Carla Alexandra Ventura	Individual	Veterana F40	01:20:00	+38:04	08:00
4	2054	Clara Gonçalves	Costa & Gonçalves	Veterana F40	01:24:59	+43:03	08:30
5	2075	Ivone pardal	Gansos	Veterana F40	01:25:32	+43:35	08:33
6	2268	Paula Moreira	Os TurboMula	Veterana F40	01:25:35	+43:38	08:34
7	2267	Marta Mota	Os TurboMula	Veterana F40	01:25:35	+43:38	08:34
8	2163	Luísa Nogueira	Individual	Veterana F40	01:26:39	+44:43	08:40
9	2279	Teresa Maria Lourenço	PORTO SENTIDO RUNNERS	Veterana F40	01:28:00	+46:04	08:48
10	2260	Paula Cristina Vieira Sousa	Os Amigos	Veterana F40	01:28:18	+46:21	08:50
11	2086	Patricia Sousa	GUNDEMARUS	Veterana F40	01:28:40	+46:44	08:52
12	2219	Mónica Silva	Infecto team	Veterana F40	01:29:03	+47:06	08:54
13	2273	Brigida Duarte	OsFazConta	Veterana F40	01:31:17	+49:21	09:08
14	2168	Zélia Andrade	Individual	Veterana F40	01:32:31	+50:34	09:15
15	2254	Susana Peixoto	OMC Runners	Veterana F40	01:32:38	+50:41	09:16
16	2167	Susana Costa	Individual	Veterana F40	01:38:16	+56:19	09:50
17	2166	Rita Santos Rodrigues	Individual	Veterana F40	01:38:16	+56:20	09:50
18	2259	Patrícia Cruz	Os Amigos	Veterana F40	01:40:20	+58:23	10:02
19	2165	Raquel Maria Silva Santos	Individual	Veterana F40	01:42:32	+01:00:36	10:15
20	2164	MARia moreira	Individual	Veterana F40	01:43:27	+01:01:31	10:21
21	2261	Sofia Cruz	Os Amigos	Veterana F40	01:46:36	+01:04:40	10:40

Mini Trail

10 KM

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Veterana F45

1	2311	Cidália Peixoto	Individual	Veterana F45	01:22:13	+40:17	08:13:00
2	2172	Maria Praça	Individual	Veterana F45	01:24:11	+42:14	08:25:00
3	2244	Claudia Carvalhal	MSS CONTABILIDADE TRAIL TEAM	Veterana F45	01:25:43	+43:47	08:34:00
4	2169	Ana Manuela Silva	Individual	Veterana F45	01:25:47	+43:50	08:35:00
5	2002	Margarida Freitas	100meta	Veterana F45	01:29:35	+47:38	08:58:00
6	2170	Francisca Sousa	Individual	Veterana F45	01:37:23	+55:26	09:44:00
7	2173	Paula Reis	Individual	Veterana F45	01:37:23	+55:27	09:44:00
8	2073	Emília Morais	Gaia Trail	Veterana F45	01:41:09	+59:12	10:07:00
9	2171	Isabel Santos	Individual	Veterana F45	02:01:40	+01:19:43	12:10:00
10	2291	Maria Soares Cardoso	S. S. Montepio	Veterana F45	02:01:42	+01:19:45	12:10:00

Veterana F50

1	2176	Hermínia	Individual	Veterana F50	01:21:20	+39:24	08:08
2	2247	Natália Carvalho	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:26:49	+44:52	08:41
3	2246	Irene Bastos	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:26:56	+45:00	08:42
4	2174	Albertina Magalhães	Individual	Veterana F50	01:38:35	+56:39	09:52
5	2081	Rosa Pires	Gondarãfrente	Veterana F50	01:41:11	+59:14	10:07
6	2175	Ana Oliveira	Individual	Veterana F50	01:43:26	+01:01:30	10:21
7	2234	Ângela Graça	Monte dos Amigos	Veterana F50	01:56:03	+01:14:06	11:36
8	2245	Cristina Esteves	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:57:56	+01:15:59	11:48
9	2048	Helena Leal	Batatas	Veterana F50	01:59:21	+01:17:24	11:56

Veterana F55

1	2083	Silvina Pais	Gulosos por quilómetros	Veterana F55	01:15:01	+33:04	07:30
2	2061	Fernanda Bento	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterana F55	01:21:44	+39:47	08:10
3	2248	Ana Oliveira	MSS CONTABILIDADE TRAIL TEAM	Veterana F55	01:22:11	+40:14	08:13
4	2249	Rosa Castro	MSS CONTABILIDADE TRAIL TEAM	Veterana F55	01:26:57	+45:00	08:42

Veterana F60

1	2221	Joaquina Martins	Invicta Runners Team	Veterana F60	01:21:19	+39:23	08:08
2	2043	Madalena Silva	Baguim Runners	Veterana F60	01:25:41	+43:44	08:34
3	2269	Ana Moreira	Os TurboMula	Veterana F60	01:40:06	+58:09	10:01

Mini Trail

10 KM

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Veterano M40

1	2062	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	48:25	+06:28	04:51
2	2177	Belmiro Manuel Rodrigues Moreira	Individual	Veterano M40	48:34	+06:37	04:51
3	2232	João Ribeiro	Manu's Therapy Trail Running	Veterano M40	50:46	+08:49	05:05
4	2039	Hélder Monteiro	Amigos 100 Limites	Veterano M40	56:29	+14:32	05:39
5	2303	Alexandrino Costa Guimarães	TT Runners	Veterano M40	56:41	+14:44	05:40
6	2286	André Pinho	reumatico trail team	Veterano M40	59:32	+17:35	05:57
7	2045	Vitor Cardoso	Baguim Runners	Veterano M40	01:02:26	+20:30	06:15
8	2280	Filipe Ferreira	PORTO SENTIDO RUNNERS	Veterano M40	01:02:59	+21:02	06:18
9	2179	Hélder	Individual	Veterano M40	01:05:41	+23:45	06:34
10	2183	Pedro Ferreira	Individual	Veterano M40	01:06:34	+24:37	06:39
11	2044	Bino Sousa	Baguim Runners	Veterano M40	01:07:45	+25:48	06:47
12	2082	Rui Teixeira	GONDOMAR FUTSAL CLUBE	Veterano M40	01:08:16	+26:19	06:50
13	2178	Francisco Manuel da Silva Ferreira	Individual	Veterano M40	01:11:27	+29:31	07:09
14	2026	Daniel Correia	A.D.Amarante	Veterano M40	01:13:23	+31:26	07:20
15	2184	Pedro Monteiro	Individual	Veterano M40	01:14:15	+32:18	07:26
16	2182	Nuno Prada	Individual	Veterano M40	01:16:58	+35:02	07:42
17	2052	Diogo Barros	CB RUN	Veterano M40	01:17:39	+35:42	07:46
18	2180	João Esteves	Individual	Veterano M40	01:19:52	+37:55	07:59
19	2185	Rui Manuel da Fonseca Teixeira	Individual	Veterano M40	01:21:16	+39:19	08:08
20	2231	David Costa	Manu's Therapy Trail Running	Veterano M40	01:28:17	+46:21	08:50
21	1062	Rui Rocha	Brincalhões	Veterano M40	01:31:06	+49:09	09:07
22	2255	Pedro Alves	OMC Runners	Veterano M40	01:32:38	+50:41	09:16

Veterano M45

1	2191	Paulo Coelho	Individual	Veterano M45	52:06	+10:10	05:13
2	2046	Lourenço Cardoso	Baguim Runners	Veterano M45	01:01:11	+19:14	06:07
3	2283	RENATO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M45	01:01:20	+19:23	06:08
4	2189	Manuel Domingues	Individual	Veterano M45	01:02:16	+20:19	06:14
5	2162	João Paulo Ferreira	Individual	Veterano M45	01:04:00	+22:04	06:24
6	2063	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M45	01:06:09	+24:13	06:37
7	2196	Rui Pereira	Individual	Veterano M45	01:06:26	+24:29	06:39
8	2188	Luís António da Silva Costa Abreu	Individual	Veterano M45	01:07:05	+25:08	06:43
9	2306	João Pinheiro	Vivacidade	Veterano M45	01:07:49	+25:53	06:47
10	2282	PAULO FERREIRA	PORTOCARGO RUNNERS	Veterano M45	01:10:30	+28:33	07:03
11	2195	Rui Pedro Teixeira da Silva	Individual	Veterano M45	01:12:10	+30:13	07:13
12	2193	Pedro Melo	Individual	Veterano M45	01:12:33	+30:37	07:15
13	2192	Paulo Santos	Individual	Veterano M45	01:13:10	+31:14	07:19
14	2274	Ricardo Gomes	OsFazConta	Veterano M45	01:15:51	+33:54	07:35
15	2187	Jorge Alves	Individual	Veterano M45	01:15:52	+33:55	07:35
16	2298	Miguel Martins	SU Runners	Veterano M45	01:17:27	+35:30	07:45
17	2194	Rui Miquel Koch Rua	Individual	Veterano M45	01:20:34	+38:38	08:03

Mini Trail

10 KM

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18	2055	Rui Costa	Costa & Gonçalves	Veterano M45	01:24:59	+43:03	08:30
19	2027	José Coelho	ADECA	Veterano M45	01:27:06	+45:09	08:43
20	2186	António José Moura Ferreira	Individual	Veterano M45	01:27:25	+45:28	08:45
21	2198	Valter Silva	Individual	Veterano M45	01:28:11	+46:14	08:49
22	2262	Alberto Santos	Os Amigos	Veterano M45	01:32:26	+50:29	09:15
23	2263	Helder Oliveira	Os Amigos	Veterano M45	01:40:20	+58:23	10:02
24	2068	CARLOS NELSON COSTA SANTOS	FLAC	Veterano M45	01:40:54	+58:58	10:05
25	2049	Pedro Placido	Batatas	Veterano M45	01:59:21	+01:17:24	11:56
26	2292	Pedro Soares	S. S. Montepio	Veterano M45	02:01:42	+01:19:45	12:10

Veterano M50

1	2207	Paulo Quintas	Individual	Veterano M50	50:10	+08:13	05:01
2	2205	Paulo Dias	Individual	Veterano M50	56:06	+14:09	05:37
3	2209	Vasco rodrigues	Individual	Veterano M50	01:05:07	+23:11	06:31
4	2206	Paulo Fernandes	Individual	Veterano M50	01:11:02	+29:06	07:06
5	2199	Alcídio Figueiredo	Individual	Veterano M50	01:12:44	+30:47	07:16
6	2203	Jose Manuel Lopes	Individual	Veterano M50	01:18:00	+36:04	07:48
7	2204	Manuel Brandão	Individual	Veterano M50	01:36:25	+54:28	09:39

Veterano M55

1	2210	jose manuel trancoso sequeira	Individual	Veterano M55	01:02:57	+21:00	06:18
2	2211	José Rodrigues de Almeida	Individual	Veterano M55	01:03:08	+21:11	06:19
3	2226	Serafim Ferreira	Leões de Tardariz Trail	Veterano M55	01:08:29	+26:33	06:51
4	2251	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	01:19:04	+37:07	07:54
5	2003	David Guimarães	100meta	Veterano M55	01:22:43	+40:46	08:16
6	2084	Artur Romão	Gulosos por quilómetros	Veterano M55	01:37:30	+55:34	09:45
7	2069	JOSÉ ANTÓNIO MOURA SERRA	FLAC	Veterano M55	02:27:13	+01:45:16	14:43

Veterano M60

1	2212	Francisco Dias da Silva	Individual	Veterano M60	01:05:46	+23:49	06:35
2	2041	Serafim Fonseca	amigos s.pedro da cova	Veterano M60	01:07:13	+25:17	06:43
3	2214	Manuel Emidio	Individual	Veterano M60	01:12:18	+30:22	07:14
4	2275	Agostinho Silva	OsFazConta	Veterano M60	01:22:05	+40:08	08:13
5	2213	Germano Moura	Individual	Veterano M60	01:29:28	+47:31	08:57
6	2070	FERNANDO ABEL TEIXEIRA DE CARVALHO	FLAC	Veterano M60	01:40:13	+58:17	10:01
7	2215	Manuel Leonardo	Individual	Veterano M60	01:53:32	+01:11:36	11:21

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