

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	5°C	100%
End	12:51	5°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1201	Pedro Tapadas	gondomar futsal clube	Senior Masculino	01:08:38		04:35
2	1090	António Martins	boavista f. c.	Veterano M45	01:09:09	+00:31	04:37
3	1143	Marco Faria	dá-lhe gás	Veterano M40	01:09:51	+01:13	04:39
4	1538	Sergio Silva	mss contabilidade trail team	Senior Masculino	01:13:02	+04:24	04:52
5	1500	José Rocha	leões de tardariz trail	Senior Masculino	01:13:48	+05:10	04:55
6	1148	Ricardo Barros	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:14:08	+05:30	04:57
7	1345	Eurico Miguel Borges Pereira	brabus runners	Sub 23 Masculino	01:14:08	+05:30	04:57
8	1031	Jorge Oliveira	a.d.amarante trail running	Veterano M40	01:15:14	+06:36	05:01
9	1103	Ricardo Manuel Marques Baptista Vieira	brabus runners	Veterano M40	01:15:53	+07:15	05:04
10	1101	Adriano Mendes	brabus runners	Senior Masculino	01:16:29	+07:51	05:06
11	1087	Marco Barbosa	boavista f. c.	Senior Masculino	01:16:31	+07:53	05:06
12	1723	Carlos Barroso	individual	Veterano M45	01:17:08	+08:30	05:09
13	1102	Ricardo Sampaio	brabus runners	Senior Masculino	01:17:54	+09:16	05:12
14	1033	Diogo Simão Bernardes Madeira	aasm - os da vida airada	Senior Masculino	01:18:00	+09:21	05:12
15	1088	Ricardo Ferreira	boavista f. c.	Senior Masculino	01:18:19	+09:41	05:13
16	1575	Nuno lemos	nuno	Senior Masculino	01:18:52	+10:14	05:15
17	1147	Bruno Santos	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:19:08	+10:30	05:17
18	1721	José Dias	dá-lhe gás	Senior Masculino	01:19:10	+10:31	05:17
19	1142	Abílio Almeida	dá-lhe gás	Veterano M40	01:19:14	+10:36	05:17
20	1521	Fernando Oliveira	moura & dias	Veterano M45	01:19:31	+10:53	05:18
21	1694	Nuno Silva	the newbies	Senior Masculino	01:19:36	+10:58	05:18
22	1083	eduardo xavier	batedores	Senior Masculino	01:19:57	+11:19	05:20
23	1396	marco gonçalves	individual	Veterano M40	01:21:29	+12:51	05:26
24	1151	José Rocha	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	01:21:50	+13:12	05:27
25	1044	Carlos Alberto Mendes Barbosa	aguias penafiel trail	Senior Masculino	01:22:04	+13:26	05:28
26	1444	Fernando Duarte Silva Martins	individual	Veterano M50	01:22:15	+13:37	05:29
27	1279	André Silva	individual	Senior Masculino	01:22:43	+14:05	05:31
28	1546	Ibraim Sousa	mss contabilidade trail team	Veterano M40	01:23:06	+14:28	05:32
29	1091	Pedro Dias	boavista f. c.	Veterano M45	01:23:23	+14:45	05:34
30	1503	Sandro Oliveira	leões de tardariz trail	Veterano M40	01:23:24	+14:46	05:34
31	1177	Filipe Lima	filipe	Veterano M40	01:23:32	+14:54	05:34
32	1150	Vítor Rio	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:23:34	+14:56	05:34
33	1401	Pedro Manuel Sousa Guimaraes	individual	Veterano M40	01:23:35	+14:57	05:34
34	1028	Tiago Teles	a.d.amarante trail running	Senior Masculino	01:23:38	+15:00	05:35
35	1282	Carlos Ricardo Santos	individual	Senior Masculino	01:24:17	+15:39	05:37
36	1045	Bruno Rocha	alberto rocha automoveis lda	Senior Masculino	01:24:17	+15:39	05:37
37	1588	Carlos Ribeiro	os2horas	Senior Masculino	01:24:41	+16:03	05:39

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
38	1018	Inês Moreira	a.d.amarante trail running	Senior Feminino	01:25:20	+16:42	05:41
39	1276	André Dias	individual	Senior Masculino	01:25:28	+16:50	05:42
40	1671	Tiago oliveira	sob efeito trail	Senior Masculino	01:25:32	+16:54	05:42
41	1138	José Dias	ctad - trilhos de cinfães	Veterano M45	01:25:35	+16:57	05:42
42	1326	Rui Ferreira	individual	Senior Masculino	01:25:36	+16:58	05:42
43	1085	João Barros	batedores	Veterano M40	01:25:42	+17:04	05:43
44	1722	Manuel Barbosa	copos e trilhos	Senior Masculino	01:26:10	+17:32	05:45
45	1558	Vitor Azevedo	mss contabilidade trail team	Veterano M45	01:26:55	+18:17	05:48
46	1693	Hugo Faria	the newbies	Senior Masculino	01:27:02	+18:24	05:48
47	1211	Paulo Alves	gondomar futsal clube	Veterano M40	01:27:27	+18:49	05:50
48	1534	FILIPE PÓVOAS	mss contabilidade trail team	Senior Masculino	01:27:34	+18:56	05:50
49	1020	António Mendes	a.d.amarante trail running	Senior Masculino	01:27:37	+18:59	05:50
50	1149	Tiago Castro	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:28:05	+19:27	05:52
51	1133	Ricardo Moreira	copos e trilhos	Senior Masculino	01:28:14	+19:36	05:53
52	1567	Carlos.vinhas	águas penafiel trail	Veterano M50	01:28:30	+19:52	05:54
53	1332	Tiago Gomes	individual	Senior Masculino	01:28:39	+20:01	05:55
54	1390	JORGE MOREIRA	individual	Veterano M40	01:28:52	+20:14	05:55
55	1501	Dario Cardoso	leões de tardariz trail	Veterano M40	01:29:29	+20:51	05:58
56	1435	Paulo Sérgio Ferreira Quintas	individual	Veterano M45	01:29:40	+21:02	05:59
57	1672	Fatima Coelho	somos nós team	Veterana F45	01:29:46	+21:08	05:59
58	1325	Ricardo Mendonça	individual	Senior Masculino	01:29:47	+21:09	05:59
59	1644	Pedro Ribeiro	runners hp	Veterano M50	01:29:49	+21:11	05:59
60	1162	FRANCISCO FONSECA	equipa joao ferreira	Veterano M45	01:29:50	+21:12	05:59
61	1431	paulo coelho	individual	Veterano M45	01:30:08	+21:30	06:01
62	1105	Rúben Rocha	brincalhões	Sub 23 Masculino	01:30:19	+21:40	06:01
63	1153	António Azevedo	douroconta - gabinete de apoio e contabilidade, lda	Veterano M45	01:30:21	+21:43	06:01
64	1459	JOSE FRANCISCO MOTA VAZ	individual	Veterano M55	01:30:22	+21:44	06:01
65	1114	Pedro Vieira	c.c.recreativo de são martinho	Senior Masculino	01:30:48	+22:10	06:03
66	1206	Ângela Moutinho	gondomar futsal clube	Veterana F45	01:30:49	+22:11	06:03
67	1389	Jorge durães	individual	Veterano M40	01:31:00	+22:22	06:04
68	1582	josé pedrosa	os cunhados	Veterano M40	01:31:03	+22:24	06:04
69	1014	Angela Soares	a.d.amarante trail running	Senior Feminino	01:31:09	+22:31	06:05
70	1406	Ricardo Silva Rodrigues	individual	Veterano M40	01:31:26	+22:48	06:06
71	1422	jorge rodrigues	individual	Veterano M45	01:31:41	+23:03	06:07
72	1673	Fernando Morais	somos nós team	Veterano M45	01:32:03	+23:25	06:08
73	1450	Vitor manuel ribeiro coelho	individual	Veterano M50	01:32:20	+23:42	06:09
74	1146	Armando Fonseca	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:32:27	+23:49	06:10
75	1188	Ricardo Vieira	gazela running team	Sub 23 Masculino	01:32:31	+23:53	06:10
76	1497	Bruno Mota	kuantokusta	Senior Masculino	01:32:47	+24:09	06:11
77	1115	António Teixeira	caminheiros de ermesinde	Veterano M55	01:32:52	+24:14	06:11
78	1378	Carlos Felisberto	individual	Veterano M40	01:32:57	+24:19	06:12
79	1464	João Paulo Regal de Sousa	joão paulo	Senior Masculino	01:33:28	+24:50	06:14
80	1300	JOAO MIGUEL PIRES	individual	Senior Masculino	01:33:41	+25:03	06:15
81	1566	Carmino Gomes	nocturnos de paredes	Veterano M40	01:33:47	+25:09	06:15

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	1113	Gilberto Ferreira	c.c.recreativo de são martinho	Senior Masculino	01:33:54	+25:16	06:16
83	1425	Luis Almeida	individual	Veterano M45	01:34:04	+25:26	06:16
84	1051	Alcino Silva	amigos 100 limites	Senior Masculino	01:34:04	+25:26	06:16
85	1455	Euclides Coimbra	individual	Veterano M55	01:34:05	+25:27	06:16
86	1539	Tiago Sequeira	mss contabilidade trail team	Senior Masculino	01:34:05	+25:27	06:16
87	1003	ricardo joao tato pereira	#atechoras!	Senior Masculino	01:34:10	+25:32	06:17
88	1714	Carlos Azevedo	factor x / s4l / medense fc	Senior Masculino	01:34:12	+25:34	06:17
89	1316	Nuno Duarte	individual	Senior Masculino	01:34:13	+25:35	06:17
90	1447	Paulo Dias	individual	Veterano M50	01:34:14	+25:36	06:17
91	1118	Rui Sousa	centro ciclista de gondomar	Veterano M40	01:34:18	+25:40	06:17
92	1342	André Monteiro	individual	Sub 23 Masculino	01:34:31	+25:53	06:18
93	1649	Paulo Campos	salgueiros running	Veterano M45	01:34:36	+25:58	06:18
94	1571	Alberto Freitas	nova linha trail runners	Veterano M40	01:34:46	+26:08	06:19
95	1175	Ricardo Rocha	fast ao km	Veterano M40	01:35:10	+26:32	06:21
96	1089	Filipe Abreu	boavista f. c.	Veterano M40	01:35:39	+27:01	06:23
97	1092	Paulo Ferreira	boavista f. c.	Veterano M55	01:35:39	+27:01	06:23
98	1453	Alcindo de Oliveira Pereira	individual	Veterano M55	01:35:57	+27:19	06:24
99	1487	Júlio Silva	juventude cortegacense	Veterano M45	01:36:06	+27:28	06:24
100	1502	Mário Moura	leões de tardariz trail	Veterano M40	01:36:11	+27:33	06:25
101	1291	Henrique Magalhães	individual	Senior Masculino	01:36:17	+27:39	06:25
102	1290	Gil Ribeiro	individual	Senior Masculino	01:36:17	+27:39	06:25
103	1550	Nelson Azevedo	mss contabilidade trail team	Veterano M40	01:36:22	+27:44	06:25
104	1022	Daniel Santos	a.d.amarante trail running	Senior Masculino	01:36:23	+27:45	06:26
105	1180	americo frança	frança	Veterano M45	01:36:36	+27:57	06:26
106	1197	andre trigais	gondomar futsal clube	Senior Masculino	01:36:40	+28:02	06:27
107	1297	Hugo Miguel Oliveira Santos	individual	Senior Masculino	01:37:01	+28:23	06:28
108	1131	Bruno Sousa	copos e trilhos	Senior Masculino	01:37:04	+28:26	06:28
109	1187	Nuno Rocha	gazela running team	Senior Masculino	01:37:05	+28:27	06:28
110	1585	Emanuel rocha	os tones	Senior Masculino	01:37:11	+28:33	06:29
111	1084	David Barros	batedores	Veterano M40	01:37:13	+28:35	06:29
112	1379	Cláudio Castro	individual	Veterano M40	01:37:24	+28:46	06:30
113	1246	Elisabete Alves	individual	Senior Feminino	01:37:51	+29:13	06:31
114	1493	Suzana Andrade	jobra	Veterana F40	01:37:51	+29:13	06:31
115	1620	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	01:37:58	+29:20	06:32
116	1168	Bruno Martins	factor x / s4l / medense fc	Senior Masculino	01:38:07	+29:29	06:32
117	1717	Joana Cardoso	gondomar futsal clube	Senior Feminino	01:38:14	+29:36	06:33
118	1520	Ricardo Cabral	mountain climbers	Veterano M45	01:38:36	+29:58	06:34
119	1437	Rui Jorge Alves Felgueiras	individual	Veterano M45	01:38:42	+30:04	06:35
120	1423	José Alberto Abreu Lage	individual	Veterano M45	01:38:58	+30:20	06:36
121	1181	SÉRGIO SILVA	fugitivos urbanos	Senior Masculino	01:39:01	+30:23	06:36
122	1474	JOSE MIGUEL	josé	Veterano M40	01:39:02	+30:24	06:36
123	1454	alipio lopes	individual	Veterano M55	01:39:17	+30:39	06:37
124	1119	Vitor Marques	centro ciclista de gondomar	Veterano M45	01:39:28	+30:50	06:38
125	1670	Rui Bessa	sob efeito trail	Senior Masculino	01:39:28	+30:50	06:38
126	1613	André Oliveira	pó na lama trail runners	Senior Masculino	01:39:47	+31:09	06:39

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
127	1137	Marco Pacheco	cricas, bamulá	Veterano M40	01:39:53	+31:15	06:40
128	1492	Daniel Martins	juventude cortegacense	Veterano M40	01:40:04	+31:26	06:40
129	1633	Filipe Ferreira	porto sentido runners	Veterano M40	01:40:06	+31:27	06:40
130	1418	João Vasco Gil da Silva Gomes Ferreira	individual	Veterano M45	01:40:19	+31:41	06:41
131	1517	Pedro Sá	moinhos run-adrm	Veterano M50	01:40:24	+31:46	06:42
132	1680	Rui Freitas	ss montepio	Veterano M45	01:40:54	+32:16	06:44
133	1039	Luís Silva	aasm - os da vida airada	Veterano M45	01:40:58	+32:20	06:44
134	1023	Gil Magalhaes	a.d.amarante trail running	Senior Masculino	01:41:05	+32:27	06:44
135	1533	Dario Pinto	mss contabilidade trail team	Senior Masculino	01:41:16	+32:38	06:45
136	1086	Silvia Teixeira	boavista f. c.	Senior Feminino	01:41:20	+32:42	06:45
137	1027	Pedro Oliveira	a.d.amarante trail running	Senior Masculino	01:41:20	+32:42	06:45
138	1273	Amilcar José Borges Ferreira	individual	Senior Masculino	01:41:27	+32:49	06:46
139	1641	andre pinho	reumatico trail team	Senior Masculino	01:41:36	+32:58	06:46
140	1328	Sergio filipe maia de sousa	individual	Senior Masculino	01:41:43	+33:05	06:47
141	1681	fernando Carvalho	ss montepio	Veterano M50	01:41:47	+33:09	06:47
142	1015	Claudia Moreira	a.d.amarante trail running	Senior Feminino	01:41:48	+33:10	06:47
143	1451	Vitor Novais	individual	Veterano M50	01:41:49	+33:11	06:47
144	1167	Vasco Faria	evolution trail team	Senior Masculino	01:41:56	+33:18	06:48
145	1319	Oscar Bruno Lopes da Silva	individual	Senior Masculino	01:41:58	+33:20	06:48
146	1346	Filipe Curado Silva	individual	Sub 23 Masculino	01:42:15	+33:37	06:49
147	1635	Miguel Silva	porto sentido runners	Veterano M40	01:42:33	+33:55	06:50
148	1395	Luis Ribeiro	individual	Veterano M40	01:43:13	+34:35	06:53
149	1511	Belém Sampaio-Marques	magic friends runners	Senior Feminino	01:43:36	+34:58	06:54
150	1284	Cláudio Araújo	individual	Senior Masculino	01:43:47	+35:09	06:55
151	1724	André Maria	c.c.recreativo de são martinho	Senior Masculino	01:43:58	+35:20	06:56
152	1277	André Montenegro Ferreira	individual	Senior Masculino	01:43:59	+35:21	06:56
153	1032	Carlos A Macedo	a.d.amarante trail running	Veterano M60	01:44:01	+35:23	06:56
154	1394	Luis Filipe Coelho dos Santos	individual	Veterano M40	01:44:10	+35:32	06:57
155	1209	Carmo Marinho	gondomar futsal clube	Veterana F50	01:44:26	+35:48	06:58
156	1194	Ana Ferreira	gondomar futsal clube	Senior Feminino	01:44:28	+35:50	06:58
157	1111	Adão Rocha	btt alegria // tubani	Veterano M50	01:44:31	+35:53	06:58
158	1219	Pedro Sousa	gondomar futsal clube	Veterano M50	01:44:35	+35:57	06:58
159	1313	Miguel Ângelo da Silva Oliveira	individual	Senior Masculino	01:44:46	+36:08	06:59
160	1166	Manuel Silva	ermentão	Veterano M50	01:44:49	+36:11	06:59
161	1198	Fábio Silva	gondomar futsal clube	Senior Masculino	01:44:53	+36:15	07:00
162	1463	Lino Moreira	individual	Veterano M60	01:45:11	+36:33	07:01
163	1024	JORGE LEONEL FERREIRA	a.d.amarante trail running	Senior Masculino	01:45:22	+36:44	07:01
164	1549	Marcio Almeida	mss contabilidade trail team	Veterano M40	01:45:36	+36:58	07:02
165	1462	Fernando Ferreira	individual	Veterano M60	01:45:45	+37:07	07:03
166	1068	Silvia Mendes	amotinados trail	Veterana F45	01:45:51	+37:13	07:03
167	1485	Joaquim Rocha	jrsousa team	Veterano M45	01:45:53	+37:15	07:04
168	1184	Miguel Costa	gansos	Veterano M40	01:46:10	+37:32	07:05
169	1347	Mario Taborda	oralklass-amigos do trail	Sub 23 Masculino	01:46:16	+37:38	07:05
170	1159	PAULO SILVA	equipa joao ferreira	Veterano M40	01:46:21	+37:43	07:05
171	1026	Nuno Moura	a.d.amarante trail running	Senior Masculino	01:46:23	+37:45	07:06

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15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	1537	Ricardo Moreira	mss contabilidade trail team	Senior Masculino	01:46:31	+37:53	07:06
173	1556	Paulo Queirós	mss contabilidade trail team	Veterano M45	01:46:31	+37:53	07:06
174	1011	Ana Ferreira	a.d.amarante trail running	Senior Feminino	01:46:36	+37:58	07:06
175	1628	Marina Pereira da Silva	porto sentido runners	Veterana F40	01:46:37	+37:59	07:06
176	1630	Susana Lopes	porto sentido runners	Veterana F40	01:46:37	+37:59	07:06
177	1161	CARLOS JORGE	equipa joao ferreira	Veterano M45	01:46:48	+38:10	07:07
178	1053	Tó Faria	amigos 100 limites	Senior Masculino	01:46:58	+38:20	07:08
179	1415	Eduardo Nascimento	individual	Veterano M45	01:47:03	+38:25	07:08
180	1573	Martinho Monteiro	nova linha trail runners	Veterano M50	01:47:03	+38:25	07:08
181	1383	Floriberto castro	individual	Veterano M40	01:47:04	+38:26	07:08
182	1413	Carlos Pereira	individual	Veterano M45	01:47:05	+38:27	07:08
183	1267	Susana Silva	individual	Senior Feminino	01:47:10	+38:32	07:09
184	1386	Ivo Oliveira	individual	Veterano M40	01:47:11	+38:33	07:09
185	1669	Pedro Oliveira	sob efeito trail	Senior Masculino	01:47:22	+38:44	07:09
186	1260	Paula Cardoso	individual	Senior Feminino	01:47:23	+38:45	07:10
187	1139	Manuel Ferreira	ctm vila pouca de aguiar	Veterano M60	01:47:24	+38:46	07:10
188	1398	PAULO CRUZ	individual	Veterano M40	01:47:27	+38:49	07:10
189	1220	Manuel Rocha	gondomar futsal clube	Veterano M55	01:47:31	+38:53	07:10
190	1212	Paulo Henriques	gondomar futsal clube	Veterano M40	01:47:31	+38:53	07:10
191	1192	Bruno Garcia	gondaràfrente	Senior Masculino	01:48:02	+39:24	07:12
192	1553	Vitor Pinto	mss contabilidade trail team	Veterano M40	01:48:04	+39:26	07:12
193	1222	Ana Fontes	gtt - armazém do caffè	Senior Feminino	01:48:15	+39:37	07:13
194	1223	Conceição Queiroz	gtt - armazém do caffè	Veterana F55	01:48:15	+39:37	07:13
195	1505	Manuel Alvarino	leões de tardariz trail	Veterano M45	01:48:36	+39:58	07:14
196	1360	patricia fernandes	individual	Veterana F40	01:48:40	+40:02	07:15
197	1318	Nuno Ribeiro	individual	Senior Masculino	01:48:41	+40:03	07:15
198	1190	Bruno Carvalho	geadas running	Senior Masculino	01:48:58	+40:20	07:16
199	1191	António Quadros	geadas running	Veterano M40	01:48:59	+40:20	07:16
200	1452	Xavier Barbosa	individual	Veterano M50	01:49:05	+40:27	07:16
201	1132	Hugo Moreira	copos e trilhos	Senior Masculino	01:49:23	+40:45	07:18
202	1164	JOAQUIM TEIXEIRA	equipa joao ferreira	Veterano M50	01:49:28	+40:50	07:18
203	1494	Luis Gomes	kemedo team	Veterano M45	01:49:28	+40:50	07:18
204	1041	António Ildefonso Santos	aasm - os da vida airada	Veterano M60	01:49:30	+40:52	07:18
205	1570	Cidália Ferreira	nova linha trail runners	Veterana F45	01:49:46	+41:08	07:19
206	1572	Daniel Vieira	nova linha trail runners	Veterano M40	01:49:46	+41:08	07:19
207	1397	Nuno Reis	individual	Veterano M40	01:49:57	+41:19	07:20
208	1050	Clara Teixeira	amigos 100 limites	Senior Feminino	01:50:30	+41:52	07:22
209	1438	Rui Vilaça	individual	Veterano M45	01:50:35	+41:57	07:22
210	1350	Carina Pereira	individual	Veterana F40	01:50:40	+42:02	07:23
211	1512	Nilda Magalhães	magic friends runners	Veterana F50	01:50:57	+42:19	07:24
212	1226	Fernando Reis	health & training - centro eduardo salgado	Senior Masculino	01:51:01	+42:23	07:24
213	1428	Manuel Domingues	individual	Veterano M45	01:51:16	+42:38	07:25
214	1334	Tomás Moura 2	individual	Senior Masculino	01:51:29	+42:51	07:26
215	1540	Alzira Sousa	mss contabilidade trail team	Veterana F40	01:51:32	+42:54	07:26
216	1586	Paulo torres	os tones	Senior Masculino	01:51:41	+43:03	07:27

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	1324	Ricardo	individual	Senior Masculino	01:51:42	+43:04	07:27
218	1077	Sérgio sousa	ana soraia ferreira	Veterano M40	01:51:47	+43:09	07:27
219	1509	Amílcar Resende	leões de tardariz trail	Veterano M60	01:51:53	+43:15	07:28
220	1288	Duarte Dias	individual	Senior Masculino	01:51:59	+43:21	07:28
221	1145	Liliana Felgueiras	douroconta - gabinete de apoio e contabilidade, lda	Senior Feminino	01:52:13	+43:35	07:29
222	1116	Carlos Moreira	carlos	Senior Masculino	01:52:19	+43:41	07:29
223	1343	Diogo Ferreira	individual	Sub 23 Masculino	01:52:19	+43:41	07:29
224	1123	Álvaro Pinto	clube zipper	Veterano M45	01:52:33	+43:55	07:30
225	1643	Paula Cristina Marinho Moura	runners hp	Veterana F40	01:52:43	+44:05	07:31
226	1691	Pedro Aluno	team covas trail	Senior Masculino	01:52:43	+44:05	07:31
227	1078	Joaquim Sousa	ana soraia ferreira	Veterano M50	01:52:44	+44:06	07:31
228	1548	Manuel Gomes	mss contabilidade trail team	Veterano M40	01:52:46	+44:08	07:31
229	1008	Jorge Moreira	10temidos	Veterano M50	01:53:07	+44:29	07:32
230	1433	Paulo Lara	individual	Veterano M45	01:53:13	+44:35	07:33
231	1527	Joaquim Pereira	mozelos runners	Veterano M40	01:53:22	+44:44	07:34
232	1034	Flor Peixoto	aasm - os da vida airada	Senior Masculino	01:53:33	+44:55	07:34
233	1524	Luis Machado	mozelos runners	Senior Masculino	01:53:34	+44:56	07:34
234	1110	José Sousa	btt alegria // tubani	Senior Masculino	01:53:36	+44:58	07:34
235	1195	Lucie Trpisovska	gondomar futsal clube	Senior Feminino	01:53:41	+45:03	07:35
236	1179	Ricardo A. Silva Sousa	fit gaia trail	Veterano M40	01:53:46	+45:08	07:35
237	1107	Rui Rocha	brincalhões	Veterano M40	01:53:55	+45:17	07:36
238	1391	José Coelho	individual	Veterano M40	01:54:08	+45:30	07:37
239	1155	oscar luis oliveira novais	dr. merino / 4moove	Veterano M45	01:54:09	+45:31	07:37
240	1230	Adriana Filipa Ramos Azevedo Neves	individual	Senior Feminino	01:54:17	+45:39	07:37
241	1526	Antonio Rodrigues	mozelos runners	Veterano M40	01:54:24	+45:46	07:38
242	1040	José Graça Rodrigues	aasm - os da vida airada	Veterano M50	01:54:29	+45:51	07:38
243	1568	Vera Barbosa	nova linha trail runners	Senior Feminino	01:55:21	+46:43	07:41
244	1154	José Santos	douroconta - gabinete de apoio e contabilidade, lda	Veterano M50	01:55:24	+46:46	07:42
245	1286	David Emanuel Guedes Rodrigues	individual	Senior Masculino	01:55:26	+46:48	07:42
246	1005	Ricardo Moutinho	100meta	Senior Masculino	01:55:30	+46:52	07:42
247	1057	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:55:37	+46:59	07:42
248	1711	António Loureiro	trepatrilhos trail team	Veterano M50	01:55:46	+47:08	07:43
249	1668	NUNO MIGUEL SOUSA MACHADO	snack runners	Veterano M40	01:55:48	+47:10	07:43
250	1666	MAURO FERNANDO LOPES DA SILVA	snack runners	Senior Masculino	01:55:49	+47:11	07:43
251	1626	Fernanda Pinto	porto sentido runners	Veterana F40	01:56:01	+47:23	07:44
252	1124	Armando Moreira	clube zipper	Veterano M50	01:56:03	+47:25	07:44
253	1160	ARTUR CARDOSO	equipa joao ferreira	Veterano M45	01:56:04	+47:26	07:44
254	1303	Joaquim Teixeira	individual	Senior Masculino	01:56:16	+47:38	07:45
255	1035	Tiago Miguel dos Santos Barbosa	aasm - os da vida airada	Senior Masculino	01:56:22	+47:44	07:45
256	1551	Rui Augusto	mss contabilidade trail team	Veterano M40	01:56:27	+47:49	07:46
257	1645	José Mário Pereira	runners hp	Veterano M55	01:56:30	+47:52	07:46

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
258	1106	Fátima Silva	brincalhões	Veterana F45	01:56:38	+47:59	07:47
259	1535	João Monteiro	mss contabilidade trail team	Senior Masculino	01:56:40	+48:02	07:47
260	1555	Manuel Gil	mss contabilidade trail team	Veterano M45	01:56:47	+48:09	07:47
261	1012	Ana Lirio	a.d.amarante trail running	Senior Feminino	01:56:47	+48:09	07:47
262	1009	Alice Pereira	a.d.amarante trail running	Senior Feminino	01:56:53	+48:15	07:48
263	1072	Manuel Gomes	amotinados trail	Veterano M45	01:56:54	+48:16	07:48
264	1581	Luís Pedrosa	os cunhados	Senior Masculino	01:57:25	+48:47	07:50
265	1384	Henrique Bruno Santos	individual	Veterano M40	01:57:31	+48:53	07:50
266	1631	Fernanda Lopes	porto sentido runners	Veterana F45	01:57:39	+49:01	07:51
267	1310	manuel paulo gomes vieira de almeida	individual	Senior Masculino	01:57:54	+49:16	07:52
268	1239	Carla Sofia Jesus da Costa	individual	Senior Feminino	01:57:54	+49:16	07:52
269	1504	Agostinho Cardoso	leões de tardariz trail	Veterano M45	01:57:55	+49:17	07:52
270	1712	pedro miguel santos matos	yazaki runners	Veterano M45	01:58:03	+49:25	07:52
271	1228	Nelson Santos	health & training - centro eduardo salgado	Veterano M40	01:58:38	+49:59	07:55
272	1412	carlos figueiredo	individual	Veterano M45	01:58:51	+50:12	07:55
273	1289	Gabriel Lara	individual	Senior Masculino	01:58:53	+50:15	07:56
274	1625	Elizabete Loureiro	porto sentido runners	Veterana F40	01:59:07	+50:28	07:56
275	1638	Carlos Martins	porto sentido runners	Veterano M50	01:59:07	+50:29	07:57
276	1126	Paulo Silva	cmds	Veterano M50	01:59:27	+50:48	07:58
277	1029	Graça Ribeiro	a.d.amarante trail running	Veterana F40	01:59:37	+50:59	07:59
278	1200	Nuno Miguel Gonçalves Ramalhete	gondomar futsal clube	Senior Masculino	02:00:07	+51:29	08:01
279	1429	Manuel Paiva	individual	Veterano M45	02:00:10	+51:32	08:01
280	1589	Heitor Neto	os2horas	Senior Masculino	02:00:13	+51:34	08:01
281	1480	Isabel Nogueira	jrsousa team	Veterana F40	02:00:16	+51:38	08:01
282	1690	Fernando Pereira	team covas trail	Senior Masculino	02:00:21	+51:42	08:01
283	1579	José Moura de Sousa	os barriguitas	Veterano M60	02:00:52	+52:14	08:04
284	1577	Rita Moura de Sousa	os barriguitas	Senior Feminino	02:00:52	+52:14	08:04
285	1402	Pedro Mucha	individual	Veterano M40	02:00:58	+52:20	08:04
286	1271	Alex Valente	individual	Senior Masculino	02:01:05	+52:27	08:04
287	1073	Paulo Miranda	amotinados trail	Veterano M45	02:01:11	+52:32	08:05
288	1684	JOEL PEREIRA	tartarugas velocistas	Senior Masculino	02:01:15	+52:36	08:05
289	1030	MARIA MARGARIDA NUNES MONTEIRO	a.d.amarante trail running	Veterana F40	02:01:20	+52:41	08:05
290	1025	Luis Mendes	a.d.amarante trail running	Senior Masculino	02:01:20	+52:41	08:05
291	1688	Patricia Pereira	team covas trail	Senior Feminino	02:01:28	+52:50	08:06
292	1689	Sonia Silva	team covas trail	Senior Feminino	02:01:28	+52:50	08:06
293	1434	Paulo santos	individual	Veterano M45	02:01:29	+52:50	08:06
294	1245	Eliana Silva Pereira	individual	Senior Feminino	02:01:46	+53:07	08:07
295	1701	Hélder Rodrigues	trepatrihos trail team	Senior Masculino	02:01:48	+53:09	08:07
296	1205	Cristina Loureiro	gondomar futsal clube	Veterana F40	02:01:55	+53:17	08:08
297	1424	José Fernando Rodrigues	individual	Veterano M45	02:02:17	+53:38	08:09
298	1461	Aurélio Carvalho	individual	Veterano M60	02:02:20	+53:41	08:09
299	1221	Nelson Silva	gondomar futsal clube	Veterano M55	02:02:28	+53:50	08:10
300	1298	Ivo Miguel Nunes Teixeira	individual	Senior Masculino	02:02:29	+53:50	08:10

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	1624	Vitor Manuel Almeida Martins	porto sentido runners	Senior Masculino	02:03:05	+54:27	08:12
302	1446	Rui Moura	individual	Veterano M50	02:03:09	+54:31	08:13
303	1232	Alice Capelas	individual	Senior Feminino	02:03:17	+54:39	08:13
304	1399	PAULO HERNANI MOREIRA	individual	Veterano M40	02:03:23	+54:44	08:14
305	1488	Anabela Marques	juventude cortegacense	Veterana F45	02:03:27	+54:48	08:14
306	1308	Luís Tiago Vieira	individual	Senior Masculino	02:03:28	+54:49	08:14
307	1268	Vânia silveira	individual	Senior Feminino	02:03:49	+55:10	08:15
308	1610	MÁRCIA MADEIRA	pipo	Veterana F45	02:03:56	+55:18	08:16
309	1612	RUI MADEIRA	pipo	Veterano M45	02:03:56	+55:18	08:16
310	1261	Paula cruz	individual	Senior Feminino	02:04:01	+55:22	08:16
311	1117	Paula Morais	byl	Veterana F40	02:04:03	+55:24	08:16
312	1381	Daniel Ferreira	individual	Veterano M40	02:04:10	+55:32	08:17
313	1703	Ricardo Lento	trepatrihos trail team	Senior Masculino	02:04:10	+55:32	08:17
314	1374	Alfredo Vieira	individual	Veterano M40	02:04:10	+55:32	08:17
315	1265	Sandra Ramos	individual	Senior Feminino	02:04:10	+55:32	08:17
316	1682	BENILDE FREITAS	tartarugas velocistas	Senior Feminino	02:04:24	+55:46	08:18
317	1683	BRUNO GONÇALVES	tartarugas velocistas	Senior Masculino	02:04:24	+55:46	08:18
318	1377	Aurégio Salas	individual	Veterano M40	02:04:32	+55:54	08:18
319	1404	RICARDO FERREIA	individual	Veterano M40	02:04:40	+56:01	08:19
320	1720	Rui Gandra	individual	Veterano M40	02:04:44	+56:06	08:19
321	1479	Cecília Martins	jrsousa team	Veterana F40	02:04:45	+56:07	08:19
322	1203	Sérgio Pereira	gondomar futsal clube	Senior Masculino	02:04:59	+56:20	08:20
323	1405	Ricardo Grilo	individual	Veterano M40	02:05:05	+56:26	08:20
324	1565	Graça Ribeiro	nocturnos de paredes	Veterana F55	02:05:20	+56:42	08:21
325	1016	Daniela Queiros	a.d.amarante trail running	Senior Feminino	02:05:23	+56:44	08:22
326	1225	Fábio Vieira	health & training - centro eduardo salgado	Senior Masculino	02:05:31	+56:53	08:22
327	1176	Manuel Rocha	fast ao km	Veterano M60	02:05:42	+57:03	08:23
328	1574	João Sousa	nuno	Senior Masculino	02:06:32	+57:53	08:26
329	1716	Cidalina Soares	porto sentido runners	Veterana F40	02:07:13	+58:35	08:29
330	1529	Carmen Brandão	mss contabilidade trail team	Senior Feminino	02:07:14	+58:36	08:29
331	1099	Belmiro Reis	bota brita	Veterano M45	02:07:14	+58:36	08:29
332	1372	Adalberto Figueiredo	individual	Veterano M40	02:07:19	+58:40	08:29
333	1362	Vera Lopes	individual	Veterana F40	02:07:19	+58:40	08:29
334	1042	Ruben Azevedo	acsp	Sub 23 Masculino	02:07:32	+58:54	08:30
335	1043	António Gonçalves	acsp	Veterano M45	02:07:32	+58:54	08:30
336	1707	João Rocha	trepatrihos trail team	Veterano M40	02:07:40	+59:02	08:31
337	1410	ARMINDO SERRA MARTINS DOS SANTOS	individual	Veterano M45	02:07:50	+59:12	08:31
338	1659	Miguel Bandeira	são team	Veterano M45	02:07:52	+59:14	08:32
339	1158	MARIA FONSECA	equipa joao ferreira	Veterana F45	02:08:03	+59:24	08:32
340	1163	LUIS SILVA	equipa joao ferreira	Veterano M45	02:08:03	+59:25	08:32
341	1490	Maria Mendonça	juventude cortegacense	Veterana F50	02:08:14	+59:36	08:33
342	1465	Silvana Rocha	joaquim	Senior Feminino	02:08:14	+59:36	08:33
343	1337	vit0r neves	individual	Senior Masculino	02:08:29	+59:50	08:34
344	1038	Telmo Rodrigues	aasm - os da vida airada	Veterano M40	02:08:30	+59:51	08:34
345	1281	Bruno Rodrigues	individual	Senior Masculino	02:08:32	+59:53	08:34

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
346	1013	Ana Mendonça	a.d.amarante trail running	Senior Feminino	02:08:37	+59:59	08:35
347	1475	NELSON FERREIRA	josé	Veterano M40	02:08:40	+01:00:01	08:35
348	1473	PAULA GRANJA	josé	Veterana F40	02:08:40	+01:00:01	08:35
349	1321	Pedro Balinho	individual	Senior Masculino	02:08:51	+01:00:12	08:35
350	1491	Celso Camboa	juventude cortegacense	Veterano M40	02:08:57	+01:00:19	08:36
351	1458	JOSE CARLOS NEVES	individual	Veterano M55	02:09:02	+01:00:23	08:36
352	1393	jose gonçalo gomes guedes rodrigues	individual	Veterano M40	02:09:02	+01:00:23	08:36
353	1238	Carina Sofia Oliveira Correia	individual	Senior Feminino	02:09:28	+01:00:49	08:38
354	1185	Paulo Ribeiro	gansos	Veterano M40	02:09:33	+01:00:55	08:38
355	1061	Paula Marques	amotinados trail	Senior Feminino	02:09:36	+01:00:57	08:38
356	1067	Helena Pinto	amotinados trail	Veterana F40	02:09:36	+01:00:57	08:38
357	1059	Iolanda Machado	amotinados trail	Senior Feminino	02:09:36	+01:00:58	08:38
358	1713	Fernando Oliveira	são team	Veterana F45	02:09:37	+01:00:58	08:38
359	1655	Claudia Sottomayor	são team	Veterana F45	02:09:37	+01:00:58	08:38
360	1306	Jose silva	individual	Senior Masculino	02:09:38	+01:00:59	08:39
361	1272	Américo Botelho	individual	Senior Masculino	02:09:46	+01:01:08	08:39
362	1427	Manuel Bastos	individual	Veterano M45	02:09:47	+01:01:08	08:39
363	1661	Luis Espirito Santo	são team	Veterano M50	02:10:00	+01:01:22	08:40
364	1525	Michael Amaral	mozelos runners	Senior Masculino	02:10:03	+01:01:25	08:40
365	1204	Tiago Fernandes de Oliveira Granja	gondomar futsal clube	Senior Masculino	02:10:32	+01:01:53	08:42
366	1448	rui machado	individual	Veterano M50	02:10:43	+01:02:05	08:43
367	1352	Carla Sofia Santos	individual	Veterana F40	02:10:55	+01:02:17	08:44
368	1263	Rita Freitas	individual	Senior Feminino	02:10:59	+01:02:21	08:44
369	1576	Nuno Silva	nuno	Veterano M40	02:11:10	+01:02:31	08:45
370	1216	Mário Ribeiro	gondomar futsal clube	Veterano M45	02:11:13	+01:02:35	08:45
371	1052	Ricardo Leal	amigos 100 limites	Senior Masculino	02:11:32	+01:02:54	08:46
372	1017	Fernanda Maria Ferreira Oliveira	a.d.amarante trail running	Senior Feminino	02:12:08	+01:03:29	08:49
373	1640	mara freitas	reumatico trail team	Senior Feminino	02:12:08	+01:03:29	08:49
374	1294	Helder oliveira	individual	Senior Masculino	02:12:14	+01:03:35	08:49
375	1292	Gilberto Sousa	individual	Senior Masculino	02:12:14	+01:03:35	08:49
376	1327	Rui manuel rodrigues moreira	individual	Senior Masculino	02:12:14	+01:03:36	08:49
377	1196	Patrícia Pereira	gondomar futsal clube	Senior Feminino	02:12:22	+01:03:44	08:50
378	1605	Célia Alves	paula	Veterana F40	02:12:33	+01:03:55	08:50
379	1606	Paula Afonso	paula	Veterana F40	02:13:12	+01:04:33	08:53
380	1609	Luís Magalhães	paula	Veterano M40	02:13:12	+01:04:34	08:53
381	1275	André da Silva Carneiro	individual	Senior Masculino	02:13:16	+01:04:37	08:53
382	1499	Mónica Domingues	lebres minhotas	Senior Feminino	02:13:17	+01:04:39	08:53
383	1621	Filipe Cardoso	porto sentido runners	Senior Masculino	02:13:19	+01:04:41	08:53
384	1665	ELIANDRO BRUNO LOPES DA SILVA	snack runners	Senior Masculino	02:13:22	+01:04:43	08:53
385	1522	Joana Machado	mozelos runners	Senior Feminino	02:13:36	+01:04:57	08:54
386	1523	Sonia Santiago	mozelos runners	Senior Feminino	02:13:36	+01:04:57	08:54
387	1104	Inês Silva	brincalhões	Sub 23 Feminino	02:13:49	+01:05:11	08:55
388	1229	Sergio Oliveira	health & training - centro eduardo salgado	Veterano M40	02:13:54	+01:05:16	08:56

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
389	1258	Mónica Pesqueira	individual	Senior Feminino	02:14:00	+01:05:22	08:56
390	1569	Amália Monteiro	nova linha trail runners	Veterana F45	02:14:06	+01:05:28	08:56
391	1583	Joao Oliveira	os imparaveis	Senior Masculino	02:14:20	+01:05:42	08:57
392	1519	Xana MADureira	mountain climbers	Veterana F40	02:14:30	+01:05:52	08:58
393	1616	Patrícia Ribeiro	porto sentido runners	Senior Feminino	02:14:35	+01:05:57	08:58
394	1619	André Oliveira	porto sentido runners	Senior Masculino	02:14:35	+01:05:57	08:58
395	1506	Marco Oliveira	leões de tardariz trail	Veterano M45	02:14:36	+01:05:57	08:58
396	1561	Alvaro Silva	mss contabilidade trail team	Veterano M55	02:14:49	+01:06:10	08:59
397	1715	João Pinheiro	porto sentido runners	Veterano M45	02:14:49	+01:06:10	08:59
398	1178	José Carlos Castro	fit gaia trail	Veterano M40	02:14:54	+01:06:16	09:00
399	1466	Carla Ferreira	jornal vivacidade	Senior Feminino	02:14:55	+01:06:17	09:00
400	1056	paulo fonseca	amigos s.pedro da cova	Veterano M55	02:14:56	+01:06:18	09:00
401	1213	Celso Mota	gondomar futsal clube	Veterano M45	02:14:58	+01:06:19	09:00
402	1233	Ana carvalho	individual	Senior Feminino	02:14:59	+01:06:21	09:00
403	1250	Isabel Costa	individual	Senior Feminino	02:15:24	+01:06:45	09:02
404	1554	António Rocha	mss contabilidade trail team	Veterano M45	02:15:24	+01:06:46	09:02
405	1704	Rui Santos	trepatrihos trail team	Senior Masculino	02:15:25	+01:06:47	09:02
406	1559	João Pedro Gonçalves	mss contabilidade trail team	Veterano M50	02:15:39	+01:07:01	09:03
407	1248	Inês Arcos	individual	Senior Feminino	02:15:51	+01:07:13	09:03
408	1231	Alexandra Pereira	individual	Senior Feminino	02:15:52	+01:07:13	09:03
409	1046	Cláudia Marlene Gonçalves Soares	alidani	Senior Feminino	02:15:52	+01:07:14	09:04
410	1049	Célia Vieira	alto relevo - clube de montanhismo	Veterana F45	02:16:00	+01:07:21	09:04
411	1718	Rute Couto	individual	Senior Feminino	02:16:01	+01:07:22	09:04
412	1287	Diogo Oliveira	individual	Senior Masculino	02:16:01	+01:07:22	09:04
413	1215	José Carlos Lascasas	gondomar futsal clube	Veterano M45	02:16:01	+01:07:22	09:04
414	1675	Rui Carvalho	ss montepio	Senior Masculino	02:16:29	+01:07:51	09:06
415	1679	Francisco Moreira	ss montepio	Veterano M45	02:16:30	+01:07:51	09:06
416	1349	Angela	individual	Veterana F40	02:16:40	+01:08:02	09:07
417	1476	José Gonçalves	josé	Veterano M45	02:16:49	+01:08:10	09:07
418	1472	Carla Pacheco	josé	Veterana F40	02:16:49	+01:08:11	09:07
419	1121	Fernanda Esteves	cerveira team running	Veterana F60	02:16:54	+01:08:16	09:08
420	1322	Pedro Duarte	individual	Senior Masculino	02:17:03	+01:08:25	09:08
421	1580	Manuel Moura	os barriguitas	Veterano M60	02:17:05	+01:08:27	09:08
422	1174	Pedro Arcos	fardetas	Veterano M60	02:17:18	+01:08:40	09:09
423	1173	Jose Castelo	fardetas	Veterano M60	02:17:25	+01:08:47	09:10
424	1172	Silvia Castelo	fardetas	Veterana F40	02:17:25	+01:08:47	09:10
425	1076	Ana silva	ana soraia ferreira	Senior Feminino	02:17:43	+01:09:04	09:11
426	1171	Ricardo Carneiro	fardetas	Senior Masculino	02:18:07	+01:09:29	09:13
427	1368	Cidalia Silva	individual	Veterana F50	02:18:18	+01:09:40	09:13
428	1367	Ana paula teixeira	individual	Veterana F50	02:18:29	+01:09:51	09:14
429	1311	Marco loureiro	individual	Senior Masculino	02:18:32	+01:09:54	09:14
430	1419	Joaquim Ramos	individual	Veterano M45	02:18:52	+01:10:13	09:15
431	1369	Paulina soares	individual	Veterana F50	02:18:55	+01:10:16	09:16
432	1515	veronica vieira	mara	Senior Feminino	02:19:10	+01:10:31	09:17
433	1516	nuno freitas	mara	Senior Masculino	02:19:10	+01:10:31	09:17

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
434	1604	Catarina Santos	paula	Senior Feminino	02:19:16	+01:10:37	09:17
435	1618	Vera Lúcia Sousa	porto sentido runners	Senior Feminino	02:19:16	+01:10:38	09:17
436	1617	Susana Nogueira	porto sentido runners	Senior Feminino	02:19:17	+01:10:38	09:17
437	1532	Vania Cardoso	mss contabilidade trail team	Senior Feminino	02:19:19	+01:10:40	09:17
438	1363	Ana Rito	individual	Veterana F45	02:19:32	+01:10:54	09:18
439	1251	Joana Ferreira	individual	Senior Feminino	02:20:09	+01:11:31	09:21
440	1307	Luis Alves	individual	Senior Masculino	02:20:10	+01:11:32	09:21
441	1578	Germano Moura	os barriguitas	Veterano M55	02:20:12	+01:11:34	09:21
442	1207	Ana Sousa	gondomar futsal clube	Veterana F50	02:20:16	+01:11:38	09:21
443	1420	Joaquim sousa	individual	Veterano M45	02:20:30	+01:11:51	09:22
444	1496	Luís Carneiro	king arthur	Senior Masculino	02:20:42	+01:12:04	09:23
445	1262	Renata Almeida	individual	Senior Feminino	02:20:47	+01:12:09	09:23
446	1266	SAOZITA ROSA	individual	Senior Feminino	02:20:47	+01:12:09	09:23
447	1280	Antonio Almeida	individual	Senior Masculino	02:20:48	+01:12:09	09:23
448	1122	Cândida Vilas-Boas	clube zipper	Veterana F40	02:21:06	+01:12:28	09:24
449	1264	Sandra ferreira	individual	Senior Feminino	02:21:49	+01:13:11	09:27
450	1256	Marta Reguengo	individual	Senior Feminino	02:21:49	+01:13:11	09:27
451	1100	JBravo Santos	bota brita	Veterano M50	02:22:26	+01:13:47	09:30
452	1157	SANDRA CUNHA	equipa joao ferreira	Veterana F40	02:22:45	+01:14:06	09:31
453	1376	Antonio Monteiro	individual	Veterano M40	02:22:50	+01:14:12	09:31
454	1388	JOAO LINO MOREIRA	individual	Veterano M40	02:22:50	+01:14:12	09:31
455	1392	Jose Eduardo Moreira	individual	Veterano M40	02:22:50	+01:14:12	09:31
456	1348	Ana Carvalho	individual	Veterana F40	02:22:59	+01:14:20	09:32
457	1622	Filipe Maria	porto sentido runners	Senior Masculino	02:23:17	+01:14:38	09:33
458	1634	Miguel Azevedo	porto sentido runners	Veterano M40	02:23:17	+01:14:38	09:33
459	1514	Sérgio Pereira	magical mushrooms	Veterano M40	02:23:39	+01:15:01	09:35
460	1543	Maria Alves	mss contabilidade trail team	Veterana F50	02:23:39	+01:15:01	09:35
461	1513	Vanda Miranda	magical mushrooms	Senior Feminino	02:23:39	+01:15:01	09:35
462	1409	Álvaro Cairrão	individual	Veterano M45	02:24:00	+01:15:21	09:36
463	1240	Claudia Moura	individual	Senior Feminino	02:24:07	+01:15:28	09:36
464	1134	Joana Esteves	cricas, bamulá	Senior Feminino	02:24:15	+01:15:37	09:37
465	1135	Miguel Moura	cricas, bamulá	Senior Masculino	02:24:15	+01:15:37	09:37
466	1129	Sandra Pina	comdor runners	Veterana F40	02:24:48	+01:16:10	09:39
467	1677	Susana Cardoso	ss montepio	Veterana F40	02:24:48	+01:16:10	09:39
468	1696	Leonardo Costa	tony´s	Senior Masculino	02:25:08	+01:16:29	09:41
469	1695	Susana Silva	tony´s	Senior Feminino	02:25:08	+01:16:30	09:41
470	1699	Luzinha Monteiro	trepatrilhos trail team	Senior Feminino	02:25:35	+01:16:56	09:42
471	1702	Leandro Coelho	trepatrilhos trail team	Senior Masculino	02:25:35	+01:16:57	09:42
472	1468	Paulo Pinto	jornal vivacidade	Senior Masculino	02:25:57	+01:17:18	09:44
473	1591	Diogo Maciel	ou vai ou racha	Sub 23 Masculino	02:26:21	+01:17:43	09:45
474	1600	Jose Gentil	ou vai ou racha	Veterano M45	02:26:21	+01:17:43	09:45
475	1484	José Ferreira	jrsousa team	Veterano M40	02:26:22	+01:17:44	09:46
476	1354	elisabete lops costa	individual	Veterana F40	02:26:35	+01:17:56	09:46
477	1439	Vitor sousa	individual	Veterano M45	02:26:36	+01:17:57	09:46
478	1130	Maria da Luz Oliveira	comdor runners	Veterana F50	02:26:41	+01:18:02	09:47
479	1467	Cláudia Almeida	jornal vivacidade	Senior Feminino	02:26:56	+01:18:18	09:48

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
480	1662	Vera Martins	secai/gaiabike	Veterana F40	02:27:12	+01:18:34	09:49
481	1312	Marco Sousa	individual	Senior Masculino	02:27:59	+01:19:21	09:52
482	1270	Abilio silva	individual	Senior Masculino	02:28:00	+01:19:21	09:52
483	1305	Jorge Ribeiro	individual	Senior Masculino	02:28:01	+01:19:22	09:52
484	1302	João Oliveira	individual	Senior Masculino	02:28:03	+01:19:24	09:52
485	1380	Daniel Branco	individual	Veterano M40	02:28:03	+01:19:25	09:52
486	1339	Bruna Filipa Santos	individual	Sub 23 Feminino	02:28:21	+01:19:43	09:53
487	1530	Marina Silva Sousa	mss contabilidade trail team	Senior Feminino	02:28:24	+01:19:45	09:54
488	1182	Helena Alvarenga	gansos	Senior Feminino	02:28:34	+01:19:56	09:54
489	1632	Isabel Ferraz	porto sentido runners	Veterana F45	02:28:37	+01:19:59	09:55
490	1528	Ana Maria Rodrigues	mss contabilidade trail team	Senior Feminino	02:28:44	+01:20:06	09:55
491	1542	Elisabete Brazeta	mss contabilidade trail team	Veterana F50	02:28:45	+01:20:06	09:55
492	1541	Silvina Barbosa	mss contabilidade trail team	Veterana F40	02:28:51	+01:20:13	09:55
493	1370	Marília Paiva	individual	Veterana F55	02:29:33	+01:20:55	09:58
494	1382	Filipe Moutinho	individual	Veterano M40	02:29:57	+01:21:18	10:00
495	1323	Pedro Santos	gondomar futsal clube	Senior Masculino	02:30:14	+01:21:36	10:01
496	1278	André Santos	individual	Senior Masculino	02:30:15	+01:21:37	10:01
497	1301	Joao Novo	individual	Senior Masculino	02:30:17	+01:21:38	10:01
498	1242	Daniela Cunha	individual	Senior Feminino	02:30:17	+01:21:38	10:01
499	1456	Filipe Ramos	individual	Veterano M55	02:30:19	+01:21:41	10:01
500	1186	Paulo Ferreira	gansos	Veterano M45	02:30:47	+01:22:09	10:03
501	1536	Marco Vigário	mss contabilidade trail team	Senior Masculino	02:30:53	+01:22:14	10:04
502	1642	pedro ferreira	reumatico trail team	Veterano M40	02:32:22	+01:23:44	10:09
503	1335	Vítor Francisco Cardoso Quintas	individual	Senior Masculino	02:32:22	+01:23:44	10:10
504	1411	Augusto lopes	individual	Veterano M45	02:32:52	+01:24:13	10:11
505	1615	Mariana Oliveira	porto sentido runners	Senior Feminino	02:32:56	+01:24:18	10:12
506	1623	Pedro Ferreira	porto sentido runners	Senior Masculino	02:32:57	+01:24:18	10:12
507	1481	Justa ferreira	jrsousa team	Veterana F40	02:32:58	+01:24:19	10:12
508	1460	Paulo Almeida	individual	Veterano M55	02:33:11	+01:24:33	10:13
509	1443	Carlos Viamonte	individual	Veterano M50	02:33:11	+01:24:33	10:13
510	1330	Sergio Torre	individual	Senior Masculino	02:33:52	+01:25:14	10:16
511	1244	Eduarda Barros	individual	Senior Feminino	02:34:04	+01:25:26	10:16
512	1607	Paula Santos	paula	Veterana F40	02:34:05	+01:25:27	10:16
513	1125	Jorge Magalhães	cmds	Senior Masculino	02:34:09	+01:25:31	10:17
514	1498	Josué Filipe Monteiro Maia	kuantokusta	Senior Masculino	02:34:11	+01:25:33	10:17
515	1594	Zeza Alves	ou vai ou racha	Veterana F40	02:34:35	+01:25:57	10:18
516	1371	maria filomena venancio lopes marcelo	individual	Veterana F60	02:35:19	+01:26:41	10:21
517	1564	Filipe Pinto	nocturnos de paredes	Senior Masculino	02:35:39	+01:27:01	10:23
518	1183	Laurinda Tavares	gansos	Veterana F45	02:36:08	+01:27:29	10:25
519	1108	Armando Silva	brincalhões	Veterano M50	02:36:08	+01:27:29	10:25
520	1299	João Alexandre	individual	Senior Masculino	02:36:19	+01:27:40	10:25
521	1243	Edite Alexandre	individual	Senior Feminino	02:36:19	+01:27:41	10:25
522	1331	Tiago Alexandre	individual	Senior Masculino	02:36:19	+01:27:41	10:25
523	1477	Lia Galvão	jrsousa team	Senior Feminino	02:36:59	+01:28:21	10:28
524	1478	Pedro Domingues	jrsousa team	Senior Masculino	02:37:00	+01:28:21	10:28

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
525	1001	liliana carina magalhaes silva	#atechoras!	Senior Feminino	02:37:10	+01:28:31	10:29
526	1002	susana andreia silva pereira	#atechoras!	Senior Feminino	02:37:10	+01:28:32	10:29
527	1140	André Cunha	cunhax	Sub 23 Masculino	02:37:30	+01:28:52	10:30
528	1562	Américo Leal	mss contabilidade trail team	Veterano M55	02:37:37	+01:28:59	10:31
529	1531	Raquel Marques	mss contabilidade trail team	Senior Feminino	02:37:46	+01:29:08	10:31
530	1508	José Ferreira	leões de tardariz trail	Veterano M50	02:37:46	+01:29:08	10:31
531	1507	Gualter Castro	leões de tardariz trail	Veterano M50	02:37:47	+01:29:08	10:31
532	1686	Alexandra Bessa	team aguenta aí	Veterana F40	02:38:17	+01:29:39	10:33
533	1096	Claudia Silva	bota brita	Veterana F40	02:38:18	+01:29:39	10:33
534	1358	Luisa Nogueira	individual	Veterana F40	02:38:34	+01:29:56	10:34
535	1518	Isabel Santos	mountain climbers	Veterana F40	02:38:50	+01:30:11	10:35
536	1004	Patrícia Neves	100meta	Senior Feminino	02:39:55	+01:31:17	10:40
537	1274	André Correia	individual	Senior Masculino	02:40:12	+01:31:33	10:41
538	1375	Antonio Carvalho	individual	Veterano M40	02:40:12	+01:31:33	10:41
539	1253	Liliana Rodrigues	individual	Senior Feminino	02:40:29	+01:31:50	10:42
540	1252	Liliana Pereira	individual	Senior Feminino	02:40:29	+01:31:51	10:42
541	1234	Ana Isabel Rodrigues da Silva	individual	Senior Feminino	02:40:47	+01:32:09	10:43
542	1269	Vera Monica Oliveira Gomes	individual	Senior Feminino	02:41:04	+01:32:26	10:44
543	1646	Luísa Cirne	runriver	Senior Feminino	02:41:41	+01:33:02	10:47
544	1093	Eduarda Freitas	bodeguitas	Veterana F40	02:41:55	+01:33:17	10:48
545	1075	Telmo Costa	amotinados trail	Veterano M55	02:42:18	+01:33:39	10:49
546	1079	Joana Silva	arnaldo	Senior Feminino	02:42:56	+01:34:18	10:52
547	1080	Paulo Amorim	arnaldo	Senior Masculino	02:42:56	+01:34:18	10:52
548	1489	Gabriela França	juventude cortegacense	Veterana F45	02:43:05	+01:34:27	10:52
549	1653	Benedita Barreiros	são team	Sub 23 Feminino	02:44:46	+01:36:08	10:59
550	1654	Joana Paulino	são team	Sub 23 Feminino	02:44:46	+01:36:08	10:59
551	1656	Conceição Pinto	são team	Veterana F50	02:44:59	+01:36:21	11:00
552	1660	Mohammed Moudnib	são team	Veterano M45	02:45:00	+01:36:21	11:00
553	1109	Sara Rocha	btt alegria // tubani	Senior Feminino	02:46:18	+01:37:40	11:05
554	1687	Manuel Jorge Nogueira da Silva	team aguenta aí	Veterano M45	02:47:15	+01:38:37	11:09
555	1457	José Carlos Martins Carneiro	individual	Veterano M55	02:48:04	+01:39:25	11:12
556	1629	Sandra Maria	porto sentido runners	Veterana F40	02:48:23	+01:39:44	11:14
557	1627	Margarida Sousa	porto sentido runners	Veterana F40	02:48:24	+01:39:46	11:14
558	1255	Magdalena Wójcik	individual	Senior Feminino	02:49:02	+01:40:23	11:16
559	1247	Helena Gomes	individual	Senior Feminino	02:49:02	+01:40:24	11:16
560	1365	Ermelinda Sousa Lara	individual	Veterana F45	02:49:02	+01:40:24	11:16
561	1373	Alexandre Teles	individual	Veterano M40	02:49:19	+01:40:40	11:17
562	1597	Maria Maia	ou vai ou racha	Veterana F45	02:50:12	+01:41:33	11:21
563	1193	Rosa Afonso	gondarãfrente	Veterana F40	02:51:15	+01:42:37	11:25
564	1698	Lígia Lopes	trepatriłhos trail team	Senior Feminino	02:53:12	+01:44:33	11:33
565	1708	José Oliveira	trepatriłhos trail team	Veterano M45	02:53:12	+01:44:33	11:33
566	1705	Fátima Costa	trepatriłhos trail team	Veterana F45	02:53:12	+01:44:33	11:33
567	1706	Gilda Cunha	trepatriłhos trail team	Veterana F50	02:53:12	+01:44:34	11:33
568	1710	Abílio Costa	trepatriłhos trail team	Veterano M50	02:53:12	+01:44:34	11:33
569	1709	Pedro Sousa	trepatriłhos trail team	Veterano M45	02:53:12	+01:44:34	11:33

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
570	1259	Nelma Oliveira	individual	Senior Feminino	02:53:35	+01:44:57	11:34
571	1421	Jorge Gomes	individual	Veterano M45	02:53:36	+01:44:57	11:34
572	1141	Raul Cunha	cunhax	Veterano M45	02:57:31	+01:48:52	11:50
573	1353	Carla Susana Ferreira	individual	Veterana F40	02:57:50	+01:49:12	11:51
574	1309	Manuel Cardoso	individual	Senior Masculino	02:57:50	+01:49:12	11:51
575	1355	Fátima de Jesus Lima Ribeiro	individual	Veterana F40	02:57:50	+01:49:12	11:51
576	1356	Ilda Ruela	individual	Veterana F40	02:57:51	+01:49:13	11:51
577	1218	Ilídio Freitas	gondomar futsal clube	Veterano M50	03:01:00	+01:52:21	12:04
578	1599	Paula Sousa	ou vai ou racha	Veterana F45	03:01:15	+01:52:36	12:05
579	1595	Arminda Maciel	ou vai ou racha	Veterana F45	03:01:21	+01:52:43	12:05
580	1065	Tania Ferreira	amotinados trail	Senior Feminino	03:01:25	+01:52:47	12:06
581	1719	Ana Raquel Silva	individual	Senior Feminino	03:01:25	+01:52:47	12:06
582	1063	Sara Silva	amotinados trail	Senior Feminino	03:01:25	+01:52:47	12:06
583	1482	Lurdes Sanguedo	jrsousa team	Veterana F45	03:04:01	+01:55:23	12:16
584	1483	Sandra Maria Couto Ferreira	jrsousa team	Veterana F45	03:04:05	+01:55:27	12:16
585	1095	Carla Teixeira	bota brita	Veterana F40	03:09:27	+02:00:49	12:38
586	1094	Cristiana Leite	bota brita	Senior Feminino	03:09:27	+02:00:49	12:38
587	1603	Jose Freitas	ou vai ou racha	Veterano M50	03:09:50	+02:01:12	12:39
588	1602	Paulo Magalhaes	ou vai ou racha	Veterano M45	03:12:31	+02:03:52	12:50
589	1416	Fernando Ferreira	individual	Veterano M45	03:12:31	+02:03:53	12:50
590	1257	Marta Silva	individual	Senior Feminino	03:15:32	+02:06:54	13:02
591	1590	Silvia Maciel	ou vai ou racha	Senior Feminino	03:15:34	+02:06:55	13:02
592	1592	Ana Rita Neves	ou vai ou racha	Veterana F40	03:15:34	+02:06:55	13:02
593	1156	Susana Rito	edv- viana trail	Veterana F40	03:16:06	+02:07:27	13:04
594	1557	Pedro Oliveira	mss contabilidade trail team	Veterano M45	03:16:06	+02:07:28	13:04
595	1097	Veronica Ferraz	bota brita	Veterana F40	03:17:07	+02:08:28	13:08
596	1545	Paula Salgado	mss contabilidade trail team	Veterana F55	03:17:07	+02:08:28	13:08
597	1647	Claudia Teixeira	salgueiros running	Senior Feminino	03:20:46	+02:12:07	13:23
598	1648	Isabel Rego	salgueiros running	Veterana F45	03:20:46	+02:12:08	13:23

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	5°C	100%
End	12:51	5°C	100%

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

1	1018	Inês Moreira	A.D.Amarante trail running	Senior Feminino	01:25:20	+16:42	05:41
2	1014	Angela Soares	A.D.Amarante trail running	Senior Feminino	01:31:09	+22:31	06:05
3	1246	Elisabete Alves	Individual	Senior Feminino	01:37:51	+29:13	06:31
4	1717	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:38:14	+29:36	06:33
5	1086	Silvia Teixeira	Boavista F. C.	Senior Feminino	01:41:20	+32:42	06:45
6	1015	Claudia Moreira	A.D.Amarante trail running	Senior Feminino	01:41:48	+33:10	06:47
7	1511	Belém Sampaio-Marques	Magic Friends Runners	Senior Feminino	01:43:36	+34:58	06:54
8	1194	Ana Ferreira	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:44:28	+35:50	06:58
9	1011	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	01:46:36	+37:58	07:06
10	1267	Susana Silva	Individual	Senior Feminino	01:47:10	+38:32	07:09
11	1260	Paula Cardoso	Individual	Senior Feminino	01:47:23	+38:45	07:10
12	1222	Ana Fontes	GTT - armazém do caffè	Senior Feminino	01:48:15	+39:37	07:13
13	1050	Clara Teixeira	Amigos 100 Limites	Senior Feminino	01:50:30	+41:52	07:22
14	1145	Liliana Felgueiras	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Feminino	01:52:13	+43:35	07:29
15	1195	Lucie Trpisovska	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:53:41	+45:03	07:35
16	1230	Adriana Filipa Ramos Azevedo Neves	Individual	Senior Feminino	01:54:17	+45:39	07:37
17	1568	Vera Barbosa	Nova Linha Trail Runners	Senior Feminino	01:55:21	+46:43	07:41
18	1012	Ana Lirio	A.D.Amarante trail running	Senior Feminino	01:56:47	+48:09	07:47
19	1009	Alice Pereira	A.D.Amarante trail running	Senior Feminino	01:56:53	+48:15	07:48
20	1239	Carla Sofia Jesus da Costa	Individual	Senior Feminino	01:57:54	+49:16	07:52
21	1577	Rita Moura de Sousa	OS BARRIGUITAS	Senior Feminino	02:00:52	+52:14	08:04
22	1688	Patricia Pereira	Team Covas Trail	Senior Feminino	02:01:28	+52:50	08:06
23	1689	Sonia Silva	Team Covas Trail	Senior Feminino	02:01:28	+52:50	08:06
24	1245	Eliana Silva Pereira	Individual	Senior Feminino	02:01:46	+53:07	08:07
25	1232	Alice Capelas	Individual	Senior Feminino	02:03:17	+54:39	08:13
26	1268	Vânia silveira	Individual	Senior Feminino	02:03:49	+55:10	08:15
27	1261	Paula cruz	Individual	Senior Feminino	02:04:01	+55:22	08:16
28	1265	Sandra Ramos	Individual	Senior Feminino	02:04:10	+55:32	08:17
29	1682	BENILDE FREITAS	TARTARUGAS VELOCISTAS	Senior Feminino	02:04:24	+55:46	08:18
30	1016	Daniela Queiros	A.D.Amarante trail running	Senior Feminino	02:05:23	+56:44	08:22
31	1529	Carmen Brandão	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:07:14	+58:36	08:29
32	1465	Silvana Rocha	Joaquim	Senior Feminino	02:08:14	+59:36	08:33
33	1013	Ana Mendonça	A.D.Amarante trail running	Senior Feminino	02:08:37	+59:59	08:35
34	1238	Carina Sofia Oliveira Correia	Individual	Senior Feminino	02:09:28	+01:00:49	08:38
35	1061	Paula Marques	AMOTINADOS TRAIL	Senior Feminino	02:09:36	+01:00:57	08:38
36	1059	Iolanda Machado	AMOTINADOS TRAIL	Senior Feminino	02:09:36	+01:00:58	08:38
37	1263	Rita Freitas	Individual	Senior Feminino	02:10:59	+01:02:21	08:44
38	1017	Fernanda Maria Ferreira Oliveira	A.D.Amarante trail running	Senior Feminino	02:12:08	+01:03:29	08:49

Official Timekeeper: Lap2Go	1 / 15	generate 14-Jan-2018 12:58
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Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	1640	mara freitas	reumatico trail team	Senior Feminino	02:12:08	+01:03:29	08:49
40	1196	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:12:22	+01:03:44	08:50
41	1499	Mónica Domingues	LEBRES MINHOTAS	Senior Feminino	02:13:17	+01:04:39	08:53
42	1522	Joana Machado	Mozelos Runners	Senior Feminino	02:13:36	+01:04:57	08:54
43	1523	Sonia Santiago	Mozelos Runners	Senior Feminino	02:13:36	+01:04:57	08:54
44	1258	Mónica Pesqueira	Individual	Senior Feminino	02:14:00	+01:05:22	08:56
45	1616	Patrícia Ribeiro	PORTO SENTIDO RUNNERS	Senior Feminino	02:14:35	+01:05:57	08:58
46	1466	Carla Ferreira	Jornal Vivacidade	Senior Feminino	02:14:55	+01:06:17	09:00
47	1233	Ana carvalho	Individual	Senior Feminino	02:14:59	+01:06:21	09:00
48	1250	Isabel Costa	Individual	Senior Feminino	02:15:24	+01:06:45	09:02
49	1248	Inês Arcos	Individual	Senior Feminino	02:15:51	+01:07:13	09:03
50	1231	Alexandra Pereira	Individual	Senior Feminino	02:15:52	+01:07:13	09:03
51	1046	Cláudia Marlene Gonçalves Soares	AliDani	Senior Feminino	02:15:52	+01:07:14	09:04
52	1718	Rute Couto	Individual	Senior Feminino	02:16:01	+01:07:22	09:04
53	1076	Ana silva	Ana Soraia ferreira	Senior Feminino	02:17:43	+01:09:04	09:11
54	1515	veronica vieira	MARA	Senior Feminino	02:19:10	+01:10:31	09:17
55	1604	Catarina Santos	Paula	Senior Feminino	02:19:16	+01:10:37	09:17
56	1618	Vera Lúcia Sousa	PORTO SENTIDO RUNNERS	Senior Feminino	02:19:16	+01:10:38	09:17
57	1617	Susana Nogueira	PORTO SENTIDO RUNNERS	Senior Feminino	02:19:17	+01:10:38	09:17
58	1532	Vania Cardoso	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:19:19	+01:10:40	09:17
59	1251	Joana Ferreira	Individual	Senior Feminino	02:20:09	+01:11:31	09:21
60	1262	Renata Almeida	Individual	Senior Feminino	02:20:47	+01:12:09	09:23
61	1266	SAOZITA ROSA	Individual	Senior Feminino	02:20:47	+01:12:09	09:23
62	1264	Sandra ferreira	Individual	Senior Feminino	02:21:49	+01:13:11	09:27
63	1256	Marta Reguengo	Individual	Senior Feminino	02:21:49	+01:13:11	09:27
64	1513	Vanda Miranda	Magical Mushrooms	Senior Feminino	02:23:39	+01:15:01	09:35
65	1240	Claudia Moura	Individual	Senior Feminino	02:24:07	+01:15:28	09:36
66	1134	Joana Esteves	CRICAS, Bamulá	Senior Feminino	02:24:15	+01:15:37	09:37
67	1695	Susana Silva	Tony´s	Senior Feminino	02:25:08	+01:16:30	09:41
68	1699	Luzinha Monteiro	TrepaTrilhos Trail Team	Senior Feminino	02:25:35	+01:16:56	09:42
69	1467	Cláudia Almeida	Jornal Vivacidade	Senior Feminino	02:26:56	+01:18:18	09:48
70	1530	Marina Silva Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:28:24	+01:19:45	09:54
71	1182	Helena Alvarenga	Gansos	Senior Feminino	02:28:34	+01:19:56	09:54
72	1528	Ana Maria Rodrigues	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:28:44	+01:20:06	09:55
73	1242	Daniela Cunha	Individual	Senior Feminino	02:30:17	+01:21:38	10:01
74	1615	Mariana Oliveira	PORTO SENTIDO RUNNERS	Senior Feminino	02:32:56	+01:24:18	10:12
75	1244	Eduarda Barros	Individual	Senior Feminino	02:34:04	+01:25:26	10:16
76	1243	Edite Alexandre	Individual	Senior Feminino	02:36:19	+01:27:41	10:25
77	1477	Lia Galvão	JRSOUSA TEAM	Senior Feminino	02:36:59	+01:28:21	10:28
78	1001	iliana carina magalhaes silva	#ATECHORAS!	Senior Feminino	02:37:10	+01:28:31	10:29
79	1002	susana andreia silva pereira	#ATECHORAS!	Senior Feminino	02:37:10	+01:28:32	10:29
80	1531	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:37:46	+01:29:08	10:31
81	1004	Patrícia Neves	100meta	Senior Feminino	02:39:55	+01:31:17	10:40
82	1253	Liliana Rodrigues	Individual	Senior Feminino	02:40:29	+01:31:50	10:42

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Trail Curto

15 KM

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OFFICIAL RESULT

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83	1252	Liliana Pereira	Individual	Senior Feminino	02:40:29	+01:31:51	10:42
84	1234	Ana Isabel Rodrigues da Silva	Individual	Senior Feminino	02:40:47	+01:32:09	10:43
85	1269	Vera Monica Oliveira Gomes	Individual	Senior Feminino	02:41:04	+01:32:26	10:44
86	1646	Luísa Cirne	Runriver	Senior Feminino	02:41:41	+01:33:02	10:47
87	1079	Joana Silva	ARNALDO	Senior Feminino	02:42:56	+01:34:18	10:52
88	1109	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	02:46:18	+01:37:40	11:05
89	1255	Magdalena Wójcik	Individual	Senior Feminino	02:49:02	+01:40:23	11:16
90	1247	Helena Gomes	Individual	Senior Feminino	02:49:02	+01:40:24	11:16
91	1698	Lígia Lopes	TrepaTrilhos Trail Team	Senior Feminino	02:53:12	+01:44:33	11:33
92	1259	Nelma Oliveira	Individual	Senior Feminino	02:53:35	+01:44:57	11:34
93	1065	Tania Ferreira	AMOTINADOS TRAIL	Senior Feminino	03:01:25	+01:52:47	12:06
94	1719	Ana Raquel Silva	Individual	Senior Feminino	03:01:25	+01:52:47	12:06
95	1063	Sara Silva	AMOTINADOS TRAIL	Senior Feminino	03:01:25	+01:52:47	12:06
96	1094	Cristiana Leite	Bota Brita	Senior Feminino	03:09:27	+02:00:49	12:38
97	1257	Marta Silva	Individual	Senior Feminino	03:15:32	+02:06:54	13:02
98	1590	Silvia Maciel	Ou vai ou racha	Senior Feminino	03:15:34	+02:06:55	13:02
99	1647	Claudia Teixeira	Salgueiros Running	Senior Feminino	03:20:46	+02:12:07	13:23

Senior Masculino

1	1201	Pedro Tapadas	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:08:38	04:35
2	1538	Sergio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:13:02	+04:24 04:52
3	1500	José Rocha	Leões de Tardariz Trail	Senior Masculino	01:13:48	+05:10 04:55
4	1148	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:14:08	+05:30 04:57
5	1101	Adriano Mendes	Brabus Runners	Senior Masculino	01:16:29	+07:51 05:06
6	1087	Marco Barbosa	Boavista F. C.	Senior Masculino	01:16:31	+07:53 05:06
7	1102	Ricardo Sampaio	Brabus Runners	Senior Masculino	01:17:54	+09:16 05:12
8	1033	Diogo Simão Bernardes Madeira	AASM - Os da vida airada	Senior Masculino	01:18:00	+09:21 05:12
9	1088	Ricardo Ferreira	Boavista F. C.	Senior Masculino	01:18:19	+09:41 05:13
10	1575	Nuno lemos	Nuno	Senior Masculino	01:18:52	+10:14 05:15
11	1147	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:19:08	+10:30 05:17
12	1721	José Dias	Dá-Lhe Gás	Senior Masculino	01:19:10	+10:31 05:17
13	1694	Nuno Silva	The Newbies	Senior Masculino	01:19:36	+10:58 05:18
14	1083	eduardo xavier	Batedores	Senior Masculino	01:19:57	+11:19 05:20
15	1044	Carlos Alberto Mendes Barbosa	Aguias Penafiel Trail	Senior Masculino	01:22:04	+13:26 05:28
16	1279	André Silva	Individual	Senior Masculino	01:22:43	+14:05 05:31
17	1150	Vítor Rio	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:23:34	+14:56 05:34
18	1028	Tiago Teles	A.D.Amarante trail running	Senior Masculino	01:23:38	+15:00 05:35
19	1282	Carlos Ricardo Santos	Individual	Senior Masculino	01:24:17	+15:39 05:37
20	1045	Bruno Rocha	Alberto Rocha Automoveis Lda	Senior Masculino	01:24:17	+15:39 05:37
21	1588	Carlos Ribeiro	Os2Horas	Senior Masculino	01:24:41	+16:03 05:39
22	1276	André Dias	Individual	Senior Masculino	01:25:28	+16:50 05:42
23	1671	Tiago oliveira	Sob Efeito Trail	Senior Masculino	01:25:32	+16:54 05:42

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Trail Curto

15 KM

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OFFICIAL RESULT

[illegible]

24	1326	Rui Ferreira	Individual	Senior Masculino	01:25:36	+16:58	05:42
25	1722	Manuel Barbosa	Copos e trilhos	Senior Masculino	01:26:10	+17:32	05:45
26	1693	Hugo Faria	The Newbies	Senior Masculino	01:27:02	+18:24	05:48
27	1534	FILIPE PÓVOAS	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:27:34	+18:56	05:50
28	1020	António Mendes	A.D.Amarante trail running	Senior Masculino	01:27:37	+18:59	05:50
29	1149	Tiago Castro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:28:05	+19:27	05:52
30	1133	Ricardo Moreira	Copos e trilhos	Senior Masculino	01:28:14	+19:36	05:53
31	1332	Tiago Gomes	Individual	Senior Masculino	01:28:39	+20:01	05:55
32	1325	Ricardo Mendonça	Individual	Senior Masculino	01:29:47	+21:09	05:59
33	1114	Pedro Vieira	C.C.Recreativo de São Martinho	Senior Masculino	01:30:48	+22:10	06:03
34	1146	Armando Fonseca	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:32:27	+23:49	06:10
35	1497	Bruno Mota	KuantoKusta	Senior Masculino	01:32:47	+24:09	06:11
36	1464	João Paulo Regal de Sousa	João Paulo	Senior Masculino	01:33:28	+24:50	06:14
37	1300	JOAO MIGUEL PIRES	Individual	Senior Masculino	01:33:41	+25:03	06:15
38	1113	Gilberto Ferreira	C.C.Recreativo de São Martinho	Senior Masculino	01:33:54	+25:16	06:16
39	1051	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:34:04	+25:26	06:16
40	1539	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:34:05	+25:27	06:16
41	1003	ricardo joao tato pereira	#ATECHORAS!	Senior Masculino	01:34:10	+25:32	06:17
42	1714	Carlos Azevedo	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:34:12	+25:34	06:17
43	1316	Nuno Duarte	Individual	Senior Masculino	01:34:13	+25:35	06:17
44	1291	Henrique Magalhães	Individual	Senior Masculino	01:36:17	+27:39	06:25
45	1290	Gil Ribeiro	Individual	Senior Masculino	01:36:17	+27:39	06:25
46	1022	Daniel Santos	A.D.Amarante trail running	Senior Masculino	01:36:23	+27:45	06:26
47	1197	andre trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:36:40	+28:02	06:27
48	1297	Hugo Miguel Oliveira Santos	Individual	Senior Masculino	01:37:01	+28:23	06:28
49	1131	Bruno Sousa	Copos e trilhos	Senior Masculino	01:37:04	+28:26	06:28
50	1187	Nuno Rocha	Gazela Running Team	Senior Masculino	01:37:05	+28:27	06:28
51	1585	Emanuel rocha	Os tones	Senior Masculino	01:37:11	+28:33	06:29
52	1620	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	01:37:58	+29:20	06:32
53	1168	Bruno Martins	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:38:07	+29:29	06:32
54	1181	SÉRGIO SILVA	Fugitivos Urbanos	Senior Masculino	01:39:01	+30:23	06:36
55	1670	Rui Bessa	Sob Efeito Trail	Senior Masculino	01:39:28	+30:50	06:38
56	1613	André Oliveira	PÓ NA LAMA TRAIL RUNNERS	Senior Masculino	01:39:47	+31:09	06:39
57	1023	Gil Magalhaes	A.D.Amarante trail running	Senior Masculino	01:41:05	+32:27	06:44
58	1533	Dario Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:41:16	+32:38	06:45
59	1027	Pedro Oliveira	A.D.Amarante trail running	Senior Masculino	01:41:20	+32:42	06:45
60	1273	Amilcar José Borges Ferreira	Individual	Senior Masculino	01:41:27	+32:49	06:46
61	1641	andre pinho	reumatico trail team	Senior Masculino	01:41:36	+32:58	06:46
62	1328	Sergio filipe maia de sousa	Individual	Senior Masculino	01:41:43	+33:05	06:47
63	1167	Vasco Faria	Evolution Trail Team	Senior Masculino	01:41:56	+33:18	06:48
64	1319	Oscar Bruno Lopes da Silva	Individual	Senior Masculino	01:41:58	+33:20	06:48
65	1284	Cláudio Araújo	Individual	Senior Masculino	01:43:47	+35:09	06:55
66	1724	André Maria	C.C.Recreativo de São Martinho	Senior Masculino	01:43:58	+35:20	06:56

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Trail Curto

15 KM

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OFFICIAL RESULT

[illegible]

67	1277	André Montenegro Ferreira	Individual	Senior Masculino	01:43:59	+35:21	06:56
68	1313	Miguel Ângelo da Silva Oliveira	Individual	Senior Masculino	01:44:46	+36:08	06:59
69	1198	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:44:53	+36:15	07:00
70	1024	JORGE LEONEL FERREIRA	A.D.Amarante trail running	Senior Masculino	01:45:22	+36:44	07:01
71	1026	Nuno Moura	A.D.Amarante trail running	Senior Masculino	01:46:23	+37:45	07:06
72	1537	Ricardo Moreira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:46:31	+37:53	07:06
73	1053	Tó Faria	Amigos 100 Limites	Senior Masculino	01:46:58	+38:20	07:08
74	1669	Pedro Oliveira	Sob Efeito Trail	Senior Masculino	01:47:22	+38:44	07:09
75	1192	Bruno Garcia	Gondarãfrente	Senior Masculino	01:48:02	+39:24	07:12
76	1318	Nuno Ribeiro	Individual	Senior Masculino	01:48:41	+40:03	07:15
77	1190	Bruno Carvalho	Geadas Running	Senior Masculino	01:48:58	+40:20	07:16
78	1132	Hugo Moreira	Copos e trilhos	Senior Masculino	01:49:23	+40:45	07:18
79	1226	Fernando Reis	Health & Training - Centro Eduardo Salgado	Senior Masculino	01:51:01	+42:23	07:24
80	1334	Tomás Moura 2	Individual	Senior Masculino	01:51:29	+42:51	07:26
81	1586	Paulo torres	Os tones	Senior Masculino	01:51:41	+43:03	07:27
82	1324	Ricardo	Individual	Senior Masculino	01:51:42	+43:04	07:27
83	1288	Duarte Dias	Individual	Senior Masculino	01:51:59	+43:21	07:28
84	1116	Carlos Moreira	carlos	Senior Masculino	01:52:19	+43:41	07:29
85	1691	Pedro Aluno	Team Covas Trail	Senior Masculino	01:52:43	+44:05	07:31
86	1034	Flor Peixoto	AASM - Os da vida airada	Senior Masculino	01:53:33	+44:55	07:34
87	1524	Luis Machado	Mozelos Runners	Senior Masculino	01:53:34	+44:56	07:34
88	1110	José Sousa	BTT Alegria // TUBANI	Senior Masculino	01:53:36	+44:58	07:34
89	1286	David Emanuel Guedes Rodrigues	Individual	Senior Masculino	01:55:26	+46:48	07:42
90	1005	Ricardo Moutinho	100meta	Senior Masculino	01:55:30	+46:52	07:42
91	1666	MAURO FERNANDO LOPES DA SILVA	SNACK RUNNERS	Senior Masculino	01:55:49	+47:11	07:43
92	1303	Joaquim Teixeira	Individual	Senior Masculino	01:56:16	+47:38	07:45
93	1035	Tiago Miguel dos Santos Barbosa	AASM - Os da vida airada	Senior Masculino	01:56:22	+47:44	07:45
94	1535	João Monteiro	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:56:40	+48:02	07:47
95	1581	Luís Pedrosa	Os Cunhados	Senior Masculino	01:57:25	+48:47	07:50
96	1310	manuel paulo gomes vieira de almeida	Individual	Senior Masculino	01:57:54	+49:16	07:52
97	1289	Gabriel Lara	Individual	Senior Masculino	01:58:53	+50:15	07:56
98	1200	Nuno Miguel Gonçalves Ramalhete	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:00:07	+51:29	08:01
99	1589	Heitor Neto	Os2Horas	Senior Masculino	02:00:13	+51:34	08:01
100	1690	Fernando Pereira	Team Covas Trail	Senior Masculino	02:00:21	+51:42	08:01
101	1271	Alex Valente	Individual	Senior Masculino	02:01:05	+52:27	08:04
102	1684	JOEL PEREIRA	TARTARUGAS VELOCISTAS	Senior Masculino	02:01:15	+52:36	08:05
103	1025	Luis Mendes	A.D.Amarante trail running	Senior Masculino	02:01:20	+52:41	08:05
104	1701	Hélder Rodrigues	TrepaTrilhos Trail Team	Senior Masculino	02:01:48	+53:09	08:07
105	1298	Ivo Miguel Nunes Teixeira	Individual	Senior Masculino	02:02:29	+53:50	08:10
106	1624	Vitor Manuel Almeida Martins	PORTO SENTIDO RUNNERS	Senior Masculino	02:03:05	+54:27	08:12
107	1308	Luís Tiago Vieira	Individual	Senior Masculino	02:03:28	+54:49	08:14
108	1703	Ricardo Lento	TrepaTrilhos Trail Team	Senior Masculino	02:04:10	+55:32	08:17
109	1683	BRUNO GONÇALVES	TARTARUGAS VELOCISTAS	Senior Masculino	02:04:24	+55:46	08:18
110	1203	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:04:59	+56:20	08:20

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Trail Curto

15 KM

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111	1225	Fábio Vieira	Health & Training - Centro Eduardo Salgado	Senior Masculino	02:05:31	+56:53	08:22
112	1574	João Sousa	Nuno	Senior Masculino	02:06:32	+57:53	08:26
113	1337	vítor neves	Individual	Senior Masculino	02:08:29	+59:50	08:34
114	1281	Bruno Rodrigues	Individual	Senior Masculino	02:08:32	+59:53	08:34
115	1321	Pedro Balinho	Individual	Senior Masculino	02:08:51	+01:00:12	08:35
116	1306	Jose silva	Individual	Senior Masculino	02:09:38	+01:00:59	08:39
117	1272	Américo Botelho	Individual	Senior Masculino	02:09:46	+01:01:08	08:39
118	1525	Michael Amaral	Mozelos Runners	Senior Masculino	02:10:03	+01:01:25	08:40
119	1204	Tiago Fernandes de Oliveira Granja	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:10:32	+01:01:53	08:42
120	1052	Ricardo Leal	Amigos 100 Limites	Senior Masculino	02:11:32	+01:02:54	08:46
121	1294	Helder oliveira	Individual	Senior Masculino	02:12:14	+01:03:35	08:49
122	1292	Gilberto Sousa	Individual	Senior Masculino	02:12:14	+01:03:35	08:49
123	1327	Rui manuel rodrigues moreira	Individual	Senior Masculino	02:12:14	+01:03:36	08:49
124	1275	André da Silva Carneiro	Individual	Senior Masculino	02:13:16	+01:04:37	08:53
125	1621	Filipe Cardoso	PORTO SENTIDO RUNNERS	Senior Masculino	02:13:19	+01:04:41	08:53
126	1665	ELIANDRO BRUNO LOPES DA SILVA	SNACK RUNNERS	Senior Masculino	02:13:22	+01:04:43	08:53
127	1583	Joao Oliveira	Os Imparaveis	Senior Masculino	02:14:20	+01:05:42	08:57
128	1619	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	02:14:35	+01:05:57	08:58
129	1704	Rui Santos	TrepaTrilhos Trail Team	Senior Masculino	02:15:25	+01:06:47	09:02
130	1287	Diogo Oliveira	Individual	Senior Masculino	02:16:01	+01:07:22	09:04
131	1675	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:16:29	+01:07:51	09:06
132	1322	Pedro Duarte	Individual	Senior Masculino	02:17:03	+01:08:25	09:08
133	1171	Ricardo Carneiro	Fardetas	Senior Masculino	02:18:07	+01:09:29	09:13
134	1311	Marco loureiro	Individual	Senior Masculino	02:18:32	+01:09:54	09:14
135	1516	nuno freitas	MARA	Senior Masculino	02:19:10	+01:10:31	09:17
136	1307	Luis Alves	Individual	Senior Masculino	02:20:10	+01:11:32	09:21
137	1496	Luís Carneiro	KIng Arthur	Senior Masculino	02:20:42	+01:12:04	09:23
138	1280	Antonio Almeida	Individual	Senior Masculino	02:20:48	+01:12:09	09:23
139	1622	Filipe Maria	PORTO SENTIDO RUNNERS	Senior Masculino	02:23:17	+01:14:38	09:33
140	1135	Miguel Moura	CRICAS, Bamulá	Senior Masculino	02:24:15	+01:15:37	09:37
141	1696	Leonardo Costa	Tony´s	Senior Masculino	02:25:08	+01:16:29	09:41
142	1702	Leandro Coelho	TrepaTrilhos Trail Team	Senior Masculino	02:25:35	+01:16:57	09:42
143	1468	Paulo Pinto	Jornal Vivacidade	Senior Masculino	02:25:57	+01:17:18	09:44
144	1312	Marco Sousa	Individual	Senior Masculino	02:27:59	+01:19:21	09:52
145	1270	Abilio silva	Individual	Senior Masculino	02:28:00	+01:19:21	09:52
146	1305	Jorge Ribeiro	Individual	Senior Masculino	02:28:01	+01:19:22	09:52
147	1302	João Oliveira	Individual	Senior Masculino	02:28:03	+01:19:24	09:52
148	1323	Pedro Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:30:14	+01:21:36	10:01
149	1278	André Santos	Individual	Senior Masculino	02:30:15	+01:21:37	10:01
150	1301	Joao Novo	Individual	Senior Masculino	02:30:17	+01:21:38	10:01
151	1536	Marco Vigário	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:30:53	+01:22:14	10:04
152	1335	Vítor Francisco Cardoso Quintas	Individual	Senior Masculino	02:32:22	+01:23:44	10:10
153	1623	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	02:32:57	+01:24:18	10:12
154	1330	Sergio Torre	Individual	Senior Masculino	02:33:52	+01:25:14	10:16
155	1125	Jorge Magalhães	CMDS	Senior Masculino	02:34:09	+01:25:31	10:17

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Trail Curto

15 KM

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156	1498	Josué Filipe Monteiro Maia	KuantoKusta	Senior Masculino	02:34:11	+01:25:33	10:17
157	1564	Filipe Pinto	NOCTURNOS DE PAREDES	Senior Masculino	02:35:39	+01:27:01	10:23
158	1299	João Alexandre	Individual	Senior Masculino	02:36:19	+01:27:40	10:25
159	1331	Tiago Alexandre	Individual	Senior Masculino	02:36:19	+01:27:41	10:25
160	1478	Pedro Domingues	JRSOUSA TEAM	Senior Masculino	02:37:00	+01:28:21	10:28
161	1274	André Correia	Individual	Senior Masculino	02:40:12	+01:31:33	10:41
162	1080	Paulo Amorim	ARNALDO	Senior Masculino	02:42:56	+01:34:18	10:52
163	1309	Manuel Cardoso	Individual	Senior Masculino	02:57:50	+01:49:12	11:51

Sub 23 Feminino

1	1104	Inês Silva	Brincalhões	Sub 23 Feminino	02:13:49	+01:05:11	08:55
2	1339	Bruna Filipa Santos	Individual	Sub 23 Feminino	02:28:21	+01:19:43	09:53
3	1653	Benedita Barreiros	São Team	Sub 23 Feminino	02:44:46	+01:36:08	10:59
4	1654	Joana Paulino	São Team	Sub 23 Feminino	02:44:46	+01:36:08	10:59

Sub 23 Masculino

1	1345	Eurico Miguel Borges Pereira	Brabus Runners	Sub 23 Masculino	01:14:08	+05:30	04:57
2	1105	Rúben Rocha	Brincalhões	Sub 23 Masculino	01:30:19	+21:40	06:01
3	1188	Ricardo Vieira	Gazela Running Team	Sub 23 Masculino	01:32:31	+23:53	06:10
4	1342	André Monteiro	Individual	Sub 23 Masculino	01:34:31	+25:53	06:18
5	1346	Filipe Curado Silva	Individual	Sub 23 Masculino	01:42:15	+33:37	06:49
6	1347	Mario Taborda	Oralklass-Amigos do Trail	Sub 23 Masculino	01:46:16	+37:38	07:05
7	1343	Diogo Ferreira	Individual	Sub 23 Masculino	01:52:19	+43:41	07:29
8	1042	Ruben Azevedo	ACSP	Sub 23 Masculino	02:07:32	+58:54	08:30
9	1591	Diogo Maciel	Ou vai ou racha	Sub 23 Masculino	02:26:21	+01:17:43	09:45
10	1140	André Cunha	cUnHaX	Sub 23 Masculino	02:37:30	+01:28:52	10:30

Veterana F40

1	1493	Suzana Andrade	JOBRA	Veterana F40	01:37:51	+29:13	06:31
2	1628	Marina Pereira da Silva	PORTO SENTIDO RUNNERS	Veterana F40	01:46:37	+37:59	07:06
3	1630	Susana Lopes	PORTO SENTIDO RUNNERS	Veterana F40	01:46:37	+37:59	07:06
4	1360	patricia fernandes	Individual	Veterana F40	01:48:40	+40:02	07:15
5	1350	Carina Pereira	Individual	Veterana F40	01:50:40	+42:02	07:23
6	1540	Alzira Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:51:32	+42:54	07:26
7	1643	Paula Cristina Marinho Moura	Runners HP	Veterana F40	01:52:43	+44:05	07:31
8	1626	Fernanda Pinto	PORTO SENTIDO RUNNERS	Veterana F40	01:56:01	+47:23	07:44
9	1625	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	01:59:07	+50:28	07:56
10	1029	Graça Ribeiro	A.D.Amarante trail running	Veterana F40	01:59:37	+50:59	07:59
11	1480	Isabel Nogueira	JRSOUSA TEAM	Veterana F40	02:00:16	+51:38	08:01
12	1030	MARIA MARGARIDA NUNES MONTEIRO	A.D.Amarante trail running	Veterana F40	02:01:20	+52:41	08:05
13	1205	Cristina Loureiro	GONDOMAR FUTSAL CLUBE	Veterana F40	02:01:55	+53:17	08:08

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Trail Curto

15 KM

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14	1117	Paula Morais	BYL	Veterana F40	02:04:03	+55:24	08:16
15	1479	Cecília Martins	JRSOUSA TEAM	Veterana F40	02:04:45	+56:07	08:19
16	1716	Cidalina Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:07:13	+58:35	08:29
17	1362	Vera Lopes	Individual	Veterana F40	02:07:19	+58:40	08:29
18	1473	PAULA GRANJA	José	Veterana F40	02:08:40	+01:00:01	08:35
19	1067	Helena Pinto	AMOTINADOS TRAIL	Veterana F40	02:09:36	+01:00:57	08:38
20	1352	Carla Sofia Santos	Individual	Veterana F40	02:10:55	+01:02:17	08:48
21	1605	Célia Alves	Paula	Veterana F40	02:12:33	+01:03:55	08:50
22	1606	Paula Afonso	Paula	Veterana F40	02:13:12	+01:04:33	08:53
23	1519	Xana MADureira	Mountain Climbers	Veterana F40	02:14:30	+01:05:52	08:58
24	1349	Angela	Individual	Veterana F40	02:16:40	+01:08:02	09:07
25	1472	Carla Pacheco	José	Veterana F40	02:16:49	+01:08:11	09:07
26	1172	Silvia Castelo	Fardetas	Veterana F40	02:17:25	+01:08:47	09:10
27	1122	Cândida Vilas-Boas	Clube Zupper	Veterana F40	02:21:06	+01:12:28	09:24
28	1157	SANDRA CUNHA	EQUIPA JOAO FERREIRA	Veterana F40	02:22:45	+01:14:06	09:31
29	1348	Ana Carvalho	Individual	Veterana F40	02:22:59	+01:14:20	09:32
30	1129	Sandra Pina	ComDor Runners	Veterana F40	02:24:48	+01:16:10	09:39
31	1677	Susana Cardoso	SS MONTEPIO	Veterana F40	02:24:48	+01:16:10	09:39
32	1354	elisabete lops costa	Individual	Veterana F40	02:26:35	+01:17:56	09:46
33	1662	Vera Martins	SECAI/GAIABIKE	Veterana F40	02:27:12	+01:18:34	09:49
34	1541	Silvina Barbosa	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	02:28:51	+01:20:13	09:55
35	1481	Justa ferreira	JRSOUSA TEAM	Veterana F40	02:32:58	+01:24:19	10:12
36	1607	Paula Santos	Paula	Veterana F40	02:34:05	+01:25:27	10:16
37	1594	Zeza Alves	Ou vai ou racha	Veterana F40	02:34:35	+01:25:57	10:18
38	1686	Alexandra Bessa	Team aguenta Ai	Veterana F40	02:38:17	+01:29:39	10:33
39	1096	Claudia Silva	Bota Brita	Veterana F40	02:38:18	+01:29:39	10:33
40	1358	Luisa Nogueira	Individual	Veterana F40	02:38:34	+01:29:56	10:34
41	1518	Isabel Santos	Mountain Climbers	Veterana F40	02:38:50	+01:30:11	10:35
42	1093	Eduarda Freitas	Bodeguitas	Veterana F40	02:41:55	+01:33:17	10:48
43	1629	Sandra Maria	PORTO SENTIDO RUNNERS	Veterana F40	02:48:23	+01:39:44	11:14
44	1627	Margarida Sousa	PORTO SENTIDO RUNNERS	Veterana F40	02:48:24	+01:39:46	11:14
45	1193	Rosa Afonso	Gondarãfrente	Veterana F40	02:51:15	+01:42:37	11:25
46	1353	Carla Susana Ferreira	Individual	Veterana F40	02:57:50	+01:49:12	11:51
47	1355	Fátima de Jesus Lima Ribeiro	Individual	Veterana F40	02:57:50	+01:49:12	11:51
48	1356	Ilda Ruela	Individual	Veterana F40	02:57:51	+01:49:13	11:51
49	1095	Carla Teixeira	bota brita	Veterana F40	03:09:27	+02:00:49	12:38
50	1592	Ana Rita Neves	Ou vai ou racha	Veterana F40	03:15:34	+02:06:55	13:02
51	1156	Susana Rito	EDV- VIANA TRAIL	Veterana F40	03:16:06	+02:07:27	13:04
52	1097	Veronica Ferraz	Bota Brita	Veterana F40	03:17:07	+02:08:28	13:08

Veterana F45

1	1672	Fatima Coelho	Somos Nós Team	Veterana F45	01:29:46	+21:08	05:59
2	1206	Ângela Moutinho	GONDOMAR FUTSAL CLUBE	Veterana F45	01:30:49	+22:11	06:03
3	1068	Silvia Mendes	AMOTINADOS TRAIL	Veterana F45	01:45:51	+37:13	07:03

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Trail Curto

15 KM

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4	1570	Cidália Ferreira	Nova Linha Trail Runners	Veterana F45	01:49:46	+41:08	07:19
5	1106	Fátima Silva	Brincalhões	Veterana F45	01:56:38	+47:59	07:47
6	1631	Fernanda Lopes	PORTO SENTIDO RUNNERS	Veterana F45	01:57:39	+49:01	07:51
7	1488	Anabela Marques	Juventude Cortegacense	Veterana F45	02:03:27	+54:48	08:14
8	1610	MÁRCIA MADEIRA	PIPO	Veterana F45	02:03:56	+55:18	08:16
9	1158	MARIA FONSECA	EQUIPA JOAO FERREIRA	Veterana F45	02:08:03	+59:24	08:32
10	1713	Fernando Oliveira	São Team	Veterana F45	02:09:37	+01:00:58	08:38
11	1655	Claudia Sottomayor	São Team	Veterana F45	02:09:37	+01:00:58	08:38
12	1569	Amália Monteiro	Nova Linha Trail Runners	Veterana F45	02:14:06	+01:05:28	08:56
13	1049	Célia Vieira	Alto Relevo - Clube de Montanhismo	Veterana F45	02:16:00	+01:07:21	09:04
14	1363	Ana Rito	Individual	Veterana F45	02:19:32	+01:10:54	09:18
15	1632	Isabel Ferraz	PORTO SENTIDO RUNNERS	Veterana F45	02:28:37	+01:19:59	09:55
16	1183	Laurinda Tavares	Gansos	Veterana F45	02:36:08	+01:27:29	10:25
17	1489	Gabriela França	Juventude Cortegacense	Veterana F45	02:43:05	+01:34:27	10:52
18	1365	Ermelinda Sousa Lara	Individual	Veterana F45	02:49:02	+01:40:24	11:16
19	1597	Maria Maia	Ou vai ou racha	Veterana F45	02:50:12	+01:41:33	11:21
20	1705	Fátima Costa	TrepaTrilhos Trail Team	Veterana F45	02:53:12	+01:44:33	11:33
21	1599	Paula Sousa	Ou vai ou racha	Veterana F45	03:01:15	+01:52:36	12:05
22	1595	Arminda Maciel	Ou vai ou racha	Veterana F45	03:01:21	+01:52:43	12:05
23	1482	Lurdes Sanguedo	JRSOUSA TEAM	Veterana F45	03:04:01	+01:55:23	12:16
24	1483	Sandra Maria Couto Ferreira	JRSOUSA TEAM	Veterana F45	03:04:05	+01:55:27	12:16
25	1648	Isabel Rego	Salgueiros Running	Veterana F45	03:20:46	+02:12:08	13:23

Veterana F50

1	1209	Carmo Marinho	GONDOMAR FUTSAL CLUBE	Veterana F50	01:44:26	+35:48	06:58
2	1512	Nilda Magalhães	Magic Friends Runners	Veterana F50	01:50:57	+42:19	07:24
3	1490	Maria Mendonça	Juventude Cortegacense	Veterana F50	02:08:14	+59:36	08:33
4	1368	Cidalia Silva	Individual	Veterana F50	02:18:18	+01:09:40	09:13
5	1367	Ana paula teixeira	Individual	Veterana F50	02:18:29	+01:09:51	09:14
6	1369	Paulina soares	Individual	Veterana F50	02:18:55	+01:10:16	09:16
7	1207	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	02:20:16	+01:11:38	09:21
8	1543	Maria Alves	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:23:39	+01:15:01	09:35
9	1130	Maria da Luz Olivença	ComDor Runners	Veterana F50	02:26:41	+01:18:02	09:47
10	1542	Elisabete Brazeta	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:28:45	+01:20:06	09:55
11	1656	Conceição Pinto	São Team	Veterana F50	02:44:59	+01:36:21	11:00
12	1706	Gilda Cunha	TrepaTrilhos Trail Team	Veterana F50	02:53:12	+01:44:34	11:33

Veterana F55

1	1223	Conceição Queiroz	GTT - armazém do caffè	Veterana F55	01:48:15	+39:37	07:13
2	1565	Graça Ribeiro	NOCTURNOS DE PAREDES	Veterana F55	02:05:20	+56:42	08:21
3	1370	Marília Paiva	Individual	Veterana F55	02:29:33	+01:20:55	09:58

Trail Curto

15 KM

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OFFICIAL RESULT

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4	1545	Paula Salgado	MSS CONTABILIDADE TRAIL TEAM	Veterana F55	03:17:07	+02:08:28	13:08
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Veterana F60

1	1121	Fernanda Esteves	Cerveira Team Running	Veterana F60	02:16:54	+01:08:16	09:08
2	1371	maria filomena venancio lopes marcelo	Individual	Veterana F60	02:35:19	+01:26:41	10:21

Veterano M40

1	1143	Marco Faria	Dá-Lhe Gás	Veterano M40	01:09:51	+01:13	04:39
2	1031	Jorge Oliveira	A.D.Amarante trail running	Veterano M40	01:15:14	+06:36	05:01
3	1103	Ricardo Manuel Marques Baptista Vieira	Brabus Runners	Veterano M40	01:15:53	+07:15	05:04
4	1142	Abílio Almeida	Dá-Lhe Gás	Veterano M40	01:19:14	+10:36	05:17
5	1396	marco gonçalves	Individual	Veterano M40	01:21:29	+12:51	05:26
6	1151	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:21:50	+13:12	05:27
7	1546	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:23:06	+14:28	05:32
8	1503	Sandro Oliveira	Leões de Tardariz Trail	Veterano M40	01:23:24	+14:46	05:34
9	1177	Filipe Lima	Filipe	Veterano M40	01:23:32	+14:54	05:34
10	1401	Pedro Manuel Sousa Guimaraes	Individual	Veterano M40	01:23:35	+14:57	05:34
11	1085	João Barros	Batedores	Veterano M40	01:25:42	+17:04	05:43
12	1211	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	01:27:27	+18:49	05:50
13	1390	JORGE MOREIRA	Individual	Veterano M40	01:28:52	+20:14	05:55
14	1501	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	01:29:29	+20:51	05:58
15	1389	Jorge durães	Individual	Veterano M40	01:31:00	+22:22	06:04
16	1582	josé pedrosa	Os Cunhados	Veterano M40	01:31:03	+22:24	06:04
17	1406	Ricardo Silva Rodrigues	Individual	Veterano M40	01:31:26	+22:48	06:06
18	1378	Carlos Felisberto	Individual	Veterano M40	01:32:57	+24:19	06:12
19	1566	Carmino Gomes	NOCTURNOS DE PAREDES	Veterano M40	01:33:47	+25:09	06:15
20	1118	Rui Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:34:18	+25:40	06:17
21	1571	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	01:34:46	+26:08	06:19
22	1175	Ricardo Rocha	FAST AO KM	Veterano M40	01:35:10	+26:32	06:21
23	1089	Filipe Abreu	Boavista F. C.	Veterano M40	01:35:39	+27:01	06:23
24	1502	Mário Moura	Leões de Tardariz Trail	Veterano M40	01:36:11	+27:33	06:25
25	1550	Nelson Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:36:22	+27:44	06:25
26	1084	David Barros	Batedores	Veterano M40	01:37:13	+28:35	06:29
27	1379	Cláudio Castro	Individual	Veterano M40	01:37:24	+28:46	06:30
28	1474	JOSE MIGUEL	José	Veterano M40	01:39:02	+30:24	06:36
29	1137	Marco Pacheco	CRICAS, Bamulá	Veterano M40	01:39:53	+31:15	06:40
30	1492	Daniel Martins	Juventude Cortegacense	Veterano M40	01:40:04	+31:26	06:40
31	1633	Filipe Ferreira	PORTO SENTIDO RUNNERS	Veterano M40	01:40:06	+31:27	06:40

Trail Curto

15 KM

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32	1635	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	01:42:33	+33:55	06:50
33	1395	Luis Ribeiro	Individual	Veterano M40	01:43:13	+34:35	06:53
34	1394	Luis Filipe Coelho dos Santos	Individual	Veterano M40	01:44:10	+35:32	06:57
35	1549	Marcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:45:36	+36:58	07:02
36	1184	Miguel Costa	Gansos	Veterano M40	01:46:10	+37:32	07:05
37	1159	PAULO SILVA	EQUIPA JOAO FERREIRA	Veterano M40	01:46:21	+37:43	07:05
38	1383	Floriberto castro	Individual	Veterano M40	01:47:04	+38:26	07:08
39	1386	Ivo Oliveira	Individual	Veterano M40	01:47:11	+38:33	07:09
40	1398	PAULO CRUZ	Individual	Veterano M40	01:47:27	+38:49	07:10
41	1212	Paulo Henriques	GONDOMAR FUTSAL CLUBE	Veterano M40	01:47:31	+38:53	07:10
42	1553	Vitor Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:48:04	+39:26	07:12
43	1191	António Quadros	Geadas Running	Veterano M40	01:48:59	+40:20	07:16
44	1572	Daniel Vieira	Nova Linha Trail Runners	Veterano M40	01:49:46	+41:08	07:19
45	1397	Nuno Reis	Individual	Veterano M40	01:49:57	+41:19	07:20
46	1077	Sérgio sousa	Ana Soraia ferreira	Veterano M40	01:51:47	+43:09	07:27
47	1548	Manuel Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:52:46	+44:08	07:31
48	1527	Joaquim Pereira	Mozelos Runners	Veterano M40	01:53:22	+44:44	07:34
49	1179	Ricardo A. Silva Sousa	FIT GAIA TRAIL	Veterano M40	01:53:46	+45:08	07:35
50	1107	Rui Rocha	Brincalhões	Veterano M40	01:53:55	+45:17	07:36
51	1391	José Coelho	Individual	Veterano M40	01:54:08	+45:30	07:37
52	1526	Antonio Rodrigues	Mozelos Runners	Veterano M40	01:54:24	+45:46	07:38
53	1668	NUNO MIGUEL SOUSA MACHADO	SNACK RUNNERS	Veterano M40	01:55:48	+47:10	07:43
54	1551	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:56:27	+47:49	07:46
55	1384	Henrique Bruno Santos	Individual	Veterano M40	01:57:31	+48:53	07:50
56	1228	Nelson Santos	Health & Training - Centro Eduardo Salgado	Veterano M40	01:58:38	+49:59	07:55
57	1402	Pedro Mucha	Individual	Veterano M40	02:00:58	+52:20	08:04
58	1399	PAULO HERNANI MOREIRA	Individual	Veterano M40	02:03:23	+54:44	08:14
59	1381	Daniel Ferreira	Individual	Veterano M40	02:04:10	+55:32	08:17
60	1374	Alfredo Vieira	Individual	Veterano M40	02:04:10	+55:32	08:17
61	1377	Aurélio Salas	Individual	Veterano M40	02:04:32	+55:54	08:18
62	1404	RICARDO FERREIA	Individual	Veterano M40	02:04:40	+56:01	08:19
63	1720	Rui Gandra	Individual	Veterano M40	02:04:44	+56:06	08:19
64	1405	Ricardo Grilo	Individual	Veterano M40	02:05:05	+56:26	08:20
65	1372	Adalberto Figueiredo	Individual	Veterano M40	02:07:19	+58:40	08:29
66	1707	João Rocha	TrepaTrilhos Trail Team	Veterano M40	02:07:40	+59:02	08:31
67	1038	Telmo Rodrigues	AASM - Os da vida airada	Veterano M40	02:08:30	+59:51	08:34
68	1475	NELSON FERREIRA	José	Veterano M40	02:08:40	+01:00:01	08:35
69	1491	Celso Camboa	Juventude Cortegacense	Veterano M40	02:08:57	+01:00:19	08:36
70	1393	jose gonçalo gomes guedes rodrigues	Individual	Veterano M40	02:09:02	+01:00:23	08:36
71	1185	Paulo Ribeiro	Gansos	Veterano M40	02:09:33	+01:00:55	08:38
72	1576	Nuno Silva	Nuno	Veterano M40	02:11:10	+01:02:31	08:45
73	1609	Luís Magalhães	Paula	Veterano M40	02:13:12	+01:04:34	08:53

Trail Curto

15 KM

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74	1229	Sergio Oliveira	Health & Training - Centro Eduardo Salgado	Veterano M40	02:13:54	+01:05:16	08:56
75	1178	José Carlos Castro	FIT GAIA TRAIL	Veterano M40	02:14:54	+01:06:16	09:00
76	1376	Antonio Monteiro	Individual	Veterano M40	02:22:50	+01:14:12	09:31
77	1388	JOAO LINO MOREIRA	Individual	Veterano M40	02:22:50	+01:14:12	09:31
78	1392	Jose Eduardo Moreira	Individual	Veterano M40	02:22:50	+01:14:12	09:31
79	1634	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	02:23:17	+01:14:38	09:33
80	1514	Sérgio Pereira	Magical Mushrooms	Veterano M40	02:23:39	+01:15:01	09:35
81	1484	José Ferreira	JRSOUSA TEAM	Veterano M40	02:26:22	+01:17:44	09:46
82	1380	Daniel Branco	Individual	Veterano M40	02:28:03	+01:19:25	09:52
83	1382	Filipe Moutinho	Individual	Veterano M40	02:29:57	+01:21:18	10:00
84	1642	pedro ferreira	reumatico trail team	Veterano M40	02:32:22	+01:23:44	10:09
85	1375	Antonio Carvalho	Individual	Veterano M40	02:40:12	+01:31:33	10:41
86	1373	Alexandre Teles	Individual	Veterano M40	02:49:19	+01:40:40	11:17

Veterano M45

1	1090	António Martins	Boavista F. C.	Veterano M45	01:09:09	+00:31	04:37
2	1723	Carlos Barroso	Individual	Veterano M45	01:17:08	+08:30	05:09
3	1521	Fernando Oliveira	Moura & Dias	Veterano M45	01:19:31	+10:53	05:18
4	1091	Pedro Dias	Boavista F. C.	Veterano M45	01:23:23	+14:45	05:34
5	1138	José Dias	CTAD - Trilhos de Cinfães	Veterano M45	01:25:35	+16:57	05:42
6	1558	Vitor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	01:26:55	+18:17	05:48
7	1435	Paulo Sérgio Ferreira Quintas	Individual	Veterano M45	01:29:40	+21:02	05:59
8	1162	FRANCISCO FONSECA	EQUIPA JOAO FERREIRA	Veterano M45	01:29:50	+21:12	05:59
9	1431	paulo coelho	Individual	Veterano M45	01:30:08	+21:30	06:01
10	1153	António Azevedo	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M45	01:30:21	+21:43	06:01
11	1422	jorge rodrigues	Individual	Veterano M45	01:31:41	+23:03	06:07
12	1673	Fernando Morais	Somos Nós Team	Veterano M45	01:32:03	+23:25	06:08
13	1425	Luis Almeida	Individual	Veterano M45	01:34:04	+25:26	06:16
14	1649	Paulo Campos	Salgueiros Running	Veterano M45	01:34:36	+25:58	06:18
15	1487	Júlio Silva	Juventude Cortegacense	Veterano M45	01:36:06	+27:28	06:24
16	1180	americo frança	frança	Veterano M45	01:36:36	+27:57	06:26
17	1520	Ricardo Cabral	Mountain Climbers	Veterano M45	01:38:36	+29:58	06:34
18	1437	Rui Jorge Alves Felgueiras	Individual	Veterano M45	01:38:42	+30:04	06:35
19	1423	José Alberto Abreu Lage	Individual	Veterano M45	01:38:58	+30:20	06:36
20	1119	Vitor Marques	CENTRO CICLISTA DE GONDOMAR	Veterano M45	01:39:28	+30:50	06:38
21	1418	João Vasco Gil da Silva Gomes Ferreira	Individual	Veterano M45	01:40:19	+31:41	06:41
22	1680	Rui Freitas	SS MONTEPIO	Veterano M45	01:40:54	+32:16	06:44
23	1039	Luís Silva	AASM - Os da vida airada	Veterano M45	01:40:58	+32:20	06:44
24	1485	Joaquim Rocha	JRSOUSA TEAM	Veterano M45	01:45:53	+37:15	07:04
25	1556	Paulo Queirós	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	01:46:31	+37:53	07:06
26	1161	CARLOS JORGE	EQUIPA JOAO FERREIRA	Veterano M45	01:46:48	+38:10	07:07
27	1415	Eduardo Nascimento	Individual	Veterano M45	01:47:03	+38:25	07:08

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28	1413	Carlos Pereira	Individual	Veterano M45	01:47:05	+38:27	07:08
29	1505	Manuel Alvarino	Leões de Tardariz Trail	Veterano M45	01:48:36	+39:58	07:14
30	1494	Luis Gomes	KeMedo Team	Veterano M45	01:49:28	+40:50	07:18
31	1438	Rui Vilaça	Individual	Veterano M45	01:50:35	+41:57	07:22
32	1428	Manuel Domingues	Individual	Veterano M45	01:51:16	+42:38	07:25
33	1123	Álvaro Pinto	Clube Zupper	Veterano M45	01:52:33	+43:55	07:30
34	1433	Paulo Lara	Individual	Veterano M45	01:53:13	+44:35	07:33
35	1155	oscar luis oliveira novais	Dr. Merino / 4moove	Veterano M45	01:54:09	+45:31	07:37
36	1160	ARTUR CARDOSO	EQUIPA JOAO FERREIRA	Veterano M45	01:56:04	+47:26	07:47
37	1555	Manuel Gil	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	01:56:47	+48:09	07:47
38	1072	Manuel Gomes	AMOTINADOS TRAIL	Veterano M45	01:56:54	+48:16	07:48
39	1504	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M45	01:57:55	+49:17	07:52
40	1712	pedro miguel santos matos	Yazaki Runners	Veterano M45	01:58:03	+49:25	07:52
41	1412	carlos figueiredo	Individual	Veterano M45	01:58:51	+50:12	07:55
42	1429	Manuel Paiva	Individual	Veterano M45	02:00:10	+51:32	08:01
43	1073	Paulo Miranda	AMOTINADOS TRAIL	Veterano M45	02:01:11	+52:32	08:05
44	1434	Paulo santos	Individual	Veterano M45	02:01:29	+52:50	08:06
45	1424	José Fernando Rodrigues	Individual	Veterano M45	02:02:17	+53:38	08:09
46	1612	RUI MADEIRA	PIPO	Veterano M45	02:03:56	+55:18	08:16
47	1099	Belmiro Reis	Bota Brita	Veterano M45	02:07:14	+58:36	08:29
48	1043	António Gonçalves	ACSP	Veterano M45	02:07:32	+58:54	08:30
49	1410	ARMINDO SERRA MARTINS DOS SANTOS	Individual	Veterano M45	02:07:50	+59:12	08:31
50	1659	Miguel Bandeira	São Team	Veterano M45	02:07:52	+59:14	08:32
51	1163	LUIS SILVA	EQUIPA JOAO FERREIRA	Veterano M45	02:08:03	+59:25	08:32
52	1427	Manuel Bastos	Individual	Veterano M45	02:09:47	+01:01:08	08:39
53	1216	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M45	02:11:13	+01:02:35	08:45
54	1506	Marco Oliveira	Leões de Tardariz Trail	Veterano M45	02:14:36	+01:05:57	08:58
55	1715	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M45	02:14:49	+01:06:10	08:59
56	1213	Celso Mota	GONDOMAR FUTSAL CLUBE	Veterano M45	02:14:58	+01:06:19	09:00
57	1554	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	02:15:24	+01:06:46	09:02
58	1215	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M45	02:16:01	+01:07:22	09:04
59	1679	Francisco Moreira	SS MONTEPIO	Veterano M45	02:16:30	+01:07:51	09:06
60	1476	José Gonçalves	José	Veterano M45	02:16:49	+01:08:10	09:07
61	1419	Joaquim Ramos	Individual	Veterano M45	02:18:52	+01:10:13	09:15
62	1420	Joaquim sousa	Individual	Veterano M45	02:20:30	+01:11:51	09:22
63	1409	Álvaro Cairrão	Individual	Veterano M45	02:24:00	+01:15:21	09:36
64	1600	Jose Gentil	Ou vai ou racha	Veterano M45	02:26:21	+01:17:43	09:45
65	1439	Vitor sousa	Individual	Veterano M45	02:26:36	+01:17:57	09:46
66	1186	Paulo Ferreira	Gansos	Veterano M45	02:30:47	+01:22:09	10:03
67	1411	Augusto lopes	Individual	Veterano M45	02:32:52	+01:24:13	10:11
68	1660	Mohammed Moudnib	São Team	Veterano M45	02:45:00	+01:36:21	11:00
69	1687	Manuel Jorge Nogueira da Silva	Team aguenta Aí	Veterano M45	02:47:15	+01:38:37	11:09
70	1708	José Oliveira	TrepaTrilhos Trail Team	Veterano M45	02:53:12	+01:44:33	11:33
71	1709	Pedro Sousa	TrepaTrilhos Trail Team	Veterano M45	02:53:12	+01:44:34	11:33

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Trail Curto

15 KM

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72	1421	Jorge Gomes	Individual	Veterano M45	02:53:36	+01:44:57	11:34
73	1141	Raul Cunha	cUnHaX	Veterano M45	02:57:31	+01:48:52	11:50
74	1602	Paulo Magalhaes	Ou vai ou racha	Veterano M45	03:12:31	+02:03:52	12:50
75	1416	Fernando Ferreira	Individual	Veterano M45	03:12:31	+02:03:53	12:50
76	1557	Pedro Oliveira	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	03:16:06	+02:07:28	13:04

Veterano M50

1	1444	Fernando Duarte Silva Martins	Individual	Veterano M50	01:22:15	+13:37	05:29
2	1567	Carlos.vinhas	Águias Penafiel Trail	Veterano M50	01:28:30	+19:52	05:54
3	1644	Pedro Ribeiro	Runners HP	Veterano M50	01:29:49	+21:11	05:59
4	1450	Vitor manuel ribeiro coelho	Individual	Veterano M50	01:32:20	+23:42	06:09
5	1447	Paulo Dias	Individual	Veterano M50	01:34:14	+25:36	06:17
6	1517	Pedro Sá	Moinhos Run-ADRM	Veterano M50	01:40:24	+31:46	06:42
7	1681	fernando Carvalho	SS MONTEPIO	Veterano M50	01:41:47	+33:09	06:47
8	1451	Vitor Novais	Individual	Veterano M50	01:41:49	+33:11	06:47
9	1111	Adão Rocha	BTT Alegria // TUBANI	Veterano M50	01:44:31	+35:53	06:58
10	1219	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M50	01:44:35	+35:57	06:58
11	1166	Manuel Silva	Ermentão	Veterano M50	01:44:49	+36:11	06:59
12	1573	Martinho Monteiro	Nova Linha Trail Runners	Veterano M50	01:47:03	+38:25	07:08
13	1452	Xavier Barbosa	Individual	Veterano M50	01:49:05	+40:27	07:16
14	1164	JOAQUIM TEIXEIRA	EQUIPA JOAO FERREIRA	Veterano M50	01:49:28	+40:50	07:18
15	1078	Joaquim Sousa	Ana Soraia ferreira	Veterano M50	01:52:44	+44:06	07:31
16	1008	Jorge Moreira	10TEMIDOS	Veterano M50	01:53:07	+44:29	07:32
17	1040	José Graça Rodrigues	AASM - Os da vida airada	Veterano M50	01:54:29	+45:51	07:38
18	1154	José Santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M50	01:55:24	+46:46	07:42
19	1711	António Loureiro	TrepaTrilhos Trail Team	Veterano M50	01:55:46	+47:08	07:43
20	1124	Armando Moreira	Clube Zupper	Veterano M50	01:56:03	+47:25	07:44
21	1638	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	01:59:07	+50:29	07:57
22	1126	Paulo Silva	CMDS	Veterano M50	01:59:27	+50:48	07:58
23	1446	Rui Moura	Individual	Veterano M50	02:03:09	+54:31	08:13
24	1661	Luis Espirito Santo	São Team	Veterano M50	02:10:00	+01:01:22	08:40
25	1448	rui machado	Individual	Veterano M50	02:10:43	+01:02:05	08:43
26	1559	João Pedro Gonçalves	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:15:39	+01:07:01	09:03
27	1100	JBravo Santos	Bota Brita	Veterano M50	02:22:26	+01:13:47	09:30
28	1443	Carlos Viamonte	Individual	Veterano M50	02:33:11	+01:24:33	10:13
29	1108	Armando Silva	Brincalhões	Veterano M50	02:36:08	+01:27:29	10:25
30	1508	José Ferreira	Leões de Tardariz Trail	Veterano M50	02:37:46	+01:29:08	10:31
31	1507	Gualter Castro	Leões de Tardariz Trail	Veterano M50	02:37:47	+01:29:08	10:31
32	1710	Abílio Costa	TrepaTrilhos Trail Team	Veterano M50	02:53:12	+01:44:34	11:33
33	1218	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	03:01:00	+01:52:21	12:04
34	1603	Jose Freitas	Ou vai ou racha	Veterano M50	03:09:50	+02:01:12	12:39

Trail Curto

15 KM

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OFFICIAL RESULT

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Veterano M55

1	1459	JOSE FRANCISCO MOTA VAZ	Individual	Veterano M55	01:30:22	+21:44	06:01
2	1115	António Teixeira	Caminheiros de Ermesinde	Veterano M55	01:32:52	+24:14	06:11
3	1455	Euclides Coimbra	Individual	Veterano M55	01:34:05	+25:27	06:16
4	1092	Paulo Ferreira	Boavista F. C.	Veterano M55	01:35:39	+27:01	06:23
5	1453	Alcindo de Oliveira Pereira	Individual	Veterano M55	01:35:57	+27:19	06:24
6	1454	alipio lopes	Individual	Veterano M55	01:39:17	+30:39	06:37
7	1220	Manuel Rocha	GONDOMAR FUTSAL CLUBE	Veterano M55	01:47:31	+38:53	07:10
8	1645	José Mário Pereira	Runners HP	Veterano M55	01:56:30	+47:52	07:46
9	1221	Nelson Silva	GONDOMAR FUTSAL CLUBE	Veterano M55	02:02:28	+53:50	08:10
10	1458	JOSE CARLOS NEVES	Individual	Veterano M55	02:09:02	+01:00:23	08:36
11	1561	Alvaro Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	02:14:49	+01:06:10	08:59
12	1056	paulo fonseca	amigos s.pedro da cova	Veterano M55	02:14:56	+01:06:18	09:00
13	1578	Germano Moura	OS BARRIGUITAS	Veterano M55	02:20:12	+01:11:34	09:21
14	1456	Filipe Ramos	Individual	Veterano M55	02:30:19	+01:21:41	10:01
15	1460	Paulo Almeida	Individual	Veterano M55	02:33:11	+01:24:33	10:13
16	1562	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	02:37:37	+01:28:59	10:31
17	1075	Telmo Costa	AMOTINADOS TRAIL	Veterano M55	02:42:18	+01:33:39	10:49
18	1457	José Carlos Martins Carneiro	Individual	Veterano M55	02:48:04	+01:39:25	11:12

Veterano M60

1	1032	Carlos A Macedo	A.D.Amarante trail running	Veterano M60	01:44:01	+35:23	06:56
2	1463	Lino Moreira	Individual	Veterano M60	01:45:11	+36:33	07:01
3	1462	Fernando Ferreira	Individual	Veterano M60	01:45:45	+37:07	07:03
4	1139	Manuel Ferreira	CTM VILA POUCA DE AGUIAR	Veterano M60	01:47:24	+38:46	07:10
5	1041	António Ildefonso Santos	AASM - Os da vida airada	Veterano M60	01:49:30	+40:52	07:18
6	1509	Amílcar Resende	Leões de Tardariz Trail	Veterano M60	01:51:53	+43:15	07:28
7	1057	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:55:37	+46:59	07:42
8	1579	José Moura de Sousa	OS BARRIGUITAS	Veterano M60	02:00:52	+52:14	08:04
9	1461	Aurélio Carvalho	Individual	Veterano M60	02:02:20	+53:41	08:09
10	1176	Manuel Rocha	FAST AO KM	Veterano M60	02:05:42	+57:03	08:23
11	1580	Manuel Moura	OS BARRIGUITAS	Veterano M60	02:17:05	+01:08:27	09:08
12	1174	Pedro Arcos	Fardetas	Veterano M60	02:17:18	+01:08:40	09:09
13	1173	Jose Castelo	Fardetas	Veterano M60	02:17:25	+01:08:47	09:10

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Official Timekeeper: Lap2Go	1 / 2	generate 14-Jan-2018 12:58
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[illegible]

39	Mountain Climbers	118 + 392 + 535	1045
40	São Team	338 + 358 + 359	1055
41	CRICAS, Bamulá	127 + 464 + 465	1056
42	Paula	378 + 379 + 380	1137
43	#ATECHORAS!	87 + 525 + 526	1138
44	Fardetas	422 + 423 + 424	1269
45	Salgueiros Running	93 + 597 + 598	1288
46	Bota Brita	331 + 451 + 533	1315
47	Jornal Vivacidade	399 + 472 + 479	1350
48	Ou vai ou racha	473 + 474 + 515	1462