

TRAIL LONGO 25K - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	2°C	93%
End	13:41	2°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	208	Antonio Braziela	oralklass-amigos do trail	Senior Masculino	01:57:34		04:42
2	10	Paulo Costa	a.d.amarante trail running	Senior Masculino	02:03:16	+05:43	04:56
3	37	Alexandre Urbina Rubio	compressport team	Senior Masculino	02:05:40	+08:06	05:02
4	192	Fábio Pinto	royal wellness center	Senior Masculino	02:06:01	+08:27	05:02
5	57	PEDRO SANTOS	fugitivos urbanos - clínica + saúde	Veterano M40	02:06:22	+08:48	05:03
6	11	Vitor Costa	a.d.amarante trail running	Senior Masculino	02:07:22	+09:49	05:06
7	180	Miguel Neves	oralklass-amigos do trail	Senior Masculino	02:07:54	+10:20	05:07
8	40	Hélder Rocha	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:10:34	+13:00	05:13
9	43	Pedro Marques	dr. merino/4moove	Veterano M50	02:10:50	+13:16	05:14
10	8	Jose Luis Ferreira Pereira	a.d.amarante trail running	Senior Masculino	02:11:54	+14:21	05:17
11	32	Vitor Sousa	centro ciclista gondomar	Veterano M50	02:12:02	+14:28	05:17
12	20	Humberto Silva	aztrail	Senior Masculino	02:12:51	+15:18	05:19
13	206	Nuno Maia	ctad - tiagoaragao.com	Senior Masculino	02:13:48	+16:14	05:21
14	55	Luis Pinto	fridão sem limites	Senior Masculino	02:14:01	+16:27	05:22
15	41	Bernardo Tavares	dr. merino/4moove	Senior Masculino	02:15:44	+18:11	05:26
16	2	David Tavares	centro ciclista gondomar	Veterano M55	02:16:44	+19:11	05:28
17	193	Joaquim Freitas	satecnosol outdoor/la sportiva portugal	Veterano M40	02:17:39	+20:05	05:30
18	177	Tiago Soares	moinhos run-adrm	Senior Masculino	02:17:47	+20:13	05:31
19	69	Hugo Araujo	gtt - armazém do caffè	Senior Masculino	02:18:29	+20:55	05:32
20	7	Filipe Barros	a.d.amarante trail running	Senior Masculino	02:19:50	+22:16	05:36
21	1	Lucinda Sousa	gondomar futsal clube	Veterana F45	02:22:41	+25:08	05:42
22	205	Ivo Morais	individual	Veterano M40	02:22:47	+25:14	05:43
23	174	António Pinto	mocidade sangemil ac	Senior Masculino	02:22:49	+25:16	05:43
24	5	Manuel Sousa	a. r. luz e vida gondomarense	Veterano M55	02:23:26	+25:52	05:44
25	178	David Sousa	mss contabilidade	Senior Masculino	02:23:56	+26:23	05:45
26	52	Cláudio Pedro Melhorado Reininho	foz cõa trail	Veterano M40	02:24:34	+27:01	05:47
27	24	Nuno Paiva	cães d'avenida	Veterano M50	02:25:59	+28:26	05:50
28	166	Adriano Oliveira	lusitanos	Veterano M45	02:26:02	+28:28	05:50
29	54	Bruno Azevedo	fridão sem limites	Senior Masculino	02:26:14	+28:41	05:51
30	49	Sérgio Pereira	ermidafit	Senior Masculino	02:26:50	+29:16	05:52
31	92	Lino Pinto	individual	Senior Masculino	02:27:09	+29:36	05:53
32	91	Kevin Josselin	individual	Senior Masculino	02:27:18	+29:44	05:54
33	90	José Miguel Pinto	individual	Senior Masculino	02:28:04	+30:31	05:55
34	68	António Rocha	gondomar futsal clube	Veterano M60	02:28:07	+30:33	05:55
35	30	Asdrubal Freitas	centro ciclista gondomar	Veterano M45	02:28:41	+31:08	05:57
36	98	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:29:26	+31:52	05:59
37	31	Ângelo Pereira	centro ciclista gondomar	Veterano M50	02:30:42	+33:08	06:02
38	133	Paulo Ferreira	individual	Veterano M40	02:31:00	+33:27	06:02
39	197	Manuel Afonso	vimarunners	Veterano M45	02:31:05	+33:32	06:03
40	160	Jorge Domingues	lebres minhotas	Veterano M40	02:31:13	+33:39	06:03
41	142	José Regueiras	individual	Veterano M45	02:31:14	+33:41	06:03

TRAIL LONGO 25K - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	99	paulo jorge	individual	Senior Masculino	02:31:16	+33:43	06:03
43	63	André Trigais	gondomar futsal clube	Senior Masculino	02:31:16	+33:43	06:03
44	173	João Filipe Ferreira Leite	mexilhão da montanha	Senior Masculino	02:31:19	+33:46	06:03
45	119	Hugo Brito	individual	Veterano M40	02:31:58	+34:25	06:05
46	48	Ricardo Pais	ermidafit	Senior Masculino	02:32:17	+34:43	06:05
47	21	Mario Fonseca	aztrail	Veterano M40	02:32:17	+34:44	06:06
48	42	Paula Lage	dr. merino/4moove	Veterana F40	02:32:18	+34:44	06:06
49	45	José Cruz	ei team trail	Senior Masculino	02:32:34	+35:00	06:06
50	6	Antonio Mendes	a.d.amarante trail running	Senior Masculino	02:33:17	+35:43	06:08
51	184	José Oliveira	petro basto	Veterano M50	02:33:19	+35:45	06:08
52	28	Américo Pinto	ccdtc.m.gondomar	Veterano M50	02:34:50	+37:16	06:12
53	38	Joaquim Duarte	dá-lhe gás	Senior Masculino	02:34:53	+37:19	06:12
54	143	laurentino martins	individual	Veterano M45	02:35:16	+37:43	06:13
55	104	Ricardo Sousa	individual	Senior Masculino	02:35:21	+37:48	06:13
56	51	Joaquim Mota	fanecateam	Senior Masculino	02:35:45	+38:11	06:14
57	123	José Pedro Silva	individual	Veterano M40	02:35:46	+38:12	06:14
58	117	César Sousa	individual	Veterano M40	02:36:24	+38:51	06:15
59	164	José Carlos Gomes	ligeirinhos	Veterano M55	02:36:36	+39:03	06:16
60	61	Alice Lopes	ginásio fit4fun	Veterana F40	02:36:38	+39:05	06:16
61	169	Sérgio Pereira	magical mushrooms	Senior Masculino	02:36:51	+39:17	06:16
62	209	Atleta 209	individual	Senior Masculino	02:36:54	+39:21	06:17
63	199	Mário Leite	yazaki	Veterano M40	02:38:50	+41:16	06:21
64	39	Joaquim Leal	dá-lhe gás	Senior Masculino	02:39:25	+41:52	06:23
65	147	Manuel Cunha Povoas	individual	Veterano M50	02:39:38	+42:04	06:23
66	167	Paulo Azevedo	lusitanos	Veterano M45	02:40:31	+42:58	06:25
67	207	Bruno Porto	individual	Senior Masculino	02:40:35	+43:02	06:25
68	65	Pedro Matos	gondomar futsal clube	Veterano M40	02:40:36	+43:02	06:25
69	76	Lúcia Lourenço	individual	Senior Feminino	02:41:04	+43:31	06:27
70	163	Manuel Gomes	leroy merlin trail team	Veterano M45	02:41:16	+43:43	06:27
71	87	Geraldo Santos	individual	Senior Masculino	02:42:45	+45:12	06:31
72	124	Luis Lobo	individual	Veterano M40	02:43:21	+45:47	06:32
73	94	Marcos Silva	individual	Senior Masculino	02:43:53	+46:19	06:33
74	148	Manuel Henrique Moreira santos	individual	Veterano M50	02:44:05	+46:32	06:34
75	64	Paulo Alves	gondomar futsal clube	Veterano M40	02:44:13	+46:40	06:34
76	129	Miguel Moura	individual	Veterano M40	02:44:30	+46:57	06:35
77	157	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M45	02:45:19	+47:46	06:37
78	153	Luis Silva	juventude cortegacense	Senior Masculino	02:45:21	+47:47	06:37
79	118	HUGO ALEXANDRE SILVA DOS SANTOS AMARO	individual	Veterano M40	02:45:26	+47:52	06:37
80	35	Hélder Antonio de Oliveira Mendes	clube zipper	Senior Masculino	02:46:02	+48:28	06:39
81	89	José Fernandes	individual	Senior Masculino	02:46:12	+48:39	06:39
82	131	Nuno Filipe de Almeida e Silva	individual	Veterano M40	02:46:22	+48:49	06:39
83	46	João Araújo24	ermentão	Senior Masculino	02:46:28	+48:54	06:40
84	204	Sonia Tubal	proaventura	Senior Feminino	02:47:27	+49:54	06:42
85	56	António Joaquim Teixeira Alves	fridão sem limites	Veterano M40	02:47:30	+49:56	06:42
86	101	Pedro Nogueira	individual	Senior Masculino	02:47:50	+50:17	06:43

TRAIL LONGO 25K - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	175	Miguel Santos	moinhos run-adrm	Senior Masculino	02:47:53	+50:20	06:43
88	70	Jorge Borges	gtt - armazém do caffè	Senior Masculino	02:48:43	+51:09	06:45
89	18	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F45	02:49:04	+51:30	06:46
90	96	Miguel Freitas	individual	Senior Masculino	02:49:20	+51:46	06:46
91	108	Vitor Manuel da Silva Pereira	individual	Senior Masculino	02:49:43	+52:10	06:47
92	103	Ricardo Soares	individual	Senior Masculino	02:49:54	+52:21	06:48
93	158	AGOSTINHO SOUSA	kunalama runners	Veterano M60	02:51:28	+53:54	06:52
94	149	Vitor Manuel Barbosa Moreira	individual	Veterano M50	02:51:35	+54:02	06:52
95	139	António Freitas	individual	Veterano M45	02:52:05	+54:32	06:53
96	162	Carlos Reis	leroy merlin trail team	Veterano M40	02:52:28	+54:54	06:54
97	106	Rui Santos Pereira	individual	Senior Masculino	02:52:29	+54:56	06:54
98	134	Pedro Sousa	individual	Veterano M40	02:52:38	+55:05	06:54
99	44	Zé Filipe Almeida	edv-viana trail	Veterano M55	02:53:47	+56:14	06:57
100	114	Sandra Arribança	individual	Veterana F45	02:54:12	+56:38	06:58
101	102	Ricardo Peixoto	individual	Senior Masculino	02:54:12	+56:39	06:58
102	97	Nuno Correia	individual	Senior Masculino	02:54:45	+57:11	06:59
103	171	Olga Almeida	mcn - night runners	Senior Feminino	02:55:02	+57:29	07:00
104	34	vitor coelho	clube desportivo cepsa	Veterano M45	02:55:13	+57:40	07:01
105	137	Vitor Cancela	individual	Veterano M40	02:56:15	+58:41	07:03
106	72	António Batista	hora do lobo trail	Senior Masculino	02:57:38	+01:00:04	07:06
107	105	Rui da Silva Santos	individual	Senior Masculino	02:57:44	+01:00:11	07:07
108	201	Paula Santos	all about	Veterana F45	02:57:48	+01:00:15	07:07
109	95	Mario FRancisco Lamas Gonçalves	individual	Senior Masculino	02:59:43	+01:02:09	07:11
110	47	Telma Duarte	ermidafit	Senior Feminino	02:59:48	+01:02:14	07:12
111	194	Andreia Morais	somos nós team	Senior Feminino	03:00:24	+01:02:50	07:13
112	183	Adriano Rocha	outsiders trail team	Veterano M45	03:00:49	+01:03:16	07:14
113	79	virginia bezzi	individual	Senior Feminino	03:00:54	+01:03:21	07:14
114	196	Paulo Morais	somos nós team	Veterano M45	03:00:57	+01:03:23	07:14
115	186	TANIA BATEIRA	portocargo	Senior Feminino	03:01:05	+01:03:32	07:15
116	155	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M40	03:01:19	+01:03:45	07:15
117	176	Simão	moinhos run-adrm	Senior Masculino	03:01:41	+01:04:07	07:16
118	128	manuel joaquim fonseca oliveira pinto	individual	Veterano M40	03:02:55	+01:05:22	07:19
119	150	Vitor Manuel Coelho de Almeida	individual	Veterano M50	03:02:57	+01:05:23	07:19
120	111	Sofia Coelho	individual	Veterana F40	03:04:08	+01:06:34	07:22
121	81	António Rocha	individual	Senior Masculino	03:04:43	+01:07:10	07:23
122	156	Ernesto Marques Alves	juventude cortegacense	Veterano M45	03:05:16	+01:07:42	07:25
123	120	Joao Silva	individual	Veterano M40	03:05:40	+01:08:06	07:26
124	71	Ricardo Castro	guimarães trail	Veterano M40	03:05:43	+01:08:10	07:26
125	122	Jorge Duraes	individual	Veterano M40	03:06:01	+01:08:27	07:26
126	58	Ana Gomes	gaia running	Senior Feminino	03:06:19	+01:08:45	07:27
127	59	Fernando Jorge Santos	gaia running	Veterano M55	03:06:20	+01:08:46	07:27
128	125	Luís Miguel de Oliveira Martins	individual	Veterano M40	03:06:28	+01:08:55	07:28
129	60	MARIA DA CONCEIÇÃO FERREIRA	ginásio fit4fun	Veterana F50	03:06:32	+01:08:59	07:28
130	67	Paulo Gama	gondomar futsal clube	Veterano M45	03:06:41	+01:09:07	07:28
131	88	Hugo Mendes	individual	Senior Masculino	03:06:44	+01:09:10	07:28

TRAIL LONGO 25K - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	127	Luis sousa	individual	Veterano M40	03:06:51	+01:09:17	07:28
133	121	Jorge Cruz	individual	Veterano M40	03:06:56	+01:09:22	07:29
134	138	Vitor Marques	individual	Veterano M40	03:06:56	+01:09:23	07:29
135	189	Luís Ricardo Fontes martins	riofit running	Senior Masculino	03:08:11	+01:10:37	07:32
136	26	Vitor santos	carlos	Veterano M40	03:08:44	+01:11:10	07:33
137	187	Joana Rodrigues de Sousa	pt jr Sousa team	Senior Feminino	03:09:20	+01:11:46	07:34
138	203	Rui Mendonça	individual	Veterano M40	03:09:47	+01:12:14	07:36
139	179	Raul Lopez	nutribarrosas	Senior Masculino	03:10:40	+01:13:06	07:38
140	144	Manuel. Santos Silva	individual	Veterano M45	03:12:20	+01:14:47	07:42
141	73	Manuel Ferreira	hora do lobo trail	Senior Masculino	03:13:34	+01:16:00	07:45
142	84	eurico mateus	individual	Senior Masculino	03:13:34	+01:16:01	07:45
143	116	Bruno Filipe Teixeira	individual	Veterano M40	03:13:37	+01:16:04	07:45
144	9	Marco Nunes	a.d.amarante trail running	Senior Masculino	03:14:36	+01:17:03	07:47
145	115	Alexandre Sousa	individual	Veterano M40	03:14:57	+01:17:24	07:48
146	202	Ana Figueiredo	individual	Senior Feminino	03:16:30	+01:18:56	07:52
147	165	Rui Rosas	lusitanos	Senior Masculino	03:17:19	+01:19:45	07:54
148	83	Elói Sousa	individual	Senior Masculino	03:17:20	+01:19:46	07:54
149	86	Filipe Daniel Pereira Bessa	individual	Senior Masculino	03:18:08	+01:20:34	07:56
150	191	Manuel da Silva Ribeiro Lopes	riofit running	Veterano M45	03:18:41	+01:21:07	07:57
151	188	Abílio da Silva Oliveira	riofit running	Senior Masculino	03:18:41	+01:21:07	07:57
152	77	Solange Sousa	individual	Senior Feminino	03:20:33	+01:23:00	08:01
153	172	Nuno Barreto	mcn - night runners	Senior Masculino	03:21:16	+01:23:43	08:03
154	130	Nélson Castro	individual	Veterano M40	03:21:45	+01:24:11	08:04
155	168	Sergio Chacim	magical mushrooms	Senior Masculino	03:21:45	+01:24:11	08:04
156	62	Aida Presa	girls4run	Veterana F40	03:22:43	+01:25:10	08:07
157	151	antonio fernandes	individual	Veterano M55	03:23:11	+01:25:37	08:08
158	190	João Carlos Antunes Silva	riofit running	Veterano M40	03:24:33	+01:26:59	08:11
159	107	Sergio Costa	individual	Senior Masculino	03:25:59	+01:28:26	08:14
160	198	Carina Pereira	yazaki	Veterana F40	03:26:00	+01:28:26	08:14
161	53	Andreia Mota	fridão sem limites	Senior Feminino	03:26:00	+01:28:26	08:14
162	16	Pedro Carvalho	arrastassolas	Veterano M40	03:26:08	+01:28:34	08:15
163	13	Mario Santos	arrastassolas	Senior Masculino	03:26:55	+01:29:22	08:17
164	195	Fátima Vieira	somos nós team	Veterana F50	03:28:02	+01:30:29	08:19
165	182	Lino Moreira	os turbomula	Veterano M60	03:28:58	+01:31:24	08:22
166	152	Joao Gil	individual	Veterano M55	03:29:02	+01:31:28	08:22
167	66	José Carlos Lascasas	gondomar futsal clube	Veterano M45	03:31:38	+01:34:04	08:28
168	141	Jorge Silva - GD BPI	individual	Veterano M45	03:32:14	+01:34:40	08:29
169	170	Cristina Loureiro	magical mushrooms	Veterana F40	03:32:25	+01:34:51	08:30
170	78	Sónia Brás	individual	Senior Feminino	03:32:39	+01:35:05	08:30
171	112	Sónia Pereira	individual	Veterana F40	03:32:46	+01:35:12	08:31
172	85	Fábio Moreira Jesus Vieira	individual	Senior Masculino	03:34:37	+01:37:03	08:35
173	29	Sandra Matos	centro ciclista gondomar	Veterana F40	03:35:23	+01:37:50	08:37
174	93	Luis Filipe de Matos Isidoro	individual	Senior Masculino	03:35:42	+01:38:08	08:38
175	140	Francisco José da Silva Pinto Figueiredo	individual	Veterano M45	03:37:28	+01:39:55	08:42
176	200	Pedro Mucha	yazaki	Veterano M40	03:37:54	+01:40:21	08:43

25 KM

[illegible]

Official Timekeeper: Lap2Go	5 / 5	generate 22-jan-2017 13:47
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Trail Longo 25K

25 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	2°C	93%
End	13:41	2°C	93%

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

1	76	Lúcia Lourenço	Individual	Senior Feminino	02:41:05	06:27
2	204	Sonia Tubal	ProAventura	Senior Feminino	02:47:28	+06:23 06:42
3	171	Olga Almeida	MCN - Night Runners	Senior Feminino	02:55:03	+13:58 07:00
4	47	Telma Duarte	ErmidaFit	Senior Feminino	02:59:48	+18:43 07:12
5	194	Andreia Morais	Somos Nós Team	Senior Feminino	03:00:24	+19:19 07:13
6	79	virginia bezzi	Individual	Senior Feminino	03:00:55	+19:50 07:14
7	186	TANIA BATEIRA	PORTOCARGO	Senior Feminino	03:01:06	+20:01 07:15
8	58	Ana Gomes	Gaia Running	Senior Feminino	03:06:19	+25:14 07:27
9	187	Joana Rodrigues de Sousa	PT JRSOUSA TEAM	Senior Feminino	03:09:20	+28:15 07:34
10	202	Ana Figueiredo	Individual	Senior Feminino	03:16:30	+35:25 07:52
11	77	Solange Sousa	Individual	Senior Feminino	03:20:34	+39:29 08:01
12	53	Andreia Mota	Fridão Sem Limites	Senior Feminino	03:26:00	+44:55 08:14
13	78	Sónia Brás	Individual	Senior Feminino	03:32:39	+51:34 08:30
14	75	Helena Passos	Individual	Senior Feminino	03:41:39	+01:00:34 08:52
15	19	Vera Nogueira	AZTrail	Senior Feminino	04:01:18	+01:20:13 09:39
16	22	Morgana Almeida	Bananas	Senior Feminino	04:11:08	+01:30:03 10:03
17	185	Patrícia Sousa	Pit Power	Senior Feminino	04:14:36	+01:33:31 10:11

Senior Masculino

1	208	Antonio Brazilela	Oralklass-Amigos do Trail	Senior Masculino	01:57:34	04:42
2	10	Paulo Costa	A.D.Amarante trail running	Senior Masculino	02:03:17	+05:43 04:56
3	37	Alexandre Urbina Rubio	COMPRESSPORT TEAM	Senior Masculino	02:05:40	+08:06 05:02
4	192	Fábio Pinto	Royal Wellness Center	Senior Masculino	02:06:01	+08:27 05:02
5	11	Vitor Costa	A.D.Amarante trail running	Senior Masculino	02:07:23	+09:49 05:06
6	180	Miguel Neves	Oralklass-Amigos do Trail	Senior Masculino	02:07:54	+10:20 05:07
7	40	Hélder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:10:34	+13:00 05:13
8	8	Jose Luis Ferreira Pereira	A.D.Amarante trail running	Senior Masculino	02:11:55	+14:21 05:17
9	20	Humberto Silva	AZTrail	Senior Masculino	02:12:52	+15:18 05:19
10	206	Nuno Maia	CTAD - Tiagoaragao.com	Senior Masculino	02:13:48	+16:14 05:21
11	55	Luis Pinto	Fridão Sem Limites	Senior Masculino	02:14:01	+16:27 05:22
12	41	Bernardo Tavares	Dr. Merino/4moove	Senior Masculino	02:15:45	+18:11 05:26
13	177	Tiago Soares	Moinhos Run-ADRM	Senior Masculino	02:17:47	+20:13 05:31
14	69	Hugo Araujo	GTT - Armazém do Caffè	Senior Masculino	02:18:29	+20:55 05:32
15	7	Filipe Barros	A.D.Amarante trail running	Senior Masculino	02:19:50	+22:16 05:36
16	174	António Pinto	Mocidade Sangemil AC	Senior Masculino	02:22:50	+25:16 05:43
17	178	David Sousa	MSS CONTABILIDADE	Senior Masculino	02:23:57	+26:23 05:45
18	54	Bruno Azevedo	Fridão Sem Limites	Senior Masculino	02:26:15	+28:41 05:51

Trail Longo 25K

25 KM

[illegible]

OFFICIAL RESULT

19	49	Sérgio Pereira	ErmidaFit	Senior Masculino	02:26:50	+29:16	05:52
20	92	Lino Pinto	Individual	Senior Masculino	02:27:10	+29:36	05:53
21	91	Kevin Josselin	Individual	Senior Masculino	02:27:18	+29:44	05:54
22	90	José Miguel Pinto	Individual	Senior Masculino	02:28:05	+30:31	05:55
23	98	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:29:26	+31:52	05:59
24	99	paulo jorge	Individual	Senior Masculino	02:31:17	+33:43	06:03
25	63	André Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:31:17	+33:43	06:03
26	173	João Filipe Ferreira Leite	Mexilhão da Montanha	Senior Masculino	02:31:20	+33:46	06:03
27	48	Ricardo Pais	ErmidaFit	Senior Masculino	02:32:17	+34:43	06:05
28	45	José Cruz	El Team Trail	Senior Masculino	02:32:34	+35:00	06:06
29	6	Antonio Mendes	A.D.Amarante trail running	Senior Masculino	02:33:17	+35:43	06:08
30	38	Joaquim Duarte	Dá-Lhe Gás	Senior Masculino	02:34:53	+37:19	06:12
31	104	Ricardo Sousa	Individual	Senior Masculino	02:35:22	+37:48	06:13
32	51	Joaquim Mota	Fanecateam	Senior Masculino	02:35:45	+38:11	06:14
33	169	Sérgio Pereira	Magical Mushrooms	Senior Masculino	02:36:51	+39:17	06:16
34	209	Atleta 209	Individual	Senior Masculino	02:36:55	+39:21	06:17
35	39	Joaquim Leal	Dá-Lhe Gás	Senior Masculino	02:39:26	+41:52	06:23
36	207	Bruno Porto	Individual	Senior Masculino	02:40:36	+43:02	06:25
37	87	Geraldo Santos	Individual	Senior Masculino	02:42:46	+45:12	06:31
38	94	Marcos Silva	Individual	Senior Masculino	02:43:53	+46:19	06:33
39	153	Luis Silva	Juventude Cortegacense	Senior Masculino	02:45:21	+47:47	06:37
40	35	Hélder Antonio de Oliveira Mendes	Clube Zupper	Senior Masculino	02:46:02	+48:28	06:39
41	89	José Fernandes	Individual	Senior Masculino	02:46:13	+48:39	06:39
42	46	João Araújo24	Ermentão	Senior Masculino	02:46:28	+48:54	06:40
43	101	Pedro Nogueira	Individual	Senior Masculino	02:47:51	+50:17	06:43
44	175	Miguel Santos	Moinhos Run-ADRM	Senior Masculino	02:47:54	+50:20	06:43
45	70	Jorge Borges	GTT - Armazém do Caffè	Senior Masculino	02:48:43	+51:09	06:45
46	96	Miguel Freitas	Individual	Senior Masculino	02:49:20	+51:46	06:46
47	108	Vitor Manuel da Silva Pereira	Individual	Senior Masculino	02:49:44	+52:10	06:47
48	103	Ricardo Soares	Individual	Senior Masculino	02:49:55	+52:21	06:48
49	106	Rui Santos Pereira	Individual	Senior Masculino	02:52:30	+54:56	06:54
50	102	Ricardo Peixoto	Individual	Senior Masculino	02:54:13	+56:39	06:58
51	97	Nuno Correia	Individual	Senior Masculino	02:54:45	+57:11	06:59
52	72	António Batista	Hora do Lobo Trail	Senior Masculino	02:57:38	+01:00:04	07:06
53	105	Rui da Silva Santos	Individual	Senior Masculino	02:57:45	+01:00:11	07:07
54	95	Mario FRancisco Lamas Gonçalves	Individual	Senior Masculino	02:59:43	+01:02:09	07:11
55	176	Simão	Moinhos Run-ADRM	Senior Masculino	03:01:41	+01:04:07	07:16
56	81	António Rocha	Individual	Senior Masculino	03:04:44	+01:07:10	07:23
57	88	Hugo Mendes	Individual	Senior Masculino	03:06:44	+01:09:10	07:28
58	189	Luís Ricardo Fontes martins	RIOFIT RUNNING	Senior Masculino	03:08:11	+01:10:37	07:32
59	179	Raul Lopez	NUTRIBARROSAS	Senior Masculino	03:10:40	+01:13:06	07:38
60	73	Manuel Ferreira	Hora do Lobo Trail	Senior Masculino	03:13:34	+01:16:00	07:45
61	84	eurico mateus	Individual	Senior Masculino	03:13:35	+01:16:01	07:45
62	9	Marco Nunes	A.D.Amarante trail running	Senior Masculino	03:14:37	+01:17:03	07:47
63	165	Rui Rosas	Lusitanos	Senior Masculino	03:17:19	+01:19:45	07:54
64	83	Elói Sousa	Individual	Senior Masculino	03:17:20	+01:19:46	07:54

25 KM

OFFICIAL RESULT

65	86	Filipe Daniel Pereira Bessa	Individual	Senior Masculino	03:18:08	+01:20:34	07:56
66	188	Abílio da Silva Oliveira	RIOFIT RUNNING	Senior Masculino	03:18:41	+01:21:07	07:57
67	172	Nuno Barreto	MCN - Night Runners	Senior Masculino	03:21:17	+01:23:43	08:03
68	168	Sergio Chacim	Magical Mushrooms	Senior Masculino	03:21:45	+01:24:11	08:04
69	107	Sergio Costa	Individual	Senior Masculino	03:26:00	+01:28:26	08:14
70	13	Mario Santos	ARRASTASSOLAS	Senior Masculino	03:26:56	+01:29:22	08:17
71	85	Fábio Moreira Jesus Vieira	Individual	Senior Masculino	03:34:37	+01:37:03	08:35
72	93	Luis Filipe de Matos Isidoro	Individual	Senior Masculino	03:35:42	+01:38:08	08:38
73	82	Artur Fonseca	Individual	Senior Masculino	03:49:39	+01:52:05	09:11
74	100	Pedro Cardoso Neves	Individual	Senior Masculino	03:57:35	+02:00:01	09:30
75	23	Luis Pinho	Bananas	Senior Masculino	04:11:08	+02:13:34	10:03

1	42	Paula Lage	Dr. Merino/4moove	Veterana F40	02:32:18	06:06
2	61	Alice Lopes	Ginásio Fit4Fun	Veterana F40	02:36:39	+04:21 06:16
3	111	Sofia Coelho	Individual	Veterana F40	03:04:08	+31:50 07:22
4	62	Aida Presa	Girls4Run	Veterana F40	03:22:44	+50:26 08:07
5	198	Carina Pereira	YAZAKI	Veterana F40	03:26:00	+53:42 08:14
6	170	Cristina Loureiro	Magical Mushrooms	Veterana F40	03:32:25	+01:00:07 08:30
7	112	Sónia Pereira	Individual	Veterana F40	03:32:46	+01:00:28 08:31
8	29	Sandra Matos	CENTRO CICLISTA GONDOMAR	Veterana F40	03:35:24	+01:03:06 08:37
9	14	Carla Moreira	ARRASTASSOLAS	Veterana F40	03:40:51	+01:08:33 08:50
10	15	Helena Cunha	ARRASTASSOLAS	Veterana F40	04:14:36	+01:42:18 10:11
11	109	Eduarda Maria Vieira Magalhães Freitas	BUDEGITA RUNNERS	Veterana F40	04:32:16	+01:59:58 10:53

1	1	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F45	02:22:42	05:42
2	18	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F45	02:49:04	+26:22 06:46
3	114	Sandra Arribança	Individual	Veterana F45	02:54:12	+31:30 06:58
4	201	Paula Santos	All About	Veterana F45	02:57:49	+35:07 07:07
5	113	Cristina Sousa	Individual	Veterana F45	04:11:43	+01:49:01 10:04

1	60	MARIA DA CONCEIÇÃO FERREIRA	Ginásio Fit4Fun	Veterana F50	03:06:33	07:28
2	195	Fátima Vieira	Somos Nós Team	Veterana F50	03:28:03	+21:30 08:19

1	57	PEDRO SANTOS	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	02:06:22	05:03
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Trail Longo 25K

25 KM

[illegible]

OFFICIAL RESULT

2	193	Joaquim Freitas	Satecnosol Outdoor/La Sportiva Portugal	Veterano M40	02:17:39	+11:17	05:30
3	205	Ivo Morais	Individual	Veterano M40	02:22:48	+16:26	05:43
4	52	Cláudio Pedro Melhorado Reininho	FOZ CÔA TRAIL	Veterano M40	02:24:35	+18:13	05:47
5	133	Paulo Ferreira	Individual	Veterano M40	02:31:01	+24:39	06:02
6	160	Jorge Domingues	Lebres Minhotas	Veterano M40	02:31:13	+24:51	06:03
7	119	Hugo Brito	Individual	Veterano M40	02:31:59	+25:37	06:05
8	21	Mario Fonseca	AZTrail	Veterano M40	02:32:18	+25:56	06:06
9	123	José Pedro Silva	Individual	Veterano M40	02:35:46	+29:24	06:14
10	117	César Sousa	Individual	Veterano M40	02:36:25	+30:03	06:15
11	199	Mário Leite	YAZAKI	Veterano M40	02:38:50	+32:28	06:21
12	65	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	02:40:36	+34:14	06:25
13	124	Luis Lobo	Individual	Veterano M40	02:43:21	+36:59	06:32
14	64	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	02:44:14	+37:52	06:34
15	129	Miguel Moura	Individual	Veterano M40	02:44:31	+38:09	06:35
16	118	HUGO ALEXANDRE SILVA DOS SANTOS AMARO	Individual	Veterano M40	02:45:26	+39:04	06:37
17	131	Nuno Filipe de Almeida e Silva	Individual	Veterano M40	02:46:23	+40:01	06:39
18	56	António Joaquim Teixeira Alves	Fridão Sem Limites	Veterano M40	02:47:30	+41:08	06:42
19	162	Carlos Reis	LEROY MERLIN TRAIL TEAM	Veterano M40	02:52:28	+46:06	06:54
20	134	Pedro Sousa	Individual	Veterano M40	02:52:39	+46:17	06:54
21	137	Vitor Cancela	Individual	Veterano M40	02:56:15	+49:53	07:03
22	155	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	03:01:19	+54:57	07:15
23	128	manuel joaquim fonseca oliveira pinto	Individual	Veterano M40	03:02:56	+56:34	07:19
24	120	Joao Silva	Individual	Veterano M40	03:05:40	+59:18	07:26
25	71	Ricardo Castro	Guimarães Trail	Veterano M40	03:05:44	+59:22	07:26
26	122	Jorge Duraes	Individual	Veterano M40	03:06:01	+59:39	07:26
27	125	Luís Miguel de Oliveira Martins	Individual	Veterano M40	03:06:29	+01:00:07	07:28
28	127	Luis sousa	Individual	Veterano M40	03:06:51	+01:00:29	07:28
29	121	Jorge Cruz	Individual	Veterano M40	03:06:56	+01:00:34	07:29
30	138	Vitor Marques	Individual	Veterano M40	03:06:57	+01:00:35	07:29
31	26	Vitor santos	carlos	Veterano M40	03:08:44	+01:02:22	07:33
32	203	Rui Mendonça	Individual	Veterano M40	03:09:48	+01:03:26	07:36
33	116	Bruno Filipe Teixeira	Individual	Veterano M40	03:13:38	+01:07:16	07:45
34	115	Alexandre Sousa	Individual	Veterano M40	03:14:58	+01:08:36	07:48
35	130	Nélson Castro	Individual	Veterano M40	03:21:45	+01:15:23	08:04
36	190	João Carlos Antunes Silva	RIOFIT RUNNING	Veterano M40	03:24:33	+01:18:11	08:11
37	16	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	03:26:08	+01:19:46	08:15
38	200	Pedro Mucha	YAZAKI	Veterano M40	03:37:55	+01:31:33	08:43
39	36	Rui Miguel Oliveira	Com'dor Runners	Veterano M40	04:01:31	+01:55:09	09:40
40	161	Manuel Oliveira	Leões de Tardariz Trail	Veterano M40	04:05:44	+01:59:22	09:50

Veterano M45

1	166	Adriano Oliveira	Lusitanos	Veterano M45	02:26:02		05:50
2	30	Asdrubal Freitas	CENTRO CICLISTA GONDOMAR	Veterano M45	02:28:42	+02:40	05:57
3	197	Manuel Afonso	vimarunners	Veterano M45	02:31:06	+05:04	06:03

Official Timekeeper: Lap2Go	4 / 6	generate 22-jan-2017 13:48
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Trail Longo 25K

25 KM

[illegible]

OFFICIAL RESULT

4	142	José Regueiras	Individual	Veterano M45	02:31:15	+05:13	06:03
5	143	laurentino martins	Individual	Veterano M45	02:35:17	+09:15	06:13
6	167	Paulo Azevedo	Lusitanos	Veterano M45	02:40:32	+14:30	06:25
7	163	Manuel Gomes	LEROY MERLIN TRAIL TEAM	Veterano M45	02:41:17	+15:15	06:27
8	157	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M45	02:45:20	+19:18	06:37
9	139	António Freitas	Individual	Veterano M45	02:52:06	+26:04	06:53
10	34	vitoeo coelho	Clube Desportivo Cepso	Veterano M45	02:55:14	+29:12	07:01
11	183	Adriano Rocha	Outsiders trail team	Veterano M45	03:00:50	+34:48	07:14
12	196	Paulo Morais	Somos Nós Team	Veterano M45	03:00:57	+34:55	07:14
13	156	Ernesto Marques Alves	Juventude Cortegacense	Veterano M45	03:05:16	+39:14	07:25
14	67	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M45	03:06:41	+40:39	07:28
15	144	Manuel. Santos Silva	Individual	Veterano M45	03:12:21	+46:19	07:42
16	191	Manuel da Silva Ribeiro Lopes	RIOFIT RUNNING	Veterano M45	03:18:41	+52:39	07:57
17	66	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M45	03:31:38	+01:05:36	08:28
18	141	Jorge Silva - GD BPI	Individual	Veterano M45	03:32:14	+01:06:12	08:29
19	140	Francisco José da Silva Pinto Figueiredo	Individual	Veterano M45	03:37:29	+01:11:27	08:42
20	17	Manuel Silva	ARRASTASSOLAS	Veterano M45	04:31:18	+02:05:16	10:51

Veterano M50

1	43	Pedro Marques	Dr. Merino/4moove	Veterano M50	02:10:50	05:14
2	32	Vitor Sousa	CENTRO CICLISTA GONDOMAR	Veterano M50	02:12:02	+01:12 05:17
3	24	Nuno Paiva	Cães d'Avenida	Veterano M50	02:26:00	+15:10 05:50
4	31	Ângelo Pereira	CENTRO CICLISTA GONDOMAR	Veterano M50	02:30:42	+19:52 06:02
5	184	José Oliveira	PETRO BASTO	Veterano M50	02:33:19	+22:29 06:08
6	28	Américo Pinto	CCDTC.M.GONDOMAR	Veterano M50	02:34:50	+24:00 06:12
7	147	Manuel Cunha Povoas	Individual	Veterano M50	02:39:38	+28:48 06:23
8	148	Manuel Henrique Moreira santos	Individual	Veterano M50	02:44:06	+33:16 06:34
9	149	Vitor Manuel Barbosa Moreira	Individual	Veterano M50	02:51:36	+40:46 06:52
10	150	Vitor Manuel Coelho de Almeida	Individual	Veterano M50	03:02:57	+52:07 07:19

Veterano M55

1	2	David Tavares	CENTRO CICLISTA GANDOMAR	Veterano M55	02:16:45	05:28
2	5	Manuel Sousa	A. R. LUZ E VIDA GANDOMARENSE	Veterano M55	02:23:26	+06:41 05:44
3	164	José Carlos Gomes	Ligeirinhos	Veterano M55	02:36:37	+19:52 06:16
4	44	Zé Filipe Almeida	EDV-VIANA TRAIL	Veterano M55	02:53:48	+37:03 06:57
5	59	Fernando Jorge Santos	Gaia Running	Veterano M55	03:06:20	+49:35 07:27
6	151	antonio fernandes	Individual	Veterano M55	03:23:11	+01:06:26 08:08
7	152	Joao Gil	Individual	Veterano M55	03:29:02	+01:12:17 08:22
8	50	Manuel Cunha Lima	experianciar	Veterano M55	04:03:24	+01:46:39 09:44



25 KM

OFFICIAL RESULT

Veterano M60

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 22-jan-2017 13:48
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TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	3°C	93%
End	13:04	3°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1261	Pedro Tapadas	gondomar futsal clube	Senior Masculino	01:10:20		04:41
2	1183	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:10:20		04:41
3	1244	Belmiro Moreira Ferreira	g. d. leões da guarda	Veterano M50	01:10:37	+00:18	04:43
4	159	António Martins	centro ciclista gondomar	Veterano M45	01:11:04	+00:45	04:44
5	1182	Rui Gomes	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:12:24	+02:05	04:50
6	1817	fabio fernandes correia	trail running clube btt sanguedo	Senior Masculino	01:12:41	+02:22	04:5
7	1138	Camilo Guedes	clube do pessoal aguas de gaia	Veterano M45	01:13:15	+02:56	04:53
8	1043	Marcelo Pinho Araújo	adccjclarks	Senior Masculino	01:13:43	+03:23	04:55
9	1662	Sergio Silva	mss contabilidade	Senior Masculino	01:16:02	+05:42	05:04
10	1168	Paulo Silva	dá-lhe gás	Veterano M40	01:16:21	+06:02	05:05
11	1265	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	01:16:34	+06:15	05:06
12	1855	Eurico Moura	kemedo team	Senior Masculino	01:16:48	+06:28	05:07
13	1603	Márcio Carvalho	kemedo team	Senior Masculino	01:17:45	+07:26	05:11
14	1419	Pedro Alves	individual	Senior Masculino	01:18:21	+08:01	05:13
15	1225	Sérgio Manuel Costa Sampaio	fisiopedro	Veterano M40	01:18:44	+08:25	05:15
16	1062	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M45	01:18:59	+08:40	05:16
17	1423	Rafael Campos Santos	individual	Senior Masculino	01:19:09	+08:49	05:17
18	1181	Ricardo Barros	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:19:37	+09:18	05:19
19	1616	Josué Moreira	leões de tardariz trail	Senior Masculino	01:20:04	+09:45	05:20
20	1690	Abilio Martins	os2horas	Veterano M40	01:20:07	+09:48	05:21
21	1166	Nuno Nunes	dá-lhe gás	Senior Masculino	01:20:28	+10:08	05:22
22	1167	Jorge Ribeiro	dá-lhe gás	Veterano M40	01:20:32	+10:12	05:22
23	1140	José Adelino	clube do pessoal aguas de gaia	Veterano M55	01:20:40	+10:20	05:23
24	1770	Miguel Neto	royal wellness center	Senior Masculino	01:21:04	+10:45	05:24
25	1530	Fernando Oliveira	individual	Veterano M45	01:22:11	+11:52	05:29
26	1146	Joao barbosa	copos e trilhos	Senior Masculino	01:22:13	+11:54	05:29
27	1818	Hugo Daniel	trail running clube btt sanguedo	Senior Masculino	01:22:14	+11:54	05:29
28	1293	Rui Pedro Reis	hsantamariart	Senior Masculino	01:22:17	+11:58	05:29
29	1037	António Paiva Santos	acdr reguenga palhota	Senior Masculino	01:22:38	+12:19	05:31
30	1567	Sérgio Fernandes	infantrail	Senior Masculino	01:23:15	+12:56	05:33
31	1552	Manuel oliveira	individual	Veterano M50	01:23:37	+13:18	05:35
32	1044	Filipe Ramos	aesthetical team running	Senior Masculino	01:23:48	+13:29	05:35
33	1147	Manuel barbosa	copos e trilhos	Senior Masculino	01:24:08	+13:49	05:37
34	1165	Carlos Prudêncio	dá-lhe gás	Senior Masculino	01:24:16	+13:57	05:37
35	1069	Pedro Silva	amigos do sofá	Senior Masculino	01:24:28	+14:09	05:38
36	1245	Micael Cunha	gaia trail	Senior Masculino	01:24:29	+14:09	05:38
37	1292	Hélio Dias	hsantamariart	Senior Masculino	01:24:31	+14:12	05:38
38	1071	Jose Costa	amigos do sofá	Veterano M40	01:24:38	+14:18	05:39
39	1184	José Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:24:55	+14:36	05:40
40	1606	Fernando Gomes	kemedo team	Veterano M45	01:25:05	+14:46	05:40

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1158	Daniel Pereira	crossfitters matosinhos	Senior Masculino	01:25:16	+14:57	05:41
42	1164	Aderito Oliveira	dá-lhe gás	Senior Masculino	01:25:26	+15:06	05:42
43	1410	Nuno lemos	individual	Senior Masculino	01:25:32	+15:12	05:42
44	1403	marcelo jose rosario pinto	individual	Senior Masculino	01:25:38	+15:18	05:43
45	1829	João Oliveira	trinca orelhas de gato	Senior Masculino	01:25:41	+15:21	05:43
46	1137	Rolando Costa	clube do pessoal aguas de gaia	Senior Masculino	01:26:13	+15:54	05:45
47	1730	Laurindo Gomes	porto sentido runners	Veterano M40	01:26:18	+15:59	05:45
48	1706	Avelino Martins	petro basto	Veterano M60	01:26:55	+16:36	05:48
49	1544	Carlos Manuel Vinhas	individual	Veterano M50	01:27:25	+17:05	05:50
50	1840	Mario Taborda	oralklass-amigos do trail	Veterano M40	01:27:26	+17:06	05:50
51	1115	Carlos Samagaio	challenge force	Senior Masculino	01:27:27	+17:07	05:50
52	1604	Bruno Cardoso Araujo	kemedo team	Veterano M40	01:27:38	+17:18	05:51
53	1611	Paulo Cavaleiro	leitão & cavaleiro	Veterano M50	01:27:48	+17:28	05:51
54	1111	António Fernandes	centro ciclista gondomar	Veterano M45	01:28:09	+17:50	05:53
55	1679	Joel Ferreira	os aventureiros	Senior Masculino	01:28:22	+18:02	05:53
56	1425	Ricardo Filipe Rebelo Loureiro	individual	Senior Masculino	01:28:47	+18:27	05:55
57	1852	Filipe Pinto	btt alegria / tubani	Senior Masculino	01:29:02	+18:42	05:56
58	1048	Helder Moreira	aliança de gandra	Senior Masculino	01:29:21	+19:01	05:57
59	1361	Bruno silva	individual	Senior Masculino	01:29:23	+19:03	05:58
60	1191	Artur Pereira	emna runners	Senior Masculino	01:29:45	+19:25	05:59
61	1607	Laurindo Osório	kemedo team	Veterano M45	01:29:57	+19:38	06:00
62	1612	Bruno Castro	leões de tardariz trail	Senior Masculino	01:30:18	+19:59	06:01
63	1508	José Pires	individual	Veterano M40	01:30:32	+20:12	06:02
64	1568	Adriano Teixeira	infantrail	Veterano M50	01:30:41	+20:22	06:03
65	1258	Bruno Fernandes	gondomar futsal clube	Senior Masculino	01:30:48	+20:29	06:03
66	1700	Jose gaspar	perdidos no trail	Senior Masculino	01:30:51	+20:32	06:03
67	1659	Ibraim Sousa	mss contabilidade	Senior Masculino	01:31:04	+20:45	06:04
68	1653	Miguel Oliveira	mocidade sangemil ac	Senior Masculino	01:31:09	+20:49	06:05
69	1664	Carlos Duarte	mss contabilidade	Veterano M40	01:31:11	+20:51	06:05
70	1718	José Gomes	porto sentido runners	Senior Masculino	01:31:13	+20:53	06:05
71	1394	Libânio José Rocha Alves	individual	Senior Masculino	01:31:23	+21:03	06:06
72	1219	Ricardo Rocha	fast ao km	Veterano M40	01:31:27	+21:08	06:06
73	1605	José Augusto Coelho Abreu Costa	kemedo team	Veterano M40	01:31:41	+21:21	06:07
74	1545	Fernando Alfredo Areias Ribeiro	individual	Veterano M50	01:31:46	+21:26	06:07
75	1794	Fátima Coelho	somos nós team	Veterana F45	01:31:48	+21:29	06:07
76	1536	João Paulo Nobre Santos Marques	individual	Veterano M45	01:32:02	+21:43	06:08
77	1699	Filipe Rocha	perdidos no trail	Senior Masculino	01:32:03	+21:44	06:08
78	1052	Pedro Silva	aliança de gandra	Veterano M40	01:32:08	+21:49	06:09
79	1295	Nuno Silva	imperadores	Senior Masculino	01:32:15	+21:55	06:09
80	1842	Victor Cardoso	trinca orelhas de gato	Veterano M40	01:32:26	+22:06	06:10
81	1795	Fernando Moraes	somos nós team	Veterano M45	01:32:29	+22:10	06:10
82	1839	Sergio Gomes	trinca orelhas de gato	Veterano M40	01:32:33	+22:13	06:10
83	1396	Luis Filipe Silva Ferreira	individual	Senior Masculino	01:32:38	+22:19	06:11
84	1194	Joao Cardoso	emna runners	Senior Masculino	01:32:43	+22:24	06:11
85	1266	Helder Vieira	gondomar futsal clube	Veterano M45	01:32:50	+22:31	06:11
86	1143	Antonio Teixeira	clube zipper	Veterano M55	01:33:09	+22:50	06:13

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1223	João Pedro Correia da Silva	fisiopedro	Senior Masculino	01:33:29	+23:09	06:14
88	1397	Luís Miguel Vidal Ferreira	individual	Senior Masculino	01:33:30	+23:11	06:14
89	1122	bruno bretão	clube desportivo cepsa	Senior Masculino	01:33:38	+23:18	06:15
90	1038	João Abreu	acdr reguenga palhota	Senior Masculino	01:33:51	+23:31	06:15
91	1148	Ricardo moreira	copos e trilhos	Senior Masculino	01:33:54	+23:35	06:16
92	1007	Valter Gouveia	10temidos	Senior Masculino	01:33:55	+23:35	06:16
93	1023	Marco Magalhães	a.d.amarante trail running	Veterano M40	01:34:04	+23:44	06:16
94	1387	Jorge ferreirinha	individual	Senior Masculino	01:34:13	+23:54	06:17
95	1672	Leonel Silva	neighbors run	Veterano M40	01:34:18	+23:58	06:17
96	1275	José Mendes	gondomar futsal clube	Veterano M55	01:34:18	+23:58	06:17
97	1139	Silvério Santos	clube do pessoal aguas de gaia	Veterano M45	01:34:27	+24:07	06:18
98	1491	carlos	individual	Veterano M40	01:34:35	+24:15	06:18
99	1221	Fernando Oliveira	ffit gaia trail	Veterano M45	01:34:49	+24:30	06:19
100	1229	Americo frança	frança	Veterano M45	01:35:00	+24:40	06:20
101	1092	Marco Souss	baltar trailrunners	Senior Masculino	01:35:10	+24:51	06:21
102	1738	NUNO NASCIMENTO	portocargo	Senior Masculino	01:35:13	+24:54	06:21
103	1763	Eurico Mendes	pt jrsousa team	Veterano M45	01:35:21	+25:01	06:21
104	1742	RENATO OLIVEIRA	portocargo	Veterano M40	01:35:23	+25:03	06:22
105	1157	António Malheiro	corretascasrunningclub	Veterano M40	01:35:28	+25:08	06:22
106	1090	Vitor Cardoso	baguim runners	Veterano M40	01:35:34	+25:15	06:22
107	1865	Estela Martins	individual	Senior Feminino	01:35:54	+25:34	06:24
108	1006	Tiago Castro	10temidos	Senior Masculino	01:35:55	+25:35	06:24
109	1045	Frederico Máximo	aesthetical team running	Senior Masculino	01:36:00	+25:40	06:24
110	1602	Hélder Jorge Ferreira de Castro	kemedo team	Senior Masculino	01:36:05	+25:45	06:24
111	1811	Lucília Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	01:36:20	+26:00	06:25
112	1812	Hugo Filipe Fernandes Sousa	tecla 3 runners	Senior Masculino	01:36:20	+26:00	06:25
113	1665	Fernando Branco	mss contabilidade	Veterano M40	01:36:24	+26:05	06:26
114	1585	João Miguel Almeida da Silva	juões	Senior Masculino	01:36:24	+26:05	06:26
115	1444	Ana Maria Amaral	gondomar futsal clube	Veterana F40	01:36:25	+26:05	06:26
116	1627	Sérgio Costa	lusos xxi	Senior Masculino	01:36:27	+26:07	06:26
117	1701	Luis silva	perdidos no trail	Senior Masculino	01:36:28	+26:08	06:26
118	1253	Andreia Amorim	gondomar futsal clube	Senior Feminino	01:36:28	+26:08	06:26
119	1391	José	individual	Senior Masculino	01:36:36	+26:16	06:26
120	1313	Cristiana Raquel de Sousa Ferreira	individual	Senior Feminino	01:36:41	+26:21	06:27
121	1117	Carlos Araújo	challenge force	Veterano M40	01:36:49	+26:29	06:27
122	1269	Fernando Ferreira	gondomar futsal clube	Veterano M50	01:36:54	+26:34	06:28
123	1488	André Oliveira	individual	Veterano M40	01:36:59	+26:39	06:28
124	1586	João Manuel dos Santos Silva	juões	Veterano M50	01:37:06	+26:46	06:28
125	1658	Mário Vinhas	mocidade sangemil ac	Veterano M45	01:37:14	+26:54	06:29
126	1430	Rui Sergio Pinheiro da Costa Rodrigues Dias	individual	Senior Masculino	01:37:17	+26:58	06:29
127	1619	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:37:23	+27:04	06:30
128	1489	António Manuel Rodrigues da Silva	individual	Veterano M40	01:37:48	+27:28	06:31
129	1381	Hernâni Veríssimo	individual	Senior Masculino	01:38:02	+27:42	06:32
130	1747	Daniel Moreira	powerrunnes	Senior Masculino	01:38:04	+27:44	06:32
131	1541	Paulo Moreira	individual	Veterano M45	01:38:09	+27:49	06:33

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	1224	Miguel Freitas Gonçalves	fisiopedro	Senior Masculino	01:38:09	+27:50	06:33
133	1729	Cláudio Cerqueira	porto sentido runners	Veterano M40	01:38:12	+27:53	06:33
134	1420	Pedro Alves	individual	Senior Masculino	01:38:16	+27:56	06:33
135	1705	Alípio Fernandes	petro basto	Veterano M50	01:38:20	+28:01	06:33
136	1502	Francisco Manuel Ribeiro da Costa16	individual	Veterano M40	01:38:22	+28:02	06:33
137	1859	Tiago Sousa	individual	Senior Masculino	01:38:24	+28:05	06:34
138	1766	Anita Costa	royal wellness center	Senior Feminino	01:38:32	+28:12	06:34
139	1187	Telmo Ferreira	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:38:36	+28:17	06:34
140	1666	Jorge Carvalho	mss contabilidade	Veterano M40	01:39:06	+28:46	06:36
141	1144	Bruno sousa	copos e trilhos	Senior Masculino	01:39:06	+28:46	06:36
142	1618	Mário Moura	leões de tardariz trail	Veterano M40	01:39:09	+28:50	06:37
143	1186	Rui Marques	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:39:17	+28:57	06:37
144	1503	Francisco Monteiro	individual	Veterano M40	01:39:29	+29:10	06:38
145	1823	Marta Noval	travassós running fafe	Senior Feminino	01:39:38	+29:19	06:39
146	1824	Damião Duarte	travassós running fafe	Senior Masculino	01:39:38	+29:19	06:39
147	1136	alcino vieira	clube desportivo cepsa	Veterano M50	01:39:39	+29:20	06:39
148	1024	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:39:58	+29:39	06:40
149	1041	Vasco Martins	acdr reguenga palhota	Senior Masculino	01:40:05	+29:45	06:40
150	1385	Joaquim Domingos Lopes Alves	individual	Senior Masculino	01:40:23	+30:03	06:42
151	1576	Geraldo Gomes	invictus oporto team	Veterano M50	01:40:23	+30:04	06:42
152	1350	André Luís Lopes Oliveira	individual	Senior Masculino	01:40:25	+30:06	06:42
153	1254	Joana Cardoso	gondomar futsal clube	Senior Feminino	01:40:31	+30:11	06:42
154	1232	Manuel José Mendes Teixeira	fridão sem limites	Veterano M40	01:40:32	+30:12	06:42
155	1832	Vicente Sousa	trinca orelhas de gato	Senior Masculino	01:40:40	+30:21	06:43
156	1628	Domingos Gomes	lusos xxi	Veterano M45	01:40:48	+30:29	06:43
157	1042	Xavier Paiva	acdr reguenga palhota	Senior Masculino	01:40:53	+30:33	06:44
158	1826	Paulo Lopes	travassós running fafe	Senior Masculino	01:40:54	+30:34	06:44
159	1257	Sandra Pera	gondomar futsal clube	Senior Feminino	01:41:00	+30:41	06:44
160	1359	Bruno Monteiro	individual	Senior Masculino	01:41:22	+31:03	06:46
161	1289	Daniel Silva	hora do lobo trail	Senior Masculino	01:41:40	+31:20	06:47
162	1047	Álvaro Santos	aliança de gandra	Senior Masculino	01:41:45	+31:26	06:47
163	1380	Helder Manuel Moreira Teles	individual	Senior Masculino	01:41:46	+31:27	06:47
164	1209	Miguel Dias	éprócumbíbiu	Veterano M40	01:41:48	+31:28	06:47
165	1259	Manuel Silva	gondomar futsal clube	Senior Masculino	01:42:02	+31:43	06:48
166	1863	Bruno ribeiro	individual	Senior Masculino	01:42:02	+31:43	06:48
167	1017	Angela Soares	a.d.amarante trail running	Senior Feminino	01:42:04	+31:44	06:48
168	1593	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	01:42:45	+32:26	06:51
169	1040	Miguel Valente	acdr reguenga palhota	Senior Masculino	01:42:45	+32:26	06:51
170	1507	José Alberto de Sousa Freitas	individual	Veterano M40	01:43:27	+33:08	06:54
171	1382	João Miguel Nogueira Macedo	individual	Senior Masculino	01:43:30	+33:11	06:54
172	1866	Armando Moreira	clube zupepr	Veterano M50	01:43:32	+33:13	06:54
173	1801	Armando Silva	tbno4e	Senior Masculino	01:43:46	+33:27	06:55
174	1498	David Sousa	individual	Veterano M40	01:43:46	+33:27	06:55
175	1073	Ricardo Barros	amigos do sto ambrósio	Veterano M40	01:43:47	+33:28	06:55

TRAIL CURTO 15K - STAGE 1

15 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1522	António Gonçalves	individual	Veterano M45	01:43:54	+33:34	06:56
177	1478	FATIMA PAIS	individual	Veterana F50	01:43:57	+33:37	06:56
178	1497	Dario Cardoso	individual	Veterano M40	01:44:00	+33:41	06:56
179	1089	Sandra Cardoso	baguim runners	Veterana F40	01:44:13	+33:53	06:57
180	1827	Manuel Ribeiro	t-rex	Veterano M55	01:44:20	+34:01	06:57
181	1740	MANUELA FARIA	portocargo	Veterana F45	01:44:20	+34:01	06:57
182	1723	Luísa Marques	porto sentido runners	Veterana F40	01:44:33	+34:14	06:58
183	1400	Manuel António Martins Vieira	individual	Senior Masculino	01:44:42	+34:22	06:59
184	1217	Vasco Faria	evolution trail team	Senior Masculino	01:44:50	+34:30	06:59
185	1621	João Vieira	leões de tardariz trail	Veterano M45	01:44:57	+34:37	07:00
186	1049	Roberto Moreira	aliança de gandra	Senior Masculino	01:44:59	+34:39	07:00
187	1728	Avelino Rodrigues	porto sentido runners	Veterano M40	01:45:04	+34:45	07:00
188	1725	Paula Coutinho	porto sentido runners	Veterana F45	01:45:05	+34:45	07:00
189	1762	Paulo Freitas	pt jrsousa team	Veterano M40	01:45:12	+34:52	07:01
190	1398	Luis Silva	individual	Senior Masculino	01:45:33	+35:14	07:02
191	1022	Ricardo Jorge Leão Sousa	a.d.amarante trail running	Senior Masculino	01:45:33	+35:14	07:02
192	1021	Ricardo Gil Magalhaes	a.d.amarante trail running	Senior Masculino	01:45:37	+35:17	07:02
193	1145	Hugo moreira	copos e trilhos	Senior Masculino	01:46:03	+35:43	07:04
194	1025	Roberto Daniel Alves Freitas	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:46:04	+35:45	07:04
195	1252	LUIS FILIPE GONÇALVES FERREIRA	ginásio fit4fun	Veterano M40	01:46:13	+35:53	07:05
196	1154	Nuno Gonçalves	corretascasrunningclub	Senior Masculino	01:46:25	+36:05	07:06
197	1155	Nuno Meireles	corretascasrunningclub	Senior Masculino	01:46:25	+36:05	07:06
198	1411	Nuno miguel santos Ferreira	individual	Senior Masculino	01:46:31	+36:11	07:06
199	1046	Fernanda Machado	aliança de gandra	Senior Feminino	01:46:31	+36:12	07:06
200	1050	Sérgio Pereira	aliança de gandra	Senior Masculino	01:46:32	+36:13	07:06
201	1597	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M55	01:47:03	+36:44	07:08
202	1736	Carlos Martins	porto sentido runners	Veterano M50	01:47:19	+37:00	07:09
203	1282	vítor campos	glt - armazém do caffè	Veterano M40	01:47:22	+37:03	07:10
204	1384	João Teles	individual	Senior Masculino	01:47:27	+37:07	07:10
205	1813	Andrea Barbosa Coelho	tecla 3 runners	Veterana F40	01:47:29	+37:10	07:10
206	1096	Ricardo Cabral	bardinos dos montes	Veterano M45	01:47:34	+37:14	07:10
207	1368	Daniel Miranda	individual	Senior Masculino	01:47:46	+37:26	07:11
208	1020	Nuno Moura	a.d.amarante trail running	Senior Masculino	01:48:08	+37:48	07:13
209	1152	Candido Barbosa	corretascasrunningclub	Senior Masculino	01:48:15	+37:55	07:13
210	1532	Henrique Silva	individual	Veterano M45	01:48:22	+38:02	07:13
211	1825	José Carvalho	travassós running fafe	Senior Masculino	01:48:28	+38:09	07:14
212	1575	BRUNO MELO	invictus oporto team	Senior Masculino	01:48:29	+38:09	07:14
213	1816	Manuel Fernando Lopes soares	tombos & trambolhões btt	Veterano M40	01:48:44	+38:24	07:15
214	1564	Manuel Emidio	individual	Veterano M60	01:48:45	+38:26	07:15
215	1091	Lourenço Cardoso	baguim runners	Veterano M45	01:48:49	+38:30	07:15
216	1268	Paulo Queirós	gondomar futsal clube	Veterano M45	01:48:52	+38:33	07:16
217	1272	Pedro Sousa	gondomar futsal clube	Veterano M50	01:48:52	+38:33	07:16
218	1188	António Azevedo	douroconta - gabinete de apoio e contabilidade	Veterano M45	01:48:56	+38:36	07:16
219	1689	Rui Costa	os2horas	Senior Masculino	01:48:57	+38:37	07:16

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	1086	Antonio Rocha	ana soraia ferreira	Senior Masculino	01:49:07	+38:48	07:17
221	1374	Fernando Azevedo	kemedo team	Senior Masculino	01:49:19	+39:00	07:17
222	1657	Luis Santos	mocidade sangemil ac	Veterano M40	01:49:20	+39:00	07:17
223	1652	Bruno Alves	mocidade sangemil ac	Senior Masculino	01:49:20	+39:00	07:17
224	1656	Luis Pereira	mocidade sangemil ac	Veterano M40	01:49:20	+39:01	07:17
225	1671	Leonardo Brito	neighbors run	Senior Masculino	01:49:21	+39:01	07:17
226	1395	Luís Filipe Rodrigues	individual	Senior Masculino	01:49:43	+39:24	07:19
227	1663	Alvaro Santos	mss contabilidade	Veterano M40	01:49:44	+39:25	07:19
228	1390	Jorge Pinheiro	individual	Senior Masculino	01:49:56	+39:37	07:20
229	1443	Alzira sousa	individual	Veterana F40	01:49:57	+39:38	07:20
230	1516	Rui Correia	individual	Veterano M40	01:49:58	+39:38	07:20
231	1737	Humberto Pinho	porto sentido runners	Veterano M55	01:50:19	+39:59	07:21
232	1632	Daniel Correia	marco runners	Senior Masculino	01:50:30	+40:10	07:22
233	1633	Pedro Miranda	marco runners	Senior Masculino	01:50:31	+40:11	07:22
234	1352	António Ferreira	individual	Senior Masculino	01:50:40	+40:20	07:23
235	1238	HUGO OLIVEIRA	fugitivos urbanos - clínica + saúde	Senior Masculino	01:50:51	+40:31	07:23
236	1240	TOMÉ MARQUES	fugitivos urbanos - clínica + saúde	Senior Masculino	01:50:51	+40:32	07:23
237	1222	Francisco Manuel Silva Sampaio	fisiopedro	Senior Masculino	01:50:54	+40:34	07:24
238	1427	Ricardo Jorge Sousa Magalhães	individual	Senior Masculino	01:50:57	+40:38	07:24
239	1156	Rui Mota	corretascasrunningclub	Senior Masculino	01:51:00	+40:40	07:24
240	1850	Paulo Filipe Nunes	where?s the finish?	Senior Masculino	01:51:00	+40:41	07:24
241	1437	Valter sousa	individual	Senior Masculino	01:51:07	+40:47	07:24
242	1288	PEDRO BARROS	happyrun	Veterano M40	01:51:08	+40:48	07:25
243	1039	João Azevedo	acdr reguenga palhota	Senior Masculino	01:51:08	+40:49	07:25
244	1263	Rui Oliveira	gondomar futsal clube	Senior Masculino	01:51:23	+41:03	07:26
245	1378	Gerson Alves	individual	Senior Masculino	01:51:23	+41:04	07:26
246	1732	Miguel Azevedo	porto sentido runners	Veterano M40	01:51:29	+41:09	07:26
247	1734	João Pinheiro	porto sentido runners	Veterano M45	01:51:29	+41:10	07:26
248	1505	João Carlos da Silva Gomes	individual	Veterano M40	01:51:31	+41:11	07:26
249	1322	Gabriela Madeira	individual	Senior Feminino	01:51:32	+41:12	07:26
250	1389	Jorge Lima	individual	Senior Masculino	01:51:32	+41:13	07:26
251	1520	sergio sousa	individual	Veterano M40	01:51:41	+41:21	07:27
252	1733	Alice Sousa	porto sentido runners	Veterana F45	01:51:44	+41:24	07:27
253	1529	Eduardo Nascimento	individual	Veterano M45	01:51:44	+41:24	07:27
254	1033	Carla Susana da Conceição Mesquita	academia boavista kickboxing	Veterana F40	01:51:45	+41:25	07:27
255	1802	João Esteves	tbno4e	Senior Masculino	01:51:50	+41:30	07:27
256	1609	Aurêlio Carvalho	kemedo team	Veterano M60	01:52:03	+41:43	07:28
257	1216	Manuel Silva	ermentão	Veterano M50	01:52:04	+41:45	07:28
258	1559	José Mário Magalhães Pereira	individual	Veterano M55	01:52:12	+41:52	07:29
259	1230	Eliana Patricia Gonçalves Pinto Teixeira	fridão sem limites	Senior Feminino	01:52:16	+41:56	07:29
260	1614	José Castro	leões de tardariz trail	Senior Masculino	01:52:18	+41:59	07:29
261	1509	Luis Fiipe Coelho dos Santos	individual	Veterano M40	01:52:23	+42:03	07:30
262	1828	Emanuel Morata	trinca orelhas de gato	Senior Masculino	01:52:26	+42:07	07:30
263	1830	Luis Morata	trinca orelhas de gato	Senior Masculino	01:52:27	+42:07	07:30
264	1837	Helder Monteiro	trinca orelhas de gato	Veterano M40	01:52:27	+42:07	07:30

TRAIL CURTO 15K - STAGE 1

15 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	1401	Manuel Fernando Gomes	individual	Senior Masculino	01:52:35	+42:16	07:30
266	1097	Paulo Ribeiro	bombeiros v. s. mamede infesta	Veterano M40	01:52:41	+42:22	07:31
267	1641	Celso Reis	mcn - night runners	Senior Masculino	01:52:44	+42:24	07:31
268	1600	Eugénia Teixeira	keepmoving	Veterana F45	01:52:46	+42:26	07:31
269	1110	Marlene Martins	centro ciclista gondomar	Senior Feminino	01:53:10	+42:51	07:33
270	1239	SÉRGIO SILVA	fugitivos urbanos - clínica + saúde	Senior Masculino	01:53:10	+42:51	07:33
271	1793	Fernando Coelho	somos nós team	Senior Masculino	01:53:17	+42:58	07:33
272	1002	Ana Campanhã	10temidos	Senior Feminino	01:53:18	+42:59	07:33
273	1432	Sergio Francisco Barros Rodrigues	individual	Senior Masculino	01:53:21	+43:01	07:33
274	1841	Silvio Dias	trinca orelhas de gato	Veterano M40	01:53:24	+43:04	07:34
275	1511	Paulo Henriques	individual	Veterano M40	01:53:24	+43:05	07:34
276	1676	Vanessa Santos	os aventureiros	Senior Feminino	01:53:36	+43:17	07:34
277	1843	Carlos Anjos	trinca orelhas de gato	Veterano M45	01:53:43	+43:24	07:35
278	1271	Manuel Rocha	gondomar futsal clube	Veterano M50	01:53:45	+43:25	07:35
279	1142	Álvaro Pinto	clube zipper	Veterano M45	01:53:48	+43:29	07:35
280	1303	Camila David Mendes Moura	individual	Senior Feminino	01:53:50	+43:30	07:35
281	1643	Paulo Aguiar	mcn - night runners	Senior Masculino	01:53:50	+43:31	07:35
282	1009	Pedro Sousa	10temidos	Veterano M40	01:54:01	+43:41	07:36
283	1667	Rui Augusto	mss contabilidade	Veterano M40	01:54:14	+43:54	07:37
284	1765	MANUEL OLIVEIRA	pt jr Sousa team	Veterano M45	01:54:19	+43:59	07:37
285	1722	Elisabete Loureiro	porto sentido runners	Veterana F40	01:54:23	+44:04	07:38
286	1578	NUNO AMARO	invictus oporto team	Senior Masculino	01:54:26	+44:06	07:38
287	1514	Pedro SILVA	individual	Veterano M40	01:54:26	+44:06	07:38
288	1070	Armindo Moreira	amigos do sofá	Veterano M40	01:54:30	+44:11	07:38
289	1709	Eduardo Guerra	pit power	Senior Masculino	01:54:40	+44:20	07:39
290	1512	PAULO MOREIRA	individual	Veterano M40	01:54:52	+44:33	07:40
291	1367	CARLOS MOREIRA	individual	Senior Masculino	01:54:53	+44:33	07:40
292	1442	Alexandra Padilha	individual	Veterana F40	01:55:00	+44:41	07:40
293	1406	Mário Soares	individual	Senior Masculino	01:55:01	+44:42	07:40
294	1779	Jose Neto	s. luiz	Veterano M40	01:55:09	+44:49	07:41
295	1274	Carlos Oliveira	gondomar futsal clube	Veterano M55	01:55:12	+44:52	07:41
296	1549	joaquim augusto teixeira seca	individual	Veterano M50	01:55:20	+45:01	07:41
297	1735	Vasco Luxo	porto sentido runners	Veterano M45	01:55:21	+45:02	07:41
298	1370	Diogo Silva	individual	Senior Masculino	01:55:27	+45:07	07:42
299	1393	José Manuel Ferreira Ribeiro	individual	Senior Masculino	01:55:27	+45:08	07:42
300	1159	Nuno Bento	crossfitters matosinhos	Senior Masculino	01:55:44	+45:25	07:43
301	1670	Patricia fernandes	nascidos para correr	Veterana F40	01:55:44	+45:25	07:43
302	1768	Liliana Silva	royal wellness center	Senior Feminino	01:55:53	+45:33	07:44
303	1010	Rui Sá	10temidos	Veterano M40	01:55:53	+45:34	07:44
304	1347	Adao Freitas	individual	Senior Masculino	01:56:00	+45:40	07:44
305	1539	Manuel Paiva	individual	Veterano M45	01:56:21	+46:01	07:45
306	1107	Vitor beleza	carlos	Senior Masculino	01:56:21	+46:02	07:45
307	1538	José Fernando Pereira Rodrigues	individual	Veterano M45	01:56:25	+46:06	07:46
308	1599	Paula Anjos	keepmoving	Veterana F40	01:56:30	+46:10	07:46
309	1745	Sara Eiró	powerrunnes	Senior Feminino	01:56:47	+46:28	07:47
310	1270	Ilídio Freitas	gondomar futsal clube	Veterano M50	01:56:47	+46:28	07:47

TRAIL CURTO 15K - STAGE 1

15 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
311	1019	Luis Mendes	a.d.amarante trail running	Senior Masculino	01:56:55	+46:36	07:48
312	1084	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:57:15	+46:55	07:49
313	1660	Igor Pereira	mss contabilidade	Senior Masculino	01:57:18	+46:59	07:49
314	1661	Igor Rocha	mss contabilidade	Senior Masculino	01:57:19	+46:59	07:49
315	1082	emidio pontes	amigos s.pedro da cova	Veterano M50	01:57:27	+47:07	07:50
316	1510	Luís Ribeiro	individual	Veterano M40	01:57:41	+47:21	07:51
317	1375	Filipe Freitas Gomes	individual	Senior Masculino	01:57:42	+47:23	07:51
318	1610	Mónica Domingues	lebres minhotas	Senior Feminino	01:57:48	+47:28	07:5
319	1814	Vitor Nuno Pereira Silva	tecla 3 runners	Veterano M40	01:58:04	+47:45	07:52
320	1810	Cristina Alexandra Barbosa do Couto	tecla 3 runners	Senior Feminino	01:58:05	+47:46	07:52
321	1407	Miguel Oliveira	individual	Senior Masculino	01:58:18	+47:59	07:53
322	1141	Maria de Fátima Marques Ribeiro	clube zipper	Veterana F50	01:58:21	+48:02	07:53
323	1113	Sérgio Ferreira	centro ciclista gondomar	Veterano M50	01:58:30	+48:11	07:54
324	1678	Bruno Castelo	os aventureiros	Senior Masculino	01:58:32	+48:12	07:54
325	1537	JOSE AUGUSTO SILVA	individual	Veterano M45	01:58:44	+48:24	07:55
326	1535	João Martins	individual	Veterano M45	01:58:44	+48:24	07:55
327	1018	Carina Pereira	a.d.amarante trail running	Senior Feminino	01:58:51	+48:31	07:55
328	1192	Carlos Cunha	emna runners	Senior Masculino	01:58:58	+48:38	07:56
329	1195	Jorge Antunes	emna runners	Veterano M40	01:59:00	+48:41	07:56
330	1626	Raquel Costa	lusos xxi	Senior Feminino	01:59:03	+48:44	07:56
331	1591	Marcia Costa	juventude cortegacense	Veterana F40	01:59:15	+48:55	07:57
332	1474	PAULA COSTA	individual	Veterana F45	01:59:18	+48:58	07:57
333	1781	João Sampaio	sampaio team	Senior Masculino	01:59:36	+49:16	07:58
334	1429	Rui Oliveira	individual	Senior Masculino	01:59:48	+49:29	07:59
335	1469	Fátima Silva	individual	Veterana F45	02:00:09	+49:49	08:01
336	1193	Diogo Martins	emna runners	Senior Masculino	02:00:12	+49:53	08:01
337	1834	Alcino Tavares	trinca orelhas de gato	Veterano M40	02:00:16	+49:56	08:01
338	1844	Carlos Conde	trinca orelhas de gato	Veterano M45	02:00:16	+49:57	08:01
339	1668	Vitor Pinto	mss contabilidade	Veterano M40	02:00:18	+49:59	08:01
340	1105	Miguel Armas	bytrail	Senior Masculino	02:00:19	+50:00	08:01
341	1684	André Figueiredo	os recos	Veterano M40	02:00:34	+50:15	08:02
342	1702	Jose carneiro	perdidos no trail	Veterano M40	02:00:34	+50:15	08:02
343	1683	Pedro Resende	os recos	Senior Masculino	02:00:35	+50:16	08:02
344	1741	PAULO FERREIRA	portocargo	Veterano M40	02:00:48	+50:28	08:03
345	1727	António Sousa	porto sentido runners	Veterano M40	02:00:53	+50:33	08:04
346	1721	Cidália Soares	porto sentido runners	Veterana F40	02:00:53	+50:33	08:04
347	1703	Marisa Sousa	pés de chumbo	Senior Feminino	02:01:06	+50:46	08:04
348	1704	Maria José Teixeira	pés de chumbo	Veterana F45	02:01:06	+50:46	08:04
349	1797	Henrique Sousa	soplabifana	Senior Masculino	02:01:07	+50:48	08:05
350	1654	Ricardo Rocha	mocidade sangemil ac	Senior Masculino	02:01:08	+50:48	08:05
351	1798	Jorge Almeida	soplabifana	Veterano M40	02:01:08	+50:48	08:05
352	1655	Margarida martins	mocidade sangemil ac	Veterana F50	02:01:08	+50:48	08:05
353	1061	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	02:01:14	+50:54	08:05
354	1421	Pedro Costa Santos Castro	individual	Senior Masculino	02:01:14	+50:54	08:05
355	1353	António Manuel Moreira Barbosa	individual	Senior Masculino	02:01:14	+50:54	08:05

TRAIL CURTO 15K - STAGE 1

15 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
356	1413	Nuno Tiago Almeida	individual	Senior Masculino	02:01:14	+50:55	08:05
357	1081	joão fonseca	amigos s.pedro da cova	Senior Masculino	02:01:16	+50:56	08:05
358	1202	Pedro Silva	éprócumbíbiu	Senior Masculino	02:01:21	+51:02	08:05
359	1402	Manuel Vieira	individual	Senior Masculino	02:01:22	+51:02	08:05
360	1796	José Teixeira	somos nós team	Veterano M50	02:01:23	+51:03	08:06
361	1531	fernando teixeira	individual	Veterano M45	02:01:26	+51:06	08:06
362	1688	Heitor Neto	os2horas	Senior Masculino	02:01:41	+51:22	08:07
363	1185	Marco Castro	douroconta - gabinete de apoio e contabilidade	Veterano M40	02:01:43	+51:24	08:07
364	1307	Claudia Babo	individual	Senior Feminino	02:01:44	+51:24	08:07
365	1493	carlos jorge oliveira figueiredo	individual	Veterano M40	02:01:50	+51:31	08:07
366	1550	joaquim torres	individual	Veterano M50	02:01:51	+51:31	08:07
367	1845	Altino Silva	trinca orelhas de gato	Veterano M50	02:01:56	+51:36	08:08
368	1149	AnaRita Silva	corretascasrunningclub	Senior Feminino	02:02:04	+51:44	08:08
369	1150	Carla Malheiro	corretascasrunningclub	Senior Feminino	02:02:04	+51:45	08:08
370	1409	Nelson Moreira	individual	Senior Masculino	02:02:05	+51:46	08:08
371	1064	Carmen Moreira	amigos do pedal trailagares	Veterana F45	02:02:10	+51:50	08:09
372	1124	hugo rabaça	clube desportivo cepsa	Senior Masculino	02:02:35	+52:15	08:10
373	1624	Rosa Lídia Silva	ligeirinhos	Veterana F45	02:03:02	+52:42	08:12
374	1857	Sandra Martins	individual	Senior Feminino	02:03:22	+53:03	08:14
375	1856	Pedro Pereira	individual	Veterano M40	02:03:23	+53:03	08:14
376	1755	Luis Santos	pt jrsousa team	Senior Masculino	02:03:23	+53:04	08:14
377	1756	Cecília Martins	pt jrsousa team	Veterana F40	02:03:23	+53:04	08:14
378	1724	Sandra Mascarenhas	porto sentido runners	Veterana F40	02:03:34	+53:15	08:14
379	1035	Nuno Couto	academia boavista kickboxing	Veterano M40	02:03:43	+53:24	08:15
380	1032	Vasco Albuquerque	academia boavista kickboxing	Senior Masculino	02:03:44	+53:24	08:15
381	1490	Antonio Osvaldo Peixoto Barros	individual	Veterano M40	02:03:50	+53:30	08:15
382	1160	Isabel Martins	crossfitters matosinhos	Veterana F45	02:03:52	+53:33	08:16
383	1412	Nuno Reis	individual	Senior Masculino	02:03:58	+53:38	08:16
384	1408	Nelson Marques	individual	Senior Masculino	02:04:02	+53:42	08:16
385	1673	Tania Cardoso	nocturnos de paredes	Senior Feminino	02:04:06	+53:46	08:16
386	1125	josé figueiras	clube desportivo cepsa	Senior Masculino	02:04:08	+53:49	08:17
387	1551	JOSE MANUEL TRANCOSO SEQUEIRA	individual	Veterano M50	02:04:14	+53:55	08:17
388	1477	Sónia Teresa Santos Pinto Veludo	individual	Veterana F45	02:04:24	+54:04	08:18
389	1130	carlindo martins	clube desportivo cepsa	Veterano M40	02:04:24	+54:05	08:18
390	1129	américo martins	clube desportivo cepsa	Veterano M40	02:04:24	+54:05	08:18
391	1481	MARIA DA GRAÇA DIAS RIBEIRO	individual	Veterana F50	02:04:30	+54:10	08:18
392	1101	Carlos Vieira	btt alegria / tubani	Senior Masculino	02:04:33	+54:14	08:18
393	1468	Elsa Maria Lima Moreira	individual	Veterana F45	02:04:35	+54:16	08:18
394	1534	João adriano dias ribeiro	individual	Veterano M45	02:04:36	+54:17	08:18
395	1392	José Amorim	individual	Senior Masculino	02:04:40	+54:20	08:19
396	1260	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	02:04:53	+54:34	08:20
397	1601	Liliana vieira	kemedo team	Senior Feminino	02:05:00	+54:40	08:20
398	1720	Berta Ferreira	porto sentido runners	Veterana F40	02:05:02	+54:43	08:20
399	1466	Celeste Moreira	individual	Veterana F45	02:05:08	+54:49	08:21
400	1441	Vitor Santos	individual	Senior Masculino	02:05:11	+54:51	08:21

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
401	1479	Manuela Sousa	individual	Veterana F50	02:05:17	+54:57	08:21
402	1523	António Jorge Rodrigues Moreira Pinto	individual	Veterano M45	02:05:22	+55:03	08:22
403	1577	FÁBIO COSTA	invictus oporto team	Senior Masculino	02:05:24	+55:05	08:22
404	1428	Rui Correia	individual	Senior Masculino	02:05:29	+55:09	08:22
405	1540	Paulo Lara	individual	Veterano M45	02:05:29	+55:09	08:22
406	1634	Célio Soares	marco runners	Veterano M40	02:05:31	+55:11	08:22
407	1566	Ângela Fernandes	infantrail	Senior Feminino	02:05:47	+55:28	08:22
408	1572	José Ferreira	inimigos do podium	Veterano M45	02:05:48	+55:29	08:23
409	1499	Fernando Ferreira Vilarinho	individual	Veterano M40	02:05:49	+55:29	08:23
410	1175	Hugo Nunes	danados	Senior Masculino	02:05:56	+55:36	08:24
411	1178	Carina Silva	divertidas.lol	Senior Feminino	02:06:15	+55:56	08:25
412	1646	EDUARDA PINTO	metralhas runners	Senior Feminino	02:06:43	+56:24	08:27
413	1647	VERA FERNANDES	metralhas runners	Senior Feminino	02:06:44	+56:24	08:27
414	1521	Alcídio Figueiredo	individual	Veterano M45	02:06:45	+56:25	08:27
415	1555	Carlos Almeida	individual	Veterano M55	02:06:47	+56:27	08:27
416	1651	Patrícia Moreira	mocidade sangemil ac	Senior Feminino	02:06:47	+56:28	08:27
417	1791	Carlos Cunha	só descidas!!	Veterano M40	02:06:48	+56:29	08:27
418	1180	Elisabete Maia	divertidas.lol	Veterana F45	02:07:31	+57:11	08:30
419	1356	Augusto Ribeiro	individual	Senior Masculino	02:07:47	+57:28	08:31
420	1769	André Moreira	royal wellness center	Senior Masculino	02:07:54	+57:35	08:32
421	1805	Luís Teixeira	team aguenta aí	Senior Masculino	02:08:11	+57:52	08:33
422	1804	Maria Sousa	team aguenta aí	Senior Feminino	02:08:12	+57:52	08:33
423	1072	Diogo Oliveira	amigos do sto ambrósio	Veterano M40	02:08:12	+57:53	08:33
424	1761	Filomena Iascasas	pt jrsousa team	Veterana F45	02:08:17	+57:58	08:33
425	1557	ISAAC BATISTA PEREIRA	individual	Veterano M55	02:08:18	+57:59	08:33
426	1782	Nuno Sampaio	sampaio team	Veterano M45	02:08:25	+58:06	08:34
427	1435	Tiago Monteiro	individual	Senior Masculino	02:08:26	+58:07	08:34
428	1525	ARMINDO SERRA MARTINS DOS SANTOS	individual	Veterano M45	02:08:35	+58:15	08:34
429	1399	Luis Tiago Vieira	individual	Senior Masculino	02:08:43	+58:23	08:35
430	1004	Mariana Ribeiro	10temidos	Senior Feminino	02:08:43	+58:24	08:35
431	1008	Paulo Ribeiro	10temidos	Veterano M40	02:08:46	+58:27	08:35
432	1636	Isabel Madureira	mcn - night runners	Senior Feminino	02:08:52	+58:32	08:35
433	1631	Joana Babo	marco runners	Senior Feminino	02:08:52	+58:33	08:36
434	1501	Filipe Pinto	individual	Veterano M40	02:09:30	+59:11	08:38
435	1780	augusto pinto barbosa	s. luiz	Veterano M50	02:09:53	+59:34	08:40
436	1778	maria lucinda barbosa moreira	s. luiz	Veterana F50	02:09:53	+59:34	08:40
437	1458	Paula Morais	individual	Veterana F40	02:10:13	+59:54	08:41
438	1379	Hélder Figueiredo	individual	Senior Masculino	02:10:50	+01:00:30	08:43
439	1590	Anabela dos Santos Marques	juventude cortegacense	Veterana F40	02:10:58	+01:00:38	08:44
440	1482	Maria da Luz Almeida	individual	Veterana F50	02:11:32	+01:01:12	08:46
441	1496	Daniel Tomé Soares Vieira	individual	Veterano M40	02:11:38	+01:01:19	08:47
442	1296	Nuno Teixeira	imperadores	Senior Masculino	02:11:54	+01:01:34	08:48
443	1343	Sónia Correia	individual	Senior Feminino	02:11:55	+01:01:36	08:48
444	1815	Vitor Silva	tombos & trambolhões btt	Senior Masculino	02:11:59	+01:01:40	08:48
445	1776	Sérgio Oliveira	running team maia	Senior Masculino	02:12:00	+01:01:40	08:48

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
446	1054	Célia Vieira	alto relevo - clube de montanhismo	Veterana F45	02:12:01	+01:01:41	08:48
447	1388	Jorge Filipe Portugal Vaz	individual	Senior Masculino	02:12:08	+01:01:48	08:49
448	1267	Mário Ribeiro	gondomar futsal clube	Veterano M45	02:12:17	+01:01:57	08:49
449	1589	Tiago Padrela	juventude cortegacense	Senior Masculino	02:12:18	+01:01:58	08:49
450	1582	Olga Manuela de Freitas Brandão	ironladies	Senior Feminino	02:12:19	+01:02:00	08:49
451	1807	Alexandra Bessa	team aguenta aí	Veterana F40	02:12:31	+01:02:11	08:50
452	1414	Paulo	individual	Senior Masculino	02:12:42	+01:02:23	08:51
453	1424	Ricardo Dias	individual	Senior Masculino	02:12:58	+01:02:39	08:52
454	1598	Rita Araujo	keepmoving	Senior Feminino	02:12:59	+01:02:40	08:52
455	1085	Adriano silva	ana soraia ferreira	Senior Masculino	02:13:00	+01:02:40	08:52
456	1093	Alexandra Madureira	bardinós dos montes	Veterana F40	02:13:07	+01:02:48	08:53
457	1635	Elsa Sousa	mcn - night runners	Senior Feminino	02:13:13	+01:02:54	08:53
458	1693	Mónica Magalhães	papatrails	Senior Feminino	02:13:24	+01:03:04	08:54
459	1697	José Alves	papatrails	Veterano M45	02:13:24	+01:03:04	08:54
460	1695	Ana Alves	papatrails	Veterana F40	02:13:24	+01:03:04	08:54
461	1515	RICARDO M FERREIRA	individual	Veterano M40	02:13:29	+01:03:09	08:54
462	1306	Céu Cordeiro	individual	Senior Feminino	02:13:48	+01:03:28	08:55
463	1716	Laurindo Leite	pit power	Veterano M45	02:13:52	+01:03:32	08:55
464	1404	Mário Estêvão	individual	Senior Masculino	02:13:56	+01:03:37	08:56
465	1547	Gabriel dos Anjos Pires	individual	Veterano M50	02:14:07	+01:03:48	08:57
466	1838	Miguel Costa	trinca orelhas de gato	Veterano M40	02:14:13	+01:03:53	08:57
467	1864	Vera Ferreira	individual	Senior Feminino	02:14:15	+01:03:56	08:57
468	1016	Ana Isabel Mendonça	a.d.amarante trail running	Senior Feminino	02:14:33	+01:04:13	08:58
469	1848	Isabel Cristina Nunes	where's the finish?	Senior Feminino	02:14:34	+01:04:14	08:58
470	1161	José Regala	crossfitters matosinhos	Veterano M40	02:14:34	+01:04:14	08:58
471	1849	Vanessa Alexandra Nunes	where's the finish?	Senior Feminino	02:14:34	+01:04:15	08:58
472	1594	Sandro Rilho	juventude cortegacense	Veterano M40	02:14:39	+01:04:19	08:59
473	1276	Nelson Silva	gondomar futsal clube	Veterano M55	02:14:44	+01:04:24	08:59
474	1640	Bruno Pinto	mcn - night runners	Senior Masculino	02:14:52	+01:04:32	08:59
475	1467	Cidália Ferreira	individual	Veterana F45	02:15:22	+01:05:03	09:02
476	1291	Henrique Sobral	hs climatização	Veterano M40	02:15:23	+01:05:03	09:02
477	110	Rafaela Gouveia	individual	Senior Feminino	02:15:23	+01:05:03	09:02
478	1357	Bruno Filipe Valente Pereira	individual	Senior Masculino	02:15:26	+01:05:06	09:02
479	1255	Patrícia Pereira	gondomar futsal clube	Senior Feminino	02:15:27	+01:05:08	09:02
480	1649	Antonio Castro	metralhas runners	Veterano M50	02:15:28	+01:05:08	09:02
481	1104	Edgar Veiga	bytrail	Senior Masculino	02:15:35	+01:05:15	09:02
482	1106	Rui Castro	bytrail	Senior Masculino	02:15:35	+01:05:16	09:02
483	1318	Eduarda Gonçalves Coelho	individual	Senior Feminino	02:15:58	+01:05:39	09:04
484	1372	Eduardo Manuel Machado Silva	individual	Senior Masculino	02:16:19	+01:06:00	09:05
485	1486	Rosa celeste pinheiro	individual	Veterana F50	02:16:34	+01:06:14	09:06
486	1312	Cristiana Daniela da Silva Mendes	individual	Senior Feminino	02:16:42	+01:06:23	09:07
487	1301	Ana Sofia da Silva Mendes Costa	individual	Senior Feminino	02:16:42	+01:06:23	09:07
488	1324	Ines nogueira	individual	Senior Feminino	02:16:47	+01:06:27	09:07
489	1822	Manuel Fernando Martins Sousa	trail senhora do salto	Veterano M50	02:17:01	+01:06:41	09:08
490	1241	anabela barata	fun people	Senior Feminino	02:17:09	+01:06:50	09:09
491	1242	sandra oliveira	fun people	Senior Feminino	02:17:26	+01:07:07	09:10

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
492	1243	jorge oliveira	fun people	Veterano M40	02:17:27	+01:07:07	09:10
493	1494	Carlos valadares	individual	Veterano M40	02:17:27	+01:07:08	09:10
494	1075	André Pereira	amigos dos semáforos, bamulá	Senior Masculino	02:17:30	+01:07:10	09:10
495	1079	Luís Almeida	amigos dos semáforos, bamulá	Veterano M40	02:17:30	+01:07:11	09:10
496	1821	Delfina Eiras	trail senhora do salto	Veterana F50	02:17:32	+01:07:12	09:10
497	1371	Domingos Bastos	individual	Senior Masculino	02:17:32	+01:07:13	09:10
498	1366	Carlos Miguel Castro	individual	Senior Masculino	02:17:32	+01:07:13	09:10
499	1360	Bruno Pinto	individual	Senior Masculino	02:17:34	+01:07:15	09:10
500	1308	Cláudia Babo	individual	Senior Feminino	02:17:35	+01:07:16	09:10
501	1772	Alexandra Pereira	runners and friends	Senior Feminino	02:17:37	+01:07:18	09:11
502	1773	Inês Arcos	runners and friends	Senior Feminino	02:17:37	+01:07:18	09:11
503	1625	Deolinda Rosa Silva	ligeirinhos	Veterana F55	02:17:41	+01:07:21	09:11
504	1527	César Aureliano Vigário da Rocha	individual	Veterano M45	02:17:54	+01:07:34	09:12
505	1452	Isabel Dias	individual	Veterana F40	02:17:54	+01:07:34	09:12
506	1562	António Fernandes	individual	Veterano M60	02:17:54	+01:07:35	09:12
507	1731	Marco Caldas	porto sentido runners	Veterano M40	02:17:54	+01:07:35	09:12
508	1644	Ricardo Mendes	mcn - night runners	Senior Masculino	02:17:59	+01:07:40	09:12
509	1752	Ligia Freitas	pt jrsousa team	Senior Feminino	02:18:06	+01:07:47	09:12
510	1759	Natalia Santos	pt jrsousa team	Veterana F40	02:18:06	+01:07:47	09:12
511	1417	Paulo Lima	individual	Senior Masculino	02:18:15	+01:07:56	09:13
512	1015	PAULA CARNEIRO	a voar	Senior Feminino	02:18:16	+01:07:56	09:13
513	1014	ANA SOARES	a voar	Senior Feminino	02:18:16	+01:07:56	09:13
514	1364	Carlos Bateira	individual	Senior Masculino	02:18:37	+01:08:18	09:15
515	1405	Mário Noronha	individual	Senior Masculino	02:18:37	+01:08:18	09:15
516	1438	Vitor Daniel Ribeiro Pereira	individual	Senior Masculino	02:18:37	+01:08:18	09:15
517	1775	Nuno Ferreira	running team maia	Senior Masculino	02:18:42	+01:08:22	09:15
518	1767	Joana Reguengo	royal wellness center	Senior Feminino	02:18:49	+01:08:30	09:15
519	1220	Manuel Rocha	fast ao km	Veterano M60	02:19:42	+01:09:22	09:19
520	1571	Eduardo Ferreira	inimigos do podium	Veterano M40	02:19:46	+01:09:26	09:19
521	1251	MARGARIDA SOUSA	ginásio fit4fun	Veterana F40	02:19:51	+01:09:31	09:19
522	1135	paulo alves	clube desportivo cepsa	Veterano M45	02:19:52	+01:09:33	09:20
523	1558	jose carlos martins carneiro	individual	Veterano M55	02:19:57	+01:09:38	09:20
524	1120	susana latourrette	clube desportivo cepsa	Senior Feminino	02:19:57	+01:09:38	09:20
525	1711	Elsa Leite	pit power	Veterana F40	02:20:06	+01:09:47	09:20
526	1109	Branca Nabais	ccdfpjp	Veterana F40	02:20:37	+01:10:18	09:23
527	1853	Natercia Marques	individual	Veterana F45	02:21:09	+01:10:50	09:25
528	1264	Ana Sousa	gondomar futsal clube	Veterana F50	02:21:11	+01:10:51	09:25
529	1808	Conceição Soares	team aguenta aí	Veterana F40	02:21:14	+01:10:55	09:25
530	1237	Sílvia Pacheco	friends	Senior Feminino	02:21:21	+01:11:01	09:25
531	1674	Rita Botelho	nutribarrosas	Senior Feminino	02:21:31	+01:11:11	09:26
532	1820	Pedro Manuel Gonçalves Sousa	trail senhora do salto	Senior Masculino	02:21:37	+01:11:17	09:26
533	1348	Alex Valente	individual	Senior Masculino	02:21:52	+01:11:32	09:27
534	1218	Silvana Rocha	fanecateam	Senior Feminino	02:22:06	+01:11:47	09:28
535	1344	Sónia Pinto	individual	Senior Feminino	02:22:07	+01:11:48	09:29
536	1553	Vasco Rodrigues	individual	Veterano M50	02:22:14	+01:11:55	09:29
537	1554	Alberto Pontes	individual	Veterano M55	02:22:14	+01:11:55	09:29

TRAIL CURTO 15K - STAGE 1

15 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
538	1637	Joana Pinheiro	mcn - night runners	Senior Feminino	02:22:24	+01:12:05	09:30
539	1059	Cátia Sofia Rodrigues Oliveira	amigos do pedal trailagares	Senior Feminino	02:22:35	+01:12:15	09:30
540	1060	Susana Marisa da Cunha Melo Leal	amigos do pedal trailagares	Senior Feminino	02:22:37	+01:12:18	09:31
541	1450	Filipa Sofia Moreira	individual	Veterana F40	02:22:42	+01:12:23	09:31
542	1151	Carmen Ferreira	corretascasrunningclub	Senior Feminino	02:22:54	+01:12:34	09:32
543	1470	Fernanda Lopes	individual	Veterana F45	02:23:15	+01:12:55	09:33
544	1319	Eliana Lopes	individual	Senior Feminino	02:23:15	+01:12:55	09:33
545	1250	Rodrigo Ferraz	generosos runners	Veterano M45	02:23:16	+01:12:57	09:33
546	1246	Claudia Coelho	generosos runners	Senior Feminino	02:23:16	+01:12:57	09:33
547	1247	Sofia Tadeu	generosos runners	Senior Feminino	02:23:17	+01:12:57	09:33
548	1517	Rui Magalhães	individual	Veterano M40	02:23:17	+01:12:58	09:33
549	1334	marta reguengo	individual	Senior Feminino	02:23:24	+01:13:04	09:34
550	1036	José António Brito Estêvão	academia boavista kickboxing	Veterano M45	02:23:29	+01:13:10	09:34
551	1860	Sandra Alexandra da silva mendes	individual	Senior Feminino	02:23:54	+01:13:34	09:36
552	1099	Patrícia Pinto	btt alegria / tubani	Senior Feminino	02:23:56	+01:13:36	09:36
553	1639	Sandra Ferreira	mcn - night runners	Senior Feminino	02:23:56	+01:13:36	09:36
554	1465	Anabela Cunha	individual	Veterana F45	02:24:03	+01:13:43	09:36
555	1680	Manuel Moura	os barriguitas	Veterano M60	02:24:07	+01:13:47	09:37
556	1163	Raul Cunha	cunhax	Veterano M45	02:24:10	+01:13:51	09:37
557	1710	João Rocha	pit power	Senior Masculino	02:24:19	+01:14:00	09:37
558	1707	Patrícia Sanches	pit power	Senior Feminino	02:24:25	+01:14:05	09:38
559	1726	Lurdes Conceição	porto sentido runners	Veterana F50	02:24:42	+01:14:23	09:39
560	1717	Vera Lúcia Sousa	porto sentido runners	Senior Feminino	02:24:43	+01:14:23	09:39
561	1300	Ana Raquel Coelho da Cruz	individual	Senior Feminino	02:24:45	+01:14:26	09:39
562	1784	José Fernando Ferreira Gonçalves	sem limites	Veterano M40	02:25:35	+01:15:15	09:42
563	1783	Maria Carla Moreira Pacheco	sem limites	Senior Feminino	02:25:35	+01:15:15	09:42
564	1686	Paulo Almmeida	os recos	Veterano M50	02:25:41	+01:15:21	09:43
565	1685	Carlos Viamonte	os recos	Veterano M50	02:25:41	+01:15:21	09:43
566	1472	Luisa Pinelo	individual	Veterana F45	02:25:50	+01:15:30	09:43
567	1692	Mafalda Alves	papatrails	Senior Feminino	02:25:52	+01:15:32	09:43
568	1719	Pedro Ferreira	porto sentido runners	Senior Masculino	02:26:06	+01:15:47	09:44
569	1746	Sónia Garcês	powerrunnes	Senior Feminino	02:26:34	+01:16:14	09:46
570	1739	ISABEL VIEIRA	portocargo	Veterana F40	02:26:38	+01:16:19	09:47
571	1630	Celso Mota	magical mushrooms	Veterano M40	02:26:44	+01:16:25	09:47
572	1284	Susana Ribeiro	guimarães trail	Senior Feminino	02:26:46	+01:16:27	09:47
573	1480	Maria Alves	individual	Veterana F50	02:26:59	+01:16:40	09:48
574	1484	maria garcia	individual	Veterana F50	02:27:00	+01:16:40	09:48
575	1076	Gustavo Amaral	amigos dos semáforos, bamulá	Senior Masculino	02:27:00	+01:16:40	09:48
576	1077	Henrique Melo	amigos dos semáforos, bamulá	Senior Masculino	02:27:01	+01:16:41	09:48
577	1556	Germano Moura	individual	Veterano M55	02:27:04	+01:16:44	09:48
578	1500	Filipe Moutinho	individual	Veterano M40	02:27:05	+01:16:46	09:48
579	1629	Vanda Miranda	magical mushrooms	Senior Feminino	02:27:07	+01:16:47	09:48
580	1595	ANTONIO JULIO OLIVEIRA MOURA	juventude cortegacense	Veterano M45	02:27:32	+01:17:13	09:50
581	1128	celeste vieira	clube desportivo cepsa	Veterana F50	02:28:03	+01:17:44	09:52
582	1675	Fernanda Castelo	os aventureiros	Senior Feminino	02:28:11	+01:17:52	09:53

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
583	1103	Cristina Pinto	btt alegria / tubani	Veterana F40	02:28:26	+01:18:07	09:54
584	1355	António Pinheiro	individual	Senior Masculino	02:28:35	+01:18:15	09:54
585	1422	Pedro Santos	individual	Senior Masculino	02:28:36	+01:18:16	09:54
586	1835	Antonio Neto	trinca orelhas de gato	Veterano M40	02:28:38	+01:18:19	09:55
587	1431	Sérgio Coelho	individual	Senior Masculino	02:28:48	+01:18:29	09:55
588	1809	Manuel Jorge	team aguenta aí	Veterano M45	02:29:15	+01:18:55	09:57
589	1819	Lígia Eiras	trail senhora do salto	Senior Feminino	02:29:38	+01:19:19	09:59
590	1669	Alvaro Silva	mss contabilidade	Veterano M55	02:30:26	+01:20:06	10:00
591	1574	VANESSA DIAS	invictus oporto team	Senior Feminino	02:30:47	+01:20:28	10:03
592	1080	Marco Pacheco	amigos dos semáforos, bamulá	Veterano M40	02:30:57	+01:20:37	10:04
593	1074	Mariana Lima	amigos dos semáforos, bamulá	Senior Feminino	02:30:57	+01:20:37	10:04
594	1078	Cristina Amaral	amigos dos semáforos, bamulá	Veterana F45	02:30:57	+01:20:37	10:04
595	1453	Maria Correia	individual	Veterana F40	02:31:49	+01:21:30	10:07
596	1861	Jorge Gomes	individual	Veterano M40	02:31:51	+01:21:31	10:07
597	1744	Patrícia Moreira	powerrunnes	Senior Feminino	02:32:04	+01:21:44	10:08
598	1749	Miguel Barbosa	powerrunnes	Senior Masculino	02:32:05	+01:21:45	10:08
599	1248	Ana Paula Ferreira	generosos runners	Veterana F40	02:32:09	+01:21:49	10:09
600	1177	Sandra Pereira	danados	Veterana F40	02:33:02	+01:22:42	10:12
601	1694	Vitor Teixeira	papatrails	Senior Masculino	02:33:25	+01:23:06	10:14
602	1278	Maria Alexandra carvalho oliveira	gtt - armazém do caffè	Senior Feminino	02:33:34	+01:23:14	10:14
603	1280	Aida Linhares	gtt - armazém do caffè	Veterana F40	02:33:34	+01:23:14	10:14
604	1279	Mónica Borges	gtt - armazém do caffè	Senior Feminino	02:33:34	+01:23:14	10:14
605	1436	Tony	individual	Senior Masculino	02:34:19	+01:23:59	10:17
606	1314	Daniela	individual	Senior Feminino	02:34:19	+01:23:59	10:17
607	1546	fernando ferraz	individual	Veterano M50	02:34:22	+01:24:03	10:18
608	1283	Liliana Lima	guimarães trail	Senior Feminino	02:34:32	+01:24:12	10:18
609	1285	Luis Fernandes	guimarães trail	Senior Masculino	02:34:33	+01:24:14	10:18
610	1231	Suzete do Roário Passos de Sousa	fridão sem limites	Veterana F40	02:34:39	+01:24:19	10:19
611	1172	Susana almeida	danados	Senior Feminino	02:35:20	+01:25:01	10:21
612	1174	Ferreira	danados	Senior Masculino	02:35:21	+01:25:02	10:21
613	1170	Anita	danados	Senior Feminino	02:35:25	+01:25:06	10:22
614	1173	Carlos barbosa	danados	Senior Masculino	02:35:26	+01:25:06	10:22
615	1003	Claudia Moura	10temidos	Senior Feminino	02:35:26	+01:25:07	10:22
616	1068	Natália Cecília da Rocha Ferreira	amigos do pedal trailagares	Veterana F50	02:35:40	+01:25:20	10:23
617	1095	Pedro Pinto	bardinós dos montes	Veterano M40	02:36:53	+01:26:33	10:28
618	1094	Filomena Duarte	bardinós dos montes	Veterana F40	02:36:53	+01:26:34	10:28
619	1349	alexandre teles	individual	Senior Masculino	02:37:04	+01:26:44	10:28
620	1325	Inês Silva	individual	Senior Feminino	02:37:18	+01:26:58	10:29
621	1524	Armando Silva	individual	Veterano M45	02:37:18	+01:26:58	10:29
622	1235	Mónica Pereira	friends	Senior Feminino	02:37:21	+01:27:01	10:29
623	1317	Diana Ribeiro	individual	Senior Feminino	02:37:31	+01:27:12	10:30
624	1179	Anabela Pereira	divertidas.lol	Veterana F40	02:37:34	+01:27:14	10:30
625	1495	Daniel Branco	individual	Veterano M40	02:37:50	+01:27:31	10:31
626	1273	António José Queiroz	gondomar futsal clube	Veterano M55	02:38:04	+01:27:44	10:32
627	1645	Filipe Pinto	mcn - night runners	Veterano M40	02:38:04	+01:27:44	10:32
628	1262	Ricardo Alves	gondomar futsal clube	Senior Masculino	02:38:04	+01:27:45	10:32

TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
629	1862	Vitor Sousa	individual	Veterano M40	02:38:04	+01:27:45	10:32
630	1196	Alice Coelho	éprócumbíbiu	Senior Feminino	02:38:07	+01:27:48	10:33
631	1696	Joaquim Leal	papatrails	Veterano M40	02:38:30	+01:28:10	10:34
632	1691	Estela Oliveira	papatrails	Senior Feminino	02:38:30	+01:28:10	10:34
633	1345	Soraia Andreia Pereira Alves	individual	Senior Feminino	02:38:38	+01:28:19	10:35
634	1369	Diogo Pimentel Ribeiro	individual	Senior Masculino	02:38:39	+01:28:20	10:35
635	1311	Conceição Ferreira	individual	Senior Feminino	02:38:41	+01:28:22	10:35
636	1329	Joana Pereira	individual	Senior Feminino	02:38:42	+01:28:22	10:35
637	1286	CRISTINA ROCHA BARBOSA	gundemarus	Veterana F40	02:39:15	+01:28:56	10:37
638	1287	David Silva	gundemarus	Veterano M45	02:39:16	+01:28:56	10:37
639	1234	Helena Santos	friends	Senior Feminino	02:39:37	+01:29:17	10:38
640	1592	Gabriela Rola França	juventude cortegacense	Veterana F45	02:39:45	+01:29:26	10:39
641	1331	Joana Silva	individual	Senior Feminino	02:40:22	+01:30:02	10:42
642	1415	Paulo Amorim	individual	Senior Masculino	02:40:22	+01:30:03	10:42
643	1806	Paulo Ferreira	team aguenta aí	Senior Masculino	02:40:28	+01:30:08	10:42
644	1803	Alexandra Teixeira	team aguenta aí	Senior Feminino	02:40:28	+01:30:08	10:42
645	1342	Sonia Andreia Barros Moreira	individual	Senior Feminino	02:40:38	+01:30:19	10:43
646	1788	César Coelho	só descidas!!	Senior Masculino	02:40:57	+01:30:38	10:44
647	1787	Marta Oliveira	só descidas!!	Senior Feminino	02:40:57	+01:30:38	10:44
648	1785	Carla Alves	só descidas!!	Senior Feminino	02:40:58	+01:30:38	10:44
649	1790	Jorge Mendes	só descidas!!	Senior Masculino	02:40:59	+01:30:39	10:44
650	1786	Liliana Lopes	só descidas!!	Senior Feminino	02:41:00	+01:30:41	10:44
651	1792	Paulo Barbosa	só descidas!!	Veterano M40	02:41:01	+01:30:42	10:44
652	1789	Isolino Coelho	só descidas!!	Senior Masculino	02:41:02	+01:30:42	10:44
653	1346	Susana Albuquerque	individual	Senior Feminino	02:41:32	+01:31:13	10:46
654	1622	Gualter Castro	leões de tardariz trail	Veterano M50	02:41:40	+01:31:21	10:47
655	1067	Guilhermina Maria Vieira Pinto Rocha	amigos do pedal trailagares	Veterana F50	02:41:43	+01:31:24	10:47
656	1570	Carla Faria	inimigos do podium	Veterana F40	02:42:06	+01:31:47	10:48
657	1569	Antónia Ferreira	inimigos do podium	Veterana F40	02:42:07	+01:31:48	10:49
658	1459	Sandra Sonia Moreira	individual	Veterana F40	02:42:16	+01:31:56	10:49
659	1454	Maria José silva	individual	Veterana F40	02:42:16	+01:31:56	10:49
660	1304	Catarina Pinto	individual	Senior Feminino	02:42:42	+01:32:23	10:51
661	1201	Mário Rui Monteiro	éprócumbíbiu	Senior Masculino	02:43:17	+01:32:58	10:53
662	1199	Gene Torres	éprócumbíbiu	Senior Masculino	02:43:18	+01:32:58	10:53
663	1580	Ana Rita Martins Carneiro	ironladies	Senior Feminino	02:43:22	+01:33:03	10:54
664	1583	Paula Cristina Fernades Pereira	ironladies	Senior Feminino	02:43:22	+01:33:03	10:54
665	1056	Maria Filomena Venâncio Lopes Marcelo	alto relevo - clube de montanhismo	Veterana F60	02:44:52	+01:34:32	10:59
666	1321	Elisete patrícia Moreira Ferreira	individual	Senior Feminino	02:46:03	+01:35:44	11:04
667	1065	Madalena Amélia Soares Nogueira	amigos do pedal trailagares	Veterana F45	02:46:05	+01:35:46	11:04
668	1464	Vanda Costa	individual	Veterana F40	02:46:08	+01:35:48	11:05
669	1376	Filipe Gonçalves	individual	Senior Masculino	02:46:08	+01:35:48	11:05
670	1005	Edgar Faria	10temidos	Senior Masculino	02:48:21	+01:38:01	11:13
671	1011	Fernando Sá	10temidos	Veterano M45	02:48:21	+01:38:02	11:13
672	1799	João Sousa	super de gondomar	Senior Masculino	02:49:11	+01:38:51	11:17
673	1800	Nuno Silva	super de gondomar	Veterano M40	02:49:11	+01:38:51	11:17

Official Timekeeper: Lap2Go	15 / 17	generate 22-jan-2017 13:38
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TRAIL CURTO 15K - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
674	1320	Elisabete Araújo	individual	Senior Feminino	02:49:56	+01:39:37	11:20
675	1316	Daniela Marques	individual	Senior Feminino	02:49:57	+01:39:37	11:20
676	1305	Catarina Teixeira	individual	Senior Feminino	02:50:42	+01:40:23	11:23
677	1426	Ricardo Fonseca	individual	Senior Masculino	02:50:42	+01:40:23	11:23
678	1012	Isabel Rangel	8.2 team	Veterana F40	02:51:14	+01:40:54	11:25
679	1013	António Pinho	8.2 team	Veterano M40	02:51:14	+01:40:54	11:25
680	1123	francisco mendes	clube desportivo cepsa	Senior Masculino	02:51:48	+01:41:29	11:27
681	1134	manuel morgado	clube desportivo cepsa	Veterano M45	02:51:48	+01:41:29	11:27
682	1309	Cláudia oliveira	individual	Senior Feminino	02:52:16	+01:41:56	11:29
683	1335	Patricia oliveira	individual	Senior Feminino	02:52:16	+01:41:56	11:29
684	1565	Manuel Silva	individual	Veterano M60	02:52:36	+01:42:17	11:30
685	1642	Marta Pinheiro	individual	Senior Feminino	02:53:33	+01:43:13	11:34
686	1133	damião pacheco	clube desportivo cepsa	Veterano M45	02:54:32	+01:44:12	11:38
687	1206	Samanta Guia	éprócumbíbiu	Veterana F40	02:54:55	+01:44:36	11:40
688	145	Andreia Ribeiro	individual	Veterana F40	02:55:39	+01:45:20	11:43
689	1449	Fátima Ramos	individual	Veterana F40	02:58:16	+01:47:57	11:53
690	1487	Rosa Soares	individual	Veterana F50	02:58:29	+01:48:10	11:54
691	1332	Luisa Rocha	individual	Senior Feminino	02:58:29	+01:48:10	11:54
692	1087	Barbara Feio	as patudas	Senior Feminino	02:59:06	+01:48:47	11:56
693	1088	Paula Morais	as patudas	Veterana F40	02:59:06	+01:48:47	11:56
694	1833	Sandra Gonçalves	trinca orelhas de gato	Senior Feminino	02:59:52	+01:49:32	11:59
695	1620	Sandro Oliveira	leões de tardariz trail	Veterano M40	02:59:52	+01:49:33	12:00
696	1617	João Cardoso	leões de tardariz trail	Veterano M40	02:59:52	+01:49:33	12:00
697	1623	José Ferreira	leões de tardariz trail	Veterano M50	02:59:52	+01:49:33	12:00
698	1648	Marcia Pinto	metralhas runners	Veterana F40	03:03:37	+01:53:17	12:14
699	1650	Artur Saraiva	metralhas runners	Veterano M50	03:03:37	+01:53:18	12:15
700	1753	Manuela Sá	pt jrsousa team	Senior Feminino	03:04:45	+01:54:25	12:19
701	1757	CLAUDIA MOREIRA	pt jrsousa team	Veterana F40	03:04:45	+01:54:25	12:19
702	1758	Isabel Rocha	pt jrsousa team	Veterana F40	03:04:45	+01:54:26	12:19
703	1462	Susana Rito	individual	Veterana F40	03:05:07	+01:54:48	12:21
704	1249	Carla Gomes	generosos runners	Veterana F40	03:05:07	+01:54:48	12:21
705	1328	joana lago	individual	Senior Feminino	03:05:07	+01:54:48	12:21
706	1066	Ana Maria Peixoto Oliveira Dias	amigos do pedal trailagares	Veterana F50	03:08:00	+01:57:40	12:32
707	1026	Ana Cláudia Rocha Freitas lima	academia boavista kickboxing	Senior Feminino	03:10:00	+01:59:40	12:40
708	1031	Telmo Renato	academia boavista kickboxing	Senior Masculino	03:10:00	+01:59:40	12:40
709	1063	Célia Silva	amigos do pedal trailagares	Veterana F40	03:14:38	+02:04:19	12:59
710	1057	Alice Silva	amigos do pedal trailagares	Senior Feminino	03:14:39	+02:04:19	12:59
711	1058	Ana Isabel Oliveira Dias	amigos do pedal trailagares	Senior Feminino	03:14:39	+02:04:20	12:59
712	1203	Andrea Ferreira	éprócumbíbiu	Veterana F40	03:14:54	+02:04:35	13:00
713	1213	Jorge Ferreira	éprócumbíbiu	Veterano M45	03:14:55	+02:04:35	13:00
714	1211	Eugénio Amaral	éprócumbíbiu	Veterano M45	03:14:58	+02:04:39	13:00
715	1207	Isabel Matos	éprócumbíbiu	Veterana F45	03:14:58	+02:04:39	13:00
716	1215	António Loureiro	éprócumbíbiu	Veterano M50	03:15:25	+02:05:06	13:02
717	1339	Sara Barbosa	individual	Senior Feminino	03:16:06	+02:05:46	13:04
718	1210	Paulo Correia	éprócumbíbiu	Veterano M40	03:16:24	+02:06:05	13:06
719	1299	Ana Claudia Gomes	individual	Senior Feminino	03:17:40	+02:07:20	13:11

15 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
720	1447	Cláudia Isabel Cunha Pereira	individual	Veterana F40	03:17:41	+02:07:21	13:11
721	1460	Sónia Lúcia Gigante Fernandes de Carvalho	individual	Veterana F40	03:18:28	+02:08:08	13:14
722	1214	Luís Simões	éprócumbíbiu	Veterano M45	03:18:30	+02:08:10	13:14
723	1205	Manuela Silva	éprócumbíbiu	Veterana F40	03:18:32	+02:08:12	13:14
724	1519	Rui Miguel de Castro Pereira	individual	Veterano M40	03:20:53	+02:10:33	13:24
725	1204	Beatriz Amaral	éprócumbíbiu	Veterana F40	03:20:54	+02:10:34	13:24
726	1212	João Matos	éprócumbíbiu	Veterano M45	03:20:55	+02:10:35	13:24
727	1451	Gloria Silva	individual	Veterana F40	03:23:18	+02:12:58	13:33
728	1327	Joana Freitas	individual	Senior Feminino	03:23:18	+02:12:58	13:33
729	1208	Margarida Loureiro	éprócumbíbiu	Veterana F50	03:23:34	+02:13:14	13:34
730	1463	Susana Silva	individual	Veterana F40	03:25:38	+02:15:18	13:43
731	1542	RUI SANOS	individual	Veterano M45	03:25:38	+02:15:19	13:43
732	1053	Isabel Reis	all about	Veterana F40	03:25:39	+02:15:19	13:43
733	1455	Maria Peres	individual	Veterana F40	03:25:39	+02:15:19	13:43
734	74	Ana Gomes	individual	Senior Feminino	03:26:09	+02:15:50	13:45
735	1638	Marisa Verissimo	mcn - night runners	Senior Feminino	03:26:59	+02:16:40	13:48
736	1233	Ana Tavares	friends	Senior Feminino	03:27:01	+02:16:41	13:48
737	1236	Sara Almeida	friends	Senior Feminino	03:27:01	+02:16:41	13:48
738	1448	Elvira Paula Castro Sousa	individual	Veterana F40	03:27:01	+02:16:42	13:48

Trail Curto 15K

15 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	3°C	93%
End	13:04	3°C	93%

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

1	1865	Estela Martins	Individual	Senior Feminino	01:35:54	06:24
2	1811	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	01:36:20	+00:26 06:25
3	1253	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:36:28	+00:34 06:26
4	1313	Cristiana Raquel de Sousa Ferreira	Individual	Senior Feminino	01:36:41	+00:47 06:27
5	1766	Anita Costa	Royal Wellness Center	Senior Feminino	01:38:32	+02:38 06:34
6	1823	Marta Noval	Travassós Running Fafe	Senior Feminino	01:39:39	+03:45 06:39
7	1254	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:40:31	+04:37 06:42
8	1257	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:41:01	+05:07 06:44
9	1017	Angela Soares	A.D.Amarante trail running	Senior Feminino	01:42:04	+06:10 06:48
10	1046	Fernanda Machado	ALIANÇA DE GANDRA	Senior Feminino	01:46:32	+10:38 07:06
11	1322	Gabriela Madeira	Individual	Senior Feminino	01:51:32	+15:38 07:26
12	1230	Eliana Patricia Gonçalves Pinto Teixeira	Fridão Sem Limites	Senior Feminino	01:52:16	+16:22 07:29
13	1110	Marlene Martins	CENTRO CICLISTA GONDOMAR	Senior Feminino	01:53:11	+17:17 07:33
14	1002	Ana Campanhã	10TEMIDOS	Senior Feminino	01:53:19	+17:25 07:33
15	1676	Vanessa Santos	os aventureiros	Senior Feminino	01:53:37	+17:43 07:34
16	1303	Camila David Mendes Moura	Individual	Senior Feminino	01:53:50	+17:56 07:35
17	1768	Liliana Silva	Royal Wellness Center	Senior Feminino	01:55:53	+19:59 07:44
18	1745	Sara Eiró	Powerrunnes	Senior Feminino	01:56:48	+20:54 07:47
19	1610	Mónica Domingues	Lebres Minhotas	Senior Feminino	01:57:48	+21:54 07:51
20	1810	Cristina Alexandra Barbosa do Couto	Tecla 3 Runners	Senior Feminino	01:58:06	+22:12 07:52
21	1018	Carina Pereira	A.D.Amarante trail running	Senior Feminino	01:58:51	+22:57 07:55
22	1626	Raquel Costa	LUSOS XXI	Senior Feminino	01:59:04	+23:10 07:56
23	1703	Marisa Sousa	Pés de Chumbo	Senior Feminino	02:01:06	+25:12 08:04
24	1307	Claudia Babo	Individual	Senior Feminino	02:01:44	+25:50 08:07
25	1149	AnaRita Silva	CorreTascasRunningClub	Senior Feminino	02:02:04	+26:10 08:08
26	1150	Carla Malheiro	CorreTascasRunningClub	Senior Feminino	02:02:05	+26:11 08:08
27	1857	Sandra Martins	Individual	Senior Feminino	02:03:23	+27:29 08:14
28	1673	Tania Cardoso	NOCTURNOS DE PAREDES	Senior Feminino	02:04:06	+28:12 08:16
29	1601	Liliana vieira	KeMedo Team	Senior Feminino	02:05:00	+29:06 08:20
30	1566	Ângela Fernandes	InfanTrail	Senior Feminino	02:05:48	+29:54 08:23
31	1178	Carina Silva	Divertidas.lol	Senior Feminino	02:06:16	+30:22 08:25
32	1646	EDUARDA PINTO	Metralhas Runners	Senior Feminino	02:06:44	+30:50 08:27
33	1647	VERA FERNANDES	Metralhas Runners	Senior Feminino	02:06:44	+30:50 08:27
34	1651	Patrícia Moreira	Mocidade Sangemil AC	Senior Feminino	02:06:48	+30:54 08:27
35	1804	Maria Sousa	Team Aguenta aí	Senior Feminino	02:08:12	+32:18 08:33
36	1004	Mariana Ribeiro	10TEMIDOS	Senior Feminino	02:08:44	+32:50 08:35
37	1636	Isabel Madureira	MCN - Night Runners	Senior Feminino	02:08:52	+32:58 08:35
38	1631	Joana Babo	Marco Runners	Senior Feminino	02:08:53	+32:59 08:36
39	1343	Sónia Correia	Individual	Senior Feminino	02:11:56	+36:02 08:48

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Trail Curto 15K

15 KM

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OFFICIAL RESULT

40	1582	Olga Manuela de Freitas Brandão	IronLadies	Senior Feminino	02:12:20	+36:26	08:49
41	1598	Rita Araujo	keepmoving	Senior Feminino	02:13:00	+37:06	08:52
42	1635	Elsa Sousa	MCN - Night Runners	Senior Feminino	02:13:14	+37:20	08:53
43	1693	Mónica Magalhães	PAPATRAILS	Senior Feminino	02:13:24	+37:30	08:54
44	1306	Céu Cordeiro	Individual	Senior Feminino	02:13:48	+37:54	08:55
45	1864	Vera Ferreira	Individual	Senior Feminino	02:14:16	+38:22	08:57
46	1016	Ana Isabel Mendonça	A.D.Amarante trail running	Senior Feminino	02:14:33	+38:39	08:58
47	1848	Isabel Cristina Nunes	Where?s the finish?	Senior Feminino	02:14:34	+38:40	08:58
48	1849	Vanessa Alexandra Nunes	Where?s the finish?	Senior Feminino	02:14:35	+38:41	08:58
49	110	Rafaela Gouveia	Individual	Senior Feminino	02:15:23	+39:29	09:02
50	1255	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:15:28	+39:34	09:02
51	1318	Eduarda Gonçalves Coelho	Individual	Senior Feminino	02:15:59	+40:05	09:04
52	1312	Cristiana Daniela da Silva Mendes	Individual	Senior Feminino	02:16:43	+40:49	09:07
53	1301	Ana Sofia da Silva Mendes Costa	Individual	Senior Feminino	02:16:43	+40:49	09:07
54	1324	Ines nogueira	Individual	Senior Feminino	02:16:47	+40:53	09:07
55	1241	anabela barata	fun people	Senior Feminino	02:17:10	+41:16	09:09
56	1242	sandra oliveira	fun people	Senior Feminino	02:17:27	+41:33	09:10
57	1308	Cláudia Babo	Individual	Senior Feminino	02:17:36	+41:42	09:10
58	1772	Alexandra Pereira	Runners and friends	Senior Feminino	02:17:38	+41:44	09:11
59	1773	Inês Arcos	Runners and friends	Senior Feminino	02:17:38	+41:44	09:11
60	1752	Ligia Freitas	PT JRSOUSA TEAM	Senior Feminino	02:18:07	+42:13	09:12
61	1015	PAULA CARNEIRO	A voar	Senior Feminino	02:18:16	+42:22	09:13
62	1014	ANA SOARES	A voar	Senior Feminino	02:18:16	+42:22	09:13
63	1767	Joana Reguengo	Royal Wellness Center	Senior Feminino	02:18:50	+42:56	09:15
64	1120	susana latourrette	Clube Desportivo Cepsa	Senior Feminino	02:19:58	+44:04	09:20
65	1237	Silvia Pacheco	Friends	Senior Feminino	02:21:21	+45:27	09:25
66	1674	Rita Botelho	NUTRIBARROSAS	Senior Feminino	02:21:31	+45:37	09:26
67	1218	Silvana Rocha	Fanecateam	Senior Feminino	02:22:07	+46:13	09:28
68	1344	Sónia Pinto	Individual	Senior Feminino	02:22:08	+46:14	09:29
69	1637	Joana Pinheiro	MCN - Night Runners	Senior Feminino	02:22:25	+46:31	09:30
70	1059	Cátia Sofia Rodrigues Oliveira	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	02:22:35	+46:41	09:30
71	1060	Susana Marisa da Cunha Melo Leal	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	02:22:38	+46:44	09:31
72	1151	Carmen Ferreira	CorreTascasRunningClub	Senior Feminino	02:22:54	+47:00	09:32
73	1319	Eliana Lopes	Individual	Senior Feminino	02:23:15	+47:21	09:33
74	1246	Claudia Coelho	GENEROSOS RUNNERS	Senior Feminino	02:23:17	+47:23	09:33
75	1247	Sofia Tadeu	GENEROSOS RUNNERS	Senior Feminino	02:23:17	+47:23	09:33
76	1334	marta reguengo	Individual	Senior Feminino	02:23:24	+47:30	09:34
77	1860	Sandra Alexandra da silva mendes	Individual	Senior Feminino	02:23:54	+48:00	09:36
78	1099	Patrícia Pinto	BTT Alegria / TUBANI	Senior Feminino	02:23:56	+48:02	09:36
79	1639	Sandra Ferreira	MCN - Night Runners	Senior Feminino	02:23:56	+48:02	09:36
80	1707	Patrícia Sanches	Pit Power	Senior Feminino	02:24:25	+48:31	09:38
81	1717	Vera Lúcia Sousa	PORTO SENTIDO RUNNERS	Senior Feminino	02:24:43	+48:49	09:39
82	1300	Ana Raquel Coelho da Cruz	Individual	Senior Feminino	02:24:46	+48:52	09:39
83	1783	Maria Carla Moreira Pacheco	Sem limites	Senior Feminino	02:25:35	+49:41	09:42
84	1692	Mafalda Alves	PAPATRAILS	Senior Feminino	02:25:52	+49:58	09:43

Official Timekeeper: Lap2Go	2 / 18	generate 22-jan-2017 13:38
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Trail Curto 15K

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

85	1746	Sónia Garcês	Powerrunnes	Senior Feminino	02:26:34	+50:40	09:46
86	1284	Susana Ribeiro	Guimarães Trail	Senior Feminino	02:26:47	+50:53	09:47
87	1629	Vanda Miranda	Magical Mushrooms	Senior Feminino	02:27:07	+51:13	09:48
88	1675	Fernanda Castelo	os aventureiros	Senior Feminino	02:28:12	+52:18	09:53
89	1819	Lígia Eiras	Trail Senhora do Salto	Senior Feminino	02:29:39	+53:45	09:59
90	1574	VANESSA DIAS	Invictus Oporto Team	Senior Feminino	02:30:48	+54:54	10:03
91	1074	Mariana Lima	Amigos dos semáforos, bamulá	Senior Feminino	02:30:57	+55:03	10:04
92	1744	Patrícia Moreira	Powerrunnes	Senior Feminino	02:32:04	+56:10	10:08
93	1278	Maria Alexandra carvalho oliveira	GTT - Armazém do Caffè	Senior Feminino	02:33:34	+57:40	10:14
94	1279	Mónica Borges	GTT - Armazém do Caffè	Senior Feminino	02:33:34	+57:40	10:14
95	1314	Daniela	Individual	Senior Feminino	02:34:19	+58:25	10:17
96	1283	Liliana Lima	Guimarães Trail	Senior Feminino	02:34:32	+58:38	10:18
97	1172	Susana almeida	danados	Senior Feminino	02:35:21	+59:27	10:21
98	1170	Anita	danados	Senior Feminino	02:35:26	+59:32	10:22
99	1003	Claudia Moura	10TEMIDOS	Senior Feminino	02:35:27	+59:33	10:22
100	1325	Inês Silva	Individual	Senior Feminino	02:37:18	+01:01:24	10:29
101	1235	Mónica Pereira	Friends	Senior Feminino	02:37:21	+01:01:27	10:29
102	1317	Diana Ribeiro	Individual	Senior Feminino	02:37:32	+01:01:38	10:30
103	1196	Alice Coelho	Éprócumbíbiu	Senior Feminino	02:38:08	+01:02:14	10:33
104	1691	Estela Oliveira	PAPATRAILS	Senior Feminino	02:38:30	+01:02:36	10:34
105	1345	Soraia Andreia Pereira Alves	Individual	Senior Feminino	02:38:39	+01:02:45	10:35
106	1311	Conceição Ferreira	Individual	Senior Feminino	02:38:42	+01:02:48	10:35
107	1329	Joana Pereira	Individual	Senior Feminino	02:38:42	+01:02:48	10:35
108	1234	Helena Santos	Friends	Senior Feminino	02:39:37	+01:03:43	10:38
109	1331	Joana Silva	Individual	Senior Feminino	02:40:22	+01:04:28	10:42
110	1803	Alexandra Teixeira	Team Aguenta aí	Senior Feminino	02:40:28	+01:04:34	10:42
111	1342	Sonia Andreia Barros Moreira	Individual	Senior Feminino	02:40:39	+01:04:45	10:43
112	1787	Marta Oliveira	Só Descidas!!	Senior Feminino	02:40:58	+01:05:04	10:44
113	1785	Carla Alves	Só Descidas!!	Senior Feminino	02:40:58	+01:05:04	10:44
114	1786	Liliana Lopes	Só Descidas!!	Senior Feminino	02:41:01	+01:05:07	10:44
115	1346	Susana Albuquerque	Individual	Senior Feminino	02:41:33	+01:05:39	10:46
116	1304	Catarina Pinto	Individual	Senior Feminino	02:42:43	+01:06:49	10:51
117	1580	Ana Rita Martins Carneiro	IronLadies	Senior Feminino	02:43:23	+01:07:29	10:54
118	1583	Paula Cristina Fernades Pereira	IronLadies	Senior Feminino	02:43:23	+01:07:29	10:54
119	1321	Elisete patricia Moreira Ferreira	Individual	Senior Feminino	02:46:04	+01:10:10	11:04
120	1320	Elisabete Araújo	Individual	Senior Feminino	02:49:57	+01:14:03	11:20
121	1316	Daniela Marques	Individual	Senior Feminino	02:49:57	+01:14:03	11:20
122	1305	Catarina Teixeira	Individual	Senior Feminino	02:50:43	+01:14:49	11:23
123	1309	Cláudia oliveira	Individual	Senior Feminino	02:52:16	+01:16:22	11:29
124	1335	Patricia oliveira	Individual	Senior Feminino	02:52:16	+01:16:22	11:29
125	1642	Marta Pinheiro	Individual	Senior Feminino	02:53:33	+01:17:39	11:34
126	1332	Luisa Rocha	Individual	Senior Feminino	02:58:30	+01:22:36	11:54
127	1087	Barbara Feio	As Patudas	Senior Feminino	02:59:07	+01:23:13	11:56
128	1833	Sandra Gonçalves	Trinca Orelhas de Gato	Senior Feminino	02:59:52	+01:23:58	11:59
129	1753	Manuela Sá	PT JRSOUSA TEAM	Senior Feminino	03:04:45	+01:28:51	12:19
130	1328	joana lago	Individual	Senior Feminino	03:05:08	+01:29:14	12:21

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Trail Curto 15K

15 KM

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OFFICIAL RESULT

131	1026	Ana Cláudia Rocha Freitas lima	Academia Boavista Kickboxing	Senior Feminino	03:10:00	+01:34:06	12:40
132	1057	Alice Silva	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	03:14:39	+01:38:45	12:59
133	1058	Ana Isabel Oliveira Dias	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	03:14:40	+01:38:46	12:59
134	1339	Sara Barbosa	Individual	Senior Feminino	03:16:06	+01:40:12	13:04
135	1299	Ana Claudia Gomes	Individual	Senior Feminino	03:17:40	+01:41:46	13:11
136	1327	Joana Freitas	Individual	Senior Feminino	03:23:18	+01:47:24	13:33
137	74	Ana Gomes	Individual	Senior Feminino	03:26:10	+01:50:16	13:45
138	1638	Marisa Verissimo	MCN - Night Runners	Senior Feminino	03:27:00	+01:51:06	13:48
139	1233	Ana Tavares	Friends	Senior Feminino	03:27:01	+01:51:07	13:48
140	1236	Sara Almeida	Friends	Senior Feminino	03:27:01	+01:51:07	13:48

Senior Masculino

1	1261	Pedro Tapadas	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:10:20	04:41
2	1183	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:10:20	04:41
3	1182	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:12:25	+02:05 04:50
4	1817	fabio fernandes correia	Trail Running Clube Btt Sanguedo	Senior Masculino	01:12:42	+02:22 04:51
5	1043	Marcelo Pinho Araújo	ADCCJCLARKS	Senior Masculino	01:13:43	+03:23 04:55
6	1662	Sergio Silva	MSS CONTABILIDADE	Senior Masculino	01:16:02	+05:42 05:04
7	1855	Eurico Moura	KeMedo Team	Senior Masculino	01:16:48	+06:28 05:07
8	1603	Márcio Carvalho	KeMedo Team	Senior Masculino	01:17:46	+07:26 05:11
9	1419	Pedro Alves	Individual	Senior Masculino	01:18:21	+08:01 05:13
10	1423	Rafael Campos Santos	Individual	Senior Masculino	01:19:09	+08:49 05:17
11	1181	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:19:38	+09:18 05:19
12	1616	Josué Moreira	Leões de Tardariz Trail	Senior Masculino	01:20:05	+09:45 05:20
13	1166	Nuno Nunes	Dá-Lhe Gás	Senior Masculino	01:20:28	+10:08 05:22
14	1770	Miguel Neto	Royal Wellness Center	Senior Masculino	01:21:05	+10:45 05:24
15	1146	Joao barbosa	Copos e trilhos	Senior Masculino	01:22:14	+11:54 05:29
16	1818	Hugo Daniel	Trail Running Clube Btt Sanguedo	Senior Masculino	01:22:14	+11:54 05:29
17	1293	Rui Pedro Reis	hSantamariaRT	Senior Masculino	01:22:18	+11:58 05:29
18	1037	António Paiva Santos	ACDR Reguenga Palhota	Senior Masculino	01:22:39	+12:19 05:31
19	1567	Sérgio Fernandes	InfanTrail	Senior Masculino	01:23:16	+12:56 05:33
20	1044	Filipe Ramos	Aesthetical Team Running	Senior Masculino	01:23:49	+13:29 05:35
21	1147	Manuel barbosa	Copos e trilhos	Senior Masculino	01:24:09	+13:49 05:37
22	1165	Carlos Prudêncio	Dá-Lhe Gás	Senior Masculino	01:24:17	+13:57 05:37
23	1069	Pedro Silva	Amigos do Sofá	Senior Masculino	01:24:29	+14:09 05:38
24	1245	Micael Cunha	Gaia Trail	Senior Masculino	01:24:29	+14:09 05:38
25	1292	Hélio Dias	hSantamariaRT	Senior Masculino	01:24:32	+14:12 05:38
26	1158	Daniel Pereira	Crossfitters Matosinhos	Senior Masculino	01:25:17	+14:57 05:41
27	1164	Aderito Oliveira	Dá-Lhe Gás	Senior Masculino	01:25:26	+15:06 05:42
28	1410	Nuno lemos	Individual	Senior Masculino	01:25:32	+15:12 05:42
29	1403	marcelo jose rosario pinto	Individual	Senior Masculino	01:25:38	+15:18 05:43
30	1829	João Oliveira	Trinca Orelhas de Gato	Senior Masculino	01:25:41	+15:21 05:43

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Trail Curto 15K

15 KM

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OFFICIAL RESULT

31	1137	Rolando Costa	Clube do Pessoal Aguas de Gaia	Senior Masculino	01:26:14	+15:54	05:45
32	1115	Carlos Samagaio	CHALLENGE FORCE	Senior Masculino	01:27:27	+17:07	05:50
33	1679	Joel Ferreira	os aventureiros	Senior Masculino	01:28:22	+18:02	05:53
34	1425	Ricardo Filipe Rebelo Loureiro	Individual	Senior Masculino	01:28:47	+18:27	05:55
35	1852	Filipe Pinto	BTT Alegria / TUBANI	Senior Masculino	01:29:02	+18:42	05:56
36	1048	Helder Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:29:21	+19:01	05:57
37	1361	Bruno silva	Individual	Senior Masculino	01:29:23	+19:03	05:58
38	1191	Artur Pereira	EMNA Runners	Senior Masculino	01:29:45	+19:25	05:59
39	1612	Bruno Castro	Leões de Tardariz Trail	Senior Masculino	01:30:19	+19:59	06:01
40	1258	Bruno Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:30:49	+20:29	06:03
41	1700	Jose gaspar	Perdidos no trail	Senior Masculino	01:30:52	+20:32	06:03
42	1659	Ibraim Sousa	MSS CONTABILIDADE	Senior Masculino	01:31:05	+20:45	06:04
43	1653	Miguel Oliveira	Mocidade Sangemil AC	Senior Masculino	01:31:09	+20:49	06:05
44	1718	José Gomes	PORTO SENTIDO RUNNERS	Senior Masculino	01:31:13	+20:53	06:05
45	1394	Libânio José Rocha Alves	Individual	Senior Masculino	01:31:23	+21:03	06:06
46	1699	Filipe Rocha	Perdidos no trail	Senior Masculino	01:32:04	+21:44	06:08
47	1295	Nuno Silva	Imperadores	Senior Masculino	01:32:15	+21:55	06:09
48	1396	Luis Filipe Silva Ferreira	Individual	Senior Masculino	01:32:39	+22:19	06:11
49	1194	Joao Cardoso	EMNA Runners	Senior Masculino	01:32:44	+22:24	06:11
50	1223	João Pedro Correia da Silva	FisioPedro	Senior Masculino	01:33:29	+23:09	06:14
51	1397	Luís Miguel Vidal Ferreira	Individual	Senior Masculino	01:33:31	+23:11	06:14
52	1122	bruno bretão	Clube Desportivo Cepsa	Senior Masculino	01:33:38	+23:18	06:15
53	1038	João Abreu	ACDR Reguenga Palhota	Senior Masculino	01:33:51	+23:31	06:15
54	1148	Ricardo moreira	Copos e trilhos	Senior Masculino	01:33:55	+23:35	06:16
55	1007	Valter Gouveia	10TEMIDOS	Senior Masculino	01:33:55	+23:35	06:16
56	1387	Jorge ferreirinha	Individual	Senior Masculino	01:34:14	+23:54	06:17
57	1092	Marco Souss	Baltar TrailRunners	Senior Masculino	01:35:11	+24:51	06:21
58	1738	NUNO NASCIMENTO	PORTOCARGO	Senior Masculino	01:35:14	+24:54	06:21
59	1006	Tiago Castro	10TEMIDOS	Senior Masculino	01:35:55	+25:35	06:24
60	1045	Frederico Máximo	Aesthetical Team Running	Senior Masculino	01:36:00	+25:40	06:24
61	1602	Hélder Jorge Ferreira de Castro	KeMedo Team	Senior Masculino	01:36:05	+25:45	06:24
62	1812	Hugo Filipe Fernandes Sousa	Tecla 3 Runners	Senior Masculino	01:36:20	+26:00	06:25
63	1585	João Miguel Almeida da Silva	JUÕES	Senior Masculino	01:36:25	+26:05	06:26
64	1627	Sérgio Costa	LUSOS XXI	Senior Masculino	01:36:27	+26:07	06:26
65	1701	Luis silva	Perdidos no trail	Senior Masculino	01:36:28	+26:08	06:26
66	1391	José	Individual	Senior Masculino	01:36:36	+26:16	06:26
67	1430	Rui Sergio Pinheiro da Costa Rodrigues Dias	Individual	Senior Masculino	01:37:18	+26:58	06:29
68	1381	Hernâni Veríssimo	Individual	Senior Masculino	01:38:02	+27:42	06:32
69	1747	Daniel Moreira	Powerrunnes	Senior Masculino	01:38:04	+27:44	06:32
70	1224	Miguel Freitas Gonçalves	FisioPedro	Senior Masculino	01:38:10	+27:50	06:33
71	1420	Pedro Alves	Individual	Senior Masculino	01:38:16	+27:56	06:33
72	1859	Tiago Sousa	Individual	Senior Masculino	01:38:25	+28:05	06:34
73	1144	Bruno sousa	Copos e trilhos	Senior Masculino	01:39:06	+28:46	06:36
74	1824	Damião Duarte	Travassós Running Fafe	Senior Masculino	01:39:39	+29:19	06:39
75	1024	Pedro Vieira	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:39:59	+29:39	06:40
76	1041	Vasco Martins	ACDR Reguenga Palhota	Senior Masculino	01:40:05	+29:45	06:40

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Trail Curto 15K

15 KM

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OFFICIAL RESULT

77	1385	Joaquim Domingos Lopes Alves	Individual	Senior Masculino	01:40:23	+30:03	06:42
78	1350	André Luís Lopes Oliveira	Individual	Senior Masculino	01:40:26	+30:06	06:42
79	1832	Vicente Sousa	Trinca Orelhas de Gato	Senior Masculino	01:40:41	+30:21	06:43
80	1042	Xavier Paiva	ACDR Reguenga Palhota	Senior Masculino	01:40:53	+30:33	06:44
81	1826	Paulo Lopes	Travassós Running Fafe	Senior Masculino	01:40:54	+30:34	06:44
82	1359	Bruno Monteiro	Individual	Senior Masculino	01:41:23	+31:03	06:46
83	1289	Daniel Silva	Hora do Lobo Trail	Senior Masculino	01:41:40	+31:20	06:47
84	1047	Álvaro Santos	ALIANÇA DE GANDRA	Senior Masculino	01:41:46	+31:26	06:47
85	1380	Helder Manuel Moreira Teles	Individual	Senior Masculino	01:41:47	+31:27	06:47
86	1259	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:42:03	+31:43	06:48
87	1863	Bruno ribeiro	Individual	Senior Masculino	01:42:03	+31:43	06:48
88	1040	Miguel Valente	ACDR Reguenga Palhota	Senior Masculino	01:42:46	+32:26	06:51
89	1382	João Miguel Nogueira Macedo	Individual	Senior Masculino	01:43:31	+33:11	06:54
90	1801	Armando Silva	TBNO4E	Senior Masculino	01:43:47	+33:27	06:55
91	1400	Manuel António Martins Vieira	Individual	Senior Masculino	01:44:42	+34:22	06:59
92	1217	Vasco Faria	Evolution Trail Team	Senior Masculino	01:44:50	+34:30	06:59
93	1049	Roberto Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:44:59	+34:39	07:00
94	1398	Luis Silva	Individual	Senior Masculino	01:45:34	+35:14	07:02
95	1022	Ricardo Jorge Leão Sousa	A.D.Amarante trail running	Senior Masculino	01:45:34	+35:14	07:02
96	1021	Ricardo Gil Magalhaes	A.D.Amarante trail running	Senior Masculino	01:45:37	+35:17	07:02
97	1145	Hugo moreira	Copos e trilhos	Senior Masculino	01:46:03	+35:43	07:04
98	1025	Roberto Daniel Alves Freitas	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:46:05	+35:45	07:04
99	1154	Nuno Gonçalves	CorreTascasRunningClub	Senior Masculino	01:46:25	+36:05	07:06
100	1155	Nuno Meireles	CorreTascasRunningClub	Senior Masculino	01:46:25	+36:05	07:06
101	1411	Nuno miguel santos Ferreira	Individual	Senior Masculino	01:46:31	+36:11	07:06
102	1050	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	01:46:33	+36:13	07:06
103	1384	João Teles	Individual	Senior Masculino	01:47:27	+37:07	07:10
104	1368	Daniel Miranda	Individual	Senior Masculino	01:47:46	+37:26	07:11
105	1020	Nuno Moura	A.D.Amarante trail running	Senior Masculino	01:48:08	+37:48	07:13
106	1152	Candido Barbosa	CorreTascasRunningClub	Senior Masculino	01:48:15	+37:55	07:13
107	1825	José Carvalho	Travassós Running Fafe	Senior Masculino	01:48:29	+38:09	07:14
108	1575	BRUNO MELO	Invictus Oporto Team	Senior Masculino	01:48:29	+38:09	07:14
109	1689	Rui Costa	Os2Horas	Senior Masculino	01:48:57	+38:37	07:16
110	1086	Antonio Rocha	Ana Soraia ferreira	Senior Masculino	01:49:08	+38:48	07:17
111	1374	Fernando Azevedo	KeMedo Team	Senior Masculino	01:49:20	+39:00	07:17
112	1652	Bruno Alves	Mocidade Sangemil AC	Senior Masculino	01:49:20	+39:00	07:17
113	1671	Leonardo Brito	Neighbors Run	Senior Masculino	01:49:21	+39:01	07:17
114	1395	Luís Filipe Rodrigues	Individual	Senior Masculino	01:49:44	+39:24	07:19
115	1390	Jorge Pinheiro	Individual	Senior Masculino	01:49:57	+39:37	07:20
116	1632	Daniel Correia	Marco Runners	Senior Masculino	01:50:30	+40:10	07:22
117	1633	Pedro Miranda	Marco Runners	Senior Masculino	01:50:31	+40:11	07:22
118	1352	António Ferreira	Individual	Senior Masculino	01:50:40	+40:20	07:23
119	1238	HUGO OLIVEIRA	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	01:50:51	+40:31	07:23
120	1240	TOMÉ MARQUES	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	01:50:52	+40:32	07:23
121	1222	Francisco Manuel Silva Sampaio	FisioPedro	Senior Masculino	01:50:54	+40:34	07:24

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Trail Curto 15K

15 KM

[illegible]

OFFICIAL RESULT

122	1427	Ricardo Jorge Sousa Magalhães	Individual	Senior Masculino	01:50:58	+40:38	07:24
123	1156	Rui Mota	CorreTascasRunningClub	Senior Masculino	01:51:00	+40:40	07:24
124	1850	Paulo Filipe Nunes	Where?s the finish?	Senior Masculino	01:51:01	+40:41	07:24
125	1437	Valter sousa	Individual	Senior Masculino	01:51:07	+40:47	07:24
126	1039	João Azevedo	ACDR Reguenga Palhota	Senior Masculino	01:51:09	+40:49	07:25
127	1263	Rui Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:51:23	+41:03	07:26
128	1378	Gerson Alves	Individual	Senior Masculino	01:51:24	+41:04	07:26
129	1389	Jorge Lima	Individual	Senior Masculino	01:51:33	+41:13	07:26
130	1802	João Esteves	TBNO4E	Senior Masculino	01:51:50	+41:30	07:27
131	1614	José Castro	Leões de Tardariz Trail	Senior Masculino	01:52:19	+41:59	07:29
132	1828	Emanuel Morata	Trinca Orelhas de Gato	Senior Masculino	01:52:27	+42:07	07:30
133	1830	Luis Morata	Trinca Orelhas de Gato	Senior Masculino	01:52:27	+42:07	07:30
134	1401	Manuel Fernando Gomes	Individual	Senior Masculino	01:52:36	+42:16	07:30
135	1641	Celso Reis	MCN - Night Runners	Senior Masculino	01:52:44	+42:24	07:31
136	1239	SÉRGIO SILVA	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	01:53:11	+42:51	07:33
137	1793	Fernando Coelho	Somos Nós Team	Senior Masculino	01:53:18	+42:58	07:33
138	1432	Sergio Francisco Barros Rodrigues	Individual	Senior Masculino	01:53:21	+43:01	07:33
139	1643	Paulo Aguiar	MCN - Night Runners	Senior Masculino	01:53:51	+43:31	07:35
140	1578	NUNO AMARO	Invictus Oporto Team	Senior Masculino	01:54:26	+44:06	07:38
141	1709	Eduardo Guerra	Pit Power	Senior Masculino	01:54:40	+44:20	07:39
142	1367	CARLOS MOREIRA	Individual	Senior Masculino	01:54:53	+44:33	07:40
143	1406	Mário Soares	Individual	Senior Masculino	01:55:02	+44:42	07:40
144	1370	Diogo Silva	Individual	Senior Masculino	01:55:27	+45:07	07:42
145	1393	José Manuel Ferreira Ribeiro	Individual	Senior Masculino	01:55:28	+45:08	07:42
146	1159	Nuno Bento	Crossfitters Matosinhos	Senior Masculino	01:55:45	+45:25	07:43
147	1347	Adao Freitas	Individual	Senior Masculino	01:56:00	+45:40	07:44
148	1107	Vitor beleza	carlos	Senior Masculino	01:56:22	+46:02	07:45
149	1019	Luis Mendes	A.D.Amarante trail running	Senior Masculino	01:56:56	+46:36	07:48
150	1660	Igor Pereira	MSS CONTABILIDADE	Senior Masculino	01:57:19	+46:59	07:49
151	1661	Igor Rocha	MSS CONTABILIDADE	Senior Masculino	01:57:19	+46:59	07:49
152	1375	Filipe Freitas Gomes	Individual	Senior Masculino	01:57:43	+47:23	07:51
153	1407	Miguel Oliveira	Individual	Senior Masculino	01:58:19	+47:59	07:53
154	1678	Bruno Castelo	os aventureiros	Senior Masculino	01:58:32	+48:12	07:54
155	1192	Carlos Cunha	EMNA Runners	Senior Masculino	01:58:58	+48:38	07:56
156	1781	João Sampaio	Sampaio team	Senior Masculino	01:59:36	+49:16	07:58
157	1429	Rui Oliveira	Individual	Senior Masculino	01:59:49	+49:29	07:59
158	1193	Diogo Martins	EMNA Runners	Senior Masculino	02:00:13	+49:53	08:01
159	1105	Miguel Armas	ByTrail	Senior Masculino	02:00:20	+50:00	08:01
160	1683	Pedro Resende	Os Recos	Senior Masculino	02:00:36	+50:16	08:02
161	1797	Henrique Sousa	soplabifana	Senior Masculino	02:01:08	+50:48	08:05
162	1654	Ricardo Rocha	Mocidade Sangemil AC	Senior Masculino	02:01:08	+50:48	08:05
163	1061	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:01:14	+50:54	08:05
164	1421	Pedro Costa Santos Castro	Individual	Senior Masculino	02:01:14	+50:54	08:05
165	1353	António Manuel Moreira Barbosa	Individual	Senior Masculino	02:01:14	+50:54	08:05
166	1413	Nuno Tiago Almeida	Individual	Senior Masculino	02:01:15	+50:55	08:05

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Trail Curto 15K

15 KM

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167	1081	joão fonseca	amigos s.pedro da cova	Senior Masculino	02:01:16	+50:56	08:05
168	1202	Pedro Silva	Éprócumbíbiu	Senior Masculino	02:01:22	+51:02	08:05
169	1402	Manuel Vieira	Individual	Senior Masculino	02:01:22	+51:02	08:05
170	1688	Heitor Neto	Os2Horas	Senior Masculino	02:01:42	+51:22	08:07
171	1409	Nelson Moreira	Individual	Senior Masculino	02:02:06	+51:46	08:08
172	1124	hugo rabaça	Clube Desportivo Cepsa	Senior Masculino	02:02:35	+52:15	08:10
173	1755	Luis Santos	PT JRSOUSA TEAM	Senior Masculino	02:03:24	+53:04	08:14
174	1032	Vasco Albuquerque	Academia Boavista Kickboxing	Senior Masculino	02:03:44	+53:24	08:15
175	1412	Nuno Reis	Individual	Senior Masculino	02:03:58	+53:38	08:16
176	1408	Nelson Marques	Individual	Senior Masculino	02:04:02	+53:42	08:16
177	1125	josé figueiras	Clube Desportivo Cepsa	Senior Masculino	02:04:09	+53:49	08:17
178	1101	Carlos Vieira	BTT Alegria / TUBANI	Senior Masculino	02:04:34	+54:14	08:18
179	1392	José Amorim	Individual	Senior Masculino	02:04:40	+54:20	08:19
180	1260	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:04:54	+54:34	08:20
181	1441	Vitor Santos	Individual	Senior Masculino	02:05:11	+54:51	08:21
182	1577	FÁBIO COSTA	Invictus Oporto Team	Senior Masculino	02:05:25	+55:05	08:22
183	1428	Rui Correia	Individual	Senior Masculino	02:05:29	+55:09	08:22
184	1175	Hugo Nunes	danados	Senior Masculino	02:05:56	+55:36	08:24
185	1356	Augusto Ribeiro	Individual	Senior Masculino	02:07:48	+57:28	08:31
186	1769	André Moreira	Royal Wellness Center	Senior Masculino	02:07:55	+57:35	08:32
187	1805	Luís Teixeira	Team Aguenta aí	Senior Masculino	02:08:12	+57:52	08:33
188	1435	Tiago Monteiro	Individual	Senior Masculino	02:08:27	+58:07	08:34
189	1399	Luis Tiago Vieira	Individual	Senior Masculino	02:08:43	+58:23	08:35
190	1379	Hélder Figueiredo	Individual	Senior Masculino	02:10:50	+01:00:30	08:43
191	1296	Nuno Teixeira	Imperadores	Senior Masculino	02:11:54	+01:01:34	08:48
192	1815	Vitor Silva	Tombos & Trambolhões BTT	Senior Masculino	02:12:00	+01:01:40	08:48
193	1776	Sérgio Oliveira	RUNNING TEAM MAIA	Senior Masculino	02:12:00	+01:01:40	08:48
194	1388	Jorge Filipe Portugal Vaz	Individual	Senior Masculino	02:12:08	+01:01:48	08:49
195	1589	Tiago Padrela	Juventude Cortegacense	Senior Masculino	02:12:18	+01:01:58	08:49
196	1414	Paulo	Individual	Senior Masculino	02:12:43	+01:02:23	08:51
197	1424	Ricardo Dias	Individual	Senior Masculino	02:12:59	+01:02:39	08:52
198	1085	Adriano silva	Ana Soraia ferreira	Senior Masculino	02:13:00	+01:02:40	08:52
199	1404	Mário Estêvão	Individual	Senior Masculino	02:13:57	+01:03:37	08:56
200	1640	Bruno Pinto	MCN - Night Runners	Senior Masculino	02:14:52	+01:04:32	08:59
201	1357	Bruno Filipe Valente Pereira	Individual	Senior Masculino	02:15:26	+01:05:06	09:02
202	1104	Edgar Veiga	ByTrail	Senior Masculino	02:15:35	+01:05:15	09:02
203	1106	Rui Castro	ByTrail	Senior Masculino	02:15:36	+01:05:16	09:02
204	1372	Eduardo Manuel Machado Silva	Individual	Senior Masculino	02:16:20	+01:06:00	09:05
205	1075	André Pereira	Amigos dos semáforos, bamulá	Senior Masculino	02:17:30	+01:07:10	09:10
206	1371	Domingos Bastos	Individual	Senior Masculino	02:17:33	+01:07:13	09:10
207	1366	Carlos Miguel Castro	Individual	Senior Masculino	02:17:33	+01:07:13	09:10
208	1360	Bruno Pinto	Individual	Senior Masculino	02:17:35	+01:07:15	09:10
209	1644	Ricardo Mendes	MCN - Night Runners	Senior Masculino	02:18:00	+01:07:40	09:12
210	1417	Paulo Lima	Individual	Senior Masculino	02:18:16	+01:07:56	09:13
211	1364	Carlos Bateira	Individual	Senior Masculino	02:18:38	+01:08:18	09:15
212	1405	Mário Noronha	Individual	Senior Masculino	02:18:38	+01:08:18	09:15

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15 KM

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213	1438	Vitor Daniel Ribeiro Pereira	Individual	Senior Masculino	02:18:38	+01:08:18	09:15
214	1775	Nuno Ferreira	RUNNING TEAM MAIA	Senior Masculino	02:18:42	+01:08:22	09:15
215	1820	Pedro Manuel Gonçalves Sousa	Trail Senhora do Salto	Senior Masculino	02:21:37	+01:11:17	09:26
216	1348	Alex Valente	Individual	Senior Masculino	02:21:52	+01:11:32	09:27
217	1710	João Rocha	Pit Power	Senior Masculino	02:24:20	+01:14:00	09:37
218	1719	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	02:26:07	+01:15:47	09:44
219	1076	Gustavo Amaral	Amigos dos semáforos, bamulá	Senior Masculino	02:27:00	+01:16:40	09:48
220	1077	Henrique Melo	Amigos dos semáforos, bamulá	Senior Masculino	02:27:01	+01:16:41	09:48
221	1355	António Pinheiro	Individual	Senior Masculino	02:28:35	+01:18:15	09:54
222	1422	Pedro Santos	Individual	Senior Masculino	02:28:36	+01:18:16	09:54
223	1431	Sérgio Coelho	Individual	Senior Masculino	02:28:49	+01:18:29	09:55
224	1749	Miguel Barbosa	Powerrunnes	Senior Masculino	02:32:05	+01:21:45	10:08
225	1694	Vitor Teixeira	PAPATRAILS	Senior Masculino	02:33:26	+01:23:06	10:14
226	1436	Tony	Individual	Senior Masculino	02:34:19	+01:23:59	10:17
227	1285	Luis Fernandes	Guimarães Trail	Senior Masculino	02:34:34	+01:24:14	10:18
228	1174	Ferreira	danados	Senior Masculino	02:35:22	+01:25:02	10:21
229	1173	Carlos barbosa	danados	Senior Masculino	02:35:26	+01:25:06	10:22
230	1349	alexandre teles	Individual	Senior Masculino	02:37:04	+01:26:44	10:28
231	1262	Ricardo Alves	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:38:05	+01:27:45	10:32
232	1369	Diogo Pimentel Ribeiro	Individual	Senior Masculino	02:38:40	+01:28:20	10:35
233	1415	Paulo Amorim	Individual	Senior Masculino	02:40:23	+01:30:03	10:42
234	1806	Paulo Ferreira	Team Aguenta aí	Senior Masculino	02:40:28	+01:30:08	10:42
235	1788	César Coelho	Só Descidas!!	Senior Masculino	02:40:58	+01:30:38	10:44
236	1790	Jorge Mendes	Só Descidas!!	Senior Masculino	02:40:59	+01:30:39	10:44
237	1789	Isolino Coelho	Só Descidas!!	Senior Masculino	02:41:02	+01:30:42	10:44
238	1201	Mário Rui Monteiro	Éprócumbíbiu	Senior Masculino	02:43:18	+01:32:58	10:53
239	1199	Gene Torres	Éprócumbíbiu	Senior Masculino	02:43:18	+01:32:58	10:53
240	1376	Filipe Gonçalves	Individual	Senior Masculino	02:46:08	+01:35:48	11:05
241	1005	Edgar Faria	10TEMIDOS	Senior Masculino	02:48:21	+01:38:01	11:13
242	1799	João Sousa	Super de Gondomar	Senior Masculino	02:49:11	+01:38:51	11:17
243	1426	Ricardo Fonseca	Individual	Senior Masculino	02:50:43	+01:40:23	11:23
244	1123	francisco mendes	Clube Desportivo Cepsa	Senior Masculino	02:51:49	+01:41:29	11:27
245	1031	Telmo Renato	Academia Boavista Kickboxing	Senior Masculino	03:10:00	+01:59:40	12:40

Veterana F40

1	1444	Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	01:36:25	06:26
2	1089	Sandra Cardoso	Baguim Runners	Veterana F40	01:44:13	+07:48 06:57
3	1723	Luísa Marques	PORTO SENTIDO RUNNERS	Veterana F40	01:44:34	+08:09 06:58
4	1813	Andrea Barbosa Coelho	Tecla 3 Runners	Veterana F40	01:47:30	+11:05 07:10
5	1443	Alzira sousa	Individual	Veterana F40	01:49:58	+13:33 07:20
6	1033	Carla Susana da Conceição Mesquita	Academia Boavista Kickboxing	Veterana F40	01:51:45	+15:20 07:27
7	1722	Elisabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	01:54:24	+17:59 07:38
8	1442	Alexandra Padilha	Individual	Veterana F40	01:55:01	+18:36 07:40
9	1670	Patricia fernandes	Nascidos para Correr	Veterana F40	01:55:45	+19:20 07:43
10	1599	Paula Anjos	keepmoving	Veterana F40	01:56:30	+20:05 07:46

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Trail Curto 15K

15 KM

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11	1591	Marcia Costa	Juventude Cortegacense	Veterana F40	01:59:15	+22:50	07:57
12	1721	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	02:00:53	+24:28	08:04
13	1756	Cecília Martins	PT JRSOUSA TEAM	Veterana F40	02:03:24	+26:59	08:14
14	1724	Sandra Mascarenhas	PORTO SENTIDO RUNNERS	Veterana F40	02:03:35	+27:10	08:14
15	1720	Berta Ferreira	PORTO SENTIDO RUNNERS	Veterana F40	02:05:03	+28:38	08:20
16	1458	Paula Morais	Individual	Veterana F40	02:10:14	+33:49	08:41
17	1590	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	02:10:58	+34:33	08:44
18	1807	Alexandra Bessa	Team Aguenta Ai	Veterana F40	02:12:31	+36:06	08:50
19	1093	Alexandra Madureira	Bardinos dos Montes	Veterana F40	02:13:08	+36:43	08:53
20	1695	Ana Alves	PAPATRAILS	Veterana F40	02:13:24	+36:59	08:54
21	1452	Isabel Dias	Individual	Veterana F40	02:17:54	+41:29	09:12
22	1759	Natalia Santos	PT JRSOUSA TEAM	Veterana F40	02:18:07	+41:42	09:12
23	1251	MARGARIDA SOUSA	Ginásio Fit4Fun	Veterana F40	02:19:51	+43:26	09:19
24	1711	Elsa Leite	Pit Power	Veterana F40	02:20:07	+43:42	09:20
25	1109	Branca Nabais	CCDFPJP	Veterana F40	02:20:38	+44:13	09:23
26	1808	Conceição Soares	Team Aguenta aí	Veterana F40	02:21:15	+44:50	09:25
27	1450	Filipa Sofia Moreira	Individual	Veterana F40	02:22:43	+46:18	09:31
28	1739	ISABEL VIEIRA	PORTOCARGO	Veterana F40	02:26:39	+50:14	09:47
29	1103	Cristina Pinto	BTT Alegria / TUBANI	Veterana F40	02:28:27	+52:02	09:54
30	1453	Maria Correia	Individual	Veterana F40	02:31:50	+55:25	10:07
31	1248	Ana Paula Ferreira	GENEROSOS RUNNERS	Veterana F40	02:32:09	+55:44	10:09
32	1177	Sandra Pereira	danados	Veterana F40	02:33:02	+56:37	10:12
33	1280	Aida Linhares	GTT - Armazém do Caffè	Veterana F40	02:33:34	+57:09	10:14
34	1231	Suzete do Roário Passos de Sousa	Fridão Sem Limites	Veterana F40	02:34:39	+58:14	10:19
35	1094	Filomena Duarte	Bardinos dos Montes	Veterana F40	02:36:54	+01:00:29	10:28
36	1179	Anabela Pereira	Divertidas.lol	Veterana F40	02:37:34	+01:01:09	10:30
37	1286	CRISTINA ROCHA BARBOSA	Gundemarus	Veterana F40	02:39:16	+01:02:51	10:37
38	1570	Carla Faria	Inimigos do Podium	Veterana F40	02:42:07	+01:05:42	10:48
39	1569	Antónia Ferreira	Inimigos do Podium	Veterana F40	02:42:08	+01:05:43	10:49
40	1459	Sandra Sonia Moreira	Individual	Veterana F40	02:42:16	+01:05:51	10:49
41	1454	Maria José silva	Individual	Veterana F40	02:42:16	+01:05:51	10:49
42	1464	Vanda Costa	Individual	Veterana F40	02:46:08	+01:09:43	11:05
43	1012	Isabel Rangel	8.2 Team	Veterana F40	02:51:14	+01:14:49	11:25
44	1206	Samanta Guia	Éprócumbíbiu	Veterana F40	02:54:56	+01:18:31	11:40
45	145	Andreia Ribeiro	Individual	Veterana F40	02:55:40	+01:19:15	11:43
46	1449	Fátima Ramos	Individual	Veterana F40	02:58:17	+01:21:52	11:53
47	1088	Paula Morais	As Patudas	Veterana F40	02:59:07	+01:22:42	11:56
48	1648	Marcia Pinto	Metralhas Runners	Veterana F40	03:03:37	+01:27:12	12:14
49	1757	CLAUDIA MOREIRA	PT JRSOUSA TEAM	Veterana F40	03:04:45	+01:28:20	12:19
50	1758	Isabel Rocha	PT JRSOUSA TEAM	Veterana F40	03:04:46	+01:28:21	12:19
51	1462	Susana Rito	Individual	Veterana F40	03:05:08	+01:28:43	12:21
52	1249	Carla Gomes	GENEROSOS RUNNERS	Veterana F40	03:05:08	+01:28:43	12:21
53	1063	Célia Silva	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	03:14:39	+01:38:14	12:59
54	1203	Andrea Ferreira	Éprócumbíbiu	Veterana F40	03:14:55	+01:38:30	13:00
55	1447	Cláudia Isabel Cunha Pereira	Individual	Veterana F40	03:17:41	+01:41:16	13:11

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Trail Curto 15K

15 KM

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56	1460	Sónia Lúcia Gigante Fernandes de Carvalho	Individual	Veterana F40	03:18:28	+01:42:03	13:14
57	1205	Manuela Silva	Éprócumbíbiu	Veterana F40	03:18:32	+01:42:07	13:14
58	1204	Beatriz Amaral	Éprócumbíbiu	Veterana F40	03:20:54	+01:44:29	13:24
59	1451	Gloria Silva	Individual	Veterana F40	03:23:18	+01:46:53	13:33
60	1463	Susana Silva	Individual	Veterana F40	03:25:38	+01:49:13	13:43
61	1053	Isabel Reis	All About	Veterana F40	03:25:39	+01:49:14	13:43
62	1455	Maria Peres	Individual	Veterana F40	03:25:39	+01:49:14	13:43
63	1448	Elvira Paula Castro Sousa	Individual	Veterana F40	03:27:02	+01:50:37	13:48

Veterana F45

1	1794	Fátima Coelho	Somos Nós Team	Veterana F45	01:31:49		06:07
2	1740	MANUELA FARIA	PORTOCARGO	Veterana F45	01:44:21	+12:32	06:57
3	1725	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F45	01:45:05	+13:16	07:00
4	1733	Alice Sousa	PORTO SENTIDO RUNNERS	Veterana F45	01:51:44	+19:55	07:27
5	1600	Eugénia Teixeira	keepmoving	Veterana F45	01:52:46	+20:57	07:31
6	1474	PAULA COSTA	Individual	Veterana F45	01:59:18	+27:29	07:57
7	1469	Fátima Silva	Individual	Veterana F45	02:00:09	+28:20	08:01
8	1704	Maria José Teixeira	Pés de Chumbo	Veterana F45	02:01:06	+29:17	08:04
9	1064	Carmen Moreira	AMIGOS DO PEDAL TRILAGARES	Veterana F45	02:02:10	+30:21	08:09
10	1624	Rosa Lúcia Silva	Ligeirinhos	Veterana F45	02:03:02	+31:13	08:12
11	1160	Isabel Martins	Crossfitters Matosinhos	Veterana F45	02:03:53	+32:04	08:16
12	1477	Sónia Teresa Santos Pinto Veludo	Individual	Veterana F45	02:04:24	+32:35	08:18
13	1468	Elsa Maria Lima Moreira	Individual	Veterana F45	02:04:36	+32:47	08:18
14	1466	Celeste Moreira	Individual	Veterana F45	02:05:09	+33:20	08:21
15	1180	Elisabete Maia	Divertidas.lol	Veterana F45	02:07:31	+35:42	08:30
16	1761	Filomena Iascasas	PT JRSOUSA TEAM	Veterana F45	02:08:18	+36:29	08:33
17	1054	Célia Vieira	Alto Relevo - Clube de Montanhismo	Veterana F45	02:12:01	+40:12	08:48
18	1467	Cidália Ferreira	Individual	Veterana F45	02:15:23	+43:34	09:02
19	1853	Natercia Marques	Individual	Veterana F45	02:21:10	+49:21	09:25
20	1470	Fernanda Lopes	Individual	Veterana F45	02:23:15	+51:26	09:33
21	1465	Anabela Cunha	Individual	Veterana F45	02:24:03	+52:14	09:36
22	1472	Luisa Pinelo	Individual	Veterana F45	02:25:50	+54:01	09:43
23	1078	Cristina Amaral	Amigos dos semáforos, bamulá	Veterana F45	02:30:57	+59:08	10:04
24	1592	Gabriela Rola França	Juventude Cortegacense	Veterana F45	02:39:46	+01:07:57	10:39
25	1065	Madalena Amélia Soares Nogueira	AMIGOS DO PEDAL TRILAGARES	Veterana F45	02:46:06	+01:14:17	11:04
26	1207	Isabel Matos	Éprócumbíbiu	Veterana F45	03:14:59	+01:43:10	13:00

Veterana F50

1	1478	FATIMA PAIS	Individual	Veterana F50	01:43:57	06:56
2	1141	Maria de Fátima Marques Ribeiro	Clube Zupper	Veterana F50	01:58:22	+14:25 07:53
3	1655	Margarida martins	Mocidade Sangemil AC	Veterana F50	02:01:08	+17:11 08:05

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15 KM

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4	1481	MARIA DA GRAÇA DIAS RIBEIRO	Individual	Veterana F50	02:04:30	+20:33	08:18
5	1479	Manuela Sousa	Individual	Veterana F50	02:05:17	+21:20	08:21
6	1778	maria lucinda barbosa moreira	S. LUIZ	Veterana F50	02:09:54	+25:57	08:40
7	1482	Maria da Luz Almeida	Individual	Veterana F50	02:11:32	+27:35	08:46
8	1486	Rosa celeste pinheiro	Individual	Veterana F50	02:16:34	+32:37	09:06
9	1821	Delfina Eiras	Trail Senhora do Salto	Veterana F50	02:17:32	+33:35	09:10
10	1264	Ana Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	02:21:11	+37:14	09:25
11	1726	Lurdes Conceição	PORTO SENTIDO RUNNERS	Veterana F50	02:24:43	+40:46	09:39
12	1480	Maria Alves	Individual	Veterana F50	02:27:00	+43:03	09:48
13	1484	maria garcia	Individual	Veterana F50	02:27:00	+43:03	09:48
14	1128	celeste vieira	Clube Desportivo Cepsa	Veterana F50	02:28:04	+44:07	09:52
15	1068	Natália Cecília da Rocha Ferreira	AMIGOS DO PEDAL TRAILAGARES	Veterana F50	02:35:40	+51:43	10:23
16	1067	Guilhermina Maria Vieira Pinto Rocha	AMIGOS DO PEDAL TRAILAGARES	Veterana F50	02:41:44	+57:47	10:47
17	1487	Rosa Soares	Individual	Veterana F50	02:58:30	+01:14:33	11:54
18	1066	Ana Maria Peixoto Oliveira Dias	AMIGOS DO PEDAL TRAILAGARES	Veterana F50	03:08:00	+01:24:03	12:32
19	1208	Margarida Loureiro	Éprócumbíbiu	Veterana F50	03:23:34	+01:39:37	13:34

Veterana F55

1	1625	Deolinda Rosa Silva	Ligeirinhos	Veterana F55	02:17:41	09:11
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Veterana F60

1	1056	Maria Filomena Venâncio Lopes Marcelo	Alto Relevo - Clube de Montanhismo	Veterana F60	02:44:52	10:59
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Veterano M40

1	1168	Paulo Silva	Dá-Lhe Gás	Veterano M40	01:16:22	05:05
2	1265	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	01:16:35	+00:13 05:06
3	1225	Sérgio Manuel Costa Sampaio	FisioPedro	Veterano M40	01:18:45	+02:23 05:15
4	1690	Abilio Martins	Os2Horas	Veterano M40	01:20:08	+03:46 05:21
5	1167	Jorge Ribeiro	Dá-Lhe Gás	Veterano M40	01:20:32	+04:10 05:22
6	1071	Jose Costa	Amigos do Sofá	Veterano M40	01:24:38	+08:16 05:39
7	1184	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:24:56	+08:34 05:40
8	1730	Laurindo Gomes	PORTO SENTIDO RUNNERS	Veterano M40	01:26:19	+09:57 05:45
9	1840	Mario Taborda	Oralklass-Amigos do Trail	Veterano M40	01:27:26	+11:04 05:50
10	1604	Bruno Cardoso Araujo	KeMedo Team	Veterano M40	01:27:38	+11:16 05:51
11	1508	José Pires	Individual	Veterano M40	01:30:32	+14:10 06:02
12	1664	Carlos Duarte	MSS CONTABILIDADE	Veterano M40	01:31:11	+14:49 06:05
13	1219	Ricardo Rocha	FAST AO KM	Veterano M40	01:31:28	+15:06 06:06
14	1605	José Augusto Coelho Abreu Costa	KeMedo Team	Veterano M40	01:31:41	+15:19 06:07
15	1052	Pedro Silva	ALIANÇA DE GANDRA	Veterano M40	01:32:09	+15:47 06:09

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Trail Curto 15K

15 KM

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16	1842	Victor Cardoso	Trinca Orelhas de Gato	Veterano M40	01:32:26	+16:04	06:10
17	1839	Sergio Gomes	Trinca Orelhas de Gato	Veterano M40	01:32:33	+16:11	06:10
18	1023	Marco Magalhães	A.D.Amarante trail running	Veterano M40	01:34:04	+17:42	06:16
19	1672	Leonel Silva	Neighbors Run	Veterano M40	01:34:18	+17:56	06:17
20	1491	carlos	Individual	Veterano M40	01:34:35	+18:13	06:18
21	1742	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	01:35:23	+19:01	06:22
22	1157	António Malheiro	CorreTascasRunningClub	Veterano M40	01:35:28	+19:06	06:22
23	1090	Vitor Cardoso	Baguim Runners	Veterano M40	01:35:35	+19:13	06:22
24	1665	Fernando Branco	MSS CONTABILIDADE	Veterano M40	01:36:25	+20:03	06:26
25	1117	Carlos Araújo	CHALLENGE FORCE	Veterano M40	01:36:49	+20:27	06:27
26	1488	André Oliveira	Individual	Veterano M40	01:36:59	+20:37	06:28
27	1619	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:37:24	+21:02	06:30
28	1489	António Manuel Rodrigues da Silva	Individual	Veterano M40	01:37:48	+21:26	06:31
29	1729	Cláudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	01:38:13	+21:51	06:33
30	1502	Francisco Manuel Ribeiro da Costa16	Individual	Veterano M40	01:38:22	+22:00	06:33
31	1187	Telmo Ferreira	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:38:37	+22:15	06:34
32	1666	Jorge Carvalho	MSS CONTABILIDADE	Veterano M40	01:39:06	+22:44	06:36
33	1618	Mário Moura	Leões de Tardariz Trail	Veterano M40	01:39:10	+22:48	06:37
34	1186	Rui Marques	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:39:17	+22:55	06:37
35	1503	Francisco Monteiro	Individual	Veterano M40	01:39:30	+23:08	06:38
36	1232	Manuel José Mendes Teixeira	Fridão Sem Limites	Veterano M40	01:40:32	+24:10	06:42
37	1209	Miguel Dias	Éprócumbíbiu	Veterano M40	01:41:48	+25:26	06:47
38	1593	Cecilio Maunel Silva Ferreira	Juventude Cortegacense	Veterano M40	01:42:46	+26:24	06:51
39	1507	José Alberto de Sousa Freitas	Individual	Veterano M40	01:43:28	+27:06	06:54
40	1498	David Sousa	Individual	Veterano M40	01:43:47	+27:25	06:55
41	1073	Ricardo Barros	AMIGOS DO STO AMBRÓSIO	Veterano M40	01:43:48	+27:26	06:55
42	1497	Dario Cardoso	Individual	Veterano M40	01:44:01	+27:39	06:56
43	1728	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Veterano M40	01:45:05	+28:43	07:00
44	1762	Paulo Freitas	PT JRSOUSA TEAM	Veterano M40	01:45:12	+28:50	07:01
45	1252	LUIS FILIPE GONÇALVES FERREIRA	Ginásio Fit4Fun	Veterano M40	01:46:13	+29:51	07:05
46	1282	vit0r campos	GTT - Armazém do Caffè	Veterano M40	01:47:23	+31:01	07:10
47	1816	Manuel Fernando Lopes soares	Tombos & Trambolhões BTT	Veterano M40	01:48:44	+32:22	07:15
48	1657	Luis Santos	Mocidade Sangemil AC	Veterano M40	01:49:20	+32:58	07:17
49	1656	Luis Pereira	Mocidade Sangemil AC	Veterano M40	01:49:21	+32:59	07:17
50	1663	Alvaro Santos	MSS CONTABILIDADE	Veterano M40	01:49:45	+33:23	07:19
51	1516	Rui Correis	Individual	Veterano M40	01:49:58	+33:36	07:20
52	1288	PEDRO BARROS	HappyRun	Veterano M40	01:51:08	+34:46	07:25
53	1732	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	01:51:29	+35:07	07:26
54	1505	João Carlos da Silva Gomes	Individual	Veterano M40	01:51:31	+35:09	07:26
55	1520	sergio sousa	Individual	Veterano M40	01:51:41	+35:19	07:27
56	1509	Luis Fiipe Coelho dos Santos	Individual	Veterano M40	01:52:23	+36:01	07:30
57	1837	Helder Monteiro	Trinca Orelhas de Gato	Veterano M40	01:52:27	+36:05	07:30
58	1097	Paulo Ribeiro	Bombeiros V. S. Mamede Infesta	Veterano M40	01:52:42	+36:20	07:31
59	1841	Silvio Dias	Trinca Orelhas de Gato	Veterano M40	01:53:24	+37:02	07:34
60	1511	Paulo Henriques	Individual	Veterano M40	01:53:25	+37:03	07:34

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Trail Curto 15K

15 KM

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61	1009	Pedro Sousa	10TEMIDOS	Veterano M40	01:54:01	+37:39	07:36
62	1667	Rui Augusto	MSS CONTABILIDADE	Veterano M40	01:54:14	+37:52	07:37
63	1514	Pedro SILVA	Individual	Veterano M40	01:54:26	+38:04	07:38
64	1070	Armindo Moreira	Amigos do Sofá	Veterano M40	01:54:31	+38:09	07:38
65	1512	PAULO MOREIRA	Individual	Veterano M40	01:54:53	+38:31	07:40
66	1779	Jose Neto	S. LUIZ	Veterano M40	01:55:09	+38:47	07:41
67	1010	Rui Sá	10TEMIDOS	Veterano M40	01:55:54	+39:32	07:44
68	1510	Luís Ribeiro	Individual	Veterano M40	01:57:41	+41:19	07:51
69	1814	Vitor Nuno Pereira Silva	Tecla 3 Runners	Veterano M40	01:58:05	+41:43	07:52
70	1195	Jorge Antunes	EMNA Runners	Veterano M40	01:59:01	+42:39	07:56
71	1834	Alcino Tavares	Trinca Orelhas de Gato	Veterano M40	02:00:16	+43:54	08:01
72	1668	Vitor Pinto	MSS CONTABILIDADE	Veterano M40	02:00:19	+43:57	08:01
73	1684	André Figueiredo	Os Recos	Veterano M40	02:00:35	+44:13	08:02
74	1702	Jose carneiro	Perdidos no trail	Veterano M40	02:00:35	+44:13	08:02
75	1741	PAULO FERREIRA	PORTOCARGO	Veterano M40	02:00:48	+44:26	08:03
76	1727	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	02:00:53	+44:31	08:04
77	1798	Jorge Almeida	soplabifana	Veterano M40	02:01:08	+44:46	08:05
78	1185	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:01:44	+45:22	08:07
79	1493	carlos jorge oliveira figueiredo	Individual	Veterano M40	02:01:51	+45:29	08:07
80	1856	Pedro Pereira	Individual	Veterano M40	02:03:23	+47:01	08:14
81	1035	Nuno Couto	Academia Boavista Kickboxing	Veterano M40	02:03:44	+47:22	08:15
82	1490	Antonio Osvaldo Peixoto Barros	Individual	Veterano M40	02:03:50	+47:28	08:15
83	1130	carlindo martins	Clube Desportivo Cepsa	Veterano M40	02:04:25	+48:03	08:18
84	1129	américo martins	Clube Desportivo Cepsa	Veterano M40	02:04:25	+48:03	08:18
85	1634	Célio Soares	Marco Runners	Veterano M40	02:05:31	+49:09	08:22
86	1499	Fernando Ferreira Vilarinho	Individual	Veterano M40	02:05:49	+49:27	08:23
87	1791	Carlos Cunha	Só Descidas!!	Veterano M40	02:06:49	+50:27	08:27
88	1072	Diogo Oliveira	AMIGOS DO STO AMBRÓSIO	Veterano M40	02:08:13	+51:51	08:33
89	1008	Paulo Ribeiro	10TEMIDOS	Veterano M40	02:08:47	+52:25	08:35
90	1501	Filipe Pinto	Individual	Veterano M40	02:09:31	+53:09	08:38
91	1496	Daniel Tomé Soares Vieira	Individual	Veterano M40	02:11:39	+55:17	08:47
92	1515	RICARDO M FERREIRA	Individual	Veterano M40	02:13:29	+57:07	08:54
93	1838	Miguel Costa	Trinca Orelhas de Gato	Veterano M40	02:14:13	+57:51	08:57
94	1161	José Regala	Crossfiters Matosinhos	Veterano M40	02:14:34	+58:12	08:58
95	1594	Sandro Rilho	Juventude Cortegacense	Veterano M40	02:14:39	+58:17	08:59
96	1291	Henrique Sobral	Hs Climatização	Veterano M40	02:15:23	+59:01	09:02
97	1243	jorge oliveira	fun people	Veterano M40	02:17:27	+01:01:05	09:10
98	1494	Carlos valadares	Individual	Veterano M40	02:17:28	+01:01:06	09:10
99	1079	Luís Almeida	Amigos dos semáforos, bamulá	Veterano M40	02:17:31	+01:01:09	09:10
100	1731	Marco Caldas	PORTO SENTIDO RUNNERS	Veterano M40	02:17:55	+01:01:33	09:12
101	1571	Eduardo Ferreira	Inimigos do Podium	Veterano M40	02:19:46	+01:03:24	09:19
102	1517	Rui Magalhães	Individual	Veterano M40	02:23:18	+01:06:56	09:33
103	1784	José Fernando Ferreira Gonçalves	Sem limites	Veterano M40	02:25:35	+01:09:13	09:42
104	1630	Celso Mota	Magical Mushrooms	Veterano M40	02:26:45	+01:10:23	09:47
105	1500	Filipe Moutinho	Individual	Veterano M40	02:27:06	+01:10:44	09:48
106	1835	Antonio Neto	Trinca Orelhas de Gato	Veterano M40	02:28:39	+01:12:17	09:55

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Trail Curto 15K

15 KM

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OFFICIAL RESULT

107	1080	Marco Pacheco	Amigos dos semáforos, bamulá	Veterano M40	02:30:57	+01:14:35	10:04
108	1861	Jorge Gomes	Individual	Veterano M40	02:31:51	+01:15:29	10:07
109	1095	Pedro Pinto	Bardinos dos Montes	Veterano M40	02:36:53	+01:20:31	10:28
110	1495	Daniel Branco	Individual	Veterano M40	02:37:51	+01:21:29	10:31
111	1645	Filipe Pinto	MCN - Night Runners	Veterano M40	02:38:04	+01:21:42	10:32
112	1862	Vitor Sousa	Individual	Veterano M40	02:38:05	+01:21:43	10:32
113	1696	Joaquim Leal	PAPATRAILS	Veterano M40	02:38:30	+01:22:08	10:34
114	1792	Paulo Barbosa	Só Descidas!!	Veterano M40	02:41:02	+01:24:40	10:44
115	1800	Nuno Silva	Super de Gondomar	Veterano M40	02:49:11	+01:32:49	11:17
116	1013	António Pinho	8.2 Team	Veterano M40	02:51:14	+01:34:52	11:25
117	1620	Sandro Oliveira	Leões de Tardariz Trail	Veterano M40	02:59:53	+01:43:31	12:00
118	1617	João Cardoso	Leões de Tardariz Trail	Veterano M40	02:59:53	+01:43:31	12:00
119	1210	Paulo Correia	Éprócumbíbiu	Veterano M40	03:16:25	+02:00:03	13:06
120	1519	Rui Miguel de Castro Pereira	Individual	Veterano M40	03:20:53	+02:04:31	13:24

Veterano M45

1	159	António Martins	CENTRO CICLISTA GONDOMAR	Veterano M45	01:11:05		04:44
2	1138	Camilo Guedes	Clube do Pessoal Aguas de Gaia	Veterano M45	01:13:16	+02:11	04:53
3	1062	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRILAGARES	Veterano M45	01:19:00	+07:55	05:16
4	1530	Fernando Oliveira	Individual	Veterano M45	01:22:12	+11:07	05:29
5	1606	Fernando Gomes	KeMedo Team	Veterano M45	01:25:06	+14:01	05:40
6	1111	António Fernandes	CENTRO CICLISTA GONDOMAR	Veterano M45	01:28:10	+17:05	05:53
7	1607	Laurindo Osório	KeMedo Team	Veterano M45	01:29:58	+18:53	06:00
8	1536	João Paulo Nobre Santos Marques	Individual	Veterano M45	01:32:03	+20:58	06:08
9	1795	Fernando Moraes	Somos Nós Team	Veterano M45	01:32:30	+21:25	06:10
10	1266	Helder Vieira	GONDOMAR FUTSAL CLUBE	Veterano M45	01:32:51	+21:46	06:11
11	1139	Silvério Santos	Clube do Pessoal Aguas de Gaia	Veterano M45	01:34:27	+23:22	06:18
12	1221	Fernando Oliveira	FFit Gaia Trail	Veterano M45	01:34:50	+23:45	06:19
13	1229	Americo frança	frança	Veterano M45	01:35:00	+23:55	06:20
14	1763	Eurico Mendes	PT JRSOUSA TEAM	Veterano M45	01:35:21	+24:16	06:21
15	1658	Mário Vinhas	Mocidade Sangemil AC	Veterano M45	01:37:14	+26:09	06:29
16	1541	Paulo Moreira	Individual	Veterano M45	01:38:09	+27:04	06:33
17	1628	Domingos Gomes	LUSOS XXI	Veterano M45	01:40:49	+29:44	06:43
18	1522	António Gonçalves	Individual	Veterano M45	01:43:54	+32:49	06:56
19	1621	João Vieira	Leões de Tardariz Trail	Veterano M45	01:44:57	+33:52	07:00
20	1096	Ricardo Cabral	Bardinos dos Montes	Veterano M45	01:47:34	+36:29	07:10
21	1532	Henrique Silva	Individual	Veterano M45	01:48:22	+37:17	07:13
22	1091	Lourenço Cardoso	Baguim Runners	Veterano M45	01:48:50	+37:45	07:15
23	1268	Paulo Queirós	GONDOMAR FUTSAL CLUBE	Veterano M45	01:48:53	+37:48	07:16
24	1188	António Azevedo	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M45	01:48:56	+37:51	07:16
25	1734	João Pinheiro	PORTO SENTIDO RUNNERS	Veterano M45	01:51:30	+40:25	07:26
26	1529	Eduardo Nascimento	Individual	Veterano M45	01:51:44	+40:39	07:27
27	1843	Carlos Anjos	Trinca Orelhas de Gato	Veterano M45	01:53:44	+42:39	07:35
28	1142	Álvaro Pinto	Clube Zupper	Veterano M45	01:53:49	+42:44	07:35

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Trail Curto 15K

15 KM

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29	1765	MANUEL OLIVEIRA	PT JRSOUSA TEAM	Veterano M45	01:54:19	+43:14	07:37
30	1735	Vasco Luxo	PORTO SENTIDO RUNNERS	Veterano M45	01:55:22	+44:17	07:41
31	1539	Manuel Paiva	Individual	Veterano M45	01:56:21	+45:16	07:45
32	1538	José Fernando Pereira Rodrigues	Individual	Veterano M45	01:56:26	+45:21	07:46
33	1537	JOSE AUGUSTO SILVA	Individual	Veterano M45	01:58:44	+47:39	07:55
34	1535	João Martins	Individual	Veterano M45	01:58:44	+47:39	07:55
35	1844	Carlos Conde	Trinca Orelhas de Gato	Veterano M45	02:00:17	+49:12	08:00
36	1531	fernando teixeira	Individual	Veterano M45	02:01:26	+50:21	08:06
37	1534	João adriano dias ribeiro	Individual	Veterano M45	02:04:37	+53:32	08:18
38	1523	António Jorge Rodrigues Moreira Pinto	Individual	Veterano M45	02:05:23	+54:18	08:22
39	1540	Paulo Lara	Individual	Veterano M45	02:05:29	+54:24	08:22
40	1572	José Ferreira	Inimigos do Podium	Veterano M45	02:05:49	+54:44	08:23
41	1521	Alcídio Figueiredo	Individual	Veterano M45	02:06:45	+55:40	08:27
42	1782	Nuno Sampaio	Sampaio team	Veterano M45	02:08:26	+57:21	08:34
43	1525	ARMINDO SERRA MARTINS DOS SANTOS	Individual	Veterano M45	02:08:35	+57:30	08:34
44	1267	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M45	02:12:17	+01:01:12	08:49
45	1697	José Alves	PAPATRAILS	Veterano M45	02:13:24	+01:02:19	08:54
46	1716	Laurindo Leite	Pit Power	Veterano M45	02:13:52	+01:02:47	08:55
47	1527	César Aureliano Vigário da Rocha	Individual	Veterano M45	02:17:54	+01:06:49	09:12
48	1135	paulo alves	Clube Desportivo Cepsa	Veterano M45	02:19:53	+01:08:48	09:20
49	1250	Rodrigo Ferraz	GENEROSOS RUNNERS	Veterano M45	02:23:17	+01:12:12	09:33
50	1036	José António Brito Estêvão	Academia Boavista Kickboxing	Veterano M45	02:23:30	+01:12:25	09:34
51	1163	Raul Cunha	cUnHaX	Veterano M45	02:24:11	+01:13:06	09:37
52	1595	ANTONIO JULIO OLIVEIRA MOURA	Juventude Cortegacense	Veterano M45	02:27:33	+01:16:28	09:50
53	1809	Manuel Jorge	Team Aguenta Aí	Veterano M45	02:29:15	+01:18:10	09:57
54	1524	Armando Silva	Individual	Veterano M45	02:37:18	+01:26:13	10:29
55	1287	David Silva	Gundemarus	Veterano M45	02:39:16	+01:28:11	10:37
56	1011	Fernando Sá	10TEMIDOS	Veterano M45	02:48:22	+01:37:17	11:13
57	1134	manuel morgado	Clube Desportivo Cepsa	Veterano M45	02:51:49	+01:40:44	11:27
58	1133	damião pacheco	Clube Desportivo Cepsa	Veterano M45	02:54:32	+01:43:27	11:38
59	1213	Jorge Ferreira	Éprócumbíbiu	Veterano M45	03:14:55	+02:03:50	13:00
60	1211	Eugénio Amaral	Éprócumbíbiu	Veterano M45	03:14:59	+02:03:54	13:00
61	1214	Luís Simões	Éprócumbíbiu	Veterano M45	03:18:30	+02:07:25	13:14
62	1212	João Matos	Éprócumbíbiu	Veterano M45	03:20:55	+02:09:50	13:24
63	1542	RUI SANOS	Individual	Veterano M45	03:25:39	+02:14:34	13:43

Veterano M50

1	1244	Belmiro Moreira Ferreira	G. D. Leões da Guarda	Veterano M50	01:10:38		04:43
2	1552	Manuel oliveira	Individual	Veterano M50	01:23:38	+13:00	05:35
3	1544	Carlos Manuel Vinhas	Individual	Veterano M50	01:27:25	+16:47	05:50
4	1611	Paulo Cavaleiro	Leitão & Cavaleiro	Veterano M50	01:27:48	+17:10	05:51
5	1568	Adriano Teixeira	InfanTrail	Veterano M50	01:30:42	+20:04	06:03
6	1545	Fernando Alfredo Areias Ribeiro	Individual	Veterano M50	01:31:46	+21:08	06:07
7	1269	Fernando Ferreira	GONDOMAR FUTSAL CLUBE	Veterano M50	01:36:54	+26:16	06:28

Trail Curto 15K

15 KM

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OFFICIAL RESULT

8	1586	João Manuel dos Santos Silva	JUÕES	Veterano M50	01:37:06	+26:28	06:28
9	1705	Alípio Fernandes	PETRO BASTO	Veterano M50	01:38:21	+27:43	06:33
10	1136	alcino vieira	Clube Desportivo Cepsa	Veterano M50	01:39:40	+29:02	06:39
11	1576	Geraldo Gomes	Invictus Oporto Team	Veterano M50	01:40:24	+29:46	06:42
12	1866	Armando Moreira	Clube Zupepr	Veterano M50	01:43:33	+32:55	06:54
13	1736	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	01:47:20	+36:42	07:09
14	1272	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M50	01:48:53	+38:15	07:16
15	1216	Manuel Silva	Ermentão	Veterano M50	01:52:05	+41:27	07:28
16	1271	Manuel Rocha	GONDOMAR FUTSAL CLUBE	Veterano M50	01:53:45	+43:07	07:35
17	1549	joaquim augusto teixeira seca	Individual	Veterano M50	01:55:21	+44:43	07:41
18	1270	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	01:56:48	+46:10	07:47
19	1082	emidio pontes	amigos s.pedro da cova	Veterano M50	01:57:27	+46:49	07:50
20	1113	Sérgio Ferreira	CENTRO CICLISTA GONDOMAR	Veterano M50	01:58:31	+47:53	07:54
21	1796	José Teixeira	Somos Nós Team	Veterano M50	02:01:23	+50:45	08:06
22	1550	joaquim torres	Individual	Veterano M50	02:01:51	+51:13	08:07
23	1845	Altino Silva	Trinca Orelhas de Gato	Veterano M50	02:01:56	+51:18	08:08
24	1551	JOSE MANUEL TRANCOSO SEQUEIRA	Individual	Veterano M50	02:04:15	+53:37	08:17
25	1780	augusto pinto barbosa	S. LUIZ	Veterano M50	02:09:54	+59:16	08:40
26	1547	Gabriel dos Anjos Pires	Individual	Veterano M50	02:14:08	+01:03:30	08:57
27	1649	Antonio Castro	Metralhas Runners	Veterano M50	02:15:28	+01:04:50	09:02
28	1822	Manuel Fernando Martins Sousa	Trail Senhora do Salto	Veterano M50	02:17:01	+01:06:23	09:08
29	1553	Vasco Rodrigues	Individual	Veterano M50	02:22:15	+01:11:37	09:29
30	1686	Paulo Almmeida	Os Recos	Veterano M50	02:25:41	+01:15:03	09:43
31	1685	Carlos Viamonte	Os Recos	Veterano M50	02:25:41	+01:15:03	09:43
32	1546	fernando ferraz	Individual	Veterano M50	02:34:23	+01:23:45	10:18
33	1622	Gualter Castro	Leões de Tardariz Trail	Veterano M50	02:41:41	+01:31:03	10:47
34	1623	José Ferreira	Leões de Tardariz Trail	Veterano M50	02:59:53	+01:49:15	12:00
35	1650	Artur Saraiva	Metralhas Runners	Veterano M50	03:03:38	+01:53:00	12:15
36	1215	António Loureiro	Éprócumbíbiu	Veterano M50	03:15:26	+02:04:48	13:02

Veterano M55

1	1140	José Adelino	Clube do Pessoal Aguas de Gaia	Veterano M55	01:20:40	05:23
2	1143	Antonio Teixeira	Clube Zupper	Veterano M55	01:33:10	+12:30 06:13
3	1275	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M55	01:34:18	+13:38 06:17
4	1827	Manuel Ribeiro	T-REX	Veterano M55	01:44:21	+23:41 06:57
5	1597	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M55	01:47:04	+26:24 07:08
6	1737	Humberto Pinho	PORTO SENTIDO RUNNERS	Veterano M55	01:50:19	+29:39 07:21
7	1559	José Mário Magalhães Pereira	Individual	Veterano M55	01:52:12	+31:32 07:29
8	1274	Carlos Oliveira	GONDOMAR FUTSAL CLUBE	Veterano M55	01:55:12	+34:32 07:41
9	1555	Carlos Almeida	Individual	Veterano M55	02:06:47	+46:07 08:27
10	1557	ISAAC BATISTA PEREIRA	Individual	Veterano M55	02:08:19	+47:39 08:33
11	1276	Nelson Silva	GONDOMAR FUTSAL CLUBE	Veterano M55	02:14:44	+54:04 08:59
12	1558	jose carlos martins carneiro	Individual	Veterano M55	02:19:58	+59:18 09:20
13	1554	Alberto Pontes	Individual	Veterano M55	02:22:15	+01:01:35 09:29

15 KM

OFFICIAL RESULT

14	1556	Germano Moura	Individual	Veterano M55	02:27:04	+01:06:24	09:48
15	1669	Alvaro Silva	MSS CONTABILIDADE	Veterano M55	02:30:26	+01:09:46	10:02
16	1273	António José Queiroz	GONDOMAR FUTSAL CLUBE	Veterano M55	02:38:04	+01:17:24	10:32

1	1706	Avelino Martins	PETRO BASTO	Veterano M60	01:26:56	05:48
2	1564	Manuel Emidio	Individual	Veterano M60	01:48:46	+21:50 07:15
3	1609	Aurélio Carvalho	KeMedo Team	Veterano M60	01:52:03	+25:07 07:28
4	1084	serafim fonseca	amigos s.pedro da cova	Veterano M60	01:57:15	+30:19 07:49
5	1562	António Fernandes	Individual	Veterano M60	02:17:55	+50:59 09:12
6	1220	Manuel Rocha	FAST AO KM	Veterano M60	02:19:42	+52:46 09:19
7	1680	Manuel Moura	OS BARRIGUITAS	Veterano M60	02:24:07	+57:11 09:37
8	1565	Manuel Silva	Individual	Veterano M60	02:52:37	+01:25:41 11:30

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