

TRAIL CURTO - STAGE 1

12 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:15	13.9°C	67%
End	15:38	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3810	Bruno Silva	oralklass-amigos do trail	Senior Masculino	01:12:47		06:04
2	3288	PEDRO SANTOS	fugitivos urbanos	Veterano M40	01:12:57	+00:10	06:05
3	3811	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	01:13:22	+00:34	06:07
4	3180	Paulo Silva	da-lhe gas	Veterano M40	01:16:42	+03:54	06:24
5	3926	André Pinto	salming footlovers freamunde	Senior Masculino	01:16:55	+04:07	06:25
6	3201	Sérgio Santos	engomadoria l&a team	Veterano M40	01:17:03	+04:16	06:25
7	3199	Anthony Lopes	engomadoria l&a team	Senior Masculino	01:17:29	+04:41	06:27
8	3178	Aderito Oliveira	da-lhe gas	Senior Masculino	01:17:34	+04:47	06:28
9	3641	Abilio Martins Almeida	individual	Veterano M40	01:17:39	+04:52	06:28
10	3683	Rui Oliveira	individual	Veterano M40	01:19:29	+06:41	06:37
11	1677	Ricardo Oliveira	individual	Senior Masculino	01:21:46	+08:58	06:49
12	2216	Sérgio Gaião	quinta do lago	Senior Masculino	01:22:50	+10:02	06:54
13	3744	Josué Moreira	leões de tardariz trail	Senior Masculino	01:22:54	+10:06	06:55
14	3509	Cristiano Nogueira	clube zipper	Senior Masculino	01:24:20	+11:32	07:02
15	3179	Carlos Prudêncio	da-lhe gas	Senior Masculino	01:26:23	+13:36	07:12
16	3044	Rúben Rodrigues	a20's box warriors	Senior Masculino	01:26:31	+13:44	07:13
17	3669	Laurindo Osório	individual	Veterano M40	01:26:41	+13:54	07:13
18	3327	Rui Gomes	hs trail team	Senior Masculino	01:26:45	+13:57	07:14
19	3084	Fernando Santos	aliança de gandra	Veterano M40	01:26:49	+14:01	07:14
20	3515	Emanuel Rodrigo Carvalho da Cunha	individual	Senior Masculino	01:27:28	+14:40	07:17
21	3778	Cristiano Oliveira	molinhas team	Senior Masculino	01:28:09	+15:21	07:21
22	3817	Orlando Nogueira	oralklass-amigos do trail	Veterano M40	01:28:21	+15:33	07:22
23	3107	Pedro Silva	amigos do sofá	Senior Masculino	01:28:42	+15:54	07:24
24	3524	Helder Norberto Oliveira da Silva	individual	Senior Masculino	01:29:05	+16:17	07:25
25	3777	Tiago Manuel Monteiro Soares	moinhos run - adrm	Senior Masculino	01:29:07	+16:19	07:26
26	3745	Miguel Alves	leões de tardariz trail	Senior Masculino	01:29:36	+16:49	07:28
27	3814	Mario Taborda	oralklass-amigos do trail	Senior Masculino	01:31:16	+18:29	07:36
28	507	Andre Nogueira	oralklass-amigos do trail	Senior Masculino	01:31:30	+18:42	07:38
29	3809	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	01:31:30	+18:43	07:38
30	3543	José Meneses	individual	Senior Masculino	01:32:34	+19:47	07:43
31	3988	Arnaldo Nogueira	cfrit	Senior Masculino	01:32:36	+19:48	07:43
32	3494	André Maria	individual	Senior Masculino	01:33:31	+20:44	07:48
33	3552	Marcos Joaquim Magalhães Mendes	individual	Senior Masculino	01:35:08	+22:20	07:56
34	3924	Ricardo Miguel Sousa Moreira	sofia	Senior Masculino	01:35:08	+22:21	07:56
35	3867	Sergio Soares	prosel team	Senior Masculino	01:35:12	+22:24	07:56
36	3538	Joel Santos	individual	Senior Masculino	01:35:27	+22:39	07:57
37	3740	Hugo Moreira	leões de tardariz trail	Senior Masculino	01:35:53	+23:05	07:59
38	3200	Filipe Lopes	engomadoria l&a team	Senior Masculino	01:36:19	+23:32	08:02
39	3119	Ricardo Neto	andatrilhos freamunde	Senior Masculino	01:36:23	+23:36	08:02
40	3807	Joana Gonçalves	oralklass-amigos do trail	Senior Feminino	01:36:29	+23:42	08:02

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	3508	Cristiano José P. Coutinho	individual	Senior Masculino	01:37:06	+24:18	08:06
42	1623	Marco Aurélio Gonçalves Marques	individual	Senior Masculino	01:37:13	+24:26	08:06
43	1500	Carlos Fernandes	individual	Senior Masculino	01:37:18	+24:31	08:07
44	3198	Fernando Oliveira	engomadoria l&a team	Senior Masculino	01:37:45	+24:57	08:09
45	3109	José Costa	amigos do sofá	Veterano M40	01:37:48	+25:01	08:09
46	3992	Carlos Leal	cfit	Senior Masculino	01:37:52	+25:05	08:09
47	3032	Filipe Sousa	a20's box warriors	Senior Masculino	01:38:02	+25:14	08:10
48	3031	Fábio Silva	a20's box warriors	Senior Masculino	01:38:03	+25:15	08:10
49	3030	David Martins	a20's box warriors	Senior Masculino	01:38:04	+25:16	08:10
50	3686	Silvino Alberto da Silva Mendes	individual	Veterano M40	01:38:21	+25:34	08:12
51	3005	Jorge Daniel de Sousa Ribeiro	1001 trilhos	Senior Masculino	01:38:23	+25:36	08:12
52	2095	Silvio Ribeiro	oficina do corpo	Senior Masculino	01:38:25	+25:37	08:12
53	3690	Bruno Maia	javalis portugal	Senior Masculino	01:38:47	+25:59	08:14
54	3019	Manuel Lopes	a.d sebolido trail boneca d´ouro	Senior Masculino	01:39:07	+26:19	08:16
55	2257	Carlos Manuel Rocha	sai da frente	Veterano M40	01:39:19	+26:32	08:17
56	3070	Carlos Campos	aliança de gandra	Senior Masculino	01:39:36	+26:49	08:18
57	3892	Nuno André Bessa Meireles	royal school of languages	Senior Masculino	01:39:58	+27:10	08:20
58	3507	Carlos Sousa	individual	Senior Masculino	01:39:59	+27:11	08:20
59	3517	Fernando Azevedo	individual	Senior Masculino	01:40:00	+27:13	08:20
60	3214	Joaquim Ribeiro	equipotencia	Senior Masculino	01:40:01	+27:13	08:20
61	3106	António Moreira	amigos do sofá	Senior Masculino	01:40:03	+27:15	08:20
62	1642	Nuno Miguel Marques da Silva Vaz	individual	Senior Masculino	01:40:20	+27:32	08:22
63	3579	Rui Pedro Martins Machado	individual	Senior Masculino	01:40:47	+27:59	08:24
64	3743	José Santos	leões de tardariz trail	Senior Masculino	01:41:14	+28:26	08:26
65	3805	Andreia Barbosa	oralklass-amigos do trail	Senior Feminino	01:41:32	+28:44	08:28
66	3332	Teófilo Freitas	hs trail team	Veterano M40	01:41:36	+28:49	08:28
67	3753	Mário Moura	leões de tardariz trail	Veterano M40	01:42:07	+29:20	08:31
68	3082	António Oliveira	aliança de gandra	Veterano M40	01:42:22	+29:35	08:32
69	3850	Bruno Guedes	porto sentido runners	Senior Masculino	01:43:18	+30:30	08:37
70	2093	Diogo Abreu	oficina do corpo	Senior Masculino	01:43:25	+30:38	08:37
71	3510	Daniel Filipe Pereira Teixeira	individual	Senior Masculino	01:43:36	+30:48	08:38
72	3984	CESAR RIBEIRO	solagasta	Senior Masculino	01:43:50	+31:02	08:39
73	3340	Hélder Colaço	individual	Senior Masculino	01:43:53	+31:06	08:39
74	3074	Mário Almeida	aliança de gandra	Senior Masculino	01:44:17	+31:30	08:41
75	3156	Ricardo Barbosa	btt alegria / tubani	Senior Masculino	01:44:33	+31:45	08:43
76	3685	sergio rui da costa e cunha	individual	Veterano M40	01:44:37	+31:49	08:43
77	3492	André Daniel Marques Soares Pinto	individual	Senior Masculino	01:44:37	+31:49	08:43
78	3039	Paulo Silva	a20's box warriors	Senior Masculino	01:45:16	+32:28	08:46
79	3582	Salvador Santiago	individual	Senior Masculino	01:45:56	+33:09	08:50
80	3877	LILIANA VIEIRA	reis & pombas amigos do trail	Senior Feminino	01:46:00	+33:12	08:50
81	3750	António Pinto	leões de tardariz trail	Veterano M40	01:46:03	+33:15	08:50
82	3754	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:46:03	+33:16	08:50
83	3075	Nuno Pinheiro	aliança de gandra	Senior Masculino	01:46:04	+33:16	08:50
84	3516	Fabio Bruno da Cunha Teixeira	individual	Senior Masculino	01:46:04	+33:17	08:50
85	3059	José Manuel Teixeira Vieira	acrorunners	Veterano M40	01:46:29	+33:42	08:52
86	3215	Oscar Costa	equipotencia	Senior Masculino	01:46:50	+34:03	08:54

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	3368	Carla Sofia Silva Cardoso	individual	Senior Feminino	01:47:06	+34:18	08:56
88	3566	Pedro Pereira	individual	Senior Masculino	01:47:08	+34:20	08:56
89	3537	Joel Domingos Batista Antunes	individual	Senior Masculino	01:47:10	+34:22	08:56
90	3808	Patricia Santos	oralklass-amigos do trail	Senior Feminino	01:47:20	+34:32	08:57
91	3013	Tiago Castro	10temidos	Senior Masculino	01:47:23	+34:35	08:57
92	3017	Paulo Ribeiro	10temidos	Veterano M40	01:47:23	+34:35	08:57
93	3972	Jorge Conceição	usf ts	Veterano M40	01:48:06	+35:18	09:01
94	1256	Bruno Lopes	gafanhotos saltitantes	Senior Masculino	01:48:08	+35:21	09:01
95	3742	José Castro	leões de tardariz trail	Senior Masculino	01:49:05	+36:18	09:05
96	3540	José Andrade	individual	Senior Masculino	01:49:26	+36:39	09:07
97	3854	Natália Paredes	porto sentido runners	Veterana F40	01:49:42	+36:55	09:09
98	1861	Mário Fonseca	individual	Veterano M40	01:49:46	+36:59	09:09
99	1815	Filipe Campelo Lemos	individual	Veterano M40	01:49:49	+37:01	09:09
100	3042	Renato Oliveira	a20's box warriors	Senior Masculino	01:49:49	+37:02	09:09
101	1806	CARLOS FERNANDO ESPERANÇA	individual	Veterano M40	01:50:03	+37:16	09:10
102	3034	João Brites	a20's box warriors	Senior Masculino	01:50:07	+37:20	09:11
103	3257	Fernanda Pinto	fitspot - parque nascente	Veterana F40	01:50:09	+37:21	09:11
104	3888	André dos Santos Bessa	royal school of languages	Senior Masculino	01:50:10	+37:23	09:11
105	3774	Claudia Patricia Silva	moinhos run - adrm	Senior Feminino	01:50:37	+37:49	09:13
106	3073	Marco Moreira	aliança de gandra	Senior Masculino	01:50:39	+37:51	09:13
107	3529	Hugo Manuel Sousa Moreira	individual	Senior Masculino	01:50:41	+37:54	09:13
108	1645	Nuno Reis	individual	Senior Masculino	01:51:57	+39:09	09:20
109	1697	Rui Pedro da Costa Marques	individual	Senior Masculino	01:53:08	+40:20	09:26
110	3890	Hugo da Costa Barros	royal school of languages	Senior Masculino	01:53:27	+40:40	09:27
111	3172	Marta Amaro	centro de marcha e corrida da união de freguesias	Senior Feminino	01:53:51	+41:03	09:29
112	3948	Andreia Pacheco	tecla 3 runners	Senior Feminino	01:53:52	+41:04	09:29
113	3855	Carlos Duarte	porto sentido runners	Veterano M40	01:53:58	+41:11	09:30
114	3049	Luís Reis	a20's box warriors	Veterano M40	01:54:04	+41:16	09:30
115	3029	Daniel Machado	a20's box warriors	Senior Masculino	01:54:04	+41:17	09:30
116	2328	Maria Paula Sousa Pessoa de Amorim	the stigs invicta	Veterana F40	01:54:08	+41:20	09:31
117	1987	Rui Moreira	lusos xxi	Veterano M40	01:54:11	+41:23	09:31
118	3498	António Pedro Lopes Coelho	individual	Senior Masculino	01:54:39	+41:51	09:33
119	3765	Sérgio Costa	lusos xxi	Senior Masculino	01:54:39	+41:52	09:33
120	1456	Vania Amaral	individual	Senior Feminino	01:54:43	+41:56	09:34
121	3100	Carmen Moreira	amigos do pedal trailagares	Veterana F40	01:54:56	+42:09	09:35
122	3987	Jorge António de Jesus Moreira	cfit	Veterano M40	01:54:56	+42:09	09:35
123	3881	helder rocha	reumatico	Senior Masculino	01:54:58	+42:10	09:35
124	3856	Carlos Martins	porto sentido runners	Veterano M40	01:55:01	+42:13	09:35
125	3336	Alice Santos Silva	individual	Senior Feminino	01:55:01	+42:13	09:35
126	3751	Joaquim Leite	leões de tardariz trail	Veterano M40	01:55:01	+42:13	09:35
127	3746	Pedro Machado	leões de tardariz trail	Senior Masculino	01:55:04	+42:16	09:35
128	3357	Andreia Sofia Santos Mota	individual	Senior Feminino	01:55:08	+42:20	09:36
129	3718	Sérgio Rocha	kinkipa	Senior Masculino	01:55:20	+42:33	09:37
130	3720	Amândio Sousa	kinkipa	Veterano M40	01:55:20	+42:33	09:37

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	3594	carla maria teixeira costa	individual	Veterana F40	01:55:33	+42:46	09:38
132	3942	Pedro Martins	tartarugas do cávado	Senior Masculino	01:55:43	+42:56	09:39
133	3530	Ivo Pinto	individual	Senior Masculino	01:55:44	+42:56	09:39
134	3859	João Barbosa	porto sentido runners	Veterano M40	01:56:39	+43:51	09:43
135	3971	Hugo Almeida	usf ts	Veterano M40	01:56:41	+43:53	09:43
136	3930	Minda Coelho	somos nós team	Veterana F40	01:56:57	+44:10	09:45
137	3927	Ana Moraes	somos nós team	Senior Feminino	01:56:57	+44:10	09:45
138	1514	David José Andrade Pereira	individual	Senior Masculino	01:57:20	+44:33	09:47
139	3913	Sergio Oliveira	s. s. montepio	Senior Masculino	01:57:50	+45:02	09:49
140	3915	Maria Fatima Leal	s. s. montepio	Veterana F40	01:57:50	+45:02	09:49
141	3762	Marcos Valente	los compadres	Senior Masculino	01:57:56	+45:09	09:50
142	3761	Carlos Valente	los compadres	Veterano M40	01:57:57	+45:10	09:50
143	3853	Elisabete Loureiro	porto sentido runners	Veterana F40	01:58:44	+45:56	09:54
144	3650	Carlos Moutinho	individual	Veterano M40	01:58:44	+45:56	09:54
145	3588	Vasco Manuel Franco Pereira Pinto	individual	Senior Masculino	01:59:45	+46:58	09:59
146	2078	Salvador Santos	nocturnos de paredes	Veterano M40	02:00:26	+47:39	10:02
147	3432	Marlene Alves Silva	individual	Senior Feminino	02:00:33	+47:45	10:03
148	3287	TIAGO COELHO	fugitivos urbanos	Senior Masculino	02:00:53	+48:05	10:04
149	3286	HUGO OLIVEIRA	fugitivos urbanos	Senior Masculino	02:00:53	+48:05	10:04
150	1655	Pedro Costa	individual	Senior Masculino	02:01:14	+48:26	10:06
151	2258	Emanuel Duraes	sai da frente	Veterano M40	02:01:33	+48:45	10:08
152	3197	irene barbosa	ele e ela	Veterana F40	02:02:00	+49:12	10:10
153	3970	Fatima Nunes	usf ts	Veterana F40	02:02:20	+49:32	10:12
154	3108	Armindo Moreira	amigos do sofá	Veterano M40	02:02:20	+49:32	10:12
155	3572	Ricardo Jorge Cardoso dos Santos Couto	individual	Senior Masculino	02:02:21	+49:34	10:12
156	3342	Ana Ferreira	individual	Senior Feminino	02:02:33	+49:46	10:13
157	3527	Hernâni Moreira	individual	Senior Masculino	02:02:33	+49:46	10:13
158	1501	Carlos Miguel Rodrigues Cunha	individual	Senior Masculino	02:03:03	+50:16	10:15
159	1687	Rui André Duarte Sousa	individual	Senior Masculino	02:03:03	+50:16	10:15
160	3526	Henrique Lopes	individual	Senior Masculino	02:03:08	+50:20	10:16
161	3501	Bruno José Gomes Monteiro	individual	Senior Masculino	02:03:23	+50:36	10:17
162	3238	Rui Miguel Russa Ferreira da Silva	família silva	Veterano M40	02:04:02	+51:15	10:20
163	3237	Laurinda Isabel Carvalho de Sá e Silva	família silva	Veterana F40	02:04:02	+51:15	10:20
164	1933	Manuel Ferreira dos Santos Valente Fernandes	juventude cortegacense	Senior Masculino	02:04:06	+51:18	10:21
165	1937	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M40	02:04:06	+51:18	10:21
166	1935	Tiago Padrela Ferreira da Silva	juventude cortegacense	Senior Masculino	02:04:06	+51:18	10:21
167	3955	Hermengardo Silva	tgw running	Veterano M40	02:04:11	+51:23	10:21
168	3953	Claudia Santos	tgw running	Veterana F40	02:04:11	+51:23	10:21
169	3118	Pedro Oliveira	andatrilhos freamunde	Senior Masculino	02:04:31	+51:44	10:23
170	3544	José Miguel Araújo Cunha Magalhães Pereira	individual	Senior Masculino	02:04:55	+52:07	10:25
171	3852	Vitor Martins	porto sentido runners	Senior Masculino	02:05:22	+52:34	10:27
172	3465	Sara SM	individual	Senior Feminino	02:05:24	+52:36	10:27

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
173	3155	Daniel Sousa	btt alegria / tubani	Senior Masculino	02:05:35	+52:47	10:28
174	3278	Suzete do Rosário Passos de Sousa	fridão sem limites	Veterano M40	02:06:08	+53:21	10:31
175	3929	Maria José	somos nós team	Veterana F40	02:06:29	+53:41	10:32
176	3886	Helder Couto	rock n roll run team	Veterano M40	02:06:43	+53:56	10:34
177	3630	SILVIA FERREIRA	individual	Veterana F40	02:06:47	+54:00	10:34
178	3991	Marta Ribeiro	cfrit	Senior Feminino	02:07:13	+54:25	10:36
179	35	francisco jorge moreira da silva	fatextil runers	Veterano M40	02:07:30	+54:42	10:38
180	3511	David Campos	individual	Senior Masculino	02:07:53	+55:05	10:39
181	3555	Miguel Varejão	individual	Senior Masculino	02:08:00	+55:12	10:40
182	3908	HUGO SILVA	s. s. montepio	Senior Masculino	02:08:00	+55:12	10:40
183	3910	Marcirio Silva	s. s. montepio	Senior Masculino	02:08:00	+55:13	10:40
184	1902	Rui Paradela da Silva	individual	Veterano M40	02:08:03	+55:16	10:40
185	1451	Susana Sousa	individual	Senior Feminino	02:08:05	+55:17	10:40
186	3377	Cátia Ferreira da Costa	individual	Senior Feminino	02:08:11	+55:23	10:41
187	3218	Liliana Barros	ermidafit runners	Senior Feminino	02:08:11	+55:23	10:41
188	3276	FERNANDA FRANÇA	frança	Veterana F40	02:08:14	+55:26	10:41
189	3681	Renato Costa	individual	Veterano M40	02:08:17	+55:29	10:41
190	3549	marcelo samuel sousa pinto	individual	Senior Masculino	02:08:21	+55:33	10:42
191	3585	Sérgio Pereira	individual	Senior Masculino	02:08:54	+56:07	10:45
192	3664	José Mário Magalhães de Pereira	individual	Veterano M40	02:08:58	+56:11	10:45
193	3227	Gil silva	eu sei lá	Veterano M40	02:09:26	+56:38	10:47
194	3103	Sandra Costa	amigos do sofá	Senior Feminino	02:09:39	+56:52	10:48
195	3105	Vanessa santos	amigos do sofá	Senior Feminino	02:09:42	+56:55	10:49
196	1800	Avelino Paulo Moreira Marques	individual	Veterano M40	02:09:57	+57:09	10:50
197	3542	José Manuel Ferreira Ribeiro	individual	Senior Masculino	02:10:01	+57:13	10:50
198	1360	Ana Filipa Gomes Marques	individual	Senior Feminino	02:10:09	+57:21	10:51
199	3329	Henrique Sobral	hs trail team	Veterano M40	02:10:15	+57:27	10:51
200	1409	Liliana Magalhães	individual	Senior Feminino	02:10:20	+57:32	10:52
201	3665	José Paulo Sousa Simaria	individual	Veterano M40	02:10:21	+57:34	10:52
202	3085	Telmo Almeida	aliança de gandra	Veterano M40	02:10:38	+57:50	10:53
203	3512	Duarte Nuno Viana Dias	individual	Senior Masculino	02:10:46	+57:59	10:54
204	3326	Rui Quinta	moinhos run - adrm	Senior Masculino	02:11:00	+58:12	10:55
205	3520	Gilberto Orlando	individual	Senior Masculino	02:11:04	+58:17	10:55
206	3575	ricardoribeiro	individual	Senior Masculino	02:11:04	+58:17	10:55
207	3601	Elisabete Gonçalves	individual	Veterana F40	02:11:05	+58:17	10:55
208	3914	CARLA BARROS	s. s. montepio	Veterana F40	02:11:18	+58:31	10:57
209	3268	Fernando Oliveira	fitspot - parque nascente	Veterano M40	02:11:41	+58:54	10:58
210	1580	João Silva	individual	Veterano M40	02:11:49	+59:01	10:59
211	3169	Paulo Jorge Madureira Ribeiro	carol team	Veterano M40	02:11:49	+59:02	10:59
212	3374	João Silva	individual	Senior Masculino	02:11:49	+59:02	10:59
213	2320	Osvaldo Ferreira	team rede ambiente	Senior Masculino	02:12:10	+59:22	11:01
214	3675	Nuno Miguel Cabral	individual	Veterano M40	02:12:21	+59:34	11:02
215	3102	Lígia Regenga	amigos do sofá	Senior Feminino	02:13:11	+01:00:23	11:06
216	3764	João Paulo Andrade Carvalho	lusos xxi	Senior Masculino	02:13:14	+01:00:26	11:06
217	3820	João Ricardo Grilo	os caminhantes	Senior Masculino	02:13:54	+01:01:06	11:10

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	3226	Fernando Carneiro	eu sei lá	Veterano M40	02:14:00	+01:01:13	11:10
219	3590	Vitor Ferreira pão em casa	individual	Senior Masculino	02:14:03	+01:01:15	11:10
220	1513	Dário Lourenço	individual	Senior Masculino	02:14:55	+01:02:07	11:15
221	1386	Diana Nogueira	individual	Senior Feminino	02:14:58	+01:02:11	11:15
222	1489	Bruno Lourenço	individual	Senior Masculino	02:15:03	+01:02:15	11:15
223	3491	Álvaro Santos	individual	Senior Masculino	02:15:36	+01:02:49	11:18
224	3495	André Miguel Santos Fernandes	individual	Senior Masculino	02:15:37	+01:02:49	11:18
225	3152	MANUEL ANTONIO ALMEIDA COELHO	brigada do trail running	Veterano M40	02:15:53	+01:03:06	11:19
226	3946	Francisco Lopo	tartarugas do cávado	Veterano M40	02:15:58	+01:03:11	11:20
227	3940	Adolfo Ferreira	tartarugas do cávado	Senior Masculino	02:15:58	+01:03:11	11:20
228	3006	Ana Campanhã	10temidos	Senior Feminino	02:15:58	+01:03:11	11:20
229	3012	Rui Saraiva	10temidos	Senior Masculino	02:15:59	+01:03:11	11:20
230	3986	Liliana Teixeira	cfit	Senior Feminino	02:16:26	+01:03:38	11:22
231	3645	ANTÓNIO ALBERTO COELHO COSTA	individual	Veterano M40	02:16:26	+01:03:39	11:22
232	1422	Mariana Silva Barros	individual	Senior Feminino	02:16:34	+01:03:47	11:23
233	449	Samuel Soares	individual	Veterano M40	02:16:35	+01:03:47	11:23
234	3717	Pedro Duarte	kemedo team	Senior Masculino	02:16:40	+01:03:53	11:23
235	3067	Fernanda Machado	aliança de gandra	Senior Feminino	02:16:50	+01:04:03	11:24
236	3884	André Figueiredo	mnr running team	Veterano M40	02:16:51	+01:04:04	11:24
237	3661	José da Rocha Rodrigues	individual	Veterano M40	02:16:55	+01:04:08	11:25
238	3627	Salete Maria Mendes soares	individual	Veterana F40	02:16:55	+01:04:08	11:25
239	3841	Dário Lopes	pernetas	Senior Masculino	02:17:06	+01:04:19	11:26
240	3196	Hernâni Pinto	easymeals	Senior Masculino	02:17:11	+01:04:23	11:26
241	3195	Raquel Oliveira	easymeals	Senior Feminino	02:17:11	+01:04:23	11:26
242	3652	Hugo Cesar Carvalho de Sousa	individual	Veterano M40	02:17:12	+01:04:25	11:26
243	1257	Bruno Miguel P. S. Silva	gafanhotos saltitantes	Senior Masculino	02:17:15	+01:04:28	11:26
244	1236	David Sousa	fitspot - parque nascente	Veterano M40	02:17:27	+01:04:39	11:27
245	3255	Sergio Azevedo	fitspot - parque nascente	Senior Masculino	02:17:27	+01:04:40	11:27
246	3267	Carlindo Martins	fitspot - parque nascente	Veterano M40	02:17:31	+01:04:44	11:28
247	3313	Eduardo Monteiro	gafanhotos saltitantes	Senior Masculino	02:17:35	+01:04:47	11:28
248	3862	Miguel Azevedo	porto sentido runners	Veterano M40	02:17:43	+01:04:55	11:29
249	3521	Helder Joaquim Ferreira Moreira	individual	Senior Masculino	02:17:45	+01:04:58	11:29
250	3904	Joana Direito	s. s. montepio	Senior Feminino	02:17:56	+01:05:09	11:30
251	3909	Ivo Martins	s. s. montepio	Senior Masculino	02:17:56	+01:05:09	11:30
252	3223	Paula Silva	ermidafit runners	Veterana F40	02:18:15	+01:05:28	11:31
253	1255	Vânia Luís	gafanhotos saltitantes	Senior Feminino	02:18:16	+01:05:28	11:31
254	3310	Maria Sousa	futurrunners	Senior Feminino	02:18:26	+01:05:38	11:32
255	3312	Luis Teixeira	futurrunners	Senior Masculino	02:18:26	+01:05:39	11:32
256	3253	Pedro Paiva	fitspot - parque nascente	Senior Masculino	02:18:27	+01:05:40	11:32
257	3409	Joana Andreia Alves Ribeiro	individual	Senior Feminino	02:18:30	+01:05:42	11:33
258	3363	Bruna Marcela Pinheiro Lopes	individual	Senior Feminino	02:18:39	+01:05:52	11:33
259	3954	Augusto Ribeiro	tgvr running	Veterano M40	02:18:41	+01:05:54	11:33
260	3580	Rui sousa	individual	Senior Masculino	02:18:52	+01:06:05	11:34
261	3349	Ana vieira	individual	Senior Feminino	02:18:52	+01:06:05	11:34
262	3126	Célia Alves	aventureiras	Veterana F40	02:19:08	+01:06:20	11:36

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
263	3428	Maria João Fonseca Almeida	individual	Senior Feminino	02:19:29	+01:06:42	11:37
264	3402	Iolanda Maria Cruz Santos	individual	Senior Feminino	02:19:29	+01:06:42	11:37
265	3599	Cristina Sousa	individual	Veterana F40	02:19:29	+01:06:42	11:37
266	3949	Paulo Pinto	tecla 3 runners	Senior Masculino	02:19:54	+01:07:07	11:40
267	3882	sergio pereira	reumatico	Senior Masculino	02:19:56	+01:07:08	11:40
268	3879	rosana martins	reumatico	Senior Feminino	02:19:56	+01:07:09	11:40
269	3964	Leonardo Costa Pereira	trofa team	Senior Masculino	02:20:05	+01:07:17	11:40
270	2091	Jose Gonçalo Gomes Guedes Rodrigues	o quarteto dos 3 amigos gonçalo e miguel	Senior Masculino	02:20:10	+01:07:22	11:41
271	2092	Jose Miguel Cunha Bastos	o quarteto dos 3 amigos gonçalo e miguel	Veterano M40	02:20:10	+01:07:22	11:41
272	3139	Clara Azevedo	befitness runners	Senior Feminino	02:20:39	+01:07:52	11:43
273	3891	Luís Filipe Durães Borges	royal school of languages	Senior Masculino	02:20:52	+01:08:05	11:44
274	1449	Sónia Silva	individual	Senior Feminino	02:20:54	+01:08:06	11:45
275	3317	Bruno Vigário	gondomar futsal clube	Senior Masculino	02:21:10	+01:08:23	11:46
276	3220	João Coelho	ermidafit runners	Senior Masculino	02:21:18	+01:08:31	11:47
277	3252	Jose Ribeiro	fitspot - parque nascente	Senior Masculino	02:21:50	+01:09:02	11:49
278	3271	Marco Régua	fitspot - parque nascente	Veterano M40	02:21:50	+01:09:02	11:49
279	1172	Ricardo Teixeira	colégio júlio dinis	Senior Masculino	02:21:55	+01:09:07	11:50
280	3506	CARLOS MIGUEL RIBEIRO MOREIRA	individual	Senior Masculino	02:22:03	+01:09:16	11:50
281	3576	Roberto Carlos Ferreira Moreira	individual	Senior Masculino	02:22:11	+01:09:23	11:51
282	1728	Zé-tó	individual	Senior Masculino	02:23:00	+01:10:13	11:55
283	1450	Susana Martins	individual	Senior Feminino	02:23:02	+01:10:15	11:55
284	3298	Graça Pinto	futebol clube de penafiel	Senior Feminino	02:23:03	+01:10:16	11:55
285	3297	Ana Pinto	futebol clube de penafiel	Senior Feminino	02:23:03	+01:10:16	11:55
286	3306	julio alves	futebol clube de penafiel	Veterano M40	02:23:05	+01:10:17	11:55
287	3301	isaac ferreira	futebol clube de penafiel	Senior Masculino	02:23:05	+01:10:17	11:55
288	3305	jose manuel rodrigues	futebol clube de penafiel	Veterano M40	02:23:06	+01:10:18	11:56
289	3581	Rui Sousa	individual	Senior Masculino	02:23:07	+01:10:20	11:56
290	3939	Rita Rodrigues	tartarugas do cávado	Senior Feminino	02:23:08	+01:10:20	11:56
291	3749	Agostinho Cardoso	leões de tardariz trail	Veterano M40	02:23:14	+01:10:27	11:56
292	3556	Nelson Marques	individual	Senior Masculino	02:23:24	+01:10:37	11:57
293	3757	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	02:23:38	+01:10:50	11:58
294	3755	Ana Oliveira	lion runners - g. d. leões da guarda	Senior Feminino	02:23:38	+01:10:51	11:58
295	3270	Luis Espírito Santo	fitspot - parque nascente	Veterano M40	02:24:01	+01:11:14	12:00
296	3477	Susana Leal	individual	Senior Feminino	02:24:03	+01:11:16	12:00
297	1486	Armando Luis Rocha Pinto	individual	Senior Masculino	02:24:03	+01:11:16	12:00
298	3858	Fernando Ferraz	porto sentido runners	Veterano M40	02:24:08	+01:11:20	12:01
299	1496	BRUNO RICARDO GONÇALVES ANTÃO	individual	Senior Masculino	02:24:08	+01:11:20	12:01
300	3514	Eduardo Vieira	individual	Senior Masculino	02:24:18	+01:11:31	12:02
301	3996	BRUNA FARIA	individual	Senior Feminino	02:24:22	+01:11:35	12:02
302	3052	Bruno José Rocha Ribeiro	acrorunners	Senior Masculino	02:24:27	+01:11:40	12:02
303	2215	Joel Ferraz	quinta do lago	Senior Masculino	02:24:39	+01:11:51	12:03
304	3845	Pedro Brizado	pipb	Veterano M40	02:24:39	+01:11:52	12:03
305	3518	Fernando Bruno Caetano rocha	individual	Senior Masculino	02:24:44	+01:11:56	12:04
306	3849	Vera Lúcia Sousa	porto sentido runners	Senior Feminino	02:24:48	+01:12:00	12:04

TRAIL CURTO - STAGE 1

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
307	1938	Rita Araújo	keepmoving	Senior Feminino	02:25:14	+01:12:26	12:06
308	3048	José Teixeira	a20's box warriors	Veterano M40	02:25:14	+01:12:26	12:06
309	3653	Isaac Batista Pereira	individual	Veterano M40	02:25:21	+01:12:33	12:07
310	3907	TANIA REBELO	s. s. montepio	Senior Feminino	02:25:24	+01:12:37	12:07
311	3842	Sandra Nova	pipb	Senior Feminino	02:25:26	+01:12:38	12:07
312	3299	lidia teles	futebol clube de penafiel	Senior Feminino	02:25:27	+01:12:40	12:07
313	3476	Susana Cristina Teixeira Ferreira	individual	Senior Feminino	02:25:53	+01:13:05	12:09
314	3315	Patrícia Pereira	gondomar futsal clube	Senior Feminino	02:26:06	+01:13:18	12:11
315	3771	Paulo Ferreira	metralhas runners	Veterano M40	02:26:06	+01:13:18	12:11
316	3018	Rui Sá	10temidos	Veterano M40	02:26:27	+01:13:40	12:12
317	3667	José Saraiva	individual	Veterano M40	02:26:55	+01:14:07	12:15
318	3158	Filipe Teixeira	btt alegría / tubani	Veterano M40	02:27:02	+01:14:14	12:15
319	1809	Daniel Branco	individual	Veterano M40	02:27:02	+01:14:15	12:15
320	3403	Isabel Ferreira	individual	Senior Feminino	02:27:05	+01:14:17	12:15
321	3702	JOSÉ RIBEIRO	josé ribeiro cabeleireiro	Veterano M40	02:27:05	+01:14:17	12:15
322	3596	Cidália Maria Correia Soares	individual	Veterana F40	02:27:05	+01:14:17	12:15
323	3647	António Manuel Coelho de Sousa	individual	Veterano M40	02:27:05	+01:14:18	12:15
324	3081	Verónica Fontes	aliança de gandra	Veterana F40	02:27:16	+01:14:29	12:16
325	3077	Fernanda Leal	aliança de gandra	Veterana F40	02:27:23	+01:14:35	12:17
326	1784	Abilio Jose Moreira Pacheco	individual	Veterano M40	02:27:37	+01:14:50	12:18
327	3505	Carlos André Cunha Moreira	individual	Senior Masculino	02:27:54	+01:15:07	12:20
328	3565	Pedro Melo	individual	Senior Masculino	02:27:55	+01:15:07	12:20
329	2217	Hugo Ferraz	quinta do lago	Veterano M40	02:27:58	+01:15:11	12:20
330	3857	Cláudio Cerqueira	porto sentido runners	Veterano M40	02:28:19	+01:15:32	12:22
331	3028	António Frazão	a20's box warriors	Senior Masculino	02:28:33	+01:15:46	12:23
332	3350	Andrea Vieira	individual	Senior Feminino	02:28:44	+01:15:56	12:24
333	3416	Ligia Freitas	individual	Senior Feminino	02:28:48	+01:16:00	12:24
334	3395	Eunice Coelho	individual	Senior Feminino	02:28:50	+01:16:03	12:24
335	3533	João Carlos Alves Simões Queirós	individual	Senior Masculino	02:29:02	+01:16:14	12:25
336	1859	MANUEL PIRES RODRIGUES	individual	Veterano M40	02:29:09	+01:16:21	12:26
337	3716	António Macedo Lemos	juventude popular paredes	Veterano M40	02:29:53	+01:17:05	12:29
338	3826	Brigida Duarte	osfazconta	Senior Feminino	02:30:40	+01:17:53	12:33
339	3294	Ricardo Faria	fun friends	Senior Masculino	02:31:10	+01:18:22	12:36
340	3293	Mário Leite	fun friends	Senior Masculino	02:31:33	+01:18:45	12:38
341	3292	Luis Costa	fun friends	Senior Masculino	02:31:34	+01:18:46	12:38
342	3763	Raquel Costa	lusos xxi	Senior Feminino	02:31:52	+01:19:04	12:39
343	3241	Ricardo A. Silva Sousa	ffit gaia trail running team	Veterano M40	02:31:55	+01:19:07	12:40
344	1797	António Jorge Martins Magalhães Antunes	individual	Veterano M40	02:32:15	+01:19:27	12:41
345	3643	Alberto Fernando Cruz Oliveira	individual	Veterano M40	02:32:20	+01:19:33	12:42
346	3562	paulo manuel monteiro de carvalho	individual	Senior Masculino	02:32:20	+01:19:33	12:42
347	3773	Luis Miguel Melo	mickeys	Senior Masculino	02:33:02	+01:20:14	12:45
348	3772	Heloisa Neto	mickeys	Senior Feminino	02:33:02	+01:20:15	12:45
349	1716	Tiago Miguel Alves Fragata Lopes	individual	Senior Masculino	02:33:03	+01:20:15	12:45
350	1243	Carla Sofia Mendes Teixeira	fridão sem limites	Senior Feminino	02:33:13	+01:20:26	12:46
351	3053	Daniel Mendes Couto	acrorunners	Senior Masculino	02:33:25	+01:20:38	12:47

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
352	3568	Pedro Silva	individual	Senior Masculino	02:33:35	+01:20:48	12:48
353	3525	Helder Ribeiro	individual	Senior Masculino	02:33:36	+01:20:48	12:48
354	3997	João Ribeiro	individual	Senior Masculino	02:33:36	+01:20:48	12:48
355	3574	Ricardo Sousa	individual	Senior Masculino	02:33:48	+01:21:00	12:49
356	2213	Sara Soares	pupilos	Senior Feminino	02:33:57	+01:21:10	12:50
357	3801	Pedro Torres	not fast, just furious	Senior Masculino	02:34:44	+01:21:56	12:54
358	3095	Ana Rita Nogueira Coelho	amigos do pedal trailagares	Senior Feminino	02:35:06	+01:22:19	12:56
359	3098	Telma Filipa Teixeira Rocha	amigos do pedal trailagares	Senior Feminino	02:35:07	+01:22:19	12:56
360	3069	Sara Barbosa	aliança de gandra	Senior Feminino	02:35:17	+01:22:30	12:56
361	3932	Jorge Almeida	soplabifana	Veterano M40	02:35:22	+01:22:34	12:57
362	1438	Sara Pinto	individual	Senior Feminino	02:35:28	+01:22:40	12:57
363	3797	Jose FernandoLeal	nocturnos de paredes	Veterano M40	02:35:45	+01:22:57	12:59
364	1759	Maria Augusta Esperança	individual	Veterana F40	02:36:19	+01:23:31	13:02
365	1783	Vânia Cunha	individual	Veterana F40	02:36:19	+01:23:31	13:02
366	3397	Fátima Freitas	individual	Senior Feminino	02:37:01	+01:24:13	13:05
367	3322	Barbara Teixeira	gtt - armazém do caffè	Senior Feminino	02:37:29	+01:24:42	13:07
368	3406	isabel oliveira	individual	Senior Feminino	02:37:53	+01:25:06	13:09
369	3833	Filipa Moreira	paredes aventura	Senior Feminino	02:37:53	+01:25:06	13:09
370	3345	João Campos	individual	Senior Masculino	02:37:59	+01:25:12	13:10
371	3748	Sérgio Oliveira	leões de tardariz trail	Senior Masculino	02:38:01	+01:25:14	13:10
372	3902	rui rocha	run2eat	Veterano M40	02:38:20	+01:25:32	13:12
373	3503	Bruno Morais	individual	Senior Masculino	02:38:20	+01:25:33	13:12
374	3901	nuno correia	run2eat	Senior Masculino	02:38:20	+01:25:33	13:12
375	3056	Ricardo Filipe da Silva Brochado	acrorunners	Senior Masculino	02:39:19	+01:26:31	13:17
376	3058	Ilidio Paulo Pereira Almeida	acrorunners	Veterano M40	02:39:19	+01:26:31	13:17
377	3269	Jose Silva	fitspot - parque nascente	Veterano M40	02:39:30	+01:26:43	13:18
378	2043	Tânia Cardoso	nocturnos de paredes	Senior Feminino	02:39:36	+01:26:49	13:18
379	3792	Salomé Gomes	nocturnos de paredes	Senior Feminino	02:39:36	+01:26:49	13:18
380	3055	João Filipe Teixeira Cunha	acrorunners	Senior Masculino	02:39:39	+01:26:51	13:18
381	3051	Maria Rosa Teixeira Mendes	acrorunners	Senior Feminino	02:39:39	+01:26:52	13:18
382	3499	António Xavier Teixeira Pires	individual	Senior Masculino	02:40:16	+01:27:28	13:21
383	3446	Patrícia Maria Magalhães Silva	individual	Senior Feminino	02:40:18	+01:27:30	13:22
384	3217	Abilio Neves	equipotencia	Veterano M40	02:40:23	+01:27:36	13:22
385	3672	MANUEL PINTO	individual	Veterano M40	02:40:24	+01:27:36	13:22
386	3800	Luís Vieira	not fast, just furious	Senior Masculino	02:40:26	+01:27:38	13:22
387	1320	Mário Ribeiro	gondomar futsal clube	Veterano M40	02:40:34	+01:27:47	13:23
388	1206	Luis Cardoso	farroncos papa km	Senior Masculino	02:40:35	+01:27:48	13:23
389	3487	VIRGINIA PAIVA	individual	Senior Feminino	02:41:20	+01:28:32	13:27
390	3122	Lurdes Moreira	as belas e eles	Veterana F40	02:41:22	+01:28:35	13:27
391	3531	JOANA LOPES	individual	Senior Masculino	02:41:32	+01:28:45	13:28
392	3463	SARA GOMES	individual	Senior Feminino	02:41:32	+01:28:45	13:28
393	3470	Sofia Dias	individual	Senior Feminino	02:41:47	+01:29:00	13:29
394	3242	Ana Bandeira	fitspot - parque nascente	Senior Feminino	02:41:47	+01:29:00	13:29
395	3622	Paula Cristina Marques Paiva	individual	Veterana F40	02:41:48	+01:29:00	13:29
396	1768	Maria Lurdes Alcobia da conceição	individual	Veterana F40	02:42:12	+01:29:25	13:31
397	3860	José Ricardo	porto sentido runners	Veterano M40	02:42:12	+01:29:25	13:31

Official Timekeeper: Lap2Go	9 / 20	generate 05-Jun-2016 22:04
-----------------------------	--------	----------------------------

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
398	3121	claudia santos	arranca_troços	Senior Feminino	02:42:23	+01:29:35	13:32
399	3737	Sara Comes	leões de tardariz trail	Senior Feminino	02:42:32	+01:29:45	13:33
400	3911	RAUL PEREIRA	s. s. montepio	Senior Masculino	02:42:38	+01:29:51	13:33
401	3626	Raquel Mendes	individual	Veterana F40	02:42:43	+01:29:55	13:34
402	3050	Luís Santos	a20's box warriors	Veterano M40	02:42:51	+01:30:03	13:34
403	4010	Hugo Gomes	a20's box warriors	Senior Masculino	02:42:51	+01:30:03	13:34
404	3905	PATRICIA REBELO	s. s. montepio	Senior Feminino	02:42:54	+01:30:06	13:35
405	3547	Luís Paulo Pereira Marinho	individual	Senior Masculino	02:43:00	+01:30:12	13:35
406	3548	Luis Sousa	individual	Senior Masculino	02:43:00	+01:30:13	13:35
407	3458	Sandra Daniela Sousa Alves	individual	Senior Feminino	02:43:13	+01:30:26	13:36
408	3496	António Augusto Dinis Santos	individual	Senior Masculino	02:43:43	+01:30:56	13:39
409	3646	Antonio Costa	individual	Veterano M40	02:43:55	+01:31:08	13:40
410	2312	Alberto Bertão	team agente meireles ii	Veterano M40	02:43:59	+01:31:12	13:40
411	3519	Flavio Costa	individual	Senior Masculino	02:44:10	+01:31:23	13:41
412	3485	Vera Ferreira	individual	Senior Feminino	02:44:10	+01:31:23	13:41
413	3513	Eduardo Marques	individual	Senior Masculino	02:44:10	+01:31:23	13:41
414	3041	Raquel Marques	a20's box warriors	Senior Masculino	02:44:12	+01:31:25	13:41
415	2192	Tiago Rodrigues Correia	porto sentido runners	Senior Masculino	02:44:23	+01:31:36	13:42
416	3337	ana almeida	individual	Senior Feminino	02:44:33	+01:31:45	13:43
417	3096	Carina Gonçalves Ferreira	amigos do pedal trailagares	Senior Feminino	02:44:45	+01:31:58	13:44
418	3795	Antero Bessa	nocturnos de paredes	Veterano M40	02:44:46	+01:31:59	13:44
419	1021	Miguela Monteiro	afrikanrunners	Senior Feminino	02:45:24	+01:32:37	13:47
420	3658	José Alves	individual	Veterano M40	02:45:26	+01:32:39	13:47
421	3617	Maria José Ferreira da Silva	individual	Veterana F40	02:45:39	+01:32:52	13:48
422	2000	Anabela Ferreira	moinhos run - adrm	Senior Feminino	02:45:41	+01:32:53	13:48
423	1498	Carlos Cláudio Coutinho Carneiro	individual	Senior Masculino	02:46:04	+01:33:17	13:50
424	3623	paula cristina mendes ferreira	individual	Veterana F40	02:46:12	+01:33:25	13:51
425	3094	Ana Isabel Oliveira Dias	amigos do pedal trailagares	Senior Feminino	02:46:18	+01:33:31	13:52
426	3378	Celina Tomás	individual	Senior Feminino	02:46:38	+01:33:51	13:53
427	3277	AMERICO FRANÇA	frança	Veterano M40	02:46:44	+01:33:57	13:54
428	3818	Marília Dias	os arrastas	Veterana F40	02:47:01	+01:34:14	13:55
429	3101	Florbelá Sousa Gonçalves	amigos do pedal trailagares	Veterana F40	02:47:11	+01:34:23	13:56
430	3088	Elisabete Melo	all about	Veterana F40	02:47:20	+01:34:32	13:57
431	3087	Carla Cardoso	all about	Senior Feminino	02:47:21	+01:34:33	13:57
432	3889	Diogo Miguel Moreira Teixeira	royal school of languages	Senior Masculino	02:47:21	+01:34:33	13:57
433	3649	Belmiro Pacheco	individual	Veterano M40	02:47:30	+01:34:42	13:58
434	2063	Rita Ferreira	nocturnos de paredes	Senior Masculino	02:48:06	+01:35:18	14:01
435	3184	JEANETE GARCES	danados	Senior Feminino	02:48:39	+01:35:52	14:03
436	3639	Susana Monteiro	individual	Veterana F40	02:48:48	+01:36:00	14:04
437	3644	Alexandre Almeida	individual	Veterano M40	02:49:01	+01:36:14	14:05
438	3141	Diogo Costa	befitness runners	Senior Masculino	02:49:06	+01:36:19	14:06
439	1888	Paulo Silva	individual	Veterano M40	02:49:16	+01:36:28	14:06
440	3539	Jorge moreira	individual	Senior Masculino	02:49:22	+01:36:34	14:07
441	3026	Teresa Oliveira	a20's box warriors	Senior Feminino	02:49:47	+01:37:00	14:09
442	3033	Ivo Couto	a20's box warriors	Senior Masculino	02:49:47	+01:37:00	14:09
443	3490	Álvaro José Dias Guimarães	individual	Senior Masculino	02:49:51	+01:37:03	14:09

TRAIL CURTO - STAGE 1

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
444	3847	Lucinda Mouta	porto sentido runners	Senior Feminino	02:50:29	+01:37:42	14:12
445	3371	Catarina Caprichoso Carvalho	individual	Senior Feminino	02:51:14	+01:38:26	14:16
446	1865	Miguel Ferreira	individual	Veterano M40	02:51:14	+01:38:26	14:16
447	3240	Manuel Rocha	fast ao km	Veterano M40	02:52:01	+01:39:13	14:20
448	1978	Rita Martins	lion runners - g. d. leões da guarda	Senior Feminino	02:52:03	+01:39:15	14:20
449	3249	Susana Latourrette	fitspot - parque nascente	Senior Feminino	02:52:09	+01:39:22	14:21
450	1868	Miguel Pinto	individual	Veterano M40	02:52:09	+01:39:22	14:21
451	3149	Susana Pinto	brabus runners	Senior Feminino	02:53:20	+01:40:33	14:2
452	3216	Sandra Coelho	equipotencia	Senior Masculino	02:53:45	+01:40:57	14:29
453	3209	Micaela Santos	equipotencia	Senior Feminino	02:53:47	+01:41:00	14:29
454	3040	Pedro Gonçalves	a20's box warriors	Senior Masculino	02:53:49	+01:41:01	14:29
455	3023	Marisa Costa	a20's box warriors	Senior Feminino	02:53:49	+01:41:02	14:29
456	3021	Elisabete Santos	a20's box warriors	Senior Feminino	02:53:49	+01:41:02	14:29
457	2280	Sónia Raquel Ferraz Bastos	sónias	Senior Feminino	02:53:53	+01:41:06	14:29
458	2165	Paulo Jorge de Sousa Magalhães	ou vai ou racha	Veterano M40	02:54:06	+01:41:19	14:31
459	3656	João Paulo Vilas	individual	Veterano M40	02:54:07	+01:41:19	14:31
460	3254	Pedro Polónia	fitspot - parque nascente	Senior Masculino	02:54:17	+01:41:29	14:31
461	3829	josegentil	ou vai o racha	Veterano M40	02:54:18	+01:41:31	14:32
462	3112	Filipe Lopes	andatrilhos freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
463	3116	Luís Pedro	andatrilhos freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
464	3117	Marco Mendes	andatrilhos freamunde	Senior Masculino	02:54:35	+01:41:48	14:33
465	3128	Silvia Azevedo	aventureiras	Veterana F40	02:54:44	+01:41:57	14:34
466	3684	Sergio Oliveira	individual	Veterano M40	02:54:52	+01:42:05	14:34
467	3802	Rogério Oliveira	not fast, just furious	Senior Masculino	02:55:02	+01:42:15	14:35
468	3993	Sónia Barbosa	cfit	Senior Feminino	02:55:12	+01:42:24	14:36
469	2413	Luis Pereira	individual	Senior Masculino	02:55:16	+01:42:28	14:36
470	3569	Renato Moreira	individual	Senior Masculino	02:55:17	+01:42:30	14:36
471	3480	Susana Moreira	individual	Senior Feminino	02:55:18	+01:42:30	14:37
472	3628	sandra cunha	individual	Veterana F40	02:55:32	+01:42:44	14:38
473	3037	José Zeferino	a20's box warriors	Senior Masculino	02:55:56	+01:43:09	14:40
474	3373	Catarina Ferreira	individual	Senior Feminino	02:55:58	+01:43:10	14:40
475	3768	José Ricardo Oliveira e Silva	marcha dos pinguins	Senior Masculino	02:56:39	+01:43:51	14:43
476	3767	Juliana Maria Tavares Soares	marcha dos pinguins	Senior Feminino	02:56:39	+01:43:51	14:43
477	3330	José Aleixo	hs trail team	Veterano M40	02:57:59	+01:45:12	14:50
478	3071	Carlos Martins	aliança de gandra	Senior Masculino	02:58:14	+01:45:26	14:51
479	3355	Andreia Silva	individual	Senior Feminino	02:58:14	+01:45:27	14:51
480	3358	Angela Maia	individual	Senior Feminino	02:58:14	+01:45:27	14:51
481	3225	Roberto rios	eu sei lá	Senior Masculino	02:58:16	+01:45:28	14:51
482	3478	Susana Magalhães	individual	Senior Feminino	02:58:54	+01:46:07	14:55
483	3398	Filipa Conceição Alves Rego	individual	Senior Feminino	02:58:54	+01:46:07	14:55
484	3376	Cátia Cândida Barbosa Fonseca	individual	Senior Feminino	02:58:54	+01:46:07	14:55
485	3438	Mónica Patrícia Silva Pinto	individual	Senior Feminino	02:59:02	+01:46:14	14:55
486	3256	Celeste Vieira	fitspot - parque nascente	Veterana F40	02:59:06	+01:46:18	14:56
487	3259	Maria Carvalho	fitspot - parque nascente	Veterana F40	02:59:06	+01:46:19	14:56
488	3243	Ana Ferro	fitspot - parque nascente	Senior Feminino	02:59:06	+01:46:19	14:56
489	3812	Lisandra Ferreira	oralklass-amigos do trail	Senior Masculino	02:59:09	+01:46:22	14:56

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
490	3246	Claudia Ribeiro	fitspot - parque nascente	Senior Feminino	02:59:11	+01:46:23	14:56
491	3247	Lara Régua	fitspot - parque nascente	Senior Feminino	02:59:11	+01:46:23	14:56
492	3212	Andre Freitas	equipotencia	Senior Masculino	02:59:19	+01:46:31	14:57
493	3211	Susana Taipa	equipotencia	Senior Feminino	02:59:19	+01:46:32	14:57
494	3203	Sofia Canez	equipa os pernetas	Senior Feminino	02:59:25	+01:46:37	14:57
495	3046	Arnaldo Silva	a20's box warriors	Veterano M40	02:59:27	+01:46:40	14:57
496	3671	Manuel Oliveira	individual	Veterano M40	02:59:36	+01:46:49	14:58
497	3479	Susana Maria Costa Carrilho	individual	Senior Feminino	02:59:36	+01:46:49	14:58
498	3840	carina sequeira	pernetas	Senior Feminino	03:00:14	+01:47:27	15:01
499	3844	Isidro Silva	pipb	Veterano M40	03:00:26	+01:47:39	15:02
500	3843	Maria Jose Silva	pipb	Veterana F40	03:00:26	+01:47:39	15:02
501	3381	Cristiana Braga Correia	individual	Senior Feminino	03:00:29	+01:47:42	15:02
502	3554	Miguel antonio Novera Alves	individual	Senior Masculino	03:00:30	+01:47:43	15:03
503	3589	Vitor Daniel Moutinho Rocha	individual	Senior Masculino	03:00:46	+01:47:59	15:04
504	3973	Barbara Maia	vidaativarunners	Senior Feminino	03:00:57	+01:48:10	15:05
505	3952	Cleonice Mendes	tecla 3 runners	Veterana F40	03:01:02	+01:48:14	15:05
506	3400	Helena Isabel Moreira da Silva	individual	Senior Feminino	03:01:10	+01:48:23	15:06
507	3391	Eliana Isabel Couto Guedes Faria	individual	Senior Feminino	03:01:19	+01:48:31	15:07
508	3616	Maria João Silva Barbosa	individual	Veterana F40	03:01:25	+01:48:38	15:07
509	3202	Ana Canez	equipa os pernetas	Senior Feminino	03:01:32	+01:48:44	15:08
510	3944	Marta Sofia Novo de Carvalho	tartarugas do cávado	Veterana F40	03:01:45	+01:48:57	15:09
511	3275	Carla rocha	fontaínhas run	Senior Feminino	03:02:01	+01:49:13	15:10
512	3089	Isaura Alves	all about	Veterana F40	03:02:12	+01:49:25	15:11
513	3865	EMANUEL NEVES	portocargo	Senior Masculino	03:02:13	+01:49:25	15:11
514	3606	Isabel Susana da Silva Moreira Próspero	individual	Veterana F40	03:02:28	+01:49:40	15:12
515	3923	Marta Isabel da Silva Pinto	sofia	Senior Feminino	03:02:40	+01:49:52	15:13
516	3015	Fernando Sá	10temidos	Veterano M40	03:02:53	+01:50:06	15:14
517	3011	Edgar Faria	10temidos	Senior Masculino	03:02:53	+01:50:06	15:14
518	3399	FILIPA PINTO	individual	Senior Feminino	03:02:54	+01:50:06	15:15
519	3146	José Silva	bora lá	Veterano M40	03:02:59	+01:50:11	15:15
520	3437	Michaela	individual	Senior Feminino	03:02:59	+01:50:12	15:15
521	3712	Suse Marlene Cunha	juventude popular paredes	Senior Feminino	03:03:04	+01:50:17	15:15
522	3334	Alexandra Manuela Macedo Cerqueira	individual	Senior Feminino	03:03:07	+01:50:19	15:16
523	3418	Liliana Cerqueira	individual	Senior Feminino	03:03:07	+01:50:20	15:16
524	3296	Ana Oliveira	futebol clube de penafiel	Senior Feminino	03:03:09	+01:50:22	15:16
525	3300	Raquel Silva	futebol clube de penafiel	Senior Feminino	03:03:10	+01:50:22	15:16
526	3775	Edite lopes	moinhos run - adrm	Senior Feminino	03:03:11	+01:50:24	15:16
527	3866	MANUEL ALMEIDA	portocargo	Veterano M40	03:03:13	+01:50:25	15:16
528	3127	Paula Afonso	aventureiras	Veterana F40	03:03:18	+01:50:30	15:17
529	3125	Paula Santos	aventureiras	Senior Feminino	03:03:18	+01:50:31	15:17
530	3708	Lucia Lemos	juventude popular paredes	Senior Feminino	03:03:29	+01:50:42	15:17
531	3958	Celeste Alice Taborda	too stupid to stop	Senior Feminino	03:03:32	+01:50:45	15:18
532	3936	Elisete Viegas	sweet runners	Veterana F40	03:03:51	+01:51:03	15:19
533	3614	Maria Filomena Venâncio Lopes Marcelo	individual	Veterana F40	03:03:54	+01:51:07	15:20

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
534	3780	Alexandre Pereira Henriques Sousa de Almeida	molinhas team	Veterano M40	03:04:34	+01:51:46	15:23
535	3779	Regina Maria Martins Mota	molinhas team	Veterana F40	03:04:34	+01:51:46	15:23
536	3036	José Silva	a20's box warriors	Senior Masculino	03:04:36	+01:51:48	15:23
537	3760	Renata Vieira	lion runners - g. d. leões da guarda	Veterana F40	03:04:36	+01:51:49	15:23
538	3758	Cristina Sampaio	lion runners - g. d. leões da guarda	Veterana F40	03:04:36	+01:51:49	15:23
539	3025	Susana Barbosa	a20's box warriors	Senior Feminino	03:04:39	+01:51:52	15:23
540	3571	Ricardo Jorge Alves Oliveira	individual	Senior Masculino	03:04:43	+01:51:55	15:24
541	3756	Susana Mateus	lion runners - g. d. leões da guarda	Senior Feminino	03:04:45	+01:51:57	15:24
542	2417	André Diogo Almeida	individual	Senior Masculino	03:04:50	+01:52:03	15:24
543	3979	Sandra Pinto da Costa	vidaativarunners	Senior Feminino	03:04:58	+01:52:10	15:25
544	3625	Paula Santos	individual	Veterana F40	03:04:58	+01:52:11	15:25
545	3372	Catarina Costa Martins	individual	Senior Feminino	03:04:58	+01:52:11	15:25
546	3233	ISABEL SOFIA	familia pereira	Senior Feminino	03:05:02	+01:52:14	15:25
547	3885	Carlos Viamonte	rnr running team	Veterano M40	03:05:08	+01:52:21	15:26
548	3541	José Luis Carvalho	individual	Senior Masculino	03:05:10	+01:52:23	15:26
549	3360	Bárbara Castro	individual	Senior Feminino	03:05:10	+01:52:23	15:26
550	3920	Liliana Lopes	só descidas!	Senior Feminino	03:05:14	+01:52:27	15:26
551	3921	Marta Oliveira	só descidas!	Senior Feminino	03:05:14	+01:52:27	15:26
552	3922	Isolino Coelho	só descidas!	Senior Masculino	03:05:15	+01:52:28	15:26
553	3207	Ricardo Jorge da Cunha Borges	equipa xpto's	Senior Masculino	03:05:30	+01:52:43	15:28
554	3205	Monica Tavares	equipa xpto's	Senior Feminino	03:05:30	+01:52:43	15:28
555	3124	Catarina Santos	aventureiras	Senior Feminino	03:05:31	+01:52:43	15:28
556	3206	Miguel Brochado	equipa xpto's	Senior Masculino	03:05:31	+01:52:43	15:28
557	3054	Emanuel António Nunes Pinto	acrorunners	Senior Masculino	03:06:05	+01:53:18	15:30
558	3825	Adriana Duarte	osfazconta	Senior Feminino	03:06:05	+01:53:18	15:30
559	3636	Susana Cristina Fernandes Cunha	individual	Veterana F40	03:06:08	+01:53:20	15:31
560	3361	Bárbara Guedes	individual	Senior Feminino	03:06:28	+01:53:41	15:32
561	3938	Dejanira Abreu Carmo	tartarugas do cávado	Senior Feminino	03:06:29	+01:53:41	15:32
562	3895	Paulo Fernando Monteiro de Barros	royal school of languages	Veterano M40	03:06:54	+01:54:06	15:35
563	3176	Nuno Cunha	colégio júlio dinis	Senior Masculino	03:06:55	+01:54:08	15:35
564	3619	Maria Sousa	individual	Veterana F40	03:07:35	+01:54:47	15:38
565	3401	Inês Sousa	individual	Senior Feminino	03:07:35	+01:54:48	15:38
566	3851	Filipe Maria	porto sentido runners	Senior Masculino	03:07:35	+01:54:48	15:38
567	3880	bruno fonseca	reumatico	Senior Masculino	03:07:36	+01:54:48	15:38
568	3608	Margarida Soares Rocha	individual	Veterana F40	03:07:39	+01:54:51	15:38
569	3456	Rosa Carneiro	individual	Senior Feminino	03:07:41	+01:54:54	15:38
570	3994	Marieta Moreira	cfit	Veterana F40	03:07:42	+01:54:55	15:39
571	3022	Liliana Gomes	a20's box warriors	Senior Feminino	03:07:43	+01:54:55	15:39
572	3038	Paulo Henriques	a20's box warriors	Senior Masculino	03:07:43	+01:54:55	15:39
573	3291	Filipe Henriques	fun friends	Senior Masculino	03:07:43	+01:54:56	15:39
574	3289	Andreia Silva	fun friends	Senior Feminino	03:07:43	+01:54:56	15:39
575	3968	Sabrina Pedone	usf ts	Senior Feminino	03:07:50	+01:55:03	15:39
576	3631	SILVIA ROCHA	individual	Veterana F40	03:08:39	+01:55:51	15:43
577	3135	Andreia Muxagato	beep... beep...	Senior Feminino	03:09:00	+01:56:12	15:45
578	3136	Isabel Aguiar	beep... beep...	Senior Feminino	03:09:00	+01:56:12	15:45

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
579	3600	Dária Teuxeira	individual	Veterana F40	03:09:09	+01:56:21	15:46
580	3078	Maria Neves	aliança de gandra	Veterana F40	03:09:16	+01:56:29	15:46
581	3611	Maria de Fátima Fernandes Pinho	individual	Veterana F40	03:09:32	+01:56:44	15:48
582	3442	Olímpia Silva	individual	Senior Feminino	03:09:36	+01:56:48	15:48
583	3072	Filipe Silva	aliança de gandra	Senior Masculino	03:09:40	+01:56:53	15:48
584	3065	Cátia Francisco	aliança de gandra	Senior Feminino	03:09:40	+01:56:53	15:48
585	3424	Maria Almeida	individual	Senior Feminino	03:09:48	+01:57:01	15:49
586	3528	Horácio Manuel da Costa Coelho Ferreira	individual	Senior Masculino	03:09:51	+01:57:03	15:49
587	3410	Joana Cristina Ferreira	individual	Senior Feminino	03:09:55	+01:57:07	15:50
588	3481	Susana Patricia da Silva Soares Alves	individual	Senior Feminino	03:09:55	+01:57:07	15:50
589	3236	FATIMA PEREIRA	familia pereira	Veterana F40	03:09:58	+01:57:10	15:50
590	3741	Ivo Martins	leões de tardariz trail	Senior Masculino	03:10:01	+01:57:14	15:50
591	3738	Tânia Santos	leões de tardariz trail	Senior Feminino	03:10:01	+01:57:14	15:50
592	3894	José Júlio Pereira Borges	royal school of languages	Veterano M40	03:10:20	+01:57:33	15:52
593	3140	Sandra Malheiro	befitness runners	Senior Feminino	03:10:21	+01:57:34	15:52
594	3621	Paula Branco	individual	Veterana F40	03:10:22	+01:57:34	15:52
595	3459	Sandra Oliveira	individual	Senior Feminino	03:10:22	+01:57:35	15:52
596	3875	ANA PAULA NOGUEIRA DA SILVA	raposas	Veterana F40	03:10:26	+01:57:39	15:52
597	3874	MÁRIO JOÃO OLIVEIRA GANDRA	raposas	Senior Masculino	03:10:27	+01:57:39	15:52
598	3876	JOANA OLIVEIRA	reis & pombas amigos do trail	Senior Feminino	03:10:35	+01:57:48	15:53
599	3324	Liliana Pereira	happy runners	Senior Feminino	03:10:47	+01:58:00	15:54
600	3629	Sandra Oliveira	individual	Veterana F40	03:10:49	+01:58:02	15:54
601	3160	Paula Vieira	caderneta de cromos	Senior Feminino	03:10:50	+01:58:02	15:54
602	3947	sandra madureira	team rede ambiente	Veterana F40	03:10:50	+01:58:03	15:54
603	3161	Bruno Costa	caderneta de cromos	Senior Masculino	03:10:51	+01:58:04	15:54
604	3486	Vera Lucia Guedes Rocha	individual	Senior Feminino	03:10:56	+01:58:09	15:55
605	3338	Ana Cristina Ferreira Moreira	individual	Senior Feminino	03:11:00	+01:58:13	15:55
606	3620	Palmira Carolina Coelho Almeida	individual	Veterana F40	03:11:00	+01:58:13	15:55
607	3945	Rita Santos	tartarugas do cávado	Veterana F40	03:11:01	+01:58:14	15:55
608	3002	Bruno Silva	"os 100 ar"	Senior Masculino	03:11:06	+01:58:19	15:56
609	3001	Luciana Barbosa	"os 100 ar"	Senior Feminino	03:11:07	+01:58:19	15:56
610	3137	Rute Fonseca	beep... beep...	Senior Feminino	03:11:13	+01:58:26	15:56
611	3962	Vânia Santos	trail sra do salto	Senior Feminino	03:11:32	+01:58:45	15:58
612	3959	Flavia Nogueira	trail sra do salto	Senior Feminino	03:11:43	+01:58:55	15:59
613	3624	Paula Idalina Barros da Mota Fernandes	individual	Veterana F40	03:11:59	+01:59:11	16:00
614	3365	Carla Patrícia Barros da Mota	individual	Senior Feminino	03:11:59	+01:59:11	16:00
615	3171	Maria Jorge Sá Dantas	centro de marcha e corrida da união de freguesias	Veterana F40	03:12:25	+01:59:37	16:02
616	3188	Mariana Sá	danados	Senior Feminino	03:12:26	+01:59:38	16:02
617	0	Maria de Fátima da Silva Ferreira Teixeira	individual	Veterana F40	03:12:26	+01:59:38	16:02
618	1180	Renato Silva	danados	Senior Masculino	03:12:26	+01:59:39	16:02
619	3489	Adelino Jesus Cunha Lopes Videira	individual	Senior Masculino	03:12:26	+01:59:39	16:02
620	3828	Jorge Silva	osfazconta	Senior Masculino	03:13:24	+02:00:37	16:07
621	3593	Avelina Rocha	individual	Veterana F40	03:13:34	+02:00:46	16:08

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
622	3655	João Gaspar	individual	Veterano M40	03:13:35	+02:00:48	16:08
623	3634	sonia marina da silva forte	individual	Veterana F40	03:14:00	+02:01:13	16:10
624	3165	Odete Coelho	cães & gatos	Veterana F40	03:14:01	+02:01:14	16:10
625	3163	Maria do Carmo Pinto	cães & gatos	Veterana F40	03:14:01	+02:01:14	16:10
626	3164	Maria Regina Carvalho	cães & gatos	Veterana F40	03:14:01	+02:01:14	16:10
627	3162	Eugénia Alves	cães & gatos	Senior Feminino	03:14:02	+02:01:15	16:10
628	3836	Luis Ribeiro	paredes running	Veterano M40	03:14:03	+02:01:16	16:10
629	3701	JOSÉ BONIFÁCIO	josé ribeiro cabeleireiro	Veterano M40	03:14:22	+02:01:34	16:12
630	3104	Susana Ferreira	amigos do sofá	Senior Feminino	03:14:32	+02:01:44	16:13
631	3873	Camilo Costa	rainha club	Veterano M40	03:14:33	+02:01:46	16:13
632	3659	José Coelho	individual	Veterano M40	03:14:36	+02:01:49	16:13
633	3806	Bárbara Neto	oralklass-amigos do trail	Senior Feminino	03:14:41	+02:01:54	16:13
634	3816	Aurora Morais	oralklass-amigos do trail	Veterana F40	03:14:42	+02:01:54	16:14
635	3733	Paula Silva	la zinco	Senior Feminino	03:14:46	+02:01:59	16:14
636	3731	Andreia Carvalho	la zinco	Senior Feminino	03:14:46	+02:01:59	16:14
637	3431	Marisa Cunha	individual	Senior Feminino	03:15:10	+02:02:22	16:16
638	3747	Ricardo Oliveira	leões de tardariz trail	Senior Masculino	03:15:14	+02:02:27	16:16
639	3016	Jorge Silva	10temidos	Veterano M40	03:15:15	+02:02:27	16:16
640	3010	Mariana Martins	10temidos	Senior Feminino	03:15:15	+02:02:27	16:16
641	3382	Cristina Aleixo	individual	Senior Feminino	03:15:38	+02:02:51	16:18
642	3047	João Pinto	a20's box warriors	Veterano M40	03:15:58	+02:03:10	16:20
643	3798	TÓ Madureira	nocturnos de paredes	Veterano M40	03:16:03	+02:03:15	16:20
644	3153	Cristina Neves	btt alegria / tubani	Senior Feminino	03:16:08	+02:03:20	16:21
645	3419	Liliana Oliveira	individual	Senior Feminino	03:16:11	+02:03:23	16:21
646	3846	Lisa Pereira	porto sentido runners	Senior Feminino	03:16:13	+02:03:26	16:21
647	3618	Maria Neves	individual	Veterana F40	03:16:28	+02:03:41	16:22
648	3383	Cristina Almeida	individual	Senior Feminino	03:16:33	+02:03:45	16:23
649	3861	Lourenço Marques	porto sentido runners	Veterano M40	03:16:40	+02:03:52	16:23
650	3282	SANDRA SILVA	fugitivos urbanos	Senior Feminino	03:16:49	+02:04:01	16:24
651	3283	SOFIA COELHO	fugitivos urbanos	Senior Feminino	03:16:49	+02:04:02	16:24
652	3260	Maria Guerra	fitspot - parque nascente	Veterana F40	03:17:01	+02:04:14	16:25
653	3452	Raquel Silva	individual	Senior Feminino	03:17:16	+02:04:28	16:26
654	3370	Catarina Barbosa	individual	Senior Feminino	03:17:35	+02:04:47	16:28
655	3362	Blandina Sousa	individual	Senior Feminino	03:17:35	+02:04:47	16:28
656	3794	Susana Magalhães	nocturnos de paredes	Veterana F40	03:18:00	+02:05:12	16:30
657	3791	Sofia Vieira	nocturnos de paredes	Senior Feminino	03:18:00	+02:05:12	16:30
658	3897	Sofia Bernardo	run forrest run	Senior Feminino	03:18:12	+02:05:25	16:31
659	3898	Pedro Carvalho	run forrest run	Veterano M40	03:18:13	+02:05:25	16:31
660	3696	RAQUEL DE SOUSA	josé ribeiro cabeleireiro	Senior Feminino	03:18:46	+02:05:59	16:34
661	3700	FELICIDADE CARNEIRO	josé ribeiro cabeleireiro	Veterana F40	03:18:47	+02:05:59	16:34
662	3714	Miguel Garcez	juventude popular paredes	Senior Masculino	03:19:01	+02:06:14	16:35
663	3348	Ana Silva	individual	Senior Feminino	03:19:30	+02:06:42	16:38
664	3343	Ana Filipa Gaspar Vidal	individual	Senior Feminino	03:20:00	+02:07:13	16:40
665	3192	manuel pereira	desattinados	Senior Masculino	03:20:34	+02:07:47	16:43
666	3261	Maria Pinto	fitspot - parque nascente	Veterana F40	03:20:44	+02:07:57	16:44
667	3635	sonia sampaio	individual	Veterana F40	03:20:46	+02:07:58	16:44

TRAIL CURTO - STAGE 1

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
668	3637	Susana Fernandes	individual	Veterana F40	03:21:05	+02:08:17	16:45
669	3839	Álvaro da Silva Ribeiro	pedais de aço btt	Senior Masculino	03:21:08	+02:08:20	16:46
670	3838	Ilidia Isabel da Rocha	pedais de aço btt	Senior Feminino	03:21:09	+02:08:21	16:46
671	3466	Sara Teixeira	individual	Senior Feminino	03:21:15	+02:08:28	16:46
672	3799	Tomas Ferreira	nocturnos de paredes	Veterano M40	03:21:19	+02:08:32	16:47
673	3793	Emilia Rodrigues	nocturnos de paredes	Veterana F40	03:21:20	+02:08:32	16:47
674	3707	Juliana Martins Lemos	juventude popular paredes	Senior Feminino	03:22:03	+02:09:16	16:50
675	3704	Ana Margarida Teixeira	juventude popular paredes	Senior Feminino	03:22:03	+02:09:16	16:50
676	3709	Patrícia Alexandra Abreu Leite	juventude popular paredes	Senior Feminino	03:22:04	+02:09:17	16:50
677	1915	ana rosinhas	intensos	Senior Feminino	03:22:05	+02:09:18	16:50
678	3224	Luís Coelho	ermidafit runners	Veterano M40	03:22:24	+02:09:36	16:52
679	3553	Mario Alexandre Ferreira dos Santos	individual	Senior Masculino	03:22:32	+02:09:45	16:53
680	2227	Maria José Peres	reis	Veterana F40	03:22:59	+02:10:12	16:55
681	1048	Filipa Alves	all about	Senior Feminino	03:22:59	+02:10:12	16:55
682	3113	Helder Oliveira	andatrilhos freamunde	Senior Masculino	03:23:01	+02:10:14	16:55
683	3110	Ana Costa	andatrilhos freamunde	Senior Feminino	03:23:01	+02:10:14	16:55
684	3990	Delfim Botelho	cfit	Senior Masculino	03:23:06	+02:10:18	16:56
685	3167	Rute Alexandra Almeida Pinheiro Ribeiro	carol team	Senior Feminino	03:23:07	+02:10:19	16:56
686	3168	Maria Adelaide Madureira Pereira	carol team	Veterana F40	03:23:11	+02:10:23	16:56
687	3284	SONIA LOURENÇO	fugitivos urbanos	Senior Feminino	03:23:31	+02:10:44	16:58
688	3279	ANA SOUSA	fugitivos urbanos	Senior Feminino	03:23:31	+02:10:44	16:58
689	3666	José Pinheiro	individual	Veterano M40	03:23:33	+02:10:46	16:58
690	3688	Victor Coelho	individual	Veterano M40	03:23:36	+02:10:49	16:58
691	3769	Sara Vigario	metralhas runners	Senior Feminino	03:23:36	+02:10:49	16:58
692	3592	ana lemos	individual	Veterana F40	03:23:37	+02:10:49	16:58
693	3995	SOFIA SOUSA	individual	Senior Feminino	03:23:40	+02:10:53	16:58
694	3354	Andreia Moreira	individual	Senior Feminino	03:23:40	+02:10:53	16:58
695	3723	Fátima Sousa	kunalama runners	Senior Feminino	03:23:41	+02:10:54	16:58
696	3724	Augusta Sousa	kunalama runners	Veterana F40	03:23:42	+02:10:55	16:59
697	3981	Augusta Saraiva	vidaativarunners	Veterana F40	03:23:54	+02:11:07	17:00
698	3974	Daniela Gomes	vidaativarunners	Senior Feminino	03:23:54	+02:11:07	17:00
699	3978	Patrícia Miranda	vidaativarunners	Senior Feminino	03:23:55	+02:11:07	17:00
700	3975	Júlia correia	vidaativarunners	Senior Feminino	03:23:55	+02:11:07	17:00
701	3837	Paulo cunha	patas negras	Veterano M40	03:23:57	+02:11:10	17:00
702	3020	Alexandra Zeferino	a20's box warriors	Senior Feminino	03:23:59	+02:11:11	17:00
703	3024	Sara Costa	a20's box warriors	Senior Feminino	03:24:07	+02:11:19	17:01
704	2226	Ana Reis	reis	Senior Feminino	03:24:10	+02:11:22	17:01
705	3980	SILVIA MARLENE SOUSA ALVES	vidaativarunners	Senior Feminino	03:24:18	+02:11:31	17:02
706	3602	Elizabete Ferreira	individual	Veterana F40	03:24:19	+02:11:31	17:02
707	3597	Cláudia Matos	individual	Veterana F40	03:24:19	+02:11:32	17:02
708	3273	Mohamed Moudnib	fitspot - parque nascente	Veterano M40	03:24:24	+02:11:37	17:02
709	3727	Isabel Maria Sousa Moreira	kunochão	Senior Feminino	03:24:35	+02:11:47	17:03
710	3730	Pedro Miguel Soares Neves	kunochão	Senior Masculino	03:24:35	+02:11:47	17:03
711	3726	Inês Catarina Sousa Rocha	kunochão	Senior Feminino	03:24:35	+02:11:48	17:03
712	3680	Pedro Rocha	individual	Veterano M40	03:24:37	+02:11:49	17:03

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
713	3386	Cristina Sousa	individual	Senior Feminino	03:25:02	+02:12:14	17:05
714	3483	Vania Maia	individual	Senior Feminino	03:25:02	+02:12:14	17:05
715	3863	ANA MARTINS	portocargo	Senior Feminino	03:25:32	+02:12:44	17:08
716	3864	MARIA JOSE OLIVEIRA	portocargo	Senior Feminino	03:25:32	+02:12:45	17:08
717	2163	Cátia Sofia Neves Braga	ou vai ou racha	Senior Feminino	03:25:38	+02:12:50	17:08
718	2164	Ana Rita Barros Neves Magalhães	ou vai ou racha	Veterana F40	03:25:40	+02:12:52	17:08
719	3830	silvia maciel	ou vai ou racha	Senior Feminino	03:25:43	+02:12:56	17:09
720	3086	Vitor Rocha	aliança de gandra	Veterano M40	03:25:49	+02:13:02	17:09
721	3076	Elisabete Silva	aliança de gandra	Veterana F40	03:26:09	+02:13:22	17:11
722	3832	Cristina Costa	ou vai ou racha	Veterana F40	03:26:28	+02:13:40	17:12
723	3831	arminda maciel	ou vai ou racha	Veterana F40	03:26:30	+02:13:42	17:13
724	3266	Almerindo Freitas	fitspot - parque nascente	Veterano M40	03:26:36	+02:13:49	17:13
725	3083	António Paiva	aliança de gandra	Veterano M40	03:26:44	+02:13:56	17:14
726	3079	Maria Oliveira	aliança de gandra	Veterana F40	03:26:44	+02:13:57	17:14
727	3068	Paula Vinhas	aliança de gandra	Senior Feminino	03:26:44	+02:13:57	17:14
728	3066	Celina Ferreira	aliança de gandra	Senior Feminino	03:26:44	+02:13:57	17:14
729	3245	Clara Costa	fitspot - parque nascente	Senior Feminino	03:26:58	+02:14:10	17:15
730	3264	Sofia Martins	fitspot - parque nascente	Veterana F40	03:27:11	+02:14:23	17:16
731	3356	Andreia Sofia Rio Padrão	individual	Senior Feminino	03:27:20	+02:14:33	17:17
732	3341	Ana Fernandes	individual	Senior Feminino	03:27:20	+02:14:33	17:17
733	3584	Sérgio Filipe Sousa Moutinho	individual	Senior Masculino	03:27:20	+02:14:33	17:17
734	3770	Marcia Pinto	metralhas runners	Veterana F40	03:27:29	+02:14:42	17:17
735	3352	Andreia Machado	individual	Senior Feminino	03:28:19	+02:15:31	17:22
736	3460	Sandra Silva	individual	Senior Feminino	03:28:20	+02:15:33	17:22
737	3143	Fátima Costa	bitrunners	Veterana F40	03:28:31	+02:15:44	17:23
738	3407	Isabel Susano	individual	Senior Feminino	03:28:32	+02:15:44	17:23
739	3603	Fernanda Maria Moreira Leal	individual	Veterana F40	03:28:46	+02:15:59	17:24
740	3469	Sofia Arrepia	individual	Senior Feminino	03:29:08	+02:16:21	17:26
741	3474	Sonia SOUSA	individual	Senior Feminino	03:29:09	+02:16:21	17:26
742	3314	Sergio Reis	generosos	Veterano M40	03:29:09	+02:16:21	17:26
743	3545	José Rodrigo Martins Ferreira Peixoto Coelho	individual	Senior Masculino	03:29:21	+02:16:34	17:27
744	3451	Raquel Maria pinto Teixeira	individual	Senior Feminino	03:29:21	+02:16:34	17:27
745	3414	Joana Pinto	individual	Senior Feminino	03:29:22	+02:16:34	17:27
746	3351	Andreia Ferreira	individual	Senior Feminino	03:29:24	+02:16:37	17:27
747	3711	Sandra Teixeira	juventude popular paredes	Senior Feminino	03:29:49	+02:17:02	17:29
748	3166	Paulo Coelho	cães & gatos	Veterano M40	03:29:49	+02:17:02	17:29
749	3710	Rita Salomé Teixeira	juventude popular paredes	Senior Feminino	03:29:50	+02:17:02	17:29
750	3935	CELIA MARIA PACHECO FERREIRA	sweet runners	Veterana F40	03:30:13	+02:17:25	17:31
751	3364	Carla Araújo	individual	Senior Feminino	03:30:29	+02:17:41	17:32
752	3394	Emilia Maria Silva Araújo	individual	Senior Feminino	03:30:46	+02:17:59	17:34
753	3408	Joana Alves	individual	Senior Feminino	03:30:47	+02:17:59	17:34
754	3359	ARMANDINA PAIVA	individual	Senior Feminino	03:31:04	+02:18:17	17:35
755	3928	Sara Costa	somos nós team	Senior Feminino	03:31:04	+02:18:17	17:35
756	3937	Raquel Gomes	sweet runners	Veterana F40	03:31:06	+02:18:19	17:36
757	3425	Maria Fernandes	individual	Senior Feminino	03:31:09	+02:18:22	17:36

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
758	3064	Angela Carvalho	aliança de gandra	Senior Feminino	03:31:10	+02:18:22	17:36
759	3080	Silvia Pinto	aliança de gandra	Veterana F40	03:31:10	+02:18:22	17:36
760	3933	Catarina Faria	sweet runners	Senior Feminino	03:31:17	+02:18:30	17:36
761	3093	Alice Silva	amigos do pedal trailagares	Senior Feminino	03:31:38	+02:18:51	17:38
762	3097	Cátia Sofia Rodrigues Oliveira	amigos do pedal trailagares	Senior Feminino	03:31:40	+02:18:52	17:38
763	3222	Maria Manuela Vilela Dias	ermidafit runners	Veterana F40	03:31:43	+02:18:55	17:39
764	3739	Guilherme Oliveira	leões de tardariz trail	Senior Masculino	03:33:09	+02:20:22	17:46
765	3736	Alexandra Correia	leões de tardariz trail	Senior Feminino	03:33:09	+02:20:22	17:46
766	3190	ana cristina silva	danados	Veterana F40	03:33:12	+02:20:25	17:46
767	3187	SANDRA PEREIRA	danados	Senior Feminino	03:33:13	+02:20:25	17:46
768	3464	Sara Isabel Silva Júlio	individual	Senior Feminino	03:33:26	+02:20:39	17:47
769	3189	nuno ricardo sousa	danados	Senior Masculino	03:33:30	+02:20:42	17:48
770	3186	rute lemos	danados	Senior Feminino	03:33:30	+02:20:43	17:48
771	3148	Leonor Araújo	bota&sig	Veterana F40	03:34:13	+02:21:25	17:51
772	3147	Mariana Ribeiro	bota&sig	Senior Feminino	03:34:13	+02:21:25	17:51
773	3615	Maria Graça Silva Sousa	individual	Veterana F40	03:35:16	+02:22:29	17:56
774	3335	Alexandra Ono	individual	Senior Feminino	03:35:16	+02:22:29	17:56
775	3694	BRUNA SANTOS	josé ribeiro cabeleireiro	Senior Feminino	03:35:25	+02:22:38	17:57
776	3697	SANDRA ROCHA	josé ribeiro cabeleireiro	Senior Feminino	03:35:25	+02:22:38	17:57
777	3265	Sonia Moreira	fitspot - parque nascente	Veterana F40	03:35:28	+02:22:41	17:57
778	3917	Ana Durães	sai da frente	Senior Feminino	03:35:57	+02:23:10	18:00
779	3208	Luisa Ventura	equipa xpto's	Veterana F40	03:36:01	+02:23:13	18:00
780	3235	DELFINA PEREIRA	familia pereira	Veterana F40	03:36:05	+02:23:17	18:00
781	3234	ANA MARIA	familia pereira	Veterana F40	03:36:05	+02:23:17	18:00
782	3523	HELDER MOREIRA	individual	Senior Masculino	03:36:09	+02:23:21	18:01
783	3605	ISABEL GONÇALVES	individual	Veterana F40	03:36:12	+02:23:24	18:01
784	3604	GUILHERMINA ROCHA	individual	Veterana F40	03:36:12	+02:23:25	18:01
785	3484	Vania Monteiro	individual	Senior Feminino	03:36:29	+02:23:41	18:02
786	3796	Hugo C.Marques	nocturnos de paredes	Veterano M40	03:36:40	+02:23:52	18:03
787	3788	Isabel Moreira	nocturnos de paredes	Senior Feminino	03:36:40	+02:23:52	18:03
788	3251	Veronica Dias	fitspot - parque nascente	Senior Feminino	03:36:56	+02:24:08	18:05
789	3272	Miguel Eiras	fitspot - parque nascente	Veterano M40	03:36:56	+02:24:08	18:05
790	3417	Liliana Andreia Barbosa Mendes	individual	Senior Feminino	03:36:57	+02:24:09	18:05
791	3436	Marta Pereira	individual	Senior Feminino	03:36:57	+02:24:09	18:05
792	3415	Leonilde Silveira	individual	Senior Feminino	03:37:14	+02:24:27	18:06
793	3785	Luis Manuel Babo Simões	muita' tracção running tribe	Veterano M40	03:37:15	+02:24:28	18:06
794	3781	Andrea Cristina Costa Fernandes Magalhães Ferreira	muita' tracção running tribe	Senior Feminino	03:37:15	+02:24:28	18:06
795	3784	Jorge Manuel Pinto Pereira Ferreira	muita' tracção running tribe	Veterano M40	03:37:17	+02:24:29	18:06
796	3783	Deolinda Manuela Madureira Ferreira e Silva	muita' tracção running tribe	Veterana F40	03:37:17	+02:24:29	18:06
797	2028	José Pires	muita' tracção running team	Veterano M40	03:37:17	+02:24:30	18:06
798	3379	Clara Pereira	individual	Senior Feminino	03:37:18	+02:24:30	18:07
799	3449	Paula Cruz	individual	Senior Feminino	03:37:22	+02:24:34	18:07
800	3900	liliana borges	run2eat	Senior Feminino	03:37:22	+02:24:35	18:07
801	1461	João Oliveira	individual	Senior Masculino	03:37:48	+02:25:01	18:09
802	3404	Isabel machado	individual	Senior Feminino	03:39:18	+02:26:31	18:17

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
803	3366	carla ribeiro	individual	Senior Feminino	03:40:24	+02:27:36	18:22
804	3043	Ricardo Ferreira	a20's box warriors	Senior Masculino	03:40:36	+02:27:48	18:23
805	3157	Fernanda Soares	btt alegria / tubani	Veterana F40	03:40:53	+02:28:06	18:24
806	3154	Maria José Vieira	btt alegria / tubani	Senior Feminino	03:40:54	+02:28:06	18:25
807	3455	Rita Salomé Rocha de Sousa	individual	Senior Feminino	03:41:22	+02:28:34	18:27
808	3444	Patricia lemos	individual	Senior Feminino	03:41:22	+02:28:34	18:27
809	3887	Marta Sofia da Silva Moreira	royal school of languages	Senior Feminino	03:42:20	+02:29:33	18:32
810	3766	Bebiana Sousa	lusos xxi	Veterana F40	03:42:34	+02:29:46	18:33
811	1664	Pedro Vieira	individual	Senior Masculino	03:42:53	+02:30:05	18:34
812	3375	Catarina Pinto	individual	Senior Feminino	03:42:53	+02:30:05	18:34
813	3963	Sara Alexandra da Silva Ferreira	trofa team	Senior Feminino	03:42:53	+02:30:06	18:34
814	3965	Luis António Costa Pereira	trofa team	Senior Masculino	03:42:53	+02:30:06	18:34
815	2260	Fatima Castro	snowtortugas	Senior Feminino	03:43:31	+02:30:44	18:38
816	3966	Patrícia Carolina Silva	uh lá lá	Senior Feminino	03:43:52	+02:31:05	18:39
817	3393	Elisabete Duarte	individual	Senior Feminino	03:43:52	+02:31:05	18:39
818	2267	Nuno Castro	snowtortugas	Senior Masculino	03:43:57	+02:31:09	18:40
819	3181	Ana Alice Silva	danados	Senior Feminino	03:44:24	+02:31:36	18:42
820	3007	Ana Moreira	10temidos	Senior Feminino	03:45:14	+02:32:26	18:46
821	3009	Daniela Moreira	10temidos	Senior Feminino	03:45:14	+02:32:27	18:46
822	3790	Rafaela C.Marques	nocturnos de paredes	Senior Feminino	03:46:36	+02:33:48	18:53
823	3344	Ana Manuela Martins Ferreira Peixoto Coelho	individual	Senior Feminino	03:47:44	+02:34:56	18:59
824	3587	Tiago Emanuel Pinto Nunes Magalhães	individual	Senior Masculino	03:47:44	+02:34:56	18:59
825	1585	Jose Guerra	individual	Senior Masculino	03:47:57	+02:35:09	19:00
826	3729	Vânia Sofia Vieira Moreira	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
827	3725	Carla Manuela Manuela Camilo Sousa	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
828	3728	Paula Cristina Lourenço Freitas	kunochão	Senior Feminino	03:49:03	+02:36:16	19:05
829	3274	Paulo Costa	fitspot - parque nascente	Veterano M40	03:49:11	+02:36:23	19:06
830	3447	Patricia Rodrigues	individual	Senior Feminino	03:50:26	+02:37:39	19:12
831	1170	Serafim Ramos	clube do pessoal edp - porto	Veterano M40	03:51:24	+02:38:37	19:17
832	3258	Márcia	fitspot - parque nascente	Veterana F40	03:51:54	+02:39:06	19:20
833	3789	Joana Aparicio	nocturnos de paredes	Senior Feminino	03:51:59	+02:39:11	19:20
834	3008	Andreia Teixeira	10temidos	Senior Feminino	03:52:10	+02:39:22	19:21
835	3014	Lília Sá	10temidos	Veterana F40	03:52:10	+02:39:23	19:21
836	3316	Patrícia Santos	gondomar futsal clube	Senior Feminino	03:52:23	+02:39:36	19:22
837	3231	Sandra Gonçalves	fairgirls	Senior Feminino	03:53:30	+02:40:43	19:28
838	3230	Isabel Gonçalves	fairgirls	Senior Feminino	03:53:31	+02:40:43	19:28
839	3232	Paula Moreira	fairgirls	Veterana F40	03:53:31	+02:40:43	19:28
840	3835	Lucinda Marques	paredes running	Veterana F40	03:53:55	+02:41:08	19:30
841	3385	Cristina Silva	individual	Senior Feminino	03:53:58	+02:41:11	19:30
842	3392	Elisa Maria Carvalho Pimenta	individual	Senior Feminino	03:54:16	+02:41:28	19:31
843	3347	Ana Rita Silva Amado	individual	Senior Feminino	03:54:16	+02:41:28	19:31
844	3872	Cristina Silva	rainha club	Veterana F40	03:54:43	+02:41:55	19:34
845	3871	Angelica Jorge	rainha club	Veterana F40	03:54:43	+02:41:56	19:34
846	3732	Angela Simões	la zinco	Senior Feminino	03:56:40	+02:43:53	19:43

TRAIL CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
847	1952	Artur Mota	la zinco	Senior Masculino	04:03:21	+02:50:34	20:17
848	3319	Helena Moura	gondomar futsal clube	Veterana F40	04:05:58	+02:53:10	20:30
849	3321	Silvina Gama	gondomar futsal clube	Veterana F40	04:06:07	+02:53:19	20:31
850	3142	Fernando Araújo	befitness runners	Veterano M40	04:13:05	+03:00:18	21:05
851	3786	Luis Moura	na beiersdorf	Veterano M40	04:14:47	+03:01:59	21:14
852	3834	Ana Ferreira	paredes running	Veterana F40	04:14:47	+03:01:59	21:14
853	3475	Soraia Aguiar	individual	Senior Feminino	04:15:14	+03:02:26	21:16
854	3380	Cláudia Oliveira	individual	Senior Feminino	04:15:14	+03:02:27	21:16
855	3570	Ricardo Ferreira	individual	Senior Masculino	04:15:15	+03:02:28	21:16
856	3450	Raquel Alves dos Santos	individual	Senior Feminino	04:16:51	+03:04:04	21:24
857	3346	Ana Paiva Santos	individual	Senior Feminino	04:16:51	+03:04:04	21:24
858	2263	Rafaela Figueira	snowtortugas	Senior Feminino	04:17:21	+03:04:33	21:27
859	2265	Vania Ribeiro	snowtortugas	Senior Feminino	04:17:21	+03:04:34	21:27
860	3219	Natália pereira	ermidafit runners	Senior Feminino	04:18:23	+03:05:36	21:32
861	2395	Maria koch	π 100 pé	Veterana F40	04:19:47	+03:07:00	21:39
862	2392	Nuno Pereira	π 100 pé	Senior Masculino	04:19:48	+03:07:01	21:39
863	2391	Nuno Moreira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
864	2390	Sandra castro	π 100 pé	Senior Feminino	04:19:49	+03:07:02	21:39
865	3035	José Oliveira	a20's box warriors	Senior Masculino	04:20:42	+03:07:54	21:44
866	2305	Eugenia Ferreira	team agente meireles	Senior Feminino	04:22:16	+03:09:28	21:51
867	2304	Elisabete Mendes	team agente meireles	Senior Feminino	04:22:18	+03:09:31	21:52
868	3982	Susana Rito	all about	Senior Feminino	04:22:54	+03:10:06	21:55
869	3735	Daniel Leal	leal	Senior Masculino	04:25:13	+03:12:25	22:06
870	3734	Andreia Brandão	leal	Senior Feminino	04:25:13	+03:12:26	22:06
871	3405	Isabel Martins	individual	Senior Feminino	04:31:50	+03:19:02	22:39
872	3090	Susana Barbosa	all about	Veterana F40	04:48:17	+03:35:30	24:01
873	3413	Joana oliveira	individual	Senior Feminino	04:48:17	+03:35:30	24:01
874	3295	ana moreira	futebol clube de penafiel	Senior Feminino	04:50:20	+03:37:33	24:12
875	3308	Rui Pinto	futebol clube de penafiel	Veterano M40	04:50:20	+03:37:33	24:12
876	3145	Manuela Saraiva	bora lá	Veterana F40	04:53:28	+03:40:41	24:27
877	3660	JOSE COSTA PINTO	individual	Veterano M40	04:53:47	+03:40:59	24:29
878	3821	Angélica Ferreira	os falta d'ar	Senior Feminino	04:58:40	+03:45:52	24:53
879	3304	isabel galhardo	futebol clube de penafiel	Veterano M40	05:02:56	+03:50:09	25:15
880	3302	Sandra Mendes	futebol clube de penafiel	Veterana F40	05:02:57	+03:50:10	25:15
881	3307	Manuel alves	futebol clube de penafiel	Veterano M40	05:02:58	+03:50:11	25:15
882	3185	LUCIA ISABEL COSTA	danados	Senior Feminino	05:04:25	+03:51:38	25:22
883	3182	ANA RITA VILAS	danados	Senior Feminino	05:04:26	+03:51:38	25:22
884	1135	Miguel Silva	befitness runners	Senior Masculino	05:05:18	+03:52:31	25:27
885	3648	avelino eugenio rosa fernandes	individual	Veterano M40	05:12:24	+03:59:37	26:02
886	3546	luis miguel alves fernandes	individual	Senior Masculino	05:12:25	+03:59:38	26:02
887	1312	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	05:43:00	+04:30:12	28:35

Trail Curto

12 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	13.9°C	67%
End	15:38	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	3809	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	01:31:31		07:38
2	3807	Joana Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	01:36:30	+04:59	08:02
3	3805	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	01:41:32	+10:01	08:28
4	3877	LILIANA VIEIRA	REIS & POMBAS AMIGOS DO TRAIL	Senior Feminino	01:46:00	+14:29	08:50
5	3368	Carla Sofia Silva Cardoso	Individual	Senior Feminino	01:47:06	+15:35	08:56
6	3808	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	01:47:20	+15:49	08:57
7	3774	Claudia Patricia Silva	Moinhos Run - ADRM	Senior Feminino	01:50:37	+19:06	09:13
8	3172	Marta Amaro	Centro de Marcha e Corrida da União de Freguesias	Senior Feminino	01:53:51	+22:20	09:29
9	3948	Andreia Pacheco	Tecla 3 Runners	Senior Feminino	01:53:52	+22:21	09:29
10	1456	Vania Amaral	Individual	Senior Feminino	01:54:44	+23:13	09:34
11	3336	Alice Santos Silva	Individual	Senior Feminino	01:55:01	+23:30	09:35
12	3357	Andreia Sofia Santos Mota	Individual	Senior Feminino	01:55:08	+23:37	09:36
13	3927	Ana Morais	Somos Nós Team	Senior Feminino	01:56:58	+25:27	09:45
14	3432	Marlene Alves Silva	Individual	Senior Feminino	02:00:33	+29:02	10:03
15	3342	Ana Ferreira	Individual	Senior Feminino	02:02:34	+31:03	10:13
16	3465	Sara SM	Individual	Senior Feminino	02:05:24	+33:53	10:27
17	3991	Marta Ribeiro	CFIT	Senior Feminino	02:07:13	+35:42	10:36
18	1451	Susana Sousa	Individual	Senior Feminino	02:08:05	+36:34	10:40
19	3377	Cátia Ferreira da Costa	Individual	Senior Feminino	02:08:11	+36:40	10:41
20	3218	Liliana Barros	ERMIDAFIT Runners	Senior Feminino	02:08:11	+36:40	10:41
21	3103	Sandra Costa	Amigos do Sofá	Senior Feminino	02:09:40	+38:09	10:48
22	3105	Vanessa santos	Amigos do Sofá	Senior Feminino	02:09:43	+38:12	10:49
23	1360	Ana Filipa Gomes Marques	Individual	Senior Feminino	02:10:09	+38:38	10:51
24	1409	Liliana Magalhães	Individual	Senior Feminino	02:10:20	+38:49	10:52
25	3102	Lígia Regenga	Amigos do Sofá	Senior Feminino	02:13:11	+41:40	11:06
26	1386	Diana Nogueira	Individual	Senior Feminino	02:14:59	+43:28	11:15
27	3006	Ana Campanhã	10TEMIDOS	Senior Feminino	02:15:59	+44:28	11:20
28	3986	Liliana Teixeira	CFIT	Senior Feminino	02:16:26	+44:55	11:22
29	1422	Mariana Silva Barros	Individual	Senior Feminino	02:16:35	+45:04	11:23
30	3067	Fernanda Machado	ALIANÇA DE GANDRA	Senior Feminino	02:16:51	+45:20	11:24
31	3195	Raquel Oliveira	easymeals	Senior Feminino	02:17:11	+45:40	11:26
32	3904	Joana Direito	S. S. Montepio	Senior Feminino	02:17:57	+46:26	11:30
33	1255	Vânia Luís	Gafanhotos Saltitantes	Senior Feminino	02:18:16	+46:45	11:31
34	3310	Maria Sousa	FuturRunners	Senior Feminino	02:18:26	+46:55	11:32
35	3409	Joana Andreia Alves Ribeiro	Individual	Senior Feminino	02:18:30	+46:59	11:33
36	3363	Bruna Marcela Pinheiro Lopes	Individual	Senior Feminino	02:18:40	+47:09	11:33
37	3349	Ana vieira	Individual	Senior Feminino	02:18:53	+47:22	11:34
38	3428	Maria João Fonseca Almeida	Individual	Senior Feminino	02:19:30	+47:59	11:37

Official Timekeeper: Lap2Go	1 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM



OFFICIAL RESULT

39	3402	Iolanda Maria Cruz Santos	Individual	Senior Feminino	02:19:30	+47:59	11:37
40	3879	rosana martins	reumatico	Senior Feminino	02:19:57	+48:26	11:40
41	3139	Clara Azevedo	Befitness Runners	Senior Feminino	02:20:40	+49:09	11:43
42	1449	Sónia Silva	Individual	Senior Feminino	02:20:54	+49:23	11:45
43	1450	Susana Martins	Individual	Senior Feminino	02:23:03	+51:32	11:55
44	3298	Graça Pinto	Futebol Clube de Penafiel	Senior Feminino	02:23:04	+51:33	11:55
45	3297	Ana Pinto	Futebol Clube de Penafiel	Senior Feminino	02:23:04	+51:33	11:55
46	3939	Rita Rodrigues	Tartarugas do Cávado	Senior Feminino	02:23:08	+51:37	11:56
47	3755	Ana Oliveira	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	02:23:39	+52:08	11:58
48	3477	Susana Leal	Individual	Senior Feminino	02:24:04	+52:33	12:00
49	3996	BRUNA FARIA	Individual	Senior Feminino	02:24:23	+52:52	12:02
50	3849	Vera Lúcia Sousa	Porto Sentido Runners	Senior Feminino	02:24:48	+53:17	12:04
51	1938	Rita Araújo	keepmoving	Senior Feminino	02:25:14	+53:43	12:06
52	3907	TANIA REBELO	S. S. Montepio	Senior Feminino	02:25:25	+53:54	12:07
53	3842	Sandra Nova	pipb	Senior Feminino	02:25:26	+53:55	12:07
54	3299	lidia teles	Futebol Clube de Penafiel	Senior Feminino	02:25:28	+53:57	12:07
55	3476	Susana Cristina Teixeira Ferreira	Individual	Senior Feminino	02:25:53	+54:22	12:09
56	3315	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:26:06	+54:35	12:11
57	3403	Isabel Ferreira	Individual	Senior Feminino	02:27:05	+55:34	12:15
58	3350	Andrea Vieira	Individual	Senior Feminino	02:28:44	+57:13	12:24
59	3416	Ligia Freitas	Individual	Senior Feminino	02:28:48	+57:17	12:24
60	3395	Eunice Coelho	Individual	Senior Feminino	02:28:51	+57:20	12:24
61	3826	Brigida Duarte	OsFazConta	Senior Feminino	02:30:41	+59:10	12:33
62	3763	Raquel Costa	LUSOS XXI	Senior Feminino	02:31:52	+01:00:21	12:39
63	3772	Heloisa Neto	Mickeys	Senior Feminino	02:33:03	+01:01:32	12:45
64	1243	Carla Sofia Mendes Teixeira	Fridão Sem Limites	Senior Feminino	02:33:14	+01:01:43	12:46
65	2213	Sara Soares	Pupilos	Senior Feminino	02:33:58	+01:02:27	12:50
66	3095	Ana Rita Nogueira Coelho	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	02:35:07	+01:03:36	12:56
67	3098	Telma Filipa Teixeira Rocha	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	02:35:07	+01:03:36	12:56
68	3069	Sara Barbosa	ALIANÇA DE GANDRA	Senior Feminino	02:35:18	+01:03:47	12:56
69	1438	Sara Pinto	Individual	Senior Feminino	02:35:28	+01:03:57	12:57
70	3397	Fátima Freitas	Individual	Senior Feminino	02:37:01	+01:05:30	13:05
71	3322	Barbara Teixeira	GTT - Armazém do Caffè	Senior Feminino	02:37:30	+01:05:59	13:07
72	3406	isabel oliveira	Individual	Senior Feminino	02:37:54	+01:06:23	13:09
73	3833	Filipa Moreira	PAREDES AVENTURA	Senior Feminino	02:37:54	+01:06:23	13:09
74	2043	Tânia Cardoso	NOCTURNOS DE PAREDES	Senior Feminino	02:39:37	+01:08:06	13:18
75	3792	Salomé Gomes	NOCTURNOS DE PAREDES	Senior Feminino	02:39:37	+01:08:06	13:18
76	3051	Maria Rosa Teixeira Mendes	ACRORUNNERS	Senior Feminino	02:39:40	+01:08:09	13:18
77	3446	Patrícia Maria Magalhães Silva	Individual	Senior Feminino	02:40:18	+01:08:47	13:22
78	3487	VIRGINIA PAIVA	Individual	Senior Feminino	02:41:20	+01:09:49	13:27
79	3463	SARA GOMES	Individual	Senior Feminino	02:41:33	+01:10:02	13:28
80	3470	Sofia Dias	Individual	Senior Feminino	02:41:48	+01:10:17	13:29
81	3242	Ana Bandeira	Fitspot - Parque Nascente	Senior Feminino	02:41:48	+01:10:17	13:29
82	3121	claudia santos	arranca_troços	Senior Feminino	02:42:23	+01:10:52	13:32

Official Timekeeper: Lap2Go	2 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

83	3737	Sara Comes	Leões de Tardariz Trail	Senior Feminino	02:42:33	+01:11:02	13:33
84	3905	PATRICIA REBELO	S. S. Montepio	Senior Feminino	02:42:54	+01:11:23	13:35
85	3458	Sandra Daniela Sousa Alves	Individual	Senior Feminino	02:43:14	+01:11:43	13:36
86	3485	Vera Ferreira	Individual	Senior Feminino	02:44:11	+01:12:40	13:41
87	3337	ana almeida	Individual	Senior Feminino	02:44:33	+01:13:02	13:43
88	3096	Carina Gonçalves Ferreira	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	02:44:46	+01:13:15	13:44
89	1021	Miguela Monteiro	AfrikanRunners	Senior Feminino	02:45:25	+01:13:54	13:47
90	2000	Anabela Ferreira	Moinhos Run - ADRM	Senior Feminino	02:45:41	+01:14:10	13:48
91	3094	Ana Isabel Oliveira Dias	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	02:46:19	+01:14:48	13:52
92	3378	Celina Tomás	Individual	Senior Feminino	02:46:39	+01:15:08	13:53
93	3087	Carla Cardoso	All About	Senior Feminino	02:47:21	+01:15:50	13:57
94	3184	JEANETE GARCES	Danados	Senior Feminino	02:48:40	+01:17:09	14:03
95	3026	Teresa Oliveira	A20's Box Warriors	Senior Feminino	02:49:48	+01:18:17	14:09
96	3847	Lucinda Mouta	Porto Sentido Runners	Senior Feminino	02:50:30	+01:18:59	14:12
97	3371	Catarina Caprichoso Carvalho	Individual	Senior Feminino	02:51:14	+01:19:43	14:16
98	1978	Rita Martins	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	02:52:03	+01:20:32	14:20
99	3249	Susana Latourrette	Fitspot - Parque Nascente	Senior Feminino	02:52:10	+01:20:39	14:21
100	3149	Susana Pinto	Brabus Runners	Senior Feminino	02:53:21	+01:21:50	14:27
101	3209	Micaela Santos	Equipotencia	Senior Feminino	02:53:48	+01:22:17	14:29
102	3023	Marisa Costa	A20's Box Warriors	Senior Feminino	02:53:50	+01:22:19	14:29
103	3021	Elisabete Santos	A20's Box Warriors	Senior Feminino	02:53:50	+01:22:19	14:29
104	2280	Sónia Raquel Ferraz Bastos	Sónias	Senior Feminino	02:53:54	+01:22:23	14:29
105	3993	Sónia Barbosa	CFIT	Senior Feminino	02:55:12	+01:23:41	14:36
106	3480	Susana Moreira	Individual	Senior Feminino	02:55:18	+01:23:47	14:37
107	3373	Catarina Ferreira	Individual	Senior Feminino	02:55:58	+01:24:27	14:40
108	3767	Juliana Maria Tavares Soares	Marcha dos pinguins	Senior Feminino	02:56:39	+01:25:08	14:43
109	3355	Andreia Silva	Individual	Senior Feminino	02:58:15	+01:26:44	14:51
110	3358	Angela Maia	Individual	Senior Feminino	02:58:15	+01:26:44	14:51
111	3478	Susana Magalhães	Individual	Senior Feminino	02:58:55	+01:27:24	14:55
112	3398	Filipa Conceição Alves Rego	Individual	Senior Feminino	02:58:55	+01:27:24	14:55
113	3376	Cátia Cândida Barbosa Fonseca	Individual	Senior Feminino	02:58:55	+01:27:24	14:55
114	3438	Mónica Patrícia Silva Pinto	Individual	Senior Feminino	02:59:02	+01:27:31	14:55
115	3243	Ana Ferro	Fitspot - Parque Nascente	Senior Feminino	02:59:07	+01:27:36	14:56
116	3246	Claudia Ribeiro	Fitspot - Parque Nascente	Senior Feminino	02:59:11	+01:27:40	14:56
117	3247	Lara Régua	Fitspot - Parque Nascente	Senior Feminino	02:59:11	+01:27:40	14:56
118	3211	Susana Taipa	Equipotencia	Senior Feminino	02:59:20	+01:27:49	14:57
119	3203	Sofia Canez	Equipa os Pernetas	Senior Feminino	02:59:25	+01:27:54	14:57
120	3479	Susana Maria Costa Carrilho	Individual	Senior Feminino	02:59:37	+01:28:06	14:58
121	3840	carina sequeira	Pernetas	Senior Feminino	03:00:15	+01:28:44	15:01
122	3381	Cristiana Braga Correia	Individual	Senior Feminino	03:00:30	+01:28:59	15:02
123	3973	Barbara Maia	VIDAATIVARUNNERS	Senior Feminino	03:00:58	+01:29:27	15:05
124	3400	Helena Isabel Moreira da Silva	Individual	Senior Feminino	03:01:11	+01:29:40	15:06
125	3391	Eliana Isabel Couto Guedes Faria	Individual	Senior Feminino	03:01:19	+01:29:48	15:07
126	3202	Ana Canez	Equipa os Pernetas	Senior Feminino	03:01:32	+01:30:01	15:08

Official Timekeeper: Lap2Go	3 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM



OFFICIAL RESULT

127	3275	Carla rocha	Fontaínhas run	Senior Feminino	03:02:01	+01:30:30	15:10
128	3923	Marta Isabel da Silva Pinto	Sofia	Senior Feminino	03:02:40	+01:31:09	15:13
129	3399	FILIPA PINTO	Individual	Senior Feminino	03:02:54	+01:31:23	15:15
130	3437	Michaela	Individual	Senior Feminino	03:03:00	+01:31:29	15:15
131	3712	Suse Marlene Cunha	Juventude Popular Paredes	Senior Feminino	03:03:05	+01:31:34	15:15
132	3334	Alexandra Manuela Macedo Cerqueira	Individual	Senior Feminino	03:03:07	+01:31:36	15:16
133	3418	Liliana Cerqueira	Individual	Senior Feminino	03:03:08	+01:31:37	15:16
134	3296	Ana Oliveira	Futebol Clube de Penafiel	Senior Feminino	03:03:10	+01:31:39	15:16
135	3300	Raquel Silva	Futebol Clube de Penafiel	Senior Feminino	03:03:10	+01:31:39	15:16
136	3775	Editte lopes	Moinhos Run - ADRM	Senior Feminino	03:03:12	+01:31:41	15:16
137	3125	Paula Santos	Aventureiras	Senior Feminino	03:03:19	+01:31:48	15:17
138	3708	Lucia Lemos	Juventude Popular Paredes	Senior Feminino	03:03:30	+01:31:59	15:17
139	3958	Celeste Alice Taborda	Too Stupid to Stop	Senior Feminino	03:03:33	+01:32:02	15:18
140	3025	Susana Barbosa	A20's Box Warriors	Senior Feminino	03:04:40	+01:33:09	15:23
141	3756	Susana Mateus	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	03:04:45	+01:33:14	15:24
142	3979	Sandra Pinto da Costa	VIDAATIVARUNNERS	Senior Feminino	03:04:58	+01:33:27	15:25
143	3372	Catarina Costa Martins	Individual	Senior Feminino	03:04:59	+01:33:28	15:25
144	3233	ISABEL SOFIA	FAMILIA PEREIRA	Senior Feminino	03:05:02	+01:33:31	15:25
145	3360	Bárbara Castro	Individual	Senior Feminino	03:05:11	+01:33:40	15:26
146	3920	Liliana Lopes	Só Descidas!	Senior Feminino	03:05:15	+01:33:44	15:26
147	3921	Marta Oliveira	Só Descidas!	Senior Feminino	03:05:15	+01:33:44	15:26
148	3205	Monica Tavares	Equipa XPTO'S	Senior Feminino	03:05:31	+01:34:00	15:28
149	3124	Catarina Santos	Aventureiras	Senior Feminino	03:05:31	+01:34:00	15:28
150	3825	Adriana Duarte	OsFazConta	Senior Feminino	03:06:06	+01:34:35	15:30
151	3361	Bárbara Guedes	Individual	Senior Feminino	03:06:29	+01:34:58	15:32
152	3938	Dejanira Abreu Carmo	Tartarugas do Cávado	Senior Feminino	03:06:29	+01:34:58	15:32
153	3401	Inês Sousa	Individual	Senior Feminino	03:07:36	+01:36:05	15:38
154	3456	Rosa Carneiro	Individual	Senior Feminino	03:07:42	+01:36:11	15:38
155	3022	Liliana Gomes	A20's Box Warriors	Senior Feminino	03:07:43	+01:36:12	15:39
156	3289	Andreia Silva	Fun Friends	Senior Feminino	03:07:44	+01:36:13	15:39
157	3968	Sabrina Pedone	USF TS	Senior Feminino	03:07:51	+01:36:20	15:39
158	3135	Andreia Muxagato	Beep... Beep...	Senior Feminino	03:09:00	+01:37:29	15:45
159	3136	Isabel Aguiar	Beep... Beep...	Senior Feminino	03:09:00	+01:37:29	15:45
160	3442	Olímpia Silva	Individual	Senior Feminino	03:09:36	+01:38:05	15:48
161	3065	Cátia Francisco	ALIANÇA DE GANDRA	Senior Feminino	03:09:41	+01:38:10	15:48
162	3424	Maria Almeida	Individual	Senior Feminino	03:09:49	+01:38:18	15:49
163	3410	Joana Cristina Ferreira	Individual	Senior Feminino	03:09:55	+01:38:24	15:50
164	3481	Susana Patricia da Silva Soares Alves	Individual	Senior Feminino	03:09:55	+01:38:24	15:50
165	3738	Tânia Santos	Leões de Tardariz Trail	Senior Feminino	03:10:02	+01:38:31	15:50
166	3140	Sandra Malheiro	Befitness Runners	Senior Feminino	03:10:22	+01:38:51	15:52
167	3459	Sandra Oliveira	Individual	Senior Feminino	03:10:23	+01:38:52	15:52
168	3876	JOANA OLIVEIRA	REIS & POMBAS AMIGOS DO TRAIL	Senior Feminino	03:10:36	+01:39:05	15:53
169	3324	Liliana Pereira	Happy Runners	Senior Feminino	03:10:48	+01:39:17	15:54
170	3160	Paula Vieira	caderneta de cromos	Senior Feminino	03:10:50	+01:39:19	15:54
171	3486	Vera Lucia Guedes Rocha	Individual	Senior Feminino	03:10:57	+01:39:26	15:55

Official Timekeeper: Lap2Go	4 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

172	3338	Ana Cristina Ferreira Moreira	Individual	Senior Feminino	03:11:01	+01:39:30	15:55
173	3001	Luciana Barbosa	"os 100 Ar"	Senior Feminino	03:11:07	+01:39:36	15:56
174	3137	Rute Fonseca	Beep... Beep...	Senior Feminino	03:11:14	+01:39:43	15:56
175	3962	Vânia Santos	Trail Sra do Salto	Senior Feminino	03:11:33	+01:40:02	15:58
176	3959	Flavia Nogueira	Trail Sra do Salto	Senior Feminino	03:11:43	+01:40:12	15:59
177	3365	Carla Patrícia Barros da Mota	Individual	Senior Feminino	03:11:59	+01:40:28	16:00
178	3188	Mariana Sá	Danados	Senior Feminino	03:12:26	+01:40:55	16:02
179	3162	Eugénia Alves	Cães & Gatos	Senior Feminino	03:14:03	+01:42:32	16:10
180	3104	Susana Ferreira	Amigos do Sofá	Senior Feminino	03:14:32	+01:43:01	16:13
181	3806	Bárbara Neto	Oralklass-Amigos do Trail	Senior Feminino	03:14:42	+01:43:11	16:13
182	3733	Paula Silva	LA Zinco	Senior Feminino	03:14:47	+01:43:16	16:14
183	3731	Andreia Carvalho	LA Zinco	Senior Feminino	03:14:47	+01:43:16	16:14
184	3431	Marisa Cunha	Individual	Senior Feminino	03:15:10	+01:43:39	16:16
185	3010	Mariana Martins	10TEMIDOS	Senior Feminino	03:15:15	+01:43:44	16:16
186	3382	Cristina Aleixo	Individual	Senior Feminino	03:15:39	+01:44:08	16:18
187	3153	Cristina Neves	BTT Alegria / TUBANI	Senior Feminino	03:16:08	+01:44:37	16:21
188	3419	Liliana Oliveira	Individual	Senior Feminino	03:16:11	+01:44:40	16:21
189	3846	Lisa Pereira	Porto Sentido Runners	Senior Feminino	03:16:14	+01:44:43	16:21
190	3383	Cristina Almeida	Individual	Senior Feminino	03:16:33	+01:45:02	16:23
191	3282	SANDRA SILVA	FUGITIVOS URBANOS	Senior Feminino	03:16:49	+01:45:18	16:24
192	3283	SOFIA COELHO	FUGITIVOS URBANOS	Senior Feminino	03:16:50	+01:45:19	16:24
193	3452	Raquel Silva	Individual	Senior Feminino	03:17:16	+01:45:45	16:26
194	3370	Catarina Barbosa	Individual	Senior Feminino	03:17:35	+01:46:04	16:28
195	3362	Blandina Sousa	Individual	Senior Feminino	03:17:35	+01:46:04	16:28
196	3791	Sofia Vieira	NOCTURNOS DE PAREDES	Senior Feminino	03:18:00	+01:46:29	16:30
197	3897	Sofia Bernardo	Run Forrest Run	Senior Feminino	03:18:13	+01:46:42	16:31
198	3696	RAQUEL DE SOUSA	JOSÉ RIBEIRO CABELEIREIRO	Senior Feminino	03:18:47	+01:47:16	16:34
199	3348	Ana Silva	Individual	Senior Feminino	03:19:30	+01:47:59	16:38
200	3343	Ana Filipa Gaspar Vidal	Individual	Senior Feminino	03:20:01	+01:48:30	16:40
201	3838	Ilidia Isabel da Rocha	Pedais de aço btt	Senior Feminino	03:21:09	+01:49:38	16:46
202	3466	Sara Teixeira	Individual	Senior Feminino	03:21:16	+01:49:45	16:46
203	3707	Juliana Martins Lemos	Juventude Popular Paredes	Senior Feminino	03:22:04	+01:50:33	16:50
204	3704	Ana Margarida Teixeira	Juventude Popular Paredes	Senior Feminino	03:22:04	+01:50:33	16:50
205	3709	Patrícia Alexandra Abreu Leite	Juventude Popular Paredes	Senior Feminino	03:22:05	+01:50:34	16:50
206	1915	ana rosinhas	Intensos	Senior Feminino	03:22:06	+01:50:35	16:50
207	1048	Filipa Alves	All About	Senior Feminino	03:23:00	+01:51:29	16:55
208	3110	Ana Costa	Andatrilhos Freamunde	Senior Feminino	03:23:02	+01:51:31	16:55
209	3167	Rute Alexandra Almeida Pinheiro Ribeiro	Carol Team	Senior Feminino	03:23:07	+01:51:36	16:56
210	3284	SONIA LOURENÇO	FUGITIVOS URBANOS	Senior Feminino	03:23:32	+01:52:01	16:58
211	3279	ANA SOUSA	FUGITIVOS URBANOS	Senior Feminino	03:23:32	+01:52:01	16:58
212	3769	Sara Vigarío	Metralhas Runners	Senior Feminino	03:23:37	+01:52:06	16:58
213	3995	SOFIA SOUSA	Individual	Senior Feminino	03:23:41	+01:52:10	16:58
214	3354	Andreia Moreira	Individual	Senior Feminino	03:23:41	+01:52:10	16:58
215	3723	Fátima Sousa	Kunalama Runners	Senior Feminino	03:23:42	+01:52:11	16:58
216	3974	Daniela Gomes	VIDAATIVARUNNERS	Senior Feminino	03:23:55	+01:52:24	17:00
217	3978	Patrícia Miranda	VIDAATIVARUNNERS	Senior Feminino	03:23:55	+01:52:24	17:00

Official Timekeeper: Lap2Go	5 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

218	3975	Júlia correia	VIDAATIVARUNNERS	Senior Feminino	03:23:55	+01:52:24	17:00
219	3020	Alexandra Zeferino	A20's Box Warriors	Senior Feminino	03:23:59	+01:52:28	17:00
220	3024	Sara Costa	A20's Box Warriors	Senior Feminino	03:24:07	+01:52:36	17:01
221	2226	Ana Reis	reis	Senior Feminino	03:24:10	+01:52:39	17:01
222	3980	SILVIA MARLENE SOUSA ALVES	VIDAATIVARUNNERS	Senior Feminino	03:24:19	+01:52:48	17:02
223	3727	Isabel Maria Sousa Moreira	kunochão	Senior Feminino	03:24:35	+01:53:04	17:03
224	3726	Inês Catarina Sousa Rocha	kunochão	Senior Feminino	03:24:36	+01:53:05	17:03
225	3386	Cristina Sousa	Individual	Senior Feminino	03:25:02	+01:53:31	17:05
226	3483	Vania Maia	Individual	Senior Feminino	03:25:02	+01:53:31	17:05
227	3863	ANA MARTINS	PORTOCARGO	Senior Feminino	03:25:32	+01:54:01	17:08
228	3864	MARIA JOSE OLIVEIRA	PORTOCARGO	Senior Feminino	03:25:33	+01:54:02	17:08
229	2163	Cátia Sofia Neves Braga	Ou vai ou Racha	Senior Feminino	03:25:38	+01:54:07	17:08
230	3830	silvia maciel	Ou vai ou Racha	Senior Feminino	03:25:44	+01:54:13	17:09
231	3068	Paula Vinhas	ALIANÇA DE GANDRA	Senior Feminino	03:26:45	+01:55:14	17:14
232	3066	Celina Ferreira	ALIANÇA DE GANDRA	Senior Feminino	03:26:45	+01:55:14	17:14
233	3245	Clara Costa	Fitspot - Parque Nascente	Senior Feminino	03:26:58	+01:55:27	17:15
234	3356	Andreia Sofia Rio Padrão	Individual	Senior Feminino	03:27:21	+01:55:50	17:17
235	3341	Ana Fernandes	Individual	Senior Feminino	03:27:21	+01:55:50	17:17
236	3352	Andreia Machado	Individual	Senior Feminino	03:28:19	+01:56:48	17:22
237	3460	Sandra Silva	Individual	Senior Feminino	03:28:21	+01:56:50	17:22
238	3407	Isabel Susano	Individual	Senior Feminino	03:28:32	+01:57:01	17:23
239	3469	Sofia Arrepiã	Individual	Senior Feminino	03:29:09	+01:57:38	17:26
240	3474	Sonia SOUSA	Individual	Senior Feminino	03:29:09	+01:57:38	17:26
241	3451	Raquel Maria pinto Teixeira	Individual	Senior Feminino	03:29:22	+01:57:51	17:27
242	3414	Joana Pinto	Individual	Senior Feminino	03:29:22	+01:57:51	17:27
243	3351	Andreia Ferreira	Individual	Senior Feminino	03:29:25	+01:57:54	17:27
244	3711	Sandra Teixeira	Juventude Popular Paredes	Senior Feminino	03:29:50	+01:58:19	17:29
245	3710	Rita Salomé Teixeira	Juventude Popular Paredes	Senior Feminino	03:29:50	+01:58:19	17:29
246	3364	Carla Araújo	Individual	Senior Feminino	03:30:29	+01:58:58	17:32
247	3394	Emília Maria Silva Araújo	Individual	Senior Feminino	03:30:47	+01:59:16	17:34
248	3408	Joana Alves	Individual	Senior Feminino	03:30:47	+01:59:16	17:34
249	3359	ARMANDINA PAIVA	Individual	Senior Feminino	03:31:05	+01:59:34	17:35
250	3928	Sara Costa	Somos Nós Team	Senior Feminino	03:31:05	+01:59:34	17:35
251	3425	Maria Fernandes	Individual	Senior Feminino	03:31:10	+01:59:39	17:36
252	3064	Angela Carvalho	ALIANÇA DE GANDRA	Senior Feminino	03:31:10	+01:59:39	17:36
253	3933	Catarina Faria	Sweet Runners	Senior Feminino	03:31:18	+01:59:47	17:36
254	3093	Alice Silva	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	03:31:39	+02:00:08	17:38
255	3097	Cátia Sofia Rodrigues Oliveira	AMIGOS DO PEDAL TRILAGARES	Senior Feminino	03:31:40	+02:00:09	17:38
256	3736	Alexandra Correia	Leões de Tardariz Trail	Senior Feminino	03:33:10	+02:01:39	17:46
257	3187	SANDRA PEREIRA	Danados	Senior Feminino	03:33:13	+02:01:42	17:46
258	3464	Sara Isabel Silva Júlio	Individual	Senior Feminino	03:33:27	+02:01:56	17:47
259	3186	rute lemos	Danados	Senior Feminino	03:33:31	+02:02:00	17:48
260	3147	Mariana Ribeiro	Bota&Siga	Senior Feminino	03:34:13	+02:02:42	17:51
261	3335	Alexandra Ono	Individual	Senior Feminino	03:35:17	+02:03:46	17:56
262	3694	BRUNA SANTOS	JOSÉ RIBEIRO CABELEIREIRO	Senior Feminino	03:35:26	+02:03:55	17:57

Official Timekeeper: Lap2Go	6 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM



OFFICIAL RESULT

263	3697	SANDRA ROCHA	JOSÉ RIBEIRO CABELEIREIRO	Senior Feminino	03:35:26	+02:03:55	17:57
264	3917	Ana Durães	SAI DA FRENTE	Senior Feminino	03:35:58	+02:04:27	18:00
265	3484	Vania Monteiro	Individual	Senior Feminino	03:36:29	+02:04:58	18:02
266	3788	Isabel Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:36:40	+02:05:09	18:03
267	3251	Veronica Dias	Fitspot - Parque Nascente	Senior Feminino	03:36:56	+02:05:25	18:05
268	3417	Liliana Andreia Barbosa Mendes	Individual	Senior Feminino	03:36:57	+02:05:26	18:05
269	3436	Marta Pereira	Individual	Senior Feminino	03:36:57	+02:05:26	18:05
270	3415	Leonilde Silveira	Individual	Senior Feminino	03:37:15	+02:05:44	18:06
271	3781	Andrea Cristina Costa Fernandes Magalhães Ferreira	Muita Tracção Running Tribe	Senior Feminino	03:37:16	+02:05:45	18:06
272	3379	Clara Pereira	Individual	Senior Feminino	03:37:18	+02:05:47	18:07
273	3449	Paula Cruz	Individual	Senior Feminino	03:37:22	+02:05:51	18:07
274	3900	liliana borges	Run2Eat	Senior Feminino	03:37:23	+02:05:52	18:07
275	3404	Isabel machado	Individual	Senior Feminino	03:39:19	+02:07:48	18:17
276	3366	carla ribeiro	Individual	Senior Feminino	03:40:24	+02:08:53	18:22
277	3154	Maria José Vieira	BTT Alegria / TUBANI	Senior Feminino	03:40:54	+02:09:23	18:25
278	3455	Rita Salomé Rocha de Sousa	Individual	Senior Feminino	03:41:22	+02:09:51	18:27
279	3444	Patricia lemos	Individual	Senior Feminino	03:41:22	+02:09:51	18:27
280	3887	Marta Sofia da Silva Moreira	ROYAL SCHOOL OF LANGUAGES	Senior Feminino	03:42:21	+02:10:50	18:32
281	3375	Catarina Pinto	Individual	Senior Feminino	03:42:53	+02:11:22	18:34
282	3963	Sara Alexandra da Silva Ferreira	Trofa Team	Senior Feminino	03:42:54	+02:11:23	18:34
283	2260	Fatima Castro	Snowtortugas	Senior Feminino	03:43:32	+02:12:01	18:38
284	3966	Patrícia Carolina Silva	Uh Lá Lá	Senior Feminino	03:43:53	+02:12:22	18:39
285	3393	Elisabete Duarte	Individual	Senior Feminino	03:43:53	+02:12:22	18:39
286	3181	Ana Alice Silva	Danados	Senior Feminino	03:44:24	+02:12:53	18:42
287	3007	Ana Moreira	10TEMIDOS	Senior Feminino	03:45:14	+02:13:43	18:46
288	3009	Daniela Moreira	10TEMIDOS	Senior Feminino	03:45:15	+02:13:44	18:46
289	3790	Rafaela C.Marques	NOCTURNOS DE PAREDES	Senior Feminino	03:46:36	+02:15:05	18:53
290	3344	Ana Manuela Martins Ferreira Peixoto Coelho	Individual	Senior Feminino	03:47:44	+02:16:13	18:59
291	3729	Vânia Sofia Vieira Moreira	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
292	3725	Carla Manuela Manuela Camilo Sousa	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
293	3728	Paula Cristina Lourenço Freitas	kunochão	Senior Feminino	03:49:04	+02:17:33	19:05
294	3447	Patricia Rodrigues	Individual	Senior Feminino	03:50:27	+02:18:56	19:12
295	3789	Joana Aparicio	NOCTURNOS DE PAREDES	Senior Feminino	03:51:59	+02:20:28	19:20
296	3008	Andreia Teixeira	10TEMIDOS	Senior Feminino	03:52:10	+02:20:39	19:21
297	3316	Patrícia Santos	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:52:24	+02:20:53	19:22
298	3231	Sandra Gonçalves	FairGirls	Senior Feminino	03:53:31	+02:22:00	19:28
299	3230	Isabel Gonçalves	FairGirls	Senior Feminino	03:53:31	+02:22:00	19:28
300	3385	Cristina Silva	Individual	Senior Feminino	03:53:59	+02:22:28	19:30
301	3392	Elisa Maria Carvalho Pimenta	Individual	Senior Feminino	03:54:16	+02:22:45	19:31
302	3347	Ana Rita Silva Amado	Individual	Senior Feminino	03:54:16	+02:22:45	19:31
303	3732	Angela Simões	LA Zinco	Senior Feminino	03:56:41	+02:25:10	19:43
304	3475	Soraia Aguiar	Individual	Senior Feminino	04:15:14	+02:43:43	21:16
305	3380	Cláudia Oliveira	Individual	Senior Feminino	04:15:15	+02:43:44	21:16
306	3450	Raquel Alves dos Santos	Individual	Senior Feminino	04:16:52	+02:45:21	21:24

Official Timekeeper: Lap2Go	7 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

307	3346	Ana Paiva Santos	Individual	Senior Feminino	04:16:52	+02:45:21	21:24
308	2263	Rafaela Figueira	Snowtortugas	Senior Feminino	04:17:21	+02:45:50	21:27
309	2265	Vania Ribeiro	Snowtortugas	Senior Feminino	04:17:22	+02:45:51	21:27
310	3219	Natália pereira	ERMIDAFIT Runners	Senior Feminino	04:18:24	+02:46:53	21:32
311	2390	Sandra castro	π 100 pé	Senior Feminino	04:19:50	+02:48:19	21:39
312	2305	Eugenia Ferreira	Team Agente Meireles	Senior Feminino	04:22:16	+02:50:45	21:51
313	2304	Elisabete Mendes	Team Agente Meireles	Senior Feminino	04:22:19	+02:50:48	21:52
314	3982	Susana Rito	All About	Senior Feminino	04:22:54	+02:51:23	21:55
315	3734	Andreia Brandão	Leal	Senior Feminino	04:25:14	+02:53:43	22:06
316	3405	Isabel Martins	Individual	Senior Feminino	04:31:50	+03:00:19	22:39
317	3413	Joana oliveira	Individual	Senior Feminino	04:48:18	+03:16:47	24:01
318	3295	ana moreira	Futebol Clube de Penafiel	Senior Feminino	04:50:21	+03:18:50	24:12
319	3821	Angélica Ferreira	Os Falta D'Ar	Senior Feminino	04:58:40	+03:27:09	24:53
320	3185	LUCIA ISABEL COSTA	Danados	Senior Feminino	05:04:26	+03:32:55	25:22
321	3182	ANA RITA VILAS	Danados	Senior Feminino	05:04:26	+03:32:55	25:22

Senior Masculino

1	3810	Bruno Silva	Oralklass-Amigos do Trail	Senior Masculino	01:12:48		06:04
2	3811	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	01:13:22	+00:34	06:07
3	3926	André Pinto	SALMING FOOTLOVERS FREAMUNDE	Senior Masculino	01:16:55	+04:07	06:25
4	3199	Anthony Lopes	Engomadoria L&A Team	Senior Masculino	01:17:29	+04:41	06:27
5	3178	Aderito Oliveira	Da-lhe Gas	Senior Masculino	01:17:35	+04:47	06:28
6	1677	Ricardo Oliveira	Individual	Senior Masculino	01:21:46	+08:58	06:49
7	2216	Sérgio Gaião	Quinta do Lago	Senior Masculino	01:22:50	+10:02	06:54
8	3744	Josué Moreira	Leões de Tardariz Trail	Senior Masculino	01:22:54	+10:06	06:55
9	3509	Cristiano Nogueira	Clube Zupper	Senior Masculino	01:24:20	+11:32	07:02
10	3179	Carlos Prudêncio	Da-lhe Gas	Senior Masculino	01:26:24	+13:36	07:12
11	3044	Rúben Rodrigues	A20's Box Warriors	Senior Masculino	01:26:32	+13:44	07:13
12	3327	Rui Gomes	HS Trail Team	Senior Masculino	01:26:45	+13:57	07:14
13	3515	Emanuel Rodrigo Carvalho da Cunha	Individual	Senior Masculino	01:27:28	+14:40	07:17
14	3778	Cristiano Oliveira	Molinhas Team	Senior Masculino	01:28:09	+15:21	07:21
15	3107	Pedro Silva	Amigos do Sofá	Senior Masculino	01:28:42	+15:54	07:24
16	3524	Helder Norberto Oliveira da Silva	Individual	Senior Masculino	01:29:05	+16:17	07:25
17	3777	Tiago Manuel Monteiro Soares	Moinhos Run - ADRM	Senior Masculino	01:29:07	+16:19	07:26
18	3745	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:29:37	+16:49	07:28
19	3814	Mario Taborda	Oralklass-Amigos do Trail	Senior Masculino	01:31:17	+18:29	07:36
20	507	Andre Nogueira	Oralklass-Amigos do Trail	Senior Masculino	01:31:30	+18:42	07:38
21	3543	José Meneses	Individual	Senior Masculino	01:32:35	+19:47	07:43
22	3988	Arnaldo Nogueira	CFIT	Senior Masculino	01:32:36	+19:48	07:43
23	3494	André Maria	Individual	Senior Masculino	01:33:32	+20:44	07:48
24	3552	Marcos Joaquim Magalhães Mendes	Individual	Senior Masculino	01:35:08	+22:20	07:56
25	3924	Ricardo Miguel Sousa Moreira	Sofia	Senior Masculino	01:35:09	+22:21	07:56
26	3867	Sergio Soares	Prosel TEAM	Senior Masculino	01:35:12	+22:24	07:56
27	3538	Joel Santos	Individual	Senior Masculino	01:35:27	+22:39	07:57

Official Timekeeper: Lap2Go	8 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

28	3740	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	01:35:53	+23:05	07:59
29	3200	Filipe Lopes	Engomadoria L&A Team	Senior Masculino	01:36:20	+23:32	08:02
30	3119	Ricardo Neto	Andatrilhos Freamunde	Senior Masculino	01:36:24	+23:36	08:02
31	3508	Cristiano José P. Coutinho	Individual	Senior Masculino	01:37:06	+24:18	08:06
32	1623	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	01:37:14	+24:26	08:06
33	1500	Carlos Fernandes	Individual	Senior Masculino	01:37:19	+24:31	08:07
34	3198	Fernando Oliveira	Engomadoria L&A Team	Senior Masculino	01:37:45	+24:57	08:09
35	3992	Carlos Leal	CFIT	Senior Masculino	01:37:53	+25:05	08:09
36	3032	Filipe Sousa	A20's Box Warriors	Senior Masculino	01:38:02	+25:14	08:10
37	3031	Fábio Silva	A20's Box Warriors	Senior Masculino	01:38:03	+25:15	08:10
38	3030	David Martins	A20's Box Warriors	Senior Masculino	01:38:04	+25:16	08:10
39	3005	Jorge Daniel de Sousa Ribeiro	1001 TRILHOS	Senior Masculino	01:38:24	+25:36	08:12
40	2095	Silvio Ribeiro	Oficina do Corpo	Senior Masculino	01:38:25	+25:37	08:12
41	3690	Bruno Maia	Javalis Portugal	Senior Masculino	01:38:47	+25:59	08:14
42	3019	Manuel Lopes	A.D Sebolido Trail boneca D´ouro	Senior Masculino	01:39:07	+26:19	08:16
43	3070	Carlos Campos	ALIANÇA DE GANDRA	Senior Masculino	01:39:37	+26:49	08:18
44	3892	Nuno André Bessa Meireles	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	01:39:58	+27:10	08:20
45	3507	Carlos Sousa	Individual	Senior Masculino	01:39:59	+27:11	08:20
46	3517	Fernando Azevedo	Individual	Senior Masculino	01:40:01	+27:13	08:20
47	3214	Joaquim Ribeiro	Equipotencia	Senior Masculino	01:40:01	+27:13	08:20
48	3106	António Moreira	Amigos do Sofá	Senior Masculino	01:40:03	+27:15	08:20
49	1642	Nuno Miguel Marques da Silva Vaz	Individual	Senior Masculino	01:40:20	+27:32	08:22
50	3579	Rui Pedro Martins Machado	Individual	Senior Masculino	01:40:47	+27:59	08:24
51	3743	José Santos	Leões de Tardariz Trail	Senior Masculino	01:41:14	+28:26	08:26
52	3850	Bruno Guedes	Porto Sentido Runners	Senior Masculino	01:43:18	+30:30	08:37
53	2093	Diogo Abreu	Oficina do Corpo	Senior Masculino	01:43:26	+30:38	08:37
54	3510	Daniel Filipe Pereira Teixeira	Individual	Senior Masculino	01:43:36	+30:48	08:38
55	3984	CESAR RIBEIRO	SOLAGASTA	Senior Masculino	01:43:50	+31:02	08:39
56	3340	Hélder Colaço	Individual	Senior Masculino	01:43:54	+31:06	08:39
57	3074	Mário Almeida	ALIANÇA DE GANDRA	Senior Masculino	01:44:18	+31:30	08:41
58	3156	Ricardo Barbosa	BTT Alegria / TUBANI	Senior Masculino	01:44:33	+31:45	08:43
59	3492	André Daniel Marques Soares Pinto	Individual	Senior Masculino	01:44:37	+31:49	08:43
60	3039	Paulo Silva	A20's Box Warriors	Senior Masculino	01:45:16	+32:28	08:46
61	3582	Salvador Santiago	Individual	Senior Masculino	01:45:57	+33:09	08:50
62	3075	Nuno Pinheiro	ALIANÇA DE GANDRA	Senior Masculino	01:46:04	+33:16	08:50
63	3516	Fabio Bruno da Cunha Teixeira	Individual	Senior Masculino	01:46:05	+33:17	08:50
64	3215	Oscar Costa	Equipotencia	Senior Masculino	01:46:51	+34:03	08:54
65	3566	Pedro Pereira	Individual	Senior Masculino	01:47:08	+34:20	08:56
66	3537	Joel Domingos Batista Antunes	Individual	Senior Masculino	01:47:10	+34:22	08:56
67	3013	Tiago Castro	10TEMIDOS	Senior Masculino	01:47:23	+34:35	08:57
68	1256	Bruno Lopes	Gafanhotos Saltitantes	Senior Masculino	01:48:09	+35:21	09:01
69	3742	José Castro	Leões de Tardariz Trail	Senior Masculino	01:49:06	+36:18	09:05
70	3540	José Andrade	Individual	Senior Masculino	01:49:27	+36:39	09:07
71	3042	Renato Oliveira	A20's Box Warriors	Senior Masculino	01:49:50	+37:02	09:09
72	3034	João Brites	A20's Box Warriors	Senior Masculino	01:50:08	+37:20	09:11

Official Timekeeper: Lap2Go	9 / 21	generate 05-Jun-2016 22:05
-----------------------------	--------	----------------------------

Trail Curto

12 KM

[illegible]

R

REVISED

73	3888	André dos Santos Bessa	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	01:50:11	+37:23	09:11
74	3073	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:50:39	+37:51	09:13
75	3529	Hugo Manuel Sousa Moreira	Individual	Senior Masculino	01:50:42	+37:54	09:13
76	1645	Nuno Reis	Individual	Senior Masculino	01:51:57	+39:09	09:20
77	1697	Rui Pedro da Costa Marques	Individual	Senior Masculino	01:53:08	+40:20	09:26
78	3890	Hugo da Costa Barros	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	01:53:28	+40:40	09:27
79	3029	Daniel Machado	A20's Box Warriors	Senior Masculino	01:54:05	+41:17	09:30
80	3498	António Pedro Lopes Coelho	Individual	Senior Masculino	01:54:39	+41:51	09:33
81	3765	Sérgio Costa	LUSOS XXI	Senior Masculino	01:54:40	+41:52	09:33
82	3881	helder rocha	reumatico	Senior Masculino	01:54:58	+42:10	09:35
83	3746	Pedro Machado	Leões de Tardariz Trail	Senior Masculino	01:55:04	+42:16	09:35
84	3718	Sérgio Rocha	Kinkipa	Senior Masculino	01:55:21	+42:33	09:37
85	3942	Pedro Martins	tartarugas do cávado	Senior Masculino	01:55:44	+42:56	09:39
86	3530	Ivo Pinto	Individual	Senior Masculino	01:55:44	+42:56	09:39
87	1514	David José Andrade Pereira	Individual	Senior Masculino	01:57:21	+44:33	09:47
88	3913	Sergio Oliveira	S. S. Montepio	Senior Masculino	01:57:50	+45:02	09:49
89	3762	Marcos Valente	Los Compadres	Senior Masculino	01:57:57	+45:09	09:50
90	3588	Vasco Manuel Franco Pereira Pinto	Individual	Senior Masculino	01:59:46	+46:58	09:59
91	3287	TIAGO COELHO	FUGITIVOS URBANOS	Senior Masculino	02:00:53	+48:05	10:04
92	3286	HUGO OLIVEIRA	FUGITIVOS URBANOS	Senior Masculino	02:00:53	+48:05	10:04
93	1655	Pedro Costa	Individual	Senior Masculino	02:01:14	+48:26	10:06
94	3572	Ricardo Jorge Cardoso dos Santos Couto	Individual	Senior Masculino	02:02:22	+49:34	10:12
95	3527	Hernâni Moreira	Individual	Senior Masculino	02:02:34	+49:46	10:13
96	1501	Carlos Miguel Rodrigues Cunha	Individual	Senior Masculino	02:03:04	+50:16	10:15
97	1687	Rui André Duarte Sousa	Individual	Senior Masculino	02:03:04	+50:16	10:15
98	3526	Henrique Lopes	Individual	Senior Masculino	02:03:08	+50:20	10:16
99	3501	Bruno José Gomes Monteiro	Individual	Senior Masculino	02:03:24	+50:36	10:17
100	1933	Manuel Ferreira dos Santos Valente Fernandes	Juventude Cortegacense	Senior Masculino	02:04:06	+51:18	10:21
101	1935	Tiago Padrela Ferreira da Silva	Juventude Cortegacense	Senior Masculino	02:04:06	+51:18	10:21
102	3118	Pedro Oliveira	Andatrilhos Freamunde	Senior Masculino	02:04:32	+51:44	10:23
103	3544	José Miguel Araújo Cunha Magalhães Pereira	Individual	Senior Masculino	02:04:55	+52:07	10:25
104	3852	Vitor Martins	Porto Sentido Runners	Senior Masculino	02:05:22	+52:34	10:27
105	3155	Daniel Sousa	BTT Alegria / TUBANI	Senior Masculino	02:05:35	+52:47	10:28
106	3511	David Campos	Individual	Senior Masculino	02:07:53	+55:05	10:39
107	3555	Miguel Varejão	Individual	Senior Masculino	02:08:00	+55:12	10:40
108	3908	HUGO SILVA	S. S. Montepio	Senior Masculino	02:08:00	+55:12	10:40
109	3910	Marcirio Silva	S. S. Montepio	Senior Masculino	02:08:01	+55:13	10:40
110	3549	marcelo samuel sousa pinto	Individual	Senior Masculino	02:08:21	+55:33	10:42
111	3585	Sérgio Pereira	Individual	Senior Masculino	02:08:55	+56:07	10:45
112	3542	José Manuel Ferreira Ribeiro	Individual	Senior Masculino	02:10:01	+57:13	10:50
113	3512	Duarte Nuno Viana Dias	Individual	Senior Masculino	02:10:47	+57:59	10:54
114	3326	Rui Quinta	Moinhos Run - ADRM	Senior Masculino	02:11:00	+58:12	10:55
115	3520	Gilberto Orlando	Individual	Senior Masculino	02:11:05	+58:17	10:55

Trail Curto

12 KM



OFFICIAL RESULT

116	3575	ricardoribeiro	Individual	Senior Masculino	02:11:05	+58:17	10:55
117	3374	João Silva	Individual	Senior Masculino	02:11:50	+59:02	10:59
118	2320	Osvaldo Ferreira	team Rede Ambiente	Senior Masculino	02:12:10	+59:22	11:01
119	3764	João Paulo Andrade Carvalho	LUSOS XXI	Senior Masculino	02:13:14	+01:00:26	11:06
120	3820	João Ricardo Grilo	Os caminhantes	Senior Masculino	02:13:54	+01:01:06	11:10
121	3590	Vitor Ferreira pão em casa	Individual	Senior Masculino	02:14:03	+01:01:15	11:10
122	1513	Dário Lourenço	Individual	Senior Masculino	02:14:55	+01:02:07	11:15
123	1489	Bruno Lourenço	Individual	Senior Masculino	02:15:03	+01:02:15	11:15
124	3491	Álvaro Santos	Individual	Senior Masculino	02:15:37	+01:02:49	11:18
125	3495	André Miguel Santos Fernandes	Individual	Senior Masculino	02:15:37	+01:02:49	11:18
126	3940	Adolfo Ferreira	Tartarugas do Cávado	Senior Masculino	02:15:59	+01:03:11	11:20
127	3012	Rui Saraiva	10TEMIDOS	Senior Masculino	02:15:59	+01:03:11	11:20
128	3717	Pedro Duarte	KeMedo Team	Senior Masculino	02:16:41	+01:03:53	11:23
129	3841	Dario Lopes	Pernetas	Senior Masculino	02:17:07	+01:04:19	11:26
130	3196	Hernâni Pinto	easymeals	Senior Masculino	02:17:11	+01:04:23	11:26
131	1257	Bruno Miguel P. S. Silva	Gafanhotos Saltitantes	Senior Masculino	02:17:16	+01:04:28	11:26
132	3255	Sergio Azevedo	Fitspot - Parque Nascente	Senior Masculino	02:17:28	+01:04:40	11:27
133	3313	Eduardo Monteiro	Gafanhotos Saltitantes	Senior Masculino	02:17:35	+01:04:47	11:28
134	3521	Helder Joaquim Ferreira Moreira	Individual	Senior Masculino	02:17:46	+01:04:58	11:29
135	3909	Ivo Martins	S. S. Montepio	Senior Masculino	02:17:57	+01:05:09	11:30
136	3312	Luis Teixeira	FuturRunners	Senior Masculino	02:18:27	+01:05:39	11:32
137	3253	Pedro Paiva	Fitspot - Parque Nascente	Senior Masculino	02:18:28	+01:05:40	11:32
138	3580	Rui sousa	Individual	Senior Masculino	02:18:53	+01:06:05	11:34
139	3949	Paulo Pinto	Tecla 3 Runners	Senior Masculino	02:19:55	+01:07:07	11:40
140	3882	sergio pereira	reumatico	Senior Masculino	02:19:56	+01:07:08	11:40
141	3964	Leonardo Costa Pereira	Trofa Team	Senior Masculino	02:20:05	+01:07:17	11:40
142	2091	Jose Gonçalo Gomes Guedes Rodrigues	O Quarteto dos 3 amigos Gonçalo e Miguel	Senior Masculino	02:20:10	+01:07:22	11:41
143	3891	Luís Filipe Durães Borges	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	02:20:53	+01:08:05	11:44
144	3317	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:21:11	+01:08:23	11:46
145	3220	João Coelho	ERMIDAFIT Runners	Senior Masculino	02:21:19	+01:08:31	11:47
146	3252	Jose Ribeiro	Fitspot - Parque Nascente	Senior Masculino	02:21:50	+01:09:02	11:49
147	1172	Ricardo Teixeira	Colégio Júlio Dinis	Senior Masculino	02:21:55	+01:09:07	11:50
148	3506	CARLOS MIGUEL RIBEIRO MOREIRA	Individual	Senior Masculino	02:22:04	+01:09:16	11:50
149	3576	Roberto Carlos Ferreira Moreira	Individual	Senior Masculino	02:22:11	+01:09:23	11:51
150	1728	Zé-tó	Individual	Senior Masculino	02:23:01	+01:10:13	11:55
151	3301	isaac ferreira	Futebol Clube de Penafiel	Senior Masculino	02:23:05	+01:10:17	11:55
152	3581	Rui Sousa	Individual	Senior Masculino	02:23:08	+01:10:20	11:56
153	3556	Nelson Marques	Individual	Senior Masculino	02:23:25	+01:10:37	11:57
154	3757	Pedro Bernardes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:23:38	+01:10:50	11:58
155	1486	Armando Luis Rocha Pinto	Individual	Senior Masculino	02:24:04	+01:11:16	12:00
156	1496	BRUNO RICARDO GONÇALVES ANTÃO	Individual	Senior Masculino	02:24:08	+01:11:20	12:01
157	3514	Eduardo Vieira	Individual	Senior Masculino	02:24:19	+01:11:31	12:02
158	3052	Bruno José Rocha Ribeiro	ACRORUNNERS	Senior Masculino	02:24:28	+01:11:40	12:02
159	2215	Joel Ferraz	Quinta do Lago	Senior Masculino	02:24:39	+01:11:51	12:03

Official Timekeeper: Lap2Go	11 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

160	3518	Fernando Bruno Caetano rocha	Individual	Senior Masculino	02:24:44	+01:11:56	12:04
161	3505	Carlos André Cunha Moreira	Individual	Senior Masculino	02:27:55	+01:15:07	12:20
162	3565	Pedro Melo	Individual	Senior Masculino	02:27:55	+01:15:07	12:20
163	3028	António Frazão	A20's Box Warriors	Senior Masculino	02:28:34	+01:15:46	12:23
164	3533	João Carlos Alves Simões Queirós	Individual	Senior Masculino	02:29:02	+01:16:14	12:25
165	3294	Ricardo Faria	Fun Friends	Senior Masculino	02:31:10	+01:18:22	12:36
166	3293	Mário Leite	Fun Friends	Senior Masculino	02:31:33	+01:18:45	12:38
167	3292	Luis Costa	Fun Friends	Senior Masculino	02:31:34	+01:18:46	12:38
168	3562	paulo manuel monteiro de carvalho	Individual	Senior Masculino	02:32:21	+01:19:33	12:42
169	3773	Luis Miguel Melo	Mickeys	Senior Masculino	02:33:02	+01:20:14	12:45
170	1716	Tiago Miguel Alves Fragata Lopes	Individual	Senior Masculino	02:33:03	+01:20:15	12:45
171	3053	Daniel Mendes Couto	ACRORUNNERS	Senior Masculino	02:33:26	+01:20:38	12:47
172	3568	Pedro Silva	Individual	Senior Masculino	02:33:36	+01:20:48	12:48
173	3525	Helder Ribeiro	Individual	Senior Masculino	02:33:36	+01:20:48	12:48
174	3997	João Ribeiro	Individual	Senior Masculino	02:33:36	+01:20:48	12:48
175	3574	Ricardo Sousa	Individual	Senior Masculino	02:33:48	+01:21:00	12:49
176	3801	Pedro Torres	Not Fast, Just Furious	Senior Masculino	02:34:44	+01:21:56	12:54
177	3345	João Campos	Individual	Senior Masculino	02:38:00	+01:25:12	13:10
178	3748	Sérgio Oliveira	Leões de Tardariz Trail	Senior Masculino	02:38:02	+01:25:14	13:10
179	3503	Bruno Morais	Individual	Senior Masculino	02:38:21	+01:25:33	13:12
180	3901	nuno correia	Run2Eat	Senior Masculino	02:38:21	+01:25:33	13:12
181	3056	Ricardo Filipe da Silva Brochado	ACRORUNNERS	Senior Masculino	02:39:19	+01:26:31	13:17
182	3055	João Filipe Teixeira Cunha	ACRORUNNERS	Senior Masculino	02:39:39	+01:26:51	13:18
183	3499	António Xavier Teixeira Pires	Individual	Senior Masculino	02:40:16	+01:27:28	13:21
184	3800	Luís Vieira	Not Fast, Just Furious	Senior Masculino	02:40:26	+01:27:38	13:22
185	1206	Luis Cardoso	Farroncos Papa KM	Senior Masculino	02:40:36	+01:27:48	13:23
186	3531	JOANA LOPES	Individual	Senior Masculino	02:41:33	+01:28:45	13:28
187	3911	RAUL PEREIRA	S. S. Montepio	Senior Masculino	02:42:39	+01:29:51	13:33
188	4010	Hugo Gomes	A20's Box Warriors	Senior Masculino	02:42:51	+01:30:03	13:34
189	3547	Luís Paulo Pereira Marinho	Individual	Senior Masculino	02:43:00	+01:30:12	13:35
190	3548	Luis Sousa	Individual	Senior Masculino	02:43:01	+01:30:13	13:35
191	3496	António Augusto Dinis Santos	Individual	Senior Masculino	02:43:44	+01:30:56	13:39
192	3519	Flavio Costa	Individual	Senior Masculino	02:44:11	+01:31:23	13:41
193	3513	Eduardo Marques	Individual	Senior Masculino	02:44:11	+01:31:23	13:41
194	3041	Raquel Marques	A20's Box Warriors	Senior Masculino	02:44:13	+01:31:25	13:41
195	2192	Tiago Rodrigues Correia	Porto Sentido Runners	Senior Masculino	02:44:24	+01:31:36	13:42
196	1498	Carlos Cláudio Coutinho Carneiro	Individual	Senior Masculino	02:46:05	+01:33:17	13:50
197	3889	Diogo Miguel Moreira Teixeira	ROYAL SCHOOL OF LANGUAGES	Senior Masculino	02:47:21	+01:34:33	13:57
198	2063	Rita Ferreira	NOCTURNOS DE PAREDES	Senior Masculino	02:48:06	+01:35:18	14:01
199	3141	Diogo Costa	Befitness Runners	Senior Masculino	02:49:07	+01:36:19	14:06
200	3539	Jorge moreira	Individual	Senior Masculino	02:49:22	+01:36:34	14:07
201	3033	Ivo Couto	A20's Box Warriors	Senior Masculino	02:49:48	+01:37:00	14:09
202	3490	Álvaro José Dias Guimarães	Individual	Senior Masculino	02:49:51	+01:37:03	14:09
203	3216	Sandra Coelho	Equipotencia	Senior Masculino	02:53:45	+01:40:57	14:29
204	3040	Pedro Gonçalves	A20's Box Warriors	Senior Masculino	02:53:49	+01:41:01	14:29
205	3254	Pedro Polónia	Fitspot - Parque Nascente	Senior Masculino	02:54:17	+01:41:29	14:31

Official Timekeeper: Lap2Go	12 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM



OFFICIAL RESULT

206	3112	Filipe Lopes	Andatrilhos Freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
207	3116	Luís Pedro	Andatrilhos Freamunde	Senior Masculino	02:54:35	+01:41:47	14:33
208	3117	Marco Mendes	Andatrilhos Freamunde	Senior Masculino	02:54:36	+01:41:48	14:33
209	3802	Rogério Oliveira	Not Fast, Just Furious	Senior Masculino	02:55:03	+01:42:15	14:35
210	2413	Luis Pereira	Individual	Senior Masculino	02:55:16	+01:42:28	14:36
211	3569	Renato Moreira	Individual	Senior Masculino	02:55:18	+01:42:30	14:36
212	3037	José Zeferino	A20's Box Warriors	Senior Masculino	02:55:57	+01:43:09	14:40
213	3768	José Ricardo Oliveira e Silva	Marcha dos pinguins	Senior Masculino	02:56:39	+01:43:51	14:43
214	3071	Carlos Martins	ALIANÇA DE GANDRA	Senior Masculino	02:58:14	+01:45:26	14:51
215	3225	Roberto rios	Eu sei lá	Senior Masculino	02:58:16	+01:45:28	14:51
216	3812	Lisandra Ferreira	Oralklass-Amigos do Trail	Senior Masculino	02:59:10	+01:46:22	14:56
217	3212	Andre Freitas	Equipotencia	Senior Masculino	02:59:19	+01:46:31	14:57
218	3554	Miguel antonio Novera Alves	Individual	Senior Masculino	03:00:31	+01:47:43	15:03
219	3589	Vitor Daniel Moutinho Rocha	Individual	Senior Masculino	03:00:47	+01:47:59	15:04
220	3865	EMANUEL NEVES	PORTOCARGO	Senior Masculino	03:02:13	+01:49:25	15:11
221	3011	Edgar Faria	10TEMIDOS	Senior Masculino	03:02:54	+01:50:06	15:14
222	3036	José Silva	A20's Box Warriors	Senior Masculino	03:04:36	+01:51:48	15:23
223	3571	Ricardo Jorge Alves Oliveira	Individual	Senior Masculino	03:04:43	+01:51:55	15:24
224	2417	André Diogo Almeida	Individual	Senior Masculino	03:04:51	+01:52:03	15:24
225	3541	José Luis Carvalho	Individual	Senior Masculino	03:05:11	+01:52:23	15:26
226	3922	Isolino Coelho	Só Descidas!	Senior Masculino	03:05:16	+01:52:28	15:26
227	3207	Ricardo Jorge da Cunha Borges	Equipa XPTO'S	Senior Masculino	03:05:31	+01:52:43	15:28
228	3206	Miguel Brochado	Equipa XPTO's	Senior Masculino	03:05:31	+01:52:43	15:28
229	3054	Emanuel António Nunes Pinto	ACRORUNNERS	Senior Masculino	03:06:06	+01:53:18	15:30
230	3176	Nuno Cunha	Colégio Júlio Dinis	Senior Masculino	03:06:56	+01:54:08	15:35
231	3851	Filipe Maria	Porto Sentido Runners	Senior Masculino	03:07:36	+01:54:48	15:38
232	3880	bruno fonseca	reumatico	Senior Masculino	03:07:36	+01:54:48	15:38
233	3038	Paulo Henriques	A20's Box Warriors	Senior Masculino	03:07:43	+01:54:55	15:39
234	3291	Filipe Henriques	Fun Friends	Senior Masculino	03:07:44	+01:54:56	15:39
235	3072	Filipe Silva	ALIANÇA DE GANDRA	Senior Masculino	03:09:41	+01:56:53	15:48
236	3528	Horácio Manuel da Costa Coelho Ferreira	Individual	Senior Masculino	03:09:51	+01:57:03	15:49
237	3741	Ivo Martins	Leões de Tardariz Trail	Senior Masculino	03:10:02	+01:57:14	15:50
238	3874	MÁRIO JOÃO OLIVEIRA GANDRA	Raposas	Senior Masculino	03:10:27	+01:57:39	15:52
239	3161	Bruno Costa	caderneta de cromos	Senior Masculino	03:10:52	+01:58:04	15:54
240	3002	Bruno Silva	"os 100 Ar"	Senior Masculino	03:11:07	+01:58:19	15:56
241	1180	Renato Silva	Danados	Senior Masculino	03:12:27	+01:59:39	16:02
242	3489	Adelino Jesus Cunha Lopes Videira	Individual	Senior Masculino	03:12:27	+01:59:39	16:02
243	3828	Jorge Silva	OsFazConta	Senior Masculino	03:13:25	+02:00:37	16:07
244	3747	Ricardo Oliveira	Leões de Tardariz Trail	Senior Masculino	03:15:15	+02:02:27	16:16
245	3714	Miguel Garcez	Juventude Popular Paredes	Senior Masculino	03:19:02	+02:06:14	16:35
246	3192	manuel pereira	desattinados	Senior Masculino	03:20:35	+02:07:47	16:43
247	3839	Álvaro da Silva Ribeiro	Pedais de aço btt	Senior Masculino	03:21:08	+02:08:20	16:46
248	3553	Mario Alexandre Ferreira dos Santos	Individual	Senior Masculino	03:22:33	+02:09:45	16:53
249	3113	Helder Oliveira	Andatrilhos Freamunde	Senior Masculino	03:23:02	+02:10:14	16:55
250	3990	Delfim Botelho	CFIT	Senior Masculino	03:23:06	+02:10:18	16:56
251	3730	Pedro Miguel Soares Neves	kunochão	Senior Masculino	03:24:35	+02:11:47	17:03

Official Timekeeper: Lap2Go	13 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

252	3584	Sérgio Filipe Sousa Moutinho	Individual	Senior Masculino	03:27:21	+02:14:33	17:17
253	3545	José Rodrigo Martins Ferreira Peixoto Coelho	Individual	Senior Masculino	03:29:22	+02:16:34	17:27
254	3739	Guilherme Oliveira	Leões de Tardariz Trail	Senior Masculino	03:33:10	+02:20:22	17:46
255	3189	nuno ricardo sousa	Danados	Senior Masculino	03:33:30	+02:20:42	17:48
256	3523	HELDER MOREIRA	Individual	Senior Masculino	03:36:09	+02:23:21	18:01
257	1461	João Oliveira	Individual	Senior Masculino	03:37:49	+02:25:01	18:09
258	3043	Ricardo Ferreira	A20's Box Warriors	Senior Masculino	03:40:36	+02:27:48	18:23
259	1664	Pedro Vieira	Individual	Senior Masculino	03:42:53	+02:30:05	18:34
260	3965	Luis António Costa Pereira	Trofa Team	Senior Masculino	03:42:54	+02:30:06	18:34
261	2267	Nuno Castro	Snowtortugas	Senior Masculino	03:43:57	+02:31:09	18:40
262	3587	Tiago Emanuel Pinto Nunes Magalhães	Individual	Senior Masculino	03:47:44	+02:34:56	18:59
263	1585	Jose Guerra	Individual	Senior Masculino	03:47:57	+02:35:09	19:00
264	1952	Artur Mota	LA Zinco	Senior Masculino	04:03:22	+02:50:34	20:17
265	3570	Ricardo Ferreira	Individual	Senior Masculino	04:15:16	+03:02:28	21:16
266	2392	Nuno Pereira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
267	2391	Nuno Moreira	π 100 pé	Senior Masculino	04:19:49	+03:07:01	21:39
268	3035	José Oliveira	A20's Box Warriors	Senior Masculino	04:20:42	+03:07:54	21:44
269	3735	Daniel Leal	Leal	Senior Masculino	04:25:13	+03:12:25	22:06
270	1135	Miguel Silva	Befitness Runners	Senior Masculino	05:05:19	+03:52:31	25:27
271	3546	luis miguel alves fernandes	Individual	Senior Masculino	05:12:26	+03:59:38	26:02
272	1312	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:43:00	+04:30:12	28:35

Veterana F40

1	3854	Natália Paredes	Porto Sentido Runners	Veterana F40	01:49:43	09:09
2	3257	Fernanda Pinto	Fitspot - Parque Nascente	Veterana F40	01:50:09	+00:26 09:11
3	2328	Maria Paula Sousa Pessoa de Amorim	The Stigs Invicta	Veterana F40	01:54:08	+04:25 09:31
4	3100	Carmen Moreira	AMIGOS DO PEDAL TRILAGARES	Veterana F40	01:54:57	+05:14 09:35
5	3594	carla maria teixeira costa	Individual	Veterana F40	01:55:34	+05:51 09:38
6	3930	Minda Coelho	Somos Nós Team	Veterana F40	01:56:58	+07:15 09:45
7	3915	Maria Fatima Leal	S. S. Montepio	Veterana F40	01:57:50	+08:07 09:49
8	3853	Elisabete Loureiro	Porto Sentido Runners	Veterana F40	01:58:44	+09:01 09:54
9	3197	irene barbosa	ele e ela	Veterana F40	02:02:00	+12:17 10:10
10	3970	Fatima Nunes	USF TS	Veterana F40	02:02:20	+12:37 10:12
11	3237	Laurinda Isabel Carvalho de Sá e Silva	Família Silva	Veterana F40	02:04:03	+14:20 10:20
12	3953	Claudia Santos	TGV RUNNING	Veterana F40	02:04:11	+14:28 10:21
13	3929	Maria José	Somos Nós Team	Veterana F40	02:06:29	+16:46 10:32
14	3630	SILVIA FERREIRA	Individual	Veterana F40	02:06:48	+17:05 10:34
15	3276	FERNANDA FRANÇA	FRANÇA	Veterana F40	02:08:14	+18:31 10:41
16	3601	Elisabete Gonçalves	Individual	Veterana F40	02:11:05	+21:22 10:55
17	3914	CARLA BARROS	S. S. Montepio	Veterana F40	02:11:19	+21:36 10:57
18	3627	Salete Maria Mendes soares	Individual	Veterana F40	02:16:56	+27:13 11:25
19	3223	Paula Silva	ERMIDAFIT Runners	Veterana F40	02:18:16	+28:33 11:31
20	3126	Célia Alves	Aventureiras	Veterana F40	02:19:08	+29:25 11:36
21	3599	Cristina Sousa	Individual	Veterana F40	02:19:30	+29:47 11:37

Official Timekeeper: Lap2Go	14 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM



OFFICIAL RESULT

22	3596	Cidália Maria Correia Soares	Individual	Veterana F40	02:27:05	+37:22	12:15
23	3081	Verónica Fontes	ALIANÇA DE GANDRA	Veterana F40	02:27:17	+37:34	12:16
24	3077	Fernanda Leal	ALIANÇA DE GANDRA	Veterana F40	02:27:23	+37:40	12:17
25	1759	Maria Augusta Esperança	Individual	Veterana F40	02:36:19	+46:36	13:02
26	1783	Vânia Cunha	Individual	Veterana F40	02:36:19	+46:36	13:02
27	3122	Lurdes Moreira	As Belas e Eles	Veterana F40	02:41:23	+51:40	13:27
28	3622	Paula Cristina Marques Paiva	Individual	Veterana F40	02:41:48	+52:05	13:29
29	1768	Maria Lurdes Alcobia da conceição	Individual	Veterana F40	02:42:13	+52:30	13:31
30	3626	Raquel Mendes	Individual	Veterana F40	02:42:43	+53:00	13:34
31	3617	Maria José Ferreira da Silva	Individual	Veterana F40	02:45:40	+55:57	13:48
32	3623	paula cristina mendes ferreira	Individual	Veterana F40	02:46:13	+56:30	13:51
33	3818	Marília Dias	Os Arrastas	Veterana F40	02:47:02	+57:19	13:55
34	3101	Florbela Sousa Gonçalves	AMIGOS DO PEDAL TRAILAGARES	Veterana F40	02:47:11	+57:28	13:56
35	3088	Elisabete Melo	All About	Veterana F40	02:47:20	+57:37	13:57
36	3639	Susana Monteiro	Individual	Veterana F40	02:48:48	+59:05	14:04
37	3128	Silvia Azevedo	Aventureiras	Veterana F40	02:54:45	+01:05:02	14:34
38	3628	sandra cunha	Individual	Veterana F40	02:55:32	+01:05:49	14:38
39	3256	Celeste Vieira	Fitspot - Parque Nascente	Veterana F40	02:59:06	+01:09:23	14:56
40	3259	Maria Carvalho	Fitspot - Parque Nascente	Veterana F40	02:59:07	+01:09:24	14:56
41	3843	Maria Jose Silva	pipb	Veterana F40	03:00:27	+01:10:44	15:02
42	3952	Cleonice Mendes	Tecla 3 Runners	Veterana F40	03:01:02	+01:11:19	15:05
43	3616	Maria João Silva Barbosa	Individual	Veterana F40	03:01:26	+01:11:43	15:07
44	3944	Marta Sofia Novo de Carvalho	Tartarugas do Cávado	Veterana F40	03:01:45	+01:12:02	15:09
45	3089	Isaura Alves	All About	Veterana F40	03:02:13	+01:12:30	15:11
46	3606	Isabel Susana da Silva Moreira Próspero	Individual	Veterana F40	03:02:28	+01:12:45	15:12
47	3127	Paula Afonso	Aventureiras	Veterana F40	03:03:18	+01:13:35	15:17
48	3936	Elisete Viegas	Sweet Runners	Veterana F40	03:03:51	+01:14:08	15:19
49	3614	Maria Filomena Venâncio Lopes Marcelo	Individual	Veterana F40	03:03:55	+01:14:12	15:20
50	3779	Regina Maria Martins Mota	Molinhas Team	Veterana F40	03:04:34	+01:14:51	15:23
51	3760	Renata Vieira	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	03:04:37	+01:14:54	15:23
52	3758	Cristina Sampaio	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	03:04:37	+01:14:54	15:23
53	3625	Paula Santos	Individual	Veterana F40	03:04:59	+01:15:16	15:25
54	3636	Susana Cristina Fernandes Cunha	Individual	Veterana F40	03:06:08	+01:16:25	15:31
55	3619	Maria Sousa	Individual	Veterana F40	03:07:35	+01:17:52	15:38
56	3608	Margarida Soares Rocha	Individual	Veterana F40	03:07:39	+01:17:56	15:38
57	3994	Marieta Moreira	CFIT	Veterana F40	03:07:43	+01:18:00	15:39
58	3631	SILVIA ROCHA	Individual	Veterana F40	03:08:39	+01:18:56	15:43
59	3600	Dária Teuxeira	Individual	Veterana F40	03:09:09	+01:19:26	15:46
60	3078	Maria Neves	ALIANÇA DE GANDRA	Veterana F40	03:09:17	+01:19:34	15:46
61	3611	Maria de Fátima Fernandes Pinho	Individual	Veterana F40	03:09:32	+01:19:49	15:48
62	3236	FATIMA PEREIRA	FAMILIA PEREIRA	Veterana F40	03:09:58	+01:20:15	15:50
63	3621	Paula Branco	Individual	Veterana F40	03:10:22	+01:20:39	15:52
64	3875	ANA PAULA NOGUEIRA DA SILVA	Raposas	Veterana F40	03:10:27	+01:20:44	15:52

Trail Curto

12 KM



OFFICIAL RESULT

65	3629	Sandra Oliveira	Individual	Veterana F40	03:10:50	+01:21:07	15:54
66	3947	sandra madureira	team Rede Ambiente	Veterana F40	03:10:51	+01:21:08	15:54
67	3620	Palmira Carolina Coelho Almeida	Individual	Veterana F40	03:11:01	+01:21:18	15:55
68	3945	Rita Santos	Tartarugas do Cávado	Veterana F40	03:11:02	+01:21:19	15:55
69	3624	Paula Idalina Barros da Mota Fernandes	Individual	Veterana F40	03:11:59	+01:22:16	16:00
70	3171	Maria Jorge Sá Dantas	Centro de Marcha e Corrida da União de Freguesias	Veterana F40	03:12:25	+01:22:42	16:02
71	0	Maria de Fátima da Silva Ferreira Teixeira	Individual	Veterana F40	03:12:26	+01:22:43	16:02
72	3593	Avelina Rocha	Individual	Veterana F40	03:13:34	+01:23:51	16:08
73	3634	sonia marina da silva forte	Individual	Veterana F40	03:14:01	+01:24:18	16:10
74	3165	Odete Coelho	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
75	3163	Maria do Carmo Pinto	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
76	3164	Maria Regina Carvalho	Cães & Gatos	Veterana F40	03:14:02	+01:24:19	16:10
77	3816	Aurora Morais	Oralklass-Amigos do Trail	Veterana F40	03:14:42	+01:24:59	16:14
78	3618	Maria Neves	Individual	Veterana F40	03:16:29	+01:26:46	16:22
79	3260	Maria Guerra	Fitspot - Parque Nascente	Veterana F40	03:17:02	+01:27:19	16:25
80	3794	Susana Magalhães	NOCTURNOS DE PAREDES	Veterana F40	03:18:00	+01:28:17	16:30
81	3700	FELICIDADE CARNEIRO	JOSÉ RIBEIRO CABELEIREIRO	Veterana F40	03:18:47	+01:29:04	16:34
82	3261	Maria Pinto	Fitspot - Parque Nascente	Veterana F40	03:20:45	+01:31:02	16:44
83	3635	sonia sampaio	Individual	Veterana F40	03:20:46	+01:31:03	16:44
84	3637	Susana Fernandes	Individual	Veterana F40	03:21:05	+01:31:22	16:45
85	3793	Emília Rodrigues	NOCTURNOS DE PAREDES	Veterana F40	03:21:20	+01:31:37	16:47
86	2227	Maria José Peres	reis	Veterana F40	03:23:00	+01:33:17	16:55
87	3168	Maria Adelaide Madureira Pereira	Carol Team	Veterana F40	03:23:11	+01:33:28	16:56
88	3592	ana lemos	Individual	Veterana F40	03:23:37	+01:33:54	16:58
89	3724	Augusta Sousa	Kunalama Runners	Veterana F40	03:23:43	+01:34:00	16:59
90	3981	Augusta Saraiva	VIDAATIVARUNNERS	Veterana F40	03:23:55	+01:34:12	17:00
91	3602	Elizabete Ferreira	Individual	Veterana F40	03:24:19	+01:34:36	17:02
92	3597	Cláudia Matos	Individual	Veterana F40	03:24:20	+01:34:37	17:02
93	2164	Ana Rita Barros Neves Magalhães	Ou vai ou Racha	Veterana F40	03:25:40	+01:35:57	17:08
94	3076	Elisabete Silva	ALIANÇA DE GANDRA	Veterana F40	03:26:10	+01:36:27	17:11
95	3832	Cristina Costa	Ou vai ou Racha	Veterana F40	03:26:28	+01:36:45	17:12
96	3831	arminda maciel	Ou vai ou Racha	Veterana F40	03:26:30	+01:36:47	17:13
97	3079	Maria Oliveira	ALIANÇA DE GANDRA	Veterana F40	03:26:45	+01:37:02	17:14
98	3264	Sofia Martins	Fitspot - Parque Nascente	Veterana F40	03:27:11	+01:37:28	17:16
99	3770	Marcia Pinto	Metralhas Runners	Veterana F40	03:27:30	+01:37:47	17:17
100	3143	Fátima Costa	BitRunners	Veterana F40	03:28:32	+01:38:49	17:23
101	3603	Fernanda Maria Moreira Leal	Individual	Veterana F40	03:28:47	+01:39:04	17:24
102	3935	CELIA MARIA PACHECO FERREIRA	Sweet Runners	Veterana F40	03:30:13	+01:40:30	17:31
103	3937	Raquel Gomes	Sweet Runners	Veterana F40	03:31:07	+01:41:24	17:36
104	3080	Silvia Pinto	ALIANÇA DE GANDRA	Veterana F40	03:31:10	+01:41:27	17:36
105	3222	Maria Manuela Vilela Dias	ERMIDAFIT Runners	Veterana F40	03:31:43	+01:42:00	17:39
106	3190	ana cristina silva	Danados	Veterana F40	03:33:13	+01:43:30	17:46
107	3148	Leonor Araújo	Bota&Siga	Veterana F40	03:34:13	+01:44:30	17:51
108	3615	Maria Graça Silva Sousa	Individual	Veterana F40	03:35:17	+01:45:34	17:56

Trail Curto

12 KM



OFFICIAL RESULT

109	3265	Sonia Moreira	Fitspot - Parque Nascente	Veterana F40	03:35:29	+01:45:46	17:57
110	3208	Luisa Ventura	Equipa XPTO'S	Veterana F40	03:36:01	+01:46:18	18:00
111	3235	DELFINA PEREIRA	FAMILIA PEREIRA	Veterana F40	03:36:05	+01:46:22	18:00
112	3234	ANA MARIA	FAMILIA PEREIRA	Veterana F40	03:36:05	+01:46:22	18:00
113	3605	ISABEL GONÇALVES	Individual	Veterana F40	03:36:12	+01:46:29	18:01
114	3604	GUILHERMINA ROCHA	Individual	Veterana F40	03:36:13	+01:46:30	18:01
115	3783	Deolinda Manuela Madureira Ferreira e Silva	Muita Tracção Running Tribe	Veterana F40	03:37:17	+01:47:34	18:06
116	3157	Fernanda Soares	BTT Alegria / TUBANI	Veterana F40	03:40:54	+01:51:11	18:24
117	3766	Bebiana Sousa	LUSOS XXI	Veterana F40	03:42:34	+01:52:51	18:33
118	3258	Márcia	Fitspot - Parque Nascente	Veterana F40	03:51:54	+02:02:11	19:20
119	3014	Lília Sá	10TEMIDOS	Veterana F40	03:52:11	+02:02:28	19:21
120	3232	Paula Moreira	FairGirls	Veterana F40	03:53:31	+02:03:48	19:28
121	3835	Lucinda Marques	Paredes Running	Veterana F40	03:53:56	+02:04:13	19:30
122	3872	Cristina Silva	Rainha Club	Veterana F40	03:54:43	+02:05:00	19:34
123	3871	Angelica Jorge	Rainha Club	Veterana F40	03:54:44	+02:05:01	19:34
124	3319	Helena Moura	GONDOMAR FUTSAL CLUBE	Veterana F40	04:05:58	+02:16:15	20:30
125	3321	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	04:06:07	+02:16:24	20:31
126	3834	Ana Ferreira	Paredes Running	Veterana F40	04:14:47	+02:25:04	21:14
127	2395	Maria koch	π 100 pé	Veterana F40	04:19:48	+02:30:05	21:39
128	3090	Susana Barbosa	All About	Veterana F40	04:48:18	+02:58:35	24:01
129	3145	Manuela Saraiva	Bora Lá	Veterana F40	04:53:29	+03:03:46	24:27
130	3302	Sandra Mendes	Futebol Clube de Penafiel	Veterana F40	05:02:58	+03:13:15	25:15

Veterano M40

1	3288	PEDRO SANTOS	FUGITIVOS URBANOS	Veterano M40	01:12:58		06:05
2	3180	Paulo Silva	Da-lhe Gas	Veterano M40	01:16:42	+03:44	06:24
3	3201	Sérgio Santos	Engomadoria L&A Team	Veterano M40	01:17:04	+04:06	06:25
4	3641	Abilio Martins Almeida	Individual	Veterano M40	01:17:40	+04:42	06:28
5	3683	Rui Oliveira	Individual	Veterano M40	01:19:29	+06:31	06:37
6	3669	Laurindo Osório	Individual	Veterano M40	01:26:42	+13:44	07:13
7	3084	Fernando Santos	ALIANÇA DE GANDRA	Veterano M40	01:26:49	+13:51	07:14
8	3817	Orlando Nogueira	Oralklass-Amigos do Trail	Veterano M40	01:28:21	+15:23	07:22
9	3109	José Costa	Amigos do Sofá	Veterano M40	01:37:49	+24:51	08:09
10	3686	Silvino Alberto da Silva Mendes	Individual	Veterano M40	01:38:22	+25:24	08:12
11	2257	Carlos Manuel Rocha	SAI DA FRENTE	Veterano M40	01:39:20	+26:22	08:17
12	3332	Teófilo Freitas	HS Trail Team	Veterano M40	01:41:37	+28:39	08:28
13	3753	Mário Moura	Leões de Tardariz Trail	Veterano M40	01:42:08	+29:10	08:31
14	3082	António Oliveira	ALIANÇA DE GANDRA	Veterano M40	01:42:23	+29:25	08:32
15	3685	sergio rui da costa e cunha	Individual	Veterano M40	01:44:37	+31:39	08:43
16	3750	António Pinto	Leões de Tardariz Trail	Veterano M40	01:46:03	+33:05	08:50
17	3754	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:46:04	+33:06	08:50
18	3059	José Manuel Teixeira Vieira	ACRORUNNERS	Veterano M40	01:46:30	+33:32	08:52
19	3017	Paulo Ribeiro	10TEMIDOS	Veterano M40	01:47:23	+34:25	08:57
20	3972	Jorge Conceição	USF TS	Veterano M40	01:48:06	+35:08	09:01

Trail Curto

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

21	1861	Mário Fonseca	Individual	Veterano M40	01:49:47	+36:49	09:09
22	1815	Filipe Campelo Lemos	Individual	Veterano M40	01:49:49	+36:51	09:09
23	1806	CARLOS FERNANDO ESPERANÇA	Individual	Veterano M40	01:50:04	+37:06	09:10
24	3855	Carlos Duarte	Porto Sentido Runners	Veterano M40	01:53:59	+41:01	09:30
25	3049	Luís Reis	A20's Box Warriors	Veterano M40	01:54:04	+41:06	09:30
26	1987	Rui Moreira	LUSOS XXI	Veterano M40	01:54:11	+41:13	09:31
27	3987	Jorge António de Jesus Moreira	CFIT	Veterano M40	01:54:57	+41:59	09:35
28	3856	Carlos Martins	Porto Sentido Runners	Veterano M40	01:55:01	+42:03	09:35
29	3751	Joaquim Leite	Leões de Tardariz Trail	Veterano M40	01:55:01	+42:03	09:35
30	3720	Amândio Sousa	Kinkipa	Veterano M40	01:55:21	+42:23	09:37
31	3859	João Barbosa	Porto Sentido Runners	Veterano M40	01:56:39	+43:41	09:43
32	3971	Hugo Almeida	USF TS	Veterano M40	01:56:41	+43:43	09:43
33	3761	Carlos Valente	Los Compadres	Veterano M40	01:57:58	+45:00	09:50
34	3650	Carlos Moutinho	Individual	Veterano M40	01:58:44	+45:46	09:54
35	2078	Salvador Santos	NOCTURNOS DE PAREDES	Veterano M40	02:00:27	+47:29	10:02
36	2258	Emanuel Duraes	SAI DA FRENTE	Veterano M40	02:01:33	+48:35	10:08
37	3108	Armindo Moreira	Amigos do Sofá	Veterano M40	02:02:20	+49:22	10:12
38	3238	Rui Miguel Russa Ferreira da Silva	Família Silva	Veterano M40	02:04:03	+51:05	10:20
39	1937	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M40	02:04:06	+51:08	10:21
40	3955	Hermengardo Silva	TGV RUNNING	Veterano M40	02:04:11	+51:13	10:21
41	3278	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Veterano M40	02:06:09	+53:11	10:31
42	3886	Helder Couto	Rock n Roll run team	Veterano M40	02:06:44	+53:46	10:34
43	35	francisco jorge moreira da silva	fatextil runers	Veterano M40	02:07:30	+54:32	10:38
44	1902	Rui Paradela da Silva	Individual	Veterano M40	02:08:04	+55:06	10:40
45	3681	Renato Costa	Individual	Veterano M40	02:08:17	+55:19	10:41
46	3664	José Mário Magalhães de Pereira	Individual	Veterano M40	02:08:59	+56:01	10:45
47	3227	Gil silva	Eu sei lá	Veterano M40	02:09:26	+56:28	10:47
48	1800	Avelino Paulo Moreira Marques	Individual	Veterano M40	02:09:57	+56:59	10:50
49	3329	Henrique Sobral	HS Trail Team	Veterano M40	02:10:15	+57:17	10:51
50	3665	José Paulo Sousa Simaria	Individual	Veterano M40	02:10:22	+57:24	10:52
51	3085	Telmo Almeida	ALIANÇA DE GANDRA	Veterano M40	02:10:38	+57:40	10:53
52	3268	Fernando Oliveira	Fitspot - Parque Nascente	Veterano M40	02:11:42	+58:44	10:58
53	1580	João Silva	Individual	Veterano M40	02:11:49	+58:51	10:59
54	3169	Paulo Jorge Madureira Ribeiro	Carol Team	Veterano M40	02:11:50	+58:52	10:59
55	3675	Nuno Miguel Cabral	Individual	Veterano M40	02:12:22	+59:24	11:02
56	3226	Fernando Carneiro	Eu sei lá	Veterano M40	02:14:01	+01:01:03	11:10
57	3152	MANUEL ANTONIO ALMEIDA COELHO	BRIGADA DO TRAIL RUNNINIG	Veterano M40	02:15:54	+01:02:56	11:19
58	3946	Francisco Lopo	Tartarugas do Cávado	Veterano M40	02:15:59	+01:03:01	11:20
59	3645	ANTÓNIO ALBERTO COELHO COSTA	Individual	Veterano M40	02:16:27	+01:03:29	11:22
60	449	Samuel Soares	Individual	Veterano M40	02:16:35	+01:03:37	11:23
61	3884	André Figueiredo	RnR running team	Veterano M40	02:16:52	+01:03:54	11:24
62	3661	José da Rocha Rodrigues	Individual	Veterano M40	02:16:56	+01:03:58	11:25
63	3652	Hugo Cesar Carvalho de Sousa	Individual	Veterano M40	02:17:13	+01:04:15	11:26
64	1236	David Sousa	Fitspot - Parque Nascente	Veterano M40	02:17:27	+01:04:29	11:27
65	3267	Carlindo Martins	Fitspot - Parque Nascente	Veterano M40	02:17:32	+01:04:34	11:28
66	3862	Miguel Azevedo	Porto Sentido Runners	Veterano M40	02:17:43	+01:04:45	11:29

Official Timekeeper: Lap2Go	18 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

67	3954	Augusto Ribeiro	TGV RUNNING	Veterano M40	02:18:42	+01:05:44	11:33
68	2092	Jose Miguel Cunha Bastos	O Quarteto dos 3 amigos Gonalo e Miguel	Veterano M40	02:20:10	+01:07:12	11:41
69	3271	Marco R�gua	Fitspot - Parque Nascente	Veterano M40	02:21:50	+01:08:52	11:49
70	3306	julio alves	Futebol Clube de Penafiel	Veterano M40	02:23:05	+01:10:07	11:55
71	3305	jose manuel rodrigues	Futebol Clube de Penafiel	Veterano M40	02:23:06	+01:10:08	11:56
72	3749	Agostinho Cardoso	Le�es de Tardariz Trail	Veterano M40	02:23:15	+01:10:17	11:56
73	3270	Luis Espirito Santo	Fitspot - Parque Nascente	Veterano M40	02:24:02	+01:11:04	12:00
74	3858	Fernando Ferraz	Porto Sentido Runners	Veterano M40	02:24:08	+01:11:10	12:01
75	3845	Pedro Brizado	pipb	Veterano M40	02:24:40	+01:11:42	12:03
76	3048	Jos� Teixeira	A20's Box Warriors	Veterano M40	02:25:14	+01:12:16	12:06
77	3653	Isaac Batista Pereira	Individual	Veterano M40	02:25:21	+01:12:23	12:07
78	3771	Paulo Ferreira	Metralhas Runners	Veterano M40	02:26:06	+01:13:08	12:11
79	3018	Rui S�	10TEMIDOS	Veterano M40	02:26:28	+01:13:30	12:12
80	3667	Jos� Saraiva	Individual	Veterano M40	02:26:55	+01:13:57	12:15
81	3158	Filipe Teixeira	BTT Alegria / TUBANI	Veterano M40	02:27:02	+01:14:04	12:15
82	1809	Daniel Branco	Individual	Veterano M40	02:27:03	+01:14:05	12:15
83	3702	JOS� RIBEIRO	JOS� RIBEIRO CABELEIREIRO	Veterano M40	02:27:05	+01:14:07	12:15
84	3647	Ant�nio Manuel Coelho de Sousa	Individual	Veterano M40	02:27:06	+01:14:08	12:15
85	1784	Abilio Jose Moreira Pacheco	Individual	Veterano M40	02:27:38	+01:14:40	12:18
86	2217	Hugo Ferraz	Quinta do Lago	Veterano M40	02:27:59	+01:15:01	12:20
87	3857	Cl�udio Cerqueira	Porto Sentido Runners	Veterano M40	02:28:20	+01:15:22	12:22
88	1859	MANUEL PIRES RODRIGUES	Individual	Veterano M40	02:29:09	+01:16:11	12:26
89	3716	Ant�nio Macedo Lemos	Juventude Popular Paredes	Veterano M40	02:29:53	+01:16:55	12:29
90	3241	Ricardo A. Silva Sousa	Ffit Gaia Trail running Team	Veterano M40	02:31:55	+01:18:57	12:40
91	1797	Ant�nio Jorge Martins Magalh�es Antunes	Individual	Veterano M40	02:32:15	+01:19:17	12:41
92	3643	Alberto Fernando Cruz Oliveira	Individual	Veterano M40	02:32:21	+01:19:23	12:42
93	3932	Jorge Almeida	soplabifana	Veterano M40	02:35:22	+01:22:24	12:57
94	3797	Jose FernandoLeal	NOCTURNOS DE PAREDES	Veterano M40	02:35:45	+01:22:47	12:59
95	3902	rui rocha	Run2Eat	Veterano M40	02:38:20	+01:25:22	13:12
96	3058	Ilidio Paulo Pereira Almeida	ACRORUNNERS	Veterano M40	02:39:19	+01:26:21	13:17
97	3269	Jose Silva	Fitspot - Parque Nascente	Veterano M40	02:39:31	+01:26:33	13:18
98	3217	Abilio Neves	Equipotencia	Veterano M40	02:40:24	+01:27:26	13:22
99	3672	MANUEL PINTO	Individual	Veterano M40	02:40:24	+01:27:26	13:22
100	1320	M�rio Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:40:35	+01:27:37	13:23
101	3860	Jos� Ricardo	Porto Sentido Runners	Veterano M40	02:42:13	+01:29:15	13:31
102	3050	Lu�s Santos	A20's Box Warriors	Veterano M40	02:42:51	+01:29:53	13:34
103	3646	Antonio Costa	Individual	Veterano M40	02:43:56	+01:30:58	13:40
104	2312	Alberto Bert�o	Team Agente Meireles II	Veterano M40	02:44:00	+01:31:02	13:40
105	3795	Antero Bessa	NOCTURNOS DE PAREDES	Veterano M40	02:44:47	+01:31:49	13:44
106	3658	Jos� Alves	Individual	Veterano M40	02:45:27	+01:32:29	13:47
107	3277	AMERICO FRANA	FRANA	Veterano M40	02:46:45	+01:33:47	13:54
108	3649	Belmiro Pacheco	Individual	Veterano M40	02:47:30	+01:34:32	13:58
109	3644	Alexandre Almeida	Individual	Veterano M40	02:49:02	+01:36:04	14:05
110	1888	Paulo Silva	Individual	Veterano M40	02:49:16	+01:36:18	14:06
111	1865	Miguel Ferreira	Individual	Veterano M40	02:51:14	+01:38:16	14:16

Official Timekeeper: Lap2Go	19 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM

R

REVISED

[illegible]

OFFICIAL RESULT

[illegible]

112	3240	Manuel Rocha	FAST AO KM	Veterano M40	02:52:01	+01:39:03	14:20
113	1868	Miguel Pinto	Individual	Veterano M40	02:52:10	+01:39:12	14:21
114	2165	Paulo Jorge de Sousa Magalhães	Ou vai ou Racha	Veterano M40	02:54:07	+01:41:09	14:31
115	3656	João Paulo Vilas	Individual	Veterano M40	02:54:07	+01:41:09	14:31
116	3829	josegentil	ou vai o racha	Veterano M40	02:54:19	+01:41:21	14:32
117	3684	Sergio Oliveira	Individual	Veterano M40	02:54:53	+01:41:55	14:34
118	3330	José Aleixo	HS Trail Team	Veterano M40	02:58:00	+01:45:02	14:50
119	3046	Arnaldo Silva	A20's Box Warriors	Veterano M40	02:59:28	+01:46:30	14:57
120	3671	Manuel Oliveira	Individual	Veterano M40	02:59:37	+01:46:39	14:58
121	3844	Isidro Silva	pipb	Veterano M40	03:00:27	+01:47:29	15:02
122	3015	Fernando Sá	10TEMIDOS	Veterano M40	03:02:54	+01:49:56	15:14
123	3146	José Silva	Bora Lá	Veterano M40	03:02:59	+01:50:01	15:15
124	3866	MANUEL ALMEIDA	PORTOCARGO	Veterano M40	03:03:13	+01:50:15	15:16
125	3780	Alexandre Pereira Henriques Sousa de Almeida	Molinhos Team	Veterano M40	03:04:34	+01:51:36	15:23
126	3885	Carlos Viamonte	RnR running team	Veterano M40	03:05:09	+01:52:11	15:26
127	3895	Paulo Fernando Monteiro de Barros	ROYAL SCHOOL OF LANGUAGES	Veterano M40	03:06:54	+01:53:56	15:35
128	3894	José Júlio Pereira Borges	ROYAL SCHOOL OF LANGUAGES	Veterano M40	03:10:21	+01:57:23	15:52
129	3655	João Gaspar	Individual	Veterano M40	03:13:36	+02:00:38	16:08
130	3836	Luis Ribeiro	Paredes Running	Veterano M40	03:14:04	+02:01:06	16:10
131	3701	JOSÉ BONIFÁCIO	JOSÉ RIBEIRO CABELEIREIRO	Veterano M40	03:14:22	+02:01:24	16:12
132	3873	Camilo Costa	Rainha Club	Veterano M40	03:14:34	+02:01:36	16:13
133	3659	José Coelho	Individual	Veterano M40	03:14:37	+02:01:39	16:13
134	3016	Jorge Silva	10TEMIDOS	Veterano M40	03:15:15	+02:02:17	16:16
135	3047	João Pinto	A20's Box Warriors	Veterano M40	03:15:58	+02:03:00	16:20
136	3798	TÓ Madureira	NOCTURNOS DE PAREDES	Veterano M40	03:16:03	+02:03:05	16:20
137	3861	Lourenço Marques	Porto Sentido Runners	Veterano M40	03:16:40	+02:03:42	16:23
138	3898	Pedro Carvalho	Run Forrest Run	Veterano M40	03:18:13	+02:05:15	16:31
139	3799	Tomas Ferreira	NOCTURNOS DE PAREDES	Veterano M40	03:21:20	+02:08:22	16:47
140	3224	Luís Coelho	ERMIDAFIT Runners	Veterano M40	03:22:24	+02:09:26	16:52
141	3666	José Pinheiro	Individual	Veterano M40	03:23:34	+02:10:36	16:58
142	3688	Victor Coelho	Individual	Veterano M40	03:23:37	+02:10:39	16:58
143	3837	Paulo cunha	Patás Negras	Veterano M40	03:23:58	+02:11:00	17:00
144	3273	Mohamed Moudnib	Fitspot - Parque Nascente	Veterano M40	03:24:25	+02:11:27	17:02
145	3680	Pedro Rocha	Individual	Veterano M40	03:24:37	+02:11:39	17:03
146	3086	Vitor Rocha	ALIANÇA DE GANDRA	Veterano M40	03:25:50	+02:12:52	17:09
147	3266	Almerindo Freitas	Fitspot - Parque Nascente	Veterano M40	03:26:37	+02:13:39	17:13
148	3083	António Paiva	ALIANÇA DE GANDRA	Veterano M40	03:26:44	+02:13:46	17:14
149	3314	Sergio Reis	GENEROSOS	Veterano M40	03:29:09	+02:16:11	17:26
150	3166	Paulo Coelho	Cães & Gatos	Veterano M40	03:29:50	+02:16:52	17:29
151	3796	Hugo C.Marques	NOCTURNOS DE PAREDES	Veterano M40	03:36:40	+02:23:42	18:03
152	3272	Miguel Eiras	Fitspot - Parque Nascente	Veterano M40	03:36:56	+02:23:58	18:05
153	3785	Luis Manuel Babo Simões	Muita Tracção Running Tribe	Veterano M40	03:37:16	+02:24:18	18:06
154	3784	Jorge Manuel Pinto Pereira Ferreira	Muita Tracção Running Tribe	Veterano M40	03:37:17	+02:24:19	18:06
155	2028	José Pires	MUITA TRACÇÃO RUNNING TEAM	Veterano M40	03:37:18	+02:24:20	18:06

Official Timekeeper: Lap2Go	20 / 21	generate 05-Jun-2016 22:05
-----------------------------	---------	----------------------------

Trail Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

156	3274	Paulo Costa	Fitspot - Parque Nascente	Veterano M40	03:49:11	+02:36:13	19:06
157	1170	Serafim Ramos	Clube do Pessoal EDP - Porto	Veterano M40	03:51:25	+02:38:27	19:17
158	3142	Fernando Araújo	Befitness Runners	Veterano M40	04:13:06	+03:00:08	21:05
159	3786	Luis Moura	NA Beiersdorf	Veterano M40	04:14:47	+03:01:49	21:14
160	3308	Rui Pinto	Futebol Clube de Penafiel	Veterano M40	04:50:21	+03:37:23	24:12
161	3660	JOSE COSTA PINTO	Individual	Veterano M40	04:53:47	+03:40:49	24:29
162	3304	isabel galhardo	Futebol Clube de Penafiel	Veterano M40	05:02:57	+03:49:59	25:15
163	3307	Manuel alves	Futebol Clube de Penafiel	Veterano M40	05:02:59	+03:50:01	25:15
164	3648	avelino eugenio rosa fernandes	Individual	Veterano M40	05:12:25	+03:59:27	26:02

[illegible]

Official Timekeeper: Lap2Go	1 / 2	generate 05-Jun-2016 22:06
-----------------------------	-------	----------------------------

[illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 05-Jun-2016 22:06
-----------------------------	-------	----------------------------