

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	19,6°C	58,5%
End	18:51	20,3°C	61%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1286	Paulo César Ferreira	gondomar futsal clube	Senior Masculino	02:23:40		06:15
2	1041	CARLOS MARTINS	arrasta o pe	Senior Masculino	02:25:56	+02:16	06:21
3	1095	Asdrubal Freitas	centro ciclista de gondomar	Veterano M40	02:28:05	+04:25	06:26
4	1891	Miguel Martins	nast	Senior Masculino	02:34:07	+10:27	06:42
5	2133	André Guedes	dr merino clínica médica	Veterano M40	02:34:41	+11:01	06:44
6	1094	Miguel Neves	centro ciclista de gondomar	Senior Masculino	02:35:15	+11:35	06:45
7	1963	Armandino Taborda	oralklass-aliança-amigos do trail	Veterano M40	02:37:32	+13:52	06:5
8	2017	André Teixeira	paredes aventura	Senior Masculino	02:38:20	+14:40	06:53
9	1950	Bruno Silva	oralklass-aliança-amigos do trail	Senior Masculino	02:38:22	+14:42	06:53
10	1009	Paulo manuel monteiro da costa	a.d.amarante trail running	Senior Masculino	02:39:47	+16:07	06:57
11	1097	Paulo Pinto	centro ciclista de gondomar	Veterano M40	02:40:23	+16:43	06:58
12	1996	Marco André Oliveira Lopes MendesFerreira	os lobos do saibro	Senior Masculino	02:41:13	+17:33	07:01
13	1133	David Ferreira	dr merino clínica médica	Senior Masculino	02:42:00	+18:20	07:03
14	1551	Paulo Rebelo	individual	Veterano M40	02:43:13	+19:33	07:06
15	1506	Ivo Pereira	individual	Senior Masculino	02:43:22	+19:42	07:06
16	1132	Bruno Alcino Bessa Pinto	dr merino clínica médica	Senior Masculino	02:45:01	+21:21	07:10
17	1034	Fernando Neves	amigos do pedal/trailagares	Veterano M40	02:45:32	+21:52	07:12
18	2117	Paulo Domingues	shots internacional runners	Senior Masculino	02:46:31	+22:51	07:14
19	1948	Andre Nogueira	oralklass-aliança-amigos do trail	Senior Masculino	02:49:42	+26:02	07:23
20	1167	Anthony Lopes	engomadoria l&a team	Senior Masculino	02:49:59	+26:19	07:23
21	1043	FRANSCISCO LEMOS	arrasta o pe	Veterano M40	02:50:06	+26:26	07:24
22	1494	Fernando Noronha	individual	Veterano M40	02:50:06	+26:26	07:24
23	1227	Ricardo Rocha	fast ao km- prr/health&nutrition	Senior Masculino	02:50:24	+26:44	07:25
24	1258	Jorge Pereira	gaia-running	Veterano M40	02:51:12	+27:32	07:27
25	1421	André Sampaio	individual	Senior Masculino	02:55:09	+31:29	07:37
26	1173	Sérgio Santos	engomadoria l&a team	Senior Masculino	02:56:46	+33:06	07:41
27	1430	Artur Barbosa	individual	Senior Masculino	02:58:42	+35:02	07:46
28	1033	António Manuel Dias Moreira	amigos do pedal/trailagares	Senior Masculino	02:58:42	+35:02	07:46
29	1150	Nuno Gomes	edv-viana trail	Senior Masculino	02:58:51	+35:11	07:47
30	1155	Manuel Soares	edv-viana trail	Veterano M40	02:58:51	+35:11	07:47
31	1645	Sergio Andre da Silva Coelho	individual	Senior Masculino	02:58:51	+35:11	07:47
32	1126	Vitor Ribeiro	didáxis trail	Senior Masculino	02:58:58	+35:18	07:47
33	1638	Rui Manuel Alves Monteiro Araújo	individual	Senior Masculino	02:58:58	+35:18	07:47
34	1216	Nuno Alves	fama runners	Senior Masculino	02:59:44	+36:04	07:49
35	1224	Jorge Maia	fama runners	Veterano M40	02:59:45	+36:05	07:49
36	93	Diogo João	individual	Senior Masculino	03:00:15	+36:35	07:50
37	1953	Fernando Taborda	oralklass-aliança-amigos do trail	Senior Masculino	03:01:15	+37:35	07:53
38	1639	Rui Matos	individual	Senior Masculino	03:01:17	+37:37	07:53
39	1424	António José Oliveira Marques de Sousa	individual	Senior Masculino	03:01:18	+37:38	07:53
40	2018	Helder Camilo	paredes aventura	Senior Masculino	03:01:54	+38:14	07:55

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1731	antonio pereira	individual	Veterano M40	03:01:57	+38:17	07:55
42	1648	Sérgio Carneiro	individual	Senior Masculino	03:02:10	+38:30	07:55
43	1057	Carlos Jesus	beat your limit!	Senior Masculino	03:02:10	+38:30	07:55
44	2131	Luís Letra	dr merino clínica médica	Senior Masculino	03:02:17	+38:37	07:56
45	1618	Ricardo Ferreira	individual	Senior Masculino	03:02:31	+38:51	07:56
46	1184	Ricardo Martins Henriques Pais	ermidafit runners	Senior Masculino	03:02:55	+39:15	07:57
47	2249	Pedro Valentim Batista	unidade especial de corrida	Senior Masculino	03:03:04	+39:24	07:58
48	1420	André Mesquita Guimarães	individual	Senior Masculino	03:03:26	+39:46	07:59
49	1096	Paulo Oliveira	centro ciclista de gondomar	Veterano M40	03:03:28	+39:48	07:59
50	2291	Paula Lage	paredes aventura	Senior Feminino	03:03:50	+40:10	08:00
51	1815	PAULO JORGE MOREIRA DA SILVA	individual	Veterano M40	03:03:51	+40:11	08:00
52	2030	Carlos Rocha	porto runners	Veterano M40	03:03:51	+40:11	08:00
53	1956	José Neto	oralklass-aliança-amigos do trail	Senior Masculino	03:03:51	+40:11	08:00
54	2251	André Ribeiro Almeida	vaindo	Senior Masculino	03:05:02	+41:22	08:03
55	1964	Carlos Silva	oralklass-aliança-amigos do trail	Veterano M40	03:05:13	+41:33	08:03
56	1978	Jorge Manuel Barbosa Moreira	os dezavergonhados	Veterano M40	03:05:48	+42:08	08:05
57	1438	Bruno Miguel Gonçalves de Freitas	individual	Senior Masculino	03:07:28	+43:48	08:09
58	1168	Celso Santos	engomadoria l&a team	Senior Masculino	03:07:32	+43:52	08:09
59	2130	Fábio Carvalho	sneakers power/aprt	Senior Masculino	03:07:51	+44:11	08:10
60	1071	Antonio Azevedo	boavista fc	Veterano M40	03:08:48	+45:08	08:13
61	1523	Joaquim dias	individual	Senior Masculino	03:09:02	+45:22	08:13
62	2248	Luis Miguel Azevedo da Silva	unidade especial de corrida	Senior Masculino	03:09:33	+45:53	08:14
63	1497	Helder Campos	individual	Senior Masculino	03:09:36	+45:56	08:15
64	1171	Hélder Ferreira	engomadoria l&a team	Senior Masculino	03:09:38	+45:58	08:15
65	1879	Nelson Marques	multipower gaia trail cfod	Senior Masculino	03:09:43	+46:03	08:15
66	1960	Pedro Duarte	oralklass-aliança-amigos do trail	Senior Masculino	03:09:48	+46:08	08:15
67	1746	DIONISIO MANUEL CORREIA SOUSA	individual	Veterano M40	03:09:51	+46:11	08:15
68	1946	Rita Loureiro	oralklass-aliança-amigos do trail	Senior Feminino	03:09:52	+46:12	08:15
69	1952	Fernando Grabulho	oralklass-aliança-amigos do trail	Senior Masculino	03:09:52	+46:12	08:15
70	1266	José Paulo Pereira Ribeiro	ginásio factor x	Senior Masculino	03:10:02	+46:22	08:16
71	1044	Horácio Henrique Santos Ferreira	arsm - associação reciativa de s. miguel	Veterano M40	03:10:02	+46:22	08:16
72	1966	Orlando Nogueira	oralklass-aliança-amigos do trail	Veterano M40	03:10:25	+46:45	08:17
73	1736	Augusto Oliveira	individual	Veterano M40	03:10:35	+46:55	08:17
74	1219	Vitor Santos Carneiro	fama runners	Senior Masculino	03:10:42	+47:02	08:17
75	1011	Ricardo Miguel Magalhaes Nunes	a.r.c.o.	Senior Masculino	03:11:34	+47:54	08:20
76	2277	Hugo Ferreira	white running team	Senior Masculino	03:11:48	+48:08	08:20
77	2016	Ricardo Fernandes	papakm	Senior Masculino	03:11:57	+48:17	08:21
78	1482	Fernando Leite	individual	Senior Masculino	03:12:29	+48:49	08:22
79	1330	Cláudia Santos	individual	Senior Feminino	03:14:04	+50:24	08:26
80	1743	Carlos Ferreira	individual	Veterano M40	03:14:05	+50:25	08:26
81	1136	Tiago Amaral	dr merino clínica médica	Senior Masculino	03:14:10	+50:30	08:27
82	1631	Rúben Alves	individual	Senior Masculino	03:14:41	+51:01	08:28
83	1522	Joaquim Alves	individual	Senior Masculino	03:15:10	+51:30	08:29
84	1545	José Miguel Fortuna Pinto	individual	Senior Masculino	03:15:18	+51:38	08:29

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
85	1517	João Maria Albuquerque Trigueiros Rodrigues Alves	individual	Senior Masculino	03:15:38	+51:58	08:30
86	1007	Luís Carlos Pinto Mendes	a.d.amarante trail running	Senior Masculino	03:15:46	+52:06	08:31
87	2208	Ricardo Marques	team idealkorpus	Senior Masculino	03:16:25	+52:45	08:32
88	1782	Luis Fernando Lopes	individual	Veterano M40	03:16:28	+52:48	08:33
89	1929	ARNALDO SANTOS	nocturnos de paredes	Veterano M40	03:16:32	+52:52	08:33
90	1911	MAURO CARDOSO	nocturnos de paredes	Senior Masculino	03:16:32	+52:52	08:33
91	1918	ROGERIO SOUSA	nocturnos de paredes	Senior Masculino	03:16:33	+52:53	08:33
92	1919	SERGIO VALE	nocturnos de paredes	Senior Masculino	03:16:33	+52:53	08:33
93	1134	Nuno Pinho	dr merino clínica médica	Senior Masculino	03:16:50	+53:10	08:33
94	2193	Bruno Loureiro	team duas faces	Senior Masculino	03:17:03	+53:23	08:34
95	1388	Sarina Carneiro Guimarães	individual	Senior Feminino	03:17:20	+53:40	08:35
96	1159	Ricardo Carvalho	ei team trail	Senior Masculino	03:17:28	+53:48	08:35
97	1957	Leonel Neves	oralklass-aliança-amigos do trail	Senior Masculino	03:18:16	+54:36	08:37
98	2007	domingos barros	os selvagens	Veterano M40	03:19:29	+55:49	08:40
99	1947	Agostinho Sousa	oralklass-aliança-amigos do trail	Senior Masculino	03:19:50	+56:10	08:41
100	2127	Dário Ribeiro	smiling runners	Senior Masculino	03:19:51	+56:11	08:41
101	2013	Daniel Fonseca	papakm	Senior Masculino	03:20:15	+56:35	08:42
102	2257	Luis Pereira	veloses & furiosos	Veterano M40	03:20:22	+56:42	08:43
103	2107	antonio coelho	sapadores invicta	Veterano M40	03:20:37	+56:57	08:43
104	1624	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	03:20:43	+57:03	08:44
105	1753	Fernando Jorge Soares da Rocha	individual	Veterano M40	03:21:05	+57:25	08:45
106	1434	Bruno Filipe Ribeiro Teixeira	individual	Senior Masculino	03:21:19	+57:39	08:45
107	1118	romeu filipe pacheco pereira	crossfit vale do ave	Senior Masculino	03:21:27	+57:47	08:46
108	1148	Bruno Simões	edv-viana trail	Senior Masculino	03:21:38	+57:58	08:46
109	2200	Ricardo Dantas	team duas faces	Senior Masculino	03:21:38	+57:58	08:46
110	1569	Micael cunha	individual	Senior Masculino	03:21:45	+58:05	08:46
111	189	Pedro Lizardo	pedro lizardo	Senior Masculino	03:22:32	+58:52	08:48
112	1157	José Cruz	ei team trail	Senior Masculino	03:22:40	+59:00	08:49
113	1715	alipio lopes	individual	Veterano M40	03:22:46	+59:06	08:49
114	2132	Rui Oliveira	sneakers power/aprt	Senior Masculino	03:22:53	+59:13	08:49
115	1727	António Maria Moreira Gomes	individual	Veterano M40	03:24:19	+01:00:39	08:53
116	1423	António Filipe de Sousa Teixeira	individual	Senior Masculino	03:24:22	+01:00:42	08:53
117	1273	DANIELA RUSSO	ginasio fit4fun	Senior Feminino	03:24:22	+01:00:42	08:53
118	1535	jorge sousa	individual	Senior Masculino	03:24:55	+01:01:15	08:55
119	1162	Joaquim Coelho	ei team trail	Veterano M40	03:25:19	+01:01:39	08:56
120	1553	Luís Lobão	individual	Senior Masculino	03:25:40	+01:02:00	08:57
121	1274	FRANCISCO FIGUEIREDO	ginasio fit4fun	Senior Masculino	03:25:58	+01:02:18	08:57
122	2162	Joel Simplício	sunday training	Senior Masculino	03:26:02	+01:02:22	08:57
123	2108	joaquim nunes	sapadores invicta	Veterano M40	03:26:02	+01:02:22	08:57
124	1117	Felisberto Carvalho Arcipreste	crossfit vale do ave	Senior Masculino	03:26:03	+01:02:23	08:58
125	1466	Diogo Carvalho	individual	Senior Masculino	03:26:04	+01:02:24	08:58
126	1729	António Osório Pinto	individual	Veterano M40	03:26:26	+01:02:46	08:59
127	1384	sara braga	individual	Senior Feminino	03:26:49	+01:03:09	09:00
128	1455	Cipriano Cunha	individual	Senior Masculino	03:27:16	+01:03:36	09:01
129	1042	eugenio lopes cunha	arrasta o pe	Veterano M40	03:27:29	+01:03:49	09:01

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	2198	Nuno Sobral	team duas faces	Senior Masculino	03:27:37	+01:03:57	09:02
131	1810	Paulo Ferreira Morais	individual	Veterano M40	03:28:01	+01:04:21	09:03
132	1808	Paulo Augusto Oliveira Pacheco	individual	Veterano M40	03:28:15	+01:04:35	09:03
133	1562	Márcio Rocha	individual	Senior Masculino	03:28:25	+01:04:45	09:04
134	1962	Rui Costa	oralklass-aliança-amigos do trail	Senior Masculino	03:28:27	+01:04:47	09:04
135	1961	Rúben Martins	oralklass-aliança-amigos do trail	Senior Masculino	03:28:27	+01:04:47	09:04
136	1492	Francisco CARneiro	individual	Senior Masculino	03:28:32	+01:04:52	09:04
137	1792	Manuel pinheiro	individual	Veterano M40	03:28:33	+01:04:53	09:04
138	1871	Carlos Ferreira	lusos xxi	Senior Masculino	03:28:34	+01:04:54	09:04
139	2195	João Neves Moutinho	team duas faces	Senior Masculino	03:28:40	+01:05:00	09:04
140	1711	Agostinho Paulo Teixeira Sousa	individual	Veterano M40	03:29:09	+01:05:29	09:06
141	2152	Abel Carvalho	sport remo	Senior Masculino	03:29:18	+01:05:38	09:06
142	1791	Manuel Oliveira	individual	Veterano M40	03:29:20	+01:05:40	09:06
143	1498	Helder Carvalho	individual	Senior Masculino	03:29:38	+01:05:58	09:07
144	1418	André Daniel da Cunha Fernandes	individual	Senior Masculino	03:29:38	+01:05:58	09:07
145	1722	ANTONIO CUNHA	individual	Veterano M40	03:29:53	+01:06:13	09:08
146	1225	José Alves	fama runners	Veterano M40	03:30:47	+01:07:07	09:10
147	4160	Pedro manuel Pita	individual	Senior Masculino	03:31:00	+01:07:20	09:10
148	1906	FERNANDO ALMEIDA	nocturnos de paredes	Senior Masculino	03:31:04	+01:07:24	09:11
149	1591	Paulo Jorge Mota Da Silva	individual	Senior Masculino	03:31:54	+01:08:14	09:13
150	2173	Helder Barbosa	sweet runners	Senior Masculino	03:31:59	+01:08:19	09:13
151	1755	Filipe Campelo Lemos	individual	Veterano M40	03:32:06	+01:08:26	09:13
152	1781	Lieven Verraest	individual	Veterano M40	03:32:24	+01:08:44	09:14
153	1798	Nuno filipe Peixoto duarte	individual	Veterano M40	03:32:26	+01:08:46	09:14
154	1191	Miguel Rocha	esmoriz runners	Veterano M40	03:32:33	+01:08:53	09:14
155	1728	António Martins	individual	Veterano M40	03:33:22	+01:09:42	09:17
156	1606	Pedro matos	individual	Senior Masculino	03:33:26	+01:09:46	09:17
157	2174	Joel Neves	sweet runners	Senior Masculino	03:33:26	+01:09:46	09:17
158	1244	Ricardo Francisco Sousa Aires	fridão sem limites	Senior Masculino	03:33:29	+01:09:49	09:17
159	1777	José Manuel Teixeira Vieira	individual	Veterano M40	03:33:55	+01:10:15	09:18
160	1508	João Pinto	individual	Senior Masculino	03:34:14	+01:10:34	09:19
161	2279	Viriato Rocha	white running team	Senior Masculino	03:34:17	+01:10:37	09:19
162	2278	Sérgio Branco	white running team	Senior Masculino	03:34:18	+01:10:38	09:19
163	1988	Carlos Fazendeiro	os falta d'ar / run na villa	Veterano M40	03:34:28	+01:10:48	09:19
164	1529	Joel Malveiro	individual	Senior Masculino	03:34:47	+01:11:07	09:20
165	1566	mario gonçalves	individual	Senior Masculino	03:34:54	+01:11:14	09:21
166	1765	Joaquim Manuel Sousa Gomes	individual	Veterano M40	03:34:54	+01:11:14	09:21
167	2266	Joaquim Miranda	vidaativarunners	Senior Masculino	03:35:10	+01:11:30	09:21
168	1921	TIAGO MOREIRA	nocturnos de paredes	Senior Masculino	03:35:36	+01:11:56	09:22
169	1710	agostinho moreira	individual	Veterano M40	03:35:40	+01:12:00	09:23
170	2294	Agostinho Carlos da Rocha Sousa	individual	Veterano M40	03:36:24	+01:12:44	09:25
171	1264	Joana Cardoso	ginásio factor x	Senior Feminino	03:36:45	+01:13:05	09:25
172	1625	Ricardo Miguel Dos Santos Rocha	individual	Senior Masculino	03:36:46	+01:13:06	09:25
173	67	Diogo Oliveira	engomadoria l&a team	Senior Masculino	03:36:49	+01:13:09	09:26
174	2118	Ricardo Henriques	shots international runners	Senior Masculino	03:36:50	+01:13:10	09:26
175	1665	Tomé barrosa pinto	individual	Senior Masculino	03:36:57	+01:13:17	09:26

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1441	Bruno Ricardo Vieira Dias	individual	Senior Masculino	03:37:07	+01:13:27	09:26
177	2194	Fernando Lopes	team duas faces	Senior Masculino	03:37:14	+01:13:34	09:27
178	1788	manuel arcanjo freitas ferreira	individual	Veterano M40	03:37:31	+01:13:51	09:27
179	1485	Filipe Carvalho	individual	Senior Masculino	03:38:18	+01:14:38	09:29
180	1050	Alcino Gouveia	ascários de escariz	Veterano M40	03:38:18	+01:14:38	09:29
181	1106	Pedro Cancelo	clube zipper	Senior Masculino	03:38:28	+01:14:48	09:30
182	1823	pedro mouro	individual	Veterano M40	03:38:45	+01:15:05	09:31
183	1073	João Lázaro	boccasballs	Veterano M40	03:38:53	+01:15:13	09:3
184	2012	alfredo costa	oursense-o desporto a vossa medida	Veterano M40	03:39:02	+01:15:22	09:31
185	1051	José Oliveira	ascários de escariz	Veterano M40	03:39:20	+01:15:40	09:32
186	2191	Ferreira da Silva	team @venida	Veterano M40	03:39:22	+01:15:42	09:32
187	1770	José Ferreira	individual	Veterano M40	03:39:34	+01:15:54	09:33
188	1718	Ângelo César Jorge Vieira Neto	individual	Veterano M40	03:39:41	+01:16:01	09:33
189	1949	Bruno Pinto	oralklass-aliança-amigos do trail	Senior Masculino	03:39:42	+01:16:02	09:33
190	1440	Bruno Resende	individual	Senior Masculino	03:39:57	+01:16:17	09:34
191	1314	Anabela Freitas	individual	Senior Feminino	03:40:03	+01:16:23	09:34
192	1737	Avelino dos Santos Coelho	individual	Veterano M40	03:40:11	+01:16:31	09:34
193	1575	Nelson Silva	individual	Senior Masculino	03:40:31	+01:16:51	09:35
194	1811	Paulo Gama	individual	Veterano M40	03:41:07	+01:17:27	09:37
195	1468	domingos jerónimo ribeiro gomes	individual	Senior Masculino	03:41:15	+01:17:35	09:37
196	1037	nuno machado	anonymous prosports challenger	Senior Masculino	03:41:27	+01:17:47	09:38
197	2134	Moisés Silva	só chocolate	Senior Masculino	03:41:31	+01:17:51	09:38
198	1019	Sérgio Ferreira	afrikan runners	Senior Masculino	03:41:34	+01:17:54	09:38
199	1016	Filipe Gonçalves	afrikan runners	Senior Masculino	03:41:34	+01:17:54	09:38
200	1017	Marco Machado	afrikan runners	Senior Masculino	03:41:34	+01:17:54	09:38
201	1018	Nelson Nunes	afrikan runners	Senior Masculino	03:41:34	+01:17:54	09:38
202	1075	Vitor Castro	brabus runners	Senior Masculino	03:41:35	+01:17:55	09:38
203	1844	Vitor Sousa	individual	Veterano M40	03:42:18	+01:18:38	09:40
204	1942	PAULO JORGE BARBOSA DA ROCHA	not run alone	Veterano M40	03:42:31	+01:18:51	09:40
205	1593	Paulo Martins	individual	Senior Masculino	03:42:47	+01:19:07	09:41
206	1065	Daniel Ribeiro	bitrunners	Senior Masculino	03:42:48	+01:19:08	09:41
207	1166	Ângelo Cabral	engomadoria l&a team	Senior Masculino	03:43:08	+01:19:28	09:42
208	1172	José Conceição	engomadoria l&a team	Senior Masculino	03:43:08	+01:19:28	09:42
209	1443	Carlos Daniel Moreira da Silva Azevedo	individual	Senior Masculino	03:43:09	+01:19:29	09:42
210	1623	Ricardo Jorge Rosas De Oliveira	individual	Senior Masculino	03:43:11	+01:19:31	09:42
211	1572	Miguel Paredes	individual	Senior Masculino	03:43:21	+01:19:41	09:43
212	1445	Carlos Manuel Ribeiro Magalhães	individual	Senior Masculino	03:43:39	+01:19:59	09:43
213	2047	Pedro Henriques	rainha club	Senior Masculino	03:43:48	+01:20:08	09:44
214	1649	sergio dias	individual	Senior Masculino	03:43:59	+01:20:19	09:44
215	1124	Eduardo Paulo Pinto Teixeira	ctad trilhos de cinfães	Veterano M40	03:44:17	+01:20:37	09:45
216	1156	António Pereira	ei team trail	Senior Masculino	03:44:36	+01:20:56	09:46
217	2109	Sara Manuela Peixoto Dias	sempre a correr	Senior Feminino	03:44:37	+01:20:57	09:46
218	1241	sandra fernandes	fridão sem limites	Senior Feminino	03:44:37	+01:20:57	09:46
219	169	João Marques	no tomorrow running team	Senior Masculino	03:44:42	+01:21:02	09:46
220	1539	José Ferreira Costa	individual	Senior Masculino	03:44:44	+01:21:04	09:46

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
221	2019	Pedro Pratas	paredes aventura	Veterano M40	03:44:47	+01:21:07	09:46
222	1809	Paulo Brás	individual	Veterano M40	03:45:10	+01:21:30	09:47
223	1021	Paula Barbosa	afs estofos auto	Senior Feminino	03:45:12	+01:21:32	09:47
224	2116	Francisco Gomes	shots international runners	Senior Masculino	03:45:12	+01:21:32	09:47
225	2301	Joaquim Duarte	individual	Senior Masculino	03:45:47	+01:22:07	09:49
226	2201	Rui Juvenal Rodrigues de Andrade	team duas faces	Senior Masculino	03:45:50	+01:22:10	09:49
227	90	CARLOS FERNANDES	individual	Senior Masculino	03:45:51	+01:22:11	09:49
228	1183	pedro maia	ermidafit runners	Senior Masculino	03:45:53	+01:22:13	09:49
229	2240	Vitor Santos	trepá paredes	Senior Masculino	03:45:58	+01:22:18	09:49
230	1713	Alexandre Moreira	individual	Veterano M40	03:46:02	+01:22:22	09:50
231	2302	José Pedro Dias	individual	Senior Masculino	03:46:03	+01:22:23	09:50
232	2180	Ricardo Oliveira	sweet runners	Senior Masculino	03:46:07	+01:22:27	09:50
233	1367	Monica Isabel Vieira Coelho	individual	Senior Feminino	03:46:42	+01:23:02	09:51
234	1565	Marco Paulo Costa e Sousa Sousa	individual	Senior Masculino	03:47:03	+01:23:23	09:52
235	1819	Paulo SC Martins	individual	Veterano M40	03:47:10	+01:23:30	09:53
236	2207	Júlio Magalhães	team idealkorpus	Senior Masculino	03:47:12	+01:23:32	09:53
237	1351	Juliana Rodrigues	individual	Senior Feminino	03:47:22	+01:23:42	09:53
238	1538	Jose Fernando Rocha Moreira	individual	Senior Masculino	03:47:53	+01:24:13	09:54
239	1032	Ana Paula Soares Vieira	amigos do pedal/trailagares	Senior Feminino	03:48:07	+01:24:27	09:55
240	2025	Fernando costa	pernetas	Veterano M40	03:48:08	+01:24:28	09:55
241	2099	Albino Pinto	sai da frente	Senior Masculino	03:48:11	+01:24:31	09:55
242	2199	Pedro Miguel Leão Santos	team duas faces	Senior Masculino	03:48:29	+01:24:49	09:56
243	1725	Antonio Jesus	individual	Veterano M40	03:48:32	+01:24:52	09:56
244	1726	António Lino Ferreira Souto	individual	Veterano M40	03:48:47	+01:25:07	09:57
245	1275	JORGE COSTA	ginasio fit4fun	Senior Masculino	03:48:48	+01:25:08	09:57
246	1260	Vitor Fernandes	gaia-running	Veterano M40	03:48:51	+01:25:11	09:57
247	1763	Joaquim Alberto Oliveira Gonçalves	individual	Veterano M40	03:49:04	+01:25:24	09:58
248	1105	Pedro Leandro Guedes Nogueira	clube vodafone	Senior Masculino	03:49:32	+01:25:52	09:59
249	1666	Virgílio Maia Teixeira	individual	Senior Masculino	03:49:45	+01:26:05	09:59
250	1500	HELDER LUIS NUNES PACHECO	individual	Senior Masculino	03:49:55	+01:26:15	10:00
251	1237	Fernando Jorge Oliveira	ffit gaia trail	Veterano M40	03:50:03	+01:26:23	10:00
252	2223	Márcio Sérgio Rocha Sousa	tecla 3 runners	Senior Masculino	03:50:27	+01:26:47	10:01
253	2140	Juliana Cristina Silva Santos	solinca running tribe dragão	Senior Feminino	03:52:01	+01:28:21	10:05
254	1063	Bruno Flávio Ferreira Macieira	bikes & friends	Senior Masculino	03:52:01	+01:28:21	10:05
255	1663	Tiago Miguel Prada veiga	individual	Senior Masculino	03:52:05	+01:28:25	10:05
256	2069	LUIS LEAL	run4all	Senior Masculino	03:52:15	+01:28:35	10:06
257	1088	Carlos Viana	caetano runners	Senior Masculino	03:52:19	+01:28:39	10:06
258	1650	Sérgio Edgar Rodrigues Moreira	individual	Senior Masculino	03:52:22	+01:28:42	10:06
259	1457	cristiano ventura	individual	Senior Masculino	03:52:22	+01:28:42	10:06
260	1412	Adérito Silva	individual	Senior Masculino	03:52:25	+01:28:45	10:06
261	1779	jose morais	individual	Veterano M40	03:52:25	+01:28:45	10:06
262	1959	Mario Almeida	oralklass-aliança-amigos do trail	Senior Masculino	03:52:29	+01:28:49	10:06
263	1965	Fernando santos	oralklass-aliança-amigos do trail	Veterano M40	03:52:29	+01:28:49	10:06
264	2186	António Dias	sweet runners	Veterano M40	03:52:38	+01:28:58	10:07
265	1220	Vitor Teixeira	fama runners	Senior Masculino	03:53:17	+01:29:37	10:09
266	1149	Manuel Jesus	edv-viana trail	Senior Masculino	03:53:41	+01:30:01	10:10

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
267	2270	José Lopes	vidaativarunners	Senior Masculino	03:53:42	+01:30:02	10:10
268	1883	Nuria Martins Ferreira	nast	Senior Feminino	03:53:48	+01:30:08	10:10
269	1720	António Alexandre Pinto da Costa Mota	individual	Veterano M40	03:53:48	+01:30:08	10:10
270	1816	Paulo José Garcês Pacheco	individual	Veterano M40	03:53:49	+01:30:09	10:10
271	1280	JOSE DUARTE	ginasio pura forma	Veterano M40	03:54:03	+01:30:23	10:11
272	1127	Liliana Gomes	dr merino clínica médica	Senior Feminino	03:54:06	+01:30:26	10:11
273	1135	Pedro Leite	dr merino clínica médica	Senior Masculino	03:54:07	+01:30:27	10:11
274	2011	Lino Moreira	"os turbomula" d.o.c.	Veterano M40	03:55:18	+01:31:38	10:14
275	2039	Silvia Jesus	rainha club	Senior Feminino	03:55:19	+01:31:39	10:14
276	1573	Nadine Coelho	individual	Senior Masculino	03:55:33	+01:31:53	10:14
277	1008	Nuno Carvalho	a.d.amarante trail running	Senior Masculino	03:55:55	+01:32:15	10:15
278	1052	Daniela Alves	associação desportiva de cabroelo	Senior Feminino	03:56:19	+01:32:39	10:16
279	1054	Daniel Ferreira	associação desportiva de cabroelo	Senior Masculino	03:56:20	+01:32:40	10:17
280	206	Williams Rodriguez	step by step team	Senior Masculino	03:56:28	+01:32:48	10:17
281	1854	Abilio Malheiro	inquipa	Veterano M40	03:56:33	+01:32:53	10:17
282	1955	Ivo Dias	oralklass-aliança-amigos do trail	Senior Masculino	03:56:33	+01:32:53	10:17
283	1958	Luis Lopes	oralklass-aliança-amigos do trail	Senior Masculino	03:57:06	+01:33:26	10:19
284	1945	Andreia Barbosa	oralklass-aliança-amigos do trail	Senior Feminino	03:57:06	+01:33:26	10:19
285	1993	Jorge Ferreirinha	os feras	Senior Masculino	03:57:21	+01:33:41	10:19
286	1994	José Lopes	os feras	Senior Masculino	03:57:21	+01:33:41	10:19
287	1556	Luís Miguel Machado Rodrigues	individual	Senior Masculino	03:57:22	+01:33:42	10:19
288	2256	Luis Ribeiro	veloses & furiosos	Senior Masculino	03:57:34	+01:33:54	10:20
289	2114	Raquel Campos	shots international runners	Senior Feminino	03:57:36	+01:33:56	10:20
290	1170	Gustavo Santos	engomadoria l&a team	Senior Masculino	03:57:49	+01:34:09	10:20
291	1654	Sérgio Paulo de Sousa Almeida	individual	Senior Masculino	03:58:11	+01:34:31	10:21
292	1581	Nuno Reis	individual	Senior Masculino	03:58:15	+01:34:35	10:22
293	1036	Bruno Neves	andamazé	Senior Masculino	03:59:04	+01:35:24	10:24
294	1937	André Queirós	not run alone	Senior Masculino	03:59:04	+01:35:24	10:24
295	1230	Helder Tiago Gonçalves Gomes	ffit gaia trail	Senior Masculino	03:59:22	+01:35:42	10:24
296	1416	Álvaro Daniel Silva Cardoso	individual	Senior Masculino	03:59:28	+01:35:48	10:25
297	1208	Rui Rocha	eu+ ginásio lma	Senior Masculino	03:59:49	+01:36:09	10:26
298	1125	Jorge Barbosa	desportonolimit	Veterano M40	03:59:53	+01:36:13	10:26
299	1767	Jorge Cruz	individual	Veterano M40	04:00:02	+01:36:22	10:26
300	1944	Nelson Jorge Gameiro Rodrigues	nunca mais team	Veterano M40	04:00:31	+01:36:51	10:27
301	2170	Madalena Casaca	sweet runners	Senior Feminino	04:00:59	+01:37:19	10:29
302	2212	José Cabral	team idealkorpus	Veterano M40	04:01:17	+01:37:37	10:29
303	2230	Paulo Nobre	the stigs-life club	Senior Masculino	04:01:45	+01:38:05	10:31
304	2229	Diogo Aguiar	the stigs-life club	Senior Masculino	04:01:46	+01:38:06	10:31
305	1880	Anita Sofia Costa Gomes da Rocha	n14	Senior Feminino	04:01:52	+01:38:12	10:31
306	1882	Mário Andre Oliveira	n14	Senior Masculino	04:01:52	+01:38:12	10:31
307	1778	José Mendes	individual	Veterano M40	04:02:26	+01:38:46	10:32
308	1801	Nuno Jesus	individual	Veterano M40	04:02:29	+01:38:49	10:33
309	1761	João Fernando De Sousa Ferreira	individual	Veterano M40	04:02:41	+01:39:01	10:33
310	1974	Bruno Filipe da Costa Mendes	os dezavergonhados	Senior Masculino	04:02:46	+01:39:06	10:33
311	1433	Bruno Faria	individual	Senior Masculino	04:02:55	+01:39:15	10:34

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
312	1640	Rui Pedro Marinho Pinto	individual	Senior Masculino	04:02:57	+01:39:17	10:34
313	1686	Helena Costa	individual	Veterana F40	04:03:01	+01:39:21	10:34
314	1030	David Sousa	all about	Veterano M40	04:03:01	+01:39:21	10:34
315	1730	António Pais	individual	Veterano M40	04:03:08	+01:39:28	10:34
316	1659	Telmo Mendonça	individual	Senior Masculino	04:03:09	+01:39:29	10:34
317	1174	Fernando Oliveira	engomadoria l&a team	Veterano M40	04:03:28	+01:39:48	10:35
318	2264	César Carvalho	vidaativarunners	Senior Masculino	04:03:30	+01:39:50	10:35
319	2073	Rui Rebelo	run4all	Senior Masculino	04:04:12	+01:40:32	10:37
320	1010	Marco Paulo Miranda Coelho Magalhães	a.d.amarante trail running	Veterano M40	04:04:17	+01:40:37	10:37
321	1542	jose manuel ferreira dos santos	individual	Senior Masculino	04:04:18	+01:40:38	10:37
322	1462	David Filipe Todo Bom Polido	individual	Senior Masculino	04:04:50	+01:41:10	10:39
323	2293	Rui Gomes	kintanos	Senior Masculino	04:05:07	+01:41:27	10:39
324	1025	Maria Fátima da Silva O. A. Almeida	ainda falta muito?	Veterana F40	04:05:16	+01:41:36	10:40
325	1943	Manuel Antonio Reis Morais	nunca mais team	Senior Masculino	04:05:20	+01:41:40	10:40
326	1446	Carlos Manuel Santos Cruz	individual	Senior Masculino	04:05:26	+01:41:46	10:40
327	1120	Sandro Filipe Sampaio de Oliveira	crossfit vale do ave	Senior Masculino	04:05:27	+01:41:47	10:40
328	4158	Domingos Santos	individual	Senior Masculino	04:05:28	+01:41:48	10:40
329	1597	pedro alexandre domingos branco silva	individual	Senior Masculino	04:05:45	+01:42:05	10:41
330	1587	Óscar Manuel Fonseca Figueiredo	individual	Senior Masculino	04:06:25	+01:42:45	10:43
331	1541	José Luís Pinto	individual	Senior Masculino	04:06:26	+01:42:46	10:43
332	4180	Paulo Alves	gondomar futsal clube	Veterano M40	04:06:28	+01:42:48	10:43
333	1655	Simão Cardoso	individual	Senior Masculino	04:06:34	+01:42:54	10:43
334	2042	Cipriano Moreira	rainha club	Senior Masculino	04:06:37	+01:42:57	10:43
335	1896	João Pinto	no tomorrow running team	Senior Masculino	04:07:07	+01:43:27	10:45
336	1360	Maria Helena Carvalho Costa	individual	Senior Feminino	04:07:26	+01:43:46	10:45
337	1561	Manuel Brabosa	individual	Senior Masculino	04:07:48	+01:44:08	10:46
338	2153	Pedro Neves	sport remo	Senior Masculino	04:07:49	+01:44:09	10:46
339	2067	HUGO LOBO	run4all	Senior Masculino	04:07:57	+01:44:17	10:47
340	1145	Iva Silva	edv-viana trail	Senior Feminino	04:07:59	+01:44:19	10:47
341	2271	Miguel Oliveira	vidaativarunners	Veterano M40	04:08:22	+01:44:42	10:48
342	2265	Hélder Torres	vidaativarunners	Senior Masculino	04:08:22	+01:44:42	10:48
343	2161	Andreia Ferreira	sunday training	Senior Feminino	04:08:51	+01:45:11	10:49
344	1342	Estela Martins	individual	Senior Feminino	04:08:51	+01:45:11	10:49
345	1453	Célio Roberto Andrade Pereira	individual	Senior Masculino	04:08:52	+01:45:12	10:49
346	1179	Telma Diana Pinto Duarte	ermidafit runners	Senior Feminino	04:08:53	+01:45:13	10:49
347	1318	Andreia Sofia Silva Morais	individual	Senior Feminino	04:09:02	+01:45:22	10:50
348	1584	Nuno Silva	individual	Senior Masculino	04:09:02	+01:45:22	10:50
349	1822	Pedro Bastos	individual	Veterano M40	04:09:48	+01:46:08	10:52
350	2029	Joao Paulo Dias	play runners	Veterano M40	04:10:01	+01:46:21	10:52
351	1058	• José Pinto Leal	bifase	Veterano M40	04:10:05	+01:46:25	10:52
352	1928	ANTONIO MIRANDA	nocturnos de paredes	Veterano M40	04:10:22	+01:46:42	10:53
353	1319	Angela Cardoso	individual	Senior Feminino	04:10:34	+01:46:54	10:54
354	1020	Jorge Nunes	afrikan runners	Veterano M40	04:10:44	+01:47:04	10:54
355	2072	PEDRO CARVALHO	run4all	Senior Masculino	04:10:46	+01:47:06	10:54

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
356	1724	António Gaspar Vieira Moreira	individual	Veterano M40	04:11:26	+01:47:46	10:56
357	1483	Fernando Vieira Pereira	individual	Senior Masculino	04:11:48	+01:48:08	10:57
358	1005	Paulo Leite	4all road - runners	Veterano M40	04:12:32	+01:48:52	10:59
359	1552	Luis Filipe Moreira Silva Pinto	individual	Senior Masculino	04:13:51	+01:50:11	11:02
360	1223	Carlos Espírito Santo	fama runners	Veterano M40	04:13:52	+01:50:12	11:02
361	2100	Filipe Barbosa	sai da frente	Senior Masculino	04:14:05	+01:50:25	11:03
362	2273	José Miguel Casal Cardoso Neves	voleibol runners	Veterano M40	04:14:07	+01:50:27	11:03
363	1709	Adriano Rocha	individual	Veterano M40	04:14:21	+01:50:41	11:04
364	1926	AMERICO CUNHA	nocturnos de paredes	Veterano M40	04:14:22	+01:50:42	11:04
365	1530	Joel Marques	individual	Senior Masculino	04:14:23	+01:50:43	11:04
366	1285	Andreia Amorim	gondomar futsal clube	Senior Feminino	04:14:24	+01:50:44	11:04
367	1267	Manuel Silva	ginásio factor x	Senior Masculino	04:15:10	+01:51:30	11:06
368	2050	Victor paiva	rainha club	Veterano M40	04:15:19	+01:51:39	11:06
369	1536	José Amorim	individual	Senior Masculino	04:15:21	+01:51:41	11:06
370	2021	Marco Costa	pe de chumbo	Senior Masculino	04:15:27	+01:51:47	11:06
371	2235	MÁRIO SOARES	tou que nem posso	Veterano M40	04:15:27	+01:51:47	11:06
372	1357	Manuela Tavares	individual	Senior Feminino	04:15:29	+01:51:49	11:06
373	1652	Sergio Moreira	individual	Senior Masculino	04:15:29	+01:51:49	11:06
374	1520	João Pedro Baptista Salvaterra	individual	Senior Masculino	04:15:37	+01:51:57	11:07
375	1346	Joana Azevedo	individual	Senior Feminino	04:15:37	+01:51:57	11:07
376	1699	Paula Silva	individual	Veterana F40	04:15:42	+01:52:02	11:07
377	2088	João Nuno Cardoso	s. s. montepio	Veterano M40	04:15:43	+01:52:03	11:07
378	2309	Maria João Silva	individual	Senior Feminino	04:15:43	+01:52:03	11:07
379	1780	Julio Braga	individual	Veterano M40	04:16:17	+01:52:37	11:09
380	1185	Sergio Pereira	ermidafit runners	Senior Masculino	04:16:45	+01:53:05	11:10
381	1842	Vítor Gabriel Lopes Venâncio	individual	Veterano M40	04:16:50	+01:53:10	11:10
382	1895	Pedro Teixeira	ninja team	Senior Masculino	04:16:54	+01:53:14	11:10
383	1278	FERNANDO BASTOS	ginasio fit4fun	Veterano M40	04:17:02	+01:53:22	11:11
384	1276	CONCEIÇÃO FERREIRA	ginasio fit4fun	Veterana F40	04:17:02	+01:53:22	11:11
385	1279	PEDRO BASTOS	ginasio fit4fun	Veterano M40	04:17:02	+01:53:22	11:11
386	1560	Manuel António Martins Vieira	individual	Senior Masculino	04:17:31	+01:53:51	11:12
387	2219	Alexandre Gomes Silva Soares	tecla 3 runners	Senior Masculino	04:17:59	+01:54:19	11:13
388	2216	Lucilia Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	04:17:59	+01:54:19	11:13
389	1759	Henrique Pereira	individual	Veterano M40	04:18:15	+01:54:35	11:14
390	1476	FÁBIO RODRIGUES	individual	Senior Masculino	04:18:18	+01:54:38	11:14
391	1502	helder silva	individual	Senior Masculino	04:18:52	+01:55:12	11:15
392	2226	Tiago André Ribeiro Borges	tecla 3 runners	Senior Masculino	04:19:01	+01:55:21	11:16
393	2221	Hugo Filipe ernandes Sousa	tecla 3 runners	Senior Masculino	04:19:01	+01:55:21	11:16
394	1923	GORETI ROCHA	nocturnos de paredes	Veterana F40	04:19:04	+01:55:24	11:16
395	202	Rui Santos Pereira	shots international runners	Senior Masculino	04:19:11	+01:55:31	11:16
396	1147	Sonia Parente	edv-viana trail	Senior Feminino	04:19:11	+01:55:31	11:16
397	1605	Pedro Martins	individual	Senior Masculino	04:19:13	+01:55:33	11:16
398	1382	Sandra Martins	individual	Senior Feminino	04:20:01	+01:56:21	11:18
399	1062	Sandra Isabel Lopes Pera	bikes & friends	Senior Feminino	04:20:01	+01:56:21	11:18
400	1887	Rui Manuel Soares do Rêgo	nast	Senior Masculino	04:20:04	+01:56:24	11:18
401	1834	RUI MIGUEL SANTOS BARBOSA	individual	Veterano M40	04:20:30	+01:56:50	11:20

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
402	2135	Nelson Nunes	só chocolate	Senior Masculino	04:20:36	+01:56:56	11:20
403	1789	Manuel Costa	individual	Veterano M40	04:20:45	+01:57:05	11:20
404	2006	amelia moreira	os selvagens	Veterana F40	04:20:48	+01:57:08	11:20
405	1449	Carlos Miguel Martins Teixeira Seca	individual	Senior Masculino	04:20:49	+01:57:09	11:20
406	127	Tiago Marques Pereira	individual	Senior Masculino	04:20:52	+01:57:12	11:21
407	1130	António Luís Rocha Santos Correia Peixoto	dr merino clínica médica	Senior Masculino	04:20:53	+01:57:13	11:21
408	1752	Fernando Gomes	individual	Veterano M40	04:20:55	+01:57:15	11:21
409	1799	Nuno Guilherme Pinto Fontelonga	individual	Veterano M40	04:20:57	+01:57:17	11:21
410	1571	Miguel Guimarães	individual	Senior Masculino	04:21:07	+01:57:27	11:21
411	1288	Alcino Vieira	gondomar futsal clube	Veterano M40	04:21:07	+01:57:27	11:21
412	1415	Alex Tondela	individual	Senior Masculino	04:21:07	+01:57:27	11:21
413	1678	Esmeralda Melo	individual	Veterana F40	04:21:07	+01:57:27	11:21
414	1633	Rui Balbeira	individual	Senior Masculino	04:21:22	+01:57:42	11:22
415	1751	Fernando Augusto do Couto Ribeiro	individual	Veterano M40	04:21:45	+01:58:05	11:23
416	1894	Leandro Especial	ninja team	Senior Masculino	04:21:48	+01:58:08	11:23
417	1232	Nelson Manuel Santos Couto	ffit gaia trail	Senior Masculino	04:21:49	+01:58:09	11:23
418	1775	Jose M A Silva	individual	Veterano M40	04:22:01	+01:58:21	11:24
419	1744	Carlos Freixo'	individual	Veterano M40	04:22:22	+01:58:42	11:24
420	2150	Pedro Meireles	solmaia runners	Veterano M40	04:23:09	+01:59:29	11:26
421	2054	Luís Costa	ripolins.com	Senior Masculino	04:23:21	+01:59:41	11:27
422	1846	wilson fonseca	individual	Veterano M40	04:23:26	+01:59:46	11:27
423	1200	Vania Raposo	eu+ ginásio lma	Senior Feminino	04:23:27	+01:59:47	11:27
424	1205	Miguel Baía	eu+ ginásio lma	Senior Masculino	04:23:27	+01:59:47	11:27
425	1814	Paulo Jorge Ferreira oliveira	individual	Veterano M40	04:23:31	+01:59:51	11:27
426	1217	Ricardo Costa	fama runners	Senior Masculino	04:23:32	+01:59:52	11:27
427	1001	Ricardo Gomes	4all road - runners	Senior Masculino	04:23:33	+01:59:53	11:28
428	1657	Simão Sousa	individual	Senior Masculino	04:23:33	+01:59:53	11:28
429	2145	Adolfo Almeida	solmaia runners	Senior Masculino	04:23:51	+02:00:11	11:28
430	1577	Nuno Filipe Monteiro Moreira Silva	individual	Senior Masculino	04:24:03	+02:00:23	11:29
431	2149	Rui Gomes	solmaia runners	Senior Masculino	04:24:03	+02:00:23	11:29
432	2097	Paulo Borges	sai ao pai	Senior Masculino	04:24:03	+02:00:23	11:29
433	2095	Bruno Cunha	sai ao pai	Senior Masculino	04:24:04	+02:00:24	11:29
434	1735	arnaldo Pinto	individual	Veterano M40	04:24:11	+02:00:31	11:29
435	1872	Carla Inês Silva Moreira	moinhos run	Senior Feminino	04:24:13	+02:00:33	11:29
436	1431	Bernardo Mouta	individual	Senior Masculino	04:24:14	+02:00:34	11:29
437	1927	ANTONIO CARVALHO	nocturnos de paredes	Veterano M40	04:24:27	+02:00:47	11:30
438	1826	Pedro Sousa	individual	Veterano M40	04:24:29	+02:00:49	11:30
439	1383	sandra oliveira	individual	Senior Feminino	04:25:05	+02:01:25	11:32
440	1312	Anabela Barata	individual	Senior Feminino	04:25:09	+02:01:29	11:32
441	2137	Paulo Pereira	sol	Senior Masculino	04:25:16	+02:01:36	11:32
442	1612	Rafael Simões de Almeida	individual	Senior Masculino	04:25:25	+02:01:45	11:32
443	2176	Luís Meireles	sweet runners	Senior Masculino	04:25:36	+02:01:56	11:33
444	1452	carlos vicente	individual	Senior Masculino	04:26:16	+02:02:36	11:35
445	2287	Marta Regina Queirós Couto	unidade especial de corrida	Senior Feminino	04:26:30	+02:02:50	11:36

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
446	1064	Gisela Sousa	bitrunners	Senior Feminino	04:26:31	+02:02:51	11:35
447	1070	Margarida Sousa	bitrunners	Veterana F40	04:26:32	+02:02:52	11:35
448	1326	Carolina carvalho	individual	Senior Feminino	04:26:35	+02:02:55	11:35
449	2297	João Pinto	individual	Senior Masculino	04:26:35	+02:02:55	11:35
450	1916	PEDRO NOGUEIRA	nocturnos de paredes	Senior Masculino	04:26:42	+02:03:02	11:36
451	1110	Ricardo Teixeira	colégio júlio dinis	Senior Masculino	04:26:59	+02:03:19	11:36
452	1129	Telma Marisa da Silva Pacheco e Sousa Castro	dr merino clínica médica	Senior Feminino	04:27:18	+02:03:38	11:3
453	1704	Sandra Miranda	individual	Veterana F40	04:27:29	+02:03:49	11:38
454	1469	Eliandro Bruno Lopes da Silva	individual	Senior Masculino	04:27:35	+02:03:55	11:38
455	1493	Francisco Fernandes	individual	Senior Masculino	04:27:36	+02:03:56	11:38
456	1617	Ricardo Emanuel Silva Carvalho	individual	Senior Masculino	04:27:42	+02:04:02	11:38
457	1622	Ricardo Jorge Paiva Ferreira dos Santos	individual	Senior Masculino	04:28:29	+02:04:49	11:40
458	1123	Pedro Ferreirinha	ctad trilhos de cinfães	Senior Masculino	04:28:33	+02:04:53	11:41
459	1467	Diogo melo	individual	Senior Masculino	04:28:51	+02:05:11	11:41
460	1099	Américo Gomes	clube atletismo de lamas	Veterano M40	04:28:56	+02:05:16	11:42
461	1608	Pedro Nunes	individual	Senior Masculino	04:29:08	+02:05:28	11:42
462	1762	João Miguel Pereira Ferreira	individual	Veterano M40	04:29:10	+02:05:30	11:42
463	1464	David Sousa	individual	Senior Masculino	04:29:13	+02:05:33	11:42
464	1634	Rui Bernardo	individual	Senior Masculino	04:29:13	+02:05:33	11:42
465	1786	LUIS PEIXOTO	individual	Veterano M40	04:29:19	+02:05:39	11:43
466	2289	Olga Alexandra Almeida	individual	Senior Feminino	04:29:19	+02:05:39	11:43
467	2023	susana canhola	pernetas	Veterana F40	04:29:20	+02:05:40	11:43
468	1259	PAULO PIRES	gaia-running	Veterano M40	04:29:22	+02:05:42	11:43
469	1941	josé rodrigues	not run alone	Veterano M40	04:29:35	+02:05:55	11:43
470	1804	octavio moreira	individual	Veterano M40	04:29:35	+02:05:55	11:43
471	1049	teresa pinho	as cinco	Veterana F40	04:29:41	+02:06:01	11:44
472	1936	Ana Margarida Nogueira Coelho	not run alone	Senior Feminino	04:29:47	+02:06:07	11:44
473	1719	ANTÓNIO ALBERTO MOREIRA DE SOUSA	individual	Veterano M40	04:29:49	+02:06:09	11:44
474	1603	Pedro Jorge	individual	Senior Masculino	04:29:55	+02:06:15	11:44
475	1436	Bruno Machado	individual	Senior Masculino	04:30:33	+02:06:53	11:46
476	1547	Jose Pedro Maia Junqueiro Vilas	individual	Senior Masculino	04:30:33	+02:06:53	11:46
477	2123	Ana Vieira	smiling runners	Senior Feminino	04:30:46	+02:07:06	11:46
478	1308	Ana Rocha	individual	Senior Feminino	04:30:46	+02:07:06	11:46
479	1734	Arménio Ribeiro	individual	Veterano M40	04:30:46	+02:07:06	11:46
480	1161	Carlos Silva	ei team trail	Veterano M40	04:30:52	+02:07:12	11:47
481	1590	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	04:31:21	+02:07:41	11:48
482	1505	HUGO PALMEIRA	individual	Senior Masculino	04:31:37	+02:07:57	11:49
483	1353	Liliana Araujo	individual	Senior Feminino	04:31:37	+02:07:57	11:49
484	1829	Rui Cunha	individual	Veterano M40	04:31:56	+02:08:16	11:49
485	1268	Ricardo Silva	ginásio factor x	Senior Masculino	04:32:16	+02:08:36	11:50
486	2159	Pedro Vidal	sport remo	Veterano M40	04:32:26	+02:08:46	11:51
487	1817	PAULO RENATO MACEDO VILA COVA	individual	Veterano M40	04:32:33	+02:08:53	11:51

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
488	1877	Filipe Barros	moure trail running	Senior Masculino	04:32:36	+02:08:56	11:51
489	1188	vit0r andrade	ermidafit runners	Veterano M40	04:32:47	+02:09:07	11:52
490	1764	Joaquim Carneiro	individual	Veterano M40	04:32:48	+02:09:08	11:52
491	1683	Filomena da Silva Peixoto da Costa Neto	individual	Veterana F40	04:32:52	+02:09:12	11:52
492	1771	José Joaquim Rodrigues Silva	individual	Veterano M40	04:33:37	+02:09:57	11:54
493	1758	Henrique Marques	individual	Veterano M40	04:33:37	+02:09:57	11:54
494	1229	Adriano Marinho	feltrail	Senior Masculino	04:33:57	+02:10:17	11:55
495	2068	Carlos Moreira	run4all	Senior Masculino	04:34:01	+02:10:21	11:55
496	4156	José Lemos	individual	Senior Masculino	04:34:03	+02:10:23	11:55
497	1450	Carlos Sousa	individual	Senior Masculino	04:34:45	+02:11:05	11:57
498	1362	MARIA JOAO SILVA	individual	Senior Feminino	04:34:51	+02:11:11	11:57
499	2040	André Cancela	rainha club	Senior Masculino	04:35:29	+02:11:49	11:59
500	1616	Ricardo Dias da Fonseca	individual	Senior Masculino	04:35:30	+02:11:50	11:59
501	2258	EURICO RAINHO	vicio do café	Senior Masculino	04:35:32	+02:11:52	11:59
502	1103	Pedro Oliveira	clube galpenergia norte	Veterano M40	04:35:32	+02:11:52	11:59
503	1086	Paulo Lima	by!! beat your limit!	Veterano M40	04:35:38	+02:11:58	11:59
504	1079	Bruno Miguel Ferreira	budeguita runners	Senior Masculino	04:35:41	+02:12:01	11:59
505	2215	Cristina Alexandra Barbosa do Couto	tecla 3 runners	Senior Feminino	04:35:42	+02:12:02	11:59
506	1029	Frederico Rocha	all about	Senior Masculino	04:35:52	+02:12:12	12:00
507	1040	Augusto Rodrigues	arcorun	Veterano M40	04:35:52	+02:12:12	12:00
508	1028	Elisabete Araújo	all about	Senior Feminino	04:35:52	+02:12:12	12:00
509	1620	Ricardo Jesus	individual	Senior Masculino	04:36:34	+02:12:54	12:01
510	1687	Helena Gomes	individual	Veterana F40	04:36:40	+02:13:00	12:02
511	1579	Nuno Miguel Ferreira Pacheco	individual	Senior Masculino	04:36:43	+02:13:03	12:02
512	1417	André Azevedo	individual	Senior Masculino	04:36:51	+02:13:11	12:02
513	1862	Joao Gomes	kintanos	Senior Masculino	04:36:51	+02:13:11	12:02
514	2155	César Araújo	sport remo	Veterano M40	04:36:56	+02:13:16	12:02
515	1600	Pedro Costa	individual	Senior Masculino	04:37:02	+02:13:22	12:03
516	2043	Helder Santos	rainha club	Senior Masculino	04:37:03	+02:13:23	12:03
517	4157	Carlos Manuel Soares Moreira	individual	Senior Masculino	04:37:29	+02:13:49	12:04
518	1213	Maria Machado	fama runners	Senior Feminino	04:37:39	+02:13:59	12:04
519	1410	Acácio Santos	individual	Senior Masculino	04:37:40	+02:14:00	12:04
520	1336	Daniela Fernandez	individual	Senior Feminino	04:37:40	+02:14:00	12:04
521	1629	Rodolfo Alexandre Carvalho	individual	Senior Masculino	04:37:42	+02:14:02	12:04
522	2148	Manuel Mota	solmaia runners	Senior Masculino	04:37:43	+02:14:03	12:04
523	2303	Juan Jose Esteban Gutierrez	individual	Senior Masculino	04:37:56	+02:14:16	12:05
524	1716	Álvaro Saraiva	individual	Veterano M40	04:38:11	+02:14:31	12:06
525	1876	Diogo Gonçalves	moure trail running	Senior Masculino	04:38:18	+02:14:38	12:06
526	1878	Lucio Cunha	moure trail running	Veterano M40	04:38:18	+02:14:38	12:06
527	1680	Eugénia Teixeira	individual	Veterana F40	04:38:20	+02:14:40	12:06
528	1596	Paulo Sérgio Matos Sousa	individual	Senior Masculino	04:38:26	+02:14:46	12:06
529	1772	José Leite	individual	Veterano M40	04:38:45	+02:15:05	12:07
530	1742	Carlos Avelino	individual	Veterano M40	04:38:45	+02:15:05	12:07
531	1533	Jorge Manuel Ferreira do Couto	individual	Senior Masculino	04:38:48	+02:15:08	12:07
532	2269	Susana Silva	vidaativarunners	Veterana F40	04:38:50	+02:15:10	12:07

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
533	2268	Maria da Graça Caleiro da Costa	vidaativarunners	Veterana F40	04:38:50	+02:15:10	12:07
534	2238	Ricardo Campos	toyota 4runner	Senior Masculino	04:38:53	+02:15:13	12:08
535	1039	Rui Campos	anonymous prosports challenger	Veterano M40	04:38:53	+02:15:13	12:08
536	2237	Paulo Gomes Belo	toyota 4runner	Senior Masculino	04:38:53	+02:15:13	12:08
537	1027	Augusto José Candoso Tavares	alive	Veterano M40	04:39:14	+02:15:34	12:08
538	1643	RUI SANTOS	individual	Senior Masculino	04:39:33	+02:15:53	12:09
539	1830	Rui Freitas	individual	Veterano M40	04:39:45	+02:16:05	12:10
540	1785	Luis Miguel Andrade Moreira Dias	individual	Veterano M40	04:39:45	+02:16:05	12:10
541	1456	Cristiano Silva	individual	Senior Masculino	04:39:50	+02:16:10	12:10
542	1428	Armando Pinto	individual	Senior Masculino	04:39:51	+02:16:11	12:10
543	1574	Nelson Almeida	individual	Senior Masculino	04:39:51	+02:16:11	12:10
544	1550	Luís Babo Silva	individual	Senior Masculino	04:40:05	+02:16:25	12:11
545	1693	Luisa Almeida	individual	Veterana F40	04:40:11	+02:16:31	12:11
546	2178	Nuno Meireles	sweet runners	Senior Masculino	04:41:16	+02:17:36	12:14
547	1976	Michel Moreira da Rocha	os dezavergonhados	Senior Masculino	04:41:16	+02:17:36	12:14
548	1228	Candido Rocha	fast ao km- prr/health&nutrition	Veterano M40	04:41:24	+02:17:44	12:14
549	1837	Salvador Manuel da Silva Santos	individual	Veterano M40	04:42:21	+02:18:41	12:17
550	2146	Carlos Costa	solmaia runners	Senior Masculino	04:42:40	+02:19:00	12:17
551	1400	Susana Maria Silva Costa	individual	Senior Feminino	04:42:51	+02:19:11	12:18
552	1802	Nuno Miguel Marcos Preto	individual	Veterano M40	04:42:52	+02:19:12	12:18
553	1850	Sonia Pereira	inquipa	Senior Feminino	04:43:23	+02:19:43	12:19
554	1917	RENATO PINTO	nocturnos de paredes	Senior Masculino	04:43:45	+02:20:05	12:20
555	1893	Mariana Ortigoso	nel pé de atleta	Senior Feminino	04:44:31	+02:20:51	12:22
556	1083	Rodolfo Jose Melo de Sousa	budeguita runners	Veterano M40	04:44:35	+02:20:55	12:22
557	1480	Fernando Emanuel de Oliveira Ferreira	individual	Senior Masculino	04:44:43	+02:21:03	12:23
558	1234	Paulo Jorge Santos	ffit gaia trail	Senior Masculino	04:44:54	+02:21:14	12:23
559	1580	Nuno Pedro Rodrigues Dos Santos	individual	Senior Masculino	04:45:01	+02:21:21	12:24
560	1526	Joaquim Vidal	individual	Senior Masculino	04:45:03	+02:21:23	12:24
561	2122	Alberta Rodrigues	smiling runners	Senior Feminino	04:45:07	+02:21:27	12:24
562	2236	PAULO HENRIQUES	tou que nem posso	Veterano M40	04:45:08	+02:21:28	12:24
563	2001	Ricardo Dias	os penduras	Senior Masculino	04:45:08	+02:21:28	12:24
564	2075	JOSE SOUSA	run4fun	Senior Masculino	04:45:17	+02:21:37	12:24
565	1243	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	04:45:21	+02:21:41	12:24
566	1242	António Joaquim Teixeira Alves	fridão sem limites	Senior Masculino	04:45:22	+02:21:42	12:24
567	1140	Luis de Almeida	duros & rijos	Veterano M40	04:45:50	+02:22:10	12:26
568	1146	Neuza Caridade	edv-viana trail	Senior Feminino	04:45:50	+02:22:10	12:26
569	1913	NUNO ROCHA	nocturnos de paredes	Senior Masculino	04:46:22	+02:22:42	12:27
570	1060	Carlos Manuel Malheiro Coelho silva	bífase	Veterano M40	04:46:25	+02:22:45	12:27
571	1460	Daniel Leal	individual	Senior Masculino	04:46:33	+02:22:53	12:28
572	1444	CARLOS MANUEL DOS SANTOS ROCHA	individual	Senior Masculino	04:46:44	+02:23:04	12:28
573	2102	Emanuel Fernando de Oliveira Durães	sai da frente	Veterano M40	04:46:44	+02:23:04	12:28
574	1595	Paulo Pereira	individual	Senior Masculino	04:46:52	+02:23:12	12:28
575	1304	Ana Costa	individual	Senior Feminino	04:46:53	+02:23:13	12:28

TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
576	1870	paulo leite	lotus&lirios	Veterano M40	04:46:58	+02:23:18	12:29
577	1427	Armando Pinho	individual	Senior Masculino	04:47:02	+02:23:22	12:29
578	1828	Rolando Bessa	individual	Veterano M40	04:47:12	+02:23:32	12:29
579	1805	Orlando Miguel Rocha Branco Teixeira	individual	Veterano M40	04:47:15	+02:23:35	12:29
580	1158	Mário Araújo	ei team trail	Senior Masculino	04:47:33	+02:23:53	12:30
581	1142	Anabela Silva	edv-viana trail	Senior Feminino	04:47:34	+02:23:54	12:30
582	1143	Andrea Silva	edv-viana trail	Senior Feminino	04:47:44	+02:24:04	12:3
583	1137	Maria Alice Ferreira Sousa	dr merino clínica médica	Veterana F40	04:47:44	+02:24:04	12:31
584	1121	Francisco Bartolomeu	crossfit vale do ave	Veterano M40	04:47:52	+02:24:12	12:31
585	1675	Carla Oliveira	individual	Veterana F40	04:47:59	+02:24:19	12:31
586	2111	Luis Miguel Vieira	serviço urgência & friends	Senior Masculino	04:48:15	+02:24:35	12:32
587	1813	Paulo Jorge da Silva Seabra	individual	Veterano M40	04:48:18	+02:24:38	12:32
588	1291	Sergio Rocha	gymrecarei	Senior Masculino	04:48:38	+02:24:58	12:33
589	1222	Rosa Vilhena	fama runners	Veterana F40	04:48:50	+02:25:10	12:34
590	1592	Paulo Jorge Pereira Alves	individual	Senior Masculino	04:48:57	+02:25:17	12:34
591	2213	José Dias	team idealkorpus	Veterano M40	04:49:21	+02:25:41	12:35
592	1647	Sérgio Brochado	individual	Senior Masculino	04:49:26	+02:25:46	12:35
593	1985	Rui Teixeira Pinto	os falta d'ar / run na villa	Senior Masculino	04:49:27	+02:25:47	12:35
594	1984	Nelson Ferreira	os falta d'ar / run na villa	Senior Masculino	04:49:28	+02:25:48	12:35
595	1986	Tiago Camboa	os falta d'ar / run na villa	Senior Masculino	04:49:29	+02:25:49	12:35
596	2210	Manuela Mota	team idealkorpus	Veterana F40	04:49:58	+02:26:18	12:36
597	2211	Filipe Mota	team idealkorpus	Veterano M40	04:49:58	+02:26:18	12:36
598	2232	VERA MARTINS	tou que nem posso	Senior Feminino	04:50:33	+02:26:53	12:38
599	2156	Hugo Bártolo	sport remo	Veterano M40	04:50:38	+02:26:58	12:38
600	1396	Susana	individual	Senior Feminino	04:50:38	+02:26:58	12:38
601	1750	Fernando Alexandre Pereira silva	individual	Veterano M40	04:50:47	+02:27:07	12:39
602	2250	Joana Santos Ferreira	vaindo	Senior Feminino	04:50:47	+02:27:07	12:39
603	1932	Álvaro Cardoso	"nos acreditamos"	Veterano M40	04:50:48	+02:27:08	12:39
604	1773	José Luís Moreiras Ferreira Nunes	individual	Veterano M40	04:51:11	+02:27:31	12:40
605	1615	Ricardo André Vale Monteiro	individual	Senior Masculino	04:51:11	+02:27:31	12:40
606	1607	Pedro Miguel Araújo Oliveira	individual	Senior Masculino	04:51:11	+02:27:31	12:40
607	1059	Abilio José Moreira Pacheco	bifase	Veterano M40	04:51:33	+02:27:53	12:41
608	1061	Joaquim Fernando Carneiro Rocha	bifase	Veterano M40	04:51:33	+02:27:53	12:41
609	1221	Alzira Ferreira	fama runners	Veterana F40	04:51:34	+02:27:54	12:41
610	1328	Claudia Pereira	individual	Senior Feminino	04:51:36	+02:27:56	12:41
611	2045	Luís Ramos	rainha club	Senior Masculino	04:51:43	+02:28:03	12:41
612	2187	Helder Manuel Gomes Pereira	sweet runners	Veterano M40	04:52:07	+02:28:27	12:42
613	1954	Francisco Bogalho	oralklass-aliança-amigos do trail	Senior Masculino	04:52:10	+02:28:30	12:42
614	2005	Ricardo João Fernandes Teixeira	os potentes	Senior Masculino	04:52:13	+02:28:33	12:42
615	1206	Pedro Machado	eu+ ginásio lma	Senior Masculino	04:52:30	+02:28:50	12:43
616	1207	Renato Barros	eu+ ginásio lma	Senior Masculino	04:52:30	+02:28:50	12:43
617	1113	Raquel Paiva	corridas de pernas pro ar	Senior Feminino	04:52:40	+02:29:00	12:43
618	1023	Mariana Azevedo Almeida	ainda falta muito?	Senior Feminino	04:52:52	+02:29:12	12:44
619	1026	Alfredo da Costa Baptista Almeida	ainda falta muito?	Veterano M40	04:52:52	+02:29:12	12:44
620	1024	Gustavo Assunção	ainda falta muito?	Senior Masculino	04:52:53	+02:29:13	12:44

Official Timekeeper: Lap2Go	14 / 23	generate 31-mai-2015 20:12
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TRAIL 23K - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
621	2026	Joel Pinto	pintinhos	Senior Masculino	04:52:58	+02:29:18	12:44
622	1084	Gil Castro	by!! beat your limit!	Senior Masculino	04:53:03	+02:29:23	12:44
623	1458	Daniel Barbosa	individual	Senior Masculino	04:53:04	+02:29:24	12:45
624	2234	ERNESTO MARTINS	tou que nem posso	Veterano M40	04:53:53	+02:30:13	12:47
625	1690	ISABEL CARVALHO	individual	Veterana F40	04:54:04	+02:30:24	12:47
626	1843	Vitor Manuel Coelho de Almeida	individual	Veterano M40	04:54:44	+02:31:04	12:49
627	1630	Rodolfo Orão	individual	Senior Masculino	04:55:52	+02:32:12	12:52
628	1334	Cristina Barros	individual	Senior Feminino	04:55:52	+02:32:12	12:52
629	1557	Luis Teixeira	individual	Senior Masculino	04:55:59	+02:32:19	12:52
630	1609	Pedro Nuno Magalhães Barbosa Garcez	individual	Senior Masculino	04:56:08	+02:32:28	12:53
631	1139	José Afonso	duros & rijos	Veterano M40	04:56:24	+02:32:44	12:53
632	1448	Carlos Mendes	individual	Senior Masculino	04:56:29	+02:32:49	12:53
633	1290	Américo Ribeiro	gosto de trail	Veterano M40	04:57:07	+02:33:27	12:55
634	1507	Jaime António de Azevedo Soares	individual	Senior Masculino	04:57:20	+02:33:40	12:56
635	1235	Ricardo Antonio Silva Sousa	ffit gaia trail	Senior Masculino	04:57:29	+02:33:49	12:56
636	1364	Marisa pinto	individual	Senior Feminino	04:57:35	+02:33:55	12:56
637	1422	António Abel Nunes de Bessa	individual	Senior Masculino	04:57:45	+02:34:05	12:57
638	2255	Rui Barbosa	vamos embora	Senior Masculino	04:57:46	+02:34:06	12:57
639	2027	Rui Pinto	pintinhos	Senior Masculino	04:58:43	+02:35:03	12:59
640	1201	Bruno Quelhas	eu+ ginásio lma	Senior Masculino	04:58:46	+02:35:06	12:59
641	2217	Maria Rosa Teixeira Mendes	tecla 3 runners	Senior Feminino	04:59:27	+02:35:47	13:01
642	2222	João Filipe Teixeira Cunha	tecla 3 runners	Senior Masculino	04:59:28	+02:35:48	13:01
643	1912	NUNO PINTO	nocturnos de paredes	Senior Masculino	04:59:29	+02:35:49	13:01
644	1688	Iria de Fátima de Sousa Pacheco Cruz	individual	Veterana F40	05:00:05	+02:36:25	13:03
645	2285	Emanuel Roberto Santos Costa	individual	Senior Masculino	05:00:07	+02:36:27	13:03
646	1852	Carla Gil	inquipa	Veterana F40	05:00:07	+02:36:27	13:03
647	2286	Maria Adelina Sousa	individual	Senior Feminino	05:00:07	+02:36:27	13:03
648	1356	Liliana Paula Vieira Couto Costa	individual	Senior Feminino	05:00:08	+02:36:28	13:03
649	1555	Luis Miguel da silva ribeiro	individual	Senior Masculino	05:00:10	+02:36:30	13:03
650	1831	RUI JORGE MOREIRA DA SILVA LOPES	individual	Veterano M40	05:00:35	+02:36:55	13:04
651	1238	RUI SÁ	ffit gaia trail	Veterano M40	05:00:41	+02:37:01	13:04
652	2115	Sandra Faria	shots international runners	Senior Feminino	05:00:49	+02:37:09	13:05
653	2113	Liliana Pereira	shots international runners	Senior Feminino	05:00:49	+02:37:09	13:05
654	1694	Maria Arminda Moreira	individual	Veterana F40	05:00:52	+02:37:12	13:05
655	1307	Ana Rita Nunes Pinto Carvalho	individual	Senior Feminino	05:00:54	+02:37:14	13:05
656	1489	Filipe Miguel Lopes Miranda	individual	Senior Masculino	05:01:09	+02:37:29	13:06
657	1371	Paula Cristina Soares Varela Montenegro	individual	Senior Feminino	05:01:12	+02:37:32	13:06
658	2126	Marcia Ferreira	smiling runners	Senior Feminino	05:01:17	+02:37:37	13:06
659	2129	Pedro Sampaio	smiling runners	Veterano M40	05:01:18	+02:37:38	13:06
660	1380	Sandra Helena Soares Varela	individual	Senior Feminino	05:01:24	+02:37:44	13:06
661	1478	Fernando Augusto Sousa Guedes Teles Montenegro	individual	Senior Masculino	05:01:25	+02:37:45	13:06
662	2225	Pedro Miguel Sousa Vieira	tecla 3 runners	Senior Masculino	05:01:51	+02:38:11	13:07

Official Timekeeper: Lap2Go	15 / 23	generate 31-mai-2015 20:12
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TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
663	1442	Calica	individual	Senior Masculino	05:02:15	+02:38:35	13:08
664	2154	Carlos Vilaça	sport remo	Veterano M40	05:02:30	+02:38:50	13:09
665	1332	CRISTIANA ESTEVES	individual	Senior Feminino	05:02:41	+02:39:01	13:10
666	1869	antonio kirsch ferreira	lotus&lirios	Veterano M40	05:03:53	+02:40:13	13:13
667	1212	Inês Matos	fama runners	Senior Feminino	05:04:01	+02:40:21	13:13
668	1215	Filipe Fonseca	fama runners	Senior Masculino	05:04:01	+02:40:21	13:13
669	1861	Alexandre Teixeira	kemedo team	Senior Masculino	05:04:04	+02:40:24	13:13
670	1820	Paulo Sérgio Costa Nunes	individual	Veterano M40	05:04:05	+02:40:25	13:14
671	1885	Helder Fernando Vieira Azevedo	nast	Senior Masculino	05:04:29	+02:40:49	13:14
672	1888	Ana Carolina Lopes Ferreira	nast	Veterana F40	05:04:29	+02:40:49	13:14
673	2065	CELESTINO CASTRO	run4all	Senior Masculino	05:04:30	+02:40:50	13:14
674	1651	Sergio Filipe Maia de Sousa	individual	Senior Masculino	05:04:31	+02:40:51	13:14
675	1331	Claudia Silva	individual	Senior Feminino	05:04:32	+02:40:52	13:14
676	1646	Sérgio Azevedo	individual	Senior Masculino	05:04:33	+02:40:53	13:14
677	2204	Sara Santos	team idealkorpus	Senior Feminino	05:04:33	+02:40:53	13:14
678	1739	Carlindo Martins	individual	Veterano M40	05:04:33	+02:40:53	13:14
679	1832	rui jorge pereira carvalho	individual	Veterano M40	05:04:37	+02:40:57	13:15
680	1292	Celso Lopes	halcon viagens de paredes	Senior Masculino	05:04:55	+02:41:15	13:15
681	1408	Vânia Gonçalves	individual	Senior Feminino	05:04:59	+02:41:19	13:16
682	1732	Antonio Ribeiro	individual	Veterano M40	05:05:00	+02:41:20	13:16
683	1366	Milene Machado	individual	Senior Feminino	05:05:24	+02:41:44	13:17
684	2172	Gil Leal	sweet runners	Senior Masculino	05:05:49	+02:42:09	13:18
685	1107	Belinda Celeste Marques Costa	código musical	Senior Feminino	05:05:59	+02:42:19	13:18
686	1641	Rui Pereira	individual	Senior Masculino	05:06:00	+02:42:20	13:18
687	1122	Silverio Alberto	crossfit vale do ave	Veterano M40	05:06:15	+02:42:35	13:19
688	2034	Carina Teixeira	rainha club	Senior Feminino	05:07:25	+02:43:45	13:22
689	2167	Joana Montenegro	sweet runners	Senior Feminino	05:07:25	+02:43:45	13:22
690	1296	Pedro Costa	hard and wild 2	Senior Masculino	05:07:25	+02:43:45	13:22
691	1069	Rui Silva	bitrunners	Senior Masculino	05:07:26	+02:43:46	13:22
692	1022	Filipe Sousa	afs estofos auto	Senior Masculino	05:08:08	+02:44:28	13:24
693	2033	Aurora Godinho	rainha club	Senior Feminino	05:08:38	+02:44:58	13:25
694	2083	Nelson Vasco Freitas Campos	running mates	Veterano M40	05:09:05	+02:45:25	13:26
695	2037	Diana Vieira	rainha club	Senior Feminino	05:09:08	+02:45:28	13:26
696	2261	CARLA GONÇALVES	vidaativarunners	Senior Feminino	05:09:15	+02:45:35	13:27
697	2262	Joana correia	vidaativarunners	Senior Feminino	05:09:16	+02:45:36	13:27
698	2263	Mariana Correia	vidaativarunners	Senior Feminino	05:09:16	+02:45:36	13:27
699	2267	VITOR SILVA	vidaativarunners	Senior Masculino	05:09:16	+02:45:36	13:27
700	1447	CARLOS MARQUES	individual	Senior Masculino	05:10:19	+02:46:39	13:30
701	1301	ANA CARDOSO	individual	Senior Feminino	05:10:19	+02:46:39	13:30
702	2184	Fernanda Leão	sweet runners	Veterana F40	05:10:47	+02:47:07	13:31
703	1116	LUIS PEREIRA	corridas de pernas pro ar	Veterano M40	05:10:59	+02:47:19	13:31
704	1495	Frederico Moreira	individual	Senior Masculino	05:11:05	+02:47:25	13:32
705	1006	Ana Isabel Abreu Mendonça	a.d.amarante trail running	Senior Feminino	05:11:44	+02:48:04	13:33
706	1703	Sandra Maria Lopes Arribança	individual	Veterana F40	05:12:02	+02:48:22	13:34
707	2290	Vitor Helder Silva Santos	individual	Veterano M40	05:12:03	+02:48:23	13:34
708	1528	Joel José Ginga	individual	Senior Masculino	05:12:03	+02:48:23	13:34

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
709	1611	Philip Manteidas	individual	Senior Masculino	05:13:14	+02:49:34	13:37
710	2254	Paulo César Gonçalves Cruz	vamos embora	Senior Masculino	05:13:16	+02:49:36	13:37
711	1372	Paula Soares	individual	Senior Feminino	05:13:48	+02:50:08	13:39
712	2197	Nuno Santos	team duas faces	Senior Masculino	05:13:54	+02:50:14	13:39
713	1193	Ana Teixeira	eu+ ginásio lma	Senior Feminino	05:13:54	+02:50:14	13:39
714	2179	Pedro Leal	sweet runners	Senior Masculino	05:13:57	+02:50:17	13:39
715	1473	Fábio Correia	individual	Senior Masculino	05:14:12	+02:50:32	13:40
716	1684	Glória Monteiro	individual	Veterana F40	05:15:05	+02:51:25	13:41
717	2183	Elsa Dias	sweet runners	Veterana F40	05:15:16	+02:51:36	13:42
718	1794	Marcos Quintas	individual	Veterano M40	05:15:36	+02:51:56	13:43
719	1204	Jorge Miguel Sampaio da Costa	eu+ ginásio lma	Senior Masculino	05:15:37	+02:51:57	13:43
720	1203	Gil Ferreira da Silva	eu+ ginásio lma	Senior Masculino	05:15:37	+02:51:57	13:43
721	1425	António Mota	individual	Senior Masculino	05:15:44	+02:52:04	13:44
722	1419	André Filipe pinto Barros	individual	Senior Masculino	05:15:45	+02:52:05	13:44
723	1992	Jose Castelo	os fardetas	Veterano M40	05:15:52	+02:52:12	13:44
724	2119	Pedro Ramos	shots international runners	Veterano M40	05:16:09	+02:52:29	13:45
725	1696	Maria Noémia Rolla	individual	Veterana F40	05:16:25	+02:52:45	13:45
726	1344	Helena Isabel Andrade Alves	individual	Senior Feminino	05:16:26	+02:52:46	13:45
727	1821	paulo silvas	individual	Veterano M40	05:16:27	+02:52:47	13:46
728	1470	Élsio António Nunes Leite Leal	individual	Senior Masculino	05:16:27	+02:52:47	13:46
729	1934	Ricardo Jorge Teixeira	not fast...just furious!	Senior Masculino	05:16:28	+02:52:48	13:46
730	1933	Ana Luisa Silva	not fast...just furious!	Senior Feminino	05:16:28	+02:52:48	13:46
731	2253	José Ribeiro	vamos embora	Senior Masculino	05:16:29	+02:52:49	13:46
732	1035	Ana Marques	andamazé	Senior Feminino	05:17:21	+02:53:41	13:48
733	2053	José Sousa	red line	Senior Masculino	05:18:05	+02:54:25	13:50
734	2052	Hugo Pereira	red line	Senior Masculino	05:18:06	+02:54:26	13:50
735	1115	Hugo ribeiro	corridas de pernas pro ar	Senior Masculino	05:18:30	+02:54:50	13:51
736	2181	Romeu Rodrigues	sweet runners	Senior Masculino	05:18:31	+02:54:51	13:51
737	2177	Mário Silva	sweet runners	Senior Masculino	05:18:31	+02:54:51	13:51
738	1868	Pedro Silva	lordelo btt	Senior Masculino	05:18:31	+02:54:51	13:51
739	1486	Filipe Coutinho	individual	Senior Masculino	05:18:33	+02:54:53	13:51
740	1848	Cristiana Barbosa	inquipa	Senior Feminino	05:18:39	+02:54:59	13:51
741	1851	Rui Amaro	inquipa	Senior Masculino	05:18:39	+02:54:59	13:51
742	1847	Aline Simeão	inquipa	Senior Feminino	05:18:39	+02:54:59	13:51
743	1849	Maria Oliveira	inquipa	Senior Feminino	05:18:39	+02:54:59	13:51
744	1465	Delfim Manuel Anastácio Nogueira	individual	Senior Masculino	05:19:10	+02:55:30	13:53
745	1374	Renata Daniela Azevedo Martins	individual	Senior Feminino	05:19:11	+02:55:31	13:53
746	1138	Rui Quinta	dr merino clínica médica	Veterano M40	05:19:28	+02:55:48	13:53
747	1315	AnaRita Silva	individual	Senior Feminino	05:19:32	+02:55:52	13:54
748	1637	Rui de Matos	individual	Senior Masculino	05:19:33	+02:55:53	13:54
749	1463	David José Andrade Pereira	individual	Senior Masculino	05:19:47	+02:56:07	13:54
750	1211	Miguel Fonseca	falta muito?	Veterano M40	05:20:22	+02:56:42	13:56
751	1531	Jonas Faria	individual	Senior Masculino	05:20:24	+02:56:44	13:56
752	2188	ANDRÉ BUFFON	taludos pá	Senior Masculino	05:20:24	+02:56:44	13:56
753	2057	Marisa Sousa	run & fitness	Senior Feminino	05:20:39	+02:56:59	13:56
754	1841	VALDEMAR SILVA	individual	Veterano M40	05:20:39	+02:56:59	13:56

Official Timekeeper: Lap2Go	17 / 23	generate 31-mai-2015 20:12
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TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
755	1265	Veronica Almeida	ginásio factor x	Senior Feminino	05:22:39	+02:58:59	14:02
756	1269	Valter Gonçalves	ginásio factor x	Senior Masculino	05:22:40	+02:59:00	14:02
757	1378	Rita Sousa	individual	Senior Feminino	05:22:40	+02:59:00	14:02
758	2092	Nuno André Correia	s4l runners	Senior Masculino	05:22:41	+02:59:01	14:02
759	1045	ana pimentel	as cinco	Senior Feminino	05:22:42	+02:59:02	14:02
760	1048	helen a barbosa	as cinco	Veterana F40	05:22:43	+02:59:03	14:02
761	1543	Jose Manuel Lopes Faria	individual	Senior Masculino	05:22:44	+02:59:04	14:02
762	2008	Marta Mota	"os turbomula" d.o.c.	Senior Feminino	05:22:55	+02:59:15	14:02
763	2010	Nelson Montalvão	"os turbomula" d.o.c.	Senior Masculino	05:22:55	+02:59:15	14:02
764	2024	Agostinho Torres	pernetas	Veterano M40	05:23:23	+02:59:43	14:04
765	2022	Liliana Pinto	pernetas	Senior Feminino	05:23:24	+02:59:44	14:04
766	1501	Helder Oliveira	individual	Senior Masculino	05:23:27	+02:59:47	14:04
767	1915	PEDRO FERRAZ	nocturnos de paredes	Senior Masculino	05:23:38	+02:59:58	14:04
768	1671	Ana Rocha	individual	Veterana F40	05:23:38	+02:59:58	14:04
769	1309	Ana Rodrigues	individual	Senior Feminino	05:23:41	+03:00:01	14:04
770	1101	Rita Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	05:23:42	+03:00:02	14:04
771	1100	Joana Chaves Rebelo	clube do pessoal edp - delegação de gaia	Senior Feminino	05:23:42	+03:00:02	14:04
772	1859	Joana Vaz	j&l	Senior Feminino	05:23:48	+03:00:08	14:05
773	1860	Luís Saraiva	j&l	Senior Masculino	05:23:48	+03:00:08	14:05
774	1795	Miguel Pereira Resende	individual	Veterano M40	05:23:50	+03:00:10	14:05
775	1881	Helder Fernando Ferreira Saraiva Santos	n14	Senior Masculino	05:23:53	+03:00:13	14:05
776	1512	João Fontoura de Oliveira	individual	Senior Masculino	05:24:06	+03:00:26	14:05
777	1604	pedro maciel	individual	Senior Masculino	05:24:06	+03:00:26	14:05
778	2080	MARIO SILVA	run4fun	Veterano M40	05:24:12	+03:00:32	14:06
779	1518	João Miguel Cerqueira de Brito	individual	Senior Masculino	05:24:22	+03:00:42	14:06
780	1754	Fernando Queirós	individual	Veterano M40	05:24:22	+03:00:42	14:06
781	1189	Liliana Ribeiro	esmoriz runners	Senior Feminino	05:24:23	+03:00:43	14:06
782	1409	Vera Ferreira	individual	Senior Feminino	05:24:23	+03:00:43	14:06
783	1413	Afonso Guedes	individual	Senior Masculino	05:24:35	+03:00:55	14:07
784	1914	NUNO SANTOS	nocturnos de paredes	Senior Masculino	05:24:37	+03:00:57	14:07
785	2064	Vitor Nuno	run4all	Senior Masculino	05:24:45	+03:01:05	14:07
786	1190	Sílvia Rocha	esmoriz runners	Senior Feminino	05:24:51	+03:01:11	14:07
787	2070	MIGUEL MELEIRO	run4all	Senior Masculino	05:24:55	+03:01:15	14:08
788	1499	Helder Eduardo Barros Cabral	individual	Senior Masculino	05:25:12	+03:01:32	14:08
789	1973	Joana Ferreira Direito	os dezavergonhados	Senior Feminino	05:26:00	+03:02:20	14:10
790	1977	Pedro Ivo Teixeira de Freitas Martins	os dezavergonhados	Senior Masculino	05:26:01	+03:02:21	14:10
791	1681	Fátima António	individual	Veterana F40	05:26:07	+03:02:27	14:11
792	1491	Flávio Ortins Ferreira da Silva	individual	Senior Masculino	05:26:13	+03:02:33	14:11
793	1114	Simone Paiva	corridas de pernas pro ar	Senior Feminino	05:26:30	+03:02:50	14:12
794	1935	Ana Isabel da Rocha Campanhã	not run alone	Senior Feminino	05:26:47	+03:03:07	14:12
795	1695	Maria Fernanda Sousa	individual	Veterana F40	05:26:48	+03:03:08	14:13
796	2002	Sílvia MARGarida Teixeira da Silva	os potentes	Senior Feminino	05:27:13	+03:03:33	14:14
797	2071	NUNO SOUSA	run4all	Senior Masculino	05:27:13	+03:03:33	14:14
798	1740	Carlos Alberto da Rocha Cruz	individual	Veterano M40	05:27:25	+03:03:45	14:14
799	1907	HUGO CORTEZ MARQUES	nocturnos de paredes	Senior Masculino	05:27:53	+03:04:13	14:15

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
800	1825	PEDRO RICARDO MACHADO VALENTE GONÇALVES	individual	Veterano M40	05:28:08	+03:04:28	14:16
801	1341	Elke Kaat	individual	Senior Feminino	05:28:17	+03:04:37	14:16
802	1839	Sergio Rocha	individual	Veterano M40	05:28:26	+03:04:46	14:17
803	4159	Abilio Diz	individual	Senior Masculino	05:28:26	+03:04:46	14:17
804	1046	mónica vilela	as cinco	Senior Feminino	05:30:44	+03:07:04	14:23
805	1262	Armandina da Silva Torres	gdct incm	Veterana F40	05:31:43	+03:08:03	14:25
806	2082	Jose Henrique Santos Soares Matos	running mates	Veterano M40	05:31:43	+03:08:03	14:25
807	2081	Orlando Jorge Barroso Magalhaes	running mates	Senior Masculino	05:31:44	+03:08:04	14:25
808	2084	Pedro Miguel santos matos	running mates	Veterano M40	05:31:44	+03:08:04	14:25
809	2056	Isaura Sousa	run & fitness	Senior Feminino	05:32:36	+03:08:56	14:28
810	1706	Sônia Teixeira	individual	Veterana F40	05:33:00	+03:09:20	14:29
811	1865	Mário Santos	kunalama adportela rotaromânico btt	Senior Masculino	05:34:40	+03:11:00	14:33
812	1858	jose moura	invicta runners team	Senior Masculino	05:34:40	+03:11:00	14:33
813	2157	Jorge Romão	sport remo	Veterano M40	05:35:05	+03:11:25	14:34
814	1908	LUIS CARDOSO	nocturnos de paredes	Senior Masculino	05:35:10	+03:11:30	14:34
815	1930	JOSE SILVA	nocturnos de paredes	Veterano M40	05:35:11	+03:11:31	14:34
816	1903	RAQUEL RIBEIRO	nocturnos de paredes	Senior Feminino	05:35:11	+03:11:31	14:34
817	1345	Helena Tonini Passos	individual	Senior Feminino	05:35:31	+03:11:51	14:35
818	2055	Isabel Sousa	run & fitness	Senior Feminino	05:35:53	+03:12:13	14:36
819	1394	Sónia Azevedo	individual	Senior Feminino	05:35:59	+03:12:19	14:36
820	1796	miguel pinto	individual	Veterano M40	05:35:59	+03:12:19	14:36
821	1670	Ana Guimarães	individual	Veterana F40	05:36:03	+03:12:23	14:37
822	1255	Pedro Costelha	funky runners	Veterano M40	05:36:22	+03:12:42	14:37
823	1514	João Luís da Silva Martins Cura	individual	Senior Masculino	05:36:34	+03:12:54	14:38
824	1165	Damião Pacheco	elite n m	Veterano M40	05:37:59	+03:14:19	14:42
825	1939	Cacilda Maria Sousa Ramos	not run alone	Veterana F40	05:38:30	+03:14:50	14:43
826	1757	Germano Moura	individual	Veterano M40	05:39:36	+03:15:56	14:46
827	1210	Manuel Cunha Lima	experenciari	Veterano M40	05:39:43	+03:16:03	14:46
828	1340	Edite Gonçalves	individual	Senior Feminino	05:39:47	+03:16:07	14:46
829	1329	Claudia Rodrigues	individual	Senior Feminino	05:39:48	+03:16:08	14:46
830	1747	eduardo castro	individual	Veterano M40	05:39:50	+03:16:10	14:47
831	1343	Fátima Soares	individual	Senior Feminino	05:40:04	+03:16:24	14:47
832	1454	Celso reis	individual	Senior Masculino	05:40:05	+03:16:25	14:47
833	1429	Artur Amorim	individual	Senior Masculino	05:40:29	+03:16:49	14:48
834	1546	Jose Miguel Nunes Correia	individual	Senior Masculino	05:40:35	+03:16:55	14:49
835	1376	Rita Araújo	individual	Senior Feminino	05:41:02	+03:17:22	14:50
836	2142	José Mário Alves	solinca running tribe dragão	Veterano M40	05:41:15	+03:17:35	14:50
837	2141	Rúben José Pereira Carvalho	solinca running tribe dragão	Senior Masculino	05:41:16	+03:17:36	14:50
838	2125	Isabel Monteiro	smiling runners	Senior Feminino	05:41:41	+03:18:01	14:51
839	1669	Alexandra Bessa	individual	Veterana F40	05:41:42	+03:18:02	14:51
840	1644	sandro sousa	individual	Senior Masculino	05:41:42	+03:18:02	14:51
841	2120	Luciana Aguiar	slow motion	Senior Feminino	05:42:05	+03:18:25	14:52
842	1012	DIANA TAVARES	ad quinta - atletismo	Senior Feminino	05:42:07	+03:18:27	14:52
843	1323	Carla Monteiro	individual	Senior Feminino	05:42:43	+03:19:03	14:54
844	1358	Maria do Rosário Pinto de Sousa	individual	Senior Feminino	05:42:44	+03:19:04	14:54

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
845	1104	Marta Sousa	clube vodafone	Senior Feminino	05:43:04	+03:19:24	14:55
846	1975	Filipe Alves Lobo Guimarães	os dezavergonhados	Senior Masculino	05:43:22	+03:19:42	14:56
847	1078	Veslava Velentinovic	budeguita runners	Senior Feminino	05:44:08	+03:20:28	14:58
848	2049	Sergio Pinheiro	rainha club	Veterano M40	05:44:16	+03:20:36	14:58
849	1800	Nuno Henrique Moraes da Silva Ferreira	individual	Veterano M40	05:44:17	+03:20:37	14:58
850	1327	Cláudia Leitão	individual	Senior Feminino	05:44:28	+03:20:48	14:59
851	1270	CIDÁLIA PEIXOTO	ginásio factor x	Veterana F40	05:44:57	+03:21:17	15:00
852	2124	Carla Rocha	smiling runners	Senior Feminino	05:45:47	+03:22:07	15:02
853	2128	Jorge Fonseca	smiling runners	Senior Masculino	05:45:47	+03:22:07	15:02
854	1477	Fabio silva	individual	Senior Masculino	05:45:51	+03:22:11	15:02
855	2087	Nuno Ferreira	running team maia	Senior Masculino	05:45:53	+03:22:13	15:02
856	1899	IRINA OLIVEIRA	nocturnos de paredes	Senior Feminino	05:45:54	+03:22:14	15:02
857	1898	EVA MOREIRA	nocturnos de paredes	Senior Feminino	05:46:25	+03:22:45	15:04
858	1209	Vitor Manuel Nogueira Tomás	eu+ ginásio lma	Senior Masculino	05:47:52	+03:24:12	15:07
859	1195	Daniela Alexandra Oliveira Martins	eu+ ginásio lma	Senior Feminino	05:47:52	+03:24:12	15:07
860	1705	Sandra Silva	individual	Veterana F40	05:47:57	+03:24:17	15:08
861	1700	paula teixeira	individual	Veterana F40	05:48:24	+03:24:44	15:09
862	1525	Joaquim Teixeira	individual	Senior Masculino	05:48:24	+03:24:44	15:09
863	1176	liliana alves	ermidafit runners	Senior Feminino	05:48:45	+03:25:05	15:10
864	1187	paula silva	ermidafit runners	Veterana F40	05:48:45	+03:25:05	15:10
865	2144	Vera Oliveira	solmaia runners	Senior Feminino	05:49:16	+03:25:36	15:11
866	2143	Ana Raquel	solmaia runners	Senior Feminino	05:49:16	+03:25:36	15:11
867	1368	Neuza Filipa Pereira Ribeiro	individual	Senior Feminino	05:50:44	+03:27:04	15:15
868	1558	Luis Vale	individual	Senior Masculino	05:50:44	+03:27:04	15:15
869	1392	Sofia Correia	individual	Senior Feminino	05:51:33	+03:27:53	15:17
870	2020	Liliana Costa	pe de chumbo	Senior Feminino	05:51:42	+03:28:02	15:17
871	2288	Carla Guerra	individual	Senior Feminino	05:51:42	+03:28:02	15:17
872	1002	Maria Helena Carvalho	4all road - runners	Veterana F40	05:53:07	+03:29:27	15:21
873	1689	Isabel Alexandra oliveira Santos Silva	individual	Veterana F40	05:53:11	+03:29:31	15:21
874	1672	Ana varela	individual	Veterana F40	05:53:11	+03:29:31	15:21
875	1774	José Luís Silva	individual	Veterano M40	05:53:13	+03:29:33	15:21
876	2282	Nuno Silva	wolves	Senior Masculino	05:56:11	+03:32:31	15:29
877	2281	Cláudio Silva	wolves	Senior Masculino	05:56:12	+03:32:32	15:29
878	2283	Rui Sousa	wolves	Senior Masculino	05:56:12	+03:32:32	15:29
879	2280	Bruno Henriques	wolves	Senior Masculino	05:56:12	+03:32:32	15:29
880	1679	Estefânia Matias	individual	Veterana F40	05:56:40	+03:33:00	15:30
881	1845	Vitor Viana	individual	Veterano M40	05:56:40	+03:33:00	15:30
882	1853	Cristina Amaral	inquipa	Veterana F40	05:58:12	+03:34:32	15:34
883	2241	Carla Leal	uh lá lá	Senior Feminino	05:59:03	+03:35:23	15:37
884	1085	Elvira Maria Ribeiro Almeida de Lima	by!! beat your limit!	Veterana F40	05:59:04	+03:35:24	15:37
885	1856	Paulo Alexandre Costa	inquipa	Veterano M40	06:00:06	+03:36:26	15:39
886	1144	Beatriz Rocha	edv-viana trail	Senior Feminino	06:00:25	+03:36:45	15:40
887	1324	Carla Moreira	individual	Senior Feminino	06:00:26	+03:36:46	15:40
888	1544	Jose Manuel Silva Gonçalves	individual	Senior Masculino	06:00:26	+03:36:46	15:40

TRAIL 23K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
889	1835	Rui Paulo A. D. Zilhão	individual	Veterano M40	06:01:14	+03:37:34	15:42
890	2085	Rui Avelino Silva	running mates	Veterano M40	06:01:30	+03:37:50	15:43
891	2098	Ricardo Ribeiro	sai ao pai	Senior Masculino	06:01:41	+03:38:01	15:44
892	1199	Telma patricia Araújo do Amaral	eu+ ginásio lma	Senior Feminino	06:01:42	+03:38:02	15:44
893	1741	Carlos Almeida	individual	Veterano M40	06:01:53	+03:38:13	15:44
894	1112	CARLA PEREIRA	corridas de pernas pro ar	Senior Feminino	06:02:32	+03:38:52	15:46
895	1972	Andreia Valente	os caga tacos running team	Senior Feminino	06:02:32	+03:38:52	15:46
896	1349	Juliana Gonçalves	individual	Senior Feminino	06:02:33	+03:38:53	15:46
897	2169	Liliana Oliveira	sweet runners	Senior Feminino	06:03:26	+03:39:46	15:48
898	1359	Maria Fernanda Nunes Moutinho	individual	Senior Feminino	06:03:41	+03:40:01	15:49
899	2239	Nuno Filipe Antunes Silva	transpousada trail team	Senior Masculino	06:03:46	+03:40:06	15:49
900	1685	Graça Silva	individual	Veterana F40	06:06:33	+03:42:53	15:56
901	2091	Fernando Nunes	s4l runners	Senior Masculino	06:06:35	+03:42:55	15:56
902	1047	sónia ribeiro	as cinco	Senior Feminino	06:06:47	+03:43:07	15:57
903	1807	Paulo Alexandre Cristóvão Próspero	individual	Veterano M40	06:07:05	+03:43:25	15:58
904	2276	Pedro Justo	vulpes vulpes	Veterano M40	06:08:52	+03:45:12	16:02
905	2275	Cláudia Castro Morais	vulpes vulpes	Senior Feminino	06:08:52	+03:45:12	16:02
906	35	Maria do Carmo Loureiro	budeguita runners	Veterana F40	06:11:14	+03:47:34	16:08
907	36	Sandra Oliveira	budeguita runners	Veterana F40	06:11:14	+03:47:34	16:08
908	1077	Isabel Ferreira	budeguita runners	Senior Feminino	06:11:14	+03:47:34	16:08
909	2063	ANABELA GARCIA	run4all	Senior Feminino	06:11:19	+03:47:39	16:09
910	2062	ANA ARRISCADO	run4all	Senior Feminino	06:11:19	+03:47:39	16:09
911	1991	Silvia Castelo	os fardetas	Senior Feminino	06:11:39	+03:47:59	16:10
912	1990	Rosa Araujo	os fardetas	Senior Feminino	06:11:39	+03:47:59	16:10
913	1632	Rui Almeida	individual	Senior Masculino	06:11:39	+03:47:59	16:10
914	1186	tiago araujo	ermidafit runners	Senior Masculino	06:12:01	+03:48:21	16:10
915	1405	Vanessa Martins	individual	Senior Feminino	06:12:01	+03:48:21	16:10
916	1381	Sandra Machado	individual	Senior Feminino	06:12:02	+03:48:22	16:11
917	1570	Miguel Costa	individual	Senior Masculino	06:12:02	+03:48:22	16:11
918	1352	katia pereira	individual	Senior Feminino	06:12:09	+03:48:29	16:11
919	1414	Alberto Machado	individual	Senior Masculino	06:15:29	+03:51:49	16:20
920	2175	Luis Alves	sweet runners	Senior Masculino	06:17:25	+03:53:45	16:25
921	1194	Carina Barbosa	eu+ ginásio lma	Senior Feminino	06:18:28	+03:54:48	16:27
922	1202	César Filipe Martins Ferreira	eu+ ginásio lma	Senior Masculino	06:18:28	+03:54:48	16:27
923	1451	Carlos Trigo	individual	Senior Masculino	06:19:05	+03:55:25	16:29
924	1305	Ana Ferreira	individual	Senior Feminino	06:19:28	+03:55:48	16:30
925	1163	Sonia Machado	el team trail	Senior Feminino	06:19:54	+03:56:14	16:31
926	2160	Rui Rodrigues	sport remo	Veterano M40	06:19:55	+03:56:15	16:31
927	2171	Bruno Martins	sweet runners	Senior Masculino	06:22:29	+03:58:49	16:38
928	1003	José António Oliveira	4all road - runners	Veterano M40	06:22:45	+03:59:05	16:38
929	1884	Sónia Ferreira Alves	nast	Senior Feminino	06:26:16	+04:02:36	16:48
930	1890	Elisabete ferreira	nast	Senior Feminino	06:26:16	+04:02:36	16:48
931	1697	Marieta Viana	individual	Veterana F40	06:26:19	+04:02:39	16:48
932	1698	Paula Cristina das Neves Ribeiro Próspero	individual	Veterana F40	06:26:35	+04:02:55	16:48
933	1904	RITA FERREIRA	nocturnos de paredes	Senior Feminino	06:26:38	+04:02:58	16:49

TRAIL 23K - STAGE 1

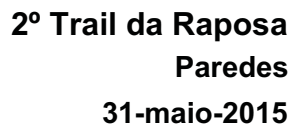
23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
934	1924	MARIA JESUS	nocturnos de paredes	Veterana F40	06:26:39	+04:02:59	16:49
935	1931	RUI SILVA	nocturnos de paredes	Veterano M40	06:26:39	+04:02:59	16:49
936	1970	Emilia Costa	os aventureiros	Senior Feminino	06:30:00	+04:06:20	16:57
937	1968	Cristiana Ribeiro	os aventureiros	Senior Feminino	06:30:01	+04:06:21	16:57
938	1971	Márcio Silva	os aventureiros	Senior Masculino	06:30:01	+04:06:21	16:57
939	1969	Elisabete Barroso	os aventureiros	Senior Feminino	06:30:02	+04:06:22	16:57
940	2165	Carla Dias	sweet runners	Senior Feminino	06:31:12	+04:07:32	17:01
941	2163	Anabela Barbosa	sweet runners	Senior Feminino	06:31:12	+04:07:32	17:01
942	2164	Andreia Costa	sweet runners	Senior Feminino	06:31:13	+04:07:33	17:01
943	2110	Silvia Borges Viana	serviço urgência & friends	Senior Feminino	06:32:03	+04:08:23	17:03
944	1361	Maria Isabel da Silva Carvalho	individual	Senior Feminino	06:34:02	+04:10:22	17:08
945	1363	Maria José Tejo	individual	Senior Feminino	06:34:03	+04:10:23	17:08
946	1920	TELMO MOTA	nocturnos de paredes	Senior Masculino	06:37:34	+04:13:54	17:17
947	1247	Iolanda Cerqueira	funky runners	Senior Feminino	06:38:47	+04:15:07	17:20
948	2158	Paulo Ferreira	sport remo	Veterano M40	06:39:00	+04:15:20	17:21
949	2151	Diana Neto	sport remo	Senior Feminino	06:39:00	+04:15:20	17:21
950	1245	Claudia Coelho	funky runners	Senior Feminino	06:39:24	+04:15:44	17:22
951	1246	Ines Borges	funky runners	Senior Feminino	06:39:25	+04:15:45	17:22
952	1256	Rodrigo Ferraz	funky runners	Veterano M40	06:39:25	+04:15:45	17:22
953	2166	Inês Machado	sweet runners	Senior Feminino	06:41:59	+04:18:19	17:29
954	2168	Ligia Silva	sweet runners	Senior Feminino	06:41:59	+04:18:19	17:29
955	2185	Ângelo Machado	sweet runners	Veterano M40	06:42:01	+04:18:21	17:29
956	1982	Marta Ferreira	os falta d'ar / run na villa	Senior Feminino	06:42:21	+04:18:41	17:30
957	1980	Cátia Fernandes	os falta d'ar / run na villa	Senior Feminino	06:42:22	+04:18:42	17:30
958	1989	Rui Santos	os falta d'ar / run na villa	Veterano M40	06:42:22	+04:18:42	17:30
959	1481	Fernando Jorge Martins Pinheiro	individual	Senior Masculino	06:44:15	+04:20:35	17:35
960	2000	José Eduardo Oliveira Marques	os matraquilhos	Senior Masculino	06:45:38	+04:21:58	17:38
961	1998	Vera Lúcia Da Costa Ferreira	os matraquilhos	Senior Feminino	06:45:39	+04:21:59	17:38
962	1297	Rui Sousa	hard and wild 2	Senior Masculino	06:45:40	+04:22:00	17:38
963	1295	Aurélio Neto	hard and wild 2	Senior Masculino	06:45:40	+04:22:00	17:38
964	1293	Irene Torres	hard and wild 2	Senior Feminino	06:45:41	+04:22:01	17:38
965	1999	Diogo Filipe Pedrosa da Silva	os matraquilhos	Senior Masculino	06:45:55	+04:22:15	17:39
966	1997	Paula Cristina Oliveira Marques	os matraquilhos	Senior Feminino	06:46:28	+04:22:48	17:40
967	2136	Jenny Nunes	sol	Senior Feminino	07:00:10	+04:36:30	18:16
968	2104	Renata Silva	saídos da casca	Senior Feminino	07:00:14	+04:36:34	18:16
969	2103	Liliana Almeida	saídos da casca	Senior Feminino	07:00:17	+04:36:37	18:16
970	1299	Alexandra Reis	individual	Senior Feminino	07:00:22	+04:36:42	18:17
971	1594	Paulo Martins	individual	Senior Masculino	07:00:29	+04:36:49	18:17
972	1320	Ângela Maria Ferreira Moraes	individual	Senior Feminino	07:00:31	+04:36:51	18:17
973	2112	Helena Lobão	shots international runners	Senior Feminino	07:02:05	+04:38:25	18:21
974	2231	MARTA SOARES	tou que nem posso	Senior Feminino	07:02:06	+04:38:26	18:21
975	1317	Andreia Patricia Ferreira da Silva	individual	Senior Feminino	07:17:18	+04:53:38	19:01
976	1403	Tânia Ferreira	individual	Senior Feminino	07:17:18	+04:53:38	19:01
977	1385	Sara Cristina Pinheiro	individual	Senior Feminino	07:17:25	+04:53:45	19:01
978	1406	Vânia Carreirinha Faria	individual	Senior Feminino	07:17:25	+04:53:45	19:01
979	1393	sonia	individual	Senior Feminino	07:32:30	+05:08:50	19:40



23 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
980	1588	paulo aguiar	individual	Senior Masculino	07:32:30	+05:08:50	19:40
981	2074	LILIANA SANTOS	run4fun	Senior Feminino	07:32:34	+05:08:54	19:41
982	1369	patricia coutinho	individual	Senior Feminino	07:32:55	+05:09:15	19:42
983	2307	Isabel mesquita	individual	Veterana F40	09:01:38	+06:37:58	23:33
984	1294	Teresa Machado	hard and wild 2	Senior Feminino	09:01:38	+06:37:58	23:33

Trail 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	19,6°C	58,5%
End	18:51	20,3°C	61%

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

1	2291	Paula Lage	PAREDES AVENTURA	Senior Feminino	03:03:50	08:00
2	1946	Rita Loureiro	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Feminino	03:09:52	+06:02 08:15
3	1330	Cláudia Santos	Individual	Senior Feminino	03:14:04	+10:14 08:26
4	1388	Sarina Carneiro Guimarães	Individual	Senior Feminino	03:17:20	+13:30 08:35
5	1273	DANIELA RUSSO	Ginasio Fit4Fun	Senior Feminino	03:24:22	+20:32 08:53
6	1384	sara braga	Individual	Senior Feminino	03:26:49	+22:59 09:00
7	1264	Joana Cardoso	Ginásio Factor X	Senior Feminino	03:36:45	+32:55 09:25
8	1314	Anabela Freitas	Individual	Senior Feminino	03:40:03	+36:13 09:34
9	2109	Sara Manuela Peixoto Dias	sempre a correr	Senior Feminino	03:44:37	+40:47 09:46
10	1241	sandra fernandes	Fridão Sem Limites	Senior Feminino	03:44:37	+40:47 09:46
11	1021	Paula Barbosa	AFS Estofos AUTO	Senior Feminino	03:45:12	+41:22 09:47
12	1367	Monica Isabel Vieira Coelho	Individual	Senior Feminino	03:46:42	+42:52 09:51
13	1351	Juliana Rodrigues	Individual	Senior Feminino	03:47:22	+43:32 09:53
14	1032	Ana Paula Soares Vieira	Amigos do Pedal/Trailagares	Senior Feminino	03:48:07	+44:17 09:55
15	2140	Juliana Cristina Silva Santos	SOLINCA RUNNING TRIBE DRAGÃO	Senior Feminino	03:52:01	+48:11 10:05
16	1883	Nuria Martins Ferreira	NAST	Senior Feminino	03:53:48	+49:58 10:10
17	1127	Liliana Gomes	Dr Merino Clínica Médica	Senior Feminino	03:54:06	+50:16 10:11
18	2039	Silvia Jesus	Rainha Club	Senior Feminino	03:55:19	+51:29 10:14
19	1052	Daniela Alves	Associação Desportiva de Cabroelo	Senior Feminino	03:56:19	+52:29 10:16
20	1945	Andreia Barbosa	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Feminino	03:57:06	+53:16 10:19
21	2114	Raquel Campos	Shots International Runners	Senior Feminino	03:57:36	+53:46 10:20
22	2170	Madalena Casaca	Sweet Runners	Senior Feminino	04:00:59	+57:09 10:29
23	1880	Anita Sofia Costa Gomes da Rocha	N14	Senior Feminino	04:01:52	+58:02 10:31
24	1360	Maria Helena Carvalho Costa	Individual	Senior Feminino	04:07:26	+01:03:36 10:45
25	1145	Iva Silva	EDV-VIANA TRAIL	Senior Feminino	04:07:59	+01:04:09 10:47
26	2161	Andreia Ferreira	Sunday Training	Senior Feminino	04:08:51	+01:05:01 10:49
27	1342	Estela Martins	Individual	Senior Feminino	04:08:51	+01:05:01 10:49
28	1179	Telma Diana Pinto Duarte	ERMIDAFIT Runners	Senior Feminino	04:08:53	+01:05:03 10:49
29	1318	Andreia Sofia Silva Morais	Individual	Senior Feminino	04:09:02	+01:05:12 10:50
30	1319	Angela Cardoso	Individual	Senior Feminino	04:10:34	+01:06:44 10:54
31	1285	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:14:24	+01:10:34 11:04
32	1357	Manuela Tavares	Individual	Senior Feminino	04:15:29	+01:11:39 11:06
33	1346	Joana Azevedo	Individual	Senior Feminino	04:15:37	+01:11:47 11:07
34	2309	Maria João Silva	Individual	Senior Feminino	04:15:43	+01:11:53 11:07
35	2216	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	04:17:59	+01:14:09 11:13
36	1147	Sonia Parente	EDV-VIANA TRAIL	Senior Feminino	04:19:11	+01:15:21 11:16
37	1382	Sandra Martins	Individual	Senior Feminino	04:20:01	+01:16:11 11:18

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OFFICIAL RESULT

38	1062	Sandra Isabel Lopes Pera	Bikes & Friends	Senior Feminino	04:20:01	+01:16:11	11:18
39	1200	Vania Raposo	Eu+ Ginásio LMA	Senior Feminino	04:23:27	+01:19:37	11:27
40	1872	Carla Inês Silva Moreira	Moinhos Run	Senior Feminino	04:24:13	+01:20:23	11:29
41	1383	sandra oliveira	Individual	Senior Feminino	04:25:05	+01:21:15	11:32
42	1312	Anabela Barata	Individual	Senior Feminino	04:25:09	+01:21:19	11:32
43	2287	Marta Regina Queirós Couto	Unidade Especial de Corrida	Senior Feminino	04:26:30	+01:22:40	11:35
44	1064	Gisela Sousa	BitRunners	Senior Feminino	04:26:31	+01:22:41	11:35
45	1326	Carolina carvalho	Individual	Senior Feminino	04:26:35	+01:22:45	11:35
46	1129	Telma Marisa da Silva Pacheco e Sousa Castro	Dr Merino Clínica Médica	Senior Feminino	04:27:18	+01:23:28	11:37
47	2289	Olga Alexandra Almeida	Individual	Senior Feminino	04:29:19	+01:25:29	11:43
48	1936	Ana Margarida Nogueira Coelho	Not Run Alone	Senior Feminino	04:29:47	+01:25:57	11:44
49	2123	Ana Vieira	Smiling Runners	Senior Feminino	04:30:46	+01:26:56	11:46
50	1308	Ana Rocha	Individual	Senior Feminino	04:30:46	+01:26:56	11:46
51	1353	Liliana Araujo	Individual	Senior Feminino	04:31:37	+01:27:47	11:49
52	1362	MARIA JOAO SILVA	Individual	Senior Feminino	04:34:51	+01:31:01	11:57
53	2215	Cristina Alexandra Barbosa do Couto	Tecla 3 Runners	Senior Feminino	04:35:42	+01:31:52	11:59
54	1028	Elisabete Araújo	All About	Senior Feminino	04:35:52	+01:32:02	12:00
55	1213	Maria Machado	FAMA RUNNERS	Senior Feminino	04:37:39	+01:33:49	12:04
56	1336	Daniela Fernandez	Individual	Senior Feminino	04:37:40	+01:33:50	12:04
57	1400	Susana Maria Silva Costa	Individual	Senior Feminino	04:42:51	+01:39:01	12:18
58	1850	Sonia Pereira	Inquipa	Senior Feminino	04:43:23	+01:39:33	12:19
59	1893	Mariana Ortigoso	Nel Pé de Atleta	Senior Feminino	04:44:31	+01:40:41	12:22
60	2122	Alberta Rodrigues	Smiling Runners	Senior Feminino	04:45:07	+01:41:17	12:24
61	1146	Neuza Caridade	EDV-VIANA TRAIL	Senior Feminino	04:45:50	+01:42:00	12:26
62	1304	Ana Costa	Individual	Senior Feminino	04:46:53	+01:43:03	12:28
63	1142	Anabela Silva	EDV-VIANA TRAIL	Senior Feminino	04:47:34	+01:43:44	12:30
64	1143	Andrea Silva	EDV-VIANA TRAIL	Senior Feminino	04:47:44	+01:43:54	12:31
65	2232	VERA MARTINS	TOU QUE NEM POSSO	Senior Feminino	04:50:33	+01:46:43	12:38
66	1396	Susana	Individual	Senior Feminino	04:50:38	+01:46:48	12:38
67	2250	Joana Santos Ferreira	VAINDO	Senior Feminino	04:50:47	+01:46:57	12:39
68	1328	Claudia Pereira	Individual	Senior Feminino	04:51:36	+01:47:46	12:41
69	1113	Raquel Paiva	Corridas De Pernas Pro Ar	Senior Feminino	04:52:40	+01:48:50	12:43
70	1023	Mariana Azevedo Almeida	Ainda Falta Muito?	Senior Feminino	04:52:52	+01:49:02	12:44
71	1334	Cristina Barros	Individual	Senior Feminino	04:55:52	+01:52:02	12:52
72	1364	Marisa pinto	Individual	Senior Feminino	04:57:35	+01:53:45	12:56
73	2217	Maria Rosa Teixeira Mendes	Tecla 3 Runners	Senior Feminino	04:59:27	+01:55:37	13:01
74	2286	Maria Adelina Sousa	Individual	Senior Feminino	05:00:07	+01:56:17	13:03
75	1356	Liliana Paula Vieira Couto Costa	Individual	Senior Feminino	05:00:08	+01:56:18	13:03
76	2115	Sandra Faria	Shots International Runners	Senior Feminino	05:00:49	+01:56:59	13:05
77	2113	Liliana Pereira	Shots International Runners	Senior Feminino	05:00:49	+01:56:59	13:05
78	1307	Ana Rita Nunes Pinto Carvalho	Individual	Senior Feminino	05:00:54	+01:57:04	13:05
79	1371	Paula Cristina Soares Varela Montenegro	Individual	Senior Feminino	05:01:12	+01:57:22	13:06
80	2126	Marcia Ferreira	Smiling Runners	Senior Feminino	05:01:17	+01:57:27	13:06
81	1380	Sandra Helena Soares Varela	Individual	Senior Feminino	05:01:24	+01:57:34	13:06
82	1332	CRISTIANA ESTEVES	Individual	Senior Feminino	05:02:41	+01:58:51	13:10

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23 KM

OFFICIAL RESULT

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23 KM

OFFICIAL RESULT

CN - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - | AP2GO -

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Trail 23K

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OFFICIAL RESULT

[illegible]

174	1194	Carina Barbosa	Eu+ Ginásio LMA	Senior Feminino	06:18:28	+03:14:38	16:27
175	1305	Ana Ferreira	Individual	Senior Feminino	06:19:28	+03:15:38	16:30
176	1163	Sonia Machado	El Team Trail	Senior Feminino	06:19:54	+03:16:04	16:31
177	1884	Sónia Ferreira Alves	NAST	Senior Feminino	06:26:16	+03:22:26	16:48
178	1890	Elisabete ferreira	NAST	Senior Feminino	06:26:16	+03:22:26	16:48
179	1904	RITA FERREIRA	NOCTURNOS DE PAREDES	Senior Feminino	06:26:38	+03:22:48	16:49
180	1970	Emilia Costa	os aventureiros	Senior Feminino	06:30:00	+03:26:10	16:57
181	1968	Cristiana Ribeiro	os aventureiros	Senior Feminino	06:30:01	+03:26:11	16:57
182	1969	Elisabete Barroso	os aventureiros	Senior Feminino	06:30:02	+03:26:12	16:57
183	2165	Carla Dias	Sweet Runners	Senior Feminino	06:31:12	+03:27:22	17:01
184	2163	Anabela Barbosa	Sweet Runners	Senior Feminino	06:31:12	+03:27:22	17:01
185	2164	Andreia Costa	Sweet Runners	Senior Feminino	06:31:13	+03:27:23	17:01
186	2110	Silvia Borges Viana	Serviço Urgência & Friends	Senior Feminino	06:32:03	+03:28:13	17:03
187	1361	Maria Isabel da Silva Carvalho	Individual	Senior Feminino	06:34:02	+03:30:12	17:08
188	1363	Maria José Tejo	Individual	Senior Feminino	06:34:03	+03:30:13	17:08
189	1247	Iolanda Cerqueira	Funky Runners	Senior Feminino	06:38:47	+03:34:57	17:20
190	2151	Diana Neto	Sport Remo	Senior Feminino	06:39:00	+03:35:10	17:21
191	1245	Claudia Coelho	Funky Runners	Senior Feminino	06:39:24	+03:35:34	17:22
192	1246	Ines Borges	Funky Runners	Senior Feminino	06:39:25	+03:35:35	17:22
193	2166	Inês Machado	Sweet Runners	Senior Feminino	06:41:59	+03:38:09	17:29
194	2168	Ligia Silva	Sweet Runners	Senior Feminino	06:41:59	+03:38:09	17:29
195	1982	Marta Ferreira	OS FALTA D'AR / RUN NA VILLA	Senior Feminino	06:42:21	+03:38:31	17:30
196	1980	Cátia Fernandes	OS FALTA D'AR / RUN NA VILLA	Senior Feminino	06:42:22	+03:38:32	17:30
197	1998	Vera Lúcia Da Costa Ferreira	Os matraquilhos	Senior Feminino	06:45:39	+03:41:49	17:38
198	1293	Irene Torres	Hard and Wild 2	Senior Feminino	06:45:41	+03:41:51	17:38
199	1997	Paula Cristina Oliveira Marques	Os matraquilhos	Senior Feminino	06:46:28	+03:42:38	17:40
200	2136	Jenny Nunes	SOL	Senior Feminino	07:00:10	+03:56:20	18:16
201	2104	Renata Silva	saídos da casca	Senior Feminino	07:00:14	+03:56:24	18:16
202	2103	Liliana Almeida	saídos da casca	Senior Feminino	07:00:17	+03:56:27	18:16
203	1299	Alexandra Reis	Individual	Senior Feminino	07:00:22	+03:56:32	18:17
204	1320	Ângela Maria Ferreira Morais	Individual	Senior Feminino	07:00:31	+03:56:41	18:17
205	2112	Helena Lobão	Shots International Runners	Senior Feminino	07:02:05	+03:58:15	18:21
206	2231	MARTA SOARES	TOU QUE NEM POSSO	Senior Feminino	07:02:06	+03:58:16	18:21
207	1317	Andreia Patricia Ferreira da Silva	Individual	Senior Feminino	07:17:18	+04:13:28	19:01
208	1403	Tânia Ferreira	Individual	Senior Feminino	07:17:18	+04:13:28	19:01
209	1385	Sara Cristina Pinheiro	Individual	Senior Feminino	07:17:25	+04:13:35	19:01
210	1406	Vânia Carreirinha Faria	Individual	Senior Feminino	07:17:25	+04:13:35	19:01
211	1393	sonia	Individual	Senior Feminino	07:32:30	+04:28:40	19:40
212	2074	LILIANA SANTOS	run4fun	Senior Feminino	07:32:34	+04:28:44	19:41
213	1369	patricia coutinho	Individual	Senior Feminino	07:32:55	+04:29:05	19:42
214	1294	Teresa Machado	Hard and Wild 2	Senior Feminino	09:01:38	+05:57:48	23:33

Senior Masculino

1	1286	Paulo César Ferreira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:23:40		06:15
2	1041	CARLOS MARTINS	ARRASTA O PE	Senior Masculino	02:25:56	+02:16	06:21

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23 KM

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3	1891	Miguel Martins	NAST	Senior Masculino	02:34:07	+10:27	06:42
4	1094	Miguel Neves	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	02:35:15	+11:35	06:45
5	2017	André Teixeira	PAREDES AVENTURA	Senior Masculino	02:38:20	+14:40	06:53
6	1950	Bruno Silva	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:38:22	+14:42	06:53
7	1009	Paulo manuel monteiro da costa	A.D.Amarante trail running	Senior Masculino	02:39:47	+16:07	06:57
8	1996	Marco André Oliveira Lopes MendesFerreira	Os Lobos do Saibro	Senior Masculino	02:41:13	+17:33	07:01
9	1133	David Ferreira	Dr Merino Clínica Médica	Senior Masculino	02:42:00	+18:20	07:03
10	1506	Ivo Pereira	Individual	Senior Masculino	02:43:22	+19:42	07:06
11	1132	Bruno Alcino Bessa Pinto	Dr Merino Clínica Médica	Senior Masculino	02:45:01	+21:21	07:10
12	2117	Paulo Domingues	Shots International Runners	Senior Masculino	02:46:31	+22:51	07:14
13	1948	Andre Nogueira	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:49:42	+26:02	07:23
14	1167	Anthony Lopes	Engomadoria L&A Team	Senior Masculino	02:49:59	+26:19	07:23
15	1227	Ricardo Rocha	FAST AO KM-PRR/Health&Nutrition	Senior Masculino	02:50:24	+26:44	07:25
16	1421	André Sampaio	Individual	Senior Masculino	02:55:09	+31:29	07:37
17	1173	Sérgio Santos	Engomadoria L&A Team	Senior Masculino	02:56:46	+33:06	07:41
18	1430	Artur Barbosa	Individual	Senior Masculino	02:58:42	+35:02	07:46
19	1033	António Manuel Dias Moreira	Amigos do Pedal/Trailagares	Senior Masculino	02:58:42	+35:02	07:46
20	1150	Nuno Gomes	EDV-VIANA TRAIL	Senior Masculino	02:58:51	+35:11	07:47
21	1645	Sergio Andre da Silva Coelho	Individual	Senior Masculino	02:58:51	+35:11	07:47
22	1126	Vitor Ribeiro	Didáxis Trail	Senior Masculino	02:58:58	+35:18	07:47
23	1638	Rui Manuel Alves Monteiro Araújo	Individual	Senior Masculino	02:58:58	+35:18	07:47
24	1216	Nuno Alves	FAMA RUNNERS	Senior Masculino	02:59:44	+36:04	07:49
25	93	Diogo João	Individual	Senior Masculino	03:00:15	+36:35	07:50
26	1953	Fernando Taborda	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:01:15	+37:35	07:53
27	1639	Rui Matos	Individual	Senior Masculino	03:01:17	+37:37	07:53
28	1424	António José Oliveira Marques de Sousa	Individual	Senior Masculino	03:01:18	+37:38	07:53
29	2018	Helder Camilo	PAREDES AVENTURA	Senior Masculino	03:01:54	+38:14	07:55
30	1648	Sérgio Carneiro	Individual	Senior Masculino	03:02:10	+38:30	07:55
31	1057	Carlos Jesus	Beat Your Limit!	Senior Masculino	03:02:10	+38:30	07:55
32	2131	Luís Letra	Dr Merino Clínica Médica	Senior Masculino	03:02:17	+38:37	07:56
33	1618	Ricardo Ferreira	Individual	Senior Masculino	03:02:31	+38:51	07:56
34	1184	Ricardo Martins Henriques Pais	ERMIDAFIT Runners	Senior Masculino	03:02:55	+39:15	07:57
35	2249	Pedro Valentim Batista	Unidade Especial de Corrida	Senior Masculino	03:03:04	+39:24	07:58
36	1420	André Mesquita Guimarães	Individual	Senior Masculino	03:03:26	+39:46	07:59
37	1956	José Neto	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:03:51	+40:11	08:00
38	2251	André Ribeiro Almeida	VAINDO	Senior Masculino	03:05:02	+41:22	08:03
39	1438	Bruno Miguel Gonçalves de Freitas	Individual	Senior Masculino	03:07:28	+43:48	08:09
40	1168	Celso Santos	Engomadoria L&A Team	Senior Masculino	03:07:32	+43:52	08:09
41	2130	Fábio Carvalho	Sneakers Power/APRT	Senior Masculino	03:07:51	+44:11	08:10
42	1523	Joaquim dias	Individual	Senior Masculino	03:09:02	+45:22	08:13
43	2248	Luis Miguel Azevedo da Silva	Unidade Especial de Corrida	Senior Masculino	03:09:33	+45:53	08:14

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44	1497	Helder Campos	Individual	Senior Masculino	03:09:36	+45:56	08:15
45	1171	Hélder Ferreira	Engomadoria L&A Team	Senior Masculino	03:09:38	+45:58	08:15
46	1879	Nelson Marques	Multipower Gaia Trail CFOD	Senior Masculino	03:09:43	+46:03	08:15
47	1960	Pedro Duarte	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:09:48	+46:08	08:15
48	1952	Fernando Grabulho	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:09:52	+46:12	08:15
49	1266	José Paulo Pereira Ribeiro	Ginásio Factor X	Senior Masculino	03:10:02	+46:22	08:16
50	1219	Vitor Santos Carneiro	FAMA RUNNERS	Senior Masculino	03:10:42	+47:02	08:17
51	1011	Ricardo Miguel Magalhaes Nunes	A.R.C.O.	Senior Masculino	03:11:34	+47:54	08:20
52	2277	Hugo Ferreira	WHITE RUNNING TEAM	Senior Masculino	03:11:48	+48:08	08:20
53	2016	Ricardo Fernandes	PAPAKM	Senior Masculino	03:11:57	+48:17	08:21
54	1482	Fernando Leite	Individual	Senior Masculino	03:12:29	+48:49	08:22
55	1136	Tiago Amaral	Dr Merino Clínica Médica	Senior Masculino	03:14:10	+50:30	08:27
56	1631	Rúben Alves	Individual	Senior Masculino	03:14:41	+51:01	08:28
57	1522	Joaquim Alves	Individual	Senior Masculino	03:15:10	+51:30	08:29
58	1545	José Miguel Fortuna Pinto	Individual	Senior Masculino	03:15:18	+51:38	08:29
59	1517	João Maria Albuquerque Trigueiros Rodrigues Alves	Individual	Senior Masculino	03:15:38	+51:58	08:30
60	1007	Luís Carlos Pinto Mendes	A.D.Amarante trail running	Senior Masculino	03:15:46	+52:06	08:31
61	2208	Ricardo Marques	Team Idealkorpus	Senior Masculino	03:16:25	+52:45	08:32
62	1911	MAURO CARDOSO	NOCTURNOS DE PAREDES	Senior Masculino	03:16:32	+52:52	08:33
63	1918	ROGERIO SOUSA	NOCTURNOS DE PAREDES	Senior Masculino	03:16:33	+52:53	08:33
64	1919	SERGIO VALE	NOCTURNOS DE PAREDES	Senior Masculino	03:16:33	+52:53	08:33
65	1134	Nuno Pinho	Dr Merino Clínica Médica	Senior Masculino	03:16:50	+53:10	08:33
66	2193	Bruno Loureiro	Team DUAS FACES	Senior Masculino	03:17:03	+53:23	08:34
67	1159	Ricardo Carvalho	EI Team Trail	Senior Masculino	03:17:28	+53:48	08:35
68	1957	Leonel Neves	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:18:16	+54:36	08:37
69	1947	Agostinho Sousa	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:19:50	+56:10	08:41
70	2127	Dário Ribeiro	Smiling Runners	Senior Masculino	03:19:51	+56:11	08:41
71	2013	Daniel Fonseca	PAPAKM	Senior Masculino	03:20:15	+56:35	08:42
72	1624	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	03:20:43	+57:03	08:44
73	1434	Bruno Filipe Ribeiro Teixeira	Individual	Senior Masculino	03:21:19	+57:39	08:45
74	1118	romeu filipe pacheco pereira	CrossFit Vale do Ave	Senior Masculino	03:21:27	+57:47	08:46
75	1148	Bruno Simões	EDV-VIANA TRAIL	Senior Masculino	03:21:38	+57:58	08:46
76	2200	Ricardo Dantas	Team DUAS FACES	Senior Masculino	03:21:38	+57:58	08:46
77	1569	Micael cunha	Individual	Senior Masculino	03:21:45	+58:05	08:46
78	189	Pedro Lizardo	Pedro Lizardo	Senior Masculino	03:22:32	+58:52	08:48
79	1157	José Cruz	EI Team Trail	Senior Masculino	03:22:40	+59:00	08:49
80	2132	Rui Oliveira	Sneakers Power/APRT	Senior Masculino	03:22:53	+59:13	08:49
81	1423	António Filipe de Sousa Teixeira	Individual	Senior Masculino	03:24:22	+01:00:42	08:53
82	1535	jorge sousa	Individual	Senior Masculino	03:24:55	+01:01:15	08:55
83	1553	Luís Lobão	Individual	Senior Masculino	03:25:40	+01:02:00	08:57
84	1274	FRANCISCO FIGUEIREDO	Ginasio Fit4Fun	Senior Masculino	03:25:58	+01:02:18	08:57
85	2162	Joel Simplício	Sunday Training	Senior Masculino	03:26:02	+01:02:22	08:57
86	1117	Felisberto Carvalho Arcipreste	CrossFit Vale do Ave	Senior Masculino	03:26:03	+01:02:23	08:58

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OFFICIAL RESULT

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131	1075	Vitor Castro	Brabus Runners	Senior Masculino	03:41:35	+01:17:55	09:38
132	1593	Paulo Martins	Individual	Senior Masculino	03:42:47	+01:19:07	09:41
133	1065	Daniel Ribeiro	BitRunners	Senior Masculino	03:42:48	+01:19:08	09:41
134	1166	Ângelo Cabral	Engomadoria L&A Team	Senior Masculino	03:43:08	+01:19:28	09:42
135	1172	José Conceição	Engomadoria L&A Team	Senior Masculino	03:43:08	+01:19:28	09:42
136	1443	Carlos Daniel Moreira da Silva Azevedo	Individual	Senior Masculino	03:43:09	+01:19:29	09:42
137	1623	Ricardo Jorge Rosas De Oliveira	Individual	Senior Masculino	03:43:11	+01:19:31	09:42
138	1572	Miguel Paredes	Individual	Senior Masculino	03:43:21	+01:19:41	09:43
139	1445	Carlos Manuel Ribeiro Magalhães	Individual	Senior Masculino	03:43:39	+01:19:59	09:43
140	2047	Pedro Henriques	Rainha Club	Senior Masculino	03:43:48	+01:20:08	09:44
141	1649	sergio dias	Individual	Senior Masculino	03:43:59	+01:20:19	09:44
142	1156	António Pereira	EI Team Trail	Senior Masculino	03:44:36	+01:20:56	09:46
143	169	João Marques	NO TOMORROW RUNNING TEAM	Senior Masculino	03:44:42	+01:21:02	09:46
144	1539	José Ferreira Costa	Individual	Senior Masculino	03:44:44	+01:21:04	09:46
145	2116	Francisco Gomes	Shots International Runners	Senior Masculino	03:45:12	+01:21:32	09:47
146	2301	Joaquim Duarte	Individual	Senior Masculino	03:45:47	+01:22:07	09:49
147	2201	Rui Juvenal Rodrigues de Andrade	Team DUAS FACES	Senior Masculino	03:45:50	+01:22:10	09:49
148	90	CARLOS FERNANDES	Individual	Senior Masculino	03:45:51	+01:22:11	09:49
149	1183	pedro maia	ERMIDAFIT Runners	Senior Masculino	03:45:53	+01:22:13	09:49
150	2240	Vitor Santos	Trepa Paredes	Senior Masculino	03:45:58	+01:22:18	09:49
151	2302	José Pedro Dias	Individual	Senior Masculino	03:46:03	+01:22:23	09:50
152	2180	Ricardo Oliveira	Sweet Runners	Senior Masculino	03:46:07	+01:22:27	09:50
153	1565	Marco Paulo Costa e Sousa Sousa	Individual	Senior Masculino	03:47:03	+01:23:23	09:52
154	2207	Júlio Magalhães	Team Idealkorpus	Senior Masculino	03:47:12	+01:23:32	09:53
155	1538	Jose Fernando Rocha Moreira	Individual	Senior Masculino	03:47:53	+01:24:13	09:54
156	2099	Albino Pinto	SAI DA FRENTE	Senior Masculino	03:48:11	+01:24:31	09:55
157	2199	Pedro Miguel Leão Santos	Team DUAS FACES	Senior Masculino	03:48:29	+01:24:49	09:56
158	1275	JORGE COSTA	Ginasio Fit4Fun	Senior Masculino	03:48:48	+01:25:08	09:57
159	1105	Pedro Leandro Guedes Nogueira	Clube Vodafone	Senior Masculino	03:49:32	+01:25:52	09:59
160	1666	Virgílio Maia Teixeira	Individual	Senior Masculino	03:49:45	+01:26:05	09:59
161	1500	HELDER LUIS NUNES PACHECO	Individual	Senior Masculino	03:49:55	+01:26:15	10:00
162	2223	Márcio Sérgio Rocha Sousa	Tecla 3 Runners	Senior Masculino	03:50:27	+01:26:47	10:01
163	1063	Bruno Flávio Ferreira Macieira	Bikes & Friends	Senior Masculino	03:52:01	+01:28:21	10:05
164	1663	Tiago Miguel Prada veiga	Individual	Senior Masculino	03:52:05	+01:28:25	10:05
165	2069	LUIS LEAL	Run4all	Senior Masculino	03:52:15	+01:28:35	10:06
166	1088	Carlos Viana	CAETANO RUNNERS	Senior Masculino	03:52:19	+01:28:39	10:06
167	1650	Sérgio Edgar Rodrigues Moreira	Individual	Senior Masculino	03:52:22	+01:28:42	10:06
168	1457	cristiano ventura	Individual	Senior Masculino	03:52:22	+01:28:42	10:06
169	1412	Adérito Silva	Individual	Senior Masculino	03:52:25	+01:28:45	10:06
170	1959	Mario Almeida	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:52:29	+01:28:49	10:06
171	1220	Vitor Teixeira	FAMA RUNNERS	Senior Masculino	03:53:17	+01:29:37	10:09
172	1149	Manuel Jesus	EDV-VIANA TRAIL	Senior Masculino	03:53:41	+01:30:01	10:10
173	2270	José Lopes	VIDAATIVARUNNERS	Senior Masculino	03:53:42	+01:30:02	10:10
174	1135	Pedro Leite	Dr Merino Clínica Médica	Senior Masculino	03:54:07	+01:30:27	10:11
175	1573	Nadine Coelho	Individual	Senior Masculino	03:55:33	+01:31:53	10:14

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176	1008	Nuno Carvalho	A.D.Amarante trail running	Senior Masculino	03:55:55	+01:32:15	10:15
177	1054	Daniel Ferreira	Associação Desportiva de Cabroelo	Senior Masculino	03:56:20	+01:32:40	10:17
178	206	Williams Rodriguez	Step by Step Team	Senior Masculino	03:56:28	+01:32:48	10:17
179	1955	Ivo Dias	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:56:33	+01:32:53	10:17
180	1958	Luis Lopes	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:57:06	+01:33:26	10:19
181	1993	Jorge Ferreirinha	OS FERAS	Senior Masculino	03:57:21	+01:33:41	10:19
182	1994	José Lopes	OS FERAS	Senior Masculino	03:57:21	+01:33:41	10:19
183	1556	Luís Miguel Machado Rodrigues	Individual	Senior Masculino	03:57:22	+01:33:42	10:19
184	2256	Luis Ribeiro	Veloses & Furiosos	Senior Masculino	03:57:34	+01:33:54	10:20
185	1170	Gustavo Santos	Engomadoria L&A Team	Senior Masculino	03:57:49	+01:34:09	10:20
186	1654	Sérgio Paulo de Sousa Almeida	Individual	Senior Masculino	03:58:11	+01:34:31	10:21
187	1581	Nuno Reis	Individual	Senior Masculino	03:58:15	+01:34:35	10:22
188	1036	Bruno Neves	andamazé	Senior Masculino	03:59:04	+01:35:24	10:24
189	1937	André Queirós	Not Run Alone	Senior Masculino	03:59:04	+01:35:24	10:24
190	1230	Helder Tiago Gonçalves Gomes	FFit Gaia Trail	Senior Masculino	03:59:22	+01:35:42	10:24
191	1416	Álvaro Daniel Silva Cardoso	Individual	Senior Masculino	03:59:28	+01:35:48	10:25
192	1208	Rui Rocha	Eu+ Ginásio LMA	Senior Masculino	03:59:49	+01:36:09	10:26
193	2230	Paulo Nobre	The Stigs-Life Club	Senior Masculino	04:01:45	+01:38:05	10:31
194	2229	Diogo Aguiar	The Stigs-Life Club	Senior Masculino	04:01:46	+01:38:06	10:31
195	1882	Mário Andre Oliveira	N14	Senior Masculino	04:01:52	+01:38:12	10:31
196	1974	Bruno Filipe da Costa Mendes	Os DEZavergonhados	Senior Masculino	04:02:46	+01:39:06	10:33
197	1433	Bruno Faria	Individual	Senior Masculino	04:02:55	+01:39:15	10:34
198	1640	Rui Pedro Marinho Pinto	Individual	Senior Masculino	04:02:57	+01:39:17	10:34
199	1659	Telmo Mendonça	Individual	Senior Masculino	04:03:09	+01:39:29	10:34
200	2264	César Carvalho	VIDAATIVARUNNERS	Senior Masculino	04:03:30	+01:39:50	10:35
201	2073	Rui Rebelo	Run4all	Senior Masculino	04:04:12	+01:40:32	10:37
202	1542	jose manuel ferreira dos santos	Individual	Senior Masculino	04:04:18	+01:40:38	10:37
203	1462	David Filipe Todo Bom Polido	Individual	Senior Masculino	04:04:50	+01:41:10	10:39
204	2293	Rui Gomes	Kintanos	Senior Masculino	04:05:07	+01:41:27	10:39
205	1943	Manuel Antonio Reis Morais	Nunca mais team	Senior Masculino	04:05:20	+01:41:40	10:40
206	1446	Carlos Manuel Santos Cruz	Individual	Senior Masculino	04:05:26	+01:41:46	10:40
207	1120	Sandro Filipe Sampaio de Oliveira	CrossFit Vale do Ave	Senior Masculino	04:05:27	+01:41:47	10:40
208	4158	Domingos Santos	Individual	Senior Masculino	04:05:28	+01:41:48	10:40
209	1597	pedro alexandre domingos branco silva	Individual	Senior Masculino	04:05:45	+01:42:05	10:41
210	1587	Óscar Manuel Fonseca Figueiredo	Individual	Senior Masculino	04:06:25	+01:42:45	10:43
211	1541	José Luís Pinto	Individual	Senior Masculino	04:06:26	+01:42:46	10:43
212	1655	Simão Cardoso	Individual	Senior Masculino	04:06:34	+01:42:54	10:43
213	2042	Cipriano Moreira	Rainha Club	Senior Masculino	04:06:37	+01:42:57	10:43
214	1896	João Pinto	NO TOMORROW RUNNING TEAM	Senior Masculino	04:07:07	+01:43:27	10:45
215	1561	Manuel Brabosa	Individual	Senior Masculino	04:07:48	+01:44:08	10:46
216	2153	Pedro Neves	Sport Remo	Senior Masculino	04:07:49	+01:44:09	10:46
217	2067	HUGO LOBO	Run4all	Senior Masculino	04:07:57	+01:44:17	10:47
218	2265	Hélder Torres	VIDAATIVARUNNERS	Senior Masculino	04:08:22	+01:44:42	10:48
219	1453	Célio Roberto Andrade Pereira	Individual	Senior Masculino	04:08:52	+01:45:12	10:49

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220	1584	Nuno Silva	Individual	Senior Masculino	04:09:02	+01:45:22	10:50
221	2072	PEDRO CARVALHO	Run4all	Senior Masculino	04:10:46	+01:47:06	10:54
222	1483	Fernando Vieira Pereira	Individual	Senior Masculino	04:11:48	+01:48:08	10:57
223	1552	Luis Filipe Moreira Silva Pinto	Individual	Senior Masculino	04:13:51	+01:50:11	11:02
224	2100	Filipe Barbosa	SAI DA FRENTE	Senior Masculino	04:14:05	+01:50:25	11:03
225	1530	Joel Marques	Individual	Senior Masculino	04:14:23	+01:50:43	11:04
226	1267	Manuel Silva	Ginásio Factor X	Senior Masculino	04:15:10	+01:51:30	11:06
227	1536	José Amorim	Individual	Senior Masculino	04:15:21	+01:51:41	11:06
228	2021	Marco Costa	Pe de Chumbo	Senior Masculino	04:15:27	+01:51:47	11:06
229	1652	Sergio Moreira	Individual	Senior Masculino	04:15:29	+01:51:49	11:06
230	1520	João Pedro Baptista Salvaterra	Individual	Senior Masculino	04:15:37	+01:51:57	11:07
231	1185	Sergio Pereira	ERMIDAFIT Runners	Senior Masculino	04:16:45	+01:53:05	11:10
232	1895	Pedro Teixeira	Ninja Team	Senior Masculino	04:16:54	+01:53:14	11:10
233	1560	Manuel António Martins Vieira	Individual	Senior Masculino	04:17:31	+01:53:51	11:12
234	2219	Alexandre Gomes Silva Soares	Tecla 3 Runners	Senior Masculino	04:17:59	+01:54:19	11:13
235	1476	FÁBIO RODRIGUES	Individual	Senior Masculino	04:18:18	+01:54:38	11:14
236	1502	helder silva	Individual	Senior Masculino	04:18:52	+01:55:12	11:15
237	2226	Tiago André Ribeiro Borges	Tecla 3 Runners	Senior Masculino	04:19:01	+01:55:21	11:16
238	2221	Hugo Filipe ernandes Sousa	Tecla 3 Runners	Senior Masculino	04:19:01	+01:55:21	11:16
239	202	Rui Santos Pereira	Shots International Runners	Senior Masculino	04:19:11	+01:55:31	11:16
240	1605	Pedro Martins	Individual	Senior Masculino	04:19:13	+01:55:33	11:16
241	1887	Rui Manuel Soares do Rêgo	NAST	Senior Masculino	04:20:04	+01:56:24	11:18
242	2135	Nelson Nunes	Só Chocolate	Senior Masculino	04:20:36	+01:56:56	11:20
243	1449	Carlos Miguel Martins Teixeira Seca	Individual	Senior Masculino	04:20:49	+01:57:09	11:20
244	127	Tiago Marques Pereira	Individual	Senior Masculino	04:20:52	+01:57:12	11:21
245	1130	António Luís Rocha Santos Correia Peixoto	Dr Merino Clínica Médica	Senior Masculino	04:20:53	+01:57:13	11:21
246	1571	Miguel Guimarães	Individual	Senior Masculino	04:21:07	+01:57:27	11:21
247	1415	Alex Tondela	Individual	Senior Masculino	04:21:07	+01:57:27	11:21
248	1633	Rui Balbeira	Individual	Senior Masculino	04:21:22	+01:57:42	11:22
249	1894	Leandro Especial	Ninja Team	Senior Masculino	04:21:48	+01:58:08	11:23
250	1232	Nelson Manuel Santos Couto	FFit Gaia Trail	Senior Masculino	04:21:49	+01:58:09	11:23
251	2054	Luís Costa	RIPOLINS.COM	Senior Masculino	04:23:21	+01:59:41	11:27
252	1205	Miguel Baía	Eu+ Ginásio LMA	Senior Masculino	04:23:27	+01:59:47	11:27
253	1217	Ricardo Costa	FAMA RUNNERS	Senior Masculino	04:23:32	+01:59:52	11:27
254	1001	Ricardo Gomes	4all Road - Runners	Senior Masculino	04:23:33	+01:59:53	11:28
255	1657	Simão Sousa	Individual	Senior Masculino	04:23:33	+01:59:53	11:28
256	2145	Adolfo Almeida	Solmaia Runners	Senior Masculino	04:23:51	+02:00:11	11:28
257	1577	Nuno Filipe Monteiro Moreira Silva	Individual	Senior Masculino	04:24:03	+02:00:23	11:29
258	2149	Rui Gomes	Solmaia Runners	Senior Masculino	04:24:03	+02:00:23	11:29
259	2097	Paulo Borges	Sai ao Pai	Senior Masculino	04:24:03	+02:00:23	11:29
260	2095	Bruno Cunha	Sai ao Pai	Senior Masculino	04:24:04	+02:00:24	11:29
261	1431	Bernardo Mouta	Individual	Senior Masculino	04:24:14	+02:00:34	11:29
262	2137	Paulo Pereira	SOL	Senior Masculino	04:25:16	+02:01:36	11:32
263	1612	Rafael Simões de Almeida	Individual	Senior Masculino	04:25:25	+02:01:45	11:32
264	2176	Luís Meireles	Sweet Runners	Senior Masculino	04:25:36	+02:01:56	11:33
265	1452	carlos vicente	Individual	Senior Masculino	04:26:16	+02:02:36	11:35

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312	1428	Armando Pinto	Individual	Senior Masculino	04:39:51	+02:16:11	12:10
313	1574	Nelson Almeida	Individual	Senior Masculino	04:39:51	+02:16:11	12:10
314	1550	Luís Babo Silva	Individual	Senior Masculino	04:40:05	+02:16:25	12:11
315	2178	Nuno Meireles	Sweet Runners	Senior Masculino	04:41:16	+02:17:36	12:14
316	1976	Michel Moreira da Rocha	Os DEZavergonhados	Senior Masculino	04:41:16	+02:17:36	12:14
317	2146	Carlos Costa	Solmaia Runners	Senior Masculino	04:42:40	+02:19:00	12:17
318	1917	RENATO PINTO	NOCTURNOS DE PAREDES	Senior Masculino	04:43:45	+02:20:05	12:20
319	1480	Fernando Emanuel de Oliveira Ferreira	Individual	Senior Masculino	04:44:43	+02:21:03	12:23
320	1234	Paulo Jorge Santos	FFit Gaia Trail	Senior Masculino	04:44:54	+02:21:14	12:23
321	1580	Nuno Pedro Rodrigues Dos Santos	Individual	Senior Masculino	04:45:01	+02:21:21	12:24
322	1526	Joaquim Vidal	Individual	Senior Masculino	04:45:03	+02:21:23	12:24
323	2001	Ricardo Dias	Os Penduras	Senior Masculino	04:45:08	+02:21:28	12:24
324	2075	JOSE SOUSA	run4fun	Senior Masculino	04:45:17	+02:21:37	12:24
325	1243	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:45:21	+02:21:41	12:24
326	1242	António Joaquim Teixeira Alves	Fridão Sem Limites	Senior Masculino	04:45:22	+02:21:42	12:24
327	1913	NUNO ROCHA	NOCTURNOS DE PAREDES	Senior Masculino	04:46:22	+02:22:42	12:27
328	1460	Daniel Leal	Individual	Senior Masculino	04:46:33	+02:22:53	12:28
329	1444	CARLOS MANUEL DOS SANTOS ROCHA	Individual	Senior Masculino	04:46:44	+02:23:04	12:28
330	1595	Paulo Pereira	Individual	Senior Masculino	04:46:52	+02:23:12	12:28
331	1427	Armando Pinho	Individual	Senior Masculino	04:47:02	+02:23:22	12:29
332	1158	Mário Araújo	El Team Trail	Senior Masculino	04:47:33	+02:23:53	12:30
333	2111	Luis Miguel Vieira	Serviço Urgência & Friends	Senior Masculino	04:48:15	+02:24:35	12:32
334	1291	Sergio Rocha	GymRecarei	Senior Masculino	04:48:38	+02:24:58	12:33
335	1592	Paulo Jorge Pereira Alves	Individual	Senior Masculino	04:48:57	+02:25:17	12:34
336	1647	Sérgio Brochado	Individual	Senior Masculino	04:49:26	+02:25:46	12:35
337	1985	Rui Teixeira Pinto	OS FALTA D'AR / RUN NA VILLA	Senior Masculino	04:49:27	+02:25:47	12:35
338	1984	Nelson Ferreira	OS FALTA D'AR / RUN NA VILLA	Senior Masculino	04:49:28	+02:25:48	12:35
339	1986	Tiago Camboa	OS FALTA D'AR / RUN NA VILLA	Senior Masculino	04:49:29	+02:25:49	12:35
340	1615	Ricardo André Vale Monteiro	Individual	Senior Masculino	04:51:11	+02:27:31	12:40
341	1607	Pedro Miguel Araújo Oliveira	Individual	Senior Masculino	04:51:11	+02:27:31	12:40
342	2045	Luís Ramos	Rainha Club	Senior Masculino	04:51:43	+02:28:03	12:41
343	1954	Francisco Bogalho	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	04:52:10	+02:28:30	12:42
344	2005	Ricardo João Fernandes Teixeira	Os Potentes	Senior Masculino	04:52:13	+02:28:33	12:42
345	1206	Pedro Machado	Eu+ Ginásio LMA	Senior Masculino	04:52:30	+02:28:50	12:43
346	1207	Renato Barros	Eu+ Ginásio LMA	Senior Masculino	04:52:30	+02:28:50	12:43
347	1024	Gustavo Assunção	Ainda Falta Muito?	Senior Masculino	04:52:53	+02:29:13	12:44
348	2026	Joel Pinto	Pintinhos	Senior Masculino	04:52:58	+02:29:18	12:44
349	1084	Gil Castro	BYL! BEAT YOUR LIMIT!	Senior Masculino	04:53:03	+02:29:23	12:44
350	1458	Daniel Barbosa	Individual	Senior Masculino	04:53:04	+02:29:24	12:45
351	1630	Rodolfo Orfão	Individual	Senior Masculino	04:55:52	+02:32:12	12:52
352	1557	Luis Teixeira	Individual	Senior Masculino	04:55:59	+02:32:19	12:52
353	1609	Pedro Nuno Magalhães Barbosa Garcez	Individual	Senior Masculino	04:56:08	+02:32:28	12:53
354	1448	Carlos Mendes	Individual	Senior Masculino	04:56:29	+02:32:49	12:53
355	1507	Jaime António de Azevedo Soares	Individual	Senior Masculino	04:57:20	+02:33:40	12:56

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23 KM

OFFICIAL RESULT

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23 KM

OFFICIAL RESULT

CN - | AP2GO - TIMING SOLUTION - | AP2GO - TIMING SOLUTION - | AP2GO -

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Trail 23K

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OFFICIAL RESULT

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446	1525	Joaquim Teixeira	Individual	Senior Masculino	05:48:24	+03:24:44	15:09
447	1558	Luis Vale	Individual	Senior Masculino	05:50:44	+03:27:04	15:15
448	2282	Nuno Silva	WOLVES	Senior Masculino	05:56:11	+03:32:31	15:29
449	2281	Cláudio Silva	WOLVES	Senior Masculino	05:56:12	+03:32:32	15:29
450	2283	Rui Sousa	WOLVES	Senior Masculino	05:56:12	+03:32:32	15:29
451	2280	Bruno Henriques	WOLVES	Senior Masculino	05:56:12	+03:32:32	15:29
452	1544	Jose Manuel Silva Gonçalves	Individual	Senior Masculino	06:00:26	+03:36:46	15:40
453	2098	Ricardo Ribeiro	Sai ao Pai	Senior Masculino	06:01:41	+03:38:01	15:44
454	2239	Nuno Filipe Antunes Silva	TransPousada Trail Team	Senior Masculino	06:03:46	+03:40:06	15:49
455	2091	Fernando Nunes	S4L Runners	Senior Masculino	06:06:35	+03:42:55	15:56
456	1632	Rui Almeida	Individual	Senior Masculino	06:11:39	+03:47:59	16:10
457	1186	tiago araujo	ERMIDAFIT Runners	Senior Masculino	06:12:01	+03:48:21	16:10
458	1570	Miguel Costa	Individual	Senior Masculino	06:12:02	+03:48:22	16:11
459	1414	Alberto Machado	Individual	Senior Masculino	06:15:29	+03:51:49	16:20
460	2175	Luis Alves	Sweet Runners	Senior Masculino	06:17:25	+03:53:45	16:25
461	1202	César Filipe Martins Ferreira	Eu+ Ginásio LMA	Senior Masculino	06:18:28	+03:54:48	16:27
462	1451	Carlos Trigo	Individual	Senior Masculino	06:19:05	+03:55:25	16:29
463	2171	Bruno Martins	Sweet Runners	Senior Masculino	06:22:29	+03:58:49	16:38
464	1971	Márcio Silva	os aventureiros	Senior Masculino	06:30:01	+04:06:21	16:57
465	1920	TELMO MOTA	NOCTURNOS DE PAREDES	Senior Masculino	06:37:34	+04:13:54	17:17
466	1481	Fernando Jorge Martins Pinheiro	Individual	Senior Masculino	06:44:15	+04:20:35	17:35
467	2000	José Eduardo Oliveira Marques	Os matraquilhos	Senior Masculino	06:45:38	+04:21:58	17:38
468	1297	Rui Sousa	Hard and Wild 2	Senior Masculino	06:45:40	+04:22:00	17:38
469	1295	Aurélio Neto	Hard and Wild 2	Senior Masculino	06:45:40	+04:22:00	17:38
470	1999	Diogo Filipe Pedrosa da Silva	Os matraquilhos	Senior Masculino	06:45:55	+04:22:15	17:39
471	1594	Paulo Martins	Individual	Senior Masculino	07:00:29	+04:36:49	18:17
472	1588	paulo aguiar	Individual	Senior Masculino	07:32:30	+05:08:50	19:40

Veterana F40

1	1686	Helena Costa	Individual	Veterana F40	04:03:01		10:34
2	1025	Maria Fátima da Silva O. A. Almeida	Ainda Falta Muito?	Veterana F40	04:05:16	+02:15	10:40
3	1699	Paula Silva	Individual	Veterana F40	04:15:42	+12:41	11:00
4	1276	CONCEIÇÃO FERREIRA	Ginasio Fit4Fun	Veterana F40	04:17:02	+14:01	11:11
5	1923	GORETI ROCHA	NOCTURNOS DE PAREDES	Veterana F40	04:19:04	+16:03	11:16
6	2006	amelia moreira	os selvagens	Veterana F40	04:20:48	+17:47	11:20
7	1678	Esmeralda Melo	Individual	Veterana F40	04:21:07	+18:06	11:21
8	1070	Margarida Sousa	BitRunners	Veterana F40	04:26:32	+23:31	11:35
9	1704	Sandra Miranda	Individual	Veterana F40	04:27:29	+24:28	11:38
10	2023	susana canhola	Pernetas	Veterana F40	04:29:20	+26:19	11:43
11	1049	teresa pinho	as cinco	Veterana F40	04:29:41	+26:40	11:44
12	1683	Filomena da Silva Peixoto da Costa Neto	Individual	Veterana F40	04:32:52	+29:51	11:52
13	1687	Helena Gomes	Individual	Veterana F40	04:36:40	+33:39	12:02
14	1680	Eugénia Teixeira	Individual	Veterana F40	04:38:20	+35:19	12:06
15	2269	Susana Silva	VIDAATIVARUNNERS	Veterana F40	04:38:50	+35:49	12:07

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Trail 23K

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16	2268	Maria da Graça Caleiro da Costa	VIDAATIVARUNNERS	Veterana F40	04:38:50	+35:49	12:07
17	1693	Luisa Almeida	Individual	Veterana F40	04:40:11	+37:10	12:11
18	1137	Maria Alice Ferreira Sousa	Dr Merino Clínica Médica	Veterana F40	04:47:44	+44:43	12:31
19	1675	Carla Oliveira	Individual	Veterana F40	04:47:59	+44:58	12:31
20	1222	Rosa Vilhena	FAMA RUNNERS	Veterana F40	04:48:50	+45:49	12:34
21	2210	Manuela Mota	Team Idealkorpus	Veterana F40	04:49:58	+46:57	12:36
22	1221	Alzira Ferreira	FAMA RUNNERS	Veterana F40	04:51:34	+48:33	12:41
23	1690	ISABEL CARVALHO	Individual	Veterana F40	04:54:04	+51:03	12:42
24	1688	Iria de Fátima de Sousa Pacheco Cruz	Individual	Veterana F40	05:00:05	+57:04	13:03
25	1852	Carla Gil	Inquipa	Veterana F40	05:00:07	+57:06	13:03
26	1694	Maria Arminda Moreira	Individual	Veterana F40	05:00:52	+57:51	13:05
27	1888	Ana Carolina Lopes Ferreira	NAST	Veterana F40	05:04:29	+01:01:28	13:14
28	2184	Fernanda Leão	Sweet Runners	Veterana F40	05:10:47	+01:07:46	13:31
29	1703	Sandra Maria Lopes Arribança	Individual	Veterana F40	05:12:02	+01:09:01	13:34
30	1684	Glória Monteiro	Individual	Veterana F40	05:15:05	+01:12:04	13:42
31	2183	Elsa Dias	Sweet Runners	Veterana F40	05:15:16	+01:12:15	13:42
32	1696	Maria Noémia Rolla	Individual	Veterana F40	05:16:25	+01:13:24	13:45
33	1048	helenia barbosa	as cinco	Veterana F40	05:22:43	+01:19:42	14:02
34	1671	Ana Rocha	Individual	Veterana F40	05:23:38	+01:20:37	14:04
35	1681	Fátima António	Individual	Veterana F40	05:26:07	+01:23:06	14:11
36	1695	Maria Fernanda Sousa	Individual	Veterana F40	05:26:48	+01:23:47	14:13
37	1262	Armandina da Silva Torres	GDCT INCM	Veterana F40	05:31:43	+01:28:42	14:25
38	1706	Sônia Teixeira	Individual	Veterana F40	05:33:00	+01:29:59	14:29
39	1670	Ana Guimarães	Individual	Veterana F40	05:36:03	+01:33:02	14:37
40	1939	Cacilda Maria Sousa Ramos	Not Run Alone	Veterana F40	05:38:30	+01:35:29	14:43
41	1669	Alexandra Bessa	Individual	Veterana F40	05:41:42	+01:38:41	14:51
42	1270	CIDÁLIA PEIXOTO	Ginásio Factor X	Veterana F40	05:44:57	+01:41:56	15:00
43	1705	Sandra Silva	Individual	Veterana F40	05:47:57	+01:44:56	15:08
44	1700	paula teixeira	Individual	Veterana F40	05:48:24	+01:45:23	15:09
45	1187	paula silva	ERMIDAFIT Runners	Veterana F40	05:48:45	+01:45:44	15:10
46	1002	Maria Helena Carvalho	4all Road - Runners	Veterana F40	05:53:07	+01:50:06	15:21
47	1689	Isabel Alexandra oliveira Santos Silva	Individual	Veterana F40	05:53:11	+01:50:10	15:21
48	1672	Ana varela	Individual	Veterana F40	05:53:11	+01:50:10	15:21
49	1679	Estefânia Matias	Individual	Veterana F40	05:56:40	+01:53:39	15:30
50	1853	Cristina Amaral	Inquipa	Veterana F40	05:58:12	+01:55:11	15:34
51	1085	Elvira Maria Ribeiro Almeida de Lima	BYL! BEAT YOUR LIMIT!	Veterana F40	05:59:04	+01:56:03	15:37
52	1685	Graça Silva	Individual	Veterana F40	06:06:33	+02:03:32	15:56
53	35	Maria do Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	06:11:14	+02:08:13	16:08
54	36	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	06:11:14	+02:08:13	16:08
55	1697	Marieta Viana	Individual	Veterana F40	06:26:19	+02:23:18	16:48
56	1698	Paula Cristina das Neves Ribeiro Próspero	Individual	Veterana F40	06:26:35	+02:23:34	16:48
57	1924	MARIA JESUS	NOCTURNOS DE PAREDES	Veterana F40	06:26:39	+02:23:38	16:49
58	2307	Isabel mesquita	Individual	Veterana F40	09:01:38	+04:58:37	23:33

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1	1095	Asdrubal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:28:05	06:26
2	2133	André Guedes	Dr Merino Clínica Médica	Veterano M40	02:34:41	+06:36 06:44
3	1963	Armandino Taborda	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	02:37:32	+09:27 06:51
4	1097	Paulo Pinto	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:40:23	+12:18 06:58
5	1551	Paulo Rebelo	Individual	Veterano M40	02:43:13	+15:08 07:06
6	1034	Fernando Neves	Amigos do Pedal/Trailagares	Veterano M40	02:45:32	+17:27 07:1
7	1043	FRANSCISCO LEMOS	ARRASTA O PE	Veterano M40	02:50:06	+22:01 07:24
8	1494	Fernando Noronha	Individual	Veterano M40	02:50:06	+22:01 07:24
9	1258	Jorge Pereira	GAIA-RUNNING	Veterano M40	02:51:12	+23:07 07:27
10	1155	Manuel Soares	EDV-VIANA TRAIL	Veterano M40	02:58:51	+30:46 07:47
11	1224	Jorge Maia	FAMA RUNNERS	Veterano M40	02:59:45	+31:40 07:49
12	1731	antonio pereira	Individual	Veterano M40	03:01:57	+33:52 07:55
13	1096	Paulo Oliveira	CENTRO CICLISTA DE GONDOMAR	Veterano M40	03:03:28	+35:23 07:59
14	1815	PAULO JORGE MOREIRA DA SILVA	Individual	Veterano M40	03:03:51	+35:46 08:00
15	2030	Carlos Rocha	Porto Runners	Veterano M40	03:03:51	+35:46 08:00
16	1964	Carlos Silva	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	03:05:13	+37:08 08:03
17	1978	Jorge Manuel Barbosa Moreira	Os DEZavergonhados	Veterano M40	03:05:48	+37:43 08:05
18	1071	Antonio Azevedo	BOAVISTA FC	Veterano M40	03:08:48	+40:43 08:13
19	1746	DIONISIO MANUEL CORREIA SOUSA	Individual	Veterano M40	03:09:51	+41:46 08:15
20	1044	Horácio Henrique Santos Ferreira	ARSM - Associação Reciativa de S. Miguel	Veterano M40	03:10:02	+41:57 08:16
21	1966	Orlando Nogueira	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	03:10:25	+42:20 08:17
22	1736	Augusto Oliveira	Individual	Veterano M40	03:10:35	+42:30 08:17
23	1743	Carlos Ferreira	Individual	Veterano M40	03:14:05	+46:00 08:26
24	1782	Luis Fernando Lopes	Individual	Veterano M40	03:16:28	+48:23 08:33
25	1929	ARNALDO SANTOS	NOCTURNOS DE PAREDES	Veterano M40	03:16:32	+48:27 08:33
26	2007	domingos barros	os selvagens	Veterano M40	03:19:29	+51:24 08:40
27	2257	Luis Pereira	Veloses & Furiosos	Veterano M40	03:20:22	+52:17 08:43
28	2107	antonio coelho	SAPADORES INVICTA	Veterano M40	03:20:37	+52:32 08:43
29	1753	Fernando Jorge Soares da Rocha	Individual	Veterano M40	03:21:05	+53:00 08:45
30	1715	alipio lopes	Individual	Veterano M40	03:22:46	+54:41 08:49
31	1727	António Maria Moreira Gomes	Individual	Veterano M40	03:24:19	+56:14 08:53
32	1162	Joaquim Coelho	EI Team Trail	Veterano M40	03:25:19	+57:14 08:56
33	2108	joaquim nunes	SAPADORES INVICTA	Veterano M40	03:26:02	+57:57 08:57
34	1729	António Osório Pinto	Individual	Veterano M40	03:26:26	+58:21 08:59
35	1042	eugenio lopes cunha	ARRASTA O PE	Veterano M40	03:27:29	+59:24 09:01
36	1810	Paulo Ferreira Morais	Individual	Veterano M40	03:28:01	+59:56 09:03
37	1808	Paulo Augusto Oliveira Pacheco	Individual	Veterano M40	03:28:15	+01:00:10 09:03
38	1792	Manuel pinheiro	Individual	Veterano M40	03:28:33	+01:00:28 09:04
39	1711	Agostinho Paulo Teixeira Sousa	Individual	Veterano M40	03:29:09	+01:01:04 09:0

Trail 23K

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40	1791	Manuel Oliveira	Individual	Veterano M40	03:29:20	+01:01:15	09:06
41	1722	ANTONIO CUNHA	Individual	Veterano M40	03:29:53	+01:01:48	09:08
42	1225	José Alves	FAMA RUNNERS	Veterano M40	03:30:47	+01:02:42	09:10
43	1755	Filipe Campelo Lemos	Individual	Veterano M40	03:32:06	+01:04:01	09:13
44	1781	Lieven Verraest	Individual	Veterano M40	03:32:24	+01:04:19	09:14
45	1798	Nuno filipe Peixoto duarte	Individual	Veterano M40	03:32:26	+01:04:21	09:14
46	1191	Miguel Rocha	Esmoriz runners	Veterano M40	03:32:33	+01:04:28	09:14
47	1728	António Martins	Individual	Veterano M40	03:33:22	+01:05:17	09:17
48	1777	José Manuel Teixeira Vieira	Individual	Veterano M40	03:33:55	+01:05:50	09:18
49	1988	Carlos Fazendeiro	OS FALTA D'AR / RUN NA VILLA	Veterano M40	03:34:28	+01:06:23	09:19
50	1765	Joaquim Manuel Sousa Gomes	Individual	Veterano M40	03:34:54	+01:06:49	09:21
51	1710	agostinho moreira	Individual	Veterano M40	03:35:40	+01:07:35	09:23
52	2294	Agostinho Carlos da Rocha Sousa	Individual	Veterano M40	03:36:24	+01:08:19	09:25
53	1788	manuel arcanjo freitas ferreira	Individual	Veterano M40	03:37:31	+01:09:26	09:27
54	1050	Alcino Gouveia	Ascários de Escariz	Veterano M40	03:38:18	+01:10:13	09:29
55	1823	pedro mouro	Individual	Veterano M40	03:38:45	+01:10:40	09:31
56	1073	João Lázaro	Boccasballs	Veterano M40	03:38:53	+01:10:48	09:31
57	2012	alfredo costa	oursense-o desporto a vossa medida	Veterano M40	03:39:02	+01:10:57	09:31
58	1051	José Oliveira	Ascários de Escariz	Veterano M40	03:39:20	+01:11:15	09:32
59	2191	Ferreira da Silva	TEAM @VENIDA	Veterano M40	03:39:22	+01:11:17	09:32
60	1770	José Ferreira	Individual	Veterano M40	03:39:34	+01:11:29	09:33
61	1718	Ângelo César Jorge Vieira Neto	Individual	Veterano M40	03:39:41	+01:11:36	09:33
62	1737	Avelino dos Santos Coelho	Individual	Veterano M40	03:40:11	+01:12:06	09:34
63	1811	Paulo Gama	Individual	Veterano M40	03:41:07	+01:13:02	09:37
64	1844	Vitor Sousa	Individual	Veterano M40	03:42:18	+01:14:13	09:40
65	1942	PAULO JORGE BARBOSA DA ROCHA	Not Run Alone	Veterano M40	03:42:31	+01:14:26	09:40
66	1124	Eduardo Paulo Pinto Teixeira	CTAD TRILHOS DE CINFÃES	Veterano M40	03:44:17	+01:16:12	09:45
67	2019	Pedro Pratas	PAREDES AVENTURA	Veterano M40	03:44:47	+01:16:42	09:46
68	1809	Paulo Brás	Individual	Veterano M40	03:45:10	+01:17:05	09:47
69	1713	Alexandre Moreira	Individual	Veterano M40	03:46:02	+01:17:57	09:50
70	1819	Paulo SC Martins	Individual	Veterano M40	03:47:10	+01:19:05	09:53
71	2025	Fernando costa	Pernetas	Veterano M40	03:48:08	+01:20:03	09:55
72	1725	Antonio Jesus	Individual	Veterano M40	03:48:32	+01:20:27	09:56
73	1726	António Lino Ferreira Souto	Individual	Veterano M40	03:48:47	+01:20:42	09:57
74	1260	Vitor Fernandes	GAIA-RUNNING	Veterano M40	03:48:51	+01:20:46	09:57
75	1763	Joaquim Alberto Oliveira Gonçalves	Individual	Veterano M40	03:49:04	+01:20:59	09:58
76	1237	Fernando Jorge Oliveira	FFit Gaia Trail	Veterano M40	03:50:03	+01:21:58	10:00
77	1779	jose morais	Individual	Veterano M40	03:52:25	+01:24:20	10:06
78	1965	Fernando santos	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	03:52:29	+01:24:24	10:06
79	2186	António Dias	Sweet Runners	Veterano M40	03:52:38	+01:24:33	10:07
80	1720	António Alexandre Pinto da Costa Mota	Individual	Veterano M40	03:53:48	+01:25:43	10:10
81	1816	Paulo José Garcês Pacheco	Individual	Veterano M40	03:53:49	+01:25:44	10:10
82	1280	JOSE DUARTE	GINASIO PURA FORMA	Veterano M40	03:54:03	+01:25:58	10:11
83	2011	Lino Moreira	"Os TurboMula" D.O.C.	Veterano M40	03:55:18	+01:27:13	10:14
84	1854	Abilio Malheiro	Inquipa	Veterano M40	03:56:33	+01:28:28	10:17

Trail 23K

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

131	1099	Américo Gomes	Clube Atletismo de Lamas	Veterano M40	04:28:56	+02:00:51	11:42
132	1762	João Miguel Pereira Ferreira	Individual	Veterano M40	04:29:10	+02:01:05	11:42
133	1786	LUIS PEIXOTO	Individual	Veterano M40	04:29:19	+02:01:14	11:43
134	1259	PAULO PIRES	GAIA-RUNNING	Veterano M40	04:29:22	+02:01:17	11:43
135	1941	josé rodrigues	Not Run Alone	Veterano M40	04:29:35	+02:01:30	11:43
136	1804	octavio moreira	Individual	Veterano M40	04:29:35	+02:01:30	11:43
137	1719	ANTÓNIO ALBERTO MOREIRA DE SOUSA	Individual	Veterano M40	04:29:49	+02:01:44	11:44
138	1734	Arménio Ribeiro	Individual	Veterano M40	04:30:46	+02:02:41	11:46
139	1161	Carlos Silva	El Team Trail	Veterano M40	04:30:52	+02:02:47	11:47
140	1829	Rui Cunha	Individual	Veterano M40	04:31:56	+02:03:51	11:49
141	2159	Pedro Vidal	Sport Remo	Veterano M40	04:32:26	+02:04:21	11:51
142	1817	PAULO RENATO MACEDO VILA COVA	Individual	Veterano M40	04:32:33	+02:04:28	11:51
143	1188	vitor andrade	ERMIDAFIT Runners	Veterano M40	04:32:47	+02:04:42	11:52
144	1764	Joaquim Carneiro	Individual	Veterano M40	04:32:48	+02:04:43	11:52
145	1771	José Joaquim Rodrigues Silva	Individual	Veterano M40	04:33:37	+02:05:32	11:54
146	1758	Henrique Marques	Individual	Veterano M40	04:33:37	+02:05:32	11:54
147	1103	Pedro Oliveira	Clube Galpenergia Norte	Veterano M40	04:35:32	+02:07:27	11:59
148	1086	Paulo Lima	BYL! BEAT YOUR LIMIT!	Veterano M40	04:35:38	+02:07:33	11:59
149	1040	Augusto Rodrigues	ARCORUN	Veterano M40	04:35:52	+02:07:47	12:00
150	2155	César Araújo	Sport Remo	Veterano M40	04:36:56	+02:08:51	12:02
151	1716	Álvaro Saraiva	Individual	Veterano M40	04:38:11	+02:10:06	12:06
152	1878	Lucio Cunha	Moure Trail Running	Veterano M40	04:38:18	+02:10:13	12:06
153	1772	José Leite	Individual	Veterano M40	04:38:45	+02:10:40	12:07
154	1742	Carlos Avelino	Individual	Veterano M40	04:38:45	+02:10:40	12:07
155	1039	Rui Campos	ANONYMOUS PROSPORTS CHALLENGER	Veterano M40	04:38:53	+02:10:48	12:08
156	1027	Augusto José Candoso Tavares	ALIVE	Veterano M40	04:39:14	+02:11:09	12:08
157	1830	Rui Freitas	Individual	Veterano M40	04:39:45	+02:11:40	12:10
158	1785	Luis Miguel Andrade Moreira Dias	Individual	Veterano M40	04:39:45	+02:11:40	12:10
159	1228	Candido Rocha	FAST AO KM- PRR/Health&Nutrition	Veterano M40	04:41:24	+02:13:19	12:14
160	1837	Salvador Manuel da Silva Santos	Individual	Veterano M40	04:42:21	+02:14:16	12:17
161	1802	Nuno Miguel Marcos Preto	Individual	Veterano M40	04:42:52	+02:14:47	12:18
162	1083	Rodolfo Jose Melo de Sousa	BUDEGUITA RUNNERS	Veterano M40	04:44:35	+02:16:30	12:22
163	2236	PAULO HENRIQUES	TOU QUE NEM POSSO	Veterano M40	04:45:08	+02:17:03	12:24
164	1140	Luis de Almeida	Duros & Rijos	Veterano M40	04:45:50	+02:17:45	12:26
165	1060	Carlos Manuel Malheiro Coelho silva	Bifase	Veterano M40	04:46:25	+02:18:20	12:27
166	2102	Emanuel Fernando de Oliveira Durães	SAI DA FRENTE	Veterano M40	04:46:44	+02:18:39	12:28
167	1870	paulo leite	Lotus&Lirios	Veterano M40	04:46:58	+02:18:53	12:29
168	1828	Rolando Bessa	Individual	Veterano M40	04:47:12	+02:19:07	12:29
169	1805	Orlando Miguel Rocha Branco Teixeira	Individual	Veterano M40	04:47:15	+02:19:10	12:29
170	1121	Francisco Bartolomeu	CrossFit Vale do Ave	Veterano M40	04:47:52	+02:19:47	12:31
171	1813	Paulo Jorge da Silva Seabra	Individual	Veterano M40	04:48:18	+02:20:13	12:32
172	2213	José Dias	Team Idealkorpus	Veterano M40	04:49:21	+02:21:16	12:35
173	2211	Filipe Mota	Team Idealkorpus	Veterano M40	04:49:58	+02:21:53	12:36
174	2156	Hugo Bártolo	Sport Remo	Veterano M40	04:50:38	+02:22:33	12:38

Official Timekeeper: Lap2Go	21 / 23	generate 31-mai-2015 20:12
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23 KM

OFFICIAL RESULT

ON LAR2CO TIMING SOLUTION LAR2CO TIMING SOLUTION LAR2CO

Official Timekeeper: Lap2Go	22 / 23	generate 31-mai-2015 20:12
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23 KM

OFFICIAL RESULT

220	1757	Germano Moura	Individual	Veterano M40	05:39:36	+03:11:31	14:46
221	1210	Manuel Cunha Lima	experiençar	Veterano M40	05:39:43	+03:11:38	14:46
222	1747	eduardo castro	Individual	Veterano M40	05:39:50	+03:11:45	14:47
223	2142	José Mário Alves	SOLINCA RUNNING TRIBE DRAGÃO	Veterano M40	05:41:15	+03:13:10	14:50
224	2049	Sergio Pinheiro	Rainha Club	Veterano M40	05:44:16	+03:16:11	14:58
225	1800	Nuno Henrique Morais da Silva Ferreira	Individual	Veterano M40	05:44:17	+03:16:12	14:58
226	1774	José Luís Silva	Individual	Veterano M40	05:53:13	+03:25:08	15:21
227	1845	Vitor Viana	Individual	Veterano M40	05:56:40	+03:28:35	15:30
228	1856	Paulo Alexandre Costa	Inquipa	Veterano M40	06:00:06	+03:32:01	15:39
229	1835	Rui Paulo A. D. Zilhão	Individual	Veterano M40	06:01:14	+03:33:09	15:42
230	2085	Rui Avelino Silva	Running Mates	Veterano M40	06:01:30	+03:33:25	15:43
231	1741	Carlos Almeida	Individual	Veterano M40	06:01:53	+03:33:48	15:44
232	1807	Paulo Alexandre Cristóvão Próspero	Individual	Veterano M40	06:07:05	+03:39:00	15:58
233	2276	Pedro Justo	Vulpes Vulpes	Veterano M40	06:08:52	+03:40:47	16:02
234	2160	Rui Rodrigues	Sport Remo	Veterano M40	06:19:55	+03:51:50	16:31
235	1003	José António Oliveira	4all Road - Runners	Veterano M40	06:22:45	+03:54:40	16:38
236	1931	RUI SILVA	NOCTURNOS DE PAREDES	Veterano M40	06:26:39	+03:58:34	16:49
237	2158	Paulo Ferreira	Sport Remo	Veterano M40	06:39:00	+04:10:55	17:21
238	1256	Rodrigo Ferraz	Funky Runners	Veterano M40	06:39:25	+04:11:20	17:22
239	2185	Ângelo Machado	Sweet Runners	Veterano M40	06:42:01	+04:13:56	17:29
240	1989	Rui Santos	OS FALTA D'AR / RUN NA VILLA	Veterano M40	06:42:22	+04:14:17	17:30

COLETIVA 23KM[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	CENTRO CICLISTA DE GONDOMAR	10:47:12 [3 + 6 + 11 + 49]	0
2	Dr Merino Clínica Médica	11:03:59 [5 + 13 + 16 + 44]	0
3	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	11:06:51 [7 + 9 + 19 + 37]	0
4	Engomadoria L&A Team	12:03:55 [20 + 26 + 58 + 64]	0
5	PAREDES AVENTURA	12:28:51 [8 + 40 + 50 + 221]	0
6	FAMA RUNNERS	12:40:57 [34 + 35 + 74 + 146]	0
7	NOCTURNOS DE PAREDES	13:06:10 [89 + 90 + 91 + 92]	0
8	EDV-VIANA TRAIL	13:13:01 [29 + 30 + 108 + 266]	0
9	Team DUAS FACES	13:34:58 [94 + 109 + 130 + 139]	0
10	EI Team Trail	13:50:03 [96 + 112 + 119 + 216]	0
11	A.D.Amarante trail running	13:55:44 [10 + 86 + 277 + 320]	0
12	Shots International Runners	14:06:08 [18 + 174 + 224 + 289]	0
13	Sweet Runners	14:44:10 [150 + 157 + 232 + 264]	0
14	Afrikan Runners	14:46:17 [198 + 199 + 200 + 201]	0
15	Ginasio Fit4Fun	14:56:10 [117 + 121 + 245 + 383]	0
16	GONDOMAR FUTSAL CLUBE	15:05:39 [1 + 332 + 366 + 411]	0
17	ERMIDAFIT Runners	15:14:26 [46 + 228 + 346 + 380]	0
18	Ginásio Factor X	15:34:12 [70 + 171 + 367 + 485]	0
19	VIDAATIVARUNNERS	15:40:43 [167 + 267 + 318 + 341]	0
20	CrossFit Vale do Ave	15:40:49 [107 + 124 + 327 + 584]	0
21	NAST	15:52:28 [4 + 268 + 400 + 671]	0
22	Team Idealkorpus	15:54:14 [87 + 236 + 302 + 591]	0
23	Rainha Club	16:01:02 [213 + 275 + 334 + 368]	0
24	Run4all	16:15:09 [256 + 319 + 339 + 355]	0
25	Not Run Alone	16:40:56 [204 + 294 + 469 + 472]	0
26	Tecla 3 Runners	16:45:26 [252 + 387 + 388 + 392]	0
27	Sport Remo	16:46:28 [141 + 338 + 486 + 514]	0
28	Fridão Sem Limites	16:48:48 [158 + 218 + 565 + 566]	0
29	FFit Gaia Trail	16:56:07 [251 + 295 + 417 + 558]	0
30	Os DEZavergonhados	17:15:50 [56 + 310 + 547 + 789]	0
31	Smiling Runners	17:37:01 [100 + 477 + 561 + 658]	0
32	Eu+ Ginásio LMA	17:39:12 [297 + 423 + 424 + 615]	0
33	BitRunners	17:43:16 [206 + 446 + 447 + 691]	0
34	Solmaia Runners	17:48:46 [420 + 429 + 431 + 522]	0
35	OS FALTA D'AR / RUN NA VILLA	18:02:51 [163 + 593 + 594 + 595]	0
36	Bifase	18:39:35 [351 + 570 + 607 + 608]	0
37	Ainda Falta Muito?	18:43:52 [324 + 618 + 619 + 620]	0
38	TOU QUE NEM POSSO	18:45:00 [371 + 562 + 598 + 624]	0

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39	Inquipa	18:58:42 [281 + 553 + 646 + 740]	0
40	Pernetas	19:04:14 [240 + 467 + 764 + 765]	0
41	as cinco	20:45:50 [471 + 759 + 760 + 804]	0
42	Corridas De Pernas Pro Ar	20:48:39 [617 + 703 + 735 + 793]	0
43	4all Road - Runners	20:51:56 [358 + 427 + 872 + 928]	0
44	BUDEGUITA RUNNERS	21:15:38 [504 + 556 + 847 + 906]	0
45	Running Mates	21:44:15 [694 + 806 + 807 + 808]	0
46	WOLVES	23:44:46 [876 + 877 + 878 + 879]	0
47	Hard and Wild 2	25:24:26 [690 + 962 + 963 + 964]	0
48	Funky Runners	25:33:57 [822 + 947 + 950 + 951]	0
49	os aventureiros	26:00:04 [936 + 937 + 938 + 939]	0
50	Os matraquilhos	27:03:39 [960 + 961 + 965 + 966]	0