

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	13.9°C	67%
End	19:06	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1202	Rui Laranjeira	experienciar/sportsonfire/barceltécnica	Veterano M40	02:23:29		07:10
2	2231	Ricardo Rego	ricardo	Senior Masculino	02:31:08	+07:40	07:33
3	1333	Ricardo Andre Ramos Miranda	gtt - armazém do caffè	Senior Masculino	02:34:38	+11:09	07:44
4	2419	António Martins	individual	Veterano M40	02:35:18	+11:49	07:46
5	1092	António Manuel Figueiredo Moita	anonymous prosports challenger	Veterano M40	02:35:24	+11:56	07:46
6	1323	Artur Barbosa	grupo desportivo dos ferroviários de campanhã	Senior Masculino	02:35:45	+12:16	07:47
7	1043	Fernando Oliveira	aliança de gandra	Veterano M40	02:35:57	+12:29	07:48
8	1077	Francisco Lemos	amigos do pedal trailagares	Veterano M40	02:36:44	+13:16	07:50
9	2169	Fábio Pinto	paredes aventura	Senior Masculino	02:36:57	+13:28	07:51
10	1556	Ivo Pereira	individual	Senior Masculino	02:37:51	+14:23	07:54
11	2116	Fernando Taborda	oralklass-amigos do trail	Senior Masculino	02:37:58	+14:30	07:54
12	1044	José Augusto	aliança de gandra	Veterano M40	02:38:58	+15:29	07:57
13	1073	Ricardo Emanuel Peixoto Moreira	amigos do pedal trailagares	Senior Masculino	02:39:00	+15:32	07:57
14	2123	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	02:39:36	+16:07	07:59
15	2317	MARCO ANDRE ALMEIDA FERREIRA	team duas faces	Senior Masculino	02:40:01	+16:33	08:00
16	1679	Ricardo Soares PT	individual	Senior Masculino	02:40:12	+16:44	08:01
17	1331	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	02:41:05	+17:37	08:03
18	2318	TIAGO FERREIRA SANTOS	team duas faces	Senior Masculino	02:41:15	+17:46	08:04
19	1069	António Manuel Dias Moreira	amigos do pedal trailagares	Senior Masculino	02:42:03	+18:35	08:06
20	1649	Paulo César Ferreira	individual	Senior Masculino	02:43:51	+20:23	08:12
21	2118	José Neto	oralklass-amigos do trail	Senior Masculino	02:44:53	+21:25	08:15
22	1979	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	02:48:55	+25:27	08:27
23	1633	Milton César Miranda dos Santos	individual	Senior Masculino	02:49:07	+25:39	08:27
24	2097	João Pedro Leal	ofrunning	Senior Masculino	02:50:16	+26:47	08:31
25	1042	Carlos Silva	aliança de gandra	Veterano M40	02:50:19	+26:50	08:31
26	1327	Emanuel Orlando P.B. Costa	gtt - armazém do caffè	Senior Masculino	02:50:29	+27:01	08:31
27	2122	Rui Costa	oralklass-amigos do trail	Senior Masculino	02:50:35	+27:06	08:32
28	1344	Bruno Teixeira	helder óptica team	Senior Masculino	02:51:04	+27:36	08:33
29	1835	Jose Maria Soares Guimaraes	individual	Veterano M40	02:51:14	+27:45	08:34
30	2412	Hugo Romano	moinhos run - adrm	Veterano M40	02:51:26	+27:57	08:34
31	2111	Maria Areias	oralklass-amigos do trail	Senior Feminino	02:51:51	+28:23	08:36
32	2209	Narciso Machado	profisio team	Veterano M40	02:51:59	+28:30	08:36
33	1334	Sérgio André da Silva Coelho	gtt - armazém do caffè	Senior Masculino	02:52:18	+28:49	08:37
34	1307	Carlos Barbosa	global trail	Veterano M40	02:52:33	+29:05	08:38
35	1641	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:52:44	+29:15	08:38
36	2170	Helder Camilo	paredes aventura	Senior Masculino	02:52:48	+29:19	08:38
37	2108	Nuno Manuel Coelho Paredinha	olimpico vianense trail/nd sport	Senior Masculino	02:54:08	+30:39	08:42
38	1549	Hugo Andrade	individual	Senior Masculino	02:54:16	+30:47	08:43
39	1796	Antonio Fernando Coutinho Moreira	individual	Veterano M40	02:54:40	+31:11	08:44
40	1667	Ricardo Ferreira	individual	Senior Masculino	02:54:51	+31:23	08:45
41	1560	João Cardoso	individual	Senior Masculino	02:54:52	+31:23	08:45

Official Timekeeper: Lap2Go	1 / 22	generate 31-May-2016 10:11
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TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1785	Abilio Mendes Magalhães	individual	Veterano M40	02:54:59	+31:30	08:45
43	1207	Ricardo Rocha	fast ao km	Senior Masculino	02:55:37	+32:09	08:47
44	2110	Mario Gonçalves	olimpico vianense trail/nd sport	Veterano M40	02:56:00	+32:31	08:48
45	1581	jose antonio Domínguez Pereira	individual	Senior Masculino	02:56:04	+32:35	08:48
46	1653	pedro alves	individual	Senior Masculino	02:56:11	+32:43	08:49
47	1799	Asdrúbal Freitas	individual	Veterano M40	02:56:29	+33:00	08:49
48	1253	Paulo Teixeira de Sousa	fridão sem limites	Veterano M40	02:56:55	+33:26	08:51
49	2405	Francisco Pacheco	cfit	Senior Masculino	02:57:20	+33:52	08:52
50	2353	Ivan Silva	trilhostermais.pt	Senior Masculino	02:57:45	+34:17	08:53
51	1031	Agostinho Sousa	aliança de gandra	Senior Masculino	02:59:01	+35:32	08:57
52	1252	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	02:59:03	+35:34	08:57
53	1179	José Carlos F. Dias	ctad - trilhos de cinfaes	Veterano M40	02:59:18	+35:49	08:58
54	1463	Agostinho Barbosa Reis	individual	Senior Masculino	02:59:33	+36:04	08:59
55	1245	Adão Paulo Teixeira Monteiro	fridão sem limites	Senior Masculino	03:00:04	+36:35	09:00
56	1332	Rafael Escrivães	gtt - armazém do caffè	Senior Masculino	03:00:10	+36:42	09:01
57	1197	Sérgio pereira	ermidafit runners	Senior Masculino	03:00:23	+36:55	09:01
58	1981	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	03:02:04	+38:35	09:06
59	1099	Carlos Fernandes	as belas e eles	Veterano M40	03:02:06	+38:38	09:06
60	1476	Angelo Vaz	individual	Senior Masculino	03:02:14	+38:46	09:07
61	1892	Ricardo Alexandre Gonçalves Moreira	individual	Veterano M40	03:02:50	+39:22	09:09
62	2362	André Ribeiro Almeida	vaindo	Senior Masculino	03:03:00	+39:31	09:09
63	1234	Artur Carvalho	fitspot - parque nascente	Veterano M40	03:03:31	+40:02	09:11
64	2040	Albertina Cunha	nocturnos de paredes	Senior Feminino	03:03:43	+40:14	09:11
65	1666	Ricardo Ferreira	individual	Senior Masculino	03:03:50	+40:21	09:12
66	1536	Flávio Martins	individual	Senior Masculino	03:03:52	+40:23	09:12
67	1032	Filipe Moreira	aliança de gandra	Senior Masculino	03:04:03	+40:35	09:12
68	2125	José Ferreira	oralklass-amigos do trail	Veterano M40	03:05:34	+42:06	09:17
69	1662	Pedro Rodrigues	individual	Senior Masculino	03:05:45	+42:16	09:17
70	2103	Rui Pereira	ofrunning	Senior Masculino	03:05:50	+42:21	09:18
71	1657	Pedro Gonçalves	individual	Senior Masculino	03:06:29	+43:00	09:19
72	2196	Laurindo Gomes	porto sentido runners	Veterano M40	03:06:30	+43:01	09:20
73	1078	Manuel Arcanjo Freitas Ferreira	amigos do pedal trailagares	Veterano M40	03:06:41	+43:12	09:20
74	1894	Ricardo Meireles	individual	Veterano M40	03:06:57	+43:29	09:21
75	1193	Luis Neves	equipotencia	Senior Masculino	03:08:32	+45:03	09:26
76	1199	Daniela Marlene de Pinho Russo	estamos juntos	Senior Feminino	03:09:20	+45:52	09:28
77	1200	Francisco Martins de Figueiredo	estamos juntos	Senior Masculino	03:09:21	+45:52	09:28
78	2141	Manuel Oliveira	os falta d'ar	Veterano M40	03:09:57	+46:28	09:30
79	2193	António Borges	porto sentido runners	Veterano M40	03:10:02	+46:33	09:30
80	1678	Ricardo Pinto	individual	Senior Masculino	03:10:07	+46:39	09:30
81	2321	Antonio Jesus	team rede ambiente	Veterano M40	03:10:23	+46:55	09:31
82	1237	Rui Silva	fitspot - parque nascente	Veterano M40	03:10:55	+47:26	09:33
83	1503	carlos oliveira	individual	Senior Masculino	03:11:12	+47:44	09:34
84	1618	Manuel Barbosa	individual	Senior Masculino	03:11:21	+47:52	09:34
85	1037	Ivo Dias	aliança de gandra	Senior Masculino	03:11:23	+47:55	09:34
86	1719	Tony Figueiredo	individual	Senior Masculino	03:11:27	+47:58	09:34

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1947	Mário Santos	kunalama runners	Senior Masculino	03:11:29	+48:00	09:34
88	1151	Ruben Barbosa	caac clube atletismo arentim e cunha	Senior Masculino	03:11:38	+48:10	09:35
89	1550	Hugo Fernanses	individual	Senior Masculino	03:12:09	+48:41	09:36
90	2086	António José Marinho Cunha	nós acreditamos	Veterano M40	03:12:58	+49:30	09:39
91	2102	Ricardo Silva	ofrunning	Senior Masculino	03:13:01	+49:33	09:39
92	2408	Vitor Neto	cfrit	Senior Masculino	03:13:45	+50:16	09:41
93	1558	João barbosa	individual	Senior Masculino	03:13:50	+50:21	09:42
94	2082	Leandro Teixeira	nós acreditamos	Senior Masculino	03:13:58	+50:29	09:42
95	324	Filipe Ramos	individual	Senior Masculino	03:14:08	+50:40	09:42
96	1984	Rui Lopes	amigos do pedal trailagares	Veterano M40	03:14:10	+50:42	09:43
97	1187	Casimira Moura	dr merino/ nutritfit	Veterana F40	03:14:20	+50:52	09:43
98	1076	Fernando Neves	amigos do pedal trailagares	Veterano M40	03:14:20	+50:52	09:43
99	1789	Alcino Gomes	individual	Veterano M40	03:14:38	+51:10	09:44
100	1141	Daniel Ribeiro	bitrunners	Senior Masculino	03:14:45	+51:17	09:44
101	1328	Filipe Novais	gtt - armazém do caffè	Senior Masculino	03:15:44	+52:15	09:47
102	1792	António Carlos Martins Roleira Marinho	individual	Veterano M40	03:15:48	+52:19	09:47
103	1167	Artur Pereira	clube de pesca de amarante	Senior Masculino	03:16:04	+52:36	09:48
104	1326	CARLOS JORGE MARQUES RIBEIRO	gtt - armazém do caffè	Senior Masculino	03:16:20	+52:52	09:49
105	2418	Atleta 2418	individual	Senior Masculino	03:16:26	+52:58	09:49
106	1903	Rui Pedro Fernandes	individual	Veterano M40	03:16:39	+53:11	09:50
107	2113	Bruno Pinto	oralklass-amigos do trail	Senior Masculino	03:17:00	+53:31	09:51
108	2212	Pedro Moreira	prosel team	Senior Masculino	03:17:34	+54:05	09:53
109	1305	João Barbosa	global trail	Senior Masculino	03:17:54	+54:26	09:54
110	1709	Sidónio Gonçalves	individual	Senior Masculino	03:18:00	+54:32	09:54
111	1598	Leandro Anjos	individual	Senior Masculino	03:18:14	+54:46	09:55
112	1242	Carlos Fernandes	frezite	Veterano M40	03:18:29	+55:00	09:55
113	2188	Hugo Figueiredo	pm	Senior Masculino	03:18:36	+55:08	09:56
114	1041	António Silva	aliança de gandra	Veterano M40	03:19:01	+55:32	09:57
115	1231	Rui Bernardo	fitspot - parque nascente	Senior Masculino	03:19:30	+56:02	09:59
116	2119	José Santos	oralklass-amigos do trail	Senior Masculino	03:19:45	+56:16	09:59
117	2120	Luis Lopes	oralklass-amigos do trail	Senior Masculino	03:20:06	+56:37	10:00
118	2247	PEDRO MACHADO	s. s. montepio	Senior Masculino	03:20:10	+56:41	10:01
119	2168	Paula Lage	paredes aventura	Senior Feminino	03:20:12	+56:44	10:01
120	2121	Tiago Sabença	oralklass-amigos do trail	Senior Masculino	03:21:00	+57:31	10:03
121	1107	Luis Pinto	avenida caffe	Senior Masculino	03:21:08	+57:39	10:03
122	2114	David Moraes	oralklass-amigos do trail	Senior Masculino	03:21:09	+57:40	10:03
123	2309	Flávio Teixeira	team agente meireles	Veterano M40	03:21:11	+57:42	10:04
124	1521	Eliseu Manuel Campos Leite	individual	Senior Masculino	03:21:20	+57:51	10:04
125	1045	Leonel Neves	aliança de gandra	Veterano M40	03:21:27	+57:58	10:04
126	1722	Vitor Caldeira	individual	Senior Masculino	03:21:36	+58:07	10:05
127	1723	Vitor cruz	individual	Senior Masculino	03:21:47	+58:19	10:05
128	2060	Paulo Colaço	nocturnos de paredes	Senior Masculino	03:21:51	+58:22	10:06
129	1155	Bruno Ramiro	casadotear.com	Senior Masculino	03:21:59	+58:31	10:06
130	1836	JOSE ANDRADE	individual	Veterano M40	03:21:59	+58:31	10:06
131	1074	Sérgio Filipe Lopes Silva	amigos do pedal trailagares	Senior Masculino	03:22:19	+58:50	10:07

TRAIL - STAGE 1

20 KM

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REVISED

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	1337	Rafael Freitas	guimarunning moscada	Senior Masculino	03:23:35	+01:00:07	10:11
133	1026	JORGE NUNES	afrikanrunners	Veterano M40	03:23:58	+01:00:30	10:12
134	1184	Nuno Pinho	dr merino/ nutritfit	Senior Masculino	03:24:48	+01:01:19	10:14
135	1132	André costa	befitness runners	Senior Masculino	03:25:02	+01:01:34	10:15
136	1071	Fábio Daniel Dias Pinto	amigos do pedal trailagares	Senior Masculino	03:25:08	+01:01:39	10:15
137	1924	Tomas Correia	já te apanho	Veterano M40	03:25:17	+01:01:48	10:16
138	1828	Joaquim da Rocha	individual	Veterano M40	03:25:19	+01:01:50	10:16
139	1807	Carlos Miranda	individual	Veterano M40	03:25:44	+01:02:15	10:17
140	1381	Cláudia Santos	individual	Senior Feminino	03:25:47	+01:02:19	10:17
141	1324	Filipe Pacheco	grupo desportivo epvs	Senior Masculino	03:26:03	+01:02:34	10:18
142	1651	Paulo Saraiva	individual	Senior Masculino	03:26:09	+01:02:41	10:19
143	1830	JORGE AMADEU MOREIRA DE SOUSA	individual	Veterano M40	03:26:28	+01:03:00	10:19
144	2081	Hélder Ribeiro	nós acreditamos	Senior Masculino	03:26:42	+01:03:13	10:20
145	1584	José Faria	individual	Senior Masculino	03:26:45	+01:03:17	10:20
146	1824	Ivo Almeida	individual	Veterano M40	03:26:50	+01:03:21	10:21
147	1062	João Araújo	amigos 1	Senior Masculino	03:26:50	+01:03:22	10:21
148	1322	Gustavo Santos	gramidense	Senior Masculino	03:26:51	+01:03:22	10:21
149	2373	José Manuel Rocha Lopes	vidaativarunners	Senior Masculino	03:26:56	+01:03:27	10:21
150	1874	Pábelo Marques	individual	Veterano M40	03:27:20	+01:03:51	10:22
151	1233	Alcino Vieira	fitspot - parque nascente	Veterano M40	03:27:22	+01:03:54	10:22
152	1310	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:27:22	+01:03:54	10:22
153	2344	Luis Filipe Teixeira	too stupid to stop	Senior Masculino	03:28:28	+01:04:59	10:25
154	2233	José Maria Leal	rosário extreme	Veterano M40	03:28:30	+01:05:02	10:26
155	1473	André Rocha	individual	Senior Masculino	03:29:39	+01:06:11	10:29
156	1067	Mónica Isabel Vieira Coelho	amigos do pedal trailagares	Senior Feminino	03:29:48	+01:06:19	10:29
157	1158	Claudio Gomes	ccd - siemens	Senior Masculino	03:30:00	+01:06:32	10:30
158	1335	Edgar Pereira	guimarunning moscada	Senior Masculino	03:30:09	+01:06:40	10:30
159	1554	Hugo Miguel Sousa da Silva	individual	Senior Masculino	03:30:26	+01:06:57	10:31
160	1595	José Sousa	individual	Senior Masculino	03:30:31	+01:07:02	10:32
161	1482	António Manuel Martins Gomes	individual	Senior Masculino	03:30:31	+01:07:03	10:32
162	1222	Daniela Gregorio	fitspot - parque nascente	Senior Feminino	03:30:34	+01:07:06	10:32
163	1515	Demétrio Matos	individual	Senior Masculino	03:30:40	+01:07:11	10:32
164	1329	HUGO PALMEIRA	gtt - armazém do caffè	Senior Masculino	03:30:40	+01:07:12	10:32
165	1212	JOSE LEMOS	feltrail	Senior Masculino	03:30:43	+01:07:14	10:32
166	1842	Jose Manuel dos Santos Costa	individual	Veterano M40	03:30:47	+01:07:18	10:32
167	1097	Ricardo Tavares	as belas e eles	Senior Masculino	03:32:25	+01:08:56	10:37
168	1565	João Martins	individual	Senior Masculino	03:32:59	+01:09:31	10:39
169	1668	Ricardo Gil Silva Magalhaes	individual	Senior Masculino	03:33:03	+01:09:35	10:39
170	2210	Raul Silva	profisio team	Veterano M40	03:33:05	+01:09:36	10:39
171	2207	Ricardo Pereira	profisio team	Senior Masculino	03:33:10	+01:09:42	10:40
172	1254	Paulo Ferreira	futurrunners	Senior Masculino	03:33:58	+01:10:29	10:42
173	1452	Tânia Margarida Simões Rino	individual	Senior Feminino	03:34:00	+01:10:31	10:42
174	1654	Pedro Castro	individual	Senior Masculino	03:34:17	+01:10:48	10:43
175	1495	BRUNO PINTO	individual	Senior Masculino	03:34:26	+01:10:57	10:43
176	1070	Bruno Filipe da Costa Mendes	amigos do pedal trailagares	Senior Masculino	03:34:36	+01:11:08	10:44

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	282	Sandra Pera	gondomar futsal clube	Senior Feminino	03:34:37	+01:11:08	10:44
178	2232	Francisco Costa	rosário extreme	Veterano M40	03:34:45	+01:11:16	10:44
179	2034	Emanuel Ramos	nascidos para correr	Senior Masculino	03:35:09	+01:11:40	10:45
180	1561	João Cardoso	individual	Senior Masculino	03:35:14	+01:11:46	10:46
181	1969	Joao Vale	leroy merlin braga	Senior Masculino	03:35:30	+01:12:02	10:47
182	1832	Jorge Miguel Sampaio da Costa	individual	Veterano M40	03:35:38	+01:12:09	10:47
183	1098	Rosa Magalhães	as belas e eles	Veterana F40	03:35:57	+01:12:29	10:48
184	1945	João Pinto	kunalama runners	Senior Masculino	03:36:04	+01:12:35	10:48
185	2106	DANIELA BARRETO	olimpico vianense trail/nd sport	Senior Feminino	03:36:13	+01:12:44	10:49
186	2109	SERGIO MARTINS	olimpico vianense trail/nd sport	Senior Masculino	03:36:13	+01:12:44	10:49
187	1462	Afonso Oliveira	individual	Senior Masculino	03:36:55	+01:13:26	10:51
188	2181	Vitor Sousa	pe de chumbo team	Veterano M40	03:36:56	+01:13:28	10:51
189	1004	Cesar Augusto Machado Viriato Lobo Ribeiro	100kmsteam	Veterano M40	03:36:57	+01:13:29	10:51
190	3989	Carolina Malheiro	cfit	Senior Masculino	03:37:07	+01:13:38	10:51
191	1712	Sonia Felix Sousa	individual	Senior Feminino	03:37:09	+01:13:41	10:51
192	2191	Emanuel Coelho	porto sentido runners	Senior Masculino	03:37:22	+01:13:54	10:52
193	1214	SERGIO FONSECA	feltrail	Veterano M40	03:37:52	+01:14:23	10:54
194	2371	HELDER MIGUEL CARVALHO TORRES	vidaativarunners	Senior Masculino	03:37:56	+01:14:28	10:54
195	2367	Carlos Eduardo Boaventura Fernandes	vidaativarunners	Senior Masculino	03:37:56	+01:14:28	10:54
196	2369	Fábio Faria	vidaativarunners	Senior Masculino	03:37:57	+01:14:28	10:54
197	1684	Romão Sampaio de Sousa	individual	Senior Masculino	03:38:05	+01:14:37	10:54
198	1608	Luís Filipe Mendes Magalhães	individual	Senior Masculino	03:38:09	+01:14:41	10:54
199	1566	João Pedro Felix Costa	individual	Senior Masculino	03:38:33	+01:15:04	10:56
200	2194	Avelino Rodrigues	porto sentido runners	Veterano M40	03:38:39	+01:15:11	10:56
201	2177	Manuel Barbosa	paredes running	Senior Masculino	03:38:58	+01:15:30	10:57
202	1066	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:38:59	+01:15:31	10:57
203	2105	Nuno Rodrigues	ofrunning	Veterano M40	03:39:26	+01:15:57	10:58
204	1075	António Jorge Coelho de Sousa	amigos do pedal trailagares	Veterano M40	03:40:01	+01:16:32	11:00
205	2124	Fernando Grabulho	oralklass-amigos do trail	Veterano M40	03:40:07	+01:16:38	11:00
206	2115	Élvio Ornelas	oralklass-amigos do trail	Senior Masculino	03:40:07	+01:16:38	11:00
207	1563	Joao Lima	individual	Senior Masculino	03:40:10	+01:16:41	11:01
208	2325	Nelson Duarte	the outsiders running trail team	Veterano M40	03:40:14	+01:16:45	11:01
209	2372	Jorge Emanuel Barbosa Jaques	vidaativarunners	Senior Masculino	03:40:26	+01:16:57	11:01
210	1876	Paulo Alexandre Leite	individual	Veterano M40	03:40:26	+01:16:57	11:01
211	2001	Pedro Vieira	moinhos run - adrm	Veterano M40	03:40:27	+01:16:59	11:01
212	1346	JOAQUIM PAULO ANDRADE REIS	helder óptica team	Veterano M40	03:40:30	+01:17:02	11:02
213	1008	Paulo Araujo	a.d sebolido trail boneca d´ouro	Senior Masculino	03:40:53	+01:17:25	11:03
214	1136	Paulo Elias	befitness runners	Senior Masculino	03:41:02	+01:17:33	11:03
215	1812	Eduardo Nascimento	individual	Veterano M40	03:41:06	+01:17:37	11:03
216	450	Telmo Manuel Msrtins Cardoso	individual	Veterano M40	03:41:07	+01:17:38	11:03
217	1050	Carlos Fonseca	all about	Senior Masculino	03:41:10	+01:17:41	11:04
218	1910	vitoe coelho	individual	Veterano M40	03:42:10	+01:18:41	11:07
219	1850	LUIS ALMEIDA	individual	Veterano M40	03:42:10	+01:18:42	11:07
220	1338	Sérgio Macieira	guimarunning moscada	Senior Masculino	03:42:20	+01:18:52	11:07

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	1628	Matias Silva	individual	Senior Masculino	03:42:44	+01:19:15	11:08
222	1001	ALBERTO SOUSA	1001 trilhos	Veterano M40	03:42:54	+01:19:25	11:09
223	1205	Luis Lopes	fardetas	Veterano M40	03:42:55	+01:19:26	11:09
224	1033	Francisco Bogalho	aliança de gandra	Senior Masculino	03:43:10	+01:19:41	11:10
225	1681	Roberto costa	individual	Senior Masculino	03:43:11	+01:19:43	11:10
226	2278	fernando morais	somos nós team	Veterano M40	03:43:31	+01:20:03	11:11
227	1971	Diogo Gomes Rodrigues	limitless	Senior Masculino	03:43:40	+01:20:11	11:11
228	1318	José Mendes	gondomar futsal clube	Veterano M40	03:43:56	+01:20:28	11:12
229	2197	TANIA BATEIRA	portocargo	Senior Feminino	03:44:30	+01:21:01	11:14
230	2273	Marco Miguel Ferreira Gonçalves	softeam	Senior Masculino	03:45:00	+01:21:31	11:15
231	1586	José Manuel Rodrigues Costa	individual	Senior Masculino	03:45:22	+01:21:53	11:16
232	1811	Domingos Manuel Oliveira Peixoto	individual	Veterano M40	03:45:22	+01:21:53	11:16
233	1843	José Manuel Moreira Lopes	individual	Veterano M40	03:45:27	+01:21:58	11:16
234	1821	Helder Manuel Rosa da Silva Deveza	individual	Veterano M40	03:45:27	+01:21:59	11:16
235	1648	Paulo Almiro Borges Sampaio	individual	Senior Masculino	03:45:27	+01:21:59	11:16
236	2064	Rui Almeida	nocturnos de paredes	Senior Masculino	03:45:36	+01:22:08	11:17
237	1483	António Marinho	individual	Senior Masculino	03:45:42	+01:22:13	11:17
238	1571	Joaquim Fernando Martins Santos	individual	Senior Masculino	03:45:50	+01:22:21	11:18
239	2291	Silvia Teixeira	sweet runners	Senior Feminino	03:46:05	+01:22:37	11:18
240	1058	Carlos Passos	all about spirit team	Veterano M40	03:46:19	+01:22:50	11:19
241	2410	Antonio Augusto dos Reis Pinto	cfit	Veterano M40	03:46:21	+01:22:53	11:19
242	1907	Victor Barros Ferreira	individual	Veterano M40	03:47:06	+01:23:38	11:21
243	1025	Vera Ribeiro	afrikanrunners	Senior Feminino	03:47:34	+01:24:06	11:23
244	2206	Joaquim Mesquita	profisio team	Senior Masculino	03:47:49	+01:24:20	11:23
245	536	António Gaspar Vieira Moreira	rdmrun	Veterano M40	03:47:59	+01:24:30	11:24
246	2166	Pedro Cabral	p & j	Senior Masculino	03:47:59	+01:24:30	11:24
247	2256	Filipe Barbosa	sai da frente	Senior Masculino	03:48:39	+01:25:10	11:26
248	1416	Margarida Cidalia Oliveira da Silva	individual	Senior Feminino	03:48:45	+01:25:17	11:26
249	1958	Bruno Andrade	lacraus	Senior Masculino	03:49:18	+01:25:49	11:28
250	1411	luisa cruz	individual	Senior Feminino	03:49:42	+01:26:14	11:29
251	2277	fatima coelho	somos nós team	Veterana F40	03:50:18	+01:26:49	11:31
252	1213	JOSE MAIAS	feltrail	Veterano M40	03:50:20	+01:26:51	11:31
253	2131	Helder Silva	os atletas	Senior Masculino	03:50:28	+01:26:59	11:31
254	1208	ADRIANO MARINHO	feltrail	Senior Masculino	03:50:30	+01:27:02	11:32
255	1209	ANTONIO FONSECA	feltrail	Senior Masculino	03:50:31	+01:27:03	11:32
256	1702	Samuel Sampaio de Sousa	individual	Senior Masculino	03:51:00	+01:27:31	11:33
257	2099	Mário Rui Padilha Carvalho	ofrunning	Senior Masculino	03:51:56	+01:28:27	11:36
258	443	Pedro Martins	individual	Veterano M40	03:52:08	+01:28:40	11:36
259	1927	Rui Polido	java team - trail and running	Senior Masculino	03:52:24	+01:28:56	11:37
260	1880	Paulo Ferreira	individual	Veterano M40	03:52:29	+01:29:01	11:37
261	1108	Agostinho Moreira	avenida caffe	Veterano M40	03:52:30	+01:29:01	11:38
262	1512	Daniel Silva	individual	Senior Masculino	03:52:31	+01:29:02	11:38
263	1096	Ricardo Magalhães	as belas e eles	Senior Masculino	03:52:31	+01:29:03	11:38
264	1787	adriano magalhaes	individual	Veterano M40	03:52:32	+01:29:03	11:38
265	1146	Luís Ribeiro	bota&sig	Senior Masculino	03:52:32	+01:29:04	11:38

TRAIL - STAGE 1

20 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	1419	Maria João Silva	individual	Senior Feminino	03:52:35	+01:29:06	11:38
267	1804	carlos campos	individual	Veterano M40	03:52:36	+01:29:07	11:38
268	2174	Jorge Oliveira	paredes aventura	Veterano M40	03:52:36	+01:29:07	11:38
269	1682	Rodrigo Alvarez Gomez	individual	Senior Masculino	03:52:46	+01:29:17	11:38
270	2101	Ricardo Ramalho	ofrunning	Senior Masculino	03:52:50	+01:29:22	11:39
271	1057	Paulo Melo	all about	Veterano M40	03:53:15	+01:29:46	11:40
272	1862	Mario Pereira	individual	Veterano M40	03:53:15	+01:29:47	11:40
273	1053	Ricardo Oliveira	all about	Senior Masculino	03:53:16	+01:29:48	11:40
274	1944	Carlos manuel ribeiro magalhaes	kunalama runners	Senior Masculino	03:53:24	+01:29:56	11:40
275	1833	Jorge Moreira	individual	Veterano M40	03:54:06	+01:30:38	11:42
276	1911	vit0r Manuel Nogueira barbosa	individual	Veterano M40	03:54:06	+01:30:38	11:42
277	2157	Nuno Marques	os turbomula	Senior Masculino	03:54:09	+01:30:41	11:43
278	1380	Cidália Teixeira	individual	Senior Feminino	03:54:27	+01:30:58	11:43
279	1009	Roberto Freitas	a.d sebolido trail boneca d´ouro	Senior Masculino	03:54:28	+01:31:00	11:43
280	1019	pedro fernandes	adru1sm-brasinh1as	Senior Masculino	03:54:53	+01:31:25	11:45
281	1020	paulo freitas	adru1sm-brasinh1as	Veterano M40	03:54:54	+01:31:25	11:45
282	1248	Carlos Alexandre Moreira Pinto	frid1o sem limites	Senior Masculino	03:55:14	+01:31:45	11:46
283	1093	Pedro Silva	ardaserra	Senior Masculino	03:55:20	+01:31:52	11:46
284	1840	José Ferreira	individual	Veterano M40	03:55:34	+01:32:06	11:47
285	1240	João Rebelo	frezite	Senior Masculino	03:56:31	+01:33:02	11:50
286	2184	Gilberto Pimenta	performance numérica	Senior Masculino	03:56:41	+01:33:13	11:50
287	1203	JOSÉ DUARTE	família pereira	Veterano M40	03:56:55	+01:33:26	11:51
288	1228	Miguel Guimaraes	fitspot - parque nascente	Senior Masculino	03:57:37	+01:34:08	11:53
289	2171	Paula Moreira	paredes aventura	Veterana F40	03:57:44	+01:34:15	11:53
290	1005	João Guimarães	a. d. l.	Veterano M40	03:57:48	+01:34:20	11:53
291	1400	Isabel Santos	individual	Senior Feminino	03:58:35	+01:35:07	11:56
292	1869	Mike Dias	individual	Veterano M40	03:58:41	+01:35:12	11:56
293	1604	Luis Alfredo Guichard Castro	individual	Senior Masculino	03:58:45	+01:35:17	11:56
294	2211	Jorge Moreira	prosel team	Senior Masculino	03:58:58	+01:35:30	11:57
295	1432	Salome Cerqueira	individual	Senior Feminino	03:59:05	+01:35:36	11:57
296	1820	Francisco Manuel Ribeiro da Costa	individual	Veterano M40	03:59:24	+01:35:56	11:58
297	1925	David Polido	java team - trail and running	Senior Masculino	03:59:27	+01:35:59	11:58
298	1543	Helder Manuel Carvalho Alves Magalhães	individual	Senior Masculino	03:59:44	+01:36:16	11:59
299	1650	Paulo Gomes Belo	individual	Senior Masculino	03:59:50	+01:36:22	12:00
300	1325	LILIANA ARAUJO	gtt - armazém do caffè	Senior Feminino	03:59:53	+01:36:24	12:00
301	1535	Filipe Sala	individual	Senior Masculino	04:00:08	+01:36:39	12:00
302	1637	Nuno Fernando Ribeiro Pereira	individual	Senior Masculino	04:00:23	+01:36:55	12:01
303	1707	sergio silva	individual	Senior Masculino	04:00:26	+01:36:57	12:01
304	1879	Paulo Fernandes	individual	Veterano M40	04:00:37	+01:37:09	12:02
305	1838	José Carlos Bago	individual	Veterano M40	04:00:54	+01:37:26	12:03
306	1295	Filipe Carelhas	generosos	Veterano M40	04:01:02	+01:37:33	12:03
307	1124	Ricardo silva meneses	barbudos da montanha	Veterano M40	04:01:12	+01:37:43	12:04
308	1701	Rui Sousa	individual	Senior Masculino	04:01:25	+01:37:57	12:04
309	1622	Márcio Santos	individual	Senior Masculino	04:01:31	+01:38:02	12:05
310	1739	carla sousa	individual	Veterana F40	04:01:37	+01:38:09	12:05

TRAIL - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
311	1890	Pedro Ferreira	individual	Veterano M40	04:01:59	+01:38:30	12:06
312	1186	Alice Sousa	dr merino/ nutritifit	Veterana F40	04:02:11	+01:38:42	12:07
313	1060	Fábio Ribeiro	amigo	Senior Masculino	04:02:30	+01:39:02	12:08
314	1631	Miguel Ângelo Silva Neto	individual	Senior Masculino	04:02:37	+01:39:09	12:08
315	1072	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	04:02:40	+01:39:12	12:08
316	1619	Manuel Martins Vieira	individual	Senior Masculino	04:03:13	+01:39:45	12:10
317	1201	Carlos Pereira	eu+ run	Veterano M40	04:03:20	+01:39:51	12:10
318	1720	vicente de sousa	individual	Senior Masculino	04:03:21	+01:39:53	12:10
319	1497	Bruno Ricardo Moreira de Sousa	individual	Senior Masculino	04:03:32	+01:40:04	12:11
320	2218	Sílvia Jeus	rainha club	Senior Feminino	04:03:33	+01:40:04	12:11
321	2349	Daniel Costa	trilha dos runners	Senior Masculino	04:03:36	+01:40:08	12:11
322	1110	Bruno Miguel Vieira	aventureiros	Senior Masculino	04:03:38	+01:40:09	12:11
323	1109	Cristina Melo	aventureiros	Senior Feminino	04:03:38	+01:40:09	12:11
324	1194	VITOR MARTINS	equipotencia	Senior Masculino	04:03:49	+01:40:20	12:11
325	1038	Alexandra Padilha	aliança de gandra	Veterana F40	04:03:56	+01:40:28	12:12
326	1308	Sérgio Osório	global trail	Veterano M40	04:03:58	+01:40:30	12:12
327	1839	José Carlos pereira Gomes	individual	Veterano M40	04:04:00	+01:40:31	12:12
328	1813	Fernando Manuel Dias Mendes	individual	Veterano M40	04:04:06	+01:40:37	12:12
329	1039	Ana Pinto	aliança de gandra	Veterana F40	04:04:09	+01:40:41	12:12
330	1250	Gustavo Bento	fridão sem limites	Senior Masculino	04:04:19	+01:40:50	12:13
331	1189	bruno sousa	ele e ela	Senior Masculino	04:04:19	+01:40:50	12:13
332	1760	Maria Augusta Silva Rosário Silva Roleira Marinho	individual	Veterana F40	04:04:49	+01:41:20	12:14
333	1985	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M40	04:05:13	+01:41:45	12:16
334	1982	Ricardo Silva	lion runners - g. d. leões da guarda	Senior Masculino	04:05:13	+01:41:45	12:16
335	1602	Libanio José Rocha Alves	individual	Senior Masculino	04:05:15	+01:41:46	12:16
336	1114	Valter Martins	bandidos	Senior Masculino	04:05:17	+01:41:48	12:16
337	1460	Vera Pinto	individual	Senior Feminino	04:05:21	+01:41:52	12:16
338	2080	Fábio Silva	nós acreditamos	Senior Masculino	04:05:34	+01:42:06	12:17
339	1860	Manuel Sampaio	individual	Veterano M40	04:05:46	+01:42:18	12:17
340	2005	Rui Quinta	moinhos run - adrm	Veterano M40	04:05:51	+01:42:22	12:18
341	1574	Jorge Carneiro	individual	Senior Masculino	04:05:54	+01:42:26	12:18
342	1034	Marco Moreira	aliança de gandra	Senior Masculino	04:06:19	+01:42:51	12:19
343	1626	Marco Sousa	individual	Senior Masculino	04:07:06	+01:43:38	12:21
344	1974	Renato Lino Ribeiro	limitless	Senior Masculino	04:07:22	+01:43:53	12:22
345	1479	António Ferreira	individual	Senior Masculino	04:07:50	+01:44:21	12:24
346	2221	Micael Martins	rainha club	Senior Masculino	04:07:50	+01:44:21	12:24
347	1531	Filipe Alberto Alves Silva	individual	Senior Masculino	04:07:51	+01:44:22	12:24
348	1846	José Pedro Gomes	individual	Veterano M40	04:07:52	+01:44:23	12:24
349	1620	Manuel Morais	individual	Senior Masculino	04:07:52	+01:44:23	12:24
350	1315	Mónica Carvalhais	gondomar futsal clube	Veterana F40	04:07:59	+01:44:31	12:24
351	2058	Marcelo Barros	nocturnos de paredes	Senior Masculino	04:08:04	+01:44:36	12:24
352	1823	Henrique Marques	individual	Veterano M40	04:08:09	+01:44:41	12:24
353	2003	Patícia Sampaio	moinhos run - adrm	Veterana F40	04:08:10	+01:44:41	12:25
354	2004	Pedro Sá	moinhos run - adrm	Veterano M40	04:08:10	+01:44:42	12:25
355	1407	Liliana Cristina Soares	individual	Senior Feminino	04:08:11	+01:44:42	12:25

TRAIL - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
356	2015	Fernanda leão	monte dos amigos	Veterana F40	04:08:17	+01:44:48	12:25
357	1421	Mariana Figueiredo Delgado	individual	Senior Feminino	04:08:17	+01:44:49	12:25
358	1746	Evelin Koester	individual	Veterana F40	04:08:24	+01:44:55	12:25
359	1171	Marco Carvalho	colégio júlio dinis	Senior Masculino	04:08:24	+01:44:55	12:25
360	2088	Fernando Silva	nós acreditamos	Veterano M40	04:08:35	+01:45:06	12:26
361	2380	Jose Maia	vidaativarunners	Veterano M40	04:08:37	+01:45:08	12:26
362	1129	Sandra Silva	befitness runners	Senior Feminino	04:08:41	+01:45:13	12:26
363	1901	Rui Jorge Moreira Freitas	individual	Veterano M40	04:08:52	+01:45:23	12:27
364	1185	Telma Castro	dr merino/ nutrifit	Senior Feminino	04:08:52	+01:45:24	12:27
365	1817	Filipe Miranda	individual	Veterano M40	04:08:56	+01:45:27	12:27
366	1352	Alexandra Marques Azevedo	individual	Senior Feminino	04:09:05	+01:45:36	12:27
367	1834	jorge rodrigues	individual	Veterano M40	04:09:07	+01:45:38	12:27
368	1397	Hortense Tenda	individual	Senior Feminino	04:09:07	+01:45:39	12:27
369	1694	Rui Martins	individual	Senior Masculino	04:09:16	+01:45:48	12:28
370	1906	sergio alberto costa sousa	individual	Veterano M40	04:09:35	+01:46:06	12:29
371	1265	Jorge M. O. Silva	gd bpi	Veterano M40	04:09:41	+01:46:12	12:29
372	1539	FRANCISCO PACHECO	individual	Senior Masculino	04:09:48	+01:46:19	12:29
373	1866	Miguel Leal	individual	Veterano M40	04:09:50	+01:46:22	12:30
374	1011	Ricardo Manuel Monteiro Teixeira	a.d.amarante trail running	Senior Masculino	04:09:53	+01:46:24	12:30
375	1478	Anselmo Luís dos Santos Pereira	individual	Senior Masculino	04:10:00	+01:46:31	12:30
376	2002	Nuno Moreira	moinhos run - adrm	Senior Masculino	04:10:06	+01:46:37	12:30
377	2100	Renato Santos	ofrunning	Senior Masculino	04:10:08	+01:46:39	12:30
378	1472	André Neves	individual	Senior Masculino	04:10:12	+01:46:43	12:31
379	2208	Manuel Santos	profisio team	Veterano M40	04:10:13	+01:46:44	12:31
380	399	Abilio Teixeira	individual	Veterano M40	04:10:21	+01:46:53	12:31
381	1036	Sérgio Pereira	aliança de gandra	Senior Masculino	04:10:22	+01:46:54	12:31
382	1319	Manuel Rocha	gondomar futsal clube	Veterano M40	04:10:30	+01:47:02	12:32
383	2370	Helder Filipe Ribeiro Vilas BOas	vidaativarunners	Senior Masculino	04:10:35	+01:47:07	12:32
384	1882	Paulo Jorge Ferreira Oliveira	individual	Veterano M40	04:10:40	+01:47:12	12:32
385	1928	Sérgio Oliveira	java team - trail and running	Senior Masculino	04:10:52	+01:47:24	12:33
386	1646	Óscar Manuel Fonseca Figueiredo	individual	Senior Masculino	04:11:04	+01:47:36	12:33
387	1126	Helena Castro	befitness runners	Senior Feminino	04:11:09	+01:47:40	12:33
388	1128	Sandra Dias	befitness runners	Senior Feminino	04:11:20	+01:47:52	12:34
389	2071	Antonio Carvalho	nocturnos de paredes	Veterano M40	04:11:54	+01:48:25	12:36
390	1063	Nuno santos	amigos 1	Senior Masculino	04:12:12	+01:48:44	12:37
391	1923	Jose Barbosa	já te apanho	Senior Masculino	04:12:31	+01:49:02	12:38
392	2220	Hélder Santos	rainha club	Senior Masculino	04:12:46	+01:49:18	12:38
393	1551	Hugo Filipe Vieira Moura	individual	Senior Masculino	04:12:47	+01:49:19	12:38
394	2272	Diana Duarte Vieira	softeam	Senior Feminino	04:12:47	+01:49:19	12:38
395	2322	Cristina Alexandra Barbosa Couto	tecla 3 runners	Senior Feminino	04:12:48	+01:49:19	12:38
396	1727	Vítor Vieira	individual	Senior Masculino	04:12:48	+01:49:20	12:38
397	1544	Hélder Manuel Moreira Teles	individual	Senior Masculino	04:12:48	+01:49:20	12:38
398	1525	Eurico Mateus	individual	Senior Masculino	04:12:58	+01:49:30	12:39
399	2363	Carla Isabel Sousa Gonçalves	vidaativarunners	Senior Feminino	04:13:10	+01:49:42	12:40
400	1758	MANUELA SOUSA	individual	Veterana F40	04:13:11	+01:49:42	12:40
401	2381	Miguel Oliveira	vidaativarunners	Veterano M40	04:13:11	+01:49:42	12:40

Official Timekeeper: Lap2Go	9 / 22	generate 31-May-2016 10:11
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TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
402	1502	carlos moreira	individual	Senior Masculino	04:13:16	+01:49:47	12:40
403	1161	JOAQUIM PAULO	cdc s. martinho da gândara	Veterano M40	04:13:19	+01:49:50	12:40
404	1803	Carlos Avelino	individual	Veterano M40	04:13:33	+01:50:04	12:41
405	1404	Joana Moura	individual	Senior Feminino	04:13:41	+01:50:12	12:41
406	1359	Ana Ferreira	individual	Senior Feminino	04:13:41	+01:50:12	12:41
407	1413	Mafalda Luís	individual	Senior Feminino	04:13:41	+01:50:12	12:41
408	1527	Fábio Silva	gondomar futsal clube	Senior Masculino	04:13:41	+01:50:13	12:41
409	2104	João Paulo Dias	ofrunning	Veterano M40	04:14:13	+01:50:44	12:44
410	1791	Américo Santos	individual	Veterano M40	04:14:27	+01:50:58	12:43
411	1596	Julio do Monte Escrivaes	individual	Senior Masculino	04:15:23	+01:51:54	12:46
412	1094	Jorge Manuel Teixeira Alves	ardaserra	Veterano M40	04:15:23	+01:51:54	12:46
413	2079	Sandra Pereira	nós acreditamos	Senior Feminino	04:15:29	+01:52:00	12:46
414	2219	André Cancela	rainha club	Senior Masculino	04:15:30	+01:52:02	12:47
415	1698	Rui Pedro Freitas Paninho Oliveira	gondomar futsal clube	Senior Masculino	04:16:08	+01:52:40	12:48
416	2382	Paulo Filipe Fernandes Monteiro	vidaativarunners	Veterano M40	04:16:12	+01:52:43	12:49
417	1883	Paulo Jorge Jaquel Pinto	individual	Veterano M40	04:16:23	+01:52:54	12:49
418	2190	MIGUEL TEIXEIRA	pm	Veterano M40	04:16:36	+01:53:08	12:50
419	2189	PAULO SILVA	pm	Senior Masculino	04:16:36	+01:53:08	12:50
420	2409	Roberto Bessa	cfit	Senior Masculino	04:16:43	+01:53:14	12:50
421	2400	C Augusto Freitas Moura	cfit	Senior Masculino	04:16:43	+01:53:14	12:50
422	1721	Victor Hugo Cardoso Osório	individual	Senior Masculino	04:16:56	+01:53:27	12:51
423	1765	Maria de Fátima Marques Ribeiro	individual	Veterana F40	04:16:57	+01:53:29	12:51
424	1992	Margarida Monteiro	marão team	Veterana F40	04:17:15	+01:53:47	12:52
425	482	Mário Augusto Silva Soares	marão team	Veterano M40	04:17:16	+01:53:47	12:52
426	1226	Flavio Santos	fitspot - parque nascente	Senior Masculino	04:17:16	+01:53:48	12:52
427	1106	carlos silva ferreira	autistic.runners	Veterano M40	04:17:25	+01:53:57	12:52
428	1885	Paulo Nunes	individual	Veterano M40	04:17:28	+01:53:59	12:52
429	1162	Simão Araújo	cf jesuitas	Senior Masculino	04:17:49	+01:54:21	12:53
430	2407	Ricardo Costa	cfit	Senior Masculino	04:17:59	+01:54:30	12:54
431	1754	Lá-Saete Pinto	individual	Veterana F40	04:18:00	+01:54:32	12:54
432	1557	Jaime Soares	individual	Senior Masculino	04:18:01	+01:54:33	12:54
433	1341	Manuel Pereira	helder augusto ferreira camilo	Senior Masculino	04:18:03	+01:54:35	12:54
434	2245	Olegário Oliveira	runners unidos à pipa	Veterano M40	04:18:05	+01:54:36	12:54
435	1980	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	04:18:07	+01:54:38	12:54
436	1321	Pedro Sousa	gondomar futsal clube	Veterano M40	04:18:08	+01:54:39	12:54
437	1921	José Pedro Ferreira de Moraes	izzef	Senior Masculino	04:18:09	+01:54:40	12:54
438	2242	Jorge MAnuel	runners unidos à pipa	Senior Masculino	04:18:10	+01:54:41	12:55
439	2253	RUI BALBEIRA	s. s. montepio	Veterano M40	04:18:20	+01:54:52	12:55
440	1599	Leonardo Brito	individual	Senior Masculino	04:18:30	+01:55:02	12:56
441	2374	Ricardo Pinto da Costa	vidaativarunners	Senior Masculino	04:18:37	+01:55:08	12:56
442	1354	Ana Catarina da Silva Caetano	individual	Senior Feminino	04:18:37	+01:55:09	12:56
443	2366	Artur Jorge Serra Moraes	vidaativarunners	Senior Masculino	04:18:38	+01:55:09	12:56
444	1391	Ema Guerra	individual	Senior Feminino	04:18:39	+01:55:11	12:56
445	1430	Paula Araújo	individual	Senior Feminino	04:18:40	+01:55:12	12:56
446	1750	Graça Silva	individual	Veterana F40	04:18:40	+01:55:12	12:56
447	1440	Sara Rocha	individual	Senior Feminino	04:18:40	+01:55:12	12:56

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
448	2350	Tiago Silva	trilha dos runners	Senior Masculino	04:18:57	+01:55:28	12:57
449	1241	Ricardo Maia	frezite	Senior Masculino	04:18:57	+01:55:29	12:57
450	1591	José Pereira	individual	Senior Masculino	04:19:02	+01:55:33	12:57
451	1524	Ercilio Duarte Cardoso Ribeiro	individual	Senior Masculino	04:19:21	+01:55:53	12:58
452	1893	RICARDO JOSÉ CARDOSO RIBEIRO	individual	Veterano M40	04:20:23	+01:56:54	13:01
453	2053	Hugo Neto	nocturnos de paredes	Senior Masculino	04:20:26	+01:56:58	13:01
454	1909	vit0r campos	individual	Veterano M40	04:20:32	+01:57:03	13:02
455	1710	Simão Castro	individual	Senior Masculino	04:20:54	+01:57:26	13:03
456	2024	Juliana Santos	muita tracção running team	Senior Feminino	04:21:08	+01:57:39	13:03
457	1795	António Fernando Azevedo Teixeira	individual	Veterano M40	04:21:13	+01:57:44	13:04
458	1390	Elsa Ribeiro	individual	Senior Feminino	04:21:23	+01:57:55	13:04
459	1688	Rui Baldaia Mendes	individual	Senior Masculino	04:21:24	+01:57:55	13:04
460	1718	Tiago Rocha	individual	Senior Masculino	04:21:29	+01:58:01	13:04
461	2311	Miguel Castro	team agente meireles ii	Senior Masculino	04:21:29	+01:58:01	13:04
462	1287	Lu Pinto	generosos	Veterana F40	04:21:47	+01:58:18	13:05
463	1144	Dionísio Ferreira	bodysation runners pro	Senior Masculino	04:21:47	+01:58:19	13:05
464	1145	Filipe Ferreira	bodysation runners pro	Senior Masculino	04:21:47	+01:58:19	13:05
465	1639	NUNO LOPES	individual	Senior Masculino	04:21:55	+01:58:26	13:06
466	1736	Antónia Bessa	individual	Veterana F40	04:22:00	+01:58:31	13:06
467	1520	Eduardo Manuel Matos de Paiva	individual	Senior Masculino	04:22:11	+01:58:43	13:07
468	1493	Bruno Onofre Monteiro Araújo	individual	Senior Masculino	04:22:39	+01:59:10	13:08
469	2087	Armando Cardoso	nós acreditamos	Veterano M40	04:22:46	+01:59:17	13:08
470	1891	Pedro Silva	individual	Veterano M40	04:22:46	+01:59:17	13:08
471	1753	Ivone Ferreira	individual	Veterana F40	04:22:49	+01:59:20	13:08
472	1700	Rui Sequeira	individual	Senior Masculino	04:22:49	+01:59:21	13:08
473	1127	Ana Rita	befitness runners	Senior Feminino	04:22:49	+01:59:21	13:08
474	1392	Eunice Salgado	individual	Senior Feminino	04:22:53	+01:59:25	13:09
475	1896	Rui Alves	individual	Veterano M40	04:23:13	+01:59:44	13:10
476	1002	Rui Miguel Ferreira Marques	100kmsteam	Senior Masculino	04:23:36	+02:00:08	13:11
477	1003	Antonio Augusto Martins Leal	100kmsteam	Veterano M40	04:23:36	+02:00:08	13:11
478	1737	Cacilda Maria Sousa Ramos	individual	Veterana F40	04:23:46	+02:00:17	13:11
479	1477	Anita Gabriela Moreira Nunes da Costa	individual	Senior Masculino	04:23:53	+02:00:24	13:12
480	1779	Sandra Sousa	individual	Veterana F40	04:24:04	+02:00:35	13:12
481	1090	serafim fonseca	amigos s.pedro da cova	Veterano M40	04:24:07	+02:00:38	13:12
482	1089	joão fonseca	amigos s.pedro da cova	Senior Masculino	04:24:08	+02:00:39	13:12
483	1857	MANUEL LUIS CASTELO BRANCO MENDES CARVALHO	individual	Veterano M40	04:24:10	+02:00:42	13:13
484	1773	Paula Anjos	individual	Veterana F40	04:24:16	+02:00:48	13:13
485	2406	Eugénio Alves	cfit	Senior Masculino	04:25:05	+02:01:36	13:15
486	1017	Susana Margarida Ferreira de Sousa	adccjclark	Senior Feminino	04:25:37	+02:02:08	13:17
487	1526	Fábio André Martins Alves	individual	Senior Masculino	04:25:50	+02:02:21	13:18
488	2180	Marco Costa	pe de chumbo team	Veterano M40	04:25:50	+02:02:22	13:18
489	1592	José Ribeiro	individual	Senior Masculino	04:26:10	+02:02:42	13:19
490	2052	Edgar Cardoso	nocturnos de paredes	Senior Masculino	04:26:11	+02:02:43	13:19

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
491	1943	Bruno Bartes	kunalama runners	Senior Masculino	04:26:13	+02:02:44	13:19
492	1420	MARIA JOSÉ GOMES DA SILVA	individual	Senior Feminino	04:26:16	+02:02:47	13:19
493	2056	Leandro Ramos	nocturnos de paredes	Senior Masculino	04:26:23	+02:02:54	13:19
494	2251	JULIO SANTOS	s. s. montepio	Veterano M40	04:26:26	+02:02:57	13:19
495	1872	Nuno Teixeira	individual	Veterano M40	04:26:47	+02:03:18	13:20
496	2384	Mark Velhote	vodafone	Veterano M40	04:26:54	+02:03:25	13:21
497	1012	Carlos Moreira	academia fernanda ribeiro	Senior Masculino	04:26:54	+02:03:26	13:21
498	1123	Vitor mendes	barbudos da montanha	Senior Masculino	04:26:54	+02:03:26	13:21
499	2420	José Ponte	edv - viana trail	Veterano M40	04:26:55	+02:03:26	13:21
500	2274	Henrique Sousa	solitário	Senior Masculino	04:26:55	+02:03:27	13:21
501	1939	Eugénia Teixeira	keepmoving	Veterana F40	04:28:16	+02:04:48	13:25
502	2186	Mário Cardoso	pernetas	Veterano M40	04:28:33	+02:05:04	13:26
503	2185	liliana pinto	pernetas	Senior Feminino	04:28:33	+02:05:04	13:26
504	1576	Jorge Filipe Pinheiro	individual	Senior Masculino	04:28:37	+02:05:08	13:26
505	1851	Luís Gomes	individual	Veterano M40	04:28:51	+02:05:22	13:27
506	1363	Ana Tavares	individual	Senior Feminino	04:29:47	+02:06:19	13:29
507	1761	Maria Candida Rodrigues	individual	Veterana F40	04:29:49	+02:06:20	13:29
508	1418	Maria João Oliveira	individual	Senior Feminino	04:29:49	+02:06:20	13:29
509	2308	Fernando Rocha	team agente meireles	Veterano M40	04:29:49	+02:06:20	13:29
510	2313	Jorge Saraiva	team agente meireles ii	Veterano M40	04:29:51	+02:06:22	13:30
511	2241	Joel Guimarães	runners unidos à pipa	Senior Masculino	04:29:52	+02:06:24	13:30
512	2244	José Luis Sampo Alves	runners unidos à pipa	Veterano M40	04:29:53	+02:06:25	13:30
513	1138	Renato Ferreira	befitness runners	Senior Masculino	04:30:02	+02:06:33	13:30
514	2021	joaquim pinto	monte dos amigos	Veterano M40	04:30:05	+02:06:36	13:30
515	2013	joao alves	monte dos amigos	Senior Masculino	04:30:05	+02:06:37	13:30
516	2287	Joel Alexandre Pinto	super box	Senior Masculino	04:30:13	+02:06:45	13:31
517	1112	Luis Veiga	bandidos	Senior Masculino	04:30:20	+02:06:52	13:31
518	1111	Aurelio Neto	bandidos	Senior Masculino	04:30:25	+02:06:56	13:31
519	1348	Cédric Silva	índios de bttrail	Senior Masculino	04:30:28	+02:06:59	13:31
520	1553	Hugo Miguel Ferreira Pinto	individual	Senior Masculino	04:30:29	+02:07:00	13:31
521	1822	Helder Rodrigues	individual	Veterano M40	04:30:32	+02:07:03	13:32
522	1492	Bruno Miguel Silva Soares	individual	Senior Masculino	04:30:34	+02:07:05	13:32
523	1844	josé moura sousa	individual	Veterano M40	04:30:36	+02:07:07	13:32
524	1814	Fernando Pimentel	individual	Veterano M40	04:30:38	+02:07:09	13:32
525	3244	Ana Rocha	fitspot - parque nascente	Senior Feminino	04:30:38	+02:07:10	13:32
526	1375	Carmo Ferreira	individual	Senior Feminino	04:30:38	+02:07:10	13:32
527	1227	Micael Moraes	fitspot - parque nascente	Senior Masculino	04:30:39	+02:07:10	13:32
528	1782	susana vidal pereira	individual	Veterana F40	04:30:40	+02:07:12	13:32
529	2182	Rui Gomes	pena team	Senior Masculino	04:30:47	+02:07:19	13:32
530	2411	Daniel Silva	individual	Senior Masculino	04:30:56	+02:07:27	13:33
531	1790	Alexandre Mota	individual	Veterano M40	04:31:02	+02:07:34	13:33
532	1948	Nuno Barbosa	kunalama runners	Senior Masculino	04:32:33	+02:09:05	13:38
533	1941	Elisabete Fonseca	kunalama runners	Senior Feminino	04:32:33	+02:09:05	13:38
534	1149	Elisabete Pinto	brabus runners	Senior Feminino	04:32:56	+02:09:28	13:39
535	1616	Luís Pinheiro	individual	Senior Masculino	04:32:57	+02:09:28	13:39
536	1490	bruno manuel martins ribeiro	individual	Senior Masculino	04:33:01	+02:09:32	13:39

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
537	2310	José Guerra	team agente meireles ii	Senior Masculino	04:33:12	+02:09:44	13:40
538	2044	Carla Sousa	nocturnos de paredes	Senior Feminino	04:33:40	+02:10:11	13:41
539	2061	Paulo Gonçalves	nocturnos de paredes	Senior Masculino	04:33:40	+02:10:11	13:41
540	2132	Ricardo Fonseca	os atletas	Senior Masculino	04:33:43	+02:10:14	13:41
541	1018	Susana pinto	adruism-brasinhas	Senior Feminino	04:33:50	+02:10:21	13:42
542	1281	Pedro Reis	generosos	Senior Masculino	04:33:56	+02:10:27	13:42
543	1277	Afonso Costa	generosos	Senior Masculino	04:33:56	+02:10:28	13:42
544	1997	Lia Duarte	melres trail running - ordem para arrear	Senior Feminino	04:34:00	+02:10:32	13:42
545	1996	Diana Vieira	melres trail running - ordem para arrear	Senior Feminino	04:34:00	+02:10:32	13:42
546	1898	Rui Fernandes	individual	Veterano M40	04:34:04	+02:10:35	13:42
547	1673	Ricardo Magalhães	individual	Senior Masculino	04:34:05	+02:10:37	13:42
548	2133	Vitor Neto	os atletas	Veterano M40	04:34:07	+02:10:38	13:42
549	1350	Flávio Cardoso	índios de btrail	Senior Masculino	04:34:18	+02:10:49	13:43
550	1579	Josè Alexandre Alves Fernandes	individual	Senior Masculino	04:34:18	+02:10:49	13:43
551	1401	Joana Abreu	individual	Senior Feminino	04:34:20	+02:10:52	13:43
552	1877	Paulo Antunes	individual	Veterano M40	04:34:21	+02:10:52	13:43
553	1740	Clarisse Ribeiro	individual	Veterana F40	04:34:21	+02:10:52	13:43
554	1583	José Carneiro	individual	Senior Masculino	04:34:21	+02:10:52	13:43
555	1137	Paulo Morais	befitness runners	Senior Masculino	04:34:21	+02:10:53	13:43
556	1632	MIGUEL LOPES	individual	Senior Masculino	04:34:22	+02:10:53	13:43
557	1881	Paulo Freitas	individual	Veterano M40	04:34:27	+02:10:59	13:43
558	1007	Fábio Correia	a.d sebolido trail boneca d´ouro	Senior Masculino	04:34:30	+02:11:01	13:44
559	1717	Tiago Miguel dos Santos Barbosa	individual	Senior Masculino	04:34:42	+02:11:13	13:44
560	1630	Micael Bruno Barroso Domingues	individual	Senior Masculino	04:34:58	+02:11:30	13:45
561	2399	Cristina Moreira	nocturnos de paredes	Senior Feminino	04:35:14	+02:11:46	13:46
562	1139	Eduardo Campos	befitness runners	Veterano M40	04:35:38	+02:12:10	13:47
563	1027	Carla Pereira	aliança de gandra	Senior Feminino	04:35:40	+02:12:11	13:47
564	1368	Banita	individual	Senior Feminino	04:35:47	+02:12:18	13:47
565	1975	Rui Guedes	limitless	Senior Masculino	04:36:05	+02:12:37	13:48
566	1972	Filipe Carvalho	limitless	Senior Masculino	04:36:06	+02:12:37	13:48
567	2172	Raquel Ferreira	paredes aventura	Veterana F40	04:36:34	+02:13:05	13:50
568	2173	Christophe Ferreira	paredes aventura	Veterano M40	04:36:34	+02:13:06	13:50
569	1051	Paulo Sousa	all about	Senior Masculino	04:36:45	+02:13:16	13:50
570	1511	Daniel Reis dos santos	individual	Senior Masculino	04:36:54	+02:13:25	13:51
571	1484	Antonio Santos	individual	Senior Masculino	04:37:03	+02:13:34	13:51
572	1690	Rui Costa Jesus	individual	Senior Masculino	04:37:04	+02:13:36	13:51
573	2230	MARIO VIEIRA	reis & pombas amigos do trail	Senior Masculino	04:37:08	+02:13:40	13:51
574	1674	Ricardo Mendonça	individual	Senior Masculino	04:37:12	+02:13:44	13:52
575	1509	Daniel filipe silva nogueira	individual	Senior Masculino	04:37:13	+02:13:44	13:52
576	1542	Helder Heitor	individual	Senior Masculino	04:37:13	+02:13:44	13:52
577	1534	Filipe Goncalves	individual	Senior Masculino	04:38:11	+02:14:43	13:55
578	1210	CARLOS MOREIRA	feltrail	Senior Masculino	04:38:12	+02:14:43	13:55
579	2361	Joana dos Santos Ferreira	vaindo	Senior Feminino	04:38:29	+02:15:00	13:55
580	1147	Paulo Pereira	bota&sig	Senior Masculino	04:38:30	+02:15:01	13:56
581	2068	Maria Joana Teixeira Ferreira Requengo	nocturnos de paredes	Veterana F40	04:38:46	+02:15:18	13:56

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
582	1973	Orlando Rogério de Azevedo Henriques	limitless	Senior Masculino	04:38:51	+02:15:23	13:57
583	2089	Zélia Carneiro	o passarinho	Veterana F40	04:39:13	+02:15:45	13:58
584	2090	Paulo Ribeiro	o passarinho	Veterano M40	04:39:14	+02:15:46	13:58
585	1040	Cândida Vilas-Boas	aliança de gandra	Veterana F40	04:39:20	+02:15:51	13:58
586	1029	Paula Silva	aliança de gandra	Senior Feminino	04:39:24	+02:15:55	13:58
587	1656	PEDRO FERREIRA	individual	Senior Masculino	04:39:28	+02:15:59	13:58
588	1920	Ana Isabel Ferreira da Silva	izzef	Senior Feminino	04:39:28	+02:15:59	13:58
589	1922	Maria José Malheiro Coelho	izzef	Veterana F40	04:39:28	+02:15:59	13:58
590	2140	Daniela Oliveira	os falta d'ar	Senior Feminino	04:39:31	+02:16:02	13:59
591	2143	Rui Teixeira	os falta d'ar	Veterano M40	04:39:32	+02:16:04	13:59
592	1856	Manuel Jesus	individual	Veterano M40	04:39:51	+02:16:22	14:00
593	1311	César Pais	gondomar futsal clube	Senior Masculino	04:40:39	+02:17:10	14:02
594	1148	Elisabete Faria	brabus runners	Senior Feminino	04:40:39	+02:17:11	14:02
595	2285	FILIPPE MAGANO	su team & friends	Senior Masculino	04:40:52	+02:17:24	14:03
596	1624	Marco Ferreira	individual	Senior Masculino	04:41:02	+02:17:34	14:03
597	1195	Liliana Alves	ermidafit runners	Senior Feminino	04:41:06	+02:17:38	14:03
598	2290	Tiago Ferreira	super box	Senior Masculino	04:41:44	+02:18:15	14:05
599	1895	Ricardo Neves	individual	Veterano M40	04:41:59	+02:18:31	14:06
600	2246	Raul Jorge Costa Silva	runners unidos à pipa	Veterano M40	04:42:03	+02:18:34	14:06
601	1991	Fernanda Maria Ferreira Oliveira	marão team	Senior Feminino	04:42:03	+02:18:35	14:06
602	1131	André Araújo	befitness runners	Senior Masculino	04:42:04	+02:18:35	14:06
603	1487	AURELIANO MARTINS	individual	Senior Masculino	04:42:07	+02:18:39	14:06
604	1119	Paulo Sérgio Mendes ferreira	barbudos da montanha	Senior Masculino	04:42:13	+02:18:44	14:07
605	2295	Miguel Pereira Resende	tartarugas do asfalto	Veterano M40	04:42:39	+02:19:11	14:08
606	1190	ISABEL PINTO	equipa joao ferreira	Senior Feminino	04:42:39	+02:19:11	14:08
607	1015	Ruben Lima	ad esmeriz running	Senior Masculino	04:42:50	+02:19:21	14:09
608	1014	Marco Araújo	ad esmeriz running	Senior Masculino	04:42:50	+02:19:22	14:09
609	2292	Sílvia Cunha	tartarugas do asfalto	Senior Feminino	04:43:38	+02:20:10	14:11
610	2293	Glória Monteiro	tartarugas do asfalto	Veterana F40	04:43:38	+02:20:10	14:11
611	1538	Flávio Ortins	individual	Senior Masculino	04:44:02	+02:20:34	14:12
612	2229	GERSON ALVES	reis & pombas amigos do trail	Senior Masculino	04:44:24	+02:20:56	14:13
613	2259	Miguel Vieira	serviço urgência & friends	Senior Masculino	04:44:31	+02:21:03	14:14
614	1663	Pedro Teixeira	individual	Senior Masculino	04:44:47	+02:21:18	14:14
615	1052	Philips Manteigas	all about	Senior Masculino	04:44:58	+02:21:29	14:15
616	1968	Fernando Pinheiro	leroy merlin braga	Senior Masculino	04:45:01	+02:21:32	14:15
617	1636	Nuno Cardoso	individual	Senior Masculino	04:45:14	+02:21:45	14:16
618	1867	Miguel Moura	individual	Veterano M40	04:45:38	+02:22:10	14:17
619	1671	Ricardo Jorge Leão Sousa	individual	Senior Masculino	04:46:49	+02:23:21	14:20
620	1249	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	04:47:30	+02:24:02	14:23
621	1157	Susana Ribeiro	ccd - siemens	Senior Feminino	04:47:39	+02:24:11	14:23
622	1079	Antonio Jose Silva Sampaio	amigos do trabalho	Senior Masculino	04:47:49	+02:24:20	14:23
623	1505	Carlos Silva	individual	Senior Masculino	04:49:04	+02:25:35	14:27
624	2401	Cristina Ferreira Neto	cfit	Senior Feminino	04:49:09	+02:25:41	14:27
625	2324	Clemente Moreira	tecla 3 runners	Veterano M40	04:49:11	+02:25:43	14:28
626	1569	Joaquim Cardoso	individual	Senior Masculino	04:49:30	+02:26:01	14:29

TRAIL - STAGE 1

20 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
627	2069	Salette Silva	nocturnos de paredes	Veterana F40	04:49:39	+02:26:11	14:29
628	2070	Acacio Teixeira	nocturnos de paredes	Veterano M40	04:49:48	+02:26:20	14:29
629	2051	Alexandre Pinto	nocturnos de paredes	Senior Masculino	04:49:49	+02:26:20	14:29
630	1223	Ines Arcos	fitspot - parque nascente	Senior Feminino	04:50:03	+02:26:35	14:30
631	1080	Arnaldo Filipe Ferreira Sampaio	amigos do trabalho	Senior Masculino	04:50:04	+02:26:35	14:30
632	1781	Sonia Ferreira	individual	Veterana F40	04:50:04	+02:26:35	14:30
633	1428	Monica Borges	individual	Senior Feminino	04:50:12	+02:26:43	14:31
634	1330	Jorge Borges	gtt - armazém do caffè	Senior Masculino	04:50:12	+02:26:43	14:31
635	1441	Sara Santos	individual	Senior Feminino	04:50:27	+02:26:58	14:31
636	1855	Manuel Diogenes Barros	individual	Veterano M40	04:50:27	+02:26:58	14:31
637	1597	Julio Magalhães	individual	Senior Masculino	04:50:27	+02:26:58	14:31
638	1816	Filipe Coutinho	individual	Veterano M40	04:50:40	+02:27:12	14:32
639	1506	Cesar Gomes	individual	Senior Masculino	04:50:41	+02:27:13	14:32
640	2342	Carlos Vitor Moreira	too stupid to stop	Senior Masculino	04:50:47	+02:27:18	14:32
641	2343	Christophe Sousa	too stupid to stop	Senior Masculino	04:50:47	+02:27:19	14:32
642	1349	Filipe Gonçalves	índios de btrail	Senior Masculino	04:51:10	+02:27:42	14:34
643	1055	Arménio Ribeiro	all about	Veterano M40	04:51:33	+02:28:04	14:35
644	1047	Ana Rocha	all about	Senior Feminino	04:51:33	+02:28:05	14:35
645	1757	MANUELA MOTA	individual	Veterana F40	04:51:46	+02:28:18	14:35
646	1818	FILIPE MOTA	individual	Veterano M40	04:51:46	+02:28:18	14:35
647	1081	Vitor Dias	amigos do trabalho	Veterano M40	04:51:55	+02:28:26	14:36
648	1578	Jorge Manuel pereira monteiro	individual	Senior Masculino	04:51:57	+02:28:29	14:36
649	1385	Delfina Costa	individual	Senior Feminino	04:52:33	+02:29:04	14:38
650	1993	Joana Babo	marco runners	Senior Feminino	04:52:42	+02:29:13	14:38
651	1994	João Bernardes	marco runners	Senior Masculino	04:52:42	+02:29:13	14:38
652	2057	Leandro Sousa	nocturnos de paredes	Senior Masculino	04:52:55	+02:29:26	14:39
653	1755	Liseta Pinto	individual	Veterana F40	04:53:14	+02:29:45	14:40
654	1575	JORGE COSTA	individual	Senior Masculino	04:53:50	+02:30:21	14:42
655	1672	Ricardo Luis Nicolau Oliveira	individual	Senior Masculino	04:53:52	+02:30:23	14:42
656	1955	David Alves	la zinco	Senior Masculino	04:53:57	+02:30:29	14:42
657	2085	Álvaro Cardoso	nós acreditamos	Veterano M40	04:55:05	+02:31:36	14:45
658	1956	Nuno Oliveira	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
659	1953	Bruno Matos	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
660	1957	Rui Carvalho	la zinco	Senior Masculino	04:55:42	+02:32:13	14:47
661	2098	Manuel Moreira	ofrunning	Senior Masculino	04:55:54	+02:32:26	14:48
662	2055	Jose Cunha	nocturnos de paredes	Senior Masculino	04:56:06	+02:32:38	14:48
663	2048	Raquel Ribeiro	nocturnos de paredes	Senior Feminino	04:56:07	+02:32:38	14:48
664	1518	Diogo Silva	individual	Senior Masculino	04:57:44	+02:34:16	14:53
665	1588	José Pedro Da Silva Dias	individual	Senior Masculino	04:58:03	+02:34:34	14:54
666	1154	Quim	caetano runners	Senior Masculino	04:58:15	+02:34:47	14:55
667	2045	Eva Moreira	nocturnos de paredes	Senior Feminino	04:58:20	+02:34:51	14:55
668	2076	NUNO GOMES	nocturnos de paredes	Veterano M40	04:58:20	+02:34:52	14:55
669	1714	Telmo Pereira	individual	Senior Masculino	04:58:42	+02:35:14	14:56
670	1960	Helena Gomes	legion combat	Senior Feminino	04:58:42	+02:35:14	14:56
671	1810	Domingos da Silva Fonseca	individual	Veterano M40	04:59:10	+02:35:42	14:58
672	1274	Sandra Vale	generosos	Senior Feminino	04:59:20	+02:35:51	14:58

TRAIL - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
673	1133	David Paiva	befitness runners	Senior Masculino	05:00:28	+02:37:00	15:01
674	1573	Jonas Faria	individual	Senior Masculino	05:00:55	+02:37:26	15:03
675	1887	Paulo Ribeiro de Sousa	individual	Veterano M40	05:01:08	+02:37:40	15:03
676	1143	Rui Silva	bitrunners	Senior Masculino	05:01:17	+02:37:48	15:04
677	1469	André Buffon	individual	Senior Masculino	05:01:43	+02:38:15	15:05
678	1998	Daniela Lopes	minions	Senior Feminino	05:01:53	+02:38:25	15:06
679	1999	Helder Pereira	minions	Senior Masculino	05:01:54	+02:38:25	15:06
680	1600	Leonel Caldas	individual	Senior Masculino	05:01:59	+02:38:31	15:06
681	2073	João Leite	nocturnos de paredes	Veterano M40	05:02:12	+02:38:44	15:07
682	1976	Tiago Paulo dos Santos guimaraes	limitless	Senior Masculino	05:02:13	+02:38:44	15:07
683	2316	Sílvia Teixeira	team duas faces	Senior Feminino	05:02:14	+02:38:45	15:07
684	1013	Bruno Oliveira	ad esmeriz running	Senior Masculino	05:02:32	+02:39:04	15:08
685	2198	MARCO OLIVEIRA	portocargo	Senior Masculino	05:03:29	+02:40:01	15:10
686	1260	Margarida Soares	gauleses	Senior Feminino	05:03:47	+02:40:18	15:11
687	2144	Bruno Daniel Barbosa Magalhaes	os guerreiros	Senior Masculino	05:03:49	+02:40:21	15:11
688	1262	Emanuel Soares	gauleses	Senior Masculino	05:04:14	+02:40:46	15:13
689	2022	jose moura	monte dos amigos	Veterano M40	05:04:30	+02:41:02	15:14
690	2036	Daniel Lopes	newton team	Senior Masculino	05:04:42	+02:41:13	15:14
691	2035	Bruno Vale	newton team	Senior Masculino	05:04:42	+02:41:14	15:14
692	2359	Ana Alves	usf ts	Veterana F40	05:04:47	+02:41:19	15:14
693	2358	Sérgio Dinis	usf ts	Senior Masculino	05:04:48	+02:41:19	15:14
694	2134	Elisabete assunção	os caga tacos running team	Senior Feminino	05:04:49	+02:41:20	15:14
695	2271	Aurora Maria Estrela Godinho	softeam	Senior Feminino	05:04:49	+02:41:20	15:14
696	1507	César Lopes	individual	Senior Masculino	05:04:55	+02:41:27	15:15
697	2167	Vitor Teixeira	papa trails	Senior Masculino	05:05:06	+02:41:38	15:15
698	1113	Rui Sousa	bandidos	Senior Masculino	05:05:13	+02:41:45	15:16
699	1429	Mónica Maria Ferreira Sá Costa Barbosa	individual	Senior Feminino	05:05:59	+02:42:31	15:18
700	2352	Fernando conceição	trilhos	Veterano M40	05:05:59	+02:42:31	15:18
701	1403	JOANA MARTINS	individual	Senior Feminino	05:06:24	+02:42:55	15:19
702	1611	Luís Gonçalves	individual	Senior Masculino	05:06:41	+02:43:12	15:20
703	1568	Joaquim Agostinho Costa e Sousa	individual	Senior Masculino	05:06:58	+02:43:30	15:21
704	2276	Cláudio Silva	somos nós team	Senior Masculino	05:07:06	+02:43:38	15:21
705	2402	Ricardo Nogueira	cfit	Senior Masculino	05:07:06	+02:43:38	15:21
706	1464	ALBANO TEIXEIRA	individual	Senior Masculino	05:07:28	+02:44:00	15:22
707	2203	MANUEL PEREIRA	portocargo	Veterano M40	05:07:44	+02:44:15	15:23
708	1771	Monica Claudia Correia de Sousa Matos	individual	Veterana F40	05:07:47	+02:44:19	15:23
709	1853	Luis Pereira	individual	Veterano M40	05:08:06	+02:44:37	15:24
710	1685	Rúben Bastos	individual	Senior Masculino	05:08:10	+02:44:41	15:25
711	1342	Paula Costa	helder óptica team	Senior Feminino	05:08:10	+02:44:41	15:25
712	1480	António Gonçalves	individual	Senior Masculino	05:08:10	+02:44:42	15:25
713	1383	Cristina Moura	individual	Senior Feminino	05:08:11	+02:44:42	15:25
714	1743	Conceição Pereira	individual	Veterana F40	05:08:11	+02:44:42	15:25
715	1272	Natercia Teixeira	generosos	Senior Feminino	05:08:34	+02:45:06	15:26
716	1267	Claudia Coelho	generosos	Senior Feminino	05:08:34	+02:45:06	15:26
717	2008	eva ribeiro	monte dos amigos	Senior Feminino	05:08:44	+02:45:16	15:26

TRAIL - STAGE 1

20 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
718	2012	angelo faustino	monte dos amigos	Senior Masculino	05:08:44	+02:45:16	15:26
719	2228	CARLOS NEVES	reis & pombas amigos do trail	Senior Masculino	05:08:46	+02:45:17	15:26
720	1532	Filipe André dos Santos Pereira	individual	Senior Masculino	05:08:52	+02:45:23	15:27
721	1405	Joice Lyrio	individual	Senior Feminino	05:08:53	+02:45:25	15:27
722	1366	Angela Sofia Santos Pereira	individual	Senior Feminino	05:08:53	+02:45:25	15:27
723	2158	Paula Moreira	os turbomula	Veterana F40	05:09:01	+02:45:32	15:27
724	1150	Miguel Ângelo Araújo Silva	brabus runners	Senior Masculino	05:09:05	+02:45:37	15:27
725	1100	António Barbosa	associação desportiva de cabroelo	Veterano M40	05:09:07	+02:45:39	15:27
726	2016	helen a roxo	monte dos amigos	Veterana F40	05:09:25	+02:45:56	15:28
727	1174	elsa fernandes	convitada monte dos amigos	Veterana F40	05:09:25	+02:45:57	15:28
728	1369	Barbara Machado	individual	Senior Feminino	05:10:16	+02:46:48	15:31
729	1634	Nelson Amaro leal nunes	individual	Senior Masculino	05:10:17	+02:46:48	15:31
730	1402	Joana Gomes	individual	Senior Feminino	05:10:20	+02:46:52	15:31
731	1120	Rogério sousa	barbudos da montanha	Senior Masculino	05:10:21	+02:46:52	15:31
732	1434	Sandra Ramos	individual	Senior Feminino	05:10:50	+02:47:21	15:33
733	1829	Joaquim Ramos	individual	Veterano M40	05:10:50	+02:47:21	15:33
734	1230	Ricardo Vigário	fitspot - parque nascente	Senior Masculino	05:11:10	+02:47:42	15:34
735	2379	Eduardo Torres	vidaativarunners	Veterano M40	05:11:22	+02:47:53	15:34
736	2378	Carlos Manuel serra Ribeiro	vidaativarunners	Veterano M40	05:11:22	+02:47:54	15:34
737	2049	Sandra Machado	nocturnos de paredes	Senior Feminino	05:11:22	+02:47:54	15:34
738	2368	Carlos Filipe Fernandes Vale	vidaativarunners	Senior Masculino	05:11:23	+02:47:54	15:34
739	2398	Serafim Garcês	nocturnos de paredes	Senior Masculino	05:11:23	+02:47:54	15:34
740	1353	Ana Arriscado	individual	Senior Feminino	05:11:23	+02:47:54	15:34
741	2059	Miguel Costa	nocturnos de paredes	Senior Masculino	05:11:23	+02:47:55	15:34
742	1854	LUIZ C.J. BLANQUET	individual	Veterano M40	05:11:25	+02:47:56	15:34
743	2357	Mónica Magalhães	usf ts	Senior Feminino	05:11:36	+02:48:07	15:35
744	1016	Ana Soraia Freitas Sousa	adccjclark	Senior Feminino	05:12:31	+02:49:02	15:38
745	1689	Rui Correia	individual	Senior Masculino	05:12:31	+02:49:03	15:38
746	2356	Estela Oliveira	usf ts	Senior Feminino	05:12:38	+02:49:09	15:38
747	2139	Cátia Fernandes	os falta d'ar	Senior Feminino	05:13:10	+02:49:41	15:40
748	2142	Rui Santos	os falta d'ar	Veterano M40	05:13:10	+02:49:41	15:40
749	2202	ANTONIO MARTINS	portocargo	Veterano M40	05:13:13	+02:49:45	15:40
750	2296	Heliodoro José dos Santos Dionísio	tartarugas solidárias	Senior Masculino	05:13:13	+02:49:45	15:40
751	2297	Catarina Lagoa	tartarugas solidárias	Veterana F40	05:13:13	+02:49:45	15:40
752	1082	Henrique Melo	amigos dos semáforos bamulá	Senior Masculino	05:13:15	+02:49:47	15:40
753	1474	Andre Silva	individual	Senior Masculino	05:13:37	+02:50:09	15:41
754	1724	Vitor Daniel Ribeiro Pereira	individual	Senior Masculino	05:13:43	+02:50:14	15:41
755	1864	Miguel Costa	individual	Veterano M40	05:13:49	+02:50:20	15:41
756	1627	Mário Jorge Noronha Soares de Sousa	individual	Senior Masculino	05:14:05	+02:50:36	15:42
757	2039	silvia Maciel	ninja team	Veterana F40	05:14:12	+02:50:44	15:43
758	2038	Eliana Sousa	ninja team	Senior Feminino	05:14:12	+02:50:44	15:43
759	1049	Susana Faria	all about	Senior Feminino	05:14:33	+02:51:05	15:44
760	2204	PAULO FERREIRA	portocargo	Veterano M40	05:15:04	+02:51:36	15:45
761	2200	LAURA VIEIRA	portocargo	Veterana F40	05:15:04	+02:51:36	15:45
762	3759	Isabel Lopes	lion runners - g. d. leões da guarda	Veterana F40	05:15:49	+02:52:20	15:47

TRAIL - STAGE 1

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
763	1745	Eduarda Maria Vieira Magalhães Freitas	individual	Veterana F40	05:15:49	+02:52:20	15:47
764	1831	Raquel Santos	individual	Senior Feminino	05:15:49	+02:52:20	15:47
765	2403	Joana Teixeira	cfit	Senior Feminino	05:15:49	+02:52:21	15:47
766	1356	Ana Catarina Moreira Carneiro	individual	Senior Feminino	05:15:57	+02:52:29	15:48
767	2306	Duarte Meireles	team agente meireles	Senior Masculino	05:15:57	+02:52:29	15:48
768	2074	Jose Silva	nocturnos de paredes	Veterano M40	05:17:00	+02:53:32	15:51
769	1084	Cristina Amaral	amigos dos semáforos bamulá	Veterana F40	05:17:30	+02:54:02	15:53
770	1087	Marco Pacheco	amigos dos semáforos bamulá	Veterano M40	05:17:31	+02:54:02	15:53
771	1178	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	05:17:32	+02:54:04	15:53
772	2294	Maria Portugal	tartarugas do asfalto	Veterana F40	05:18:45	+02:55:16	15:56
773	1589	Jose Pedro Sistelo	individual	Senior Masculino	05:18:45	+02:55:16	15:56
774	1704	Sérgio Brochado	individual	Senior Masculino	05:19:18	+02:55:49	15:58
775	2130	Andre Filipe Pinto Barros	os atletas	Senior Masculino	05:19:26	+02:55:57	15:58
776	1152	Márcia Vieira	caderneta de cromos	Senior Feminino	05:19:39	+02:56:11	15:59
777	1962	Rute Silva	legion combat	Senior Feminino	05:19:49	+02:56:21	15:59
778	1670	Ricardo Hugo Sá Santos	individual	Senior Masculino	05:19:49	+02:56:21	15:59
779	1309	Sérgio Silva	global trail	Veterano M40	05:20:08	+02:56:39	16:00
780	1693	Rui Lima	individual	Senior Masculino	05:20:24	+02:56:55	16:01
781	1778	Sandra Silva	individual	Veterana F40	05:20:24	+02:56:55	16:01
782	1264	Tiago Velho	gauleses	Senior Masculino	05:20:31	+02:57:02	16:02
783	1261	Rita Garcia	gauleses	Senior Feminino	05:20:31	+02:57:02	16:02
784	1977	Cristina Gonçalves	lion runners - g. d. leões da guarda	Senior Feminino	05:20:35	+02:57:06	16:02
785	1986	Miguel Fonseca	lion runners - g. d. leões da guarda	Veterano M40	05:20:37	+02:57:08	16:02
786	1734	Anabela Cunha	individual	Veterana F40	05:20:53	+02:57:25	16:03
787	2161	Nelson Montalvão	os turbomula	Veterano M40	05:21:42	+02:58:14	16:05
788	1752	Isaura de Almeida	individual	Veterana F40	05:22:25	+02:58:57	16:07
789	1448	sonia moreira	indivdual	Senior Feminino	05:23:06	+02:59:38	16:09
790	2415	Susana Silva	edv- viana trail	Senior Masculino	05:23:07	+02:59:38	16:09
791	2300	Marina Salgueiro	tartarugas trail	Veterana F40	05:23:07	+02:59:39	16:09
792	1848	JOSE RODRIGUES COSTA	individual	Veterano M40	05:23:08	+02:59:40	16:09
793	2298	Marco Maciel	tartarugas trail	Senior Masculino	05:23:08	+02:59:40	16:09
794	1410	Liliana Maria Ferreira Da Silva	individual	Senior Feminino	05:23:26	+02:59:57	16:10
795	1384	Daniela Costa	individual	Senior Feminino	05:23:26	+02:59:58	16:10
796	2175	Sonia Silva	paredes running	Senior Feminino	05:23:26	+02:59:58	16:10
797	2176	Antonio Barbosa	paredes running	Senior Masculino	05:23:26	+02:59:58	16:10
798	2299	Elisabete Pereira	tartarugas trail	Veterana F40	05:23:50	+03:00:22	16:12
799	2301	Jaime Pereira	tartarugas trail	Veterano M40	05:23:50	+03:00:22	16:12
800	2329	Marlene Rodrigues	thunder team	Senior Feminino	05:23:51	+03:00:23	16:12
801	2330	Pedro Rodrigues	thunder team	Veterano M40	05:23:51	+03:00:23	16:12
802	1424	Marisa Carvalho	individual	Senior Feminino	05:24:23	+03:00:55	16:13
803	2319	Prazeres Pires	team duas faces	Veterana F40	05:24:23	+03:00:55	16:13
804	1417	Maria Antónia Correia Cunha	individual	Senior Feminino	05:24:48	+03:01:20	16:14
805	1414	Márcia Almeida	individual	Senior Feminino	05:25:15	+03:01:47	16:16
806	1950	Mariana Oliveira	la zinco	Senior Feminino	05:25:16	+03:01:48	16:16
807	2314	Max Vale	team corleone	Senior Masculino	05:25:44	+03:02:16	16:17

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
808	1382	Cláudia Sofia Lopes Paula	individual	Senior Feminino	05:25:48	+03:02:19	16:17
809	1954	Carlos Alves	la zinco	Senior Masculino	05:27:10	+03:03:41	16:22
810	1306	António Soares	global trail	Veterano M40	05:27:56	+03:04:27	16:24
811	1548	henrique teixeira	individual	Senior Masculino	05:28:04	+03:04:35	16:24
812	2046	Lidia Mota	nocturnos de paredes	Senior Feminino	05:28:09	+03:04:41	16:24
813	2067	Maria Jesus	nocturnos de paredes	Veterana F40	05:29:07	+03:05:39	16:27
814	2254	RUI SILVA	s. s. montepio	Veterano M40	05:29:08	+03:05:39	16:27
815	2376	Vitor Silva	vidaativarunners	Senior Masculino	05:29:23	+03:05:55	16:28
816	2364	Abílio Guimarães Casanova	vidaativarunners	Senior Masculino	05:29:24	+03:05:55	16:28
817	1221	Beatriz Oliveira	fitspot - parque nascente	Senior Feminino	05:29:34	+03:06:06	16:29
818	1886	Paulo Próspero	individual	Veterano M40	05:30:38	+03:07:09	16:32
819	1030	Sara Rafael	aliança de gandra	Senior Feminino	05:30:41	+03:07:12	16:32
820	1362	Ana Rita Silva	individual	Senior Feminino	05:30:42	+03:07:13	16:32
821	1691	Rui de Matos	individual	Senior Masculino	05:30:44	+03:07:16	16:32
822	1388	Elisabete Maria soutulho coelho Alves	individual	Senior Feminino	05:30:50	+03:07:21	16:33
823	1301	Rodrigo Ferraz	generosos	Veterano M40	05:30:50	+03:07:22	16:33
824	1276	Sofia Tadeu	generosos	Senior Feminino	05:30:50	+03:07:22	16:33
825	1220	Beatriz Dias	fitspot - parque nascente	Senior Feminino	05:31:14	+03:07:46	16:34
826	1142	Jorge Sousa	bitrunners	Senior Masculino	05:31:22	+03:07:53	16:34
827	1266	Carla Pimentel	generosos	Senior Feminino	05:31:31	+03:08:02	16:35
828	1300	Pedro Costelha	generosos	Veterano M40	05:31:31	+03:08:03	16:35
829	1703	Sandro sousa	individual	Senior Masculino	05:31:32	+03:08:03	16:35
830	1436	Sara braga	individual	Senior Feminino	05:31:33	+03:08:05	16:35
831	1173	Rui Montenegro	colégio júlio dinis	Veterano M40	05:31:39	+03:08:11	16:35
832	1967	Mafalda Dias	leroy merlin braga	Senior Feminino	05:31:49	+03:08:20	16:35
833	1379	Cidália Barbosa	individual	Senior Feminino	05:31:51	+03:08:23	16:36
834	1445	Sílvia Moreira	individual	Senior Feminino	05:31:52	+03:08:23	16:36
835	1278	Antonio Oliveira	generosos	Senior Masculino	05:32:04	+03:08:35	16:36
836	1279	Manuel Adriano	generosos	Senior Masculino	05:32:05	+03:08:36	16:36
837	1313	Rui Santos	gondomar futsal clube	Senior Masculino	05:32:42	+03:09:14	16:38
838	2205	RENATO OLIVEIRA	portocargo	Veterano M40	05:33:11	+03:09:43	16:40
839	2199	ISABEL VIEIRA	portocargo	Veterana F40	05:34:03	+03:10:34	16:42
840	1706	Sérgio Moreira	individual	Senior Masculino	05:34:46	+03:11:17	16:44
841	1884	Paulo Lara	individual	Veterano M40	05:34:53	+03:11:24	16:45
842	1439	Sara Rocha	individual	Senior Feminino	05:35:07	+03:11:38	16:45
843	1725	Vítor Manuel Dias Gonçalves	individual	Senior Masculino	05:35:18	+03:11:49	16:46
844	2156	Filipe Nogueira	os turbomula	Senior Masculino	05:35:24	+03:11:55	16:46
845	2155	Sara Moreira	os turbomula	Senior Feminino	05:35:24	+03:11:56	16:46
846	2396	Maria Silva	cfit	Senior Feminino	05:35:58	+03:12:30	16:48
847	2397	José Barbosa	cfit	Senior Masculino	05:35:58	+03:12:30	16:48
848	2135	antonio tavares	os caga tacos running team	Senior Masculino	05:36:15	+03:12:47	16:49
849	1086	Luís Almeida	amigos dos semáforos bamulá	Veterano M40	05:36:19	+03:12:51	16:49
850	1115	maria lucinda barbosa moreira	barbosa	Veterana F40	05:36:28	+03:13:00	16:49
851	1116	augusto pinto barbosa	barbosa	Veterano M40	05:36:28	+03:13:00	16:49
852	1827	João Manuel Sousa	individual	Veterano M40	05:37:22	+03:13:53	16:52

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
853	1858	Manuel Meireles	individual	Veterano M40	05:38:47	+03:15:18	16:56
854	2054	Jorge Ribeiro	nocturnos de paredes	Senior Masculino	05:38:47	+03:15:18	16:56
855	1198	Sergio Sousa	espera por mim	Senior Masculino	05:38:54	+03:15:25	16:57
856	1399	Isabel Queiroga	individual	Senior Feminino	05:39:01	+03:15:33	16:57
857	1357	Ana Cristina Araujo Cunha	individual	Senior Feminino	05:39:01	+03:15:33	16:57
858	1412	Mafalda Alves	individual	Senior Feminino	05:39:23	+03:15:55	16:58
859	2337	Tiago Lamego	tockandar	Senior Masculino	05:40:09	+03:16:41	17:00
860	2225	Rui Moreira	referee's team	Senior Masculino	05:41:24	+03:17:56	17:04
861	2224	Mário Cunha	referee's team	Senior Masculino	05:41:51	+03:18:23	17:06
862	1373	Carla Monteiro	individual	Senior Feminino	05:42:01	+03:18:33	17:06
863	1389	Elsa Costa	individual	Senior Feminino	05:42:01	+03:18:33	17:06
864	2037	Pedro Alves	nice runners	Veterano M40	05:42:27	+03:18:59	17:07
865	1431	Rita Teixeira Costa	individual	Senior Feminino	05:42:46	+03:19:17	17:08
866	1095	Carla Barbosa	as belas e eles	Senior Feminino	05:42:46	+03:19:18	17:08
867	2011	rosa almeida	monte dos amigos	Senior Feminino	05:43:09	+03:19:40	17:09
868	2020	sonia silva	monte dos amigos	Veterana F40	05:43:52	+03:20:24	17:12
869	2007	angela dias	monte dos amigos	Senior Feminino	05:44:18	+03:20:50	17:13
870	1192	SILVIA MOTA	equipa joao ferreira	Senior Feminino	05:45:28	+03:22:00	17:16
871	1191	MARCIA FREITAS	equipa joao ferreira	Senior Feminino	05:45:35	+03:22:06	17:17
872	1763	Maria Couto	individual	Veterana F40	05:45:43	+03:22:14	17:17
873	1446	Sofia Ferreira	individual	Senior Feminino	05:46:07	+03:22:39	17:18
874	1425	Marisa Moreira	individual	Senior Feminino	05:47:44	+03:24:15	17:23
875	1652	Paulo Sérgio Bessa	individual	Senior Masculino	05:47:44	+03:24:15	17:23
876	1609	Luis Filipe Nunes Rodrigues de Sousa Reis	individual	Senior Masculino	05:47:44	+03:24:16	17:23
877	2236	Helder Pinto	run for fun	Senior Masculino	05:47:44	+03:24:16	17:23
878	1764	Maria de Fátima da Silva Rocha	individual	Veterana F40	05:47:52	+03:24:24	17:24
879	1762	Maria Celeste Soares Azevedo	individual	Veterana F40	05:47:52	+03:24:24	17:24
880	1562	João Ferreira	individual	Senior Masculino	05:48:56	+03:25:28	17:27
881	1614	Luis Miguel Rodrigues Oliveira	individual	Senior Masculino	05:49:11	+03:25:42	17:28
882	1088	Miguel Magalhães	amigos dos semáforos bamulá	Veterano M40	05:49:51	+03:26:23	17:30
883	1083	Miguel Alves	amigos dos semáforos bamulá	Senior Masculino	05:49:52	+03:26:23	17:30
884	1085	Teresa Calix	amigos dos semáforos bamulá	Veterana F40	05:49:52	+03:26:23	17:30
885	2041	Andreia Silva	nocturnos de paredes	Senior Feminino	05:50:17	+03:26:48	17:31
886	2050	Tania Ferreira	nocturnos de paredes	Senior Feminino	05:50:17	+03:26:48	17:31
887	1485	Antonio Xavier	individual	Senior Masculino	05:50:43	+03:27:14	17:32
888	1772	Mónica Rocha	individual	Veterana F40	05:50:43	+03:27:14	17:32
889	2240	Miguel meleiro	run4all	Senior Masculino	05:50:43	+03:27:15	17:32
890	1819	Filipe Moutinho	individual	Veterano M40	05:51:53	+03:28:24	17:36
891	1408	Liliana Leal	individual	Senior Feminino	05:52:05	+03:28:36	17:36
892	2336	José Augusto Ribeiro da Silva	tockandar	Senior Masculino	05:52:24	+03:28:56	17:37
893	2335	Antonio Ramos	tockandar	Senior Masculino	05:52:24	+03:28:56	17:37
894	1559	João Barbosa Pereira	individual	Senior Masculino	05:53:43	+03:30:15	17:41
895	1676	Ricardo Moreira	individual	Senior Masculino	05:53:44	+03:30:16	17:41
896	1845	José Pacheco	individual	Veterano M40	05:56:11	+03:32:42	17:49
897	1963	Sofia Alves	legion combat	Senior Feminino	05:58:42	+03:35:14	17:56

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
898	1966	João Barbosa	legion combat	Veterano M40	05:58:42	+03:35:14	17:56
899	1455	VANESSA DO BEM	individual	Senior Feminino	05:59:46	+03:36:18	17:59
900	1459	Vera Lúcia Moreira Lima da Silva Martins	individual	Senior Feminino	05:59:46	+03:36:18	17:59
901	1847	JOSE PEREIRA DUARTE	individual	Veterano M40	05:59:47	+03:36:19	17:59
902	1289	Manuela Rosas	generosos	Veterana F40	06:00:20	+03:36:51	18:01
903	1270	Isabel Rocha	generosos	Senior Feminino	06:00:24	+03:36:56	18:01
904	1775	Paula Próspero	individual	Veterana F40	06:03:56	+03:40:28	18:12
905	1983	Dina Maria Marques Goncalves	lion runners - g. d. leões da guarda	Veterana F40	06:04:16	+03:40:48	18:13
906	1729	Albertina Maria Gomes Sousa	individual	Veterana F40	06:04:17	+03:40:48	18:13
907	2031	Samanta Maia	mums run	Senior Feminino	06:04:17	+03:40:49	18:13
908	1164	Bruno Pinho	clube atletismo de lamas	Senior Masculino	06:04:17	+03:40:49	18:13
909	1748	Filipa Ventuzelos	individual	Veterana F40	06:05:32	+03:42:04	18:17
910	1837	JOSE CABRAL	individual	Veterano M40	06:05:33	+03:42:04	18:17
911	1259	Ana Machado	gangue das maçãs	Senior Feminino	06:06:35	+03:43:07	18:20
912	1423	Mariana Silva Gomes	individual	Senior Feminino	06:06:44	+03:43:16	18:20
913	1523	Emanuel Filipe Fernandes	individual	Senior Masculino	06:06:44	+03:43:16	18:20
914	1644	Nuno Oliveira	individual	Senior Masculino	06:07:02	+03:43:33	18:21
915	1447	Sonia Cardoso	individual	Senior Feminino	06:08:13	+03:44:45	18:25
916	2145	Cláudia Castro Morais	os justos da mata	Veterana F40	06:09:22	+03:45:54	18:28
917	2146	Pedro Justo	os justos da mata	Veterano M40	06:09:23	+03:45:54	18:28
918	1932	Quina Soares	justos da mata	Veterana F40	06:09:23	+03:45:54	18:28
919	1931	joao pedro p r m silva	jps	Veterano M40	06:16:13	+03:52:45	18:49
920	1930	ana paula vilaça da silva baptista	jps	Veterana F40	06:16:14	+03:52:45	18:49
921	1291	Paula Ferreira	generosos	Veterana F40	06:16:14	+03:52:45	18:49
922	2153	Marta Mota	os turbomula	Senior Feminino	06:18:19	+03:54:50	18:55
923	2159	Carlos Mota	os turbomula	Veterano M40	06:18:19	+03:54:51	18:55
924	2286	PEDRO ALVES	su team & friends	Senior Masculino	06:22:45	+03:59:17	19:08
925	2128	Rute Peixoto	orange power	Senior Feminino	06:22:49	+03:59:20	19:08
926	2129	Francisco Silva	orange power	Senior Masculino	06:22:52	+03:59:23	19:09
927	2126	Ana Lourenço	orange power	Senior Feminino	06:23:00	+03:59:32	19:09
928	1744	cristina leal	individual	Veterana F40	06:23:08	+03:59:40	19:09
929	2332	Cidalia Lima	tockandar	Senior Feminino	06:23:25	+03:59:57	19:10
930	2333	Claudia Sofia T. F Ramos	tockandar	Senior Feminino	06:23:34	+04:00:05	19:11
931	2334	Sofia Miranda	tockandar	Senior Feminino	06:23:34	+04:00:05	19:11
932	1288	Lucia Marques	generosos	Veterana F40	06:24:37	+04:01:08	19:14
933	1282	Ana Prata	generosos	Veterana F40	06:24:37	+04:01:09	19:14
934	2160	José Xavier	os turbomula	Veterano M40	06:26:17	+04:02:49	19:19
935	2154	Priscila Mendes	os turbomula	Senior Feminino	06:26:52	+04:03:23	19:21
936	2136	Maria Fatima Lopes	os caga tacos running team	Veterana F40	06:27:26	+04:03:57	19:22
937	2138	antonio macedo	os caga tacos running team	Veterano M40	06:27:34	+04:04:05	19:23
938	2137	Rosinda macedo	os caga tacos running team	Veterana F40	06:27:34	+04:04:05	19:23
939	2127	Catarina Sousa	orange power	Senior Feminino	06:37:15	+04:13:47	19:52
940	2065	Telmo Mota	nocturnos de paredes	Senior Masculino	06:40:55	+04:17:26	20:03
941	1293	Aderito Faustino	generosos	Veterano M40	06:51:23	+04:27:55	20:34
942	1294	Andre Dias	generosos	Veterano M40	06:51:24	+04:27:55	20:34

TRAIL - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
943	2010	patricia ferraz	monte dos amigos	Senior Feminino	06:52:13	+04:28:45	20:37
944	2018	paula coutinho	monte dos amigos	Veterana F40	06:52:14	+04:28:45	20:37
945	2017	paula almeida	monte dos amigos	Veterana F40	06:52:14	+04:28:46	20:37
946	2023	vit0r costa	monte dos amigos	Veterano M40	06:52:16	+04:28:47	20:37
947	1285	Cristina Pinto	generosos	Veterana F40	06:54:25	+04:30:57	20:43
948	1290	Maria Jose Dias	generosos	Veterana F40	06:54:27	+04:30:58	20:43
949	1286	Estela Rodrigues	generosos	Veterana F40	06:54:27	+04:30:58	20:43
950	1303	Sergio Braga	generosos	Veterano M40	06:54:27	+04:30:58	20:43
951	1749	Graça Casal	individual	Veterana F40	07:06:34	+04:43:05	21:20
952	1793	António Carmo	individual	Veterano M40	07:06:34	+04:43:06	21:20
953	2282	IRENE MADEIRA	su team & friends	Senior Feminino	07:09:51	+04:46:23	21:30
954	2283	PATRICIA ANTUNES	su team & friends	Senior Feminino	07:10:36	+04:47:07	21:32
955	1964	Fábio José Cunha Ribeiro	legion combat	Senior Masculino	07:10:38	+04:47:09	21:32
956	1961	Layla Taiwane P- Romero	legion combat	Senior Feminino	07:10:38	+04:47:09	21:32
957	2270	Ana Filipa Matos Oliveira	softeam	Senior Feminino	07:14:51	+04:51:22	21:45
958	2006	andrea coelho	monte dos amigos	Senior Feminino	07:19:09	+04:55:40	21:57
959	1068	Adriano Jorge Oliveira Reis	amigos do pedal trailagares	Senior Masculino	09:26:09	+07:02:41	28:18

Trail

20 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	13.9°C	67%
End	19:06	-99°C	-99%

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

1	2111	Maria Areias	Oralklass-Amigos do Trail	Senior Feminino	02:51:52		08:36
2	2040	Albertina Cunha	NOCTURNOS DE PAREDES	Senior Feminino	03:03:43	+11:51	09:11
3	1199	Daniela Marlene de Pinho Russo	ESTAMOS JUNTOS	Senior Feminino	03:09:21	+17:29	09:28
4	2168	Paula Lage	PAREDES AVENTURA	Senior Feminino	03:20:13	+28:21	10:01
5	1381	Cláudia Santos	Individual	Senior Feminino	03:25:48	+33:56	10:17
6	1310	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:27:23	+35:31	10:22
7	1067	Mónica Isabel Vieira Coelho	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:29:48	+37:56	10:29
8	1222	Daniela Gregorio	Fitspot - Parque Nascente	Senior Feminino	03:30:35	+38:43	10:32
9	1452	Tânia Margarida Simões Rino	Individual	Senior Feminino	03:34:00	+42:08	10:42
10	282	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:34:37	+42:45	10:44
11	2106	DANIELA BARRETO	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Feminino	03:36:13	+44:21	10:49
12	1712	Sonia Felix Sousa	Individual	Senior Feminino	03:37:10	+45:18	10:51
13	1066	Maria José Pereira Leão	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:39:00	+47:08	10:57
14	2197	TANIA BATEIRA	PORTOCARGO	Senior Feminino	03:44:30	+52:38	11:14
15	2291	Silvia Teixeira	Sweet Runners	Senior Feminino	03:46:06	+54:14	11:18
16	1025	Vera Ribeiro	AfrikanRunners	Senior Feminino	03:47:35	+55:43	11:23
17	1416	Margarida Cidalia Oliveira da Silva	Individual	Senior Feminino	03:48:46	+56:54	11:26
18	1411	luisa cruz	Individual	Senior Feminino	03:49:43	+57:51	11:29
19	1419	Maria João Silva	Individual	Senior Feminino	03:52:35	+01:00:43	11:38
20	1380	Cidália Teixeira	Individual	Senior Feminino	03:54:27	+01:02:35	11:43
21	1400	Isabel Santos	Individual	Senior Feminino	03:58:36	+01:06:44	11:56
22	1432	Salome Cerqueira	Individual	Senior Feminino	03:59:05	+01:07:13	11:57
23	1325	LILIANA ARAUJO	GTT - Armazém do Caffè	Senior Feminino	03:59:53	+01:08:01	12:00
24	2218	Sílvia Jeus	Rainha Club	Senior Feminino	04:03:33	+01:11:41	12:11
25	1109	Cristina Melo	Aventureiros	Senior Feminino	04:03:38	+01:11:46	12:11
26	1460	Vera Pinto	Individual	Senior Feminino	04:05:21	+01:13:29	12:16
27	1407	Liliana Cristina Soares	Individual	Senior Feminino	04:08:11	+01:16:19	12:25
28	1421	Mariana Figueiredo Delgado	Individual	Senior Feminino	04:08:18	+01:16:26	12:25
29	1129	Sandra Silva	Befitness Runners	Senior Feminino	04:08:42	+01:16:50	12:26
30	1185	Telma Castro	Dr Merino/ Nutrifit	Senior Feminino	04:08:53	+01:17:01	12:27
31	1352	Alexandra Marques Azevedo	Individual	Senior Feminino	04:09:05	+01:17:13	12:27
32	1397	Hortense Tenda	Individual	Senior Feminino	04:09:08	+01:17:16	12:27
33	1126	Helena Castro	Befitness Runners	Senior Feminino	04:11:09	+01:19:17	12:33
34	1128	Sandra Dias	Befitness Runners	Senior Feminino	04:11:21	+01:19:29	12:34
35	2272	Diana Duarte Vieira	SOFTEAM	Senior Feminino	04:12:48	+01:20:56	12:38
36	2322	Cristina Alexandra Barbosa Couto	Tecla 3 Runners	Senior Feminino	04:12:48	+01:20:56	12:38
37	2363	Carla Isabel Sousa Gonçalves	VIDAATIVARUNNERS	Senior Feminino	04:13:11	+01:21:19	12:40

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38	1404	Joana Moura	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
39	1359	Ana Ferreira	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
40	1413	Mafalda Luís	Individual	Senior Feminino	04:13:41	+01:21:49	12:41
41	2079	Sandra Pereira	Nós Acreditamos	Senior Feminino	04:15:29	+01:23:37	12:46
42	1354	Ana Catarina da Silva Caetano	Individual	Senior Feminino	04:18:38	+01:26:46	12:56
43	1391	Ema Guerra	Individual	Senior Feminino	04:18:40	+01:26:48	12:56
44	1430	Paula Araújo	Individual	Senior Feminino	04:18:41	+01:26:49	12:56
45	1440	Sara Rocha	Individual	Senior Feminino	04:18:41	+01:26:49	12:56
46	2024	Juliana Santos	MUITA TRACÇÃO RUNNING TEAM	Senior Feminino	04:21:08	+01:29:16	13:03
47	1390	Elsa Ribeiro	Individual	Senior Feminino	04:21:24	+01:29:32	13:04
48	1127	Ana Rita	Befitness Runners	Senior Feminino	04:22:50	+01:30:58	13:08
49	1392	Eunice Salgado	Individual	Senior Feminino	04:22:54	+01:31:02	13:09
50	1017	Susana Margarida Ferreira de Sousa	ADCCJCLARK	Senior Feminino	04:25:37	+01:33:45	13:17
51	1420	MARIA JOSÉ GOMES DA SILVA	Individual	Senior Feminino	04:26:16	+01:34:24	13:19
52	2185	Ililiana pinto	Pernetas	Senior Feminino	04:28:33	+01:36:41	13:26
53	1363	Ana Tavares	Individual	Senior Feminino	04:29:48	+01:37:56	13:29
54	1418	Maria João Oliveira	Individual	Senior Feminino	04:29:49	+01:37:57	13:29
55	3244	Ana Rocha	Fitspot - Parque Nascente	Senior Feminino	04:30:39	+01:38:47	13:32
56	1375	Carmo Ferreira	Individual	Senior Feminino	04:30:39	+01:38:47	13:32
57	1941	Elisabete Fonseca	Kunalama Runners	Senior Feminino	04:32:34	+01:40:42	13:38
58	1149	Elisabete Pinto	Brabus Runners	Senior Feminino	04:32:57	+01:41:05	13:39
59	2044	Carla Sousa	NOCTURNOS DE PAREDES	Senior Feminino	04:33:40	+01:41:48	13:41
60	1018	Susana pinto	adrulsm-brasinhas	Senior Feminino	04:33:50	+01:41:58	13:42
61	1997	Lia Duarte	Melres Trail Running - Ordem para Arrear	Senior Feminino	04:34:01	+01:42:09	13:42
62	1996	Diana Vieira	Melres Trail Running - Ordem para Arrear	Senior Feminino	04:34:01	+01:42:09	13:42
63	1401	Joana Abreu	Individual	Senior Feminino	04:34:21	+01:42:29	13:43
64	2399	Cristina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	04:35:15	+01:43:23	13:46
65	1027	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	04:35:40	+01:43:48	13:47
66	1368	Banita	Individual	Senior Feminino	04:35:47	+01:43:55	13:47
67	2361	Joana dos Santos Ferreira	VAINDO	Senior Feminino	04:38:29	+01:46:37	13:55
68	1029	Paula Silva	ALIANÇA DE GANDRA	Senior Feminino	04:39:24	+01:47:32	13:58
69	1920	Ana Isabel Ferreira da Silva	IZZEF	Senior Feminino	04:39:28	+01:47:36	13:58
70	2140	Daniela Oliveira	Os Falta D'Ar	Senior Feminino	04:39:31	+01:47:39	13:59
71	1148	Elisabete Faria	Brabus Runners	Senior Feminino	04:40:40	+01:48:48	14:02
72	1195	Liliana Alves	ERMIDAFIT Runners	Senior Feminino	04:41:07	+01:49:15	14:03
73	1991	Fernanda Maria Ferreira Oliveira	Marão team	Senior Feminino	04:42:04	+01:50:12	14:06
74	1190	ISABEL PINTO	EQUIPA JOAO FERREIRA	Senior Feminino	04:42:40	+01:50:48	14:08
75	2292	Sílvia Cunha	Tartarugas do Asfalto	Senior Feminino	04:43:39	+01:51:47	14:11
76	1157	Susana Ribeiro	CCD - SIEMENS	Senior Feminino	04:47:40	+01:55:48	14:23
77	2401	Cristina Ferreira Neto	CFIT	Senior Feminino	04:49:10	+01:57:18	14:27
78	1223	Ines Arcos	Fitspot - Parque Nascente	Senior Feminino	04:50:04	+01:58:12	14:30
79	1428	Monica Borges	Individual	Senior Feminino	04:50:12	+01:58:20	14:31
80	1441	Sara Santos	Individual	Senior Feminino	04:50:27	+01:58:35	14:31
81	1047	Ana Rocha	All About	Senior Feminino	04:51:34	+01:59:42	14:38

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82	1385	Delfina Costa	Individual	Senior Feminino	04:52:33	+02:00:41	14:38
83	1993	Joana Babo	Marco Runners	Senior Feminino	04:52:42	+02:00:50	14:38
84	2048	Raquel Ribeiro	NOCTURNOS DE PAREDES	Senior Feminino	04:56:07	+02:04:15	14:48
85	2045	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	04:58:20	+02:06:28	14:55
86	1960	Helena Gomes	Legion Combat	Senior Feminino	04:58:43	+02:06:51	14:56
87	1274	Sandra Vale	GENEROSOS	Senior Feminino	04:59:20	+02:07:28	14:58
88	1998	Daniela Lopes	Minions	Senior Feminino	05:01:54	+02:10:02	15:06
89	2316	Sílvia Teixeira	Team DUAS FACES	Senior Feminino	05:02:14	+02:10:22	15:07
90	1260	Margarida Soares	Gauleses	Senior Feminino	05:03:47	+02:11:55	15:11
91	2134	Elisabete assunção	os caga tacos running team	Senior Feminino	05:04:49	+02:12:57	15:14
92	2271	Aurora Maria Estrela Godinho	SOFTEAM	Senior Feminino	05:04:49	+02:12:57	15:14
93	1429	Mónica Maria Ferreira Sá Costa Barbosa	Individual	Senior Feminino	05:06:00	+02:14:08	15:18
94	1403	JOANA MARTINS	Individual	Senior Feminino	05:06:24	+02:14:32	15:19
95	1342	Paula Costa	Helder óptica team	Senior Feminino	05:08:10	+02:16:18	15:25
96	1383	Cristina Moura	Individual	Senior Feminino	05:08:11	+02:16:19	15:25
97	1272	Natercia Teixeira	GENEROSOS	Senior Feminino	05:08:35	+02:16:43	15:26
98	1267	Claudia Coelho	GENEROSOS	Senior Feminino	05:08:35	+02:16:43	15:26
99	2008	eva ribeiro	Monte dos Amigos	Senior Feminino	05:08:45	+02:16:53	15:26
100	1405	Joice Lyrio	Individual	Senior Feminino	05:08:54	+02:17:02	15:27
101	1366	Angela Sofia Santos Pereira	Individual	Senior Feminino	05:08:54	+02:17:02	15:27
102	1369	Barbara Machado	Individual	Senior Feminino	05:10:17	+02:18:25	15:31
103	1402	Joana Gomes	Individual	Senior Feminino	05:10:21	+02:18:29	15:31
104	1434	Sandra Ramos	Individual	Senior Feminino	05:10:50	+02:18:58	15:33
105	2049	Sandra Machado	NOCTURNOS DE PAREDES	Senior Feminino	05:11:23	+02:19:31	15:34
106	1353	Ana Arriscado	Individual	Senior Feminino	05:11:23	+02:19:31	15:34
107	2357	Mónica Magalhães	USF TS	Senior Feminino	05:11:36	+02:19:44	15:35
108	1016	Ana Soraia Freitas Sousa	ADCCJCLARK	Senior Feminino	05:12:31	+02:20:39	15:38
109	2356	Estela Oliveira	USF TS	Senior Feminino	05:12:38	+02:20:46	15:38
110	2139	Cátia Fernandes	Os Falta D'Ar	Senior Feminino	05:13:10	+02:21:18	15:40
111	2038	Eliana Sousa	Ninja Team	Senior Feminino	05:14:13	+02:22:21	15:43
112	1049	Susana Faria	All About	Senior Feminino	05:14:34	+02:22:42	15:44
113	1831	Raquel Santos	Individual	Senior Feminino	05:15:49	+02:23:57	15:47
114	2403	Joana Teixeira	CFIT	Senior Feminino	05:15:50	+02:23:58	15:47
115	1356	Ana Catarina Moreira Carneiro	Individual	Senior Feminino	05:15:58	+02:24:06	15:48
116	1152	Márcia Vieira	caderneta de cromos	Senior Feminino	05:19:40	+02:27:48	15:59
117	1962	Rute Silva	Legion Combat	Senior Feminino	05:19:50	+02:27:58	15:59
118	1261	Rita Garcia	Gauleses	Senior Feminino	05:20:31	+02:28:39	16:02
119	1977	Cristina Gonçalves	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	05:20:35	+02:28:43	16:02
120	1448	sonia moreira	Individual	Senior Feminino	05:23:07	+02:31:15	16:09
121	1410	Liliana Maria Ferreira Da Silva	Individual	Senior Feminino	05:23:26	+02:31:34	16:10
122	1384	Daniela Costa	Individual	Senior Feminino	05:23:27	+02:31:35	16:10
123	2175	Sonia Silva	Paredes Running	Senior Feminino	05:23:27	+02:31:35	16:10
124	2329	Marlene Rodrigues	Thunder Team	Senior Feminino	05:23:52	+02:32:00	16:12
125	1424	Marisa Carvalho	Individual	Senior Feminino	05:24:24	+02:32:32	16:13
126	1417	Maria Antónia Correia Cunha	Individual	Senior Feminino	05:24:49	+02:32:57	16:14

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127	1414	Márcia Almeida	Individual	Senior Feminino	05:25:16	+02:33:24	16:16
128	1950	Mariana Oliveira	LA Zinco	Senior Feminino	05:25:17	+02:33:25	16:16
129	1382	Cláudia Sofia Lopes Paula	Individual	Senior Feminino	05:25:48	+02:33:56	16:17
130	2046	Lidia Mota	NOCTURNOS DE PAREDES	Senior Feminino	05:28:10	+02:36:18	16:24
131	1221	Beatriz Oliveira	Fitspot - Parque Nascente	Senior Feminino	05:29:35	+02:37:43	16:29
132	1030	Sara Rafael	ALIANÇA DE GANDRA	Senior Feminino	05:30:41	+02:38:49	16:32
133	1362	Ana Rita Silva	Individual	Senior Feminino	05:30:42	+02:38:50	16:32
134	1388	Elisabete Maria soutulho coelho Alves	Individual	Senior Feminino	05:30:50	+02:38:58	16:33
135	1276	Sofia Tadeu	GENEROSOS	Senior Feminino	05:30:51	+02:38:59	16:33
136	1220	Beatriz Dias	Fitspot - Parque Nascente	Senior Feminino	05:31:15	+02:39:23	16:34
137	1266	Carla Pimentel	GENEROSOS	Senior Feminino	05:31:31	+02:39:39	16:35
138	1436	Sara braga	Individual	Senior Feminino	05:31:34	+02:39:42	16:35
139	1967	Mafalda Dias	LEROY MERLIN BRAGA	Senior Feminino	05:31:49	+02:39:57	16:35
140	1379	Cidália Barbosa	Individual	Senior Feminino	05:31:52	+02:40:00	16:36
141	1445	Sílvia Moreira	Individual	Senior Feminino	05:31:52	+02:40:00	16:36
142	1439	Sara Rocha	Individual	Senior Feminino	05:35:07	+02:43:15	16:45
143	2155	Sara Moreira	Os TurboMula	Senior Feminino	05:35:25	+02:43:33	16:46
144	2396	Maria Silva	CFIT	Senior Feminino	05:35:59	+02:44:07	16:48
145	1399	Isabel Queiroga	Individual	Senior Feminino	05:39:02	+02:47:10	16:57
146	1357	Ana Cristina Araujo Cunha	Individual	Senior Feminino	05:39:02	+02:47:10	16:57
147	1412	Mafalda Alves	Individual	Senior Feminino	05:39:24	+02:47:32	16:58
148	1373	Carla Monteiro	Individual	Senior Feminino	05:42:02	+02:50:10	17:06
149	1389	Elsa Costa	Individual	Senior Feminino	05:42:02	+02:50:10	17:06
150	1431	Rita Teixeira Costa	Individual	Senior Feminino	05:42:46	+02:50:54	17:08
151	1095	Carla Barbosa	As Belas e Eles	Senior Feminino	05:42:47	+02:50:55	17:08
152	2011	rosa almeida	Monte dos Amigos	Senior Feminino	05:43:09	+02:51:17	17:09
153	2007	angela dias	Monte dos Amigos	Senior Feminino	05:44:19	+02:52:27	17:13
154	1192	SILVIA MOTA	EQUIPA JOAO FERREIRA	Senior Feminino	05:45:29	+02:53:37	17:16
155	1191	MARCIA FREITAS	EQUIPA JOAO FERREIRA	Senior Feminino	05:45:35	+02:53:43	17:17
156	1446	Sofia Ferreira	Individual	Senior Feminino	05:46:08	+02:54:16	17:18
157	1425	Marisa Moreira	Individual	Senior Feminino	05:47:44	+02:55:52	17:23
158	2041	Andreia Silva	NOCTURNOS DE PAREDES	Senior Feminino	05:50:17	+02:58:25	17:31
159	2050	Tania Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	05:50:17	+02:58:25	17:31
160	1408	Liliana Leal	Individual	Senior Feminino	05:52:05	+03:00:13	17:36
161	1963	Sofia Alves	Legion Combat	Senior Feminino	05:58:43	+03:06:51	17:56
162	1455	VANESSA DO BEM	Individual	Senior Feminino	05:59:47	+03:07:55	17:59
163	1459	Vera Lúcia Moreira Lima da Silva Martins	Individual	Senior Feminino	05:59:47	+03:07:55	17:59
164	1270	Isabel Rocha	GENEROSOS	Senior Feminino	06:00:25	+03:08:33	18:01
165	2031	Samanta Maia	Mums run	Senior Feminino	06:04:18	+03:12:26	18:13
166	1259	Ana Machado	gangue das maçãs	Senior Feminino	06:06:36	+03:14:44	18:20
167	1423	Mariana Silva Gomes	Individual	Senior Feminino	06:06:45	+03:14:53	18:20
168	1447	Sonia Cardoso	Individual	Senior Feminino	06:08:14	+03:16:22	18:25
169	2153	Marta Mota	Os TurboMula	Senior Feminino	06:18:19	+03:26:27	18:55
170	2128	Rute Peixoto	Orange Power	Senior Feminino	06:22:49	+03:30:57	19:08
171	2126	Ana Lourenço	Orange Power	Senior Feminino	06:23:01	+03:31:09	19:09
172	2332	Cidalia Lima	Tockandar	Senior Feminino	06:23:26	+03:31:34	19:10

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173	2333	Claudia Sofia T. F Ramos	Tockandar	Senior Feminino	06:23:34	+03:31:42	19:11
174	2334	Sofia Miranda	Tockandar	Senior Feminino	06:23:34	+03:31:42	19:11
175	2154	Priscila Mendes	Os TurboMula	Senior Feminino	06:26:52	+03:35:00	19:21
176	2127	Catarina Sousa	Orange Power	Senior Feminino	06:37:16	+03:45:24	19:52
177	2010	patricia ferraz	Monte dos Amigos	Senior Feminino	06:52:14	+04:00:22	20:37
178	2282	IRENE MADEIRA	SU TEAM & FRIENDS	Senior Feminino	07:09:52	+04:18:00	21:30
179	2283	PATRICIA ANTUNES	SU TEAM & FRIENDS	Senior Feminino	07:10:36	+04:18:44	21:32
180	1961	Layla Taiwane P- Romero	Legion Combat	Senior Feminino	07:10:38	+04:18:46	21:32
181	2270	Ana Filipa Matos Oliveira	SOFTEAM	Senior Feminino	07:14:51	+04:22:59	21:45
182	2006	andrea coelho	Monte dos Amigos	Senior Feminino	07:19:09	+04:27:17	21:57

Senior Masculino

1	2231	Ricardo Rego	Ricardo	Senior Masculino	02:31:09		07:33
2	1333	Ricardo Andre Ramos Miranda	GTT - Armazém do Caffè	Senior Masculino	02:34:38	+03:29	07:44
3	1323	Artur Barbosa	Grupo Desportivo dos Ferroviários de Campanhã	Senior Masculino	02:35:45	+04:36	07:47
4	2169	Fábio Pinto	PAREDES AVENTURA	Senior Masculino	02:36:57	+05:48	07:51
5	1556	Ivo Pereira	Individual	Senior Masculino	02:37:52	+06:43	07:54
6	2116	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	02:37:59	+06:50	07:54
7	1073	Ricardo Emanuel Peixoto Moreira	AMIGOS DO PEDAL TRILLAGARES	Senior Masculino	02:39:01	+07:52	07:57
8	2123	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	02:39:36	+08:27	07:59
9	2317	MARCO ANDRE ALMEIDA FERREIRA	Team DUAS FACES	Senior Masculino	02:40:02	+08:53	08:00
10	1679	Ricardo Soares PT	Individual	Senior Masculino	02:40:13	+09:04	08:01
11	1331	Nuno Figueiredo	GTT - Armazém do Caffè	Senior Masculino	02:41:06	+09:57	08:03
12	2318	TIAGO FERREIRA SANTOS	Team DUAS FACES	Senior Masculino	02:41:15	+10:06	08:04
13	1069	António Manuel Dias Moreira	AMIGOS DO PEDAL TRILLAGARES	Senior Masculino	02:42:04	+10:55	08:06
14	1649	Paulo César Ferreira	Individual	Senior Masculino	02:43:52	+12:43	08:12
15	2118	José Neto	Oralklass-Amigos do Trail	Senior Masculino	02:44:54	+13:45	08:15
16	1979	Celso Oliveira	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:48:56	+17:47	08:27
17	1633	Milton César Miranda dos Santos	Individual	Senior Masculino	02:49:08	+17:59	08:27
18	2097	João Pedro Leal	OFRunning	Senior Masculino	02:50:16	+19:07	08:31
19	1327	Emanuel Orlando P.B. Costa	GTT - Armazém do Caffè	Senior Masculino	02:50:30	+19:21	08:31
20	2122	Rui Costa	Oralklass-Amigos do Trail	Senior Masculino	02:50:35	+19:26	08:32
21	1344	Bruno Teixeira	Helder óptica team	Senior Masculino	02:51:05	+19:56	08:33
22	1334	Sérgio André da Silva Coelho	GTT - Armazém do Caffè	Senior Masculino	02:52:18	+21:09	08:37
23	1641	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:52:44	+21:35	08:38
24	2170	Helder Camilo	PAREDES AVENTURA	Senior Masculino	02:52:48	+21:39	08:38
25	2108	Nuno Manuel Coelho Paredinha	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	02:54:08	+22:59	08:42
26	1549	Hugo Andrade	Individual	Senior Masculino	02:54:16	+23:07	08:43
27	1667	Ricardo Ferreira	Individual	Senior Masculino	02:54:52	+23:43	08:45
28	1560	João Cardoso	Individual	Senior Masculino	02:54:52	+23:43	08:45
29	1207	Ricardo Rocha	FAST AO KM	Senior Masculino	02:55:38	+24:29	08:47
30	1581	jose antonio Domínguez Pereira	Individual	Senior Masculino	02:56:04	+24:55	08:48

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Trail

20 KM

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31	1653	pedro alves	Individual	Senior Masculino	02:56:12	+25:03	08:49
32	2405	Francisco Pacheco	CFIT	Senior Masculino	02:57:21	+26:12	08:52
33	2353	Ivan Silva	trilhaftermais.pt	Senior Masculino	02:57:46	+26:37	08:53
34	1031	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	02:59:01	+27:52	08:57
35	1463	Agostinho Barbosa Reis	Individual	Senior Masculino	02:59:33	+28:24	08:59
36	1245	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	03:00:04	+28:55	09:00
37	1332	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	03:00:11	+29:02	09:01
38	1197	Sérgio pereira	ERMIDAFIT Runners	Senior Masculino	03:00:24	+29:15	09:01
39	1981	José Sá	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:02:04	+30:55	09:06
40	1476	Angelo Vaz	Individual	Senior Masculino	03:02:15	+31:06	09:07
41	2362	André Ribeiro Almeida	VAINDO	Senior Masculino	03:03:00	+31:51	09:09
42	1666	Ricardo Ferreira	Individual	Senior Masculino	03:03:50	+32:41	09:12
43	1536	Flávio Martins	Individual	Senior Masculino	03:03:52	+32:43	09:12
44	1032	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	03:04:04	+32:55	09:12
45	1662	Pedro Rodrigues	Individual	Senior Masculino	03:05:45	+34:36	09:17
46	2103	Rui Pereira	OFRunning	Senior Masculino	03:05:50	+34:41	09:18
47	1657	Pedro Gonçalves	Individual	Senior Masculino	03:06:29	+35:20	09:19
48	1193	Luis Neves	Equipotencia	Senior Masculino	03:08:32	+37:23	09:26
49	1200	Francisco Martins de Figueiredo	ESTAMOS JUNTOS	Senior Masculino	03:09:21	+38:12	09:28
50	1678	Ricardo Pinto	Individual	Senior Masculino	03:10:08	+38:59	09:30
51	1503	carlos oliveira	Individual	Senior Masculino	03:11:13	+40:04	09:34
52	1618	Manuel Barbosa	Individual	Senior Masculino	03:11:21	+40:12	09:34
53	1037	Ivo Dias	ALIANÇA DE GANDRA	Senior Masculino	03:11:24	+40:15	09:34
54	1719	Tony Figueiredo	Individual	Senior Masculino	03:11:27	+40:18	09:34
55	1947	Mário Santos	Kunalama Runners	Senior Masculino	03:11:29	+40:20	09:34
56	1151	Ruben Barbosa	CAAC Clube Atletismo Arentim e Cunha	Senior Masculino	03:11:39	+40:30	09:35
57	1550	Hugo Fernanses	Individual	Senior Masculino	03:12:10	+41:01	09:36
58	2102	Ricardo Silva	OFRunning	Senior Masculino	03:13:02	+41:53	09:39
59	2408	Vitor Neto	CFIT	Senior Masculino	03:13:45	+42:36	09:41
60	1558	João barbosa	Individual	Senior Masculino	03:13:50	+42:41	09:42
61	2082	Leandro Teixeira	Nós Acreditamos	Senior Masculino	03:13:58	+42:49	09:42
62	324	Filipe Ramos	Individual	Senior Masculino	03:14:09	+43:00	09:42
63	1141	Daniel Ribeiro	BitRunners	Senior Masculino	03:14:46	+43:37	09:44
64	1328	Filipe Novais	GTT - Armazém do Caffè	Senior Masculino	03:15:44	+44:35	09:47
65	1167	Artur Pereira	Clube de Pesca de Amarante	Senior Masculino	03:16:05	+44:56	09:48
66	1326	CARLOS JORGE MARQUES RIBEIRO	GTT - Armazém do Caffè	Senior Masculino	03:16:21	+45:12	09:49
67	2418	Atleta 2418	Individual	Senior Masculino	03:16:27	+45:18	09:49
68	2113	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:17:00	+45:51	09:51
69	2212	Pedro Moreira	Prosel TEAM	Senior Masculino	03:17:34	+46:25	09:53
70	1305	João Barbosa	GLOBAL TRAIL	Senior Masculino	03:17:55	+46:46	09:54
71	1709	Sidónio Gonçalves	Individual	Senior Masculino	03:18:01	+46:52	09:54
72	1598	Leandro Anjos	Individual	Senior Masculino	03:18:15	+47:06	09:55
73	2188	Hugo Figueiredo	PM	Senior Masculino	03:18:37	+47:28	09:56
74	1231	Rui Bernardo	Fitspot - Parque Nascente	Senior Masculino	03:19:31	+48:22	09:59
75	2119	José Santos	Oralklass-Amigos do Trail	Senior Masculino	03:19:45	+48:36	09:59

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Trail

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76	2120	Luis Lopes	Oralklass-Amigos do Trail	Senior Masculino	03:20:06	+48:57	10:00
77	2247	PEDRO MACHADO	S. S. Montepio	Senior Masculino	03:20:10	+49:01	10:01
78	2121	Tiago Sabença	Oralklass-Amigos do Trail	Senior Masculino	03:21:00	+49:51	10:03
79	1107	Luis Pinto	Avenida Caffè	Senior Masculino	03:21:08	+49:59	10:03
80	2114	David Morais	Oralklass-Amigos do Trail	Senior Masculino	03:21:09	+50:00	10:03
81	1521	Eliseu Manuel Campos Leite	Individual	Senior Masculino	03:21:20	+50:11	10:04
82	1722	Vitor Caldeira	Individual	Senior Masculino	03:21:36	+50:27	10:05
83	1723	Vitor cruz	Individual	Senior Masculino	03:21:48	+50:39	10:05
84	2060	Paulo Colaço	NOCTURNOS DE PAREDES	Senior Masculino	03:21:51	+50:42	10:06
85	1155	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:00	+50:51	10:06
86	1074	Sérgio Filipe Lopes Silva	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	03:22:19	+51:10	10:07
87	1337	Rafael Freitas	GUIMARUNNING MOSCADA	Senior Masculino	03:23:36	+52:27	10:11
88	1184	Nuno Pinho	Dr Merino/ Nutrifit	Senior Masculino	03:24:48	+53:39	10:14
89	1132	André costa	Befitness Runners	Senior Masculino	03:25:03	+53:54	10:15
90	1071	Fábio Daniel Dias Pinto	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	03:25:08	+53:59	10:15
91	1324	Filipe Pacheco	Grupo Desportivo EPVS	Senior Masculino	03:26:03	+54:54	10:18
92	1651	Paulo Saraiva	Individual	Senior Masculino	03:26:10	+55:01	10:19
93	2081	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	03:26:42	+55:33	10:20
94	1584	José Faria	Individual	Senior Masculino	03:26:46	+55:37	10:20
95	1062	João Araújo	Amigos 1	Senior Masculino	03:26:51	+55:42	10:21
96	1322	Gustavo Santos	Gramidense	Senior Masculino	03:26:51	+55:42	10:21
97	2373	José Manuel Rocha Lopes	VIDAATIVARUNNERS	Senior Masculino	03:26:56	+55:47	10:21
98	2344	Luis Filipe Teixeira	Too Stupid to Stop	Senior Masculino	03:28:28	+57:19	10:25
99	1473	André Rocha	Individual	Senior Masculino	03:29:40	+58:31	10:29
100	1158	Claudio Gomes	CCD - SIEMENS	Senior Masculino	03:30:01	+58:52	10:30
101	1335	Edgar Pereira	GUIMARUNNING MOSCADA	Senior Masculino	03:30:09	+59:00	10:30
102	1554	Hugo Miguel Sousa da Silva	Individual	Senior Masculino	03:30:26	+59:17	10:31
103	1595	José Sousa	Individual	Senior Masculino	03:30:31	+59:22	10:32
104	1482	António Manuel Martins Gomes	Individual	Senior Masculino	03:30:32	+59:23	10:32
105	1515	Demétrio Matos	Individual	Senior Masculino	03:30:40	+59:31	10:32
106	1329	HUGO PALMEIRA	GTT - Armazém do Caffè	Senior Masculino	03:30:41	+59:32	10:32
107	1212	JOSE LEMOS	Feltrail	Senior Masculino	03:30:43	+59:34	10:32
108	1097	Ricardo Tavares	As Belas e Eles	Senior Masculino	03:32:25	+01:01:16	10:37
109	1565	João Martins	Individual	Senior Masculino	03:33:00	+01:01:51	10:39
110	1668	Ricardo Gil Silva Magalhaes	Individual	Senior Masculino	03:33:04	+01:01:55	10:39
111	2207	Ricardo Pereira	Profisio Team	Senior Masculino	03:33:11	+01:02:02	10:40
112	1254	Paulo Ferreira	FuturRunners	Senior Masculino	03:33:58	+01:02:49	10:42
113	1654	Pedro Castro	Individual	Senior Masculino	03:34:17	+01:03:08	10:43
114	1495	BRUNO PINTO	Individual	Senior Masculino	03:34:26	+01:03:17	10:43
115	1070	Bruno Filipe da Costa Mendes	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	03:34:37	+01:03:28	10:44
116	2034	Emanuel Ramos	Nascidos para Correr	Senior Masculino	03:35:09	+01:04:00	10:45
117	1561	João Cardoso	Individual	Senior Masculino	03:35:15	+01:04:06	10:46
118	1969	Joao Vale	LEROY MERLIN BRAGA	Senior Masculino	03:35:31	+01:04:22	10:47
119	1945	João Pinto	Kunalama Runners	Senior Masculino	03:36:04	+01:04:55	10:48

Trail

20 KM

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120	2109	SERGIO MARTINS	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	03:36:13	+01:05:04	10:49
121	1462	Afonso Oliveira	Individual	Senior Masculino	03:36:55	+01:05:46	10:51
122	3989	Carolina Malheiro	CFIT	Senior Masculino	03:37:07	+01:05:58	10:51
123	2191	Emanuel Coelho	Porto Sentido Runners	Senior Masculino	03:37:23	+01:06:14	10:52
124	2371	HELDER MIGUEL CARVALHO TORRES	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
125	2367	Carlos Eduardo Boaventura Fernandes	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
126	2369	Fábio Faria	VIDAATIVARUNNERS	Senior Masculino	03:37:57	+01:06:48	10:54
127	1684	Romão Sampaio de Sousa	Individual	Senior Masculino	03:38:06	+01:06:57	10:54
128	1608	Luís Filipe Mendes Magalhães	Individual	Senior Masculino	03:38:10	+01:07:01	10:54
129	1566	João Pedro Felix Costa	Individual	Senior Masculino	03:38:33	+01:07:24	10:56
130	2177	Manuel Barbosa	Paredes Running	Senior Masculino	03:38:59	+01:07:50	10:57
131	2115	Élvio Ornelas	Oralklass-Amigos do Trail	Senior Masculino	03:40:07	+01:08:58	11:00
132	1563	Joao Lima	Individual	Senior Masculino	03:40:10	+01:09:01	11:01
133	2372	Jorge Emanuel Barbosa Jaques	VIDAATIVARUNNERS	Senior Masculino	03:40:26	+01:09:17	11:01
134	1008	Paulo Araujo	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:40:54	+01:09:45	11:03
135	1136	Paulo Elias	Befitness Runners	Senior Masculino	03:41:02	+01:09:53	11:03
136	1050	Carlos Fonseca	All About	Senior Masculino	03:41:10	+01:10:01	11:04
137	1338	Sérgio Macieira	GUIMARUNNING MOSCADA	Senior Masculino	03:42:21	+01:11:12	11:07
138	1628	Matias Silva	Individual	Senior Masculino	03:42:44	+01:11:35	11:08
139	1033	Francisco Bogalho	ALIANÇA DE GANDRA	Senior Masculino	03:43:10	+01:12:01	11:10
140	1681	Roberto costa	Individual	Senior Masculino	03:43:12	+01:12:03	11:10
141	1971	Diogo Gomes Rodrigues	Limitless	Senior Masculino	03:43:40	+01:12:31	11:11
142	2273	Marco Miguel Ferreira Gonçalves	SOFTEAM	Senior Masculino	03:45:00	+01:13:51	11:15
143	1586	José Manuel Rodrigues Costa	Individual	Senior Masculino	03:45:22	+01:14:13	11:16
144	1648	Paulo Almiro Borges Sampaio	Individual	Senior Masculino	03:45:28	+01:14:19	11:16
145	2064	Rui Almeida	NOCTURNOS DE PAREDES	Senior Masculino	03:45:37	+01:14:28	11:17
146	1483	António Marinho	Individual	Senior Masculino	03:45:42	+01:14:33	11:17
147	1571	Joaquim Fernando Martins Santos	Individual	Senior Masculino	03:45:50	+01:14:41	11:18
148	2206	Joaquim Mesquita	Profisio Team	Senior Masculino	03:47:49	+01:16:40	11:23
149	2166	Pedro Cabral	P & J	Senior Masculino	03:47:59	+01:16:50	11:24
150	2256	Filipe Barbosa	SAI DA FRENTE	Senior Masculino	03:48:39	+01:17:30	11:26
151	1958	Bruno Andrade	LACRAUS	Senior Masculino	03:49:18	+01:18:09	11:28
152	2131	Helder Silva	Os Atletas	Senior Masculino	03:50:28	+01:19:19	11:31
153	1208	ADRIANO MARINHO	Feltrail	Senior Masculino	03:50:31	+01:19:22	11:32
154	1209	ANTONIO FONSECA	Feltrail	Senior Masculino	03:50:32	+01:19:23	11:32
155	1702	Samuel Sampaio de Sousa	Individual	Senior Masculino	03:51:00	+01:19:51	11:33
156	2099	Mário Rui Padilha Carvalho	OFRunning	Senior Masculino	03:51:56	+01:20:47	11:36
157	1927	Rui Polido	JAVA Team - Trail and Running	Senior Masculino	03:52:25	+01:21:16	11:37
158	1512	Daniel Silva	Individual	Senior Masculino	03:52:31	+01:21:22	11:38
159	1096	Ricardo Magalhães	As Belas e Eles	Senior Masculino	03:52:32	+01:21:23	11:38
160	1146	Luís Ribeiro	Bota&Siga	Senior Masculino	03:52:33	+01:21:24	11:38
161	1682	Rodrigo Alvarez Gomez	Individual	Senior Masculino	03:52:46	+01:21:37	11:38
162	2101	Ricardo Ramalho	OFRunning	Senior Masculino	03:52:51	+01:21:42	11:39
163	1053	Ricardo Oliveira	All About	Senior Masculino	03:53:17	+01:22:08	11:40
164	1944	Carlos manuel ribeiro magalhaes	Kunalama Runners	Senior Masculino	03:53:25	+01:22:16	11:40

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165	2157	Nuno Marques	Os TurboMula	Senior Masculino	03:54:10	+01:23:01	11:43
166	1009	Roberto Freitas	A.D Sebolido Trail boneca D'ouro	Senior Masculino	03:54:29	+01:23:20	11:43
167	1019	pedro fernandes	adrulsm-brasinhas	Senior Masculino	03:54:54	+01:23:45	11:45
168	1248	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Senior Masculino	03:55:14	+01:24:05	11:46
169	1093	Pedro Silva	ArdaSerra	Senior Masculino	03:55:21	+01:24:12	11:46
170	1240	João Rebelo	FREZITE	Senior Masculino	03:56:31	+01:25:22	11:50
171	2184	Gilberto Pimenta	Performance Numérica	Senior Masculino	03:56:42	+01:25:33	11:50
172	1228	Miguel Guimaraes	Fitspot - Parque Nascente	Senior Masculino	03:57:37	+01:26:28	11:53
173	1604	Luis Alfredo Guichard Castro	Individual	Senior Masculino	03:58:46	+01:27:37	11:56
174	2211	Jorge Moreira	Prosel TEAM	Senior Masculino	03:58:59	+01:27:50	11:57
175	1925	David Polido	JAVA Team - Trail and Running	Senior Masculino	03:59:28	+01:28:19	11:58
176	1543	Helder Manuel Carvalho Alves Magalhães	Individual	Senior Masculino	03:59:45	+01:28:36	11:59
177	1650	Paulo Gomes Belo	Individual	Senior Masculino	03:59:51	+01:28:42	12:00
178	1535	Filipe Sala	Individual	Senior Masculino	04:00:08	+01:28:59	12:00
179	1637	Nuno Fernando Ribeiro Pereira	Individual	Senior Masculino	04:00:24	+01:29:15	12:01
180	1707	sergio silva	Individual	Senior Masculino	04:00:26	+01:29:17	12:01
181	1701	Rui Sousa	Individual	Senior Masculino	04:01:26	+01:30:17	12:04
182	1622	Márcio Santos	Individual	Senior Masculino	04:01:31	+01:30:22	12:05
183	1060	Fábio Ribeiro	Amigo	Senior Masculino	04:02:31	+01:31:22	12:08
184	1631	Miguel Ângelo Silva Neto	Individual	Senior Masculino	04:02:38	+01:31:29	12:08
185	1072	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	04:02:41	+01:31:32	12:08
186	1619	Manuel Martins Vieira	Individual	Senior Masculino	04:03:14	+01:32:05	12:10
187	1720	vicente de souza	Individual	Senior Masculino	04:03:22	+01:32:13	12:10
188	1497	Bruno Ricardo Moreira de Sousa	Individual	Senior Masculino	04:03:33	+01:32:24	12:11
189	2349	Daniel Costa	trilha dos runners	Senior Masculino	04:03:37	+01:32:28	12:11
190	1110	Bruno Miguel Vieira	Aventureiros	Senior Masculino	04:03:38	+01:32:29	12:11
191	1194	VITOR MARTINS	EQUIPOTENCIA	Senior Masculino	04:03:49	+01:32:40	12:11
192	1250	Gustavo Bento	Fridão Sem Limites	Senior Masculino	04:04:19	+01:33:10	12:13
193	1189	bruno sousa	ele e ela	Senior Masculino	04:04:19	+01:33:10	12:13
194	1982	Ricardo Silva	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	04:05:14	+01:34:05	12:16
195	1602	Libanio José Rocha Alves	Individual	Senior Masculino	04:05:15	+01:34:06	12:16
196	1114	Valter Martins	Bandidos	Senior Masculino	04:05:17	+01:34:08	12:16
197	2080	Fábio Silva	Nós Acreditamos	Senior Masculino	04:05:35	+01:34:26	12:17
198	1574	Jorge Carneiro	Individual	Senior Masculino	04:05:55	+01:34:46	12:18
199	1034	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	04:06:20	+01:35:11	12:19
200	1626	Marco Sousa	Individual	Senior Masculino	04:07:07	+01:35:58	12:21
201	1974	Renato Lino Ribeiro	Limitless	Senior Masculino	04:07:22	+01:36:13	12:22
202	1479	António Ferreira	Individual	Senior Masculino	04:07:50	+01:36:41	12:24
203	2221	Micael Martins	Rainha Club	Senior Masculino	04:07:50	+01:36:41	12:24
204	1531	Filipe Alberto Alves Silva	Individual	Senior Masculino	04:07:51	+01:36:42	12:24
205	1620	Manuel Moraes	Individual	Senior Masculino	04:07:52	+01:36:43	12:24
206	2058	Marcelo Barros	NOCTURNOS DE PAREDES	Senior Masculino	04:08:05	+01:36:56	12:24
207	1171	Marco Carvalho	Colégio Júlio Dinis	Senior Masculino	04:08:24	+01:37:15	12:25
208	1694	Rui Martins	Individual	Senior Masculino	04:09:17	+01:38:08	12:28

Trail

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209	1539	FRANCISCO PACHECO	Individual	Senior Masculino	04:09:48	+01:38:39	12:29
210	1011	Ricardo Manuel Monteiro Teixeira	A.D.Amarante trail running	Senior Masculino	04:09:53	+01:38:44	12:30
211	1478	Anselmo Luís dos Santos Pereira	Individual	Senior Masculino	04:10:00	+01:38:51	12:30
212	2002	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	04:10:06	+01:38:57	12:30
213	2100	Renato Santos	OFRunning	Senior Masculino	04:10:08	+01:38:59	12:30
214	1472	André Neves	Individual	Senior Masculino	04:10:12	+01:39:03	12:31
215	1036	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	04:10:23	+01:39:14	12:31
216	2370	Helder Filipe Ribeiro Vilas BOas	VIDAATIVARUNNERS	Senior Masculino	04:10:36	+01:39:27	12:32
217	1928	Sérgio Oliveira	JAVA Team - Trail and Running	Senior Masculino	04:10:53	+01:39:44	12:33
218	1646	Óscar Manuel Fonseca Figueiredo	Individual	Senior Masculino	04:11:05	+01:39:56	12:33
219	1063	Nuno santos	Amigos 1	Senior Masculino	04:12:13	+01:41:04	12:37
220	1923	Jose Barbosa	Já te apanho	Senior Masculino	04:12:31	+01:41:22	12:38
221	2220	Hélder Santos	Rainha Club	Senior Masculino	04:12:47	+01:41:38	12:38
222	1551	Hugo Filipe Vieira Moura	Individual	Senior Masculino	04:12:48	+01:41:39	12:38
223	1727	Vítor Vieira	Individual	Senior Masculino	04:12:49	+01:41:40	12:38
224	1544	Hélder Manuel Moreira Teles	Individual	Senior Masculino	04:12:49	+01:41:40	12:38
225	1525	Eurico Mateus	Individual	Senior Masculino	04:12:59	+01:41:50	12:39
226	1502	carlos moreira	Individual	Senior Masculino	04:13:16	+01:42:07	12:40
227	1527	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:13:42	+01:42:33	12:41
228	1596	Julio do Monte Escriveaes	Individual	Senior Masculino	04:15:23	+01:44:14	12:46
229	2219	André Cancela	Rainha Club	Senior Masculino	04:15:31	+01:44:22	12:47
230	1698	Rui Pedro Freitas Paninho Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:16:09	+01:45:00	12:48
231	2189	PAULO SILVA	PM	Senior Masculino	04:16:37	+01:45:28	12:50
232	2409	Roberto Bessa	CFIT	Senior Masculino	04:16:43	+01:45:34	12:50
233	2400	C Augusto Freitas Moura	CFIT	Senior Masculino	04:16:43	+01:45:34	12:50
234	1721	Victor Hugo Cardoso Osório	Individual	Senior Masculino	04:16:56	+01:45:47	12:51
235	1226	Flavio Santos	Fitspot - Parque Nascente	Senior Masculino	04:17:17	+01:46:08	12:52
236	1162	Simão Araújo	CF JESUITAS	Senior Masculino	04:17:50	+01:46:41	12:53
237	2407	Ricardo Costa	CFIT	Senior Masculino	04:17:59	+01:46:50	12:54
238	1557	Jaime Soares	Individual	Senior Masculino	04:18:02	+01:46:53	12:54
239	1341	Manuel Pereira	Helder Augusto Ferreira Camilo	Senior Masculino	04:18:04	+01:46:55	12:54
240	1980	Filipe Pereira	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	04:18:07	+01:46:58	12:54
241	1921	José Pedro Ferreira de Moraes	IZZEF	Senior Masculino	04:18:09	+01:47:00	12:54
242	2242	Jorge MAnuel	Runners Unidos à Pipa	Senior Masculino	04:18:10	+01:47:01	12:55
243	1599	Leonardo Brito	Individual	Senior Masculino	04:18:31	+01:47:22	12:56
244	2374	Ricardo Pinto da Costa	VIDAATIVARUNNERS	Senior Masculino	04:18:37	+01:47:28	12:56
245	2366	Artur Jorge Serra Moraes	VIDAATIVARUNNERS	Senior Masculino	04:18:38	+01:47:29	12:56
246	2350	Tiago Silva	trilha dos runners	Senior Masculino	04:18:57	+01:47:48	12:57
247	1241	Ricardo Maia	FREZITE	Senior Masculino	04:18:58	+01:47:49	12:57
248	1591	José Pereira	Individual	Senior Masculino	04:19:02	+01:47:53	12:57
249	1524	Ercílio Duarte Cardoso Ribeiro	Individual	Senior Masculino	04:19:22	+01:48:13	12:58
250	2053	Hugo Neto	NOCTURNOS DE PAREDES	Senior Masculino	04:20:27	+01:49:18	13:01
251	1710	Simão Castro	Individual	Senior Masculino	04:20:55	+01:49:46	13:03
252	1688	Rui Baldaia Mendes	Individual	Senior Masculino	04:21:24	+01:50:15	13:04
253	1718	Tiago Rocha	Individual	Senior Masculino	04:21:30	+01:50:21	13:04
254	2311	Miguel Castro	Team Agente Meireles II	Senior Masculino	04:21:30	+01:50:21	13:04

Trail

20 KM



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255	1144	Dionísio Ferreira	Bodysation Runners Pro	Senior Masculino	04:21:48	+01:50:39	13:05
256	1145	Filipe Ferreira	Bodysation Runners Pro	Senior Masculino	04:21:48	+01:50:39	13:05
257	1639	NUNO LOPES	Individual	Senior Masculino	04:21:55	+01:50:46	13:06
258	1520	Eduardo Manuel Matos de Paiva	Individual	Senior Masculino	04:22:12	+01:51:03	13:07
259	1493	Bruno Onofre Monteiro Araújo	Individual	Senior Masculino	04:22:39	+01:51:30	13:08
260	1700	Rui Sequeira	Individual	Senior Masculino	04:22:50	+01:51:41	13:08
261	1002	Rui Miguel Ferreira Marques	100KmsTeam	Senior Masculino	04:23:37	+01:52:28	13:11
262	1477	Anita Gabriela Moreira Nunes da Costa	Individual	Senior Masculino	04:23:53	+01:52:44	13:12
263	1089	joão fonseca	amigos s.pedro da cova	Senior Masculino	04:24:08	+01:52:59	13:12
264	2406	Eugénio Alves	CFIT	Senior Masculino	04:25:05	+01:53:56	13:15
265	1526	Fábio André Martins Alves	Individual	Senior Masculino	04:25:50	+01:54:41	13:18
266	1592	José Ribeiro	Individual	Senior Masculino	04:26:11	+01:55:02	13:19
267	2052	Edgar Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	04:26:12	+01:55:03	13:19
268	1943	Bruno Bartes	Kunalama Runners	Senior Masculino	04:26:13	+01:55:04	13:19
269	2056	Leandro Ramos	NOCTURNOS DE PAREDES	Senior Masculino	04:26:23	+01:55:14	13:19
270	1012	Carlos Moreira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	04:26:55	+01:55:46	13:21
271	1123	Vitor mendes	Barbudos da montanha	Senior Masculino	04:26:55	+01:55:46	13:21
272	2274	Henrique Sousa	Solitário	Senior Masculino	04:26:56	+01:55:47	13:21
273	1576	Jorge Filipe Pinheiro	Individual	Senior Masculino	04:28:37	+01:57:28	13:26
274	2241	Joel Guimarães	Runners Unidos à Pipa	Senior Masculino	04:29:53	+01:58:44	13:30
275	1138	Renato Ferreira	Befitness Runners	Senior Masculino	04:30:02	+01:58:53	13:30
276	2013	joao alves	Monte dos Amigos	Senior Masculino	04:30:06	+01:58:57	13:30
277	2287	Joel Alexandre Pinto	Super Box	Senior Masculino	04:30:14	+01:59:05	13:31
278	1112	Luis Veiga	Bandidos	Senior Masculino	04:30:21	+01:59:12	13:31
279	1111	Aurelio Neto	Bandidos	Senior Masculino	04:30:25	+01:59:16	13:31
280	1348	Cédric Silva	Índios de BTTrail	Senior Masculino	04:30:28	+01:59:19	13:31
281	1553	Hugo Miguel Ferreira Pinto	Individual	Senior Masculino	04:30:29	+01:59:20	13:31
282	1492	Bruno Miguel Silva Soares	Individual	Senior Masculino	04:30:34	+01:59:25	13:32
283	1227	Micael Moraes	Fitspot - Parque Nascente	Senior Masculino	04:30:39	+01:59:30	13:32
284	2182	Rui Gomes	Pena Team	Senior Masculino	04:30:48	+01:59:39	13:32
285	2411	Daniel Silva	Individual	Senior Masculino	04:30:56	+01:59:47	13:33
286	1948	Nuno Barbosa	Kunalama Runners	Senior Masculino	04:32:34	+02:01:25	13:38
287	1616	Luís Pinheiro	Individual	Senior Masculino	04:32:57	+02:01:48	13:39
288	1490	bruno manuel martins ribeiro	Individual	Senior Masculino	04:33:01	+02:01:52	13:39
289	2310	José Guerra	Team Agente Meireles II	Senior Masculino	04:33:13	+02:02:04	13:40
290	2061	Paulo Gonçalves	NOCTURNOS DE PAREDES	Senior Masculino	04:33:40	+02:02:31	13:41
291	2132	Ricardo Fonseca	Os Atletas	Senior Masculino	04:33:43	+02:02:34	13:41
292	1281	Pedro Reis	GENEROSOS	Senior Masculino	04:33:56	+02:02:47	13:42
293	1277	Afonso Costa	GENEROSOS	Senior Masculino	04:33:57	+02:02:48	13:42
294	1673	Ricardo Magalhães	Individual	Senior Masculino	04:34:06	+02:02:57	13:42
295	1350	Flávio Cardoso	Índios de BTTrail	Senior Masculino	04:34:18	+02:03:09	13:43
296	1579	Josè Alexandre Alves Fernandes	Individual	Senior Masculino	04:34:18	+02:03:09	13:43
297	1583	José Carneiro	Individual	Senior Masculino	04:34:21	+02:03:12	13:43
298	1137	Paulo Moraes	Befitness Runners	Senior Masculino	04:34:22	+02:03:13	13:43
299	1632	MIGUEL LOPES	Individual	Senior Masculino	04:34:22	+02:03:13	13:43
300	1007	Fábio Correia	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:34:30	+02:03:21	13:44

Trail

20 KM

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301	1717	Tiago Miguel dos Santos Barbosa	Individual	Senior Masculino	04:34:42	+02:03:33	13:44
302	1630	Micael Bruno Barroso Domingues	Individual	Senior Masculino	04:34:59	+02:03:50	13:45
303	1975	Rui Guedes	Limitless	Senior Masculino	04:36:06	+02:04:57	13:48
304	1972	Filipe Carvalho	Limitless	Senior Masculino	04:36:06	+02:04:57	13:48
305	1051	Paulo Sousa	All About	Senior Masculino	04:36:45	+02:05:36	13:50
306	1511	Daniel Reis dos santos	Individual	Senior Masculino	04:36:54	+02:05:45	13:51
307	1484	Antonio Santos	Individual	Senior Masculino	04:37:03	+02:05:54	13:51
308	1690	Rui Costa Jesus	Individual	Senior Masculino	04:37:05	+02:05:56	13:51
309	2230	MARIO VIEIRA	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	04:37:09	+02:06:00	13:51
310	1674	Ricardo Mendonça	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
311	1509	Daniel filipe silva nogueira	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
312	1542	Helder Heitor	Individual	Senior Masculino	04:37:13	+02:06:04	13:52
313	1534	Filipe Goncalves	Individual	Senior Masculino	04:38:12	+02:07:03	13:55
314	1210	CARLOS MOREIRA	Feltrail	Senior Masculino	04:38:12	+02:07:03	13:55
315	1147	Paulo Pereira	Bota&Siga	Senior Masculino	04:38:30	+02:07:21	13:56
316	1973	Orlando Rogério de Azevedo Henriques	Limitless	Senior Masculino	04:38:52	+02:07:43	13:57
317	1656	PEDRO FERREIRA	Individual	Senior Masculino	04:39:28	+02:08:19	13:58
318	1311	César Pais	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:40:39	+02:09:30	14:02
319	2285	FILIPE MAGANO	SU TEAM & FRIENDS	Senior Masculino	04:40:53	+02:09:44	14:03
320	1624	Marco Ferreira	Individual	Senior Masculino	04:41:03	+02:09:54	14:03
321	2290	Tiago Ferreira	Super Box	Senior Masculino	04:41:44	+02:10:35	14:05
322	1131	André Araújo	Befitness Runners	Senior Masculino	04:42:04	+02:10:55	14:06
323	1487	AURELIANO MARTINS	Individual	Senior Masculino	04:42:08	+02:10:59	14:06
324	1119	Paulo Sérgio Mendes ferreira	barbudos da montanha	Senior Masculino	04:42:13	+02:11:04	14:07
325	1015	Ruben Lima	AD Esmeriz Running	Senior Masculino	04:42:50	+02:11:41	14:09
326	1014	Marco Araújo	AD Esmeriz Running	Senior Masculino	04:42:51	+02:11:42	14:09
327	1538	Flávio Ortins	Individual	Senior Masculino	04:44:03	+02:12:54	14:12
328	2229	GERSON ALVES	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	04:44:25	+02:13:16	14:13
329	2259	Miguel Vieira	Serviço Urgência & Friends	Senior Masculino	04:44:32	+02:13:23	14:14
330	1663	Pedro Teixeira	Individual	Senior Masculino	04:44:47	+02:13:38	14:14
331	1052	Philips Manteigas	All About	Senior Masculino	04:44:58	+02:13:49	14:15
332	1968	Fernando Pinheiro	LEROY MERLIN BRAGA	Senior Masculino	04:45:01	+02:13:52	14:15
333	1636	Nuno Cardoso	Individual	Senior Masculino	04:45:14	+02:14:05	14:16
334	1671	Ricardo Jorge Leão Sousa	Individual	Senior Masculino	04:46:50	+02:15:41	14:20
335	1249	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:47:31	+02:16:22	14:23
336	1079	Antonio Jose Silva Sampaio	Amigos do trabalho	Senior Masculino	04:47:49	+02:16:40	14:23
337	1505	Carlos Silva	Individual	Senior Masculino	04:49:04	+02:17:55	14:27
338	1569	Joaquim Cardoso	Individual	Senior Masculino	04:49:30	+02:18:21	14:29
339	2051	Alexandre Pinto	NOCTURNOS DE PAREDES	Senior Masculino	04:49:49	+02:18:40	14:29
340	1080	Arnaldo Filipe Ferreira Sampaio	Amigos do trabalho	Senior Masculino	04:50:04	+02:18:55	14:30
341	1330	Jorge Borges	GTT - Armazém do Caffè	Senior Masculino	04:50:12	+02:19:03	14:31
342	1597	Julio Magalhães	Individual	Senior Masculino	04:50:27	+02:19:18	14:31
343	1506	Cesar Gomes	Individual	Senior Masculino	04:50:42	+02:19:33	14:32
344	2342	Carlos Vítor Moreira	Too Stupid to Stop	Senior Masculino	04:50:47	+02:19:38	14:32
345	2343	Christophe Sousa	Too Stupid to Stop	Senior Masculino	04:50:48	+02:19:39	14:32

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Trail

20 KM

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OFFICIAL RESULT

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346	1349	Filipe Gonçalves	Índios de BTTrail	Senior Masculino	04:51:11	+02:20:02	14:34
347	1578	Jorge Manuel pereira monteiro	Individual	Senior Masculino	04:51:58	+02:20:49	14:36
348	1994	João Bernardes	Marco Runners	Senior Masculino	04:52:42	+02:21:33	14:38
349	2057	Leandro Sousa	NOCTURNOS DE PAREDES	Senior Masculino	04:52:55	+02:21:46	14:39
350	1575	JORGE COSTA	Individual	Senior Masculino	04:53:50	+02:22:41	14:42
351	1672	Ricardo Luis Nicolau Oliveira	Individual	Senior Masculino	04:53:52	+02:22:43	14:42
352	1955	David Alves	LA Zinco	Senior Masculino	04:53:58	+02:22:49	14:42
353	1956	Nuno Oliveira	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
354	1953	Bruno Matos	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
355	1957	Rui Carvalho	LA Zinco	Senior Masculino	04:55:42	+02:24:33	14:47
356	2098	Manuel Moreira	OFRunning	Senior Masculino	04:55:55	+02:24:46	14:48
357	2055	Jose Cunha	NOCTURNOS DE PAREDES	Senior Masculino	04:56:07	+02:24:58	14:48
358	1518	Diogo Silva	Individual	Senior Masculino	04:57:45	+02:26:36	14:53
359	1588	José Pedro Da Silva Dias	Individual	Senior Masculino	04:58:03	+02:26:54	14:54
360	1154	Quim	CAETANO RUNNERS	Senior Masculino	04:58:16	+02:27:07	14:55
361	1714	Telmo Pereira	Individual	Senior Masculino	04:58:43	+02:27:34	14:56
362	1133	David Paiva	Befitness Runners	Senior Masculino	05:00:29	+02:29:20	15:01
363	1573	Jonas Faria	Individual	Senior Masculino	05:00:55	+02:29:46	15:03
364	1143	Rui Silva	BitRunners	Senior Masculino	05:01:17	+02:30:08	15:04
365	1469	André Buffon	Individual	Senior Masculino	05:01:44	+02:30:35	15:05
366	1999	Helder Pereira	Minions	Senior Masculino	05:01:54	+02:30:45	15:06
367	1600	Leonel Caldas	Individual	Senior Masculino	05:02:00	+02:30:51	15:06
368	1976	Tiago Paulo dos Santos guimaraes	Limitless	Senior Masculino	05:02:13	+02:31:04	15:07
369	1013	Bruno Oliveira	AD Esmeriz Running	Senior Masculino	05:02:33	+02:31:24	15:08
370	2198	MARCO OLIVEIRA	PORTOCARGO	Senior Masculino	05:03:30	+02:32:21	15:10
371	2144	Bruno Daniel Barbosa Magalhaes	Os Guerreiros	Senior Masculino	05:03:50	+02:32:41	15:11
372	1262	Emanuel Soares	Gauleses	Senior Masculino	05:04:15	+02:33:06	15:13
373	2036	Daniel Lopes	newton team	Senior Masculino	05:04:42	+02:33:33	15:14
374	2035	Bruno Vale	newton team	Senior Masculino	05:04:43	+02:33:34	15:14
375	2358	Sérgio Dinis	USF TS	Senior Masculino	05:04:48	+02:33:39	15:14
376	1507	César Lopes	Individual	Senior Masculino	05:04:56	+02:33:47	15:15
377	2167	Vítor Teixeira	PAPA TRAILS	Senior Masculino	05:05:07	+02:33:58	15:15
378	1113	Rui Sousa	Bandidos	Senior Masculino	05:05:14	+02:34:05	15:16
379	1611	Luís Gonçalves	Individual	Senior Masculino	05:06:41	+02:35:32	15:20
380	1568	Joaquim Agostinho Costa e Sousa	Individual	Senior Masculino	05:06:59	+02:35:50	15:21
381	2276	Cláudio Silva	Somos Nós Team	Senior Masculino	05:07:07	+02:35:58	15:21
382	2402	Ricardo Nogueira	CFIT	Senior Masculino	05:07:07	+02:35:58	15:21
383	1464	ALBANO TEIXEIRA	Individual	Senior Masculino	05:07:29	+02:36:20	15:22
384	1685	Rúben Bastos	Individual	Senior Masculino	05:08:10	+02:37:01	15:25
385	1480	António Gonçalves	Individual	Senior Masculino	05:08:11	+02:37:02	15:25
386	2012	angelo faustino	Monte dos Amigos	Senior Masculino	05:08:45	+02:37:36	15:26
387	2228	CARLOS NEVES	REIS & POMBAS AMIGOS DO TRAIL	Senior Masculino	05:08:46	+02:37:37	15:26
388	1532	Filipe André dos Santos Pereira	Individual	Senior Masculino	05:08:52	+02:37:43	15:27
389	1150	Miguel Ângelo Araújo Silva	Brabus Runners	Senior Masculino	05:09:06	+02:37:57	15:27
390	1634	Nelson Amaro leal nunes	Individual	Senior Masculino	05:10:17	+02:39:08	15:31
391	1120	Rogério sousa	Barbudos da montanha	Senior Masculino	05:10:21	+02:39:12	15:31

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Trail

20 KM



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392	1230	Ricardo Vigario	Fitspot - Parque Nascente	Senior Masculino	05:11:11	+02:40:02	15:34
393	2368	Carlos Filipe Fernandes Vale	VIDAATIVARUNNERS	Senior Masculino	05:11:23	+02:40:14	15:34
394	2398	Serafim Garcês	NOCTURNOS DE PAREDES	Senior Masculino	05:11:23	+02:40:14	15:34
395	2059	Miguel Costa	NOCTURNOS DE PAREDES	Senior Masculino	05:11:24	+02:40:15	15:34
396	1689	Rui Correia	Individual	Senior Masculino	05:12:32	+02:41:23	15:38
397	2296	Heliodoro José dos Santos Dionísio	Tartarugas Solidárias	Senior Masculino	05:13:14	+02:42:05	15:40
398	1082	Henrique Melo	Amigos dos Semáforos Bamulá	Senior Masculino	05:13:16	+02:42:07	15:40
399	1474	Andre Silva	Individual	Senior Masculino	05:13:38	+02:42:29	15:41
400	1724	Vitor Daniel Ribeiro Pereira	Individual	Senior Masculino	05:13:43	+02:42:34	15:41
401	1627	Mário Jorge Noronha Soares de Sousa	Individual	Senior Masculino	05:14:05	+02:42:56	15:42
402	2306	Duarte Meireles	Team Agente Meireles	Senior Masculino	05:15:58	+02:44:49	15:48
403	1178	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	05:17:33	+02:46:24	15:53
404	1589	Jose Pedro Sistelo	Individual	Senior Masculino	05:18:45	+02:47:36	15:56
405	1704	Sérgio Brochado	Individual	Senior Masculino	05:19:18	+02:48:09	15:58
406	2130	Andre Filipe Pinto Barros	Os Atletas	Senior Masculino	05:19:26	+02:48:17	15:58
407	1670	Ricardo Hugo Sá Santos	Individual	Senior Masculino	05:19:50	+02:48:41	15:59
408	1693	Rui Lima	Individual	Senior Masculino	05:20:24	+02:49:15	16:01
409	1264	Tiago Velho	Gauleses	Senior Masculino	05:20:31	+02:49:22	16:02
410	2415	Susana Silva	EDV- VIANA TRAIL	Senior Masculino	05:23:07	+02:51:58	16:09
411	2298	Marco Maciel	Tartarugas Trail	Senior Masculino	05:23:09	+02:52:00	16:09
412	2176	Antonio Barbosa	Paredes Running	Senior Masculino	05:23:27	+02:52:18	16:10
413	2314	Max Vale	Team Corleone	Senior Masculino	05:25:45	+02:54:36	16:17
414	1954	Carlos Alves	LA Zinco	Senior Masculino	05:27:10	+02:56:01	16:22
415	1548	henrique teixeira	Individual	Senior Masculino	05:28:04	+02:56:55	16:24
416	2376	Vitor Silva	VIDAATIVARUNNERS	Senior Masculino	05:29:24	+02:58:15	16:28
417	2364	Abílio Guimarães Casanova	VIDAATIVARUNNERS	Senior Masculino	05:29:24	+02:58:15	16:28
418	1691	Rui de Matos	Individual	Senior Masculino	05:30:45	+02:59:36	16:32
419	1142	Jorge Sousa	BitRunners	Senior Masculino	05:31:22	+03:00:13	16:34
420	1703	Sandro sousa	Individual	Senior Masculino	05:31:32	+03:00:23	16:35
421	1278	Antonio Oliveira	GENEROSOS	Senior Masculino	05:32:04	+03:00:55	16:36
422	1279	Manuel Adriano	GENEROSOS	Senior Masculino	05:32:05	+03:00:56	16:36
423	1313	Rui Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:32:43	+03:01:34	16:38
424	1706	Sérgio Moreira	Individual	Senior Masculino	05:34:46	+03:03:37	16:44
425	1725	Vítor Manuel Dias Gonçalves	Individual	Senior Masculino	05:35:18	+03:04:09	16:46
426	2156	Filipe Nogueira	Os TurboMula	Senior Masculino	05:35:24	+03:04:15	16:46
427	2397	José Barbosa	CFIT	Senior Masculino	05:35:59	+03:04:50	16:48
428	2135	antonio tavares	os caga tacos running team	Senior Masculino	05:36:16	+03:05:07	16:49
429	2054	Jorge Ribeiro	NOCTURNOS DE PAREDES	Senior Masculino	05:38:47	+03:07:38	16:56
430	1198	Sergio Sousa	Espera por mim	Senior Masculino	05:38:54	+03:07:45	16:57
431	2337	Tiago Lamego	Tockandar	Senior Masculino	05:40:10	+03:09:01	17:00
432	2225	Rui Moreira	Referee's Team	Senior Masculino	05:41:25	+03:10:16	17:04
433	2224	Mário Cunha	Referee's Team	Senior Masculino	05:41:52	+03:10:43	17:06
434	1652	Paulo Sérgio Bessa	Individual	Senior Masculino	05:47:44	+03:16:35	17:23
435	1609	Luis Filipe Nunes Rodrigues de Sousa Reis	Individual	Senior Masculino	05:47:45	+03:16:36	17:23
436	2236	Helder Pinto	Run for Fun	Senior Masculino	05:47:45	+03:16:36	17:23
437	1562	João Ferreira	Individual	Senior Masculino	05:48:57	+03:17:48	17:27

Trail

20 KM

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OFFICIAL RESULT

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438	1614	Luis Miguel Rodrigues Oliveira	Individual	Senior Masculino	05:49:11	+03:18:02	17:28
439	1083	Miguel Alves	Amigos dos semáforos Bamulá	Senior Masculino	05:49:52	+03:18:43	17:30
440	1485	Antonio Xavier	Individual	Senior Masculino	05:50:43	+03:19:34	17:32
441	2240	Miguel meleiro	Run4all	Senior Masculino	05:50:44	+03:19:35	17:32
442	2336	José Augusto Ribeiro da Silva	Tockandar	Senior Masculino	05:52:25	+03:21:16	17:37
443	2335	Antonio Ramos	Tockandar	Senior Masculino	05:52:25	+03:21:16	17:37
444	1559	João Barbosa Pereira	Individual	Senior Masculino	05:53:44	+03:22:35	17:41
445	1676	Ricardo Moreira	Individual	Senior Masculino	05:53:45	+03:22:36	17:41
446	1164	Bruno Pinho	CLUBE ATLETISMO DE LAMAS	Senior Masculino	06:04:18	+03:33:09	18:13
447	1523	Emanuel Filipe Fernandes	Individual	Senior Masculino	06:06:45	+03:35:36	18:20
448	1644	Nuno Oliveira	Individual	Senior Masculino	06:07:02	+03:35:53	18:21
449	2286	PEDRO ALVES	SU TEAM & FRIENDS	Senior Masculino	06:22:46	+03:51:37	19:08
450	2129	Francisco Silva	Orange Power	Senior Masculino	06:22:52	+03:51:43	19:09
451	2065	Telmo Mota	NOCTURNOS DE PAREDES	Senior Masculino	06:40:55	+04:09:46	20:03
452	1964	Fábio José Cunha Ribeiro	Legion Combat	Senior Masculino	07:10:38	+04:39:29	21:32
453	1068	Adriano Jorge Oliveira Reis	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	09:26:10	+06:55:01	28:18

Veterana F40

1	1187	Casimira Moura	Dr Merino/ Nutrifit	Veterana F40	03:14:21		09:43
2	1098	Rosa Magalhães	As Belas e Eles	Veterana F40	03:35:58	+21:37	10:48
3	2277	fatima coelho	Somos Nós Team	Veterana F40	03:50:18	+35:57	11:31
4	2171	Paula Moreira	PAREDES AVENTURA	Veterana F40	03:57:44	+43:23	11:53
5	1739	carla sousa	Individual	Veterana F40	04:01:38	+47:17	12:05
6	1186	Alice Sousa	Dr Merino/ Nutrifit	Veterana F40	04:02:11	+47:50	12:07
7	1038	Alexandra Padilha	ALIANÇA DE GANDRA	Veterana F40	04:03:57	+49:36	12:12
8	1039	Ana Pinto	ALIANÇA DE GANDRA	Veterana F40	04:04:10	+49:49	12:12
9	1760	Maria Augusta Silva Rosário Silva Roleira Marinho	Individual	Veterana F40	04:04:49	+50:28	12:14
10	1315	Mónica Carvalhais	GONDOMAR FUTSAL CLUBE	Veterana F40	04:08:00	+53:39	12:24
11	2003	Patícia Sampaio	Moinhos Run - ADRM	Veterana F40	04:08:10	+53:49	12:25
12	2015	Fernanda leão	Monte dos Amigos	Veterana F40	04:08:17	+53:56	12:25
13	1746	Evelin Koester	Individual	Veterana F40	04:08:24	+54:03	12:25
14	1758	MANUELA SOUSA	Individual	Veterana F40	04:13:11	+58:50	12:40
15	1765	Maria de Fátima Marques Ribeiro	Individual	Veterana F40	04:16:58	+01:02:37	12:51
16	1992	Margarida Monteiro	Marão team	Veterana F40	04:17:16	+01:02:55	12:52
17	1754	Lâ-Salete Pinto	Individual	Veterana F40	04:18:01	+01:03:40	12:54
18	1750	Graça Silva	Individual	Veterana F40	04:18:41	+01:04:20	12:56
19	1287	Lu Pinto	GENEROSOS	Veterana F40	04:21:47	+01:07:26	13:05
20	1736	Antónia Bessa	Individual	Veterana F40	04:22:00	+01:07:39	13:06
21	1753	Ivone Ferreira	Individual	Veterana F40	04:22:49	+01:08:28	13:08
22	1737	Cacilda Maria Sousa Ramos	Individual	Veterana F40	04:23:46	+01:09:25	13:11
23	1779	Sandra Sousa	Individual	Veterana F40	04:24:04	+01:09:43	13:12
24	1773	Paula Anjos	Individual	Veterana F40	04:24:17	+01:09:56	13:13
25	1939	Eugénia Teixeira	keepmoving	Veterana F40	04:28:17	+01:13:56	13:25
26	1761	Maria Candida Rodrigues	Individual	Veterana F40	04:29:49	+01:15:28	13:29

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Trail

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27	1782	susana vidal pereira	Individual	Veterana F40	04:30:41	+01:16:20	13:32
28	1740	Clarisse Ribeiro	Individual	Veterana F40	04:34:21	+01:20:00	13:43
29	2172	Raquel Ferreira	PAREDES AVENTURA	Veterana F40	04:36:34	+01:22:13	13:50
30	2068	Maria Joana Teixeira Ferreira Reguengo	NOCTURNOS DE PAREDES	Veterana F40	04:38:47	+01:24:26	13:56
31	2089	Zélia Carneiro	O Passarinho	Veterana F40	04:39:14	+01:24:53	13:58
32	1040	Cândida Vilas-Boas	ALIANÇA DE GANDRA	Veterana F40	04:39:20	+01:24:59	13:58
33	1922	Maria José Malheiro Coelho	IZZEF	Veterana F40	04:39:28	+01:25:07	13:58
34	2293	Glória Monteiro	Tartarugas do Asfalto	Veterana F40	04:43:39	+01:29:18	14:11
35	2069	Salette Silva	NOCTURNOS DE PAREDES	Veterana F40	04:49:40	+01:35:19	14:29
36	1781	Sonia Ferreira	Individual	Veterana F40	04:50:04	+01:35:43	14:30
37	1757	MANUELA MOTA	Individual	Veterana F40	04:51:47	+01:37:26	14:35
38	1755	Liseta Pinto	Individual	Veterana F40	04:53:14	+01:38:53	14:40
39	2359	Ana Alves	USF TS	Veterana F40	05:04:48	+01:50:27	15:14
40	1771	Monica Claudia Correia de Sousa Matos	Individual	Veterana F40	05:07:48	+01:53:27	15:23
41	1743	Conceição Pereira	Individual	Veterana F40	05:08:11	+01:53:50	15:25
42	2158	Paula Moreira	Os TurboMula	Veterana F40	05:09:01	+01:54:40	15:27
43	2016	helen a roxo	Monte dos Amigos	Veterana F40	05:09:25	+01:55:04	15:28
44	1174	elsa fernandes	convidada Monte dos Amigos	Veterana F40	05:09:26	+01:55:05	15:28
45	2297	Catarina Lagoa	Tartarugas Solidárias	Veterana F40	05:13:14	+01:58:53	15:40
46	2039	silvia Maciel	Ninja Team	Veterana F40	05:14:13	+01:59:52	15:43
47	2200	LAURA VIEIRA	PORTOCARGO	Veterana F40	05:15:05	+02:00:44	15:45
48	3759	Isabel Lopes	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	05:15:49	+02:01:28	15:47
49	1745	Eduarda Maria Vieira Magalhães Freitas	Individual	Veterana F40	05:15:49	+02:01:28	15:47
50	1084	Cristina Amaral	Amigos dos semáforos Bamulá	Veterana F40	05:17:31	+02:03:10	15:53
51	2294	Maria Portugal	Tartarugas do Asfalto	Veterana F40	05:18:45	+02:04:24	15:56
52	1778	Sandra Silva	Individual	Veterana F40	05:20:24	+02:06:03	16:01
53	1734	Anabela Cunha	Individual	Veterana F40	05:20:54	+02:06:33	16:03
54	1752	Isaura de Almeida	Individual	Veterana F40	05:22:26	+02:08:05	16:07
55	2300	Marina Salgueiro	Tartarugas Trail	Veterana F40	05:23:08	+02:08:47	16:09
56	2299	Elisabete Pereira	Tartarugas Trail	Veterana F40	05:23:51	+02:09:30	16:12
57	2319	Prazeres Pires	Team DUAS FACES	Veterana F40	05:24:24	+02:10:03	16:13
58	2067	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	05:29:08	+02:14:47	16:27
59	2199	ISABEL VIEIRA	PORTOCARGO	Veterana F40	05:34:03	+02:19:42	16:42
60	1115	maria lucinda barbosa moreira	barbosa	Veterana F40	05:36:29	+02:22:08	16:49
61	2020	sonia silva	Monte dos Amigos	Veterana F40	05:43:53	+02:29:32	17:12
62	1763	Maria Couto	Individual	Veterana F40	05:45:43	+02:31:22	17:17
63	1764	Maria de Fátima da Silva Rocha	Individual	Veterana F40	05:47:53	+02:33:32	17:24
64	1762	Maria Celeste Soares Azevedo	Individual	Veterana F40	05:47:53	+02:33:32	17:24
65	1085	Teresa Calix	Amigos dos semáforos Bamulá	Veterana F40	05:49:52	+02:35:31	17:30
66	1772	Mónica Rocha	Individual	Veterana F40	05:50:43	+02:36:22	17:32
67	1289	Manuela Rosas	GENEROSOS	Veterana F40	06:00:20	+02:45:59	18:01
68	1775	Paula Próspero	Individual	Veterana F40	06:03:57	+02:49:36	18:12
69	1983	Dina Maria Marques Goncalves	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	06:04:17	+02:49:56	18:13

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Trail

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70	1729	Albertina Maria Gomes Sousa	Individual	Veterana F40	06:04:17	+02:49:56	18:13
71	1748	Filipa Ventuzelos	Individual	Veterana F40	06:05:33	+02:51:12	18:17
72	2145	Cláudia Castro Morais	Os Justos da Mata	Veterana F40	06:09:23	+02:55:02	18:28
73	1932	Quina Soares	Justos da Mata	Veterana F40	06:09:23	+02:55:02	18:28
74	1930	ana paula vilaça da silva baptista	jps	Veterana F40	06:16:14	+03:01:53	18:49
75	1291	Paula Ferreira	GENEROSOS	Veterana F40	06:16:14	+03:01:53	18:49
76	1744	cristina leal	Individual	Veterana F40	06:23:09	+03:08:48	19:09
77	1288	Lucia Marques	GENEROSOS	Veterana F40	06:24:37	+03:10:16	19:14
78	1282	Ana Prata	GENEROSOS	Veterana F40	06:24:38	+03:10:17	19:14
79	2136	Maria Fatima Lopes	os caga tacos running team	Veterana F40	06:27:26	+03:13:05	19:22
80	2137	Rosinda macedo	os caga tacos running team	Veterana F40	06:27:34	+03:13:13	19:23
81	2018	paula coutinho	Monte dos Amigos	Veterana F40	06:52:14	+03:37:53	20:37
82	2017	paula almeida	Monte dos Amigos	Veterana F40	06:52:15	+03:37:54	20:37
83	1285	Cristina Pinto	GENEROSOS	Veterana F40	06:54:26	+03:40:05	20:43
84	1290	Maria Jose Dias	GENEROSOS	Veterana F40	06:54:27	+03:40:06	20:43
85	1286	Estela Rodrigues	GENEROSOS	Veterana F40	06:54:27	+03:40:06	20:43
86	1749	Graça Casal	Individual	Veterana F40	07:06:34	+03:52:13	21:20

Veterano M40

1	1202	Rui Laranjeira	Experienciar/sportsonfire/barcelténica	Veterano M40	02:23:29		07:10
2	2419	António Martins	Individual	Veterano M40	02:35:18	+11:49	07:46
3	1092	António Manuel Figueiredo Moita	ANONYMOUS PROSPORTS CHALLENGER	Veterano M40	02:35:25	+11:56	07:46
4	1043	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	02:35:58	+12:29	07:48
5	1077	Francisco Lemos	AMIGOS DO PEDAL TRAILAGARES	Veterano M40	02:36:45	+13:16	07:50
6	1044	José Augusto	ALIANÇA DE GANDRA	Veterano M40	02:38:58	+15:29	07:57
7	1042	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	02:50:19	+26:50	08:31
8	1835	Jose Maria Soares Guimaraes	Individual	Veterano M40	02:51:14	+27:45	08:34
9	2412	Hugo Romano	Moinhos Run - ADRM	Veterano M40	02:51:26	+27:57	08:34
10	2209	Narciso Machado	Profisio Team	Veterano M40	02:51:59	+28:30	08:36
11	1307	Carlos Barbosa	GLOBAL TRAIL	Veterano M40	02:52:34	+29:05	08:38
12	1796	Antonio Fernando Coutinho Moreira	Individual	Veterano M40	02:54:40	+31:11	08:44
13	1785	Abilio Mendes Magalhães	Individual	Veterano M40	02:54:59	+31:30	08:45
14	2110	Mario Gonçalves	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M40	02:56:00	+32:31	08:48
15	1799	Asdrúbal Freitas	Individual	Veterano M40	02:56:29	+33:00	08:49
16	1253	Paulo Teixeira de Sousa	Fridão Sem Limites	Veterano M40	02:56:55	+33:26	08:51
17	1252	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	02:59:03	+35:34	08:57
18	1179	José Carlos F. Dias	CTAD - Trilhos de Cinfães	Veterano M40	02:59:18	+35:49	08:58
19	1099	Carlos Fernandes	As Belas e Eles	Veterano M40	03:02:07	+38:38	09:06
20	1892	Ricardo Alexandre Gonçalves Moreira	Individual	Veterano M40	03:02:51	+39:22	09:09
21	1234	Artur Carvalho	Fitspot - Parque Nascente	Veterano M40	03:03:31	+40:02	09:11
22	2125	José Ferreira	Oralklass-Amigos do Trail	Veterano M40	03:05:35	+42:06	09:17
23	2196	Laurindo Gomes	Porto Sentido Runners	Veterano M40	03:06:30	+43:01	09:20

Trail

20 KM

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24	1078	Manuel Arcanjo Freitas Ferreira	AMIGOS DO PEDAL TRILAGARES	Veterano M40	03:06:41	+43:12	09:20
25	1894	Ricardo Meireles	Individual	Veterano M40	03:06:58	+43:29	09:21
26	2141	Manuel Oliveira	Os Falta D'Ar	Veterano M40	03:09:57	+46:28	09:30
27	2193	António Borges	Porto Sentido Runners	Veterano M40	03:10:02	+46:33	09:30
28	2321	Antonio Jesus	team Rede Ambiente	Veterano M40	03:10:24	+46:55	09:31
29	1237	Rui Silva	Fitspot - Parque Nascente	Veterano M40	03:10:55	+47:26	09:33
30	2086	António José Marinho Cunha	Nós Acreditamos	Veterano M40	03:12:59	+49:30	09:39
31	1984	Rui Lopes	AMIGOS DO PEDAL TRILAGARES	Veterano M40	03:14:11	+50:42	09:43
32	1076	Fernando Neves	AMIGOS DO PEDAL TRILAGARES	Veterano M40	03:14:21	+50:52	09:43
33	1789	Alcino Gomes	Individual	Veterano M40	03:14:39	+51:10	09:44
34	1792	António Carlos Martins Roleira Marinho	Individual	Veterano M40	03:15:48	+52:19	09:47
35	1903	Rui Pedro Fernandes	Individual	Veterano M40	03:16:40	+53:11	09:50
36	1242	Carlos Fernandes	FREZITE	Veterano M40	03:18:29	+55:00	09:55
37	1041	António Silva	ALIANÇA DE GANDRA	Veterano M40	03:19:01	+55:32	09:57
38	2309	Flávio Teixeira	Team Agente Meireles	Veterano M40	03:21:11	+57:42	10:04
39	1045	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	03:21:27	+57:58	10:04
40	1836	JOSE ANDRADE	Individual	Veterano M40	03:22:00	+58:31	10:06
41	1026	JORGE NUNES	AfrikanRunners	Veterano M40	03:23:59	+01:00:30	10:12
42	1924	Tomas Correia	Já te apanho	Veterano M40	03:25:17	+01:01:48	10:16
43	1828	Joaquim da Rocha	Individual	Veterano M40	03:25:19	+01:01:50	10:16
44	1807	Carlos Miranda	Individual	Veterano M40	03:25:44	+01:02:15	10:17
45	1830	JORGE AMADEU MOREIRA DE SOUSA	Individual	Veterano M40	03:26:29	+01:03:00	10:19
46	1824	Ivo Almeida	Individual	Veterano M40	03:26:50	+01:03:21	10:21
47	1874	Pábelo Marques	Individual	Veterano M40	03:27:20	+01:03:51	10:22
48	1233	Alcino Vieira	Fitspot - Parque Nascente	Veterano M40	03:27:23	+01:03:54	10:22
49	2233	José Maria Leal	ROSÁRIO EXTREME	Veterano M40	03:28:31	+01:05:02	10:26
50	1842	Jose Manuel dos Santos Costa	Individual	Veterano M40	03:30:47	+01:07:18	10:32
51	2210	Raul Silva	Profisio Team	Veterano M40	03:33:05	+01:09:36	10:39
52	2232	Francisco Costa	ROSÁRIO EXTREME	Veterano M40	03:34:45	+01:11:16	10:44
53	1832	Jorge Miguel Sampaio da Costa	Individual	Veterano M40	03:35:38	+01:12:09	10:47
54	2181	Vitor Sousa	Pe de chumbo Team	Veterano M40	03:36:57	+01:13:28	10:51
55	1004	Cesar Augusto Machado Viriato Lobo Ribeiro	100KmsTeam	Veterano M40	03:36:58	+01:13:29	10:51
56	1214	SERGIO FONSECA	Feltrail	Veterano M40	03:37:52	+01:14:23	10:54
57	2194	Avelino Rodrigues	Porto Sentido Runners	Veterano M40	03:38:40	+01:15:11	10:56
58	2105	Nuno Rodrigues	OFRunning	Veterano M40	03:39:26	+01:15:57	10:58
59	1075	António Jorge Coelho de Sousa	AMIGOS DO PEDAL TRILAGARES	Veterano M40	03:40:01	+01:16:32	11:00
60	2124	Fernando Grabulho	Oralklass-Amigos do Trail	Veterano M40	03:40:07	+01:16:38	11:00
61	2325	Nelson Duarte	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	03:40:14	+01:16:45	11:01
62	1876	Paulo Alexandre Leite	Individual	Veterano M40	03:40:26	+01:16:57	11:01
63	2001	Pedro Vieira	Moinhos Run - ADRM	Veterano M40	03:40:28	+01:16:59	11:01
64	1346	JOAQUIM PAULO ANDRADE REIS	Helder óptica team	Veterano M40	03:40:31	+01:17:02	11:02
65	1812	Eduardo Nascimento	Individual	Veterano M40	03:41:06	+01:17:37	11:03

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66	450	Telmo Manuel Msrtins Cardoso	Individual	Veterano M40	03:41:07	+01:17:38	11:03
67	1910	vitoeo coelho	Individual	Veterano M40	03:42:10	+01:18:41	11:07
68	1850	LUIS ALMEIDA	Individual	Veterano M40	03:42:11	+01:18:42	11:07
69	1001	ALBERTO SOUSA	1001 TRILHOS	Veterano M40	03:42:54	+01:19:25	11:09
70	1205	Luis Lopes	Fardetas	Veterano M40	03:42:55	+01:19:26	11:09
71	2278	fernando morais	Somos Nós Team	Veterano M40	03:43:32	+01:20:03	11:11
72	1318	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M40	03:43:57	+01:20:28	11:12
73	1811	Domingos Manuel Oliveira Peixoto	Individual	Veterano M40	03:45:22	+01:21:53	11:16
74	1843	José Manuel Moreira Lopes	Individual	Veterano M40	03:45:27	+01:21:58	11:16
75	1821	Helder Manuel Rosa da Silva Deveza	Individual	Veterano M40	03:45:28	+01:21:59	11:16
76	1058	Carlos Passos	All About Spirit Team	Veterano M40	03:46:19	+01:22:50	11:19
77	2410	Antonio Augusto dos Reis Pinto	CFIT	Veterano M40	03:46:22	+01:22:53	11:19
78	1907	Victor Barros Ferreira	Individual	Veterano M40	03:47:07	+01:23:38	11:21
79	536	António Gaspar Vieira Moreira	RDMRUN	Veterano M40	03:47:59	+01:24:30	11:24
80	1213	JOSE MAIAS	Feltrail	Veterano M40	03:50:20	+01:26:51	11:31
81	443	Pedro Martins	Individual	Veterano M40	03:52:09	+01:28:40	11:36
82	1880	Paulo Ferreira	Individual	Veterano M40	03:52:30	+01:29:01	11:37
83	1108	Agostinho Moreira	Avenida Caffee	Veterano M40	03:52:30	+01:29:01	11:38
84	1787	adriano magalhaes	Individual	Veterano M40	03:52:32	+01:29:03	11:38
85	1804	carlos campos	Individual	Veterano M40	03:52:36	+01:29:07	11:38
86	2174	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	03:52:36	+01:29:07	11:38
87	1057	Paulo Melo	All About	Veterano M40	03:53:15	+01:29:46	11:40
88	1862	Mario Pereira	Individual	Veterano M40	03:53:16	+01:29:47	11:40
89	1833	Jorge Moreira	Individual	Veterano M40	03:54:07	+01:30:38	11:42
90	1911	vitoeo Manuel Nogueira barbosa	Individual	Veterano M40	03:54:07	+01:30:38	11:42
91	1020	paulo freitas	adrulsm-brasinhas	Veterano M40	03:54:54	+01:31:25	11:45
92	1840	José Ferreira	Individual	Veterano M40	03:55:35	+01:32:06	11:47
93	1203	JOSÉ DUARTE	FAMILIA PEREIRA	Veterano M40	03:56:55	+01:33:26	11:51
94	1005	João Guimarães	A. D. L.	Veterano M40	03:57:49	+01:34:20	11:53
95	1869	Mike Dias	Individual	Veterano M40	03:58:41	+01:35:12	11:56
96	1820	Francisco Manuel Ribeiro da Costa	Individual	Veterano M40	03:59:25	+01:35:56	11:58
97	1879	Paulo Fernandes	Individual	Veterano M40	04:00:38	+01:37:09	12:02
98	1838	José Carlos Bago	Individual	Veterano M40	04:00:55	+01:37:26	12:03
99	1295	Filipe Carelhas	GENEROSOS	Veterano M40	04:01:02	+01:37:33	12:03
100	1124	Ricardo silva meneses	barbudos da montanha	Veterano M40	04:01:12	+01:37:43	12:04
101	1890	Pedro Ferreira	Individual	Veterano M40	04:01:59	+01:38:30	12:06
102	1201	Carlos Pereira	EU+ Run	Veterano M40	04:03:20	+01:39:51	12:10
103	1308	Sérgio Osório	GLOBAL TRAIL	Veterano M40	04:03:59	+01:40:30	12:12
104	1839	José Carlos pereira Gomes	Individual	Veterano M40	04:04:00	+01:40:31	12:12
105	1813	Fernando Manuel Dias Mendes	Individual	Veterano M40	04:04:06	+01:40:37	12:12
106	1985	Ernesto Martins	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	04:05:14	+01:41:45	12:16
107	1860	Manuel Sampaio	Individual	Veterano M40	04:05:47	+01:42:18	12:17
108	2005	Rui Quinta	Moinhos Run - ADRM	Veterano M40	04:05:51	+01:42:22	12:18
109	1846	José Pedro Gomes	Individual	Veterano M40	04:07:52	+01:44:23	12:24
110	1823	Henrique Marques	Individual	Veterano M40	04:08:10	+01:44:41	12:24
111	2004	Pedro Sá	Moinhos Run - ADRM	Veterano M40	04:08:11	+01:44:42	12:25

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112	2088	Fernando Silva	Nós Acreditamos	Veterano M40	04:08:35	+01:45:06	12:26
113	2380	Jose Maia	VIDAATIVARUNNERS	Veterano M40	04:08:37	+01:45:08	12:26
114	1901	Rui Jorge Moreira Freitas	Individual	Veterano M40	04:08:52	+01:45:23	12:27
115	1817	Filipe Miranda	Individual	Veterano M40	04:08:56	+01:45:27	12:27
116	1834	jorge rodrigues	Individual	Veterano M40	04:09:07	+01:45:38	12:27
117	1906	sergio alberto costa sousa	Individual	Veterano M40	04:09:35	+01:46:06	12:29
118	1265	Jorge M. O. Silva	GD BPI	Veterano M40	04:09:41	+01:46:12	12:29
119	1866	Miguel Leal	Individual	Veterano M40	04:09:51	+01:46:22	12:30
120	2208	Manuel Santos	Profisio Team	Veterano M40	04:10:13	+01:46:44	12:31
121	399	Abilio Teixeira	Individual	Veterano M40	04:10:22	+01:46:53	12:31
122	1319	Manuel Rocha	GONDOMAR FUTSAL CLUBE	Veterano M40	04:10:31	+01:47:02	12:32
123	1882	Paulo Jorge Ferreira Oliveira	Individual	Veterano M40	04:10:41	+01:47:12	12:32
124	2071	Antonio Carvalho	NOCTURNOS DE PAREDES	Veterano M40	04:11:54	+01:48:25	12:36
125	2381	Miguel Oliveira	VIDAATIVARUNNERS	Veterano M40	04:13:11	+01:49:42	12:40
126	1161	JOAQUIM PAULO	CDC S. MARTINHO DA GÂNDARA	Veterano M40	04:13:19	+01:49:50	12:40
127	1803	Carlos Avelino	Individual	Veterano M40	04:13:33	+01:50:04	12:41
128	2104	João Paulo Dias	OFRunning	Veterano M40	04:14:13	+01:50:44	12:43
129	1791	Américo Santos	Individual	Veterano M40	04:14:27	+01:50:58	12:43
130	1094	Jorge Manuel Teixeira Alves	ArdaSerra	Veterano M40	04:15:23	+01:51:54	12:46
131	2382	Paulo Filipe Fernandes Monteiro	VIDAATIVARUNNERS	Veterano M40	04:16:12	+01:52:43	12:49
132	1883	Paulo Jorge Jaquel Pinto	Individual	Veterano M40	04:16:23	+01:52:54	12:49
133	2190	MIGUEL TEIXEIRA	PM	Veterano M40	04:16:37	+01:53:08	12:50
134	482	Mario Augusto Silva Soares	Marão team	Veterano M40	04:17:16	+01:53:47	12:52
135	1106	carlos silva ferreira	AUTISTIC.RUNNERS	Veterano M40	04:17:26	+01:53:57	12:52
136	1885	Paulo Nunes	Individual	Veterano M40	04:17:28	+01:53:59	12:52
137	2245	Olegário Oliveira	Runners Unidos à Pipa	Veterano M40	04:18:05	+01:54:36	12:54
138	1321	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	04:18:08	+01:54:39	12:54
139	2253	RUI BALBEIRA	S. S. Montepio	Veterano M40	04:18:21	+01:54:52	12:55
140	1893	RICARDO JOSÉ CARDOSO RIBEIRO	Individual	Veterano M40	04:20:23	+01:56:54	13:01
141	1909	vit0r campos	Individual	Veterano M40	04:20:32	+01:57:03	13:02
142	1795	António Fernando Azevedo Teixeira	Individual	Veterano M40	04:21:13	+01:57:44	13:04
143	2087	Armando Cardoso	Nós Acreditamos	Veterano M40	04:22:46	+01:59:17	13:08
144	1891	Pedro Silva	Individual	Veterano M40	04:22:46	+01:59:17	13:08
145	1896	Rui Alves	Individual	Veterano M40	04:23:13	+01:59:44	13:10
146	1003	Antonio Augusto Martins Leal	100KmsTeam	Veterano M40	04:23:37	+02:00:08	13:11
147	1090	serafim fonseca	amigos s.pedro da cova	Veterano M40	04:24:07	+02:00:38	13:12
148	1857	MANUEL LUIS CASTELO BRANCO MENDES CARVALHO	Individual	Veterano M40	04:24:11	+02:00:42	13:13
149	2180	Marco Costa	Pe de chumbo Team	Veterano M40	04:25:51	+02:02:22	13:18
150	2251	JULIO SANTOS	S. S. Montepio	Veterano M40	04:26:26	+02:02:57	13:19
151	1872	Nuno Teixeira	Individual	Veterano M40	04:26:47	+02:03:18	13:20
152	2384	Mark Velhote	VODAFONE	Veterano M40	04:26:54	+02:03:25	13:21
153	2420	José Ponte	EDV - Viana Trail	Veterano M40	04:26:55	+02:03:26	13:21
154	2186	Mário Cardoso	Pernetas	Veterano M40	04:28:33	+02:05:04	13:26
155	1851	Luís Gomes	Individual	Veterano M40	04:28:51	+02:05:22	13:27
156	2308	Fernando Rocha	Team Agente Meireles	Veterano M40	04:29:49	+02:06:20	13:29

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157	2313	Jorge Saraiva	Team Agente Meireles II	Veterano M40	04:29:51	+02:06:22	13:30
158	2244	José Luis Sampo Alves	Runners Unidos à Pipa	Veterano M40	04:29:54	+02:06:25	13:30
159	2021	joaquim pinto	Monte dos Amigos	Veterano M40	04:30:05	+02:06:36	13:30
160	1822	Helder Rodrigues	Individual	Veterano M40	04:30:32	+02:07:03	13:32
161	1844	josé moura sousa	Individual	Veterano M40	04:30:36	+02:07:07	13:32
162	1814	Fernando Pimentel	Individual	Veterano M40	04:30:38	+02:07:09	13:32
163	1790	Alexandre Mota	Individual	Veterano M40	04:31:03	+02:07:34	13:33
164	1898	Rui Fernandes	Individual	Veterano M40	04:34:04	+02:10:35	13:42
165	2133	Vitor Neto	Os Atletas	Veterano M40	04:34:07	+02:10:38	13:42
166	1877	Paulo Antunes	Individual	Veterano M40	04:34:21	+02:10:52	13:43
167	1881	Paulo Freitas	Individual	Veterano M40	04:34:28	+02:10:59	13:43
168	1139	Eduardo Campos	Befitness Runners	Veterano M40	04:35:39	+02:12:10	13:47
169	2173	Christophe Ferreira	PAREDES AVENTURA	Veterano M40	04:36:35	+02:13:06	13:50
170	2090	Paulo Ribeiro	O Passarinho	Veterano M40	04:39:15	+02:15:46	13:58
171	2143	Rui Teixeira	Os Falta D'Ar	Veterano M40	04:39:33	+02:16:04	13:59
172	1856	Manuel Jesus	Individual	Veterano M40	04:39:51	+02:16:22	14:00
173	1895	Ricardo Neves	Individual	Veterano M40	04:42:00	+02:18:31	14:06
174	2246	Raul Jorge Costa Silva	Runners Unidos à Pipa	Veterano M40	04:42:03	+02:18:34	14:06
175	2295	Miguel Pereira Resende	Tartarugas do Asfalto	Veterano M40	04:42:40	+02:19:11	14:08
176	1867	Miguel Moura	Individual	Veterano M40	04:45:39	+02:22:10	14:17
177	2324	Clemente Moreira	Tecla 3 Runners	Veterano M40	04:49:12	+02:25:43	14:28
178	2070	Acacio Teixeira	NOCTURNOS DE PAREDES	Veterano M40	04:49:49	+02:26:20	14:29
179	1855	Manuel Diogenes Barros	Individual	Veterano M40	04:50:27	+02:26:58	14:31
180	1816	Filipe Coutinho	Individual	Veterano M40	04:50:41	+02:27:12	14:32
181	1055	Arménio Ribeiro	All About	Veterano M40	04:51:33	+02:28:04	14:35
182	1818	FILIPPE MOTA	Individual	Veterano M40	04:51:47	+02:28:18	14:35
183	1081	Vitor Dias	Amigos do trabalho	Veterano M40	04:51:55	+02:28:26	14:36
184	2085	Álvaro Cardoso	Nós Acreditamos	Veterano M40	04:55:05	+02:31:36	14:45
185	2076	NUNO GOMES	NOCTURNOS DE PAREDES	Veterano M40	04:58:21	+02:34:52	14:55
186	1810	Domingos da Silva Fonseca	Individual	Veterano M40	04:59:11	+02:35:42	14:58
187	1887	Paulo Ribeiro de Sousa	Individual	Veterano M40	05:01:09	+02:37:40	15:03
188	2073	João Leite	NOCTURNOS DE PAREDES	Veterano M40	05:02:13	+02:38:44	15:07
189	2022	jose moura	Monte dos Amigos	Veterano M40	05:04:31	+02:41:02	15:14
190	2352	Fernando conceição	Trilhos	Veterano M40	05:06:00	+02:42:31	15:18
191	2203	MANUEL PEREIRA	PORTOCARGO	Veterano M40	05:07:44	+02:44:15	15:23
192	1853	Luis Pereira	Individual	Veterano M40	05:08:06	+02:44:37	15:24
193	1100	António Barbosa	Associação Desportiva de Cabroelo	Veterano M40	05:09:08	+02:45:39	15:27
194	1829	Joaquim Ramos	Individual	Veterano M40	05:10:50	+02:47:21	15:33
195	2379	Eduardo Torres	VIDAATIVARUNNERS	Veterano M40	05:11:22	+02:47:53	15:34
196	2378	Carlos Manuel serra Ribeiro	VIDAATIVARUNNERS	Veterano M40	05:11:23	+02:47:54	15:34
197	1854	LUIZ C.J. BLANQUET	Individual	Veterano M40	05:11:25	+02:47:56	15:34
198	2142	Rui Santos	Os Falta D'Ar	Veterano M40	05:13:10	+02:49:41	15:40
199	2202	ANTONIO MARTINS	PORTOCARGO	Veterano M40	05:13:14	+02:49:45	15:40
200	1864	Miguel Costa	Individual	Veterano M40	05:13:49	+02:50:20	15:41
201	2204	PAULO FERREIRA	PORTOCARGO	Veterano M40	05:15:05	+02:51:36	15:45
202	2074	Jose Silva	NOCTURNOS DE PAREDES	Veterano M40	05:17:01	+02:53:32	15:51

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203	1087	Marco Pacheco	Amigos dos semáforos Bamulá	Veterano M40	05:17:31	+02:54:02	15:53
204	1309	Sérgio Silva	GLOBAL TRAIL	Veterano M40	05:20:08	+02:56:39	16:00
205	1986	Miguel Fonseca	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	05:20:37	+02:57:08	16:02
206	2161	Nelson Montalvão	Os TurboMula	Veterano M40	05:21:43	+02:58:14	16:05
207	1848	JOSE RODRIGUES COSTA	Individual	Veterano M40	05:23:09	+02:59:40	16:09
208	2301	Jaime Pereira	Tartarugas Trail	Veterano M40	05:23:51	+03:00:22	16:12
209	2330	Pedro Rodrigues	Thunder Team	Veterano M40	05:23:52	+03:00:23	16:12
210	1306	António Soares	GLOBAL TRAIL	Veterano M40	05:27:56	+03:04:27	16:24
211	2254	RUI SILVA	S. S. Montepio	Veterano M40	05:29:08	+03:05:39	16:27
212	1886	Paulo Próspero	Individual	Veterano M40	05:30:38	+03:07:09	16:32
213	1301	Rodrigo Ferraz	GENEROSOS	Veterano M40	05:30:51	+03:07:22	16:33
214	1300	Pedro Costelha	GENEROSOS	Veterano M40	05:31:32	+03:08:03	16:35
215	1173	Rui Montenegro	Colégio Júlio Dinis	Veterano M40	05:31:40	+03:08:11	16:35
216	2205	RENATO OLIVEIRA	PORTOCARGO	Veterano M40	05:33:12	+03:09:43	16:40
217	1884	Paulo Lara	Individual	Veterano M40	05:34:53	+03:11:24	16:45
218	1086	Luís Almeida	Amigos dos semáforos Bamulá	Veterano M40	05:36:20	+03:12:51	16:49
219	1116	augusto pinto barbosa	barbosa	Veterano M40	05:36:29	+03:13:00	16:49
220	1827	João Manuel Sousa	Individual	Veterano M40	05:37:22	+03:13:53	16:52
221	1858	Manuel Meireles	Individual	Veterano M40	05:38:47	+03:15:18	16:56
222	2037	Pedro Alves	Nice Runners	Veterano M40	05:42:28	+03:18:59	17:07
223	1088	Miguel Magalhães	Amigos dos semáforos Bamulá	Veterano M40	05:49:52	+03:26:23	17:30
224	1819	Filipe Moutinho	Individual	Veterano M40	05:51:53	+03:28:24	17:36
225	1845	José Pacheco	Individual	Veterano M40	05:56:11	+03:32:42	17:49
226	1966	João Barbosa	Legion Combat	Veterano M40	05:58:43	+03:35:14	17:56
227	1847	JOSE PEREIRA DUARTE	Individual	Veterano M40	05:59:48	+03:36:19	17:59
228	1837	JOSE CABRAL	Individual	Veterano M40	06:05:33	+03:42:04	18:17
229	2146	Pedro Justo	Os Justos da Mata	Veterano M40	06:09:23	+03:45:54	18:28
230	1931	joao pedro p r m silva	jps	Veterano M40	06:16:14	+03:52:45	18:49
231	2159	Carlos Mota	Os TurboMula	Veterano M40	06:18:20	+03:54:51	18:55
232	2160	José Xavier	Os TurboMula	Veterano M40	06:26:18	+04:02:49	19:19
233	2138	antonio macedo	os caga tacos running team	Veterano M40	06:27:34	+04:04:05	19:23
234	1293	Aderito Faustino	GENEROSOS	Veterano M40	06:51:24	+04:27:55	20:34
235	1294	Andre Dias	GENEROSOS	Veterano M40	06:51:24	+04:27:55	20:34
236	2023	vitoe costa	Monte dos Amigos	Veterano M40	06:52:16	+04:28:47	20:37
237	1303	Sergio Braga	GENEROSOS	Veterano M40	06:54:27	+04:30:58	20:43
238	1793	António Carmo	Individual	Veterano M40	07:06:35	+04:43:06	21:20

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