

TRAIL CURTO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	22.3°C	46%
End	14:50	22.3°C	46%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1426	Bruno Jesus	individual	Senior Masculino	01:40:43		05:18
2	1401	Marcelo Pinho Araújo	team trail 3pros15	Senior Masculino	01:42:12	+01:29	05:23
3	1098	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	01:47:04	+06:21	05:38
4	1156	Cristiano José Moreira dos Santos	individual	Senior Masculino	01:48:15	+07:31	05:42
5	1349	Sérgio Durães	nocturnos de paredes	Veterano M40	01:49:22	+08:38	05:45
6	1402	Nuno Roberto Faria	team trail 3pros15	Senior Masculino	01:49:49	+09:06	05:47
7	1284	luis fonseca	individual	Veterano M40	01:49:52	+09:08	05:47
8	1050	ROGERIO SOARES	casa das reparações	Senior Masculino	01:50:08	+09:25	05:48
9	1054	Nuno lemos	clube atletismo fafe	Senior Masculino	01:50:15	+09:31	05:48
10	1080	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	01:51:04	+10:20	05:51
11	1079	Álvaro Gabriel Vasconcelos da Silva Moreira	fridão sem limites	Senior Masculino	01:51:04	+10:20	05:51
12	1325	Sérgio Silva	mss contabilidade	Senior Masculino	01:52:33	+11:50	05:55
13	1148	carlos carvalho	individual	Senior Masculino	01:53:07	+12:24	05:57
14	1383	Pedro Barros	s4l factor x medense fc	Senior Masculino	01:53:42	+12:58	05:59
15	53	Adão Paulo Teixeira Monteiro	fridão sem limites	Senior Masculino	01:54:05	+13:22	06:00
16	1216	Ricardo Ferreira	individual	Senior Masculino	01:56:37	+15:53	06:08
17	1215	Ricardo Ferreira	individual	Senior Masculino	01:57:20	+16:37	06:11
18	1139	Andre Fernando Novais Oliveira	individual	Senior Masculino	01:58:02	+17:18	06:13
19	1303	Sérgio Lourenço	individual	Veterano M40	01:58:05	+17:21	06:13
20	1005	Carlos Silva	aliança de gandra	Veterano M40	01:58:24	+17:40	06:14
21	1006	Leonel Neves	aliança de gandra	Veterano M40	01:58:24	+17:41	06:14
22	1138	Adérito Santos Silva	individual	Senior Masculino	02:00:32	+19:49	06:21
23	1281	José Ribeiro	individual	Veterano M40	02:02:00	+21:16	06:25
24	1157	Daniel Alexandre Machado	individual	Senior Masculino	02:02:22	+21:39	06:26
25	1342	Carlos Vinhas	nocturnos de paredes	Veterano M50	02:02:29	+21:46	06:27
26	1410	João Oliveira	trinca orelhas de gato	Senior Masculino	02:03:21	+22:38	06:30
27	1311	João Filipe Ferreira Leite	mexilhão da montanha	Senior Masculino	02:03:23	+22:39	06:30
28	1335	Sérgio Vale	nocturnos de paredes	Senior Masculino	02:03:33	+22:49	06:30
29	1177	Joao Luis Teixeira de Queiros	individual	Senior Masculino	02:03:54	+23:10	06:31
30	1167	Filipe Rocha	individual	Senior Masculino	02:03:56	+23:13	06:31
31	1061	Nuno Salvador	dão nelas runners	Senior Masculino	02:04:06	+23:23	06:32
32	1316	Miguel Xavier Cunha Fernandes	montanha clube trail running/efapel	Sub 23 Masculino	02:04:24	+23:40	06:33
33	1317	Luis vilela	montanha clube trail running/efapel	Veterano M40	02:04:26	+23:42	06:33
34	1212	Ricardo Castro	individual	Senior Masculino	02:04:39	+23:55	06:34
35	1024	Nélson Gomes	bifase - material eletrico	Senior Masculino	02:05:00	+24:17	06:35
36	1145	Bruno Pinto	individual	Senior Masculino	02:05:11	+24:28	06:35
37	1324	Ibraim Sousa	mss contabilidade	Senior Masculino	02:05:33	+24:50	06:37
38	1172	Hélder Rafael Machado da Cunha	individual	Senior Masculino	02:06:24	+25:41	06:39
39	1205	Paulo Sarmento	individual	Senior Masculino	02:06:32	+25:48	06:40
40	1413	Fernando Pereira	trinca orelhas de gato	Veterano M40	02:06:37	+25:54	06:40
41	1261	Carlos Raposa	individual	Veterano M40	02:06:47	+26:04	06:40

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1351	Joana Gonçalves	oralklass - amigos do trail	Senior Feminino	02:06:54	+26:11	06:41
43	1423	José Fernando Sousa	individual	Veterano M50	02:08:52	+28:08	06:47
44	1353	José Costa	oralklass - amigos do trail	Veterano M40	02:09:57	+29:13	06:50
45	1352	Ivo Dias	oralklass - amigos do trail	Senior Masculino	02:10:57	+30:14	06:54
46	1176	João Edmundo Alexandre	individual	Senior Masculino	02:11:17	+30:33	06:55
47	1051	ALEXANDRE BRITO	casa das reparações	Veterano M40	02:11:21	+30:37	06:55
48	1052	ARMANDO MACHADO	casa das reparações	Veterano M40	02:11:21	+30:37	06:55
49	1046	DANIEL PACHECO	casa das reparações	Senior Masculino	02:11:22	+30:38	06:55
50	1255	António Malheiro	individual	Veterano M40	02:12:02	+31:18	06:57
51	1272	Joaquim Gomes	individual	Veterano M50	02:12:06	+31:22	06:57
52	1390	Fátima Coelho	somos nós team	Veterana F40	02:12:06	+31:22	06:57
53	1291	MANUEL JOAQUIM DE SOUSA OLIVEIRA	individual	Veterano M40	02:12:34	+31:50	06:59
54	1004	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	02:12:58	+32:15	07:00
55	1026	Joaquim Pinto	bifase - material eletrico	Veterano M40	02:13:09	+32:26	07:01
56	1297	Pedro Martins	individual	Veterano M40	02:13:16	+32:33	07:01
57	1186	marcio barreto	individual	Senior Masculino	02:14:12	+33:29	07:04
58	1162	David Camelo	individual	Senior Masculino	02:14:22	+33:39	07:04
59	1294	Miguel Leal	individual	Veterano M40	02:14:42	+33:59	07:05
60	1322	Rui Miguel Sousa	mountain runners	Senior Masculino	02:15:14	+34:31	07:07
61	1321	Paulo Silva	mountain runners	Senior Masculino	02:15:15	+34:31	07:07
62	1346	José Moreira Gomes	nocturnos de paredes	Veterano M40	02:15:25	+34:41	07:08
63	1389	Rui Bessa	sob efeito trail	Sub 23 Masculino	02:15:32	+34:48	07:08
64	1016	João Cardoso	andatrilhos freamunde	Sub 23 Masculino	02:15:43	+34:59	07:09
65	1247	Agostinho da Silva Rocha	individual	Veterano M50	02:15:45	+35:01	07:09
66	1078	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	02:15:53	+35:10	07:09
67	1392	Fernando Moraes	somos nós team	Veterano M40	02:16:25	+35:41	07:11
68	1250	Alcino Pinto	individual	Veterano M40	02:16:27	+35:44	07:11
69	1011	António rochs	ana soraia ferreira	Senior Masculino	02:16:37	+35:53	07:11
70	1095	Rui José Silva Carvalho	gaz(n)elas	Senior Masculino	02:17:11	+36:27	07:13
71	1147	Carlos andre ferreira da rocha	individual	Senior Masculino	02:17:16	+36:32	07:13
72	1319	Antonio Silva	mountain runners	Senior Masculino	02:17:16	+36:33	07:14
73	1277	José da Rocha Rodrigues	individual	Veterano M40	02:17:30	+36:47	07:14
74	1092	Micael Gonçalves	gaz(n)elas	Senior Masculino	02:17:48	+37:04	07:15
75	1175	Jacinto Jorge Lopes de Sousa	individual	Senior Masculino	02:18:24	+37:41	07:17
76	1019	Daniel Machado Neto	andatrilhos freamunde	Veterano M40	02:18:32	+37:48	07:17
77	1304	SILVINO ALBERTO DA SILVA MENDES	individual	Veterano M50	02:18:42	+37:59	07:18
78	1288	Luis Santos	individual	Veterano M40	02:19:21	+38:37	07:20
79	1412	Vicente Sousa	trinca orelhas de gato	Senior Masculino	02:19:25	+38:41	07:20
80	1218	Rogério de Almeida Pacheco	individual	Senior Masculino	02:19:30	+38:47	07:21
81	1173	Hugo Alexandre Alves	individual	Senior Masculino	02:19:31	+38:47	07:21
82	1387	Sérgio Barbosa	sexy mind's	Senior Masculino	02:19:45	+39:01	07:21
83	1348	Rui Almeida	nocturnos de paredes	Veterano M40	02:19:47	+39:03	07:21
84	1408	Fernanda Machado	trinca orelhas de gato	Senior Feminino	02:20:18	+39:35	07:23
85	1327	Victor Azevedo	mss contabilidade	Veterano M40	02:20:32	+39:49	07:24
86	1207	Pedro Alves	individual	Sub 23 Masculino	02:20:50	+40:07	07:25

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1326	Jorge Sousa	mss contabilidade	Veterano M40	02:20:54	+40:10	07:25
88	1332	José Correia	nocturnos de paredes	Senior Masculino	02:21:22	+40:39	07:26
89	1285	Luis Miguel Alves Sousa	individual	Veterano M40	02:21:25	+40:42	07:27
90	1310	Jorge Pinheiro	leroy merlin trail team	Senior Masculino	02:22:21	+41:38	07:30
91	1415	Pedro Gomes	trinca orelhas de gato	Veterano M40	02:23:08	+42:25	07:32
92	1404	José Augusto Ribeiro da Silva	tockandar	Senior Masculino	02:23:19	+42:35	07:33
93	1179	JOÃO ROCHA	individual	Senior Masculino	02:23:48	+43:05	07:34
94	1168	Filipe Teixeira	individual	Senior Masculino	02:23:49	+43:06	07:34
95	1017	Marco Mendes	andatrilhos freamunde	Senior Masculino	02:25:06	+44:22	07:38
96	1323	Rui Rodrigues	mountain runners	Senior Masculino	02:25:11	+44:28	07:39
97	1318	Patrícia Ribeiro	mountain runners	Senior Feminino	02:25:12	+44:28	07:39
98	1333	Pedro Barbosa	nocturnos de paredes	Senior Masculino	02:25:54	+45:11	07:41
99	1265	Fernando Eloi dos Santos Sousa	individual	Veterano M50	02:25:56	+45:13	07:41
100	1227	Tiago Mota	individual	Senior Masculino	02:26:27	+45:43	07:42
101	1163	Diogo Nogueira Bessa	individual	Sub 23 Masculino	02:26:39	+45:55	07:43
102	1301	RUI ALVES	individual	Veterano M40	02:26:45	+46:01	07:43
103	1306	Suzana Andrade	jobra	Veterana F40	02:26:59	+46:16	07:44
104	1155	Cláudio Manuel Pereira Tavares	individual	Senior Masculino	02:27:00	+46:16	07:44
105	1254	António Gaspar Vieira Moreira	individual	Veterano M40	02:27:10	+46:27	07:45
106	1273	Joaquim paulo andrade reis	individual	Veterano M50	02:27:28	+46:45	07:46
107	1256	ANTONIO MIRANDA	individual	Veterano M50	02:27:50	+47:07	07:47
108	1386	Luciano Machado	sexy mind's	Senior Masculino	02:27:51	+47:07	07:47
109	1008	Rui Fernandes	alive runners	Senior Masculino	02:28:15	+47:31	07:48
110	1100	António Grácio	happy runners	Senior Masculino	02:28:27	+47:44	07:49
111	1018	Eva Carneiro	andatrilhos freamunde	Veterana F40	02:28:30	+47:46	07:49
112	1180	Jorge Carneiro	individual	Senior Masculino	02:29:37	+48:53	07:52
113	1087	TOMÉ MARQUES	fugitivos urbanos - clínica + saúde	Senior Masculino	02:31:11	+50:28	07:57
114	1307	Rita Ferreira Afonso	jobrinde - montes soalios	Senior Feminino	02:31:28	+50:45	07:58
115	1211	Renato carneiro	individual	Senior Masculino	02:31:44	+51:01	07:59
116	1225	Tiago dos Santos Costa	individual	Senior Masculino	02:31:49	+51:06	07:59
117	1355	Carlos Gonçalves	oralklass - amigos do trail	Veterano M40	02:32:00	+51:16	08:00
118	1354	Bruno Albuquerque	oralklass - amigos do trail	Veterano M40	02:32:00	+51:16	08:00
119	1276	jorge silva moreira	individual	Veterano M40	02:32:00	+51:17	08:00
120	1416	Sergio Gomes	trinca orelhas de gato	Veterano M40	02:32:16	+51:32	08:01
121	1020	David Barros	andatrilhos freamunde	Veterano M40	02:32:29	+51:46	08:02
122	1199	Nuno Fernandes	individual	Senior Masculino	02:32:31	+51:48	08:02
123	1313	Carlos Goncalves	moinhos run - adrm	Senior Masculino	02:32:33	+51:49	08:02
124	1056	Magda Vieira	clube condeixa	Veterana F40	02:32:40	+51:56	08:02
125	1182	Jorge Garcia	individual	Senior Masculino	02:32:51	+52:07	08:03
126	1388	Pedro Oliveira	sob efeito trail	Sub 23 Masculino	02:33:39	+52:56	08:05
127	1003	Nuno Moura	a.d.amarante trail running	Senior Masculino	02:34:02	+53:19	08:06
128	1230	Vitor Manuel Oliveira Coelho	individual	Senior Masculino	02:34:22	+53:39	08:08
129	1044	Daniel Barbosa	btt alegria // tubani	Senior Masculino	02:34:33	+53:49	08:08
130	1043	Carlos Vieira	btt alegria // tubani	Senior Masculino	02:34:33	+53:50	08:08
131	1086	SÉRGIO SILVA	fugitivos urbanos - clínica + saúde	Senior Masculino	02:34:35	+53:52	08:08
132	1409	Carlos Silva	trinca orelhas de gato	Senior Masculino	02:34:46	+54:02	08:09

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	1371	Nelson Machado	profisio team	Senior Masculino	02:34:55	+54:12	08:09
134	1084	HUGO OLIVEIRA	fugitivos urbanos - clínica + saúde	Senior Masculino	02:35:16	+54:32	08:10
135	1315	Rui Quinta	moinhos run - adrm	Veterano M50	02:35:16	+54:33	08:10
136	1089	Nuno Ganhao	gang do quintal	Senior Masculino	02:35:35	+54:52	08:11
137	1171	Hélder Moreira	individual	Senior Masculino	02:35:36	+54:52	08:11
138	1188	Márcio Filipe Gonçalves Castro	individual	Senior Masculino	02:35:58	+55:15	08:13
139	1245	Salete Maria Mendes Soares	individual	Veterana F40	02:36:32	+55:48	08:14
140	1174	Hugo Machado	individual	Senior Masculino	02:36:35	+55:51	08:14
141	1214	Ricardo Fernandes	individual	Senior Masculino	02:36:37	+55:54	08:15
142	1146	Bruno rocha	individual	Senior Masculino	02:36:40	+55:57	08:15
143	1263	Eduardo Nascimento	individual	Veterano M40	02:37:06	+56:23	08:16
144	1158	Daniel Faria	individual	Senior Masculino	02:37:12	+56:28	08:16
145	1280	José Manuel Magalhães Moreira	individual	Veterano M50	02:37:45	+57:01	08:18
146	1296	Paulo hernani moreira	individual	Veterano M40	02:38:21	+57:38	08:20
147	1132	SÍLVIA SOARES	individual	Senior Feminino	02:38:28	+57:45	08:20
148	1096	Paulo Henriques	gondomar futsal clube	Senior Masculino	02:39:18	+58:35	08:23
149	1275	jorge moreira	individual	Veterano M40	02:39:32	+58:49	08:24
150	1238	Ivone Ferreira	individual	Veterana F40	02:39:38	+58:54	08:24
151	1066	Pedro Ribeiro	eles estão à rasca	Senior Masculino	02:39:40	+58:57	08:24
152	1091	José Oliveira	gaz(n)elas	Senior Masculino	02:39:51	+59:08	08:25
153	1411	Luis Morata	trinca orelhas de gato	Senior Masculino	02:40:27	+59:43	08:27
154	1300	Ricardo Silva	individual	Veterano M40	02:40:31	+59:47	08:27
155	1136	Vânia Eiras	individual	Senior Feminino	02:40:52	+01:00:08	08:28
156	1282	JÚLIO AUGUSTO FERREIRA CAMPOS	individual	Veterano M40	02:40:52	+01:00:08	08:28
157	1270	João Paulo Gomes leite 22	individual	Veterano M40	02:41:04	+01:00:21	08:29
158	1368	Jorge Oliveira	paredes aventura	Veterano M40	02:41:30	+01:00:47	08:30
159	1070	João Moura	em'força	Senior Masculino	02:41:31	+01:00:47	08:30
160	1170	Helder Marques	individual	Senior Masculino	02:42:27	+01:01:44	08:33
161	1393	Diogo Silva	soplabifana	Senior Masculino	02:42:56	+01:02:12	08:35
162	1395	Jorge Almeida	soplabifana	Veterano M40	02:42:56	+01:02:12	08:35
163	1191	Mário Estêvão	individual	Senior Masculino	02:43:45	+01:03:02	08:37
164	1378	Rui Ferreira	run4wellness	Senior Masculino	02:43:47	+01:03:03	08:37
165	1377	Ricardo Ribeiro	run4wellness	Senior Masculino	02:43:47	+01:03:04	08:37
166	1093	Miguel Soares	gaz(n)elas	Sub 23 Masculino	02:44:06	+01:03:22	08:38
167	1338	Mónica Gomes	nocturnos de paredes	Veterana F40	02:45:04	+01:04:20	08:41
168	1331	Hugo Neto	nocturnos de paredes	Senior Masculino	02:45:07	+01:04:23	08:41
169	1334	Tiago Moreira	nocturnos de paredes	Senior Masculino	02:45:07	+01:04:23	08:41
170	1347	Miguel Moreira	nocturnos de paredes	Veterano M40	02:45:07	+01:04:23	08:41
171	1140	André Filipe Silva	individual	Senior Masculino	02:45:07	+01:04:24	08:41
172	1142	António Santos	individual	Senior Masculino	02:45:07	+01:04:24	08:41
173	1224	Tiago Dias	individual	Senior Masculino	02:45:14	+01:04:31	08:42
174	1059	Paulo Filipe Nunes	copo cheio athletics	Senior Masculino	02:45:28	+01:04:45	08:43
175	1060	Ricardo Rocha	copo cheio athletics	Senior Masculino	02:45:28	+01:04:45	08:43
176	1330	Tânia Cardoso	nocturnos de paredes	Senior Feminino	02:46:06	+01:05:23	08:45
177	1414	Miguel Costa	trinca orelhas de gato	Veterano M40	02:46:08	+01:05:25	08:45

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1213	Ricardo Dias	individual	Senior Masculino	02:46:10	+01:05:27	08:45
179	1007	Cristiana Lagoa	alive runners	Sub 23 Feminino	02:46:12	+01:05:28	08:45
180	1373	Rui Rebelo	run4all	Senior Masculino	02:46:13	+01:05:29	08:45
181	1406	Pedro Pinto de Almeida	tockandar	Senior Masculino	02:46:20	+01:05:37	08:45
182	1405	Nuno Tiago Ribeiro Botelho Lamego	tockandar	Senior Masculino	02:46:23	+01:05:39	08:45
183	1243	Marília Vieira	individual	Veterana F40	02:46:26	+01:05:43	08:46
184	1314	Isabel Carvalho	moinhos run - adm	Veterana F40	02:46:29	+01:05:46	08:46
185	1226	Tiago Ferreira	individual	Senior Masculino	02:46:59	+01:06:16	08:47
186	1192	Mário Rui Vieira Rodrigues	individual	Senior Masculino	02:47:00	+01:06:16	08:47
187	1208	Pedro Mendes	individual	Senior Masculino	02:47:15	+01:06:31	08:48
188	1048	NUNO PEREIRA	casa das reparações	Senior Masculino	02:47:22	+01:06:39	08:49
189	1394	Henrique Sousa	soplabifana	Veterano M40	02:47:37	+01:06:54	08:49
190	1090	João Soares	gaz(n)elas	Senior Masculino	02:47:53	+01:07:10	08:50
191	1076	Tiago Ribeiro	foge foge bandido	Senior Masculino	02:48:17	+01:07:33	08:51
192	1110	Daniela Ferreira	individual	Senior Feminino	02:48:37	+01:07:54	08:53
193	1013	Marta Ribeiro	andatrilhos freamunde	Senior Feminino	02:48:39	+01:07:56	08:53
194	1014	Carlos Leal	andatrilhos freamunde	Senior Masculino	02:48:39	+01:07:56	08:53
195	1049	PAULO MACHADO	casa das reparações	Senior Masculino	02:49:00	+01:08:16	08:54
196	1391	Minda Coelho	somos nós team	Veterana F40	02:49:03	+01:08:20	08:54
197	1055	Elza Cordeiro	clube condeixa	Veterana F40	02:50:13	+01:09:29	08:58
198	1010	Joaquim augusto Teixeira Seca	alto relevo -clube de montanhismo	Veterano M50	02:50:34	+01:09:50	08:59
199	1283	Luis Ferreira Gomes	individual	Veterano M40	02:50:35	+01:09:52	08:59
200	1181	Jorge Fernandes	individual	Senior Masculino	02:51:21	+01:10:38	09:01
201	1133	Susana Araújo	individual	Senior Feminino	02:51:21	+01:10:38	09:01
202	1337	Graça Ribeiro	nocturnos de paredes	Veterana F50	02:51:35	+01:10:51	09:02
203	1345	João Leite	nocturnos de paredes	Veterano M40	02:51:36	+01:10:53	09:02
204	1367	Jose Alves	papatrails	Veterano M40	02:51:51	+01:11:08	09:03
205	1292	Manuel Paiva	individual	Veterano M40	02:51:55	+01:11:12	09:03
206	1152	Carlos Manuel Almeida da Silva	individual	Senior Masculino	02:52:10	+01:11:27	09:04
207	1266	Fernando Vilarinho	individual	Veterano M40	02:53:34	+01:12:51	09:08
208	1068	Carlos Maia	eles estão à rasca	Veterano M40	02:53:57	+01:13:13	09:09
209	1418	Sérgio Dinis	usf-ts	Senior Masculino	02:54:14	+01:13:30	09:10
210	1399	Luís Barbosa	team sede de paredes	Senior Masculino	02:54:39	+01:13:56	09:12
211	1398	João Moreira	team sede de paredes	Senior Masculino	02:54:39	+01:13:56	09:12
212	1074	Ricardo A. Silva Sousa	ffit gaia trail	Veterano M40	02:54:58	+01:14:14	09:13
213	1344	Filipe Oliveira	nocturnos de paredes	Veterano M40	02:56:41	+01:15:57	09:18
214	1103	Ana Cristina de Sousa Bessa	individual	Senior Feminino	02:57:01	+01:16:17	09:19
215	1287	Luis Ribeiro	individual	Veterano M40	02:57:11	+01:16:27	09:20
216	1088	Filipe Pinto	gang do quintal	Senior Masculino	02:57:21	+01:16:38	09:20
217	1210	Pedro Rodrigues	individual	Senior Masculino	02:57:22	+01:16:39	09:20
218	1328	Carina Moreira	nocturnos de paredes	Senior Feminino	02:57:40	+01:16:56	09:21
219	1141	Antonio Luis Rocha Santos Correia Peixoto	individual	Senior Masculino	02:58:47	+01:18:03	09:25
220	1246	Susana Maria Sousa Bessa	individual	Veterana F40	02:58:47	+01:18:04	09:25
221	1269	Hugo Miguel Ferreira Fernandes	individual	Veterano M40	02:59:52	+01:19:09	09:28
222	1241	Maria Martins	individual	Veterana F40	02:59:52	+01:19:09	09:28

TRAIL CURTO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	1286	Luis Pereira	individual	Veterano M50	03:00:33	+01:19:49	09:30
224	1366	Ana Alves	papatrails	Veterana F40	03:00:44	+01:20:01	09:31
225	1364	Monica Magalhaes	papatrails	Senior Feminino	03:00:45	+01:20:02	09:31
226	1260	Carlos Fagundes	individual	Veterano M40	03:01:12	+01:20:28	09:32
227	1166	FERNANDO JOAQUIM BARBOSA NETO	individual	Senior Masculino	03:01:30	+01:20:46	09:33
228	1040	Carlos Barbosa	black & becker	Veterano M40	03:01:34	+01:20:50	09:33
229	1028	Rute Moreira	bit runners	Senior Feminino	03:01:38	+01:20:54	09:34
230	1369	Américo Botelho	pink floyd	Senior Masculino	03:02:19	+01:21:36	09:36
231	1153	Carlos Manuel Macedo da Silva	individual	Senior Masculino	03:03:09	+01:22:25	09:38
232	1190	Marco André de Sousa Pinto	sem destino	Senior Masculino	03:03:28	+01:22:44	09:39
233	1143	Bruno Miguel Coelho Peixoto	sem destino	Senior Masculino	03:03:28	+01:22:44	09:39
234	1137	Verónica Alexandra de Jesus Sousa Maia	individual	Senior Feminino	03:03:33	+01:22:50	09:40
235	1219	Rui Filipe Gonçalves Sousa Lopes Pereira	individual	Senior Masculino	03:03:33	+01:22:50	09:40
236	1159	Daniel Macedo	sem destino	Senior Masculino	03:03:48	+01:23:04	09:40
237	1417	Cristina Meireles	umelga runners	Veterana F50	03:04:21	+01:23:37	09:42
238	1203	Paulo Alexandre Oliveira Soares	individual	Senior Masculino	03:04:21	+01:23:37	09:42
239	1178	Joao Miguel Fernandes	individual	Senior Masculino	03:04:51	+01:24:08	09:44
240	1400	Susana Margarida Sousa	team trail 3pro15	Senior Feminino	03:05:21	+01:24:38	09:45
241	1299	ricardo milhazes	individual	Veterano M40	03:05:25	+01:24:42	09:46
242	1425	Hugo Maciel	individual	Senior Masculino	03:06:00	+01:25:17	09:47
243	1187	Márcio Ferreira	individual	Senior Masculino	03:06:11	+01:25:27	09:48
244	1184	José Luís Pereira da Rocha	individual	Senior Masculino	03:06:51	+01:26:08	09:50
245	1094	Miguel Vieira	gaz(n)elas	Senior Masculino	03:06:57	+01:26:13	09:50
246	1340	António Carvalho	nocturnos de paredes	Veterano M50	03:07:19	+01:26:35	09:52
247	1202	Nuno Teixeira	individual	Senior Masculino	03:07:38	+01:26:54	09:53
248	1101	Linda Braga	happy runners	Veterana F40	03:08:20	+01:27:37	09:55
249	1102	José Amaro	happy runners	Veterano M50	03:08:22	+01:27:38	09:55
250	1030	Daniel Borda Água	bit runners	Senior Masculino	03:08:34	+01:27:51	09:56
251	1357	serafim fonseca	os amigos de s.pedro da cova	Veterano M50	03:08:46	+01:28:03	09:56
252	1356	joão paulo fonseca	os amigos de s.pedro da cova	Senior Masculino	03:08:46	+01:28:03	09:56
253	1193	Miguel Garcia	individual	Senior Masculino	03:08:56	+01:28:13	09:57
254	1042	Rui Pedro da Silva Leite Pereira	black & becker	Veterano M40	03:09:07	+01:28:23	09:57
255	1249	Alcídio Figueiredo	individual	Veterano M40	03:09:16	+01:28:33	09:58
256	1200	Nuno Filipe Carmo Almeida Teixeira	individual	Senior Masculino	03:09:18	+01:28:34	09:58
257	1144	Bruno Mota	individual	Sub 23 Masculino	03:09:27	+01:28:44	09:58
258	1343	Daniel Pereira	nocturnos de paredes	Veterano M40	03:09:28	+01:28:44	09:58
259	1124	Mafalda Vallada	individual	Senior Feminino	03:11:07	+01:30:24	10:04
260	1370	Manuel Bastos	pink floyd	Veterano M40	03:11:11	+01:30:28	10:04
261	1116	Filipa Pinto	individual	Senior Feminino	03:11:15	+01:30:31	10:04
262	1031	Francisco Cabrita	bit runners	Senior Masculino	03:12:29	+01:31:46	10:08
263	1123	Joana Silveira	individual	Senior Feminino	03:13:03	+01:32:20	10:10
264	1164	Diogo Vasconcelos	individual	Senior Masculino	03:13:05	+01:32:22	10:10
265	1424	Célia Vieira	alto relevo -clube de montanhismo	Senior Feminino	03:13:41	+01:32:58	10:12

TRAIL CURTO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	1380	Maria Lucinda Barbosa Moreira	s.luiz	Veterana F50	03:13:49	+01:33:06	10:12
267	1381	Augusto pinto Barbosa	s.luiz	Veterano M50	03:13:50	+01:33:06	10:12
268	1029	Sara Soares	bit runners	Senior Feminino	03:14:14	+01:33:30	10:13
269	1036	Pedro Troia	bit runners	Veterano M40	03:14:14	+01:33:31	10:13
270	1169	Gabriel Eduardo Fernandes de Sousa	sem destino	Senior Masculino	03:14:43	+01:33:59	10:15
271	1359	Emanuel Alves	osgordos team	Senior Masculino	03:15:09	+01:34:25	10:16
272	1360	Joel Alves	osgordos team	Senior Masculino	03:15:10	+01:34:26	10:16
273	1396	Carla Azevedo	tá muito lento	Senior Feminino	03:15:21	+01:34:38	10:17
274	1397	Sofia Martins	tá muito lento	Senior Feminino	03:15:21	+01:34:38	10:17
275	1228	Toze Almeida	individual	Senior Masculino	03:15:45	+01:35:01	10:18
276	1129	Renata Almeida	individual	Senior Feminino	03:15:45	+01:35:01	10:18
277	1403	Claudia Sofia Torres Fernandes ramos	tockandar	Senior Feminino	03:16:41	+01:35:58	10:21
278	1127	Maria Rosa	individual	Senior Feminino	03:16:42	+01:35:59	10:21
279	1320	César Pumpinho	mountain runners	Senior Masculino	03:17:49	+01:37:06	10:25
280	1130	Rosa Leal	individual	Senior Feminino	03:17:57	+01:37:14	10:25
281	1073	Artur Luis dos Santos Teixeira Moreira	estafermos	Veterano M50	03:18:57	+01:38:13	10:28
282	1032	Gustavo Silva	bit runners	Senior Masculino	03:18:58	+01:38:14	10:28
283	1034	Ricardo Ribeiro	bit runners	Senior Masculino	03:18:58	+01:38:15	10:28
284	1131	Sara braga	individual	Senior Feminino	03:20:02	+01:39:18	10:32
285	1125	Margarida Vieira de Campos Brás	individual	Senior Feminino	03:20:31	+01:39:47	10:33
286	1267	Filipe Martinho	individual	Veterano M40	03:21:03	+01:40:20	10:35
287	1108	Cátia Monteiro	individual	Senior Feminino	03:21:04	+01:40:20	10:35
288	1065	Tiago Mendes	edv-viana trail	Sub 23 Masculino	03:21:47	+01:41:03	10:37
289	1220	Sandro Sousa	individual	Senior Masculino	03:21:51	+01:41:07	10:37
290	1234	Cármén ferrei	individual	Veterana F40	03:22:09	+01:41:26	10:38
291	1385	José Fernando Ferreira Gonçalves	sem limites	Veterano M40	03:23:11	+01:42:27	10:42
292	1384	Maria Carla Moreira Pacheco	sem limites	Veterana F40	03:23:11	+01:42:28	10:42
293	1027	Ester Soares	bit runners	Senior Feminino	03:27:12	+01:46:29	10:54
294	1033	João Almeida	bit runners	Senior Masculino	03:27:13	+01:46:29	10:54
295	1194	Nelson Alves de Sousa	individual	Senior Masculino	03:27:23	+01:46:40	10:55
296	1121	Joana Pereira	individual	Senior Feminino	03:29:00	+01:48:16	11:00
297	1160	Daniel Oliveira de Almeida	individual	Senior Masculino	03:31:05	+01:50:21	11:07
298	1271	João Sousa	individual	Veterano M50	03:31:05	+01:50:21	11:07
299	1195	Nelson Ferreira	individual	Senior Masculino	03:32:29	+01:51:45	11:11
300	1118	Isabel Lobo	individual	Senior Feminino	03:32:29	+01:51:46	11:11
301	1122	Joana Silva	individual	Senior Feminino	03:33:13	+01:52:30	11:13
302	1058	Rui Oliveira	comdor runners	Veterano M40	03:34:17	+01:53:34	11:17
303	1135	Vanessa Sofia Carneiro Pereira	individual	Senior Feminino	03:34:17	+01:53:34	11:17
304	1268	Filipe Moutinho	individual	Veterano M40	03:34:33	+01:53:49	11:18
305	1264	Emídio Pereira	individual	Veterano M40	03:34:35	+01:53:51	11:18
306	1298	Ricardo	individual	Veterano M40	03:34:35	+01:53:52	11:18
307	1035	Pedro Tavares	bit runners	Veterano M40	03:34:35	+01:53:52	11:18
308	1109	Cláudia Novais	individual	Senior Feminino	03:34:50	+01:54:06	11:18
309	1217	Ricardo Novais	individual	Senior Masculino	03:34:50	+01:54:07	11:18

TRAIL CURTO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
310	1363	Mafalda Alves	papatrails	Sub 23 Feminino	03:35:13	+01:54:30	11:20
311	1365	Vitor Teixeira	papatrails	Senior Masculino	03:35:13	+01:54:30	11:20
312	1229	Vitor Manuel Costa Rodrigues Morais	individual	Senior Masculino	03:35:13	+01:54:30	11:20
313	1336	Carla Almeida	nocturnos de paredes	Veterana F40	03:36:24	+01:55:40	11:23
314	1329	Eva Moreira	nocturnos de paredes	Senior Feminino	03:36:24	+01:55:41	11:23
315	1350	Telmo Mota	nocturnos de paredes	Veterano M40	03:36:30	+01:55:46	11:24
316	1071	Georgina Raquel Rodrigues dos Santos	estafermos	Senior Feminino	03:37:10	+01:56:27	11:26
317	1072	Oriana Ana Ferraz Moreira	estafermos	Senior Feminino	03:37:10	+01:56:27	11:26
318	1039	Pedro Tiago Cardoso Vieira	black & becker	Senior Masculino	03:37:12	+01:56:29	11:26
319	1002	Sónia Bastos	a.d.amarante trail running	Senior Feminino	03:37:36	+01:56:52	11:27
320	1126	Maria Arezes	individual	Senior Feminino	03:39:40	+01:58:56	11:34
321	1154	Celso André Sousa Lops	individual	Senior Masculino	03:39:44	+01:59:00	11:34
322	1419	Ana Duarte	verdes	Senior Feminino	03:39:57	+01:59:13	11:35
323	1422	Pedro Justo	verdes	Veterano M40	03:39:57	+01:59:13	11:35
324	1421	Patrícia Martins	verdes	Veterana F40	03:39:57	+01:59:13	11:35
325	1420	Cláudia Castro Morais	verdes	Veterana F40	03:39:57	+01:59:13	11:35
326	1236	Eduarda Maria Vieira Magalhães Freitas	individual	Veterana F40	03:40:21	+01:59:37	11:36
327	1022	Elisete Arantes	as gazelas	Senior Feminino	03:40:24	+01:59:41	11:36
328	1023	Renata Ramos	as gazelas	Senior Feminino	03:40:24	+01:59:41	11:36
329	1376	João Batista	run4wellness	Senior Masculino	03:41:44	+02:01:00	11:40
330	1244	Rosa Soares	individual	Veterana F40	03:42:45	+02:02:02	11:43
331	1237	Elisabete Alves Nogueira	individual	Veterana F40	03:42:46	+02:02:02	11:43
332	1117	Helena isabel Lirio	individual	Senior Feminino	03:42:47	+02:02:04	11:44
333	1361	Joana Amorim	outsiders running trail team	Senior Feminino	03:45:09	+02:04:25	11:51
334	1362	Marta Duarte	outsiders running trail team	Senior Feminino	03:45:09	+02:04:25	11:51
335	1069	Carmino Silva	eles estão à rasca	Veterano M40	03:47:19	+02:06:35	11:58
336	1428	Gilberto Vieira	individual	Veterano M40	03:49:17	+02:08:34	12:04
337	1427	Paula Maria Vieira	individual	Veterana F40	03:49:17	+02:08:34	12:04
338	1038	Nuno Domingues	black & becker	Senior Masculino	03:49:55	+02:09:12	12:06
339	1037	Joana Cerejo	black & becker	Senior Feminino	03:49:55	+02:09:12	12:06
340	1128	Mile Machado	individual	Senior Feminino	03:56:32	+02:15:49	12:27
341	1067	Augusto Franco	eles estão à rasca	Veterano M40	03:56:32	+02:15:49	12:27
342	1341	António Madureira	nocturnos de paredes	Veterano M40	03:57:17	+02:16:34	12:29
343	1252	Álvaro Cairrão	individual	Veterano M40	04:02:14	+02:21:30	12:45
344	1289	Manuel Fonseca	individual	Veterano M40	04:02:14	+02:21:30	12:45
345	1430	Agnes Waerden	individual	Senior Feminino	04:08:11	+02:27:28	13:04
346	1429	Tapio Maki	individual	Veterano M40	04:08:12	+02:27:29	13:04
347	1235	Edith Gurgel	individual	Veterana F50	04:12:07	+02:31:23	13:16
348	1232	Ana Cristina Bessa Ferreira	individual	Veterana F40	04:20:32	+02:39:48	13:43
349	1258	Carlos Alberto Figueiredo Fernandes	individual	Veterano M40	04:30:58	+02:50:15	14:16
350	1375	Ivania Monteiro	run4wellness	Senior Feminino	04:36:12	+02:55:29	14:32
351	1374	Catia Leite	run4wellness	Senior Feminino	04:36:12	+02:55:29	14:32
352	1062	Juliana Lemos	é agora! cds	Senior Feminino	04:54:20	+03:13:37	15:30

19 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
353	1064	Sandra Lemos	é agora! cds	Senior Feminino	04:54:31	+03:13:47	15:30
354	1240	Leninha Rocha	individual	Veterana F50	04:54:32	+03:13:48	15:30
355	1279	Filipa Machado	individual	Senior Feminino	04:54:33	+03:13:49	15:30
356	1339	Paula Carvalho	nocturnos de paredes	Veterana F40	04:54:45	+03:14:02	15:31

Trail Curto

19 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	22.3°C	46%
End	14:50	22.3°C	46%

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

1	1351	Joana Gonçalves	Oralklass - Amigos Do Trail	Senior Feminino	02:06:55	06:41
2	1078	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	02:15:54	+08:59 07:09
3	1408	Fernanda Machado	Trinca Orelhas de Gato	Senior Feminino	02:20:19	+13:24 07:23
4	1318	Patrícia Ribeiro	Mountain Runners	Senior Feminino	02:25:12	+18:17 07:39
5	1307	Rita Ferreira Afonso	JOBRINDE - MONTES SALOIOS	Senior Feminino	02:31:29	+24:34 07:58
6	1132	SÍLVIA SOARES	Individual	Senior Feminino	02:38:29	+31:34 08:20
7	1136	Vânia Eiras	Individual	Senior Feminino	02:40:52	+33:57 08:28
8	1330	Tânia Cardoso	NOCTURNOS DE PAREDES	Senior Feminino	02:46:07	+39:12 08:45
9	1110	Daniela Ferreira	Individual	Senior Feminino	02:48:38	+41:43 08:53
10	1013	Marta Ribeiro	Andatrilhos Freamunde	Senior Feminino	02:48:40	+41:45 08:53
11	1133	Susana Araújo	Individual	Senior Feminino	02:51:22	+44:27 09:01
12	1103	Ana Cristina de Sousa Bessa	Individual	Senior Feminino	02:57:01	+50:06 09:19
13	1328	Carina Moreira	NOCTURNOS DE PAREDES	Senior Feminino	02:57:40	+50:45 09:21
14	1364	Monica Magalhaes	PAPATRAILS	Senior Feminino	03:00:46	+53:51 09:31
15	1028	Rute Moreira	Bit Runners	Senior Feminino	03:01:38	+54:43 09:34
16	1137	Verónica Alexandra de Jesus Sousa Maia	Individual	Senior Feminino	03:03:34	+56:39 09:40
17	1400	Susana Margarida Sousa	Team Trail 3pros15	Senior Feminino	03:05:22	+58:27 09:45
18	1124	Mafalda Vallada	Individual	Senior Feminino	03:11:08	+01:04:13 10:04
19	1116	Filipa Pinto	Individual	Senior Feminino	03:11:15	+01:04:20 10:04
20	1123	Joana Silveira	Individual	Senior Feminino	03:13:04	+01:06:09 10:10
21	1424	Célia Vieira	Alto Relevo -Clube de Montanhismo	Senior Feminino	03:13:42	+01:06:47 10:12
22	1029	Sara Soares	Bit Runners	Senior Feminino	03:14:14	+01:07:19 10:13
23	1396	Carla Azevedo	tá muito lento	Senior Feminino	03:15:22	+01:08:27 10:17
24	1397	Sofia Martins	tá muito lento	Senior Feminino	03:15:22	+01:08:27 10:17
25	1129	Renata Almeida	Individual	Senior Feminino	03:15:45	+01:08:50 10:18
26	1403	Claudia Sofia Torres Fernandes ramos	Tockandar	Senior Feminino	03:16:42	+01:09:47 10:21
27	1127	Maria Rosa	Individual	Senior Feminino	03:16:43	+01:09:48 10:21
28	1130	Rosa Leal	Individual	Senior Feminino	03:17:58	+01:11:03 10:25
29	1131	Sara braga	Individual	Senior Feminino	03:20:02	+01:13:07 10:32
30	1125	Margarida Vieira de Campos Brás	Individual	Senior Feminino	03:20:31	+01:13:36 10:33
31	1108	Cátia Monteiro	Individual	Senior Feminino	03:21:04	+01:14:09 10:35
32	1027	Ester Soares	Bit Runners	Senior Feminino	03:27:13	+01:20:18 10:54
33	1121	Joana Pereira	Individual	Senior Feminino	03:29:00	+01:22:05 11:00
34	1118	Isabel Lobo	Individual	Senior Feminino	03:32:30	+01:25:35 11:11
35	1122	Joana Silva	Individual	Senior Feminino	03:33:14	+01:26:19 11:13
36	1135	Vanessa Sofia Carneiro Pereira	Individual	Senior Feminino	03:34:18	+01:27:23 11:17
37	1109	Cláudia Novais	Individual	Senior Feminino	03:34:50	+01:27:55 11:18
38	1329	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:36:25	+01:29:30 11:23

Official Timekeeper: Lap2Go	1 / 9	generate 27-May-2017 15:35
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Trail Curto

19 KM

[illegible]

OFFICIAL RESULT

39	1071	Georgina Raquel Rodrigues dos Santos	Estafermos	Senior Feminino	03:37:11	+01:30:16	11:26
40	1072	Oriana Ana Ferraz Moreira	Estafermos	Senior Feminino	03:37:11	+01:30:16	11:26
41	1002	Sónia Bastos	A.D.Amarante trail running	Senior Feminino	03:37:36	+01:30:41	11:27
42	1126	Maria Arezes	Individual	Senior Feminino	03:39:40	+01:32:45	11:34
43	1419	Ana Duarte	Verdes	Senior Feminino	03:39:57	+01:33:02	11:35
44	1022	Elisete Arantes	As Gazelas	Senior Feminino	03:40:25	+01:33:30	11:36
45	1023	Renata Ramos	As Gazelas	Senior Feminino	03:40:25	+01:33:30	11:36
46	1117	Helena isabel Lírio	Individual	Senior Feminino	03:42:48	+01:35:53	11:44
47	1361	Joana Amorim	Outsiders running trail team	Senior Feminino	03:45:09	+01:38:14	11:51
48	1362	Marta Duarte	Outsiders running trail team	Senior Feminino	03:45:09	+01:38:14	11:51
49	1037	Joana Cerejo	Black & Becker	Senior Feminino	03:49:56	+01:43:01	12:06
50	1128	Mile Machado	Individual	Senior Feminino	03:56:33	+01:49:38	12:27
51	1430	Agnes Waerden	Individual	Senior Feminino	04:08:12	+02:01:17	13:04
52	1375	Ivania Monteiro	Run4Wellness	Senior Feminino	04:36:13	+02:29:18	14:32
53	1374	Catia Leite	Run4Wellness	Senior Feminino	04:36:13	+02:29:18	14:32
54	1062	Juliana Lemos	É AGORA! CDS	Senior Feminino	04:54:21	+02:47:26	15:30
55	1064	Sandra Lemos	É AGORA! CDS	Senior Feminino	04:54:31	+02:47:36	15:30
56	1279	Filipa Machado	Individual	Senior Feminino	04:54:33	+02:47:38	15:30

Senior Masculino

1	1426	Bruno Jesus	Individual	Senior Masculino	01:40:44		05:18
2	1401	Marcelo Pinho Araújo	Team Trail 3pros15	Senior Masculino	01:42:13	+01:29	05:23
3	1156	Cristiano José Moreira dos Santos	Individual	Senior Masculino	01:48:15	+07:31	05:42
4	1402	Nuno Roberto Faria	Team Trail 3pros15	Senior Masculino	01:49:50	+09:06	05:47
5	1050	ROGERIO SOARES	CASA DAS REPARAÇÕES	Senior Masculino	01:50:09	+09:25	05:48
6	1054	Nuno Iemos	Clube Atletismo Fafe	Senior Masculino	01:50:15	+09:31	05:48
7	1080	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	01:51:04	+10:20	05:51
8	1079	Álvaro Gabriel Vasconcelos da Silva Moreira	Fridão Sem Limites	Senior Masculino	01:51:04	+10:20	05:51
9	1325	Sérgio Silva	MSS CONTABILIDADE	Senior Masculino	01:52:34	+11:50	05:55
10	1148	carlos carvalho	Individual	Senior Masculino	01:53:08	+12:24	05:57
11	1383	Pedro Barros	S4L FACTOR X MEDENSE FC	Senior Masculino	01:53:42	+12:58	05:59
12	53	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	01:54:06	+13:22	06:00
13	1216	Ricardo Ferreira	Individual	Senior Masculino	01:56:37	+15:53	06:08
14	1215	Ricardo Ferreira	Individual	Senior Masculino	01:57:21	+16:37	06:11
15	1139	Andre Fernando Novais Oliveira	Individual	Senior Masculino	01:58:02	+17:18	06:13
16	1138	Adérito Santos Silva	Individual	Senior Masculino	02:00:33	+19:49	06:21
17	1157	Daniel Alexandre Machado	Individual	Senior Masculino	02:02:23	+21:39	06:26
18	1410	João Oliveira	Trinca Orelhas de Gato	Senior Masculino	02:03:22	+22:38	06:30
19	1311	João Filipe Ferreira Leite	Mexilhão da Montanha	Senior Masculino	02:03:23	+22:39	06:30
20	1335	Sérgio Vale	NOCTURNOS DE PAREDES	Senior Masculino	02:03:33	+22:49	06:30
21	1177	Joao Luis Teixeira de Queiros	Individual	Senior Masculino	02:03:54	+23:10	06:31
22	1167	Filipe Rocha	Individual	Senior Masculino	02:03:57	+23:13	06:31
23	1061	Nuno Salvador	Dão Nelas Runners	Senior Masculino	02:04:07	+23:23	06:32
24	1212	Ricardo Castro	Individual	Senior Masculino	02:04:39	+23:55	06:34

Trail Curto

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OFFICIAL RESULT

25	1024	Nélson Gomes	Bifase - Material Elétrico	Senior Masculino	02:05:01	+24:17	06:35
26	1145	Bruno Pinto	Individual	Senior Masculino	02:05:12	+24:28	06:35
27	1324	Ibraim Sousa	MSS CONTABILIDADE	Senior Masculino	02:05:34	+24:50	06:37
28	1172	Hélder Rafael Machado da Cunha	Individual	Senior Masculino	02:06:25	+25:41	06:39
29	1205	Paulo Sarmento	Individual	Senior Masculino	02:06:32	+25:48	06:40
30	1352	Ivo Dias	Oralklass - Amigos Do Trail	Senior Masculino	02:10:58	+30:14	06:54
31	1176	João Edmundo Alexandre	Individual	Senior Masculino	02:11:17	+30:33	06:55
32	1046	DANIEL PACHECO	CASA DAS REPARAÇÕES	Senior Masculino	02:11:22	+30:38	06:55
33	1004	Pedro Vieira	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	02:12:59	+32:15	07:00
34	1186	marcio barreto	Individual	Senior Masculino	02:14:13	+33:29	07:04
35	1162	David Camelo	Individual	Senior Masculino	02:14:23	+33:39	07:04
36	1322	Rui Miguel Sousa	Mountain Runners	Senior Masculino	02:15:15	+34:31	07:07
37	1321	Paulo Silva	Mountain Runners	Senior Masculino	02:15:15	+34:31	07:07
38	1011	António rochs	Ana Soraia ferreira	Senior Masculino	02:16:37	+35:53	07:11
39	1095	Rui José Silva Carvalho	Gaz(n)elas	Senior Masculino	02:17:11	+36:27	07:13
40	1147	Carlos andre ferreira da rocha	Individual	Senior Masculino	02:17:16	+36:32	07:13
41	1319	Antonio Silva	Mountain Runners	Senior Masculino	02:17:17	+36:33	07:14
42	1092	Micael Gonçalves	Gaz(n)elas	Senior Masculino	02:17:48	+37:04	07:15
43	1175	Jacinto Jorge Lopes de Sousa	Individual	Senior Masculino	02:18:25	+37:41	07:17
44	1412	Vicente Sousa	Trinca Orelhas de Gato	Senior Masculino	02:19:25	+38:41	07:20
45	1218	Rogério de Almeida Pacheco	Individual	Senior Masculino	02:19:31	+38:47	07:21
46	1173	Hugo Alexandre Alves	Individual	Senior Masculino	02:19:31	+38:47	07:21
47	1387	Sérgio Barbosa	Sexy mind's	Senior Masculino	02:19:45	+39:01	07:21
48	1332	José Correia	NOCTURNOS DE PAREDES	Senior Masculino	02:21:23	+40:39	07:26
49	1310	Jorge Pinheiro	LEROY MERLIN TRAIL TEAM	Senior Masculino	02:22:22	+41:38	07:30
50	1404	José Augusto Ribeiro da Silva	TocKandar	Senior Masculino	02:23:19	+42:35	07:33
51	1179	JOÃO ROCHA	Individual	Senior Masculino	02:23:49	+43:05	07:34
52	1168	Filipe Teixeira	Individual	Senior Masculino	02:23:50	+43:06	07:34
53	1017	Marco Mendes	Andatrilhos Freamunde	Senior Masculino	02:25:06	+44:22	07:38
54	1323	Rui Rodrigues	Mountain Runners	Senior Masculino	02:25:12	+44:28	07:39
55	1333	Pedro Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	02:25:55	+45:11	07:41
56	1227	Tiago Mota	Individual	Senior Masculino	02:26:27	+45:43	07:42
57	1155	Cláudio Manuel Pereira Tavares	Individual	Senior Masculino	02:27:00	+46:16	07:44
58	1386	Luciano Machado	Sexy mind's	Senior Masculino	02:27:51	+47:07	07:47
59	1008	Rui Fernandes	Alive Runners	Senior Masculino	02:28:15	+47:31	07:48
60	1100	António Grácio	Happy Runners	Senior Masculino	02:28:28	+47:44	07:49
61	1180	Jorge Carneiro	Individual	Senior Masculino	02:29:37	+48:53	07:52
62	1087	TOMÉ MARQUES	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	02:31:12	+50:28	07:57
63	1211	Renato carneiro	Individual	Senior Masculino	02:31:45	+51:01	07:59
64	1225	Tiago dos Santos Costa	Individual	Senior Masculino	02:31:50	+51:06	07:59
65	1199	Nuno Fernandes	Individual	Senior Masculino	02:32:32	+51:48	08:02
66	1313	Carlos Goncalves	Moinhos Run - ADRM	Senior Masculino	02:32:33	+51:49	08:02
67	1182	Jorge Garcia	Individual	Senior Masculino	02:32:51	+52:07	08:03
68	1003	Nuno Moura	A.D.Amarante trail running	Senior Masculino	02:34:03	+53:19	08:06
69	1230	Vitor Manuel Oliveira Coelho	Individual	Senior Masculino	02:34:23	+53:39	08:08
70	1044	Daniel Barbosa	BTT Alegria // TUBANI	Senior Masculino	02:34:33	+53:49	08:08

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71	1043	Carlos Vieira	BTT Alegria // TUBANI	Senior Masculino	02:34:34	+53:50	08:08
72	1086	SÉRGIO SILVA	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	02:34:36	+53:52	08:08
73	1409	Carlos Silva	Trinca Orelhas de Gato	Senior Masculino	02:34:46	+54:02	08:09
74	1371	Nelson Machado	Profisio Team	Senior Masculino	02:34:56	+54:12	08:09
75	1084	HUGO OLIVEIRA	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Senior Masculino	02:35:16	+54:32	08:10
76	1089	Nuno Ganhao	Gang do quintal	Senior Masculino	02:35:36	+54:52	08:11
77	1171	Hélder Moreira	Individual	Senior Masculino	02:35:36	+54:52	08:11
78	1188	Márcio Filipe Gonçalves Castro	Individual	Senior Masculino	02:35:59	+55:15	08:13
79	1174	Hugo Machado	Individual	Senior Masculino	02:36:35	+55:51	08:14
80	1214	Ricardo Fernandes	Individual	Senior Masculino	02:36:38	+55:54	08:15
81	1146	Bruno rocha	Individual	Senior Masculino	02:36:41	+55:57	08:15
82	1158	Daniel Faria	Individual	Senior Masculino	02:37:12	+56:28	08:16
83	1096	Paulo Henriques	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:39:19	+58:35	08:23
84	1066	Pedro Ribeiro	eles estão à rasca	Senior Masculino	02:39:41	+58:57	08:24
85	1091	José Oliveira	Gaz(n)elas	Senior Masculino	02:39:52	+59:08	08:25
86	1411	Luis Morata	Trinca Orelhas de Gato	Senior Masculino	02:40:27	+59:43	08:27
87	1070	João Moura	EM'Força	Senior Masculino	02:41:31	+01:00:47	08:30
88	1170	Helder Marques	Individual	Senior Masculino	02:42:28	+01:01:44	08:33
89	1393	Diogo Silva	soplabifana	Senior Masculino	02:42:56	+01:02:12	08:35
90	1191	Mário Estêvão	Individual	Senior Masculino	02:43:46	+01:03:02	08:37
91	1378	Rui Ferreira	Run4Wellness	Senior Masculino	02:43:47	+01:03:03	08:37
92	1377	Ricardo Ribeiro	Run4Wellness	Senior Masculino	02:43:48	+01:03:04	08:37
93	1331	Hugo Neto	NOCTURNOS DE PAREDES	Senior Masculino	02:45:07	+01:04:23	08:41
94	1334	Tiago Moreira	NOCTURNOS DE PAREDES	Senior Masculino	02:45:07	+01:04:23	08:41
95	1140	André Filipe Silva	Individual	Senior Masculino	02:45:08	+01:04:24	08:41
96	1142	António Santos	Individual	Senior Masculino	02:45:08	+01:04:24	08:41
97	1224	Tiago Dias	Individual	Senior Masculino	02:45:15	+01:04:31	08:42
98	1059	Paulo Filipe Nunes	Copo Cheio Athletics	Senior Masculino	02:45:29	+01:04:45	08:43
99	1060	Ricardo Rocha	Copo Cheio Athletics	Senior Masculino	02:45:29	+01:04:45	08:43
100	1213	Ricardo Dias	Individual	Senior Masculino	02:46:11	+01:05:27	08:45
101	1373	Rui Rebelo	Run4all	Senior Masculino	02:46:13	+01:05:29	08:45
102	1406	Pedro Pinto de Almeida	TocKandar	Senior Masculino	02:46:21	+01:05:37	08:45
103	1405	Nuno Tiago Ribeiro Botelho Lamego	TocKandar	Senior Masculino	02:46:23	+01:05:39	08:45
104	1226	Tiago Ferreira	Individual	Senior Masculino	02:47:00	+01:06:16	08:47
105	1192	Mário Rui Vieira Rodrigues	Individual	Senior Masculino	02:47:00	+01:06:16	08:47
106	1208	Pedro Mendes	Individual	Senior Masculino	02:47:15	+01:06:31	08:48
107	1048	NUNO PEREIRA	CASA DAS REPARAÇÕES	Senior Masculino	02:47:23	+01:06:39	08:49
108	1090	João Soares	Gaz(n)elas	Senior Masculino	02:47:54	+01:07:10	08:50
109	1076	Tiago Ribeiro	Foge Foge Bandido	Senior Masculino	02:48:17	+01:07:33	08:51
110	1014	Carlos Leal	Andatrilhos Freamunde	Senior Masculino	02:48:40	+01:07:56	08:53
111	1049	PAULO MACHADO	CASA DAS REPARAÇÕES	Senior Masculino	02:49:00	+01:08:16	08:54
112	1181	Jorge Fernandes	Individual	Senior Masculino	02:51:22	+01:10:38	09:01
113	1152	Carlos Manuel Almeida da Silva	Individual	Senior Masculino	02:52:11	+01:11:27	09:04
114	1418	Sérgio Dinis	USF-TS	Senior Masculino	02:54:14	+01:13:30	09:10
115	1399	Luís Barbosa	Team Sede de Paredes	Senior Masculino	02:54:40	+01:13:56	09:12

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OFFICIAL RESULT

116	1398	João Moreira	Team Sede de Paredes	Senior Masculino	02:54:40	+01:13:56	09:12
117	1088	Filipe Pinto	Gang do quintal	Senior Masculino	02:57:22	+01:16:38	09:20
118	1210	Pedro Rodrigues	Individual	Senior Masculino	02:57:23	+01:16:39	09:20
119	1141	Antonio Luis Rocha Santos Correia Peixoto	Individual	Senior Masculino	02:58:47	+01:18:03	09:25
120	1166	FERNANDO JOAQUIM BARBOSA NETO	Individual	Senior Masculino	03:01:30	+01:20:46	09:33
121	1369	Américo Botelho	Pink Floyd	Senior Masculino	03:02:20	+01:21:36	09:36
122	1153	Carlos Manuel Macedo da Silva	Individual	Senior Masculino	03:03:09	+01:22:25	09:38
123	1190	Marco André de Sousa Pinto	Sem Destino	Senior Masculino	03:03:28	+01:22:44	09:39
124	1143	Bruno Miguel Coelho Peixoto	Sem Destino	Senior Masculino	03:03:28	+01:22:44	09:39
125	1219	Rui Filipe Gonçalves Sousa Lopes Pereira	Individual	Senior Masculino	03:03:34	+01:22:50	09:40
126	1159	Daniel Macedo	Sem Destino	Senior Masculino	03:03:48	+01:23:04	09:40
127	1203	Paulo Alexandre Oliveira Soares	Individual	Senior Masculino	03:04:21	+01:23:37	09:42
128	1178	Joao Miguel Fernandes	Individual	Senior Masculino	03:04:52	+01:24:08	09:44
129	1425	Hugo Maciel	Individual	Senior Masculino	03:06:01	+01:25:17	09:47
130	1187	Márcio Ferreira	Individual	Senior Masculino	03:06:11	+01:25:27	09:48
131	1184	José Luís Pereira da Rocha	Individual	Senior Masculino	03:06:52	+01:26:08	09:50
132	1094	Miguel Vieira	Gaz(n)elas	Senior Masculino	03:06:57	+01:26:13	09:50
133	1202	Nuno Teixeira	Individual	Senior Masculino	03:07:38	+01:26:54	09:53
134	1030	Daniel Borda Água	Bit Runners	Senior Masculino	03:08:35	+01:27:51	09:56
135	1356	joão paulo fonseca	os amigos de s.pedro da cova	Senior Masculino	03:08:47	+01:28:03	09:56
136	1193	Miguel Garcia	Individual	Senior Masculino	03:08:57	+01:28:13	09:57
137	1200	Nuno Filipe Carmo Almeida Teixeira	Individual	Senior Masculino	03:09:18	+01:28:34	09:58
138	1031	Francisco Cabrita	Bit Runners	Senior Masculino	03:12:30	+01:31:46	10:08
139	1164	Diogo Vasconcelos	Individual	Senior Masculino	03:13:06	+01:32:22	10:10
140	1169	Gabriel Eduardo Fernandes de Sousa	Sem Destino	Senior Masculino	03:14:43	+01:33:59	10:15
141	1359	Emanuel Alves	OSGORDOS Team	Senior Masculino	03:15:09	+01:34:25	10:16
142	1360	Joel Alves	OSGORDOS Team	Senior Masculino	03:15:10	+01:34:26	10:16
143	1228	Toze Almeida	Individual	Senior Masculino	03:15:45	+01:35:01	10:18
144	1320	César Pumpinho	Mountain Runners	Senior Masculino	03:17:50	+01:37:06	10:25
145	1032	Gustavo Silva	Bit Runners	Senior Masculino	03:18:58	+01:38:14	10:28
146	1034	Ricardo Ribeiro	Bit Runners	Senior Masculino	03:18:59	+01:38:15	10:28
147	1220	Sandro Sousa	Individual	Senior Masculino	03:21:51	+01:41:07	10:37
148	1033	João Almeida	Bit Runners	Senior Masculino	03:27:13	+01:46:29	10:54
149	1194	Nelson Alves de Sousa	Individual	Senior Masculino	03:27:24	+01:46:40	10:55
150	1160	Daniel Oliveira de Almeida	Individual	Senior Masculino	03:31:05	+01:50:21	11:07
151	1195	Nelson Ferreira	Individual	Senior Masculino	03:32:29	+01:51:45	11:11
152	1217	Ricardo Novais	Individual	Senior Masculino	03:34:51	+01:54:07	11:18
153	1365	Vitor Teixeira	PAPATRAILS	Senior Masculino	03:35:14	+01:54:30	11:20
154	1229	Vitor Manuel Costa Rodrigues Morais	Individual	Senior Masculino	03:35:14	+01:54:30	11:20
155	1039	Pedro Tiago Cardoso Vieira	Black & Becker	Senior Masculino	03:37:13	+01:56:29	11:26
156	1154	Celso André Sousa Lops	Individual	Senior Masculino	03:39:44	+01:59:00	11:34
157	1376	João Batista	Run4Wellness	Senior Masculino	03:41:44	+02:01:00	11:40
158	1038	Nuno Domingues	Black & Becker	Senior Masculino	03:49:56	+02:09:12	12:06

Trail Curto

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Sub 23 Feminino

1	1007	Cristiana Lagoa	Alive Runners	Sub 23 Feminino	02:46:12	08:45
2	1363	Mafalda Alves	PAPATRAILS	Sub 23 Feminino	03:35:14	+49:02 11:20

Sub 23 Masculino

1	1316	Miguel Xavier Cunha Fernandes	Montanha Clube Trail Running/Efapel	Sub 23 Masculino	02:04:24	06:33	
2	1389	Rui Bessa	Sob Efeito Trail	Sub 23 Masculino	02:15:32	+11:08	07:08
3	1016	João Cardoso	Andatrilhos Freamunde	Sub 23 Masculino	02:15:43	+11:19	07:09
4	1207	Pedro Alves	Individual	Sub 23 Masculino	02:20:51	+16:27	07:25
5	1163	Diogo Nogueira Bessa	Individual	Sub 23 Masculino	02:26:39	+22:15	07:43
6	1388	Pedro Oliveira	Sob Efeito Trail	Sub 23 Masculino	02:33:40	+29:16	08:05
7	1093	Miguel Soares	Gaz(n)elas	Sub 23 Masculino	02:44:06	+39:42	08:38
8	1144	Bruno Mota	Individual	Sub 23 Masculino	03:09:28	+01:05:04	09:58
9	1065	Tiago Mendes	EDV-VIANA TRAIL	Sub 23 Masculino	03:21:47	+01:17:23	10:37

Veterana F40

1	1390	Fátima Coelho	Somos Nós Team	Veterana F40	02:12:06	06:57
2	1306	Suzana Andrade	JOBRA	Veterana F40	02:27:00	+14:54 07:44
3	1018	Eva Carneiro	Andatrilhos Freamunde	Veterana F40	02:28:30	+16:24 07:49
4	1056	Magda Vieira	Clube Condeixa	Veterana F40	02:32:40	+20:34 08:02
5	1245	Salete Maria Mendes Soares	Individual	Veterana F40	02:36:32	+24:26 08:14
6	1238	Ivone Ferreira	Individual	Veterana F40	02:39:38	+27:32 08:24
7	1338	Mónica Gomes	NOCTURNOS DE PAREDES	Veterana F40	02:45:04	+32:58 08:41
8	1243	Marília Vieira	Individual	Veterana F40	02:46:27	+34:21 08:46
9	1314	Isabel Carvalho	Moinhos Run - ADRM	Veterana F40	02:46:30	+34:24 08:46
10	1391	Minda Coelho	Somos Nós Team	Veterana F40	02:49:04	+36:58 08:54
11	1055	Elza Cordeiro	Clube Condeixa	Veterana F40	02:50:13	+38:07 08:58
12	1246	Susana Maria Sousa Bessa	Individual	Veterana F40	02:58:48	+46:42 09:25
13	1241	Maria Martins	Individual	Veterana F40	02:59:53	+47:47 09:28
14	1366	Ana Alves	PAPATRAILS	Veterana F40	03:00:45	+48:39 09:31
15	1101	Linda Braga	Happy Runners	Veterana F40	03:08:21	+56:15 09:55
16	1234	Cármen ferrei	Individual	Veterana F40	03:22:10	+01:10:04 10:38
17	1384	Maria Carla Moreira Pacheco	Sem limites	Veterana F40	03:23:12	+01:11:06 10:42
18	1336	Carla Almeida	NOCTURNOS DE PAREDES	Veterana F40	03:36:24	+01:24:18 11:23
19	1421	Patrícia Martins	Verdes	Veterana F40	03:39:57	+01:27:51 11:35
20	1420	Cláudia Castro Morais	Verdes	Veterana F40	03:39:57	+01:27:51 11:35
21	1236	Eduarda Maria Vieira Magalhães Freitas	Individual	Veterana F40	03:40:21	+01:28:15 11:36
22	1244	Rosa Soares	Individual	Veterana F40	03:42:46	+01:30:40 11:43
23	1237	Elisabete Alves Nogueira	Individual	Veterana F40	03:42:46	+01:30:40 11:43
24	1427	Paula Maria Vieira	Individual	Veterana F40	03:49:18	+01:37:12 12:04
25	1232	Ana Cristina Bessa Ferreira	Individual	Veterana F40	04:20:32	+02:08:26 13:43

Trail Curto

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OFFICIAL RESULT

26	1339	Paula Carvalho	NOCTURNOS DE PAREDES	Veterana F40	04:54:46	+02:42:40	15:31
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Veterana F50

1	1337	Graça Ribeiro	NOCTURNOS DE PAREDES	Veterana F50	02:51:35		09:02:11
2	1417	Cristina Meireles	Umelga Runners	Veterana F50	03:04:21	+12:46	09:42:11
3	1380	Maria Lucinda Barbosa Moreira	S.luiz	Veterana F50	03:13:50	+22:15	10:12:11
4	1235	Edith Gurgel	Individual	Veterana F50	04:12:07	+01:20:32	13:16:11
5	1240	Leninha Rocha	Individual	Veterana F50	04:54:32	+02:02:57	15:30:11

Veterano M40

1	1098	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	01:47:05		05:38
2	1349	Sérgio Durães	NOCTURNOS DE PAREDES	Veterano M40	01:49:22	+02:17	05:45
3	1284	luis fonseca	Individual	Veterano M40	01:49:52	+02:47	05:47
4	1303	Sérgio Lourenço	Individual	Veterano M40	01:58:05	+11:00	06:13
5	1005	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	01:58:24	+11:19	06:14
6	1006	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	01:58:25	+11:20	06:14
7	1281	José Ribeiro	Individual	Veterano M40	02:02:00	+14:55	06:25
8	1317	Luis vilela	Montanha Clube Trail Running/Efapel	Veterano M40	02:04:26	+17:21	06:33
9	1413	Fernando Pereira	Trinca Orelhas de Gato	Veterano M40	02:06:38	+19:33	06:40
10	1261	Carlos Raposa	Individual	Veterano M40	02:06:48	+19:43	06:40
11	1353	José Costa	Oralklass - Amigos Do Trail	Veterano M40	02:09:57	+22:52	06:50
12	1051	ALEXANDRE BRITO	CASA DAS REPARAÇÕES	Veterano M40	02:11:21	+24:16	06:55
13	1052	ARMANDO MACHADO	CASA DAS REPARAÇÕES	Veterano M40	02:11:21	+24:16	06:55
14	1255	António Malheiro	Individual	Veterano M40	02:12:02	+24:57	06:57
15	1291	MANUEL JOAQUIM DE SOUSA OLIVEIRA	Individual	Veterano M40	02:12:34	+25:29	06:59
16	1026	Joaquim Pinto	Bifase - Material Eletrico	Veterano M40	02:13:10	+26:05	07:01
17	1297	Pedro Martins	Individual	Veterano M40	02:13:17	+26:12	07:01
18	1294	Miguel Leal	Individual	Veterano M40	02:14:43	+27:38	07:05
19	1346	José Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M40	02:15:25	+28:20	07:08
20	1392	Fernando Morais	Somos Nós Team	Veterano M40	02:16:25	+29:20	07:11
21	1250	Alcino Pinto	Individual	Veterano M40	02:16:28	+29:23	07:11
22	1277	José da Rocha Rodrigues	Individual	Veterano M40	02:17:31	+30:26	07:14
23	1019	Daniel Machado Neto	Andatrilhos Freamunde	Veterano M40	02:18:32	+31:27	07:17
24	1288	Luis Santos	Individual	Veterano M40	02:19:21	+32:16	07:20
25	1348	Rui Almeida	NOCTURNOS DE PAREDES	Veterano M40	02:19:47	+32:42	07:21
26	1327	Victor Azevedo	MSS CONTABILIDADE	Veterano M40	02:20:33	+33:28	07:24
27	1326	Jorge Sousa	MSS CONTABILIDADE	Veterano M40	02:20:54	+33:49	07:25
28	1285	Luis Miguel Alves Sousa	Individual	Veterano M40	02:21:26	+34:21	07:27
29	1415	Pedro Gomes	Trinca Orelhas de Gato	Veterano M40	02:23:09	+36:04	07:32
30	1301	RUI ALVES	Individual	Veterano M40	02:26:45	+39:40	07:43
31	1254	António Gaspar Vieira Moreira	Individual	Veterano M40	02:27:11	+40:06	07:45

Trail Curto

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32	1355	Carlos Gonçalves	Oralklass - Amigos Do Trail	Veterano M40	02:32:00	+44:55	08:00
33	1354	Bruno Albuquerque	Oralklass - Amigos Do Trail	Veterano M40	02:32:00	+44:55	08:00
34	1276	jorge silva moreira	Individual	Veterano M40	02:32:01	+44:56	08:00
35	1416	Sergio Gomes	Trinca Orelhas de Gato	Veterano M40	02:32:16	+45:11	08:01
36	1020	David Barros	Andatrilhos Freamunde	Veterano M40	02:32:30	+45:25	08:02
37	1263	Eduardo Nascimento	Individual	Veterano M40	02:37:07	+50:02	08:16
38	1296	Paulo hernani moreira	Individual	Veterano M40	02:38:22	+51:17	08:20
39	1275	jorge moreira	Individual	Veterano M40	02:39:33	+52:28	08:24
40	1300	Ricardo Silva	Individual	Veterano M40	02:40:31	+53:26	08:27
41	1282	JÚLIO AUGUSTO FERREIRA CAMPOS	Individual	Veterano M40	02:40:52	+53:47	08:28
42	1270	João Paulo Gomes leite 22	Individual	Veterano M40	02:41:05	+54:00	08:29
43	1368	Jorge Oliveira	PAREDES AVENTURA	Veterano M40	02:41:31	+54:26	08:30
44	1395	Jorge Almeida	soplabifana	Veterano M40	02:42:56	+55:51	08:35
45	1347	Miguel Moreira	NOCTURNOS DE PAREDES	Veterano M40	02:45:07	+58:02	08:41
46	1414	Miguel Costa	Trinca Orelhas de Gato	Veterano M40	02:46:09	+59:04	08:45
47	1394	Henrique Sousa	soplabifana	Veterano M40	02:47:38	+01:00:33	08:49
48	1283	Luis Ferreira Gomes	Individual	Veterano M40	02:50:36	+01:03:31	08:59
49	1345	João Leite	NOCTURNOS DE PAREDES	Veterano M40	02:51:37	+01:04:32	09:02
50	1367	Jose Alves	PAPATRAILS	Veterano M40	02:51:52	+01:04:47	09:03
51	1292	Manuel Paiva	Individual	Veterano M40	02:51:56	+01:04:51	09:03
52	1266	Fernando Vilarinho	Individual	Veterano M40	02:53:35	+01:06:30	09:08
53	1068	Carlos Maia	eles estão à rasca	Veterano M40	02:53:57	+01:06:52	09:09
54	1074	Ricardo A. Silva Sousa	FFit Gaia Trail	Veterano M40	02:54:58	+01:07:53	09:13
55	1344	Filipe Oliveira	NOCTURNOS DE PAREDES	Veterano M40	02:56:41	+01:09:36	09:18
56	1287	Luis Ribeiro	Individual	Veterano M40	02:57:11	+01:10:06	09:20
57	1269	Hugo Miguel Ferreira Fernandes	Individual	Veterano M40	02:59:53	+01:12:48	09:28
58	1260	Carlos Fagundes	Individual	Veterano M40	03:01:12	+01:14:07	09:32
59	1040	Carlos Barbosa	Black & Becker	Veterano M40	03:01:34	+01:14:29	09:33
60	1299	ricardo milhazes	Individual	Veterano M40	03:05:26	+01:18:21	09:46
61	1042	Rui Pedro da Silva Leite Pereira	Black & Becker	Veterano M40	03:09:07	+01:22:02	09:57
62	1249	Alcídio Figueiredo	Individual	Veterano M40	03:09:17	+01:22:12	09:58
63	1343	Daniel Pereira	NOCTURNOS DE PAREDES	Veterano M40	03:09:28	+01:22:23	09:58
64	1370	Manuel Bastos	Pink Floyd	Veterano M40	03:11:12	+01:24:07	10:04
65	1036	Pedro Troia	Bit Runners	Veterano M40	03:14:15	+01:27:10	10:13
66	1267	Filipe Martinho	Individual	Veterano M40	03:21:04	+01:33:59	10:35
67	1385	José Fernando Ferreira Gonçalves	Sem limites	Veterano M40	03:23:11	+01:36:06	10:42
68	1058	Rui Oliveira	ComDor Runners	Veterano M40	03:34:18	+01:47:13	11:17
69	1268	Filipe Moutinho	Individual	Veterano M40	03:34:33	+01:47:28	11:18
70	1264	Emídio Pereira	Individual	Veterano M40	03:34:35	+01:47:30	11:18
71	1298	Ricardo	Individual	Veterano M40	03:34:36	+01:47:31	11:18
72	1035	Pedro Tavares	Bit Runners	Veterano M40	03:34:36	+01:47:31	11:18
73	1350	Telmo Mota	NOCTURNOS DE PAREDES	Veterano M40	03:36:30	+01:49:25	11:24
74	1422	Pedro Justo	Verdes	Veterano M40	03:39:57	+01:52:52	11:35
75	1069	Carmino Silva	eles estão à rasca	Veterano M40	03:47:19	+02:00:14	11:58
76	1428	Gilberto Vieira	Individual	Veterano M40	03:49:18	+02:02:13	12:04
77	1067	Augusto Franco	eles estão à rasca	Veterano M40	03:56:33	+02:09:28	12:27

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Trail Curto

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OFFICIAL RESULT

78	1341	António Madureira	NOCTURNOS DE PAREDES	Veterano M40	03:57:18	+02:10:13	12:29
79	1252	Álvaro Cairrão	Individual	Veterano M40	04:02:14	+02:15:09	12:45
80	1289	Manuel Fonseca	Individual	Veterano M40	04:02:14	+02:15:09	12:45
81	1429	Tapio Maki	Individual	Veterano M40	04:08:13	+02:21:08	13:04
82	1258	Carlos Alberto Figueiredo Fernandes	Individual	Veterano M40	04:30:59	+02:43:54	14:16

Veterano M50

1	1342	Carlos Vinhas	NOCTURNOS DE PAREDES	Veterano M50	02:02:30		06:27
2	1423	José Fernando Sousa	Individual	Veterano M50	02:08:52	+06:22	06:47
3	1272	Joaquim Gomes	Individual	Veterano M50	02:12:06	+09:36	06:57
4	1247	Agostinho da Silva Rocha	Individual	Veterano M50	02:15:45	+13:15	07:09
5	1304	SILVINO ALBERTO DA SILVA MENDES	Individual	Veterano M50	02:18:43	+16:13	07:18
6	1265	Fernando Eloi dos Santos Sousa	Individual	Veterano M50	02:25:57	+23:27	07:41
7	1273	Joaquim paulo andrade reis	Individual	Veterano M50	02:27:29	+24:59	07:46
8	1256	ANTONIO MIRANDA	Individual	Veterano M50	02:27:51	+25:21	07:47
9	1315	Rui Quinta	Moinhos Run - ADRM	Veterano M50	02:35:17	+32:47	08:10
10	1280	José Manuel Magalhães Moreira	Individual	Veterano M50	02:37:45	+35:15	08:18
11	1010	Joaquim augusto Teixeira Seca	Alto Relevo -Clube de Montanhismo	Veterano M50	02:50:34	+48:04	08:59
12	1286	Luis Pereira	Individual	Veterano M50	03:00:33	+58:03	09:30
13	1340	António Carvalho	NOCTURNOS DE PAREDES	Veterano M50	03:07:19	+01:04:49	09:52
14	1102	José Amaro	Happy Runners	Veterano M50	03:08:22	+01:05:52	09:55
15	1357	serafim fonseca	os amigos de s.pedro da cova	Veterano M50	03:08:47	+01:06:17	09:56
16	1381	Augusto pinto Barbosa	S.luiz	Veterano M50	03:13:50	+01:11:20	10:12
17	1073	Artur Luis dos Santos Teixeira Moreira	Estafermos	Veterano M50	03:18:57	+01:16:27	10:28
18	1271	João Sousa	Individual	Veterano M50	03:31:05	+01:28:35	11:07

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