

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.6°C	100%
End	14:22	14.6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	526	Andre Nogueira	aliados trail running team	Senior Masculino	01:32:38		06:11
2	585	Tiago Pinto	douroconta-gabinete de apoio e contabilidade	Senior Masculino	01:32:46	+00:07	06:11
3	680	Pedro Tapadas	individual	Senior Masculino	01:33:53	+01:14	06:16
4	2	Armandino Taborda	individual	Veterano M40	01:34:10	+01:32	06:17
5	579	Marco Faria	dá-lhe gás running team	Veterano M40	01:34:54	+02:16	06:20
6	528	Francisco Ferreira	aliados trail running team	Senior Masculino	01:36:12	+03:33	06:25
7	577	Marcio Pinto	dá-lhe gás running team	Senior Masculino	01:37:38	+04:59	06:31
8	556	António Martins	boavista f. c.	Veterano M40	01:39:58	+07:19	06:40
9	527	ARTUR BARBOSA	aliados trail running team	Senior Masculino	01:40:19	+07:40	06:41
10	788	Sérgio Silva	mss contabilidade trail team	Senior Masculino	01:41:07	+08:29	06:45
11	554	Marco Barbosa	boavista f. c.	Senior Masculino	01:45:32	+12:53	07:02
12	751	Pedro Alves	running team	Veterano M40	01:46:11	+13:32	07:05
13	952	Manuel Cardoso	boavista f. c.	Veterano M40	01:47:11	+14:33	07:09
14	580	Paulo Silva	dá-lhe gás running team	Veterano M40	01:47:30	+14:51	07:10
15	578	Abilio Almeida	dá-lhe gás running team	Veterano M40	01:47:51	+15:13	07:11
16	942	Gilberto Pimenta	individual	Senior Masculino	01:49:41	+17:02	07:19
17	878	CARLOS SILVA	tog - associação running team	Senior Masculino	01:52:54	+20:16	07:32
18	922	Carlos Leal	trail team casa das reparações	Senior Masculino	01:54:46	+22:08	07:39
19	738	josé paulo ribeiro	individual	Veterano M40	01:56:02	+23:23	07:44
20	584	Carlos sousa	devasta trilhos	Veterano M40	01:56:05	+23:27	07:44
21	62	Manuel Quelhas	individual	Veterano M40	01:56:24	+23:45	07:46
22	3	Alexandre Machado	individual	Senior Masculino	01:56:40	+24:01	07:47
23	553	Miguel Ângelo	bitrunners	Senior Masculino	01:56:53	+24:14	07:48
24	806	Alberto Freitas	nova linha trail runners	Veterano M40	01:57:25	+24:47	07:50
25	943	Adelino Pinto	individual	Senior Masculino	01:58:53	+26:14	07:56
26	574	João Barbosa	copos e trilhos	Senior Masculino	01:59:16	+26:37	07:57
27	765	Luis Miguel Silva Dias	jurassic scouts	Senior Masculino	01:59:51	+27:12	07:59
28	864	Nuno Silva	the newbies	Senior Masculino	02:00:01	+27:22	08:00
29	683	Ricardo Ferreira	individual	Senior Masculino	02:00:16	+27:38	08:01
30	583	Ivo Barbosa	devasta trilhos	Senior Masculino	02:00:29	+27:51	08:02
31	836	Carlos Vinhas	running penafiel trail	Veterano M40	02:01:25	+28:46	08:06
32	557	Pedro Dias	boavista f. c.	Veterano M40	02:03:01	+30:23	08:12
33	883	SERGIO RODRIGUES	tog - associação running team	Senior Masculino	02:03:09	+30:30	08:13
34	925	JOÃO MACHADO	trail team casa das reparações	Senior Masculino	02:03:54	+31:15	08:16
35	923	Eduardo Mendes	trail team casa das reparações	Senior Masculino	02:04:24	+31:45	08:18
36	754	Ricardo Jota	individual	Veterano M40	02:04:29	+31:51	08:18
37	926	Armando Machado	trail team casa das reparações	Veterano M40	02:04:44	+32:05	08:19
38	877	BRUNO MONTEIRO	tog - associação running team	Senior Masculino	02:04:48	+32:10	08:19
39	771	Nuno sousa	kitty team	Veterano M40	02:06:39	+34:00	08:27
40	691	Vítor Cruz	individual	Senior Masculino	02:07:01	+34:23	08:28
41	616	Bruno Sampaio	habcarpintaria	Senior Masculino	02:07:35	+34:56	08:30

TRAIL CURTO - STAGE 1

15 KM

[illegible]

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	618	Hugo Sampaio	habcarpintaria	Senior Masculino	02:08:55	+36:17	08:36
43	803	Vera Barbosa	nova linha trail runners	Senior Feminino	02:09:06	+36:28	08:36
44	672	Nelson David Moura Lopes	individual	Senior Masculino	02:12:21	+39:43	08:49
45	793	Camilo Pinto	mss contabilidade trail team	Veterano M40	02:12:39	+40:00	08:51
46	713	Antonio leal Leal	individual	Veterano M40	02:13:35	+40:56	08:54
47	720	Diamantino Martins Ribeiro	individual	Veterano M40	02:13:45	+41:06	08:55
48	847	Fernando Moraes	somos nós team	Veterano M40	02:13:53	+41:15	08:56
49	897	JORGE MESQUITA	tog - associação running team	Veterano M40	02:13:59	+41:20	08:56
50	597	Ivo Oliveira	factor x / s4l / medense fc	Veterano M40	02:14:06	+41:27	08:56
51	595	Joao Oliveira	facort running team	Senior Masculino	02:14:24	+41:45	08:58
52	529	Vitor Moreira	aliados trail running team	Senior Masculino	02:14:40	+42:02	08:59
53	606	Jorge Beliago	gansos	Senior Masculino	02:16:01	+43:22	09:04
54	739	jose_machado.28@hotmail.com	individual	Veterano M40	02:16:13	+43:35	09:05
55	825	Manuel Barbosa	paredes running	Veterano M40	02:16:18	+43:39	09:05
56	546	Cristiano Gomes	aperta cordões	Senior Masculino	02:16:18	+43:40	09:05
57	536	João Vigário	amigos 100 limites	Senior Masculino	02:16:27	+43:48	09:06
58	535	António Gonçalves	amigos 100 limites	Senior Masculino	02:16:27	+43:48	09:06
59	887	MARTA SILVA	tog - associação running team	Veterana F40	02:16:40	+44:01	09:07
60	876	Bruno Fontes	tog - associação running team	Senior Masculino	02:16:40	+44:02	09:07
61	959	Fabio Almeida	individual	Senior Masculino	02:17:17	+44:39	09:09
62	678	Pedro Pinto	individual	Senior Masculino	02:18:01	+45:22	09:12
63	761	Vitor Manuel Ribeiro Dias	individual	Veterano M40	02:18:20	+45:41	09:13
64	98	Jorge SILVA	hora do lobo trail/cf perosinho atletismo	Veterano M40	02:18:23	+45:44	09:14
65	625	Leonel Silva	hora do lobo trail/cf perosinho atletismo	Veterano M40	02:18:23	+45:44	09:14
66	622	Leonardo Brito	hora do lobo trail/cf perosinho atletismo	Senior Masculino	02:18:23	+45:45	09:14
67	749	Paulo Pacheco	individual	Veterano M40	02:18:25	+45:46	09:14
68	837	Fabio Almeida	sai da frente	Senior Masculino	02:18:49	+46:10	09:15
69	927	João Sousa	trail team casa das reparações	Veterano M40	02:19:27	+46:48	09:18
70	723	Fernando Rodrigues	individual	Veterano M40	02:19:35	+46:57	09:18
71	646	André Fraga	individual	Senior Masculino	02:19:35	+46:57	09:18
72	931	PAULA SOARES	trepatrilhos trail team	Veterana F40	02:20:11	+47:32	09:21
73	522	Manuel Fonseca	100pressa	Veterano M40	02:20:30	+47:52	09:22
74	805	Cidália Ferreira	nova linha trail runners	Veterana F40	02:20:54	+48:15	09:24
75	635	Marta Moreira	individual	Senior Feminino	02:21:51	+49:12	09:27
76	660	João Coelho	individual	Senior Masculino	02:21:53	+49:15	09:28
77	808	Florindo Pereira	nova linha trail runners	Veterano M40	02:21:54	+49:15	09:28
78	502	Ricardo Pereira	#atechoras	Senior Masculino	02:22:03	+49:25	09:28
79	807	Daniel Vieira	nova linha trail runners	Veterano M40	02:23:45	+51:06	09:35
80	733	jose ferreira	individual	Veterano M40	02:23:46	+51:08	09:35
81	666	Luciano virginio Moreira da silva	individual	Senior Masculino	02:24:06	+51:28	09:36
82	760	Sérgio M Pereira	individual	Veterano M40	02:25:24	+52:46	09:42
83	587	José Coelho	dourofit	Senior Masculino	02:26:15	+53:36	09:45
84	901	JOSÉ JÚNIOR	tog - associação running team	Veterano M40	02:26:36	+53:58	09:46
85	514	Celestino Campos	100pressa	Veterano M40	02:26:37	+53:58	09:46
86	921	Ricardo Cunha	trail santa marta	Senior Masculino	02:26:37	+53:59	09:47

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15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	861	Vítor Manuel Pinto Ribeiro	the mountains are calling	Veterano M40	02:26:58	+54:20	09:48
88	677	Pedro Patrício Neves	individual	Senior Masculino	02:27:35	+54:56	09:50
89	862	Hugo Faria	the newbies	Senior Masculino	02:28:40	+56:02	09:55
90	863	Marcelo Teixeira	the newbies	Senior Masculino	02:28:45	+56:07	09:55
91	924	Eduardo Soares	trail team casa das reparações	Senior Masculino	02:29:47	+57:09	09:59
92	904	ORLANDO ALMEIDA	tog - associação running team	Veterano M40	02:30:12	+57:33	10:01
93	895	FERNANDO FERREIRA	tog - associação running team	Veterano M40	02:30:13	+57:34	10:01
94	772	Sérgio sousa	kitty team	Veterano M40	02:30:45	+58:06	10:03
95	731	Jorge Cunha	individual	Veterano M40	02:30:46	+58:07	10:03
96	543	José Manuel Almeida Martins	amigos do pedal trailagares	Senior Masculino	02:30:47	+58:08	10:03
97	704	Alexandre Sameiro	individual	Veterano M40	02:31:37	+58:58	10:06
98	531	Ricardo Rocha	aliança de gandra	Senior Masculino	02:31:45	+59:07	10:07
99	591	Ricardo Duarte	espinho trail team	Senior Masculino	02:32:00	+59:21	10:08
100	879	JOEL VALE	tog - associação running team	Senior Masculino	02:32:07	+59:28	10:08
101	656	Fabio Campos	individual	Senior Masculino	02:32:30	+59:51	10:10
102	589	Ricardo Vieira	dourofit	Senior Masculino	02:32:41	+01:00:02	10:11
103	630	Carla	individual	Senior Feminino	02:32:49	+01:00:10	10:11
104	920	Nuno Cruz	top trail	Veterano M40	02:33:28	+01:00:49	10:14
105	849	Jorge Almeida	soplabifana	Veterano M40	02:33:43	+01:01:04	10:15
106	564	Pedro Vieira	c.c.recreativo de são martinho	Senior Masculino	02:33:48	+01:01:09	10:15
107	572	Paulo Silva	cmds	Veterano M40	02:33:51	+01:01:12	10:15
108	737	José Oliveira	individual	Veterano M40	02:34:05	+01:01:26	10:16
109	712	António Gomes	individual	Veterano M40	02:34:08	+01:01:29	10:17
110	774	Luís Vieira	kunalama runners	Senior Masculino	02:34:27	+01:01:49	10:18
111	573	Bruno Sousa	copos e trilhos	Senior Masculino	02:34:28	+01:01:50	10:18
112	841	Rui Figueiredo	sentir escariz running	Veterano M40	02:34:36	+01:01:58	10:18
113	794	Manuel Ribeiro	mss contabilidade trail team	Veterano M40	02:34:48	+01:02:10	10:19
114	792	António Rocha	mss contabilidade trail team	Veterano M40	02:34:48	+01:02:10	10:19
115	918	Diogo Moreira	top trail	Senior Masculino	02:35:53	+01:03:14	10:24
116	839	Flora Santos	sentir escariz running	Veterana F40	02:36:03	+01:03:25	10:24
117	770	Nuno silva	kitty team	Veterano M40	02:36:26	+01:03:48	10:26
118	844	Artur Pereira	shots international runners	Senior Masculino	02:36:27	+01:03:48	10:26
119	745	marco jorge moreira teixeira de aguiar	individual	Veterano M40	02:36:40	+01:04:01	10:27
120	789	Tiago Sequeira	mss contabilidade trail team	Senior Masculino	02:36:40	+01:04:01	10:27
121	676	pedro Ferraz	individual	Senior Masculino	02:37:07	+01:04:29	10:29
122	766	Liliana Vieira	kemedo team	Senior Feminino	02:37:15	+01:04:36	10:29
123	842	Vítor Moreira	sentir escariz running	Veterano M40	02:37:50	+01:05:11	10:31
124	785	Ricardo Nogueira	movikeita trail	Senior Masculino	02:37:56	+01:05:17	10:32
125	758	Sérgio Carneiro	individual	Veterano M40	02:38:07	+01:05:28	10:32
126	910	RICARDO CARVALHO	tog - associação running team	Veterano M40	02:38:10	+01:05:31	10:33
127	670	MANUEL ANTÓNIO GUIMARÃES TEIXEIRA	individual	Senior Masculino	02:38:11	+01:05:32	10:33
128	657	Gilberto Orlando	individual	Senior Masculino	02:38:11	+01:05:33	10:33
129	880	PEDRO DIAS	tog - associação running team	Senior Masculino	02:38:45	+01:06:06	10:35
130	530	Carla Pereira	aliança de gandra	Senior Feminino	02:38:46	+01:06:08	10:35
131	684	Ricardo Manuel da Silva ribeiro	individual	Senior Masculino	02:38:47	+01:06:09	10:35

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15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	908	PAULO SANTOS	tog - associação running team	Veterano M40	02:38:48	+01:06:09	10:35
133	941	Geraldo Gomes	individual	Veterano M40	02:39:02	+01:06:23	10:36
134	944	Bruno Duarte	individual	Senior Masculino	02:39:57	+01:07:18	10:40
135	596	Júlio André Baptista Sousa	factor x / s4l / medense fc	Senior Masculino	02:39:59	+01:07:20	10:40
136	899	JOSÉ ANTUNES	tog - associação running team	Veterano M40	02:40:05	+01:07:26	10:40
137	763	Carlos Silva	jurassic scouts	Senior Masculino	02:40:50	+01:08:11	10:43
138	728	João Mouta	individual	Veterano M40	02:41:02	+01:08:23	10:44
139	936	Diana Dias	trilheiros	Senior Feminino	02:41:25	+01:08:47	10:46
140	615	Bruno Marques	habcarpintaria	Senior Masculino	02:41:26	+01:08:48	10:46
141	915	Tiago Serrano	tontos team	Senior Masculino	02:41:35	+01:08:56	10:46
142	716	Aurelio Salas Salas	individual	Veterano M40	02:42:07	+01:09:28	10:48
143	537	Tó Faria	amigos 100 limites	Senior Masculino	02:42:27	+01:09:48	10:50
144	852	Valter Barbosa	stcp runners	Senior Masculino	02:42:31	+01:09:52	10:50
145	707	alipio lopes	individual	Veterano M40	02:42:45	+01:10:06	10:51
146	52	Nuno Almeida	individual	Senior Masculino	02:42:53	+01:10:14	10:52
147	956	Sérgio Cunha	individual	Veterano M40	02:42:56	+01:10:18	10:52
148	501	Nuno Maio	#atechoras	Senior Masculino	02:43:35	+01:10:56	10:54
149	741	Manuel Bernardino Moreira dos Reis	individual	Veterano M40	02:43:44	+01:11:05	10:55
150	544	Carlos Sérgio Vieira Garcia	amigos do pedal trailagares	Veterano M40	02:43:47	+01:11:09	10:55
151	588	Pedro Santos	dourofit	Senior Masculino	02:43:49	+01:11:10	10:55
152	586	Ana Rita Costa	dourofit	Senior Feminino	02:43:49	+01:11:10	10:55
153	791	António Luis	mss contabilidade trail team	Veterano M40	02:43:52	+01:11:13	10:56
154	523	João Alves	10temidos	Senior Masculino	02:43:58	+01:11:20	10:56
155	928	Joaquim Nogueira	trail team casa das reparações	Veterano M40	02:44:26	+01:11:47	10:58
156	854	Paulo Carneiro	stcp runners	Veterano M40	02:44:40	+01:12:02	10:59
157	832	Patrícia Moreira	royal wellness center	Senior Feminino	02:45:05	+01:12:27	11:00
158	934	Antonio Loureiro Fernandes	trepatrilhos trail team	Veterano M40	02:45:17	+01:12:38	11:01
159	46	António Silva	mountain runners	Senior Masculino	02:45:19	+01:12:41	11:01
160	784	Tiago Moreira	mountain runners	Senior Masculino	02:45:27	+01:12:48	11:02
161	654	Duarte Dias	running team	Senior Masculino	02:46:37	+01:13:58	11:07
162	843	Liliana Pereira	shots international runners	Senior Feminino	02:47:39	+01:15:00	11:11
163	598	Manuel Rocha	fast ao km	Veterano M40	02:47:42	+01:15:04	11:11
164	709	Amandio Sousa	individual	Veterano M40	02:47:44	+01:15:05	11:11
165	914	VICTOR CARDOSO	tog - associação running team	Veterano M40	02:48:14	+01:15:36	11:13
166	662	João Oliveira	individual	Senior Masculino	02:48:15	+01:15:36	11:13
167	722	Fernando Pereira	individual	Veterano M40	02:48:15	+01:15:36	11:13
168	907	Paulo Ribeiro	tog - associação running team	Veterano M40	02:48:15	+01:15:36	11:13
169	902	MANUEL BARROS	tog - associação running team	Veterano M40	02:48:34	+01:15:56	11:14
170	547	João Oliveira	aperta cordões	Senior Masculino	02:49:52	+01:17:13	11:19
171	653	Diogo Nogueira Bessa	individual	Senior Masculino	02:49:58	+01:17:19	11:20
172	795	Carla Sousa	nocturnos de paredes	Senior Feminino	02:50:00	+01:17:21	11:20
173	734	Jose Manuel Magalhães Moreira	individual	Veterano M40	02:50:11	+01:17:33	11:21
174	835	Carlos barbosa	running penafiel trail	Veterano M40	02:50:14	+01:17:36	11:21
175	756	RUI PEREIRA	individual	Veterano M40	02:50:18	+01:17:39	11:21
176	892	ANTÓNIO RIBEIRO	tog - associação running team	Veterano M40	02:50:40	+01:18:01	11:23

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15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	552	Sérgio sousa	baltar trailrunners	Veterano M40	02:51:03	+01:18:24	11:24
178	900	JOSÉ JESUS	tog - associação running team	Veterano M40	02:51:22	+01:18:44	11:26
179	894	FERNANDO COELHO	tog - associação running team	Veterano M40	02:51:23	+01:18:44	11:26
180	568	Joana Silva	cmds	Senior Feminino	02:51:45	+01:19:06	11:27
181	714	Antonio Neto	individual	Veterano M40	02:51:52	+01:19:13	11:27
182	689	Tiago Santos	individual	Senior Masculino	02:51:58	+01:19:19	11:28
183	685	Ricardo Neves	individual	Senior Masculino	02:51:58	+01:19:19	11:28
184	775	Jorge Barbosa	leões de tardariz trail	Senior Masculino	02:52:14	+01:19:35	11:29
185	532	Clara Teixeira	amigos 100 limites	Senior Feminino	02:52:15	+01:19:37	11:29
186	534	Alcino Silva	amigos 100 limites	Senior Masculino	02:52:16	+01:19:37	11:29
187	681	Ricardo Barbosa	individual	Senior Masculino	02:52:17	+01:19:38	11:29
188	590	Márcio Moreira	espinho trail team	Senior Masculino	02:52:24	+01:19:45	11:30
189	845	Goçalo Morais	somos nós team	Senior Masculino	02:53:01	+01:20:22	11:32
190	809	Agostinho Pacheco	ofrunnig	Veterano M40	02:53:12	+01:20:34	11:33
191	857	BRUNO GONÇALVES	tartarugas velocistas	Senior Masculino	02:53:19	+01:20:41	11:33
192	565	José Silva	clube trilheiros e amigos	Senior Masculino	02:53:29	+01:20:50	11:34
193	687	Sérgio Santos	individual	Senior Masculino	02:53:31	+01:20:52	11:34
194	686	Ricardo Sôlha	individual	Senior Masculino	02:53:31	+01:20:53	11:34
195	850	Sousa Henrique	soplabifana	Veterano M40	02:54:59	+01:22:21	11:40
196	834	Clara Pacheco	royal wellness center	Veterana F40	02:55:11	+01:22:32	11:41
197	746	Nuno cabral	tog - associação running team	Veterano M40	02:55:49	+01:23:10	11:43
198	848	José Teixeira	somos nós team	Veterano M40	02:56:10	+01:23:31	11:45
199	524	Rui Sá	10temidos	Veterano M40	02:56:57	+01:24:18	11:48
200	776	Gualter Castro	leões de tardariz trail	Veterano M40	02:56:58	+01:24:19	11:48
201	753	Raul Jorge Martins de Sousa	individual	Veterano M40	02:58:10	+01:25:31	11:53
202	675	Paulo Torres	individual	Senior Masculino	02:58:11	+01:25:33	11:53
203	507	Adérito Brandão	100pressa	Veterano M40	02:58:21	+01:25:42	11:53
204	715	Arlindo Cunha	individual	Veterano M40	02:58:34	+01:25:55	11:54
205	659	Hugo Mendes	individual	Senior Masculino	02:59:40	+01:27:01	11:59
206	960	Gonçalo Teixeira	individual	Senior Masculino	02:59:50	+01:27:11	11:59
207	613	Rui Machado	gansos	Veterano M40	03:00:19	+01:27:40	12:01
208	540	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	03:00:31	+01:27:52	12:02
209	617	Elson Carvalho	habcarpintaria	Senior Masculino	03:01:08	+01:28:29	12:05
210	797	Eva Moreira	nocturnos de paredes	Senior Feminino	03:01:25	+01:28:47	12:06
211	764	Francisco Manuel Lima Cruz	jurassic scouts	Senior Masculino	03:01:42	+01:29:04	12:07
212	668	Luís Miguel Morais	individual	Senior Masculino	03:01:46	+01:29:07	12:07
213	627	Ana Cristina de Sousa Bessa	individual	Senior Feminino	03:01:54	+01:29:16	12:08
214	962	Nelson Viera	individual	Senior Masculino	03:01:56	+01:29:17	12:08
215	932	ROSA ALMEIDA	trepatrilhos trail team	Veterana F40	03:01:57	+01:29:18	12:08
216	748	Paulo lara	individual	Veterano M40	03:02:26	+01:29:48	12:10
217	621	Vitor Araujo	habcarpintaria	Senior Masculino	03:02:35	+01:29:56	12:10
218	620	Ricardo Costa	habcarpintaria	Senior Masculino	03:02:35	+01:29:56	12:10
219	726	João Brito	individual	Veterano M40	03:03:18	+01:30:39	12:13
220	875	ANDRÉ FARIA	tog - associação running team	Senior Masculino	03:04:18	+01:31:39	12:17
221	802	Claudia Motta	nocturnos de paredes	Veterana F40	03:04:19	+01:31:41	12:17

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	624	Marlene da Silva Mota Santos	hora do lobo trail/cf perosinho atletismo	Veterana F40	03:04:20	+01:31:41	12:17
223	651	Daniel LUSOS XXI	individual	Senior Masculino	03:05:03	+01:32:24	12:20
224	851	Domingos Faustino	stcp runners	Veterano M40	03:06:18	+01:33:39	12:25
225	853	Dinis Pinto	stcp runners	Veterano M40	03:06:18	+01:33:39	12:25
226	814	Diogo Pimenta	os goguinhos	Senior Masculino	03:07:10	+01:34:31	12:29
227	631	Filipa Brito	individual	Senior Feminino	03:07:12	+01:34:33	12:29
228	813	Marta Pimenta	os goguinhos	Senior Feminino	03:07:19	+01:34:41	12:29
229	801	Tania Cardoso	nocturnos de paredes	Senior Feminino	03:07:26	+01:34:47	12:30
230	906	PAULO FERREIRA	tog - associação running team	Veterano M40	03:08:08	+01:35:30	12:33
231	777	Margarida Brás	lesmas & caracóis	Senior Feminino	03:08:26	+01:35:47	12:34
232	950	Sónia Silva	paredes running	Senior Masculino	03:08:43	+01:36:05	12:35
233	855	Paulo Gonçalves	stcp runners	Veterano M40	03:09:56	+01:37:17	12:40
234	710	António Cardoso	individual	Veterano M40	03:09:56	+01:37:18	12:40
235	743	Manuel sousa	individual	Veterano M40	03:09:57	+01:37:18	12:40
236	664	João Sôlha	individual	Senior Masculino	03:10:55	+01:38:16	12:44
237	858	JOEL PEREIRAS	tartarugas velocistas	Senior Masculino	03:11:23	+01:38:44	12:46
238	639	Sandra Ramos	individual	Senior Feminino	03:11:33	+01:38:55	12:46
239	567	Manuel Freire	clube trilheiros e amigos	Veterano M40	03:11:35	+01:38:56	12:46
240	566	Becas	clube trilheiros e amigos	Veterana F40	03:11:35	+01:38:56	12:46
241	619	Paulo Oliveira	habcarpintaria	Senior Masculino	03:11:58	+01:39:19	12:48
242	840	Jorge Moreira	sentir escariz running	Veterano M40	03:12:00	+01:39:21	12:48
243	725	Isaac Batista Pereira	individual	Veterano M40	03:12:37	+01:39:59	12:51
244	503	Vitor Osorio	#atechoras	Veterano M40	03:13:05	+01:40:26	12:52
245	647	Bruno Barbosa	individual	Senior Masculino	03:13:14	+01:40:35	12:53
246	663	João Ricardo Grilo Teixeira	individual	Senior Masculino	03:13:14	+01:40:35	12:53
247	786	Márcio Teixeira	mss contabilidade trail team	Senior Masculino	03:13:47	+01:41:09	12:55
248	859	MIGUEL PACHECO	tartarugas velocistas	Senior Masculino	03:13:52	+01:41:13	12:55
249	727	João Manuel Pinheiro da Costa	individual	Veterano M40	03:14:00	+01:41:21	12:56
250	846	Minda Coelho	somos nós team	Veterana F40	03:14:01	+01:41:22	12:56
251	750	Paulo Ribeiro	individual	Veterano M40	03:14:42	+01:42:03	12:59
252	45	Luisa Mota	individual	Senior Feminino	03:15:01	+01:42:22	13:00
253	701	Susana Maria Sousa Bessa	individual	Veterana F40	03:15:57	+01:43:19	13:04
254	719	Daniel Ferreira	individual	Veterano M40	03:15:57	+01:43:19	13:04
255	706	Alfredo Vieira	individual	Veterano M40	03:15:57	+01:43:19	13:04
256	667	Luís Alves	individual	Senior Masculino	03:16:04	+01:43:26	13:04
257	866	JOANA SILVA	tog - associação running team	Senior Feminino	03:16:06	+01:43:27	13:04
258	550	Sandra Raquel	arrastassolas	Veterana F40	03:16:45	+01:44:06	13:07
259	14	Helena Cunha	arrastassolas	Veterana F40	03:16:45	+01:44:06	13:07
260	898	JOSÉ ALMEIDA	tog - associação running team	Veterano M40	03:16:49	+01:44:10	13:07
261	821	Lucinda Marques	paredes running	Veterana F40	03:17:02	+01:44:23	13:08
262	870	RITA MORAIS	tog - associação running team	Senior Feminino	03:17:05	+01:44:27	13:08
263	538	Mi Ferreira	amigos 100 limites	Veterana F40	03:17:08	+01:44:29	13:09
264	917	Helena Neves	top trail	Senior Feminino	03:17:15	+01:44:36	13:09
265	768	Mónica Fonseca	kemedo team	Veterana F40	03:18:35	+01:45:56	13:14
266	623	Conceição Pereira	hora do lobo trail/cf perosinho atletismo	Veterana F40	03:19:23	+01:46:44	13:18
267	658	Hélder Vales	individual	Senior Masculino	03:19:48	+01:47:09	13:19

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	893	CARLOS CONDE	tog - associação running team	Veterano M40	03:20:03	+01:47:25	13:20
269	838	Emanuel Duraes	sai da frente	Veterano M40	03:20:46	+01:48:08	13:23
270	718	daniel branco	individual	Veterano M40	03:20:47	+01:48:08	13:23
271	608	Carina Garcês	gansos	Veterana F40	03:20:56	+01:48:17	13:24
272	612	Joaquim Garcês	gansos	Veterano M40	03:20:56	+01:48:18	13:24
273	515	David Azevedo	100pressa	Veterano M40	03:22:07	+01:49:28	13:29
274	708	Álvaro Cairrão	individual	Veterano M40	03:23:36	+01:50:57	13:34
275	703	alberto martins	individual	Veterano M40	03:24:11	+01:51:32	13:37
276	730	Joaquim Ramos	individual	Veterano M40	03:25:31	+01:52:52	13:42
277	916	Maria Irene Ferraz da Silva	tontos team	Veterana F40	03:26:01	+01:53:22	13:44
278	541	Fernando Micael da Silva Ferreira	amigos do pedal trailagares	Senior Masculino	03:26:25	+01:53:46	13:46
279	823	Fernando Maduro	paredes running	Veterano M40	03:26:33	+01:53:54	13:46
280	729	João Sousa	individual	Veterano M40	03:26:36	+01:53:58	13:46
281	867	LILIANA NOGUEIRA	tog - associação running team	Senior Feminino	03:27:19	+01:54:40	13:49
282	650	César Moreira	individual	Senior Masculino	03:28:01	+01:55:22	13:52
283	655	Emanuel Sôlha	individual	Senior Masculino	03:28:10	+01:55:31	13:53
284	830	Luciana Ferraz	pt_private_studio	Senior Feminino	03:28:27	+01:55:48	13:54
285	831	Luis Pacheco	pt_private_studio	Veterano M40	03:28:30	+01:55:51	13:54
286	755	Rui Meireles	individual	Veterano M40	03:28:33	+01:55:55	13:54
287	721	Fernando Oliveira Gomes	individual	Veterano M40	03:28:34	+01:55:55	13:54
288	820	MARTA DUARTE	outsiders trail team	Senior Feminino	03:29:08	+01:56:30	13:57
289	940	Mário Jorge de Almeida Rodrigues	vale dos duros	Senior Masculino	03:29:28	+01:56:49	13:58
290	860	Manuel Jorge	team aguenta aí	Veterano M40	03:29:28	+01:56:49	13:58
291	700	Susana Couto	individual	Veterana F40	03:29:29	+01:56:51	13:58
292	869	PATRICIA SILVIA	tog - associação running team	Senior Feminino	03:29:30	+01:56:51	13:58
293	575	Luis Gonçalves	copos e trilhos	Senior Masculino	03:30:15	+01:57:37	14:01
294	833	Virgínia Pereira	royal wellness center	Senior Feminino	03:30:28	+01:57:49	14:02
295	661	João Marcos	individual	Senior Masculino	03:30:36	+01:57:57	14:02
296	645	Teresa Barbosa	individual	Senior Feminino	03:30:57	+01:58:18	14:04
297	929	Ana Maria Silva	trepatrilhos trail team	Veterana F40	03:31:30	+01:58:52	14:06
298	636	Patrícia Pereira	individual	Senior Feminino	03:31:54	+01:59:15	14:08
299	652	Daniel Santos	individual	Senior Masculino	03:31:55	+01:59:16	14:08
300	888	Suse Silva	tog - associação running team	Senior Feminino	03:32:03	+01:59:24	14:08
301	812	Manuel Moura	os barriguitas	Veterano M40	03:32:22	+01:59:43	14:10
302	752	Pedro Santos	individual	Veterano M40	03:33:02	+02:00:23	14:12
303	699	Rute Sousa	individual	Veterana F40	03:33:02	+02:00:24	14:12
304	868	Liliana Pereira	tog - associação running team	Senior Feminino	03:34:27	+02:01:48	14:18
305	576	Raul Cunha	cunhax	Veterano M40	03:35:29	+02:02:50	14:22
306	885	ESTELA MARQUES	tog - associação running team	Veterana F40	03:36:54	+02:04:16	14:28
307	518	Joaquim Leite	100pressa	Veterano M40	03:36:55	+02:04:16	14:28
308	780	Álvaro da Silva Ribeiro	lusos xxi	Senior Masculino	03:37:40	+02:05:01	14:31
309	549	Raquel Lopes	arrastassolas	Senior Feminino	03:38:05	+02:05:26	14:32
310	671	Marcio Torres	individual	Senior Masculino	03:38:28	+02:05:49	14:34
311	881	Roberto Oliveira	tog - associação running team	Senior Masculino	03:38:28	+02:05:50	14:34
312	607	Bernardina dias	gansos	Veterana F40	03:41:17	+02:08:38	14:45

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
313	610	Carlos anjos	gansos	Veterano M40	03:41:17	+02:08:38	14:45
314	629	Andreia Mendes	individual	Senior Feminino	03:42:27	+02:09:49	14:50
315	505	Sandra Cristina Couto	#correratenumdarmais por fernando oliveira	Senior Feminino	03:43:07	+02:10:28	14:52
316	506	António Fernandes	#correratenumdarmais por fernando oliveira	Veterano M40	03:43:07	+02:10:28	14:52
317	822	Antero Bessa	paredes running	Veterano M40	03:43:30	+02:10:51	14:54
318	698	Rosa Batista	individual	Veterana F40	03:43:53	+02:11:15	14:56
319	744	Marcio Moreira	individual	Veterano M40	03:43:54	+02:11:15	14:56
320	696	Graça Batista	individual	Veterana F40	03:43:55	+02:11:16	14:56
321	694	Carla Maia	individual	Veterana F40	03:44:17	+02:11:38	14:57
322	648	Bruno Cardoso	individual	Senior Masculino	03:45:48	+02:13:10	15:03
323	933	TERESA COSTA	trepatrihos trail team	Veterana F40	03:45:48	+02:13:10	15:03
324	643	Tânia Almeida	individual	Senior Feminino	03:45:50	+02:13:11	15:03
325	690	Vitor Almeida	individual	Senior Masculino	03:45:52	+02:13:13	15:04
326	811	Bruno castelo	os aventureiros	Senior Masculino	03:46:22	+02:13:44	15:06
327	810	Vanessa Santos	os aventureiros	Senior Feminino	03:46:26	+02:13:47	15:06
328	637	Rosa Leal	individual	Senior Feminino	03:47:39	+02:15:00	15:11
329	695	Cármén Ferreira	individual	Veterana F40	03:47:39	+02:15:00	15:11
330	781	Manuel Pacheco Ferreira de Magalhães	lusos xxi	Veterano M40	03:51:35	+02:18:56	15:26
331	581	Micaela Brito	devasta trilhos	Senior Feminino	03:52:19	+02:19:41	15:29
332	818	Ricardo Gomes	osfazconta	Veterano M40	03:52:36	+02:19:57	15:30
333	626	Alexandra Maria Pinto Teixeira	individual	Senior Feminino	03:53:06	+02:20:27	15:32
334	872	SILVIA ROCHA	tog - associação running team	Senior Feminino	03:53:34	+02:20:56	15:34
335	697	Isabel Queirós	individual	Veterana F40	03:53:55	+02:21:17	15:36
336	638	Rute Ferreira	individual	Senior Feminino	03:53:55	+02:21:17	15:36
337	571	Maria Cabral	cmds	Veterana F40	04:00:22	+02:27:44	16:02
338	951	António Barbosa	paredes running	Veterano M40	04:01:15	+02:28:36	16:05
339	824	Luis Ribeiro	paredes running	Veterano M40	04:01:15	+02:28:37	16:05
340	702	Adão Castro	individual	Veterano M40	04:01:21	+02:28:42	16:05
341	533	Patrícia Conceição	amigos 100 limites	Senior Feminino	04:01:23	+02:28:44	16:06
342	682	Ricardo Carriço	individual	Senior Masculino	04:01:24	+02:28:45	16:06
343	649	Carvalho LUSOS XXI	individual	Senior Masculino	04:02:44	+02:30:05	16:11
344	519	José Carlos Nogueira	100pressa	Veterano M40	04:05:02	+02:32:24	16:20
345	886	GORETI ROCHA	tog - associação running team	Veterana F40	04:06:00	+02:33:22	16:24
346	873	SÓNIA REIS	tog - associação running team	Senior Feminino	04:06:00	+02:33:22	16:24
347	913	VICENTE SOUSA	tog - associação running team	Veterano M40	04:06:01	+02:33:22	16:24
348	912	SERGIO SOUSA	tog - associação running team	Veterano M40	04:06:04	+02:33:25	16:24
349	896	FERNANDO VITAL	tog - associação running team	Veterano M40	04:06:05	+02:33:26	16:24
350	884	DEOLINDA CAMPANHÃ	tog - associação running team	Veterana F40	04:06:10	+02:33:31	16:25
351	935	José Dara	trepatrihos trail team	Veterano M40	04:09:43	+02:37:04	16:39
352	644	Tânia Santos	individual	Senior Feminino	04:11:32	+02:38:53	16:46
353	599	Márcio Silva	fatrunners	Senior Masculino	04:11:32	+02:38:54	16:46
354	817	Brigida Duarte	osfazconta	Veterana F40	04:15:35	+02:42:57	17:02
355	815	Adriana Duarte	osfazconta	Senior Feminino	04:15:36	+02:42:57	17:02
356	548	Élio Gonçalves	aperta cordões	Veterano M40	04:16:42	+02:44:03	17:07

TRAIL CURTO - STAGE 1

15 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
357	673	Nuno André	individual	Senior Masculino	04:16:50	+02:44:11	17:07
358	828	Luis Pinheiro	prova de fogo	Senior Masculino	04:17:03	+02:44:24	17:08
359	827	Luís Leal	prova de fogo	Senior Masculino	04:17:03	+02:44:25	17:08
360	829	Vítor Vilela	prova de fogo	Senior Masculino	04:19:36	+02:46:58	17:18
361	799	Raquel Tavares	nocturnos de paredes	Senior Feminino	04:21:45	+02:49:06	17:27
362	796	Catarina Moniz	nocturnos de paredes	Senior Feminino	04:21:45	+02:49:06	17:27
363	798	Monica Pereira	nocturnos de paredes	Senior Feminino	04:21:45	+02:49:06	17:27
364	800	sílvia Pacheco	nocturnos de paredes	Senior Feminino	04:21:45	+02:49:06	17:27
365	778	Ilidia Isabel da Rocha	lusos xxi	Senior Feminino	04:23:15	+02:50:36	17:33
366	779	Marlene Pinto	lusos xxi	Senior Feminino	04:23:15	+02:50:36	17:33
367	602	Manuel Alves	futebol clube de penafiel	Veterano M40	04:26:02	+02:53:24	17:44
368	601	Isabel Galhardo	futebol clube de penafiel	Veterana F40	04:26:03	+02:53:24	17:44
369	511	António Martins	100pressa	Veterano M40	04:26:23	+02:53:44	17:46
370	510	Adriano Campos	100pressa	Veterano M40	04:26:34	+02:53:56	17:46
371	642	Susana Rodrigues	individual	Senior Feminino	04:26:47	+02:54:08	17:47
372	826	paulo cunha	patas negras	Veterano M40	04:27:10	+02:54:31	17:49
373	603	Emanuela Nunes	gansos	Senior Feminino	04:27:41	+02:55:02	17:51
374	890	SILVIA OLIVEIRA	tog - associação running team	Veterana F40	04:27:44	+02:55:05	17:51
375	609	Laurinda Tavares	gansos	Veterana F40	04:27:47	+02:55:09	17:51
376	605	Alberto Rocha	gansos	Senior Masculino	04:27:48	+02:55:10	17:51
377	592	Analisa Teixeira	eu e elas	Senior Feminino	04:34:41	+03:02:02	18:19
378	594	Helder Teixeira	eu e elas	Senior Masculino	04:34:41	+03:02:02	18:19
379	593	Sonia Sousa	eu e elas	Senior Feminino	04:34:41	+03:02:02	18:19
380	525	Joana Filipa Maia	achados ao acaso	Senior Feminino	04:36:50	+03:04:11	18:27
381	641	Sónia Rocha	individual	Senior Feminino	04:43:04	+03:10:25	18:52
382	665	José Rocha	individual	Senior Masculino	04:43:04	+03:10:25	18:52
383	736	José Moreira	individual	Veterano M40	04:43:36	+03:10:57	18:54
384	816	Jorge Silva	osfazconta	Senior Masculino	04:45:37	+03:12:59	19:03
385	558	Cristiana Leite	bota brita	Senior Feminino	05:03:51	+03:31:12	20:15
386	560	Carla Teixeira	bota brita	Veterana F40	05:03:51	+03:31:13	20:15
387	559	Alzira Pinheiro	bota brita	Veterana F40	05:03:58	+03:31:19	20:16
388	919	Ilda Castro	top trail	Veterana F40	05:03:58	+03:31:19	20:16
389	563	Zé Luis	bota brita	Veterano M40	05:03:58	+03:31:19	20:16
390	562	Belmiro Reis	bota brita	Veterano M40	05:03:58	+03:31:20	20:16
391	705	Alexandre Teles	individual	Veterano M40	05:19:49	+03:47:10	21:19
392	953	Bruno Araujo	individual	Senior Masculino	05:19:50	+03:47:11	21:19

Trail Curto

15 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.6°C	100%
End	14:22	14.6°C	100%

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

1	803	Vera Barbosa	Nova Linha Trail Runners	Senior Feminino	02:09:06	+36:28	08:36
2	635	Marta Moreira	Individual	Senior Feminino	02:21:51	+49:12	09:27
3	630	Carla	Individual	Senior Feminino	02:32:49	+01:00:10	10:11
4	766	Liliana Vieira	KeMedo Team	Senior Feminino	02:37:15	+01:04:36	10:29
5	530	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	02:38:46	+01:06:08	10:35
6	936	Diana Dias	Trilheiros	Senior Feminino	02:41:25	+01:08:47	10:46
7	586	Ana Rita Costa	DOUROFIT	Senior Feminino	02:43:49	+01:11:10	10:55
8	832	Patrícia Moreira	Royal Wellness Center	Senior Feminino	02:45:05	+01:12:27	11:00
9	843	Liliana Pereira	Shots International Runners	Senior Feminino	02:47:39	+01:15:00	11:11
10	795	Carla Sousa	NOCTURNOS DE PAREDES	Senior Feminino	02:50:00	+01:17:21	11:20
11	568	Joana Silva	CMDS	Senior Feminino	02:51:45	+01:19:06	11:27
12	532	Clara Teixeira	Amigos 100 Limites	Senior Feminino	02:52:15	+01:19:37	11:29
13	797	Eva Moreira	NOCTURNOS DE PAREDES	Senior Feminino	03:01:25	+01:28:47	12:06
14	627	Ana Cristina de Sousa Bessa	Individual	Senior Feminino	03:01:54	+01:29:16	12:08
15	631	Filipa Brito	Individual	Senior Feminino	03:07:12	+01:34:33	12:29
16	813	Marta Pimenta	Os Goguinhos	Senior Feminino	03:07:19	+01:34:41	12:29
17	801	Tania Cardoso	NOCTURNOS DE PAREDES	Senior Feminino	03:07:26	+01:34:47	12:30
18	777	Margarida Brás	Lesmas & Caracóis	Senior Feminino	03:08:26	+01:35:47	12:34
19	639	Sandra Ramos	Individual	Senior Feminino	03:11:33	+01:38:55	12:46
20	45	Luisa Mota	Individual	Senior Feminino	03:15:01	+01:42:22	13:00
21	866	JOANA SILVA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:16:06	+01:43:27	13:04
22	870	RITA MORAIS	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:17:05	+01:44:27	13:08
23	917	Helena Neves	TOP TRAIL	Senior Feminino	03:17:15	+01:44:36	13:09
24	867	LILIANA NOGUEIRA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:27:19	+01:54:40	13:49
25	830	Luciana Ferraz	PT_private_studio	Senior Feminino	03:28:27	+01:55:48	13:54
26	820	MARTA DUARTE	Outsiders trail team	Senior Feminino	03:29:08	+01:56:30	13:57
27	869	PATRICIA SILVIA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:29:30	+01:56:51	13:58
28	833	Virgínia Pereira	Royal Wellness Center	Senior Feminino	03:30:28	+01:57:49	14:02
29	645	Teresa Barbosa	Individual	Senior Feminino	03:30:57	+01:58:18	14:04
30	636	Patrícia Pereira	Individual	Senior Feminino	03:31:54	+01:59:15	14:08
31	888	Suse Silva	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:32:03	+01:59:24	14:08
32	868	Liliana Pereira	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:34:27	+02:01:48	14:18
33	549	Raquel Lopes	ARRASTASSOLAS	Senior Feminino	03:38:05	+02:05:26	14:32
34	629	Andreia Mendes	Individual	Senior Feminino	03:42:27	+02:09:49	14:50
35	505	Sandra Cristina Couto	#correratenumdarmais por Fernando Oliveira	Senior Feminino	03:43:07	+02:10:28	14:52

Official Timekeeper: Lap2Go	1 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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36	643	Tânia Almeida	Individual	Senior Feminino	03:45:50	+02:13:11	15:03
37	810	Vanessa Santos	os aventureiros	Senior Feminino	03:46:26	+02:13:47	15:06
38	637	Rosa Leal	Individual	Senior Feminino	03:47:39	+02:15:00	15:11
39	581	Micaela Brito	Devasta Trilhos	Senior Feminino	03:52:19	+02:19:41	15:29
40	626	Alexandra Maria Pinto Teixeira	Individual	Senior Feminino	03:53:06	+02:20:27	15:32
41	872	SILVIA ROCHA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	03:53:34	+02:20:56	15:34
42	638	Rute Ferreira	Individual	Senior Feminino	03:53:55	+02:21:17	15:36
43	533	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	04:01:23	+02:28:44	16:06
44	873	SÓNIA REIS	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Feminino	04:06:00	+02:33:22	16:24
45	644	Tânia Santos	Individual	Senior Feminino	04:11:32	+02:38:53	16:46
46	815	Adriana Duarte	OsFazConta	Senior Feminino	04:15:36	+02:42:57	17:02
47	799	Raquel Tavares	NOCTURNOS DE PAREDES	Senior Feminino	04:21:45	+02:49:06	17:27
48	796	Catarina Moniz	NOCTURNOS DE PAREDES	Senior Feminino	04:21:45	+02:49:06	17:27
49	798	Monica Pereira	NOCTURNOS DE PAREDES	Senior Feminino	04:21:45	+02:49:06	17:27
50	800	sílvia Pacheco	NOCTURNOS DE PAREDES	Senior Feminino	04:21:45	+02:49:06	17:27
51	778	Ilidia Isabel da Rocha	LUSOS XXI	Senior Feminino	04:23:15	+02:50:36	17:33
52	779	Marlene Pinto	LUSOS XXI	Senior Feminino	04:23:15	+02:50:36	17:33
53	642	Susana Rodrigues	Individual	Senior Feminino	04:26:47	+02:54:08	17:47
54	603	Emanuela Nunes	Gansos	Senior Feminino	04:27:41	+02:55:02	17:51
55	592	Analisa Teixeira	Eu e elas	Senior Feminino	04:34:41	+03:02:02	18:19
56	593	Sonia Sousa	Eu e elas	Senior Feminino	04:34:41	+03:02:02	18:19
57	525	Joana Filipa Maia	Achados ao Acaso	Senior Feminino	04:36:50	+03:04:11	18:27
58	641	Sónia Rocha	Individual	Senior Feminino	04:43:04	+03:10:25	18:52
59	558	Cristiana Leite	bota brita	Senior Feminino	05:03:51	+03:31:12	20:15

Senior Masculino

1	526	Andre Nogueira	Aliados Trail Running Team	Senior Masculino	01:32:38	06:11
2	585	Tiago Pinto	Douroconta-Gabinete De Apoio E Contabilidade	Senior Masculino	01:32:46	+00:07 06:11
3	680	Pedro Tapadas	Individual	Senior Masculino	01:33:53	+01:14 06:16
4	528	Francisco Ferreira	Aliados Trail Running Team	Senior Masculino	01:36:12	+03:33 06:25
5	577	Marcio Pinto	Dá-Lhe Gás Running Team	Senior Masculino	01:37:38	+04:59 06:31
6	527	ARTUR BARBOSA	Aliados Trail Running Team	Senior Masculino	01:40:19	+07:40 06:41
7	788	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:41:07	+08:29 06:45
8	554	Marco Barbosa	Boavista F. C.	Senior Masculino	01:45:32	+12:53 07:02
9	942	Gilberto Pimenta	Individual	Senior Masculino	01:49:41	+17:02 07:19
10	878	CARLOS SILVA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	01:52:54	+20:16 07:32
11	922	Carlos Leal	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	01:54:46	+22:08 07:39
12	3	Alexandre Machado	Individual	Senior Masculino	01:56:40	+24:01 07:47
13	553	Miguel Ângelo	BitRunners	Senior Masculino	01:56:53	+24:14 07:48
14	943	Adelino Pinto	Individual	Senior Masculino	01:58:53	+26:14 07:56
15	574	João Barbosa	Copos e trilhos	Senior Masculino	01:59:16	+26:37 07:57

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Trail Curto

15 KM

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16	765	Luis Miguel Silva Dias	Jurassic Scouts	Senior Masculino	01:59:51	+27:12	07:59
17	864	Nuno Silva	The Newbies	Senior Masculino	02:00:01	+27:22	08:00
18	683	Ricardo Ferreira	Individual	Senior Masculino	02:00:16	+27:38	08:01
19	583	Ivo Barbosa	Devasta Trilhos	Senior Masculino	02:00:29	+27:51	08:02
20	883	SERGIO RODRIGUES	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	02:03:09	+30:30	08:13
21	925	JOÃO MACHADO	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	02:03:54	+31:15	08:16
22	923	Eduardo Mendes	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	02:04:24	+31:45	08:18
23	877	BRUNO MONTEIRO	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	02:04:48	+32:10	08:19
24	691	Vítor Cruz	Individual	Senior Masculino	02:07:01	+34:23	08:28
25	616	Bruno Sampaio	Habcarpintaria	Senior Masculino	02:07:35	+34:56	08:30
26	618	Hugo Sampaio	Habcarpintaria	Senior Masculino	02:08:55	+36:17	08:36
27	672	Nelson David Moura Lopes	Individual	Senior Masculino	02:12:21	+39:43	08:49
28	595	Joao Oliveira	Facort running team	Senior Masculino	02:14:24	+41:45	08:58
29	529	Vitor Moreira	Aliados Trail Running Team	Senior Masculino	02:14:40	+42:02	08:59
30	606	Jorge Beliago	Gansos	Senior Masculino	02:16:01	+43:22	09:04
31	546	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	02:16:18	+43:40	09:05
32	536	João Vigário	Amigos 100 Limites	Senior Masculino	02:16:27	+43:48	09:06
33	535	António Gonçalves	Amigos 100 Limites	Senior Masculino	02:16:27	+43:48	09:06
34	876	Bruno Fontes	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	02:16:40	+44:02	09:07
35	959	Fabio Almeida	Individual	Senior Masculino	02:17:17	+44:39	09:09
36	678	Pedro Pinto	Individual	Senior Masculino	02:18:01	+45:22	09:12
37	622	Leonardo Brito	Hora do Lobo Trail/CF Perosinho Atletismo	Senior Masculino	02:18:23	+45:45	09:14
38	837	Fabio Almeida	SAI DA FRENTE	Senior Masculino	02:18:49	+46:10	09:15
39	646	André Fraga	Individual	Senior Masculino	02:19:35	+46:57	09:18
40	660	João Coelho	Individual	Senior Masculino	02:21:53	+49:15	09:28
41	502	Ricardo Pereira	#atechoras	Senior Masculino	02:22:03	+49:25	09:28
42	666	Luciano virginio Moreira da silva	Individual	Senior Masculino	02:24:06	+51:28	09:36
43	587	José Coelho	DOUROFIT	Senior Masculino	02:26:15	+53:36	09:45
44	921	Ricardo Cunha	Trail Santa Marta	Senior Masculino	02:26:37	+53:59	09:47
45	677	Pedro Patrício Neves	Individual	Senior Masculino	02:27:35	+54:56	09:50
46	862	Hugo Faria	The Newbies	Senior Masculino	02:28:40	+56:02	09:55
47	863	Marcelo Teixeira	The Newbies	Senior Masculino	02:28:45	+56:07	09:55
48	924	Eduardo Soares	TRAIL TEAM CASA DAS REPARAÇÕES	Senior Masculino	02:29:47	+57:09	09:59
49	543	José Manuel Almeida Martins	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:30:47	+58:08	10:03
50	531	Ricardo Rocha	ALIANÇA DE GANDRA	Senior Masculino	02:31:45	+59:07	10:07
51	591	Ricardo Duarte	ESPINHO TRAIL TEAM	Senior Masculino	02:32:00	+59:21	10:08
52	879	JOEL VALE	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	02:32:07	+59:28	10:08
53	656	Fabio Campos	Individual	Senior Masculino	02:32:30	+59:51	10:10
54	589	Ricardo Vieira	DOUROFIT	Senior Masculino	02:32:41	+01:00:02	10:11
55	564	Pedro Vieira	C.C.Recreativo de São Martinho	Senior Masculino	02:33:48	+01:01:09	10:15

Official Timekeeper: Lap2Go	3 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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56	774	Luís Vieira	Kunalama runners	Senior Masculino	02:34:27	+01:01:49	10:18
57	773	Bruno Sousa	Copos e trilhos	Senior Masculino	02:34:28	+01:01:50	10:18
58	918	Diogo Moreira	TOP TRAIL	Senior Masculino	02:35:53	+01:03:14	10:24
59	844	Artur Pereira	Shots International Runners	Senior Masculino	02:36:27	+01:03:48	10:26
60	789	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:36:40	+01:04:01	10:27
61	676	pedro Ferraz	Individual	Senior Masculino	02:37:07	+01:04:29	10:29
62	785	Ricardo Nogueira	Movikeita Trail	Senior Masculino	02:37:56	+01:05:17	10:32
63	670	MANUEL ANTÓNIO GUIMARÃES TEIXEIRA	Individual	Senior Masculino	02:38:11	+01:05:32	10:33
64	657	Gilberto Orlando	Individual	Senior Masculino	02:38:11	+01:05:33	10:33
65	880	PEDRO DIAS	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	02:38:45	+01:06:06	10:35
66	684	Ricardo Manuel da Silva ribeiro	Individual	Senior Masculino	02:38:47	+01:06:09	10:35
67	944	Bruno Duarte	Individual	Senior Masculino	02:39:57	+01:07:18	10:40
68	596	Júlio André Baptista Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:39:59	+01:07:20	10:40
69	763	Carlos Silva	Jurassic Scouts	Senior Masculino	02:40:50	+01:08:11	10:43
70	615	Bruno Marques	Habcarpintaria	Senior Masculino	02:41:26	+01:08:48	10:46
71	915	Tiago Serrano	Tontos Team	Senior Masculino	02:41:35	+01:08:56	10:46
72	537	Tó Faria	Amigos 100 Limites	Senior Masculino	02:42:27	+01:09:48	10:50
73	852	Valter Barbosa	STCP Runners	Senior Masculino	02:42:31	+01:09:52	10:50
74	52	Nuno Almeida	Individual	Senior Masculino	02:42:53	+01:10:14	10:52
75	501	Nuno Maio	#atechoras	Senior Masculino	02:43:35	+01:10:56	10:54
76	588	Pedro Santos	DOUROFIT	Senior Masculino	02:43:49	+01:11:10	10:55
77	523	João Alves	10TEMIDOS	Senior Masculino	02:43:58	+01:11:20	10:56
78	46	António Silva	Mountain Runners	Senior Masculino	02:45:19	+01:12:41	11:01
79	784	Tiago Moreira	Mountain Runners	Senior Masculino	02:45:27	+01:12:48	11:02
80	654	Duarte Dias	Running Team	Senior Masculino	02:46:37	+01:13:58	11:07
81	662	João Oliveira	Individual	Senior Masculino	02:48:15	+01:15:36	11:13
82	547	João Oliveira	APERTA CORDÕES	Senior Masculino	02:49:52	+01:17:13	11:19
83	653	Diogo Nogueira Bessa	Individual	Senior Masculino	02:49:58	+01:17:19	11:20
84	689	Tiago Santos	Individual	Senior Masculino	02:51:58	+01:19:19	11:28
85	685	Ricardo Neves	Individual	Senior Masculino	02:51:58	+01:19:19	11:28
86	775	Jorge Barbosa	Leões de Tardariz Trail	Senior Masculino	02:52:14	+01:19:35	11:29
87	534	Alcino Silva	Amigos 100 Limites	Senior Masculino	02:52:16	+01:19:37	11:29
88	681	Ricardo Barbosa	Individual	Senior Masculino	02:52:17	+01:19:38	11:29
89	590	Márcio Moreira	ESPINHO TRAIL TEAM	Senior Masculino	02:52:24	+01:19:45	11:30
90	845	Goçalo Moraes	Somos Nós Team	Senior Masculino	02:53:01	+01:20:22	11:32
91	857	BRUNO GONÇALVES	TARTARUGAS VELOCISTAS	Senior Masculino	02:53:19	+01:20:41	11:33
92	565	José Silva	Clube Trilheiros e Amigos	Senior Masculino	02:53:29	+01:20:50	11:34
93	687	Sérgio Santos	Individual	Senior Masculino	02:53:31	+01:20:52	11:34
94	686	Ricardo Sôlha	Individual	Senior Masculino	02:53:31	+01:20:53	11:34
95	675	Paulo Torres	Individual	Senior Masculino	02:58:11	+01:25:33	11:53
96	659	Hugo Mendes	Individual	Senior Masculino	02:59:40	+01:27:01	11:59
97	960	Gonçalo Teixeira	Individual	Senior Masculino	02:59:50	+01:27:11	11:59
98	540	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:00:31	+01:27:52	12:02
99	617	Elson Carvalho	Habcarpintaria	Senior Masculino	03:01:08	+01:28:29	12:02

Official Timekeeper: Lap2Go	4 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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100	764	Francisco Manuel Lima Cruz	Jurassic Scouts	Senior Masculino	03:01:42	+01:29:04	12:07
101	668	Luís Miguel Morais	Individual	Senior Masculino	03:01:46	+01:29:07	12:07
102	962	Nelson Viera	Individual	Senior Masculino	03:01:56	+01:29:17	12:08
103	621	Vitor Araujo	Habcarpintaria	Senior Masculino	03:02:35	+01:29:56	12:10
104	620	Ricardo Costa	Habcarpintaria	Senior Masculino	03:02:35	+01:29:56	12:10
105	875	ANDRÉ FARIA	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	03:04:18	+01:31:39	12:17
106	651	Daniel LUSOS XXI	Individual	Senior Masculino	03:05:03	+01:32:24	12:20
107	814	Diogo Pimenta	Os Goguinhos	Senior Masculino	03:07:10	+01:34:31	12:29
108	950	Sónia Silva	Paredes Running	Senior Masculino	03:08:43	+01:36:05	12:35
109	664	João Sôlha	Individual	Senior Masculino	03:10:55	+01:38:16	12:44
110	858	JOEL PEREIRAS	TARTARUGAS VELOCISTAS	Senior Masculino	03:11:23	+01:38:44	12:46
111	619	Paulo Oliveira	Habcarpintaria	Senior Masculino	03:11:58	+01:39:19	12:48
112	647	Bruno Barbosa	Individual	Senior Masculino	03:13:14	+01:40:35	12:53
113	663	João Ricardo Grilo Teixeira	Individual	Senior Masculino	03:13:14	+01:40:35	12:53
114	786	Márcio Teixeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:13:47	+01:41:09	12:55
115	859	MIGUEL PACHECO	TARTARUGAS VELOCISTAS	Senior Masculino	03:13:52	+01:41:13	12:55
116	667	Luís Alves	Individual	Senior Masculino	03:16:04	+01:43:26	13:04
117	658	Hélder Vales	Individual	Senior Masculino	03:19:48	+01:47:09	13:19
118	541	Fernando Micael da Silva Ferreira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:26:25	+01:53:46	13:46
119	650	César Moreira	Individual	Senior Masculino	03:28:01	+01:55:22	13:52
120	655	Emanuel Sôlha	Individual	Senior Masculino	03:28:10	+01:55:31	13:53
121	940	Mário Jorge de Almeida Rodrigues	vale dos duros	Senior Masculino	03:29:28	+01:56:49	13:58
122	575	Luis Gonçalves	Copos e trilhos	Senior Masculino	03:30:15	+01:57:37	14:01
123	661	João Marcos	Individual	Senior Masculino	03:30:36	+01:57:57	14:02
124	652	Daniel Santos	Individual	Senior Masculino	03:31:55	+01:59:16	14:08
125	780	Álvaro da Silva Ribeiro	LUSOS XXI	Senior Masculino	03:37:40	+02:05:01	14:31
126	671	Marcio Torres	Individual	Senior Masculino	03:38:28	+02:05:49	14:34
127	881	Roberto Oliveira	TOG - ASSOCIAÇÃO RUNNING TEAM	Senior Masculino	03:38:28	+02:05:50	14:34
128	648	Bruno Cardoso	Individual	Senior Masculino	03:45:48	+02:13:10	15:03
129	690	Vitor Almeida	Individual	Senior Masculino	03:45:52	+02:13:13	15:04
130	811	Bruno castelo	os aventureiros	Senior Masculino	03:46:22	+02:13:44	15:06
131	682	Ricardo Carriço	Individual	Senior Masculino	04:01:24	+02:28:45	16:06
132	649	Carvalho LUSOS XXI	Individual	Senior Masculino	04:02:44	+02:30:05	16:11
133	599	Márcio Silva	FatRunners	Senior Masculino	04:11:32	+02:38:54	16:46
134	673	Nuno André	Individual	Senior Masculino	04:16:50	+02:44:11	17:07
135	828	Luís Pinheiro	Prova de Fogo	Senior Masculino	04:17:03	+02:44:24	17:08
136	827	Luís Leal	Prova de Fogo	Senior Masculino	04:17:03	+02:44:25	17:08
137	829	Vitor Vilela	Prova de Fogo	Senior Masculino	04:19:36	+02:46:58	17:18
138	605	Alberto Rocha	Gansos	Senior Masculino	04:27:48	+02:55:10	17:51
139	594	Helder Teixeira	Eu e elas	Senior Masculino	04:34:41	+03:02:02	18:19
140	665	José Rocha	Individual	Senior Masculino	04:43:04	+03:10:25	18:52
141	816	Jorge Silva	OsFazConta	Senior Masculino	04:45:37	+03:12:59	19:03
142	953	Bruno Araujo	Individual	Senior Masculino	05:19:50	+03:47:11	21:11

Official Timekeeper: Lap2Go	5 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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OFFICIAL RESULT

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Veterana F40

1	887	MARTA SILVA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterana F40	02:16:40	+44:01	09:07
2	931	PAULA SOARES	TrepaTrilhos Trail Team	Veterana F40	02:20:11	+47:32	09:21
3	805	Cidália Ferreira	Nova Linha Trail Runners	Veterana F40	02:20:54	+48:15	09:24
4	839	Flora Santos	Sentir Escariz running	Veterana F40	02:36:03	+01:03:25	10:24
5	834	Clara Pacheco	Royal Wellness Center	Veterana F40	02:55:11	+01:22:32	11:41
6	932	ROSA ALMEIDA	TrepaTrilhos Trail Team	Veterana F40	03:01:57	+01:29:18	12:08
7	802	Claudia Motta	NOCTURNOS DE PAREDES	Veterana F40	03:04:19	+01:31:41	12:11
8	624	Marlene da Silva Mota Santos	Hora do Lobo Trail/CF Perosinho Atletismo	Veterana F40	03:04:20	+01:31:41	12:17
9	566	Becas	Clube Trilheiros e Amigos	Veterana F40	03:11:35	+01:38:56	12:46
10	846	Minda Coelho	Somos Nós Team	Veterana F40	03:14:01	+01:41:22	12:56
11	701	Susana Maria Sousa Bessa	Individual	Veterana F40	03:15:57	+01:43:19	13:04
12	550	Sandra Raquel	ARRASTASSOLAS	Veterana F40	03:16:45	+01:44:06	13:07
13	14	Helena Cunha	ARRASTASSOLAS	Veterana F40	03:16:45	+01:44:06	13:07
14	821	Lucinda Marques	Paredes Running	Veterana F40	03:17:02	+01:44:23	13:08
15	538	Mi Ferreira	Amigos 100 Limites	Veterana F40	03:17:08	+01:44:29	13:09
16	768	Mónica Fonseca	KeMedo Team	Veterana F40	03:18:35	+01:45:56	13:14
17	623	Conceição Pereira	Hora do Lobo Trail/CF Perosinho Atletismo	Veterana F40	03:19:23	+01:46:44	13:18
18	608	Carina Garcês	Gansos	Veterana F40	03:20:56	+01:48:17	13:24
19	916	Maria Irene Ferraz da Silva	Tontos Team	Veterana F40	03:26:01	+01:53:22	13:44
20	700	Susana Couto	Individual	Veterana F40	03:29:29	+01:56:51	13:58
21	929	Ana Maria Silva	TrepaTrilhos Trail Team	Veterana F40	03:31:30	+01:58:52	14:06
22	699	Rute Sousa	Individual	Veterana F40	03:33:02	+02:00:24	14:12
23	885	ESTELA MARQUES	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterana F40	03:36:54	+02:04:16	14:28
24	607	Bernardina dias	Gansos	Veterana F40	03:41:17	+02:08:38	14:45
25	698	Rosa Batista	Individual	Veterana F40	03:43:53	+02:11:15	14:56
26	696	Graça Batista	Individual	Veterana F40	03:43:55	+02:11:16	14:56
27	694	Carla Maia	Individual	Veterana F40	03:44:17	+02:11:38	14:57
28	933	TERESA COSTA	TrepaTrilhos Trail Team	Veterana F40	03:45:48	+02:13:10	15:03
29	695	Cármén Ferreira	Individual	Veterana F40	03:47:39	+02:15:00	15:11
30	697	Isabel Queirós	Individual	Veterana F40	03:53:55	+02:21:17	15:36
31	571	Maria Cabral	CMDS	Veterana F40	04:00:22	+02:27:44	16:02
32	886	GORETI ROCHA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterana F40	04:06:00	+02:33:22	16:24
33	884	DEOLINDA CAMPANHÃ	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterana F40	04:06:10	+02:33:31	16:25
34	817	Brigida Duarte	OsFazConta	Veterana F40	04:15:35	+02:42:57	17:02
35	601	Isabel Galhardo	Futebol Clube de Penafiel	Veterana F40	04:26:03	+02:53:24	17:44
36	890	SILVIA OLIVEIRA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterana F40	04:27:44	+02:55:05	17:51
37	609	Laurinda Tavares	Gansos	Veterana F40	04:27:47	+02:55:09	17:51
38	560	Carla Teixeira	bota brita	Veterana F40	05:03:51	+03:31:13	20:15

Official Timekeeper: Lap2Go	6 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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OFFICIAL RESULT

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39	559	Alzira Pinheiro	bota brita	Veterana F40	05:03:58	+03:31:19	20:16
40	919	Ilda Castro	TOP TRAIL	Veterana F40	05:03:58	+03:31:19	20:16

Veterano M40

1	2	Armandino Taborda	Individual	Veterano M40	01:34:10	+01:32	06:17
2	579	Marco Faria	Dá-Lhe Gás Running Team	Veterano M40	01:34:54	+02:16	06:20
3	556	António Martins	Boavista F. C.	Veterano M40	01:39:58	+07:19	06:40
4	751	Pedro Alves	Running Team	Veterano M40	01:46:11	+13:32	07:05
5	952	Manuel Cardoso	Boavista F. C.	Veterano M40	01:47:11	+14:33	07:09
6	580	Paulo Silva	Dá-Lhe Gás Running Team	Veterano M40	01:47:30	+14:51	07:10
7	578	Abilio Almeida	Dá-Lhe Gás Running Team	Veterano M40	01:47:51	+15:13	07:11
8	738	josé paulo ribeiro	Individual	Veterano M40	01:56:02	+23:23	07:44
9	584	Carlos sousa	Devasta Trilhos	Veterano M40	01:56:05	+23:27	07:44
10	62	Manuel Quelhas	Individual	Veterano M40	01:56:24	+23:45	07:46
11	806	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	01:57:25	+24:47	07:50
12	836	Carlos Vinhas	Running Penafiel Trail	Veterano M40	02:01:25	+28:46	08:06
13	557	Pedro Dias	Boavista F. C.	Veterano M40	02:03:01	+30:23	08:12
14	754	Ricardo Jota	Individual	Veterano M40	02:04:29	+31:51	08:18
15	926	Armando Machado	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	02:04:44	+32:05	08:19
16	771	Nuno sousa	Kitty team	Veterano M40	02:06:39	+34:00	08:27
17	793	Camilo Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:12:39	+40:00	08:51
18	713	Antonio leal Leal	Individual	Veterano M40	02:13:35	+40:56	08:54
19	720	Diamantino Martins Ribeiro	Individual	Veterano M40	02:13:45	+41:06	08:55
20	847	Fernando Moraes	Somos Nós Team	Veterano M40	02:13:53	+41:15	08:56
21	897	JORGE MESQUITA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:13:59	+41:20	08:56
22	597	Ivo Oliveira	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:14:06	+41:27	08:56
23	739	jose_machado.28@hotmail.com	Individual	Veterano M40	02:16:13	+43:35	09:05
24	825	Manuel Barbosa	Paredes Running	Veterano M40	02:16:18	+43:39	09:05
25	761	Vitor Manuel Ribeiro Dias	Individual	Veterano M40	02:18:20	+45:41	09:13
26	98	Jorge SILVA	Hora do Lobo Trail/CF Perosinho Atletismo	Veterano M40	02:18:23	+45:44	09:14
27	625	Leonel Silva	Hora do Lobo Trail/CF Perosinho Atletismo	Veterano M40	02:18:23	+45:44	09:14
28	749	Paulo Pacheco	Individual	Veterano M40	02:18:25	+45:46	09:14
29	927	João Sousa	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	02:19:27	+46:48	09:18
30	723	Fernando Rodrigues	Individual	Veterano M40	02:19:35	+46:57	09:18
31	522	Manuel Fonseca	100PRESSA	Veterano M40	02:20:30	+47:52	09:22
32	808	Florindo Pereira	Nova Linha Trail Runners	Veterano M40	02:21:54	+49:15	09:28
33	807	Daniel Vieira	Nova Linha Trail Runners	Veterano M40	02:23:45	+51:06	09:35
34	733	jose ferreira	Individual	Veterano M40	02:23:46	+51:08	09:35
35	760	Sérgio M Pereira	Individual	Veterano M40	02:25:24	+52:46	09:42
36	901	JOSÉ JÚNIOR	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:26:36	+53:58	09:46

Official Timekeeper: Lap2Go	7 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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OFFICIAL RESULT

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37	514	Celestino Campos	100PRESSA	Veterano M40	02:26:37	+53:58	09:46
38	861	Vítor Manuel Pinto Ribeiro	The Mountains are calling	Veterano M40	02:26:58	+54:20	09:48
39	904	ORLANDO ALMEIDA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:30:12	+57:33	10:01
40	895	FERNANDO FERREIRA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:30:13	+57:34	10:01
41	772	Sérgio sousa	Kitty team	Veterano M40	02:30:45	+58:06	10:03
42	731	Jorge Cunha	Individual	Veterano M40	02:30:46	+58:07	10:03
43	704	Alexandre Sameiro	Individual	Veterano M40	02:31:37	+58:58	10:06
44	920	Nuno Cruz	TOP TRAIL	Veterano M40	02:33:28	+01:00:49	10:14
45	849	Jorge Almeida	soplabifana	Veterano M40	02:33:43	+01:01:04	10:15
46	572	Paulo Silva	CMDS	Veterano M40	02:33:51	+01:01:12	10:15
47	737	José Oliveira	Individual	Veterano M40	02:34:05	+01:01:26	10:16
48	712	António Gomes	Individual	Veterano M40	02:34:08	+01:01:29	10:17
49	841	Rui Figueiredo	Sentir Escariz running	Veterano M40	02:34:36	+01:01:58	10:18
50	794	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:34:48	+01:02:10	10:19
51	792	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:34:48	+01:02:10	10:19
52	770	Nuno silva	Kitty team	Veterano M40	02:36:26	+01:03:48	10:26
53	745	marco jorge moreira teixeira de aguiar	Individual	Veterano M40	02:36:40	+01:04:01	10:27
54	842	Vítor Moreira	Sentir Escariz running	Veterano M40	02:37:50	+01:05:11	10:31
55	758	Sérgio Carneiro	Individual	Veterano M40	02:38:07	+01:05:28	10:32
56	910	RICARDO CARVALHO	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:38:10	+01:05:31	10:33
57	908	PAULO SANTOS	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:38:48	+01:06:09	10:35
58	941	Geraldo Gomes	Individual	Veterano M40	02:39:02	+01:06:23	10:36
59	899	JOSÉ ANTUNES	TOG - Associação Running Team	Veterano M40	02:40:05	+01:07:26	10:40
60	728	João Mouta	Individual	Veterano M40	02:41:02	+01:08:23	10:44
61	716	Aurelio Salas Salas	Individual	Veterano M40	02:42:07	+01:09:28	10:48
62	707	alipio lopes	Individual	Veterano M40	02:42:45	+01:10:06	10:51
63	956	Sérgio Cunha	Individual	Veterano M40	02:42:56	+01:10:18	10:52
64	741	Manuel Bernardino Moreira dos Reis	Individual	Veterano M40	02:43:44	+01:11:05	10:55
65	544	Carlos Sérgio Vieira Garcia	AMIGOS DO PEDAL TRAILAGARES	Veterano M40	02:43:47	+01:11:09	10:55
66	791	António Luis	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:43:52	+01:11:13	10:56
67	928	Joaquim Nogueira	TRAIL TEAM CASA DAS REPARAÇÕES	Veterano M40	02:44:26	+01:11:47	10:58
68	854	Paulo Carneiro	STCP Runners	Veterano M40	02:44:40	+01:12:02	10:59
69	934	Antonio Loureiro Fernandes	TrepaTrilhos Trail Team	Veterano M40	02:45:17	+01:12:38	11:01
70	598	Manuel Rocha	FAST AO KM	Veterano M40	02:47:42	+01:15:04	11:11
71	709	Amandio Sousa	Individual	Veterano M40	02:47:44	+01:15:05	11:11
72	914	VICTOR CARDOSO	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:48:14	+01:15:36	11:13
73	722	Fernando Pereira	Individual	Veterano M40	02:48:15	+01:15:36	11:13
74	907	Paulo Ribeiro	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:48:15	+01:15:36	11:13

Official Timekeeper: Lap2Go	8 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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OFFICIAL RESULT

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75	902	MANUEL BARROS	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:48:34	+01:15:56	11:14
76	734	Jose Manuel Magalhães Moreira	Individual	Veterano M40	02:50:11	+01:17:33	11:21
77	835	Carlos barbosa	Running Penafiel Trail	Veterano M40	02:50:14	+01:17:36	11:21
78	756	RUI PEREIRA	Individual	Veterano M40	02:50:18	+01:17:39	11:21
79	892	ANTÓNIO RIBEIRO	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:50:40	+01:18:01	11:23
80	552	Sérgio sousa	Baltar TrailRunners	Veterano M40	02:51:03	+01:18:24	11:24
81	900	JOSÉ JESUS	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:51:22	+01:18:44	11:26
82	894	FERNANDO COELHO	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	02:51:23	+01:18:44	11:26
83	714	Antonio Neto	Individual	Veterano M40	02:51:52	+01:19:13	11:27
84	809	Agostinho Pacheco	Ofrunnig	Veterano M40	02:53:12	+01:20:34	11:33
85	850	Sousa Henrique	soplabifana	Veterano M40	02:54:59	+01:22:21	11:40
86	746	Nuno cabral	TOG - Associação Running Team	Veterano M40	02:55:49	+01:23:10	11:43
87	848	José Teixeira	Somos Nós Team	Veterano M40	02:56:10	+01:23:31	11:45
88	524	Rui Sá	10TEMIDOS	Veterano M40	02:56:57	+01:24:18	11:48
89	776	Gualter Castro	Leões de Tardariz Trail	Veterano M40	02:56:58	+01:24:19	11:48
90	753	Raul Jorge Martins de Sousa	Individual	Veterano M40	02:58:10	+01:25:31	11:53
91	507	Adérito Brandão	100PRESSA	Veterano M40	02:58:21	+01:25:42	11:53
92	715	Arlindo Cunha	Individual	Veterano M40	02:58:34	+01:25:55	11:54
93	613	Rui Machado	Gansos	Veterano M40	03:00:19	+01:27:40	12:01
94	748	Paulo Iara	Individual	Veterano M40	03:02:26	+01:29:48	12:10
95	726	João Brito	Individual	Veterano M40	03:03:18	+01:30:39	12:13
96	851	Domingos Faustino	STCP Runners	Veterano M40	03:06:18	+01:33:39	12:25
97	853	Dinis Pinto	STCP Runners	Veterano M40	03:06:18	+01:33:39	12:25
98	906	PAULO FERREIRA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	03:08:08	+01:35:30	12:33
99	855	Paulo Gonçalves	STCP Runners	Veterano M40	03:09:56	+01:37:17	12:40
100	710	António Cardoso	Individual	Veterano M40	03:09:56	+01:37:18	12:40
101	743	Manuel sousa	Individual	Veterano M40	03:09:57	+01:37:18	12:40
102	567	Manuel Freire	Clube Trilheiros e Amigos	Veterano M40	03:11:35	+01:38:56	12:46
103	840	Jorge Moreira	Sentir Escariz running	Veterano M40	03:12:00	+01:39:21	12:48
104	725	Isaac Batista Pereira	Individual	Veterano M40	03:12:37	+01:39:59	12:51
105	503	Vitor Osorio	#atechoras	Veterano M40	03:13:05	+01:40:26	12:52
106	727	João Manuel Pinheiro da Costa	Individual	Veterano M40	03:14:00	+01:41:21	12:56
107	750	Paulo Ribeiro	Individual	Veterano M40	03:14:42	+01:42:03	12:59
108	719	Daniel Ferreira	Individual	Veterano M40	03:15:57	+01:43:19	13:04
109	706	Alfredo Vieira	Individual	Veterano M40	03:15:57	+01:43:19	13:04
110	898	JOSÉ ALMEIDA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	03:16:49	+01:44:10	13:07
111	893	CARLOS CONDE	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	03:20:03	+01:47:25	13:20
112	838	Emanuel Duraes	SAI DA FRENTE	Veterano M40	03:20:46	+01:48:08	13:23
113	718	daniel branco	Individual	Veterano M40	03:20:47	+01:48:08	13:23
114	612	Joaquim Garcês	Gansos	Veterano M40	03:20:56	+01:48:18	13:24
115	515	David Azevedo	100PRESSA	Veterano M40	03:22:07	+01:49:28	13:29
116	708	Álvaro Cairrão	Individual	Veterano M40	03:23:36	+01:50:57	13:34

Official Timekeeper: Lap2Go	9 / 10	generate 16-Sep-2018 14:24
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Trail Curto

15 KM

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OFFICIAL RESULT

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117	703	alberto martins	Individual	Veterano M40	03:24:11	+01:51:32	13:37
118	730	Joaquim Ramos	Individual	Veterano M40	03:25:31	+01:52:52	13:42
119	823	Fernando Maduro	Paredes Running	Veterano M40	03:26:33	+01:53:54	13:46
120	729	João Sousa	Individual	Veterano M40	03:26:36	+01:53:58	13:46
121	831	Luis Pacheco	PT_private_studio	Veterano M40	03:28:30	+01:55:51	13:54
122	755	Rui Meireles	Individual	Veterano M40	03:28:33	+01:55:55	13:54
123	721	Fernando Oliveira Gomes	Individual	Veterano M40	03:28:34	+01:55:55	13:55
124	860	Manuel Jorge	Team aguenta Aí	Veterano M40	03:29:28	+01:56:49	13:58
125	812	Manuel Moura	OS BARRIGUITAS	Veterano M40	03:32:22	+01:59:43	14:10
126	752	Pedro Santos	Individual	Veterano M40	03:33:02	+02:00:23	14:12
127	576	Raul Cunha	cUnHaX	Veterano M40	03:35:29	+02:02:50	14:22
128	518	Joaquim Leite	100PRESSA	Veterano M40	03:36:55	+02:04:16	14:28
129	610	Carlos anjos	Gansos	Veterano M40	03:41:17	+02:08:38	14:45
130	506	António Fernandes	#correratenumdarmais por Fernando Oliveira	Veterano M40	03:43:07	+02:10:28	14:52
131	822	Antero Bessa	Paredes Running	Veterano M40	03:43:30	+02:10:51	14:54
132	744	Marcio Moreira	Individual	Veterano M40	03:43:54	+02:11:15	14:56
133	781	Manuel Pacheco Ferreira de Magalhães	LUSOS XXI	Veterano M40	03:51:35	+02:18:56	15:26
134	818	Ricardo Gomes	OsFazConta	Veterano M40	03:52:36	+02:19:57	15:30
135	951	António Barbosa	Paredes Running	Veterano M40	04:01:15	+02:28:36	16:05
136	824	Luis Ribeiro	Paredes Running	Veterano M40	04:01:15	+02:28:37	16:05
137	702	Adão Castro	Individual	Veterano M40	04:01:21	+02:28:42	16:05
138	519	José Carlos Nogueira	100PRESSA	Veterano M40	04:05:02	+02:32:24	16:20
139	913	VICENTE SOUSA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	04:06:01	+02:33:22	16:24
140	912	SERGIO SOUSA	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	04:06:04	+02:33:25	16:24
141	896	FERNANDO VITAL	TOG - ASSOCIAÇÃO RUNNING TEAM	Veterano M40	04:06:05	+02:33:26	16:24
142	935	José Dara	TrepaTrilhos Trail Team	Veterano M40	04:09:43	+02:37:04	16:39
143	548	Élio Gonçalves	APERTA CORDÕES	Veterano M40	04:16:42	+02:44:03	17:07
144	602	Manuel Alves	Futebol Clube de Penafiel	Veterano M40	04:26:02	+02:53:24	17:44
145	511	António Martins	100PRESSA	Veterano M40	04:26:23	+02:53:44	17:46
146	510	Adriano Campos	100PRESSA	Veterano M40	04:26:34	+02:53:56	17:46
147	826	paulo cunha	Patás Negras	Veterano M40	04:27:10	+02:54:31	17:49
148	736	José Moreira	Individual	Veterano M40	04:43:36	+03:10:57	18:54
149	563	Zé Luis	bota brita	Veterano M40	05:03:58	+03:31:19	20:16
150	562	Belmiro Reis	bota brita	Veterano M40	05:03:58	+03:31:20	20:16
151	705	Alexandre Teles	Individual	Veterano M40	05:19:49	+03:47:10	21:19

COLETIVO - TRAIL CURTO

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ALIADOS TRAIL RUNNING TEAM	1 + 6 + 9	16
2	DÁ-LHE GÁS RUNNING TEAM	5 + 7 + 14	26
3	BOAVISTA F. C.	8 + 11 + 13	32
4	TRAIL TEAM CASA DAS REPARAÇÕES	18 + 34 + 35	87
5	TOG - ASSOCIAÇÃO RUNNING TEAM	17 + 33 + 38	88
6	NOVA LINHA TRAIL RUNNERS	24 + 43 + 74	141
7	MSS CONTABILIDADE TRAIL TEAM	10 + 45 + 113	168
8	HORA DO LOBO TRAIL/CF PEROSINHO ATLETISMO	64 + 65 + 66	195
9	THE NEWBIES	28 + 89 + 90	207
10	HABCARPINTARIA	41 + 42 + 140	223
11	KITTY TEAM	39 + 94 + 117	250
12	AMIGOS 100 LIMITES	57 + 58 + 143	258
13	DOUROFIT	83 + 102 + 151	336
14	SENTIR ESCARIZ RUNNING	112 + 116 + 123	351
15	100PRESSA	73 + 85 + 203	361
16	JURASSIC SCOUTS	27 + 137 + 211	375
17	DEVASTA TRILHOS	20 + 30 + 331	381
18	COPOS E TRILHOS	26 + 111 + 293	430
19	SOMOS NÓS TEAM	48 + 189 + 198	435
20	TREPATRILHOS TRAIL TEAM	72 + 158 + 215	445
21	AMIGOS DO PEDAL TRILAGARES	96 + 150 + 208	454
22	#ATECHORAS	78 + 148 + 244	470
23	TOP TRAIL	104 + 115 + 264	483
24	STCP RUNNERS	144 + 156 + 224	524
25	GANSOS	53 + 207 + 271	531
26	PAREDES RUNNING	55 + 232 + 261	548
27	APERTA CORDÕES	56 + 170 + 356	582
28	NOCTURNOS DE PAREDES	172 + 210 + 221	603
29	CMDs	107 + 180 + 337	624
30	ROYAL WELLNESS CENTER	157 + 196 + 294	647
31	CLUBE TRILHEIROS E AMIGOS	192 + 239 + 240	671
32	TARTARUGAS VELOCISTAS	191 + 237 + 248	676
33	ARRASTASSOLAS	258 + 259 + 309	826
34	LUSOS XXI	308 + 330 + 365	1003
35	OSFAZCONTA	332 + 354 + 355	1041
36	PROVA DE FOGO	358 + 359 + 360	1077
37	EU E ELAS	377 + 378 + 379	1134
38	BOTA BRITA	385 + 386 + 387	1158