

TRAIL CURTO 16K - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	12°C	100%
End	12:54	12.3°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	801	Abílio Ribeiro	s.c.espinho	Veterano M40	01:20:09		05:01
2	642	César Barros	individual	Senior Masculino	01:20:49	+00:40	05:03
3	754	Hugo Romano	moinhos run adrm	Veterano M40	01:22:25	+02:17	05:09
4	802	Adriano Oliveira	s.c.espinho	Veterano M40	01:24:32	+04:24	05:17
5	604	Paulo Teixeira Sousa	fridão sem limites	Veterano M40	01:24:54	+04:46	05:18
6	790	Abílio Martins	os2horas	Veterano M40	01:27:59	+07:51	05:30
7	561	Aurélio Vieira	casa do povo de soalhões	Veterano M40	01:28:05	+07:57	05:30
8	752	Tiago Soares	moinhos run adrm	Senior Masculino	01:28:46	+08:38	05:33
9	753	Helder Camilo	moinhos run adrm	Senior Masculino	01:29:12	+09:03	05:35
10	653	Joao barbosa	individual	Senior Masculino	01:29:13	+09:05	05:35
11	600	paulo monteiro	fridão sem limites	Senior Masculino	01:29:14	+09:05	05:35
12	589	Andre Filipe Oliveira Almeida	factor x / s4l / medensefc	Senior Masculino	01:29:15	+09:07	05:35
13	542	Ricardo Machado	andatrilhos freamunde	Veterano M40	01:30:19	+10:10	05:39
14	745	Filipe Almeida	moinhos run adrm	Senior Masculino	01:30:20	+10:11	05:39
15	661	Marcos Mendes	individual	Senior Masculino	01:30:22	+10:14	05:39
16	564	Marco Vieira	clubes zipper - spineclinic	Veterano M40	01:30:23	+10:14	05:39
17	575	Sérgio Carneiro	descola	Senior Masculino	01:34:00	+13:51	05:53
18	673	RICARDO MANUEL MARQUES BATISTA VIEIRA	individual	Senior Masculino	01:34:03	+13:55	05:53
19	683	Sérgio Gaião	individual	Senior Masculino	01:34:13	+14:05	05:53
20	798	Miguel Neto	royal wellness center	Senior Masculino	01:34:15	+14:07	05:53
21	601	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	01:34:26	+14:17	05:54
22	599	João Pedro Silva Machado	fridão sem limites	Senior Masculino	01:35:05	+14:57	05:57
23	659	Manuel Barbosa	individual	Senior Masculino	01:35:06	+14:58	05:57
24	583	José Filipe Monteiro Silva	f.c.aliviada trail runners	Senior Masculino	01:35:08	+15:00	05:57
25	551	Adriano Fernando lopes Mendes	brabus runners	Senior Masculino	01:35:25	+15:17	05:58
26	805	Manuel Oliveira	s.c.espinho	Veterano M40	01:35:27	+15:19	05:58
27	709	Fernando Martins	individual	Veterano M40	01:35:48	+15:39	05:59
28	538	Ricardo Neto	andatrilhos freamunde	Senior Masculino	01:37:06	+16:58	06:04
29	633	Agostinho Matos	individual	Senior Masculino	01:37:07	+16:59	06:04
30	778	Leandro Teixeira	nós acreditamos	Senior Masculino	01:37:08	+16:59	06:04
31	749	Miguel Santos	moinhos run adrm	Senior Masculino	01:37:40	+17:31	06:06
32	522	Pedro Silva	amigos do sofá	Senior Masculino	01:37:53	+17:44	06:07
33	508	Miguel Pereira	a.d.amarante trail running / opraticante	Senior Masculino	01:39:46	+19:38	06:14
34	672	Rafael Almeida	individual	Senior Masculino	01:40:05	+19:57	06:15
35	687	Vitor Moreira	individual	Senior Masculino	01:40:22	+20:13	06:16
36	785	Carlos Ribeiro	os2horas	Senior Masculino	01:41:25	+21:16	06:20
37	523	Jose Costa	amigos do sofá	Veterano M40	01:41:49	+21:41	06:22
38	552	Cesário Leite	brabus runners	Senior Masculino	01:42:24	+22:15	06:24
39	725	oscar jose soares silva	individual	Veterano M40	01:42:35	+22:27	06:25
40	744	Eva Monteiro	moinhos run adrm	Senior Feminino	01:43:00	+22:51	06:26
41	734	Mário Pedro Rocha Santos	kunalama runners	Senior Masculino	01:43:00	+22:52	06:26

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
42	729	Rui Teixeira	individual	Veterano M40	01:43:21	+23:12	06:28
43	751	Simão sousa	moinhos run adrm	Senior Masculino	01:43:21	+23:12	06:28
44	726	Paulo Manuel Teixeira de Sá	individual	Veterano M40	01:43:39	+23:31	06:29
45	602	António Joaquim Teixeira Alves	fridão sem limites	Veterano M40	01:43:42	+23:34	06:29
46	755	Paulo Martins	moinhos run adrm	Veterano M40	01:43:44	+23:35	06:29
47	808	Fernando Moraes	somosnósteam	Veterano M40	01:43:48	+23:39	06:29
48	756	Pedro Sá	moinhos run adrm	Veterano M40	01:44:05	+23:56	06:30
49	565	Miguel Leal	correr por um sorriso/ papelinf	Veterano M40	01:44:39	+24:30	06:32
50	662	Mário Coelho	individual	Senior Masculino	01:44:40	+24:32	06:33
51	634	Albano Isidro Vieira da Cunha	individual	Senior Masculino	01:44:42	+24:34	06:33
52	567	Ricardo Silva	ctad - trilhos de cinfães	Senior Masculino	01:45:00	+24:51	06:34
53	555	Vitor Castro	brabus runners	Senior Masculino	01:45:35	+25:27	06:36
54	670	Pedro Nunes	individual	Senior Masculino	01:45:42	+25:34	06:36
55	590	Vitor Santos	factor x / s4l / medensefc	Senior Masculino	01:45:44	+25:36	06:37
56	804	Jorge Filipe Jesus Silva	s.c.espinho	Veterano M40	01:45:46	+25:38	06:37
57	595	Igor Manuel Novais Gonçalves	free runners	Senior Masculino	01:45:50	+25:42	06:37
58	514	PEDRO VIEIRA	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:45:53	+25:44	06:37
59	746	luisa cruz	moinhos run adrm	Senior Feminino	01:45:59	+25:50	06:37
60	806	Nelson Aguiar	sflur (sociedade filarmónica lealdade união ribeirense)	Veterano M40	01:46:04	+25:55	06:38
61	764	Rui Pedro Silva rodrigues	mountain runners	Senior Masculino	01:46:05	+25:57	06:38
62	792	Paulo Gonçalves	pol runners	Senior Masculino	01:47:18	+27:09	06:42
63	679	Rogério Matos	individual	Senior Masculino	01:47:19	+27:11	06:42
64	836	Luis Aguiar	tongobriga night runners	Senior Masculino	01:47:20	+27:12	06:43
65	87	Bruno José Azevedo Soares	individual	Senior Masculino	01:47:21	+27:12	06:43
66	644	Diogo Agostinho Melo Teixeira	individual	Senior Masculino	01:47:22	+27:13	06:43
67	647	eurico fernando duarte magalhães	individual	Senior Masculino	01:47:23	+27:14	06:43
68	532	Carlos Leal	andatrilhos freamunde	Senior Masculino	01:47:24	+27:16	06:43
69	757	Pedro Vieira	moinhos run adrm	Veterano M40	01:47:28	+27:20	06:43
70	639	BRUNO SOUSA	individual	Senior Masculino	01:48:05	+27:57	06:45
71	748	Manuel Pereira	moinhos run adrm	Senior Masculino	01:48:42	+28:33	06:48
72	657	José Paulo Lima	individual	Senior Masculino	01:48:50	+28:42	06:48
73	677	Roberto Moura	individual	Senior Masculino	01:50:36	+30:28	06:55
74	777	Fábio Silva	nós acreditamos	Senior Masculino	01:50:41	+30:32	06:55
75	779	Março Queirós	nós acreditamos	Senior Masculino	01:50:45	+30:36	06:55
76	718	José Pedro Gomes	individual	Veterano M40	01:50:46	+30:37	06:55
77	807	Fátima Coelho	somosnósteam	Veterana F40	01:51:25	+31:17	06:58
78	712	Humberto Mendes da Silva	individual	Veterano M40	01:51:26	+31:17	06:58
79	666	Paulo Alves	individual	Senior Masculino	01:51:26	+31:18	06:58
80	774	Rui Almeida	nocturnos de paredes	Senior Masculino	01:51:32	+31:24	06:58
81	541	Daniel Machado Neto	andatrilhos freamunde	Veterano M40	01:52:17	+32:09	07:01
82	750	Nuno Moreira	moinhos run adrm	Senior Masculino	01:52:20	+32:12	07:01
83	743	Cláudia Moreira	moinhos run adrm	Senior Feminino	01:52:20	+32:12	07:01
84	671	Pedro Ribeiro	individual	Senior Masculino	01:53:01	+32:52	07:04
85	664	Nuno Pereira	individual	Senior Masculino	01:53:33	+33:24	07:06
86	684	Sergio pinto	individual	Senior Masculino	01:53:37	+33:29	07:06

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
87		Pedro Soares	individual	Senior Masculino	01:53:45	+33:36	07:07
88	509	Nuno Moura	a.d.amarante trail running / opraticante	Senior Masculino	01:54:02	+33:54	07:08
89	507	Marco Paulo Ribeiro Nunes	a.d.amarante trail running / opraticante	Senior Masculino	01:54:03	+33:54	07:08
90	511	Urbano Ribeiro	a.d.amarante trail running / opraticante	Senior Masculino	01:54:03	+33:54	07:08
91	545	carlos silva ferreira	autistic runners	Veterano M40	01:54:09	+34:00	07:08
92	540	Adry Barros	andatrilhos freamunde	Veterano M40	01:54:33	+34:24	07:10
93	784	Fernando Silva	nós acreditamos	Veterano M40	01:54:34	+34:25	07:10
94	603	Carlos Alexandre Moreira Pinto	fridão sem limites	Veterano M40	01:54:46	+34:37	07:10
95	703	Adao Ribeiro	individual	Veterano M40	01:54:51	+34:42	07:11
96	504	Angela Soares	a.d.amarante trail running / opraticante	Senior Feminino	01:54:55	+34:46	07:11
97	776	Sandra Pereira	nós acreditamos	Senior Feminino	01:54:55	+34:47	07:11
98	678	Rogério de Almeida Pacheco	individual	Senior Masculino	01:55:24	+35:15	07:13
99	537	Pedro Oliveira	andatrilhos freamunde	Senior Masculino	01:56:34	+36:25	07:17
100	727	PEDRO FERRÁS	individual	Veterano M40	01:56:53	+36:44	07:18
101	681	Rui Belarmino Teixeira Queirós	individual	Senior Masculino	01:57:24	+37:15	07:20
102	783	Armando Cardoso	nós acreditamos	Veterano M40	01:57:31	+37:22	07:21
103	587	Pedro Miguel Macedo Marinho	f.c.aliviada trail runners	Senior Masculino	01:57:31	+37:23	07:21
104	592	Tiago Ribeiro	foge foge bandido	Senior Masculino	01:58:48	+38:40	07:26
105	716	JOSE LUIS RIBEIRO MACHADO	individual	Veterano M40	01:58:59	+38:50	07:26
106	814	Fernando Carvalho	ss montepio	Veterano M40	01:59:00	+38:51	07:26
107	758	Rui Quinta	moinhos run adm	Veterano M40	01:59:18	+39:10	07:27
108	737	João Miguel Beleza de Oliveira Bernardes	marco runners	Senior Masculino	01:59:40	+39:31	07:29
109	649	Fernando António Nogueira Moreira	individual	Senior Masculino	01:59:46	+39:38	07:29
110	715	Jose Fernando Moreira Da Silva	individual	Veterano M40	02:00:00	+39:52	07:30
111	501	António Gonçalves	a.d.amarante trail running / opraticante	Veterano M40	02:00:22	+40:13	07:31
112	759	Célia Soares	mountain runners	Senior Feminino	02:00:23	+40:14	07:31
113	641	Celso Reis	individual	Senior Masculino	02:00:57	+40:48	07:34
114	793	Julio Moreira	pol runners	Veterano M40	02:01:42	+41:34	07:36
115	722	Miguel Martins	individual	Veterano M40	02:01:47	+41:38	07:37
116	559	Tony Mendes	btt alegria / tubani	Veterano M40	02:01:58	+41:50	07:37
117	733	Eugénia Teixeira	keepmoving	Veterana F40	02:01:59	+41:51	07:37
118	699	Paula Anjos	individual	Veterana F40	02:01:59	+41:51	07:37
119	761	Liliana Magalhães	mountain runners	Senior Feminino	02:02:04	+41:56	07:38
120	794	Anita Costa	royal wellness center	Senior Feminino	02:02:12	+42:04	07:38
121	596	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	02:03:33	+43:25	07:43
122	769	Joaquim Pereira	mozelos runners	Veterano M40	02:03:34	+43:26	07:43
123	787	Rui Costa	os2horas	Senior Masculino	02:03:41	+43:33	07:44
124	788	Telmo Marques	os2horas	Senior Masculino	02:03:41	+43:33	07:44
125	775	Salvador Santos	nocturnos de paredes	Veterano M40	02:04:11	+44:02	07:46
126	656	José Antonio Ribeiro Matos	individual	Senior Masculino	02:04:20	+44:12	07:46
127	654	João Pedro Rocha Teixeira	individual	Senior Masculino	02:04:28	+44:20	07:47
128	581	Ana Isabel Teixeira Silva	f.c.aliviada trail runners	Senior Feminino	02:04:33	+44:24	07:47
129	505	Gil Magalhães	a.d.amarante trail running / opraticante	Senior Masculino	02:06:28	+46:19	07:54
130	506	Luís Mendes	a.d.amarante trail running / opraticante	Senior Masculino	02:06:29	+46:20	07:54
131	640	Carlos Rocha	individual	Senior Masculino	02:06:43	+46:35	07:55

TRAIL CURTO 16K - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
132	837	Luis Vasconcelos	tongobriga night runners	Senior Masculino	02:06:45	+46:36	07:55
133	728	rui gandra	individual	Veterano M40	02:07:02	+46:53	07:56
134	651	Hugo Alexandre Bento Moreira Alves	individual	Senior Masculino	02:07:15	+47:06	07:57
135	694	Maria José Teixeira	individual	Veterana F40	02:07:36	+47:28	07:59
136	674	RICARDO MANUEL RIBEIRO MEIRELES	individual	Senior Masculino	02:07:46	+47:37	07:59
137	767	Luís Machado	mozelos runners	Senior Masculino	02:08:57	+48:49	08:04
138	782	Álvaro Cardoso	nós acreditamos	Veterano M40	02:09:00	+48:51	08:04
139	841	Fernando Carvalho	tongobriga night runners	Veterano M40	02:09:12	+49:03	08:05
140	682	Sérgio Brochado	individual	Senior Masculino	02:09:33	+49:24	08:06
141	531	Carlos Felgueiras	andatrilhos freamunde	Senior Masculino	02:09:35	+49:27	08:06
142	695	Maria Margarida Nunes Monteiro da Cunha	individual	Veterana F40	02:09:41	+49:33	08:06
143	598	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	02:10:17	+50:08	08:09
144	747	Carlos Gonçalves	moinhos run adm	Senior Masculino	02:10:21	+50:12	08:09
145	529	Marta Ribeiro	andatrilhos freamunde	Senior Feminino	02:10:27	+50:19	08:09
146	535	Marco Mendes	andatrilhos freamunde	Senior Masculino	02:10:29	+50:21	08:09
147	675	Ricardo Nogueira	individual	Senior Masculino	02:10:44	+50:35	08:10
148	582	João Carlos Pereira Ferreira	f.c.aliviada trail runners	Senior Masculino	02:12:16	+52:07	08:16
149	665	PAULO AGUIAR	individual	Senior Masculino	02:12:17	+52:08	08:16
150	620	Fátima Cristina Monteiro da Cruz	individual	Senior Feminino	02:12:38	+52:29	08:17
151	534	Luís Pedro	andatrilhos freamunde	Senior Masculino	02:12:39	+52:30	08:17
152	594	Hugo José Miguel Pinto	free runners	Senior Masculino	02:12:39	+52:31	08:17
153	795	André Moreira	royal wellness center	Senior Masculino	02:12:42	+52:33	08:18
154	842	João Moreira	villa de basto trail	Senior Masculino	02:13:03	+52:55	08:19
155	585	Miguel Ângelo Marinho Pereira Morais	f.c.aliviada trail runners	Senior Masculino	02:14:19	+54:10	08:24
156	626	Márcia Cunha	individual	Senior Feminino	02:14:31	+54:22	08:24
157	586	Miguel Ângelo Queirós Marinho	f.c.aliviada trail runners	Senior Masculino	02:15:32	+55:24	08:28
158	724	Nuno Carvalhal	individual	Veterano M40	02:15:34	+55:26	08:28
159	840	Tiago Aguiar	tongobriga night runners	Senior Masculino	02:15:45	+55:37	08:29
160	786	Heitor Neto	os2horas	Senior Masculino	02:16:23	+56:14	08:31
161	16	Ana borges	amigos da onça	Senior Feminino	02:16:37	+56:29	08:32
162	580	Alexandra Patrícia Monteiro Azevedo	f.c.aliviada trail runners	Senior Feminino	02:17:00	+56:51	08:34
163	554	Paulo Emanuel Ferreira Vieira	brabus runners	Senior Masculino	02:17:12	+57:04	08:35
164	691	Ana paula teixeira	individual	Veterana F40	02:17:15	+57:07	08:35
165	613	CarinaPereira	individual	Senior Feminino	02:17:54	+57:45	08:37
166	736	Joana Babo	marco runners	Senior Feminino	02:18:06	+57:58	08:38
167	637	bruno daniel barbosa magalhaes	individual	Senior Masculino	02:18:07	+57:59	08:38
168	834	Diogo Teixeira	tongobriga night runners	Senior Masculino	02:19:03	+58:55	08:41
169	502	Ana Mendonça	a.d.amarante trail running / opraticante	Senior Feminino	02:19:26	+59:18	08:43
170	708	Daniel Gomes	individual	Veterano M40	02:19:48	+59:39	08:44
171	520	Vanessa Santos	amigos do sofá	Senior Feminino	02:19:54	+59:46	08:45
172	521	Bruno Castelo	amigos do sofá	Senior Masculino	02:19:54	+59:46	08:45
173	739	Filipe Pinto	marco runners	Veterano M40	02:19:58	+59:49	08:45

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16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
174	772	Tânia Sofia Cardoso Dias	nocturnos de paredes	Senior Feminino	02:20:03	+59:55	08:45
175	560	Ana Moreira	budeguita runners	Veterana F40	02:20:13	+01:00:04	08:46
176	584	Lívio Filipe Pinto Coelho Ferraz	f.c.aliviada trail runners	Senior Masculino	02:20:58	+01:00:49	08:49
177	588	Ricardo Joaquim Monteiro Fernandes	f.c.aliviada trail runners	Senior Masculino	02:21:00	+01:00:51	08:49
178	812	Nuno Bastos	ss montepio	Senior Masculino	02:22:34	+01:02:25	08:55
179	816	Ricardo Rui Silva	ss montepio	Veterano M40	02:22:38	+01:02:30	08:55
180	839	Ricardo Mendes	tongobriga night runners	Senior Masculino	02:22:57	+01:02:48	08:56
181	760	Claudia Marisa Sousa	mountain runners	Senior Feminino	02:23:50	+01:03:42	08:59
182	591	Vitor Sousa	factor x / s4l / medensefc	Veterano M40	02:24:17	+01:04:08	09:01
183	809	Maria Sousa	sótombos	Senior Feminino	02:24:18	+01:04:10	09:01
184	811	Paulo Ferreira	sótombos	Senior Masculino	02:24:20	+01:04:11	09:01
185	730	Sérgio António Lopes Ferraz da Rocha	individual	Veterano M40	02:24:27	+01:04:18	09:02
186	768	António Rodrigues	mozelos runners	Veterano M40	02:24:30	+01:04:21	09:02
187	621	Fernanda Maria Teixeira Oliveira	individual	Senior Feminino	02:24:47	+01:04:38	09:03
188	611	Angela Azevedo	individual	Senior Feminino	02:25:00	+01:04:52	09:04
189	685	Tiago Israel Pinheiro Oliveira	individual	Senior Masculino	02:25:43	+01:05:35	09:06
190	615	Cláudia Leitão	individual	Senior Feminino	02:25:45	+01:05:37	09:07
191	765	Joana Machado	mozelos runners	Senior Feminino	02:26:08	+01:05:59	09:08
192	766	Sónia Santiago	mozelos runners	Senior Feminino	02:26:10	+01:06:02	09:08
193	571	Luís Monteiro	ctad - trilhos de cinfães	Veterano M40	02:26:41	+01:06:33	09:10
194	553	Miguel angelo Araújo Silva	brabus runners	Senior Masculino	02:27:10	+01:07:01	09:12
195	550	Mariana Oliveira	brabus runners	Senior Feminino	02:27:10	+01:07:02	09:12
196	780	Ricardo Carvalho	nós acreditamos	Senior Masculino	02:27:25	+01:07:16	09:13
197	781	Lúcia Oliveira	nós acreditamos	Veterana F40	02:27:43	+01:07:34	09:14
198	833	Cesar Freitas	tongobriga night runners	Senior Masculino	02:27:45	+01:07:36	09:14
199	810	Luís Teixeira	sótombos	Senior Masculino	02:28:03	+01:07:55	09:15
200	593	Ana Luisa Fernandes Morais	free runners	Senior Feminino	02:28:03	+01:07:55	09:15
201	643	Cláudio Madureira	individual	Senior Masculino	02:28:06	+01:07:57	09:15
202	827	Isabel Madureira	tongobriga night runners	Senior Feminino	02:28:23	+01:08:14	09:16
203	731	Sérgio Silva	individual	Veterano M40	02:28:48	+01:08:40	09:18
204	631	SOFIA RAQUEL PINTO FERREIRA	individual	Senior Feminino	02:29:03	+01:08:54	09:19
205	705	Bruno Rodrigues	individual	Veterano M40	02:29:47	+01:09:39	09:22
206	630	sandra oliveira	individual	Senior Feminino	02:29:47	+01:09:39	09:22
207	832	Bruno Pinto	tongobriga night runners	Senior Masculino	02:29:48	+01:09:39	09:22
208	825	Elsa de Sousa	tongobriga night runners	Senior Feminino	02:29:48	+01:09:40	09:22
209	838	Ricardo Alves	tongobriga night runners	Senior Masculino	02:29:50	+01:09:41	09:22
210	714	jorge oliveira	individual	Veterano M40	02:30:11	+01:10:03	09:23
211	813	Rui Carvalho	ss montepio	Senior Masculino	02:30:28	+01:10:19	09:24
212	815	Francisco Moreira	ss montepio	Veterano M40	02:30:30	+01:10:22	09:24
213	817	Alexandra de Fátima Teixeira de Bessa	team aguenta aí	Veterana F40	02:30:32	+01:10:24	09:25
214	667	PAULO BESSA	individual	Senior Masculino	02:30:33	+01:10:24	09:25
215	549	João Alexandre Pereira dos Santos	bombeiros voluntários de baião	Veterano M40	02:30:50	+01:10:42	09:26
216	763	César Couto	mountain runners	Senior Masculino	02:31:58	+01:11:50	09:30

TRAIL CURTO 16K - STAGE 1

16 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
217	829	Sandra Nunes	tongobriga night runners	Senior Feminino	02:32:08	+01:12:00	09:31
218	740	Andrea Vieira	marco trail	Senior Feminino	02:34:39	+01:14:31	09:40
219	742	Eunice Coelho	marco trail	Senior Masculino	02:34:42	+01:14:34	09:40
220	770	Albertina Cunha	nocturnos de paredes	Senior Feminino	02:36:11	+01:16:02	09:46
221	771	Carla Sousa	nocturnos de paredes	Senior Feminino	02:36:11	+01:16:03	09:46
222	543	ana Magalhaes	anjos do bosque	Veterana F40	02:36:19	+01:16:11	09:46
223	544	Rita Salgado	anjos do bosque	Veterana F40	02:36:19	+01:16:11	09:46
224	707	Cesar Viir Pinto	individual	Veterano M40	02:38:25	+01:18:17	09:54
225	668	Paulo Vieira Pinto	individual	Senior Masculino	02:38:26	+01:18:18	09:54
226	616	Daniela Lopes	individual	Senior Feminino	02:40:13	+01:20:05	10:01
227	676	Ricardo Paulino	individual	Senior Masculino	02:40:13	+01:20:05	10:01
228	609	anabela barata	individual	Senior Feminino	02:41:09	+01:21:01	10:04
229	831	Bruno Alves	tongobriga night runners	Senior Masculino	02:42:55	+01:22:46	10:11
230	826	Fatima Soares	tongobriga night runners	Senior Feminino	02:42:55	+01:22:47	10:11
231	605	Suzete do Rosário Passos de Sousa	fridão sem limites	Veterano M40	02:43:03	+01:22:55	10:11
232	597	Sandra Bernardete Fernandes	fridão sem limites	Senior Feminino	02:43:03	+01:22:55	10:11
233	525	Carolina Files	andatrilhos freamunde	Senior Feminino	02:43:09	+01:23:01	10:12
234	530	Silvina Barbosa	andatrilhos freamunde	Senior Feminino	02:43:09	+01:23:01	10:12
235	652	João André Oliveira Teixeira	individual	Senior Masculino	02:43:42	+01:23:34	10:14
236	690	Ana Paula Soares da Silva	individual	Veterana F40	02:45:39	+01:25:30	10:21
237	791	Paulo cunha	patas negras	Veterano M40	02:45:56	+01:25:47	10:22
238	741	Bebiana Silva	marco trail	Senior Feminino	02:47:07	+01:26:58	10:27
239	566	Patricia Fonseca	ctad - trilhos de cinfães	Senior Feminino	02:47:46	+01:27:38	10:29
240	573	Pedro Monteiro	ctad - trilhos de cinfães	Veterano M40	02:47:46	+01:27:38	10:29
241	572	Orlando Silva	ctad - trilhos de cinfães	Veterano M40	02:47:47	+01:27:38	10:29
242	556	Maria Vieira	btt alegria / tubani	Senior Feminino	02:48:16	+01:28:08	10:31
243	629	Rute Ferreira	individual	Senior Feminino	02:48:18	+01:28:09	10:31
244	717	José Maria Dias Leal	individual	Veterano M40	02:48:18	+01:28:10	10:31
245	577	Raquel Santos	equipa xpto	Senior Feminino	02:49:57	+01:29:49	10:37
246	576	Dora Ventura	equipa xpto	Senior Feminino	02:49:57	+01:29:49	10:37
247	818	Manuel Jorge Nogueira da Silva	team aguenta aí	Veterano M40	02:50:38	+01:30:29	10:40
248	515	Ana Isabel Oliveira e Costa	amarantus aquatic club	Senior Feminino	02:53:03	+01:32:54	10:49
249	518	Rui André Duarte Sousa	amarantus aquatic club	Senior Masculino	02:53:03	+01:32:54	10:49
250	516	Ana Isabel Rodrigues Cunha	amarantus aquatic club	Senior Feminino	02:53:03	+01:32:55	10:49
251	632	Sonia Bastos	individual	Senior Feminino	02:53:03	+01:32:55	10:49
252	517	Carlos Miguel Rodrigues Cunha	amarantus aquatic club	Senior Masculino	02:53:03	+01:32:55	10:49
253	635	Alexandre Teles	individual	Senior Masculino	02:54:15	+01:34:06	10:53
254	579	Sérgio Sousa	espera por mim	Senior Masculino	02:55:07	+01:34:58	10:57
255	828	Marta Pinheiro	tongobriga night runners	Senior Feminino	02:55:08	+01:34:59	10:57
256	608	Adriana Raquel Magalhães Colino	individual	Senior Feminino	02:56:06	+01:35:57	11:00
257	645	Diogo José Soares Coelho	individual	Senior Masculino	02:56:14	+01:36:06	11:01
258	527	Débora Magalhães	andatrilhos freamunde	Senior Feminino	02:58:54	+01:38:45	11:11
259	524	Ana Costa	andatrilhos freamunde	Senior Feminino	02:58:54	+01:38:46	11:11
260	533	Hélder Oliveira	andatrilhos freamunde	Senior Masculino	02:58:54	+01:38:46	11:11
261	723	Norberto Simões Eustáquio	individual	Veterano M40	02:59:57	+01:39:49	11:15

TRAIL CURTO 16K - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
262	823	Fernando Manuel Queiros De Oliveira	team chuda	Senior Masculino	03:01:56	+01:41:48	11:22
263	821	Susana Mota Ferreira Oliveira	team chuda	Senior Feminino	03:01:56	+01:41:48	11:22
264	819	Joana Susete Nogueira Ribeiro	team chuda	Senior Feminino	03:01:57	+01:41:48	11:22
265	824	José Carlos da Silva Monteiro	team chuda	Senior Masculino	03:01:57	+01:41:48	11:22
266	822	António André Nogueira Ribeiro	team chuda	Senior Masculino	03:01:57	+01:41:49	11:22
267	693	Maria do Carmo Ribeiro Moura Pinto	individual	Veterana F40	03:03:26	+01:43:17	11:28
268	701	Regina Carvalho	individual	Veterana F40	03:03:29	+01:43:21	11:28
269	697	Odete Anjos Lage Coelho	individual	Veterana F40	03:04:52	+01:44:44	11:33
270	698	Olga Maria Ribeiro Luis Rodrigues	individual	Veterana F40	03:04:54	+01:44:46	11:33
271	519	Jorge Antunes	amarantus aquatic club	Veterano M40	03:05:32	+01:45:24	11:36
272	558	Fernanda Soares	btt alegria / tubani	Veterana F40	03:08:35	+01:48:27	11:47
273	557	Paula Silva	btt alegria / tubani	Senior Feminino	03:08:36	+01:48:27	11:47

Trail Curto 16K

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	12 ^o C	100%
End	12:54	12.3 ^o C	100%

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

1	744	Eva Monteiro	Moinhos Run ADRM	Senior Feminino	01:43:00		06:26
2	746	luisa cruz	Moinhos Run ADRM	Senior Feminino	01:45:59	+02:59	06:37
3	743	Cláudia Moreira	Moinhos Run ADRM	Senior Feminino	01:52:20	+09:21	07:01
4	504	Angela Soares	A.D.Amarante Trail Running / OPraticante	Senior Feminino	01:54:55	+11:55	07:11
5	776	Sandra Pereira	Nós Acreditamos	Senior Feminino	01:54:55	+11:56	07:11
6	759	Célia Soares	Mountain Runners	Senior Feminino	02:00:23	+17:23	07:31
7	761	Liliana Magalhães	Mountain Runners	Senior Feminino	02:02:04	+19:05	07:38
8	794	Anita Costa	Royal Wellness Center	Senior Feminino	02:02:12	+19:13	07:38
9	596	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	02:03:33	+20:34	07:43
10	581	Ana Isabel Teixeira Silva	F.C.Aliviada Trail Runners	Senior Feminino	02:04:33	+21:33	07:47
11	529	Marta Ribeiro	Andatrilhos Freamunde	Senior Feminino	02:10:27	+27:28	08:09
12	620	Fátima Cristina Monteiro da Cruz	Individual	Senior Feminino	02:12:38	+29:38	08:17
13	626	Márcia Cunha	Individual	Senior Feminino	02:14:31	+31:31	08:24
14	16	Ana borges	Amigos da Onça	Senior Feminino	02:16:37	+33:38	08:32
15	580	Alexandra Patrícia Monteiro Azevedo	F.C.Aliviada Trail Runners	Senior Feminino	02:17:00	+34:00	08:34
16	613	CarinaPereira	Individual	Senior Feminino	02:17:54	+34:54	08:37
17	736	Joana Babo	Marco Runners	Senior Feminino	02:18:06	+35:07	08:38
18	502	Ana Mendonça	A.D.Amarante Trail Running / OPraticante	Senior Feminino	02:19:26	+36:27	08:43
19	520	Vanessa Santos	Amigos do sofá	Senior Feminino	02:19:54	+36:55	08:45
20	772	Tânia Sofia Cardoso Dias	Nocturnos de Paredes	Senior Feminino	02:20:03	+37:04	08:45
21	760	Claudia Marisa Sousa	Mountain Runners	Senior Feminino	02:23:50	+40:51	08:59
22	809	Maria Sousa	SóTombo	Senior Feminino	02:24:18	+41:19	09:01
23	621	Fernanda Maria Teixeira Oliveira	Individual	Senior Feminino	02:24:47	+41:47	09:03
24	611	Angela Azevedo	Individual	Senior Feminino	02:25:00	+42:01	09:04
25	615	Cláudia Leitão	Individual	Senior Feminino	02:25:45	+42:46	09:07
26	765	Joana Machado	Mozelos Runners	Senior Feminino	02:26:08	+43:08	09:08
27	766	Sónia Santiago	Mozelos Runners	Senior Feminino	02:26:10	+43:11	09:08
28	550	Mariana Oliveira	Brabus Runners	Senior Feminino	02:27:10	+44:11	09:12
29	593	Ana Luisa Fernandes Morais	Free Runners	Senior Feminino	02:28:03	+45:04	09:15
30	827	Isabel Madureira	Tongobriga Night Runners	Senior Feminino	02:28:23	+45:23	09:16
31	631	SOFIA RAQUEL PINTO FERREIRA	Individual	Senior Feminino	02:29:03	+46:03	09:19
32	630	sandra oliveira	Individual	Senior Feminino	02:29:47	+46:48	09:22
33	825	Elsa de Sousa	Tongobriga Night Runners	Senior Feminino	02:29:48	+46:49	09:22
34	829	Sandra Nunes	Tongobriga Night Runners	Senior Feminino	02:32:08	+49:09	09:31
35	740	Andrea Vieira	MARCO TRAIL	Senior Feminino	02:34:39	+51:40	09:40
36	770	Albertina Cunha	Nocturnos de Paredes	Senior Feminino	02:36:11	+53:11	09:46
37	771	Carla Sousa	Nocturnos de Paredes	Senior Feminino	02:36:11	+53:12	09:46
38	616	Daniela Lopes	Individual	Senior Feminino	02:40:13	+57:14	10:01

Official Timekeeper: Lap2Go	1 / 7	generate 23-Oct-2016 14:24
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Trail Curto 16K

16 KM

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OFFICIAL RESULT

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39	609	anabela barata	Individual	Senior Feminino	02:41:09	+58:10	10:04
40	826	Fatima Soares	Tongobriga Night Runners	Senior Feminino	02:42:55	+59:56	10:11
41	597	Sandra Bernardete Fernandes	Fridão Sem Limites	Senior Feminino	02:43:03	+01:00:04	10:11
42	525	Carolina Files	Andatrilhos Freamunde	Senior Feminino	02:43:09	+01:00:10	10:12
43	530	Silvina Barbosa	Andatrilhos Freamunde	Senior Feminino	02:43:09	+01:00:10	10:12
44	741	Bebiana Silva	MARCO TRAIL	Senior Feminino	02:47:07	+01:04:07	10:27
45	566	Patricia Fonseca	CTAD - Trilhos de Cinfães	Senior Feminino	02:47:46	+01:04:47	10:29
46	556	Maria Vieira	BTT Alegria / TUBANI	Senior Feminino	02:48:16	+01:05:17	10:31
47	629	Rute Ferreira	Individual	Senior Feminino	02:48:18	+01:05:18	10:31
48	577	Raquel Santos	Equipa XPTO	Senior Feminino	02:49:57	+01:06:58	10:37
49	576	Dora Ventura	Equipa XPTO	Senior Feminino	02:49:57	+01:06:58	10:37
50	515	Ana Isabel Oliveira e Costa	Amarantus Aquatic Club	Senior Feminino	02:53:03	+01:10:03	10:49
51	516	Ana Isabel Rodrigues Cunha	Amarantus Aquatic Club	Senior Feminino	02:53:03	+01:10:04	10:49
52	632	Sonia Bastos	Individual	Senior Feminino	02:53:03	+01:10:04	10:49
53	828	Marta Pinheiro	Tongobriga Night Runners	Senior Feminino	02:55:08	+01:12:08	10:57
54	608	Adriana Raquel Magalhães Colino	Individual	Senior Feminino	02:56:06	+01:13:06	11:00
55	527	Débora Magalhães	Andatrilhos Freamunde	Senior Feminino	02:58:54	+01:15:54	11:11
56	524	Ana Costa	Andatrilhos Freamunde	Senior Feminino	02:58:54	+01:15:55	11:11
57	821	Susana Mota Ferreira Oliveira	Team Chuda	Senior Feminino	03:01:56	+01:18:57	11:22
58	819	Joana Susete Nogueira Ribeiro	Team Chuda	Senior Feminino	03:01:57	+01:18:57	11:22
59	557	Paula Silva	BTT Alegria / TUBANI	Senior Feminino	03:08:36	+01:25:36	11:47

Senior Masculino

1	642	César Barros	Individual	Senior Masculino	01:20:49		05:03
2	752	Tiago Soares	Moinhos Run ADRM	Senior Masculino	01:28:46	+07:58	05:33
3	753	Helder Camilo	Moinhos Run ADRM	Senior Masculino	01:29:12	+08:23	05:35
4	653	Joao barbosa	Individual	Senior Masculino	01:29:13	+08:25	05:35
5	600	paulo monteiro	Fridão Sem Limites	Senior Masculino	01:29:14	+08:25	05:35
6	589	Andre Filipe Oliveira Almeida	Factor X / S4L / MedenseFC	Senior Masculino	01:29:15	+08:27	05:35
7	745	Filipe Almeida	Moinhos Run ADRM	Senior Masculino	01:30:20	+09:31	05:39
8	661	Marcos Mendes	Individual	Senior Masculino	01:30:22	+09:34	05:39
9	575	Sérgio Carneiro	DESCOLA	Senior Masculino	01:34:00	+13:11	05:53
10	673	RICARDO MANUEL MARQUES BATISTA VIEIRA	Individual	Senior Masculino	01:34:03	+13:15	05:53
11	683	Sérgio Gaião	Individual	Senior Masculino	01:34:13	+13:25	05:53
12	798	Miguel Neto	Royal Wellness Center	Senior Masculino	01:34:15	+13:27	05:53
13	601	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	01:34:26	+13:37	05:54
14	599	João Pedro Silva Machado	Fridão Sem Limites	Senior Masculino	01:35:05	+14:17	05:57
15	659	Manuel Barbosa	Individual	Senior Masculino	01:35:06	+14:18	05:57
16	583	José Filipe Monteiro Silva	F.C.Aliviada Trail Runners	Senior Masculino	01:35:08	+14:20	05:57
17	551	Adriano Fernando lopes Mendes	Brabus Runners	Senior Masculino	01:35:25	+14:37	05:58
18	538	Ricardo Neto	Andatrilhos Freamunde	Senior Masculino	01:37:06	+16:18	06:04
19	633	Agostinho Matos	Individual	Senior Masculino	01:37:07	+16:19	06:04
20	778	Leandro Teixeira	Nós Acreditamos	Senior Masculino	01:37:08	+16:19	06:04
21	749	Miguel Santos	Moinhos Run ADRM	Senior Masculino	01:37:40	+16:51	06:06

Official Timekeeper: Lap2Go	2 / 7	generate 23-Oct-2016 14:24
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Trail Curto 16K

16 KM

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OFFICIAL RESULT

[illegible]

22	522	Pedro Silva	Amigos do sofá	Senior Masculino	01:37:53	+17:04	06:07
23	508	Miguel Pereira	A.D.Amarante Trail Running / OPraticante	Senior Masculino	01:39:46	+18:58	06:14
24	672	Rafael Almeida	Individual	Senior Masculino	01:40:05	+19:17	06:15
25	687	Vitor Moreira	Individual	Senior Masculino	01:40:22	+19:33	06:16
26	785	Carlos Ribeiro	Os2Horas	Senior Masculino	01:41:25	+20:36	06:20
27	552	Cesário Leite	Brabus Runners	Senior Masculino	01:42:24	+21:35	06:24
28	734	Mário Pedro Rocha Santos	Kunalama Runners	Senior Masculino	01:43:00	+22:12	06:26
29	751	Simão sousa	Moinhos Run ADRM	Senior Masculino	01:43:21	+22:32	06:28
30	662	Mário Coelho	Individual	Senior Masculino	01:44:40	+23:52	06:33
31	634	Albano Isidro Vieira da Cunha	Individual	Senior Masculino	01:44:42	+23:54	06:33
32	567	Ricardo Silva	CTAD - Trilhos de Cinfães	Senior Masculino	01:45:00	+24:11	06:34
33	555	Vitor Castro	Brabus Runners	Senior Masculino	01:45:35	+24:47	06:36
34	670	Pedro Nunes	Individual	Senior Masculino	01:45:42	+24:54	06:36
35	590	Vitor Santos	Factor X / S4L / MedenseFC	Senior Masculino	01:45:44	+24:56	06:37
36	595	Igor Manuel Novais Gonçalves	Free Runners	Senior Masculino	01:45:50	+25:02	06:37
37	514	PEDRO VIEIRA	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:45:53	+25:04	06:37
38	764	Rui Pedro Silva rodrigues	Mountain Runners	Senior Masculino	01:46:05	+25:17	06:38
39	792	Paulo Gonçalves	Pol Runners	Senior Masculino	01:47:18	+26:29	06:42
40	679	Rogério Matos	Individual	Senior Masculino	01:47:19	+26:31	06:42
41	836	Luis Aguiar	Tongobriga Night Runners	Senior Masculino	01:47:20	+26:32	06:43
42	87	Bruno José Azevedo Soares	Individual	Senior Masculino	01:47:21	+26:32	06:43
43	644	Diogo Agostinho Melo Teixeira	Individual	Senior Masculino	01:47:22	+26:33	06:43
44	647	eurico fernando duarte magalhães	Individual	Senior Masculino	01:47:23	+26:34	06:43
45	532	Carlos Leal	Andatrilhos Freamunde	Senior Masculino	01:47:24	+26:36	06:43
46	639	BRUNO SOUSA	Individual	Senior Masculino	01:48:05	+27:17	06:45
47	748	Manuel Pereira	Moinhos Run ADRM	Senior Masculino	01:48:42	+27:53	06:48
48	657	José Paulo Lima	Individual	Senior Masculino	01:48:50	+28:02	06:48
49	677	Roberto Moura	Individual	Senior Masculino	01:50:36	+29:48	06:55
50	777	Fábio Silva	Nós Acreditamos	Senior Masculino	01:50:41	+29:52	06:55
51	779	Março Queirós	Nós Acreditamos	Senior Masculino	01:50:45	+29:56	06:55
52	666	Paulo Alves	Individual	Senior Masculino	01:51:26	+30:38	06:58
53	774	Rui Almeida	Nocturnos de Paredes	Senior Masculino	01:51:32	+30:44	06:58
54	750	Nuno Moreira	Moinhos Run ADRM	Senior Masculino	01:52:20	+31:32	07:01
55	671	Pedro Ribeiro	Individual	Senior Masculino	01:53:01	+32:12	07:04
56	664	Nuno Pereira	Individual	Senior Masculino	01:53:33	+32:44	07:06
57	684	Sergio pinto	Individual	Senior Masculino	01:53:37	+32:49	07:06
58	88	Pedro Soares	Individual	Senior Masculino	01:53:45	+32:56	07:07
59	509	Nuno Moura	A.D.Amarante Trail Running / OPraticante	Senior Masculino	01:54:02	+33:14	07:08
60	507	Marco Paulo Ribeiro Nunes	A.D.Amarante Trail Running / OPraticante	Senior Masculino	01:54:03	+33:14	07:08
61	511	Urbano Ribeiro	A.D.Amarante Trail Running / OPraticante	Senior Masculino	01:54:03	+33:14	07:08
62	678	Rogério de Almeida Pacheco	Individual	Senior Masculino	01:55:24	+34:35	07:13
63	537	Pedro Oliveira	Andatrilhos Freamunde	Senior Masculino	01:56:34	+35:45	07:17
64	681	Rui Belarmino Teixeira Queirós	Individual	Senior Masculino	01:57:24	+36:35	07:20
65	587	Pedro Miguel Macedo Marinho	F.C.Aliviada Trail Runners	Senior Masculino	01:57:31	+36:43	07:21

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Trail Curto 16K

16 KM

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OFFICIAL RESULT

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66	592	Tiago Ribeiro	Foge Foge Bandido	Senior Masculino	01:58:48	+38:00	07:26
67	737	João Miguel Beleza de Oliveira Bernardes	Marco Runners	Senior Masculino	01:59:40	+38:51	07:29
68	649	Fernando António Nogueira Moreira	Individual	Senior Masculino	01:59:46	+38:58	07:29
69	641	Celso Reis	Individual	Senior Masculino	02:00:57	+40:08	07:34
70	787	Rui Costa	Os2Horas	Senior Masculino	02:03:41	+42:53	07:44
71	788	Telmo Marques	Os2Horas	Senior Masculino	02:03:41	+42:53	07:44
72	656	José Antonio Ribeiro Matos	Individual	Senior Masculino	02:04:20	+43:32	07:46
73	654	João Pedro Rocha Teixeira	Individual	Senior Masculino	02:04:28	+43:40	07:46
74	505	Gil Magalhães	A.D.Amarante Trail Running / OPraticante	Senior Masculino	02:06:28	+45:39	07:54
75	506	Luís Mendes	A.D.Amarante Trail Running / OPraticante	Senior Masculino	02:06:29	+45:40	07:54
76	640	Carlos Rocha	Individual	Senior Masculino	02:06:43	+45:55	07:55
77	837	Luis Vasconcelos	Tongobriga Night Runners	Senior Masculino	02:06:45	+45:56	07:55
78	651	Hugo Alexandre Bento Moreira Alves	Individual	Senior Masculino	02:07:15	+46:26	07:57
79	674	RICARDO MANUEL RIBEIRO MEIRELES	Individual	Senior Masculino	02:07:46	+46:57	07:59
80	767	Luís Machado	Mozelos Runners	Senior Masculino	02:08:57	+48:09	08:04
81	682	Sérgio Brochado	Individual	Senior Masculino	02:09:33	+48:44	08:06
82	531	Carlos Felgueiras	Andatrilhos Freamunde	Senior Masculino	02:09:35	+48:47	08:06
83	598	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	02:10:17	+49:28	08:09
84	747	Carlos Gonçalves	Moinhos Run ADRM	Senior Masculino	02:10:21	+49:32	08:09
85	535	Marco Mendes	Andatrilhos Freamunde	Senior Masculino	02:10:29	+49:41	08:09
86	675	Ricardo Nogueira	Individual	Senior Masculino	02:10:44	+49:55	08:10
87	582	João Carlos Pereira Ferreira	F.C.Aliviada Trail Runners	Senior Masculino	02:12:16	+51:27	08:16
88	665	PAULO AGUIAR	Individual	Senior Masculino	02:12:17	+51:28	08:16
89	534	Luís Pedro	Andatrilhos Freamunde	Senior Masculino	02:12:39	+51:50	08:17
90	594	Hugo José Miguel Pinto	Free Runners	Senior Masculino	02:12:39	+51:51	08:17
91	795	André Moreira	Royal Wellness Center	Senior Masculino	02:12:42	+51:53	08:18
92	842	João Moreira	Villa de Basto Trail	Senior Masculino	02:13:03	+52:15	08:19
93	585	Miguel Ângelo Marinho Pereira Moraes	F.C.Aliviada Trail Runners	Senior Masculino	02:14:19	+53:30	08:24
94	586	Miguel Ângelo Queirós Marinho	F.C.Aliviada Trail Runners	Senior Masculino	02:15:32	+54:44	08:28
95	840	Tiago Aguiar	Tongobriga Night Runners	Senior Masculino	02:15:45	+54:57	08:29
96	786	Heitor Neto	Os2Horas	Senior Masculino	02:16:23	+55:34	08:31
97	554	Paulo Emanuel Ferreira Vieira	Brabus Runners	Senior Masculino	02:17:12	+56:24	08:35
98	637	bruno daniel barbosa magalhaes	Individual	Senior Masculino	02:18:07	+57:19	08:38
99	834	Diogo Teixeira	Tongobriga Night Runners	Senior Masculino	02:19:03	+58:15	08:41
100	521	Bruno Castelo	Amigos do sofá	Senior Masculino	02:19:54	+59:06	08:45
101	584	Lívio Filipe Pinto Coelho Ferraz	F.C.Aliviada Trail Runners	Senior Masculino	02:20:58	+01:00:09	08:49
102	588	Ricardo Joaquim Monteiro Fernandes	F.C.Aliviada Trail Runners	Senior Masculino	02:21:00	+01:00:11	08:49
103	812	Nuno Bastos	SS MONTEPIO	Senior Masculino	02:22:34	+01:01:45	08:55
104	839	Ricardo Mendes	Tongobriga Night Runners	Senior Masculino	02:22:57	+01:02:08	08:56
105	811	Paulo Ferreira	SóTombo	Senior Masculino	02:24:20	+01:03:31	09:01
106	685	Tiago Israel Pinheiro Oliveira	Individual	Senior Masculino	02:25:43	+01:04:55	09:06
107	553	Miguel angelo Araújo Silva	Brabus Runners	Senior Masculino	02:27:10	+01:06:21	09:12
108	780	Ricardo Carvalho	Nós Acreditamos	Senior Masculino	02:27:25	+01:06:36	09:13
109	833	Cesar Freitas	Tongobriga Night Runners	Senior Masculino	02:27:45	+01:06:56	09:14

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Trail Curto 16K

16 KM

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OFFICIAL RESULT

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110	810	Luís Teixeira	SóTombos	Senior Masculino	02:28:03	+01:07:15	09:15
111	643	Cláudio Madureira	Individual	Senior Masculino	02:28:06	+01:07:17	09:15
112	832	Bruno Pinto	Tongobriga Night Runners	Senior Masculino	02:29:48	+01:08:59	09:22
113	838	Ricardo Alves	Tongobriga Night Runners	Senior Masculino	02:29:50	+01:09:01	09:22
114	813	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:30:28	+01:09:39	09:24
115	667	PAULO BESSA	Individual	Senior Masculino	02:30:33	+01:09:44	09:25
116	763	César Couto	Mountain runners	Senior Masculino	02:31:58	+01:11:10	09:30
117	742	Eunice Coelho	MARCO TRAIL	Senior Masculino	02:34:42	+01:13:54	09:40
118	668	Paulo Vieira Pinto	Individual	Senior Masculino	02:38:26	+01:17:38	09:54
119	676	Ricardo Paulino	Individual	Senior Masculino	02:40:13	+01:19:25	10:01
120	831	Bruno Alves	Tongobriga Night Runners	Senior Masculino	02:42:55	+01:22:06	10:11
121	652	João André Oliveira Teixeira	Individual	Senior Masculino	02:43:42	+01:22:54	10:14
122	518	Rui André Duarte Sousa	Amarantus Aquatic Club	Senior Masculino	02:53:03	+01:32:14	10:49
123	517	Carlos Miguel Rodrigues Cunha	Amarantus Aquatic Club	Senior Masculino	02:53:03	+01:32:15	10:49
124	635	Alexandre Teles	Individual	Senior Masculino	02:54:15	+01:33:26	10:53
125	579	Sérgio Sousa	Espera por mim	Senior Masculino	02:55:07	+01:34:18	10:57
126	645	Diogo José Soares Coelho	Individual	Senior Masculino	02:56:14	+01:35:26	11:01
127	533	Hélder Oliveira	Andatrilhos Freamunde	Senior Masculino	02:58:54	+01:38:06	11:11
128	823	Fernando Manuel Queiros De Oliveira	Team Chuda	Senior Masculino	03:01:56	+01:41:08	11:22
129	824	José Carlos da Silva Monteiro	Team Chuda	Senior Masculino	03:01:57	+01:41:08	11:22
130	822	António André Nogueira Ribeiro	Team Chuda	Senior Masculino	03:01:57	+01:41:09	11:22

Veterana F40

1	807	Fátima Coelho	somosnósteam	Veterana F40	01:51:25		06:58
2	733	Eugénia Teixeira	keepmoving	Veterana F40	02:01:59	+10:34	07:37
3	699	Paula Anjos	Individual	Veterana F40	02:01:59	+10:34	07:37
4	694	Maria José Teixeira	Individual	Veterana F40	02:07:36	+16:11	07:59
5	695	Maria Margarida Nunes Monteiro da Cunha	Individual	Veterana F40	02:09:41	+18:16	08:06
6	691	Ana paula teixeira	Individual	Veterana F40	02:17:15	+25:50	08:35
7	560	Ana Moreira	BUDEGUITA RUNNERS	Veterana F40	02:20:13	+28:47	08:46
8	781	Lúcia Oliveira	Nós Acreditamos	Veterana F40	02:27:43	+36:17	09:14
9	817	Alexandra de Fátima Teixeira de Bessa	Team Aguenta Aí	Veterana F40	02:30:32	+39:07	09:25
10	543	ana Magalhaes	anjos do bosque	Veterana F40	02:36:19	+44:54	09:46
11	544	Rita Salgado	anjos do bosque	Veterana F40	02:36:19	+44:54	09:46
12	690	Ana Paula Soares da Silva	Individual	Veterana F40	02:45:39	+54:13	10:21
13	693	Maria do Carmo Ribeiro Moura Pinto	Individual	Veterana F40	03:03:26	+01:12:00	11:28
14	701	Regina Carvalho	Individual	Veterana F40	03:03:29	+01:12:04	11:28
15	697	Odete Anjos Lage Coelho	Individual	Veterana F40	03:04:52	+01:13:27	11:33
16	698	Olga Maria Ribeiro Luis Rodrigues	Individual	Veterana F40	03:04:54	+01:13:29	11:33
17	558	Fernanda Soares	BTT Alegria / TUBANI	Veterana F40	03:08:35	+01:17:10	11:47

Veterano M40

1	801	Abílio Ribeiro	S.C.ESPINHO	Veterano M40	01:20:09	05:01
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Trail Curto 16K

16 KM

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OFFICIAL RESULT

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2	754	Hugo Romano	Moinhos Run ADRM	Veterano M40	01:22:25	+02:17	05:09
3	802	Adriano Oliveira	S.C.ESPINHO	Veterano M40	01:24:32	+04:24	05:17
4	604	Paulo Teixeira Sousa	Fridão Sem Limites	Veterano M40	01:24:54	+04:46	05:18
5	790	Abílio Martins	Os2Horas	Veterano M40	01:27:59	+07:51	05:30
6	561	Aurélio Vieira	CASA DO POVO DE SOALHÃES	Veterano M40	01:28:05	+07:57	05:30
7	542	Ricardo Machado	Andatrilhos Freamunde	Veterano M40	01:30:19	+10:10	05:39
8	564	Marco Vieira	Clube Zupper - Spineclinic	Veterano M40	01:30:23	+10:14	05:39
9	805	Manuel Oliveira	S.C.ESPINHO	Veterano M40	01:35:27	+15:19	05:58
10	709	Fernando Martins	Individual	Veterano M40	01:35:48	+15:39	05:59
11	523	Jose Costa	Amigos do sofá	Veterano M40	01:41:49	+21:41	06:22
12	725	oscar jose soares silva	Individual	Veterano M40	01:42:35	+22:27	06:25
13	729	Rui Teixeira	Individual	Veterano M40	01:43:21	+23:12	06:28
14	726	Paulo Manuel Teixeira de Sá	Individual	Veterano M40	01:43:39	+23:31	06:29
15	602	António Joaquim Teixeira Alves	Fridão Sem Limites	Veterano M40	01:43:42	+23:34	06:29
16	755	Paulo Martins	Moinhos Run ADRM	Veterano M40	01:43:44	+23:35	06:29
17	808	Fernando Moraes	somosnósteam	Veterano M40	01:43:48	+23:39	06:29
18	756	Pedro Sá	Moinhos Run ADRM	Veterano M40	01:44:05	+23:56	06:30
19	565	Miguel Leal	CORRER POR UM SORRISO/ PAPELINF	Veterano M40	01:44:39	+24:30	06:32
20	804	Jorge Filipe Jesus Silva	S.C.ESPINHO	Veterano M40	01:45:46	+25:38	06:37
21	806	Nelson Aguiar	SFLUR (Sociedade Filarmónica Lealdade União Ribeirense)	Veterano M40	01:46:04	+25:55	06:38
22	757	Pedro Vieira	Moinhos Run ADRM	Veterano M40	01:47:28	+27:20	06:43
23	718	José Pedro Gomes	Individual	Veterano M40	01:50:46	+30:37	06:55
24	712	Humberto Mendes da Silva	Individual	Veterano M40	01:51:26	+31:17	06:58
25	541	Daniel Machado Neto	Andatrilhos Freamunde	Veterano M40	01:52:17	+32:09	07:01
26	545	carlos silva ferreira	Autistic Runners	Veterano M40	01:54:09	+34:00	07:08
27	540	Adry Barros	Andatrilhos Freamunde	Veterano M40	01:54:33	+34:24	07:10
28	784	Fernando Silva	Nós Acreditamos	Veterano M40	01:54:34	+34:25	07:10
29	603	Carlos Alexandre Moreira Pinto	Fridão Sem Limites	Veterano M40	01:54:46	+34:37	07:10
30	703	Adao Ribeiro	Individual	Veterano M40	01:54:51	+34:42	07:11
31	727	PEDRO FERRÁS	Individual	Veterano M40	01:56:53	+36:44	07:18
32	783	Armando Cardoso	Nós Acreditamos	Veterano M40	01:57:31	+37:22	07:21
33	716	JOSE LUIS RIBEIRO MACHADO	Individual	Veterano M40	01:58:59	+38:50	07:26
34	814	Fernando Carvalho	SS MONTEPIO	Veterano M40	01:59:00	+38:51	07:26
35	758	Rui Quinta	Moinhos Run ADRM	Veterano M40	01:59:18	+39:10	07:27
36	715	Jose Fernando Moreira Da Silva	Individual	Veterano M40	02:00:00	+39:52	07:30
37	501	António Gonçalves	A.D.Amarante Trail Running / OPraticante	Veterano M40	02:00:22	+40:13	07:31
38	793	Julio Moreira	Pol Runners	Veterano M40	02:01:42	+41:34	07:36
39	722	Miguel Martins	Individual	Veterano M40	02:01:47	+41:38	07:37
40	559	Tony Mendes	BTT Alegria / TUBANI	Veterano M40	02:01:58	+41:50	07:37
41	769	Joaquim Pereira	Mozelos Runners	Veterano M40	02:03:34	+43:26	07:43
42	775	Salvador Santos	Nocturnos de Paredes	Veterano M40	02:04:11	+44:02	07:46
43	728	rui gandra	Individual	Veterano M40	02:07:02	+46:53	07:56
44	782	Álvaro Cardoso	Nós Acreditamos	Veterano M40	02:09:00	+48:51	08:04
45	841	Fernando Carvalho	Tongobriga Night Runners	Veterano M40	02:09:12	+49:03	08:05

Trail Curto 16K

16 KM

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OFFICIAL RESULT

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46	724	Nuno Carvalhal	Individual	Veterano M40	02:15:34	+55:26	08:28
47	708	Daniel Gomes	Individual	Veterano M40	02:19:48	+59:39	08:44
48	739	Filipe Pinto	Marco Runners	Veterano M40	02:19:58	+59:49	08:45
49	816	Ricardo Rui Silva	SS MONTEPIO	Veterano M40	02:22:38	+01:02:30	08:55
50	591	Vitor Sousa	Factor X / S4L / MedenseFC	Veterano M40	02:24:17	+01:04:08	09:01
51	730	Sérgio António Lopes Ferraz da Rocha	Individual	Veterano M40	02:24:27	+01:04:18	09:02
52	768	António Rodrigues	Mozelos Runners	Veterano M40	02:24:30	+01:04:21	09:02
53	571	Luís Monteiro	CTAD - Trilhos de Cinfães	Veterano M40	02:26:41	+01:06:33	09:10
54	731	Sérgio Silva	Individual	Veterano M40	02:28:48	+01:08:40	09:18
55	705	Bruno Rodrigues	Individual	Veterano M40	02:29:47	+01:09:39	09:22
56	714	jorge oliveira	Individual	Veterano M40	02:30:11	+01:10:03	09:23
57	815	Francisco Moreira	SS MONTEPIO	Veterano M40	02:30:30	+01:10:22	09:24
58	549	João Alexandre Pereira dos Santos	Bombeiros Voluntários de Baião	Veterano M40	02:30:50	+01:10:42	09:26
59	707	Cesar Viir Pinto	Individual	Veterano M40	02:38:25	+01:18:17	09:54
60	605	Suzete do Rosário Passos de Sousa	Fridão Sem Limites	Veterano M40	02:43:03	+01:22:55	10:11
61	791	Paulo cunha	Patas Negras	Veterano M40	02:45:56	+01:25:47	10:22
62	573	Pedro Monteiro	CTAD - Trilhos de Cinfães	Veterano M40	02:47:46	+01:27:38	10:29
63	572	Orlando Silva	CTAD - Trilhos de Cinfães	Veterano M40	02:47:47	+01:27:38	10:29
64	717	José Maria Dias Leal	Individual	Veterano M40	02:48:18	+01:28:10	10:31
65	818	Manuel Jorge Nogueira da Silva	Team Aguenta Aí	Veterano M40	02:50:38	+01:30:29	10:40
66	723	Norberto Simões Eustáquio	Individual	Veterano M40	02:59:57	+01:39:49	11:15
67	519	Jorge Antunes	Amarantus Aquatic Club	Veterano M40	03:05:32	+01:45:24	11:36

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