

TRAIL CURTO

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	20,2°C	65%
End	14:30	23,3°C	59%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
1	1062	Camilo Guedes	clube pessoal aguas gaia	Veterano M40	54:20	54:20	05:26
2	1116	Miguel Martins	nast	Senior Masculino	55:51	55:50	05:35
3	1064	José Adelino Oliveira	clube pessoal aguas gaia	Veterano M50	56:48	56:48	05:41
4	1160	André Nogueira	sapateiros da aldeola	Senior Masculino	58:12	58:11	05:49
5	1164	José Coelho	sapateiros da aldeola	Veterano M45	58:12	58:12	05:49
6	1117	Fernando Jorge Mendes Carneiro	nast	Senior Masculino	59:49	59:48	05:59
7	1280	André Ribeiro Fraga	locomotiva de paranhos	Senior Masculino	01:02:10	01:02:06	06:13
8	1102	Bruno Antunes	lusos xxi	Senior Masculino	01:02:52	01:02:35	06:17
9	1013	João Rebelo	engomadoria l&a team	Senior Masculino	01:03:05	01:03:05	06:19
10	1428	Vitor Santos	individual	Senior Masculino	01:03:14	01:03:11	06:19
11	1234	BRUNO ROCHA	individual	Senior Masculino	01:04:08	01:04:07	06:25
12	1065	Avelino Sousa	clube pessoal aguas gaia	Veterano M45	01:04:12	01:04:11	06:25
13	1088	Virgilio Jaime Santos Silva	gondomar futsal clube	Sub 23 Masculino	01:04:26	01:04:20	06:27
14	1416	Filipe Silva	individual	Senior Masculino	01:04:56	01:04:55	06:30
15	1305	Pedro José Lacerda Figueiredo	os turbomula d.o.c	Senior Masculino	01:05:00	01:04:39	06:30
16	1168	Paulo Sérgio Ferreira	setor curtido	Veterano M40	01:05:46	01:05:40	06:35
17	1299	Paulo Marques	individual	Veterano M40	01:06:18	01:06:17	06:38
18	1063	Jorge Santos	clube pessoal aguas gaia	Veterano M50	01:06:40	01:06:39	06:40
19	1034	Leonel Fernando Sousa Neves	box ideal running team	Senior Masculino	01:07:39	01:07:34	06:46
20	1153	Inuo Filipe Melo	run4all	Senior Masculino	01:08:12	01:08:08	06:49
21	1162	Francisco Ferreira	sapateiros da aldeola	Senior Masculino	01:08:14	01:08:12	06:49
22	1010	Tania Covas Costa	.com	Senior Feminino	01:08:22	01:08:17	06:50
23	1012	Miguel Sá	serviços sociais montepio	Veterano M40	01:08:40	01:08:37	06:52
24	1401	Jorge Moreira	individual	Senior Masculino	01:09:28	01:09:22	06:57
25	626	Artur Pereira	shots international runners	Senior Masculino	01:11:10	01:11:07	07:07
26	1119	Rui Moreira	opo´s lindos	Senior Masculino	01:11:34	01:11:25	07:09
27	1334	Fernando Jorge Pinto Vieira	individual	Senior Masculino	01:11:39	01:11:31	07:10
28	1020	francisco pereira	airórun	Veterano M40	01:11:44	01:11:42	07:10
29	1022	jose pereira	airórun	Veterano M45	01:11:44	01:11:43	07:10
30	1021	nuno mota	airórun	Sub 23 Masculino	01:11:44	01:11:43	07:10
31	1032	André Silva Mendes	associação desportiva da efacec	Senior Masculino	01:11:52	01:11:44	07:11
32	1376	Paulo Roberto Tavares Nogueira	individual	Senior Masculino	01:12:13	01:11:58	07:13
33	1395	Carlos Daniel Bessa	individual	Veterano M40	01:12:21	01:12:17	07:14
34	1228	Adelino Barbosa Rodrigues Pinheiro	individual	Senior Masculino	01:12:32	01:12:23	07:15
35	1227	Paulo Correia	individual	Senior Masculino	01:12:38	01:12:36	07:16
36	1229	Antonio Goncalves	individual	Senior Masculino	01:12:38	01:12:35	07:16
37	1367	André Sousa	individual	Senior Masculino	01:12:38	01:12:13	07:16
38	1096	Sergio Costa	lusos xxi	Senior Masculino	01:12:49	01:12:34	07:17
39	1015	João Amorim	individual	Senior Masculino	01:12:57	01:12:56	07:18
40	1120	André Oliveira	opo´s lindos	Senior Masculino	01:13:04	01:12:55	07:18
41	1240	Hugo Jesus	individual	Senior Masculino	01:13:09	01:12:42	07:19

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
42	1030	Paulo Roberto dias Oliveira Borges	associação desportiva da efacec	Senior Masculino	01:13:09	01:13:02	07:19
43	339	Luis Miguel Alves Monteiro	individual	Veterano M40	01:13:10	01:13:01	07:19
44	1115	Pedro Motinho	multipower gaia trail	Senior Masculino	01:13:11	01:13:06	07:19
45	1298	jorge filipe pereira	individual	Senior Masculino	01:13:36	01:13:34	07:22
46	1388	Luís Costa	individual	Veterano M55	01:13:48	01:13:44	07:23
47	1243	Marçia Silva	individual	Senior Feminino	01:14:02	01:13:56	07:24
48	1421	Paulo Sousa	kemedo team	Senior Masculino	01:14:35	01:14:23	07:27
49	1165	Tiago Araújo	sapateiros da aldeola	Senior Masculino	01:14:40	01:14:39	07:28
50	1101	Manuel Teixeira	lusos xxi	Senior Masculino	01:15:16	01:15:00	07:32
51	1294	Filipe Carvalho	individual	Senior Masculino	01:15:25	01:15:20	07:32
52	1092	Marisa Pereira	juventude vidigalense	Senior Feminino	01:15:31	01:15:25	07:33
53	1154	Alberto António Pinheiro Magalhães	run4all	Senior Masculino	01:15:58	01:15:54	07:36
54	1238	Joao Marques	individual	Senior Masculino	01:15:59	01:15:34	07:36
55	1204	Hugo Edgar Macedo Peixoto Pereira	viana runners	Senior Masculino	01:16:01	01:16:01	07:36
56	1155	Rui Martins	running bastards	Senior Masculino	01:16:22	01:15:55	07:38
57	260	Ricardo Silva	individual	Senior Masculino	01:16:34	01:16:27	07:39
58	1271	Célia Alves	individual	Senior Feminino	01:17:07	01:16:44	07:43
59	1051	Eduardo Silva	calheiros runners	Senior Masculino	01:17:19	01:17:11	07:44
60	1148	Zanga	portozanga	Veterano M50	01:17:34	01:17:10	07:45
61	1068	maria bonança sousa martins	edv - viana trail	Senior Feminino	01:17:58	01:17:58	07:48
62	1014	António Lourenço	engomadoria l&a team	Veterano M45	01:18:02	01:18:01	07:48
63	1159	Marco Garcia	running bastards	Sub 23 Masculino	01:18:06	01:17:40	07:49
64	1169	Filipe Silva	setor curtido	Veterano M40	01:18:08	01:17:53	07:49
65	1332	Carlos Filipe Ferreira Matos	individual	Senior Masculino	01:18:34	01:18:23	07:51
66	1273	Rui Miguel Ferreira Marques	individual	Senior Masculino	01:18:34	01:18:25	07:51
67	1302	José Antonio Costa Marques	individual	Senior Masculino	01:18:35	01:18:25	07:51
68	1017	PEDRO GABRIEL JOÃO FERNANDES	adrulsm	Senior Masculino	01:18:37	01:18:18	07:52
69	1016	PAULO JORGE SILVA FREITAS	adrulsm	Veterano M40	01:18:37	01:18:19	07:52
70	1033	Paula Nascimento	atletico clube alfenense	Veterana F40	01:18:42	01:18:36	07:52
71	1031	José Miguel Castro Gomes	associação desportiva da efacec	Senior Masculino	01:18:50	01:18:42	07:53
72	1057	RUI BARBOSA	clube gbes - delegação do norte	Veterano M40	01:18:58	01:18:53	07:54
73	1061	MIGUEL RIBEIRO	clube gbes - delegação do norte	Veterano M40	01:19:03	01:18:54	07:54
74	1242	Sérgio Santos	locomotiva de paranhos	Senior Masculino	01:19:07	01:19:02	07:55
75	410	José Amaro	individual	Veterano M45	01:19:12	01:19:08	07:55
76	1090	José Carlos Cunha	jc&niki	Senior Masculino	01:19:15	01:19:15	07:56
77	1002	jose abreu	grupo desportivo leões do veneza	Veterano M60	01:19:22	01:19:19	07:56
78	1333	carlos campos	individual	Senior Masculino	01:19:25	01:19:18	07:57
79	1086	Isabel Ferreira	ginásio fit4fun	Veterana F55	01:19:56	01:19:28	08:00
80	1023	bruno sousa	airórun	Senior Masculino	01:20:11	01:20:08	08:01
81	1214	Fernando Andrade	individual	Veterano M50	01:20:17	01:20:15	08:02
82	1345	Flávia Vieira	individual	Senior Feminino	01:20:21	01:20:12	08:02
83	1018	deolinda faria	airórun	Veterana F40	01:20:48	01:20:45	08:05
84	1157	Hugo Magalhães	running bastards	Senior Masculino	01:20:56	01:20:31	08:06
85	1161	Paulo Machado	sapateiros da aldeola	Senior Masculino	01:21:46	01:21:45	08:11
86	1205	Bruno Alexandre Borges	vimarunners	Senior Masculino	01:22:13	01:22:09	08:13

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	/KM
87	1206	Sofia Fernandes	vimarunners	Senior Feminino	01:22:13	01:22:10	08:13
88	1241	Armando Santos	individual	Veterano M50	01:22:27	01:22:14	08:15
89	1212	Nuno dos Santos Graça	individual	Senior Masculino	01:23:21	01:23:14	08:20
90	1235	Pedro Gomes	individual	Senior Masculino	01:23:25	01:23:20	08:21
91	1359	Paulo Sousa	individual	Veterano M40	01:23:29	01:23:21	08:21
92	1167	Filipe Pinheiro	setor curtido	Senior Masculino	01:23:33	01:23:20	08:21
93	1279	Ricardo Manuel Da Silva Ribeiro	individual	Senior Masculino	01:23:35	01:23:24	08:21
94	1397	Nilton Patrick Brito dos Santos Pereira de Borja	individual	Senior Masculino	01:23:35	01:23:11	08:21
95	1278	Gilberto Orlando Teixeira Silva	individual	Senior Masculino	01:23:35	01:23:24	08:21
96	1049	Hugo Sousa	calheiros runners	Senior Masculino	01:23:40	01:23:33	08:22
97	1179	Francisco Gomes	shots international runners	Senior Masculino	01:24:00	01:23:57	08:24
98	1346	Ana Sofia Rangel Barbosa Pereira	individual	Senior Feminino	01:24:39	01:24:37	08:28
99	1118	Ana Carolina Lopes Ferreira	nast	Senior Feminino	01:24:43	01:24:42	08:28
100	1414	Carlos Carvalho	individual	Senior Masculino	01:24:44	01:24:41	08:28
101	1231	Nuno Miguel Soares Teixeira	individual	Senior Masculino	01:24:45	01:24:18	08:28
102	1215	Paulo Fernando Ramos Cavaco	individual	Veterano M40	01:24:49	01:24:37	08:29
103	1408	Beatriz Gullón	individual	Senior Feminino	01:24:49	01:24:46	08:29
104	1226	Jose Manuel Ferrer Martinez	individual	Senior Masculino	01:24:50	01:24:30	08:29
105	1274	HENRIQUE GUEDES VICÊNCIO	individual	Senior Masculino	01:24:56	01:24:33	08:30
106	1308	ernesto lareth	individual	Veterano M50	01:26:06	01:25:53	08:37
107	1295	fernando carlos sousa	individual	Veterano M40	01:26:28	01:26:05	08:39
108	1134	Paula Figueiredo	os turbomula d.o.c	Senior Feminino	01:26:28	01:26:07	08:39
109	1339	João Paulo Regal de Sousa	individual	Senior Masculino	01:26:33	01:26:18	08:39
110	1047	Avelino Rodrigues	calheiros runners	Veterano M40	01:26:42	01:26:36	08:40
111	1391	Fernando Pinto	individual	Veterano M45	01:26:59	01:26:54	08:42
112	1112	MARGARIDA MARTINS	mocidade s. gemil	Veterana F50	01:27:00	01:26:45	08:42
113	1111	RICARDO ROCHA	mocidade s. gemil	Senior Masculino	01:27:00	01:26:45	08:42
114	1083	Carlos Filipe Ferreira Correia	ginásio fit4fun	Sub 23 Masculino	01:27:20	01:26:54	08:44
115	1284	Luis Filipe	individual	Veterano M40	01:27:22	01:27:06	08:44
116	1257	MARIANA FRANÇA MARTINS	individual	Senior Feminino	01:27:24	01:27:08	08:44
117	1424	José Alberto Pereira	individual	Veterano M50	01:27:24	01:27:20	08:44
118	1301	Fernando Jorge Alves	individual	Veterano M45	01:27:38	01:27:26	08:46
119	1122	Diana Ribeiro	opo's lindos	Senior Feminino	01:27:44	01:27:35	08:46
120	1390	Pedro Miguel Barrias Fernandes	individual	Veterano M50	01:27:48	01:27:42	08:47
121	1073	Rui Sá	ffitgaia trail	Veterano M50	01:27:59	01:27:53	08:48
122	1330	José Pedro M Sampaio Santos	individual	Senior Masculino	01:28:07	01:27:49	08:49
123	1089	Vitor Manuel Ribeiro	gondomar futsal clube	Veterano M50	01:28:09	01:28:04	08:49
124	1307	Bruno Ferreira	individual	Senior Masculino	01:28:17	01:28:09	08:50
125	1314	Mimosa Maria Guerra Oliveira	individual	Senior Feminino	01:28:22	01:28:08	08:50
126	1099	André Gomes	lusos xxi	Senior Masculino	01:28:27	01:28:14	08:51
127	1325	José Miguel Bandeira da Silva	individual	Veterano M45	01:28:27	01:28:16	08:51
128	1194	Laura Sánchez Fernández	unidade especial de corrida	Senior Feminino	01:28:42	01:28:36	08:52
129	1415	João Sousa	individual	Veterano M40	01:28:53	01:28:43	08:53
130	1046	António Vieira	calheiros runners	Veterano M40	01:28:55	01:28:47	08:53
131	1377	Helena Isabel dos Santos Pires Antunes	individual	Senior Feminino	01:29:16	01:29:00	08:56

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
132	707	Anabela Silva	edv - viana trail	Senior Feminino	01:29:47	01:29:45	08:59
133	1106	Ricardo Vinagre	lusos xxi	Senior Masculino	01:30:33	01:30:17	09:03
134	1254	Diana Maia	individual	Senior Feminino	01:30:33	01:30:17	09:03
135	1292	Célia Costa	individual	Senior Feminino	01:30:34	01:30:28	09:03
136	1224	manuel Vieira	individual	Senior Masculino	01:30:58	01:30:54	09:06
137	1103	Leandro Ramos	lusos xxi	Senior Masculino	01:31:24	01:31:06	09:08
138	1173	Carlos Mendes	she shesaid	Senior Masculino	01:32:09	01:32:01	09:13
139	1422	Helder Alexandre da Silva Couto	individual	Veterano M40	01:32:09	01:31:59	09:13
140	1077	Armandina da Silva Torres	g.d. e cultural trabalhadores incm	Veterana F40	01:32:11	01:32:06	09:13
141	1335	Elisabete Delgado	individual	Senior Feminino	01:32:12	01:32:08	09:13
142	1058	SOFIA MOTA	clube gbes - delegação do norte	Veterana F40	01:32:18	01:32:09	09:14
143	1055	NUNO MIGUEL MARQUES	clube gbes - delegação do norte	Veterano M40	01:32:18	01:32:09	09:14
144	1109	Marisa Goreti Fernandes Queiros	mente desportiva	Senior Feminino	01:32:21	01:32:08	09:14
145	1139	Marisa Carla Reis Marques Correia de Sousa	os turbomula d.o.c	Senior Feminino	01:32:27	01:32:06	09:15
146	1222	Paula Cristina Paiva	individual	Veterana F45	01:32:43	01:32:27	09:16
147	1223	José António Rodrigues	individual	Veterano M45	01:32:44	01:32:27	09:16
148	1312	ana paula novais	individual	Veterana F40	01:33:00	01:32:46	09:18
149	1392	Andre Figueiredo	individual	Veterano M40	01:33:03	01:32:53	09:18
150	1272	PATRICIA MARIA DA LUZ ROSAS	individual	Senior Feminino	01:33:26	01:33:00	09:21
151	1319	FRANCISCO LUÍS COSTA TEIXEIRA	individual	Senior Masculino	01:33:28	01:33:01	09:21
152	1268	Andreia Teles	individual	Senior Feminino	01:33:37	01:33:22	09:22
153	1133	Nelson Montalvão	os turbomula d.o.c	Senior Masculino	01:33:47	01:33:25	09:23
154	1283	Rui Seixas	individual	Veterano M40	01:33:53	01:33:37	09:23
155	1402	António Coelho	individual	Veterano M50	01:33:53	01:33:37	09:23
156	1230	Ana Luisa Hora Camaz Moreira	individual	Senior Feminino	01:33:56	01:33:30	09:24
157	1132	Paula Teixeira	os faunos	Veterana F45	01:34:22	01:33:56	09:26
158	1311	Bruno Castro Correia	individual	Veterano M50	01:34:25	01:34:11	09:27
159	1404	Julliane Cristina Dias	individual	Senior Feminino	01:34:30	01:34:28	09:27
160	1213	Luís Alves	individual	Veterano M40	01:35:03	01:35:00	09:30
161	1341	Ricardo Ramos	individual	Senior Masculino	01:35:14	01:34:57	09:31
162	1366	Diana Sá Moreira	individual	Senior Feminino	01:35:14	01:34:57	09:31
163	1095	Isabel Mariani	locomotiva de paranhos	Veterana F40	01:35:27	01:35:21	09:33
164	1142	Pedro Antunes	p&a team	Senior Masculino	01:36:20	01:36:01	09:38
165	1141	Susana Fonseca	p&a team	Senior Feminino	01:36:20	01:36:00	09:38
166	1324	Armando Jorge Gião Teixeira de Carvalho	individual	Veterano M50	01:36:32	01:36:19	09:39
167	1198	CARLA SOFIA SILVA SOUSA	usgunas	Veterana F40	01:36:58	01:36:51	09:42
168	1197	SÉRGIO PAULO MACHADO SILVA	usgunas	Senior Masculino	01:36:58	01:36:51	09:42
169	1356	ARTUR MIGUEL MOREIRA	individual	Veterano M40	01:36:59	01:36:31	09:42
170	1097	Raquel Costa	lusos xxi	Senior Feminino	01:37:01	01:36:43	09:42
171	1411	Manuela Arantes	individual	Veterana F45	01:37:19	01:36:56	09:44
172	1052	ALBERTO LIZARDO	clube gbes - delegação do norte	Veterano M60	01:37:32	01:37:28	09:45
173	1094	Paula Fidalgo	locomotiva de paranhos	Veterana F45	01:37:47	01:37:41	09:47
174	1291	Daniela Mota Machado	individual	Senior Feminino	01:38:01	01:37:40	09:48

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
175	1275	Alberto Martins	individual	Veterano M50	01:38:03	01:37:56	09:48
176	1195	ANA PAULA RIBEIRO CRAVEIRO NUNES	usgunas	Veterana F45	01:38:03	01:37:58	09:48
177	1191	Marta Soares	touquenemosso	Senior Feminino	01:38:03	01:37:47	09:48
178	1363	Ricardo Heleno	individual	Senior Masculino	01:38:15	01:37:54	09:49
179	1364	Ana Rita Silva	individual	Senior Feminino	01:38:15	01:37:54	09:49
180	1003	antonio lourenço	grupo desportivo leões do veneza	Veterano M60	01:38:17	01:38:15	09:50
181	1420	Carlos Pereria	grupo desportivo leões do veneza	Veterano M60	01:38:18	01:38:15	09:50
182	1001	armandino cramez	grupo desportivo leões do veneza	Veterano M60	01:38:18	01:38:13	09:50
183	1267	Joana Eneia Almeida Correia Monteiro	individual	Senior Feminino	01:38:20	01:38:18	09:50
184	1087	Nathalie Martins	ginásio fit4fun	Senior Feminino	01:38:34	01:38:08	09:51
185	1170	Isabel Moreira	she shesaid	Senior Feminino	01:38:41	01:38:33	09:52
186	1042	Bruno Miguel Brandão	budeguita runners	Senior Masculino	01:38:41	01:38:06	09:52
187	1085	Fernanda Almeida	ginásio fit4fun	Veterana F55	01:38:42	01:38:15	09:52
188	1313	Maria Helena Santos Oliveira	individual	Veterana F55	01:38:43	01:38:25	09:52
189	1270	ANA C.C.A. MACHADO	individual	Senior Feminino	01:39:00	01:38:41	09:54
190	1265	Raul manuel gomes silva	individual	Veterano M40	01:39:20	01:39:00	09:56
191	106	António Silva	clubes zupper	Senior Masculino	01:39:39	01:39:15	09:58
192	1216	António Barros	individual	Senior Masculino	01:39:44	01:39:39	09:58
193	109	Manuel Cardoso	clubes zupper	Senior Masculino	01:39:50	01:39:28	09:59
194	1328	Mónica Rute Vilas Boas	individual	Senior Feminino	01:39:55	01:39:38	09:59
195	1108	Valerio Alves Pinto	mente desportiva	Senior Masculino	01:39:58	01:39:45	10:00
196	1048	Fernando Ferraz	calheiros runners	Veterano M50	01:40:02	01:39:55	10:00
197	1277	Célia Dias	clubes spiridon de gaia	Veterana F40	01:40:04	01:39:53	10:00
198	1200	ALBINA FERREIRA PALMEIRA VIEIRA	usgunas	Veterana F45	01:40:27	01:40:21	10:03
199	1417	Pedro Pereira	individual	Veterano M40	01:40:56	01:40:11	10:06
200	1418	Sandra martins	individual	Senior Feminino	01:40:56	01:40:06	10:06
201	1370	Manuel Cunha Lima	individual	Veterano M55	01:41:15	01:41:00	10:08
202	1426	Vera Delgado	individual	Senior Feminino	01:41:20	01:41:17	10:08
203	1199	DOMINGOS DOS SANTOS VIEIRA	usgunas	Veterano M50	01:41:40	01:41:33	10:10
204	1423	Sílvia Teixeira	team duas faces	Senior Feminino	01:42:06	01:42:02	10:13
205	1320	António Joaquim Teixeira de Magalhães	individual	Veterano M50	01:42:08	01:42:01	10:13
206	1091	Mónica Esteves	jc&niki	Senior Feminino	01:42:33	01:42:33	10:15
207	1365	DANIELA MOREIRA	individual	Senior Feminino	01:42:37	01:42:26	10:16
208	1100	João Carvalho	lusos xxi	Senior Masculino	01:44:06	01:43:47	10:25
209	1105	Miguel Andrade	lusos xxi	Senior Masculino	01:44:06	01:43:48	10:25
210	1066	João Ramos	clubes zupper	Senior Masculino	01:44:38	01:44:15	10:28
211	1340	Cristina Pessanha	individual	Veterana F45	01:44:45	01:42:55	10:28
212	1329	Tiago Filipe Ferreira da Rocha	individual	Senior Masculino	01:44:47	01:44:29	10:29
213	1147	André Sousa	portozanga	Senior Masculino	01:44:53	01:44:30	10:29
214	1318	Fernando Santos	individual	Senior Masculino	01:45:00	01:44:35	10:30
215	1075	Sónia Costa	ffitgaia trail	Senior Feminino	01:45:06	01:45:02	10:31
216	1192	Pedro Alberto	touquenemosso	Senior Masculino	01:45:23	01:45:05	10:32
217	1193	Dinea Rodrigues	touquenemosso	Senior Feminino	01:45:24	01:45:06	10:32

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
218	1403	Eduardo Gonçalves	individual	Veterano M50	01:46:12	01:46:03	10:37
219	1293	ricardo sergio ramos barros	individual	Senior Masculino	01:46:36	01:46:08	10:40
220	1282	Jose Carlos Fonseca Magalhaes	individual	Senior Masculino	01:46:36	01:46:07	10:40
221	1304	Rui Mota	individual	Veterano M40	01:46:43	01:46:40	10:40
222	359	Sérgio Tavares	individual	Senior Masculino	01:46:43	01:46:40	10:40
223	1218	Carla Freitas	individual	Senior Feminino	01:46:47	01:46:35	10:41
224	1357	Carla Alexandra Dias Moreira Sousa	individual	Veterana F40	01:47:13	01:47:05	10:44
225	1072	Sara Pereira	ffitgaia trail	Senior Feminino	01:47:44	01:47:42	10:46
226	1355	Joana Couto Fernandes	individual	Senior Feminino	01:48:13	01:48:00	10:49
227	1252	Hélia Liliana da Cunha Pimenta Dias	individual	Senior Feminino	01:48:19	01:48:13	10:50
228	1251	Miguel Francisco Duarte Pimenta Dias	individual	Senior Masculino	01:48:21	01:48:14	10:50
229	1080	Branca Marques	ginásio factor x	Veterana F45	01:48:48	01:48:36	10:53
230	1005	Maria Pereira	maia ac - go saúde	Veterana F40	01:48:48	01:48:35	10:53
231	1427	Joana Ferreira	individual	Veterana F40	01:49:09	01:48:56	10:55
232	1110	PAULA DIAS	mocidade s. gemil	Veterana F45	01:49:09	01:48:57	10:55
233	1316	Sónia Moreira	individual	Senior Feminino	01:49:09	01:48:54	10:55
234	1300	Alexandre Rebelo	individual	Senior Masculino	01:49:13	01:48:58	10:55
235	1349	Paulo Peixoto	individual	Senior Masculino	01:49:22	01:48:54	10:56
236	1371	JOSE MANUEL MAGALHAES	individual	Veterano M50	01:49:22	01:48:53	10:56
237	1353	ANA PAULA SANTOS PAIVA	individual	Veterana F40	01:49:22	01:48:57	10:56
238	1232	Sara Rocha	individual	Senior Feminino	01:49:40	01:49:12	10:58
239	1262	ANABELA DE JESUS DE SOUSA RIBEIRO	individual	Veterana F40	01:49:40	01:49:15	10:58
240	1285	Patrícia Monteiro	individual	Senior Feminino	01:49:40	01:49:15	10:58
241	1256	Alexandra Marques	individual	Senior Feminino	01:49:40	01:49:15	10:58
242	1233	Graça Silva	individual	Veterana F45	01:49:41	01:49:15	10:58
243	1140	Sérgio Fernando Ferraz Carvalho	os turbomula d.o.c	Veterano M40	01:49:48	01:49:24	10:59
244	1078	Miguel Angelo Rodrigues Pinto de Faria	gaitas daninhas	Veterano M40	01:49:48	01:49:24	10:59
245	1385	Margarida Maria Lopes Rosas	individual	Senior Feminino	01:50:44	01:50:18	11:04
246	1393	Maria João Guimarães	individual	Senior Feminino	01:50:44	01:49:28	11:04
247	1321	Lurdes Monteiro	individual	Veterana F50	01:51:02	01:51:00	11:06
248	1322	Marta Vasconcelos	individual	Veterana F40	01:51:13	01:51:10	11:07
249	1127	andreia dias valente	os caga tacos running team	Senior Feminino	01:51:24	01:51:04	11:08
250	1177	Sofia Ferreira	shots international runners	Senior Feminino	01:52:16	01:51:56	11:14
251	1126	Cátia Francisco	os aventureiros	Senior Feminino	01:52:18	01:52:08	11:14
252	1425	Filipe Silva	aventureiros	Senior Masculino	01:52:18	01:52:08	11:14
253	433	Renato Gil da Silva e Sousa	individual	Senior Masculino	01:52:26	01:52:06	11:15
254	1375	Elsa Maria da Costa	individual	Senior Feminino	01:52:26	01:52:06	11:15
255	1201	Ana Vale	vale team	Veterana F40	01:52:55	01:52:45	11:17
256	1202	António Bogado	vale team	Senior Masculino	01:52:55	01:52:45	11:17
257	1196	ANA PAULA SALGADO	usgunas	Senior Feminino	01:53:02	01:52:54	11:18
258	1203	Diana Alexandra Dias Leite Santos	viana runners	Senior Feminino	01:53:25	01:53:24	11:21
259	1211	Dácia Maria Peixoto Ribeiro	individual	Senior Feminino	01:53:25	01:53:23	11:21

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
260	1247	Carla Ferreira	individual	Senior Feminino	01:53:44	01:53:26	11:22
261	1144	Fátima Mesquita	pernetas	Veterana F40	01:54:07	01:54:04	11:25
262	1246	Sónia Rocha	individual	Veterana F40	01:54:31	01:54:14	11:27
263	1303	Francisco Fernando Ferreira da Silva	individual	Veterano M60	01:54:36	01:54:11	11:28
264	1331	Maria Benedita Sequeira Pinto Barreiros	individual	Sub 23 Feminino	01:54:39	01:54:28	11:28
265	1323	Maria da Conceição Lage Sequeira Pinto	individual	Veterana F45	01:54:39	01:54:28	11:28
266	1326	Mohammed Moudnib	individual	Veterano M40	01:54:39	01:54:26	11:28
267	1405	Ana Rita Nunes Claro	individual	Senior Feminino	01:55:19	01:55:06	11:32
268	1019	deolinda oliveira	airórun	Veterana F40	01:55:19	01:55:18	11:32
269	1386	Filipa Cabral	individual	Senior Feminino	01:55:39	01:55:30	11:34
270	1396	Susana Isabel Pereira Lopes Lopes	individual	Veterana F40	01:56:30	01:56:14	11:39
271	1239	Irene Videira	individual	Veterana F45	01:57:20	01:56:50	11:44
272	1387	Catarina Alexandra Santos Pereira	individual	Senior Feminino	01:58:17	01:58:08	11:50
273	1419	Sandra Almendra	grupo desportivo leões do veneza	Senior Feminino	01:59:14	01:59:10	11:55
274	1124	ORLANDO NOGUEIRA	oralklass-amigos do trail	Veterano M40	01:59:14	01:58:46	11:55
275	1413	Catarina Marinho	individual	Senior Feminino	01:59:27	01:59:16	11:57
276	1412	Sara Marinho	individual	Senior Feminino	01:59:27	01:59:17	11:57
277	1317	Navilia Fernando	individual	Veterana F45	01:59:36	01:59:11	11:58
278	1379	Noélia Moreira	individual	Senior Feminino	01:59:47	01:59:39	11:59
279	1394	Daniel Jorge Valente	individual	Senior Masculino	01:59:57	01:58:40	12:00
280	1344	Joana Gonçalves	individual	Senior Feminino	02:00:16	02:00:07	12:02
281	1244	Afonso Guedes	individual	Senior Masculino	02:00:27	02:00:16	12:03
282	1245	susana bogalho	individual	Senior Feminino	02:00:27	02:00:18	12:03
283	1054	LUÍSA MOREIRA	clube gbes - delegação do norte	Veterana F55	02:00:33	02:00:13	12:03
284	1210	Catarina Grandão Topa	individual	Senior Feminino	02:00:40	02:00:36	12:04
285	1028	Leonor Araújo	all among&together team	Senior Feminino	02:00:53	02:00:43	12:05
286	1219	Ana Carvalho	individual	Senior Feminino	02:02:25	02:02:13	12:14
287	1225	ana vilela	individual	Senior Feminino	02:02:25	02:02:13	12:15
288	1074	KISY UYEKI GUEDES	ffitgaia trail	Senior Feminino	02:02:26	02:02:23	12:15
289	1368	Maria Marlene Monteiro	individual	Senior Feminino	02:03:09	02:02:51	12:19
290	1369	Marlene Melaia	individual	Senior Feminino	02:03:39	02:03:22	12:22
291	1178	Helena Lobao	shots international runners	Senior Feminino	02:03:51	02:03:31	12:23
292	1113	Ricardo Jorge	mocidade s. gemil	Senior Masculino	02:04:04	02:03:51	12:24
293	1114	Isabel Monteiro	mocidade s. gemil	Senior Feminino	02:04:04	02:03:51	12:24
294	1138	Marta Mota	os turbomula d.o.c	Senior Feminino	02:04:34	02:04:08	12:27
295	1348	Noémia Vaz	individual	Senior Feminino	02:04:36	02:04:28	12:28
296	1358	Eunice Neves	individual	Veterana F40	02:04:39	02:04:15	12:28
297	1135	Carlos Mota	os turbomula d.o.c	Senior Masculino	02:04:46	02:04:20	12:29
298	1296	sandra cristina saião de almeida figueiredo	individual	Veterana F40	02:04:51	02:04:27	12:29
299	1337	Raquel Rodrigues	individual	Senior Feminino	02:05:31	02:05:18	12:33
300	1336	Sergio Borges	individual	Senior Masculino	02:05:31	02:05:19	12:33
301	1136	Filipe Nogueira	os turbomula d.o.c	Senior Masculino	02:06:04	02:05:41	12:36
302	1137	Sara Moreira	os turbomula d.o.c	Senior Feminino	02:06:04	02:05:41	12:36

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RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
303	1266	Márcia Liliana da Silva Ferreira Coelho	individual	Senior Feminino	02:06:23	02:06:18	12:38
304	1290	Maria da Conceição Rocha	individual	Senior Feminino	02:07:12	02:06:58	12:43
305	1289	Lídia Pereira	individual	Senior Feminino	02:07:12	02:06:59	12:43
306	1037	Minna Sillankorva	budeguita runners	Senior Feminino	02:08:24	02:07:49	12:50
307	1039	Ana Silva	budeguita runners	Senior Feminino	02:08:24	02:07:46	12:50
308	1040	Maria do Carmo Loureiro	budeguita runners	Veterana F40	02:08:24	02:07:49	12:50
309	1036	Isabel Lima	budeguita runners	Senior Feminino	02:08:24	02:07:48	12:50
310	1038	Isabel Marques	budeguita runners	Veterana F40	02:08:24	02:07:46	12:50
311	1041	Ana Dias	budeguita runners	Senior Feminino	02:08:25	02:07:49	12:50
312	1035	Sandra Oliveira	budeguita runners	Senior Feminino	02:08:25	02:07:53	12:51
313	1044	André Amorim	budeguita runners	Veterano M45	02:08:26	02:07:54	12:51
314	1043	Helena Dias	budeguita runners	Veterana F40	02:08:26	02:07:50	12:51
315	1145	Rui Gonçalves	portozanga	Veterano M55	02:08:40	02:08:18	12:52
316	1029	António Miguel Santos	all among&together team	Veterano M40	02:09:18	02:09:08	12:56
317	1026	Paula Daniel	all among&together team	Veterana F40	02:09:34	02:09:23	12:57
318	1027	Graça Casal	all among&together team	Veterana F45	02:09:34	02:09:21	12:57
319	1174	Daniela Lobato	she shesaid	Senior Feminino	02:09:47	02:09:38	12:59
320	1172	Marina Mendes	she shesaid	Senior Feminino	02:09:48	02:09:39	12:59
321	1373	Joana Cordeiro	individual	Senior Feminino	02:13:15	02:12:57	13:20
322	1372	Marta Mourão Corrêa Cordeiro	individual	Senior Feminino	02:13:17	02:12:58	13:20
323	1146	Sónia Nunes	portozanga	Senior Feminino	02:14:00	02:13:37	13:24
324	1007	Pedro Reis	doghouse	Veterano M40	02:15:16	02:15:05	13:32
325	1008	Salette Reis	doghouse	Veterana F40	02:15:16	02:15:05	13:32
326	1076	Jose Luis Aranha	ffitgaia trail	Veterano M45	02:16:18	02:16:14	13:38
327	1098	Filipa Silva	lusos xxi	Senior Feminino	02:17:20	02:17:02	13:44
328	1056	PAULO ALEXANDRE SANTOS	clube gbes - delegação do norte	Veterano M40	02:21:18	02:21:16	14:08
329	1025	António Carmo	all among&together team	Veterano M45	02:26:53	02:26:39	14:41
330	1129	Monica Fonseca	os faunos	Senior Feminino	02:29:03	02:28:36	14:54
331	1398	Andrea Cristina Moreira garcez	individual	Senior Feminino	02:33:08	02:32:50	15:19
332	1399	Célia Maria Oliveira Coelho	individual	Senior Feminino	02:33:08	02:32:51	15:19
333	1261	Bruno Monteiro	individual	Senior Masculino	02:34:19	02:33:57	15:26
334	1260	Sandra Carvalho	individual	Senior Feminino	02:34:19	02:33:59	15:26
335	1374	SÍLVIA SILVA	individual	Senior Feminino	02:35:10	02:34:40	15:31
336	1024	luis mota	airórun	Veterano M40	02:36:49	02:36:48	15:41
337	1236	MARIA ROSA SILVA PEREIRA COSTA	individual	Veterana F50	02:36:58	02:36:41	15:42
338	1237	DARIO MANUEL LEITE COSTA	individual	Veterano M45	02:36:58	02:36:42	15:42
339	1128	Joaquim Teixeira	os faunos	Senior Masculino	02:37:15	02:36:49	15:44
340	1130	Liliana Oliveira	os faunos	Senior Feminino	02:37:15	02:36:49	15:44
341	1184	António Pinho	swatrunners	Veterano M40	02:47:22	02:47:03	16:44
342	1185	Isabel Rangel	swatrunners	Veterana F40	02:47:22	02:47:02	16:44
343	1350	Cláudia Abrunhosa	individual	Veterana F40	02:50:22	02:49:52	17:02
344	1150	Alexandra Reis	reis do trail	Senior Feminino	02:50:22	02:49:52	17:02
345	261	Alice Sandra Nogueira Borges	individual	Senior Feminino	02:50:23	02:49:54	17:02
346	1406	Carla Maria Gomes Alves Leitão	individual	Senior Feminino	02:50:44	02:50:13	17:04
347	1149	Nuno Reis	reis do trail	Senior Masculino	02:50:44	02:50:12	17:04

