

12 KM

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1468	Bruno Silva	oralklass-amigos do trail	Senior Masculino	01:04:45		05:24
2	1097	Nuno Carneiro	clube zipper	Senior Masculino	01:04:45		05:24
3	1155	Belmiro Moreira Ferreira	grupo desportivo leões da guarda sport clube	Senior Masculino	01:06:11	+01:27	05:31
4	1083	Adelino Martins da silva	clube recreativo retorta	Senior Masculino	01:06:51	+02:06	05:34
5	1588	Bruno Miguel Amorim Rodrigues	umfca warriors	Senior Masculino	01:07:29	+02:45	05:37
6	1436	Hugo Gonçalves	marco trail	Senior Masculino	01:09:26	+04:42	05:47
7	1099	Nuno Ribeiro	clube zipper	Senior Masculino	01:11:33	+06:49	05:58
8	351	Fernando Taborda	oralklass-amigos do trail	Senior Masculino	01:11:58	+07:13	06:00
9	1122	Hélder Rocha	douroconta trail team	Senior Masculino	01:12:09	+07:24	06:01
10	1077	Camilo Guedes	clube pessoal aguas gaia	Senior Masculino	01:12:34	+07:50	06:03
11	1252	António Cabral	individual	Senior Masculino	01:12:51	+08:06	06:04
12	1157	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	01:13:53	+09:08	06:09
13	1112	Aderito Oliveira	da-lhe gas	Senior Masculino	01:14:38	+09:54	06:13
14	1237	Abílio Martins Almeida	individual	Senior Masculino	01:14:51	+10:06	06:14
15	1079	José Adelino	clube pessoal aguas gaia	Senior Masculino	01:15:12	+10:27	06:16
16	1105	Ricardo Rego	clube zipper	Senior Masculino	01:15:21	+10:36	06:17
17	1398	José Carlos F. Dias	josé carlos f. dias	Senior Masculino	01:15:29	+10:45	06:17
18	1320	Joel Sousa Pinto	individual	Senior Masculino	01:15:54	+11:10	06:20
19	1599	António Mendes	multipower gaia trail	Senior Masculino	01:16:10	+11:25	06:21
20	1035	Fernando Oliveira	aliança de gandra	Senior Masculino	01:17:13	+12:29	06:26
21	1308	Joao barbosa	individual	Senior Masculino	01:17:16	+12:32	06:26
22	1590	Diogo Leandro Ferreira da Silva	umfca warriors	Senior Masculino	01:17:16	+12:32	06:26
23	1121	Bruno Santos	douroconta trail team	Senior Masculino	01:18:13	+13:28	06:31
24	1104	Pedro Cancelo	clube zipper	Senior Masculino	01:18:25	+13:40	06:32
25	17	Filipe Moreira	aliança de gandra	Senior Masculino	01:18:48	+14:03	06:34
26	1470	João Pinti	oralklass-amigos do trail	Senior Masculino	01:19:12	+14:27	06:36
27	1363	Rafael campos dos santos	individual	Senior Masculino	01:19:13	+14:28	06:36
28	1002	Tania Covas Costa	.com-clube orientação minho	Senior Feminino	01:19:18	+14:34	06:37
29	1098	Nuno Cunha	clube zipper	Senior Masculino	01:19:52	+15:07	06:39
30	1113	Carlos Prudêncio	da-lhe gas	Senior Masculino	01:19:57	+15:13	06:40
31	1290	Francisco Miguel Matias Travassos	individual	Senior Masculino	01:20:08	+15:24	06:41
32	1103	Paulo Silva	clube zipper	Senior Masculino	01:20:27	+15:42	06:42
33	16	Agostinho Sousa	aliança de gandra	Senior Masculino	01:20:31	+15:47	06:43
34	1519	Lourenço Marques	porto sentido runners	Senior Masculino	01:20:33	+15:48	06:43
35	1241	Alcino Gomes	individual	Senior Masculino	01:20:44	+15:59	06:44
36	1124	Vítor Rio	douroconta trail team	Senior Masculino	01:20:54	+16:10	06:45
37	1291	Francisco Pinheiro	individual	Senior Masculino	01:21:09	+16:24	06:46
38	1465	Ivo Dias	oralklass-amigos do trail	Senior Masculino	01:22:27	+17:42	06:52
39	1076	RUI TEIXEIRA	clube novo banco - del. norte	Senior Masculino	01:22:31	+17:47	06:53
40	1074	PAULO SANTOS	clube novo banco - del. norte	Senior Masculino	01:22:31	+17:47	06:53
41	1263	Carlos André Teixeira Campos	individual	Senior Masculino	01:23:01	+18:17	06:55

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1476	Sara Carvalho	sc salgueiros 08	Senior Feminino	01:23:05	+18:21	06:55
43	1404	Filipe Pereira	kemedo team	Senior Masculino	01:23:27	+18:42	06:57
44	1591	João Miguel Monteiro Ribeiro	umfca warriors	Senior Masculino	01:24:28	+19:43	07:02
45	1297	Helder Ferreira	individual	Senior Masculino	01:24:32	+19:48	07:03
46	1041	Mário Almeida	aliança de gandra	Senior Masculino	01:24:43	+19:58	07:04
47	1115	José Pedro Sousa	da-lhe gas	Senior Masculino	01:24:48	+20:04	07:04
48	1114	José Carlos Rodrigues Gonçalves	da-lhe gas	Senior Masculino	01:24:48	+20:04	07:04
49	1082	Silvério Santos	clube pessoal aguas gaia	Senior Masculino	01:25:16	+20:32	07:06
50	1093	João Carolo	clube zipper	Senior Masculino	01:25:30	+20:46	07:08
51	1289	Filipe Neves	individual	Senior Masculino	01:25:45	+21:01	07:09
52	1316	João Valente	individual	Senior Masculino	01:25:45	+21:01	07:09
53	1059	Mário Rui Torres Gouveia	budeguita runners	Senior Masculino	01:25:52	+21:08	07:09
54	1036	Fernando Santos	aliança de gandra	Senior Masculino	01:26:05	+21:21	07:10
55	1472	José Santos	oralklass-amigos do trail	Senior Masculino	01:26:25	+21:41	07:12
56	1154	Nelson Moura	grande trilho santa maria	Senior Masculino	01:26:29	+21:45	07:12
57	1467	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	01:26:34	+21:49	07:13
58	21	José Neves	aliança de gandra	Senior Masculino	01:26:59	+22:14	07:15
59	1501	Lucinda Marques	paredes running	Senior Feminino	01:27:06	+22:21	07:16
60	1009	Pedro Vieira	a.d.sebolido trail boneca d'ouro	Senior Masculino	01:27:47	+23:03	07:19
61	1246	André Maria	individual	Senior Masculino	01:28:04	+23:19	07:20
62	1429	Sérgio Costa	lusos xxi	Senior Masculino	01:28:14	+23:30	07:21
63	1008	Tiago Castro	10temidos	Senior Masculino	01:28:28	+23:44	07:22
64	1275	David Filipe Gomes Henriques	individual	Senior Masculino	01:28:32	+23:47	07:23
65	1247	André Montenegro Ferreira	individual	Senior Masculino	01:29:08	+24:24	07:26
66	1534	Jorge Pacheco	ramalves	Senior Masculino	01:29:22	+24:38	07:27
67	1187	Hortense Tenda	individual	Senior Feminino	01:29:22	+24:38	07:27
68	1383	Sérgio Miguel Batista Couto	individual	Senior Masculino	01:29:42	+24:57	07:29
69	1420	Hugo Moreira	leões de tardariz trail	Senior Masculino	01:30:09	+25:24	07:31
70	1016	Carla Pinto	aliança de gandra	Senior Feminino	01:30:39	+25:54	07:33
71	1033	Carlos Campos	aliança de gandra	Senior Masculino	01:31:22	+26:37	07:37
72	1204	Margarida Pinto	individual	Senior Feminino	01:31:26	+26:41	07:37
73	1458	Marco Almeida	nascidos para correr	Senior Masculino	01:31:26	+26:41	07:37
74	1038	Hélder Moreira	aliança de gandra	Senior Masculino	01:31:43	+26:58	07:39
75	1058	Ricardo Barbosa	btt alegria / tubani	Senior Masculino	01:31:52	+27:07	07:39
76	1100	Paulo Alexandre Rodrigues	clube zipper	Senior Masculino	01:31:56	+27:11	07:40
77	143	Helder Parracho	individual	Senior Masculino	01:32:04	+27:19	07:40
78	1312	João Paulo Ferreira	individual	Senior Masculino	01:32:38	+27:54	07:43
79	379	Hugo Lopes	ss montepio	Senior Masculino	01:32:38	+27:54	07:43
80	1054	Bruno Filipe da Costa Mendes	amigos do pedal trailagares	Senior Masculino	01:33:15	+28:31	07:46
81	1462	Nuno Duarte	oporto blue whippets	Senior Masculino	01:33:17	+28:32	07:46
82	1329	José Pires	individual	Senior Masculino	01:33:26	+28:41	07:47
83	1088	António Teixeira	clube zipper	Senior Masculino	01:33:31	+28:46	07:48
84	1391	Tiago Santos	individual	Senior Masculino	01:33:38	+28:53	07:48
85	1505	Manuel Barbosa	paredes running	Senior Masculino	01:33:39	+28:54	07:48
86	46	Miguel Dias	clube novo banco - del. norte	Senior Masculino	01:33:40	+28:55	07:48
87	1464	Andreia Barbosa	oralklass-amigos do trail	Senior Feminino	01:33:42	+28:58	07:49

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1028	Sara Rafael	aliança de gandra	Senior Feminino	01:33:54	+29:09	07:50
89	1039	José Dias	aliança de gandra	Senior Masculino	01:34:01	+29:16	07:50
90	1396	Bruno Maia	javalis portugal	Senior Masculino	01:34:14	+29:29	07:51
91	1529	Joaquim Mesquita	profisio team	Senior Masculino	01:34:30	+29:46	07:53
92	1004	Octávio Andrade	.com-clube orientação minho	Senior Masculino	01:34:38	+29:53	07:53
93	1463	Pedro Sousa	oporto blue whippets	Senior Masculino	01:34:53	+30:08	07:54
94	1509	Afonso Bonifacio	pernetas	Senior Masculino	01:35:13	+30:28	07:56
95	1517	Ernesto Ribeiro	porto sentido runners	Senior Masculino	01:35:13	+30:28	07:56
96	1328	José Manuel Silva Oliveira	individual	Senior Masculino	01:35:16	+30:32	07:56
97	1516	Carlos Martins	porto sentido runners	Senior Masculino	01:35:24	+30:40	07:57
98	1305	Hugo Sousa	individual	Senior Masculino	01:35:41	+30:57	07:58
99	1106	Tiago Ramalho	clube zipper	Senior Masculino	01:35:45	+31:01	07:59
100	1426	Ricardo Fernandes	locomotiva de paranhos	Senior Masculino	01:35:48	+31:03	07:59
101	1342	Nelson Fernando Cardoso Leite	individual	Senior Masculino	01:36:02	+31:17	08:00
102	1594	Ricardo Filipe das Neves Brás	umfca warriors	Senior Masculino	01:36:09	+31:24	08:01
103	1593	Nuno Henrique Leirão Caraça	umfca warriors	Senior Masculino	01:36:09	+31:24	08:01
104	1231	Tânia Margarida Simões Rino	individual	Senior Feminino	01:36:14	+31:29	08:01
105	1250	André Santos	individual	Senior Masculino	01:36:20	+31:36	08:02
106	1052	Monica Isabel Vieira Coelho	amigos do pedal trailagares	Senior Feminino	01:36:45	+32:00	08:04
107	1279	Eduardo Esteves	individual	Senior Masculino	01:36:45	+32:01	08:04
108	1262	Bruno José Gomes Monteiro	individual	Senior Masculino	01:36:45	+32:01	08:04
109	1276	David Sousa	individual	Senior Masculino	01:36:48	+32:04	08:04
110	1350	Paulo Assis	individual	Senior Masculino	01:36:57	+32:13	08:05
111	1068	EUGÉNIO GONÇALVES	clube novo banco - del. norte	Senior Masculino	01:37:04	+32:19	08:05
112	1515	Bruno Guedes	porto sentido runners	Senior Masculino	01:37:07	+32:23	08:06
113	1128	BRUNO SOUSA	ele e ela	Senior Masculino	01:37:09	+32:25	08:06
114	1102	Paulo Sergio Ferreira	clube zipper	Senior Masculino	01:37:11	+32:27	08:06
115	1123	Tiago Pinto	douroconta trail team	Senior Masculino	01:37:24	+32:39	08:07
116	130	César Lopes	individual	Senior Masculino	01:37:26	+32:41	08:07
117	1323	Jorge Martinho Ribeiro	individual	Senior Masculino	01:37:36	+32:52	08:08
118	1080	José Barbosa	clube pessoal aguas gaia	Senior Masculino	01:37:41	+32:57	08:08
119	1380	sergio alberto costa sousa	individual	Senior Masculino	01:37:47	+33:02	08:09
120	1037	Francisco Bogalho	aliança de gandra	Senior Masculino	01:37:50	+33:05	08:09
121	1042	Paulo Sousa	aliança de gandra	Senior Masculino	01:37:50	+33:05	08:09
122	1090	Fernando Carneiro	clube zipper	Senior Masculino	01:37:52	+33:08	08:09
123	1034	Carlos Martins	aliança de gandra	Senior Masculino	01:37:54	+33:10	08:10
124	1324	José Adriano Mota	individual	Senior Masculino	01:38:02	+33:18	08:10
125	1261	Bruno Cardoso Araujo	individual	Senior Masculino	01:38:04	+33:20	08:10
126	1051	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	01:38:06	+33:22	08:11
127	1192	Joana Azevedo	individual	Senior Feminino	01:38:09	+33:24	08:11
128	1091	Filipe Sousa	clube zipper	Senior Masculino	01:38:12	+33:28	08:11
129	1119	Ricardo Fernandes	denirovip	Senior Masculino	01:38:48	+34:04	08:14
130	1393	Vitor Almeida	individual	Senior Masculino	01:38:56	+34:11	08:15
131	1571	Rui Vasques	ss montepio	Senior Masculino	01:39:04	+34:19	08:15
132	1586	Cristina Isabel Morais da Costa	umfca warriors	Senior Feminino	01:39:07	+34:23	08:16
133	1332	Leonel Belarmino Faria Alves	individual	Senior Masculino	01:39:32	+34:47	08:18

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	1355	Pedro Ferreira	individual	Senior Masculino	01:39:38	+34:53	08:18
135	1092	Gabriel Moreira	clube zipper	Senior Masculino	01:39:51	+35:07	08:19
136	1455	Antonio Fernandes	nascidos para correr	Senior Masculino	01:39:57	+35:12	08:20
137	1449	Joaquim Pereira	mozelos runners	Senior Masculino	01:40:05	+35:20	08:20
138	1146	AMERICO FRANÇA	frança	Senior Masculino	01:40:11	+35:26	08:21
139	1287	Filipe Manuel Ferreira da Conceição	locomotiva de paranhos	Senior Masculino	01:40:29	+35:44	08:22
140	1070	JORGE FERNANDES	clube novo banco - del. norte	Senior Masculino	01:40:31	+35:46	08:23
141	1543	Maria Manuela da Silva Freitas	rumo à aventura	Senior Feminino	01:40:36	+35:52	08:23
142	1385	Sérgio Moreira	individual	Senior Masculino	01:40:39	+35:55	08:23
143	1388	Simão Castro	individual	Senior Masculino	01:40:40	+35:55	08:23
144	1326	José Carlos Santos Coelho Pereira	individual	Senior Masculino	01:40:42	+35:58	08:24
145	1310	João Filipe Meneses Espinheira Rio	individual	Senior Masculino	01:40:50	+36:06	08:24
146	53	Helder Vieira	clube zipper	Senior Masculino	01:40:52	+36:08	08:24
147	1096	José Martins	clube zipper	Senior Masculino	01:41:12	+36:28	08:26
148	1294	Gilberto Orlando	individual	Senior Masculino	01:41:14	+36:30	08:26
149	1373	ricardoribeiro	individual	Senior Masculino	01:41:14	+36:30	08:26
150	1072	PAULO CERQUEIRA	clube novo banco - del. norte	Senior Masculino	01:41:38	+36:53	08:28
151	1514	Avelino Rodrigues	porto sentido runners	Senior Masculino	01:41:39	+36:55	08:28
152	1095	Joel Santos	clube zipper	Senior Masculino	01:41:46	+37:02	08:29
153	1349	Osmar Machado	individual	Senior Masculino	01:41:49	+37:05	08:29
154	1535	Rui Alves	ramalves	Senior Masculino	01:41:53	+37:09	08:29
155	1293	Gerson alves	individual	Senior Masculino	01:42:30	+37:46	08:33
156	1394	vitlor campos	individual	Senior Masculino	01:42:35	+37:51	08:33
157	1433	Paulo Cardoso	manos rt	Senior Masculino	01:42:36	+37:51	08:33
158	1012	Alexandra Padilha	aliança de gandra	Senior Feminino	01:42:40	+37:56	08:33
159	1013	Ana Pinto	aliança de gandra	Senior Feminino	01:42:41	+37:56	08:33
160	1057	Juca Teixeira	btt alegria / tubani	Senior Masculino	01:43:03	+38:19	08:35
161	1348	nuno sousa	individual	Senior Masculino	01:43:04	+38:19	08:35
162	1446	António Rodrigues	mozelos runners	Senior Masculino	01:43:07	+38:23	08:36
163	1387	SILVIO MIGUEL ALVES FERREIRA	individual	Senior Masculino	01:43:07	+38:23	08:36
164	1403	Fernando barata	kemedo team	Senior Masculino	01:43:28	+38:43	08:37
165	1239	ALBERTO CARVALHO	individual	Senior Masculino	01:43:32	+38:48	08:38
166	1504	Luis Ribeiro	paredes running	Senior Masculino	01:43:37	+38:53	08:38
167	1148	Bruno Marques	fura trilhos	Senior Masculino	01:43:53	+39:09	08:39
168	306	José Castro	leões de tardariz trail	Senior Masculino	01:43:58	+39:13	08:40
169	1089	Carlos Freixo	clube zipper	Senior Masculino	01:44:32	+39:47	08:43
170	1196	liliana vieira	individual	Senior Feminino	01:44:36	+39:52	08:43
171	1280	Eduardo Ferreira	individual	Senior Masculino	01:44:37	+39:53	08:43
172	1272	Cesar goncalves carneiro	individual	Senior Masculino	01:44:39	+39:55	08:43
173	1319	Joaquim Vidal	individual	Senior Masculino	01:44:39	+39:55	08:43
174	1518	Fernando Ferraz	porto sentido runners	Senior Masculino	01:44:48	+40:04	08:44
175	1071	JOSÉ MIRANDA	clube novo banco - del. norte	Senior Masculino	01:45:19	+40:35	08:47
176	1371	Ricardo Pinto	individual	Senior Masculino	01:45:21	+40:36	08:47
177	1466	Patricia Santos	oralklass-amigos do trail	Senior Feminino	01:45:23	+40:39	08:47
178	1005	Ana Campanhã	10temidos	Senior Feminino	01:45:26	+40:41	08:47

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
179	1006	Paulo Ribeiro	10temidos	Senior Masculino	01:45:26	+40:42	08:47
180	1045	Telmo Almeida	aliança de gandra	Senior Masculino	01:45:47	+41:02	08:49
181	1392	Vicente de Sousa	individual	Senior Masculino	01:45:47	+41:02	08:49
182	1149	Martinho Lopes	fura trilhos	Senior Masculino	01:45:53	+41:09	08:49
183	1303	Hugo Manuel Sousa Moreira	individual	Senior Masculino	01:46:10	+41:25	08:51
184	1161	Alzira	individual	Senior Feminino	01:46:29	+41:45	08:52
185	1376	Rogério de Almeida Pacheco	individual	Senior Masculino	01:46:30	+41:46	08:53
186	1450	Ana Vieira	multipower gaia trail	Senior Feminino	01:46:42	+41:58	08:54
187	1452	Fernando Patricio	multipower gaia trail	Senior Masculino	01:46:42	+41:58	08:54
188	1443	Helena Gomes	moinhos run - adrm	Senior Feminino	01:46:47	+42:02	08:54
189	1339	Manuel Vieira	individual	Senior Masculino	01:46:51	+42:07	08:54
190	1567	Pedro Soares	ss montepio	Senior Masculino	01:46:58	+42:13	08:55
191	1511	Dario lopes	pernetas	Senior Masculino	01:47:01	+42:17	08:55
192	1295	Goncalo Aroso	individual	Senior Masculino	01:47:02	+42:17	08:55
193	1444	Isabel Carvalho	moinhos run - adrm	Senior Feminino	01:47:07	+42:23	08:56
194	1550	paulo cunha	sogima	Senior Masculino	01:47:27	+42:42	08:57
195	1296	Gustavo Rangel	individual	Senior Masculino	01:47:40	+42:55	08:58
196	1147	António Ribeiro	fura trilhos	Senior Masculino	01:48:12	+43:28	09:01
197	1139	Pedro Silva	falta de treino	Senior Masculino	01:48:32	+43:47	09:03
198	1043	Roberto Moreira	aliança de gandra	Senior Masculino	01:48:32	+43:48	09:03
199	1318	Joaquim Torres	individual	Senior Masculino	01:48:34	+43:49	09:03
200	1267	carlos jorge oliveira figueiredo	individual	Senior Masculino	01:48:34	+43:49	09:03
201	1527	Vasco Ortigão Oliveira	portucale	Senior Masculino	01:48:35	+43:50	09:03
202	1564	Hugo Costa	ss montepio	Senior Masculino	01:49:28	+44:43	09:07
203	383	Julio Santos	ss montepio	Senior Masculino	01:49:36	+44:52	09:08
204	1565	Hugo Silva	ss montepio	Senior Masculino	01:49:40	+44:55	09:08
205	1378	Rui Miguel Oliveira Pinto Ferreira	individual	Senior Masculino	01:49:42	+44:58	09:09
206	1335	Luís Gomes	individual	Senior Masculino	01:49:56	+45:12	09:10
207	1087	Paula Nascimento	clubes zupper	Senior Feminino	01:50:14	+45:29	09:11
208	1086	Marisa Pereira	clubes zupper	Senior Feminino	01:50:14	+45:29	09:11
209	1075	PEDRO MIGUEL	clubes novo banco - del. norte	Senior Masculino	01:50:25	+45:40	09:12
210	1064	MARTA PASSOS	clubes novo banco - del. norte	Senior Feminino	01:50:25	+45:41	09:12
211	1049	serafim fonseca	amigos de s.pedro da cova	Senior Masculino	01:50:31	+45:46	09:13
212	1048	joão fonseca	amigos de s.pedro da cova	Senior Masculino	01:50:31	+45:47	09:13
213	1047	emidio pontes	amigos de s.pedro da cova	Senior Masculino	01:50:31	+45:47	09:13
214	1460	Emanuel Dias	one more mile	Senior Masculino	01:50:33	+45:48	09:13
215	1007	Rui Sá	10temidos	Senior Masculino	01:50:37	+45:52	09:13
216	1063	Avelino Pereira	ccdtc.m.gondomar	Senior Masculino	01:50:46	+46:01	09:14
217	276	Rui Fernandes	individual	Senior Masculino	01:50:46	+46:02	09:14
218	1539	helder rocha	reumatico	Senior Masculino	01:50:47	+46:02	09:14
219	1249	André Resende Vilar de figueiredo	individual	Senior Masculino	01:50:51	+46:06	09:14
220	1360	Pedro Resende	individual	Senior Masculino	01:50:51	+46:07	09:14
221	1214	Patricia rocha	locomotiva de paranhos	Senior Feminino	01:51:04	+46:19	09:15
222	1427	Sérgio Santos	locomotiva de paranhos	Senior Masculino	01:51:04	+46:20	09:15
223	1425	André Fraga	locomotiva de paranhos	Senior Masculino	01:51:04	+46:20	09:15
224	1359	Pedro Monteiro	individual	Senior Masculino	01:51:08	+46:23	09:16

TRAIL CURTO 12KM - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
225	1548	manuel vieira	sogima	Senior Masculino	01:51:09	+46:25	09:16
226	1414	Carlos Alves	la zinco	Senior Masculino	01:51:23	+46:39	09:17
227	1365	Ricardo Costa	individual	Senior Masculino	01:51:38	+46:54	09:18
228	1094	João Rodrigues	clube zipper	Senior Masculino	01:51:59	+47:14	09:20
229	1085	Cátia Moreira	clube zipper	Senior Feminino	01:51:59	+47:15	09:20
230	1101	Paulo Moraes	clube zipper	Senior Masculino	01:52:11	+47:26	09:21
231	1421	Filipe Pereira	lion runners – g. d. leões da guarda	Senior Masculino	01:52:16	+47:31	09:21
232	1180	Elisabete Cunha	individual	Senior Feminino	01:52:17	+47:33	09:21
233	1381	Sérgio Carneiro	individual	Senior Masculino	01:52:24	+47:40	09:22
234	1351	Paulo Carneiro	individual	Senior Masculino	01:52:24	+47:40	09:22
235	1257	António Rocha	individual	Senior Masculino	01:52:38	+47:54	09:23
236	1345	nuno braga	individual	Senior Masculino	01:52:48	+48:03	09:24
237	1447	Bernardino Silva	mozelos runners	Senior Masculino	01:52:56	+48:12	09:25
238	1384	Sérgio Miguel Durana Valente	individual	Senior Masculino	01:53:01	+48:17	09:25
239	1266	Carlos Filipe Pinto Silva Rola	individual	Senior Masculino	01:53:19	+48:35	09:27
240	1402	tiago neves	kandimba running	Senior Masculino	01:53:57	+49:13	09:30
241	1340	Mário Batista	individual	Senior Masculino	01:54:06	+49:21	09:31
242	1167	Cacilda Maria Sousa Ramos	individual	Senior Feminino	01:54:10	+49:25	09:31
243	1050	Carmen Moreira	amigos do pedal trailagares	Senior Feminino	01:54:15	+49:31	09:31
244	1304	Hugo Peixoto	individual	Senior Masculino	01:54:20	+49:36	09:32
245	1356	Pedro Gomes	individual	Senior Masculino	01:54:42	+49:57	09:34
246	1202	Márcia Silva	individual	Senior Feminino	01:54:42	+49:57	09:34
247	1212	Marlene Martins	individual	Senior Feminino	01:54:58	+50:14	09:35
248	1431	Nuno truta	maia ac	Senior Masculino	01:54:58	+50:14	09:35
249	1551	Cláudio Silva	somos nós team	Senior Masculino	01:55:11	+50:26	09:36
250	1260	Bruno André	individual	Senior Masculino	01:55:22	+50:38	09:37
251	1361	Pedro Travassos	individual	Senior Masculino	01:55:23	+50:38	09:37
252	1032	António Paiva	aliança de gandra	Senior Masculino	01:55:36	+50:51	09:38
253	1530	Pedro Anjos	pupilos	Senior Masculino	01:55:38	+50:54	09:38
254	1531	Sara Soares	pupilos	Senior Masculino	01:55:38	+50:54	09:38
255	1322	Jorge Manuel Borges Ferreira	individual	Senior Masculino	01:55:41	+50:57	09:38
256	1163	Ana Cláudia Pinheiro Marques	individual	Senior Feminino	01:55:44	+51:00	09:39
257	1244	Alvaro Cardoso	individual	Senior Masculino	01:56:03	+51:19	09:40
258	1215	Paula Fonseca	individual	Senior Feminino	01:56:04	+51:20	09:40
259	1285	Fernando Silva.	individual	Senior Masculino	01:56:05	+51:20	09:40
260	1026	Paula Silva	aliança de gandra	Senior Feminino	01:56:18	+51:33	09:42
261	49	RUI RODRIGUES	clube novo banco - del. norte	Senior Masculino	01:56:45	+52:00	09:44
262	1277	Diogo Trindade	individual	Senior Masculino	01:56:45	+52:00	09:44
263	1347	Nuno Mendes	individual	Senior Masculino	01:56:52	+52:07	09:44
264	1188	Idalina Martins	individual	Senior Feminino	01:56:58	+52:14	09:45
265	1552	Carla Barros	ss montepio	Senior Feminino	01:56:59	+52:14	09:45
266	1526	Miguel Soares Vieira	portucale	Senior Masculino	01:57:02	+52:18	09:45
267	1021	Fernanda Machado	aliança de gandra	Senior Feminino	01:57:31	+52:47	09:48
268	1503	Antonio Barbosa	paredes running	Senior Masculino	01:57:32	+52:48	09:48
269	1224	Sílvia Ferreira	individual	Senior Feminino	01:57:32	+52:48	09:48
270	1525	Filipe Soares Vieira	portucale	Senior Masculino	01:57:38	+52:53	09:48

Official Timekeeper: Lap2Go	6 / 12	generate 05-jun-2016 13:37
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TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
271	1346	Nuno Felgueiras	individual	Senior Masculino	01:57:40	+52:55	09:48
272	1374	Roberto Nogueira	individual	Senior Masculino	01:57:42	+52:58	09:49
273	1186	Helena Antunes	individual	Senior Feminino	01:57:43	+52:58	09:49
274	1248	André Oliveira	individual	Senior Masculino	01:57:44	+52:59	09:49
275	1243	Alfredo Rocha Astorga Viana	individual	Senior Masculino	01:57:52	+53:07	09:49
276	1325	Jose Carlos da Fonseca Magalhaes	individual	Senior Masculino	01:57:52	+53:07	09:49
277	1299	HENRIQUE GUEDES VICÊNCIO	individual	Senior Masculino	01:58:03	+53:18	09:50
278	1430	Marta marques	maia ac	Senior Feminino	01:58:30	+53:46	09:53
279	1210	Marina Sofia Ribeiro Rodrigues	individual	Senior Feminino	01:58:53	+54:08	09:54
280	1015	Carla Pereira	aliança de gandra	Senior Feminino	01:59:01	+54:16	09:55
281	1286	fernando teixeira	individual	Senior Masculino	01:59:02	+54:18	09:55
282	1125	Arlete Dias	dupla imbatível	Senior Feminino	01:59:04	+54:20	09:55
283	1126	Helder Santos	dupla imbatível	Senior Masculino	01:59:05	+54:20	09:55
284	1313	João Paulo Regal de Sousa	individual	Senior Masculino	01:59:06	+54:22	09:56
285	1555	Joana Direito	ss montepio	Senior Feminino	01:59:11	+54:27	09:56
286	1566	Ivo Martins	ss montepio	Senior Masculino	01:59:12	+54:27	09:56
287	1084	Cândida Vilas-Boas	clube zipper	Senior Feminino	01:59:12	+54:27	09:56
288	1513	Raquel Pereira	porto sentido runners	Senior Feminino	01:59:25	+54:40	09:57
289	1512	Elisabete Loureiro	porto sentido runners	Senior Feminino	01:59:25	+54:40	09:57
290	1182	Fatima Saraiva	individual	Senior Feminino	01:59:29	+54:44	09:57
291	1390	Tiago Mendes	individual	Senior Masculino	01:59:39	+54:55	09:58
292	1528	Teresa Oliveira	profisio team	Senior Feminino	01:59:45	+55:01	09:59
293	1459	Cristiana Nogueira	one more mile	Senior Feminino	01:59:47	+55:03	09:59
294	1461	Helder Magalhães	one more mile	Senior Masculino	01:59:47	+55:03	09:59
295	1353	Paulo Sampaio	individual	Senior Masculino	01:59:55	+55:11	10:00
296	1044	Sérgio Pereira	aliança de gandra	Senior Masculino	02:00:05	+55:20	10:00
297	1211	Marisa Martins	individual	Senior Feminino	02:00:07	+55:22	10:01
298	1278	Eduardo César Santos Guerra Ramalho	individual	Senior Masculino	02:00:08	+55:24	10:01
299	1270	Carlos Russo	individual	Senior Masculino	02:00:19	+55:35	10:02
300	1357	Pedro Manuel Silva	individual	Senior Masculino	02:00:28	+55:43	10:02
301	1166	ANABELA R MOREIRA	individual	Senior Feminino	02:00:46	+56:02	10:04
302	1397	Artur Cardoso	joão ferreira	Senior Masculino	02:00:53	+56:09	10:04
303	1061	Quim	caetano runners	Senior Masculino	02:00:54	+56:09	10:05
304	45	Rui Manuel Almeida Dias	clube galp energia norte	Senior Masculino	02:00:57	+56:12	10:05
305	1331	JOSE SOUSA PEREIRA	individual	Senior Masculino	02:00:57	+56:12	10:05
306	1401	alexandre sousa	kandimba running	Senior Masculino	02:00:57	+56:13	10:05
307	1264	Carlos Augusto	individual	Senior Masculino	02:00:57	+56:13	10:05
308	1228	Susana Luís	individual	Senior Feminino	02:01:05	+56:21	10:06
309	1338	MANUEL PINTO	individual	Senior Masculino	02:01:07	+56:22	10:06
310	1298	Helder Moreira	individual	Senior Masculino	02:01:07	+56:23	10:06
311	1453	Patricia fernandes	nascidos para correr	Senior Feminino	02:01:24	+56:39	10:07
312	1372	Ricardo Silva	individual	Senior Masculino	02:01:32	+56:48	10:08
313	1108	João Teixeira	crocodilos/misterpc	Senior Masculino	02:01:46	+57:01	10:09
314	1321	Jorge Fontes	individual	Senior Masculino	02:01:46	+57:02	10:09
315	1251	António Albuquerque	individual	Senior Masculino	02:01:46	+57:02	10:09

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
316	1030	Verónica Fontes	aliança de gandra	Senior Feminino	02:01:55	+57:11	10:10
317	1031	Ângelo Monteiro	aliança de gandra	Senior Masculino	02:01:55	+57:11	10:10
318	1174	CatarinaVidal	individual	Senior Feminino	02:02:00	+57:15	10:10
319	1507	Luís Marques	pari passu	Senior Masculino	02:02:02	+57:17	10:10
320	360	Paulo Macedo	pari passu	Senior Masculino	02:02:02	+57:18	10:10
321	1520	Vitor Martins	porto sentido runners	Senior Masculino	02:02:23	+57:39	10:12
322	1236	Verónica Maia	individual	Senior Feminino	02:02:34	+57:50	10:13
323	1307	Ivo Almeida	individual	Senior Masculino	02:02:34	+57:50	10:13
324	1066	TERESA PINTO	clube novo banco - del. norte	Senior Feminino	02:02:43	+57:58	10:14
325	1073	PAULO RIBEIRO	clube novo banco - del. norte	Senior Masculino	02:02:43	+57:59	10:14
326	1352	Paulo Marques	individual	Senior Masculino	02:02:45	+58:01	10:14
327	1415	David Alves	la zinco	Senior Masculino	02:02:51	+58:06	10:14
328	1412	Mariana Oliveira	la zinco	Senior Feminino	02:02:51	+58:06	10:14
329	1109	Cristina Dias	ctad - trilhos de cinfães	Senior Feminino	02:02:53	+58:09	10:14
330	1537	rosana martins	reumatico	Senior Feminino	02:03:01	+58:16	10:15
331	1540	sergio pereira	reumatico	Senior Masculino	02:03:01	+58:16	10:15
332	1259	ARMINDO SERRA MARTINS DOS SANTOS	individual	Senior Masculino	02:03:20	+58:35	10:17
333	1524	MANUEL PEREIRA	portocargo	Senior Masculino	02:03:23	+58:39	10:17
334	1292	Germano Sousa	individual	Senior Masculino	02:03:27	+58:42	10:17
335	1498	Monica Magalhaes	papa trails	Senior Feminino	02:03:57	+59:13	10:20
336	1132	Liliana Alves	ermida fit runners	Senior Feminino	02:04:07	+59:23	10:21
337	1133	Marisa Andreia Neves Dias	ermida fit runners	Senior Feminino	02:04:08	+59:24	10:21
338	1441	Carlos Almeida	miltrail	Senior Masculino	02:04:09	+59:24	10:21
339	1216	Rita João Marcelino Pereira	individual	Senior Feminino	02:04:11	+59:27	10:21
340	1583	Marlene Rodrigues	thunder team	Senior Feminino	02:04:25	+59:40	10:22
341	1584	Pedro Rodrigues	thunder team	Senior Masculino	02:04:25	+59:41	10:22
342	1368	Ricardo Jorge Castanheira Cardoso	individual	Senior Masculino	02:04:44	+59:59	10:24
343	1268	Carlos Miguel Castro	individual	Senior Masculino	02:04:44	+01:00:00	10:24
344	1229	Susana santos simao	individual	Senior Feminino	02:04:54	+01:00:09	10:25
345	1382	Sérgio Dinis	individual	Senior Masculino	02:04:56	+01:00:11	10:25
346	1499	Vitor Teixeira	papa trails	Senior Masculino	02:04:56	+01:00:12	10:25
347	1572	Sergio Oliveira	ss montepio	Senior Masculino	02:05:15	+01:00:31	10:26
348	1165	ana Paula Teixeira	individual	Senior Feminino	02:05:21	+01:00:37	10:27
349	1554	Fatima Leal	ss montepio	Senior Feminino	02:05:22	+01:00:37	10:27
350	1536	mara freitas	reumatico	Senior Feminino	02:05:30	+01:00:46	10:28
351	1375	Rodolfo Rangel	individual	Senior Masculino	02:05:40	+01:00:56	10:28
352	1233	Vanessa Santos	individual	Senior Feminino	02:05:47	+01:01:02	10:29
353	1256	António Manuel Freitas	individual	Senior Masculino	02:05:48	+01:01:03	10:29
354	1405	Pedro Duarte	kemedo team	Senior Masculino	02:05:50	+01:01:06	10:29
355	1136	Sergio Sousa	espera por mim	Senior Masculino	02:07:24	+01:02:40	10:37
356	1284	Fernando Manuel Carvalho Santos Silva	individual	Senior Masculino	02:07:40	+01:02:55	10:38
357	1399	susana coelho mendes	kandimba running	Senior Feminino	02:07:51	+01:03:07	10:39
358	1400	albino coelho mendes	kandimba running	Senior Masculino	02:07:51	+01:03:07	10:39
359	1314	João Pedro	individual	Senior Masculino	02:07:54	+01:03:09	10:40
360	1559	Susana Fontes	ss montepio	Senior Feminino	02:08:08	+01:03:23	10:41

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
361	1060	Zélia Campos Viana	caetano runners	Senior Feminino	02:08:13	+01:03:28	10:41
362	1502	Sonia Silva	paredes running	Senior Feminino	02:08:36	+01:03:51	10:43
363	1135	José Carlos Martins Carneiro	ermida fit runners	Senior Masculino	02:08:42	+01:03:57	10:44
364	1062	Branca Nabais	ccdfpjp	Senior Feminino	02:08:44	+01:03:59	10:44
365	1486	cristina costa	ou vai ou racha	Senior Feminino	02:08:45	+01:04:00	10:44
366	1435	Ricardo Cardoso	manos rt	Senior Masculino	02:08:51	+01:04:06	10:44
367	1110	André Cunha	cunhax	Senior Masculino	02:08:54	+01:04:09	10:45
368	1234	Vânia Monteiro	individual	Senior Feminino	02:09:03	+01:04:19	10:45
369	1454	Paula Ferreira	nascidos para correr	Senior Feminino	02:09:03	+01:04:19	10:45
370	1144	Celeste Vieira	fitspot - parque nascente	Senior Feminino	02:09:20	+01:04:35	10:47
371	1193	Karina Vasconcelos	individual	Senior Feminino	02:09:22	+01:04:38	10:47
372	1177	Cristina Rodrigues Teixeira Lopes	individual	Senior Feminino	02:09:25	+01:04:41	10:47
373	1022	Isabel Neves	aliança de gandra	Senior Feminino	02:09:36	+01:04:51	10:48
374	1017	Catarina Tavares	aliança de gandra	Senior Feminino	02:09:36	+01:04:51	10:48
375	1040	Marco Moreira	aliança de gandra	Senior Masculino	02:09:36	+01:04:51	10:48
376	1570	Rui Carvalho	ss montepio	Senior Masculino	02:09:37	+01:04:52	10:48
377	1448	Fernando Sousa	mozelos runners	Senior Masculino	02:10:04	+01:05:20	10:50
378	1541	Isaura Mesquita	rumo à aventura	Senior Feminino	02:10:17	+01:05:33	10:51
379	1542	Margarida Miranda	rumo à aventura	Senior Feminino	02:10:18	+01:05:33	10:52
380	1544	Patrícia Miranda	rumo à aventura	Senior Feminino	02:10:18	+01:05:33	10:52
381	1327	José Fernando Ribeiro Lopes	individual	Senior Masculino	02:10:22	+01:05:37	10:52
382	1055	maria lucinda barbosa moreira	barbosa	Senior Feminino	02:10:31	+01:05:47	10:53
383	1056	augusto pinto barbosa	barbosa	Senior Masculino	02:10:31	+01:05:47	10:53
384	1563	Francisco Moreira	ss montepio	Senior Masculino	02:10:40	+01:05:56	10:53
385	1153	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	02:10:50	+01:06:05	10:54
386	1344	Nuno Almeida	individual	Senior Masculino	02:10:50	+01:06:06	10:54
387	1553	Catia Sequeira	ss montepio	Senior Feminino	02:11:18	+01:06:34	10:57
388	1557	Patricia Abreu	ss montepio	Senior Feminino	02:11:18	+01:06:34	10:57
389	1569	Ricardo Rui Silva	ss montepio	Senior Masculino	02:11:18	+01:06:34	10:57
390	1561	Alfredo Abreu	ss montepio	Senior Masculino	02:11:18	+01:06:34	10:57
391	1568	Raul Pereira	ss montepio	Senior Masculino	02:11:19	+01:06:34	10:57
392	1434	Pedro Cardoso	manos rt	Senior Masculino	02:11:33	+01:06:49	10:58
393	1194	Leonilde Macedo	individual	Senior Feminino	02:11:55	+01:07:10	11:00
394	1067	ALBERTO LIZARDO	clube novo banco - del. norte	Senior Masculino	02:12:08	+01:07:24	11:01
395	1238	Agostinho Costa	individual	Senior Masculino	02:12:27	+01:07:43	11:02
396	1265	Carlos Conde	individual	Senior Masculino	02:12:27	+01:07:43	11:02
397	1496	Estela Oliveira	papa trails	Senior Feminino	02:12:51	+01:08:07	11:04
398	1377	Rui Almeida	individual	Senior Masculino	02:13:06	+01:08:22	11:06
399	1334	Luís Faria	individual	Senior Masculino	02:13:22	+01:08:37	11:07
400	1176	Cornelia Stoeckli	individual	Senior Feminino	02:13:52	+01:09:08	11:09
401	1173	Catarina Maria Campos Ferreira	individual	Senior Feminino	02:13:55	+01:09:11	11:10
402	1508	Paulo Oliveira	pari passu	Senior Masculino	02:14:55	+01:10:10	11:15
403	1506	Jorge Ferreira	pari passu	Senior Masculino	02:14:55	+01:10:10	11:15
404	1301	Hugo Adriano Ferreira Maia	individual	Senior Masculino	02:15:13	+01:10:29	11:16
405	1274	Daniel Ferreira	individual	Senior Masculino	02:15:14	+01:10:29	11:16
406	1232	Vanessa Lara Silva Martins	locomotiva de paranhos	Senior Feminino	02:15:45	+01:11:01	11:19

TRAIL CURTO 12KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
407	1364	Ricardo Augusto Rafael Arruda	individual	Senior Masculino	02:16:47	+01:12:03	11:24
408	1269	Carlos Miguel da Silva Rocha	individual	Senior Masculino	02:17:02	+01:12:18	11:25
409	1302	Hugo Alves	individual	Senior Masculino	02:17:06	+01:12:22	11:26
410	1027	Sandra Ferreira	aliança de gandra	Senior Feminino	02:17:30	+01:12:46	11:28
411	1020	Fernanda Leal	aliança de gandra	Senior Feminino	02:17:33	+01:12:49	11:28
412	1456	Antonio Rebocho	nascidos para correr	Senior Masculino	02:17:52	+01:13:08	11:29
413	1475	paulo santos	os aceleras	Senior Masculino	02:18:11	+01:13:27	11:31
414	1145	FERNANDA FRANÇA	frança	Senior Feminino	02:18:33	+01:13:48	11:33
415	1171	Carla Teixeira	individual	Senior Feminino	02:18:34	+01:13:49	11:33
416	1424	Sónia Santos	locomotiva de paranhos	Senior Feminino	02:19:01	+01:14:16	11:35
417	1418	Sara Gomes	leões de tardariz trail	Senior Feminino	02:19:07	+01:14:22	11:36
418	1242	Alexandre Joao Lopes	individual	Senior Masculino	02:19:19	+01:14:35	11:37
419	1160	Alexandra Pereira Lopes	individual	Senior Feminino	02:19:19	+01:14:35	11:37
420	1389	Telmo Rodrigues	individual	Senior Masculino	02:19:25	+01:14:40	11:37
421	1442	Edite Lopes	moinhos run - adrm	Senior Feminino	02:19:41	+01:14:57	11:38
422	1445	Nuno Moreira	moinhos run - adrm	Senior Masculino	02:19:42	+01:14:57	11:39
423	1053	Natalia Ferreira	amigos do pedal trailagares	Senior Feminino	02:19:55	+01:15:10	11:40
424	1001	Angela Silva	#mirras	Senior Feminino	02:20:30	+01:15:45	11:43
425	1172	Catarina Campos	individual	Senior Feminino	02:20:34	+01:15:49	11:43
426	36	Liliana Brandão	brandão pinho	Senior Feminino	02:20:42	+01:15:57	11:44
427	1158	Alexandra mouta	individual	Senior Feminino	02:20:56	+01:16:11	11:45
428	1423	Rita Freitas	locomotiva de paranhos	Senior Feminino	02:21:08	+01:16:24	11:46
429	1474	camila pinto	os aceleras	Senior Feminino	02:21:22	+01:16:38	11:47
430	1023	Maria Neves	aliança de gandra	Senior Feminino	02:21:49	+01:17:05	11:49
431	1178	Dalila Teixeira	individual	Senior Feminino	02:22:42	+01:17:58	11:54
432	1046	Vitor Rocha	aliança de gandra	Senior Masculino	02:22:51	+01:18:06	11:54
433	1111	Raul Cunha	cunhax	Senior Masculino	02:23:26	+01:18:41	11:57
434	1221	Sara Pereira	individual	Senior Feminino	02:23:39	+01:18:54	11:58
435	1273	Cláudio Filipe da Silva Tereso	individual	Senior Masculino	02:23:43	+01:18:58	11:59
436	1533	Raquel Santos	pupis	Senior Feminino	02:23:56	+01:19:12	12:00
437	1532	Oriana Moreira	pupis	Senior Feminino	02:24:00	+01:19:15	12:00
438	1197	Luisa Nogueira	individual	Senior Feminino	02:24:32	+01:19:48	12:03
439	1141	Carlos Leal	familia patanisca	Senior Masculino	02:25:06	+01:20:21	12:06
440	1140	Rita Leal	familia patanisca	Senior Feminino	02:25:06	+01:20:22	12:06
441	1595	Gisélia Braga	wild runners	Senior Feminino	02:26:46	+01:22:01	12:14
442	1596	David Silva	wild runners	Senior Masculino	02:26:46	+01:22:01	12:14
443	341	Cristina Moreira	nascidos para correr	Senior Feminino	02:26:59	+01:22:14	12:15
444	1184	Goreti Ferraz	individual	Senior Feminino	02:27:54	+01:23:09	12:20
445	1230	Susy Costa	individual	Senior Feminino	02:28:00	+01:23:16	12:20
446	1354	Paulo Sousa	individual	Senior Masculino	02:28:01	+01:23:16	12:20
447	1142	Silvia Castelo	fardetas	Senior Feminino	02:28:01	+01:23:16	12:20
448	1143	José Castelo	fardetas	Senior Masculino	02:28:01	+01:23:17	12:20
449	1179	Elisa Pereira	individual	Senior Feminino	02:28:30	+01:23:45	12:23
450	1333	Luís Alves	individual	Senior Masculino	02:28:38	+01:23:53	12:23
451	1169	Carla Maia	individual	Senior Feminino	02:28:58	+01:24:14	12:25
452	1235	Vera alexandra gonçalves lima	individual	Senior Feminino	02:29:10	+01:24:25	12:26

TRAIL CURTO 12KM - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
453	1417	Alexandra Correia	leões de tardariz trail	Senior Feminino	02:29:10	+01:24:26	12:26
454	1131	Rita Gonçalves	equipa João Ferreira	Senior Feminino	02:29:19	+01:24:35	12:27
455	1130	Maria Fonseca	equipa João Ferreira	Senior Feminino	02:29:19	+01:24:35	12:27
456	1560	Tania Rebelo	ss Montepio	Senior Feminino	02:30:11	+01:25:27	12:31
457	1558	Patricia Rebelo	ss Montepio	Senior Feminino	02:30:36	+01:25:52	12:33
458	1547	Jose Pinheiro	Sogima	Senior Masculino	02:32:00	+01:27:16	12:40
459	1370	Ricardo Nogueira	individual	Senior Masculino	02:32:03	+01:27:19	12:41
460	1138	Gene Gomes Torres	falta de treino	Senior Masculino	02:32:26	+01:27:42	12:42
461	1258	Armindo Moura	individual	Senior Masculino	02:32:39	+01:27:55	12:43
462	1597	Paulo Graça	individual	Senior Masculino	02:32:40	+01:27:55	12:43
463	1598	Ângela Graça	individual	Senior Feminino	02:32:40	+01:27:55	12:43
464	1410	Andreia Carvalho	la zinco	Senior Feminino	02:32:57	+01:28:13	12:45
465	1413	Paula Silva	la zinco	Senior Feminino	02:32:58	+01:28:13	12:45
466	1282	Elisabete Santos	individual	Senior Masculino	02:33:16	+01:28:31	12:46
467	1181	Elsa Maria Flor Fernandes	individual	Senior Feminino	02:33:16	+01:28:31	12:46
468	1227	SUSANA BAGULHO GUERRA	individual	Senior Feminino	02:33:30	+01:28:45	12:48
469	1386	Sérgio Sousa	individual	Senior Masculino	02:33:56	+01:29:12	12:50
470	1220	Sara Daniela Cunha Russo	individual	Senior Feminino	02:34:17	+01:29:33	12:51
471	1500	Ana Ferreira	paredes running	Senior Feminino	02:34:29	+01:29:44	12:52
472	1330	José Saraiva	individual	Senior Masculino	02:35:31	+01:30:46	12:58
473	1201	MANUELA AZEVEDO	individual	Senior Feminino	02:36:12	+01:31:28	13:01
474	1011	António Picotês	abutres do douro	Senior Masculino	02:36:18	+01:31:33	13:02
475	1010	Carla Carvalho	abutres do douro	Senior Feminino	02:36:18	+01:31:33	13:02
476	1395	Antónia Ferreira	inimigos do podium	Senior Feminino	02:36:26	+01:31:41	13:02
477	1538	bruno fonseca	reumatico	Senior Masculino	02:36:27	+01:31:43	13:02
478	1137	Alice Manuela Dias Coelho	falta de treino	Senior Feminino	02:36:38	+01:31:54	13:03
479	1024	Maria Oliveira	aliança de gandra	Senior Feminino	02:36:46	+01:32:02	13:04
480	1018	Celina Ferreira	aliança de gandra	Senior Feminino	02:36:46	+01:32:02	13:04
481	1487	Fernanda Magalhães	ou vai ou racha	Senior Feminino	02:37:18	+01:32:34	13:07
482	1484	Carla Gabriel	ou vai ou racha	Senior Feminino	02:37:18	+01:32:34	13:07
483	1205	Maria Filomena Venâncio Lopes Marcelo	individual	Senior Feminino	02:37:47	+01:33:02	13:09
484	1556	Olga Malheiro	ss Montepio	Senior Feminino	02:38:24	+01:33:40	13:12
485	1117	Diana Brito	dbearth	Senior Feminino	02:38:35	+01:33:50	13:13
486	1118	Nuno Ribeiro	dbearth	Senior Masculino	02:38:35	+01:33:50	13:13
487	1189	Isabel Gonçalves	individual	Senior Feminino	02:38:45	+01:34:01	13:14
488	1199	M.Joao Nogueira	individual	Senior Feminino	02:39:31	+01:34:46	13:18
489	1306	Hugo Vitor Gomes Correia	individual	Senior Masculino	02:40:35	+01:35:51	13:23
490	1253	Antonio Carlos Fernandes da Costa	individual	Senior Masculino	02:40:35	+01:35:51	13:23
491	1151	MARISA SILVA	gdc	Senior Feminino	02:40:36	+01:35:51	13:23
492	1198	Luzia Conceição Sousa Azevedo	individual	Senior Feminino	02:40:37	+01:35:52	13:23
493	1522	Dinis Sousa	portocargo	Senior Masculino	02:40:40	+01:35:55	13:23
494	1521	Carme Loureiro	portocargo	Senior Feminino	02:40:40	+01:35:56	13:23
495	1185	Guilhermina Maria Beira Pinto Rocha	individual	Senior Feminino	02:40:41	+01:35:56	13:23
496	1065	RUTE RIBEIRO	Clube Novo Banco - del. Norte	Senior Feminino	02:40:42	+01:35:57	13:24
497	1585	Vanía Santos	Trail Sra do Salto	Senior Feminino	02:40:48	+01:36:03	13:24

12 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
498	1369	Ricardo Macedo	individual	Senior Masculino	02:40:48	+01:36:04	13:24
499	1207	Maria João Silva	individual	Senior Feminino	02:40:48	+01:36:04	13:24
500	1281	Élio Veiga	individual	Senior Masculino	02:41:53	+01:37:08	13:29
501	1190	Isabel Mesquita	individual	Senior Feminino	02:42:18	+01:37:33	13:32
502	1162	Ana Catarina Lino Delerue	individual	Senior Feminino	02:42:19	+01:37:34	13:32
503	1358	Pedro Miguel Cristóvão Próspero	individual	Senior Masculino	02:42:50	+01:38:05	13:34
504	1191	Isabel Susana da Silva Moreira Próspero	individual	Senior Feminino	02:42:50	+01:38:05	13:34
505	1156	Sandra Almendra	grupo desportivo santander totta	Senior Feminino	02:43:21	+01:38:36	13:37
506	1575	Irene Madeira	su team & friends	Senior Feminino	02:44:59	+01:40:14	13:45
507	1574	Daniela Dias	su team & friends	Senior Feminino	02:45:00	+01:40:15	13:45
508	1573	Andreia Moura	su team & friends	Senior Feminino	02:45:00	+01:40:16	13:45
509	1577	Patricia Antunes	su team & friends	Senior Feminino	02:45:05	+01:40:20	13:45
510	1485	catia sofia neves braga	ou vai ou racha	Senior Feminino	02:46:43	+01:41:59	13:54
511	1492	Paula Sousa	ou vai ou racha	Senior Feminino	02:46:57	+01:42:13	13:55
512	1493	Silvia Rute Maciel	ou vai ou racha	Senior Feminino	02:46:59	+01:42:14	13:55
513	1343	Norberto Simões Eustáquio	individual	Senior Masculino	02:47:06	+01:42:22	13:56
514	1025	Natália Moreira	aliança de gandra	Senior Feminino	02:47:16	+01:42:31	13:56
515	1490	Maria Fátima Martins Paiva	ou vai ou racha	Senior Feminino	02:47:21	+01:42:37	13:57
516	1019	Elisabete Silva	aliança de gandra	Senior Feminino	02:47:22	+01:42:37	13:57
517	1217	Rosalina Marques	individual	Senior Feminino	02:47:36	+01:42:52	13:58
518	1183	Gisela Ferreira	individual	Senior Feminino	02:47:37	+01:42:52	13:58
519	1523	MANUEL ALMEIDA	portocargo	Senior Masculino	02:47:45	+01:43:01	13:59
520	1195	Liliana Marques	individual	Senior Feminino	02:48:12	+01:43:27	14:01
521	1483	ana rita barros neves magalhaes	ou vai ou racha	Senior Feminino	02:48:26	+01:43:42	14:02
522	1416	Luis Silva	la zinco	Senior Masculino	02:48:48	+01:44:04	14:04
523	1411	Joana Ferreira	la zinco	Senior Feminino	02:48:48	+01:44:04	14:04
524	1488	maria arminda faria maciel	ou vai ou racha	Senior Feminino	02:49:00	+01:44:15	14:05
525	1482	Adília Baltazar	ou vai ou racha	Senior Feminino	02:49:22	+01:44:37	14:07
526	1029	Silvia Pinto	aliança de gandra	Senior Feminino	02:50:54	+01:46:09	14:15
527	1014	Angela Almeida	aliança de gandra	Senior Feminino	02:50:54	+01:46:10	14:15
528	1432	Raquel Santos	manos rt	Senior Feminino	02:53:14	+01:48:30	14:26
529	1219	sandra Reis	individual	Senior Feminino	02:55:15	+01:50:30	14:36
530	1223	Sara Soares	individual	Senior Feminino	03:06:40	+02:01:55	15:33
531	1170	Carla Sousa	individual	Senior Feminino	03:06:40	+02:01:56	15:33

Trail Curto 12Km

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	15,6°C	80%
End	12:36	15,6°C	80%

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

1	1002	Tania Covas Costa	.COM-Clube Orientação Minho	Senior Feminino	01:19:19	06:37
2	1476	Sara Carvalho	SC Salgueiros 08	Senior Feminino	01:23:06	+03:47 06:55
3	1467	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	01:26:34	+07:15 07:13
4	1501	Lucinda Marques	Paredes Running	Senior Feminino	01:27:06	+07:47 07:16
5	1187	Hortense Tenda	Individual	Senior Feminino	01:29:23	+10:04 07:27
6	1016	Carla Pinto	ALIANÇA DE GANDRA	Senior Feminino	01:30:39	+11:20 07:33
7	1204	Margarida Pinto	Individual	Senior Feminino	01:31:26	+12:07 07:37
8	1464	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	01:33:43	+14:24 07:49
9	1028	Sara Rafael	ALIANÇA DE GANDRA	Senior Feminino	01:33:54	+14:35 07:50
10	1231	Tânia Margarida Simões Rino	Individual	Senior Feminino	01:36:14	+16:55 08:01
11	1052	Monica Isabel Vieira Coelho	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:36:45	+17:26 08:04
12	1051	Maria José Pereira Leão	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:38:07	+18:48 08:11
13	1192	Joana Azevedo	Individual	Senior Feminino	01:38:09	+18:50 08:11
14	1586	Cristina Isabel Moraes da Costa	UMFCA WARRIORS	Senior Feminino	01:39:08	+19:49 08:16
15	1543	Maria Manuela da Silva Freitas	Rumo à Aventura	Senior Feminino	01:40:37	+21:18 08:23
16	1012	Alexandra Padilha	ALIANÇA DE GANDRA	Senior Feminino	01:42:41	+23:22 08:33
17	1013	Ana Pinto	ALIANÇA DE GANDRA	Senior Feminino	01:42:41	+23:22 08:33
18	1196	liliana vieira	Individual	Senior Feminino	01:44:37	+25:18 08:43
19	1466	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	01:45:24	+26:05 08:47
20	1005	Ana Campanhã	10TEMIDOS	Senior Feminino	01:45:26	+26:07 08:47
21	1161	Alzira	Individual	Senior Feminino	01:46:30	+27:11 08:52
22	1450	Ana Vieira	MULTIPOWER GAIA TRAIL	Senior Feminino	01:46:43	+27:24 08:54
23	1443	Helena Gomes	Moinhos Run - ADRM	Senior Feminino	01:46:47	+27:28 08:54
24	1444	Isabel Carvalho	Moinhos Run - ADRM	Senior Feminino	01:47:08	+27:49 08:56
25	1087	Paula Nascimento	Clube Zupper	Senior Feminino	01:50:14	+30:55 09:11
26	1086	Marisa Pereira	Clube Zupper	Senior Feminino	01:50:14	+30:55 09:11
27	1064	MARTA PASSOS	CLUBE NOVO BANCO - DEL. NORTE	Senior Feminino	01:50:26	+31:07 09:12
28	1214	Patricia rocha	LOCOMOTIVA DE PARANHOS	Senior Feminino	01:51:04	+31:45 09:15
29	1085	Cátia Moreira	Clube Zupper	Senior Feminino	01:52:00	+32:41 09:20
30	1180	Elisabete Cunha	Individual	Senior Feminino	01:52:18	+32:59 09:21
31	1167	Cacilda Maria Sousa Ramos	Individual	Senior Feminino	01:54:10	+34:51 09:31
32	1050	Carmen Moreira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:54:16	+34:57 09:31
33	1202	Márcia Silva	Individual	Senior Feminino	01:54:42	+35:23 09:34
34	1212	Marlene Martins	Individual	Senior Feminino	01:54:59	+35:40 09:35
35	1163	Ana Cláudia Pinheiro Marques	Individual	Senior Feminino	01:55:45	+36:26 09:39
36	1215	Paula Fonseca	Individual	Senior Feminino	01:56:05	+36:46 09:40
37	1026	Paula Silva	ALIANÇA DE GANDRA	Senior Feminino	01:56:18	+36:59 09:42

Official Timekeeper: Lap2Go	1 / 13	generate 05-jun-2016 13:38
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Trail Curto 12Km

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

38	1188	Idalina Martins	Individual	Senior Feminino	01:56:59	+37:40	09:45
39	1552	Carla Barros	SS MONTEPIO	Senior Feminino	01:56:59	+37:40	09:45
40	1021	Fernanda Machado	ALIANÇA DE GANDRA	Senior Feminino	01:57:32	+38:13	09:48
41	1224	Sílvia Ferreira	Individual	Senior Feminino	01:57:33	+38:14	09:48
42	1186	Helena Antunes	Individual	Senior Feminino	01:57:43	+38:24	09:49
43	1430	Marta marques	Maia AC	Senior Feminino	01:58:31	+39:12	09:53
44	1210	Marina Sofia Ribeiro Rodrigues	Individual	Senior Feminino	01:58:53	+39:34	09:54
45	1015	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	01:59:01	+39:42	09:55
46	1125	Arlete Dias	Dupla Imbatível	Senior Feminino	01:59:05	+39:46	09:55
47	1555	Joana Direito	SS MONTEPIO	Senior Feminino	01:59:12	+39:53	09:56
48	1084	Cândida Vilas-Boas	Clube Zupper	Senior Feminino	01:59:12	+39:53	09:56
49	1513	Raquel Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:59:25	+40:06	09:57
50	1512	Elisabete Loureiro	PORTO SENTIDO RUNNERS	Senior Feminino	01:59:25	+40:06	09:57
51	1182	Fatima Saraiva	Individual	Senior Feminino	01:59:29	+40:10	09:57
52	1528	Teresa Oliveira	Profisio Team	Senior Feminino	01:59:46	+40:27	09:59
53	1459	Cristiana Nogueira	ONE MORE MILE	Senior Feminino	01:59:48	+40:29	09:59
54	1211	Marisa Martins	Individual	Senior Feminino	02:00:07	+40:48	10:01
55	1166	ANABELA R MOREIRA	Individual	Senior Feminino	02:00:47	+41:28	10:04
56	1228	Susana Luís	Individual	Senior Feminino	02:01:06	+41:47	10:06
57	1453	Patricia fernandes	Nascidos para Correr	Senior Feminino	02:01:24	+42:05	10:07
58	1030	Verónica Fontes	ALIANÇA DE GANDRA	Senior Feminino	02:01:56	+42:37	10:10
59	1174	CatarinaVidal	Individual	Senior Feminino	02:02:00	+42:41	10:10
60	1236	Verónica Maia	Individual	Senior Feminino	02:02:35	+43:16	10:13
61	1066	TERESA PINTO	CLUBE NOVO BANCO - DEL. NORTE	Senior Feminino	02:02:43	+43:24	10:14
62	1412	Mariana Oliveira	LA Zinco	Senior Feminino	02:02:51	+43:32	10:14
63	1109	Cristina Dias	CTAD - Trilhos de Cinfães	Senior Feminino	02:02:54	+43:35	10:14
64	1537	rosana martins	reumatico	Senior Feminino	02:03:01	+43:42	10:15
65	1498	Monica Magalhaes	PAPA TRAILS	Senior Feminino	02:03:58	+44:39	10:20
66	1132	Liliana Alves	Ermida Fit Runners	Senior Feminino	02:04:08	+44:49	10:21
67	1133	Marisa Andreia Neves Dias	Ermida Fit Runners	Senior Feminino	02:04:09	+44:50	10:21
68	1216	Rita João Marcelino Pereira	Individual	Senior Feminino	02:04:12	+44:53	10:21
69	1583	Marlene Rodrigues	Thunder Team	Senior Feminino	02:04:25	+45:06	10:22
70	1229	Susana santos simao	Individual	Senior Feminino	02:04:54	+45:35	10:25
71	1165	ana Paula Teixeira	Individual	Senior Feminino	02:05:22	+46:03	10:27
72	1554	Fatima Leal	SS MONTEPIO	Senior Feminino	02:05:22	+46:03	10:27
73	1536	mara freitas	reumatico	Senior Feminino	02:05:31	+46:12	10:28
74	1233	Vanessa Santos	Individual	Senior Feminino	02:05:47	+46:28	10:29
75	1399	susana coelho mendes	kandimba running	Senior Feminino	02:07:52	+48:33	10:39
76	1559	Susana Fontes	SS MONTEPIO	Senior Feminino	02:08:08	+48:49	10:41
77	1060	Zélia Campos Viana	CAETANO RUNNERS	Senior Feminino	02:08:13	+48:54	10:41
78	1502	Sonia Silva	Paredes Running	Senior Feminino	02:08:36	+49:17	10:43
79	1062	Branca Nabais	CCDFPJP	Senior Feminino	02:08:44	+49:25	10:44
80	1486	cristina costa	Ou vai ou racha	Senior Feminino	02:08:45	+49:26	10:44
81	1234	Vânia Monteiro	Individual	Senior Feminino	02:09:04	+49:45	10:45
82	1454	Paula Ferreira	Nascidos para Correr	Senior Feminino	02:09:04	+49:45	10:45
83	1144	Celeste Vieira	Fitspot - Parque Nascente	Senior Feminino	02:09:20	+50:01	10:47

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Trail Curto 12Km

12 KM

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84	1193	Karina Vasconcelos	Individual	Senior Feminino	02:09:23	+50:04	10:47
85	1177	Cristina Rodrigues Teixeira Lopes	Individual	Senior Feminino	02:09:26	+50:07	10:47
86	1022	Isabel Neves	ALIANÇA DE GANDRA	Senior Feminino	02:09:36	+50:17	10:48
87	1017	Catarina Tavares	ALIANÇA DE GANDRA	Senior Feminino	02:09:36	+50:17	10:48
88	1541	Isaura Mesquita	Rumo à Aventura	Senior Feminino	02:10:18	+50:59	10:51
89	1542	Margarida Miranda	Rumo à Aventura	Senior Feminino	02:10:18	+50:59	10:52
90	1544	Patrícia Miranda	Rumo à Aventura	Senior Feminino	02:10:18	+50:59	10:52
91	1055	maria lucinda barbosa moreira	barbosa	Senior Feminino	02:10:32	+51:13	10:53
92	1553	Catia Sequeira	SS MONTEPIO	Senior Feminino	02:11:19	+52:00	10:57
93	1557	Patricia Abreu	SS MONTEPIO	Senior Feminino	02:11:19	+52:00	10:57
94	1194	Leonilde Macedo	Individual	Senior Feminino	02:11:55	+52:36	11:00
95	1496	Estela Oliveira	PAPA TRAILS	Senior Feminino	02:12:52	+53:33	11:04
96	1176	Cornelia Stoeckli	Individual	Senior Feminino	02:13:53	+54:34	11:09
97	1173	Catarina Maria Campos Ferreira	Individual	Senior Feminino	02:13:56	+54:37	11:10
98	1232	Vanessa Lara Silva Martins	LOCOMOTIVA DE PARANHOS	Senior Feminino	02:15:46	+56:27	11:19
99	1027	Sandra Ferreira	ALIANÇA DE GANDRA	Senior Feminino	02:17:31	+58:12	11:28
100	1020	Fernanda Leal	ALIANÇA DE GANDRA	Senior Feminino	02:17:34	+58:15	11:28
101	1145	FERNANDA FRANÇA	frança	Senior Feminino	02:18:33	+59:14	11:33
102	1171	Carla Teixeira	Individual	Senior Feminino	02:18:34	+59:15	11:33
103	1424	Sónia Santos	LOCOMOTIVA DE PARANHOS	Senior Feminino	02:19:01	+59:42	11:35
104	1418	Sara Gomes	Leões de Tardariz Trail	Senior Feminino	02:19:07	+59:48	11:36
105	1160	Alexandra Pereira Lopes	Individual	Senior Feminino	02:19:20	+01:00:01	11:37
106	1442	Edite Lopes	Moinhos Run - ADRM	Senior Feminino	02:19:42	+01:00:23	11:38
107	1053	Natalia Ferreira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	02:19:55	+01:00:36	11:40
108	1001	Angela Silva	#MIRRAS	Senior Feminino	02:20:30	+01:01:11	11:43
109	1172	Catarina Campos	Individual	Senior Feminino	02:20:34	+01:01:15	11:43
110	36	Liliana Brandão	Brandão Pinho	Senior Feminino	02:20:42	+01:01:23	11:44
111	1158	Alexandra mouta	Individual	Senior Feminino	02:20:56	+01:01:37	11:45
112	1423	Rita Freitas	LOCOMOTIVA DE PARANHOS	Senior Feminino	02:21:09	+01:01:50	11:46
113	1474	camila pinto	Os Aceleras	Senior Feminino	02:21:23	+01:02:04	11:47
114	1023	Maria Neves	ALIANÇA DE GANDRA	Senior Feminino	02:21:50	+01:02:31	11:49
115	1178	Dalila Teixeira	Individual	Senior Feminino	02:22:43	+01:03:24	11:54
116	1221	Sara Pereira	Individual	Senior Feminino	02:23:39	+01:04:20	11:58
117	1533	Raquel Santos	Pupis	Senior Feminino	02:23:57	+01:04:38	12:00
118	1532	Oriana Moreira	Pupis	Senior Feminino	02:24:00	+01:04:41	12:00
119	1197	Luisa Nogueira	Individual	Senior Feminino	02:24:33	+01:05:14	12:03
120	1140	Rita Leal	Familia Patanisca	Senior Feminino	02:25:07	+01:05:48	12:06
121	1595	Gisélia Braga	Wild Runners	Senior Feminino	02:26:46	+01:07:27	12:14
122	341	Cristina Moreira	Nascidos para Correr	Senior Feminino	02:26:59	+01:07:40	12:15
123	1184	Goreti Ferraz	Individual	Senior Feminino	02:27:54	+01:08:35	12:20
124	1230	Susy Costa	Individual	Senior Feminino	02:28:01	+01:08:42	12:20
125	1142	Silvia Castelo	Fardetas	Senior Feminino	02:28:01	+01:08:42	12:20
126	1179	Elisa Pereira	Individual	Senior Feminino	02:28:30	+01:09:11	12:23
127	1169	Carla Maia	Individual	Senior Feminino	02:28:59	+01:09:40	12:25
128	1235	Vera alexandra gonçalves lima	Individual	Senior Feminino	02:29:10	+01:09:51	12:26
129	1417	Alexandra Correia	Leões de Tardariz Trail	Senior Feminino	02:29:11	+01:09:52	12:26

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Trail Curto 12Km

12 KM

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130	1131	Rita Gonçalves	Equipa João Ferreira	Senior Feminino	02:29:20	+01:10:01	12:27
131	1130	Maria Fonseca	Equipa João Ferreira	Senior Feminino	02:29:20	+01:10:01	12:27
132	1560	Tania Rebelo	SS MONTEPIO	Senior Feminino	02:30:12	+01:10:53	12:31
133	1558	Patricia Rebelo	SS MONTEPIO	Senior Feminino	02:30:37	+01:11:18	12:33
134	1598	Ângela Graça	Individual	Senior Feminino	02:32:40	+01:13:21	12:43
135	1410	Andreia Carvalho	LA Zinco	Senior Feminino	02:32:58	+01:13:39	12:45
136	1413	Paula Silva	LA Zinco	Senior Feminino	02:32:58	+01:13:39	12:45
137	1181	Elsa Maria Flor Fernandes	Individual	Senior Feminino	02:33:16	+01:13:57	12:46
138	1227	SUSANA BAGULHO GUERRA	Individual	Senior Feminino	02:33:30	+01:14:11	12:48
139	1220	Sara Daniela Cunha Russo	Individual	Senior Feminino	02:34:18	+01:14:59	12:51
140	1500	Ana Ferreira	Paredes Running	Senior Feminino	02:34:29	+01:15:10	12:52
141	1201	MANUELA AZEVEDO	Individual	Senior Feminino	02:36:13	+01:16:54	13:01
142	1010	Carla Carvalho	Abutres do Douro	Senior Feminino	02:36:18	+01:16:59	13:02
143	1395	Antónia Ferreira	Inimigos do Podium	Senior Feminino	02:36:26	+01:17:07	13:02
144	1137	Alice Manuela Dias Coelho	FALTA DE TREINO	Senior Feminino	02:36:39	+01:17:20	13:03
145	1024	Maria Oliveira	ALIANÇA DE GANDRA	Senior Feminino	02:36:47	+01:17:28	13:04
146	1018	Celina Ferreira	ALIANÇA DE GANDRA	Senior Feminino	02:36:47	+01:17:28	13:04
147	1487	Fernanda Magalhães	Ou vai ou racha	Senior Feminino	02:37:19	+01:18:00	13:07
148	1484	Carla Gabriel	Ou vai ou racha	Senior Feminino	02:37:19	+01:18:00	13:07
149	1205	Maria Filomena Venâncio Lopes Marcelo	Individual	Senior Feminino	02:37:47	+01:18:28	13:09
150	1556	Olga Malheiro	SS MONTEPIO	Senior Feminino	02:38:25	+01:19:06	13:12
151	1117	Diana Brito	dbearth	Senior Feminino	02:38:35	+01:19:16	13:13
152	1189	Isabel Gonçalves	Individual	Senior Feminino	02:38:46	+01:19:27	13:14
153	1199	M.Joao Nogueira	Individual	Senior Feminino	02:39:31	+01:20:12	13:18
154	1151	MARISA SILVA	GDC	Senior Feminino	02:40:36	+01:21:17	13:23
155	1198	Luzia Conceição Sousa Azevedo	Individual	Senior Feminino	02:40:37	+01:21:18	13:23
156	1521	Carme Loureiro	PORTOCARGO	Senior Feminino	02:40:41	+01:21:22	13:23
157	1185	Guilhermina maria beira pinto rocha	Individual	Senior Feminino	02:40:41	+01:21:22	13:23
158	1065	RUTE RIBEIRO	CLUBE NOVO BANCO - DEL. NORTE	Senior Feminino	02:40:42	+01:21:23	13:24
159	1585	vania santos	Trail Sra do Salto	Senior Feminino	02:40:48	+01:21:29	13:24
160	1207	Maria João Silva	Individual	Senior Feminino	02:40:49	+01:21:30	13:24
161	1190	Isabel Mesquita	Individual	Senior Feminino	02:42:18	+01:22:59	13:32
162	1162	Ana Catarina Lino Delerue	Individual	Senior Feminino	02:42:19	+01:23:00	13:32
163	1191	Isabel Susana da Silva Moreira Próspero	Individual	Senior Feminino	02:42:50	+01:23:31	13:34
164	1156	Sandra Almendra	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Feminino	02:43:21	+01:24:02	13:37
165	1575	Irene Madeira	SU TEAM & FRIENDS	Senior Feminino	02:44:59	+01:25:40	13:45
166	1574	Daniela Dias	SU TEAM & FRIENDS	Senior Feminino	02:45:00	+01:25:41	13:45
167	1573	Andreia Moura	SU TEAM & FRIENDS	Senior Feminino	02:45:01	+01:25:42	13:45
168	1577	Patricia Antunes	SU TEAM & FRIENDS	Senior Feminino	02:45:05	+01:25:46	13:45
169	1485	catia sofia neves braga	Ou vai ou racha	Senior Feminino	02:46:44	+01:27:25	13:54
170	1492	Paula Sousa	Ou vai ou racha	Senior Feminino	02:46:58	+01:27:39	13:55
171	1493	Silvia Rute Maciel	Ou vai ou racha	Senior Feminino	02:46:59	+01:27:40	13:55
172	1025	Natália Moreira	ALIANÇA DE GANDRA	Senior Feminino	02:47:16	+01:27:57	13:56
173	1490	Maria Fátima Martins Paiva	Ou vai ou racha	Senior Feminino	02:47:22	+01:28:03	13:57

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174	1019	Elisabete Silva	ALIANÇA DE GANDRA	Senior Feminino	02:47:22	+01:28:03	13:57
175	1217	Rosalina Marques	Individual	Senior Feminino	02:47:37	+01:28:18	13:58
176	1183	Gisela Ferreira	Individual	Senior Feminino	02:47:37	+01:28:18	13:58
177	1195	Liliana Marques	Individual	Senior Feminino	02:48:12	+01:28:53	14:01
178	1483	ana rita barros neves magalhaes	Ou vai ou racha	Senior Feminino	02:48:27	+01:29:08	14:02
179	1411	Joana Ferreira	LA Zinco	Senior Feminino	02:48:49	+01:29:30	14:04
180	1488	maria arminda faria maciel	Ou vai ou racha	Senior Feminino	02:49:00	+01:29:41	14:05
181	1482	Adília Baltazar	Ou vai ou racha	Senior Feminino	02:49:22	+01:30:03	14:07
182	1029	Silvia Pinto	ALIANÇA DE GANDRA	Senior Feminino	02:50:54	+01:31:35	14:15
183	1014	Angela Almeida	ALIANÇA DE GANDRA	Senior Feminino	02:50:55	+01:31:36	14:15
184	1432	Raquel Santos	Manos RT	Senior Feminino	02:53:15	+01:33:56	14:26
185	1219	sandra Reis	Individual	Senior Feminino	02:55:15	+01:35:56	14:36
186	1223	Sara Soares	Individual	Senior Feminino	03:06:40	+01:47:21	15:33
187	1170	Carla Sousa	Individual	Senior Feminino	03:06:41	+01:47:22	15:33

1	1468	Bruno Silva	Oralklass-Amigos do Trail	Senior Masculino	01:04:45		05:24
2	1097	Nuno Carneiro	Clube Zupper	Senior Masculino	01:04:45		05:24
3	1155	Belmiro Moreira Ferreira	Grupo Desportivo Leões da Guarda Sport Clube	Senior Masculino	01:06:12	+01:27	05:31
4	1083	Adelino Martins da Silva	Clube recreativo retorta	Senior Masculino	01:06:51	+02:06	05:34
5	1588	Bruno Miguel Amorim Rodrigues	UMFCA WARRIORS	Senior Masculino	01:07:30	+02:45	05:37
6	1436	Hugo Gonçalves	MARCO TRAIL	Senior Masculino	01:09:27	+04:42	05:47
7	1099	Nuno Ribeiro	Clube Zupper	Senior Masculino	01:11:34	+06:49	05:58
8	351	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	01:11:58	+07:13	06:00
9	1122	Hélder Rocha	DOUROCONTA TRAIL TEAM	Senior Masculino	01:12:09	+07:24	06:01
10	1077	Camilo Guedes	Clube Pessoal Aguas Gaia	Senior Masculino	01:12:35	+07:50	06:03
11	1252	António Cabral	Individual	Senior Masculino	01:12:51	+08:06	06:04
12	1157	Nuno Figueiredo	GTT - Armazém do Caffè	Senior Masculino	01:13:53	+09:08	06:09
13	1112	Aderito Oliveira	Da-lhe Gas	Senior Masculino	01:14:39	+09:54	06:13
14	1237	Abílio Martins Almeida	Individual	Senior Masculino	01:14:51	+10:06	06:14
15	1079	José Adelino	Clube Pessoal Aguas Gaia	Senior Masculino	01:15:12	+10:27	06:16
16	1105	Ricardo Rego	Clube Zupper	Senior Masculino	01:15:21	+10:36	06:17
17	1398	José Carlos F. Dias	José Carlos F. Dias	Senior Masculino	01:15:30	+10:45	06:17
18	1320	Joel Sousa Pinto	Individual	Senior Masculino	01:15:55	+11:10	06:20
19	1599	António Mendes	MULTIPOWER GAIA TRAIL	Senior Masculino	01:16:10	+11:25	06:21
20	1035	Fernando Oliveira	ALIANÇA DE GANDRA	Senior Masculino	01:17:14	+12:29	06:26
21	1308	João Barbosa	Individual	Senior Masculino	01:17:17	+12:32	06:26
22	1590	Diogo Leandro Ferreira da Silva	UMFCA WARRIORS	Senior Masculino	01:17:17	+12:32	06:26
23	1121	Bruno Santos	DOUROCONTA TRAIL TEAM	Senior Masculino	01:18:13	+13:28	06:31
24	1104	Pedro Cancelo	Clube Zupper	Senior Masculino	01:18:25	+13:40	06:32
25	17	Filipe Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:18:48	+14:03	06:34
26	1470	João Pinti	Oralklass-Amigos do Trail	Senior Masculino	01:19:12	+14:27	06:36
27	1363	Rafael Campos dos Santos	Individual	Senior Masculino	01:19:13	+14:28	06:36
28	1098	Nuno Cunha	Clube Zupper	Senior Masculino	01:19:52	+15:07	06:39

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Trail Curto 12Km

12 KM

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29	1113	Carlos Prudêncio	Da-lhe Gas	Senior Masculino	01:19:58	+15:13	06:40
30	1290	Francisco Miguel Matias Travassos	Individual	Senior Masculino	01:20:09	+15:24	06:41
31	1103	Paulo Silva	Clube Zupper	Senior Masculino	01:20:27	+15:42	06:42
32	16	Agostinho Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:20:32	+15:47	06:43
33	1519	Lourenço Marques	PORTO SENTIDO RUNNERS	Senior Masculino	01:20:33	+15:48	06:43
34	1241	Alcino Gomes	Individual	Senior Masculino	01:20:44	+15:59	06:44
35	1124	Vítor Rio	DOUROCONTA TRAIL TEAM	Senior Masculino	01:20:55	+16:10	06:45
36	1291	Francisco Pinheiro	Individual	Senior Masculino	01:21:09	+16:24	06:46
37	1465	Ivo Dias	Oralklass-Amigos do Trail	Senior Masculino	01:22:27	+17:42	06:52
38	1076	RUI TEIXEIRA	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:22:32	+17:47	06:53
39	1074	PAULO SANTOS	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:22:32	+17:47	06:53
40	1263	Carlos André Teixeira Campos	Individual	Senior Masculino	01:23:02	+18:17	06:55
41	1404	Filipe Pereira	KeMedo Team	Senior Masculino	01:23:27	+18:42	06:57
42	1591	João Miguel Monteiro Ribeiro	UMFCA WARRIORS	Senior Masculino	01:24:28	+19:43	07:02
43	1297	Helder Ferreira	Individual	Senior Masculino	01:24:33	+19:48	07:03
44	1041	Mário Almeida	ALIANÇA DE GANDRA	Senior Masculino	01:24:43	+19:58	07:04
45	1115	José Pedro Sousa	Da-lhe Gas	Senior Masculino	01:24:49	+20:04	07:04
46	1114	José Carlos Rodrigues Gonçalves	Da-lhe Gas	Senior Masculino	01:24:49	+20:04	07:04
47	1082	Silvério Santos	Clube Pessoal Aguas Gaia	Senior Masculino	01:25:17	+20:32	07:06
48	1093	João Carolo	Clube Zupper	Senior Masculino	01:25:31	+20:46	07:08
49	1289	Filipe Neves	Individual	Senior Masculino	01:25:46	+21:01	07:09
50	1316	João Valente	Individual	Senior Masculino	01:25:46	+21:01	07:09
51	1059	Mário Rui Torres Gouveia	BUDEGUITA RUNNERS	Senior Masculino	01:25:53	+21:08	07:09
52	1036	Fernando Santos	ALIANÇA DE GANDRA	Senior Masculino	01:26:06	+21:21	07:10
53	1472	José Santos	Oralklass-Amigos do Trail	Senior Masculino	01:26:26	+21:41	07:12
54	1154	Nelson Moura	Grande Trilho Santa Maria	Senior Masculino	01:26:30	+21:45	07:12
55	21	José Neves	ALIANÇA DE GANDRA	Senior Masculino	01:26:59	+22:14	07:15
56	1009	Pedro Vieira	A.D.Sebolido Trail Boneca D'Ouro	Senior Masculino	01:27:48	+23:03	07:19
57	1246	André Maria	Individual	Senior Masculino	01:28:04	+23:19	07:20
58	1429	Sérgio Costa	LUSOS XXI	Senior Masculino	01:28:15	+23:30	07:21
59	1008	Tiago Castro	10TEMIDOS	Senior Masculino	01:28:29	+23:44	07:22
60	1275	David Filipe Gomes Henriques	Individual	Senior Masculino	01:28:32	+23:47	07:23
61	1247	André Montenegro Ferreira	Individual	Senior Masculino	01:29:09	+24:24	07:26
62	1534	Jorge Pacheco	RAMALVES	Senior Masculino	01:29:23	+24:38	07:27
63	1383	Sérgio Miguel Batista Couto	Individual	Senior Masculino	01:29:42	+24:57	07:29
64	1420	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	01:30:09	+25:24	07:31
65	1033	Carlos Campos	ALIANÇA DE GANDRA	Senior Masculino	01:31:22	+26:37	07:37
66	1458	Marco Almeida	Nascidos para Correr	Senior Masculino	01:31:26	+26:41	07:37
67	1038	Hélder Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:31:43	+26:58	07:39
68	1058	Ricardo Barbosa	BTT Alegria / TUBANI	Senior Masculino	01:31:52	+27:07	07:39
69	1100	Paulo Alexandre Rodrigues	Clube Zupper	Senior Masculino	01:31:56	+27:11	07:40
70	143	Helder Parracho	Individual	Senior Masculino	01:32:04	+27:19	07:40
71	1312	João Paulo Ferreira	Individual	Senior Masculino	01:32:39	+27:54	07:43
72	379	Hugo Lopes	SS MONTEPIO	Senior Masculino	01:32:39	+27:54	07:43

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Trail Curto 12Km

12 KM

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73	1054	Bruno Filipe da Costa Mendes	AMIGOS DO PEDAL TRILAGARES	Senior Masculino	01:33:16	+28:31	07:46
74	1462	Nuno Duarte	Oporto Blue Whippets	Senior Masculino	01:33:17	+28:32	07:46
75	1329	José Pires	Individual	Senior Masculino	01:33:26	+28:41	07:47
76	1088	António Teixeira	Clube Zupper	Senior Masculino	01:33:31	+28:46	07:48
77	1391	Tiago Santos	Individual	Senior Masculino	01:33:38	+28:53	07:48
78	1505	Manuel Barbosa	Paredes Running	Senior Masculino	01:33:39	+28:54	07:48
79	46	Miguel Dias	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:33:40	+28:55	07:48
80	1039	José Dias	ALIANÇA DE GANDRA	Senior Masculino	01:34:01	+29:16	07:50
81	1396	Bruno Maia	Javalis Portugal	Senior Masculino	01:34:14	+29:29	07:51
82	1529	Joaquim Mesquita	Profisio Team	Senior Masculino	01:34:31	+29:46	07:53
83	1004	Octávio Andrade	.COM-Clube Orientação Minho	Senior Masculino	01:34:38	+29:53	07:53
84	1463	Pedro Sousa	Oporto Blue Whippets	Senior Masculino	01:34:53	+30:08	07:54
85	1509	Afonso Bonifacio	Pernetas	Senior Masculino	01:35:13	+30:28	07:56
86	1517	Ernesto Ribeiro	PORTO SENTIDO RUNNERS	Senior Masculino	01:35:13	+30:28	07:56
87	1328	José Manuel Silva Oliveira	Individual	Senior Masculino	01:35:17	+30:32	07:56
88	1516	Carlos Martins	PORTO SENTIDO RUNNERS	Senior Masculino	01:35:25	+30:40	07:57
89	1305	Hugo Sousa	Individual	Senior Masculino	01:35:42	+30:57	07:58
90	1106	Tiago Ramalho	Clube Zupper	Senior Masculino	01:35:46	+31:01	07:59
91	1426	Ricardo Fernandes	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:35:48	+31:03	07:59
92	1342	Nelson Fernando Cardoso Leite	Individual	Senior Masculino	01:36:02	+31:17	08:00
93	1594	Ricardo Filipe das Neves Brás	UMFCA WARRIORS	Senior Masculino	01:36:09	+31:24	08:01
94	1593	Nuno Henrique Leirão Caraça	UMFCA WARRIORS	Senior Masculino	01:36:09	+31:24	08:01
95	1250	André Santos	Individual	Senior Masculino	01:36:21	+31:36	08:02
96	1279	Eduardo Esteves	Individual	Senior Masculino	01:36:46	+32:01	08:04
97	1262	Bruno José Gomes Monteiro	Individual	Senior Masculino	01:36:46	+32:01	08:04
98	1276	David Sousa	Individual	Senior Masculino	01:36:49	+32:04	08:04
99	1350	Paulo Assis	Individual	Senior Masculino	01:36:58	+32:13	08:05
100	1068	EUGÉNIO GONÇALVES	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:37:04	+32:19	08:05
101	1515	Bruno Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	01:37:08	+32:23	08:06
102	1128	BRUNO SOUSA	ele e ela	Senior Masculino	01:37:10	+32:25	08:06
103	1102	Paulo Sergio Ferreira	Clube Zupper	Senior Masculino	01:37:12	+32:27	08:06
104	1123	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	01:37:24	+32:39	08:07
105	130	César Lopes	Individual	Senior Masculino	01:37:26	+32:41	08:07
106	1323	Jorge Martinho Ribeiro	Individual	Senior Masculino	01:37:37	+32:52	08:08
107	1080	José Barbosa	Clube Pessoal Aguas Gaia	Senior Masculino	01:37:42	+32:57	08:08
108	1380	sergio alberto costa sousa	Individual	Senior Masculino	01:37:47	+33:02	08:09
109	1037	Francisco Bogalho	ALIANÇA DE GANDRA	Senior Masculino	01:37:50	+33:05	08:09
110	1042	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:37:50	+33:05	08:09
111	1090	Fernando Carneiro	Clube Zupper	Senior Masculino	01:37:53	+33:08	08:09
112	1034	Carlos Martins	ALIANÇA DE GANDRA	Senior Masculino	01:37:55	+33:10	08:10
113	1324	José Adriano Mota	Individual	Senior Masculino	01:38:03	+33:18	08:10
114	1261	Bruno Cardoso Araujo	Individual	Senior Masculino	01:38:05	+33:20	08:10
115	1091	Filipe Sousa	Clube Zupper	Senior Masculino	01:38:13	+33:28	08:11
116	1119	Ricardo Fernandes	DeniroVip	Senior Masculino	01:38:49	+34:04	08:14

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Trail Curto 12Km

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117	1393	Vitor Almeida	Individual	Senior Masculino	01:38:56	+34:11	08:15
118	1571	Rui Vasques	SS MONTEPIO	Senior Masculino	01:39:04	+34:19	08:15
119	1332	Leonel Belarmino Faria Alves	Individual	Senior Masculino	01:39:32	+34:47	08:18
120	1355	Pedro Ferreira	Individual	Senior Masculino	01:39:38	+34:53	08:18
121	1092	Gabriel Moreira	Clube Zupper	Senior Masculino	01:39:52	+35:07	08:19
122	1455	Antonio Fernandes	Nascidos para Correr	Senior Masculino	01:39:57	+35:12	08:20
123	1449	Joaquim Pereira	Mozelos Runners	Senior Masculino	01:40:05	+35:20	08:20
124	1146	AMERICO FRANÇA	frança	Senior Masculino	01:40:11	+35:26	08:22
125	1287	Filipe Manuel Ferreira da Conceição	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:40:29	+35:44	08:22
126	1070	JORGE FERNANDES	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:40:31	+35:46	08:23
127	1385	Sérgio Moreira	Individual	Senior Masculino	01:40:40	+35:55	08:23
128	1388	Simão Castro	Individual	Senior Masculino	01:40:40	+35:55	08:23
129	1326	José Carlos Santos Coelho Pereira	Individual	Senior Masculino	01:40:43	+35:58	08:24
130	1310	João Filipe Meneses Espinheira Rio	Individual	Senior Masculino	01:40:51	+36:06	08:24
131	53	Helder Vieira	Clube Zupper	Senior Masculino	01:40:53	+36:08	08:24
132	1096	José Martins	Clube Zupper	Senior Masculino	01:41:13	+36:28	08:26
133	1294	Gilberto Orlando	Individual	Senior Masculino	01:41:15	+36:30	08:26
134	1373	ricardoribeiro	Individual	Senior Masculino	01:41:15	+36:30	08:26
135	1072	PAULO CERQUEIRA	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:41:38	+36:53	08:28
136	1514	Avelino Rodrigues	PORTO SENTIDO RUNNERS	Senior Masculino	01:41:40	+36:55	08:28
137	1095	Joel Santos	Clube Zupper	Senior Masculino	01:41:47	+37:02	08:29
138	1349	Osmar Machado	Individual	Senior Masculino	01:41:50	+37:05	08:29
139	1535	Rui Alves	RAMALVES	Senior Masculino	01:41:54	+37:09	08:29
140	1293	Gerson alves	Individual	Senior Masculino	01:42:31	+37:46	08:33
141	1394	vit0r campos	Individual	Senior Masculino	01:42:36	+37:51	08:33
142	1433	Paulo Cardoso	Manos RT	Senior Masculino	01:42:36	+37:51	08:33
143	1057	Juca Teixeira	BTT Alegria / TUBANI	Senior Masculino	01:43:04	+38:19	08:35
144	1348	nuno sousa	Individual	Senior Masculino	01:43:04	+38:19	08:35
145	1446	António Rodrigues	Mozelos Runners	Senior Masculino	01:43:08	+38:23	08:36
146	1387	SILVIO MIGUEL ALVES FERREIRA	Individual	Senior Masculino	01:43:08	+38:23	08:36
147	1403	Fernando barata	KeMedo Team	Senior Masculino	01:43:28	+38:43	08:37
148	1239	ALBERTO CARVALHO	Individual	Senior Masculino	01:43:33	+38:48	08:38
149	1504	Luis Ribeiro	Paredes Running	Senior Masculino	01:43:38	+38:53	08:38
150	1148	Bruno Marques	Fura Trilhos	Senior Masculino	01:43:54	+39:09	08:39
151	306	José Castro	Leões de Tardariz Trail	Senior Masculino	01:43:58	+39:13	08:40
152	1089	Carlos Freixo	Clube Zupper	Senior Masculino	01:44:32	+39:47	08:43
153	1280	Eduardo Ferreira	Individual	Senior Masculino	01:44:38	+39:53	08:43
154	1272	Cesar goncalves carneiro	Individual	Senior Masculino	01:44:40	+39:55	08:43
155	1319	Joaquim Vidal	Individual	Senior Masculino	01:44:40	+39:55	08:43
156	1518	Fernando Ferraz	PORTO SENTIDO RUNNERS	Senior Masculino	01:44:49	+40:04	08:44
157	1071	JOSÉ MIRANDA	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:45:20	+40:35	08:47
158	1371	Ricardo Pinto	Individual	Senior Masculino	01:45:21	+40:36	08:47
159	1006	Paulo Ribeiro	10TEMIDOS	Senior Masculino	01:45:27	+40:42	08:47
160	1045	Telmo Almeida	ALIANÇA DE GANDRA	Senior Masculino	01:45:47	+41:02	08:49

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161	1392	Vicente de Sousa	Individual	Senior Masculino	01:45:47	+41:02	08:49
162	1149	Martinho Lopes	Fura Trilhos	Senior Masculino	01:45:54	+41:09	08:49
163	1303	Hugo Manuel Sousa Moreira	Individual	Senior Masculino	01:46:10	+41:25	08:51
164	1376	Rogério de Almeida Pacheco	Individual	Senior Masculino	01:46:31	+41:46	08:53
165	1452	Fernando Patricio	MULTIPOWER GAIA TRAIL	Senior Masculino	01:46:43	+41:58	08:54
166	1339	Manuel Vieira	Individual	Senior Masculino	01:46:52	+42:07	08:54
167	1567	Pedro Soares	SS MONTEPIO	Senior Masculino	01:46:58	+42:13	08:55
168	1511	Dario lopes	Pernetas	Senior Masculino	01:47:02	+42:17	08:55
169	1295	Goncalo Aroso	Individual	Senior Masculino	01:47:02	+42:17	08:55
170	1550	paulo cunha	sogima	Senior Masculino	01:47:27	+42:42	08:57
171	1296	Gustavo Rangel	Individual	Senior Masculino	01:47:40	+42:55	08:58
172	1147	António Ribeiro	Fura Trilhos	Senior Masculino	01:48:13	+43:28	09:01
173	1139	Pedro Silva	FALTA DE TREINO	Senior Masculino	01:48:32	+43:47	09:03
174	1043	Roberto Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:48:33	+43:48	09:03
175	1318	Joaquim Torres	Individual	Senior Masculino	01:48:34	+43:49	09:03
176	1267	carlos jorge oliveira figueiredo	Individual	Senior Masculino	01:48:34	+43:49	09:03
177	1527	Vasco Ortigão Oliveira	Portucale	Senior Masculino	01:48:35	+43:50	09:03
178	1564	Hugo Costa	SS MONTEPIO	Senior Masculino	01:49:28	+44:43	09:07
179	383	Julio Santos	SS MONTEPIO	Senior Masculino	01:49:37	+44:52	09:08
180	1565	Hugo Silva	SS MONTEPIO	Senior Masculino	01:49:40	+44:55	09:08
181	1378	Rui Miguel Oliveira Pinto Ferreira	Individual	Senior Masculino	01:49:43	+44:58	09:09
182	1335	Luís Gomes	Individual	Senior Masculino	01:49:57	+45:12	09:10
183	1075	PEDRO MIGUEL	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:50:25	+45:40	09:12
184	1049	serafim fonseca	amigos de s.pedro da cova	Senior Masculino	01:50:31	+45:46	09:13
185	1048	joão fonseca	amigos de s.pedro da cova	Senior Masculino	01:50:32	+45:47	09:13
186	1047	emidio pontes	amigos de s.pedro da cova	Senior Masculino	01:50:32	+45:47	09:13
187	1460	Emanuel Dias	ONE MORE MILE	Senior Masculino	01:50:33	+45:48	09:13
188	1007	Rui Sá	10TEMIDOS	Senior Masculino	01:50:37	+45:52	09:13
189	1063	Avelino Pereira	CCDTC.M.GONDOMAR	Senior Masculino	01:50:46	+46:01	09:14
190	276	Rui Fernandes	Individual	Senior Masculino	01:50:47	+46:02	09:14
191	1539	helder rocha	reumatico	Senior Masculino	01:50:47	+46:02	09:14
192	1249	André Resende Vilar de figueiredo	Individual	Senior Masculino	01:50:51	+46:06	09:14
193	1360	Pedro Resende	Individual	Senior Masculino	01:50:52	+46:07	09:14
194	1427	Sérgio Santos	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:51:05	+46:20	09:15
195	1425	André Fraga	LOCOMOTIVA DE PARANHOS	Senior Masculino	01:51:05	+46:20	09:15
196	1359	Pedro Monteiro	Individual	Senior Masculino	01:51:08	+46:23	09:16
197	1548	manuel vieira	sogima	Senior Masculino	01:51:10	+46:25	09:16
198	1414	Carlos Alves	LA Zinco	Senior Masculino	01:51:24	+46:39	09:17
199	1365	Ricardo Costa	Individual	Senior Masculino	01:51:39	+46:54	09:18
200	1094	João Rodrigues	Clube Zupper	Senior Masculino	01:51:59	+47:14	09:20
201	1101	Paulo Morais	Clube Zupper	Senior Masculino	01:52:11	+47:26	09:21
202	1421	Filipe Pereira	LION RUNNERS – G. D. Leões da Guarda	Senior Masculino	01:52:16	+47:31	09:21
203	1381	Sérgio Carneiro	Individual	Senior Masculino	01:52:25	+47:40	09:22
204	1351	Paulo Carneiro	Individual	Senior Masculino	01:52:25	+47:40	09:22
205	1257	António Rocha	Individual	Senior Masculino	01:52:39	+47:54	09:23

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206	1345	nuno braga	Individual	Senior Masculino	01:52:48	+48:03	09:24
207	1447	Bernardino Silva	Mozelos Runners	Senior Masculino	01:52:57	+48:12	09:25
208	1384	Sérgio Miguel Durana Valente	Individual	Senior Masculino	01:53:02	+48:17	09:25
209	1266	Carlos Filipe Pinto Silva Rola	Individual	Senior Masculino	01:53:20	+48:35	09:27
210	1402	tiago neves	kandimba running	Senior Masculino	01:53:58	+49:13	09:30
211	1340	Mário Batista	Individual	Senior Masculino	01:54:06	+49:21	09:31
212	1304	Hugo Peixoto	Individual	Senior Masculino	01:54:21	+49:36	09:32
213	1356	Pedro Gomes	Individual	Senior Masculino	01:54:42	+49:57	09:34
214	1431	Nuno truta	Maia AC	Senior Masculino	01:54:59	+50:14	09:35
215	1551	Cláudio Silva	Somos Nós Team	Senior Masculino	01:55:11	+50:26	09:36
216	1260	Bruno André	Individual	Senior Masculino	01:55:23	+50:38	09:37
217	1361	Pedro Travassos	Individual	Senior Masculino	01:55:23	+50:38	09:37
218	1032	António Paiva	ALIANÇA DE GANDRA	Senior Masculino	01:55:36	+50:51	09:38
219	1530	Pedro Anjos	Pupilos	Senior Masculino	01:55:39	+50:54	09:38
220	1531	Sara Soares	Pupilos	Senior Masculino	01:55:39	+50:54	09:38
221	1322	Jorge Manuel Borges Ferreira	Individual	Senior Masculino	01:55:42	+50:57	09:38
222	1244	Alvaro Cardoso	Individual	Senior Masculino	01:56:04	+51:19	09:40
223	1285	Fernando Silva.	Individual	Senior Masculino	01:56:05	+51:20	09:40
224	49	RUI RODRIGUES	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	01:56:45	+52:00	09:44
225	1277	Diogo Trindade	Individual	Senior Masculino	01:56:45	+52:00	09:44
226	1347	Nuno Mendes	Individual	Senior Masculino	01:56:52	+52:07	09:44
227	1526	Miguel Soares Vieira	Portucale	Senior Masculino	01:57:03	+52:18	09:45
228	1503	Antonio Barbosa	Paredes Running	Senior Masculino	01:57:33	+52:48	09:48
229	1525	Filipe Soares Vieira	Portucale	Senior Masculino	01:57:38	+52:53	09:48
230	1346	Nuno Felgueiras	Individual	Senior Masculino	01:57:40	+52:55	09:48
231	1374	Roberto Nogueira	Individual	Senior Masculino	01:57:43	+52:58	09:49
232	1248	André Oliveira	Individual	Senior Masculino	01:57:44	+52:59	09:49
233	1243	Alfredo Rocha Astorga Viana	Individual	Senior Masculino	01:57:52	+53:07	09:49
234	1325	Jose Carlos da Fonseca Magalhaes	Individual	Senior Masculino	01:57:52	+53:07	09:49
235	1299	HENRIQUE GUEDES VICÊNCIO	Individual	Senior Masculino	01:58:03	+53:18	09:50
236	1286	fernando teixeira	Individual	Senior Masculino	01:59:03	+54:18	09:55
237	1126	Helder Santos	Dupla Imbatível	Senior Masculino	01:59:05	+54:20	09:55
238	1313	João Paulo Regal de Sousa	Individual	Senior Masculino	01:59:07	+54:22	09:56
239	1566	Ivo Martins	SS MONTEPIO	Senior Masculino	01:59:12	+54:27	09:56
240	1390	Tiago Mendes	Individual	Senior Masculino	01:59:40	+54:55	09:58
241	1461	Helder Magalhães	ONE MORE MILE	Senior Masculino	01:59:48	+55:03	09:59
242	1353	Paulo Sampaio	Individual	Senior Masculino	01:59:56	+55:11	10:00
243	1044	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	02:00:05	+55:20	10:00
244	1278	Eduardo César Santos Guerra Ramalho	Individual	Senior Masculino	02:00:09	+55:24	10:01
245	1270	Carlos Russo	Individual	Senior Masculino	02:00:20	+55:35	10:02
246	1357	Pedro Manuel Silva	Individual	Senior Masculino	02:00:28	+55:43	10:02
247	1397	Artur Cardoso	João Ferreira	Senior Masculino	02:00:54	+56:09	10:04
248	1061	Quim	CAETANO RUNNERS	Senior Masculino	02:00:54	+56:09	10:05
249	45	Rui Manuel Almeida Dias	Clube Galp Energia Norte	Senior Masculino	02:00:57	+56:12	10:05
250	1331	JOSE SOUSA PEREIRA	Individual	Senior Masculino	02:00:57	+56:12	10:05
251	1401	alexandre sousa	kandimba running	Senior Masculino	02:00:58	+56:13	10:05

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252	1264	Carlos Augusto	Individual	Senior Masculino	02:00:58	+56:13	10:05
253	1338	MANUEL PINTO	Individual	Senior Masculino	02:01:07	+56:22	10:06
254	1298	Helder Moreira	Individual	Senior Masculino	02:01:08	+56:23	10:06
255	1372	Ricardo Silva	Individual	Senior Masculino	02:01:33	+56:48	10:08
256	1108	João Teixeira	Crocodilos/MisterPC	Senior Masculino	02:01:46	+57:01	10:09
257	1321	Jorge Fontes	Individual	Senior Masculino	02:01:47	+57:02	10:09
258	1251	António Albuquerque	Individual	Senior Masculino	02:01:47	+57:02	10:09
259	1031	Ângelo Monteiro	ALIANÇA DE GANDRA	Senior Masculino	02:01:56	+57:11	10:10
260	1507	Luís Marques	Pari Passu	Senior Masculino	02:02:02	+57:17	10:10
261	360	Paulo Macedo	Pari Passu	Senior Masculino	02:02:03	+57:18	10:10
262	1520	Vitor Martins	PORTO SENTIDO RUNNERS	Senior Masculino	02:02:24	+57:39	10:12
263	1307	Ivo Almeida	Individual	Senior Masculino	02:02:35	+57:50	10:13
264	1073	PAULO RIBEIRO	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	02:02:44	+57:59	10:14
265	1352	Paulo Marques	Individual	Senior Masculino	02:02:46	+58:01	10:14
266	1415	David Alves	LA Zinco	Senior Masculino	02:02:51	+58:06	10:14
267	1540	sergio pereira	reumatico	Senior Masculino	02:03:01	+58:16	10:15
268	1259	ARMINDO SERRA MARTINS DOS SANTOS	Individual	Senior Masculino	02:03:20	+58:35	10:17
269	1524	MANUEL PEREIRA	PORTOCARGO	Senior Masculino	02:03:24	+58:39	10:17
270	1292	Germano Sousa	Individual	Senior Masculino	02:03:27	+58:42	10:17
271	1441	Carlos Almeida	Miltrail	Senior Masculino	02:04:09	+59:24	10:21
272	1584	Pedro Rodrigues	Thunder Team	Senior Masculino	02:04:26	+59:41	10:22
273	1368	Ricardo Jorge Castanheira Cardoso	Individual	Senior Masculino	02:04:44	+59:59	10:24
274	1268	Carlos Miguel Castro	Individual	Senior Masculino	02:04:45	+01:00:00	10:24
275	1382	Sérgio Dinis	Individual	Senior Masculino	02:04:56	+01:00:11	10:25
276	1499	Vitor Teixeira	PAPA TRAILS	Senior Masculino	02:04:57	+01:00:12	10:25
277	1572	Sergio Oliveira	SS MONTEPIO	Senior Masculino	02:05:16	+01:00:31	10:26
278	1375	Rodolfo Rangel	Individual	Senior Masculino	02:05:41	+01:00:56	10:28
279	1256	António Manuel Freitas	Individual	Senior Masculino	02:05:48	+01:01:03	10:29
280	1405	Pedro Duarte	KeMedo Team	Senior Masculino	02:05:51	+01:01:06	10:29
281	1136	Sergio Sousa	Espera por mim	Senior Masculino	02:07:25	+01:02:40	10:37
282	1284	Fernando Manuel Carvalho Santos Silva	Individual	Senior Masculino	02:07:40	+01:02:55	10:38
283	1400	albino coelho mendes	kandimba running	Senior Masculino	02:07:52	+01:03:07	10:39
284	1314	João Pedro	Individual	Senior Masculino	02:07:54	+01:03:09	10:40
285	1135	José Carlos Martins Carneiro	Ermida Fit Runners	Senior Masculino	02:08:42	+01:03:57	10:44
286	1435	Ricardo Cardoso	Manos RT	Senior Masculino	02:08:51	+01:04:06	10:44
287	1110	André Cunha	cUnHaX	Senior Masculino	02:08:54	+01:04:09	10:45
288	1040	Marco Moreira	ALIANÇA DE GANDRA	Senior Masculino	02:09:36	+01:04:51	10:48
289	1570	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:09:37	+01:04:52	10:48
290	1448	Fernando Sousa	Mozelos Runners	Senior Masculino	02:10:05	+01:05:20	10:50
291	1327	José Fernando Ribeiro Lopes	Individual	Senior Masculino	02:10:22	+01:05:37	10:52
292	1056	augusto pinto barbosa	barbosa	Senior Masculino	02:10:32	+01:05:47	10:53
293	1563	Francisco Moreira	SS MONTEPIO	Senior Masculino	02:10:41	+01:05:56	10:53
294	1153	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:10:50	+01:06:05	10:54
295	1344	Nuno Almeida	Individual	Senior Masculino	02:10:51	+01:06:06	10:54

Trail Curto 12Km

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

296	1569	Ricardo Rui Silva	SS MONTEPIO	Senior Masculino	02:11:19	+01:06:34	10:57
297	1561	Alfredo Abreu	SS MONTEPIO	Senior Masculino	02:11:19	+01:06:34	10:57
298	1568	Raul Pereira	SS MONTEPIO	Senior Masculino	02:11:19	+01:06:34	10:57
299	1434	Pedro Cardoso	Manos RT	Senior Masculino	02:11:34	+01:06:49	10:58
300	1067	ALBERTO LIZARDO	CLUBE NOVO BANCO - DEL. NORTE	Senior Masculino	02:12:09	+01:07:24	11:01
301	1238	Agostinho Costa	Individual	Senior Masculino	02:12:28	+01:07:43	11:02
302	1265	Carlos Conde	Individual	Senior Masculino	02:12:28	+01:07:43	11:02
303	1377	Rui Almeida	Individual	Senior Masculino	02:13:07	+01:08:22	11:06
304	1334	Luís Faria	Individual	Senior Masculino	02:13:22	+01:08:37	11:07
305	1508	Paulo Oliveira	Pari Passu	Senior Masculino	02:14:55	+01:10:10	11:15
306	1506	Jorge Ferreira	Pari Passu	Senior Masculino	02:14:55	+01:10:10	11:15
307	1301	Hugo Adriano Ferreira Maia	Individual	Senior Masculino	02:15:14	+01:10:29	11:16
308	1274	Daniel Ferreira	Individual	Senior Masculino	02:15:14	+01:10:29	11:16
309	1364	Ricardo Augusto Rafael Arruda	Individual	Senior Masculino	02:16:48	+01:12:03	11:24
310	1269	Carlos Miguel da Silva Rocha	Individual	Senior Masculino	02:17:03	+01:12:18	11:25
311	1302	Hugo Alves	Individual	Senior Masculino	02:17:07	+01:12:22	11:26
312	1456	Antonio Rebocho	Nascidos para Correr	Senior Masculino	02:17:53	+01:13:08	11:29
313	1475	paulo santos	Os Aceleras	Senior Masculino	02:18:12	+01:13:27	11:31
314	1242	Alexandre Joao Lopes	Individual	Senior Masculino	02:19:20	+01:14:35	11:37
315	1389	Telmo Rodrigues	Individual	Senior Masculino	02:19:25	+01:14:40	11:37
316	1445	Nuno Moreira	Moinhos Run - ADRM	Senior Masculino	02:19:42	+01:14:57	11:39
317	1046	Vitor Rocha	ALIANÇA DE GANDRA	Senior Masculino	02:22:51	+01:18:06	11:54
318	1111	Raul Cunha	cUnHaX	Senior Masculino	02:23:26	+01:18:41	11:57
319	1273	Cláudio Filipe da Silva Tereso	Individual	Senior Masculino	02:23:43	+01:18:58	11:59
320	1141	Carlos Leal	Familia Patanisca	Senior Masculino	02:25:06	+01:20:21	12:06
321	1596	David Silva	Wild Runners	Senior Masculino	02:26:46	+01:22:01	12:14
322	1354	Paulo Sousa	Individual	Senior Masculino	02:28:01	+01:23:16	12:20
323	1143	José Castelo	Fardetas	Senior Masculino	02:28:02	+01:23:17	12:20
324	1333	Luís Alves	Individual	Senior Masculino	02:28:38	+01:23:53	12:23
325	1547	jose Pinheiro	sogima	Senior Masculino	02:32:01	+01:27:16	12:40
326	1370	Ricardo Nogueira	Individual	Senior Masculino	02:32:04	+01:27:19	12:40
327	1138	Gene Gomes Torres	FALTA DE TREINO	Senior Masculino	02:32:27	+01:27:42	12:42
328	1258	Armindo Moura	Individual	Senior Masculino	02:32:40	+01:27:55	12:43
329	1597	Paulo Graça	Individual	Senior Masculino	02:32:40	+01:27:55	12:43
330	1282	Elisabete Santos	Individual	Senior Masculino	02:33:16	+01:28:31	12:46
331	1386	Sérgio Sousa	Individual	Senior Masculino	02:33:57	+01:29:12	12:50
332	1330	José Saraiva	Individual	Senior Masculino	02:35:31	+01:30:46	12:58
333	1011	António Picotês	Abutres do Douro	Senior Masculino	02:36:18	+01:31:33	13:02
334	1538	bruno fonseca	reumatico	Senior Masculino	02:36:28	+01:31:43	13:02
335	1118	Nuno Ribeiro	dbearth	Senior Masculino	02:38:35	+01:33:50	13:13
336	1306	Hugo Vitor Gomes Correia	Individual	Senior Masculino	02:40:36	+01:35:51	13:23
337	1253	Antonio Carlos Fernandes da Costa	Individual	Senior Masculino	02:40:36	+01:35:51	13:23
338	1522	Dinis Sousa	PORTOCARGO	Senior Masculino	02:40:40	+01:35:55	13:23
339	1369	Ricardo Macedo	Individual	Senior Masculino	02:40:49	+01:36:04	13:24
340	1281	Élio Veiga	Individual	Senior Masculino	02:41:53	+01:37:08	13:29
341	1358	Pedro Miguel Cristóvão Próspero	Individual	Senior Masculino	02:42:50	+01:38:05	13:34

Official Timekeeper: Lap2Go	12 / 13	generate 05-jun-2016 13:38
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12K Team Building Curto (4 Atletas)

Rk	Clube
1	CLUBE ZUPPER
2	ORALKLASS-AMIGOS DO TRAIL
3	ALIANÇA DE GANDRA
4	DA-LHE GAS
5	UMFCA WARRIORS
6	CLUBE NOVO BANCO - DEL. NORTE
7	PORTO SENTIDO RUNNERS
8	DOUROCONTA TRAIL TEAM
9	CLUBE PESSOAL AGUAS GAIA
10	SS MONTEPIO
11	10TEMIDOS
12	LOCOMOTIVA DE PARANHOS
13	AMIGOS DO PEDAL TRAILAGARES
14	PAREDES RUNNING
15	REUMATICO
16	KANDIMBA RUNNING
17	NASCIDOS PARA CORRER
18	MOZELOS RUNNERS
19	RUMO À AVENTURA
20	PARI PASSU
21	MOINHOS RUN - ADRM
22	LEÕES DE TARDARIZ TRAIL
23	LA ZINCO
24	OU VAI OU RACHA
25	PORTOCARGO
26	MANOS RT

23K Team Building Longo (10 Atletas)

Rk	Clube
1	MULTIPOWER GAIA TRAIL
2	CLUBE ZUPPER