

TRAIL CURTO - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	13°C	93%
End	12:54	13°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	609	José Rocha	leões de tardariz trail	Senior Masculino	01:02:11		04:47
2	798	António Martins	boavista fc	Veterano M45	01:02:19	+00:07	04:48
3	596	Belmiro Ferreira	gd leões da guarda	Veterano M50	01:03:27	+01:15	04:53
4	803	Ivan Silva	limitless	Senior Masculino	01:07:17	+05:05	05:11
5	796	Joaquim Sousa	saca trilhos	Veterano M45	01:07:49	+05:37	05:13
6	600	Duarte Barbosa	hora do lobo	Veterano M45	01:14:03	+11:51	05:42
7	618	Carlos Dias	maia ac	Veterano M50	01:15:08	+12:56	05:47
8	539	Carlos Souza	batedores	Senior Masculino	01:15:09	+12:57	05:47
9	620	Domingos Nogueira	maia ac	Senior Masculino	01:15:12	+13:00	05:47
10	703	Carlos Silva	trínca orelhas gato	Senior Masculino	01:15:20	+13:09	05:48
11	567	Ricardo Pinto	éjáli	Senior Masculino	01:15:48	+13:36	05:50
12	550	Carlos Ferreira	clube zipper	Veterano M55	01:15:54	+13:42	05:50
13	764	Pedro Guimaraes	individual	Veterano M40	01:16:12	+14:00	05:52
14	610	Miguel Alves	leões de tardariz trail	Senior Masculino	01:17:52	+15:40	05:59
15	607	Dario Cardoso	leões de tardariz trail	Veterano M45	01:18:00	+15:48	06:00
16	502	Tania Covas Costa	.com-clube ori minho	Senior Feminino	01:18:57	+16:46	06:04
17	590	Ricardo Rocha	fast ao km	Veterano M40	01:19:03	+16:51	06:05
18	623	José Sousa	maia ac	Veterano M40	01:19:26	+17:14	06:07
19	650	Francisco Costa	rosário extreme	Veterano M55	01:19:30	+17:19	06:07
20	547	RUI TEIXEIRA	clube novo banco-delegação do norte	Veterano M45	01:19:53	+17:41	06:09
21	757	Óscar Pinto	individual	Veterano M55	01:20:18	+18:07	06:11
22	591	Americo França	frança	Veterano M45	01:20:25	+18:13	06:11
23	782	Duarte Pereira	individual	Senior Masculino	01:21:23	+19:11	06:16
24	594	Jorge Beliago	gansos	Sub 23 Masculino	01:21:36	+19:24	06:17
25	531	José Ferreira	arrasa trilhos	Veterano M45	01:21:39	+19:27	06:17
26	719	Bruno Nunes	individual	Senior Masculino	01:22:04	+19:52	06:19
27	556	João Miguel Silva	cmc - carapaus	Senior Masculino	01:22:10	+19:58	06:19
28	654	Paulo Campos	salgueiros running	Veterano M45	01:23:08	+20:56	06:24
29	785	Paulo Ribeiro	trínca orelhas gato	Veterano M40	01:23:54	+21:42	06:27
30	778	Tiago Ribeiro	individual	Senior Masculino	01:24:06	+21:54	06:28
31	624	Rui Cunha	maia ac	Veterano M45	01:24:19	+22:07	06:29
32	619	Cristina Guedes	maia ac	Veterana F40	01:24:20	+22:08	06:29
33	800	Hortense Tenda	gaia trail	Senior Feminino	01:24:41	+22:29	06:31
34	622	Jorge Silva	maia ac	Veterano M60	01:24:47	+22:35	06:31
35	541	Joao Barros	batedores	Veterano M40	01:24:54	+22:43	06:32
36	523	Helder Monteiro	amigos 100 limites	Veterano M40	01:24:59	+22:47	06:32
37	530	Álvaro Almeida	arrasa trilhos	Veterano M45	01:26:26	+24:15	06:39
38	663	Abel Filipe Lameiras Cardoso	studio sun beauty	Senior Masculino	01:27:25	+25:14	06:44
39	601	Marisa Pereira	kalenji team - maia	Senior Feminino	01:27:31	+25:19	06:44
40	546	PAULO RIBEIRO	clube novo banco-delegação do norte	Veterano M40	01:27:31	+25:19	06:44
41	614	Hugo Ramos	magnussens	Senior Masculino	01:27:45	+25:34	06:45
42	573	CARLOS JORGE	equipa joao ferreira	Veterano M45	01:28:11	+26:00	06:47

TRAIL CURTO - STAGE 1

13 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	577	PAULO SILVA	equipa joao ferreira	Veterano M40	01:28:12	+26:00	06:47
44	651	Helder Marques	salgueiros running	Senior Masculino	01:28:25	+26:13	06:48
45	562	Ricardo Fernandes	denirovip	Senior Masculino	01:28:58	+26:46	06:51
46	648	José Pedro Meireles Cerqueira	quenianos do paço	Senior Masculino	01:29:07	+26:55	06:51
47	733	Helder Oliveira	individual	Juvenil Masculino	01:29:08	+26:57	06:51
48	549	Bruno Pinto	clube zipper	Senior Masculino	01:29:10	+26:58	06:52
49	763	Pedro Costa	individual	Senior Masculino	01:29:13	+27:01	06:52
50	756	Nuno Miguel Martins	individual	Veterano M40	01:29:37	+27:25	06:54
51	790	Hugo Teixeira	individual	Senior Masculino	01:29:37	+27:25	06:54
52	665	Daniel Amaral	studio sun beauty	Senior Masculino	01:29:40	+27:28	06:54
53	540	David Barros	batedores	Veterano M40	01:29:46	+27:34	06:54
54	634	Ana Rita Domingues	olimpico vianense trail	Juvenil Feminino	01:29:48	+27:36	06:55
55	635	Paulo Domingues	olimpico vianense trail	Veterano M50	01:29:48	+27:36	06:55
56	743	Joaquim Alves	individual	Senior Masculino	01:30:29	+28:17	06:58
57	537	Paulo Fernandes	barrancos futebol clube	Veterano M40	01:30:40	+28:28	06:59
58	575	Joaquim Bento	equipa joao ferreira	Veterano M50	01:30:48	+28:36	06:59
59	751	Miguel Fonseca	individual	Veterano M40	01:30:58	+28:46	07:00
60	792	João Paulo	individual	Sub 23 Masculino	01:31:26	+29:14	07:02
61	517	Ricardo Rocha	aliança de gandra	Senior Masculino	01:31:27	+29:15	07:02
62	597	Leopoldo Fernandes	gd leões da guarda	Veterano M60	01:31:33	+29:21	07:03
63	759	Paulo Assis	individual	Senior Masculino	01:31:34	+29:22	07:03
64	716	Antonio Leal Leal	individual	Veterano M40	01:32:22	+30:10	07:06
65	553	Paula Gualter	clube zipper	Veterana F45	01:32:36	+30:24	07:07
66	565	Pedro Gomes	éjáli	Senior Masculino	01:32:36	+30:24	07:07
67	555	João Manuel Silva	cmc - carapaus	Veterano M50	01:33:28	+31:16	07:11
68	545	PAULO CERQUEIRA	clube novo banco-delegação do norte	Senior Masculino	01:33:29	+31:17	07:11
69	656	Rui Viana	salgueiros running	Senior Masculino	01:33:51	+31:39	07:13
70	799	Hugo Gomes	individual	Sub 23 Masculino	01:34:34	+32:22	07:16
71	603	Antonio Fidalgo	kemedo team	Veterano M50	01:34:58	+32:46	07:18
72	604	Carlos Leal	kemedo team	Senior Masculino	01:35:01	+32:49	07:19
73	784	Helder Gomes	kemedo team	Veterano M40	01:35:02	+32:50	07:19
74	666	Ruben Moreira	studio sun beauty	Senior Masculino	01:35:13	+33:01	07:20
75	802	Miguel Braga	individual	Veterano M40	01:35:16	+33:05	07:20
76	735	Hugo Pereira	individual	Senior Masculino	01:35:19	+33:07	07:20
77	615	João Maia	magnunssens	Senior Masculino	01:35:20	+33:08	07:20
78	649	Rui Alves	ramalves	Veterano M45	01:35:37	+33:25	07:21
79	727	Diamantino Rito	individual	Senior Masculino	01:35:40	+33:28	07:22
80	611	Sandro Oliveira	leões de tardariz trail	Veterano M40	01:35:52	+33:40	07:23
81	723	Carlos Pereira	individual	Veterano M45	01:35:56	+33:44	07:23
82	633	Hugo Rocha	nortrail	Senior Masculino	01:37:05	+34:53	07:28
83	740	João Bizot	individual	Senior Masculino	01:37:07	+34:55	07:28
84	636	José Machado	onda trail	Veterano M45	01:37:23	+35:11	07:29
85	544	Maria Graça Fernandes	cdc clube gaia	Veterana F45	01:37:25	+35:14	07:30
86	775	Sylvie Duarte	individual	Veterana F45	01:37:26	+35:14	07:30
87	660	Dinis Pinto	stcp runners	Veterano M45	01:37:30	+35:18	07:30
88	661	Valter Barbosa	stcp runners	Senior Masculino	01:37:30	+35:18	07:30

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
89	793	Marta Marques	maia runners	Senior Feminino	01:37:36	+35:25	07:31
90	794	Filipe Rocha	maia runners	Senior Masculino	01:37:37	+35:25	07:31
91	726	Cristina Madureira	individual	Veterana F40	01:37:39	+35:27	07:31
92	606	Ricardo Santos	legion combat bgt	Senior Masculino	01:37:46	+35:34	07:31
93	628	Manuel Gomes	mss contabilidade	Veterano M40	01:38:15	+36:03	07:34
94	613	Emanuel Correia	magnunssens	Sub 23 Masculino	01:38:34	+36:22	07:35
95	503	Gabriela Madeira	#mirras	Senior Feminino	01:39:12	+37:00	07:38
96	768	Ricardo Arruda	individual	Veterano M40	01:39:17	+37:05	07:38
97	754	Nelson Santos	individual	Veterano M40	01:39:23	+37:11	07:39
98	543	Pedro Lopes	c+runners	Senior Masculino	01:39:32	+37:20	07:39
99	507	Adérito Brandão	100pressa	Veterano M55	01:40:06	+37:54	07:42
100	564	Rui Dinis	dinis runners	Senior Masculino	01:40:35	+38:23	07:44
101	801	Paulo Ferreira	cm valongo	Veterano M45	01:41:04	+38:52	07:47
102	672	José Teixeira Teixeira	teixeiras	Veterano M50	01:41:13	+39:01	07:47
103	542	Joaquim Barros	batedores	Senior Masculino	01:41:54	+39:42	07:50
104	653	Nuno Maio	salgueiros running	Senior Masculino	01:42:00	+39:48	07:51
105	738	Ivo Bras	individual	Senior Masculino	01:42:18	+40:06	07:52
106	779	Valdemar silva	individual	Veterano M50	01:42:18	+40:06	07:52
107	589	Manuel Rocha	fast ao km	Veterano M60	01:43:09	+40:57	07:56
108	588	Joel Marques	fast ao km	Senior Masculino	01:43:09	+40:57	07:56
109	612	Cacilda Ramos	lion runners gd leões da guarda	Veterana F50	01:43:33	+41:21	07:58
110	521	Clara Teixeira	amigos 100 limites	Senior Feminino	01:43:33	+41:21	07:58
111	534	José Lopes	até ao top	Veterano M50	01:43:39	+41:28	07:58
112	587	Hélder Soares	falsos lentos	Senior Masculino	01:43:49	+41:37	07:59
113	548	António Silva	clube zipper	Veterano M40	01:43:59	+41:48	08:00
114	681	Maria Neves	aliança de gandra	Veterana F40	01:44:02	+41:50	08:00
115	715	Antonio Carvalho	individual	Veterano M40	01:44:05	+41:54	08:00
116	659	Sílvia Ferreira	sílvia paraíso	Veterana F40	01:44:33	+42:22	08:03
117	655	Rui Machado	salgueiros running	Veterano M50	01:45:22	+43:10	08:06
118	718	Bárbara Feio	individual	Senior Feminino	01:45:36	+43:24	08:07
119	569	Vitor Fonseca	éjáli	Senior Masculino	01:45:36	+43:24	08:07
120	742	João Sousa	individual	Veterano M45	01:46:05	+43:53	08:10
121	616	Paulo Santos	magnunssens	Senior Masculino	01:46:06	+43:54	08:10
122	595	Paulo Ferreira	gansos	Veterano M45	01:46:25	+44:13	08:11
123	657	Carlos Silva	scs sub12	Senior Masculino	01:47:00	+44:48	08:14
124	658	Rui Silva	scs sub12	Veterano M45	01:47:00	+44:48	08:14
125	783	José Maia	atletico clube alfenense	Veterano M60	01:47:21	+45:09	08:15
126	668	Benilde Freitas	tartarugas velocistas	Senior Feminino	01:47:36	+45:24	08:17
127	669	Bruno Gonçalves	tartarugas velocistas	Senior Masculino	01:47:37	+45:25	08:17
128	745	José Ramos	individual	Veterano M60	01:47:38	+45:26	08:17
129	766	Pedro Pereira	individual	Veterano M40	01:47:40	+45:28	08:17
130	761	Paulo Ferreira	individual	Veterano M40	01:47:41	+45:29	08:17
131	642	Diogo Pimenta	os goguinhos	Senior Masculino	01:47:44	+45:32	08:17
132	637	Adriano Pereira	oporto team	Veterano M50	01:48:18	+46:06	08:20
133	528	JERUSA RIBEIRO	apulia a correr	Senior Feminino	01:48:21	+46:09	08:20
134	730	Fernando Leão	individual	Senior Masculino	01:48:47	+46:35	08:22

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
135	758	Patrícia Magalhães	individual	Senior Feminino	01:48:47	+46:35	08:22
136	643	Marta Pimenta	os goguinhos	Senior Feminino	01:48:47	+46:35	08:22
137	519	Alcino Silva	amigos 100 limites	Senior Masculino	01:49:27	+47:15	08:25
138	525	Maria Ferreira	amigos 100 limites	Veterana F50	01:49:27	+47:15	08:25
139	586	Carlos Frutuoso	factor x / s4l / medense fc	Senior Masculino	01:49:51	+47:39	08:27
140	514	Tiago Ferreira	100pressa	Senior Masculino	01:50:23	+48:11	08:30
141	177	Tânia Ferreira	oporto team	Senior Feminino	01:50:48	+48:36	08:31
142	638	Marcelo Ferreira	oporto team	Veterano M55	01:50:48	+48:36	08:31
143	551	Maria Fátima Ribeiro	clube zipper	Veterana F50	01:50:57	+48:45	08:32
144	510	David Azevedo	100pressa	Veterano M60	01:50:57	+48:45	08:32
145	714	André Oliveira	individual	Senior Masculino	01:51:21	+49:09	08:34
146	753	Nelson Nogueira	individual	Veterano M60	01:51:53	+49:41	08:36
147	602	Anabela Gomes	kemedo team	Veterana F45	01:52:05	+49:53	08:37
148	536	Tânia Almeida	até ao top	Veterana F40	01:52:20	+50:08	08:39
149	570	Fátima Saraiva	emotional traps	Veterana F45	01:52:26	+50:14	08:39
150	647	Manuel Paiva	paiva team	Veterano M45	01:52:42	+50:30	08:40
151	579	RUI COMPLETO	equipa joao ferreira	Veterano M45	01:53:02	+50:50	08:42
152	741	João Sousa	individual	Senior Masculino	01:53:04	+50:52	08:42
153	699	Ricardo Carvalho	trínca orelhas gato	Veterano M40	01:53:27	+51:15	08:44
154	697	Patrícia Silva	trínca orelhas gato	Senior Feminino	01:53:28	+51:16	08:44
155	558	Luís Monteiro	cmc - carapaus	Veterano M45	01:53:51	+51:39	08:46
156	557	Joaquim Santos	cmc - carapaus	Veterano M50	01:53:51	+51:40	08:46
157	724	Carlos Russo	individual	Veterano M50	01:53:58	+51:46	08:46
158	729	Fábio Guimarães	individual	Senior Masculino	01:53:59	+51:47	08:46
159	774	Sandra Paiva	individual	Senior Feminino	01:55:18	+53:06	08:52
160	560	Elsa Sousa	correr leça	Senior Feminino	01:55:30	+53:18	08:53
161	632	Rui Taveira	no tomorrow running team	Veterano M50	01:56:10	+53:58	08:56
162	630	Paula Lopes	no tomorrow running team	Veterana F40	01:56:10	+53:58	08:56
163	629	Catarina Batista	no tomorrow running team	Senior Feminino	01:56:10	+53:58	08:56
164	631	Ricardo Oliveira	no tomorrow running team	Veterano M40	01:56:10	+53:58	08:56
165	508	Adriano Campos	100pressa	Veterano M45	01:56:25	+54:13	08:57
166	731	Flávio Novais	individual	Senior Masculino	01:56:27	+54:16	08:58
167	711	Ana Paula Teixeira	individual	Veterana F50	01:57:35	+55:23	09:03
168	605	Sandra Martins	kemedo team	Senior Feminino	01:57:40	+55:28	09:03
169	571	Vanessa Dias	equipa a	Senior Feminino	01:57:41	+55:29	09:03
170	576	Maria Fonseca	equipa joao ferreira	Veterana F45	01:57:42	+55:30	09:03
171	791	Vitor Coelho	individual	Veterano M45	01:57:58	+55:46	09:04
172	670	Márcio Torres	team lantermil	Senior Masculino	01:57:59	+55:47	09:05
173	608	José Ferreira	leões de tardariz trail	Veterano M50	01:58:10	+55:58	09:05
174	737	Isabel Queirós	individual	Veterana F45	01:59:37	+57:25	09:12
175	749	Maria José Silva	individual	Veterana F40	01:59:40	+57:28	09:12
176	795	Susana Sousa	individual	Veterana F50	01:59:40	+57:28	09:12
177	702	Sérgio Sousa	trínca orelhas gato	Veterano M40	01:59:46	+57:35	09:13
178	680	Carlos Conde	trínca orelhas gato	Veterano M45	01:59:48	+57:36	09:13
179	559	Alessandra Moscato	correr leça	Senior Feminino	02:00:29	+58:17	09:16
180	641	Manuel Moura	os barriguitas	Veterano M60	02:00:41	+58:29	09:17

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
181	533	João Oliveira	até ao top	Veterano M45	02:01:20	+59:08	09:20
182	511	Joaquim Leite	100pressa	Veterano M60	02:02:00	+59:48	09:23
183	582	Helder Teixeira	eu e elas	Senior Masculino	02:02:30	+01:00:18	09:25
184	710	Ana Moreira	individual	Senior Feminino	02:02:34	+01:00:22	09:26
185	739	Joana Gonçalves	individual	Senior Feminino	02:02:37	+01:00:25	09:26
186	690	Marco Oliveira	trinca orelhas gato	Veterano M40	02:03:10	+01:00:58	09:28
187	585	Sonia Sousa	eu e elas	Senior Feminino	02:03:11	+01:00:59	09:29
188	554	Sara Manuela Pereira De Castro	clube zipper	Senior Feminino	02:03:11	+01:00:59	09:29
189	725	Celina Correia	individual	Veterana F40	02:03:12	+01:01:01	09:29
190	676	Ivone Pardal	tricotar trails	Veterana F40	02:03:44	+01:01:32	09:31
191	667	Sérgio Amaral	studio sun beauty	Senior Masculino	02:04:26	+01:02:14	09:34
192	572	ANA MARGARIDA	equipa joao ferreira	Veterana F45	02:04:28	+01:02:16	09:35
193	574	JOANA GOMES	equipa joao ferreira	Senior Feminino	02:04:28	+01:02:17	09:35
194	777	Tiago Resende	individual	Senior Masculino	02:04:48	+01:02:36	09:36
195	771	Ricardo Resende	individual	Veterano M40	02:04:49	+01:02:37	09:36
196	552	Miriam Gonçalves	clube zipper	Senior Feminino	02:05:43	+01:03:31	09:40
197	752	Miguel Madeira	individual	Veterano M45	02:05:43	+01:03:32	09:40
198	709	Álvaro Cairrão	individual	Veterano M45	02:05:55	+01:03:43	09:41
199	706	Virgínia Ferreira	trinca orelhas gato	Senior Feminino	02:06:28	+01:04:16	09:44
200	640	Germano Moura	os barriguitas	Veterano M60	02:06:38	+01:04:26	09:45
201	598	Carlos pereira	gd leões do veneza	Veterano M60	02:06:44	+01:04:32	09:45
202	689	José Almeida	trinca orelhas gato	Veterano M40	02:06:47	+01:04:35	09:45
203	677	Antonio Carneiro	trinca orelhas gato	Veterano M55	02:08:09	+01:05:57	09:52
204	535	Paulo Neves	até ao top	Veterano M50	02:08:10	+01:05:58	09:52
205	728	Eugenia Ferreira	individual	Veterana F50	02:08:30	+01:06:18	09:53
206	750	Marília Fernanda De Sá M. De Paiva	individual	Veterana F55	02:08:32	+01:06:20	09:53
207	746	Jose Vales	individual	Veterano M40	02:10:54	+01:08:42	10:04
208	515	Hugo Correia	aja trail	Senior Masculino	02:10:55	+01:08:43	10:04
209	568	Silvia Costa	éjáli	Senior Feminino	02:11:32	+01:09:20	10:07
210	566	Márcia Silva	éjáli	Senior Feminino	02:11:33	+01:09:21	10:07
211	704	Sónia Reis	trinca orelhas gato	Senior Feminino	02:12:14	+01:10:02	10:10
212	563	Micaela Brito	devasta trilhos	Senior Feminino	02:12:45	+01:10:33	10:13
213	765	Pedro Lourenço	individual	Senior Masculino	02:12:49	+01:10:37	10:13
214	780	Valter Fernandes	individual	Senior Masculino	02:12:49	+01:10:37	10:13
215	683	Daniela Gomes	trinca orelhas gato	Senior Feminino	02:13:58	+01:11:46	10:18
216	700	Rita Moraes	trinca orelhas gato	Senior Feminino	02:13:58	+01:11:46	10:18
217	744	Jose Carneiro	individual	Veterano M55	02:16:04	+01:13:52	10:28
218	581	Analisa Teixeira	eu e elas	Senior Feminino	02:16:19	+01:14:07	10:29
219	732	Francisco Sousa	individual	Junior Masculino	02:17:04	+01:14:52	10:33
220	707	Adriana Jorge	individual	Senior Feminino	02:17:51	+01:15:39	10:36
221	772	Ricardo Sousa	individual	Senior Masculino	02:18:15	+01:16:04	10:38
222	696	Nuno Gtave	trinca orelhas gato	Veterano M45	02:18:54	+01:16:42	10:41
223	698	Paula Moreira	trinca orelhas gato	Veterana F40	02:18:54	+01:16:42	10:41
224	693	Mónica Pereira	trinca orelhas gato	Veterana F40	02:19:17	+01:17:05	10:43
225	578	RITA GONÇALVES	equipa joao ferreira	Veterana F40	02:19:27	+01:17:15	10:44

TRAIL CURTO - STAGE 1

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
226	580	SUSANA MATOS	equipa joao ferreira	Veterana F40	02:19:28	+01:17:16	10:44
227	526	Élio Gonçalves	aperta cordões	Veterano M40	02:19:55	+01:17:43	10:46
228	736	Isabel Mendes	individual	Veterana F45	02:20:24	+01:18:12	10:48
229	584	Rute Costa	eu e elas	Veterana F40	02:20:39	+01:18:27	10:49
230	755	Nuno Gomes	individual	Veterano M40	02:22:00	+01:19:48	10:55
231	721	Carla Gomes	individual	Veterana F45	02:22:03	+01:19:51	10:56
232	692	Marta José	trinca orelhas gato	Senior Feminino	02:22:11	+01:19:59	10:56
233	679	Beatriz Almeida	trinca orelhas gato	Veterana F40	02:24:39	+01:22:27	11:08
234	686	Goreti Rocha	trinca orelhas gato	Veterana F40	02:24:39	+01:22:27	11:08
235	788	Mónica Silva	sobe e desce	Senior Feminino	02:25:33	+01:23:21	11:12
236	787	Cristina Gomes	sobe e desce	Senior Masculino	02:25:35	+01:23:23	11:12
237	513	Tiago Campos	100pressa	Juvenil Masculino	02:25:44	+01:23:33	11:13
238	684	Deolinda Campanhã	trinca orelhas gato	Veterana F55	02:25:46	+01:23:34	11:13
239	695	Natália Pereira	trinca orelhas gato	Senior Feminino	02:25:57	+01:23:46	11:14
240	708	Alexandra Rocha	individual	Veterana F40	02:26:03	+01:23:51	11:14
241	720	Bruno Rocha	individual	Veterano M40	02:26:03	+01:23:52	11:14
242	644	Antonio soares	os manos	Veterano M45	02:27:42	+01:25:30	11:22
243	646	Tania Nascimento	os manos	Senior Feminino	02:27:52	+01:25:40	11:22
244	645	Eduarda Freitas	os manos	Veterana F40	02:27:52	+01:25:40	11:22
245	767	Raquel Santos	individual	Veterana F40	02:29:01	+01:26:49	11:28
246	529	Sónia Gonçalves	apulia a correr	Veterana F40	02:31:14	+01:29:03	11:38
247	527	Elsa Ferreira	apulia a correr	Senior Feminino	02:31:15	+01:29:03	11:38
248	627	Miguel Passos	mpautomoveis	Veterano M45	02:32:24	+01:30:12	11:43
249	617	António Marcolino	maia ac	Veterano M55	02:32:30	+01:30:18	11:44
250	621	Fátima Marcolino	maia ac	Veterana F55	02:32:30	+01:30:19	11:44
251	688	Joaquim Rocha	trinca orelhas gato	Veterano M40	02:35:34	+01:33:22	11:58
252	509	António Martins	100pressa	Veterano M60	02:36:00	+01:33:48	12:00
253	673	Ines Araujo	trailherba	Senior Feminino	02:40:14	+01:38:02	12:20
254	747	Justino Paixao	individual	Senior Masculino	02:40:14	+01:38:02	12:20
255	512	José Costa	100pressa	Veterano M60	03:00:37	+01:58:26	13:54
256	524	Liliana Gomes	amigos 100 limites	Veterana F40	03:04:46	+02:02:34	14:13
257	694	Nádia Silva	trinca orelhas gato	Sub 23 Feminino	03:04:47	+02:02:35	14:13
258	797	Claudia Pinto	trinca orelhas gato	Senior Feminino	03:23:40	+02:21:28	15:40

Trail Curto

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	13°C	93%
End	12:54	13°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Junior Masculino

1	732	Francisco Sousa	Individual	Junior Masculino	02:17:04	+01:14:52	10:33
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Juvenil Feminino

1	634	Ana Rita Domingues	Olimpico Vianense Trail	Juvenil Feminino	01:29:48	+27:36	06:55
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Juvenil Masculino

1	733	Helder Oliveira	Individual	Juvenil Masculino	01:29:08	+26:57	06:51
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2	513	Tiago Campos	100PRESSA	Juvenil Masculino	02:25:44	+01:23:33	11:13
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Senior Feminino

1	502	Tania Covas Costa	.COM-Clube Ori Minho	Senior Feminino	01:18:57	+16:46	06:04
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2	800	Hortense Tenda	Gaia Trail	Senior Feminino	01:24:41	+22:29	06:31
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3	601	Marisa Pereira	Kalenji Team - Maia	Senior Feminino	01:27:31	+25:19	06:44
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4	793	Marta Marques	Maia Runners	Senior Feminino	01:37:36	+35:25	07:31
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5	503	Gabriela Madeira	#mirras	Senior Feminino	01:39:12	+37:00	07:38
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6	521	Clara Teixeira	Amigos 100 Limites	Senior Feminino	01:43:33	+41:21	07:58:54
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7	718	Bárbara Feio	Individual	Senior Feminino	01:45:36	+43:24	08:07
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8	668	Benilde Freitas	Tartarugas Velocistas	Senior Feminino	01:47:36	+45:24	08:17
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9	528	JERUSA RIBEIRO	Apulia a Correr	Senior Feminino	01:48:21	+46:09	08:20
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10	758	Patrícia Magalhães	Individual	Senior Feminino	01:48:47	+46:35	08:22
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11	643	Marta Pimenta	Os Goguinhos	Senior Feminino	01:48:47	+46:35	08:22
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12	177	Tânia Ferreira	Oporto Team	Senior Feminino	01:50:48	+48:36	08:31
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13	697	Patrícia Silva	Trinca Orelhas Gato	Senior Feminino	01:53:28	+51:16	08:44
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14	774	Sandra Paiva	Individual	Senior Feminino	01:55:18	+53:06	08:52
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15	560	Elsa Sousa	Correr Leça	Senior Feminino	01:55:30	+53:18	08:53
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16	629	Catarina Batista	NO TOMORROW RUNNING	Senior Feminino	01:56:10	+53:58	08:56
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Rank	Points	Country	Team	Score	Time	Score
17	335	South Korea	Kim, Lee, Kim	31.57.12	55.33	33.33

17	605	Sandra Martins	Remedo Team	Senior Feminino	01:57:40	+55:28	09:03
18	554	Marcelo Faria	Remedo Team	Senior Masculino	01:57:44	+55:32	09:03

18	571	Vanessa Dias	Equipa A	Senior Feminino	01:57.41	+55:29	09:03
19	552	Almeida, Mariana	Equipa A	Senior Feminino	02:02.00	+59:47	09:03

19	559	Alessandra Moscato	Correr Leça	Senior Feminino	02:00:29	+58:17	09:16
20	710	Ana Maria	Individual	Senior Feminino	02:02:04	+01:00:00	00:00

20	710	Ana Morella	Individual	Senior Feminino	02:02:34	+01:00:22	09:26
21	720	Isabel Quintana	Individual	Senior Feminino	02:02:35	+01:00:23	09:26

21	739	Joana Gonçalves	Individual	Senior Feminino	02:02:37	+01:00:25	09:26
22	585	Carla Sousa	Equa Flac	Senior Feminino	02:02:44	+01:00:32	09:26

22	585	Sonia Sousa	Eu e Elias	Senior Feminino	02.03.11	+01:00:59	09:29
23	554	Sara Macedo Pereira De Castro	Clube 7 de Setembro	Senior Feminino	02.03.11	+01:01:51	09:30

23	554	Sara Maridela Pereira De Castro	Clube Zupel	Senior Feminino	02:03:11	+01:00:59	09:29:50
24	574	JOANA GOMES	EQUIPA JOAO FERREIRA	Senior Feminino	02:04:00	+01:00:17	09:29:50

24	574	JOANA GOMES	EQUIPA JOAO FERREIRA	Senior Feminino	02:04:28	+01:02:17	09:35
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Trail Curto

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

25	552	Miriam Gonçalves	Clube Zupper	Senior Feminino	02:05:43	+01:03:31	09:40
26	706	Virgínia Ferreira	Trinca Orelhas Gato	Senior Feminino	02:06:28	+01:04:16	09:44
27	568	Silvia Costa	éjáli	Senior Feminino	02:11:32	+01:09:20	10:07
28	566	Márcia Silva	éjáli	Senior Feminino	02:11:33	+01:09:21	10:07
29	704	Sónia Reis	Trinca Orelhas Gato	Senior Feminino	02:12:14	+01:10:02	10:10
30	563	Micaela Brito	Devasta trilhos	Senior Feminino	02:12:45	+01:10:33	10:13
31	683	Daniela Gomes	Trinca Orelhas Gato	Senior Feminino	02:13:58	+01:11:46	10:18
32	700	Rita Morais	Trinca Orelhas Gato	Senior Feminino	02:13:58	+01:11:46	10:18
33	581	Analisa Teixeira	Eu e Elas	Senior Feminino	02:16:19	+01:14:07	10:29
34	707	Adriana Jorge	Individual	Senior Feminino	02:17:51	+01:15:39	10:36
35	692	Marta José	Trinca Orelhas Gato	Senior Feminino	02:22:11	+01:19:59	10:56
36	788	Mónica Silva	Sobe e Desce	Senior Feminino	02:25:33	+01:23:21	11:12
37	695	Natália Pereira	Trinca Orelhas Gato	Senior Feminino	02:25:57	+01:23:46	11:14
38	646	Tania Nascimento	Os Manos	Senior Feminino	02:27:52	+01:25:40	11:22
39	527	Elsa Ferreira	Apulia a Correr	Senior Feminino	02:31:15	+01:29:03	11:38
40	673	Ines Araujo	Trailherba	Senior Feminino	02:40:14	+01:38:02	12:20
41	797	Claudia Pinto	Trinca Orelhas Gato	Senior Feminino	03:23:40	+02:21:28	15:40

Senior Masculino

1	609	José Rocha	Leões de Tardariz Trail	Senior Masculino	01:02:11	04:47
2	803	Ivan Silva	Limitless	Senior Masculino	01:07:17	+05:05 05:11
3	539	Carlos Souza	Batedores	Senior Masculino	01:15:09	+12:57 05:47
4	620	Domingos Nogueira	Maia AC	Senior Masculino	01:15:12	+13:00 05:47
5	703	Carlos Silva	Trinca Orelhas Gato	Senior Masculino	01:15:20	+13:09 05:48
6	567	Ricardo Pinto	éjáli	Senior Masculino	01:15:48	+13:36 05:50
7	610	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:17:52	+15:40 05:59
8	782	Duarte Pereira	Individual	Senior Masculino	01:21:23	+19:11 06:16
9	719	Bruno Nunes	Individual	Senior Masculino	01:22:04	+19:52 06:19
10	556	João Miguel Silva	CMC - Carapaus	Senior Masculino	01:22:10	+19:58 06:19
11	778	Tiago Ribeiro	Individual	Senior Masculino	01:24:06	+21:54 06:28
12	663	Abel Filipe Lameiras Cardoso	Studio Sun Beauty	Senior Masculino	01:27:25	+25:14 06:44
13	614	Hugo Ramos	MAGNUNSSSENS	Senior Masculino	01:27:45	+25:34 06:45
14	651	Helder Marques	Salgueiros Running	Senior Masculino	01:28:25	+26:13 06:48
15	562	Ricardo Fernandes	DENIROVIP	Senior Masculino	01:28:58	+26:46 06:51
16	648	José Pedro Meireles Cerqueira	Quenianos do Paço	Senior Masculino	01:29:07	+26:55 06:51
17	549	Bruno Pinto	Clube Zupper	Senior Masculino	01:29:10	+26:58 06:52
18	763	Pedro Costa	Individual	Senior Masculino	01:29:13	+27:01 06:52
19	790	Hugo Teixeira	Individual	Senior Masculino	01:29:37	+27:25 06:54
20	665	Daniel Amaral	Studio Sun Beauty	Senior Masculino	01:29:40	+27:28 06:54
21	743	Joaquim Alves	Individual	Senior Masculino	01:30:29	+28:17 06:58
22	517	Ricardo Rocha	Aliança de Gandra	Senior Masculino	01:31:27	+29:15 07:02
23	759	Paulo Assis	Individual	Senior Masculino	01:31:34	+29:22 07:03
24	565	Pedro Gomes	éjáli	Senior Masculino	01:32:36	+30:24 07:07
25	545	PAULO CERQUEIRA	CLUBE NOVO BANCO- DELEGACÃO DO NORTE	Senior Masculino	01:33:29	+31:17 07:11

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Trail Curto

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

26	656	Rui Viana	Salgueiros Running	Senior Masculino	01:33:51	+31:39	07:13
27	604	Carlos Leal	KeMedo Team	Senior Masculino	01:35:01	+32:49	07:19
28	666	Ruben Moreira	Studio Sun Beauty	Senior Masculino	01:35:13	+33:01	07:20
29	735	Hugo Pereira	Individual	Senior Masculino	01:35:19	+33:07	07:20
30	615	João Maia	MAGNUNSSSENS	Senior Masculino	01:35:20	+33:08	07:20
31	727	Diamantino Rito	Individual	Senior Masculino	01:35:40	+33:28	07:22
32	633	Hugo Rocha	NorTrail	Senior Masculino	01:37:05	+34:53	07:28
33	740	João Bizot	Individual	Senior Masculino	01:37:07	+34:55	07:28
34	661	Valter Barbosa	STCP Runners	Senior Masculino	01:37:30	+35:18	07:30
35	794	Filipe Rocha	Maia Runners	Senior Masculino	01:37:37	+35:25	07:31
36	606	Ricardo Santos	Legion Combat BGT	Senior Masculino	01:37:46	+35:34	07:31
37	543	Pedro Lopes	C+RUNNERS	Senior Masculino	01:39:32	+37:20	07:39
38	564	Rui Dinis	Dinis Runners	Senior Masculino	01:40:35	+38:23	07:44
39	542	Joaquim Barros	Batedores	Senior Masculino	01:41:54	+39:42	07:50
40	653	Nuno Maio	Salgueiros Running	Senior Masculino	01:42:00	+39:48	07:51
41	738	Ivo Bras	Individual	Senior Masculino	01:42:18	+40:06	07:52
42	588	Joel Marques	FAST AO KM	Senior Masculino	01:43:09	+40:57	07:56
43	587	Hélder Soares	Falsos Lentos	Senior Masculino	01:43:49	+41:37	07:59
44	569	Vitor Fonseca	éjáli	Senior Masculino	01:45:36	+43:24	08:07
45	616	Paulo Santos	MAGNUNSSSENS	Senior Masculino	01:46:06	+43:54	08:10
46	657	Carlos Silva	SCS Sub12	Senior Masculino	01:47:00	+44:48	08:14
47	669	Bruno Gonçalves	Tartarugas Velocistas	Senior Masculino	01:47:37	+45:25	08:17
48	642	Diogo Pimenta	Os Goguinhos	Senior Masculino	01:47:44	+45:32	08:17
49	730	Fernando Leão	Individual	Senior Masculino	01:48:47	+46:35	08:22
50	519	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:49:27	+47:15	08:25
51	586	Carlos Frutuoso	Factor X / S4L / Medense FC	Senior Masculino	01:49:51	+47:39	08:27
52	514	Tiago Ferreira	100PRESSA	Senior Masculino	01:50:23	+48:11	08:30
53	714	André Oliveira	Individual	Senior Masculino	01:51:21	+49:09	08:34
54	741	João Sousa	Individual	Senior Masculino	01:53:04	+50:52	08:42
55	729	Fábio Guimarães	Individual	Senior Masculino	01:53:59	+51:47	08:46
56	731	Flávio Novais	Individual	Senior Masculino	01:56:27	+54:16	08:58
57	670	Márcio Torres	Team Lantemil	Senior Masculino	01:57:59	+55:47	09:05
58	582	Helder Teixeira	Eu e Elas	Senior Masculino	02:02:30	+01:00:18	09:25
59	667	Sérgio Amaral	Studio Sun Beauty	Senior Masculino	02:04:26	+01:02:14	09:34
60	777	Tiago Resende	Individual	Senior Masculino	02:04:48	+01:02:36	09:36
61	515	Hugo Correia	AJA trail	Senior Masculino	02:10:55	+01:08:43	10:04
62	765	Pedro Lourenço	Individual	Senior Masculino	02:12:49	+01:10:37	10:13
63	780	Valter Fernandes	Individual	Senior Masculino	02:12:49	+01:10:37	10:13
64	772	Ricardo Sousa	Individual	Senior Masculino	02:18:15	+01:16:04	10:38
65	787	Cristina Gomes	Sobe e Desce	Senior Masculino	02:25:35	+01:23:23	11:12
66	747	Justino Paixao	Individual	Senior Masculino	02:40:14	+01:38:02	12:20

Sub 23 Feminino

1	694	Nádia Silva	Trinca Orelhas Gato	Sub 23 Feminino	03:04:47	+02:02:35	14:13
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13 KM

OFFICIAL RESULT

[illegible]

1	594	Jorge Beliago	Gansos	Sub 23 Masculino	01:21:36	+19:24	06:17
2	792	João Paulo	Individual	Sub 23 Masculino	01:31:26	+29:14	07:02
3	799	Hugo Gomes	Individual	Sub 23 Masculino	01:34:34	+32:22	07:16
4	613	Emanuel Correia	MAGNUNSSSENS	Sub 23 Masculino	01:38:34	+36:22	07:35

1	619	Cristina Guedes	Maia AC	Veterana F40	01:24:20	+22:08	06:29
2	726	Cristina Madureira	Individual	Veterana F40	01:37:39	+35:27	07:31
3	681	Maria Neves	Aliança de Gandra	Veterana F40	01:44:02	+41:50	08:00
4	659	Sílvia Ferreira	Silvia Paraíso	Veterana F40	01:44:33	+42:22	08:03
5	536	Tânia Almeida	Até ao TOP	Veterana F40	01:52:20	+50:08	08:39
6	630	Paula Lopes	NO TOMORROW RUNNING TEAM	Veterana F40	01:56:10	+53:58	08:56
7	749	Maria José Silva	Individual	Veterana F40	01:59:40	+57:28	09:12
8	725	Celina Correia	Individual	Veterana F40	02:03:12	+01:01:01	09:29
9	676	Ivone Pardal	Tricotar Trails	Veterana F40	02:03:44	+01:01:32	09:31
10	698	Paula Moreira	Trinca Orelhas Gato	Veterana F40	02:18:54	+01:16:42	10:41
11	693	Mónica Pereira	Trinca Orelhas Gato	Veterana F40	02:19:17	+01:17:05	10:43
12	578	RITA GONÇALVES	EQUIPA JOAO FERREIRA	Veterana F40	02:19:27	+01:17:15	10:44
13	580	SUSANA MATOS	EQUIPA JOAO FERREIRA	Veterana F40	02:19:28	+01:17:16	10:44
14	584	Rute Costa	Eu e Elas	Veterana F40	02:20:39	+01:18:27	10:49
15	679	Beatriz Almeida	Trinca Orelhas Gato	Veterana F40	02:24:39	+01:22:27	11:08
16	686	Goreti Rocha	Trinca Orelhas Gato	Veterana F40	02:24:39	+01:22:27	11:08
17	708	Alexandra Rocha	Individual	Veterana F40	02:26:03	+01:23:51	11:14
18	645	Eduarda Freitas	Os Manos	Veterana F40	02:27:52	+01:25:40	11:22
19	767	Raquel Santos	Individual	Veterana F40	02:29:01	+01:26:49	11:28
20	529	Sónia Gonçalves	Apulia a Correr	Veterana F40	02:31:14	+01:29:03	11:38
21	524	Liliana Gomes	Amigos 100 Limites	Veterana F40	03:04:46	+02:02:34	14:13

1	553	Paula Gualter	Clube Zupper	Veterana F45	01:32:36	+30:24	07:07
2	544	Maria Graça Fernandes	CDC CLUBE GAIA	Veterana F45	01:37:25	+35:14	07:30
3	775	Sylvie Duarte	Individual	Veterana F45	01:37:26	+35:14	07:30
4	602	Anabela Gomes	KeMedo Team	Veterana F45	01:52:05	+49:53	08:37
5	570	Fátima Saraiva	Emotional Traps	Veterana F45	01:52:26	+50:14	08:39
6	576	Maria Fonseca	EQUIPA JOAO FERREIRA	Veterana F45	01:57:42	+55:30	09:03
7	737	Isabel Queirós	Individual	Veterana F45	01:59:37	+57:25	09:12
8	572	ANA MARGARIDA	EQUIPA JOAO FERREIRA	Veterana F45	02:04:28	+01:02:16	09:35
9	736	Isabel Mendes	Individual	Veterana F45	02:20:24	+01:18:12	10:48
10	721	Carla Gomes	Individual	Veterana F45	02:22:03	+01:19:51	10:56

13 KM

OFFICIAL RESULT

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1	612	Cacilda Ramos	LION RUNNERS GD Leões da Guarda	Veterana F50	01:43:33	+41:21	07:58
2	525	Maria Ferreira	Amigos 100 Limites	Veterana F50	01:49:27	+47:15	08:25
3	551	Maria Fátima Ribeiro	Clube Zupper	Veterana F50	01:50:57	+48:45	08:32
4	711	Ana Paula Teixeira	Individual	Veterana F50	01:57:35	+55:23	09:03
5	795	Susana Sousa	Individual	Veterana F50	01:59:40	+57:28	09:12
6	728	Eugenia Ferreira	Individual	Veterana F50	02:08:30	+01:06:18	09:53

1	750	Marília Fernanda De Sá M. De Paiva	Individual	Veterana F55	02:08:32	+01:06:20	09:53
2	684	Deolinda Campanhã	Trinca Orelhas Gato	Veterana F55	02:25:46	+01:23:34	11:13
3	621	Fátima Marcolino	Maia AC	Veterana F55	02:32:30	+01:30:19	11:44

1	764	Pedro Guimaraes	Individual	Veterano M40	01:16:12	+14:00	05:52
2	590	Ricardo Rocha	FAST AO KM	Veterano M40	01:19:03	+16:51	06:05
3	623	José Sousa	Maia AC	Veterano M40	01:19:26	+17:14	06:07
4	785	Paulo Ribeiro	Trinca Orelhas Gato	Veterano M40	01:23:54	+21:42	06:27
5	541	Joao Barros	Batedores	Veterano M40	01:24:54	+22:43	06:32
6	523	Helder Monteiro	Amigos 100 Limites	Veterano M40	01:24:59	+22:47	06:32
7	546	PAULO RIBEIRO	CLUBE NOVO BANCO- DELEGAÇÃO DO NORTE	Veterano M40	01:27:31	+25:19	06:44
8	577	PAULO SILVA	EQUIPA JOAO FERREIRA	Veterano M40	01:28:12	+26:00	06:47
9	756	Nuno Miguel Martins	Individual	Veterano M40	01:29:37	+27:25	06:54
10	540	David Barros	Batedores	Veterano M40	01:29:46	+27:34	06:54
11	537	Paulo Fernandes	Barrancos Futebol Clube	Veterano M40	01:30:40	+28:28	06:59
12	751	Miguel Fonseca	Individual	Veterano M40	01:30:58	+28:46	07:00
13	716	Antonio Leal Leal	Individual	Veterano M40	01:32:22	+30:10	07:06
14	784	Helder Gomes	KeMedo Team	Veterano M40	01:35:02	+32:50	07:19
15	802	Miguel Braga	Individual	Veterano M40	01:35:16	+33:05	07:20
16	611	Sandro Oliveira	Leões de Tardariz Trail	Veterano M40	01:35:52	+33:40	07:23
17	628	Manuel Gomes	MSS Contabilidade	Veterano M40	01:38:15	+36:03	07:34
18	768	Ricardo Arruda	Individual	Veterano M40	01:39:17	+37:05	07:38
19	754	Nelson Santos	Individual	Veterano M40	01:39:23	+37:11	07:39
20	548	António Silva	Clube Zupper	Veterano M40	01:43:59	+41:48	08:00
21	715	Antonio Carvalho	Individual	Veterano M40	01:44:05	+41:54	08:00
22	766	Pedro Pereira	Individual	Veterano M40	01:47:40	+45:28	08:17
23	761	Paulo Ferreira	Individual	Veterano M40	01:47:41	+45:29	08:17
24	699	Ricardo Carvalho	Trinca Orelhas Gato	Veterano M40	01:53:27	+51:15	08:44
25	631	Ricardo Oliveira	NO TOMORROW RUNNING TEAM	Veterano M40	01:56:10	+53:58	08:56
26	702	Sérgio Sousa	Trinca Orelhas Gato	Veterano M40	01:59:46	+57:35	09:13

Trail Curto

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

27	690	Marco Oliveira	Trinca Orelhas Gato	Veterano M40	02:03:10	+01:00:58	09:28
28	771	Ricardo Resende	Individual	Veterano M40	02:04:49	+01:02:37	09:36
29	689	José Almeida	Trinca Orelhas Gato	Veterano M40	02:06:47	+01:04:35	09:45
30	746	Jose Vales	Individual	Veterano M40	02:10:54	+01:08:42	10:04
31	526	Élio Gonçalves	APERTA CORDÕES	Veterano M40	02:19:55	+01:17:43	10:46
32	755	Nuno Gomes	Individual	Veterano M40	02:22:00	+01:19:48	10:55
33	720	Bruno Rocha	Individual	Veterano M40	02:26:03	+01:23:52	11:14
34	688	Joaquim Rocha	Trinca Orelhas Gato	Veterano M40	02:35:34	+01:33:22	11:58

Veterano M45

1	798	António Martins	Boavista FC	Veterano M45	01:02:19	+00:07	04:48
2	796	Joaquim Sousa	Saca Trilhos	Veterano M45	01:07:49	+05:37	05:13
3	600	Duarte Barbosa	Hora do Lobo	Veterano M45	01:14:03	+11:51	05:42
4	607	Dario Cardoso	Leões de Tardariz Trail	Veterano M45	01:18:00	+15:48	06:00
5	547	RUI TEIXEIRA	CLUBE NOVO BANCO- DELEGAÇÃO DO NORTE	Veterano M45	01:19:53	+17:41	06:09
6	591	Americo França	França	Veterano M45	01:20:25	+18:13	06:11
7	531	José Ferreira	Arrasa Trilhos	Veterano M45	01:21:39	+19:27	06:17
8	654	Paulo Campos	Salgueiros Running	Veterano M45	01:23:08	+20:56	06:24
9	624	Rui Cunha	Maia AC	Veterano M45	01:24:19	+22:07	06:29
10	530	Álvaro Almeida	Arrasa Trilhos	Veterano M45	01:26:26	+24:15	06:39
11	573	CARLOS JORGE	EQUIPA JOAO FERREIRA	Veterano M45	01:28:11	+26:00	06:47
12	649	Rui Alves	Ramalves	Veterano M45	01:35:37	+33:25	07:21
13	723	Carlos Pereira	Individual	Veterano M45	01:35:56	+33:44	07:23
14	636	José Machado	onda trail	Veterano M45	01:37:23	+35:11	07:29
15	660	Dinis Pinto	STCP Runners	Veterano M45	01:37:30	+35:18	07:30
16	801	Paulo Ferreira	CM Valongo	Veterano M45	01:41:04	+38:52	07:47
17	742	João Sousa	Individual	Veterano M45	01:46:05	+43:53	08:10
18	595	Paulo Ferreira	Gansos	Veterano M45	01:46:25	+44:13	08:11
19	658	Rui Silva	SCS Sub12	Veterano M45	01:47:00	+44:48	08:14
20	647	Manuel Paiva	Paiva Team	Veterano M45	01:52:42	+50:30	08:40
21	579	RUI COMPLETO	EQUIPA JOAO FERREIRA	Veterano M45	01:53:02	+50:50	08:42
22	558	Luís Monteiro	CMC - Carapaus	Veterano M45	01:53:51	+51:39	08:46
23	508	Adriano Campos	100PRESSA	Veterano M45	01:56:25	+54:13	08:57
24	791	Vitor Coelho	Individual	Veterano M45	01:57:58	+55:46	09:04
25	680	Carlos Conde	Trinca Orelhas Gato	Veterano M45	01:59:48	+57:36	09:13
26	533	João Oliveira	Até ao TOP	Veterano M45	02:01:20	+59:08	09:20
27	752	Miguel Madeira	Individual	Veterano M45	02:05:43	+01:03:32	09:40
28	709	Álvaro Cairrão	Individual	Veterano M45	02:05:55	+01:03:43	09:41
29	696	Nuno Gtave	Trinca Orelhas Gato	Veterano M45	02:18:54	+01:16:42	10:41
30	644	Antonio soares	Os Manos	Veterano M45	02:27:42	+01:25:30	11:22
31	627	Miguel Passos	Mpautomoveis	Veterano M45	02:32:24	+01:30:12	11:43

Trail Curto

13 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M50

1	596	Belmiro Ferreira	GD Leões da Guarda	Veterano M50	01:03:27	+01:15	04:53
2	618	Carlos Dias	Maia AC	Veterano M50	01:15:08	+12:56	05:47
3	635	Paulo Domingues	Olimpico Vianense Trail	Veterano M50	01:29:48	+27:36	06:55
4	575	Joaquim Bento	EQUIPA JOAO FERREIRA	Veterano M50	01:30:48	+28:36	06:59
5	555	João Manuel Silva	CMC - Carapaus	Veterano M50	01:33:28	+31:16	07:11
6	603	Antonio Fidalgo	KeMedo Team	Veterano M50	01:34:58	+32:46	07:18
7	672	José Teixeira Teixeira	Teixeiras	Veterano M50	01:41:13	+39:01	07:47
8	779	Valdemar silva	Individual	Veterano M50	01:42:18	+40:06	07:52
9	534	José Lopes	Até ao TOP	Veterano M50	01:43:39	+41:28	07:58
10	655	Rui Machado	Salgueiros Running	Veterano M50	01:45:22	+43:10	08:06
11	637	Adriano Pereira	Oporto Team	Veterano M50	01:48:18	+46:06	08:20
12	557	Joaquim Santos	CMC - Carapaus	Veterano M50	01:53:51	+51:40	08:46
13	724	Carlos Russo	Individual	Veterano M50	01:53:58	+51:46	08:46
14	632	Rui Taveira	NO TOMORROW RUNNING TEAM	Veterano M50	01:56:10	+53:58	08:56
15	608	José Ferreira	Leões de Tardariz Trail	Veterano M50	01:58:10	+55:58	09:05
16	535	Paulo Neves	Até ao TOP	Veterano M50	02:08:10	+01:05:58	09:52

Veterano M55

1	550	Carlos Ferreira	Clube Zupper	Veterano M55	01:15:54	+13:42	05:50
2	650	Francisco Costa	ROSÁRIO EXTREME	Veterano M55	01:19:30	+17:19	06:07
3	757	Óscar Pinto	Individual	Veterano M55	01:20:18	+18:07	06:11
4	507	Adérito Brandão	100PRESSA	Veterano M55	01:40:06	+37:54	07:42
5	638	Marcelo Ferreira	Oporto Team	Veterano M55	01:50:48	+48:36	08:31
6	677	Antonio Carneiro	Trinca Orelhas Gato	Veterano M55	02:08:09	+01:05:57	09:52
7	744	Jose Carneiro	Individual	Veterano M55	02:16:04	+01:13:52	10:28
8	617	António Marcolino	Maia AC	Veterano M55	02:32:30	+01:30:18	11:44

Veterano M60

1	622	Jorge Silva	Maia AC	Veterano M60	01:24:47	+22:35	06:31
2	597	Leopoldo Fernandes	GD Leões da Guarda	Veterano M60	01:31:33	+29:21	07:03
3	589	Manuel Rocha	FAST AO KM	Veterano M60	01:43:09	+40:57	07:56
4	783	José Maia	Atlético Clube Alfenense	Veterano M60	01:47:21	+45:09	08:15
5	745	José Ramos	Individual	Veterano M60	01:47:38	+45:26	08:17
6	510	David Azevedo	100PRESSA	Veterano M60	01:50:57	+48:45	08:32
7	753	Nelson Nogueira	Individual	Veterano M60	01:51:53	+49:41	08:36
8	641	Manuel Moura	OS BARRIGUITAS	Veterano M60	02:00:41	+58:29	09:17
9	511	Joaquim Leite	100PRESSA	Veterano M60	02:02:00	+59:48	09:23
10	640	Germano Moura	OS BARRIGUITAS	Veterano M60	02:06:38	+01:04:26	09:45
11	598	Carlos pereira	GD Leões do Veneza	Veterano M60	02:06:44	+01:04:32	09:45
12	509	António Martins	100PRESSA	Veterano M60	02:36:00	+01:33:48	12:00
13	512	José Costa	100PRESSA	Veterano M60	03:00:37	+01:58:26	13:54

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