

TRAIL LONGO - STAGE 1

20 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	19:00	14°C	67%
End	22:14	10°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1	Tiago Pinho	if	Senior Masculino	01:30:03		04:30
2	3	Tiago Maia	if	Senior Masculino	01:32:44	+02:41	04:38
3	45	Pedro Marques	dr. merino/4moove	Veterano M50	01:35:10	+05:07	04:46
4	127	Rui Gomes	individual	Veterano M40	01:35:56	+05:54	04:48
5	176	Manuel Ferreira	os falta d'ar	Veterano M50	01:37:35	+07:33	04:53
6	108	Abílio Ribeiro	sporting clube de espinho	Veterano M40	01:37:38	+07:35	04:53
7	219	Toze Amorim	termas s. jorge	Veterano M40	01:37:47	+07:44	04:53
8	60	PEDRO SANTOS	fugitivos urbanos - clínica + saúde	Veterano M40	01:38:10	+08:07	04:55
9	95	Paulo Adão Coelho	individual	Senior Masculino	01:39:31	+09:28	04:59
10	82	Filipe José Martins Baptista	individual	Senior Masculino	01:40:22	+10:20	05:01
11	163	Pedro Duarte Pinto	núcleo de montanha de espinho	Senior Masculino	01:40:54	+10:52	05:03
12	162	JOÃO RIBEIRO	núcleo de montanha de espinho	Senior Masculino	01:47:04	+17:01	05:21
13	177	Romeu Óscar Carvalho Rocha	os falta d'ar	Senior Masculino	01:51:15	+21:12	05:34
14	184	Manuel Oliveira	os falta d'ar	Veterano M50	01:51:21	+21:18	05:34
15	18	Vinícius Assumpcao	amigos do trail	Senior Masculino	01:51:27	+21:25	05:34
16	32	António Neves	caldas s. jorge sport clube	Senior Masculino	01:51:50	+21:47	05:36
17	204	Fernando Jorge Martins Correia	sportarc.running	Senior Masculino	01:52:12	+22:10	05:37
18	183	Carlos Fazendeiro	os falta d'ar	Veterano M50	01:53:31	+23:29	05:41
19	114	Henrique Faria	individual	Veterano M40	01:53:32	+23:30	05:41
20	98	Ricardo Silva	individual	Senior Masculino	01:53:34	+23:32	05:41
21	225	Gabriel António Cardoso da Silva Rocha	trail running greci gaia	Veterano M40	01:53:35	+23:33	05:41
22	221	Manuel Almeida Correia Bastos	trail running clube btt sanguedo	Veterano M40	01:53:50	+23:47	05:42
23	230	José Pereira	trail running clube btt sanguedo	Veterano M40	01:53:56	+23:53	05:42
24	44	Silvério Santos	clube pessoal aguas gaia	Veterano M40	01:54:25	+24:23	05:43
25	22	Alcino Gouveia	ascários escariz	Veterano M40	01:54:43	+24:40	05:44
26	164	Fernando David da Costa Santos	núcleo de montanha de espinho	Veterano M40	01:55:06	+25:03	05:45
27	94	Marco Silva	individual	Senior Masculino	01:55:53	+25:51	05:48
28	120	Oscar Magolo	individual	Veterano M40	01:58:17	+28:14	05:55
29	165	José Pedro Conde Pinto da Silva	núcleo de montanha de espinho	Veterano M40	01:58:32	+28:30	05:56
30	65	Duarte Bruno da Silva Conceição	hora do lobo trail	Senior Masculino	01:58:40	+28:38	05:56
31	109	ALCINO FERREIRA DOS SANTOS	individual	Veterano M40	01:58:41	+28:39	05:56
32	119	Manuel Vitor Rodrigues de Pinho	individual	Veterano M40	01:58:43	+28:41	05:56
33	52	ANTONIO ALVES	energia ginasio	Veterano M40	01:58:56	+28:53	05:57
34	84	Francisco Terra	individual	Senior Masculino	01:59:20	+29:17	05:58
35	226	Patrício Afonso	trail running greci gaia	Veterano M40	01:59:24	+29:21	05:58
36	79	David Camelo	individual	Senior Masculino	02:00:31	+30:28	06:02
37	103	Vitor Paulo Duarte Caldeira	individual	Senior Masculino	02:00:39	+30:37	06:02
38	9	Paulo Jorge Gomes Santos	acrde	Veterano M40	02:00:42	+30:40	06:02
39	229	José Loureiro	if	Veterano M40	02:00:47	+30:44	06:02
40	151	Joao Oliveira	juventude cortegacense	Veterano M40	02:01:59	+31:57	06:06
41	50	SERGIO SILVA	energia ginasio	Senior Masculino	02:03:04	+33:01	06:09

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	10	Leandro Anjos	adc são jacinto	Senior Masculino	02:03:06	+33:03	06:09
43	124	Raul Silva	individual	Veterano M40	02:03:17	+33:14	06:10
44	58	ANTONIO SILVA	energia ginasio	Veterano M50	02:03:21	+33:18	06:10
45	11	Miguel Almeida	adc são jacinto	Senior Masculino	02:03:49	+33:47	06:11
46	231	Alberto Neves	caldas s. jorge sport clube	Veterano M40	02:05:28	+35:26	06:16
47	2	Sara Cristina Pereira da Conceição	individual	Senior Feminino	02:05:29	+35:26	06:16
48	88	Hugo Ricardo Soares de Pinho Lima	individual	Senior Masculino	02:05:38	+35:36	06:17
49	211	Luís Carlos da Silva Teixeira	sportarc.running	Veterano M40	02:05:43	+35:40	06:17
50	70	Raquel Andrade	individual	Senior Feminino	02:05:47	+35:44	06:17
51	53	FILIPE ALMEIDA	energia ginasio	Veterano M40	02:05:48	+35:45	06:17
52	125	Ricardo Alexandre Carvalho Trigo	individual	Veterano M40	02:05:48	+35:45	06:17
53	76	Bruno Moura	individual	Senior Masculino	02:05:48	+35:46	06:17
54	118	LUIS FERREIRA	individual	Veterano M40	02:05:49	+35:47	06:17
55	232	Nuno Brandão	individual	Senior Masculino	02:06:14	+36:11	06:19
56	181	Marco Paulo Costa Botelho	os falta d´ar	Veterano M40	02:06:20	+36:17	06:19
57	93	Marco Peixoto	individual	Senior Masculino	02:06:20	+36:18	06:19
58	23	José Oliveira	ascários escariz	Veterano M40	02:06:27	+36:25	06:19
59	166	Mika Magalhães	núcleo de montanha de espinho	Veterano M40	02:06:38	+36:36	06:20
60	216	Bruno Daniel Morais Rodrigues	team workout 48/cam	Senior Masculino	02:07:02	+37:00	06:21
61	13	Filipe Ramos	aesthetical team running	Senior Masculino	02:07:06	+37:03	06:21
62	14	Frederico Máximo	aesthetical team running	Senior Masculino	02:07:06	+37:04	06:21
63	227	Damião Duarte	travassós running fafe	Senior Masculino	02:07:47	+37:45	06:23
64	107	abel correia	individual	Veterano M40	02:08:35	+38:33	06:26
65	31	Rui Carvalho	bruxos runners	Veterano M40	02:08:39	+38:37	06:26
66	161	João Graça	núcleo de montanha de espinho	Senior Masculino	02:08:50	+38:47	06:27
67	160	Geraldo Miguel campos Santos	núcleo de montanha de espinho	Senior Masculino	02:08:50	+38:48	06:27
68	214	Carlos Alberto Ferreira	sportarc.running	Veterano M50	02:08:53	+38:50	06:27
69	220	Manuel Couto	termas s. jorge	Veterano M50	02:09:57	+39:54	06:30
70	222	RICHARD NOGUEIRA	trail running clube btt sanguedo	Veterano M40	02:10:06	+40:04	06:30
71	121	Paulo Carvalho	individual	Veterano M40	02:10:15	+40:12	06:31
72	150	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	02:10:54	+40:52	06:33
73	33	Bruno Vidinha	caldas s. jorge sport clube	Senior Masculino	02:11:03	+41:01	06:33
74	116	Jorge Nunes	individual	Veterano M40	02:11:17	+41:15	06:34
75	185	NELSON DUARTE	outsiders running trail team	Veterano M40	02:11:18	+41:16	06:34
76	24	Joao dias	banana runners	Senior Masculino	02:11:31	+41:28	06:35
77	180	Jorge Filipe Jesus Silva	os falta d´ar	Veterano M40	02:11:42	+41:39	06:35
78	92	Marcelo Domingues	individual	Senior Masculino	02:14:41	+44:38	06:44
79	106	Sofia Coelho	individual	Veterana F40	02:14:42	+44:39	06:44
80	67	Jorge Silva	hora do lobo trail	Veterano M40	02:14:43	+44:40	06:44
81	112	Fernando Ferreira	individual	Veterano M40	02:14:54	+44:52	06:45
82	78	Daniel Moreira	individual	Senior Masculino	02:14:57	+44:55	06:45
83	34	Martinho Santos	caldas s. jorge sport clube	Veterano M40	02:14:58	+44:55	06:45
84	159	Carlos Magalhães	nós os 2	Senior Masculino	02:14:58	+44:56	06:45
85	57	ADRIANO MATIAS	energia ginasio	Veterano M50	02:15:19	+45:16	06:46
86	81	Fernando Ismael Oliveira Nogueira	individual	Senior Masculino	02:15:31	+45:29	06:47

TRAIL LONGO - STAGE 1

20 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	213	Rui Pedro da Silva Gonçalves	sportarc.running	Veterano M40	02:15:47	+45:45	06:47
88	182	Rui Manuel Oliveira Teixeira	os falta d´ar	Veterano M40	02:17:09	+47:06	06:51
89	179	Jorge Augusto Oliveira Guerra	os falta d´ar	Veterano M40	02:17:09	+47:07	06:51
90	49	RICARDO LOPES	energia ginasio	Senior Masculino	02:17:18	+47:15	06:52
91	207	Rui Pedro Rodrigues de Castro	sportarc.running	Senior Masculino	02:17:53	+47:50	06:54
92	191	Nuno António Gomes Santos	piscinas municipais de santa maria da feira	Senior Masculino	02:18:45	+48:43	06:56
93	99	Simão Cardoso	individual	Senior Masculino	02:18:45	+48:43	06:56
94	158	António Pinto	mocidade sangemil ac	Senior Masculino	02:19:00	+48:57	06:57
95	203	Carlos Manuel Pereira Teixeira	sportarc.running	Senior Masculino	02:19:19	+49:17	06:58
96	25	Tiago silva	banana runners	Senior Masculino	02:19:53	+49:50	07:00
97	208	Isabel Cristina Brandão Soares	sportarc.running	Veterana F40	02:19:53	+49:50	07:00
98	47	DANIEL COSTA	energia ginasio	Senior Masculino	02:19:57	+49:55	07:00
99	30	Fernando Pereira	bootseals	Veterano M50	02:20:02	+50:00	07:00
100	228	LILIANA CARDOSO	trail running clube btt sanguedo	Senior Feminino	02:20:03	+50:01	07:00
101	186	Camila Moura	pari passu	Senior Feminino	02:20:08	+50:05	07:00
102	56	SERGIO SANTOS	energia ginasio	Veterano M40	02:20:08	+50:06	07:00
103	210	Paula Cristina Vieira Teixeira Gonçalves	sportarc.running	Veterana F40	02:20:44	+50:42	07:02
104	202	Cláudia Sofia Nogueira e Silva	sportarc.running	Senior Feminino	02:20:45	+50:42	07:02
105	16	João Silva	amigos do trail	Senior Masculino	02:20:51	+50:48	07:03
106	218	Fatima Pais	termas s. jorge	Veterana F40	02:21:11	+51:08	07:04
107	205	Manuel António Fernandes Mendes	sportarc.running	Senior Masculino	02:21:33	+51:30	07:05
108	6	José pinho	5ways2run	Senior Masculino	02:22:00	+51:57	07:06
109	66	Toni Ferreira	hora do lobo trail	Senior Masculino	02:22:04	+52:01	07:06
110	8	Vitor saraiva	5ways2run	Senior Masculino	02:22:21	+52:19	07:07
111	5	Andre saraiva	5ways2run	Senior Masculino	02:22:22	+52:19	07:07
112	146	Valter Correia Lima	juventude cortegacense	Senior Masculino	02:22:30	+52:28	07:08
113	131	Paulo Moreira	individual	Veterano M50	02:23:39	+53:37	07:11
114	172	Ricardo Alexandre Leite Correia	o regresso dos que nunca foram	Senior Masculino	02:23:46	+53:43	07:11
115	171	Lucas Sabença Leitão	o regresso dos que nunca foram	Senior Masculino	02:23:46	+53:43	07:11
116	59	Pedro Oliveira	feira viva	Veterano M40	02:24:13	+54:10	07:13
117	178	Tiago Freitas Camboa	os falta d´ar	Senior Masculino	02:26:09	+56:07	07:18
118	141	Vera Lúcia Sousa Ferreira	juventude cortegacense	Senior Feminino	02:27:12	+57:09	07:22
119	74	António CARLOS Tavares de PAIVA	individual	Senior Masculino	02:27:13	+57:11	07:22
120	39	Ana Sousa	clube nortada - murtosa night runners	Senior Feminino	02:27:21	+57:18	07:22
121	12	Tiago Cruz	adc são jacinto	Senior Masculino	02:28:15	+58:13	07:25
122	26	Pedro Silva	bootseals	Senior Masculino	02:28:49	+58:46	07:26
123	17	Pedro silva	amigos do trail	Senior Masculino	02:28:49	+58:47	07:26
124	212	Manuel Monteiro Bouça	sportarc.running	Veterano M40	02:29:03	+59:00	07:27
125	217	Florinda Fernandes	team workout 48/cam	Veterana F40	02:29:13	+59:11	07:28
126	27	Rui Dias	bootseals	Senior Masculino	02:31:04	+01:01:01	07:33
127	137	Manuel Teixeira	i-run	Veterano M40	02:31:58	+01:01:55	07:36
128	123	Pedro Santos	individual	Veterano M40	02:32:15	+01:02:12	07:37
129	128	Rui Teixeira	individual	Veterano M40	02:32:15	+01:02:12	07:37
130	111	Diamantino Catarino	individual	Veterano M40	02:32:15	+01:02:13	07:37
131	117	José Ricardo	individual	Veterano M40	02:34:11	+01:04:09	07:43

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
132	68	Ana Ricardo	individual	Senior Feminino	02:34:13	+01:04:10	07:43
133	61	André Cardoso	fuza's team	Senior Masculino	02:34:55	+01:04:53	07:45
134	62	Fernando Dias	fuza's team	Veterano M50	02:34:55	+01:04:53	07:45
135	115	Ivo	individual	Veterano M40	02:34:59	+01:04:57	07:45
136	129	José Manuel Oliveira	individual	Veterano M50	02:35:06	+01:05:03	07:45
137	15	Hugo costa	amigos do trail	Senior Masculino	02:35:56	+01:05:54	07:48
138	187	Luís Miguel Marques	pari passu	Senior Masculino	02:36:22	+01:06:19	07:49
139	175	Francisco Manuel Silva Oliveira	os brancos do trail	Veterano M40	02:37:19	+01:07:17	07:52
140	174	Elisio Oliveira Maia	os brancos do trail	Veterano M40	02:37:19	+01:07:17	07:52
141	200	Pedro Salgueiro	sawadee	Senior Masculino	02:37:20	+01:07:17	07:52
142	154	Domingos Fernando Camboa	juventude cortegacense	Veterano M50	02:37:45	+01:07:43	07:53
143	148	Marcia Castro Costa	juventude cortegacense	Veterana F40	02:37:47	+01:07:44	07:53
144	21	Jorge Leite	arcorun	Veterano M40	02:37:57	+01:07:54	07:54
145	90	Joaquim Silva	individual	Senior Masculino	02:38:26	+01:08:24	07:55
146	54	PAULO DUARTE	energia ginasio	Veterano M40	02:38:54	+01:08:52	07:57
147	206	Ricardo Filipe de Pinho Mendes	sportarc.running	Senior Masculino	02:40:26	+01:10:24	08:01
148	41	Marcos Roldão	clube nortada - murtosa night runners	Senior Masculino	02:42:59	+01:12:56	08:09
149	63	fernando rocha	grupo desportivo leoes de veneza	Veterano M50	02:43:41	+01:13:39	08:11
150	157	LEVI FERNANDES	mc	Senior Masculino	02:43:46	+01:13:43	08:11
151	130	LEONEL ABÍLIO RIBEIRO POÇAS	individual	Veterano M50	02:43:57	+01:13:54	08:12
152	195	Marco Dias	quenianos de estarreja	Veterano M40	02:44:00	+01:13:57	08:12
153	194	Celeste Dias	quenianos de estarreja	Veterana F40	02:44:00	+01:13:58	08:12
154	196	Paulo Viana	quenianos de estarreja	Veterano M40	02:44:01	+01:13:59	08:12
155	193	Anabela Machado	quenianos de estarreja	Veterana F40	02:44:02	+01:13:59	08:12
156	69	Inês Azevedo	individual	Senior Feminino	02:44:29	+01:14:27	08:13
157	35	Paulo Milheiro	caldas s. jorge sport clube	Veterano M50	02:44:29	+01:14:27	08:13
158	19	Leandro Matos	amigos do trail	Veterano M40	02:47:29	+01:17:27	08:22
159	189	Pedro Santos	pari passu	Veterano M40	02:48:33	+01:18:31	08:26
160	147	Anabela dos Santos Marques	juventude cortegacense	Veterana F40	02:48:43	+01:18:40	08:26
161	86	Hugo Leite	individual	Senior Masculino	02:48:47	+01:18:44	08:26
162	153	Sergio Costa	juventude cortegacense	Veterano M40	02:48:49	+01:18:46	08:26
163	144	Marcio Costa	juventude cortegacense	Senior Masculino	02:48:49	+01:18:47	08:27
164	215	Ana Luisa De Sousa Ferreira	team workout 48/cam	Senior Feminino	02:48:51	+01:18:48	08:27
165	156	Rogério Henriques	limitless	Senior Masculino	02:49:51	+01:19:48	08:30
166	48	DAVID REIS	energia ginasio	Senior Masculino	02:53:03	+01:23:00	08:39
167	209	Luísa Brandão Soares	sportarc.running	Veterana F40	02:53:50	+01:23:47	08:42
168	201	Tiago Salgueiro	sawadee	Senior Masculino	02:56:18	+01:26:16	08:49
169	71	Virgínia Leão Martins Adegas	individual	Senior Feminino	03:06:52	+01:36:50	09:21
170	91	Manuel Leão Martins Adegas	individual	Senior Masculino	03:06:56	+01:36:53	09:21
171	105	Maria da Luz Almeida	individual	Veterana F40	03:12:40	+01:42:38	09:38
172	104	Celeste Moreira	individual	Veterana F40	03:12:41	+01:42:39	09:38
173	38	Ana Filipa Rodrigues	clube nortada - murtosa night runners	Senior Feminino	03:13:02	+01:43:00	09:39
174	46	EMILIA OLIVEIRA	energia ginasio	Senior Feminino	03:13:32	+01:43:30	09:41
175	80	Diogo Moreira	individual	Senior Masculino	03:14:11	+01:44:08	09:43

Trail longo

20 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	19:00	14°C	67%
End	22:14	10°C	81%

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

1	2	Sara Cristina Pereira da Conceição	Individual	Senior Feminino	02:05:29		06:16
2	70	Raquel Andrade	Individual	Senior Feminino	02:05:47	+00:18	06:17
3	228	LILIANA CARDOSO	Trail Running Clube Btt Sanguedo	Senior Feminino	02:20:04	+14:35	07:00
4	186	Camila Moura	Pari Passu	Senior Feminino	02:20:08	+14:39	07:00
5	202	Cláudia Sofia Nogueira e Silva	Sportarc.Running	Senior Feminino	02:20:45	+15:16	07:02
6	141	Vera Lúcia Sousa Ferreira	Juventude Cortegacense	Senior Feminino	02:27:12	+21:43	07:22
7	39	Ana Sousa	Clube Nortada - Murtosa Night Runners	Senior Feminino	02:27:21	+21:52	07:22
8	68	Ana Ricardo	Individual	Senior Feminino	02:34:13	+28:44	07:43
9	69	Inês Azevedo	Individual	Senior Feminino	02:44:30	+39:01	08:13
10	215	Ana Luisa De Sousa Ferreira	Team Workout 48/CAM	Senior Feminino	02:48:51	+43:22	08:27
11	71	Virgínia Leão Martins Adegas	Individual	Senior Feminino	03:06:53	+01:01:24	09:21
12	38	Ana Filipa Rodrigues	Clube Nortada - Murtosa Night Runners	Senior Feminino	03:13:03	+01:07:34	09:39
13	46	EMILIA OLIVEIRA	ENERGIA GINASIO	Senior Feminino	03:13:33	+01:08:04	09:41

Senior Masculino

1	1	Tiago Pinho	IF	Senior Masculino	01:30:03		04:30
2	3	Tiago Maia	IF	Senior Masculino	01:32:44	+02:41	04:38
3	95	Paulo Adão Coelho	Individual	Senior Masculino	01:39:31	+09:28	04:59
4	82	Filipe José Martins Baptista	Individual	Senior Masculino	01:40:23	+10:20	05:01
5	163	Pedro Duarte Pinto	Núcleo de Montanha de Espinho	Senior Masculino	01:40:55	+10:52	05:03
6	162	JOÃO RIBEIRO	Núcleo de Montanha de Espinho	Senior Masculino	01:47:04	+17:01	05:21
7	177	Romeu Óscar Carvalho Rocha	OS FALTA D'AR	Senior Masculino	01:51:15	+21:12	05:34
8	18	Vinícius Assumpcao	AMIGOS DO TRAIL	Senior Masculino	01:51:28	+21:25	05:34
9	32	António Neves	Caldas S. Jorge Sport Clube	Senior Masculino	01:51:50	+21:47	05:36
10	204	Fernando Jorge Martins Correia	Sportarc.Running	Senior Masculino	01:52:13	+22:10	05:37
11	98	Ricardo Silva	Individual	Senior Masculino	01:53:35	+23:32	05:41
12	94	Marco Silva	Individual	Senior Masculino	01:55:54	+25:51	05:48
13	65	Duarte Bruno da Silva Conceição	Hora do Lobo Trail	Senior Masculino	01:58:41	+28:38	05:56
14	84	Francisco Terra	Individual	Senior Masculino	01:59:20	+29:17	05:58
15	79	David Camelo	Individual	Senior Masculino	02:00:31	+30:28	06:02
16	103	Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	02:00:40	+30:37	06:02
17	50	SERGIO SILVA	ENERGIA GINASIO	Senior Masculino	02:03:04	+33:01	06:09
18	10	Leandro Anjos	Adc São Jacinto	Senior Masculino	02:03:06	+33:03	06:09
19	11	Miguel Almeida	Adc São Jacinto	Senior Masculino	02:03:50	+33:47	06:11
20	88	Hugo Ricardo Soares de Pinho Lima	Individual	Senior Masculino	02:05:39	+35:36	06:17
21	76	Bruno Moura	Individual	Senior Masculino	02:05:49	+35:46	06:17
22	232	Nuno Brandão	Individual	Senior Masculino	02:06:14	+36:11	06:19

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Trail longo

20 KM



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23	93	Marco Peixoto	Individual	Senior Masculino	02:06:21	+36:18	06:19
24	216	Bruno Daniel Morais Rodrigues	Team Workout 48/CAM	Senior Masculino	02:07:03	+37:00	06:21
25	13	Filipe Ramos	Aesthetical Team Running	Senior Masculino	02:07:06	+37:03	06:21
26	14	Frederico Máximo	Aesthetical Team Running	Senior Masculino	02:07:07	+37:04	06:21
27	227	Damião Duarte	Travassós Running Fafe	Senior Masculino	02:07:48	+37:45	06:23
28	161	João Graça	Núcleo de Montanha de Espinho	Senior Masculino	02:08:50	+38:47	06:27
29	160	Geraldo Miguel campos Santos	Núcleo de Montanha de Espinho	Senior Masculino	02:08:51	+38:48	06:27
30	33	Bruno Vidinha	Caldas S. Jorge Sport Clube	Senior Masculino	02:11:04	+41:01	06:33
31	24	Joao dias	Banana Runners	Senior Masculino	02:11:31	+41:28	06:35
32	92	Marcelo Domingues	Individual	Senior Masculino	02:14:41	+44:38	06:44
33	78	Daniel Moreira	Individual	Senior Masculino	02:14:58	+44:55	06:45
34	159	Carlos Magalhães	Nós os 2	Senior Masculino	02:14:59	+44:56	06:45
35	81	Fernando Ismael Oliveira Nogueira	Individual	Senior Masculino	02:15:32	+45:29	06:47
36	49	RICARDO LOPES	ENERGIA GINASIO	Senior Masculino	02:17:18	+47:15	06:52
37	207	Rui Pedro Rodrigues de Castro	Sportarc.Running	Senior Masculino	02:17:53	+47:50	06:54
38	191	Nuno António Gomes Santos	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	02:18:46	+48:43	06:56
39	99	Simão Cardoso	Individual	Senior Masculino	02:18:46	+48:43	06:56
40	158	António Pinto	Mocidade Sangemil AC	Senior Masculino	02:19:00	+48:57	06:57
41	203	Carlos Manuel Pereira Teixeira	Sportarc.Running	Senior Masculino	02:19:20	+49:17	06:58
42	25	Tiago silva	Banana Runners	Senior Masculino	02:19:53	+49:50	07:00
43	47	DANIEL COSTA	ENERGIA GINASIO	Senior Masculino	02:19:58	+49:55	07:00
44	16	João Silva	AMIGOS DO TRAIL	Senior Masculino	02:20:51	+50:48	07:03
45	205	Manuel António Fernandes Mendes	Sportarc.Running	Senior Masculino	02:21:33	+51:30	07:05
46	6	José pinho	5ways2run	Senior Masculino	02:22:00	+51:57	07:06
47	66	Toni Ferreira	Hora do Lobo Trail	Senior Masculino	02:22:04	+52:01	07:06
48	8	Vitor saraiva	5ways2run	Senior Masculino	02:22:22	+52:19	07:07
49	5	Andre saraiva	5ways2run	Senior Masculino	02:22:22	+52:19	07:07
50	146	Valter Correia Lima	Juventude Cortegacense	Senior Masculino	02:22:31	+52:28	07:08
51	172	Ricardo Alexandre Leite Correia	O Regresso dos que Nunca Foram	Senior Masculino	02:23:46	+53:43	07:11
52	171	Lucas Sabença Leitão	O Regresso dos que Nunca Foram	Senior Masculino	02:23:46	+53:43	07:11
53	178	Tiago Freitas Camboa	OS FALTA D'AR	Senior Masculino	02:26:10	+56:07	07:18
54	74	António CARLOS Tavares de PAIVA	Individual	Senior Masculino	02:27:14	+57:11	07:22
55	12	Tiago Cruz	Adc São Jacinto	Senior Masculino	02:28:16	+58:13	07:25
56	26	Pedro Silva	BootSeals	Senior Masculino	02:28:49	+58:46	07:26
57	17	Pedro silva	AMIGOS DO TRAIL	Senior Masculino	02:28:50	+58:47	07:26
58	27	Rui Dias	BootSeals	Senior Masculino	02:31:04	+01:01:01	07:33
59	61	André Cardoso	Fuza's Team	Senior Masculino	02:34:56	+01:04:53	07:45
60	15	Hugo costa	AMIGOS DO TRAIL	Senior Masculino	02:35:57	+01:05:54	07:48
61	187	Luís Miguel Marques	Pari Passu	Senior Masculino	02:36:22	+01:06:19	07:49
62	200	Pedro Salgueiro	Sawadee	Senior Masculino	02:37:20	+01:07:17	07:52
63	90	Joaquim Silva	Individual	Senior Masculino	02:38:27	+01:08:24	07:55
64	206	Ricardo Filipe de Pinho Mendes	Sportarc.Running	Senior Masculino	02:40:27	+01:10:24	08:01
65	41	Marcos Roldão	Clube Nortada - Murtosa Night Runners	Senior Masculino	02:42:59	+01:12:56	08:09
66	157	LEVI FERNANDES	MC	Senior Masculino	02:43:46	+01:13:43	08:11
67	86	Hugo Leite	Individual	Senior Masculino	02:48:47	+01:18:44	08:26

Trail longo

20 KM

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68	144	Marcio Costa	Juventude Cortegacense	Senior Masculino	02:48:50	+01:18:47	08:27
69	156	Rogério Henriques	Limitless	Senior Masculino	02:49:51	+01:19:48	08:30
70	48	DAVID REIS	ENERGIA GINASIO	Senior Masculino	02:53:03	+01:23:00	08:39
71	201	Tiago Salgueiro	Sawadee	Senior Masculino	02:56:19	+01:26:16	08:49
72	91	Manuel Leão Martins Adegas	Individual	Senior Masculino	03:06:56	+01:36:53	09:21
73	80	Diogo Moreira	Individual	Senior Masculino	03:14:11	+01:44:08	09:43

Veterana F40

1	106	Sofia Coelho	Individual	Veterana F40	02:14:42		06:44
2	208	Isabel Cristina Brandão Soares	Sportarc.Running	Veterana F40	02:19:53	+05:11	07:00
3	210	Paula Cristina Vieira Teixeira Gonçalves	Sportarc.Running	Veterana F40	02:20:45	+06:03	07:02
4	218	Fatima Pais	TERMAS S. JORGE	Veterana F40	02:21:11	+06:29	07:04
5	217	Florinda Fernandes	Team Workout 48/CAM	Veterana F40	02:29:14	+14:32	07:28
6	148	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	02:37:47	+23:05	07:53
7	194	Celeste Dias	QUENIANOS DE ESTARREJA	Veterana F40	02:44:01	+29:19	08:12
8	193	Anabela Machado	QUENIANOS DE ESTARREJA	Veterana F40	02:44:02	+29:20	08:12
9	147	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	02:48:43	+34:01	08:26
10	209	Luísa Brandão Soares	Sportarc.Running	Veterana F40	02:53:50	+39:08	08:42
11	105	Maria da Luz Almeida	Individual	Veterana F40	03:12:41	+57:59	09:38
12	104	Celeste Moreira	Individual	Veterana F40	03:12:42	+58:00	09:38

Veterano M40

1	127	Rui Gomes	Individual	Veterano M40	01:35:57	04:48
2	108	Abílio Ribeiro	Sporting clube de Espinho	Veterano M40	01:37:38	+01:41 04:53
3	219	Toze Amorim	TERMAS S. JORGE	Veterano M40	01:37:47	+01:50 04:53
4	60	PEDRO SANTOS	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	01:38:10	+02:13 04:55
5	114	Henrique Faria	Individual	Veterano M40	01:53:33	+17:36 05:41
6	225	Gabriel António Cardoso da Silva Rocha	Trail Running Greci Gaia	Veterano M40	01:53:36	+17:39 05:41
7	221	Manuel Almeida Correia Bastos	Trail Running Clube Btt Sanguedo	Veterano M40	01:53:50	+17:53 05:42
8	230	José Pereira	Trail Running Clube Btt Sanguedo	Veterano M40	01:53:56	+17:59 05:42
9	44	Silvério Santos	Clube Pessoal Aguas Gaia	Veterano M40	01:54:26	+18:29 05:43
10	22	Alcino Gouveia	Ascários Escariz	Veterano M40	01:54:43	+18:46 05:44
11	164	Fernando David da Costa Santos	Núcleo de Montanha de Espinho	Veterano M40	01:55:06	+19:09 05:45
12	120	Oscar Magolo	Individual	Veterano M40	01:58:17	+22:20 05:55
13	165	José Pedro Conde Pinto da Silva	Núcleo de Montanha de Espinho	Veterano M40	01:58:33	+22:36 05:56
14	109	ALCINO FERREIRA DOS SANTOS	Individual	Veterano M40	01:58:42	+22:45 05:56
15	119	Manuel Vitor Rodrigues de Pinho	Individual	Veterano M40	01:58:44	+22:47 05:56
16	52	ANTONIO ALVES	ENERGIA GINASIO	Veterano M40	01:58:56	+22:59 05:57
17	226	Patrício Afonso	Trail Running Greci Gaia	Veterano M40	01:59:24	+23:27 05:58
18	9	Paulo Jorge Gomes Santos	ACRDE	Veterano M40	02:00:43	+24:46 06:02
19	229	José Loureiro	IF	Veterano M40	02:00:47	+24:50 06:02

Trail longo

20 KM

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20	151	Joao Oliveira	Juventude Cortegacense	Veterano M40	02:02:00	+26:03	06:06
21	124	Raul Silva	Individual	Veterano M40	02:03:17	+27:20	06:10
22	231	Alberto Neves	Caldas S. Jorge Sport Clube	Veterano M40	02:05:29	+29:32	06:16
23	211	Luís Carlos da Silva Teixeira	Sportarc.Running	Veterano M40	02:05:43	+29:46	06:17
24	53	FILIPE ALMEIDA	ENERGIA GINASIO	Veterano M40	02:05:48	+29:51	06:17
25	125	Ricardo Alexandre Carvalho Trigo	Individual	Veterano M40	02:05:48	+29:51	06:17
26	118	LUIS FERREIRA	Individual	Veterano M40	02:05:50	+29:53	06:17
27	181	Marco Paulo Costa Botelho	OS FALTA D´AR	Veterano M40	02:06:20	+30:23	06:1
28	23	José Oliveira	Ascários Escariz	Veterano M40	02:06:28	+30:31	06:19
29	166	Mika Magalhães	Núcleo de Montanha de Espinho	Veterano M40	02:06:39	+30:42	06:20
30	107	abel correia	Individual	Veterano M40	02:08:36	+32:39	06:26
31	31	Rui Carvalho	Bruxos Runners	Veterano M40	02:08:40	+32:43	06:26
32	222	RICHARD NOGUEIRA	Trail Running Clube Btt Sanguedo	Veterano M40	02:10:07	+34:10	06:30
33	121	Paulo Carvalho	Individual	Veterano M40	02:10:15	+34:18	06:31
34	150	Cecilio Maunel Silva Ferreira	Juventude Cortegacense	Veterano M40	02:10:55	+34:58	06:33
35	116	Jorge Nunes	Individual	Veterano M40	02:11:18	+35:21	06:34
36	185	NELSON DUARTE	Outsiders running trail team	Veterano M40	02:11:19	+35:22	06:34
37	180	Jorge Filipe Jesus Silva	OS FALTA D´AR	Veterano M40	02:11:42	+35:45	06:35
38	67	Jorge Silva	Hora do Lobo Trail	Veterano M40	02:14:43	+38:46	06:44
39	112	Fernando Ferreira	Individual	Veterano M40	02:14:55	+38:58	06:45
40	34	Martinho Santos	Caldas S. Jorge Sport Clube	Veterano M40	02:14:58	+39:01	06:45
41	213	Rui Pedro da Silva Gonçalves	Sportarc.Running	Veterano M40	02:15:48	+39:51	06:47
42	182	Rui Manuel Oliveira Teixeira	OS FALTA D´AR	Veterano M40	02:17:09	+41:12	06:51
43	179	Jorge Augusto Oliveira Guerra	OS FALTA D´AR	Veterano M40	02:17:10	+41:13	06:51
44	56	SERGIO SANTOS	ENERGIA GINASIO	Veterano M40	02:20:09	+44:12	07:00
45	59	Pedro Oliveira	Feira Viva	Veterano M40	02:24:13	+48:16	07:13
46	212	Manuel Monteiro Bouça	Sportarc.Running	Veterano M40	02:29:03	+53:06	07:27
47	137	Manuel Teixeira	I-Run	Veterano M40	02:31:58	+56:01	07:36
48	123	Pedro Santos	Individual	Veterano M40	02:32:15	+56:18	07:37
49	128	Rui Teixeira	Individual	Veterano M40	02:32:15	+56:18	07:37
50	111	Diamantino Catarino	Individual	Veterano M40	02:32:16	+56:19	07:37
51	117	José Ricardo	Individual	Veterano M40	02:34:12	+58:15	07:43
52	115	Ivo	Individual	Veterano M40	02:35:00	+59:03	07:45
53	175	Francisco Manuel Silva Oliveira	OS BRANCOS DO TRAIL	Veterano M40	02:37:20	+01:01:23	07:52
54	174	Elisio Oliveira Maia	OS BRANCOS DO TRAIL	Veterano M40	02:37:20	+01:01:23	07:52
55	21	Jorge Leite	ARCORUN	Veterano M40	02:37:57	+01:02:00	07:54
56	54	PAULO DUARTE	ENERGIA GINASIO	Veterano M40	02:38:55	+01:02:58	07:57
57	195	Marco Dias	QUENIANOS DE ESTARREJA	Veterano M40	02:44:00	+01:08:03	08:12
58	196	Paulo Viana	QUENIANOS DE ESTARREJA	Veterano M40	02:44:02	+01:08:05	08:12
59	19	Leandro Matos	AMIGOS DO TRAIL	Veterano M40	02:47:30	+01:11:33	08:22
60	189	Pedro Santos	Pari Passu	Veterano M40	02:48:34	+01:12:37	08:26
61	153	Sergio Costa	Juventude Cortegacense	Veterano M40	02:48:49	+01:12:52	08:26

Veterano M50

1	45	Pedro Marques	Dr. Merino/4moove	Veterano M50	01:35:10	04:46
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2	176	Manuel Ferreira	OS FALTA D'AR	Veterano M50	01:37:36	+02:26	04:53
3	184	Manuel Oliveira	OS FALTA D'AR	Veterano M50	01:51:21	+16:11	05:34
4	183	Carlos Fazendeiro	OS FALTA D'AR	Veterano M50	01:53:32	+18:22	05:41
5	58	ANTONIO SILVA	ENERGIA GINASIO	Veterano M50	02:03:21	+28:11	06:10
6	214	Carlos Alberto Ferreira	Sportarc.Running	Veterano M50	02:08:53	+33:43	06:27
7	220	Manuel Couto	TERMAS S. JORGE	Veterano M50	02:09:57	+34:47	06:30
8	57	ADRIANO MATIAS	ENERGIA GINASIO	Veterano M50	02:15:19	+40:09	06:46
9	30	Fernando Pereira	BootSeals	Veterano M50	02:20:03	+44:53	07:00
10	131	Paulo Moreira	Individual	Veterano M50	02:23:40	+48:30	07:11
11	62	Fernando Dias	Fuza's Team	Veterano M50	02:34:56	+59:46	07:45
12	129	José Manuel Oliveira	Individual	Veterano M50	02:35:06	+59:56	07:45
13	154	Domingos Fernando Camboa	Juventude Cortegacense	Veterano M50	02:37:46	+01:02:36	07:53
14	63	fernando rocha	grupo desportivo leoes de veneza	Veterano M50	02:43:42	+01:08:32	08:11
15	130	LEONEL ABÍLIO RIBEIRO POÇAS	Individual	Veterano M50	02:43:57	+01:08:47	08:12
16	35	Paulo Milheiro	Caldas S. Jorge Sport Clube	Veterano M50	02:44:30	+01:09:20	08:13

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