

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	13.4°C	71%
End	22:57	13.4°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	52	Leonel Fernandes	clube desportivo são salvador do campo	Senior Masculino	01:32:14		04:37
2	129	Tiago	individual	Senior Masculino	01:37:09	+04:54	04:51
3	130	Tiago pinho	individual	Senior Masculino	01:37:21	+05:06	04:52
4	170	Bruno Freitas	limitless	Senior Masculino	01:37:23	+05:08	04:52
5	17	Márcio Castro	adrap	Senior Masculino	01:37:40	+05:26	04:53
6	231	Gil Maia	porto triatlo	Senior Masculino	01:43:17	+11:02	05:10
7	151	Paulo pinto	individual	Veterano M40	01:45:55	+13:40	05:18
8	146	MANUEL JOSÉ TEIXEIRA DE SOUSA	individual	Veterano M40	01:46:47	+14:32	05:20
9	116	Marcelo Silva Pereira	individual	Senior Masculino	01:49:38	+17:24	05:29
10	176	António Pinto	monte dos amigos	Senior Masculino	01:57:58	+25:43	05:54
11	221	Joel Pinto	taylors	Senior Masculino	01:58:37	+26:23	05:56
12	126	Ricardo Pereira	individual	Senior Masculino	01:59:28	+27:13	05:58
13	160	Humberto Ramos Vara	individual	Veterano M50	01:59:28	+27:14	05:58
14	171	Filipe José Martins Baptista	limitless	Senior Masculino	02:02:01	+29:46	06:06
15	93	António Pinto	hmc sports piscinas e ginásios municipais	Veterano M40	02:02:57	+30:42	06:09
16	89	Marco Melo	hmc sports piscinas e ginásios municipais	Senior Masculino	02:05:04	+32:49	06:15
17	196	JOSÉ LOUREIRO	remax spirit-market	Veterano M40	02:05:53	+33:38	06:18
18	124	Pedro Pinto	individual	Senior Masculino	02:06:16	+34:01	06:19
19	31	Bruno silva	bravos & bravitas	Senior Masculino	02:07:01	+34:46	06:21
20	16	Paulo Jorge Gomes Santos	acrde	Veterano M40	02:09:40	+37:25	06:29
21	185	Marco Botelho	os falta d´ar	Veterano M40	02:10:08	+37:54	06:30
22	200	Alcino Gouveia	sentir escariz running	Veterano M40	02:10:55	+38:40	06:33
23	165	Mario Oliveira	individual	Veterano M50	02:11:07	+38:52	06:33
24	43	António Neves	caldas s. jorge sport clube	Senior Masculino	02:11:44	+39:29	06:35
25	32	Filipe Santos	bravos & bravitas	Senior Masculino	02:11:57	+39:42	06:36
26	187	Manuel Oliveira	os falta d´ar	Veterano M50	02:12:09	+39:54	06:36
27	80	Miguel Ângelo Ferreira	geocrosstrail escariz	Veterano M40	02:12:15	+40:00	06:37
28	184	Jorge Silva	os falta d´ar	Veterano M40	02:13:37	+41:23	06:41
29	95	Silverio Oliveira Santos	hmc sports piscinas e ginásios municipais	Veterano M40	02:14:13	+41:58	06:43
30	117	MARCO LISBOA	individual	Senior Masculino	02:14:53	+42:38	06:45
31	202	José Oliveira	sentir escariz running	Veterano M40	02:16:32	+44:17	06:50
32	110	Francisco Castro	individual	Senior Masculino	02:16:32	+44:17	06:50
33	121	Pedro Cerqueira	individual	Senior Masculino	02:17:58	+45:43	06:54
34	212	Fátima Costa	sportarc.running	Veterana F40	02:20:58	+48:44	07:03
35	216	José Teixeira	sportarc.running	Veterano M40	02:20:59	+48:44	07:03
36	168	ANA CRISTINA MARQUES ALEIXO	jobra - associação de jovens da branca	Senior Feminino	02:21:28	+49:14	07:04
37	169	Carlos Marcelo Dias Marques	jobra - associação de jovens da branca	Senior Masculino	02:21:30	+49:15	07:05
38	229	Sérgio Vieira	geocrosstrail	Senior Masculino	02:21:32	+49:18	07:05
39	44	Litos	caldas s. jorge sport clube	Senior Masculino	02:21:38	+49:23	07:05

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	220	Ricardo Trigo	step by step	Veterano M40	02:21:43	+49:29	07:05
41	181	António Miguel Araújo Magalhães	núcleo de montanha de espinho	Veterano M40	02:21:49	+49:35	07:05
42	14	Paulo Correia	a.d.sebolido trail boneca douro	Veterano M40	02:22:21	+50:07	07:07
43	223	Antonio Silva	os rípolins - grijó a correr	Veterano M50	02:22:23	+50:08	07:07
44	23	Joaquim Quintas	associação btt-tt sandim	Veterano M40	02:22:36	+50:21	07:08
45	159	HENRIQUE BORGES	individual	Veterano M50	02:22:36	+50:22	07:08
46	188	Nuno Miguel Vieira Teixeira	os flechas- c.c.r. santa eulália	Senior Masculino	02:23:11	+50:56	07:10
47	65	Marco Pinto	fa fit	Veterano M40	02:23:17	+51:02	07:10
48	13	Roberto Daniel Alves Freitas	a.d.sebolido trail boneca douro	Senior Masculino	02:23:20	+51:05	07:10
49	152	Raul Silva	individual	Veterano M40	02:24:27	+52:13	07:13
50	114	Levi Fernandes	individual	Senior Masculino	02:24:30	+52:15	07:14
51	91	Rui Martins	hmc sports piscinas e ginásios municipais	Senior Masculino	02:25:02	+52:47	07:15
52	51	Rui Gaspar	clube atlético chibinha	Veterano M40	02:25:02	+52:47	07:15
53	84	Hermenegildo Mendes	gondomar futsal clube	Senior Masculino	02:25:02	+52:48	07:15
54	203	Vítor Moreira	sentir escariz running	Veterano M40	02:26:16	+54:01	07:19
55	12	Bruno Barros	a.d.sebolido trail boneca douro	Senior Masculino	02:26:45	+54:31	07:20
56	5	André Ribeiro	#gepab	Senior Masculino	02:26:50	+54:36	07:21
57	25	Marinho Quintas	associação btt-tt sandim	Veterano M40	02:28:10	+55:55	07:25
58	67	Gil Pinho	feira viva	Senior Masculino	02:28:56	+56:42	07:27
59	180	João Graça	núcleo de montanha de espinho	Senior Masculino	02:29:20	+57:06	07:28
60	58	Luís Scott	dr. runner's team	Senior Masculino	02:29:39	+57:24	07:29
61	59	Ruben Lísias	dr. runner's team	Senior Masculino	02:29:39	+57:24	07:29
62	118	Marco Silva	individual	Senior Masculino	02:30:14	+58:00	07:31
63	144	Jorge Nunes	individual	Veterano M40	02:30:35	+58:20	07:32
64	147	Miguel Santos	individual	Veterano M40	02:30:46	+58:32	07:32
65	167	Pedro Moreira	j&p running	Senior Masculino	02:31:02	+58:48	07:33
66	62	Rui Freitas	esgalhada trail team	Senior Masculino	02:31:45	+59:30	07:35
67	27	Carlos Augusto Martins Silva	azeméis r	Veterano M40	02:32:28	+01:00:13	07:37
68	26	Pedro Santos Costa	azeméis r	Senior Masculino	02:32:28	+01:00:13	07:37
69	157	Alcino Ferreira dos Santos	individual	Veterano M50	02:32:34	+01:00:19	07:38
70	175	Alcídio Moreira	mata elefantres	Veterano M40	02:32:37	+01:00:22	07:38
71	30	andrezinho	bravos & bravitas	Senior Masculino	02:33:48	+01:01:33	07:41
72	37	Mike	bravos & bravitas	Veterano M40	02:35:00	+01:02:45	07:45
73	21	Mariana Batista	associação btt-tt sandim	Senior Feminino	02:35:03	+01:02:48	07:45
74	195	ANDRÉ SILVA	remax spirit-market	Senior Masculino	02:35:04	+01:02:49	07:45
75	35	Custódio	bravos & bravitas	Veterano M40	02:35:24	+01:03:10	07:46
76	191	Pedro Santos	pari passu	Veterano M40	02:35:29	+01:03:14	07:46
77	219	Ivo Almeida	step by step	Veterano M40	02:35:58	+01:03:43	07:48
78	49	Pedro Miguel Silva	cervejaria de cesar	Senior Masculino	02:37:29	+01:05:15	07:52
79	48	Gil Bastos	cervejaria de cesar	Senior Masculino	02:37:30	+01:05:15	07:53
80	199	Joaquim Iobato	running espinho	Veterano M50	02:38:23	+01:06:08	07:55
81	15	José Alves	a.d.sebolido trail boneca douro	Veterano M50	02:38:42	+01:06:27	07:56
82	29	Jorge Manuel Santiago Tavares	azeméis r	Veterano M40	02:38:43	+01:06:28	07:56
83	163	Leonel rodrigues	individual	Veterano M50	02:38:45	+01:06:30	07:56

TRAIL LONGO - STAGE 1

20 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
84	74	Mafalda Valente	geocrosstrail escariz	Senior Feminino	02:38:48	+01:06:33	07:56
85	108	FERNANDO CASTANHEIRA	individual	Senior Masculino	02:38:56	+01:06:42	07:57
86	100	Ana Catarina Venda Fonseca	individual	Senior Feminino	02:38:58	+01:06:43	07:57
87	119	Mário João Silva Ibarra	individual	Senior Masculino	02:38:59	+01:06:45	07:57
88	81	Paulo Marques	geocrosstrail escariz	Veterano M40	02:39:25	+01:07:11	07:58
89	82	Ricardo Godinho	geocrosstrail escariz	Veterano M40	02:39:25	+01:07:11	07:58
90	18	Ivo Machado	arcorun	Veterano M40	02:39:51	+01:07:37	08:00
91	174	Hélder Moreira	mata elefantes	Senior Masculino	02:40:16	+01:08:01	08:01
92	39	Vítor santos	bravos & bravitas	Veterano M40	02:40:27	+01:08:12	08:01
93	215	Paula Gonçalves	sportarc.running	Veterana F40	02:40:54	+01:08:40	08:03
94	138	Olga Gomes	individual	Veterana F40	02:40:55	+01:08:40	08:03
95	64	Nuno Avelar	fa fit	Senior Masculino	02:40:57	+01:08:43	08:03
96	50	Miguel Rego	clube atlético chibinha	Veterano M40	02:41:01	+01:08:46	08:03
97	217	Rui Gonçalves	sportarc.running	Veterano M40	02:41:08	+01:08:53	08:03
98	4	Jorge Moreira	tt	Veterano M40	02:41:28	+01:09:14	08:04
99	204	Sandra Santos	serviços sociais camara municipal de santa maria da feira	Senior Feminino	02:41:29	+01:09:14	08:04
100	208	Manuel Couto	serviços sociais camara municipal de santa maria da feira	Veterano M50	02:41:29	+01:09:14	08:04
101	113	Leandro Lavoura	individual	Senior Masculino	02:41:42	+01:09:27	08:05
102	47	Rogério Silva	centro desportivo cultural s. martinho da gândara	Veterano M50	02:41:42	+01:09:28	08:05
103	150	Paulo Campos	individual	Veterano M40	02:42:05	+01:09:51	08:06
104	87	Helder Tiago Gonçalves Machado	hmc sports piscinas e ginásios municipais	Senior Masculino	02:42:06	+01:09:51	08:06
105	70	João Morais	flechas trail drop in	Senior Masculino	02:43:22	+01:11:08	08:10
106	33	carmo	bravos & bravitas	Veterana F40	02:44:09	+01:11:54	08:12
107	182	Nuno Capela	núcleo de montanha de espinho	Veterano M40	02:44:24	+01:12:10	08:13
108	90	Pedro Ricardo Gonçalves Machado	hmc sports piscinas e ginásios municipais	Senior Masculino	02:45:12	+01:12:58	08:16
109	139	Abel Correia	individual	Veterano M40	02:45:48	+01:13:33	08:17
110	177	Ana Sousa	murtosa night runners	Senior Feminino	02:46:28	+01:14:14	08:19
111	55	Sérgio Marco Medeiros Tavares	correio de albergaria trail running	Senior Masculino	02:46:28	+01:14:14	08:19
112	148	Nuno Rodrigues	individual	Veterano M40	02:46:28	+01:14:14	08:19
113	183	Jorge Guerra	os falta d´ar	Veterano M40	02:47:03	+01:14:49	08:21
114	186	Rui Teixeira	os falta d´ar	Veterano M40	02:47:20	+01:15:06	08:22
115	86	Marlene Castro Soares	hmc sports piscinas e ginásios municipais	Senior Feminino	02:47:26	+01:15:11	08:22
116	75	Raquel Fernandes	geocrosstrail escariz	Senior Feminino	02:48:15	+01:16:00	08:25
117	73	Daniela Duarte	geocrosstrail escariz	Senior Feminino	02:48:16	+01:16:01	08:25
118	134	Cristina Carvalho	individual	Veterana F40	02:49:49	+01:17:35	08:29
119	83	Rui Moreira	geocrosstrail escariz	Veterano M40	02:50:03	+01:17:48	08:30
120	149	Paulo António Pereira Duarte	individual	Veterano M40	02:50:03	+01:17:49	08:30
121	137	Maria de Fátima de Sousa Ferreira Tavares	individual	Veterana F40	02:50:20	+01:18:05	08:31
122	128	Sergio filipe maia de sousa	individual	Senior Masculino	02:50:56	+01:18:42	08:33
123	164	MANUEL SOARES	individual	Veterano M50	02:51:13	+01:18:58	08:34
124	197	SÉRGIO ALMEIDA	remax spirit-market	Veterano M40	02:51:25	+01:19:10	08:34

TRAIL LONGO - STAGE 1

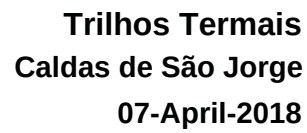
20 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
125	178	Pedro Aguiar	murtosa night runners	Senior Masculino	02:51:29	+01:19:14	08:34
126	201	Jorge Moreira	sentir escariz running	Veterano M40	02:51:45	+01:19:31	08:35
127	214	Lúcia Teixeira	sportarc.running	Veterana F40	02:51:48	+01:19:33	08:35
128	41	Américo Manuel Graça Gomes	cal - clube atletismo de lamas	Veterano M40	02:52:10	+01:19:55	08:37
129	107	Elisio Cardoso	individual	Senior Masculino	02:52:30	+01:20:15	08:38
130	109	Filipe Moreira	individual	Senior Masculino	02:52:30	+01:20:15	08:38
131	228	Nuno Raposo	núcleo de montanha de espinho	Senior Masculino	02:52:38	+01:20:23	08:38
132	155	Telmo Rui Aguiar Leite	individual	Veterano M40	02:53:20	+01:21:05	08:40
133	56	Mário Tavares	correio de albergaria trail running	Veterano M40	02:53:20	+01:21:05	08:40
134	72	Ricardo Silva	flechas trail drop in	Senior Masculino	02:54:21	+01:22:06	08:43
135	94	João cardoso	hmc sports piscinas e ginásios municipais	Veterano M40	02:56:47	+01:24:32	08:50
136	85	Cristina Costa	hmc sports piscinas e ginásios municipais	Senior Feminino	02:56:47	+01:24:32	08:50
137	92	Gui Mendes	hmc sports piscinas e ginásios municipais	Veterana F40	02:56:56	+01:24:41	08:51
138	193	Paulo Jorge Ferreira	pé na rota	Senior Masculino	02:57:08	+01:24:53	08:51
139	194	Ricardo Pinho Souto	pé na rota	Senior Masculino	02:57:08	+01:24:54	08:51
140	111	Francisco Vieira	individual	Senior Masculino	02:58:20	+01:26:05	08:55
141	63	Hugo Soares	excepçãoøbtt love tiles cycling sports team	Senior Masculino	02:58:48	+01:26:33	08:56
142	79	Enrique cunha	geocrosstrail escariz	Senior Masculino	03:00:42	+01:28:28	09:02
143	122	Pedro Daniel da Silva Nunes Ribeiro	individual	Senior Masculino	03:01:15	+01:29:01	09:04
144	125	Ricardo Manuel Pereira Barbosa	individual	Senior Masculino	03:02:33	+01:30:19	09:08
145	36	Herdeiro	bravos & bravitas	Veterano M40	03:03:36	+01:31:21	09:11
146	78	Domingos ventura	geocrosstrail escariz	Senior Masculino	03:04:10	+01:31:55	09:13
147	211	Ricardo Mendes	sportarc.running	Senior Masculino	03:05:50	+01:33:36	09:18
148	60	Carlos Cunha	emna runners	Senior Masculino	03:09:27	+01:37:13	09:28
149	71	Miguel Carvalho	flechas trail drop in	Senior Masculino	03:10:40	+01:38:25	09:32
150	210	Clara Santos	sportarc.running	Senior Feminino	03:10:54	+01:38:40	09:33
151	209	Andreia Noites	sportarc.running	Senior Feminino	03:10:54	+01:38:40	09:33
152	76	Teresa Capela	geocrosstrail escariz	Senior Feminino	03:23:19	+01:51:05	10:10
153	6	Daniela Cunha	100 sombra	Senior Feminino	03:25:26	+01:53:11	10:16
154	143	Ilídio José Pires	individual	Veterano M40	03:25:26	+01:53:11	10:16
155	8	João Novo	100 sombra	Senior Masculino	03:25:26	+01:53:12	10:16
156	7	André Santos	100 sombra	Senior Masculino	03:25:26	+01:53:12	10:16
157	115	Manuel Henriques Castro	individual	Senior Masculino	03:30:19	+01:58:05	10:31
158	106	David santos	individual	Senior Masculino	03:30:20	+01:58:06	10:31
159	112	Hugo Leite	individual	Senior Masculino	03:32:06	+01:59:52	10:36
160	69	Joaquim de Sousa	fit2labor	Veterano M40	03:43:10	+02:10:55	11:10
161	68	Mónica Margaride	fit2labor	Veterana F40	03:43:11	+02:10:56	11:10
162	224	Bruno Pinho	tutu team	Senior Masculino	03:46:13	+02:13:58	11:19
163	226	Norberto Aguiar	tutu team	Senior Masculino	03:46:13	+02:13:58	11:19
164	227	Diogo Andrade	tutu team	Senior Masculino	03:46:13	+02:13:58	11:19
165	225	Miguel Mendes	tutu team	Senior Masculino	03:46:13	+02:13:58	11:19
166	135	Isabel Santos	individual	Veterana F40	03:46:17	+02:14:03	11:19
167	9	Paulo Fernandes	100 sombra	Veterano M40	03:46:18	+02:14:03	11:19



20 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
168	22	Alice Almeida	associação btt-tt sandim	Veterana F40	03:49:19	+02:17:04	11:28

Trail Longo

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:00	13.4°C	71%
End	22:57	13.4°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	168	ANA CRISTINA MARQUES ALEIXO	JOBRA - Associação de Jovens da Branca	Senior Feminino	02:21:28	+49:14	07:04
2	21	Mariana Batista	Associação BTT-TT Sandim	Senior Feminino	02:35:03	+01:02:48	07:45
3	74	Mafalda Valente	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:38:48	+01:06:33	07:56
4	100	Ana Catarina Venda Fonseca	Individual	Senior Feminino	02:38:58	+01:06:43	07:57
5	204	Sandra Santos	Serviços Sociais Camara Municipal de Santa Maria da Feira	Senior Feminino	02:41:29	+01:09:14	08:04
6	177	Ana Sousa	Murtosa Night Runners	Senior Feminino	02:46:28	+01:14:14	08:19
7	86	Marlene Castro Soares	HMC Sports Piscinas e Ginásios Municipais	Senior Feminino	02:47:26	+01:15:11	08:22
8	75	Raquel Fernandes	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:48:15	+01:16:00	08:25
9	73	Daniela Duarte	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:48:16	+01:16:01	08:25
10	85	Cristina Costa	HMC Sports Piscinas e Ginásios Municipais	Senior Feminino	02:56:47	+01:24:32	08:50
11	210	Clara Santos	Sportarc.Running	Senior Feminino	03:10:54	+01:38:40	09:33
12	209	Andreia Noites	Sportarc.Running	Senior Feminino	03:10:54	+01:38:40	09:33
13	76	Teresa Capela	GEOCROSSTRAIL ESCARIZ	Senior Feminino	03:23:19	+01:51:05	10:10
14	6	Daniela Cunha	100 SOMBRA	Senior Feminino	03:25:26	+01:53:11	10:16

Senior Masculino

1	52	Leonel Fernandes	CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO	Senior Masculino	01:32:14	04:37
2	129	Tiago	Individual	Senior Masculino	01:37:09	+04:54 04:51
3	130	Tiago pinho	Individual	Senior Masculino	01:37:21	+05:06 04:52
4	170	Bruno Freitas	Limitless	Senior Masculino	01:37:23	+05:08 04:52
5	17	Márcio Castro	ADRAP	Senior Masculino	01:37:40	+05:26 04:53
6	231	Gil Maia	Porto Triatlo	Senior Masculino	01:43:17	+11:02 05:10
7	116	Marcelo Silva Pereira	Individual	Senior Masculino	01:49:38	+17:24 05:29
8	176	António Pinto	Monte dos Amigos	Senior Masculino	01:57:58	+25:43 05:54
9	221	Joel Pinto	Taylors	Senior Masculino	01:58:37	+26:23 05:56
10	126	Ricardo Pereira	Individual	Senior Masculino	01:59:28	+27:13 05:58
11	171	Filipe José Martins Baptista	Limitless	Senior Masculino	02:02:01	+29:46 06:06
12	89	Marco Melo	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	02:05:04	+32:49 06:15
13	124	Pedro Pinto	Individual	Senior Masculino	02:06:16	+34:01 06:19
14	31	Bruno silva	Bravos & Bravitas	Senior Masculino	02:07:01	+34:46 06:21
15	43	António Neves	Caldas S. Jorge Sport Clube	Senior Masculino	02:11:44	+39:29 06:35
16	32	Filipe Santos	Bravos & Bravitas	Senior Masculino	02:11:57	+39:42 06:36
17	117	MARCO LISBOA	Individual	Senior Masculino	02:14:53	+42:38 06:45
18	110	Francisco Castro	Individual	Senior Masculino	02:16:32	+44:17 06:50

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Trail Longo

20 KM

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OFFICIAL RESULT

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19	121	Pedro Cerqueira	Individual	Senior Masculino	02:17:58	+45:43	06:54
20	169	Carlos Marcelo Dias Marques	JOBRA - Associação de Jovens da Branca	Senior Masculino	02:21:30	+49:15	07:05
21	229	Sérgio Vieira	Geocrosstrail	Senior Masculino	02:21:32	+49:18	07:05
22	44	Litos	Caldas S. Jorge Sport Clube	Senior Masculino	02:21:38	+49:23	07:05
23	188	Nuno Miguel Vieira Teixeira	Os flechas- C.C.R. Santa Eulália	Senior Masculino	02:23:11	+50:56	07:10
24	13	Roberto Daniel Alves Freitas	A.D.Sebolido Trail Boneca Douro	Senior Masculino	02:23:20	+51:05	07:10
25	114	Levi Fernandes	Individual	Senior Masculino	02:24:30	+52:15	07:14
26	91	Rui Martins	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	02:25:02	+52:47	07:15
27	84	Hermenegildo Mendes	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:25:02	+52:48	07:15
28	12	Bruno Barros	A.D.Sebolido Trail Boneca Douro	Senior Masculino	02:26:45	+54:31	07:20
29	5	André Ribeiro	#GEPAB	Senior Masculino	02:26:50	+54:36	07:21
30	67	Gil Pinho	Feira Viva	Senior Masculino	02:28:56	+56:42	07:27
31	180	João Graça	Núcleo de Montanha de Espinho	Senior Masculino	02:29:20	+57:06	07:28
32	58	Luís Scott	Dr. Runner's Team	Senior Masculino	02:29:39	+57:24	07:29
33	59	Ruben Lísias	Dr. Runner's Team	Senior Masculino	02:29:39	+57:24	07:29
34	118	Marco Silva	Individual	Senior Masculino	02:30:14	+58:00	07:31
35	167	Pedro Moreira	J&P Running	Senior Masculino	02:31:02	+58:48	07:33
36	62	Rui Freitas	Esgalhada Trail Team	Senior Masculino	02:31:45	+59:30	07:35
37	26	Pedro Santos Costa	Azeméis R	Senior Masculino	02:32:28	+01:00:13	07:37
38	30	andrezinho	Bravos & Bravitas	Senior Masculino	02:33:48	+01:01:33	07:41
39	195	ANDRÉ SILVA	REMAX Spirit-Market	Senior Masculino	02:35:04	+01:02:49	07:45
40	49	Pedro Miguel Silva	Cervejaria de Cesar	Senior Masculino	02:37:29	+01:05:15	07:52
41	48	Gil Bastos	Cervejaria de Cesar	Senior Masculino	02:37:30	+01:05:15	07:53
42	108	FERNANDO CASTANHEIRA	Individual	Senior Masculino	02:38:56	+01:06:42	07:57
43	119	Mário João Silva Ibarra	Individual	Senior Masculino	02:38:59	+01:06:45	07:57
44	174	Hélder Moreira	Mata elefantes	Senior Masculino	02:40:16	+01:08:01	08:01
45	64	Nuno Avelar	FA Fit	Senior Masculino	02:40:57	+01:08:43	08:03
46	113	Leandro Lavoura	Individual	Senior Masculino	02:41:42	+01:09:27	08:05
47	87	Helder Tiago Gonçalves Machado	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	02:42:06	+01:09:51	08:06
48	70	João Morais	Flechas Trail Drop In	Senior Masculino	02:43:22	+01:11:08	08:10
49	90	Pedro Ricardo Gonçalves Machado	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	02:45:12	+01:12:58	08:16
50	55	Sérgio Marco Medeiros Tavares	Correio de Albergaria Trail Running	Senior Masculino	02:46:28	+01:14:14	08:19
51	128	Sergio filipe maia de souza	Individual	Senior Masculino	02:50:56	+01:18:42	08:33
52	178	Pedro Aguiar	Murtosa Night Runners	Senior Masculino	02:51:29	+01:19:14	08:34
53	107	Elisio Cardoso	Individual	Senior Masculino	02:52:30	+01:20:15	08:38
54	109	Filipe Moreira	Individual	Senior Masculino	02:52:30	+01:20:15	08:38
55	228	Nuno Raposo	Núcleo de Montanha de Espinho	Senior Masculino	02:52:38	+01:20:23	08:38
56	72	Ricardo Silva	Flechas Trail Drop In	Senior Masculino	02:54:21	+01:22:06	08:43
57	193	Paulo Jorge Ferreira	Pé na Rota	Senior Masculino	02:57:08	+01:24:53	08:51
58	194	Ricardo Pinho Souto	Pé na Rota	Senior Masculino	02:57:08	+01:24:54	08:51
59	111	Francisco Vieira	Individual	Senior Masculino	02:58:20	+01:26:05	08:55
60	63	Hugo Soares	eXCepçãoBTT Love Tiles Cycling Sports Team	Senior Masculino	02:58:48	+01:26:33	08:56
61	79	Enrique cunha	GEOCROSSTRAIL ESCARIZ	Senior Masculino	03:00:42	+01:28:28	09:02

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62	122	Pedro Daniel da Silva Nunes Ribeiro	Individual	Senior Masculino	03:01:15	+01:29:01	09:04
63	125	Ricardo Manuel Pereira Barbosa	Individual	Senior Masculino	03:02:33	+01:30:19	09:08
64	78	Domingos ventura	GEOCROSSTRAIL ESCARIZ	Senior Masculino	03:04:10	+01:31:55	09:13
65	211	Ricardo Mendes	Sportarc.Running	Senior Masculino	03:05:50	+01:33:36	09:18
66	60	Carlos Cunha	EMNA Runners	Senior Masculino	03:09:27	+01:37:13	09:28
67	71	Miguel Carvalho	Flechas Trail Drop In	Senior Masculino	03:10:40	+01:38:25	09:32
68	8	João Novo	100 SOMBRA	Senior Masculino	03:25:26	+01:53:12	10:16
69	7	André Santos	100 SOMBRA	Senior Masculino	03:25:26	+01:53:12	10:16
70	115	Manuel Henriques Castro	Individual	Senior Masculino	03:30:19	+01:58:05	10:31
71	106	David santos	Individual	Senior Masculino	03:30:20	+01:58:06	10:31
72	112	Hugo Leite	Individual	Senior Masculino	03:32:06	+01:59:52	10:36
73	224	Bruno Pinho	TuTu Team	Senior Masculino	03:46:13	+02:13:58	11:19
74	226	Norberto Aguiar	TuTu Team	Senior Masculino	03:46:13	+02:13:58	11:19
75	227	Diogo Andrade	TuTu Team	Senior Masculino	03:46:13	+02:13:58	11:19
76	225	Miguel Mendes	TuTu Team	Senior Masculino	03:46:13	+02:13:58	11:19

Veterana F40

1	212	Fátima Costa	Sportarc.Running	Veterana F40	02:20:58	+48:44	07:03
2	215	Paula Gonçalves	Sportarc.Running	Veterana F40	02:40:54	+01:08:40	08:03
3	138	Olga Gomes	Individual	Veterana F40	02:40:55	+01:08:40	08:03
4	33	carmo	Bravos & Bravitas	Veterana F40	02:44:09	+01:11:54	08:12
5	134	Cristina Carvalho	Individual	Veterana F40	02:49:49	+01:17:35	08:29
6	137	Maria de Fátima de Sousa Ferreira Tavares	Individual	Veterana F40	02:50:20	+01:18:05	08:31
7	214	Lúcia Teixeira	Sportarc.Running	Veterana F40	02:51:48	+01:19:33	08:35
8	92	Gui Mendes	HMC Sports Piscinas e Ginásios Municipais	Veterana F40	02:56:56	+01:24:41	08:51
9	68	Mónica Margaride	Fit2labor	Veterana F40	03:43:11	+02:10:56	11:10
10	135	Isabel Santos	Individual	Veterana F40	03:46:17	+02:14:03	11:19
11	22	Alice Almeida	Associação BTT-TT Sandim	Veterana F40	03:49:19	+02:17:04	11:28

Veterano M40

1	151	Paulo pinto	Individual	Veterano M40	01:45:55	+13:40	05:18
2	146	MANUEL JOSÉ TEIXEIRA DE SOUSA	Individual	Veterano M40	01:46:47	+14:32	05:20
3	93	António Pinto	HMC Sports Piscinas e Ginásios Municipais	Veterano M40	02:02:57	+30:42	06:09
4	196	JOSÉ LOUREIRO	REMAX Spirit-Market	Veterano M40	02:05:53	+33:38	06:18
5	16	Paulo Jorge Gomes Santos	ACRDE	Veterano M40	02:09:40	+37:25	06:29
6	185	Marco Botelho	OS FALTA D´AR	Veterano M40	02:10:08	+37:54	06:30
7	200	Alcino Gouveia	Sentir Escariz running	Veterano M40	02:10:55	+38:40	06:33
8	80	Miguel Ângelo Ferreira	GEOCROSSTRAIL ESCARIZ	Veterano M40	02:12:15	+40:00	06:37
9	184	Jorge Silva	OS FALTA D´AR	Veterano M40	02:13:37	+41:23	06:41
10	95	Silverio Oliveira Santos	HMC Sports Piscinas e Ginásios Municipais	Veterano M40	02:14:13	+41:58	06:43
11	202	José Oliveira	Sentir Escariz running	Veterano M40	02:16:32	+44:17	06:50

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12	216	José Teixeira	Sportarc.Running	Veterano M40	02:20:59	+48:44	07:03
13	220	Ricardo Trigo	STEP BY STEP	Veterano M40	02:21:43	+49:29	07:05
14	181	António Miguel Araújo Magalhães	Núcleo de Montanha de Espinho	Veterano M40	02:21:49	+49:35	07:05
15	14	Paulo Correia	A.D.Sebolido Trail Boneca Douro	Veterano M40	02:22:21	+50:07	07:07
16	23	Joaquim Quintas	Associação BTT-TT Sandim	Veterano M40	02:22:36	+50:21	07:08
17	65	Marco Pinto	FA Fit	Veterano M40	02:23:17	+51:02	07:10
18	152	Raul Silva	Individual	Veterano M40	02:24:27	+52:13	07:13
19	51	Rui Gaspar	Clube Atlético Chibinha	Veterano M40	02:25:02	+52:47	07:15
20	203	Vítor Moreira	Sentir Escariz running	Veterano M40	02:26:16	+54:01	07:19
21	25	Marinho Quintas	Associação BTT-TT Sandim	Veterano M40	02:28:10	+55:55	07:25
22	144	Jorge Nunes	Individual	Veterano M40	02:30:35	+58:20	07:32
23	147	Miguel Santos	Individual	Veterano M40	02:30:46	+58:32	07:32
24	27	Carlos Augusto Martins Silva	Azeméis R	Veterano M40	02:32:28	+01:00:13	07:37
25	175	Alcídio Moreira	Mata elefantres	Veterano M40	02:32:37	+01:00:22	07:38
26	37	Mike	Bravos & Bravitas	Veterano M40	02:35:00	+01:02:45	07:45
27	35	Custódio	Bravos & Bravitas	Veterano M40	02:35:24	+01:03:10	07:46
28	191	Pedro Santos	Pari Passu	Veterano M40	02:35:29	+01:03:14	07:46
29	219	Ivo Almeida	STEP BY STEP	Veterano M40	02:35:58	+01:03:43	07:48
30	29	Jorge Manuel Santiago Tavares	Azeméis R	Veterano M40	02:38:43	+01:06:28	07:56
31	81	Paulo Marques	GEOCROSSTRAIL ESCARIZ	Veterano M40	02:39:25	+01:07:11	07:58
32	82	Ricardo Godinho	GEOCROSSTRAIL ESCARIZ	Veterano M40	02:39:25	+01:07:11	07:58
33	18	Ivo Machado	ARCORUN	Veterano M40	02:39:51	+01:07:37	08:00
34	39	Vítor santos	Bravos & Bravitas	Veterano M40	02:40:27	+01:08:12	08:01
35	50	Miguel Rego	Clube Atlético Chibinha	Veterano M40	02:41:01	+01:08:46	08:03
36	217	Rui Gonçalves	Sportarc.Running	Veterano M40	02:41:08	+01:08:53	08:03
37	4	Jorge Moreira	TT	Veterano M40	02:41:28	+01:09:14	08:04
38	150	Paulo Campos	Individual	Veterano M40	02:42:05	+01:09:51	08:06
39	182	Nuno Capela	Núcleo de Montanha de Espinho	Veterano M40	02:44:24	+01:12:10	08:13
40	139	Abel Correia	Individual	Veterano M40	02:45:48	+01:13:33	08:17
41	148	Nuno Rodrigues	Individual	Veterano M40	02:46:28	+01:14:14	08:19
42	183	Jorge Guerra	OS FALTA D´AR	Veterano M40	02:47:03	+01:14:49	08:21
43	186	Rui Teixeira	OS FALTA D´AR	Veterano M40	02:47:20	+01:15:06	08:22
44	83	Rui Moreira	GEOCROSSTRAIL ESCARIZ	Veterano M40	02:50:03	+01:17:48	08:30
45	149	Paulo António Pereira Duarte	Individual	Veterano M40	02:50:03	+01:17:49	08:30
46	197	SÉRGIO ALMEIDA	REMAX Spirit-Market	Veterano M40	02:51:25	+01:19:10	08:34
47	201	Jorge Moreira	Sentir Escariz running	Veterano M40	02:51:45	+01:19:31	08:35
48	41	Américo Manuel Graça Gomes	CAL - Clube Atletismo de Lamas	Veterano M40	02:52:10	+01:19:55	08:37
49	155	Telmo Rui Aguiar Leite	Individual	Veterano M40	02:53:20	+01:21:05	08:40
50	56	Mário Tavares	Correio de Albergaria Trail Running	Veterano M40	02:53:20	+01:21:05	08:40
51	94	João cardoso	HMC Sports Piscinas e Ginásios Municipais	Veterano M40	02:56:47	+01:24:32	08:50
52	36	Herdeiro	Bravos & Bravitas	Veterano M40	03:03:36	+01:31:21	09:11
53	143	Ilídio José Pires	Individual	Veterano M40	03:25:26	+01:53:11	10:16
54	69	Joaquim de Sousa	Fit2labor	Veterano M40	03:43:10	+02:10:55	11:10
55	9	Paulo Fernandes	100 SOMBRA	Veterano M40	03:46:18	+02:14:03	11:19

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20 KM

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1	160	Humberto Ramos Vara	Individual	Veterano M50	01:59:28	+27:14	05:58
2	165	Mario Oliveira	Individual	Veterano M50	02:11:07	+38:52	06:33
3	187	Manuel Oliveira	OS FALTA D´AR	Veterano M50	02:12:09	+39:54	06:36
4	223	Antonio Silva	Os Ripolins - Grijó a correr	Veterano M50	02:22:23	+50:08	07:07
5	159	HENRIQUE BORGES	Individual	Veterano M50	02:22:36	+50:22	07:08
6	157	Alcino Ferreira dos Santos	Individual	Veterano M50	02:32:34	+01:00:19	07:38
7	199	Joaquim Iobato	RUNNING ESPINHO	Veterano M50	02:38:23	+01:06:08	07:55
8	15	José Alves	A.D.Sebolido Trail Boneca Douro	Veterano M50	02:38:42	+01:06:27	07:56
9	163	Leonel rodrigues	Individual	Veterano M50	02:38:45	+01:06:30	07:56
10	208	Manuel Couto	Serviços Sociais Camara Municipal de Santa Maria da Feira	Veterano M50	02:41:29	+01:09:14	08:04
11	47	Rogério Silva	Centro Desportivo Cultural S. Martinho da Gândara	Veterano M50	02:41:42	+01:09:28	08:05
12	164	MANUEL SOARES	Individual	Veterano M50	02:51:13	+01:18:58	08:34