

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

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REVISED

	Time	Temperature	Humidity
Start	21:00	12.4°C	96%
End	23:14	12.2°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	528	Renato Silva	caldas de s.jorge sport clube	Senior Masculino	45:06		04:31
2	533	Camilo Guedes	clube do pessoal das águas de gaia	Senior Masculino	47:25	+02:19	04:45
3	530	Tozé Amorim	caldas de s.jorge sport clube	Senior Masculino	47:26	+02:20	04:45
4	586	João Barbosa	g.d.c.guilhovai	Senior Masculino	52:26	+07:20	05:15
5	663	Rafael campos dos santos	individual	Senior Masculino	52:32	+07:27	05:15
6	532	Eduardo Cardoso	clube cultura e desporto de ribeirão	Senior Masculino	52:38	+07:32	05:16
7	587	joao manuel soares pereira	g.d.c.guilhovai	Senior Masculino	53:04	+07:59	05:18
8	527	Antonio Vaz Silva	caldas de s.jorge sport clube	Senior Masculino	54:15	+09:09	05:26
9	523	miguel Ferreira	body & zen/salão manos running	Senior Masculino	54:16	+09:10	05:26
10	664	renato cardoso	individual	Senior Masculino	54:42	+09:37	05:28
11	531	Vitor Marques	caldas de s.jorge sport clube	Senior Masculino	54:53	+09:47	05:29
12	508	Nelson Oliveira	awesome	Senior Masculino	54:55	+09:50	05:30
13	590	Norberto Oliveira	g.d.c.guilhovai	Senior Masculino	54:57	+09:51	05:30
14	602	RUI MIGUEL SILVA TEIXEIRA	hst car	Senior Masculino	55:13	+10:07	05:31
15	510	Ricardo Oliveira	awesome	Senior Masculino	56:45	+11:40	05:41
16	631	Fernando da Silva Castanheira	individual	Senior Masculino	58:14	+13:09	05:49
17	603	SERGIO FILIPE DACOSTA BRANDÃO	hst car	Senior Masculino	58:31	+13:26	05:51
18	526	António Neves	caldas de s.jorge sport clube	Senior Masculino	58:40	+13:34	05:52
19	550	Luís Miguel da Costa Rodrigues	clube nortada - murtosa night runners	Senior Masculino	58:43	+13:37	05:52
20	241	Miguel Santos	individual	Senior Masculino	59:28	+14:22	05:57
21	744	Sara conceição	zumba prof. sara	Senior Feminino	59:30	+14:24	05:57
22	577	David Silva	fundo team	Senior Masculino	59:31	+14:26	05:57
23	656	paulo reis	individual	Senior Masculino	01:00:25	+15:19	06:03
24	729	LILIANA ALVES COUTO	trail running clube btt sanguedo	Senior Feminino	01:00:25	+15:20	06:03
25	710	Marco Miranda	os running dead	Senior Masculino	01:00:54	+15:49	06:05
26	711	Miguel de Oliveira Almeida	os running dead	Senior Masculino	01:00:55	+15:49	06:06
27	725	Modesto Lopes Monteiro	sardonisca runners	Senior Masculino	01:01:31	+16:26	06:09
28	601	JOSE PAULO DA SILVA GOMES	hst car	Senior Masculino	01:01:40	+16:35	06:10
29	578	Micael Santos	fundo team	Senior Masculino	01:02:25	+17:19	06:15
30	639	Jorge Augusto Oliveira Guerra	individual	Senior Masculino	01:02:26	+17:21	06:15
31	521	Manuel Couto	body & zen/salão manos running	Senior Masculino	01:02:27	+17:21	06:15
32	652	NUNO COSTA	individual	Senior Masculino	01:02:43	+17:37	06:16
33	675	Nuno Menezes Silva	jata-panhu	Senior Masculino	01:02:50	+17:44	06:17
34	81	Hugo Leite	individual	Senior Masculino	01:02:58	+17:53	06:18
35	563	André Filipe dos Santos Rebelo	eduart - componentes de calçado .	Senior Masculino	01:03:05	+17:59	06:19
36	509	Ricardo Mendes	awesome	Senior Masculino	01:03:12	+18:07	06:19
37	716	Pedro Brizado	pipb	Senior Masculino	01:03:19	+18:13	06:20
38	670	Vitor Pereira	individual	Senior Masculino	01:03:21	+18:15	06:20
39	599	HUGO MIGUEL GONÇALVES REIS	hst car	Senior Masculino	01:03:21	+18:16	06:20
40	507	Marco Oliveira	awesome	Senior Masculino	01:03:38	+18:32	06:22

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	511	Fatima Pais	body & zen/salão manos running	Senior Feminino	01:03:45	+18:40	06:23
42	636	Helder Santos	individual	Senior Masculino	01:04:13	+19:08	06:25
43	653	Nuno cruz	individual	Senior Masculino	01:04:14	+19:09	06:25
44	580	carla alexandra fernandes de sousa	g.d.c.guilhovai	Senior Feminino	01:04:18	+19:13	06:26
45	585	gersão machado	g.d.c.guilhovai	Senior Masculino	01:04:35	+19:29	06:28
46	630	Felix Fioravanti	individual	Senior Masculino	01:04:40	+19:34	06:28
47	731	Mi Alves Couto	trail running clube btt sanguedo	Senior Feminino	01:04:45	+19:39	06:29
48	610	Célia Santos	individual	Senior Feminino	01:04:51	+19:45	06:29
49	708	Luis Miguel Martins	o mundo da corrida	Senior Masculino	01:04:51	+19:46	06:29
50	566	Rui Silva	feira viva	Senior Masculino	01:04:54	+19:48	06:29
51	579	Tiago Rodrigues	fundo team	Senior Masculino	01:06:30	+21:25	06:39
52	547	Joaquim Daniel Rodrigues da Silva	clube nortada - murtosa night runners	Senior Masculino	01:06:40	+21:34	06:40
53	564	Eduardo Tavares Rebelo	eduart - componentes de calçado .	Senior Masculino	01:06:54	+21:49	06:41
54	561	Bruno Mesquita	cork com elhas	Senior Masculino	01:07:42	+22:37	06:46
55	600	JOAQUIM HUGO DA SILVA TEIXEIRA	hst car	Senior Masculino	01:07:54	+22:48	06:47
56	565	Luís Filipe Martins Soares	eduart - componentes de calçado .	Senior Masculino	01:07:57	+22:52	06:48
57	709	Eurico Sá	os running dead	Senior Masculino	01:08:19	+23:13	06:50
58	513	paula Ferreira	body & zen/salão manos running	Senior Feminino	01:08:27	+23:22	06:51
59	730	MARGARIDA SILVA	trail running clube btt sanguedo	Senior Feminino	01:08:32	+23:26	06:51
60	546	João Carlos Marques Sardo	clube nortada - murtosa night runners	Senior Masculino	01:08:34	+23:28	06:51
61	645	Luis Miguel Nunes Silva	individual	Senior Masculino	01:09:45	+24:40	06:59
62	677	André Coimbra	manquinhos	Senior Masculino	01:09:56	+24:51	07:00
63	679	Manuel Teixeira	manquinhos	Senior Masculino	01:09:57	+24:51	07:00
64	678	Fernando Teixeira	manquinhos	Senior Masculino	01:10:05	+24:59	07:01
65	749	Daniel Ricardo Gomes de Paiva Miranda	hst car	Senior Masculino	01:10:55	+25:50	07:06
66	597	DOMINGOS MANUEL ENCARNÇÃO OLIVEIRA	hst car	Senior Masculino	01:10:56	+25:50	07:06
67	632	Fernando da Silva Pais	individual	Senior Masculino	01:11:08	+26:03	07:07
68	614	liliana maria santos cardoso	individual	Senior Feminino	01:13:11	+28:05	07:19
69	676	Paulo Rocha Menezes	jata-panhu	Senior Masculino	01:13:46	+28:40	07:23
70	650	Nuno Cardoso	individual	Senior Masculino	01:13:47	+28:42	07:23
71	721	Carlos Roberto Marques Gomes	piscinas municipais de santa maria da feira	Senior Masculino	01:13:54	+28:48	07:23
72	574	Hugo Oliveira	fugitivos urbanos	Senior Masculino	01:13:58	+28:52	07:24
73	517	Fabio Santos	body & zen/salão manos running	Senior Masculino	01:14:23	+29:17	07:26
74	525	Ricardo Santos	body & zen/salão manos running	Senior Masculino	01:14:24	+29:18	07:26
75	534	Adriana Pinto	clube nortada - murtosa night runners	Senior Feminino	01:14:33	+29:28	07:27
76	548	Jorge Pinto	clube nortada - murtosa night runners	Senior Masculino	01:14:34	+29:28	07:27
77	751	Pedro Silva	peter team	Senior Masculino	01:14:59	+29:53	07:30
78	750	Nuno Seabra	peter team	Senior Masculino	01:14:59	+29:54	07:30
79	518	José Conceição	body & zen/salão manos running	Senior Masculino	01:15:01	+29:55	07:30
80	655	Paulo Ferreira	individual	Senior Masculino	01:15:23	+30:17	07:32
81	623	Antonio de Jesus Albuquerque	individual	Senior Masculino	01:16:11	+31:06	07:37
82	640	Jorge fontes	individual	Senior Masculino	01:16:15	+31:09	07:38
83	642	José Saraiva	individual	Senior Masculino	01:16:34	+31:29	07:39
84	666	Rui Saraiva	individual	Senior Masculino	01:16:35	+31:30	07:40

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10 KM

[illegible]

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	516	Virginia Silva	body & zen/salão manos running	Senior Feminino	01:16:46	+31:40	07:41
86	629	Emanuel Francisco Morgado Santos	individual	Senior Masculino	01:16:49	+31:43	07:41
87	638	João Paulo Regal de Sousa	individual	Senior Masculino	01:16:56	+31:50	07:42
88	692	Márcio Gomes Costa	nem pias	Senior Masculino	01:17:11	+32:06	07:43
89	691	Hugo André Tavares Fernandes	nem pias	Senior Masculino	01:17:13	+32:07	07:43
90	584	Germano Paiva	g.d.c.guilhovai	Senior Masculino	01:17:19	+32:13	07:44
91	588	Manuel Andrade	g.d.c.guilhovai	Senior Masculino	01:17:19	+32:13	07:44
92	575	Cristina Almeida	fundo team	Senior Feminino	01:17:29	+32:23	07:45
93	576	Fabiana Pais	fundo team	Senior Feminino	01:17:29	+32:24	07:45
94	628	Cláudio Silva	individual	Senior Masculino	01:17:36	+32:31	07:46
95	515	Sonia Rocha	body & zen/salão manos running	Senior Feminino	01:17:41	+32:35	07:46
96	611	Céu Cordeiro	individual	Senior Feminino	01:18:13	+33:07	07:49
97	594	José Sousa	grupo 46	Senior Masculino	01:18:47	+33:42	07:53
98	657	Paulo Sampaio	individual	Senior Masculino	01:18:55	+33:50	07:54
99	712	Rui Coutinho	os running dead	Senior Masculino	01:19:16	+34:10	07:56
100	536	Ana Filipa Couto Marques Rodrigues	clube nortada - murtosa night runners	Senior Feminino	01:20:50	+35:45	08:05
101	524	Ramiro Silva	body & zen/salão manos running	Senior Masculino	01:23:38	+38:32	08:22
102	706	Ivo Miguel Vieira Machado	nutriverde	Senior Masculino	01:23:47	+38:41	08:23
103	705	António Fernando Correia da Silva	nutriverde	Senior Masculino	01:23:47	+38:41	08:23
104	512	maria Celeste	body & zen/salão manos running	Senior Feminino	01:24:43	+39:38	08:28
105	715	Isidro Silva	pipb	Senior Masculino	01:24:51	+39:45	08:29
106	707	Nuno Miguel da Rocha Moreira	nutriverde	Senior Masculino	01:25:20	+40:14	08:32
107	535	Ana Alexandra Pereira Matos	clube nortada - murtosa night runners	Senior Feminino	01:25:34	+40:28	08:33
108	537	Ana Filipa Sousa Matos	clube nortada - murtosa night runners	Senior Feminino	01:25:34	+40:29	08:33
109	573	Daniel Ribeiro	fugitivos urbanos	Senior Masculino	01:25:47	+40:42	08:35
110	625	Bruno José Marques	individual	Senior Masculino	01:26:14	+41:08	08:37
111	673	José Graça	insanos	Senior Masculino	01:26:16	+41:10	08:38
112	671	José Maria Carneiro	insanos	Senior Masculino	01:26:17	+41:12	08:38
113	541	Ana Maria Sousa de Abreu Freire	clube nortada - murtosa night runners	Senior Feminino	01:26:38	+41:32	08:40
114	557	Isabel Patricia Martins Cunha	cork com elhas	Senior Feminino	01:26:47	+41:41	08:41
115	703	Vanessa Maria Martins Tavares	núcleo de montanha de espinho	Senior Feminino	01:27:18	+42:13	08:44
116	701	Paula Alexandra Gomes Duarte	núcleo de montanha de espinho	Senior Feminino	01:27:18	+42:13	08:44
117	635	Helder Diogo Oliveira Cruz	individual	Senior Masculino	01:27:38	+42:33	08:46
118	660	Pedro Miguel Reis Conceição	individual	Senior Masculino	01:27:39	+42:33	08:46
119	637	Hugo Manuel Guimarães Silva	individual	Senior Masculino	01:27:51	+42:46	08:47
120	620	Tatiana Luísa Macedo Pinto Capela	individual	Senior Feminino	01:28:09	+43:04	08:49
121	654	Nuno Sérgio Neto Capela	individual	Senior Masculino	01:28:10	+43:05	08:49
122	622	Antonio Carmo	individual	Senior Masculino	01:29:27	+44:22	08:57
123	659	Pedro Miguel Prata	individual	Senior Masculino	01:31:15	+46:09	09:08
124	633	Filipe Daniel Ferreira da Costa	individual	Senior Masculino	01:31:36	+46:31	09:10
125	505	António Pinho	8.2 team	Senior Masculino	01:32:03	+46:58	09:12
126	567	Adriano Filipe Reis Resende Sá	fogaças com malapos	Senior Masculino	01:32:04	+46:59	09:12
127	598	FILIFE CORREIA DE OLIVEIRA	hst car	Senior Masculino	01:32:06	+47:00	09:13
128	596	TANIA CRISTINA DE PAIVA BATISTA	hst car	Senior Feminino	01:32:06	+47:01	09:13

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	543	Raquel Sousa Lopes	clube nortada - murtosa night runners	Senior Feminino	01:33:26	+48:20	09:21
130	559	Silvia Pinto	cork com elhas	Senior Feminino	01:33:27	+48:21	09:21
131	560	Susana Fernandes	cork com elhas	Senior Feminino	01:33:27	+48:22	09:21
132	556	Catarina Raquel Martins Cunha	cork com elhas	Senior Feminino	01:33:37	+48:32	09:22
133	618	Paula Cristina Soares Guimarães Ferreira	individual	Senior Feminino	01:33:39	+48:34	09:22
134	615	Manuela Viterbo	individual	Senior Feminino	01:34:16	+49:11	09:26
135	661	Pedro Paiva	individual	Senior Masculino	01:34:21	+49:15	09:26
136	555	Ana Cunha	cork com elhas	Senior Feminino	01:34:21	+49:16	09:26
137	558	Sandra Catarina Bastos de Oliveira	cork com elhas	Senior Feminino	01:34:31	+49:25	09:27
138	539	Ana Luísa Henriques	clube nortada - murtosa night runners	Senior Feminino	01:34:45	+49:40	09:29
139	748	Joni Valente	clube nortada murtosa night runners	Senior Masculino	01:34:46	+49:41	09:29
140	641	José Lima Nogueira	individual	Senior Masculino	01:35:16	+50:10	09:32
141	606	Ana Isabel Montezinho	individual	Senior Feminino	01:35:17	+50:11	09:32
142	700	Cláudia Sofia Cepeda Costa Magalhães	núcleo de montanha de espinho	Senior Feminino	01:35:34	+50:28	09:33
143	702	Susana Tamagnini Barbosa Silva Castro	núcleo de montanha de espinho	Senior Feminino	01:35:34	+50:28	09:33
144	553	Rui Valente	clube nortada - murtosa night runners	Senior Masculino	01:35:37	+50:32	09:34
145	542	Marta Alexandra Esteves Carmo	clube nortada - murtosa night runners	Senior Feminino	01:35:38	+50:32	09:34
146	699	Carla Susana Flores Cardoso Magalhães	núcleo de montanha de espinho	Senior Feminino	01:35:38	+50:32	09:34
147	545	Sandra Filipa Valente dos Santos	clube nortada - murtosa night runners	Senior Feminino	01:36:00	+50:54	09:36
148	540	Ana Mafalda Pereira	clube nortada - murtosa night runners	Senior Feminino	01:36:00	+50:54	09:36
149	704	Paula Cristina Cortez Loureiro	nutrverde	Senior Feminino	01:36:01	+50:55	09:36
150	544	Rosa Calisto	clube nortada - murtosa night runners	Senior Feminino	01:36:52	+51:47	09:41
151	552	Roberto Calisto	clube nortada - murtosa night runners	Senior Masculino	01:36:52	+51:47	09:41
152	685	Eduardo Fernandes	muita'tração	Senior Masculino	01:40:12	+55:06	10:01
153	684	Natércia Fernandes	muita'tração	Senior Feminino	01:40:13	+55:08	10:01
154	604	aldina oliveira	individual	Senior Feminino	01:40:29	+55:24	10:03
155	605	Ana Catarina da Rocha Correia	individual	Senior Feminino	01:41:04	+55:59	10:06
156	613	Isabel Patricia da Silva Barbosa	individual	Senior Feminino	01:41:15	+56:09	10:08
157	569	Filipa Silva	fugitivos urbanos	Senior Feminino	01:41:35	+56:29	10:10
158	571	Sofia Coelho	fugitivos urbanos	Senior Feminino	01:41:35	+56:30	10:10
159	647	Mário José Ferreira Rocha	individual	Senior Masculino	01:41:35	+56:30	10:10
160	570	Sandra Silva	fugitivos urbanos	Senior Feminino	01:41:35	+56:30	10:10
161	572	Vera Mendes	fugitivos urbanos	Senior Feminino	01:41:36	+56:30	10:10
162	593	Denise Ramires	grupo 46	Senior Feminino	01:41:46	+56:41	10:11
163	595	Rui Moreno	grupo 46	Senior Masculino	01:41:53	+56:48	10:11
164	648	Mário Lança	individual	Senior Masculino	01:41:53	+56:48	10:11
165	609	Carla Silva	individual	Senior Feminino	01:41:55	+56:49	10:12
166	538	Ana Isabel Tavares Oliveira Carinha	clube nortada - murtosa night runners	Senior Feminino	01:45:48	+01:00:43	10:35
167	549	José Manuel Afonso Carinha	clube nortada - murtosa night runners	Senior Masculino	01:45:48	+01:00:43	10:35
168	714	Sandra Nova	pipb	Senior Feminino	01:45:49	+01:00:44	10:35
169	713	Maria Jose Silva	pipb	Senior Feminino	01:45:50	+01:00:45	10:35
170	680	João Miquel Gomes da Silva	marta e companhia, lda	Senior Masculino	01:46:40	+01:01:34	10:40

MINI TRAIL - STAGE 1

10 KM

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REVISED

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
171	688	Andrea Cristina Costa Fernandes Magalhães Ferreira	muita'tração running tribe	Senior Feminino	01:51:09	+01:06:04	11:07
172	643	Luis Filipe Rocha	individual	Senior Masculino	01:51:11	+01:06:05	11:07
173	690	Jorge Manuel Pinto Pereira Ferreira	muita'tração running tribe	Senior Masculino	01:51:11	+01:06:06	11:07
174	686	Ricardo Jorge Azevedo Sousa	muita'tração	Senior Masculino	01:51:12	+01:06:06	11:07
175	689	Mariana Fernandes	muita'tração running tribe	Senior Feminino	01:51:13	+01:06:07	11:07
176	592	Ricardo Santos	gondomar futsal clube	Senior Masculino	01:51:49	+01:06:43	11:11
177	724	Fernando Silva	running team maia	Senior Masculino	01:52:35	+01:07:29	11:16
178	723	Bárbara Silva	running team maia	Senior Feminino	01:52:35	+01:07:29	11:16
179	591	Marina Terceiro	gondomar futsal clube	Senior Feminino	01:52:52	+01:07:47	11:17
180	554	Ana Catarina Lopes	cork com elhas	Senior Feminino	02:03:00	+01:17:55	12:18
181	733	Alexandra Silva	"trame team"	Senior Feminino	02:03:31	+01:18:26	12:21
182	734	Eliana Moreira	"trame team"	Senior Feminino	02:03:32	+01:18:26	12:21
183	735	Marlene Gomes	"trame team"	Senior Feminino	02:03:35	+01:18:30	12:22
184	502	Dulce Fernandes	8.2 team	Senior Feminino	02:04:47	+01:19:41	12:29
185	607	Carina Santos	individual	Senior Feminino	02:04:52	+01:19:46	12:29
186	617	Nicole Bastos Ferreira Oliveira	individual	Senior Feminino	02:04:52	+01:19:46	12:29
187	619	Sara da Costa Dias	individual	Senior Feminino	02:04:53	+01:19:48	12:29
188	726	Alexandra Fernandes	ter mais vida	Senior Feminino	02:05:22	+01:20:17	12:32
189	727	Maria José Gonçalves	ter mais vida	Senior Feminino	02:05:22	+01:20:17	12:32
190	728	Fernando Gonçalves	ter mais vida	Senior Masculino	02:05:28	+01:20:22	12:33
191	694	Carla Dias	nós e eles!	Senior Feminino	02:05:37	+01:20:31	12:34
192	739	Diogo Capelas	trio no trilho	Senior Masculino	02:06:36	+01:21:31	12:40
193	738	Alexandra Marques	trio no trilho	Senior Feminino	02:06:37	+01:21:32	12:40
194	740	Pedro Guimarães	trio no trilho	Senior Masculino	02:06:38	+01:21:32	12:40
195	551	Nuno Miguel Valente Olveira	clube nortada - murtosa night runners	Senior Masculino	02:13:10	+01:28:04	13:19

Mini Trail

10 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	21:00	12.4°C	96%
End	23:14	12.2°C	93%

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

1	744	Sara conceição	Zumba prof. Sara	Senior Feminino	59:30		05:57
2	729	LILIANA ALVES COUTO	Trail Running Clube Btt Sanguedo	Senior Feminino	01:00:26	+00:56	06:03
3	511	Fatima Pais	BODY & ZEN/SALÃO MANOS RUNNING	Senior Feminino	01:03:46	+04:16	06:23
4	580	carla alexandra fernandes de sousa	G.D.C.Guilhovai	Senior Feminino	01:04:19	+04:49	06:26
5	731	Mi Alves Couto	Trail Running Clube Btt Sanguedo	Senior Feminino	01:04:45	+05:15	06:29
6	610	Célia Santos	Individual	Senior Feminino	01:04:51	+05:21	06:29
7	513	paula Ferreira	BODY & ZEN/SALÃO MANOS RUNNING	Senior Feminino	01:08:28	+08:58	06:51
8	730	MARGARIDA SILVA	Trail Running Clube Btt Sanguedo	Senior Feminino	01:08:32	+09:02	06:51
9	614	liliana maria santos cardoso	Individual	Senior Feminino	01:13:11	+13:41	07:19
10	534	Adriana Pinto	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:14:34	+15:04	07:27
11	516	Virginia Silva	BODY & ZEN/SALÃO MANOS RUNNING	Senior Feminino	01:16:46	+17:16	07:41
12	575	Cristina Almeida	Fundo Team	Senior Feminino	01:17:29	+17:59	07:45
13	576	Fabiana Pais	Fundo Team	Senior Feminino	01:17:30	+18:00	07:45
14	515	Sonia Rocha	BODY & ZEN/SALÃO MANOS RUNNING	Senior Feminino	01:17:41	+18:11	07:46
15	611	Céu Cordeiro	Individual	Senior Feminino	01:18:13	+18:43	07:49
16	536	Ana Filipa Couto Marques Rodrigues	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:20:51	+21:21	08:05
17	512	maria Celeste	BODY & ZEN/SALÃO MANOS RUNNING	Senior Feminino	01:24:44	+25:14	08:28
18	535	Ana Alexandra Pereira Matos	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:25:34	+26:04	08:33
19	537	Ana Filipa Sousa Matos	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:25:35	+26:05	08:33
20	541	Ana Maria Sousa de Abreu Freire	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:26:38	+27:08	08:40
21	557	Isabel Patricia Martins Cunha	CORK COM ELHAS	Senior Feminino	01:26:47	+27:17	08:41
22	703	Vanessa Maria Martins Tavares	Núcleo de Montanha de Espinho	Senior Feminino	01:27:19	+27:49	08:44
23	701	Paula Alexandra Gomes Duarte	Núcleo de Montanha de Espinho	Senior Feminino	01:27:19	+27:49	08:44
24	620	Tatiana Luísa Macedo Pinto Capela	Individual	Senior Feminino	01:28:10	+28:40	08:49
25	596	TANIA CRISTINA DE PAIVA BATISTA	HST CAR	Senior Feminino	01:32:07	+32:37	09:13
26	543	Raquel Sousa Lopes	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:33:26	+33:56	09:21
27	559	Silvia Pinto	CORK COM ELHAS	Senior Feminino	01:33:27	+33:57	09:21
28	560	Susana Fernandes	CORK COM ELHAS	Senior Feminino	01:33:28	+33:58	09:21
29	556	Catarina Raquel Martins Cunha	CORK COM ELHAS	Senior Feminino	01:33:38	+34:08	09:22
30	618	Paula Cristina Soares Guimarães Ferreira	Individual	Senior Feminino	01:33:40	+34:10	09:22
31	615	Manuela Viterbo	Individual	Senior Feminino	01:34:17	+34:47	09:26

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Mini Trail

10 KM

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32	555	Ana Cunha	CORK COM ELHAS	Senior Feminino	01:34:22	+34:52	09:26
33	558	Sandra Catarina Bastos de Oliveira	CORK COM ELHAS	Senior Feminino	01:34:31	+35:01	09:27
34	539	Ana Luísa Henriques	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:34:46	+35:16	09:29
35	606	Ana Isabel Montezinho	Individual	Senior Feminino	01:35:17	+35:47	09:32
36	700	Cláudia Sofia Cepeda Costa Magalhães	Núcleo de Montanha de Espinho	Senior Feminino	01:35:34	+36:04	09:33
37	702	Susana Tamagnini Barbosa Silva Castro	Núcleo de Montanha de Espinho	Senior Feminino	01:35:34	+36:04	09:33
38	542	Marta Alexandra Esteves Carmo	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:35:38	+36:08	09:34
39	699	Carla Susana Flores Cardoso Magalhães	Núcleo de Montanha de Espinho	Senior Feminino	01:35:38	+36:08	09:34
40	545	Sandra Filipa Valente dos Santos	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:36:00	+36:30	09:36
41	540	Ana Mafalda Pereira	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:36:00	+36:30	09:36
42	704	Paula Cristina Cortez Loureiro	Nutriverde	Senior Feminino	01:36:01	+36:31	09:36
43	544	Rosa Calisto	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:36:53	+37:23	09:41
44	684	Natércia Fernandes	Muita'tração	Senior Feminino	01:40:14	+40:44	10:01
45	604	aldina oliveira	Individual	Senior Feminino	01:40:30	+41:00	10:03
46	605	Ana Catarina da Rocha Correia	Individual	Senior Feminino	01:41:05	+41:35	10:06
47	613	Isabel Patricia da Silva Barbosa	Individual	Senior Feminino	01:41:15	+41:45	10:08
48	569	Filipa Silva	FUGITIVOS URBANOS	Senior Feminino	01:41:35	+42:05	10:10
49	571	Sofia Coelho	FUGITIVOS URBANOS	Senior Feminino	01:41:36	+42:06	10:10
50	570	Sandra Silva	FUGITIVOS URBANOS	Senior Feminino	01:41:36	+42:06	10:10
51	572	Vera Mendes	FUGITIVOS URBANOS	Senior Feminino	01:41:36	+42:06	10:10
52	593	Denise Ramires	Grupo 46	Senior Feminino	01:41:47	+42:17	10:11
53	609	Carla Silva	Individual	Senior Feminino	01:41:55	+42:25	10:12
54	538	Ana Isabel Tavares Oliveira Carinha	Clube Nortada - Murtosa Night Runners	Senior Feminino	01:45:49	+46:19	10:35
55	714	Sandra Nova	pipb	Senior Feminino	01:45:50	+46:20	10:35
56	713	Maria Jose Silva	pipb	Senior Feminino	01:45:51	+46:21	10:35
57	688	Andrea Cristina Costa Fernandes Magalhães Ferreira	Muita'tração Running Tribe	Senior Feminino	01:51:10	+51:40	11:07
58	689	Mariana Fernandes	Muita'tração Running Tribe	Senior Feminino	01:51:13	+51:43	11:07
59	723	Bárbara Silva	RUNNING TEAM MAIA	Senior Feminino	01:52:35	+53:05	11:16
60	591	Marina Terceiro	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:52:53	+53:23	11:17
61	554	Ana Catarina Lopes	CORK COM ELHAS	Senior Feminino	02:03:01	+01:03:31	12:18
62	733	Alexandra Silva	"TRAME TEAM"	Senior Feminino	02:03:32	+01:04:02	12:21
63	734	Eliana Moreira	"TRAME TEAM"	Senior Feminino	02:03:32	+01:04:02	12:21
64	735	Marlene Gomes	"TRAME TEAM"	Senior Feminino	02:03:36	+01:04:06	12:22
65	502	Dulce Fernandes	8.2 Team	Senior Feminino	02:04:47	+01:05:17	12:29
66	607	Carina Santos	Individual	Senior Feminino	02:04:52	+01:05:22	12:29
67	617	Nicole Bastos Ferreira Oliveira	Individual	Senior Feminino	02:04:52	+01:05:22	12:29
68	619	Sara da Costa Dias	Individual	Senior Feminino	02:04:54	+01:05:24	12:29
69	726	Alexandra Fernandes	Ter Mais Vida	Senior Feminino	02:05:23	+01:05:53	12:32
70	727	Maria José Gonçalves	Ter Mais Vida	Senior Feminino	02:05:23	+01:05:53	12:32
71	694	Carla Dias	Nós e eles!	Senior Feminino	02:05:37	+01:06:07	12:34

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Mini Trail

10 KM

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OFFICIAL RESULT

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72	738	Alexandra Marques	Trio no trilho	Senior Feminino	02:06:38	+01:07:08	12:40
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Senior Masculino

1	528	Renato Silva	Caldas de S.Jorge Sport Clube	Senior Masculino	45:06		04:31
2	533	Camilo Guedes	Clube do Pessoal das Águas de Gaia	Senior Masculino	47:25	+02:19	04:45
3	530	Tozé Amorim	Caldas de S.Jorge Sport Clube	Senior Masculino	47:26	+02:20	04:45
4	586	João Barbosa	G.D.C.Guilhovai	Senior Masculino	52:26	+07:20	05:15
5	663	Rafael campos dos santos	Individual	Senior Masculino	52:33	+07:27	05:15
6	532	Eduardo Cardoso	Clube Cultura e Desporto de Ribeirão	Senior Masculino	52:38	+07:32	05:16
7	587	joao manuel soares pereira	G.D.C.Guilhovai	Senior Masculino	53:05	+07:59	05:18
8	527	Antonio Vaz Silva	Caldas de S.Jorge Sport Clube	Senior Masculino	54:15	+09:09	05:26
9	523	miguel Ferreira	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	54:16	+09:10	05:26
10	664	renato cardoso	Individual	Senior Masculino	54:43	+09:37	05:28
11	531	Vitor Marques	Caldas de S.Jorge Sport Clube	Senior Masculino	54:53	+09:47	05:29
12	508	Nelson Oliveira	Awesome	Senior Masculino	54:56	+09:50	05:30
13	590	Norberto Oliveira	G.D.C.Guilhovai	Senior Masculino	54:57	+09:51	05:30
14	602	RUI MIGUEL SILVA TEIXEIRA	HST CAR	Senior Masculino	55:13	+10:07	05:31
15	510	Ricardo Oliveira	Awesome	Senior Masculino	56:46	+11:40	05:41
16	631	Fernando da Silva Castanheira	Individual	Senior Masculino	58:15	+13:09	05:49
17	603	SERGIO FILIPE DACOSTA BRANDÃO	HST CAR	Senior Masculino	58:32	+13:26	05:51
18	526	António Neves	Caldas de S.Jorge Sport Clube	Senior Masculino	58:40	+13:34	05:52
19	550	Luís Miguel da Costa Rodrigues	Clube Nortada - Murtosa Night Runners	Senior Masculino	58:43	+13:37	05:52
20	241	Miguel Santos	Individual	Senior Masculino	59:28	+14:22	05:57
21	577	David Silva	Fundo Team	Senior Masculino	59:32	+14:26	05:57
22	656	paulo reis	Individual	Senior Masculino	01:00:25	+15:19	06:03
23	710	Marco Miranda	Os Running Dead	Senior Masculino	01:00:55	+15:49	06:05
24	711	Miguel de Oliveira Almeida	Os Running Dead	Senior Masculino	01:00:55	+15:49	06:06
25	725	Modesto Lopes Monteiro	Sardonisca Runners	Senior Masculino	01:01:32	+16:26	06:09
26	601	JOSE PAULO DA SILVA GOMES	HST CAR	Senior Masculino	01:01:41	+16:35	06:10
27	578	Micael Santos	Fundo Team	Senior Masculino	01:02:25	+17:19	06:15
28	639	Jorge Augusto Oliveira Guerra	Individual	Senior Masculino	01:02:27	+17:21	06:15
29	521	Manuel Couto	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	01:02:27	+17:21	06:15
30	652	NUNO COSTA	Individual	Senior Masculino	01:02:43	+17:37	06:16
31	675	Nuno Menezes Silva	jata-panhu	Senior Masculino	01:02:50	+17:44	06:17
32	81	Hugo Leite	Individual	Senior Masculino	01:02:59	+17:53	06:18
33	563	André Filipe dos Santos Rebelo	EDUART - COMPONENTES DE CALÇADO .	Senior Masculino	01:03:05	+17:59	06:19
34	509	Ricardo Mendes	Awesome	Senior Masculino	01:03:13	+18:07	06:19
35	716	Pedro Brizado	pipb	Senior Masculino	01:03:19	+18:13	06:20
36	670	Vitor Pereira	Individual	Senior Masculino	01:03:21	+18:15	06:20
37	599	HUGO MIGUEL GONÇALVES REIS	HST CAR	Senior Masculino	01:03:22	+18:16	06:20

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38	507	Marco Oliveira	Awesome	Senior Masculino	01:03:38	+18:32	06:22
39	636	Helder Santos	Individual	Senior Masculino	01:04:14	+19:08	06:25
40	653	Nuno cruz	Individual	Senior Masculino	01:04:15	+19:09	06:25
41	585	gersão machado	G.D.C.Guilhovai	Senior Masculino	01:04:35	+19:29	06:28
42	630	Felix Fioravanti	Individual	Senior Masculino	01:04:40	+19:34	06:28
43	708	Luis Miguel Martins	O Mundo da Corrida	Senior Masculino	01:04:52	+19:46	06:29
44	566	Rui Silva	Feira Viva	Senior Masculino	01:04:54	+19:48	06:29
45	579	Tiago Rodrigues	Fundo Team	Senior Masculino	01:06:31	+21:25	06:39
46	547	Joaquim Daniel Rodrigues da Silva	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:06:40	+21:34	06:40
47	564	Eduardo Tavares Rebelo	EDUART - COMPONENTES DE CALÇADO .	Senior Masculino	01:06:55	+21:49	06:41
48	561	Bruno Mesquita	CORK COM ELHAS	Senior Masculino	01:07:43	+22:37	06:46
49	600	JOAQUIM HUGO DA SILVA TEIXEIRA	HST CAR	Senior Masculino	01:07:54	+22:48	06:47
50	565	Luís Filipe Martins Soares	EDUART - COMPONENTES DE CALÇADO .	Senior Masculino	01:07:58	+22:52	06:48
51	709	Eurico Sá	Os Running Dead	Senior Masculino	01:08:19	+23:13	06:50
52	546	João Carlos Marques Sardo	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:08:34	+23:28	06:51
53	645	Luis Miguel Nunes Silva	Individual	Senior Masculino	01:09:46	+24:40	06:59
54	677	André Coimbra	Manquinhos	Senior Masculino	01:09:57	+24:51	07:00
55	679	Manuel Teixeira	Manquinhos	Senior Masculino	01:09:57	+24:51	07:00
56	678	Fernando Teixeira	Manquinhos	Senior Masculino	01:10:05	+24:59	07:01
57	749	Daniel Ricardo Gomes de Paiva Miranda	HST Car	Senior Masculino	01:10:56	+25:50	07:06
58	597	DOMINGOS MANUEL ENCARNÇÃO OLIVEIRA	HST CAR	Senior Masculino	01:10:56	+25:50	07:06
59	632	Fernando da Silva Pais	Individual	Senior Masculino	01:11:09	+26:03	07:07
60	676	Paulo Rocha Menezes	jata-panhu	Senior Masculino	01:13:46	+28:40	07:23
61	650	Nuno Cardoso	Individual	Senior Masculino	01:13:48	+28:42	07:23
62	721	Carlos Roberto Marques Gomes	Piscinas Municipais de Santa Maria da Feira	Senior Masculino	01:13:54	+28:48	07:23
63	574	Hugo Oliveira	FUGITIVOS URBANOS	Senior Masculino	01:13:58	+28:52	07:24
64	517	Fabio Santos	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	01:14:23	+29:17	07:26
65	525	Ricardo Santos	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	01:14:24	+29:18	07:26
66	548	Jorge Pinto	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:14:34	+29:28	07:27
67	751	Pedro Silva	Peter Team	Senior Masculino	01:14:59	+29:53	07:30
68	750	Nuno Seabra	Peter Team	Senior Masculino	01:15:00	+29:54	07:30
69	518	José Conceição	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	01:15:01	+29:55	07:30
70	655	Paulo Ferreira	Individual	Senior Masculino	01:15:23	+30:17	07:32
71	623	Antonio de Jesus Albuquerque	Individual	Senior Masculino	01:16:12	+31:06	07:37
72	640	Jorge fontes	Individual	Senior Masculino	01:16:15	+31:09	07:38
73	642	José Saraiva	Individual	Senior Masculino	01:16:35	+31:29	07:39
74	666	Rui Saraiva	Individual	Senior Masculino	01:16:36	+31:30	07:40
75	629	Emanuel Francisco Morgado Santos	Individual	Senior Masculino	01:16:49	+31:43	07:41
76	638	João Paulo Regal de Sousa	Individual	Senior Masculino	01:16:56	+31:50	07:42

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77	692	Márcio Gomes Costa	nem pias	Senior Masculino	01:17:12	+32:06	07:43
78	691	Hugo André Tavares Fernandes	nem pias	Senior Masculino	01:17:13	+32:07	07:43
79	584	Germano Paiva	G.D.C.Guilhovai	Senior Masculino	01:17:19	+32:13	07:44
80	588	Manuel Andrade	G.D.C.Guilhovai	Senior Masculino	01:17:19	+32:13	07:44
81	628	Cláudio Silva	Individual	Senior Masculino	01:17:37	+32:31	07:46
82	594	José Sousa	Grupo 46	Senior Masculino	01:18:48	+33:42	07:53
83	657	Paulo Sampaio	Individual	Senior Masculino	01:18:56	+33:50	07:54
84	712	Rui Coutinho	Os Running Dead	Senior Masculino	01:19:16	+34:10	07:56
85	524	Ramiro Silva	BODY & ZEN/SALÃO MANOS RUNNING	Senior Masculino	01:23:38	+38:32	08:22
86	706	Ivo Miguel Vieira Machado	Nutriverde	Senior Masculino	01:23:47	+38:41	08:23
87	705	António Fernando Correia da Silva	Nutriverde	Senior Masculino	01:23:47	+38:41	08:23
88	715	Isidro Silva	pipb	Senior Masculino	01:24:51	+39:45	08:29
89	707	Nuno Miguel da Rocha Moreira	Nutriverde	Senior Masculino	01:25:20	+40:14	08:32
90	573	Daniel Ribeiro	FUGITIVOS URBANOS	Senior Masculino	01:25:48	+40:42	08:35
91	625	Bruno José Marques	Individual	Senior Masculino	01:26:14	+41:08	08:37
92	673	José Graça	InsanOs	Senior Masculino	01:26:16	+41:10	08:38
93	671	José Maria Carneiro	InsanOs	Senior Masculino	01:26:18	+41:12	08:38
94	635	Helder Diogo Oliveira Cruz	Individual	Senior Masculino	01:27:39	+42:33	08:46
95	660	Pedro Miguel Reis Conceição	Individual	Senior Masculino	01:27:39	+42:33	08:46
96	637	Hugo Manuel Guimarães Silva	Individual	Senior Masculino	01:27:52	+42:46	08:47
97	654	Nuno Sérgio Neto Capela	Individual	Senior Masculino	01:28:11	+43:05	08:49
98	622	Antonio Carmo	Individual	Senior Masculino	01:29:28	+44:22	08:57
99	659	Pedro Miguel Prata	Individual	Senior Masculino	01:31:15	+46:09	09:08
100	633	Filipe Daniel Ferreira da Costa	Individual	Senior Masculino	01:31:37	+46:31	09:10
101	505	António Pinho	8.2 Team	Senior Masculino	01:32:04	+46:58	09:12
102	567	Adriano Filipe Reis Resende Sá	Fogaças com Malapos	Senior Masculino	01:32:05	+46:59	09:12
103	598	FILIFE CORREIA DE OLIVEIRA	HST CAR	Senior Masculino	01:32:06	+47:00	09:13
104	661	Pedro Paiva	Individual	Senior Masculino	01:34:21	+49:15	09:26
105	748	Joni Valente	Clube Nortada Murtosa night runners	Senior Masculino	01:34:47	+49:41	09:29
106	641	José Lima Nogueira	Individual	Senior Masculino	01:35:16	+50:10	09:32
107	553	Rui Valente	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:35:38	+50:32	09:34
108	552	Roberto Calisto	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:36:53	+51:47	09:41
109	685	Eduardo Fernandes	Muita'tração	Senior Masculino	01:40:12	+55:06	10:01
110	647	Mário José Ferreira Rocha	Individual	Senior Masculino	01:41:36	+56:30	10:10
111	595	Rui Moreno	Grupo 46	Senior Masculino	01:41:54	+56:48	10:11
112	648	Mário Lança	Individual	Senior Masculino	01:41:54	+56:48	10:11
113	549	José Manuel Afonso Carinha	Clube Nortada - Murtosa Night Runners	Senior Masculino	01:45:49	+01:00:43	10:35
114	680	João Miguel Gomes da Silva	Marta e Companhia, Lda	Senior Masculino	01:46:40	+01:01:34	10:40
115	643	Luis Filipe Rocha	Individual	Senior Masculino	01:51:11	+01:06:05	11:07
116	690	Jorge Manuel Pinto Pereira Ferreira	Muita'tração Running Tribe	Senior Masculino	01:51:12	+01:06:06	11:07
117	686	Ricardo Jorge Azevedo Sousa	Muita'tração	Senior Masculino	01:51:12	+01:06:06	11:07
118	592	Ricardo Santos	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:51:49	+01:06:43	11:11
119	724	Fernando Silva	RUNNING TEAM MAIA	Senior Masculino	01:52:35	+01:07:29	11:16

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120	728	Fernando Gonçalves	Ter Mais Vida	Senior Masculino	02:05:28	+01:20:22	12:33
121	739	Diogo Capelas	Trio no trilho	Senior Masculino	02:06:37	+01:21:31	12:40
122	740	Pedro Guimarães	Trio no trilho	Senior Masculino	02:06:38	+01:21:32	12:40
123	551	Nuno Miguel Valente Olveira	Clube Nortada - Murtosa Night Runners	Senior Masculino	02:13:10	+01:28:04	13:19