

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:10	13.4°C	71%
End	21:55	13.4°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1608	Fábio Correia	sporting clube de espinho / antónio leitão	Senior Masculino	47:02		04:42
2	1159	Toze Castro	fiães running	Senior Masculino	47:25	+00:23	04:45
3	1210	paulo pereira	grupo desportivo cultural de guilhovai	Veterano M40	48:08	+01:06	04:49
4	1633	Luis Silva	nac - nucleo de atletismo de cucujães	Veterano M40	48:41	+01:38	04:52
5	1097	Camilo Guedes	clube pessoal aguas gaia	Veterano M40	50:04	+03:01	05:00
6	1371	Hugo Miguel Gonçalves Pinto	individual	Senior Masculino	50:09	+03:06	05:01
7	1027	Antonio Paiva Santos	acdr reguenga palhota	Senior Masculino	50:33	+03:31	05:03
8	1481	Sérgio Silva	mss contabilidade trail team	Senior Masculino	51:10	+04:07	05:07
9	1342	Asdrubal Freitas	individual	Veterano M50	53:14	+06:12	05:19
10	1100	Pedro Sabugueiro	cmm escaravelhos team	Senior Masculino	53:16	+06:14	05:20
11	1593	Rui Oliveira	vila maior em turismo	Veterano M40	53:19	+06:17	05:20
12	57	Joel Simplício	dr. runner's team	Senior Masculino	54:04	+07:02	05:24
13	1086	Filipe Fontes	cal - clube atletismo de lamas	Veterano M40	54:06	+07:04	05:25
14	1155	André Silva	fiães running	Senior Masculino	54:46	+07:44	05:29
15	1480	João Leite	mexilhão da montanha	Senior Masculino	55:07	+08:05	05:31
16	1591	Julio Oliveira	vila maior em turismo	Veterano M40	55:28	+08:26	05:33
17	1425	Rui Lobo	individual	Senior Masculino	56:02	+08:59	05:36
18	1404	marco vasconcelos	individual	Senior Masculino	56:09	+09:07	05:37
19	1226	Orlando Valente	hmc sports piscinas e ginásios municipais	Veterano M40	56:45	+09:43	05:41
20	1377	João Paulo Lopes Rodrigues	individual	Veterano M50	58:32	+11:30	05:51
21	1406	Miguel Angelo Baptista Pinto	individual	Senior Masculino	58:33	+11:30	05:51
22	1410	Miguel Ferreira	individual	Senior Masculino	58:54	+11:52	05:53
23	1543	marcio andre jesus melo	somos somente 1	Senior Masculino	59:15	+12:13	05:56
24	1590	Antonio Marques	vila maior em turismo	Veterano M50	59:23	+12:21	05:56
25	1496	Carlos Parente	olímpico vianense trail	Veterano M50	01:00:04	+13:01	06:00
26	1209	Tiago Rosas	grupo de corrida de argoncilhe	Senior Masculino	01:00:14	+13:12	06:01
27	1089	Antonio Joaquim Vaz da Silva	caldas s. jorge sport clube	Veterano M50	01:00:17	+13:15	06:02
28	20	Carlos Fernandes	as belas e eles	Veterano M40	01:01:02	+14:00	06:06
29	1438	BRUNO MELO	invictus oporto team	Senior Masculino	01:01:04	+14:01	06:06
30	1445	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	01:01:04	+14:02	06:06
31	1160	HORTENSE TENDA	gaia trail	Senior Feminino	01:01:10	+14:08	06:07
32	1441	Agostinho da Silva Neves	juventude desportiva de gondomar	Veterano M50	01:01:15	+14:13	06:08
33	99	Victor Barros Ferreira	i9team	Veterano M40	01:01:17	+14:14	06:08
34	1042	Marco António Alves Miranda	alphabetismus	Senior Masculino	01:01:46	+14:44	06:11
35	1043	Miguel de Oliveira Almeida	alphabetismus	Veterano M40	01:01:46	+14:44	06:11
36	1096	Tony Lopes	clube aventura d'aldeia	Senior Masculino	01:02:00	+14:57	06:12
37	1345	Bruno Nunes	individual	Senior Masculino	01:02:05	+15:03	06:13
38	1355	Cláudio Manuel Pereira Tavares	individual	Senior Masculino	01:02:10	+15:07	06:13
39	1544	valter pinho	somos somente 1	Senior Masculino	01:02:23	+15:20	06:14
40	1435	William dos Santos Caetano	individual	Senior Masculino	01:03:10	+16:08	06:19

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1227	Pedro Magalhães	hmc sports piscinas e ginásios municipais	Senior Masculino	01:03:12	+16:10	06:19
42	1632	Joel Correia	individual	Senior Masculino	01:03:43	+16:40	06:22
43	1411	nuno almeida	individual	Senior Masculino	01:03:51	+16:49	06:23
44	1157	Marcelo	fiães running	Veterano M40	01:04:25	+17:23	06:27
45	1158	Rui Santos	fiães running	Veterano M50	01:04:25	+17:23	06:27
46	1352	Carlos Rocha Costa	individual	Veterano M40	01:04:58	+17:56	06:30
47	19	Ricardo Magalhães	as belas e eles	Senior Masculino	01:05:02	+17:59	06:30
48	1454	Ricardo Rodrigues	limitless	Senior Masculino	01:05:02	+18:00	06:30
49	1242	José Augusto Silva	homegym	Senior Masculino	01:05:13	+18:11	06:31
50	1324	Sara Cristina	individual	Senior Feminino	01:05:24	+18:22	06:32
51	45	Vítor Marques	caldas s. jorge sport clube	Veterano M40	01:05:25	+18:23	06:33
52	1473	ARMANDO LEITE	mc	Senior Masculino	01:05:28	+18:26	06:33
53	1469	MARA CELIA	mc	Senior Feminino	01:05:28	+18:26	06:33
54	1385	Jorge Coelho	sporting clube de espinho / antónio leitão	Veterano M40	01:05:30	+18:28	06:33
55	1476	HELDER MOTA	mc	Senior Masculino	01:05:31	+18:29	06:33
56	1478	JORGE LAGAREIRO	mc	Veterano M40	01:05:32	+18:29	06:33
57	1343	Baltazar Ferreira	individual	Veterano M50	01:05:47	+18:44	06:35
58	1439	JORGE LIMA	invictus oporto team	Veterano M40	01:06:30	+19:28	06:39
59	1148	RUI SILVA	feira viva	Senior Masculino	01:06:39	+19:37	06:40
60	1024	Ricardo Teixeira	a20´s javalis trail team	Senior Masculino	01:06:43	+19:41	06:40
61	1339	Amilcar Dias Vinagre Simões	individual	Veterano M40	01:06:49	+19:47	06:41
62	1422	Ricardo Pais	individual	Senior Masculino	01:07:11	+20:09	06:43
63	1357	Daniel Fonseca Marques	individual	Senior Masculino	01:07:36	+20:33	06:46
64	190	Victor Manuel Nunes Pinto	os mosqueteiros	Veterano M40	01:07:36	+20:34	06:46
65	1029	Tiago Andre Gomes Oliveira	acdr reguenga palhota	Senior Masculino	01:07:37	+20:34	06:46
66	1091	Nuno Teixeira	caldas s. jorge sport clube	Senior Masculino	01:07:40	+20:37	06:46
67	1564	Pedro Pinho	telhadela runners	Senior Masculino	01:07:44	+20:42	06:46
68	1133	André Filipe dos Santos Rebelo	eduart-componentes de calçado	Senior Masculino	01:07:46	+20:44	06:47
69	1558	Américo Santos	taylors	Veterano M40	01:07:51	+20:49	06:47
70	1208	Tiago Oliveira	grupo de corrida de argoncilhe	Senior Masculino	01:07:51	+20:49	06:47
71	1388	José Carlos Oliveira Nunes	individual	Veterano M40	01:07:58	+20:56	06:48
72	1488	Rui Tá eira	now tomorrow	Veterano M40	01:08:07	+21:05	06:49
73	1424	Ricardo Silva	individual	Senior Masculino	01:08:19	+21:16	06:50
74	1356	Constantino Mota	individual	Veterano M40	01:08:36	+21:34	06:52
75	1353	Carlos Santos	individual	Veterano M40	01:08:36	+21:34	06:52
76	1196	Jorge Silva	geocrosstrail escariz	Senior Masculino	01:08:41	+21:39	06:52
77	1056	mafalda oliveira	atlético da madalena	Senior Feminino	01:08:51	+21:48	06:53
78	1076	Fátima pais	fiães running	Veterana F40	01:09:18	+22:15	06:56
79	1417	PEDRO FERREIRA	individual	Senior Masculino	01:09:50	+22:48	06:59
80	1527	andre pinho	reumatico trail team	Senior Masculino	01:09:51	+22:48	06:59
81	1099	Alexandre Fernandes	clube trilheiros & amigos	Senior Masculino	01:10:00	+22:58	07:00
82	1598	Anthony Costa Silva	xupamisto	Senior Masculino	01:10:02	+23:00	07:00
83	1599	Cristovão Helder Ferreira Rocha	xupamisto	Senior Masculino	01:10:05	+23:02	07:01
84	1600	David Ferreira Silva	xupamisto	Senior Masculino	01:10:07	+23:05	07:01

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1047	Tó Faria	amigos 100 limites	Senior Masculino	01:10:15	+23:12	07:02
86	1193	Hélder Oliveira	geocrosstrail escariz	Senior Masculino	01:10:31	+23:28	07:03
87	1487	Catarina Batista	now tomorrow	Senior Feminino	01:10:31	+23:29	07:03
88	1135	Luís Filipe Martins Soares	eduart-componentes de calçado	Veterano M50	01:10:37	+23:34	07:04
89	1373	Hugo Silva	individual	Senior Masculino	01:10:43	+23:40	07:04
90	1115	Paulo Martins	corredores de rua	Veterano M40	01:10:43	+23:41	07:04
91	1397	Luis Gomes	individual	Veterano M40	01:10:58	+23:56	07:06
92	1398	Manuel Antonio Bastos Migueis	individual	Veterano M40	01:11:01	+23:59	07:06
93	1152	Silvia Conceição	fiães running	Veterana F40	01:11:40	+24:38	07:10
94	1187	Brito Pinho	geocrosstrail escariz	Senior Masculino	01:12:12	+25:09	07:13
95	1365	Floriberto castro	individual	Veterano M40	01:12:18	+25:16	07:14
96	1040	Douglas César Oliveira de Pinho	alphabetismus	Veterano M40	01:12:19	+25:17	07:14
97	1039	Carlos Alberto Soares Moreira	alphabetismus	Veterano M40	01:12:19	+25:17	07:14
98	1248	Rodrigo Alexandre Lopes	homegym	Senior Masculino	01:12:20	+25:17	07:14
99	1402	Manuel Ribeiro	individual	Veterano M40	01:12:26	+25:24	07:15
100	1129	Agostinho Coelho	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	01:12:28	+25:26	07:15
101	1384	Joel Filipe Oliveira Marques	individual	Senior Masculino	01:12:32	+25:29	07:15
102	1151	Filomena	fiães running	Veterana F40	01:12:42	+25:40	07:16
103	1571	ANDRE JOAQUIM DA SILVA SEIXAS ROSAS	top´s da constituição	Senior Masculino	01:12:46	+25:44	07:17
104	1055	Ricardo Tavares	as belas e eles	Senior Masculino	01:12:46	+25:44	07:17
105	1546	Isabel Soares	sportarc.running	Veterana F40	01:13:10	+26:07	07:19
106	1573	JOSE PEDRO MONTEIRO DA SILVA SALGUEIRO	top´s da constituição	Veterano M40	01:13:20	+26:18	07:20
107	1001	António Ribeiro	#gepab	Veterano M50	01:14:05	+27:02	07:25
108	1019	Ivo Couto	a20´s javalis trail team	Veterano M40	01:14:09	+27:06	07:25
109	1556	Jorge Fontes	sporting clube de espinho / antónio leitão	Veterano M40	01:14:09	+27:06	07:25
110	1474	CARLOS FAMILIAR	mc	Veterano M40	01:14:19	+27:17	07:26
111	1467	FÁTIMA OLIVEIRA	mc	Veterana F40	01:14:19	+27:17	07:26
112	1161	Ana Couto	garças	Veterana F40	01:14:28	+27:26	07:27
113	1563	JOSÉ PEREIRA	telhadela runners	Senior Masculino	01:14:29	+27:27	07:27
114	1014	Jorge Moreira	10temidos	Veterano M50	01:14:40	+27:37	07:28
115	1249	Sérgio Silva	homegym	Senior Masculino	01:14:42	+27:40	07:28
116	1247	Ricardo Manuel Mrtins	homegym	Senior Masculino	01:14:42	+27:40	07:28
117	1364	Flávio Silva	individual	Senior Masculino	01:14:55	+27:53	07:30
118	1165	Licínia Santos	garças	Veterana F40	01:14:56	+27:54	07:30
119	1611	Hilário Costa	tt	Veterano M50	01:14:58	+27:55	07:30
120	1134	Eduardo Tavares Rebelo	eduart-componentes de calçado	Veterano M50	01:15:00	+27:57	07:30
121	1244	Marco António	homegym	Senior Masculino	01:15:05	+28:02	07:31
122	1319	Rosa Maria Fernandes Batista	individual	Senior Feminino	01:15:12	+28:10	07:31
123	1514	Rui Moreira	papatrails	Senior Masculino	01:15:43	+28:41	07:34
124	1079	Paula Ferreira	bravos & bravitas	Senior Feminino	01:15:48	+28:45	07:35
125	1412	NUNO PINHO	individual	Veterano M40	01:16:06	+29:04	07:37
126	1256	Joaquim Oliveira	i9team	Senior Masculino	01:16:18	+29:16	07:38
127	1367	Gil	individual	Senior Masculino	01:16:19	+29:17	07:38

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	1559	Miguel Moura	taylors	Veterano M40	01:16:20	+29:18	07:38
129	1162	Ana Maria Almeida	garças	Veterana F40	01:16:28	+29:26	07:39
130	1440	NUNO AMARO	invictus oporto team	Senior Masculino	01:16:33	+29:31	07:39
131	1178	Monica oliveira	geocrosstrail escariz	Veterana F40	01:16:54	+29:52	07:41
132	1603	Tiago Gomes Rodrigues	xupamisto	Senior Masculino	01:16:55	+29:53	07:42
133	1341	Artur	individual	Veterano M40	01:16:56	+29:54	07:42
134	1130	Marco Castro	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	01:17:01	+29:59	07:42
135	1321	Sandra Cabral da Cunha	individual	Senior Feminino	01:17:04	+30:02	07:42
136	1460	Ana Rita	maisfit runners	Senior Feminino	01:17:27	+30:25	07:45
137	1243	Manuel Fonseca Silva	homegym	Veterano M40	01:17:29	+30:27	07:45
138	1163	Carmo Silva	garças	Veterana F40	01:17:30	+30:27	07:45
139	1237	Liliana Andrade	homegym	Senior Feminino	01:17:38	+30:35	07:46
140	1233	Bárbara Valente	homegym	Senior Feminino	01:17:38	+30:35	07:46
141	1415	Paulo santos	individual	Veterano M40	01:17:39	+30:37	07:46
142	132	Carina pereira	individual	Veterana F40	01:17:52	+30:50	07:47
143	1340	Antonio Pereira	individual	Veterano M40	01:17:52	+30:50	07:47
144	1561	Carlos Campos	telhadela runners	Senior Masculino	01:17:55	+30:53	07:48
145	1562	Filipe Pereira	telhadela runners	Veterano M40	01:17:56	+30:53	07:48
146	1580	José Oliveira	trepatrilhos trail team	Veterano M40	01:17:56	+30:53	07:48
147	1132	Claudia Pinhal	dr. runner's team	Senior Feminino	01:17:56	+30:53	07:48
148	1131	Andreia Ferreira	dr. runner's team	Senior Feminino	01:17:56	+30:54	07:48
149	1044	Clara Teixeira	amigos 100 limites	Senior Feminino	01:18:01	+30:58	07:48
150	1033	RENATO ARAÚJO	agdc_r_running	Veterano M40	01:18:15	+31:12	07:50
151	1475	GERMANO SANTOS	mc	Veterano M50	01:18:15	+31:12	07:50
152	1421	Ricardo Nordeste	individual	Veterano M40	01:18:34	+31:32	07:51
153	1285	Elisabete Cunha	individual	Senior Feminino	01:18:40	+31:38	07:52
154	1394	Jose silva	individual	Senior Masculino	01:18:50	+31:48	07:53
155	1545	Assunção Azevedo	sportarc.running	Veterana F40	01:18:51	+31:49	07:53
156	1302	Marcia Catarina teixeira santos	individual	Senior Feminino	01:18:55	+31:52	07:54
157	1455	Rui Guedes	limitless	Senior Masculino	01:18:56	+31:53	07:54
158	1322	Sandra Cristina Oliveira Ferreira	individual	Senior Feminino	01:19:07	+32:05	07:55
159	1414	Paulo jorge	individual	Veterano M40	01:19:10	+32:08	07:55
160	1020	João Lapa	a20's javalis trail team	Senior Masculino	01:19:34	+32:32	07:57
161	1431	Vitor Miguel	individual	Senior Masculino	01:19:38	+32:36	07:58
162	1232	Anabelle Vaz	homegym	Senior Feminino	01:19:53	+32:51	07:59
163	1241	José António Miranda	homegym	Veterano M40	01:19:54	+32:51	07:59
164	1462	Fábio Silva	maisfit runners	Senior Masculino	01:20:28	+33:26	08:03
165	1154	Zelia Silva	fiães running	Veterana F40	01:20:30	+33:28	08:03
166	1595	Bernardo Carvalho	warriors	Senior Masculino	01:20:48	+33:45	08:05
167	1113	Antonio Guimarães	corredores de rua	Veterano M50	01:20:57	+33:55	08:06
168	1458	Manuel Muxagato	m&m e as derretidas	Veterano M40	01:20:59	+33:56	08:06
169	1351	Carlos Roberto Marques Gomes	individual	Senior Masculino	01:21:06	+34:03	08:07
170	1164	Joana Santiago	garças	Senior Feminino	01:21:07	+34:05	08:07
171	1537	Flora Santos	sentir escariz running	Veterana F40	01:21:52	+34:49	08:11

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10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	1198	Luís Miguel Oliveira	geocrosstrail escariz	Senior Masculino	01:22:00	+34:57	08:12
173	1361	Fernando Carvalho	individual	Senior Masculino	01:22:03	+35:00	08:12
174	1301	Márcia Carvalho	individual	Senior Feminino	01:22:03	+35:01	08:12
175	189	Paulo Manuel Pereira de Sousa	os mosqueteiros	Senior Masculino	01:22:03	+35:01	08:12
176	1372	Hugo Santos	individual	Senior Masculino	01:22:08	+35:06	08:13
177	1106	Cristiana Godinho	corredores de rua	Senior Feminino	01:22:10	+35:08	08:13
178	1004	Joao Simoes	@corredoresderua@	Veterano M50	01:22:13	+35:11	08:13
179	1109	Graça Bornes	corredores de rua	Veterana F40	01:22:14	+35:12	08:13
180	1433	vítor neves	individual	Senior Masculino	01:22:30	+35:28	08:15
181	1568	Luis Miguel Guedes Pinto	the mud machines	Senior Masculino	01:23:00	+35:58	08:18
182	1529	pedro ferreira	reumatico trail team	Veterano M40	01:23:01	+35:59	08:18
183	1275	Carla Maria reis de Sá Cardoso	individual	Veterana F40	01:23:01	+35:59	08:18
184	1245	Mauro Andrade	homegym	Senior Masculino	01:23:30	+36:28	08:21
185	1057	vítor cardoso	atletico da madalena	Veterano M50	01:23:39	+36:37	08:22
186	1296	José Pinhel	individual	Veterana F40	01:23:40	+36:38	08:22
187	1382	Joaquim Queirós	individual	Veterano M40	01:23:40	+36:38	08:22
188	1337	ADELINO FILIPE PINHO FERNANDES	individual	Senior Masculino	01:23:42	+36:40	08:22
189	1239	Bruno Resende	homegym	Senior Masculino	01:23:45	+36:42	08:23
190	1023	Paulo Henriques	a20's javalis trail team	Veterano M40	01:23:53	+36:50	08:23
191	1146	Paulo Sérgio Pais	feira viva	Veterano M50	01:23:54	+36:51	08:23
192	1182	Sónia Bessa	geocrosstrail escariz	Senior Feminino	01:23:57	+36:55	08:24
193	1572	JOSE ANTONIO DE OLIVEIRA LOPES	top´s da constituição	Veterano M50	01:24:08	+37:06	08:25
194	1375	Ismael Emanuel Duarte Machado	individual	Senior Masculino	01:24:08	+37:06	08:25
195	1098	Elsa Moreira	clube trilheiros & amigos	Senior Feminino	01:24:11	+37:08	08:25
196	1459	Marco Maçorano	m&m e as derrotidas	Senior Masculino	01:24:18	+37:16	08:26
197	1344	Bruno Monteiro	individual	Senior Masculino	01:24:24	+37:22	08:26
198	1528	nuno freitas	reumatico trail team	Senior Masculino	01:24:32	+37:29	08:27
199	1526	veronica vieira	reumatico trail team	Senior Feminino	01:24:32	+37:30	08:27
200	1500	Diogo Figueiredo	os maravilhosos!	Senior Masculino	01:24:41	+37:38	08:28
201	1538	Sara Moreira	sentir escariz running	Veterana F40	01:24:45	+37:43	08:29
202	1549	Paula Pinto	sportarc.running	Senior Feminino	01:24:57	+37:55	08:30
203	1064	Luís Mota	b. v. carvalhos	Veterano M40	01:25:03	+38:01	08:30
204	1281	Daniela Alves Diogo Correia	individual	Senior Feminino	01:25:04	+38:01	08:30
205	1085	Tony serralva	bravos & bravitas	Veterano M40	01:25:10	+38:08	08:31
206	1472	ANTÓNIO NASCIMENTO	mc	Senior Masculino	01:25:19	+38:17	08:32
207	1536	Ana Patrícia Silva	sentir escariz running	Senior Feminino	01:25:19	+38:17	08:32
208	1084	Ricardo Ferreira	bravos & bravitas	Veterano M40	01:25:23	+38:21	08:32
209	1560	Miguel Sousa	taylors	Veterano M40	01:25:24	+38:21	08:32
210	1048	Raquel Ricardo	amor de galo	Veterana F40	01:25:24	+38:22	08:32
211	166	PUREZA NUNES	invictus oporto team	Veterana F40	01:25:25	+38:23	08:33
212	1390	jose Manuel Ribeiro Machado	individual	Veterano M50	01:25:27	+38:24	08:33
213	1235	Daniela Sofia Lopes	homegym	Senior Feminino	01:25:29	+38:26	08:33

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	1391	José Maria Teixeira	individual	Veterano M50	01:25:31	+38:28	08:33
215	1253	Pedro Sousa	hss runners	Senior Masculino	01:25:33	+38:31	08:33
216	1202	Rui Bastos	geocrosstrail escariz	Senior Masculino	01:25:40	+38:37	08:34
217	1177	Lucia Santos	geocrosstrail escariz	Senior Feminino	01:25:40	+38:38	08:34
218	1434	Vítor silva	individual	Veterano M40	01:25:44	+38:42	08:34
219	1463	José Pereira	maisfit runners	Veterano M50	01:25:45	+38:42	08:35
220	1413	Nuno Santos	individual	Senior Masculino	01:25:48	+38:45	08:35
221	1550	Diogo Soares	sportarc.running	Senior Masculino	01:25:50	+38:48	08:35
222	1252	Marco Paiva	hss runners	Veterano M40	01:25:51	+38:48	08:35
223	1542	vera monica ferreira leite	somos somente 1	Senior Feminino	01:26:07	+39:05	08:37
224	1030	Xavier Alves Paiva	acdr reguenga palhota	Senior Masculino	01:26:09	+39:07	08:37
225	1416	Pedro Abelha	individual	Veterano M40	01:26:24	+39:22	08:38
226	1201	Pedro Martins	geocrosstrail escariz	Senior Masculino	01:26:25	+39:22	08:39
227	1128	RICARDO MARTINS	ddt runners	Senior Masculino	01:26:28	+39:25	08:39
228	1506	Diogo Rocha	os redondos	Senior Masculino	01:26:28	+39:25	08:39
229	1045	Alcino Silva	amigos 100 limites	Senior Masculino	01:26:57	+39:54	08:42
230	1349	Carlos Moreira	individual	Senior Masculino	01:27:05	+40:03	08:43
231	1620	António Gomes	individual	Veterano M40	01:27:05	+40:03	08:43
232	1224	João Simões	hmc sports piscinas e ginásios municipais	Senior Masculino	01:27:42	+40:39	08:46
233	1191	Edgar Santiago	geocrosstrail escariz	Senior Masculino	01:27:46	+40:44	08:47
234	1547	Luísa Soares	sportarc.running	Veterana F40	01:27:48	+40:45	08:47
235	1418	Pedro Lopes	individual	Senior Masculino	01:28:10	+41:07	08:49
236	1207	Rui Oliveira	grupo de corrida de argoncilhe	Veterano M50	01:28:16	+41:14	08:50
237	1204	Fernando Couto	grupo de corrida de argoncilhe	Veterano M50	01:28:16	+41:14	08:50
238	1205	Fernando Silva	grupo de corrida de argoncilhe	Veterano M50	01:28:17	+41:15	08:50
239	1117	Rony Santos	corredores de rua	Veterano M40	01:28:36	+41:34	08:52
240	1111	Rossana Ferreira	corredores de rua	Senior Feminino	01:28:36	+41:34	08:52
241	1220	Vânia Costa	hmc sports piscinas e ginásios municipais	Senior Feminino	01:28:40	+41:37	08:52
242	1213	Andreia Maria Andrade Oliveira	hmc sports piscinas e ginásios municipais	Senior Feminino	01:28:40	+41:38	08:52
243	1539	isabel santos	somos somente 1	Senior Feminino	01:28:45	+41:43	08:53
244	1548	Marta Alexandra Pinho Azevedo	sportarc.running	Senior Feminino	01:28:49	+41:47	08:53
245	1551	Tiago Soares	sportarc.running	Senior Masculino	01:28:50	+41:47	08:53
246	1498	Sandro Miguel Souza de Lima	omega trail	Veterano M40	01:28:53	+41:50	08:53
247	1541	sandra almeida	somos somente 1	Veterana F40	01:28:54	+41:52	08:53
248	1453	João Filipe Veiga Barroso	levados da breca	Veterano M40	01:28:59	+41:56	08:54
249	1280	cristina moreira	individual	Veterana F40	01:28:59	+41:57	08:54
250	1238	Paula Cruz	homegym	Senior Feminino	01:29:02	+42:00	08:54
251	1634	Vasco Monteiro	homegym	Senior Masculino	01:29:02	+42:00	08:54
252	1570	TANIA MARIA GOMES DE LIMA ALMEIDA	top´s da constituição	Veterana F40	01:29:05	+42:02	08:55
253	1522	Ana Oliveira	real chapéus	Senior Feminino	01:29:05	+42:03	08:55
254	142	Hugo Sá	individual	Veterano M40	01:29:06	+42:03	08:55
255	1437	ROSA CASIMIRO	invictus oporto team	Veterana F40	01:29:17	+42:15	08:56
256	1082	Carlos carneiro	bravos & bravitas	Veterano M40	01:29:19	+42:17	08:56

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
257	1602	João Tiago Almeida Santos	xupamisto	Senior Masculino	01:29:25	+42:22	08:57
258	1393	Jose Rodrigo	individual	Senior Masculino	01:29:45	+42:43	08:59
259	1326	Sofia Borges	individual	Senior Feminino	01:30:02	+43:00	09:00
260	1376	Ivo regadas	individual	Senior Masculino	01:30:02	+43:00	09:00
261	1553	Margarida Machado	sporting clube de espinho / antónio leitão	Veterana F40	01:30:15	+43:13	09:02
262	1511	Monica Magalhaes	papatrails	Senior Feminino	01:30:32	+43:30	09:03
263	1492	Maria Alice Ferreira Valente	núcleo de montanha de espinho	Veterana F40	01:30:49	+43:47	09:05
264	1395	Luís Carlos dos Santos Estevão	individual	Senior Masculino	01:30:54	+43:52	09:05
265	1499	Alcídio Figueiredo	os maravilhosos!	Veterano M50	01:30:56	+43:54	09:06
266	1423	Ricardo Queiros	individual	Veterano M40	01:30:57	+43:55	09:06
267	1316	Orquídea reis Ferreira Gomes	individual	Veterana F40	01:31:11	+44:09	09:07
268	1081	Sonia raquel	bravos & bravitas	Veterana F40	01:31:24	+44:22	09:08
269	1328	Sophie Duarte	individual	Senior Feminino	01:31:36	+44:34	09:10
270	158	Carlos Almeida	individual	Veterano M50	01:31:37	+44:34	09:10
271	1582	Sérgio M. Pereira	trepatrilhos trail team	Veterano M50	01:31:41	+44:38	09:10
272	1576	Ligia Lopes	trepatrilhos trail team	Senior Feminino	01:31:41	+44:38	09:10
273	1094	Jorge Vaz	cgv	Veterano M40	01:31:44	+44:41	09:10
274	1073	Augusto Costa	borabora, vamos lá!	Veterano M50	01:31:49	+44:47	09:11
275	1525	mara freitas	reumatico trail team	Senior Feminino	01:32:09	+45:07	09:13
276	1286	Ercília Maria Pinho Santos Costa	individual	Veterana F40	01:32:27	+45:25	09:15
277	1399	Manuel Bastos Costa	individual	Veterano M50	01:32:27	+45:25	09:15
278	1025	Rogério Gomes	a20´s javalis trail team	Senior Masculino	01:32:43	+45:41	09:16
279	1022	José Teixeira	a20´s javalis trail team	Veterano M50	01:32:44	+45:41	09:16
280	1300	Manuela Batista	individual	Veterana F40	01:32:48	+45:46	09:17
281	1359	Eduardo Batista	individual	Senior Masculino	01:32:48	+45:46	09:17
282	1080	Sofia leal	bravos & bravitas	Veterana F40	01:32:49	+45:47	09:17
283	1540	rosa maria ferreira dos santos	somos somente 1	Veterana F40	01:32:50	+45:47	09:17
284	1292	Inês Frias	individual	Senior Feminino	01:32:55	+45:53	09:18
285	1358	Diogo Pinto	individual	Senior Masculino	01:32:55	+45:53	09:18
286	1255	Hugo Sa	i9team	Veterano M40	01:33:24	+46:21	09:20
287	1257	Telmo Oliveira	i9team	Veterano M40	01:33:24	+46:22	09:20
288	1534	Bruno Andre Correia de Pinho	saudades de sofá team	Senior Masculino	01:33:26	+46:24	09:21
289	1535	Pedro Filipe Correia de Pinho	saudades de sofá team	Veterano M40	01:33:27	+46:25	09:21
290	1507	Fabio Silva	os redondos	Senior Masculino	01:33:33	+46:30	09:21
291	1396	Luís Filipe Duarte	individual	Senior Masculino	01:34:28	+47:26	09:27
292	1470	MARINA GRILLO	mc	Veterana F40	01:34:31	+47:29	09:27
293	1304	MARIA CECILIA BASTOS	individual	Veterana F40	01:34:31	+47:29	09:27
294	1306	Maria Emília Ferreira Oliveira	individual	Senior Feminino	01:34:31	+47:29	09:27
295	1363	Filipe Cardoso Araújo	individual	Senior Masculino	01:34:31	+47:29	09:27
296	1370	Hugo Guimarães	individual	Senior Masculino	01:34:37	+47:34	09:28
297	1336	Verónica Couto	individual	Senior Feminino	01:34:37	+47:35	09:28
298	88	Leonel Rocha	hmc sports piscinas e ginásios municipais	Senior Masculino	01:34:43	+47:40	09:28
299	1482	Helena Pereira	murtosa night runners	Senior Feminino	01:35:12	+48:09	09:31
300	1203	Sérgio Ramalho	geocrosstrail escariz	Senior Masculino	01:35:20	+48:17	09:32

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
301	1386	José Alves dos Santos Correia	individual	Veterano M50	01:35:23	+48:20	09:32
302	1214	Laurinda Maria Lopes de Andrade Oliveira	hmc sports piscinas e ginásios municipais	Veterana F40	01:35:26	+48:24	09:33
303	1180	Paula Almeida	geocrosstrail escariz	Veterana F40	01:35:27	+48:25	09:33
304	1617	Paula Maia	fitness for all- luís ribeiro	Veterana F40	01:35:46	+48:43	09:35
305	1586	Bruno Oliveira	tutu team	Senior Masculino	01:35:54	+48:51	09:35
306	1381	Joaquim Caldas	individual	Senior Masculino	01:35:56	+48:54	09:36
307	1217	Paula Catarino	hmc sports piscinas e ginásios municipais	Senior Feminino	01:35:58	+48:56	09:36
308	1609	Fábio Costa	hmc sports piscinas e ginásios municipais	Senior Masculino	01:35:58	+48:56	09:36
309	1169	Ana Teixeira	geocrosstrail escariz	Senior Feminino	01:36:00	+48:57	09:36
310	1212	Hugo Valente	h&s	Senior Masculino	01:36:08	+49:05	09:37
311	1211	Susana Almeida	h&s	Senior Feminino	01:36:08	+49:06	09:37
312	1531	Carlos Silva	running espinho	Veterano M50	01:36:18	+49:16	09:38
313	1515	Jorge Ferreira	pari passu	Veterano M40	01:36:25	+49:22	09:39
314	1121	André Cunha	cunhax	Senior Masculino	01:36:33	+49:30	09:39
315	1206	Paulo Gomes	grupo de corrida de argoncilhe	Veterano M40	01:37:02	+49:59	09:42
316	1007	ANA PAIVA	100 limites	Veterana F40	01:37:12	+50:09	09:43
317	1512	Sandra Oliveira	papatrails	Veterana F40	01:37:16	+50:14	09:44
318	1486	A Miguel Tavares	murtosa night runners	Senior Masculino	01:37:20	+50:17	09:44
319	1483	Inês Rodrigues	murtosa night runners	Senior Feminino	01:37:20	+50:18	09:44
320	1269	Ana Maria	individual	Senior Feminino	01:37:32	+50:29	09:45
321	1273	Carla Almeida	individual	Veterana F40	01:37:32	+50:29	09:45
322	1002	Andreia Almeida	@corredoresderua@	Senior Feminino	01:37:56	+50:54	09:48
323	1003	Carlos Fernando Marques	@corredoresderua@	Veterano M50	01:37:56	+50:54	09:48
324	1107	Dalila Alves	corredores de rua	Veterana F40	01:37:57	+50:54	09:48
325	1116	Paulo Miguel	corredores de rua	Veterano M50	01:37:57	+50:54	09:48
326	1297	Laura Alves Ribeiro	individual	Senior Feminino	01:38:07	+51:05	09:49
327	1176	Ligia Brandão	geocrosstrail escariz	Senior Feminino	01:38:24	+51:21	09:50
328	1194	Hugo Gomes	geocrosstrail escariz	Senior Masculino	01:38:24	+51:22	09:50
329	1234	Daniela Alexandra Rocha	homegym	Senior Feminino	01:38:30	+51:28	09:51
330	1225	Manuel Arnaldo Sousa Oliveira	hmc sports piscinas e ginásios municipais	Veterano M50	01:38:38	+51:36	09:52
331	1018	Sandra Veludo	a20's javalis trail team	Senior Feminino	01:38:42	+51:40	09:52
332	1021	José Ricardo Veludo	a20's javalis trail team	Senior Masculino	01:38:42	+51:40	09:52
333	1265	Marco Silva	im-paráveis	Senior Masculino	01:38:47	+51:44	09:53
334	1491	Carla Susana Flores Cardoso Magalhães	núcleo de montanha de espinho	Senior Feminino	01:38:55	+51:53	09:54
335	1493	Pedro Alfonso Neves da Silva	núcleo de montanha de espinho	Senior Masculino	01:38:56	+51:54	09:54
336	1264	Diogo Baptista	im-paráveis	Senior Masculino	01:39:01	+51:58	09:54
337	1078	Liliana canedo	bravos & bravitas	Veterana F40	01:39:05	+52:02	09:55
338	1143	Fernanda Alves	feira viva	Veterana F40	01:39:20	+52:18	09:56
339	1144	Luis Pais	feira viva	Veterano M40	01:39:20	+52:18	09:56
340	1513	Jose Alves	papatrails	Veterano M40	01:39:25	+52:22	09:57
341	1594	Alberto Ferreira	warriors	Veterano M40	01:39:47	+52:44	09:59
342	1596	Miguel Carvalho	warriors	Senior Masculino	01:39:47	+52:45	09:59
343	1436	ANA BARBOSA	invictus oporto team	Veterana F40	01:39:55	+52:53	10:00

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
344	1119	Alessandra Moscato	correr leça	Senior Feminino	01:40:03	+53:00	10:00
345	1120	Elsa Sousa	correr leça	Senior Feminino	01:40:03	+53:00	10:00
346	1189	Bruno Silva	geocrosstrail escariz	Senior Masculino	01:40:08	+53:06	10:01
347	1183	Susana Santos	geocrosstrail escariz	Senior Feminino	01:40:09	+53:06	10:01
348	1508	Ana Alves	papatrails	Veterana F40	01:40:20	+53:18	10:02
349	1142	Paula Leite	fa fit	Senior Feminino	01:40:29	+53:26	10:03
350	1141	Carina Alves	fa fit	Senior Feminino	01:40:29	+53:26	10:03
351	1236	Diana Laranjeira	homegym	Senior Feminino	01:40:41	+53:39	10:04
352	1231	Anabela Marques	homegym	Senior Feminino	01:41:09	+54:07	10:07
353	1408	Miguel cardoso Rodrigues	individual	Veterano M40	01:41:42	+54:39	10:10
354	1083	joaozinho	bravos & bravitas	Veterano M40	01:41:46	+54:44	10:11
355	1077	fatinha	bravos & bravitas	Veterana F40	01:41:52	+54:50	10:11
356	1607	Joana Oliveira Monteiro	tt	Senior Feminino	01:41:57	+54:55	10:12
357	1606	Daniela Avelar de Oliveira	tt	Senior Feminino	01:41:57	+54:55	10:12
358	161	José Manuel Magalhães Gomes Dara	individual	Veterano M50	01:42:10	+55:08	10:13
359	156	Alberto Martins	individual	Veterano M50	01:42:11	+55:09	10:13
360	1505	Susana Duarte	os redondos	Veterana F40	01:42:19	+55:17	10:14
361	1504	Sara Coelho	os redondos	Senior Feminino	01:42:19	+55:17	10:14
362	1122	Raul Cunha	cunhax	Veterano M40	01:42:27	+55:25	10:15
363	1510	Mafalda Alves	papatrails	Senior Feminino	01:42:30	+55:27	10:15
364	1518	Andreia Ruela	pé na rota	Veterana F40	01:42:35	+55:33	10:16
365	1520	Duarte Nuno Barbosa	pé na rota	Veterano M40	01:42:35	+55:33	10:16
366	1118	Frederico Henriques	correio de albergaria trail running	Senior Masculino	01:42:50	+55:48	10:17
367	1442	Joaquim Oliveira	juventude desportiva de gondomar	Veterano M40	01:43:04	+56:01	10:18
368	1443	Jorge Alberto do Carmo Cerqueira Teixeira	juventude desportiva de gondomar	Veterano M40	01:43:04	+56:02	10:18
369	1444	José Manuel Cerqueira do Carmo Teixeira	juventude desportiva de gondomar	Veterano M40	01:43:04	+56:02	10:18
370	1419	Pedro Oliveira	individual	Senior Masculino	01:43:36	+56:34	10:22
371	1197	José Mota	geocrosstrail escariz	Senior Masculino	01:43:38	+56:35	10:22
372	1303	Margarida Santos Ferreira	individual	Veterana F40	01:43:53	+56:50	10:23
373	1601	João Fernando Baptista Almeida	xupamisto	Senior Masculino	01:43:53	+56:51	10:23
374	1362	Fernando castanheira	individual	Veterano M40	01:44:20	+57:18	10:26
375	1266	Adelia silva	individual	Veterana F40	01:44:21	+57:19	10:26
376	1058	Ângela Nunes	b. v. carvalhos	Senior Feminino	01:44:38	+57:35	10:28
377	1156	Jose Falcão	fiães running	Veterano M50	01:44:45	+57:42	10:29
378	1153	Virginia Silva	fiães running	Senior Feminino	01:44:45	+57:43	10:29
379	1088	Sandra Almeida	caldas s. jorge sport clube	Senior Feminino	01:46:25	+59:23	10:39
380	1618	Rita Nossa	fitness for all- luís ribeiro	Senior Feminino	01:46:32	+59:29	10:39
381	1619	Ines Gonçalves	individual	Senior Feminino	01:46:32	+59:29	10:39
382	1139	Susana Ranzal	equipa xpto	Senior Feminino	01:46:50	+59:47	10:41
383	1052	Carla Barbosa	as belas e eles	Senior Feminino	01:47:10	+01:00:08	10:43
384	1053	Cátia Silva	as belas e eles	Senior Feminino	01:47:11	+01:00:08	10:43
385	1035	Rute Couto	all about	Senior Feminino	01:47:30	+01:00:28	10:45
386	1036	Vanessa Dias	all about	Senior Feminino	01:47:30	+01:00:28	10:45

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
387	1037	José Carlos Lascasas	all about	Veterano M40	01:47:30	+01:00:28	10:45
388	1311	Marlene Anaisa Silva	individual	Veterana F40	01:47:34	+01:00:31	10:45
389	1588	Cristina Carvalho	viamaiã	Senior Feminino	01:47:41	+01:00:39	10:46
390	1589	Filipe Pereira	viamaiã	Senior Masculino	01:47:42	+01:00:39	10:46
391	1338	Adérito Fonseca	individual	Veterano M50	01:47:43	+01:00:40	10:46
392	1125	BRUNO CARDOSO	ddt runners	Senior Masculino	01:47:49	+01:00:47	10:47
393	1215	Maria José Correia	hmc sports piscinas e ginásios municipais	Veterana F40	01:47:53	+01:00:51	10:47
394	1221	Abel Mendes	hmc sports piscinas e ginásios municipais	Veterano M50	01:47:53	+01:00:51	10:47
395	1229	Sergio Correia	hmc sports piscinas e ginásios municipais	Senior Masculino	01:47:54	+01:00:51	10:47
396	1270	Ana Moreira	individual	Veterana F40	01:47:54	+01:00:52	10:47
397	96	Fernando Mautempo	hmc sports piscinas e ginásios municipais	Veterano M50	01:47:54	+01:00:52	10:47
398	1610	Valter Barbosa	tt	Veterano M50	01:47:54	+01:00:52	10:47
399	1420	pedro raul	individual	Senior Masculino	01:47:57	+01:00:54	10:48
400	1309	Marisa Dias Ribeiro	individual	Veterana F40	01:47:58	+01:00:55	10:48
401	1403	Marco Paulo Abrantes Filipe	individual	Veterano M40	01:48:06	+01:01:03	10:49
402	1509	Estela Oliveira	papatrails	Senior Feminino	01:48:16	+01:01:14	10:50
403	1010	Dalia Costa	100filtro	Senior Feminino	01:48:19	+01:01:17	10:50
404	1012	Fernando Azevedo	100filtro	Senior Masculino	01:48:19	+01:01:17	10:50
405	1312	Marlene Sofia Gonçalves Ribeiro	individual	Senior Feminino	01:48:19	+01:01:17	10:50
406	1013	Ricardo Lopes	100filtro	Senior Masculino	01:48:21	+01:01:18	10:50
407	1011	Rosana costa	100filtro	Senior Feminino	01:48:21	+01:01:19	10:50
408	1140	Ze Luis Silva	equipa xpto	Senior Masculino	01:48:31	+01:01:29	10:51
409	1532	Joana Almeida	s&j lda.	Senior Feminino	01:48:31	+01:01:29	10:51
410	1533	Sara Soares	s&j lda.	Senior Feminino	01:48:32	+01:01:29	10:51
411	1138	Dora Ventura	equipa xpto	Veterana F40	01:48:32	+01:01:29	10:51
412	1614	Patrícia Amorim	arcorun	Veterana F40	01:48:50	+01:01:48	10:53
413	1615	Fernando Lopes	arcorun	Veterano M40	01:48:50	+01:01:48	10:53
414	1366	Francisco Caldas	individual	Veterano M40	01:48:57	+01:01:54	10:54
415	1392	José Pinho	individual	Veterano M40	01:48:57	+01:01:55	10:54
416	1016	Carla Alves	a.d.sebolido trail boneca douro	Veterana F40	01:49:17	+01:02:15	10:56
417	1015	Carina Alves	a.d.sebolido trail boneca douro	Senior Feminino	01:49:17	+01:02:15	10:56
418	1087	PAULO MELO	cal - clube atletismo de lamas	Veterano M40	01:49:39	+01:02:36	10:58
419	1468	JOANA PINTO	mc	Senior Feminino	01:51:15	+01:04:13	11:08
420	1477	HUGO SANTOS	mc	Senior Masculino	01:51:52	+01:04:49	11:11
421	1471	VERA CUNHA	mc	Senior Feminino	01:51:52	+01:04:50	11:11
422	1017	Telma Leite	a.d.sebolido trail boneca douro	Senior Feminino	01:52:18	+01:05:15	11:14
423	1150	Celeste fernandes	fiães running	Veterana F40	01:53:11	+01:06:08	11:19
424	1583	Ana Amorim	cal - clube de atletismo de lamas	Veterana F40	01:53:12	+01:06:09	11:19
425	1585	Samanta Maia	cal - clube de atletismo de lamas	Veterana F40	01:53:14	+01:06:12	11:19
426	1181	Renata Reis Cruz	geocrosstrail escariz	Senior Feminino	01:54:32	+01:07:30	11:27
427	1521	Manuel Dias Noites	pé na rota	Veterano M40	01:55:19	+01:08:17	11:32
428	1006	Miguel Leal	@corredoresderua@	Senior Masculino	01:55:21	+01:08:19	11:32
429	1597	Tiago Aguiar	warriors	Senior Masculino	01:55:48	+01:08:45	11:35

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
430	1354	Claudio Correia	individual	Senior Masculino	01:56:30	+01:09:27	11:39
431	1295	Joana Almeida	individual	Senior Feminino	01:56:30	+01:09:27	11:39
432	1461	Rosa Castro	maisfit runners	Veterana F40	01:56:40	+01:09:38	11:40
433	1464	José Pinto	maisfit runners	Veterano M40	01:56:40	+01:09:38	11:40
434	1291	Ilda ruela	individual	Veterana F40	01:56:56	+01:09:54	11:42
435	1288	Fatima ribeiro	individual	Veterana F40	01:56:56	+01:09:54	11:42
436	1274	Carla ferreira	individual	Veterana F40	01:56:56	+01:09:54	11:42
437	1400	Manuel Cardoso	individual	Senior Masculino	01:56:56	+01:09:54	11:42
438	1329	Susana Maria Rodrigues da Silva Almeida	individual	Senior Feminino	01:57:02	+01:10:00	11:42
439	1272	Ana Sofia Assunção	individual	Senior Feminino	01:57:06	+01:10:03	11:43
440	1184	Vania Santos	geocrosstrail escariz	Senior Feminino	01:57:17	+01:10:15	11:44
441	1173	Daniela Cruz	geocrosstrail escariz	Senior Feminino	01:57:17	+01:10:15	11:44
442	1484	Isabel Cristina	murtosa night runners	Veterana F40	01:57:30	+01:10:28	11:45
443	1095	Augusto Silva	clube aventura d'aldeia	Veterano M40	01:57:41	+01:10:38	11:46
444	1330	Susana Pereira	individual	Senior Feminino	01:57:51	+01:10:49	11:47
445	1314	Monica Maria Jesus Carvalho	individual	Veterana F40	01:58:23	+01:11:21	11:50
446	1260	Ceésar Oliveira	iludidos	Senior Masculino	01:59:57	+01:12:54	12:00
447	1258	Ana pinho	iludidos	Senior Feminino	01:59:57	+01:12:55	12:00
448	1263	Sara Sousa	im-paráveis	Senior Feminino	02:00:02	+01:12:59	12:00
449	1579	Cunha e Silva	trepatrilhos trail team	Veterano M40	02:00:25	+01:13:23	12:03
450	1136	vanessa ferraz rodrigues da costa	el corte ingles running team porto	Senior Feminino	02:00:41	+01:13:38	12:04
451	1112	Alexandre de Oliveira Baptista	corredores de rua	Senior Masculino	02:00:55	+01:13:52	12:06
452	1105	Andreia Maia Fernandes	corredores de rua	Senior Feminino	02:00:55	+01:13:53	12:06
453	1167	Ana Almeida	geocrosstrail escariz	Senior Feminino	02:01:04	+01:14:02	12:06
454	1298	Luísa Nogueira	individual	Veterana F40	02:01:30	+01:14:28	12:09
455	1179	Patricia Rocha	geocrosstrail escariz	Senior Feminino	02:01:34	+01:14:32	12:09
456	1186	Antonio Moreira	geocrosstrail escariz	Senior Masculino	02:02:50	+01:15:48	12:17
457	1166	Alexandra Carvalho	geocrosstrail escariz	Senior Feminino	02:02:50	+01:15:48	12:17
458	1200	Pedro Bessa	geocrosstrail escariz	Senior Masculino	02:02:51	+01:15:48	12:17
459	1318	Rosa Bispo	individual	Veterana F40	02:03:06	+01:16:04	12:19
460	1387	José Augusto Pires Lima	individual	Veterano M50	02:03:07	+01:16:05	12:19
461	1124	MARINA RAMALHO	ddt runners	Senior Feminino	02:03:17	+01:16:14	12:20
462	1123	ANABELA CARDOSO	ddt runners	Senior Feminino	02:04:03	+01:17:01	12:24
463	1127	PAULO FERREIRA	ddt runners	Veterano M40	02:04:03	+01:17:01	12:24
464	1452	Filipe Alexandre Alves de Almeida	levados da breca	Senior Masculino	02:04:13	+01:17:11	12:25
465	1578	Abílio Costa	trepatrilhos trail team	Veterano M50	02:04:15	+01:17:13	12:26
466	1574	Fátima Costa	trepatrilhos trail team	Veterana F40	02:04:15	+01:17:13	12:26
467	1380	Joaquim António da Costa Rodrigues	individual	Veterano M50	02:04:16	+01:17:13	12:26
468	1310	Marise Maria Mota Oliveira	individual	Senior Feminino	02:04:36	+01:17:34	12:28
469	1429	Simão Rocha	individual	Senior Masculino	02:04:37	+01:17:34	12:28
470	1348	Carlos Manuel Oliveira Maia	individual	Veterano M50	02:04:40	+01:17:37	12:28
471	1228	Rui Miguel Pinho Almeida	hmc sports piscinas e ginásios municipais	Veterano M40	02:04:40	+01:17:37	12:28
472	1347	Carlos Daniel Nunes Maia	individual	Senior Masculino	02:04:40	+01:17:38	12:28

MINI TRAIL - STAGE 1

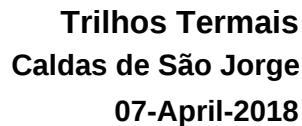
10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
473	1335	Vânia Marisa de Sousa Gonçalves	individual	Senior Feminino	02:04:40	+01:17:38	12:28
474	1293	Iolanda Gonçalves de Oliveira	individual	Senior Feminino	02:04:40	+01:17:38	12:28
475	1555	António Albuquerque	sporting clube de espinho / antónio leitão	Veterano M40	02:05:19	+01:18:16	12:32
476	1557	Nuno Barbosa	sporting clube de espinho / antónio leitão	Veterano M40	02:05:19	+01:18:17	12:32
477	1331	Susana Sousa	individual	Senior Feminino	02:05:20	+01:18:17	12:32
478	1552	Fátima Sousa	sporting clube de espinho / antónio leitão	Senior Feminino	02:05:20	+01:18:17	12:32
479	1554	Sandra Martins	sporting clube de espinho / antónio leitão	Veterana F40	02:05:20	+01:18:18	12:32
480	1320	Salvina maria da Silva Ferreira	individual	Veterana F40	02:05:32	+01:18:30	12:33
481	1581	Pedro Sousa	trepatrilhos trail team	Veterano M40	02:06:36	+01:19:34	12:40
482	1575	Gilda Cunha	trepatrilhos trail team	Veterana F40	02:06:36	+01:19:34	12:40
483	1031	Joana Filipa Almeida Faria Maia	achados ao acaso	Senior Feminino	02:06:45	+01:19:43	12:41
484	1101	Elsa Freitas	cmse	Senior Feminino	02:08:02	+01:20:59	12:48
485	1103	Susana Freitas	cmse	Senior Feminino	02:08:02	+01:20:59	12:48
486	1102	Marina Silva	cmse	Senior Feminino	02:08:02	+01:20:59	12:48
487	1137	vania patricia fernandes moura	el corte ingles running team porto	Senior Feminino	02:08:13	+01:21:10	12:49
488	1604	Miguel Silva	el corte ingles running team porto	Senior Masculino	02:08:13	+01:21:11	12:49
489	1523	Ricardo Jorge Braga	rechonchudos trail runners	Senior Masculino	02:08:25	+01:21:22	12:51
490	1501	Andreia Sofia Fonseca Silva	os migrantes!!	Senior Feminino	02:09:37	+01:22:35	12:58
491	1502	Hélder José Oliveira Lopes	os migrantes!!	Senior Masculino	02:09:37	+01:22:35	12:58
492	1503	João Afonso Silva Conceição	os migrantes!!	Senior Masculino	02:09:37	+01:22:35	12:58
493	1254	Carlos Teixeira	i9team	Senior Masculino	02:10:24	+01:23:21	13:02
494	1174	Daniela Rocha	geocrosstrail escariz	Senior Feminino	02:11:55	+01:24:53	13:12
495	1192	Fernando Rocha	geocrosstrail escariz	Senior Masculino	02:11:57	+01:24:55	13:12
496	1195	Joaquim Sousa	geocrosstrail escariz	Senior Masculino	02:11:58	+01:24:55	13:12
497	1327	SONIA MORAIS	individual	Senior Feminino	02:16:28	+01:29:26	13:39
498	1072	Sónia Marques	borabora, vamos lá!	Senior Feminino	02:18:37	+01:31:35	13:52
499	1070	Edite Fernandes	borabora, vamos lá!	Veterana F40	02:18:37	+01:31:35	13:52
500	1069	Cláudia Peralta	borabora, vamos lá!	Veterana F40	02:18:38	+01:31:36	13:52
501	1071	Sónia Cláudia Marques	borabora, vamos lá!	Veterana F40	02:18:39	+01:31:36	13:52
502	1093	Lara Coelho	cgv	Senior Feminino	02:19:19	+01:32:16	13:56
503	1092	Jormar Vaz	cgv	Veterana F40	02:19:19	+01:32:16	13:56
504	1171	Cátia Neves	geocrosstrail escariz	Senior Feminino	02:23:17	+01:36:15	14:20
505	1168	Ana Sofia	geocrosstrail escariz	Senior Feminino	02:23:18	+01:36:15	14:20
506	1284	Elisa vara	individual	Veterana F40	02:27:37	+01:40:34	14:46
507	1049	Carla Leite	arcorun	Veterana F40	02:27:53	+01:40:50	14:47
508	1635	Nuno Rebelo	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:28:01	+01:40:59	14:48
509	1050	Olívia Almeida	arcorun	Veterana F40	02:28:05	+01:41:03	14:49
510	1613	Regina Melo	arcorun	Veterana F40	02:28:06	+01:41:03	14:49
511	1612	Sandra Leite	arcorun	Veterana F40	02:28:06	+01:41:03	14:49
512	1051	José Correia	arcorun	Veterano M40	02:28:07	+01:41:04	14:49
513	1333	Teresa Martins	individual	Veterana F40	02:45:01	+01:57:59	16:30
514	1278	Célia Santos	individual	Senior Feminino	02:45:02	+01:57:59	16:30
515	1369	Helder Filipe Costa Rebelo Rosa	individual	Veterano M40	02:45:21	+01:58:19	16:32
516	1289	Graça Maria dos Santos	individual	Veterana F40	02:45:21	+01:58:19	16:32



10 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
517	1430	Vítor Manuel Andrade Silva	individual	Veterano M40	02:45:23	+01:58:21	16:32
518	1305	Maria do Céu Santos Sousa	individual	Senior Feminino	02:45:24	+01:58:21	16:32
519	1315	Natalia Maria dos Santos Sousa	individual	Veterana F40	02:45:24	+01:58:21	16:32
520	1259	Mara Lisa	iludidos	Senior Feminino	02:45:24	+01:58:22	16:32
521	1261	Rui Cabral	iludidos	Senior Masculino	02:45:25	+01:58:22	16:33

Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	19:10	13.4°C	71%
End	21:55	13.4°C	71%

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

1	1160	HORTENSE TENDA	Gaia Trail	Senior Feminino	01:01:10	+14:08	06:07
2	1324	Sara Cristina	Individual	Senior Feminino	01:05:24	+18:22	06:32
3	1469	MARA CELIA	MC	Senior Feminino	01:05:28	+18:26	06:33
4	1056	mafalda oliveira	Atlético da Madalena	Senior Feminino	01:08:51	+21:48	06:53
5	1487	Catarina Batista	Now tomorrow	Senior Feminino	01:10:31	+23:29	07:03
6	1319	Rosa Maria Fernandes Batista	Individual	Senior Feminino	01:15:12	+28:10	07:31
7	1079	Paula Ferreira	Bravos & Bravitas	Senior Feminino	01:15:48	+28:45	07:35
8	1321	Sandra Cabral da Cunha	Individual	Senior Feminino	01:17:04	+30:02	07:42
9	1460	Ana Rita	MAISFIT RUNNERS	Senior Feminino	01:17:27	+30:25	07:45
10	1237	Liliana Andrade	HomeGym	Senior Feminino	01:17:38	+30:35	07:46
11	1233	Bárbara Valente	HomeGym	Senior Feminino	01:17:38	+30:35	07:46
12	1132	Claudia Pinhal	Dr. Runner's Team	Senior Feminino	01:17:56	+30:53	07:48
13	1131	Andreia Ferreira	Dr. Runner's Team	Senior Feminino	01:17:56	+30:54	07:48
14	1044	Clara Teixeira	Amigos 100 Limites	Senior Feminino	01:18:01	+30:58	07:48
15	1285	Elisabete Cunha	Individual	Senior Feminino	01:18:40	+31:38	07:52
16	1302	Marcia Catarina teixeira santos	Individual	Senior Feminino	01:18:55	+31:52	07:54
17	1322	Sandra Cristina Oliveira Ferreira	Individual	Senior Feminino	01:19:07	+32:05	07:55
18	1232	Anabelle Vaz	HomeGym	Senior Feminino	01:19:53	+32:51	07:59
19	1164	Joana Santiago	Garças	Senior Feminino	01:21:07	+34:05	08:07
20	1301	Márcia Carvalho	Individual	Senior Feminino	01:22:03	+35:01	08:12
21	1106	Cristiana Godinho	Corredores de Rua	Senior Feminino	01:22:10	+35:08	08:13
22	1182	Sónia Bessa	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:23:57	+36:55	08:24
23	1098	Elsa Moreira	Clube Trilheiros & Amigos	Senior Feminino	01:24:11	+37:08	08:25
24	1526	veronica vieira	reumatico trail team	Senior Feminino	01:24:32	+37:30	08:27
25	1549	Paula Pinto	Sportarc.Running	Senior Feminino	01:24:57	+37:55	08:30
26	1281	Daniela Alves Diogo Correia	Individual	Senior Feminino	01:25:04	+38:01	08:30
27	1536	Ana Patricia Silva	Sentir Escariz running	Senior Feminino	01:25:19	+38:17	08:32
28	1235	Daniela Sofia Lopes	HomeGym	Senior Feminino	01:25:29	+38:26	08:33
29	1177	Lucia Santos	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:25:40	+38:38	08:34
30	1542	vera monica ferreira leite	somos somente 1	Senior Feminino	01:26:07	+39:05	08:37
31	1111	Rossana Ferreira	Corredores de Rua	Senior Feminino	01:28:36	+41:34	08:52
32	1220	Vânia Costa	HMC Sports Piscinas e Ginásios Municipais	Senior Feminino	01:28:40	+41:37	08:52
33	1213	Andreia Maria Andrade Oliveira	HMC Sports Piscinas e Ginásios Municipais	Senior Feminino	01:28:40	+41:38	08:52
34	1539	isabel santos	somos somente 1	Senior Feminino	01:28:45	+41:43	08:53
35	1548	Marta Alexandra Pinho Azevedo	Sportarc.Running	Senior Feminino	01:28:49	+41:47	08:53
36	1238	Paula Cruz	HomeGym	Senior Feminino	01:29:02	+42:00	08:54
37	1522	Ana Oliveira	Real chapéus	Senior Feminino	01:29:05	+42:03	08:55
38	1326	Sofia Borges	Individual	Senior Feminino	01:30:02	+43:00	09:00

Official Timekeeper: Lap2Go	1 / 13	generate 07-Apr-2018 23:20
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Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	1511	Monica Magalhaes	PAPATRAILS	Senior Feminino	01:30:32	+43:30	09:03
40	1328	Sophie Duarte	Individual	Senior Feminino	01:31:36	+44:34	09:10
41	1576	Ligia Lopes	TrepaTrilhos Trail Team	Senior Feminino	01:31:41	+44:38	09:10
42	1525	mara freitas	reumatico trail team	Senior Feminino	01:32:09	+45:07	09:13
43	1292	Inês Frias	Individual	Senior Feminino	01:32:55	+45:53	09:18
44	1306	Maria Emília Ferreira Oliveira	Individual	Senior Feminino	01:34:31	+47:29	09:27
45	1336	Verónica Couto	Individual	Senior Feminino	01:34:37	+47:35	09:28
46	1482	Helena Pereira	Murtosa Night Runners	Senior Feminino	01:35:12	+48:09	09:31
47	1217	Paula Catarino	HMC Sports Piscinas e Ginásios Municipais	Senior Feminino	01:35:58	+48:56	09:36
48	1169	Ana Teixeira	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:36:00	+48:57	09:36
49	1211	Susana Almeida	H&S	Senior Feminino	01:36:08	+49:06	09:37
50	1483	Inês Rodrigues	Murtosa Night Runners	Senior Feminino	01:37:20	+50:18	09:44
51	1269	Ana Maria	Individual	Senior Feminino	01:37:32	+50:29	09:45
52	1002	Andreia Almeida	@corredoresderua@	Senior Feminino	01:37:56	+50:54	09:48
53	1297	Laura Alves Ribeiro	Individual	Senior Feminino	01:38:07	+51:05	09:49
54	1176	Ligia Brandão	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:38:24	+51:21	09:50
55	1234	Daniela Alexandra Rocha	HomeGym	Senior Feminino	01:38:30	+51:28	09:51
56	1018	Sandra Veludo	A20's Javalis Trail team	Senior Feminino	01:38:42	+51:40	09:52
57	1491	Carla Susana Flores Cardoso Magalhães	Núcleo de Montanha de Espinho	Senior Feminino	01:38:55	+51:53	09:54
58	1119	Alessandra Moscato	CORRER LEÇA	Senior Feminino	01:40:03	+53:00	10:00
59	1120	Elsa Sousa	CORRER LEÇA	Senior Feminino	01:40:03	+53:00	10:00
60	1183	Susana Santos	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:40:09	+53:06	10:01
61	1142	Paula Leite	FA Fit	Senior Feminino	01:40:29	+53:26	10:03
62	1141	Carina Alves	FA Fit	Senior Feminino	01:40:29	+53:26	10:03
63	1236	Diana Laranjeira	HomeGym	Senior Feminino	01:40:41	+53:39	10:04
64	1231	Anabela Marques	HomeGym	Senior Feminino	01:41:09	+54:07	10:07
65	1607	Joana Oliveira Monteiro	TT	Senior Feminino	01:41:57	+54:55	10:12
66	1606	Daniela Avelar de Oliveira	TT	Senior Feminino	01:41:57	+54:55	10:12
67	1504	Sara Coelho	Os Redondos	Senior Feminino	01:42:19	+55:17	10:14
68	1510	Mafalda Alves	PAPATRAILS	Senior Feminino	01:42:30	+55:27	10:15
69	1058	Ângela Nunes	B. V. Carvalhos	Senior Feminino	01:44:38	+57:35	10:28
70	1153	Virginia Silva	Fiães Running	Senior Feminino	01:44:45	+57:43	10:29
71	1088	Sandra Almeida	Caldas S. Jorge Sport Clube	Senior Feminino	01:46:25	+59:23	10:39
72	1618	Rita Nossa	Fitness For All- Luís Ribeiro	Senior Feminino	01:46:32	+59:29	10:39
73	1619	Ines Gonçalves	Individual	Senior Feminino	01:46:32	+59:29	10:39
74	1139	Susana Ranzal	Equipa XPTO	Senior Feminino	01:46:50	+59:47	10:41
75	1052	Carla Barbosa	As Belas e Eles	Senior Feminino	01:47:10	+01:00:08	10:43
76	1053	Cátia Silva	As Belas e Eles	Senior Feminino	01:47:11	+01:00:08	10:43
77	1035	Rute Couto	All About	Senior Feminino	01:47:30	+01:00:28	10:45
78	1036	Vanessa Dias	All About	Senior Feminino	01:47:30	+01:00:28	10:45
79	1588	Cristina Carvalho	ViaMaia	Senior Feminino	01:47:41	+01:00:39	10:46
80	1509	Estela Oliveira	PAPATRAILS	Senior Feminino	01:48:16	+01:01:14	10:50
81	1010	Dalia Costa	100filtro	Senior Feminino	01:48:19	+01:01:17	10:50
82	1312	Marlene Sofia Gonçalves Ribeiro	Individual	Senior Feminino	01:48:19	+01:01:17	10:50
83	1011	Rosana costa	100filtro	Senior Feminino	01:48:21	+01:01:19	10:50

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Mini Trail

10 KM

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84	1532	Joana Almeida	S&J LDA.	Senior Feminino	01:48:31	+01:01:29	10:51
85	1533	Sara Soares	S&J LDA.	Senior Feminino	01:48:32	+01:01:29	10:51
86	1015	Carina Alves	A.D.Sebolido Trail Boneca Douro	Senior Feminino	01:49:17	+01:02:15	10:56
87	1468	JOANA PINTO	MC	Senior Feminino	01:51:15	+01:04:13	11:08
88	1471	VERA CUNHA	MC	Senior Feminino	01:51:52	+01:04:50	11:11
89	1017	Telma Leite	A.D.Sebolido Trail Boneca Douro	Senior Feminino	01:52:18	+01:05:15	11:14
90	1181	Renata Reis Cruz	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:54:32	+01:07:30	11:27
91	1295	Joana Almeida	Individual	Senior Feminino	01:56:30	+01:09:27	11:39
92	1329	Susana Maria Rodrigues da Silva Almeida	Individual	Senior Feminino	01:57:02	+01:10:00	11:42
93	1272	Ana Sofia Assunção	Individual	Senior Feminino	01:57:06	+01:10:03	11:43
94	1184	Vania Santos	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:57:17	+01:10:15	11:44
95	1173	Daniela Cruz	GEOCROSSTRAIL ESCARIZ	Senior Feminino	01:57:17	+01:10:15	11:44
96	1330	Susana Pereira	Individual	Senior Feminino	01:57:51	+01:10:49	11:47
97	1258	Ana pinho	Iludidos	Senior Feminino	01:59:57	+01:12:55	12:00
98	1263	Sara Sousa	IM-PARÁVEIS	Senior Feminino	02:00:02	+01:12:59	12:00
99	1136	vanessa ferraz rodrigues da costa	El Corte Ingles Running Team Porto	Senior Feminino	02:00:41	+01:13:38	12:04
100	1105	Andreia Maia Fernandes	Corredores de Rua	Senior Feminino	02:00:55	+01:13:53	12:06
101	1167	Ana Almeida	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:01:04	+01:14:02	12:06
102	1179	Patricia Rocha	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:01:34	+01:14:32	12:09
103	1166	Alexandra Carvalho	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:02:50	+01:15:48	12:17
104	1124	MARINA RAMALHO	DDT RUNNERS	Senior Feminino	02:03:17	+01:16:14	12:20
105	1123	ANABELA CARDOSO	DDT RUNNERS	Senior Feminino	02:04:03	+01:17:01	12:24
106	1310	Marise Maria Mota Oliveira	Individual	Senior Feminino	02:04:36	+01:17:34	12:28
107	1335	Vânia Marisa de Sousa Gonçalves	Individual	Senior Feminino	02:04:40	+01:17:38	12:28
108	1293	Iolanda Gonçalves de Oliveira	Individual	Senior Feminino	02:04:40	+01:17:38	12:28
109	1331	Susana Sousa	Individual	Senior Feminino	02:05:20	+01:18:17	12:32
110	1552	Fátima Sousa	Sporting Clube de Espinho / António Leitão	Senior Feminino	02:05:20	+01:18:17	12:32
111	1031	Joana Filipa Almeida Faria Maia	Achados ao Acaso	Senior Feminino	02:06:45	+01:19:43	12:41
112	1101	Elsa Freitas	Cmse	Senior Feminino	02:08:02	+01:20:59	12:48
113	1103	Susana Freitas	Cmse	Senior Feminino	02:08:02	+01:20:59	12:48
114	1102	Marina Silva	Cmse	Senior Feminino	02:08:02	+01:20:59	12:48
115	1137	vania patricia fernandes moura	El Corte Ingles Running Team Porto	Senior Feminino	02:08:13	+01:21:10	12:49
116	1501	Andreia Sofia Fonseca Silva	Os Migrantes!!	Senior Feminino	02:09:37	+01:22:35	12:58
117	1174	Daniela Rocha	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:11:55	+01:24:53	13:12
118	1327	SONIA MORAIS	Individual	Senior Feminino	02:16:28	+01:29:26	13:39
119	1072	Sónia Marques	BoraBora, Vamos Lá!	Senior Feminino	02:18:37	+01:31:35	13:52
120	1093	Lara Coelho	CGV	Senior Feminino	02:19:19	+01:32:16	13:56
121	1171	Cátia Neves	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:23:17	+01:36:15	14:20
122	1168	Ana Sofia	GEOCROSSTRAIL ESCARIZ	Senior Feminino	02:23:18	+01:36:15	14:20
123	1278	Célia Santos	Individual	Senior Feminino	02:45:02	+01:57:59	16:30
124	1305	Maria do Céu Santos Sousa	Individual	Senior Feminino	02:45:24	+01:58:21	16:32
125	1259	Mara Lisa	Iludidos	Senior Feminino	02:45:24	+01:58:22	16:32

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Mini Trail

10 KM

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Senior Masculino

1	1608	Fábio Correia	Sporting Clube de Espinho / António Leitão	Senior Masculino	47:02	04:42
2	1159	Toze Castro	Fiães Running	Senior Masculino	47:25	+00:23 04:45
3	1371	Hugo Miguel Gonçalves Pinto	Individual	Senior Masculino	50:09	+03:06 05:01
4	1027	Antonio Paiva Santos	ACDR Reguenga Palhota	Senior Masculino	50:33	+03:31 05:03
5	1481	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	51:10	+04:07 05:07
6	1100	Pedro Sabugueiro	CMM Escaravelhos Team	Senior Masculino	53:16	+06:14 05:20
7	57	Joel Simplício	Dr. Runner's Team	Senior Masculino	54:04	+07:02 05:24
8	1155	André Silva	Fiães Running	Senior Masculino	54:46	+07:44 05:29
9	1480	João Leite	Mexilhão da Montanha	Senior Masculino	55:07	+08:05 05:31
10	1425	Rui Lobo	Individual	Senior Masculino	56:02	+08:59 05:36
11	1404	marco vasconcelos	Individual	Senior Masculino	56:09	+09:07 05:37
12	1406	Miguel Angelo Baptista Pinto	Individual	Senior Masculino	58:33	+11:30 05:51
13	1410	Miguel Ferreira	Individual	Senior Masculino	58:54	+11:52 05:53
14	1543	marcio andre jesus melo	somos somente 1	Senior Masculino	59:15	+12:13 05:56
15	1209	Tiago Rosas	Grupo de Corrida de Argoncilhe	Senior Masculino	01:00:14	+13:12 06:01
16	1438	BRUNO MELO	Invictus Oporto Team	Senior Masculino	01:01:04	+14:01 06:06
17	1445	Pedro Miguel de Ascensão Neves	Juventude desportiva de Gondomar	Senior Masculino	01:01:04	+14:02 06:06
18	1042	Marco António Alves Miranda	Alphabetismus	Senior Masculino	01:01:46	+14:44 06:11
19	1096	Tony Lopes	Clube Aventura d'aldeia	Senior Masculino	01:02:00	+14:57 06:12
20	1345	Bruno Nunes	Individual	Senior Masculino	01:02:05	+15:03 06:13
21	1355	Cláudio Manuel Pereira Tavares	Individual	Senior Masculino	01:02:10	+15:07 06:13
22	1544	valter pinho	somos somente 1	Senior Masculino	01:02:23	+15:20 06:14
23	1435	William dos Santos Caetano	Individual	Senior Masculino	01:03:10	+16:08 06:19
24	1227	Pedro Magalhães	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	01:03:12	+16:10 06:19
25	1632	Joel Correia	Individual	Senior Masculino	01:03:43	+16:40 06:22
26	1411	nuno almeida	Individual	Senior Masculino	01:03:51	+16:49 06:23
27	19	Ricardo Magalhães	As Belas e Eles	Senior Masculino	01:05:02	+17:59 06:30
28	1454	Ricardo Rodrigues	Limitless	Senior Masculino	01:05:02	+18:00 06:30
29	1242	José Augusto Silva	HomeGym	Senior Masculino	01:05:13	+18:11 06:31
30	1473	ARMANDO LEITE	MC	Senior Masculino	01:05:28	+18:26 06:33
31	1476	HELDER MOTA	MC	Senior Masculino	01:05:31	+18:29 06:33
32	1148	RUI SILVA	Feira Viva	Senior Masculino	01:06:39	+19:37 06:40
33	1024	Ricardo Teixeira	A20's Javalis Trail team	Senior Masculino	01:06:43	+19:41 06:40
34	1422	Ricardo Pais	Individual	Senior Masculino	01:07:11	+20:09 06:43
35	1357	Daniel Fonseca Marques	Individual	Senior Masculino	01:07:36	+20:33 06:46
36	1029	Tiago Andre Gomes Oliveira	ACDR Reguenga Palhota	Senior Masculino	01:07:37	+20:34 06:46
37	1091	Nuno Teixeira	Caldas S. Jorge Sport Clube	Senior Masculino	01:07:40	+20:37 06:46
38	1564	Pedro Pinho	Telhadela Runners	Senior Masculino	01:07:44	+20:42 06:46
39	1133	André Filipe dos Santos Rebelo	EDUART-COMPONENTES DE CALÇADO	Senior Masculino	01:07:46	+20:44 06:47
40	1208	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:07:51	+20:49 06:47
41	1424	Ricardo Silva	Individual	Senior Masculino	01:08:19	+21:16 06:50

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Mini Trail

10 KM

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42	1196	Jorge Silva	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:08:41	+21:39	06:52
43	1417	PEDRO FERREIRA	Individual	Senior Masculino	01:09:50	+22:48	06:59
44	1527	andre pinho	reumatico trail team	Senior Masculino	01:09:51	+22:48	06:59
45	1099	Alexandre Fernandes	Clube Trilheiros & Amigos	Senior Masculino	01:10:00	+22:58	07:00
46	1598	Anthony Costa Silva	XupaMisto	Senior Masculino	01:10:02	+23:00	07:00
47	1599	Cristovão Helder Ferreira Rocha	XupaMisto	Senior Masculino	01:10:05	+23:02	07:01
48	1600	David Ferreira Silva	XupaMisto	Senior Masculino	01:10:07	+23:05	07:01
49	1047	Tó Faria	Amigos 100 Limites	Senior Masculino	01:10:15	+23:12	07:02
50	1193	Hélder Oliveira	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:10:31	+23:28	07:03
51	1373	Hugo Silva	Individual	Senior Masculino	01:10:43	+23:40	07:04
52	1187	Brito Pinho	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:12:12	+25:09	07:13
53	1248	Rodrigo Alexandre Lopes	HomeGym	Senior Masculino	01:12:20	+25:17	07:14
54	1384	Joel Filipe Oliveira Marques	Individual	Senior Masculino	01:12:32	+25:29	07:15
55	1571	ANDRE JOAQUIM DA SILVA SEIXAS ROSAS	TOP´S DA CONSTITUIÇÃO	Senior Masculino	01:12:46	+25:44	07:17
56	1055	Ricardo Tavares	As Belas e Eles	Senior Masculino	01:12:46	+25:44	07:17
57	1563	JOSÉ PEREIRA	Telhadela Runners	Senior Masculino	01:14:29	+27:27	07:27
58	1249	Sérgio Silva	HomeGym	Senior Masculino	01:14:42	+27:40	07:28
59	1247	Ricardo Manuel Mrtins	HomeGym	Senior Masculino	01:14:42	+27:40	07:28
60	1364	Flávio Silva	Individual	Senior Masculino	01:14:55	+27:53	07:30
61	1244	Marco António	HomeGym	Senior Masculino	01:15:05	+28:02	07:31
62	1514	Rui Moreira	PAPATRAILS	Senior Masculino	01:15:43	+28:41	07:34
63	1256	Joaquim Oliveira	i9Team	Senior Masculino	01:16:18	+29:16	07:38
64	1367	Gil	Individual	Senior Masculino	01:16:19	+29:17	07:38
65	1440	NUNO AMARO	Invictus Oporto Team	Senior Masculino	01:16:33	+29:31	07:39
66	1603	Tiago Gomes Rodrigues	XupaMisto	Senior Masculino	01:16:55	+29:53	07:42
67	1561	Carlos Campos	Telhadela Runners	Senior Masculino	01:17:55	+30:53	07:48
68	1394	Jose silva	Individual	Senior Masculino	01:18:50	+31:48	07:53
69	1455	Rui Guedes	Limitless	Senior Masculino	01:18:56	+31:53	07:54
70	1020	João Lapa	A20´s Javalis Trail team	Senior Masculino	01:19:34	+32:32	07:57
71	1431	Vitor Miguel	Individual	Senior Masculino	01:19:38	+32:36	07:58
72	1462	Fábio Silva	MAISFIT RUNNERS	Senior Masculino	01:20:28	+33:26	08:03
73	1595	Bernardo Carvalho	Warriors	Senior Masculino	01:20:48	+33:45	08:05
74	1351	Carlos Roberto Marques Gomes	Individual	Senior Masculino	01:21:06	+34:03	08:07
75	1198	Luís Miguel Oliveira	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:22:00	+34:57	08:12
76	1361	Fernando Carvalho	Individual	Senior Masculino	01:22:03	+35:00	08:12
77	189	Paulo Manuel Pereira de Sousa	Os Mosqueteiros	Senior Masculino	01:22:03	+35:01	08:12
78	1372	Hugo Santos	Individual	Senior Masculino	01:22:08	+35:06	08:13
79	1433	vitoe neves	Individual	Senior Masculino	01:22:30	+35:28	08:15
80	1568	Luis Miguel Guedes Pinto	The Mud Machines	Senior Masculino	01:23:00	+35:58	08:18
81	1245	Mauro Andrade	HomeGym	Senior Masculino	01:23:30	+36:28	08:21
82	1337	ADELINO FILIPE PINHO FERNANDES	Individual	Senior Masculino	01:23:42	+36:40	08:22
83	1239	Bruno Resende	HomeGym	Senior Masculino	01:23:45	+36:42	08:23
84	1375	Ismael Emanuel Duarte Machado	Individual	Senior Masculino	01:24:08	+37:06	08:25
85	1459	Marco Maçorano	M&M e as Derretidas	Senior Masculino	01:24:18	+37:16	08:26
86	1344	Bruno Monteiro	Individual	Senior Masculino	01:24:24	+37:22	08:26
87	1528	nuno freitas	reumatico trail team	Senior Masculino	01:24:32	+37:29	08:27

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Mini Trail

10 KM

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88	1500	Diogo Figueiredo	Os Maravilhosos!	Senior Masculino	01:24:41	+37:38	08:28
89	1472	ANTÓNIO NASCIMENTO	MC	Senior Masculino	01:25:19	+38:17	08:32
90	1253	Pedro Sousa	HSS Runners	Senior Masculino	01:25:33	+38:31	08:33
91	1202	Rui Bastos	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:25:40	+38:37	08:34
92	1413	Nuno Santos	Individual	Senior Masculino	01:25:48	+38:45	08:35
93	1550	Diogo Soares	Sportarc.Running	Senior Masculino	01:25:50	+38:48	08:35
94	1030	Xavier Alves Paiva	ACDR Reguenga Palhota	Senior Masculino	01:26:09	+39:07	08:37
95	1201	Pedro Martins	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:26:25	+39:22	08:39
96	1128	RICARDO MARTINS	DDT RUNNERS	Senior Masculino	01:26:28	+39:25	08:39
97	1506	Diogo Rocha	Os Redondos	Senior Masculino	01:26:28	+39:25	08:39
98	1045	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:26:57	+39:54	08:42
99	1349	Carlos Moreira	Individual	Senior Masculino	01:27:05	+40:03	08:43
100	1224	João Simões	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	01:27:42	+40:39	08:46
101	1191	Edgar Santiago	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:27:46	+40:44	08:47
102	1418	Pedro Lopes	Individual	Senior Masculino	01:28:10	+41:07	08:49
103	1551	Tiago Soares	Sportarc.Running	Senior Masculino	01:28:50	+41:47	08:53
104	1634	Vasco Monteiro	HomeGym	Senior Masculino	01:29:02	+42:00	08:54
105	1602	João Tiago Almeida Santos	XupaMisto	Senior Masculino	01:29:25	+42:22	08:57
106	1393	Jose Rodrigo	Individual	Senior Masculino	01:29:45	+42:43	08:59
107	1376	Ivo regadas	Individual	Senior Masculino	01:30:02	+43:00	09:00
108	1395	Luís Carlos dos Santos Estevão	Individual	Senior Masculino	01:30:54	+43:52	09:05
109	1025	Rogério Gomes	A20´s Javalis Trail team	Senior Masculino	01:32:43	+45:41	09:16
110	1359	Eduardo Batista	Individual	Senior Masculino	01:32:48	+45:46	09:17
111	1358	Diogo Pinto	Individual	Senior Masculino	01:32:55	+45:53	09:18
112	1534	Bruno Andre Correia de Pinho	Saudades de Sofá Team	Senior Masculino	01:33:26	+46:24	09:21
113	1507	Fabio Silva	Os Redondos	Senior Masculino	01:33:33	+46:30	09:21
114	1396	Luís Filipe Duarte	Individual	Senior Masculino	01:34:28	+47:26	09:27
115	1363	Filipe Cardoso Araújo	Individual	Senior Masculino	01:34:31	+47:29	09:27
116	1370	Hugo Guimarães	Individual	Senior Masculino	01:34:37	+47:34	09:28
117	88	Leonel Rocha	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	01:34:43	+47:40	09:28
118	1203	Sérgio Ramalho	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:35:20	+48:17	09:32
119	1586	Bruno Oliveira	TuTu Team	Senior Masculino	01:35:54	+48:51	09:35
120	1381	Joaquim Caldas	Individual	Senior Masculino	01:35:56	+48:54	09:36
121	1609	Fábio Costa	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	01:35:58	+48:56	09:36
122	1212	Hugo Valente	H&S	Senior Masculino	01:36:08	+49:05	09:37
123	1121	André Cunha	cUnHaX	Senior Masculino	01:36:33	+49:30	09:39
124	1486	A Miguel Tavares	Murtosa Night Runners	Senior Masculino	01:37:20	+50:17	09:44
125	1194	Hugo Gomes	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:38:24	+51:22	09:50
126	1021	José Ricardo Veludo	A20´s Javalis Trail team	Senior Masculino	01:38:42	+51:40	09:52
127	1265	Marco Silva	IM-PARÁVEIS	Senior Masculino	01:38:47	+51:44	09:53
128	1493	Pedro Alfonso Neves da Silva	Núcleo de Montanha de Espinho	Senior Masculino	01:38:56	+51:54	09:54
129	1264	Diogo Baptista	IM-PARÁVEIS	Senior Masculino	01:39:01	+51:58	09:54
130	1596	Miguel Carvalho	Warriors	Senior Masculino	01:39:47	+52:45	09:59
131	1189	Bruno Silva	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:40:08	+53:06	10:01

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Mini Trail

10 KM

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132	1118	Frederico Henriques	Correio de Albergaria Trail Running	Senior Masculino	01:42:50	+55:48	10:17
133	1419	Pedro Oliveira	Individual	Senior Masculino	01:43:36	+56:34	10:22
134	1197	José Mota	GEOCROSSTRAIL ESCARIZ	Senior Masculino	01:43:38	+56:35	10:22
135	1601	João Fernando Baptista Almeida	XupaMisto	Senior Masculino	01:43:53	+56:51	10:23
136	1589	Filipe Pereira	ViaMaia	Senior Masculino	01:47:42	+01:00:39	10:46
137	1125	BRUNO CARDOSO	DDT RUNNERS	Senior Masculino	01:47:49	+01:00:47	10:47
138	1229	Sergio Correia	HMC Sports Piscinas e Ginásios Municipais	Senior Masculino	01:47:54	+01:00:51	10:47
139	1420	pedro raul	Individual	Senior Masculino	01:47:57	+01:00:54	10:48
140	1012	Fernando Azevedo	100filtro	Senior Masculino	01:48:19	+01:01:17	10:50
141	1013	Ricardo Lopes	100filtro	Senior Masculino	01:48:21	+01:01:18	10:50
142	1140	Ze Luis Silva	Equipa XPTO	Senior Masculino	01:48:31	+01:01:29	10:51
143	1477	HUGO SANTOS	MC	Senior Masculino	01:51:52	+01:04:49	11:11
144	1006	Miguel Leal	@corredoresderua@	Senior Masculino	01:55:21	+01:08:19	11:32
145	1597	Tiago Aguiar	Warriors	Senior Masculino	01:55:48	+01:08:45	11:35
146	1354	Claudio Correia	Individual	Senior Masculino	01:56:30	+01:09:27	11:39
147	1400	Manuel Cardoso	Individual	Senior Masculino	01:56:56	+01:09:54	11:42
148	1260	Ceésar Oliveira	Iludidos	Senior Masculino	01:59:57	+01:12:54	12:00
149	1112	Alexandre de Oliveira Baptista	Corredores de Rua	Senior Masculino	02:00:55	+01:13:52	12:06
150	1186	Antonio Moreira	GEOCROSSTRAIL ESCARIZ	Senior Masculino	02:02:50	+01:15:48	12:17
151	1200	Pedro Bessa	GEOCROSSTRAIL ESCARIZ	Senior Masculino	02:02:51	+01:15:48	12:17
152	1452	Filipe Alexandre Alves de Almeida	LEVADOS DA BRECA	Senior Masculino	02:04:13	+01:17:11	12:25
153	1429	Simão Rocha	Individual	Senior Masculino	02:04:37	+01:17:34	12:28
154	1347	Carlos Daniel Nunes Maia	Individual	Senior Masculino	02:04:40	+01:17:38	12:28
155	1604	Miguel Silva	El Corte Ingles Running Team Porto	Senior Masculino	02:08:13	+01:21:11	12:49
156	1523	Ricardo Jorge Braga	Rechonchudos Trail Runners	Senior Masculino	02:08:25	+01:21:22	12:51
157	1502	Hélder José Oliveira Lopes	Os Migrantes!!	Senior Masculino	02:09:37	+01:22:35	12:58
158	1503	João Afonso Silva Conceição	Os Migrantes!!	Senior Masculino	02:09:37	+01:22:35	12:58
159	1254	Carlos Teixeira	i9Team	Senior Masculino	02:10:24	+01:23:21	13:02
160	1192	Fernando Rocha	GEOCROSSTRAIL ESCARIZ	Senior Masculino	02:11:57	+01:24:55	13:12
161	1195	Joaquim Sousa	GEOCROSSTRAIL ESCARIZ	Senior Masculino	02:11:58	+01:24:55	13:12
162	1635	Nuno Rebelo	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:28:01	+01:40:59	14:48
163	1261	Rui Cabral	Iludidos	Senior Masculino	02:45:25	+01:58:22	16:33

Veterana F40

1	1076	Fátima pais	Fiães Running	Veterana F40	01:09:18	+22:15	06:56
2	1152	Silvia Conceição	Fiães Running	Veterana F40	01:11:40	+24:38	07:10
3	1151	Filomena	Fiães Running	Veterana F40	01:12:42	+25:40	07:16
4	1546	Isabel Soares	Sportarc.Running	Veterana F40	01:13:10	+26:07	07:19
5	1467	FÁTIMA OLIVEIRA	MC	Veterana F40	01:14:19	+27:17	07:26
6	1161	Ana Couto	Garças	Veterana F40	01:14:28	+27:26	07:27
7	1165	Licinia Santos	Garças	Veterana F40	01:14:56	+27:54	07:30
8	1162	Ana Maria Almeida	Garças	Veterana F40	01:16:28	+29:26	07:39
9	1178	Monica oliveira	GEOCROSSTRAIL ESCARIZ	Veterana F40	01:16:54	+29:52	07:41

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Mini Trail

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10	1163	Carmo Silva	Garças	Veterana F40	01:17:30	+30:27	07:45
11	132	Carina pereira	Individual	Veterana F40	01:17:52	+30:50	07:47
12	1545	Assunção Azevedo	Sportarc.Running	Veterana F40	01:18:51	+31:49	07:53
13	1154	Zelia Silva	Fiães Running	Veterana F40	01:20:30	+33:28	08:03
14	1537	Flora Santos	Sentir Escariz running	Veterana F40	01:21:52	+34:49	08:11
15	1109	Graça Bornes	Corredores de Rua	Veterana F40	01:22:14	+35:12	08:13
16	1275	Carla Maria reis de Sá Cardoso	Individual	Veterana F40	01:23:01	+35:59	08:18
17	1296	José Pinhel	Individual	Veterana F40	01:23:40	+36:38	08:22
18	1538	Sara Moreira	Sentir Escariz running	Veterana F40	01:24:45	+37:43	08:29
19	1048	Raquel Ricardo	Amor de Galo	Veterana F40	01:25:24	+38:22	08:32
20	166	PUREZA NUNES	Invictus Oporto Team	Veterana F40	01:25:25	+38:23	08:33
21	1547	Luísa Soares	Sportarc.Running	Veterana F40	01:27:48	+40:45	08:47
22	1541	sandra almeida	somos somente 1	Veterana F40	01:28:54	+41:52	08:53
23	1280	cristina moreira	Individual	Veterana F40	01:28:59	+41:57	08:54
24	1570	TANIA MARIA GOMES DE LIMA ALMEIDA	TOP´S DA CONSTITUIÇÃO	Veterana F40	01:29:05	+42:02	08:55
25	1437	ROSA CASIMIRO	Invictus Oporto Team	Veterana F40	01:29:17	+42:15	08:56
26	1553	Margarida Machado	Sporting Clube de Espinho / António Leitão	Veterana F40	01:30:15	+43:13	09:02
27	1492	Maria Alice Ferreira Valente	Núcleo de Montanha de Espinho	Veterana F40	01:30:49	+43:47	09:05
28	1316	Orquídea reis Ferreira Gomes	Individual	Veterana F40	01:31:11	+44:09	09:07
29	1081	Sonia raquel	Bravos & Bravitas	Veterana F40	01:31:24	+44:22	09:08
30	1286	Ercília Maria Pinho Santos Costa	Individual	Veterana F40	01:32:27	+45:25	09:15
31	1300	Manuela Batista	Individual	Veterana F40	01:32:48	+45:46	09:17
32	1080	Sofia leal	Bravos & Bravitas	Veterana F40	01:32:49	+45:47	09:17
33	1540	rosa maria ferreira dos santos	somos somente 1	Veterana F40	01:32:50	+45:47	09:17
34	1470	MARINA GRILO	MC	Veterana F40	01:34:31	+47:29	09:27
35	1304	MARIA CECILIA BASTOS	Individual	Veterana F40	01:34:31	+47:29	09:27
36	1214	Laurinda Maria Lopes de Andrade Oliveira	HMC Sports Piscinas e Ginásios Municipais	Veterana F40	01:35:26	+48:24	09:33
37	1180	Paula Almeida	GEOCROSSTRAIL ESCARIZ	Veterana F40	01:35:27	+48:25	09:33
38	1617	Paula Maia	Fitness For All- Luís Ribeiro	Veterana F40	01:35:46	+48:43	09:35
39	1007	ANA PAIVA	100 Limites	Veterana F40	01:37:12	+50:09	09:43
40	1512	Sandra Oliveira	PAPATRAILS	Veterana F40	01:37:16	+50:14	09:44
41	1273	Carla Almeida	Individual	Veterana F40	01:37:32	+50:29	09:45
42	1107	Dalila Alves	Corredores de Rua	Veterana F40	01:37:57	+50:54	09:48
43	1078	Liliana canedo	Bravos & Bravitas	Veterana F40	01:39:05	+52:02	09:55
44	1143	Fernanda Alves	Feira Viva	Veterana F40	01:39:20	+52:18	09:56
45	1436	ANA BARBOSA	Invictus Oporto Team	Veterana F40	01:39:55	+52:53	10:00
46	1508	Ana Alves	PAPATRAILS	Veterana F40	01:40:20	+53:18	10:02
47	1077	fatinha	Bravos & Bravitas	Veterana F40	01:41:52	+54:50	10:11
48	1505	Susana Duarte	Os Redondos	Veterana F40	01:42:19	+55:17	10:14
49	1518	Andreia Ruela	Pé na Rota	Veterana F40	01:42:35	+55:33	10:16
50	1303	Margarida Santos Ferreira	Individual	Veterana F40	01:43:53	+56:50	10:23
51	1266	Adelia silva	Individual	Veterana F40	01:44:21	+57:19	10:26
52	1311	Marlene Anaisa Silva	Individual	Veterana F40	01:47:34	+01:00:31	10:45
53	1215	Maria José Correia	HMC Sports Piscinas e Ginásios Municipais	Veterana F40	01:47:53	+01:00:51	10:47

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54	1270	Ana Moreira	Individual	Veterana F40	01:47:54	+01:00:52	10:47
55	1309	Marisa Dias Ribeiro	Individual	Veterana F40	01:47:58	+01:00:55	10:48
56	1138	Dora Ventura	Equipa XPTO	Veterana F40	01:48:32	+01:01:29	10:51
57	1614	Patrícia Amorim	ARCORUN	Veterana F40	01:48:50	+01:01:48	10:53
58	1016	Carla Alves	A.D.Sebolido Trail Boneca Douro	Veterana F40	01:49:17	+01:02:15	10:56
59	1150	Celeste fernandes	Fiães Running	Veterana F40	01:53:11	+01:06:08	11:19
60	1583	Ana Amorim	CAL - Clube de Atletismo de Lamas	Veterana F40	01:53:12	+01:06:09	11:19
61	1585	Samanta Maia	CAL - Clube de Atletismo de Lamas	Veterana F40	01:53:14	+01:06:12	11:19
62	1461	Rosa Castro	MAISFIT RUNNERS	Veterana F40	01:56:40	+01:09:38	11:40
63	1291	Ilda ruela	Individual	Veterana F40	01:56:56	+01:09:54	11:42
64	1288	Fatima ribeiro	Individual	Veterana F40	01:56:56	+01:09:54	11:42
65	1274	Carla ferreira	Individual	Veterana F40	01:56:56	+01:09:54	11:42
66	1484	Isabel Cristina	Murtosa Night Runners	Veterana F40	01:57:30	+01:10:28	11:45
67	1314	Monica Maria Jesus Carvalho	Individual	Veterana F40	01:58:23	+01:11:21	11:50
68	1298	Luísa Nogueira	Individual	Veterana F40	02:01:30	+01:14:28	12:09
69	1318	Rosa Bispo	Individual	Veterana F40	02:03:06	+01:16:04	12:19
70	1574	Fátima Costa	TrepaTrilhos Trail Team	Veterana F40	02:04:15	+01:17:13	12:26
71	1554	Sandra Martins	Sporting Clube de Espinho / António Leitão	Veterana F40	02:05:20	+01:18:18	12:32
72	1320	Salvina maria da Silva Ferreira	Individual	Veterana F40	02:05:32	+01:18:30	12:33
73	1575	Gilda Cunha	TrepaTrilhos Trail Team	Veterana F40	02:06:36	+01:19:34	12:40
74	1070	Edite Fernandes	BoraBora, Vamos Lá!	Veterana F40	02:18:37	+01:31:35	13:52
75	1069	Cláudia Peralta	BoraBora, Vamos Lá!	Veterana F40	02:18:38	+01:31:36	13:52
76	1071	Sónia Cláudia Marques	BoraBora, Vamos Lá!	Veterana F40	02:18:39	+01:31:36	13:52
77	1092	Jormar Vaz	CGV	Veterana F40	02:19:19	+01:32:16	13:56
78	1284	Elisa vara	Individual	Veterana F40	02:27:37	+01:40:34	14:46
79	1049	Carla Leite	ARCORUN	Veterana F40	02:27:53	+01:40:50	14:47
80	1050	Olívia Almeida	ARCORUN	Veterana F40	02:28:05	+01:41:03	14:49
81	1613	Regina Melo	ARCORUN	Veterana F40	02:28:06	+01:41:03	14:49
82	1612	Sandra Leite	ARCORUN	Veterana F40	02:28:06	+01:41:03	14:49
83	1333	Teresa Martins	Individual	Veterana F40	02:45:01	+01:57:59	16:30
84	1289	Graça Maria dos Santos	Individual	Veterana F40	02:45:21	+01:58:19	16:32
85	1315	Natalia Maria dos Santos Sousa	Individual	Veterana F40	02:45:24	+01:58:21	16:32

Veterano M40

1	1210	paulo pereira	Grupo desportivo cultural de guilhovai	Veterano M40	48:08	+01:06	04:49
2	1633	Luis Silva	NAC - Nucleo de Atletismo de Cucujães	Veterano M40	48:41	+01:38	04:52
3	1097	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M40	50:04	+03:01	05:00
4	1593	Rui Oliveira	Vila Maior em Turismo	Veterano M40	53:19	+06:17	05:20
5	1086	Filipe Fontes	CAL - Clube Atletismo de Lamas	Veterano M40	54:06	+07:04	05:25
6	1591	Julio Oliveira	Vila Maior em Turismo	Veterano M40	55:28	+08:26	05:33
7	1226	Orlando Valente	HMC Sports Piscinas e Ginásios Municipais	Veterano M40	56:45	+09:43	05:41

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8	20	Carlos Fernandes	As Belas e Eles	Veterano M40	01:01:02	+14:00	06:06
9	99	Victor Barros Ferreira	i9Team	Veterano M40	01:01:17	+14:14	06:08
10	1043	Miguel de Oliveira Almeida	Alphabetismus	Veterano M40	01:01:46	+14:44	06:11
11	1157	Marcelo	Fiães Running	Veterano M40	01:04:25	+17:23	06:27
12	1352	Carlos Rocha Costa	Individual	Veterano M40	01:04:58	+17:56	06:30
13	45	Vítor Marques	Caldas S. Jorge Sport Clube	Veterano M40	01:05:25	+18:23	06:33
14	1385	Jorge Coelho	Sporting Clube de Espinho / António Leitão	Veterano M40	01:05:30	+18:28	06:33
15	1478	JORGE LAGAREIRO	MC	Veterano M40	01:05:32	+18:29	06:33
16	1439	JORGE LIMA	Invictus Oporto Team	Veterano M40	01:06:30	+19:28	06:39
17	1339	Amílcar Dias Vinagre Simões	Individual	Veterano M40	01:06:49	+19:47	06:41
18	190	Victor Manuel Nunes Pinto	Os Mosqueteiros	Veterano M40	01:07:36	+20:34	06:46
19	1558	Américo Santos	Taylors	Veterano M40	01:07:51	+20:49	06:47
20	1388	José Carlos Oliveira Nunes	Individual	Veterano M40	01:07:58	+20:56	06:48
21	1488	Rui Tá eira	Now tomorrow	Veterano M40	01:08:07	+21:05	06:49
22	1356	Constantino Mota	Individual	Veterano M40	01:08:36	+21:34	06:52
23	1353	Carlos Santos	Individual	Veterano M40	01:08:36	+21:34	06:52
24	1115	Paulo Martins	Corredores de Rua	Veterano M40	01:10:43	+23:41	07:04
25	1397	Luis Gomes	Individual	Veterano M40	01:10:58	+23:56	07:06
26	1398	Manuel Antonio Bastos Migueis	Individual	Veterano M40	01:11:01	+23:59	07:06
27	1365	Floriberto castro	Individual	Veterano M40	01:12:18	+25:16	07:14
28	1040	Douglas César Oliveira de Pinho	Alphabetismus	Veterano M40	01:12:19	+25:17	07:14
29	1039	Carlos Alberto Soares Moreira	Alphabetismus	Veterano M40	01:12:19	+25:17	07:14
30	1402	Manuel Ribeiro	Individual	Veterano M40	01:12:26	+25:24	07:15
31	1129	Agostinho Coelho	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:12:28	+25:26	07:15
32	1573	JOSE PEDRO MONTEIRO DA SILVA SALGUEIRO	TOP´S DA CONSTITUIÇÃO	Veterano M40	01:13:20	+26:18	07:20
33	1019	Ivo Couto	A20´s Javalis Trail team	Veterano M40	01:14:09	+27:06	07:25
34	1556	Jorge Fontes	Sporting Clube de Espinho / António Leitão	Veterano M40	01:14:09	+27:06	07:25
35	1474	CARLOS FAMILIAR	MC	Veterano M40	01:14:19	+27:17	07:26
36	1412	NUNO PINHO	Individual	Veterano M40	01:16:06	+29:04	07:37
37	1559	Miguel Moura	Taylors	Veterano M40	01:16:20	+29:18	07:38
38	1341	Artur	Individual	Veterano M40	01:16:56	+29:54	07:42
39	1130	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	01:17:01	+29:59	07:42
40	1243	Manuel Fonseca Silva	HomeGym	Veterano M40	01:17:29	+30:27	07:45
41	1415	Paulo santos	Individual	Veterano M40	01:17:39	+30:37	07:46
42	1340	Antonio Pereira	Individual	Veterano M40	01:17:52	+30:50	07:47
43	1562	Filipe Pereira	Telhadela Runners	Veterano M40	01:17:56	+30:53	07:48
44	1580	José Oliveira	TrepaTrilhos Trail Team	Veterano M40	01:17:56	+30:53	07:48
45	1033	RENATO ARAÚJO	AGDCR_Running	Veterano M40	01:18:15	+31:12	07:50
46	1421	Ricardo Nordeste	Individual	Veterano M40	01:18:34	+31:32	07:51
47	1414	Paulo jorge	Individual	Veterano M40	01:19:10	+32:08	07:55
48	1241	José António Miranda	HomeGym	Veterano M40	01:19:54	+32:51	07:59
49	1458	Manuel Muxagato	M&M e as Derretidas	Veterano M40	01:20:59	+33:56	08:06
50	1529	pedro ferreira	reumatico trail team	Veterano M40	01:23:01	+35:59	08:18

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Mini Trail

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51	1382	Joaquim Queirós	Individual	Veterano M40	01:23:40	+36:38	08:22
52	1023	Paulo Henriques	A20´s Javalis Trail team	Veterano M40	01:23:53	+36:50	08:23
53	1064	Luís Mota	B. V. Carvalhos	Veterano M40	01:25:03	+38:01	08:30
54	1085	Tony serralva	Bravos & Bravitas	Veterano M40	01:25:10	+38:08	08:31
55	1084	Ricardo Ferreira	Bravos & Bravitas	Veterano M40	01:25:23	+38:21	08:32
56	1560	Miguel Sousa	Taylors	Veterano M40	01:25:24	+38:21	08:32
57	1434	Vítor silva	Individual	Veterano M40	01:25:44	+38:42	08:34
58	1252	Marco Paiva	HSS Runners	Veterano M40	01:25:51	+38:48	08:35
59	1416	Pedro Abelha	Individual	Veterano M40	01:26:24	+39:22	08:38
60	1620	António Gomes	Individual	Veterano M40	01:27:05	+40:03	08:43
61	1117	Rony Santos	Corredores de Rua	Veterano M40	01:28:36	+41:34	08:52
62	1498	Sandro Miguel Souza de Lima	Omega Trail	Veterano M40	01:28:53	+41:50	08:53
63	1453	João Filipe Veiga Barroso	LEVADOS DA BRECA	Veterano M40	01:28:59	+41:56	08:54
64	142	Hugo Sá	Individual	Veterano M40	01:29:06	+42:03	08:55
65	1082	Carlos carneiro	Bravos & Bravitas	Veterano M40	01:29:19	+42:17	08:56
66	1423	Ricardo Queiros	Individual	Veterano M40	01:30:57	+43:55	09:06
67	1094	Jorge Vaz	CGV	Veterano M40	01:31:44	+44:41	09:10
68	1255	Hugo Sa	i9Team	Veterano M40	01:33:24	+46:21	09:20
69	1257	Telmo Oliveira	i9Team	Veterano M40	01:33:24	+46:22	09:20
70	1535	Pedro Filipe Correia de Pinho	Saudades de Sofá Team	Veterano M40	01:33:27	+46:25	09:21
71	1515	Jorge Ferreira	Pari Passu	Veterano M40	01:36:25	+49:22	09:39
72	1206	Paulo Gomes	Grupo de Corrida de Argoncilhe	Veterano M40	01:37:02	+49:59	09:42
73	1144	Luis Pais	Feira Viva	Veterano M40	01:39:20	+52:18	09:56
74	1513	Jose Alves	PAPATRAILS	Veterano M40	01:39:25	+52:22	09:57
75	1594	Alberto Ferreira	Warriors	Veterano M40	01:39:47	+52:44	09:59
76	1408	Miguel cardoso Rodrigues	Individual	Veterano M40	01:41:42	+54:39	10:10
77	1083	joaozinho	Bravos & Bravitas	Veterano M40	01:41:46	+54:44	10:11
78	1122	Raul Cunha	cUnHaX	Veterano M40	01:42:27	+55:25	10:15
79	1520	Duarte Nuno Barbosa	Pé na Rota	Veterano M40	01:42:35	+55:33	10:16
80	1442	Joaquim Oliveira	Juventude desportiva de Gondomar	Veterano M40	01:43:04	+56:01	10:18
81	1443	Jorge Alberto do Carmo Cerqueira Teixeira	Juventude desportiva de Gondomar	Veterano M40	01:43:04	+56:02	10:18
82	1444	José Manuel Cerqueira do Carmo Teixeira	Juventude desportiva de Gondomar	Veterano M40	01:43:04	+56:02	10:18
83	1362	Fernando castanheira	Individual	Veterano M40	01:44:20	+57:18	10:26
84	1037	José Carlos Lascasas	All About	Veterano M40	01:47:30	+01:00:28	10:45
85	1403	Marco Paulo Abrantes Filipe	Individual	Veterano M40	01:48:06	+01:01:03	10:49
86	1615	Fernando Lopes	ARCORUN	Veterano M40	01:48:50	+01:01:48	10:53
87	1366	Francisco Caldas	Individual	Veterano M40	01:48:57	+01:01:54	10:54
88	1392	José Pinho	Individual	Veterano M40	01:48:57	+01:01:55	10:54
89	1087	PAULO MELO	CAL - Clube Atletismo de Lamas	Veterano M40	01:49:39	+01:02:36	10:58
90	1521	Manuel Dias Noites	Pé na Rota	Veterano M40	01:55:19	+01:08:17	11:32
91	1464	José Pinto	MAISFIT RUNNERS	Veterano M40	01:56:40	+01:09:38	11:40
92	1095	Augusto Silva	Clube Aventura d'aldeia	Veterano M40	01:57:41	+01:10:38	11:46
93	1579	Cunha e Silva	TrepaTrilhos Trail Team	Veterano M40	02:00:25	+01:13:23	12:03
94	1127	PAULO FERREIRA	DDT RUNNERS	Veterano M40	02:04:03	+01:17:01	12:24

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Mini Trail

10 KM

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95	1228	Rui Miguel Pinho Almeida	HMC Sports Piscinas e Ginásios Municipais	Veterano M40	02:04:40	+01:17:37	12:28
96	1555	António Albuquerque	Sporting Clube de Espinho / António Leitão	Veterano M40	02:05:19	+01:18:16	12:32
97	1557	Nuno Barbosa	Sporting Clube de Espinho / António Leitão	Veterano M40	02:05:19	+01:18:17	12:32
98	1581	Pedro Sousa	TrepaTrilhos Trail Team	Veterano M40	02:06:36	+01:19:34	12:40
99	1051	José Correia	ARCORUN	Veterano M40	02:28:07	+01:41:04	14:49
100	1369	Helder Filipe Costa Rebelo Rosa	Individual	Veterano M40	02:45:21	+01:58:19	16:32
101	1430	Vitor Manuel Andrade Silva	Individual	Veterano M40	02:45:23	+01:58:21	16:32

Veterano M50

1	1342	Asdrubal Freitas	Individual	Veterano M50	53:14	+06:12	05:19
2	1377	João Paulo Lopes Rodrigues	Individual	Veterano M50	58:32	+11:30	05:51
3	1590	Antonio Marques	Vila Maior em Turismo	Veterano M50	59:23	+12:21	05:56
4	1496	Carlos Parente	OLÍMPICO VIANENSE TRAIL	Veterano M50	01:00:04	+13:01	06:00
5	1089	Antonio Joaquim Vaz da Silva	Caldas S. Jorge Sport Clube	Veterano M50	01:00:17	+13:15	06:02
6	1441	Agostinho da Silva Neves	Juventude desportiva de Gondomar	Veterano M50	01:01:15	+14:13	06:08
7	1158	Rui Santos	Fiães Running	Veterano M50	01:04:25	+17:23	06:27
8	1343	Baltazar Ferreira	Individual	Veterano M50	01:05:47	+18:44	06:35
9	1135	Luís Filipe Martins Soares	EDUART-COMPONENTES DE CALÇADO	Veterano M50	01:10:37	+23:34	07:04
10	1001	António Ribeiro	#GEPAB	Veterano M50	01:14:05	+27:02	07:25
11	1014	Jorge Moreira	10TEMIDOS	Veterano M50	01:14:40	+27:37	07:28
12	1611	Hilário Costa	TT	Veterano M50	01:14:58	+27:55	07:30
13	1134	Eduardo Tavares Rebelo	EDUART-COMPONENTES DE CALÇADO	Veterano M50	01:15:00	+27:57	07:30
14	1475	GERMANO SANTOS	MC	Veterano M50	01:18:15	+31:12	07:50
15	1113	Antonio Guimaraães	Corredores de Rua	Veterano M50	01:20:57	+33:55	08:06
16	1004	Joao Simoes	@corredoresderua@	Veterano M50	01:22:13	+35:11	08:13
17	1057	vit0r cardoso	Atlético da Madalena	Veterano M50	01:23:39	+36:37	08:22
18	1146	Paulo Sérgio Pais	Feira Viva	Veterano M50	01:23:54	+36:51	08:23
19	1572	JOSE ANTONIO DE OLIVEIRA LOPES	TOP´S DA CONSTITUIÇÃO	Veterano M50	01:24:08	+37:06	08:25
20	1390	jose Manuel Ribeiro Machado	Individual	Veterano M50	01:25:27	+38:24	08:33
21	1391	José Maria Teixeira	Individual	Veterano M50	01:25:31	+38:28	08:33
22	1463	José Pereira	MAISFIT RUNNERS	Veterano M50	01:25:45	+38:42	08:35
23	1207	Rui Oliveira	Grupo de Corrida de Argoncilhe	Veterano M50	01:28:16	+41:14	08:50
24	1204	Fernando Couto	Grupo de Corrida de Argoncilhe	Veterano M50	01:28:16	+41:14	08:50
25	1205	Fernando Silva	Grupo de Corrida de Argoncilhe	Veterano M50	01:28:17	+41:15	08:50
26	1499	Alcídio Figueiredo	Os Maravilhosos!	Veterano M50	01:30:56	+43:54	09:06
27	158	Carlos Almeida	Individual	Veterano M50	01:31:37	+44:34	09:10
28	1582	Sérgio M. Pereira	TrepaTrilhos Trail Team	Veterano M50	01:31:41	+44:38	09:10
29	1073	Augusto Costa	BoraBora, Vamos Lá!	Veterano M50	01:31:49	+44:47	09:11
30	1399	Manuel Bastos Costa	Individual	Veterano M50	01:32:27	+45:25	09:15
31	1022	José Teixeira	A20´s Javalis Trail team	Veterano M50	01:32:44	+45:41	09:16
32	1386	José Alves dos Santos Correia	Individual	Veterano M50	01:35:23	+48:20	09:32

10 KM

OFFICIAL RESULT

33	1531	Carlos Silva	RUNNING ESPINHO	Veterano M50	01:36:18	+49:16	09:38
34	1003	Carlos Fernando Marques	@corredoresderua@	Veterano M50	01:37:56	+50:54	09:48
35	1116	Paulo Miguel	Corredores de Rua	Veterano M50	01:37:57	+50:54	09:48
36	1225	Manuel Arnaldo Sousa Oliveira	HMC Sports Piscinas e Ginásios Municipais	Veterano M50	01:38:38	+51:36	09:52
37	161	José Manuel Magalhães Gomes Dara	Individual	Veterano M50	01:42:10	+55:08	10:13
38	156	Alberto Martins	Individual	Veterano M50	01:42:11	+55:09	10:13
39	1156	Jose Falcão	Fiaes Running	Veterano M50	01:44:45	+57:42	10:29
40	1338	Adérito Fonseca	Individual	Veterano M50	01:47:43	+01:00:40	10:46
41	1221	Abel Mendes	HMC Sports Piscinas e Ginásios Municipais	Veterano M50	01:47:53	+01:00:51	10:47
42	96	Fernando Mautempo	HMC Sports Piscinas e Ginásios Municipais	Veterano M50	01:47:54	+01:00:52	10:47
43	1610	Valter Barbosa	TT	Veterano M50	01:47:54	+01:00:52	10:47
44	1387	José Augusto Pires Lima	Individual	Veterano M50	02:03:07	+01:16:05	12:19
45	1578	Abílio Costa	TrepaTrilhos Trail Team	Veterano M50	02:04:15	+01:17:13	12:26
46	1380	Joaquim António da Costa Rodrigues	Individual	Veterano M50	02:04:16	+01:17:13	12:26
47	1348	Carlos Manuel Oliveira Maia	Individual	Veterano M50	02:04:40	+01:17:37	12:28

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