

## TRAIL CURTO - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 16°C        | 100%     |
| End   | 12:57 | 16°C        | 100%     |

| RANK | BIB | NAME                           | TEAM                             | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|--------------------------------|----------------------------------|------------------|----------|--------|-------|
| 1    | 143 | Camilo Guedes                  | clube do pessoal aguas gaia      | Veterano M45     | 01:18:19 |        | 05:13 |
| 2    | 310 | César Barros                   | satecnosol outdoor               | Senior Masculino | 01:20:30 | +02:11 | 05:22 |
| 3    | 315 | fabio fernandes correia        | trail running clube btt sanguedo | Senior Masculino | 01:21:55 | +03:35 | 05:28 |
| 4    | 323 | Rui Oliveira                   | vila maior turismo               | Veterano M40     | 01:22:10 | +03:50 | 05:29 |
| 5    | 329 | Avelino Freitas                | individual                       | Veterano M40     | 01:23:17 | +04:58 | 05:33 |
| 6    | 232 | Ivan Silva                     | limitless                        | Senior Masculino | 01:25:00 | +06:40 | 05:40 |
| 7    | 320 | Júlio Oliveira                 | vila maior turismo               | Veterano M40     | 01:25:43 | +07:23 | 05:43 |
| 8    | 324 | António Marques                | vila maior turismo               | Veterano M50     | 01:26:54 | +08:34 | 05:48 |
| 9    | 185 | André Joaquim Moreira da Silva | individual                       | Senior Masculino | 01:29:17 | +10:57 | 05:57 |
| 10   | 145 | José Adelino                   | clube do pessoal aguas gaia      | Veterano M55     | 01:29:31 | +11:11 | 05:58 |
| 11   | 319 | Ricardo Topa                   | vila maior turismo               | Senior Masculino | 01:30:24 | +12:05 | 06:02 |
| 12   | 318 | Paulo Silva                    | vila maior turismo               | Senior Masculino | 01:30:32 | +12:12 | 06:02 |
| 13   | 207 | Carlos Santos                  | individual                       | Veterano M40     | 01:30:44 | +12:25 | 06:03 |
| 14   | 195 | Miguel pinto                   | individual                       | Senior Masculino | 01:30:58 | +12:38 | 06:04 |
| 15   | 218 | Paulo Grilo                    | individual                       | Veterano M40     | 01:31:06 | +12:46 | 06:04 |
| 16   | 285 | Vitor Rito                     | running espinho                  | Senior Masculino | 01:31:52 | +13:33 | 06:08 |
| 17   | 311 | Marisa Rodrigues               | sport clube beira-mar            | Senior Feminino  | 01:32:05 | +13:45 | 06:08 |
| 18   | 208 | Constantino Mota               | individual                       | Veterano M40     | 01:34:28 | +16:08 | 06:18 |
| 19   | 144 | Silverio Santos                | clube do pessoal aguas gaia      | Veterano M45     | 01:36:11 | +17:51 | 06:25 |
| 20   | 188 | BRUNO SILVA                    | individual                       | Senior Masculino | 01:36:37 | +18:17 | 06:26 |
| 21   | 152 | Filipe Santos                  | fiães running                    | Senior Masculino | 01:36:43 | +18:23 | 06:27 |
| 22   | 275 | Paulo Reis                     | running esmoriz                  | Senior Masculino | 01:36:56 | +18:36 | 06:28 |
| 23   | 304 | António Prata                  | running espinho                  | Veterano M45     | 01:37:19 | +18:59 | 06:29 |
| 24   | 147 | José Ponte                     | edv- viana trail                 | Veterano M60     | 01:37:36 | +19:16 | 06:30 |
| 25   | 266 | André Santos                   | pequerruchos                     | Senior Masculino | 01:38:01 | +19:41 | 06:32 |
| 26   | 222 | Joao neves                     | individual                       | Veterano M45     | 01:38:11 | +19:51 | 06:33 |
| 27   | 251 | José Ferreira                  | oralklass-amigos do trail        | Veterano M40     | 01:38:46 | +20:27 | 06:35 |
| 28   | 250 | Fernando Rodrigues Grabulho    | oralklass-amigos do trail        | Veterano M40     | 01:38:47 | +20:27 | 06:35 |
| 29   | 249 | Élvio Ornelas                  | oralklass-amigos do trail        | Senior Masculino | 01:38:47 | +20:27 | 06:35 |
| 30   | 283 | Damásio Pereira                | running espinho                  | Senior Masculino | 01:38:52 | +20:32 | 06:35 |
| 31   | 322 | Manuel Silva                   | vila maior turismo               | Veterano M40     | 01:40:19 | +21:59 | 06:41 |
| 32   | 168 | Carlos Ferreira                | g.d.s.paio oleiros               | Veterano M40     | 01:40:58 | +22:38 | 06:44 |
| 33   | 131 | ALÍPIO GONÇALVES               | bravos da montanha               | Senior Masculino | 01:42:05 | +23:45 | 06:48 |
| 34   | 209 | Eduardo Pinto                  | individual                       | Veterano M40     | 01:42:10 | +23:50 | 06:49 |
| 35   | 280 | Cristiana Ferreira             | running espinho                  | Senior Feminino  | 01:42:59 | +24:39 | 06:52 |
| 36   | 328 | Edgar Rocha                    | clube btt sanguedo               | Veterano M55     | 01:42:59 | +24:39 | 06:52 |
| 37   | 70  | Celso Miguel de Bastos Silva   | peraltafil                       | Senior Masculino | 01:43:05 | +24:45 | 06:52 |
| 38   | 238 | Vitor Ferreira                 | montepio crédito                 | Veterano M40     | 01:43:13 | +24:54 | 06:53 |
| 39   | 267 | Bruno Rocha                    | pequerruchos                     | Senior Masculino | 01:43:55 | +25:35 | 06:56 |
| 40   | 257 | Selma Soeiro                   | os guerreiros da luz             | Senior Feminino  | 01:44:11 | +25:51 | 06:57 |
| 41   | 256 | Joana Amorim                   | os guerreiros da luz             | Senior Feminino  | 01:44:12 | +25:52 | 06:57 |

## TRAIL CURTO - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                           | TEAM                           | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|--------------------------------|--------------------------------|------------------|----------|--------|-------|
| 42   | 142 | Fernando Castanheira           | clube do pessoal aguas gaia    | Senior Masculino | 01:44:31 | +26:11 | 06:58 |
| 43   | 199 | Tiago Bernardes                | individual                     | Senior Masculino | 01:45:01 | +26:41 | 07:00 |
| 44   | 137 | Ramiro Silva                   | caldas s. jorge sport clube    | Veterano M50     | 01:45:11 | +26:51 | 07:01 |
| 45   | 255 | Jorge Guerra                   | os falta d'ar                  | Veterano M40     | 01:45:17 | +26:58 | 07:01 |
| 46   | 306 | Mário Alves                    | running espinho                | Veterano M45     | 01:45:21 | +27:01 | 07:01 |
| 47   | 270 | pedro brizado                  | pipb                           | Veterano M40     | 01:45:33 | +27:13 | 07:02 |
| 48   | 302 | Rui Pinto                      | running espinho                | Veterano M40     | 01:47:40 | +29:20 | 07:11 |
| 49   | 230 | Manuel Alves                   | individual                     | Veterano M60     | 01:48:40 | +30:21 | 07:15 |
| 50   | 187 | arlindo miguel almeida pais    | individual                     | Senior Masculino | 01:50:08 | +31:48 | 07:21 |
| 51   | 198 | Tácito Sousa                   | individual                     | Senior Masculino | 01:50:37 | +32:17 | 07:23 |
| 52   | 180 | Sofia Ferreira                 | individual                     | Senior Feminino  | 01:50:45 | +32:25 | 07:23 |
| 53   | 159 | Vítor Santos                   | fiães running                  | Veterano M40     | 01:50:51 | +32:31 | 07:23 |
| 54   | 269 | Paulo Sergio Sá Oliveira       | peraltafil                     | Senior Masculino | 01:51:19 | +33:00 | 07:25 |
| 55   | 221 | Eduardo Nascimento             | individual                     | Veterano M45     | 01:52:49 | +34:30 | 07:31 |
| 56   | 196 | Pedro Pereira                  | individual                     | Senior Masculino | 01:52:57 | +34:37 | 07:32 |
| 57   | 220 | Vítor Neto                     | individual                     | Veterano M40     | 01:53:27 | +35:07 | 07:34 |
| 58   | 307 | Carlos Silva                   | running espinho                | Veterano M50     | 01:53:50 | +35:30 | 07:35 |
| 59   | 155 | Fátima Pais                    | fiães running                  | Veterana F50     | 01:54:10 | +35:50 | 07:37 |
| 60   | 247 | Jorge Oliveira                 | individual                     | Senior Masculino | 01:54:30 | +36:10 | 07:38 |
| 61   | 286 | Anabela Santos                 | running espinho                | Veterana F40     | 01:55:08 | +36:48 | 07:41 |
| 62   | 228 | João Filipe Fernandes          | individual                     | Veterano M50     | 01:55:15 | +36:56 | 07:41 |
| 63   | 186 | António João Alves dos Santos  | individual                     | Senior Masculino | 01:55:20 | +37:01 | 07:41 |
| 64   | 200 | Sandra Canelha                 | individual                     | Veterana F40     | 01:55:23 | +37:03 | 07:42 |
| 65   | 309 | Sebastião Couto                | running espinho                | Veterano M55     | 01:55:28 | +37:08 | 07:42 |
| 66   | 298 | David Oliveira                 | running espinho                | Veterano M40     | 01:55:44 | +37:24 | 07:43 |
| 67   | 174 | Fernando Couto                 | grupo de corrida de argoncilhe | Veterano M60     | 01:55:44 | +37:25 | 07:43 |
| 68   | 205 | Rosa Pinto                     | individual                     | Veterana F55     | 01:55:58 | +37:38 | 07:44 |
| 69   | 268 | Simão Castro                   | pequerruchos                   | Senior Masculino | 01:56:51 | +38:32 | 07:47 |
| 70   | 133 | Vítor Mendes                   | bravos da montanha             | Senior Masculino | 01:56:52 | +38:33 | 07:48 |
| 71   | 132 | MIGUEL BAPTISTA                | bravos da montanha             | Senior Masculino | 01:56:53 | +38:33 | 07:48 |
| 72   | 312 | Isabel Cristina Brandão Soares | sportarc.running               | Veterana F40     | 01:57:45 | +39:25 | 07:51 |
| 73   | 217 | Nuno Sampaio Soares            | individual                     | Veterano M40     | 01:57:47 | +39:27 | 07:51 |
| 74   | 166 | Paulo Soares                   | fogaças com malapos            | Veterano M45     | 01:57:57 | +39:38 | 07:52 |
| 75   | 162 | Filipe Coelho                  | fogaças com malapos            | Senior Masculino | 01:57:58 | +39:38 | 07:52 |
| 76   | 161 | Daniel Brandão                 | fogaças com malapos            | Senior Masculino | 01:57:58 | +39:38 | 07:52 |
| 77   | 160 | André Castro                   | fogaças com malapos            | Senior Masculino | 01:57:58 | +39:38 | 07:52 |
| 78   | 167 | Joaquim Silva                  | fogaças com malapos            | Veterano M50     | 01:57:58 | +39:38 | 07:52 |
| 79   | 225 | Manuel Paiva                   | individual                     | Veterano M45     | 01:59:45 | +41:25 | 07:59 |
| 80   | 261 | Simon Lopes                    | os marretas                    | Senior Masculino | 01:59:46 | +41:26 | 07:59 |
| 81   | 240 | Sónia Santiago                 | mozelos runners                | Senior Feminino  | 02:00:18 | +41:58 | 08:01 |
| 82   | 203 | MARIA TEIXEIRA                 | individual                     | Veterana F45     | 02:00:22 | +42:02 | 08:01 |
| 83   | 231 | Tácito Laranjeira              | individual                     | Veterano M60     | 02:00:40 | +42:21 | 08:03 |
| 84   | 245 | Mafalda Valente                | never give up                  | Senior Feminino  | 02:01:03 | +42:43 | 08:04 |
| 85   | 163 | Hugo Lima                      | fogaças com malapos            | Senior Masculino | 02:01:20 | +43:00 | 08:05 |
| 86   | 164 | Márcio Correia                 | fogaças com malapos            | Senior Masculino | 02:01:20 | +43:00 | 08:05 |
| 87   | 129 | José Lage                      | amigos dos semáforos, bamulá   | Veterano M45     | 02:02:33 | +44:13 | 08:10 |

## TRAIL CURTO - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                           | TEAM                           | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|--------------------------------|--------------------------------|------------------|----------|--------|-------|
| 88   | 177 | Liliana Gomes                  | individual                     | Senior Feminino  | 02:03:24 | +45:05 | 08:14 |
| 89   | 241 | Luís Machado                   | mozelos runners                | Senior Masculino | 02:03:42 | +45:22 | 08:15 |
| 90   | 122 | Albino Leite                   | alesil                         | Veterano M50     | 02:04:32 | +46:12 | 08:18 |
| 91   | 153 | Pedro Custódio                 | fiães running                  | Senior Masculino | 02:04:53 | +46:33 | 08:20 |
| 92   | 1   | Andreia Pereira                | individual                     | Senior Feminino  | 02:04:54 | +46:34 | 08:20 |
| 93   | 292 | Sandra Ferreira                | running espinho                | Veterana F40     | 02:04:56 | +46:36 | 08:20 |
| 94   | 219 | Rafael Sousa                   | individual                     | Veterano M40     | 02:04:57 | +46:38 | 08:20 |
| 95   | 305 | José Feiteira                  | running espinho                | Veterano M45     | 02:04:58 | +46:38 | 08:20 |
| 96   | 277 | Andreia Costa                  | running espinho                | Senior Feminino  | 02:04:58 | +46:38 | 08:20 |
| 97   | 297 | António Albuquerque            | running espinho                | Veterano M40     | 02:05:00 | +46:40 | 08:20 |
| 98   | 165 | Vitor Costa                    | fogaças com malapos            | Veterano M40     | 02:05:20 | +47:00 | 08:21 |
| 99   | 121 | Tiago leite                    | alesil                         | Senior Masculino | 02:05:50 | +47:30 | 08:23 |
| 100  | 296 | Manuela Sousa                  | running espinho                | Veterana F50     | 02:05:50 | +47:30 | 08:23 |
| 101  | 171 | Jose Santos                    | grupo de corrida de argoncilhe | Veterano M50     | 02:05:50 | +47:30 | 08:23 |
| 102  | 272 | Tiago Carvalho                 | pónalama                       | Senior Masculino | 02:05:58 | +47:38 | 08:24 |
| 103  | 194 | Miguel Oliveira                | individual                     | Senior Masculino | 02:06:20 | +48:00 | 08:25 |
| 104  | 154 | Maria Filomena Ribeiro         | fiães running                  | Veterana F45     | 02:06:20 | +48:00 | 08:25 |
| 105  | 299 | Jorge Fontes                   | running espinho                | Veterano M40     | 02:06:22 | +48:02 | 08:26 |
| 106  | 308 | José Pereira                   | running espinho                | Veterano M50     | 02:06:22 | +48:03 | 08:26 |
| 107  | 243 | António Rodrigues              | mozelos runners                | Veterano M40     | 02:06:46 | +48:26 | 08:27 |
| 108  | 191 | Filipe Moreira                 | individual                     | Senior Masculino | 02:06:47 | +48:28 | 08:27 |
| 109  | 157 | Miguel Ferreira                | fiães running                  | Veterano M40     | 02:07:17 | +48:57 | 08:29 |
| 110  | 150 | Sandra Santos                  | fiães running                  | Senior Feminino  | 02:07:17 | +48:57 | 08:29 |
| 111  | 291 | Rosa Couto                     | running espinho                | Veterana F40     | 02:07:18 | +48:58 | 08:29 |
| 112  | 170 | Fernando Pais                  | grupo de corrida de argoncilhe | Veterano M50     | 02:07:19 | +48:59 | 08:29 |
| 113  | 278 | Arminda Rodrigues              | running espinho                | Senior Feminino  | 02:07:23 | +49:03 | 08:30 |
| 114  | 252 | Antonio Fernandes              | os amigos de grijo             | Veterano M55     | 02:08:07 | +49:47 | 08:32 |
| 115  | 149 | Paula Ferreira                 | fiães running                  | Senior Feminino  | 02:08:19 | +49:59 | 08:33 |
| 116  | 244 | Joaquim Pereira                | mozelos runners                | Veterano M40     | 02:08:36 | +50:16 | 08:34 |
| 117  | 193 | Luís Peralta                   | individual                     | Senior Masculino | 02:09:22 | +51:02 | 08:37 |
| 118  | 189 | Cláudio Filipe Pontes Ruivinho | individual                     | Senior Masculino | 02:10:07 | +51:47 | 08:41 |
| 119  | 172 | Fernando Silva                 | grupo de corrida de argoncilhe | Veterano M55     | 02:10:23 | +52:03 | 08:42 |
| 120  | 233 | Rogério Henriques              | limitless                      | Senior Masculino | 02:11:02 | +52:42 | 08:44 |
| 121  | 173 | Rui Oliveira                   | grupo de corrida de argoncilhe | Veterano M55     | 02:11:13 | +52:53 | 08:45 |
| 122  | 325 | José Luis Pires                | individual                     | Veterano M40     | 02:11:23 | +53:03 | 08:46 |
| 123  | 156 | José Herdeiro                  | fiães running                  | Veterano M40     | 02:12:00 | +53:40 | 08:48 |
| 124  | 258 | La Salete                      | os marretas                    | Senior Feminino  | 02:12:10 | +53:50 | 08:49 |
| 125  | 210 | jorge oliveira                 | individual                     | Veterano M40     | 02:12:13 | +53:53 | 08:49 |
| 126  | 178 | sandra oliveira                | individual                     | Senior Feminino  | 02:12:17 | +53:57 | 08:49 |
| 127  | 303 | Vitor Ferreira                 | running espinho                | Veterano M40     | 02:12:20 | +54:00 | 08:49 |
| 128  | 158 | Ricardo Ferreira               | fiães running                  | Veterano M40     | 02:12:40 | +54:20 | 08:51 |
| 129  | 248 | Alice Santos                   | núcleo de montanha de espinho  | Veterana F45     | 02:12:55 | +54:35 | 08:52 |
| 130  | 123 | André Pereira                  | amigos dos semáforos, bamulá   | Senior Masculino | 02:17:28 | +59:09 | 09:10 |
| 131  | 126 | Luís Almeida                   | amigos dos semáforos, bamulá   | Veterano M40     | 02:17:29 | +59:09 | 09:10 |
| 132  | 327 | Ricardo Costa                  | individual                     | Senior Masculino | 02:17:31 | +59:11 | 09:10 |
| 133  | 246 | Rui Moreira                    | never give up                  | Veterano M40     | 02:17:45 | +59:25 | 09:11 |

## TRAIL CURTO - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                               | TEAM                             | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|------------------------------------|----------------------------------|------------------|----------|-----------|-------|
| 134  | 239 | Joana Machado                      | mozelos runners                  | Senior Feminino  | 02:17:49 | +59:29    | 09:11 |
| 135  | 176 | Cláudia Babo                       | individual                       | Senior Feminino  | 02:18:35 | +01:00:16 | 09:14 |
| 136  | 317 | Fernando Correia                   | trail running clube btt sanguedo | Veterano M50     | 02:18:35 | +01:00:16 | 09:14 |
| 137  | 204 | Margarida Machado                  | individual                       | Veterana F50     | 02:18:35 | +01:00:16 | 09:14 |
| 138  | 183 | Teresa Amorim                      | individual                       | Senior Feminino  | 02:18:36 | +01:00:16 | 09:14 |
| 139  | 316 | Dulce Correia                      | trail running clube btt sanguedo | Veterana F45     | 02:18:36 | +01:00:16 | 09:14 |
| 140  | 136 | Patricia gomes                     | cães do trail                    | Senior Feminino  | 02:18:36 | +01:00:16 | 09:14 |
| 141  | 289 | Gabriela Veiga                     | running espinho                  | Veterana F40     | 02:18:36 | +01:00:16 | 09:14 |
| 142  | 125 | Cristina Amaral                    | amigos dos semáforos, bamulá     | Veterana F45     | 02:18:39 | +01:00:19 | 09:15 |
| 143  | 127 | Marco Pacheco                      | amigos dos semáforos, bamulá     | Veterano M40     | 02:18:39 | +01:00:19 | 09:15 |
| 144  | 182 | Susana Albuquerque                 | individual                       | Senior Feminino  | 02:18:40 | +01:00:20 | 09:15 |
| 145  | 146 | Raul Cunha                         | cunhax                           | Veterano M45     | 02:19:37 | +01:01:17 | 09:19 |
| 146  | 212 | Luis Ferreira                      | individual                       | Veterano M40     | 02:21:35 | +01:03:15 | 09:26 |
| 147  | 271 | isidro silva                       | pipb                             | Veterano M45     | 02:21:37 | +01:03:17 | 09:26 |
| 148  | 226 | Miguel pinheiro                    | individual                       | Veterano M45     | 02:21:56 | +01:03:36 | 09:28 |
| 149  | 141 | Miguel Branco                      | cf runners                       | Veterano M40     | 02:22:09 | +01:03:50 | 09:29 |
| 150  | 227 | henrique.vidal@sapo.pt             | individual                       | Veterano M50     | 02:22:22 | +01:04:02 | 09:29 |
| 151  | 295 | Clara Oliveira                     | running espinho                  | Veterana F45     | 02:22:29 | +01:04:09 | 09:30 |
| 152  | 223 | jose augusto sousa de oliveira     | individual                       | Veterano M45     | 02:22:31 | +01:04:11 | 09:30 |
| 153  | 265 | António Sousa                      | os marretas                      | Veterano M60     | 02:23:28 | +01:05:08 | 09:34 |
| 154  | 288 | Emilia Fiães                       | running espinho                  | Veterana F40     | 02:24:23 | +01:06:03 | 09:38 |
| 155  | 321 | Luis Santos                        | vila maior turismo               | Veterano M40     | 02:25:14 | +01:06:55 | 09:41 |
| 156  | 139 | Heloise Rodrigues                  | cf runners                       | Veterana F40     | 02:27:41 | +01:09:21 | 09:51 |
| 157  | 202 | Assunção Hespanhol                 | individual                       | Veterana F45     | 02:28:03 | +01:09:43 | 09:52 |
| 158  | 229 | Joaquim Vieira                     | individual                       | Veterano M50     | 02:28:03 | +01:09:44 | 09:52 |
| 159  | 279 | Carla Oliveira                     | running espinho                  | Senior Feminino  | 02:28:04 | +01:09:44 | 09:52 |
| 160  | 148 | Celeste Costa                      | fiães running                    | Senior Feminino  | 02:28:07 | +01:09:47 | 09:52 |
| 161  | 294 | Alexandra Soares                   | running espinho                  | Veterana F45     | 02:28:07 | +01:09:47 | 09:53 |
| 162  | 276 | Anabela Barata                     | running espinho                  | Senior Feminino  | 02:28:52 | +01:10:32 | 09:56 |
| 163  | 192 | João Correia                       | individual                       | Senior Masculino | 02:28:55 | +01:10:35 | 09:56 |
| 164  | 151 | Sofia Leal                         | fiães running                    | Senior Feminino  | 02:29:29 | +01:11:09 | 09:58 |
| 165  | 236 | Pedro Aires                        | montepio crédito                 | Senior Masculino | 02:29:39 | +01:11:20 | 09:59 |
| 166  | 235 | Tânia Sofia Cardoso Ribeiro Rebelo | montepio crédito                 | Senior Feminino  | 02:29:40 | +01:11:20 | 09:59 |
| 167  | 237 | Rui Manuel Mota fontes Rebelo      | montepio crédito                 | Senior Masculino | 02:30:33 | +01:12:13 | 10:02 |
| 168  | 234 | andreia da rocha marinho           | lusitanos / espinho trail        | Senior Feminino  | 02:31:53 | +01:13:33 | 10:08 |
| 169  | 242 | Michael Amaral                     | mozelos runners                  | Senior Masculino | 02:33:41 | +01:15:21 | 10:15 |
| 170  | 281 | Lúcia Ribeiro                      | running espinho                  | Senior Feminino  | 02:33:57 | +01:15:37 | 10:16 |
| 171  | 293 | Susana Silva                       | running espinho                  | Veterana F40     | 02:35:56 | +01:17:36 | 10:24 |
| 172  | 300 | José Silva                         | running espinho                  | Veterano M40     | 02:35:56 | +01:17:36 | 10:24 |
| 173  | 273 | Inês Araújo                        | prt                              | Senior Feminino  | 02:36:37 | +01:18:17 | 10:26 |
| 174  | 274 | Henrique Lopes                     | prt                              | Senior Masculino | 02:36:37 | +01:18:17 | 10:27 |
| 175  | 169 | Sonia Santos                       | grupo de corrida de argoncilhe   | Veterana F40     | 02:37:40 | +01:19:20 | 10:31 |
| 176  | 135 | José Amorim Alves Pereira          | btt brandoense                   | Veterano M50     | 02:37:40 | +01:19:20 | 10:31 |
| 177  | 253 | Cátia Fernandes                    | os falta d´ar                    | Senior Feminino  | 02:37:40 | +01:19:20 | 10:31 |

## TRAIL CURTO - STAGE 1

**15 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                           | TEAM                         | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|--------------------------------|------------------------------|------------------|----------|-----------|-------|
| 178  | 134 | Maria Filomena Mendes Oliveira | btt brandoense               | Veterana F50     | 02:37:40 | +01:19:20 | 10:31 |
| 179  | 254 | Rui Santos                     | os falta d'ar                | Senior Masculino | 02:37:40 | +01:19:20 | 10:31 |
| 180  | 282 | Olga Rodrigues                 | running espinho              | Senior Feminino  | 02:39:46 | +01:21:26 | 10:39 |
| 181  | 287 | Conceição Bessa                | running espinho              | Veterana F40     | 02:39:47 | +01:21:27 | 10:39 |
| 182  | 124 | Teresa Cálix                   | amigos dos semáforos, bamulá | Veterana F40     | 02:45:03 | +01:26:43 | 11:00 |
| 183  | 128 | Miguel Magalhaes               | amigos dos semáforos, bamulá | Veterano M40     | 02:45:03 | +01:26:43 | 11:00 |
| 184  | 213 | Manuel Costa                   | individual                   | Veterano M40     | 02:48:30 | +01:30:10 | 11:14 |
| 185  | 290 | Mónica Vaz                     | running espinho              | Veterana F40     | 02:49:16 | +01:30:56 | 11:17 |
| 186  | 138 | Sonia Morais                   | cf runners                   | Senior Feminino  | 02:49:28 | +01:31:08 | 11:18 |
| 187  | 260 | Pedro Correia                  | os marretas                  | Senior Masculino | 02:51:00 | +01:32:40 | 11:24 |
| 188  | 313 | Marta Mota                     | team girl                    | Senior Feminino  | 03:19:36 | +02:01:16 | 13:18 |
| 189  | 264 | Joaquim Encarnação             | os marretas                  | Veterano M40     | 03:19:36 | +02:01:17 | 13:18 |
| 190  | 263 | Leontina Correia               | os marretas                  | Veterana F55     | 03:19:37 | +02:01:17 | 13:18 |
| 191  | 314 | Ana Silva                      | team girl                    | Veterana F40     | 03:19:37 | +02:01:17 | 13:19 |
| 192  | 262 | Elisabete Carvalho             | os marretas                  | Veterana F40     | 03:19:38 | +02:01:19 | 13:19 |

## Trail Curto

**15 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | 16°C        | 100%     |
| End   | 12:57 | 16°C        | 100%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|    |     |                                    |                           |                 |          |           |       |
|----|-----|------------------------------------|---------------------------|-----------------|----------|-----------|-------|
| 1  | 311 | Marisa Rodrigues                   | Sport Clube Beira-Mar     | Senior Feminino | 01:32:05 | +13:45    | 06:08 |
| 2  | 280 | Cristiana Ferreira                 | RUNNING ESPINHO           | Senior Feminino | 01:42:59 | +24:39    | 06:52 |
| 3  | 257 | Selma Soeiro                       | Os Guerreiros Da Luz      | Senior Feminino | 01:44:11 | +25:51    | 06:57 |
| 4  | 256 | Joana Amorim                       | Os Guerreiros Da Luz      | Senior Feminino | 01:44:12 | +25:52    | 06:57 |
| 5  | 180 | Sofia Ferreira                     | Individual                | Senior Feminino | 01:50:45 | +32:25    | 07:23 |
| 6  | 240 | Sónia Santiago                     | Mozelos Runners           | Senior Feminino | 02:00:18 | +41:58    | 08:01 |
| 7  | 245 | Mafalda Valente                    | Never Give Up             | Senior Feminino | 02:01:03 | +42:43    | 08:04 |
| 8  | 177 | Liliana Gomes                      | Individual                | Senior Feminino | 02:03:24 | +45:05    | 08:14 |
| 9  | 1   | Andreia Pereira                    | Individual                | Senior Feminino | 02:04:54 | +46:34    | 08:20 |
| 10 | 277 | Andreia Costa                      | RUNNING ESPINHO           | Senior Feminino | 02:04:58 | +46:38    | 08:20 |
| 11 | 150 | Sandra Santos                      | Fiães Running             | Senior Feminino | 02:07:17 | +48:57    | 08:29 |
| 12 | 278 | Arminda Rodrigues                  | RUNNING ESPINHO           | Senior Feminino | 02:07:23 | +49:03    | 08:30 |
| 13 | 149 | Paula Ferreira                     | Fiães Running             | Senior Feminino | 02:08:19 | +49:59    | 08:33 |
| 14 | 258 | La Salete                          | Os Marretas               | Senior Feminino | 02:12:10 | +53:50    | 08:49 |
| 15 | 178 | sandra oliveira                    | Individual                | Senior Feminino | 02:12:17 | +53:57    | 08:49 |
| 16 | 239 | Joana Machado                      | Mozelos Runners           | Senior Feminino | 02:17:49 | +59:29    | 09:11 |
| 17 | 176 | Cláudia Babo                       | Individual                | Senior Feminino | 02:18:35 | +01:00:16 | 09:14 |
| 18 | 183 | Teresa Amorim                      | Individual                | Senior Feminino | 02:18:36 | +01:00:16 | 09:14 |
| 19 | 136 | Patricia gomes                     | Cães do trail             | Senior Feminino | 02:18:36 | +01:00:16 | 09:14 |
| 20 | 182 | Susana Albuquerque                 | Individual                | Senior Feminino | 02:18:40 | +01:00:20 | 09:15 |
| 21 | 279 | Carla Oliveira                     | RUNNING ESPINHO           | Senior Feminino | 02:28:04 | +01:09:44 | 09:52 |
| 22 | 148 | Celeste Costa                      | Fiães Running             | Senior Feminino | 02:28:07 | +01:09:47 | 09:52 |
| 23 | 276 | Anabela Barata                     | RUNNING ESPINHO           | Senior Feminino | 02:28:52 | +01:10:32 | 09:56 |
| 24 | 151 | Sofia Leal                         | Fiães Running             | Senior Feminino | 02:29:29 | +01:11:09 | 09:58 |
| 25 | 235 | Tânia Sofia Cardoso Ribeiro Rebelo | Montepio Crédito          | Senior Feminino | 02:29:40 | +01:11:20 | 09:59 |
| 26 | 234 | andreia da rocha marinheiro        | Lusitanos / Espinho Trail | Senior Feminino | 02:31:53 | +01:13:33 | 10:08 |
| 27 | 281 | Lúcia Ribeiro                      | RUNNING ESPINHO           | Senior Feminino | 02:33:57 | +01:15:37 | 10:16 |
| 28 | 273 | Inês Araújo                        | PRT                       | Senior Feminino | 02:36:37 | +01:18:17 | 10:26 |
| 29 | 253 | Cátia Fernandes                    | OS FALTA D'AR             | Senior Feminino | 02:37:40 | +01:19:20 | 10:31 |
| 30 | 282 | Olga Rodrigues                     | RUNNING ESPINHO           | Senior Feminino | 02:39:46 | +01:21:26 | 10:39 |
| 31 | 138 | Sonia Morais                       | CF RUNNERS                | Senior Feminino | 02:49:28 | +01:31:08 | 11:18 |
| 32 | 313 | Marta Mota                         | Team Girl                 | Senior Feminino | 03:19:36 | +02:01:16 | 13:18 |

## Senior Masculino

|   |     |                                |                                  |                  |          |        |       |
|---|-----|--------------------------------|----------------------------------|------------------|----------|--------|-------|
| 1 | 310 | César Barros                   | Satecnosol Outdoor               | Senior Masculino | 01:20:30 | +02:11 | 05:22 |
| 2 | 315 | fabio fernandes correia        | Trail Running Clube Btt Sanguedo | Senior Masculino | 01:21:55 | +03:35 | 05:28 |
| 3 | 232 | Ivan Silva                     | Limitless                        | Senior Masculino | 01:25:00 | +06:40 | 05:40 |
| 4 | 185 | André Joaquim Moreira da Silva | Individual                       | Senior Masculino | 01:29:17 | +10:57 | 05:57 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 6 | generate 15-Jun-2017 13:22 |
|-----------------------------|-------|----------------------------|

## Trail Curto

**15 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|    |     |                                |                              |                  |          |           |       |
|----|-----|--------------------------------|------------------------------|------------------|----------|-----------|-------|
| 5  | 319 | Ricardo Topa                   | Vila Maior Turismo           | Senior Masculino | 01:30:24 | +12:05    | 06:02 |
| 6  | 318 | Paulo Silva                    | Vila Maior Turismo           | Senior Masculino | 01:30:32 | +12:12    | 06:02 |
| 7  | 195 | Miguel pinto                   | Individual                   | Senior Masculino | 01:30:58 | +12:38    | 06:04 |
| 8  | 285 | Vitor Rito                     | RUNNING ESPINHO              | Senior Masculino | 01:31:52 | +13:33    | 06:08 |
| 9  | 188 | BRUNO SILVA                    | Individual                   | Senior Masculino | 01:36:37 | +18:17    | 06:26 |
| 10 | 152 | Filipe Santos                  | Fiães Running                | Senior Masculino | 01:36:43 | +18:23    | 06:27 |
| 11 | 275 | Paulo Reis                     | Running Esmoriz              | Senior Masculino | 01:36:56 | +18:36    | 06:28 |
| 12 | 266 | André Santos                   | Pequerruchos                 | Senior Masculino | 01:38:01 | +19:41    | 06:32 |
| 13 | 249 | Élvio Ornelas                  | Oralklass-Amigos do Trail    | Senior Masculino | 01:38:47 | +20:27    | 06:35 |
| 14 | 283 | Damásio Pereira                | RUNNING ESPINHO              | Senior Masculino | 01:38:52 | +20:32    | 06:35 |
| 15 | 131 | ALÍPIO GONÇALVES               | Bravos da montanha           | Senior Masculino | 01:42:05 | +23:45    | 06:48 |
| 16 | 70  | Celso Miguel de Bastos Silva   | Peraltafil                   | Senior Masculino | 01:43:05 | +24:45    | 06:52 |
| 17 | 267 | Bruno Rocha                    | Pequerruchos                 | Senior Masculino | 01:43:55 | +25:35    | 06:56 |
| 18 | 142 | Fernando Castanheira           | Clube do Pessoal Aguas Gaia  | Senior Masculino | 01:44:31 | +26:11    | 06:58 |
| 19 | 199 | Tiago Bernardes                | Individual                   | Senior Masculino | 01:45:01 | +26:41    | 07:00 |
| 20 | 187 | arlindo miguel almeida pais    | Individual                   | Senior Masculino | 01:50:08 | +31:48    | 07:21 |
| 21 | 198 | Tácito Sousa                   | Individual                   | Senior Masculino | 01:50:37 | +32:17    | 07:23 |
| 22 | 269 | Paulo Sergio Sá Oliveira       | Peraltafil                   | Senior Masculino | 01:51:19 | +33:00    | 07:25 |
| 23 | 196 | Pedro Pereira                  | Individual                   | Senior Masculino | 01:52:57 | +34:37    | 07:32 |
| 24 | 247 | Jorge Oliveira                 | Individual                   | Senior Masculino | 01:54:30 | +36:10    | 07:38 |
| 25 | 186 | António João Alves dos Santos  | Individual                   | Senior Masculino | 01:55:20 | +37:01    | 07:41 |
| 26 | 268 | Simão Castro                   | Pequerruchos                 | Senior Masculino | 01:56:51 | +38:32    | 07:47 |
| 27 | 133 | Vitor Mendes                   | Bravos da montanha           | Senior Masculino | 01:56:52 | +38:33    | 07:48 |
| 28 | 132 | MIGUEL BAPTISTA                | Bravos da montanha           | Senior Masculino | 01:56:53 | +38:33    | 07:48 |
| 29 | 162 | Filipe Coelho                  | Fogaças com Malapos          | Senior Masculino | 01:57:58 | +39:38    | 07:52 |
| 30 | 161 | Daniel Brandão                 | Fogaças com Malapos          | Senior Masculino | 01:57:58 | +39:38    | 07:52 |
| 31 | 160 | André Castro                   | Fogaças com Malapos          | Senior Masculino | 01:57:58 | +39:38    | 07:52 |
| 32 | 261 | Simon Lopes                    | Os Marretas                  | Senior Masculino | 01:59:46 | +41:26    | 07:59 |
| 33 | 163 | Hugo Lima                      | Fogaças com Malapos          | Senior Masculino | 02:01:20 | +43:00    | 08:05 |
| 34 | 164 | Márcio Correia                 | Fogaças com Malapos          | Senior Masculino | 02:01:20 | +43:00    | 08:05 |
| 35 | 241 | Luís Machado                   | Mozelos Runners              | Senior Masculino | 02:03:42 | +45:22    | 08:15 |
| 36 | 153 | Pedro Custódio                 | Fiães Running                | Senior Masculino | 02:04:53 | +46:33    | 08:20 |
| 37 | 121 | Tiago leite                    | Alesil                       | Senior Masculino | 02:05:50 | +47:30    | 08:23 |
| 38 | 272 | Tiago Carvalho                 | PóNaLama                     | Senior Masculino | 02:05:58 | +47:38    | 08:24 |
| 39 | 194 | Miguel Oliveira                | Individual                   | Senior Masculino | 02:06:20 | +48:00    | 08:25 |
| 40 | 191 | Filipe Moreira                 | Individual                   | Senior Masculino | 02:06:47 | +48:28    | 08:27 |
| 41 | 193 | Luís Peralta                   | Individual                   | Senior Masculino | 02:09:22 | +51:02    | 08:37 |
| 42 | 189 | Cláudio Filipe Pontes Ruivinho | Individual                   | Senior Masculino | 02:10:07 | +51:47    | 08:41 |
| 43 | 233 | Rogério Henriques              | Limitless                    | Senior Masculino | 02:11:02 | +52:42    | 08:44 |
| 44 | 123 | André Pereira                  | Amigos dos semáforos, bamulá | Senior Masculino | 02:17:28 | +59:09    | 09:10 |
| 45 | 327 | Ricardo Costa                  | Individual                   | Senior Masculino | 02:17:31 | +59:11    | 09:10 |
| 46 | 192 | João Correia                   | Individual                   | Senior Masculino | 02:28:55 | +01:10:35 | 09:56 |
| 47 | 236 | Pedro Aires                    | Montepio Crédito             | Senior Masculino | 02:29:39 | +01:11:20 | 09:59 |
| 48 | 237 | Rui Manuel Mota fontes Rebelo  | Montepio Crédito             | Senior Masculino | 02:30:33 | +01:12:13 | 10:02 |
| 49 | 242 | Michael Amaral                 | Mozelos Runners              | Senior Masculino | 02:33:41 | +01:15:21 | 10:15 |
| 50 | 274 | Henrique Lopes                 | PRT                          | Senior Masculino | 02:36:37 | +01:18:17 | 10:27 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 2 / 6 | generate 15-Jun-2017 13:22 |
|-----------------------------|-------|----------------------------|

## Trail Curto

**15 KM**

[illegible]

## OFFICIAL RESULT

|    |     |               |               |                  |          |           |       |
|----|-----|---------------|---------------|------------------|----------|-----------|-------|
| 51 | 254 | Rui Santos    | OS FALTA D'AR | Senior Masculino | 02:37:40 | +01:19:20 | 10:31 |
| 52 | 260 | Pedro Correia | Os Marretas   | Senior Masculino | 02:51:00 | +01:32:40 | 11:24 |

## Veterana F40

|    |     |                                |                                |              |          |           |       |
|----|-----|--------------------------------|--------------------------------|--------------|----------|-----------|-------|
| 1  | 286 | Anabela Santos                 | RUNNING ESPINHO                | Veterana F40 | 01:55:08 | +36:48    | 07:41 |
| 2  | 200 | Sandra Canelha                 | Individual                     | Veterana F40 | 01:55:23 | +37:03    | 07:42 |
| 3  | 312 | Isabel Cristina Brandão Soares | Sportarc.Running               | Veterana F40 | 01:57:45 | +39:25    | 07:51 |
| 4  | 292 | Sandra Ferreira                | RUNNING ESPINHO                | Veterana F40 | 02:04:56 | +46:36    | 08:20 |
| 5  | 291 | Rosa Couto                     | RUNNING ESPINHO                | Veterana F40 | 02:07:18 | +48:58    | 08:29 |
| 6  | 289 | Gabriela Veiga                 | RUNNING ESPINHO                | Veterana F40 | 02:18:36 | +01:00:16 | 09:14 |
| 7  | 288 | Emília Fiães                   | RUNNING ESPINHO                | Veterana F40 | 02:24:23 | +01:06:03 | 09:38 |
| 8  | 139 | Heloise Rodrigues              | CF RUNNERS                     | Veterana F40 | 02:27:41 | +01:09:21 | 09:51 |
| 9  | 293 | Susana Silva                   | RUNNING ESPINHO                | Veterana F40 | 02:35:56 | +01:17:36 | 10:24 |
| 10 | 169 | Sonia Santos                   | Grupo de Corrida de Argoncilhe | Veterana F40 | 02:37:40 | +01:19:20 | 10:31 |
| 11 | 287 | Conceição Bessa                | RUNNING ESPINHO                | Veterana F40 | 02:39:47 | +01:21:27 | 10:39 |
| 12 | 124 | Teresa Cáliz                   | Amigos dos semáforos, bamulá   | Veterana F40 | 02:45:03 | +01:26:43 | 11:00 |
| 13 | 290 | Mónica Vaz                     | RUNNING ESPINHO                | Veterana F40 | 02:49:16 | +01:30:56 | 11:17 |
| 14 | 314 | Ana Silva                      | Team Girl                      | Veterana F40 | 03:19:37 | +02:01:17 | 13:19 |
| 15 | 262 | Elisabete Carvalho             | Os Marretas                    | Veterana F40 | 03:19:38 | +02:01:19 | 13:19 |

## Veterana F45

|   |     |                        |                                  |              |          |           |       |
|---|-----|------------------------|----------------------------------|--------------|----------|-----------|-------|
| 1 | 203 | MARIA TEIXEIRA         | Individual                       | Veterana F45 | 02:00:22 | +42:02    | 08:01 |
| 2 | 154 | Maria Filomena Ribeiro | Fiães Running                    | Veterana F45 | 02:06:20 | +48:00    | 08:25 |
| 3 | 248 | Alice Santos           | Núcleo de Montanha de Espinho    | Veterana F45 | 02:12:55 | +54:35    | 08:52 |
| 4 | 316 | Dulce Correia          | Trail Running Clube Btt Sanguedo | Veterana F45 | 02:18:36 | +01:00:16 | 09:14 |
| 5 | 125 | Cristina Amaral        | Amigos dos semáforos, bamulá     | Veterana F45 | 02:18:39 | +01:00:19 | 09:15 |
| 6 | 295 | Clara Oliveira         | RUNNING ESPINHO                  | Veterana F45 | 02:22:29 | +01:04:09 | 09:30 |
| 7 | 202 | Assunção Hespanhol     | Individual                       | Veterana F45 | 02:28:03 | +01:09:43 | 09:52 |
| 8 | 294 | Alexandra Soares       | RUNNING ESPINHO                  | Veterana F45 | 02:28:07 | +01:09:47 | 09:53 |

## Veterana F50

|   |     |                                |                 |              |          |           |       |
|---|-----|--------------------------------|-----------------|--------------|----------|-----------|-------|
| 1 | 155 | Fátima Pais                    | Fiães Running   | Veterana F50 | 01:54:10 | +35:50    | 07:37 |
| 2 | 296 | Manuela Sousa                  | RUNNING ESPINHO | Veterana F50 | 02:05:50 | +47:30    | 08:23 |
| 3 | 204 | Margarida Machado              | Individual      | Veterana F50 | 02:18:35 | +01:00:16 | 09:14 |
| 4 | 134 | Maria Filomena Mendes Oliveira | BTT BRANDOENSE  | Veterana F50 | 02:37:40 | +01:19:20 | 10:31 |

## Veterana F55

|   |     |                  |             |              |          |           |       |
|---|-----|------------------|-------------|--------------|----------|-----------|-------|
| 1 | 205 | Rosa Pinto       | Individual  | Veterana F55 | 01:55:58 | +37:38    | 07:44 |
| 2 | 263 | Leontina Correia | Os Marretas | Veterana F55 | 03:19:37 | +02:01:17 | 13:18 |

## Trail Curto

**15 KM**

[illegible]

## OFFICIAL RESULT

## Veterano M40

|    |     |                             |                              |              |          |           |       |
|----|-----|-----------------------------|------------------------------|--------------|----------|-----------|-------|
| 1  | 323 | Rui Oliveira                | Vila Maior Turismo           | Veterano M40 | 01:22:10 | +03:50    | 05:29 |
| 2  | 329 | Avelino Freitas             | Individual                   | Veterano M40 | 01:23:17 | +04:58    | 05:33 |
| 3  | 320 | Júlio Oliveira              | Vila Maior Turismo           | Veterano M40 | 01:25:43 | +07:23    | 05:43 |
| 4  | 207 | Carlos Santos               | Individual                   | Veterano M40 | 01:30:44 | +12:25    | 06:03 |
| 5  | 218 | Paulo Grilo                 | Individual                   | Veterano M40 | 01:31:06 | +12:46    | 06:04 |
| 6  | 208 | Constantino Mota            | Individual                   | Veterano M40 | 01:34:28 | +16:08    | 06:18 |
| 7  | 251 | José Ferreira               | Oralklass-Amigos do Trail    | Veterano M40 | 01:38:46 | +20:27    | 06:35 |
| 8  | 250 | Fernando Rodrigues Grabulho | Oralklass-Amigos do Trail    | Veterano M40 | 01:38:47 | +20:27    | 06:35 |
| 9  | 322 | Manuel Silva                | Vila Maior Turismo           | Veterano M40 | 01:40:19 | +21:59    | 06:41 |
| 10 | 168 | Carlos Ferreira             | G.D.S.PAIO OLEIROS           | Veterano M40 | 01:40:58 | +22:38    | 06:44 |
| 11 | 209 | Eduardo Pinto               | Individual                   | Veterano M40 | 01:42:10 | +23:50    | 06:49 |
| 12 | 238 | Vitor Ferreira              | Montepio Crédito             | Veterano M40 | 01:43:13 | +24:54    | 06:53 |
| 13 | 255 | Jorge Guerra                | OS FALTA D'AR                | Veterano M40 | 01:45:17 | +26:58    | 07:01 |
| 14 | 270 | pedro brizado               | pipb                         | Veterano M40 | 01:45:33 | +27:13    | 07:02 |
| 15 | 302 | Rui Pinto                   | RUNNING ESPINHO              | Veterano M40 | 01:47:40 | +29:20    | 07:11 |
| 16 | 159 | Vítor Santos                | Fiães Running                | Veterano M40 | 01:50:51 | +32:31    | 07:23 |
| 17 | 220 | Vítor Neto                  | Individual                   | Veterano M40 | 01:53:27 | +35:07    | 07:34 |
| 18 | 298 | David Oliveira              | RUNNING ESPINHO              | Veterano M40 | 01:55:44 | +37:24    | 07:43 |
| 19 | 217 | Nuno Sampaio Soares         | Individual                   | Veterano M40 | 01:57:47 | +39:27    | 07:51 |
| 20 | 219 | Rafael Sousa                | Individual                   | Veterano M40 | 02:04:57 | +46:38    | 08:20 |
| 21 | 297 | António Albuquerque         | RUNNING ESPINHO              | Veterano M40 | 02:05:00 | +46:40    | 08:20 |
| 22 | 165 | Vitor Costa                 | Fogaças com Malapos          | Veterano M40 | 02:05:20 | +47:00    | 08:21 |
| 23 | 299 | Jorge Fontes                | RUNNING ESPINHO              | Veterano M40 | 02:06:22 | +48:02    | 08:26 |
| 24 | 243 | António Rodrigues           | Mozelos Runners              | Veterano M40 | 02:06:46 | +48:26    | 08:27 |
| 25 | 157 | Miguel Ferreira             | Fiães Running                | Veterano M40 | 02:07:17 | +48:57    | 08:29 |
| 26 | 244 | Joaquim Pereira             | Mozelos Runners              | Veterano M40 | 02:08:36 | +50:16    | 08:34 |
| 27 | 325 | José Luis Pires             | Individual                   | Veterano M40 | 02:11:23 | +53:03    | 08:46 |
| 28 | 156 | José Herdeiro               | Fiães Running                | Veterano M40 | 02:12:00 | +53:40    | 08:48 |
| 29 | 210 | jorge oliveira              | Individual                   | Veterano M40 | 02:12:13 | +53:53    | 08:49 |
| 30 | 303 | Vitor Ferreira              | RUNNING ESPINHO              | Veterano M40 | 02:12:20 | +54:00    | 08:49 |
| 31 | 158 | Ricardo Ferreira            | Fiães Running                | Veterano M40 | 02:12:40 | +54:20    | 08:51 |
| 32 | 126 | Luís Almeida                | Amigos dos semáforos, bamulá | Veterano M40 | 02:17:29 | +59:09    | 09:10 |
| 33 | 246 | Rui Moreira                 | Never Give Up                | Veterano M40 | 02:17:45 | +59:25    | 09:11 |
| 34 | 127 | Marco Pacheco               | Amigos dos semáforos, bamulá | Veterano M40 | 02:18:39 | +01:00:19 | 09:15 |
| 35 | 212 | Luis Ferreira               | Individual                   | Veterano M40 | 02:21:35 | +01:03:15 | 09:26 |
| 36 | 141 | Miguel Branco               | CF RUNNERS                   | Veterano M40 | 02:22:09 | +01:03:50 | 09:29 |
| 37 | 321 | Luis Santos                 | Vila Maior Turismo           | Veterano M40 | 02:25:14 | +01:06:55 | 09:41 |
| 38 | 300 | José Silva                  | RUNNING ESPINHO              | Veterano M40 | 02:35:56 | +01:17:36 | 10:24 |
| 39 | 128 | Miguel Magalhaes            | Amigos dos semáforos, bamulá | Veterano M40 | 02:45:03 | +01:26:43 | 11:00 |
| 40 | 213 | Manuel Costa                | Individual                   | Veterano M40 | 02:48:30 | +01:30:10 | 11:14 |
| 41 | 264 | Joaquim Encarnação          | Os Marretas                  | Veterano M40 | 03:19:36 | +02:01:17 | 13:18 |

## Trail Curto

**15 KM**

[illegible]

## OFFICIAL RESULT

## Veterano M45

|    |     |                                |                              |              |          |                 |
|----|-----|--------------------------------|------------------------------|--------------|----------|-----------------|
| 1  | 143 | Camilo Guedes                  | Clube do Pessoal Aguas Gaia  | Veterano M45 | 01:18:19 | 05:13           |
| 2  | 144 | Silverio Santos                | Clube do Pessoal Aguas Gaia  | Veterano M45 | 01:36:11 | +17:51 06:25    |
| 3  | 304 | António Prata                  | RUNNING ESPINHO              | Veterano M45 | 01:37:19 | +18:59 06:29    |
| 4  | 222 | Joao neves                     | Individual                   | Veterano M45 | 01:38:11 | +19:51 06:33    |
| 5  | 306 | Mário Alves                    | RUNNING ESPINHO              | Veterano M45 | 01:45:21 | +27:01 07:01    |
| 6  | 221 | Eduardo Nascimento             | Individual                   | Veterano M45 | 01:52:49 | +34:30 07:31    |
| 7  | 166 | Paulo Soares                   | Fogaças com Malapos          | Veterano M45 | 01:57:57 | +39:38 07:52    |
| 8  | 225 | Manuel Paiva                   | Individual                   | Veterano M45 | 01:59:45 | +41:25 07:59    |
| 9  | 129 | José Lage                      | Amigos dos semáforos, bamulá | Veterano M45 | 02:02:33 | +44:13 08:10    |
| 10 | 305 | José Feiteira                  | RUNNING ESPINHO              | Veterano M45 | 02:04:58 | +46:38 08:20    |
| 11 | 146 | Raul Cunha                     | cUnHaX                       | Veterano M45 | 02:19:37 | +01:01:17 09:19 |
| 12 | 271 | isidro silva                   | pipb                         | Veterano M45 | 02:21:37 | +01:03:17 09:26 |
| 13 | 226 | Miguel pinheiro                | Individual                   | Veterano M45 | 02:21:56 | +01:03:36 09:28 |
| 14 | 223 | jose augusto sousa de oliveira | Individual                   | Veterano M45 | 02:22:31 | +01:04:11 09:30 |

## Veterano M50

|    |     |                           |                                  |              |          |           |       |
|----|-----|---------------------------|----------------------------------|--------------|----------|-----------|-------|
| 1  | 324 | António Marques           | Vila Maior Turismo               | Veterano M50 | 01:26:54 | +08:34    | 05:48 |
| 2  | 137 | Ramiro Silva              | Caldas S. Jorge Sport Clube      | Veterano M50 | 01:45:11 | +26:51    | 07:01 |
| 3  | 307 | Carlos Silva              | RUNNING ESPINHO                  | Veterano M50 | 01:53:50 | +35:30    | 07:35 |
| 4  | 228 | João Filipe Fernandes     | Individual                       | Veterano M50 | 01:55:15 | +36:56    | 07:41 |
| 5  | 167 | Joaquim Silva             | Fogaças com Malapos              | Veterano M50 | 01:57:58 | +39:38    | 07:52 |
| 6  | 122 | Albino Leite              | Alesil                           | Veterano M50 | 02:04:32 | +46:12    | 08:18 |
| 7  | 171 | Jose Santos               | Grupo de Corrida de Argoncilhe   | Veterano M50 | 02:05:50 | +47:30    | 08:23 |
| 8  | 308 | José Pereira              | RUNNING ESPINHO                  | Veterano M50 | 02:06:22 | +48:03    | 08:26 |
| 9  | 170 | Fernando Pais             | Grupo de Corrida de Argoncilhe   | Veterano M50 | 02:07:19 | +48:59    | 08:29 |
| 10 | 317 | Fernando Correia          | Trail Running Clube Btt Sanguedo | Veterano M50 | 02:18:35 | +01:00:16 | 09:14 |
| 11 | 227 | henrique.vidal@sapo.pt    | Individual                       | Veterano M50 | 02:22:22 | +01:04:02 | 09:29 |
| 12 | 229 | Joaquim Vieira            | Individual                       | Veterano M50 | 02:28:03 | +01:09:44 | 09:52 |
| 13 | 135 | José Amorim Alves Pereira | BTT BRANDOENSE                   | Veterano M50 | 02:37:40 | +01:19:20 | 10:31 |

## Veterano M55

|   |     |                   |                                |              |          |        |       |
|---|-----|-------------------|--------------------------------|--------------|----------|--------|-------|
| 1 | 145 | José Adelino      | Clube do Pessoal Aguas Gaia    | Veterano M55 | 01:29:31 | +11:11 | 05:58 |
| 2 | 328 | Edgar Rocha       | CLUBE BTT SANGUEDO             | Veterano M55 | 01:42:59 | +24:39 | 06:52 |
| 3 | 309 | Sebastião Couto   | RUNNING ESPINHO                | Veterano M55 | 01:55:28 | +37:08 | 07:42 |
| 4 | 252 | Antonio Fernandes | OS AMIGOS DE GRIJO             | Veterano M55 | 02:08:07 | +49:47 | 08:32 |
| 5 | 172 | Fernando Silva    | Grupo de Corrida de Argoncilhe | Veterano M55 | 02:10:23 | +52:03 | 08:42 |
| 6 | 173 | Rui Oliveira      | Grupo de Corrida de Argoncilhe | Veterano M55 | 02:11:13 | +52:53 | 08:45 |

## Veterano M60

|   |     |            |                  |              |          |        |       |
|---|-----|------------|------------------|--------------|----------|--------|-------|
| 1 | 147 | José Ponte | EDV- VIANA TRAIL | Veterano M60 | 01:37:36 | +19:16 | 06:30 |
|---|-----|------------|------------------|--------------|----------|--------|-------|

**15 KM**

## OFFICIAL RESULT

[illegible]

|   |     |                   |                                |              |          |           |       |
|---|-----|-------------------|--------------------------------|--------------|----------|-----------|-------|
| 2 | 230 | Manuel Alves      | Individual                     | Veterano M60 | 01:48:40 | +30:21    | 07:15 |
| 3 | 174 | Fernando Couto    | Grupo de Corrida de Argoncilhe | Veterano M60 | 01:55:44 | +37:25    | 07:43 |
| 4 | 231 | Tácito Laranjeira | Individual                     | Veterano M60 | 02:00:40 | +42:21    | 08:03 |
| 5 | 265 | António Sousa     | Os Marretas                    | Veterano M60 | 02:23:28 | +01:05:08 | 09:34 |

[illegible]

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 1 | generate 15-Jun-2017 13:24 |
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