

CURTO - STAGE 1

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	10.9°C	93%
End	12:24	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2283	Vitor Barbosa	gdr retorta - quinta das arcas	Senior Masculino	48:06		04:01
2	2457	Nelson Loureiro	individual	Senior Masculino	48:22	+00:15	04:02
3	2281	HENRIQUE DIAS	gdr retorta - quinta das arcas	Senior Masculino	51:08	+03:02	04:16
4	2242	João Trigueiros	gaia trail	Senior Masculino	52:14	+04:07	04:21
5	2282	TIAGO LISBOA	gdr retorta - quinta das arcas	Senior Masculino	52:29	+04:22	04:22
6	2693	Helder Robalinho	peraltafil running	Senior Masculino	53:22	+05:15	04:27
7	2038	José Gaspar	aliança de gandra	Senior Masculino	53:30	+05:23	04:28
8	2280	Joaquim Rocha	gdr retorta - quinta das arcas	Senior Masculino	53:46	+05:39	04:29
9	2059	Bruno Pereira	amigos 100 limites	Senior Masculino	56:11	+08:04	04:41
10	2063	João Vigário	amigos 100 limites	Senior Masculino	56:11	+08:04	04:41
11	2122	André Pinto	c. a. andatrilhos freamunde	Senior Masculino	56:17	+08:10	04:41
12	2039	Luís Silva	aliança de gandra	Senior Masculino	56:18	+08:11	04:42
13	2429	Henrique Loureiro	individual	Senior Masculino	56:29	+08:22	04:42
14	2137	José Mota	cdcr ctt porto	Senior Masculino	57:53	+09:46	04:49
15	2148	Nuno Lemos	clube atletismo fafe	Senior Masculino	58:07	+10:00	04:51
16	2279	AMADEU ROCHA	gdr retorta - quinta das arcas	Senior Masculino	58:12	+10:05	04:51
17	2857	Pedro Monteiro	turbo kings 2.0	Senior Masculino	58:27	+10:20	04:52
18	2459	Nicolas Lebechec	individual	Senior Masculino	58:49	+10:42	04:54
19	2259	Joao Oliveira	gansos	Senior Masculino	58:50	+10:43	04:54
20	2383	Sergio Santos	individual	Senior Masculino	59:20	+11:13	04:57
21	2394	Adão Seabra	individual	Senior Masculino	01:00:37	+12:30	05:03
22	2036	Hugo Moutinho	aliança de gandra	Senior Masculino	01:00:46	+12:39	05:04
23	2526	Mário Ferreira	leões de tardariz trail	Senior Masculino	01:00:52	+12:45	05:04
24	2182	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:01:18	+13:11	05:07
25	2414	Daniel Pereira	individual	Senior Masculino	01:01:29	+13:22	05:07
26	2045	Sergio Rodrigues	aliança de gandra	Senior Masculino	01:01:38	+13:31	05:08
27	2029	Márcio Sousa	adsebolido trail boneca douro	Senior Masculino	01:01:51	+13:44	05:09
28	2743	Pedro Magalhães	sc espinho - atletismo / antónio leitão	Senior Masculino	01:02:02	+13:55	05:10
29	2738	Carlos barbosa	running penafiel trail	Senior Masculino	01:02:23	+14:16	05:12
30	2047	António Pinto	alpha running	Senior Masculino	01:02:33	+14:27	05:13
31	2822	Carlos Silva	tog associação running team	Senior Masculino	01:02:47	+14:40	05:14
32	2395	Adriano França	individual	Senior Masculino	01:02:53	+14:47	05:14
33	2091	Carmindo Gomes	arnaldo santos	Senior Masculino	01:03:05	+14:58	05:15
34	2854	Bruno Ferreira	turbo kings 2.0	Senior Masculino	01:04:15	+16:08	05:21
35	2260	Jorge Beliago	gansos	Senior Masculino	01:04:23	+16:16	05:22
36	2528	Ricardo Barroso	leões de tardariz trail	Senior Masculino	01:05:41	+17:34	05:28
37	2234	Júlio Sousa	factor x / s4l / medense fc	Senior Masculino	01:05:50	+17:43	05:29
38	2711	Filipe Ferreira	porto sentido runners	Senior Masculino	01:06:06	+17:59	05:31
39	2245	Antonio Coelho	gansos	Senior Masculino	01:06:22	+18:15	05:32
40	2298	FILIPE ANDRÉ DE Pinto	gondomar futsal clube	Senior Masculino	01:06:22	+18:15	05:32
41	2065	Nélson Silva	amigos 100 limites	Senior Masculino	01:06:44	+18:37	05:34

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
224	2199	ARTUR CARDOSO	equipa joao ferreira	Senior Masculino	01:25:00	+36:53	07:05
225	2211	Cristina Couto	espinho trail	Senior Feminino	01:25:01	+36:55	07:05
226	2124	Hugo Pereira	c. a. andatrilhos freamunde	Senior Masculino	01:25:04	+36:58	07:05
227	2729	Fábio Sousa	recarei	Senior Masculino	01:25:24	+37:17	07:07
228	2755	Pedro Alves	spa	Senior Masculino	01:25:25	+37:18	07:07
229	2860	Lúcia Neves	kemedo team	Senior Feminino	01:25:31	+37:24	07:08
230	2198	ANTÓNIO CUNHA	equipa joao ferreira	Senior Masculino	01:25:59	+37:52	07:10
231	2754	Sousa Henrique	soplabifana	Senior Masculino	01:26:09	+38:02	07:11
232	2598	José Teixeira	nocturnos de paredes	Senior Masculino	01:26:09	+38:02	07:11
233	2531	Tânia Gonçalves	leões de tardariz trail	Senior Feminino	01:26:10	+38:03	07:11
234	2753	Jorge Almeida	soplabifana	Senior Masculino	01:26:11	+38:04	07:11
235	2520	Agostinho Cardoso	leões de tardariz trail	Senior Masculino	01:26:11	+38:04	07:11
236	2616	Jose MOURA	nocturnos de paredes	Senior Masculino	01:26:11	+38:04	07:11
237	2615	Jose Miguel Cunha	nocturnos de paredes	Senior Masculino	01:26:11	+38:05	07:11
238	2612	Eusebio Barbosa	nocturnos de paredes	Senior Masculino	01:26:27	+38:20	07:12
239	2830	Paulo Ferreira	tog associação running team	Senior Masculino	01:26:32	+38:25	07:13
240	2627	Clara Pacheco	ofrunning	Senior Feminino	01:26:44	+38:37	07:14
241	2460	Nuno Cabral	individual	Senior Masculino	01:26:48	+38:41	07:14
242	2514	Monica Fonseca	kemedo team	Senior Feminino	01:26:48	+38:41	07:14
243	2864	João Vieira	vestefardas	Senior Masculino	01:26:53	+38:46	07:14
244	2201	EDGAR SARAIVA	equipa joao ferreira	Senior Masculino	01:26:55	+38:48	07:15
245	2469	Pedro Brizado	individual	Senior Masculino	01:26:58	+38:51	07:15
246	2207	Jorge Fontes	espinho	Senior Masculino	01:26:59	+38:52	07:15
247	2205	Antonio Albuquerque	espinho	Senior Masculino	01:26:59	+38:52	07:15
248	2699	Bruno Couto	porto	Senior Masculino	01:27:00	+38:53	07:15
249	2138	Elisabete Pereira	centro ciclista de gondomar	Senior Feminino	01:27:07	+39:00	07:16
250	2093	Sara Moreira	arouca	Senior Feminino	01:27:31	+39:24	07:18
251	2740	Manuela Arantes	sai do sofá	Senior Feminino	01:27:31	+39:24	07:18
252	2708	Marina Silva	porto sentido runners	Senior Feminino	01:27:37	+39:30	07:18
253	2687	DIOGO BALDAIA	patrol	Senior Masculino	01:27:39	+39:32	07:18
254	2067	Ricardo Barbosa	amigos das curvas	Senior Masculino	01:27:56	+39:49	07:20
255	2730	Raul Jorge Martins Sousa Sousa	recarei	Senior Masculino	01:28:05	+39:58	07:20
256	2781	Miguel Pacheco	tartarugas velocistas	Senior Masculino	01:28:09	+40:02	07:21
257	2793	António Alves	team mss contabilidade	Senior Masculino	01:28:15	+40:08	07:21
258	2486	Rui Macário	individual	Senior Masculino	01:28:18	+40:11	07:22
259	2863	José Cabral	valportas runners	Senior Masculino	01:28:22	+40:15	07:22
260	2434	João Esteves	individual	Senior Masculino	01:28:23	+40:16	07:22
261	2439	Joaquim Pacheco	individual	Senior Masculino	01:28:23	+40:17	07:22
262	2400	Amilcar Castro	individual	Senior Masculino	01:28:24	+40:17	07:22
263	2494	Telmo Rocha	individual	Senior Masculino	01:28:24	+40:17	07:22
264	2851	João Lopes	tt runners	Senior Masculino	01:28:25	+40:18	07:22
265	2850	Carlos Paiva	tt runners	Senior Masculino	01:28:25	+40:18	07:22
266	2553	Sylvie Ribeiro	manu's therapy trail running	Senior Feminino	01:28:28	+40:21	07:22
267	2869	ISABEL CARVALHO	wolves	Senior Feminino	01:28:28	+40:22	07:22
268	2180	Lara Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Senior Feminino	01:28:29	+40:22	07:22

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
314	2633	Bruno Castelo	os aventureiros	Senior Masculino	01:32:10	+44:03	07:41
315	2269	MARIA MOREIRA	gdc fidelidade	Senior Feminino	01:32:21	+44:14	07:42
316	2402	André Pinto	individual	Senior Masculino	01:32:26	+44:19	07:42
317	2821	Carlos Conde	tog associação running team	Senior Masculino	01:32:35	+44:28	07:43
318	2031	Fátima Ramos	aliança de gandra	Senior Feminino	01:32:41	+44:34	07:43
319	2037	José Carneiro	aliança de gandra	Senior Masculino	01:32:41	+44:34	07:43
320	2557	Luisa Mota	mesão frio	Senior Feminino	01:32:48	+44:41	07:44
321	2139	Sandra Matos	centro ciclista de gondomar	Senior Feminino	01:32:55	+44:48	07:45
322	2684	Alexandre Teles	patas negras	Senior Masculino	01:32:56	+44:49	07:45
323	2764	Paulo Gonçalves	stcp runners	Senior Masculino	01:33:10	+45:03	07:46
324	2222	Vitor Teixeira	eu e elas	Senior Masculino	01:33:11	+45:04	07:46
325	2289	Paula Almeida	geocrosstrail	Senior Feminino	01:33:14	+45:07	07:46
326	2714	Vitor Martins	porto sentido runners	Senior Masculino	01:33:16	+45:09	07:46
327	2757	Cristina Sousa	stcp runners	Senior Feminino	01:33:18	+45:11	07:47
328	2103	João Grilo	bate na avó	Senior Masculino	01:33:21	+45:14	07:47
329	2102	Bruno Barbosa	bate na avó	Senior Masculino	01:33:21	+45:14	07:47
330	2834	Eva Santos	trail santa marta / tristes mas duros	Senior Feminino	01:33:21	+45:14	07:47
331	2666	Rui Moreira	papatrails	Senior Masculino	01:33:22	+45:15	07:47
332	2665	Monica Magalhaes	papatrails	Senior Feminino	01:33:23	+45:16	07:47
333	2368	Minda Coelho	individual	Senior Feminino	01:33:27	+45:20	07:47
334	2703	Berta Ferreira	porto sentido runners	Senior Feminino	01:33:28	+45:21	07:47
335	1473	Raquel Santos	kemedo team	Senior Feminino	01:33:39	+45:32	07:48
336	2329	Bárbara Feio	individual	Senior Feminino	01:33:54	+45:48	07:50
337	2865	JOSÉ ALVES	vila nova de gaia	Senior Masculino	01:33:58	+45:51	07:50
338	2146	Alexandra Azevedo	clínica médica da foz	Senior Feminino	01:34:10	+46:03	07:51
339	2497	Joao sousa	ja-nu-met	Senior Masculino	01:34:15	+46:08	07:51
340	2858	Ricardo Monteiro	turbo kings 2.0	Senior Masculino	01:34:18	+46:11	07:52
341	2670	Miguel Carvalho	papatudo	Senior Masculino	01:34:23	+46:16	07:52
342	2671	Rui Rego	papatudo	Senior Masculino	01:34:23	+46:16	07:52
343	2855	Hélder Bruno Da Serdoura	turbo kings 2.0	Senior Masculino	01:34:27	+46:20	07:52
344	2492	Sérgio Silva	individual	Senior Masculino	01:34:27	+46:21	07:52
345	2881	Cristiana Carvalho	individual	Senior Feminino	01:34:32	+46:25	07:53
346	2503	Marlene Ferreira	juventude cortegacense	Senior Feminino	01:34:32	+46:25	07:53
347	2583	Paulo Silva	mss contabilidade trail team	Senior Masculino	01:34:33	+46:26	07:53
348	2008	Rui Moura	100 pernas	Senior Masculino	01:34:46	+46:39	07:54
349	2006	João Sousa	100 pernas	Senior Masculino	01:34:46	+46:39	07:54
350	2540	Ricardo Carvalho	focoteam24	Senior Masculino	01:34:48	+46:41	07:54
351	2388	Susana Moreira	individual	Senior Feminino	01:34:56	+46:49	07:55
352	2323	Ana Moreira	individual	Senior Feminino	01:35:07	+47:00	07:56
353	2371	Nicole Mendes	individual	Senior Feminino	01:35:08	+47:01	07:56
354	2294	Antonio Melo	gondomar	Senior Masculino	01:35:08	+47:01	07:56
355	2436	João Sousa	individual	Senior Masculino	01:35:12	+47:05	07:56
356	2001	Alvaro Pereira	#atechoras!	Senior Masculino	01:35:13	+47:06	07:56
357	2530	Pedro Oliveira	leões de tardariz trail	Senior Masculino	01:35:16	+47:09	07:56
358	2150	Sandra Monteiro	clube de montanha alto trilho - javalis	Senior Feminino	01:35:16	+47:09	07:56
359	2068	Emidio pontes	amigos de s.pedro da cova	Senior Masculino	01:35:36	+47:29	07:58

Official Timekeeper: Lap2Go	8 / 18	generate 19-Mar-2019 14:57
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12 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
360	2070	Serafim fonseca	amigos de s.pedro da cova	Senior Masculino	01:35:36	+47:29	07:58
361	2317	Ana Calção	individual	Senior Feminino	01:35:50	+47:43	07:59
362	2525	Marco Oliveira	leões de tardariz trail	Senior Masculino	01:35:54	+47:47	08:00
363	2209	Ana Paula Cruz	espinho trail	Senior Feminino	01:36:17	+48:10	08:01
364	2619	Telmo Mota	nocturnos de paredes	Senior Masculino	01:36:20	+48:14	08:02
365	2380	Sandra Vasconcelos	individual	Senior Feminino	01:36:25	+48:18	08:02
366	2643	Adão Castro	os sarrotes	Senior Masculino	01:36:25	+48:19	08:02
367	2310	Rui Oliveira	grupo de corrida de argoncilhe	Senior Masculino	01:36:31	+48:24	08:03
368	2334	Carla Teixeira	individual	Senior Feminino	01:36:33	+48:26	08:03
369	2883	Xavier Pastor	gdr retorta - quinta das arcas	Senior Masculino	01:36:50	+48:43	08:04
370	2517	Pedro Duarte	kemedo team	Senior Masculino	01:36:51	+48:44	08:04
371	2194	Maria Fonseca	equipa joao ferreira	Senior Feminino	01:36:53	+48:46	08:04
372	2710	Teresa Lourenço	porto sentido runners	Senior Feminino	01:37:00	+48:53	08:05
373	2594	Marcelo Ferreira	nem que chova	Senior Masculino	01:37:05	+48:58	08:05
374	2160	Alessandra Moscato	correr leça	Senior Feminino	01:37:15	+49:09	08:06
375	2862	Ivan Cruz	valportas runners	Senior Masculino	01:37:31	+49:24	08:08
376	2351	Isabel Oliveira	individual	Senior Feminino	01:37:37	+49:30	08:08
377	2480	Ricardo Souto	individual	Senior Masculino	01:37:41	+49:34	08:08
378	2466	Paulo Jorge Alves Ferreira	individual	Senior Masculino	01:37:41	+49:35	08:08
379	2686	Cristiano Silva	patrol	Senior Masculino	01:37:43	+49:36	08:09
380	2613	Filipe Pinto	nocturnos de paredes	Senior Masculino	01:37:59	+49:53	08:10
381	2844	Bernardino Carvalho	trepatrilhos trail team	Senior Masculino	01:38:02	+49:56	08:10
382	2496	Gisele ferreira	ja-nu-met	Senior Feminino	01:38:06	+49:59	08:11
383	2151	Ana Marques	clube efacec	Senior Feminino	01:38:16	+50:09	08:11
384	2658	Manuel Paiva	paiva team	Senior Masculino	01:38:21	+50:14	08:12
385	2785	João Jerónimo	team brandão	Senior Masculino	01:38:23	+50:16	08:12
386	2756	Ester Soares	sportarc.running	Senior Feminino	01:38:28	+50:21	08:12
387	2663	Ana Alves	papatrails	Senior Feminino	01:38:31	+50:24	08:13
388	2498	Jose monteiro	ja-nu-met	Senior Masculino	01:38:39	+50:32	08:13
389	2485	Rui Custodio	individual	Senior Masculino	01:39:04	+50:57	08:15
390	2814	Silvia Rocha	tog associação running team	Senior Feminino	01:39:17	+51:10	08:16
391	2359	Lucélia Ferreira	individual	Senior Feminino	01:39:20	+51:13	08:17
392	2403	Anthony Lopes	individual	Senior Masculino	01:39:20	+51:13	08:17
393	2726	João Frederico	propeixe	Senior Masculino	01:39:23	+51:16	08:17
394	2293	André Fraga	gondomar	Senior Masculino	01:39:46	+51:39	08:19
395	2445	José Luís Dos Santos Teixeira	individual	Senior Masculino	01:39:50	+51:43	08:19
396	2532	Ana Arranja	lincs de montemor	Senior Feminino	01:39:51	+51:44	08:19
397	2236	Fábio Santos	fiães sport clube	Senior Masculino	01:39:58	+51:51	08:20
398	2216	Joao Pereira	estica biela	Senior Masculino	01:39:58	+51:51	08:20
399	2620	Amália Monteiro	nova linha trail runners	Senior Feminino	01:40:00	+51:53	08:20
400	2527	Miguel Reis	leões de tardariz trail	Senior Masculino	01:40:01	+51:54	08:20
401	2715	ISABEL VIEIRA	portocargo runners	Senior Feminino	01:40:04	+51:57	08:20
402	2582	Paulo Queirós	mss contabilidade trail team	Senior Masculino	01:40:04	+51:57	08:20
403	2358	Liliana Silva	individual	Senior Feminino	01:40:12	+52:05	08:21
404	2676	Sonia Silva	paredes running	Senior Feminino	01:40:12	+52:05	08:21
405	2591	Gastão Ferreira	nem que chova	Senior Masculino	01:40:23	+52:16	08:22

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
406	2682	Alberto Reis	passarinhos do monte	Senior Masculino	01:40:27	+52:20	08:22
407	2291	Marta Pimenta	gondomar	Senior Feminino	01:40:33	+52:26	08:23
408	2636	Diogo Pimenta	os goguinhos	Senior Masculino	01:40:33	+52:26	08:23
409	2833	Delfina Eiras	trail santa marta / tristes mas duros	Senior Feminino	01:40:47	+52:40	08:24
410	2415	David Guimaraes Guimaraes	individual	Senior Masculino	01:40:57	+52:50	08:25
411	2626	Arménia Santos	ofrunning	Senior Feminino	01:41:06	+52:59	08:26
412	2605	Rosario Sousa	nocturnos de paredes	Senior Feminino	01:41:32	+53:25	08:28
413	2600	Margarida Silva	nocturnos de paredes	Senior Feminino	01:41:32	+53:25	08:28
414	2614	João Leite	nocturnos de paredes	Senior Masculino	01:41:33	+53:26	08:28
415	2776	Pedro Perpetua	strong team	Senior Masculino	01:41:36	+53:29	08:28
416	2266	CARINA ALVES	gdc fidelidade	Senior Feminino	01:41:37	+53:30	08:28
417	2271	David Sousa	gdc fidelidade	Senior Masculino	01:41:37	+53:30	08:28
418	2700	José Leal	porto	Senior Masculino	01:41:39	+53:32	08:28
419	2188	Antónia Tomaz	equipa a	Senior Feminino	01:41:48	+53:41	08:29
420	2197	SUSANA COSTA	equipa joao ferreira	Senior Feminino	01:41:59	+53:52	08:30
421	2170	Susana Rocha	crocodilos/misterpc	Senior Feminino	01:42:00	+53:53	08:30
422	2481	Roberto Magalhães	individual	Senior Masculino	01:42:23	+54:16	08:32
423	2646	Dulce Ribeiro	os turbomula	Senior Feminino	01:42:24	+54:17	08:32
424	2500	Ana Ferreira	juventude cortegacense	Senior Feminino	01:42:35	+54:29	08:33
425	2308	Fernando Couto	grupo de corrida de argoncilhe	Senior Masculino	01:42:43	+54:37	08:34
426	2746	Tiago Teixeira	sob efeito trail	Senior Masculino	01:42:44	+54:37	08:34
427	2534	Patrícia Ramos	lincs de montemor	Senior Feminino	01:42:55	+54:48	08:35
428	2535	Vanda Coelho	lincs de montemor	Senior Feminino	01:43:04	+54:57	08:35
429	2239	Sónia Pires	fit gaia trail	Senior Feminino	01:43:20	+55:13	08:37
430	2309	Fernando Silva	grupo de corrida de argoncilhe	Senior Masculino	01:43:22	+55:15	08:37
431	2697	Elisabete Melo	porto	Senior Feminino	01:43:26	+55:19	08:37
432	2343	Cláudia Ramos	individual	Senior Feminino	01:43:29	+55:22	08:37
433	2433	João Cardoso	individual	Senior Masculino	01:43:29	+55:23	08:37
434	2879	Pedro Nuno Oliveira Silva	cb run	Senior Masculino	01:43:30	+55:23	08:38
435	2880	Rui Neves	individual	Senior Masculino	01:43:30	+55:24	08:38
436	2555	Júlia Gouveia	marco runners	Senior Feminino	01:43:31	+55:24	08:38
437	2300	Joaquim Matos	gondomar futsal clube	Senior Masculino	01:43:31	+55:24	08:38
438	2113	Rui Rocha	brincalhões	Senior Masculino	01:43:31	+55:24	08:38
439	2301	Mário Ribeiro	gondomar futsal clube	Senior Masculino	01:43:31	+55:24	08:38
440	2186	Paula Mirandez	éjáli...clube de amigos trailrunners	Senior Feminino	01:43:32	+55:25	08:38
441	2659	Sandra Paiva	paivas	Senior Feminino	01:43:32	+55:25	08:38
442	2140	António Castro	centro ciclista de gondomar	Senior Masculino	01:43:33	+55:26	08:38
443	2299	Hugo Costa	gondomar futsal clube	Senior Masculino	01:43:34	+55:27	08:38
444	2647	Nuno Marques	os turbomula	Senior Masculino	01:43:36	+55:29	08:38
445	2533	Margarida Mira	lincs de montemor	Senior Feminino	01:43:37	+55:30	08:38
446	2629	Raquel Ferreira	ofrunning	Senior Feminino	01:43:44	+55:38	08:39
447	2108	Inês Silva	brincalhões	Senior Feminino	01:43:50	+55:43	08:39
448	2110	Franclim Neves	brincalhões	Senior Masculino	01:43:50	+55:43	08:39
449	2664	Estela Oliveira	papatrails	Senior Feminino	01:43:51	+55:44	08:39
450	2370	Natalia Neves	individual	Senior Feminino	01:43:53	+55:46	08:39
451	2114	Bruno Ribeiro	bruno	Senior Masculino	01:44:01	+55:54	08:40

CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
452	2490	Rui Santos	individual	Senior Masculino	01:44:03	+55:57	08:40
453	2007	Nuno Alexandre	100 pernas	Senior Masculino	01:44:05	+55:58	08:40
454	2238	Elsa Meireles	figueirófit	Senior Feminino	01:44:08	+56:01	08:41
455	2163	Susana Pereira	correr leça	Senior Feminino	01:44:08	+56:01	08:41
456	2165	Luis Pereira	correr leça	Senior Masculino	01:44:09	+56:02	08:41
457	2286	Paula Ferreira	generosos runners	Senior Feminino	01:44:24	+56:17	08:42
458	2547	Manuel Moura	maia	Senior Masculino	01:44:33	+56:26	08:43
459	2472	Pedro Melo	individual	Senior Masculino	01:44:48	+56:41	08:44
460	2375	Paula Borges	individual	Senior Feminino	01:44:48	+56:41	08:44
461	2453	Manuel Emidio Emidio	individual	Senior Masculino	01:44:51	+56:44	08:44
462	2630	Raquel Moreira	ofrunning	Senior Feminino	01:44:51	+56:44	08:44
463	2220	Sónia Sousa	eu e elas	Senior Feminino	01:44:51	+56:44	08:44
464	2758	Fátima Azevedo	stcp runners	Senior Feminino	01:44:54	+56:47	08:45
465	2246	Carina Garcez	gansos	Senior Feminino	01:45:04	+56:57	08:45
466	2660	Susana Vidal	palmeira runners	Senior Feminino	01:45:09	+57:02	08:46
467	2473	Pedro Ribeiro	individual	Senior Masculino	01:45:10	+57:04	08:46
468	2156	LAURA Pinto	cocos	Senior Feminino	01:45:11	+57:04	08:46
469	2324	Ana Silva	individual	Senior Feminino	01:45:13	+57:06	08:46
470	2292	André Filipe Prata Monteiro da Pacheco	gondomar	Senior Masculino	01:45:20	+57:13	08:47
471	2315	Alice Miranda	individual	Senior Feminino	01:45:40	+57:33	08:48
472	2109	Armando Silva	brincalhões	Senior Masculino	01:45:42	+57:35	08:49
473	2221	Helder Teixeira	eu e elas	Senior Masculino	01:45:48	+57:41	08:49
474	2396	Alcídio Figueiredo	individual	Senior Masculino	01:45:57	+57:50	08:50
475	2783	Anabela Machado	taylors	Senior Feminino	01:46:00	+57:53	08:50
476	2845	José Dara	trepatrihos trail team	Senior Masculino	01:46:04	+57:57	08:50
477	2775	Nuno Peixe	strong team	Senior Masculino	01:46:04	+57:57	08:50
478	2502	Marcia Rola	juventude cortegacense	Senior Feminino	01:46:09	+58:02	08:51
479	2505	Domingos Camboa	juventude cortegacense	Senior Masculino	01:46:09	+58:02	08:51
480	2538	Lúcia Oliveira	focoteam24	Senior Feminino	01:46:13	+58:06	08:51
481	2601	MILENE Machado	nocturnos de paredes	Senior Feminino	01:46:27	+58:20	08:52
482	2022	Carla Alves	adsebolido trail boneca douro	Senior Feminino	01:46:30	+58:23	08:53
483	2360	Luísa Nogueira	individual	Senior Feminino	01:46:46	+58:39	08:54
484	2387	Sónia Ribeiro	individual	Senior Feminino	01:46:59	+58:52	08:55
485	2369	Mónica Vilela	individual	Senior Feminino	01:46:59	+58:52	08:55
486	2105	Jose Moreira	bosch	Senior Masculino	01:47:03	+58:56	08:55
487	2285	Lurdes Loureiro	generosos runners	Senior Feminino	01:47:03	+58:57	08:55
488	2798	Bé Brazeta	tog associação running team	Senior Feminino	01:47:13	+59:06	08:56
489	2177	Susana Pereira	desnível positivo	Senior Feminino	01:47:13	+59:06	08:56
490	2586	Ricardo Pinto	mss contabilidade trail team	Senior Masculino	01:47:15	+59:08	08:56
491	2790	Veronica Maia	team cm - valongo capital do desporto outdoor	Senior Feminino	01:47:29	+59:22	08:57
492	2787	Ana Teixeira	team cm - valongo capital do desporto outdoor	Senior Feminino	01:47:29	+59:22	08:57
493	2812	Raquel Marques	tog associação running team	Senior Feminino	01:47:31	+59:24	08:58
494	2581	Pascoal Barbosa	mss contabilidade trail team	Senior Masculino	01:47:37	+59:30	08:58
495	2023	Diana Paiva	adsebolido trail boneca douro	Senior Feminino	01:47:37	+59:30	08:58

CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
542	2208	ANA DUARTE	espinho trail	Senior Feminino	01:54:25	+01:06:18	09:32
543	2509	Jorge Teixeira	juventude desportiva de gondomar	Senior Masculino	01:54:31	+01:06:25	09:33
544	2585	Ricardo Ferreira	mss contabilidade trail team	Senior Masculino	01:54:37	+01:06:30	09:33
545	2098	Jose Ribeiro	bad intentions	Senior Masculino	01:54:48	+01:06:41	09:34
546	2097	Claudia Ribeiro	bad intentions	Senior Feminino	01:54:48	+01:06:41	09:34
547	2692	Margarida Pereira	penafiel	Senior Feminino	01:54:53	+01:06:46	09:34
548	2807	Kika Martins	tog associação running team	Senior Feminino	01:54:57	+01:06:50	09:35
549	2802	Filipa Namora	tog associação running team	Senior Feminino	01:54:58	+01:06:51	09:35
550	2645	Marta Mota	os turbomula	Senior Feminino	01:55:00	+01:06:53	09:35
551	2253	Paula Anjos	gansos	Senior Feminino	01:55:08	+01:07:01	09:36
552	2264	Rui Machado	gansos	Senior Masculino	01:55:08	+01:07:01	09:36
553	2376	Raquel Pinto	individual	Senior Feminino	01:55:08	+01:07:02	09:36
554	2377	Ricardo Carneiro	individual	Senior Masculino	01:55:22	+01:07:15	09:37
555	2115	Raquel Moleiro	brunosempre	Senior Feminino	01:55:27	+01:07:20	09:37
556	2548	Ana Sofia Regal Leite	mangueiras - run/walk team	Senior Feminino	01:55:27	+01:07:20	09:37
557	2852	Antonio Monteiro	turbo kings 2.0	Senior Masculino	01:56:01	+01:07:54	09:40
558	2018	Armando Nunes	academia d'estrelas	Senior Masculino	01:56:11	+01:08:04	09:41
559	2707	Lisa Pereira	porto sentido runners	Senior Feminino	01:56:19	+01:08:12	09:42
560	2345	Daniela Silva	individual	Senior Feminino	01:56:46	+01:08:39	09:44
561	2184	Manuel Silva	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	01:56:49	+01:08:42	09:44
562	2265	ALBERTINA TEIXEIRA	gdc fidelidade	Senior Feminino	01:56:52	+01:08:45	09:44
563	2479	Ricardo Silva	individual	Senior Masculino	01:56:52	+01:08:45	09:44
564	2704	Cristina Silva	porto sentido runners	Senior Feminino	01:56:52	+01:08:46	09:44
565	2372	Olivia Silva	individual	Senior Feminino	01:57:10	+01:09:03	09:46
566	2346	Diana Lima	individual	Senior Feminino	01:57:10	+01:09:03	09:46
567	2213	LETÍCIA OLIVEIRA	espinho trail	Senior Feminino	01:57:10	+01:09:03	09:46
568	2015	Matilde Menas	academia d'estrelas	Senior Feminino	01:57:15	+01:09:08	09:46
569	2314	ANDREIA VIEIRA	hsantamariart	Senior Feminino	01:57:33	+01:09:26	09:48
570	2017	Susana Mesquita	academia d'estrelas	Senior Feminino	01:57:47	+01:09:40	09:49
571	2338	Cecília Santos	individual	Senior Feminino	01:58:15	+01:10:09	09:51
572	2344	Cláudia Teixeira	individual	Senior Feminino	01:58:16	+01:10:09	09:51
573	2771	Miguel Silva	stream fire	Senior Masculino	01:58:29	+01:10:22	09:52
574	2386	Sónia Pereira	individual	Senior Feminino	01:58:31	+01:10:24	09:53
575	2332	Carina Monteiro	individual	Senior Feminino	01:58:31	+01:10:24	09:53
576	2642	Roberto Oliveira	os preguiças	Senior Masculino	01:58:45	+01:10:38	09:54
577	2640	Nádia Silva	os preguiças	Senior Feminino	01:58:46	+01:10:39	09:54
578	2805	Joana Silva	tog associação running team	Senior Feminino	01:58:50	+01:10:43	09:54
579	2801	Estela Marques	tog associação running team	Senior Feminino	01:59:00	+01:10:53	09:55
580	2784	Manuel Silva	team aguenta aí	Senior Masculino	01:59:02	+01:10:55	09:55
581	2584	Fernanda Bento	douroconta - gabinete de apoio e contabilidade, lda	Senior Feminino	01:59:03	+01:10:56	09:55
582	2470	Pedro Coelho	individual	Senior Masculino	01:59:05	+01:10:58	09:55
583	2399	AMERICO LOUREIRO	individual	Senior Masculino	01:59:07	+01:11:00	09:56
584	2487	Rui Oliveira	individual	Senior Masculino	01:59:25	+01:11:18	09:57
585	2717	Miguel Pinto	póvoa de varzim	Senior Masculino	01:59:28	+01:11:21	09:57
586	2166	Catarina Ferreira	cortegaça	Senior Feminino	01:59:30	+01:11:23	09:58

CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
633	2695	José Pires Lima	pernas inertes	Senior Masculino	02:03:14	+01:15:08	10:16
634	2694	Rosa Bispo	pernas inertes	Senior Feminino	02:03:15	+01:15:08	10:16
635	2240	Bruno Sousa	fit gaia trail	Senior Masculino	02:03:23	+01:15:16	10:17
636	2241	Ricardo A. Silva Sousa	fit gaia trail	Senior Masculino	02:03:23	+01:15:16	10:17
637	2010	Daniela Queirós	a.d.amarante	Senior Feminino	02:03:30	+01:15:23	10:18
638	2610	Bruna Silva	nocturnos de paredes	Senior Feminino	02:03:33	+01:15:26	10:18
639	2817	Susana Pereira	tog associação running team	Senior Feminino	02:03:36	+01:15:29	10:18
640	2800	Deolinda Campanhã	tog associação running team	Senior Feminino	02:03:36	+01:15:29	10:18
641	2672	Ana Ferreira	paredes running	Senior Feminino	02:03:39	+01:15:32	10:18
642	2696	CARLA MOREIRA	porto	Senior Feminino	02:03:42	+01:15:35	10:19
643	2786	Manuel Brandão	team brandão	Senior Masculino	02:04:05	+01:15:58	10:20
644	2100	Mónica Cabecinhas	bajouca	Senior Feminino	02:04:09	+01:16:02	10:21
645	2484	Rui André Pedrosa Estrada	individual	Senior Masculino	02:04:09	+01:16:02	10:21
646	2762	José Pinto	stcp runners	Senior Masculino	02:04:18	+01:16:11	10:22
647	2654	Jorge Silva	osfazconta	Senior Masculino	02:04:39	+01:16:32	10:23
648	2768	Mónica Silva	stream fire	Senior Feminino	02:04:40	+01:16:33	10:23
649	2767	Marta Magalhães	stream fire	Senior Feminino	02:04:41	+01:16:34	10:23
650	2254	Rosa Ferreira	gansos	Senior Feminino	02:05:19	+01:17:12	10:27
651	2451	MANUEL DIAS	individual	Senior Masculino	02:05:19	+01:17:12	10:27
652	2725	Sara Teixeira	propeixe	Senior Feminino	02:05:22	+01:17:15	10:27
653	2019	Bruno Forreta	academia d'estrelas	Senior Masculino	02:06:10	+01:18:03	10:31
654	2777	Cláudia Saragoça	tálenos team	Senior Feminino	02:06:40	+01:18:33	10:33
655	2809	Liliana Rodrigues	tog associação running team	Senior Feminino	02:06:49	+01:18:42	10:34
656	2808	Liliana Pereira	tog associação running team	Senior Feminino	02:06:49	+01:18:43	10:34
657	2731	Ricardo Braga	rechonchudos trail runners	Senior Masculino	02:07:16	+01:19:10	10:36
658	2748	Jose Pinheiro	sogima	Senior Masculino	02:08:09	+01:20:03	10:41
659	2886	Armanda Neves	individual	Senior Feminino	02:08:14	+01:20:07	10:41
660	2085	Élio Gonçalves	aperta cordões	Senior Masculino	02:08:38	+01:20:31	10:43
661	2082	Fatima Vieira	aperta cordões	Senior Feminino	02:08:46	+01:20:39	10:44
662	2373	Patricia Rebelo	individual	Senior Feminino	02:08:54	+01:20:47	10:45
663	2392	Tânia Rebelo	individual	Senior Feminino	02:08:54	+01:20:47	10:45
664	2706	Isabel Ferraz	porto sentido runners	Senior Feminino	02:09:17	+01:21:10	10:46
665	2550	Fátima Magalhães Carvalho Silva	manguelas - run/walk team	Senior Feminino	02:09:18	+01:21:11	10:47
666	2549	Anabela Moraes Borges	manguelas - run/walk team	Senior Feminino	02:09:18	+01:21:11	10:47
667	2215	Carla Pereira	estica biela	Senior Feminino	02:09:18	+01:21:11	10:47
668	2107	Elisabete Silva	brincalhões	Senior Feminino	02:09:22	+01:21:16	10:47
669	2596	Andreia Oliveira	nocturnos de paredes	Senior Feminino	02:10:03	+01:21:56	10:50
670	2607	Tina Moura	nocturnos de paredes	Senior Feminino	02:10:03	+01:21:56	10:50
671	2722	Zélia Maria Ribeiro De Andrade	princesas empenadas	Senior Feminino	02:10:19	+01:22:12	10:52
672	2804	Isilda Silva	tog associação running team	Senior Feminino	02:10:40	+01:22:33	10:53
673	2558	Tânia Duarte	morcegos trail	Senior Feminino	02:11:02	+01:22:55	10:55
674	2347	Elisabete Carvalho	individual	Senior Feminino	02:11:02	+01:22:56	10:55
675	2365	Marta Pereira	individual	Senior Feminino	02:11:03	+01:22:56	10:55
676	2493	Silvia Arnelas	individual	Senior Feminino	02:11:03	+01:22:56	10:55
677	2709	Monica Carvalho	porto sentido runners	Senior Feminino	02:11:37	+01:23:31	10:58

Official Timekeeper: Lap2Go	15 / 18	generate 19-Mar-2019 14:57
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CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
678	2111	José Neves	brincalhões	Senior Masculino	02:11:41	+01:23:35	10:58
679	2766	Gisélia Braga	stream fire	Senior Feminino	02:11:49	+01:23:42	10:59
680	2248	Fernanda Santos	gansos	Senior Feminino	02:11:54	+01:23:47	11:00
681	2390	Susana Rodrigues	individual	Senior Feminino	02:11:56	+01:23:49	11:00
682	2488	Rui Pinto	individual	Senior Masculino	02:12:27	+01:24:20	11:02
683	2219	Rute Costa	eu e elas	Senior Feminino	02:12:48	+01:24:41	11:04
684	2349	Filomena Marcelo	individual	Senior Feminino	02:12:51	+01:24:44	11:04
685	2724	Lúcia Nunes	propeixe	Senior Feminino	02:12:55	+01:24:48	11:05
686	2512	Alexandre Sousa	kandimba runners	Senior Masculino	02:13:04	+01:24:57	11:05
687	2357	Liliana Coelho	individual	Senior Feminino	02:13:04	+01:24:57	11:05
688	2889	Ricardo Trigo	step by step	Senior Masculino	02:13:21	+01:25:14	11:07
689	2741	Maria Queiroz	santa maria da feira	Senior Feminino	02:13:21	+01:25:14	11:07
690	2130	Bruno Macedo	caga tacos running team	Senior Masculino	02:13:37	+01:25:30	11:08
691	2604	Raquel Tavares	nocturnos de paredes	Senior Feminino	02:13:50	+01:25:44	11:09
692	2606	Susana Magalhaes	nocturnos de paredes	Senior Feminino	02:13:51	+01:25:44	11:09
693	2595	Ana Martins	nocturnos de paredes	Senior Feminino	02:13:51	+01:25:44	11:09
694	2462	Nuno Lopes	individual	Senior Masculino	02:14:09	+01:26:02	11:11
695	2176	Magda Araújo	desliza team / ozxtreme	Senior Feminino	02:14:20	+01:26:13	11:12
696	2276	RUI SILVA	gdc fidelidade	Senior Masculino	02:15:03	+01:26:56	11:15
697	2147	IVONE PARDAL	clube atlético de mogadouro	Senior Feminino	02:15:25	+01:27:18	11:17
698	2846	GERALDINE TEIXEIRA	tricotar trails	Senior Feminino	02:15:25	+01:27:18	11:17
699	2424	Filipe Oliveira	individual	Senior Masculino	02:15:26	+01:27:19	11:17
700	2446	José Moreira	individual	Senior Masculino	02:15:50	+01:27:43	11:19
701	2847	Magda Lourenço	tricotar trails	Senior Feminino	02:15:52	+01:27:45	11:19
702	2195	RITA GONÇALVES	equipa joao ferreira	Senior Feminino	02:16:01	+01:27:54	11:20
703	2252	Laurinda Tavares	gansos	Senior Feminino	02:16:24	+01:28:17	11:22
704	2263	Rui Machado	gansos	Senior Masculino	02:16:24	+01:28:17	11:22
705	2272	JOAO MOREIRA	gdc fidelidade	Senior Masculino	02:17:02	+01:28:55	11:25
706	2277	SERGIO REIS	gdc fidelidade	Senior Masculino	02:17:02	+01:28:55	11:25
707	2054	Rosa Costa	amigos 100 limites	Senior Feminino	02:17:50	+01:29:43	11:29
708	2567	Natalina Videira	mss contabilidade trail team	Senior Feminino	02:18:16	+01:30:09	11:31
709	2046	Lília Lima	all about	Senior Feminino	02:18:23	+01:30:16	11:32
710	2393	Teresa Ribeiro	individual	Senior Feminino	02:18:24	+01:30:17	11:32
711	2290	Andreia Brandão	gondomar	Senior Feminino	02:19:08	+01:31:01	11:36
712	2127	Fatima lopes	caga tacos running team	Senior Feminino	02:19:15	+01:31:08	11:36
713	2350	Isabel Cunha	individual	Senior Feminino	02:19:24	+01:31:17	11:37
714	2389	Susana Pereira	individual	Senior Feminino	02:19:32	+01:31:25	11:38
715	2321	Ana Luísa Ferreira	individual	Senior Feminino	02:19:33	+01:31:26	11:38
716	2012	Carla Viegas	academia d'estrelas	Senior Feminino	02:19:38	+01:31:31	11:38
717	2011	Ana Gaspar	academia d'estrelas	Senior Feminino	02:19:38	+01:31:31	11:38
718	2128	Rosinda Macedo	caga tacos running team	Senior Feminino	02:19:39	+01:31:32	11:38
719	2129	Antonio Macedo	caga tacos running team	Senior Masculino	02:19:40	+01:31:33	11:38
720	2609	Aurora morais	nocturnos de paredes	Senior Feminino	02:19:58	+01:31:51	11:40
721	2568	Paula Salgado	mss contabilidade trail team	Senior Feminino	02:20:04	+01:31:57	11:40
722	2795	Ana Barros	tog associação running team	Senior Feminino	02:22:08	+01:34:01	11:51
723	2796	Ana Vale	tog associação running team	Senior Feminino	02:22:09	+01:34:02	11:51

CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
724	2564	Maria Alves	mss contabilidade trail team	Senior Feminino	02:23:33	+01:35:26	11:58
725	2318	Ana Carvalho	individual	Senior Feminino	02:24:03	+01:35:56	12:00
726	2887	Micaela Ramos	individual	Senior Feminino	02:24:34	+01:36:27	12:03
727	2363	Marlene Moreira	individual	Senior Feminino	02:24:42	+01:36:35	12:04
728	2190	Claudia Santos	equipa boot	Senior Feminino	02:25:19	+01:37:12	12:07
729	2189	Barbara Goncalves	equipa boot	Senior Feminino	02:25:20	+01:37:13	12:07
730	2191	Ivânia Esteves	equipa boot	Senior Feminino	02:25:20	+01:37:13	12:07
731	2192	Liliana Barbosa	equipa boot	Senior Feminino	02:25:20	+01:37:13	12:07
732	2020	Patricia Prates	academia d'estrelas	Senior Feminino	02:26:03	+01:37:56	12:10
733	2679	Luis Ribeiro	paredes running	Senior Masculino	02:26:24	+01:38:17	12:12
734	2674	Luisa Pacheco	paredes running	Senior Feminino	02:26:24	+01:38:17	12:12
735	2132	Sofia Fernandes	caracoletas velozes	Senior Feminino	02:26:45	+01:38:38	12:14
736	2131	Angelina Gonçalves	caracoletas velozes	Senior Feminino	02:26:46	+01:38:39	12:14
737	2872	Rita Rodrigues	zol trail	Senior Feminino	02:27:42	+01:39:35	12:19
738	2873	Susana Costa	zol trail	Senior Feminino	02:27:42	+01:39:35	12:19
739	2353	JOANA TAVEIRA	individual	Senior Feminino	02:27:59	+01:39:53	12:20
740	2284	Carla Gomes	generosos runners	Senior Feminino	02:28:11	+01:40:05	12:21
741	2806	Joana Vieira	tog associação running team	Senior Feminino	02:28:12	+01:40:05	12:21
742	2825	Jorge Duarte	tog associação running team	Senior Masculino	02:28:13	+01:40:06	12:21
743	2769	Sónia Moreira	stream fire	Senior Feminino	02:28:41	+01:40:34	12:23
744	2335	Cátia Leite	individual	Senior Feminino	02:28:53	+01:40:46	12:24
745	2352	Ivânia Monteiro	individual	Senior Feminino	02:28:53	+01:40:46	12:24
746	2542	Luisa Rocha	luisa rocha	Senior Feminino	02:29:02	+01:40:56	12:25
747	2035	Rosa Soares	aliança de gandra	Senior Feminino	02:29:03	+01:40:56	12:25
748	2326	Anabela Sampaio	individual	Senior Feminino	02:29:18	+01:41:12	12:27
749	2401	André Guedes	individual	Senior Masculino	02:29:25	+01:41:18	12:27
750	2367	Marta Silva	individual	Senior Feminino	02:29:42	+01:41:35	12:29
751	2871	Maria Moreira	x	Senior Feminino	02:29:43	+01:41:36	12:29
752	2720	Liliana Moreira	princesas empenadas	Senior Feminino	02:30:42	+01:42:35	12:34
753	2823	Gil Nascimento	tog associação running team	Senior Masculino	02:31:17	+01:43:10	12:36
754	2831	Pedro Magalhães	tog associação running team	Senior Masculino	02:31:17	+01:43:10	12:36
755	2772	Ruben Vieira	stream fire	Senior Masculino	02:31:32	+01:43:25	12:38
756	2770	José Pinto	stream fire	Senior Masculino	02:31:34	+01:43:27	12:38
757	2013	Cláudia Gonçalves	academia d'estrelas	Senior Feminino	02:32:16	+01:44:09	12:41
758	2014	Liliana Mestre	academia d'estrelas	Senior Feminino	02:32:16	+01:44:09	12:41
759	2406	Antonio Peixoto	individual	Senior Masculino	02:32:50	+01:44:43	12:44
760	2002	Celia Cardinal	#atechoras!	Senior Feminino	02:33:02	+01:44:55	12:45
761	2016	Sara Calado	academia d'estrelas	Senior Feminino	02:33:40	+01:45:33	12:48
762	2639	Liliana Gomes	os preguiças	Senior Feminino	02:34:00	+01:45:53	12:50
763	2721	Micaela Oliveira	princesas empenadas	Senior Feminino	02:34:37	+01:46:30	12:53
764	2890	Andreia Peixe	strong team	Senior Feminino	02:34:52	+01:46:45	12:54
765	2719	Carla Silva	princesas empenadas	Senior Feminino	02:34:56	+01:46:49	12:55
766	2774	Joana Faria	strong team	Senior Feminino	02:35:01	+01:46:54	12:55
767	2652	Vania Soares	osfazconta	Senior Feminino	02:35:09	+01:47:02	12:56
768	2653	Agostinho Silva	osfazconta	Senior Masculino	02:35:10	+01:47:03	12:56
769	2559	Beatriz Caldeira	mss contabilidade trail team	Senior Feminino	02:36:51	+01:48:44	13:04

CURTO - STAGE 1

12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
770	2450	Madalena Costa	individual	Senior Feminino	02:38:49	+01:50:42	13:14
771	2675	Sandra Silva	paredes running	Senior Feminino	02:42:16	+01:54:09	13:31
772	2181	Maria Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Senior Feminino	02:42:43	+01:54:36	13:34
773	2759	Olga Sousa	stcp runners	Senior Feminino	02:50:22	+02:02:15	14:12
774	2570	Rosa Castro	mss contabilidade trail team	Senior Feminino	02:52:14	+02:04:07	14:21
775	2562	Cristina Esteves	mss contabilidade trail team	Senior Feminino	02:52:14	+02:04:07	14:21
776	2563	Irene Bastos	mss contabilidade trail team	Senior Feminino	02:52:14	+02:04:07	14:21
777	2603	Rafaela Carvalho	nocturnos de paredes	Senior Feminino	02:54:21	+02:06:14	14:32
778	2597	Diana Pereira	nocturnos de paredes	Senior Feminino	02:54:21	+02:06:15	14:32

Curto

12 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	10.9°C	93%
End	12:24	-99°C	-99%

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

1	2288	Mónica Oliveira	Geocrosstrail	Senior Feminino	01:08:07	+20:00	05:41
2	2136	CÉLINE GOMES	CDCR CTT PORTO	Senior Feminino	01:09:12	+21:05	05:46
3	2032	Fernanda Machado	ALIANÇA DE GANDRA	Senior Feminino	01:09:49	+21:42	05:49
4	2621	Cidália Ferreira	Nova Linha Trail Runners	Senior Feminino	01:11:00	+22:54	05:55
5	2361	Mafalda Luis	Individual	Senior Feminino	01:13:47	+25:40	06:09
6	2319	Ana Ferreira	Individual	Senior Feminino	01:13:47	+25:40	06:09
7	2153	Elisabete Gonçalves	Clube Trilheiros & Amigos	Senior Feminino	01:14:29	+26:23	06:12
8	2631	Ana Rita Domingues	OLÍMPICO VIANENSE TRAIL	Senior Feminino	01:15:22	+27:16	06:17
9	2840	Paula Soares	TrepaTrilhos Trail Team	Senior Feminino	01:16:26	+28:19	06:22
10	2287	Mafalda Valente	Geocrosstrail	Senior Feminino	01:16:27	+28:20	06:22
11	2637	Clara Teixeira	Os Preguiças	Senior Feminino	01:17:49	+29:42	06:29
12	2791	Ana Afonso	TEAM LANTEMIL	Senior Feminino	01:18:08	+30:01	06:31
13	2230	Susana Silva	FACTOR X / S4L / MEDENSE FC	Senior Feminino	01:18:13	+30:06	06:31
14	2316	Ana Águas	Individual	Senior Feminino	01:18:21	+30:14	06:32
15	2552	Manu Pinto	Manu's Therapy Trail Running	Senior Feminino	01:19:16	+31:09	06:36
16	2374	Paula Almeida	Individual	Senior Feminino	01:19:34	+31:27	06:38
17	2888	Maria Carmo	Espinho	Senior Feminino	01:20:52	+32:45	06:44
18	2511	Marisa Pereira	Kalenji Team by Decathlon Maia	Senior Feminino	01:21:08	+33:01	06:46
19	2106	Elisabete Leal	Brincalhões	Senior Feminino	01:21:41	+33:34	06:48
20	2476	Pureza Nunes	Individual	Senior Feminino	01:21:47	+33:40	06:49
21	2878	Elsa Manuela Mendes Moreira	Individual	Senior Feminino	01:23:26	+35:19	06:57
22	2628	Patricia Moreira	OFRunning	Senior Feminino	01:23:26	+35:19	06:57
23	2328	Angela Vieira	Individual	Senior Feminino	01:23:47	+35:40	06:59
24	2650	Catarina Silva	OsFazConta	Senior Feminino	01:23:47	+35:41	06:59
25	2810	Patrícia Silva	Tog Associação Running Team	Senior Feminino	01:23:52	+35:45	06:59
26	2072	VERA PINHO	AMIGOS DO TRAIL	Senior Feminino	01:24:36	+36:29	07:03
27	2214	PATRÍCIA GOMES	ESPINHO TRAIL	Senior Feminino	01:24:58	+36:51	07:05
28	2211	Cristina Couto	ESPINHO TRAIL	Senior Feminino	01:25:01	+36:55	07:05
29	2860	Lúcia Neves	KeMedo Team	Senior Feminino	01:25:31	+37:24	07:08
30	2531	Tânia Gonçalves	Leões de Tardariz Trail	Senior Feminino	01:26:10	+38:03	07:11
31	2627	Clara Pacheco	OFRunning	Senior Feminino	01:26:44	+38:37	07:14
32	2514	Monica Fonseca	KeMedo Team	Senior Feminino	01:26:48	+38:41	07:14
33	2138	Elisabete Pereira	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	01:27:07	+39:00	07:16
34	2093	Sara Moreira	AROUCA	Senior Feminino	01:27:31	+39:24	07:18
35	2740	Manuela Arantes	Sai do sofá	Senior Feminino	01:27:31	+39:24	07:18
36	2708	Marina Silva	PORTO SENTIDO RUNNERS	Senior Feminino	01:27:37	+39:30	07:18
37	2553	Sylvie Ribeiro	Manu's Therapy Trail Running	Senior Feminino	01:28:28	+40:21	07:22
38	2869	ISABEL CARVALHO	WOLVES	Senior Feminino	01:28:28	+40:22	07:22

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Curto

12 KM

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OFFICIAL RESULT

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39	2180	Lara Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Feminino	01:28:29	+40:22	07:22
40	2841	Rosa Almeida	TrepaTrilhos Trail Team	Senior Feminino	01:29:02	+40:55	07:25
41	2089	Jerusa Ribeiro	Ápulia a Correr	Senior Feminino	01:29:23	+41:16	07:27
42	2673	Lucinda Marques	Paredes Running	Senior Feminino	01:29:33	+41:26	07:28
43	2135	Daniela Andrade	CC FAMILY	Senior Feminino	01:29:46	+41:39	07:29
44	2249	Florinda Carvalho	Gansos	Senior Feminino	01:29:51	+41:44	07:29
45	2723	Elisabete Nunes	Propeixe	Senior Feminino	01:30:03	+41:56	07:30
46	2385	Sílvia Morais	Individual	Senior Feminino	01:30:07	+42:00	07:31
47	2356	Lília Magalhães	Individual	Senior Feminino	01:30:10	+42:03	07:31
48	2185	Andreia Ferreira	Dr. Runner's Team	Senior Feminino	01:30:27	+42:20	07:32
49	2152	Anabela Carvalho	Clube Trilheiros & Amigos	Senior Feminino	01:30:30	+42:23	07:33
50	2667	Sandra Oliveira	PAPATRAILS	Senior Feminino	01:30:32	+42:26	07:33
51	2815	Sónia Reis	Tog Associação Running Team	Senior Feminino	01:30:34	+42:27	07:33
52	2362	Maria Calado	Individual	Senior Feminino	01:30:56	+42:49	07:35
53	2009	Adriana Abreu	100meta	Senior Feminino	01:31:15	+43:08	07:36
54	2778	Benilde Freitas	TARTARUGAS VELOCISTAS	Senior Feminino	01:31:20	+43:13	07:37
55	2052	Maria Ferreira	Amigos 100 Limites	Senior Feminino	01:31:29	+43:22	07:37
56	2504	Anabela Marques	Juventude Cortegacense	Senior Feminino	01:31:37	+43:30	07:38
57	2229	Ligia Freitas	FACTOR X / S4L / MEDENSE FC	Senior Feminino	01:31:42	+43:36	07:39
58	2055	Sara Silva	Amigos 100 Limites	Senior Feminino	01:31:51	+43:44	07:39
59	2330	Cândida Moreira	Trail Santa Marta / Tristes Mas Duros	Senior Feminino	01:31:56	+43:49	07:40
60	2513	Anabela Gomes Gomes	KeMedo Team	Senior Feminino	01:31:58	+43:51	07:40
61	2247	Cristina Neto	Gansos	Senior Feminino	01:32:01	+43:54	07:40
62	2638	Daniela Moutinho	Os Preguiças	Senior Feminino	01:32:06	+43:59	07:41
63	2816	Rita Morais	Tog Associação Running Team	Senior Feminino	01:32:09	+44:02	07:41
64	2269	MARIA MOREIRA	GDC Fidelidade	Senior Feminino	01:32:21	+44:14	07:42
65	2031	Fátima Ramos	ALIANÇA DE GANDRA	Senior Feminino	01:32:41	+44:34	07:43
66	2557	Luisa Mota	Mesão Frio	Senior Feminino	01:32:48	+44:41	07:44
67	2139	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	01:32:55	+44:48	07:45
68	2289	Paula Almeida	Geocrosstrail	Senior Feminino	01:33:14	+45:07	07:46
69	2757	Cristina Sousa	STCP Runners	Senior Feminino	01:33:18	+45:11	07:47
70	2834	Eva Santos	Trail Santa Marta / Tristes Mas Duros	Senior Feminino	01:33:21	+45:14	07:47
71	2665	Monica Magalhaes	PAPATRAILS	Senior Feminino	01:33:23	+45:16	07:47
72	2368	Minda Coelho	Individual	Senior Feminino	01:33:27	+45:20	07:47
73	2703	Berta Ferreira	PORTO SENTIDO RUNNERS	Senior Feminino	01:33:28	+45:21	07:47
74	1473	Raquel Santos	KeMedo Team	Senior Feminino	01:33:39	+45:32	07:48
75	2329	Bárbara Feio	Individual	Senior Feminino	01:33:54	+45:48	07:50
76	2146	Alexandra Azevedo	Clínica Médica da Foz	Senior Feminino	01:34:10	+46:03	07:51
77	2881	Cristiana Carvalho	Individual	Senior Feminino	01:34:32	+46:25	07:53
78	2503	Marlene Ferreira	Juventude Cortegacense	Senior Feminino	01:34:32	+46:25	07:53
79	2388	Susana Moreira	Individual	Senior Feminino	01:34:56	+46:49	07:55
80	2323	Ana Moreira	Individual	Senior Feminino	01:35:07	+47:00	07:56
81	2371	Nicole Mendes	Individual	Senior Feminino	01:35:08	+47:01	07:56

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Curto

12 KM

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OFFICIAL RESULT

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82	2150	Sandra Monteiro	Clube de Montanha Alto trilho - Javalis	Senior Feminino	01:35:16	+47:09	07:56
83	2317	Ana Calção	Individual	Senior Feminino	01:35:50	+47:43	07:59
84	2209	Ana Paula Cruz	ESPINHO TRAIL	Senior Feminino	01:36:17	+48:10	08:01
85	2380	Sandra Vasconcelos	Individual	Senior Feminino	01:36:25	+48:18	08:02
86	2334	Carla Teixeira	Individual	Senior Feminino	01:36:33	+48:26	08:03
87	2194	Maria Fonseca	EQUIPA JOAO FERREIRA	Senior Feminino	01:36:53	+48:46	08:04
88	2710	Teresa Lourenço	PORTO SENTIDO RUNNERS	Senior Feminino	01:37:00	+48:53	08:05
89	2160	Alessandra Moscato	CORRER LEÇA	Senior Feminino	01:37:15	+49:09	08:06
90	2351	Isabel Oliveira	Individual	Senior Feminino	01:37:37	+49:30	08:08
91	2496	Gisele ferreira	ja-nu-met	Senior Feminino	01:38:06	+49:59	08:11
92	2151	Ana Marques	Clube Efaced	Senior Feminino	01:38:16	+50:09	08:11
93	2756	Ester Soares	Sportarc.Running	Senior Feminino	01:38:28	+50:21	08:12
94	2663	Ana Alves	PAPATRAILS	Senior Feminino	01:38:31	+50:24	08:13
95	2814	Silvia Rocha	Tog Associação Running Team	Senior Feminino	01:39:17	+51:10	08:16
96	2359	Lucélia Ferreira	Individual	Senior Feminino	01:39:20	+51:13	08:17
97	2532	Ana Arranja	Linces de Montemor	Senior Feminino	01:39:51	+51:44	08:19
98	2620	Amália Monteiro	Nova Linha Trail Runners	Senior Feminino	01:40:00	+51:53	08:20
99	2715	ISABEL VIEIRA	PORTOCARGO RUNNERS	Senior Feminino	01:40:04	+51:57	08:20
100	2358	Liliana Silva	Individual	Senior Feminino	01:40:12	+52:05	08:21
101	2676	Sonia Silva	Paredes Running	Senior Feminino	01:40:12	+52:05	08:21
102	2291	Marta Pimenta	Gondomar	Senior Feminino	01:40:33	+52:26	08:23
103	2833	Delfina Eiras	Trail Santa Marta / Tristes Mas Duros	Senior Feminino	01:40:47	+52:40	08:24
104	2626	Arménia Santos	OFRunning	Senior Feminino	01:41:06	+52:59	08:26
105	2605	Rosario Sousa	NOCTURNOS DE PAREDES	Senior Feminino	01:41:32	+53:25	08:28
106	2600	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	01:41:32	+53:25	08:28
107	2266	CARINA ALVES	GDC Fidelidade	Senior Feminino	01:41:37	+53:30	08:28
108	2188	Antónia Tomaz	Equipa A	Senior Feminino	01:41:48	+53:41	08:29
109	2197	SUSANA COSTA	EQUIPA JOAO FERREIRA	Senior Feminino	01:41:59	+53:52	08:30
110	2170	Susana Rocha	Crocodilos/MisterPC	Senior Feminino	01:42:00	+53:53	08:30
111	2646	Dulce Ribeiro	Os TurboMula	Senior Feminino	01:42:24	+54:17	08:32
112	2500	Ana Ferreira	Juventude Cortegacense	Senior Feminino	01:42:35	+54:29	08:33
113	2534	Patrícia Ramos	Linces de Montemor	Senior Feminino	01:42:55	+54:48	08:35
114	2535	Vanda Coelho	Linces de Montemor	Senior Feminino	01:43:04	+54:57	08:35
115	2239	Sónia Pires	FIT GAIA TRAIL	Senior Feminino	01:43:20	+55:13	08:37
116	2697	Elisabete Melo	Porto	Senior Feminino	01:43:26	+55:19	08:37
117	2343	Cláudia Ramos	Individual	Senior Feminino	01:43:29	+55:22	08:37
118	2555	Júlia Gouveia	Marco Runners	Senior Feminino	01:43:31	+55:24	08:38
119	2186	Paula Mirandez	éjáli...clube de amigos trailrunners	Senior Feminino	01:43:32	+55:25	08:38
120	2659	Sandra Paiva	Paivas	Senior Feminino	01:43:32	+55:25	08:38
121	2533	Margarida Mira	Linces de Montemor	Senior Feminino	01:43:37	+55:30	08:38
122	2629	Raquel Ferreira	OFRunning	Senior Feminino	01:43:44	+55:38	08:39
123	2108	Inês Silva	Brincalhães	Senior Feminino	01:43:50	+55:43	08:39
124	2664	Estela Oliveira	PAPATRAILS	Senior Feminino	01:43:51	+55:44	08:39
125	2370	Natalia Neves	Individual	Senior Feminino	01:43:53	+55:46	08:39
126	2238	Elsa Meireles	FigueiróFIT	Senior Feminino	01:44:08	+56:01	08:41

Official Timekeeper: Lap2Go	3 / 18	generate 19-Mar-2019 14:57
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Curto

12 KM

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OFFICIAL RESULT

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127	2163	Susana Pereira	CORRER LEÇA	Senior Feminino	01:44:08	+56:01	08:41
128	2286	Paula Ferreira	GENEROSOS RUNNERS	Senior Feminino	01:44:24	+56:17	08:42
129	2375	Paula Borges	Individual	Senior Feminino	01:44:48	+56:41	08:44
130	2630	Raquel Moreira	OFRunning	Senior Feminino	01:44:51	+56:44	08:44
131	2220	Sónia Sousa	Eu e elas	Senior Feminino	01:44:51	+56:44	08:44
132	2758	Fátima Azevedo	STCP Runners	Senior Feminino	01:44:54	+56:47	08:45
133	2246	Carina Garcez	Gansos	Senior Feminino	01:45:04	+56:57	08:45
134	2660	Susana Vidal	Palmeira Runners	Senior Feminino	01:45:09	+57:02	08:46
135	2156	LAURA Pinto	Cocos	Senior Feminino	01:45:11	+57:04	08:46
136	2324	Ana Silva	Individual	Senior Feminino	01:45:13	+57:06	08:46
137	2315	Alice Miranda	Individual	Senior Feminino	01:45:40	+57:33	08:48
138	2783	Anabela Machado	Taylors	Senior Feminino	01:46:00	+57:53	08:50
139	2502	Marcia Rola	Juventude Cortegacense	Senior Feminino	01:46:09	+58:02	08:51
140	2538	Lúcia Oliveira	FocoTeam24	Senior Feminino	01:46:13	+58:06	08:51
141	2601	MILENE Machado	NOCTURNOS DE PAREDES	Senior Feminino	01:46:27	+58:20	08:52
142	2022	Carla Alves	ADSebolido Trail Boneca Douro	Senior Feminino	01:46:30	+58:23	08:53
143	2360	Luísa Nogueira	Individual	Senior Feminino	01:46:46	+58:39	08:54
144	2387	Sónia Ribeiro	Individual	Senior Feminino	01:46:59	+58:52	08:55
145	2369	Mónica Vilela	Individual	Senior Feminino	01:46:59	+58:52	08:55
146	2285	Lurdes Loureiro	GENEROSOS RUNNERS	Senior Feminino	01:47:03	+58:57	08:55
147	2798	Bé Brazeta	Tog Associação Running Team	Senior Feminino	01:47:13	+59:06	08:56
148	2177	Susana Pereira	Desnível Positivo	Senior Feminino	01:47:13	+59:06	08:56
149	2790	Veronica Maia	TEAM CM - Valongo capital do desporto Outdoor	Senior Feminino	01:47:29	+59:22	08:57
150	2787	Ana Teixeira	TEAM CM - Valongo capital do desporto Outdoor	Senior Feminino	01:47:29	+59:22	08:57
151	2812	Raquel Marques	Tog Associação Running Team	Senior Feminino	01:47:31	+59:24	08:58
152	2023	Diana Paiva	ADSebolido Trail Boneca Douro	Senior Feminino	01:47:37	+59:30	08:58
153	2599	Ines Ribeiro	NOCTURNOS DE PAREDES	Senior Feminino	01:48:07	+01:00:00	09:01
154	2735	Sandra Martins	RUNNING ESPINHO	Senior Feminino	01:48:24	+01:00:17	09:02
155	2053	Marina Moreira	Amigos 100 Limites	Senior Feminino	01:48:28	+01:00:21	09:02
156	2842	Teresa Costa	TrepaTrilhos Trail Team	Senior Feminino	01:48:46	+01:00:39	09:04
157	2079	Patricia Lima	Amizades	Senior Feminino	01:48:56	+01:00:50	09:05
158	2569	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:49:02	+01:00:55	09:05
159	2565	Marina Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:49:02	+01:00:55	09:05
160	2094	Liliana Rocha	Atlético Clube Alfenense	Senior Feminino	01:49:09	+01:01:02	09:06
161	2378	Sandra Ferreira	Individual	Senior Feminino	01:49:17	+01:01:10	09:06
162	2366	Marta Reguengo	Individual	Senior Feminino	01:49:17	+01:01:10	09:06
163	2813	Rosa Gonçalves	Tog Associação Running Team	Senior Feminino	01:49:25	+01:01:18	09:07
164	2750	Carla Almeida	Solas Rotas	Senior Feminino	01:49:37	+01:01:30	09:08
165	2716	Paula Pinto	Póvoa de Varzim	Senior Feminino	01:50:02	+01:01:55	09:10
166	2080	Cristina Gomes	APERTA CORDÕES	Senior Feminino	01:50:19	+01:02:12	09:12
167	2083	Odília Monteiro	APERTA CORDÕES	Senior Feminino	01:50:22	+01:02:15	09:12
168	2203	ANA MARGARIDA	EQUIPA JOAO FONSECA	Senior Feminino	01:50:29	+01:02:22	09:12
169	2337	Cecilia dias	Individual	Senior Feminino	01:50:42	+01:02:35	09:14
170	2267	JOANA SILVA	GDC Fidelidade	Senior Feminino	01:51:09	+01:03:02	09:16

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171	2732	Alexandra Pereira	Runners and friends	Senior Feminino	01:51:30	+01:03:23	09:18
172	2515	Sandra Lopes	KeMedo Team	Senior Feminino	01:52:21	+01:04:14	09:22
173	2799	Cláudia Ribas	Tog Associação Running Team	Senior Feminino	01:52:35	+01:04:28	09:23
174	2116	Ivânia Rocha	BTT Alegria // TUBANI	Senior Feminino	01:53:30	+01:05:23	09:28
175	2736	Silvia Costa	RUNNING ESPINHO	Senior Feminino	01:53:35	+01:05:28	09:28
176	2295	Ana Sousa	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:53:45	+01:05:38	09:29
177	2379	Sandra Silva	Individual	Senior Feminino	01:53:59	+01:05:52	09:30
178	2250	Joana Ribeiro	Gansos	Senior Feminino	01:54:03	+01:05:56	09:30
179	2255	Silvia Barbosa	Gansos	Senior Feminino	01:54:03	+01:05:57	09:30
180	2602	Paula Araujo	NOCTURNOS DE PAREDES	Senior Feminino	01:54:05	+01:05:58	09:30
181	2268	MARGARIDA MOREIRA	GDC Fidelidade	Senior Feminino	01:54:08	+01:06:02	09:31
182	2212	CRISTINA DUARTE	ESPINHO TRAIL	Senior Feminino	01:54:16	+01:06:09	09:31
183	2210	CARLA PEREIRA	ESPINHO TRAIL	Senior Feminino	01:54:18	+01:06:11	09:32
184	2208	ANA DUARTE	ESPINHO TRAIL	Senior Feminino	01:54:25	+01:06:18	09:32
185	2097	Claudia Ribeiro	Bad Intentions	Senior Feminino	01:54:48	+01:06:41	09:34
186	2692	Margarida Pereira	Penafiel	Senior Feminino	01:54:53	+01:06:46	09:34
187	2807	Kika Martins	Tog Associação Running Team	Senior Feminino	01:54:57	+01:06:50	09:35
188	2802	Filipa Namora	Tog Associação Running Team	Senior Feminino	01:54:58	+01:06:51	09:35
189	2645	Marta Mota	Os TurboMula	Senior Feminino	01:55:00	+01:06:53	09:35
190	2253	Paula Anjos	Gansos	Senior Feminino	01:55:08	+01:07:01	09:36
191	2376	Raquel Pinto	Individual	Senior Feminino	01:55:08	+01:07:02	09:36
192	2115	Raquel Moleiro	BrunoSempre	Senior Feminino	01:55:27	+01:07:20	09:37
193	2548	Ana Sofia Regal Leite	Mangueiras - Run/Walk TEAM	Senior Feminino	01:55:27	+01:07:20	09:37
194	2707	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:56:19	+01:08:12	09:42
195	2345	Daniela Silva	Individual	Senior Feminino	01:56:46	+01:08:39	09:44
196	2265	ALBERTINA TEIXEIRA	GDC Fidelidade	Senior Feminino	01:56:52	+01:08:45	09:44
197	2704	Cristina Silva	PORTO SENTIDO RUNNERS	Senior Feminino	01:56:52	+01:08:46	09:44
198	2372	Olivia Silva	Individual	Senior Feminino	01:57:10	+01:09:03	09:46
199	2346	Diana Lima	Individual	Senior Feminino	01:57:10	+01:09:03	09:46
200	2213	LETÍCIA OLIVEIRA	ESPINHO TRAIL	Senior Feminino	01:57:10	+01:09:03	09:46
201	2015	Matilde Menas	Academia D'Estrelas	Senior Feminino	01:57:15	+01:09:08	09:46
202	2314	ANDREIA VIEIRA	HSantaMariaRT	Senior Feminino	01:57:33	+01:09:26	09:48
203	2017	Susana Mesquita	Academia D'Estrelas	Senior Feminino	01:57:47	+01:09:40	09:49
204	2338	Cecília Santos	Individual	Senior Feminino	01:58:15	+01:10:09	09:51
205	2344	Cláudia Teixeira	Individual	Senior Feminino	01:58:16	+01:10:09	09:51
206	2386	Sónia Pereira	Individual	Senior Feminino	01:58:31	+01:10:24	09:53
207	2332	Carina Monteiro	Individual	Senior Feminino	01:58:31	+01:10:24	09:53
208	2640	Nádia Silva	Os Preguiças	Senior Feminino	01:58:46	+01:10:39	09:54
209	2805	Joana Silva	Tog Associação Running Team	Senior Feminino	01:58:50	+01:10:43	09:54
210	2801	Estela Marques	Tog Associação Running Team	Senior Feminino	01:59:00	+01:10:53	09:55
211	2584	Fernanda Bento	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Feminino	01:59:03	+01:10:56	09:55
212	2166	Catarina Ferreira	Cortegaça	Senior Feminino	01:59:30	+01:11:23	09:58
213	2217	Analisa Teixeira	Eu e elas	Senior Feminino	01:59:46	+01:11:39	09:59
214	2649	Brigida Duarte	OsFazConta	Senior Feminino	01:59:55	+01:11:49	10:00
215	2134	Ana Margarida Abreu	CC FAMILY	Senior Feminino	02:00:01	+01:11:54	10:00
216	1220	Célia Cerqueira	EDV-VIANA TRAIL	Senior Feminino	02:00:13	+01:12:06	10:00

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217	2705	Inês Pinto	PORTO SENTIDO RUNNERS	Senior Feminino	02:00:28	+01:12:21	10:02
218	2167	Maria Mendonça	Cortegaça	Senior Feminino	02:00:44	+01:12:37	10:04
219	2270	SANDRA CEPEDA	GDC Fidelidade	Senior Feminino	02:00:44	+01:12:37	10:04
220	2354	Julliane Dias	Individual	Senior Feminino	02:00:53	+01:12:47	10:04
221	2117	Paula Silva	BTT Alegria // TUBANI	Senior Feminino	02:01:11	+01:13:04	10:06
222	2033	Natália Moreira	ALIANÇA DE GANDRA	Senior Feminino	02:01:23	+01:13:16	10:07
223	2034	Paula Silva	ALIANÇA DE GANDRA	Senior Feminino	02:01:23	+01:13:16	10:07
224	2818	Xana Bento	Tog Associação Running Team	Senior Feminino	02:01:25	+01:13:18	10:07
225	2803	Goreti Rocha	Tog Associação Running Team	Senior Feminino	02:01:25	+01:13:18	10:07
226	2797	Antonieta Ribeiro	Tog Associação Running Team	Senior Feminino	02:01:28	+01:13:21	10:07
227	2651	Heloisa Neto	OsFazConta	Senior Feminino	02:01:41	+01:13:34	10:08
228	2622	Márcia Almeida	Nova Linha Trail Runners	Senior Feminino	02:02:04	+01:13:57	10:10
229	2507	Ana Carvalho	Juventude desportiva de Gondomar	Senior Feminino	02:02:04	+01:13:57	10:10
230	2648	Adriana Duarte	OsFazConta	Senior Feminino	02:02:08	+01:14:01	10:11
231	2078	Monica Pinto	Amizades	Senior Feminino	02:02:08	+01:14:02	10:11
232	2004	Susana Pereira	#ATECHORAS!	Senior Feminino	02:02:11	+01:14:04	10:11
233	2868	Cristina Coelho	WOLVES	Senior Feminino	02:02:23	+01:14:17	10:12
234	2861	Emanuela Nunes	Valportas Runners	Senior Feminino	02:02:29	+01:14:22	10:12
235	2838	Vânia Patricia Oliveira Rocha	Trail Sra do Salto	Senior Feminino	02:02:29	+01:14:22	10:12
236	2348	Elisabete Maio	Individual	Senior Feminino	02:02:34	+01:14:28	10:13
237	2225	Rita Moura	ExerciseForYou	Senior Feminino	02:02:43	+01:14:36	10:14
238	2223	Lurdes Sanguedo	ExerciseForYou	Senior Feminino	02:02:43	+01:14:36	10:14
239	2698	Isabel Santos	Porto	Senior Feminino	02:02:44	+01:14:37	10:14
240	2341	Célia Silva	Individual	Senior Feminino	02:02:44	+01:14:38	10:14
241	2589	Vanessa Ramos	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:02:50	+01:14:44	10:14
242	2566	Natália Carvalho	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:02:51	+01:14:44	10:14
243	2561	Cátia Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:02:51	+01:14:44	10:14
244	2336	Cátia Silva	Individual	Senior Feminino	02:03:02	+01:14:55	10:15
245	2339	Celia Moreira	Individual	Senior Feminino	02:03:06	+01:15:00	10:16
246	2694	Rosa Bispo	PERNAS INERTES	Senior Feminino	02:03:15	+01:15:08	10:16
247	2010	Daniela Queirós	A.D.Amarante	Senior Feminino	02:03:30	+01:15:23	10:18
248	2610	Bruna Silva	NOCTURNOS DE PAREDES	Senior Feminino	02:03:33	+01:15:26	10:18
249	2817	Susana Pereira	Tog Associação Running Team	Senior Feminino	02:03:36	+01:15:29	10:18
250	2800	Deolinda Campanhã	Tog Associação Running Team	Senior Feminino	02:03:36	+01:15:29	10:18
251	2672	Ana Ferreira	Paredes Running	Senior Feminino	02:03:39	+01:15:32	10:18
252	2696	CARLA MOREIRA	Porto	Senior Feminino	02:03:42	+01:15:35	10:19
253	2100	Mónica Cabecinhas	BAJOUCA	Senior Feminino	02:04:09	+01:16:02	10:21
254	2768	Mónica Silva	Stream Fire	Senior Feminino	02:04:40	+01:16:33	10:23
255	2767	Marta Magalhães	Stream Fire	Senior Feminino	02:04:41	+01:16:34	10:23
256	2254	Rosa Ferreira	Gansos	Senior Feminino	02:05:19	+01:17:12	10:27
257	2725	Sara Teixeira	Propeixe	Senior Feminino	02:05:22	+01:17:15	10:27
258	2777	Cláudia Saragoça	Tálenos Team	Senior Feminino	02:06:40	+01:18:33	10:33
259	2809	Liliana Rodrigues	Tog Associação Running Team	Senior Feminino	02:06:49	+01:18:42	10:34
260	2808	Liliana Pereira	Tog Associação Running Team	Senior Feminino	02:06:49	+01:18:43	10:34

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261	2886	Armanda Neves	Individual	Senior Feminino	02:08:14	+01:20:07	10:41
262	2082	Fátima Vieira	APERTA CORDÕES	Senior Feminino	02:08:46	+01:20:39	10:44
263	2373	Patrícia Rebelo	Individual	Senior Feminino	02:08:54	+01:20:47	10:45
264	2392	Tânia Rebelo	Individual	Senior Feminino	02:08:54	+01:20:47	10:45
265	2706	Isabel Ferraz	PORTO SENTIDO RUNNERS	Senior Feminino	02:09:17	+01:21:10	10:46
266	2550	Fátima Magalhães Carvalho Silva	Mangueiras - Run/Walk TEAM	Senior Feminino	02:09:18	+01:21:11	10:47
267	2549	Anabela Moraes Borges	Mangueiras - Run/Walk TEAM	Senior Feminino	02:09:18	+01:21:11	10:47
268	2215	Carla Pereira	Estica biela	Senior Feminino	02:09:18	+01:21:11	10:47
269	2107	Elisabete Silva	Brincalhões	Senior Feminino	02:09:22	+01:21:16	10:47
270	2596	Andreia Oliveira	NOCTURNOS DE PAREDES	Senior Feminino	02:10:03	+01:21:56	10:50
271	2607	Tina Moura	NOCTURNOS DE PAREDES	Senior Feminino	02:10:03	+01:21:56	10:50
272	2722	Zélia Maria Ribeiro De Andrade	Princesas Empenadas	Senior Feminino	02:10:19	+01:22:12	10:52
273	2804	Isilda Silva	Tog Associação Running Team	Senior Feminino	02:10:40	+01:22:33	10:53
274	2558	Tânia Duarte	Morcegos Trail	Senior Feminino	02:11:02	+01:22:55	10:55
275	2347	Elisabete Carvalho	Individual	Senior Feminino	02:11:02	+01:22:56	10:55
276	2365	Marta Pereira	Individual	Senior Feminino	02:11:03	+01:22:56	10:55
277	2493	Silvia Arnelas	Individual	Senior Feminino	02:11:03	+01:22:56	10:55
278	2709	Monica Carvalho	PORTO SENTIDO RUNNERS	Senior Feminino	02:11:37	+01:23:31	10:58
279	2766	Gisélia Braga	Stream Fire	Senior Feminino	02:11:49	+01:23:42	10:59
280	2248	Fernanda Santos	Gansos	Senior Feminino	02:11:54	+01:23:47	11:00
281	2390	Susana Rodrigues	Individual	Senior Feminino	02:11:56	+01:23:49	11:00
282	2219	Rute Costa	Eu e elas	Senior Feminino	02:12:48	+01:24:41	11:04
283	2349	Filomena Marcelo	Individual	Senior Feminino	02:12:51	+01:24:44	11:04
284	2724	Lúcia Nunes	Propeixe	Senior Feminino	02:12:55	+01:24:48	11:05
285	2357	Liliana Coelho	Individual	Senior Feminino	02:13:04	+01:24:57	11:05
286	2741	Maria Queiroz	Santa Maria da Feira	Senior Feminino	02:13:21	+01:25:14	11:07
287	2604	Raquel Tavares	NOCTURNOS DE PAREDES	Senior Feminino	02:13:50	+01:25:44	11:09
288	2606	Susana Magalhaes	NOCTURNOS DE PAREDES	Senior Feminino	02:13:51	+01:25:44	11:09
289	2595	Ana Martins	NOCTURNOS DE PAREDES	Senior Feminino	02:13:51	+01:25:44	11:09
290	2176	Magda Araújo	Desliza Team / Ozxtreme	Senior Feminino	02:14:20	+01:26:13	11:12
291	2147	IVONE PARDAL	CLUBE ATLÉTICO DE MOGADOURO	Senior Feminino	02:15:25	+01:27:18	11:17
292	2846	GERALDINE TEIXEIRA	Tricotar Trails	Senior Feminino	02:15:25	+01:27:18	11:17
293	2847	Magda Lourenço	Tricotar Trails	Senior Feminino	02:15:52	+01:27:45	11:19
294	2195	RITA GONÇALVES	EQUIPA JOAO FERREIRA	Senior Feminino	02:16:01	+01:27:54	11:20
295	2252	Laurinda Tavares	Gansos	Senior Feminino	02:16:24	+01:28:17	11:22
296	2054	Rosa Costa	Amigos 100 Limites	Senior Feminino	02:17:50	+01:29:43	11:29
297	2567	Natalina Videira	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:18:16	+01:30:09	11:31
298	2046	Lília Lima	All About	Senior Feminino	02:18:23	+01:30:16	11:32
299	2393	Teresa Ribeiro	Individual	Senior Feminino	02:18:24	+01:30:17	11:32
300	2290	Andreia Brandão	Gondomar	Senior Feminino	02:19:08	+01:31:01	11:36
301	2127	Fátima lopes	Caga Tacos Running Team	Senior Feminino	02:19:15	+01:31:08	11:36
302	2350	Isabel Cunha	Individual	Senior Feminino	02:19:24	+01:31:17	11:37
303	2389	Susana Pereira	Individual	Senior Feminino	02:19:32	+01:31:25	11:38
304	2321	Ana Luísa Ferreira	Individual	Senior Feminino	02:19:33	+01:31:26	11:38
305	2012	Carla Viegas	Academia D'Estrelas	Senior Feminino	02:19:38	+01:31:31	11:38

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306	2011	Ana Gaspar	Academia D'Estrelas	Senior Feminino	02:19:38	+01:31:31	11:38
307	2128	Rosinda Macedo	Caga Tacos Running Team	Senior Feminino	02:19:39	+01:31:32	11:38
308	2609	Aurora morais	NOCTURNOS DE PAREDES	Senior Feminino	02:19:58	+01:31:51	11:40
309	2568	Paula Salgado	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:20:04	+01:31:57	11:40
310	2795	Ana Barros	Tog Associação Running Team	Senior Feminino	02:22:08	+01:34:01	11:51
311	2796	Ana Vale	Tog Associação Running Team	Senior Feminino	02:22:09	+01:34:02	11:51
312	2564	Maria Alves	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:23:33	+01:35:26	11:58
313	2318	Ana Carvalho	Individual	Senior Feminino	02:24:03	+01:35:56	12:00
314	2887	Micaela Ramos	Individual	Senior Feminino	02:24:34	+01:36:27	12:03
315	2363	Marlene Moreira	Individual	Senior Feminino	02:24:42	+01:36:35	12:04
316	2190	Claudia Santos	Equipa Boot	Senior Feminino	02:25:19	+01:37:12	12:07
317	2189	Barbara Goncalves	Equipa Boot	Senior Feminino	02:25:20	+01:37:13	12:07
318	2191	Ivânia Esteves	Equipa Boot	Senior Feminino	02:25:20	+01:37:13	12:07
319	2192	Liliana Barbosa	Equipa Boot	Senior Feminino	02:25:20	+01:37:13	12:07
320	2020	Patricia Prates	Academia D'Estrelas	Senior Feminino	02:26:03	+01:37:56	12:10
321	2674	Luisa Pacheco	Paredes Running	Senior Feminino	02:26:24	+01:38:17	12:12
322	2132	Sofia Fernandes	Caracoletas Velozes	Senior Feminino	02:26:45	+01:38:38	12:14
323	2131	Angelina Gonçalves	Caracoletas Velozes	Senior Feminino	02:26:46	+01:38:39	12:14
324	2872	Rita Rodrigues	Zol Trail	Senior Feminino	02:27:42	+01:39:35	12:19
325	2873	Susana Costa	Zol Trail	Senior Feminino	02:27:42	+01:39:35	12:19
326	2353	JOANA TAVEIRA	Individual	Senior Feminino	02:27:59	+01:39:53	12:20
327	2284	Carla Gomes	GENEROSOS RUNNERS	Senior Feminino	02:28:11	+01:40:05	12:21
328	2806	Joana Vieira	Tog Associação Running Team	Senior Feminino	02:28:12	+01:40:05	12:21
329	2769	Sónia Moreira	Stream Fire	Senior Feminino	02:28:41	+01:40:34	12:23
330	2335	Cátia Leite	Individual	Senior Feminino	02:28:53	+01:40:46	12:24
331	2352	Ivânia Monteiro	Individual	Senior Feminino	02:28:53	+01:40:46	12:24
332	2542	Luisa Rocha	Luisa Rocha	Senior Feminino	02:29:02	+01:40:56	12:25
333	2035	Rosa Soares	ALIANÇA DE GANDRA	Senior Feminino	02:29:03	+01:40:56	12:25
334	2326	Anabela Sampaio	Individual	Senior Feminino	02:29:18	+01:41:12	12:27
335	2367	Marta Silva	Individual	Senior Feminino	02:29:42	+01:41:35	12:29
336	2871	Maria Moreira	X	Senior Feminino	02:29:43	+01:41:36	12:29
337	2720	Liliana Moreira	Princesas empenadas	Senior Feminino	02:30:42	+01:42:35	12:34
338	2013	Cláudia Gonçalves	Academia D'Estrelas	Senior Feminino	02:32:16	+01:44:09	12:41
339	2014	Liliana Mestre	Academia D'Estrelas	Senior Feminino	02:32:16	+01:44:09	12:41
340	2002	Celia Cardinal	#ATECHORAS!	Senior Feminino	02:33:02	+01:44:55	12:45
341	2016	Sara Calado	Academia D'Estrelas	Senior Feminino	02:33:40	+01:45:33	12:48
342	2639	Liliana Gomes	Os Preguiças	Senior Feminino	02:34:00	+01:45:53	12:50
343	2721	Micaela Oliveira	Princesas empenadas	Senior Feminino	02:34:37	+01:46:30	12:53
344	2890	Andreia Peixe	Strong Team	Senior Feminino	02:34:52	+01:46:45	12:54
345	2719	Carla Silva	Princesas empenadas	Senior Feminino	02:34:56	+01:46:49	12:55
346	2774	Joana Faria	Strong Team	Senior Feminino	02:35:01	+01:46:54	12:55
347	2652	Vania Soares	OsFazConta	Senior Feminino	02:35:09	+01:47:02	12:56
348	2559	Beatriz Caldeira	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:36:51	+01:48:44	13:04
349	2450	Madalena Costa	Individual	Senior Feminino	02:38:49	+01:50:42	13:14

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350	2675	Sandra Silva	Paredes Running	Senior Feminino	02:42:16	+01:54:09	13:31
351	2181	Maria Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Feminino	02:42:43	+01:54:36	13:34
352	2759	Olga Sousa	STCP Runners	Senior Feminino	02:50:22	+02:02:15	14:12
353	2570	Rosa Castro	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:52:14	+02:04:07	14:21
354	2562	Cristina Esteves	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:52:14	+02:04:07	14:21
355	2563	Irene Bastos	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:52:14	+02:04:07	14:21
356	2603	Rafaela Carvalho	NOCTURNOS DE PAREDES	Senior Feminino	02:54:21	+02:06:14	14:32
357	2597	Diana Pereira	NOCTURNOS DE PAREDES	Senior Feminino	02:54:21	+02:06:15	14:32

Senior Masculino

1	2283	Vitor Barbosa	GDR Retorta - Quinta das Arcas	Senior Masculino	48:06		04:01
2	2457	Nelson Loureiro	Individual	Senior Masculino	48:22	+00:15	04:02
3	2281	HENRIQUE DIAS	GDR Retorta - Quinta das Arcas	Senior Masculino	51:08	+03:02	04:16
4	2242	João Trigueiros	Gaia Trail	Senior Masculino	52:14	+04:07	04:21
5	2282	TIAGO LISBOA	GDR Retorta - Quinta das Arcas	Senior Masculino	52:29	+04:22	04:22
6	2693	Helder Robalinho	Peraltafil running	Senior Masculino	53:22	+05:15	04:27
7	2038	José Gaspar	ALIANÇA DE GANDRA	Senior Masculino	53:30	+05:23	04:28
8	2280	Joaquim Rocha	GDR Retorta - Quinta das Arcas	Senior Masculino	53:46	+05:39	04:29
9	2059	Bruno Pereira	Amigos 100 Limites	Senior Masculino	56:11	+08:04	04:41
10	2063	João Vigário	Amigos 100 Limites	Senior Masculino	56:11	+08:04	04:41
11	2122	André Pinto	C. A. Andatrilhos Freamunde	Senior Masculino	56:17	+08:10	04:41
12	2039	Luís Silva	ALIANÇA DE GANDRA	Senior Masculino	56:18	+08:11	04:42
13	2429	Henrique Loureiro	Individual	Senior Masculino	56:29	+08:22	04:42
14	2137	José Mota	CDCR CTT PORTO	Senior Masculino	57:53	+09:46	04:49
15	2148	Nuno Lemos	Clube Atletismo Fafe	Senior Masculino	58:07	+10:00	04:51
16	2279	AMADEU ROCHA	GDR Retorta - Quinta das Arcas	Senior Masculino	58:12	+10:05	04:51
17	2857	Pedro Monteiro	Turbo Kings 2.0	Senior Masculino	58:27	+10:20	04:52
18	2459	Nicolas Lebechec	Individual	Senior Masculino	58:49	+10:42	04:54
19	2259	Joao Oliveira	Gansos	Senior Masculino	58:50	+10:43	04:54
20	2383	Sergio Santos	Individual	Senior Masculino	59:20	+11:13	04:57
21	2394	Adão Seabra	Individual	Senior Masculino	01:00:37	+12:30	05:03
22	2036	Hugo Moutinho	ALIANÇA DE GANDRA	Senior Masculino	01:00:46	+12:39	05:04
23	2526	Mário Ferreira	Leões de Tardariz Trail	Senior Masculino	01:00:52	+12:45	05:04
24	2182	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:01:18	+13:11	05:07
25	2414	Daniel Pereira	Individual	Senior Masculino	01:01:29	+13:22	05:07
26	2045	Sergio Rodrigues	ALIANÇA DE GANDRA	Senior Masculino	01:01:38	+13:31	05:08
27	2029	Márcio Sousa	ADSebolido Trail Boneca Douro	Senior Masculino	01:01:51	+13:44	05:09
28	2743	Pedro Magalhães	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Senior Masculino	01:02:02	+13:55	05:10
29	2738	Carlos barbosa	Running Penafiel Trail	Senior Masculino	01:02:23	+14:16	05:12
30	2047	António Pinto	Alpha Running	Senior Masculino	01:02:33	+14:27	05:13
31	2822	Carlos Silva	Tog Associação Running Team	Senior Masculino	01:02:47	+14:40	05:14

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32	2395	Adriano França	Individual	Senior Masculino	01:02:53	+14:47	05:14
33	2091	Carmindo Gomes	Arnaldo Santos	Senior Masculino	01:03:05	+14:58	05:15
34	2854	Bruno Ferreira	Turbo Kings 2.0	Senior Masculino	01:04:15	+16:08	05:21
35	2260	Jorge Beliago	Gansos	Senior Masculino	01:04:23	+16:16	05:22
36	2528	Ricardo Barroso	Leões de Tardariz Trail	Senior Masculino	01:05:41	+17:34	05:28
37	2234	Júlio Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:05:50	+17:43	05:29
38	2711	Filipe Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	01:06:06	+17:59	05:31
39	2245	Antonio Coelho	Gansos	Senior Masculino	01:06:22	+18:15	05:32
40	2298	FILIPE ANDRÉ DE Pinto	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:06:22	+18:15	05:32
41	2065	Nélson Silva	Amigos 100 Limites	Senior Masculino	01:06:44	+18:37	05:34
42	2575	António Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:07:08	+19:01	05:36
43	2062	Hélder Monteiro	Amigos 100 Limites	Senior Masculino	01:07:28	+19:21	05:37
44	2071	Rui Lopes	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	01:07:33	+19:26	05:38
45	2431	Hugo Pereira	Individual	Senior Masculino	01:07:55	+19:48	05:40
46	2849	Alexandrino Guimarães	TT Runners	Senior Masculino	01:07:56	+19:49	05:40
47	2752	Fernando Morais	Somos Nós Team	Senior Masculino	01:07:58	+19:51	05:40
48	2856	José Augusto Pinto	Turbo Kings 2.0	Senior Masculino	01:08:01	+19:54	05:40
49	2826	Jorge Martins	Tog Associação Running Team	Senior Masculino	01:08:16	+20:09	05:41
50	2625	Luis Almeida	O2	Senior Masculino	01:08:24	+20:17	05:42
51	2416	Diogo Ferreira	Individual	Senior Masculino	01:08:35	+20:29	05:43
52	2333	Paulo Moreira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:08:40	+20:33	05:43
53	2313	João Ribeiro	HONRA TEAM	Senior Masculino	01:08:43	+20:36	05:44
54	2853	Antonio Teixeira	Turbo Kings 2.0	Senior Masculino	01:08:51	+20:44	05:44
55	2794	Manuel Pinheiro	Team MSS Contabilidade	Senior Masculino	01:08:57	+20:50	05:45
56	2554	João Ribeiro	Manu's Therapy Trail Running	Senior Masculino	01:09:02	+20:55	05:45
57	2058	António Gonçalves	Amigos 100 Limites	Senior Masculino	01:09:02	+20:55	05:45
58	2119	Ricardo Coelho	BTT Alegria // TUBANI	Senior Masculino	01:09:04	+20:57	05:45
59	2312	Mário Moura	GUNDEMARUS	Senior Masculino	01:09:05	+20:58	05:45
60	2521	Américo França	Leões de Tardariz Trail	Senior Masculino	01:09:05	+20:58	05:45
61	2051	Paulo Pereira	Alpha Running	Senior Masculino	01:09:08	+21:02	05:46
62	2096	Mario Lima	Aves runners	Senior Masculino	01:09:15	+21:08	05:46
63	2075	PAULO FERREIRA	AMIGOS DO TRAIL	Senior Masculino	01:09:20	+21:13	05:47
64	2044	Sérgio Pereira	ALIANÇA DE GANDRA	Senior Masculino	01:09:21	+21:14	05:47
65	2125	Ricardo Costa	C. A. Andatrilhos Freamunde	Senior Masculino	01:09:26	+21:19	05:47
66	2443	José DIAS	Individual	Senior Masculino	01:09:26	+21:19	05:47
67	2468	Paulo Silva Fernandes	Individual	Senior Masculino	01:09:29	+21:22	05:47
68	2529	Pedro Ferreira	Leões de Tardariz Trail	Senior Masculino	01:09:56	+21:49	05:50
69	2576	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:09:56	+21:49	05:50
70	2149	Paulo Coelho	Clube Atletismo Fafe	Senior Masculino	01:09:58	+21:51	05:50
71	2084	Pedro Pinto	APERTA CORDÕES	Senior Masculino	01:10:08	+22:01	05:51
72	2040	Paulo Sousa	ALIANÇA DE GANDRA	Senior Masculino	01:10:13	+22:06	05:51
73	2478	Ricardo Couto	Individual	Senior Masculino	01:10:31	+22:24	05:53
74	2121	Tony Mendes	BTT Alegria // TUBANI	Senior Masculino	01:10:37	+22:30	05:53
75	2579	Márcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:10:40	+22:33	05:53

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76	2174	JOÃO CAMPOS	DDT RUNNERS	Senior Masculino	01:10:53	+22:46	05:54
77	2030	José Miguel Gonçalves	Alfena	Senior Masculino	01:11:04	+22:57	05:55
78	2843	Agostinho Alves	TrepaTrilhos Trail Team	Senior Masculino	01:11:04	+22:57	05:55
79	2048	Carlos Soares	Alpha Running	Senior Masculino	01:11:06	+22:59	05:56
80	2437	Joaquim Alves	Individual	Senior Masculino	01:11:13	+23:06	05:56
81	2588	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:11:15	+23:08	05:56
82	2418	Duarte Dias	Individual	Senior Masculino	01:11:26	+23:19	05:57
83	2432	Isaias Vieira	Individual	Senior Masculino	01:11:29	+23:22	05:57
84	2832	Vicente Sousa	Tog Associação Running Team	Senior Masculino	01:11:32	+23:26	05:58
85	2448	LUIS GONÇALVES	Individual	Senior Masculino	01:11:37	+23:30	05:58
86	2634	Carlos Veira	OS CACHOS	Senior Masculino	01:11:42	+23:35	05:59
87	2235	Marcos Santos	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:11:44	+23:38	05:59
88	2086	João Oliveira	APERTA CORDÕES	Senior Masculino	01:11:58	+23:52	06:00
89	2042	Ricardo Rocha	ALIANÇA DE GANDRA	Senior Masculino	01:11:59	+23:52	06:00
90	2641	Fernando Teixeira	Os Preguiças	Senior Masculino	01:12:02	+23:56	06:00
91	2142	Isidro Almeida	Cinfães a Correr	Senior Masculino	01:12:11	+24:04	06:01
92	2624	Florindo Pereira	Nova Linha Trail Runners	Senior Masculino	01:12:30	+24:23	06:03
93	2028	Manuel Lopes	ADSebolido Trail Boneca Douro	Senior Masculino	01:12:30	+24:23	06:03
94	2430	Henrique Silva	Individual	Senior Masculino	01:12:46	+24:39	06:04
95	2278	VICENTE JOÃO	GDC Fidelidade	Senior Masculino	01:12:47	+24:40	06:04
96	2839	Carlos Alberto Silva Ribeiro Ribeiro	Trail4Fun	Senior Masculino	01:12:49	+24:42	06:04
97	2546	Helder Nascimento	PORTO SENTIDO RUNNERS	Senior Masculino	01:12:53	+24:46	06:04
98	2050	Marco Miranda	Alpha Running	Senior Masculino	01:12:56	+24:49	06:05
99	2580	Óscar Carvalho	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:12:59	+24:52	06:05
100	2231	Fábio Sousa	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:13:01	+24:54	06:05
101	2232	Ivo Oliveira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:13:01	+24:54	06:05
102	2112	Rúben Rocha	Brincalhões	Senior Masculino	01:13:15	+25:08	06:06
103	2827	Manuel Barros	Tog Associação Running Team	Senior Masculino	01:13:17	+25:10	06:06
104	2179	Paulo Carneiro	DiVe Into the Mountains	Senior Masculino	01:13:57	+25:50	06:10
105	2412	Carlos Rocha	Individual	Senior Masculino	01:14:03	+25:57	06:10
106	2076	PEDRO SILVA	AMIGOS DO TRAIL	Senior Masculino	01:14:04	+25:57	06:10
107	2074	LEANDRO MATOS	AMIGOS DO TRAIL	Senior Masculino	01:14:14	+26:07	06:11
108	2297	Fábio Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:14:18	+26:11	06:12
109	2680	Tiago Cunha	Paredes Running	Senior Masculino	01:14:57	+26:50	06:15
110	2463	Nuno Silva	Individual	Senior Masculino	01:15:00	+26:53	06:15
111	2420	Fernando Coelho	Individual	Senior Masculino	01:15:08	+27:01	06:16
112	2041	Pedro Victoriano	ALIANÇA DE GANDRA	Senior Masculino	01:15:10	+27:03	06:16
113	2611	Daniel Pereira	NOCTURNOS DE PAREDES	Senior Masculino	01:15:10	+27:03	06:16
114	2734	Tiago Rodrigues	Runners do Demo	Senior Masculino	01:15:15	+27:08	06:16
115	2057	António Faria	Amigos 100 Limites	Senior Masculino	01:15:15	+27:08	06:16
116	2024	José Alves	ADSebolido Trail Boneca Douro	Senior Masculino	01:15:17	+27:10	06:16
117	2262	Miguel Costa	Gansos	Senior Masculino	01:15:19	+27:12	06:17
118	2398	Americo Areias	Individual	Senior Masculino	01:15:27	+27:20	06:17
119	2837	Vitor Neto	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	01:15:32	+27:25	06:18

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120	2819	André Moreira	Tog Associação Running Team	Senior Masculino	01:15:43	+27:36	06:19
121	2060	Celso Ribeiro	Amigos 100 Limites	Senior Masculino	01:16:18	+28:11	06:22
122	2744	Jorge Moreira	Sentir Escariz running	Senior Masculino	01:16:24	+28:17	06:22
123	2571	Auréleo Salas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:16:39	+28:32	06:23
124	2788	Diogo Oliveira	KeMedo Team	Senior Masculino	01:16:41	+28:34	06:23
125	2524	Manuel Fernandes	Leões de Tardariz Trail	Senior Masculino	01:16:54	+28:47	06:25
126	2307	Carlos Campos	GRC Telhadela	Senior Masculino	01:17:08	+29:01	06:26
127	2061	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	01:17:14	+29:08	06:26
128	2471	Pedro Marques	Individual	Senior Masculino	01:17:16	+29:09	06:26
129	2623	Daniel Vieira	Nova Linha Trail Runners	Senior Masculino	01:17:21	+29:14	06:27
130	2689	Rui Soares Coelho	Patrol	Senior Masculino	01:17:27	+29:20	06:27
131	2227	Joaquim Rocha	ExerciseForYou	Senior Masculino	01:17:35	+29:28	06:28
132	2064	Mauro Silva	Amigos 100 Limites	Senior Masculino	01:17:58	+29:51	06:30
133	2423	Filipe Moreira	Individual	Senior Masculino	01:18:01	+29:54	06:30
134	2405	António Neto	Individual	Senior Masculino	01:18:08	+30:01	06:31
135	2233	João Teles	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:18:12	+30:05	06:31
136	2202	SAMUEL QUEIRÓS	EQUIPA JOAO FERREIRA	Senior Masculino	01:18:28	+30:21	06:32
137	2104	Paulo borges	BIG	Senior Masculino	01:18:35	+30:28	06:33
138	2302	Nelson Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:18:37	+30:30	06:33
139	2175	PAULO FERREIRA	DDT RUNNERS	Senior Masculino	01:18:38	+30:31	06:33
140	2578	José Santos	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:18:52	+30:45	06:34
141	2427	Freddy Ramos	Individual	Senior Masculino	01:19:04	+30:57	06:35
142	2691	Vitor Oliveira	Pedrouços - Maia	Senior Masculino	01:19:13	+31:07	06:36
143	2506	Marco Candeias	Juventude Cortegacense	Senior Masculino	01:19:23	+31:16	06:37
144	2728	Filipe Lopes	Rebola	Senior Masculino	01:19:38	+31:31	06:38
145	2397	Amândio Sousa	Individual	Senior Masculino	01:19:38	+31:31	06:38
146	2306	Gustavo Santos	Gramidense Infante Futebol Clube	Senior Masculino	01:19:43	+31:36	06:39
147	2454	Manuel Silva	Individual	Senior Masculino	01:19:45	+31:38	06:39
148	2859	Ricardo Portela	Turbo Kings 2.0	Senior Masculino	01:19:48	+31:41	06:39
149	2749	Manuel Vieira	sogima	Senior Masculino	01:19:48	+31:42	06:39
150	2867	Manuel Reis	Vou na Roda	Senior Masculino	01:20:05	+31:58	06:40
151	2056	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:20:09	+32:02	06:41
152	2417	Diogo Figueiredo	Individual	Senior Masculino	01:20:18	+32:11	06:42
153	2739	João Moreira	S. S. Montepio	Senior Masculino	01:20:20	+32:14	06:42
154	2243	Alexandre Ferreira	Gansos	Senior Masculino	01:20:33	+32:26	06:43
155	2678	Helder Barros	Paredes Running	Senior Masculino	01:20:37	+32:30	06:43
156	2043	Roberto Moreira	ALIANÇA DE GANDRA	Senior Masculino	01:20:40	+32:33	06:43
157	2305	Fernando Oliveira	Gramidense Infante Futebol Clube	Senior Masculino	01:20:41	+32:34	06:43
158	2690	Vitor Leorne	Pedrouços - Maia	Senior Masculino	01:20:52	+32:45	06:44
159	2587	Sérgio Rocha	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:21:04	+32:57	06:45
160	2049	Douglas Pinho	Alpha Running	Senior Masculino	01:21:06	+32:59	06:46
161	2644	Tiago Gaio	Os Sarrotes	Senior Masculino	01:21:09	+33:03	06:46
162	2820	António Lima	Tog Associação Running Team	Senior Masculino	01:21:27	+33:20	06:47
163	2573	Álvaro Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:21:30	+33:23	06:48

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164	2835	Bruno Gonçalves	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	01:21:43	+33:36	06:49
165	2428	Helder Pinto	Individual	Senior Masculino	01:21:44	+33:37	06:49
166	2441	Jorge Lima	Individual	Senior Masculino	01:21:46	+33:39	06:49
167	2200	Carlos Jorge	EQUIPA JOAO FERREIRA	Senior Masculino	01:21:48	+33:41	06:49
168	2780	Bruno Gonçalves	TARTARUGAS VELOCISTAS	Senior Masculino	01:21:49	+33:42	06:49
169	2556	Vitor Silva	Marco Runners	Senior Masculino	01:21:52	+33:45	06:49
170	2618	Paulo Cunha	NOCTURNOS DE PAREDES	Senior Masculino	01:22:10	+34:03	06:51
171	2882	Aurégio Carvalho	GDR Retorta - Quinta das Arcas	Senior Masculino	01:22:15	+34:08	06:51
172	2491	Salvador Santos	Individual	Senior Masculino	01:22:20	+34:13	06:52
173	2144	Vasco Miguel Ferreira Cardoso	Cinfães a Correr	Senior Masculino	01:22:38	+34:31	06:53
174	2261	Jorge Caldas	Gansos	Senior Masculino	01:22:40	+34:33	06:53
175	2005	NUNO MAIO	#ATECHORAS!	Senior Masculino	01:22:40	+34:33	06:53
176	2677	Antonio Jose Pereira Barbosa	Paredes Running	Senior Masculino	01:22:44	+34:37	06:54
177	2464	Paulo Andrade	Individual	Senior Masculino	01:22:50	+34:43	06:54
178	2702	Pedro Fernandes	Porto	Senior Masculino	01:22:50	+34:43	06:54
179	2635	Manuel Carneiro	OS CACHOS	Senior Masculino	01:23:11	+35:04	06:56
180	2848	Luis Peixoto	Tricotar Trails	Senior Masculino	01:23:24	+35:17	06:57
181	2877	Emídio Pereira	Individual	Senior Masculino	01:23:26	+35:19	06:57
182	2296	Carlos Oliveira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:23:26	+35:19	06:57
183	2779	André Moreira	TARTARUGAS VELOCISTAS	Senior Masculino	01:23:27	+35:20	06:57
184	2516	Antonio Fidalgo	KeMedo Team	Senior Masculino	01:23:42	+35:35	06:59
185	2404	Antonio Joao Gomes Da Silva	Individual	Senior Masculino	01:23:52	+35:45	06:59
186	2811	Paulo Soares	Tog Associação Running Team	Senior Masculino	01:23:52	+35:45	06:59
187	2761	Amado Silva	STCP Runners	Senior Masculino	01:23:58	+35:52	07:00
188	2523	Luís Martins	Leões de Tardariz Trail	Senior Masculino	01:24:01	+35:54	07:00
189	2763	Marco Batista	STCP Runners	Senior Masculino	01:24:42	+36:35	07:04
190	2251	Pedro Coelho	Gansos	Senior Masculino	01:24:53	+36:46	07:04
191	2544	Hugo Ramos	MAGNUNSSSENS	Senior Masculino	01:24:53	+36:46	07:04
192	2422	Fernando Teixeira	Individual	Senior Masculino	01:24:54	+36:47	07:05
193	2543	Emanuel Correia	MAGNUNSSSENS	Senior Masculino	01:24:55	+36:48	07:05
194	2701	Manuel Ferreira	Porto	Senior Masculino	01:24:55	+36:48	07:05
195	2545	Paulo Santos	MAGNUNSSSENS	Senior Masculino	01:24:55	+36:49	07:05
196	2154	Armando Moreira	Clube Zupper	Senior Masculino	01:24:56	+36:49	07:05
197	2199	ARTUR CARDOSO	EQUIPA JOAO FERREIRA	Senior Masculino	01:25:00	+36:53	07:05
198	2124	Hugo Pereira	C. A. Andatrilhos Freamunde	Senior Masculino	01:25:04	+36:58	07:05
199	2729	Fábio Sousa	Recarei	Senior Masculino	01:25:24	+37:17	07:07
200	2755	Pedro Alves	SPA	Senior Masculino	01:25:25	+37:18	07:07
201	2198	ANTÓNIO CUNHA	EQUIPA JOAO FERREIRA	Senior Masculino	01:25:59	+37:52	07:10
202	2754	Sousa Henrique	soplabifana	Senior Masculino	01:26:09	+38:02	07:11
203	2598	José Teixeira	NOCTURNOS DE PAREDES	Senior Masculino	01:26:09	+38:02	07:11
204	2753	Jorge Almeida	soplabifana	Senior Masculino	01:26:11	+38:04	07:11
205	2520	Agostinho Cardoso	Leões de Tardariz Trail	Senior Masculino	01:26:11	+38:04	07:11
206	2616	Jose MOURA	NOCTURNOS DE PAREDES	Senior Masculino	01:26:11	+38:04	07:11
207	2615	Jose Miguel Cunha	NOCTURNOS DE PAREDES	Senior Masculino	01:26:11	+38:05	07:11
208	2612	Eusebio Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	01:26:27	+38:20	07:12
209	2830	Paulo Ferreira	Tog Associação Running Team	Senior Masculino	01:26:32	+38:25	07:13

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210	2460	Nuno Cabral	Individual	Senior Masculino	01:26:48	+38:41	07:14
211	2864	João Vieira	Vestefardas	Senior Masculino	01:26:53	+38:46	07:14
212	2201	EDGAR SARAIVA	EQUIPA JOAO FERREIRA	Senior Masculino	01:26:55	+38:48	07:15
213	2469	Pedro Brizado	Individual	Senior Masculino	01:26:58	+38:51	07:15
214	2207	Jorge Fontes	Espinho	Senior Masculino	01:26:59	+38:52	07:15
215	2205	Antonio Albuquerque	Espinho	Senior Masculino	01:26:59	+38:52	07:15
216	2699	Bruno Couto	Porto	Senior Masculino	01:27:00	+38:53	07:15
217	2687	DIOGO BALDAIA	PATROL	Senior Masculino	01:27:39	+39:32	07:18
218	2067	Ricardo Barbosa	Amigos das Curvas	Senior Masculino	01:27:56	+39:49	07:20
219	2730	Raul Jorge Martins Sousa Sousa	Recarei	Senior Masculino	01:28:05	+39:58	07:20
220	2781	Miguel Pacheco	TARTARUGAS VELOCISTAS	Senior Masculino	01:28:09	+40:02	07:21
221	2793	António Alves	Team MSS Contabilidade	Senior Masculino	01:28:15	+40:08	07:21
222	2486	Rui Macário	Individual	Senior Masculino	01:28:18	+40:11	07:22
223	2863	José Cabral	Valportas Runners	Senior Masculino	01:28:22	+40:15	07:22
224	2434	João Esteves	Individual	Senior Masculino	01:28:23	+40:16	07:22
225	2439	Joaquim Pacheco	Individual	Senior Masculino	01:28:23	+40:17	07:22
226	2400	Amilcar Castro	Individual	Senior Masculino	01:28:24	+40:17	07:22
227	2494	Telmo Rocha	Individual	Senior Masculino	01:28:24	+40:17	07:22
228	2851	João Lopes	TT Runners	Senior Masculino	01:28:25	+40:18	07:22
229	2850	Carlos Paiva	TT Runners	Senior Masculino	01:28:25	+40:18	07:22
230	2069	João Fonseca	amigos de s.pedro da cova	Senior Masculino	01:28:45	+40:38	07:24
231	2590	Clemente Meireles	nem que chova	Senior Masculino	01:28:48	+40:42	07:24
232	2789	Paulo Ferreira	TEAM CM - Valongo capital do desporto Outdoor	Senior Masculino	01:28:55	+40:48	07:25
233	2718	Filipe Pereira	Primalhada	Senior Masculino	01:29:00	+40:53	07:25
234	2467	Paulo Santos	Individual	Senior Masculino	01:29:00	+40:54	07:25
235	2304	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:29:20	+41:13	07:27
236	2742	João Santana	Santanix	Senior Masculino	01:29:30	+41:23	07:28
237	2273	JOSE CUNHA	GDC Fidelidade	Senior Masculino	01:29:39	+41:32	07:28
238	2257	Alcino Tavares	Gansos	Senior Masculino	01:29:51	+41:44	07:29
239	2617	Paulo Amorim	NOCTURNOS DE PAREDES	Senior Masculino	01:30:06	+41:59	07:31
240	2593	Jorge Rebelo	nem que chova	Senior Masculino	01:30:21	+42:14	07:32
241	2407	Artur Ferreira	Individual	Senior Masculino	01:30:27	+42:20	07:32
242	2442	Jorge Ramalho	Individual	Senior Masculino	01:30:27	+42:20	07:32
243	2073	ANDRES FERREIRA	AMIGOS DO TRAIL	Senior Masculino	01:30:33	+42:26	07:33
244	2458	Nelson Miranda	Individual	Senior Masculino	01:30:33	+42:26	07:33
245	2066	Ricardo Leal	Amigos 100 Limites	Senior Masculino	01:30:46	+42:40	07:34
246	2745	António Pinheiro	SiM Summit	Senior Masculino	01:31:26	+43:19	07:37
247	2025	Albano Sousa	ADSebolido Trail Boneca Douro	Senior Masculino	01:31:30	+43:23	07:38
248	2765	Sérgio Sousa	STCP Runners	Senior Masculino	01:31:41	+43:34	07:38
249	2274	JOSE MOREIRA	GDC Fidelidade	Senior Masculino	01:31:57	+43:50	07:40
250	2258	Antonio Neto	Gansos	Senior Masculino	01:32:02	+43:55	07:40
251	2633	Bruno Castelo	os aventureiros	Senior Masculino	01:32:10	+44:03	07:41
252	2402	André Pinto	Individual	Senior Masculino	01:32:26	+44:19	07:42
253	2821	Carlos Conde	Tog Associação Running Team	Senior Masculino	01:32:35	+44:28	07:43
254	2037	José Carneiro	ALIANÇA DE GANDRA	Senior Masculino	01:32:41	+44:34	07:43
255	2684	Alexandre Teles	Patás Negras	Senior Masculino	01:32:56	+44:49	07:45

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256	2764	Paulo Gonçalves	STCP Runners	Senior Masculino	01:33:10	+45:03	07:46
257	2222	Vitor Teixeira	Eu e elas	Senior Masculino	01:33:11	+45:04	07:46
258	2714	Vitor Martins	PORTO SENTIDO RUNNERS	Senior Masculino	01:33:16	+45:09	07:46
259	2103	João Grilo	Bate na Avó	Senior Masculino	01:33:21	+45:14	07:47
260	2102	Bruno Barbosa	Bate na Avó	Senior Masculino	01:33:21	+45:14	07:47
261	2666	Rui Moreira	PAPATRAILS	Senior Masculino	01:33:22	+45:15	07:47
262	2865	JOSÉ ALVES	Vila Nova de Gaia	Senior Masculino	01:33:58	+45:51	07:50
263	2497	Joao sousa	ja-nu-met	Senior Masculino	01:34:15	+46:08	07:51
264	2858	Ricardo Monteiro	Turbo Kings 2.0	Senior Masculino	01:34:18	+46:11	07:52
265	2670	Miguel Carvalho	Papatudo	Senior Masculino	01:34:23	+46:16	07:52
266	2671	Rui Rego	PapaTudo	Senior Masculino	01:34:23	+46:16	07:52
267	2855	Hélder Bruno Da Serdoura	Turbo Kings 2.0	Senior Masculino	01:34:27	+46:20	07:52
268	2492	Sérgio Silva	Individual	Senior Masculino	01:34:27	+46:21	07:52
269	2583	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:34:33	+46:26	07:53
270	2008	Rui Moura	100 PERNAS	Senior Masculino	01:34:46	+46:39	07:54
271	2006	João Sousa	100 PERNAS	Senior Masculino	01:34:46	+46:39	07:54
272	2540	Ricardo Carvalho	FocoTeam24	Senior Masculino	01:34:48	+46:41	07:54
273	2294	Antonio Melo	Gondomar	Senior Masculino	01:35:08	+47:01	07:56
274	2436	João Sousa	Individual	Senior Masculino	01:35:12	+47:05	07:56
275	2001	Alvaro Pereira	#ATECHORAS!	Senior Masculino	01:35:13	+47:06	07:56
276	2530	Pedro Oliveira	Leões de Tardariz Trail	Senior Masculino	01:35:16	+47:09	07:56
277	2068	Emidio pontes	amigos de s.pedro da cova	Senior Masculino	01:35:36	+47:29	07:58
278	2070	Serafim fonseca	amigos de s.pedro da cova	Senior Masculino	01:35:36	+47:29	07:58
279	2525	Marco Oliveira	Leões de Tardariz Trail	Senior Masculino	01:35:54	+47:47	08:00
280	2619	Telmo Mota	NOCTURNOS DE PAREDES	Senior Masculino	01:36:20	+48:14	08:02
281	2643	Adão Castro	Os Sarrotes	Senior Masculino	01:36:25	+48:19	08:02
282	2310	Rui Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	01:36:31	+48:24	08:03
283	2883	Xavier Pastor	GDR Retorta - Quinta das Arcas	Senior Masculino	01:36:50	+48:43	08:04
284	2517	Pedro Duarte	KeMedo Team	Senior Masculino	01:36:51	+48:44	08:04
285	2594	Marcelo Ferreira	nem que chova	Senior Masculino	01:37:05	+48:58	08:05
286	2862	Ivan Cruz	Valportas Runners	Senior Masculino	01:37:31	+49:24	08:08
287	2480	Ricardo Souto	Individual	Senior Masculino	01:37:41	+49:34	08:08
288	2466	Paulo Jorge Alves Ferreira	Individual	Senior Masculino	01:37:41	+49:35	08:08
289	2686	Cristiano Silva	patrol	Senior Masculino	01:37:43	+49:36	08:09
290	2613	Filipe Pinto	NOCTURNOS DE PAREDES	Senior Masculino	01:37:59	+49:53	08:10
291	2844	Bernardino Carvalho	TrepaTrilhos Trail Team	Senior Masculino	01:38:02	+49:56	08:10
292	2658	Manuel Paiva	Paiva Team	Senior Masculino	01:38:21	+50:14	08:12
293	2785	João Jerónimo	Team Brandão	Senior Masculino	01:38:23	+50:16	08:12
294	2498	Jose monteiro	ja-nu-met	Senior Masculino	01:38:39	+50:32	08:13
295	2485	Rui Custodio	Individual	Senior Masculino	01:39:04	+50:57	08:15
296	2403	Anthony Lopes	Individual	Senior Masculino	01:39:20	+51:13	08:17
297	2726	João Frederico	Propeixe	Senior Masculino	01:39:23	+51:16	08:17
298	2293	André Fraga	Gondomar	Senior Masculino	01:39:46	+51:39	08:19
299	2445	José Luís Dos Santos Teixeira	Individual	Senior Masculino	01:39:50	+51:43	08:19
300	2236	Fábio Santos	Fiães Sport Clube	Senior Masculino	01:39:58	+51:51	08:20
301	2216	Joao Pereira	Estica biela	Senior Masculino	01:39:58	+51:51	08:20

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302	2527	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:40:01	+51:54	08:20
303	2582	Paulo Queirós	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:40:04	+51:57	08:20
304	2591	Gastão Ferreira	nem que chova	Senior Masculino	01:40:23	+52:16	08:22
305	2682	Alberto Reis	Passarinhos do Monte	Senior Masculino	01:40:27	+52:20	08:22
306	2636	Diogo Pimenta	Os Goguinhos	Senior Masculino	01:40:33	+52:26	08:23
307	2415	David Guimaraes Guimaraes	Individual	Senior Masculino	01:40:57	+52:50	08:25
308	2614	João Leite	NOCTURNOS DE PAREDES	Senior Masculino	01:41:33	+53:26	08:28
309	2776	Pedro Perpetua	Strong Team	Senior Masculino	01:41:36	+53:29	08:28
310	2271	David Sousa	GDC Fidelidade	Senior Masculino	01:41:37	+53:30	08:28
311	2700	José Leal	Porto	Senior Masculino	01:41:39	+53:32	08:28
312	2481	Roberto Magalhães	Individual	Senior Masculino	01:42:23	+54:16	08:32
313	2308	Fernando Couto	Grupo de Corrida de Argoncilhe	Senior Masculino	01:42:43	+54:37	08:34
314	2746	Tiago Teixeira	Sob Efeito Trail	Senior Masculino	01:42:44	+54:37	08:34
315	2309	Fernando Silva	Grupo de Corrida de Argoncilhe	Senior Masculino	01:43:22	+55:15	08:37
316	2433	João Cardoso	Individual	Senior Masculino	01:43:29	+55:23	08:37
317	2879	Pedro Nuno Oliveira Silva	CB RUN	Senior Masculino	01:43:30	+55:23	08:38
318	2880	Rui Neves	Individual	Senior Masculino	01:43:30	+55:24	08:38
319	2300	Joaquim Matos	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:43:31	+55:24	08:38
320	2113	Rui Rocha	Brincalhões	Senior Masculino	01:43:31	+55:24	08:38
321	2301	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:43:31	+55:24	08:38
322	2140	António Castro	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	01:43:33	+55:26	08:38
323	2299	Hugo Costa	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:43:34	+55:27	08:38
324	2647	Nuno Marques	Os TurboMula	Senior Masculino	01:43:36	+55:29	08:38
325	2110	Franclim Neves	Brincalhões	Senior Masculino	01:43:50	+55:43	08:39
326	2114	Bruno Ribeiro	Bruno	Senior Masculino	01:44:01	+55:54	08:40
327	2490	Rui Santos	Individual	Senior Masculino	01:44:03	+55:57	08:40
328	2007	Nuno Alexandre	100 PERNAS	Senior Masculino	01:44:05	+55:58	08:40
329	2165	Luis Pereira	CORRER LEÇA	Senior Masculino	01:44:09	+56:02	08:41
330	2547	Manuel Moura	Maia	Senior Masculino	01:44:33	+56:26	08:43
331	2472	Pedro Melo	Individual	Senior Masculino	01:44:48	+56:41	08:44
332	2453	Manuel Emidio Emidio	Individual	Senior Masculino	01:44:51	+56:44	08:44
333	2473	Pedro Ribeiro	Individual	Senior Masculino	01:45:10	+57:04	08:46
334	2292	André Filipe Prata Monteiro da Pacheco	Gondomar	Senior Masculino	01:45:20	+57:13	08:47
335	2109	Armando Silva	Brincalhões	Senior Masculino	01:45:42	+57:35	08:49
336	2221	Helder Teixeira	Eu e elas	Senior Masculino	01:45:48	+57:41	08:49
337	2396	Alcídio Figueiredo	Individual	Senior Masculino	01:45:57	+57:50	08:50
338	2845	José Dara	TrepaTrilhos Trail Team	Senior Masculino	01:46:04	+57:57	08:50
339	2775	Nuno Peixe	Strong Team	Senior Masculino	01:46:04	+57:57	08:50
340	2505	Domingos Camboa	Juventude Cortegacense	Senior Masculino	01:46:09	+58:02	08:51
341	2105	Jose Moreira	Bosch	Senior Masculino	01:47:03	+58:56	08:55
342	2586	Ricardo Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:47:15	+59:08	08:56
343	2581	Pascoal Barbosa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:47:37	+59:30	08:58
344	2173	BRUNO CARDOSO	DDT RUNNERS	Senior Masculino	01:48:46	+01:00:39	09:04

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345	2574	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:49:02	+01:00:55	09:05
346	2657	Ricardo Gomes	OsFazConta	Senior Masculino	01:49:11	+01:01:04	09:06
347	2095	Pedro Policiano	Atlético Clube Alfenense	Senior Masculino	01:49:13	+01:01:06	09:06
348	2751	Rogério Rocha	Solas Rotas	Senior Masculino	01:49:37	+01:01:31	09:08
349	2141	Paulo Oliveira	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	01:50:22	+01:02:15	09:12
350	2829	Paulo Carneiro	Tog Associação Running Team	Senior Masculino	01:50:32	+01:02:25	09:13
351	2178	Jorge Dias	dias	Senior Masculino	01:50:43	+01:02:36	09:14
352	2088	Nuno Leao	APERTA CORDÕES	Senior Masculino	01:52:06	+01:03:59	09:21
353	2669	Jose Alves	PAPATRAILS	Senior Masculino	01:52:49	+01:04:42	09:24
354	2449	Luís Monteiro	Individual	Senior Masculino	01:52:54	+01:04:47	09:25
355	2508	Joaquim Oliveira	Juventude desportiva de Gondomar	Senior Masculino	01:53:33	+01:05:27	09:28
356	2737	Paulo Ferreira	RUNNING ESPINHO	Senior Masculino	01:53:35	+01:05:28	09:28
357	2712	Paulo Rocha	PORTO SENTIDO RUNNERS	Senior Masculino	01:53:59	+01:05:52	09:30
358	2409	Bruno Nunes	Individual	Senior Masculino	01:53:59	+01:05:52	09:30
359	2509	Jorge Teixeira	Juventude desportiva de Gondomar	Senior Masculino	01:54:31	+01:06:25	09:33
360	2585	Ricardo Ferreira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:54:37	+01:06:30	09:33
361	2098	Jose Ribeiro	Bad Intentions	Senior Masculino	01:54:48	+01:06:41	09:34
362	2264	Rui Machado	Gansos	Senior Masculino	01:55:08	+01:07:01	09:36
363	2377	Ricardo Carneiro	Individual	Senior Masculino	01:55:22	+01:07:15	09:37
364	2852	Antonio Monteiro	Turbo Kings 2.0	Senior Masculino	01:56:01	+01:07:54	09:40
365	2018	Armando Nunes	Academia D'Estrelas	Senior Masculino	01:56:11	+01:08:04	09:41
366	2184	Manuel Silva	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Senior Masculino	01:56:49	+01:08:42	09:44
367	2479	Ricardo Silva	Individual	Senior Masculino	01:56:52	+01:08:45	09:44
368	2771	Miguel Silva	Stream Fire	Senior Masculino	01:58:29	+01:10:22	09:52
369	2642	Roberto Oliveira	Os Preguiças	Senior Masculino	01:58:45	+01:10:38	09:54
370	2784	Manuel Silva	Team aguenta Ai	Senior Masculino	01:59:02	+01:10:55	09:55
371	2470	Pedro Coelho	Individual	Senior Masculino	01:59:05	+01:10:58	09:55
372	2399	AMERICO LOUREIRO	Individual	Senior Masculino	01:59:07	+01:11:00	09:56
373	2487	Rui Oliveira	Individual	Senior Masculino	01:59:25	+01:11:18	09:57
374	2717	Miguel Pinto	Póvoa de Varzim	Senior Masculino	01:59:28	+01:11:21	09:57
375	2713	Ricardo Miranda	PORTO SENTIDO RUNNERS	Senior Masculino	02:00:28	+01:12:21	10:02
376	2447	Lucas Marcon	Individual	Senior Masculino	02:00:53	+01:12:47	10:04
377	2275	LICINIO MALAFAIA	GDC Fidelidade	Senior Masculino	02:00:57	+01:12:50	10:05
378	2157	Eduardo Batista	ColRunners	Senior Masculino	02:01:25	+01:13:18	10:07
379	2866	Rui Silva	Vila Nova de Gaia	Senior Masculino	02:01:29	+01:13:22	10:07
380	2655	Luis Miguel Melo	OsFazConta	Senior Masculino	02:01:41	+01:13:34	10:08
381	2510	José Teixeira	Juventude desportiva de Gondomar	Senior Masculino	02:02:04	+01:13:57	10:10
382	2256	Alberto Rocha	Gansos	Senior Masculino	02:02:29	+01:14:22	10:12
383	2828	Marco Oliveira	Tog Associação Running Team	Senior Masculino	02:02:33	+01:14:27	10:13
384	2419	Emanuel Maio	Individual	Senior Masculino	02:02:34	+01:14:27	10:13
385	2408	Bruno Barbosa	Individual	Senior Masculino	02:02:44	+01:14:37	10:14
386	2426	Francisco Moreira	Individual	Senior Masculino	02:03:04	+01:14:57	10:15

Official Timekeeper: Lap2Go	17 / 18	generate 19-Mar-2019 14:57
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Curto

12 KM

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OFFICIAL RESULT

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387	2435	João Moreira	Individual	Senior Masculino	02:03:04	+01:14:57	10:15
388	2695	José Pires Lima	PERNAS INERTES	Senior Masculino	02:03:14	+01:15:08	10:16
389	2240	Bruno Sousa	FIT GAIA TRAIL	Senior Masculino	02:03:23	+01:15:16	10:17
390	2241	Ricardo A. Silva Sousa	FIT GAIA TRAIL	Senior Masculino	02:03:23	+01:15:16	10:17
391	2786	Manuel Brandão	Team Brandão	Senior Masculino	02:04:05	+01:15:58	10:20
392	2484	Rui André Pedrosa Estrada	Individual	Senior Masculino	02:04:09	+01:16:02	10:21
393	2762	José Pinto	STCP Runners	Senior Masculino	02:04:18	+01:16:11	10:22
394	2654	Jorge Silva	OsFazConta	Senior Masculino	02:04:39	+01:16:32	10:23
395	2451	MANUEL DIAS	Individual	Senior Masculino	02:05:19	+01:17:12	10:27
396	2019	Bruno Forreta	Academia D'Estrelas	Senior Masculino	02:06:10	+01:18:03	10:31
397	2731	Ricardo Braga	Rechonchudos Trail Runners	Senior Masculino	02:07:16	+01:19:10	10:36
398	2748	Jose Pinheiro	sogima	Senior Masculino	02:08:09	+01:20:03	10:41
399	2085	Élio Gonçalves	APERTA CORDÕES	Senior Masculino	02:08:38	+01:20:31	10:43
400	2111	José Neves	Brincalhões	Senior Masculino	02:11:41	+01:23:35	10:58
401	2488	Rui Pinto	Individual	Senior Masculino	02:12:27	+01:24:20	11:02
402	2512	Alexandre Sousa	Kandimba Runners	Senior Masculino	02:13:04	+01:24:57	11:05
403	2889	Ricardo Trigo	STEP BY STEP	Senior Masculino	02:13:21	+01:25:14	11:07
404	2130	Bruno Macedo	Caga Tacos Running Team	Senior Masculino	02:13:37	+01:25:30	11:08
405	2462	Nuno Lopes	Individual	Senior Masculino	02:14:09	+01:26:02	11:11
406	2276	RUI SILVA	GDC Fidelidade	Senior Masculino	02:15:03	+01:26:56	11:15
407	2424	Filipe Oliveira	Individual	Senior Masculino	02:15:26	+01:27:19	11:17
408	2446	José Moreira	Individual	Senior Masculino	02:15:50	+01:27:43	11:19
409	2263	Rui Machado	Gansos	Senior Masculino	02:16:24	+01:28:17	11:22
410	2272	JOAO MOREIRA	GDC Fidelidade	Senior Masculino	02:17:02	+01:28:55	11:25
411	2277	SERGIO REIS	GDC Fidelidade	Senior Masculino	02:17:02	+01:28:55	11:25
412	2129	Antonio Macedo	Caga Tacos Running Team	Senior Masculino	02:19:40	+01:31:33	11:38
413	2679	Luis Ribeiro	Paredes Running	Senior Masculino	02:26:24	+01:38:17	12:12
414	2825	Jorge Duarte	Tog Associação Running Team	Senior Masculino	02:28:13	+01:40:06	12:21
415	2401	André Guedes	Individual	Senior Masculino	02:29:25	+01:41:18	12:27
416	2823	Gil Nascimento	Tog Associação Running Team	Senior Masculino	02:31:17	+01:43:10	12:36
417	2831	Pedro Magalhães	Tog Associação Running Team	Senior Masculino	02:31:17	+01:43:10	12:36
418	2772	Ruben Vieira	Stream Fire	Senior Masculino	02:31:32	+01:43:25	12:38
419	2770	José Pinto	Stream Fire	Senior Masculino	02:31:34	+01:43:27	12:38
420	2406	Antonio Peixoto	Individual	Senior Masculino	02:32:50	+01:44:43	12:44
421	2653	Agostinho Silva	OsFazConta	Senior Masculino	02:35:10	+01:47:03	12:56

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Official Timekeeper: Lap2Go	1 / 2	generate 19-Mar-2019 15:00
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COLETIVO - CURTO

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39	JUVENTUDE CORTEGACENSE	158 + 303 + 346	807
40	ESPINHO TRAIL	223 + 225 + 363	811
41	OFRUNNING	203 + 240 + 411	854
42	NEM QUE CHOVA	270 + 287 + 373	930
43	PAPATRAILS	292 + 331 + 332	955
44	AMIGOS DE S.PEDRO DA COVA	269 + 359 + 360	988
45	CENTRO CICLISTA DE GONDOMAR	249 + 321 + 442	1012
46	JA-NU-MET	339 + 382 + 388	1109
47	100 PERNAS	348 + 349 + 453	1150
48	GONDOMAR	354 + 394 + 408	1156
49	#ATECHORAS!	195 + 356 + 613	1164
50	GRUPO DE CORRIDA DE ARGONCILHE	367 + 425 + 430	1222
51	VALPORTAS RUNNERS	259 + 375 + 616	1250
52	LINCES DE MONTEMOR	396 + 427 + 428	1251
53	TEAM CM - VALONGO CAPITAL DO DESPORTO OUTDOOR	271 + 491 + 492	1254
54	EU E ELAS	324 + 463 + 473	1260
55	CORRER LEÇA	374 + 455 + 456	1285
56	OSFAZCONTA	208 + 506 + 588	1302
57	PROPEIXE	283 + 393 + 652	1328
58	EXERCISEFORYOU	141 + 621 + 622	1384
59	OS TURBOMULA	423 + 444 + 550	1417
60	RUNNING ESPINHO	497 + 530 + 531	1558
61	TRICOTAR TRAILS	200 + 698 + 701	1599
62	STRONG TEAM	415 + 477 + 764	1656
63	JUVENTUDE DESPORTIVA DE GONDOMAR	529 + 543 + 609	1681
64	GENEROSOS RUNNERS	457 + 487 + 740	1684
65	ACADEMIA D'ESTRELAS	558 + 568 + 570	1696
66	FIT GAIA TRAIL	429 + 635 + 636	1700
67	STREAM FIRE	573 + 648 + 649	1870
68	MANGUELAS - RUN/WALK TEAM	556 + 665 + 666	1887
69	CAGA TACOS RUNNING TEAM	690 + 712 + 718	2120
70	PRINCESAS EMPENADAS	671 + 752 + 763	2186
71	EQUIPA BOOT	728 + 729 + 730	2187