

UTDP CURTO 18KM - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	20,2°C	63,6%
End	17:05	20,2°C	63,6%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	2256	Tiago Lousa	a minha corrida/skechers	Senior Masculino	01:50:45		06:09
2	2391	Nuno Alves	oralklass-aliança-amigos do trail	Senior Masculino	01:52:50	+02:05	06:16
3	2383	Bruno Silva	oralklass-aliança-amigos do trail	Senior Masculino	01:55:14	+04:29	06:24
4	2078	Pedro Leite	dr merino clinica médica	Senior Masculino	02:05:30	+14:45	06:58
5	2071	Ivan Rocha	cross the line	Senior Masculino	02:07:26	+16:41	07:05
6	2347	José António Rodrigues Sequeira	montanha clube trail running	Senior Masculino	02:11:04	+20:19	07:17
7	2130	Fernando Figueiredo	gondomar futsal clube	Veterano M40	02:11:07	+20:22	07:17
8	2100	Pedro Alexandre Miranda do Vale	experienciar/farmácia de vila cova/centro de recuperação diogo cardoso	Senior Masculino	02:16:49	+26:04	07:36
9	2139	Fernando Alberto da Silva Ramos	grupo desportivo de castelo de paiva	Veterano M50	02:17:15	+26:30	07:37
10	2388	Jose Neto	oralklass-aliança-amigos do trail	Senior Masculino	02:21:05	+30:20	07:50
11	2099	José Inácio Lima Rodrigues	experienciar/farmácia de vila cova/centro de recuperação diogo cardoso	Senior Masculino	02:21:05	+30:20	07:50
12	2384	Carlos Silva	oralklass-aliança-amigos do trail	Veterano M40	02:21:28	+30:43	07:52
13	2052	JOSE MOTA	ciclistas cósmicos - gislotica	Veterano M50	02:22:27	+31:42	07:55
14	1313	Filipe Miguel Grilo Teixeira	unidade especial de corrida	Senior Masculino	02:22:49	+32:04	07:56
15	2499	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:26:53	+36:08	08:10
16	2361	Raul Jorge Caetano Curva	nd sport	Veterano M40	02:29:12	+38:27	08:17
17	2159	António Lino Sousa Pinto	individual	Senior Masculino	02:29:44	+38:59	08:19
18	2077	Vitor André da Silva Cardoso	ctad trilhos de cinfães	Senior Masculino	02:29:50	+39:05	08:19
19	2017	Bruno Pereira	associação desportiva da efacec	Senior Masculino	02:31:18	+40:33	08:24
20	2117	Ricardo Aires	fridão sem limites	Senior Masculino	02:32:43	+41:58	08:29
21	2381	Antonio Pinto	oralklass-aliança-amigos do trail	Senior Masculino	02:33:40	+42:55	08:32
22	2116	Manuel Pinheiro	fridão sem limites	Veterano M40	02:34:06	+43:21	08:34
23	2446	Joel Simplício	sunday training	Senior Masculino	02:35:41	+44:56	08:39
24	2365	Arnaldo Santos	nocturnos de paredes	Veterano M40	02:36:03	+45:18	08:40
25	2263	maria do rosário da silva martins	individual	Veterana F40	02:36:11	+45:26	08:41
26	155	Renato Coelho	individual	Senior Masculino	02:36:27	+45:42	08:41
27	2200	Fernando Rui Marques santos Teixeira	individual	Veterano M40	02:37:18	+46:33	08:44
28	2389	Leonel Neves	oralklass-aliança-amigos do trail	Senior Masculino	02:37:19	+46:34	08:44
29	1150	David Camelo	individual	Senior Masculino	02:38:28	+47:43	08:48
30	2073	João Cardoso	ctad trilhos de cinfães	Senior Masculino	02:39:33	+48:48	08:52
31	2359	Gonçalo Freitas	nd sport	Senior Masculino	02:40:08	+49:23	08:54
32	2086	Filipe Bernardo	eu+ ginásio	Senior Masculino	02:40:15	+49:30	08:54
33	2070	Hugo Ribeiro	cross the line	Senior Masculino	02:40:42	+49:57	08:56
34	2196	Estela Martins	individual	Senior Feminino	02:42:48	+52:03	09:03
35	2135	Paulo Alves	gondomar futsal clube	Veterano M40	02:42:49	+52:04	09:03
36	2269	Mariana Delgado	individual	Senior Feminino	02:44:20	+53:35	09:08
37	1186	Leonardo Martins Crisóstomo	individual	Senior Masculino	02:44:24	+53:39	09:08
38	2299	Ricardo Carvalho	individual	Senior Masculino	02:44:43	+53:58	09:09
39	2344	Agostinho Sousa	moinhos run	Veterano M50	02:44:43	+53:58	09:09
40	2244	José Luís Pinto	individual	Senior Masculino	02:45:00	+54:15	09:10

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	2231	João Sousa	individual	Senior Masculino	02:45:02	+54:17	09:10
42	2396	João Marques	oralklass-aliança-amigos do trail	Veterano M40	02:45:19	+54:34	09:11
43	2112	Cláudio Fernando de Almeida Taveira	fontainhas runners	Senior Masculino	02:45:24	+54:39	09:11
44	2113	Vitor Armando Gonçalves Barroso	fontainhas runners	Senior Masculino	02:45:24	+54:39	09:11
45	2394	David Moraes	oralklass-aliança-amigos do trail	Veterano M40	02:45:41	+54:56	09:12
46	2407	Francisco Costa	rosário extreme	Veterano M50	02:45:43	+54:58	09:12
47	2356	Cristina Isabel Mendes Oliveira Dias	multipower gaia trail	Senior Feminino	02:46:01	+55:16	09:13
48	2254	Manuel silva	individual	Senior Masculino	02:46:38	+55:53	09:15
49	2449	Carla Santos	tãlentos team	Veterana F40	02:47:54	+57:09	09:20
50	2042	Isabel Ferreira	budeguita runners	Senior Feminino	02:47:54	+57:09	09:20
51	2314	Silvia Alexandra silva Cunha	individual	Senior Feminino	02:48:54	+58:09	09:23
52	2127	Ana Amaral	gondomar futsal clube	Veterana F40	02:48:56	+58:11	09:23
53	2350	Nelson Filipe Pinto Nascimento	moodrunners	Senior Masculino	02:49:17	+58:32	09:24
54	2305	Rodolfo Orfão	individual	Senior Masculino	02:49:24	+58:39	09:25
55	2360	Leandro Freitas	nd sport	Veterano M50	02:50:40	+59:55	09:29
56	2007	Paula Barbosa	afs estofos auto	Senior Feminino	02:52:12	+01:01:27	09:34
57	2178	Carlos Manuel dos santos rocha	individual	Senior Masculino	02:52:19	+01:01:34	09:34
58	2107	Fernando Jorge Oliveira	ffit gaia trail	Veterano M40	02:53:55	+01:03:10	09:40
59	2308	Rui Manuel Ramos Costa	individual	Senior Masculino	02:54:00	+01:03:15	09:40
60	2102	Nelson Amaral	extreme rc	Senior Masculino	02:56:03	+01:05:18	09:47
61	2412	Joao Martins	shots international runners	Senior Masculino	02:56:07	+01:05:22	09:47
62	2286	Óscar Manuel Fonseca Figueiredo	individual	Senior Masculino	02:56:18	+01:05:33	09:48
63	2293	Pedro Ferraz	individual	Senior Masculino	02:56:26	+01:05:41	09:48
64	2021	Rui Gonçalves	associação desportiva da efacec	Senior Masculino	02:56:54	+01:06:09	09:50
65	2091	Cesar Pinto	eu+ ginásio	Veterano M40	02:57:15	+01:06:30	09:51
66	2037	LUIS MIRANDA	botachave	Senior Masculino	02:57:34	+01:06:49	09:52
67	2386	Ivo Dias	oralklass-aliança-amigos do trail	Senior Masculino	02:57:52	+01:07:07	09:53
68	2281	Nuno Miguel Correia Alve	individual	Senior Masculino	02:58:07	+01:07:22	09:54
69	2362	Joana Raio Esperanço	nel - pédatleta	Senior Feminino	02:58:25	+01:07:40	09:55
70	2027	Fernando Pereira	bootseals	Veterano M50	02:59:23	+01:08:38	09:58
71	2106	António João da Rocha Machado	ffit gaia trail	Veterano M40	03:00:11	+01:09:26	10:01
72	2339	jose b morais	magnaporto	Veterano M50	03:00:36	+01:09:51	10:02
73	2015	Filipe Cunha	aqui vamos nós!	Senior Masculino	03:00:59	+01:10:14	10:03
74	2206	Gilberto Orlando	individual	Senior Masculino	03:01:03	+01:10:18	10:03
75	2277	Nilza Conde Paixão	individual	Senior Feminino	03:01:08	+01:10:23	10:04
76	2303	RICARDO MANUEL DA SILVA RIBEIRO	individual	Senior Masculino	03:01:57	+01:11:12	10:06
77	2390	Mario Almeida	oralklass-aliança-amigos do trail	Senior Masculino	03:02:32	+01:11:47	10:08
78	2158	Antonio Fonseca	individual	Senior Masculino	03:02:38	+01:11:53	10:09
79	2366	Goreti Rocha	nocturnos de paredes	Veterana F40	03:02:44	+01:11:59	10:09
80	2239	JOSE BAGO	individual	Senior Masculino	03:02:47	+01:12:02	10:09
81	2411	Artur Pereira	shots international runners	Senior Masculino	03:03:16	+01:12:31	10:11
82	1222	paulo silva	individual	Veterano M40	03:03:38	+01:12:53	10:12
83	2096	Rui Rocha	eu+ ginásio	Senior Masculino	03:04:17	+01:13:32	10:14
84	2261	Margarida Fernandes	individual	Senior Feminino	03:04:39	+01:13:54	10:15

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	2204	Franscisco Daniel	individual	Senior Masculino	03:05:48	+01:15:03	10:19
86	154	Vitor Hugo Queiros	individual	Senior Masculino	03:05:49	+01:15:04	10:19
87	2298	Rafael Pires	individual	Senior Masculino	03:06:17	+01:15:32	10:21
88	2006	Filipe Sousa	afs estofo's auto	Senior Masculino	03:06:52	+01:16:07	10:23
89	2023	Tiago Guedes	associação desportiva de mira	Senior Masculino	03:07:45	+01:17:00	10:26
90	2395	Ruben Martins	oralklass-aliança-amigos do trail	Senior Masculino	03:07:49	+01:17:04	10:26
91	2377	Tiago André Moreira	nocturnos de paredes	Senior Masculino	03:08:56	+01:18:11	10:30
92	2467	Francisco Novais	villa de basto runners	Senior Masculino	03:09:11	+01:18:26	10:31
93	2468	Ivo Moura	villa de basto runners	Senior Masculino	03:09:11	+01:18:26	10:31
94	2469	Nuno Santos	villa de basto runners	Senior Masculino	03:09:11	+01:18:26	10:31
95	2022	Vitor Silva	associação desportiva da efacec	Senior Masculino	03:09:27	+01:18:42	10:31
96	2376	Salette Silva	nocturnos de paredes	Veterano M40	03:09:31	+01:18:46	10:32
97	2367	Joaquim Nogueira	nocturnos de paredes	Veterano M40	03:09:31	+01:18:46	10:32
98	2302	Ricardo Magalhães	individual	Senior Masculino	03:10:18	+01:19:33	10:34
99	2205	Gabriel Maria Dias Teixeira da Costa Anacleto	individual	Veterano M40	03:10:19	+01:19:34	10:34
100	2392	Orlando Nogueira	oralklass-aliança-amigos do trail	Veterano M40	03:10:20	+01:19:35	10:34
101	2342	Pedro Viana	melres trail running	Senior Masculino	03:11:23	+01:20:38	10:38
102	2341	Nuno Nunes	melres trail running	Senior Masculino	03:11:24	+01:20:39	10:38
103	2051	JOSÉ MIGUEL CRUZ PINTO	ciclistas cósmicos - gislotica	Veterano M50	03:11:27	+01:20:42	10:38
104	2103	Renato Matos	extreme rc	Senior Masculino	03:12:10	+01:21:25	10:41
105	2101	António Bessa	extreme rc	Senior Masculino	03:12:22	+01:21:37	10:41
106	2142	Alexandra Maria de Carvalho Pereira Carvalho	individual	Veterana F40	03:12:28	+01:21:43	10:42
107	2197	Eugénia Teixeira	individual	Veterana F40	03:12:58	+01:22:13	10:43
108	2177	Carlos Alexandre Teixeira do Amaral Resende	individual	Senior Masculino	03:13:19	+01:22:34	10:44
109	2213	Helena Gomes	individual	Veterana F40	03:13:35	+01:22:50	10:45
110	2272	Michel Rolo	individual	Senior Masculino	03:13:51	+01:23:06	10:46
111	2335	João Ricardo Grilo Teixeira	john's	Senior Masculino	03:14:50	+01:24:05	10:49
112	2170	Bruno Miguel Pontes Gomes	individual	Senior Masculino	03:15:12	+01:24:27	10:51
113	2129	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:15:15	+01:24:30	10:51
114	2069	Cláudia Pereira	corridas de pernas pro ar	Senior Feminino	03:15:16	+01:24:31	10:51
115	2348	Pedro Miguel Rodrigues Sequeira	montanha clube trail running	Senior Masculino	03:15:25	+01:24:40	10:51
116	2445	Andreia Ferreira	sunday training	Senior Feminino	03:15:26	+01:24:41	10:51
117	2229	João Reis	individual	Senior Masculino	03:15:43	+01:24:58	10:52
118	2111	Pedro Magalhães	fit4fun	Senior Masculino	03:16:00	+01:25:15	10:53
119	2235	Jorge Borges	individual	Senior Masculino	03:16:01	+01:25:16	10:53
120	2020	Miguel Pereira	associação desportiva da efacec	Senior Masculino	03:16:18	+01:25:33	10:54
121	2179	Carlos Pereira	individual	Senior Masculino	03:16:50	+01:26:05	10:56
122	2055	Marcos Roldão	clube nortada - murtosa night runners	Senior Masculino	03:17:09	+01:26:24	10:57
123	2268	maria trindade silva	individual	Veterana F50	03:18:05	+01:27:20	11:00
124	2141	Adriano Matos	individual	Veterano M40	03:18:06	+01:27:21	11:00
125	2076	Severina Almeida	ctad trilhos de cinfães	Senior Feminino	03:20:20	+01:29:35	11:08
126	2072	Humberto Almeida	ctad trilhos de cinfães	Veterano M40	03:20:20	+01:29:35	11:08
127	2321	Victor Gabriel Franco	individual	Senior Masculino	03:20:21	+01:29:36	11:08
128	2060	Adelino Trindade	correr lisboa	Veterano M40	03:20:34	+01:29:49	11:09

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	2246	jose manuel santos alves	individual	Senior Masculino	03:20:34	+01:29:49	11:09
130	2062	António Iria	correr lisboa	Veterano M40	03:20:34	+01:29:49	11:09
131	2063	João Trindade	correr lisboa	Senior Masculino	03:20:35	+01:29:50	11:09
132	2014	Paulo Leite	all about	Veterano M50	03:20:39	+01:29:54	11:09
133	1087	Margarida Pedro	ctad trilhos de cinfães	Senior Feminino	03:20:42	+01:29:57	11:09
134	2074	Pedro Ferreirinha	ctad trilhos de cinfães	Senior Masculino	03:20:43	+01:29:58	11:09
135	2169	Bruno Ferreira	individual	Senior Masculino	03:20:46	+01:30:01	11:09
136	2425	Hugo Mesquita	solmaia runners	Veterano M40	03:20:58	+01:30:13	11:10
137	2435	Paulo Almeida	solmaia runners	Veterano M40	03:20:59	+01:30:14	11:10
138	2355	Aurora Silva	multipower gaia trail	Senior Feminino	03:20:59	+01:30:14	11:10
139	2325	Carla Gil	inquipa trail sorriso	Veterana F40	03:21:02	+01:30:17	11:10
140	2016	Porfírio Pereira	aqui vamos nós!	Veterano M40	03:21:02	+01:30:17	11:10
141	1190	luis miguel da silva ribeiro	individual	Senior Masculino	03:21:04	+01:30:19	11:10
142	2137	Vitor Ribeiro	gondomar futsal clube	Veterano M50	03:21:08	+01:30:23	11:10
143	2233	JOAQUIM FIGUEIRA	individual	Veterano M40	03:22:00	+01:31:15	11:13
144	2171	Bruno Paiva	individual	Senior Masculino	03:22:00	+01:31:15	11:13
145	1033	Samuel Teixeira	amigo	Senior Masculino	03:22:54	+01:32:09	11:16
146	2075	Rita Gaspar	ctad trilhos de cinfães	Senior Feminino	03:23:21	+01:32:36	11:18
147	2363	Acácio Melo Teixeira	nocturnos de paredes	Veterano M40	03:23:42	+01:32:57	11:19
148	2108	Ricardo A. Silva Sousa	ffit gaia trail	Senior Masculino	03:23:45	+01:33:00	11:19
149	2378	Cristina Barros	offtel runners	Senior Feminino	03:23:56	+01:33:11	11:20
150	2226	João Carvalho	individual	Senior Masculino	03:23:59	+01:33:14	11:20
151	8	António Kirsch	all about	Veterano M50	03:26:27	+01:35:42	11:28
152	2201	Filipe Medeiros Guedes Fonseca	individual	Senior Masculino	03:27:33	+01:36:48	11:32
153	2216	Isabel Carvalho	individual	Veterana F40	03:28:31	+01:37:46	11:35
154	2035	JOSEPHINE MARQUES	botachave	Senior Feminino	03:28:53	+01:38:08	11:36
155	2301	Ricardo Jorge Barbedo Fonseca	individual	Senior Masculino	03:29:17	+01:38:32	11:38
156	2462	MARIO SOARES	tou que nem posso	Veterano M50	03:29:21	+01:38:36	11:38
157	2393	Pedro Duarte	oralklass-aliança-amigos do trail	Senior Masculino	03:30:09	+01:39:24	11:40
158	2294	Pedro Martins	individual	Senior Masculino	03:30:09	+01:39:24	11:40
159	2328	Maria Oliveira	inquipa trail sorriso	Senior Feminino	03:30:21	+01:39:36	11:41
160	2145	AMILCAR RICARDO CARDOSO LOPES	individual	Senior Masculino	03:30:21	+01:39:36	11:41
161	2131	Filipe Leitão	gondomar futsal clube	Senior Masculino	03:31:12	+01:40:27	11:44
162	2322	Vitor Manuel Coelho de Almeida	individual	Veterano M50	03:31:22	+01:40:37	11:45
163	2165	Bruno Carneiro	individual	Senior Masculino	03:34:26	+01:43:41	11:55
164	3000	Jessica Patricia Rocha Carvalho	experienciar/farmácia de vila cova/centro de recuperação diogo cardoso	Senior Feminino	03:34:55	+01:44:10	11:56
165	2109	Rui Sá	ffit gaia trail	Veterano M50	03:34:55	+01:44:10	11:56
166	2115	Filipe Pinheiro	fridão sem limites	Senior Masculino	03:35:46	+01:45:01	11:59
167	2260	Marco Pinto	individual	Veterano M40	03:36:08	+01:45:23	12:00
168	2056	Marco Carvalho	colégio júlio dinis	Senior Masculino	03:36:12	+01:45:27	12:01
169	2058	Ricardo Teixeira	colégio júlio dinis	Senior Masculino	03:36:13	+01:45:28	12:01
170	2387	Joana Gonçalves	oralklass-aliança-amigos do trail	Senior Feminino	03:37:13	+01:46:28	12:04
171	2458	Mario Emidio	tãlentos team	Veterano M50	03:37:24	+01:46:39	12:05
172	2364	António Miranda	nocturnos de paredes	Veterano M50	03:37:29	+01:46:44	12:05
173	2184	Daniel Costa	individual	Senior Masculino	03:37:34	+01:46:49	12:05

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	2167	Bruno Costa	individual	Senior Masculino	03:37:34	+01:46:49	12:05
175	2150	Ana Luísa de Oliveira Melo	individual	Senior Feminino	03:37:46	+01:47:01	12:06
176	2285	Nuno Santos	individual	Senior Masculino	03:37:47	+01:47:02	12:06
177	2304	Ricardo Moreira	individual	Senior Masculino	03:38:37	+01:47:52	12:09
178	2349	Fábio Joel Pereira Miranda	moodrunners	Senior Masculino	03:38:39	+01:47:54	12:09
179	2054	Jorge Maia	clube nortada - murtosa night runners	Senior Masculino	03:38:42	+01:47:57	12:09
180	2274	Miguel Moreira	individual	Veterano M40	03:40:49	+01:50:04	12:16
181	2082	Bruno Costa	estoira trails	Senior Masculino	03:41:19	+01:50:34	12:18
182	2232	Joaquim Alves	individual	Veterano M40	03:41:20	+01:50:35	12:18
183	2084	Sérgio Duarte	estoira trails	Senior Masculino	03:41:20	+01:50:35	12:18
184	2097	Vania Raposo	eu+ ginásio	Senior Feminino	03:41:51	+01:51:06	12:19
185	1111	Paulo Aguiar	eu+ ginásio	Veterano M40	03:41:51	+01:51:06	12:19
186	2094	Jorge Miguel Sampaio da Costa	eu+ ginásio	Veterano M40	03:41:53	+01:51:08	12:20
187	2300	Ricardo Dias	individual	Senior Masculino	03:41:59	+01:51:14	12:20
188	2324	Aline Simeão	inquipa trail sorriso	Senior Feminino	03:42:18	+01:51:33	12:21
189	2330	Virgílio Mascarenhas	inquipa trail sorriso	Veterano M40	03:42:19	+01:51:34	12:21
190	2338	Sonia Teixeira	keepmoving	Veterana F40	03:44:45	+01:54:00	12:29
191	2292	Paulo Tina	individual	Veterano M40	03:45:01	+01:54:16	12:30
192	151	Álvaro Saraiva	individual	Veterano M40	03:45:03	+01:54:18	12:30
193	152	Pedro Gonçalves	individual	Senior Masculino	03:45:04	+01:54:19	12:30
194	2337	Rita Araújo	keepmoving	Senior Feminino	03:45:04	+01:54:19	12:30
195	65	Hugo Costa	individual	Senior Masculino	03:45:22	+01:54:37	12:31
196	1317	Ana Cristina Costa	viriahtvs runners viseu	Senior Feminino	03:45:22	+01:54:37	12:31
197	2088	Bruno Quelhas	eu+ ginásio	Senior Masculino	03:45:53	+01:55:08	12:33
198	2329	Paulo Alexandre Almeida Costa	inquipa trail sorriso	Veterano M40	03:46:01	+01:55:16	12:33
199	1236	Rui Miguel Meca	individual	Veterano M40	03:46:12	+01:55:27	12:34
200	2334	Fernando José da Silva Ferreira	john's	Senior Masculino	03:46:13	+01:55:28	12:34
201	2369	Luis Cardoso	nocturnos de paredes	Senior Masculino	03:46:22	+01:55:37	12:35
202	2154	Ana Vale	individual	Veterana F40	03:46:26	+01:55:41	12:35
203	2183	celso andre de sousa lopes	individual	Senior Masculino	03:46:46	+01:56:01	12:36
204	2454	Lucia Nogueira	tãlentos team	Veterana F50	03:47:04	+01:56:19	12:37
205	1292	André Figueiredo	rock'n'roll running team	Veterano M40	03:47:04	+01:56:19	12:37
206	2371	Nuno Alexandre	nocturnos de paredes	Senior Masculino	03:47:20	+01:56:35	12:38
207	2372	Raquel Ribeiro	nocturnos de paredes	Senior Masculino	03:47:20	+01:56:35	12:38
208	2399	Paula Montenegro	os zangões	Senior Feminino	03:47:40	+01:56:55	12:39
209	2398	Fernando Montenegro	os zangões	Senior Masculino	03:47:42	+01:56:57	12:39
210	2447	Maria Isabel Rodrigues	tãlentos team	Veterana F50	03:47:43	+01:56:58	12:39
211	2271	Mário Silva	individual	Veterano M40	03:47:49	+01:57:04	12:39
212	2354	Ana Sofia Correia Vieira	multipower gaia trail	Senior Feminino	03:47:53	+01:57:08	12:40
213	2358	Rui Mendes	multipower gaia trail	Veterano M40	03:47:54	+01:57:09	12:40
214	2357	Fernando Manuel Vilar Patricio	multipower gaia trail	Senior Masculino	03:47:54	+01:57:09	12:40
215	2397	Manuel Moura	os barriguitas	Veterano M50	03:53:54	+02:03:09	13:00
216	41	Carla Barbosa	individual	Senior Feminino	03:54:47	+02:04:02	13:03
217	2110	Carolina Coutinho	fit4fun	Senior Feminino	03:54:47	+02:04:02	13:03
218	2050	Sandra Oliveira	budeguita runners	Veterana F40	03:56:06	+02:05:21	13:07
219	2039	André Amorim	budeguita runners	Veterano M40	03:56:07	+02:05:22	13:07

UTDP CURTO 18KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	2221	Jaime Valério	individual	Veterano M40	03:56:07	+02:05:22	13:07
221	1318	Celina Almeida	viriahtvs runners viseu	Veterana F40	03:56:17	+02:05:32	13:08
222	1326	Viriato Coelho	viriahtvs runners viseu	Veterano M40	03:56:17	+02:05:32	13:08
223	1321	Elisabete Carreira	viriahtvs runners viseu	Veterana F40	03:56:17	+02:05:32	13:08
224	2273	Miguel Dias	individual	Veterano M40	03:56:44	+02:05:59	13:09
225	2180	Carlos Viamonte	individual	Veterano M50	03:56:49	+02:06:04	13:09
226	2297	Pedro Resende	individual	Senior Masculino	03:56:49	+02:06:04	13:09
227	2336	Cláudia Leitão	keepmoving	Senior Feminino	03:56:50	+02:06:05	13:09
228	2306	Rui Araújo	individual	Senior Masculino	03:56:51	+02:06:06	13:09
229	2283	Nuno Peralta	individual	Veterano M40	03:56:59	+02:06:14	13:10
230	2189	Diogo Manuel Mendes	individual	Senior Masculino	03:56:59	+02:06:14	13:10
231	2270	Mário Noronha	individual	Senior Masculino	03:57:41	+02:06:56	13:12
232	2279	Nuno Ferreira	individual	Veterano M40	03:58:06	+02:07:21	13:14
233	2379	Ana Cota	oralklass-aliança-amigos do trail	Senior Feminino	03:58:06	+02:07:21	13:14
234	2368	José Silva	nocturnos de paredes	Veterano M40	03:59:12	+02:08:27	13:17
235	2464	VERA MARTINS	tou que nem posso	Senior Feminino	03:59:53	+02:09:08	13:20
236	2461	ISABEL ARAÚJO	tou que nem posso	Veterana F40	03:59:54	+02:09:09	13:20
237	2249	Luís Filipe dos Santos Ferreira	individual	Senior Masculino	04:00:13	+02:09:28	13:21
238	2195	Elisabete Pinhel	individual	Senior Feminino	04:01:05	+02:10:20	13:24
239	2140	Nuno Martins	individual	Senior Masculino	04:01:05	+02:10:20	13:24
240	2125	Armandina da Silva Torres	gdct incm	Veterana F40	04:01:27	+02:10:42	13:25
241	2313	Sergio Filipe Maia de Sousa	individual	Senior Masculino	04:01:31	+02:10:46	13:25
242	2326	CRISTINA AMARAL	inquipa trail sorriso	Veterana F40	04:02:46	+02:12:01	13:29
243	2327	MARCO PACHECO	inquipa trail sorriso	Veterano M40	04:02:46	+02:12:01	13:29
244	2041	Helder Sousa	budeguita runners	Veterano M40	04:03:35	+02:12:50	13:32
245	2248	Luciana Aguiar	individual	Senior Feminino	04:03:44	+02:12:59	13:32
246	2310	Sandra Sousa	individual	Senior Feminino	04:04:15	+02:13:30	13:34
247	1302	Pedro Ramos	shots international runners	Veterano M40	04:04:49	+02:14:04	13:36
248	2203	Flávio Ortins	individual	Senior Masculino	04:05:06	+02:14:21	13:37
249	2147	Ana Campanha	individual	Senior Feminino	04:05:12	+02:14:27	13:37
250	2220	Ivete Rodrigues Gonçalves Alves	individual	Veterana F40	04:05:23	+02:14:38	13:38
251	2250	Carmen Lima	individual	Senior Feminino	04:05:54	+02:15:09	13:40
252	2275	miguel pinto	individual	Veterano M40	04:07:04	+02:16:19	13:44
253	2219	isaura almeida	individual	Veterana F40	04:07:05	+02:16:20	13:44
254	2448	Ana Paula Ramos	tãlentos team	Veterana F40	04:10:16	+02:19:31	13:54
255	2149	Ana Gonçalves	individual	Senior Feminino	04:12:25	+02:21:40	14:01
256	2126	JOÃO PINTO	gdct incm	Senior Masculino	04:12:25	+02:21:40	14:01
257	2210	Guilherme Figueiredo Machado Silva	individual	Senior Masculino	04:15:55	+02:25:10	14:13
258	2370	Maria Jesus	nocturnos de paredes	Veterana F40	04:16:03	+02:25:18	14:13
259	2375	Rui Silva	nocturnos de paredes	Veterano M40	04:16:04	+02:25:19	14:14
260	2002	Paulo Ferreira	100fôlego	Veterano M40	04:16:30	+02:25:45	14:15
261	1167	João Carlos Fernandes da Cunha	individual	Veterano M40	04:19:21	+02:28:36	14:24
262	2262	Margarida Oliveira	individual	Veterana F40	04:22:20	+02:31:35	14:34
263	2420	Célia Aroso	solmaia runners	Veterana F40	04:23:33	+02:32:48	14:38
264	2431	Maria Fonseca	solmaia runners	Veterana F40	04:23:34	+02:32:49	14:39

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	2418	Carlos Costa	solmaia runners	Senior Masculino	04:23:34	+02:32:49	14:39
266	2444	Vitor Zenha	solmaia runners	Senior Masculino	04:23:34	+02:32:49	14:39
267	2415	Ana Peixoto	solmaia runners	Senior Feminino	04:23:35	+02:32:50	14:39
268	2414	Adolfo Almeida	solmaia runners	Senior Masculino	04:23:35	+02:32:50	14:39
269	2438	Ricardo Almeida	solmaia runners	Veterano M40	04:23:35	+02:32:50	14:39
270	2433	Mário Araújo	solmaia runners	Veterano M40	04:23:35	+02:32:50	14:39
271	2417	Artur Cardoso	solmaia runners	Veterano M40	04:23:36	+02:32:51	14:39
272	2430	Manuel Mota	solmaia runners	Senior Masculino	04:23:36	+02:32:51	14:39
273	2439	Rita Oliveira	solmaia runners	Senior Feminino	04:23:36	+02:32:51	14:39
274	2422	Diana Teixeira	solmaia runners	Senior Feminino	04:23:37	+02:32:52	14:39
275	2426	Isabel Pinto	solmaia runners	Senior Feminino	04:23:37	+02:32:52	14:39
276	2440	Rui Gomes	solmaia runners	Senior Masculino	04:23:38	+02:32:53	14:39
277	2421	Cláudia Parodi	solmaia runners	Senior Feminino	04:23:38	+02:32:53	14:39
278	2443	Vera Oliveira	solmaia runners	Senior Feminino	04:23:39	+02:32:54	14:39
279	2424	Francisco Fonseca	solmaia runners	Veterano M40	04:23:39	+02:32:54	14:39
280	2408	José Meireles Pereira	rosário extreme	Veterano M50	04:26:18	+02:35:33	14:48
281	2057	Nuno Cunha	colégio júlio dinis	Senior Masculino	04:27:15	+02:36:30	14:51
282	2401	ana paula	raposas	Veterana F40	04:27:19	+02:36:34	14:51
283	2257	marcia lopes	individual	Senior Feminino	04:28:18	+02:37:33	14:54
284	2019	Jorge Pinheiro	associação desportiva da efaced	Veterano M40	04:28:18	+02:37:33	14:54
285	2276	Miguel Rothes	individual	Senior Masculino	04:28:30	+02:37:45	14:55
286	2199	Fábio Santos	individual	Senior Masculino	04:28:33	+02:37:48	14:55
287	2143	Alexandra Martins	individual	Senior Feminino	04:28:48	+02:38:03	14:56
288	2001	Diana Neto	100fôlego	Senior Masculino	04:29:54	+02:39:09	15:00
289	2168	Bruno Dias	individual	Senior Masculino	04:30:54	+02:40:09	15:03
290	2309	Rute Montenegro	individual	Senior Feminino	04:31:09	+02:40:24	15:04
291	2457	Maria Joao Emidio	tãlentos team	Veterana F40	04:31:13	+02:40:28	15:04
292	2450	Elisabete Azougado	tãlentos team	Veterana F40	04:31:24	+02:40:39	15:05
293	2455	Luís Azougado	tãlentos team	Veterano M40	04:31:24	+02:40:39	15:05
294	2085	Silvia Pinto	estoira trails	Senior Feminino	04:31:47	+02:41:02	15:06
295	2190	diogo ramalhao	individual	Senior Masculino	04:32:44	+02:41:59	15:09
296	2331	Helena Maia	joão manuel f. marafona	Veterana F50	04:33:52	+02:43:07	15:13
297	2332	João Manuel Ferreira Marafona	joão manuel f. marafona	Veterano M40	04:33:52	+02:43:07	15:13
298	2255	Manuela Miranda Flores	individual	Senior Feminino	04:33:52	+02:43:07	15:13
299	2333	Rui Carvalho	joão manuel f. marafona	Veterano M40	04:33:52	+02:43:07	15:13
300	2209	Graça Silva	individual	Veterana F50	04:33:58	+02:43:13	15:13
301	2243	José Gabriel Gonçalves	individual	Veterano M40	04:34:16	+02:43:31	15:14
302	2033	Pedro Madureirs	bootseals	Senior Masculino	04:34:18	+02:43:33	15:14
303	2104	Cristina Gonçalves	falta muito?	Senior Feminino	04:34:25	+02:43:40	15:15
304	2105	Miguel Fonseca	falta muito?	Veterano M40	04:34:26	+02:43:41	15:15
305	2465	Carla Leal	uh lá lá	Senior Feminino	04:35:44	+02:44:59	15:19
306	2193	Dulce Maria Novo de Figueiredo	individual	Veterana F40	04:36:01	+02:45:16	15:20
307	2151	Ana Paula da Silva Nunes	individual	Senior Feminino	04:36:01	+02:45:16	15:20
308	2307	Rui Avelino	individual	Veterano M50	04:39:38	+02:48:53	15:32
309	2080	Carla Azevedo	está muito lento	Senior Feminino	04:42:48	+02:52:03	15:43
310	2081	Sofia Martins	está muito lento	Senior Feminino	04:42:48	+02:52:03	15:43

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
311	2225	João Manuel Mendonça Lopes	individual	Senior Masculino	04:47:04	+02:56:19	15:57
312	2188	Diana Sofia Gomes Pina	individual	Senior Feminino	04:48:12	+02:57:27	16:01
313	2240	José Carlos Duarte Gonçalves	individual	Senior Masculino	04:48:12	+02:57:27	16:01
314	2224	joana silva	individual	Senior Feminino	04:48:54	+02:58:09	16:03
315	2186	Daniela Lopes	individual	Senior Feminino	04:48:54	+02:58:09	16:03
316	2258	Marco Alexandre Resende Lopes	individual	Veterano M40	04:50:10	+02:59:25	16:07
317	2176	Carlos Alexandre Azevedo Mendes	individual	Senior Masculino	04:51:07	+03:00:22	16:10
318	2089	Carla Costa	eu+ ginásio	Senior Feminino	04:53:05	+03:02:20	16:1
319	2093	Joana Vaz	eu+ ginásio	Veterana F40	04:53:05	+03:02:20	16:17
320	2351	MARIA ROSA SILVA PEREIRA COSTA	moreira relax runners	Veterana F50	04:53:31	+03:02:46	16:18
321	2009	Gloria Monteiro	all about	Veterano M40	04:55:00	+03:04:15	16:23
322	2010	Luis Miguel Pedroso	all about	Veterano M40	04:55:02	+03:04:17	16:23
323	2413	Sofia Ferreira	shots international runners	Senior Feminino	04:55:07	+03:04:22	16:24
324	2198	Eva Carvalho	individual	Senior Feminino	04:56:07	+03:05:22	16:27
325	2148	Ana Ciotta Neves	individual	Senior Feminino	04:56:07	+03:05:22	16:27
326	2163	Bárbara Barbosa	individual	Senior Feminino	04:56:08	+03:05:23	16:27
327	2026	Diva Freitas	bootseals	Senior Feminino	04:56:26	+03:05:41	16:28
328	2032	Paula Cristina	bootseals	Veterana F50	04:56:26	+03:05:41	16:28
329	2031	Marta Moutinho	bootseals	Senior Feminino	04:56:26	+03:05:41	16:28
330	2025	Cláudia Madureira	bootseals	Senior Feminino	04:56:27	+03:05:42	16:28
331	2013	Paula Chaves	all about	Veterana F40	04:57:59	+03:07:14	16:33
332	2343	Elva Bonifácio Andrade	miguel baia	Senior Feminino	04:58:56	+03:08:11	16:36
333	2087	Begoña Pérez	eu+ ginásio	Senior Feminino	04:58:56	+03:08:11	16:36
334	2172	Carla Barbosa	individual	Senior Feminino	04:59:51	+03:09:06	16:39
335	2011	Luisa Almeida	all about	Veterana F50	04:59:51	+03:09:06	16:39
336	2500	Atleta 2500	individual	Senior Masculino	04:59:52	+03:09:07	16:40
337	2012	Miguel Resende	all about	Veterano M40	04:59:53	+03:09:08	16:40
338	2318	Susana Maria Teixeira da rocha	individual	Senior Feminino	04:59:53	+03:09:08	16:40
339	2466	Rosalba Leão	unidade especial de corrida	Senior Feminino	04:59:53	+03:09:08	16:40
340	2315	Sílvia Maia	individual	Senior Feminino	05:00:57	+03:10:12	16:43
341	2459	Mario Gaspar	tálenos team	Senior Masculino	05:01:06	+03:10:21	16:44
342	2211	Hélder Manuel dos Santos Silva	individual	Veterano M40	05:02:44	+03:11:59	16:49
343	2175	Carlos Alberto Soares Moreira	individual	Senior Masculino	05:02:45	+03:12:00	16:49
344	2121	Pituxa Marques	funky runners	Veterana F40	05:03:21	+03:12:36	16:51
345	2004	Paula Jesus	acupuntura medicina energética	Senior Feminino	05:05:53	+03:15:08	17:00
346	2005	Pedro Campos	acupuntura medicina energética	Senior Masculino	05:05:53	+03:15:08	17:00
347	2098	Joana Pinheiro	experenciari/farmácia de vila cova/centro de recuperação diogo cardoso	Senior Feminino	05:10:16	+03:19:31	17:14
348	2122	Sonia Silva	funky runners	Senior Feminino	05:17:07	+03:26:22	17:37
349	1300	Helena Lobão	shots international runners	Senior Feminino	05:18:12	+03:27:27	17:41
350	2066	Patrícia Oliveira	correr p'ra tainar	Senior Feminino	05:19:08	+03:28:23	17:44
351	2067	Pedro Gonçalves	correr p'ra tainar	Senior Masculino	05:19:14	+03:28:29	17:44
352	2068	Rui Costa	correr p'ra tainar	Veterano M40	05:19:18	+03:28:33	17:44
353	2065	Cristina Costa	correr p'ra tainar	Senior Feminino	05:19:18	+03:28:33	17:44
354	2214	Helena Soares	individual	Veterana F40	05:20:35	+03:29:50	17:49
355	2374	Rita Ferreira	nocturnos de paredes	Senior Feminino	05:21:01	+03:30:16	17:50

UTDP CURTO 18KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
356	2320	Verónica Simões	individual	Senior Feminino	05:21:07	+03:30:22	17:50
357	2064	Sandra Batista	correr lisboa	Veterana F40	05:21:08	+03:30:23	17:50
358	1081	Heitor Cardoso	correr lisboa	Veterano M50	05:21:08	+03:30:23	17:50
359	2061	Ana Trindade	correr lisboa	Veterana F40	05:21:08	+03:30:23	17:50
360	2157	António Cerejo	individual	Veterano M40	05:21:09	+03:30:24	17:50
361	2217	Isabel Filipa Martins de Almeida	individual	Veterana F40	05:21:12	+03:30:27	17:51
362	2474	Helena Novais	individual	Senior Feminino	05:25:41	+03:34:56	18:06
363	2477	André Ribeiro	individual	Senior Masculino	05:25:41	+03:34:56	18:06
364	2475	Susana Ferreira	individual	Senior Feminino	05:25:42	+03:34:57	18:06
365	2478	Joana Ribeiro	individual	Senior Feminino	05:25:42	+03:34:57	18:06
366	2473	Tiago Adrega	individual	Senior Masculino	05:25:42	+03:34:57	18:06
367	2476	Fernanda Oliveira	individual	Senior Masculino	05:25:44	+03:34:59	18:06
368	2316	Sónia Marisa Vieira de Araújo Malheiro	individual	Senior Feminino	05:26:21	+03:35:36	18:08
369	2317	Sónia Raquel Ferras Silva	individual	Senior Feminino	05:26:21	+03:35:36	18:08
370	2191	Dionisia Alexandra Ferras Silva	individual	Senior Feminino	05:26:21	+03:35:36	18:08
371	2456	Manuela Duarte Aldeia	tálenos team	Veterana F50	05:29:03	+03:38:18	18:17
372	2451	Fatima Brito	tálenos team	Senior Feminino	05:29:03	+03:38:18	18:17
373	2144	Alice Viveiros	individual	Veterana F40	05:39:50	+03:49:05	18:53
374	1020	Fernanda Alves	all about	Veterana F40	05:39:50	+03:49:05	18:53
375	2208	Graça Maria Figueiredo Casal	individual	Veterana F40	05:47:38	+03:56:53	19:19
376	2160	António Manuel Valente do Carmo	individual	Veterano M50	05:47:38	+03:56:53	19:19
377	2409	Luis Sousa	rungo	Senior Masculino	05:52:36	+04:01:51	19:35
378	2410	michelle ferreira	rungo	Senior Feminino	05:52:37	+04:01:52	19:35
379	2280	Nuno Filipe de Sousa Correia	individual	Senior Masculino	06:18:24	+04:27:39	21:01
380	2173	Carla Brinco	individual	Senior Feminino	07:36:04	+05:45:19	25:20
381	2207	GiselaSantiago	individual	Senior Feminino	07:36:05	+05:45:20	25:20
382	2247	Liliana Borges	individual	Senior Feminino	07:36:06	+05:45:21	25:20

UTDP Curto 18Km

18 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:45	20,2°C	63,6%
End	17:05	20,2°C	63,6%

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

1	2196	Estela Martins	Individual	Senior Feminino	02:42:48	09:03
2	2269	Mariana Delgado	Individual	Senior Feminino	02:44:20	+01:32 09:08
3	2356	Cristina Isabel Mendes Oliveira Dias	MULTIPOWER GAIA TRAIL	Senior Feminino	02:46:01	+03:13 09:13
4	2042	Isabel Ferreira	BUDEGUITA RUNNERS	Senior Feminino	02:47:54	+05:06 09:20
5	2314	Silvia Alexandra silva Cunha	Individual	Senior Feminino	02:48:54	+06:06 09:23
6	2007	Paula Barbosa	AFS Estofos AUTO	Senior Feminino	02:52:12	+09:24 09:34
7	2362	Joana Raio Esperanço	NEL - Pédatleta	Senior Feminino	02:58:25	+15:37 09:55
8	2277	Nilza Conde Paixão	Individual	Senior Feminino	03:01:08	+18:20 10:04
9	2261	Margarida Fernandes	Individual	Senior Feminino	03:04:39	+21:51 10:15
10	2129	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:15:15	+32:27 10:51
11	2069	Cláudia Pereira	Corridas De Pernas Pro Ar	Senior Feminino	03:15:16	+32:28 10:51
12	2445	Andreia Ferreira	Sunday Training	Senior Feminino	03:15:26	+32:38 10:51
13	2076	Severina Almeida	CTAD TRILHOS DE CINFÃES	Senior Feminino	03:20:20	+37:32 11:08
14	1087	Margarida Pedro	CTAD TRILHOS DE CINFÃES	Senior Feminino	03:20:42	+37:54 11:09
15	2355	Aurora Silva	MULTIPOWER GAIA TRAIL	Senior Feminino	03:20:59	+38:11 11:10
16	2075	Rita Gaspar	CTAD TRILHOS DE CINFÃES	Senior Feminino	03:23:21	+40:33 11:18
17	2378	Cristina Barros	OFFTEL RUNNERS	Senior Feminino	03:23:56	+41:08 11:20
18	2035	JOSEPHINE MARQUES	BOTACHAVE	Senior Feminino	03:28:53	+46:05 11:36
19	2328	Maria Oliveira	INQUIPA TRAIL SORRISO	Senior Feminino	03:30:21	+47:33 11:41
20	3000	Jessica Patricia Rocha Carvalho	EXPERIENCIAR/FARMÁCIA DE VILA COVA/CENTRO DE RECUPERAÇÃO DIOGO CARDOSO	Senior Feminino	03:34:55	+52:07 11:56
21	2387	Joana Gonçalves	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Feminino	03:37:13	+54:25 12:04
22	2150	Ana Luísa de Oliveira Melo	Individual	Senior Feminino	03:37:46	+54:58 12:06
23	2097	Vania Raposo	EU+ Ginásio	Senior Feminino	03:41:51	+59:03 12:19
24	2324	Aline Simeão	INQUIPA TRAIL SORRISO	Senior Feminino	03:42:18	+59:30 12:21
25	2337	Rita Araújo	keepmoving	Senior Feminino	03:45:04	+01:02:16 12:30
26	1317	Ana Cristina Costa	Viriathvs Runners Viseu	Senior Feminino	03:45:22	+01:02:34 12:31
27	2399	Paula Montenegro	Os Zangões	Senior Feminino	03:47:40	+01:04:52 12:39
28	2354	Ana Sofia Correia Vieira	MULTIPOWER GAIA TRAIL	Senior Feminino	03:47:53	+01:05:05 12:40
29	41	Carla Barbosa	Individual	Senior Feminino	03:54:47	+01:11:59 13:03
30	2110	Carolina Coutinho	FIT4FUN	Senior Feminino	03:54:47	+01:11:59 13:03
31	2336	Cláudia Leitão	keepmoving	Senior Feminino	03:56:50	+01:14:02 13:09
32	2379	Ana Cota	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Feminino	03:58:06	+01:15:18 13:14
33	2464	VERA MARTINS	TOU QUE NEM POSSO	Senior Feminino	03:59:53	+01:17:05 13:20
34	2195	Elisabete Pinhel	Individual	Senior Feminino	04:01:05	+01:18:17 13:24
35	2248	Luciana Aguiar	Individual	Senior Feminino	04:03:44	+01:20:56 13:32
36	2310	Sandra Sousa	Individual	Senior Feminino	04:04:15	+01:21:27 13:34

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37	2147	Ana Campanha	Individual	Senior Feminino	04:05:12	+01:22:24	13:37
38	2250	Carmen Lima	Individual	Senior Feminino	04:05:54	+01:23:06	13:40
39	2149	Ana Gonçalves	Individual	Senior Feminino	04:12:25	+01:29:37	14:01
40	2415	Ana Peixoto	Solmaia Runners	Senior Feminino	04:23:35	+01:40:47	14:39
41	2439	Rita Oliveira	Solmaia Runners	Senior Feminino	04:23:36	+01:40:48	14:39
42	2422	Diana Teixeira	Solmaia Runners	Senior Feminino	04:23:37	+01:40:49	14:39
43	2426	Isabel Pinto	Solmaia Runners	Senior Feminino	04:23:37	+01:40:49	14:39
44	2421	Cláudia Parodi	Solmaia Runners	Senior Feminino	04:23:38	+01:40:50	14:39
45	2443	Vera Oliveira	Solmaia Runners	Senior Feminino	04:23:39	+01:40:51	14:39
46	2257	marcia lopes	Individual	Senior Feminino	04:28:18	+01:45:30	14:54
47	2143	Alexandra Martins	Individual	Senior Feminino	04:28:48	+01:46:00	14:56
48	2309	Rute Montenegro	Individual	Senior Feminino	04:31:09	+01:48:21	15:04
49	2085	Silvia Pinto	Estoira Trails	Senior Feminino	04:31:47	+01:48:59	15:06
50	2255	Manuela Miranda Flores	Individual	Senior Feminino	04:33:52	+01:51:04	15:13
51	2104	Cristina Gonçalves	FALTA MUITO?	Senior Feminino	04:34:25	+01:51:37	15:15
52	2465	Carla Leal	Uh Lá Lá	Senior Feminino	04:35:44	+01:52:56	15:19
53	2151	Ana Paula da Silva Nunes	Individual	Senior Feminino	04:36:01	+01:53:13	15:20
54	2080	Carla Azevedo	Está muito lento	Senior Feminino	04:42:48	+02:00:00	15:43
55	2081	Sofia Martins	Está muito lento	Senior Feminino	04:42:48	+02:00:00	15:43
56	2188	Diana Sofia Gomes Pina	Individual	Senior Feminino	04:48:12	+02:05:24	16:01
57	2224	joana silva	Individual	Senior Feminino	04:48:54	+02:06:06	16:03
58	2186	Daniela Lopes	Individual	Senior Feminino	04:48:54	+02:06:06	16:03
59	2089	Carla Costa	EU+ Ginásio	Senior Feminino	04:53:05	+02:10:17	16:17
60	2413	Sofia Ferreira	Shots International Runners	Senior Feminino	04:55:07	+02:12:19	16:24
61	2198	Eva Carvalho	Individual	Senior Feminino	04:56:07	+02:13:19	16:27
62	2148	Ana Ciotta Neves	Individual	Senior Feminino	04:56:07	+02:13:19	16:27
63	2163	Bárbara Barbosa	Individual	Senior Feminino	04:56:08	+02:13:20	16:27
64	2026	Diva Freitas	BootSeals	Senior Feminino	04:56:26	+02:13:38	16:28
65	2031	Marta Moutinho	BootSeals	Senior Feminino	04:56:26	+02:13:38	16:28
66	2025	Cláudia Madureira	BootSeals	Senior Feminino	04:56:27	+02:13:39	16:28
67	2343	Elva Bonifácio Andrade	Miguel Baia	Senior Feminino	04:58:56	+02:16:08	16:36
68	2087	Begoña Pérez	EU+ Ginásio	Senior Feminino	04:58:56	+02:16:08	16:36
69	2172	Carla Barbosa	Individual	Senior Feminino	04:59:51	+02:17:03	16:39
70	2318	Susana Maria Teixeira da rocha	Individual	Senior Feminino	04:59:53	+02:17:05	16:40
71	2466	Rosalba Leão	Unidade Especial de Corrida	Senior Feminino	04:59:53	+02:17:05	16:40
72	2315	Sílvia Maia	Individual	Senior Feminino	05:00:57	+02:18:09	16:43
73	2004	Paula Jesus	Acupunctura Medicina Energética	Senior Feminino	05:05:53	+02:23:05	17:00
74	2098	Joana Pinheiro	EXPERIENCIAR/FARMÁCIA DE VILA COVA/CENTRO DE RECUPERAÇÃO DIOGO CARDOSO	Senior Feminino	05:10:16	+02:27:28	17:14
75	2122	Sonia Silva	Funky Runners	Senior Feminino	05:17:07	+02:34:19	17:37
76	1300	Helena Lobão	Shots International Runners	Senior Feminino	05:18:12	+02:35:24	17:41
77	2066	Patrícia Oliveira	Correr p'ra Tainar	Senior Feminino	05:19:08	+02:36:20	17:44
78	2065	Cristina Costa	Correr p'ra Tainar	Senior Feminino	05:19:18	+02:36:30	17:44
79	2374	Rita Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	05:21:01	+02:38:13	17:50
80	2320	Verónica Simões	Individual	Senior Feminino	05:21:07	+02:38:19	17:50

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81	2474	Helena Novais	Individual	Senior Feminino	05:25:41	+02:42:53	18:06
82	2475	Susana Ferreira	Individual	Senior Feminino	05:25:42	+02:42:54	18:06
83	2478	Joana Ribeiro	Individual	Senior Feminino	05:25:42	+02:42:54	18:06
84	2316	Sónia Marisa Vieira de Araújo Malheiro	Individual	Senior Feminino	05:26:21	+02:43:33	18:08
85	2317	Sónia Raquel Ferras Silva	Individual	Senior Feminino	05:26:21	+02:43:33	18:08
86	2191	Dionisia Alexandra Ferras Silva	Individual	Senior Feminino	05:26:21	+02:43:33	18:08
87	2451	Fatima Brito	Talentos Team	Senior Feminino	05:29:03	+02:46:15	18:17
88	2410	michelle ferreira	rungo	Senior Feminino	05:52:37	+03:09:49	19:35
89	2173	Carla Brinco	Individual	Senior Feminino	07:36:04	+04:53:16	25:20
90	2207	GiselaSantiago	Individual	Senior Feminino	07:36:05	+04:53:17	25:20
91	2247	Liliana Borges	Individual	Senior Feminino	07:36:06	+04:53:18	25:20

Senior Masculino

1	2256	Tiago Lousa	A minha Corrida/Skechers	Senior Masculino	01:50:45		06:09
2	2391	Nuno Alves	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	01:52:50	+02:05	06:16
3	2383	Bruno Silva	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	01:55:14	+04:29	06:24
4	2078	Pedro Leite	Dr Merino Clinica Médica	Senior Masculino	02:05:30	+14:45	06:58
5	2071	Ivan Rocha	Cross the line	Senior Masculino	02:07:26	+16:41	07:05
6	2347	José António Rodrigues Sequeira	Montanha Clube Trail Running	Senior Masculino	02:11:04	+20:19	07:17
7	2100	Pedro Alexandre Miranda do Vale	EXPERIENCIAR/FARMÁCIA DE VILA COVA/CENTRO DE RECUPERAÇÃO DIOGO CARDOSO	Senior Masculino	02:16:49	+26:04	07:36
8	2388	Jose Neto	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:21:05	+30:20	07:50
9	2099	José Inácio Lima Rodrigues	EXPERIENCIAR/FARMÁCIA DE VILA COVA/CENTRO DE RECUPERAÇÃO DIOGO CARDOSO	Senior Masculino	02:21:05	+30:20	07:50
10	1313	Filipe Miguel Grilo Teixeira	Unidade Especial de Corrida	Senior Masculino	02:22:49	+32:04	07:56
11	2499	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:26:53	+36:08	08:10
12	2159	António Lino Sousa Pinto	Individual	Senior Masculino	02:29:44	+38:59	08:19
13	2077	Vitor André da Silva Cardoso	CTAD TRILHOS DE CINFÃES	Senior Masculino	02:29:50	+39:05	08:19
14	2017	Bruno Pereira	Associação Desportiva da Efacec	Senior Masculino	02:31:18	+40:33	08:24
15	2117	Ricardo Aires	Fridão Sem Limites	Senior Masculino	02:32:43	+41:58	08:29
16	2381	Antonio Pinto	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:33:40	+42:55	08:32
17	2446	Joel Simplício	Sunday Training	Senior Masculino	02:35:41	+44:56	08:39
18	155	Renato Coelho	Individual	Senior Masculino	02:36:27	+45:42	08:41
19	2389	Leonel Neves	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:37:19	+46:34	08:44
20	1150	David Camelo	Individual	Senior Masculino	02:38:28	+47:43	08:48
21	2073	João Cardoso	CTAD TRILHOS DE CINFÃES	Senior Masculino	02:39:33	+48:48	08:52
22	2359	Gonçalo Freitas	ND SPORT	Senior Masculino	02:40:08	+49:23	08:54
23	2086	Filipe Bernardo	EU+ Ginásio	Senior Masculino	02:40:15	+49:30	08:54
24	2070	Hugo Ribeiro	Cross the line	Senior Masculino	02:40:42	+49:57	08:56

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25	1186	Leonardo Martins Crisostomo	Individual	Senior Masculino	02:44:24	+53:39	09:08
26	2299	Ricardo Carvalho	Individual	Senior Masculino	02:44:43	+53:58	09:09
27	2244	José Luís Pinto	Individual	Senior Masculino	02:45:00	+54:15	09:10
28	2231	João Sousa	Individual	Senior Masculino	02:45:02	+54:17	09:10
29	2112	Cláudio Fernando de Almeida Taveira	Fontainhas runners	Senior Masculino	02:45:24	+54:39	09:11
30	2113	Vitor Armando Gonçalves Barroso	Fontainhas runners	Senior Masculino	02:45:24	+54:39	09:11
31	2254	Manuel silva	Individual	Senior Masculino	02:46:38	+55:53	09:15
32	2350	Nelson Filipe Pinto Nascimento	MoodRunners	Senior Masculino	02:49:17	+58:32	09:24
33	2305	Rodolfo Orfão	Individual	Senior Masculino	02:49:24	+58:39	09:25
34	2178	Carlos Manuel dos santos rocha	Individual	Senior Masculino	02:52:19	+01:01:34	09:34
35	2308	Rui Manuel Ramos Costa	Individual	Senior Masculino	02:54:00	+01:03:15	09:40
36	2102	Nelson Amaral	Extreme RC	Senior Masculino	02:56:03	+01:05:18	09:47
37	2412	Joao Martins	Shots International Runners	Senior Masculino	02:56:07	+01:05:22	09:47
38	2286	Óscar Manuel Fonseca Figueiredo	Individual	Senior Masculino	02:56:18	+01:05:33	09:48
39	2293	Pedro Ferraz	Individual	Senior Masculino	02:56:26	+01:05:41	09:48
40	2021	Rui Gonçalves	Associação Desportiva da Efacec	Senior Masculino	02:56:54	+01:06:09	09:50
41	2037	LUIS MIRANDA	BOTACHAVE	Senior Masculino	02:57:34	+01:06:49	09:52
42	2386	Ivo Dias	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:57:52	+01:07:07	09:53
43	2281	Nuno Miguel Correia Alve	Individual	Senior Masculino	02:58:07	+01:07:22	09:54
44	2015	Filipe Cunha	Aqui Vamos Nós!	Senior Masculino	03:00:59	+01:10:14	10:03
45	2206	Gilberto Orlando	Individual	Senior Masculino	03:01:03	+01:10:18	10:03
46	2303	RICARDO MANUEL DA SILVA RIBEIRO	Individual	Senior Masculino	03:01:57	+01:11:12	10:06
47	2390	Mario Almeida	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:02:32	+01:11:47	10:08
48	2158	Antonio Fonseca	Individual	Senior Masculino	03:02:38	+01:11:53	10:09
49	2239	JOSE BAGO	Individual	Senior Masculino	03:02:47	+01:12:02	10:09
50	2411	Artur Pereira	Shots International Runners	Senior Masculino	03:03:16	+01:12:31	10:11
51	2096	Rui Rocha	EU+ Ginásio	Senior Masculino	03:04:17	+01:13:32	10:14
52	2204	Francisco Daniel	Individual	Senior Masculino	03:05:48	+01:15:03	10:19
53	154	Vitor Hugo Queiros	Individual	Senior Masculino	03:05:49	+01:15:04	10:19
54	2298	Rafael Pires	Individual	Senior Masculino	03:06:17	+01:15:32	10:21
55	2006	Filipe Sousa	AFS Estofos AUTO	Senior Masculino	03:06:52	+01:16:07	10:23
56	2023	Tiago Guedes	Associação Desportiva de Mira	Senior Masculino	03:07:45	+01:17:00	10:26
57	2395	Ruben Martins	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:07:49	+01:17:04	10:26
58	2377	Tiago André Moreira	NOCTURNOS DE PAREDES	Senior Masculino	03:08:56	+01:18:11	10:30
59	2467	Francisco Novais	VILLA DE BASTO RUNNERS	Senior Masculino	03:09:11	+01:18:26	10:31
60	2468	Ivo Moura	VILLA DE BASTO RUNNERS	Senior Masculino	03:09:11	+01:18:26	10:31
61	2469	Nuno Santos	VILLA DE BASTO RUNNERS	Senior Masculino	03:09:11	+01:18:26	10:31
62	2022	Vitor Silva	Associação Desportiva da Efacec	Senior Masculino	03:09:27	+01:18:42	10:31
63	2302	Ricardo Magalhães	Individual	Senior Masculino	03:10:18	+01:19:33	10:34
64	2342	Pedro Viana	Melres Trail Running	Senior Masculino	03:11:23	+01:20:38	10:38
65	2341	Nuno Nunes	Melres Trail Running	Senior Masculino	03:11:24	+01:20:39	10:38
66	2103	Renato Matos	Extreme RC	Senior Masculino	03:12:10	+01:21:25	10:41
67	2101	António Bessa	Extreme RC	Senior Masculino	03:12:22	+01:21:37	10:41

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68	2177	Carlos Alexandre Teixeira do Amaral Resende	Individual	Senior Masculino	03:13:19	+01:22:34	10:44
69	2272	Michel Rolo	Individual	Senior Masculino	03:13:51	+01:23:06	10:46
70	2335	João Ricardo Grilo Teixeira	John's	Senior Masculino	03:14:50	+01:24:05	10:49
71	2170	Bruno Miguel Pontes Gomes	Individual	Senior Masculino	03:15:12	+01:24:27	10:51
72	2348	Pedro Miguel Rodrigues Sequeira	Montanha Clube Trail Running	Senior Masculino	03:15:25	+01:24:40	10:51
73	2229	João Reis	Individual	Senior Masculino	03:15:43	+01:24:58	10:52
74	2111	Pedro Magalhães	FIT4FUN	Senior Masculino	03:16:00	+01:25:15	10:53
75	2235	Jorge Borges	Individual	Senior Masculino	03:16:01	+01:25:16	10:53
76	2020	Miguel Pereira	Associação Desportiva da Efacec	Senior Masculino	03:16:18	+01:25:33	10:54
77	2179	Carlos Pereira	Individual	Senior Masculino	03:16:50	+01:26:05	10:56
78	2055	Marcos Roldão	Clube Nortada - Murtosa Night Runners	Senior Masculino	03:17:09	+01:26:24	10:57
79	2321	Victor Gabriel Franco	Individual	Senior Masculino	03:20:21	+01:29:36	11:08
80	2246	jose manuel santos alves	Individual	Senior Masculino	03:20:34	+01:29:49	11:09
81	2063	João Trindade	CORRER LISBOA	Senior Masculino	03:20:35	+01:29:50	11:09
82	2074	Pedro Ferreirinha	CTAD TRILHOS DE CINFÃES	Senior Masculino	03:20:43	+01:29:58	11:09
83	2169	Bruno Ferreira	Individual	Senior Masculino	03:20:46	+01:30:01	11:09
84	1190	luis miguel da silva ribeiro	Individual	Senior Masculino	03:21:04	+01:30:19	11:10
85	2171	Bruno Paiva	Individual	Senior Masculino	03:22:00	+01:31:15	11:13
86	1033	Samuel Teixeira	Amigo	Senior Masculino	03:22:54	+01:32:09	11:16
87	2108	Ricardo A. Silva Sousa	FFit Gaia Trail	Senior Masculino	03:23:45	+01:33:00	11:19
88	2226	João Carvalho	Individual	Senior Masculino	03:23:59	+01:33:14	11:20
89	2201	Filipe Medeiros Guedes Fonseca	Individual	Senior Masculino	03:27:33	+01:36:48	11:32
90	2301	Ricardo Jorge Barbedo Fonseca	Individual	Senior Masculino	03:29:17	+01:38:32	11:38
91	2393	Pedro Duarte	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:30:09	+01:39:24	11:40
92	2294	Pedro Martins	Individual	Senior Masculino	03:30:09	+01:39:24	11:40
93	2145	AMILCAR RICARDO CARDOSO LOPES	Individual	Senior Masculino	03:30:21	+01:39:36	11:41
94	2131	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:31:12	+01:40:27	11:44
95	2165	Bruno Carneiro	Individual	Senior Masculino	03:34:26	+01:43:41	11:55
96	2115	Filipe Pinheiro	Fridão Sem Limites	Senior Masculino	03:35:46	+01:45:01	11:59
97	2056	Marco Carvalho	Colégio Júlio Dinis	Senior Masculino	03:36:12	+01:45:27	12:01
98	2058	Ricardo Teixeira	Colégio Júlio Dinis	Senior Masculino	03:36:13	+01:45:28	12:01
99	2184	Daniel Costa	Individual	Senior Masculino	03:37:34	+01:46:49	12:05
100	2167	Bruno Costa	Individual	Senior Masculino	03:37:34	+01:46:49	12:05
101	2285	Nuno Santos	Individual	Senior Masculino	03:37:47	+01:47:02	12:06
102	2304	Ricardo Moreira	Individual	Senior Masculino	03:38:37	+01:47:52	12:09
103	2349	Fábio Joel Pereira Miranda	MoodRunners	Senior Masculino	03:38:39	+01:47:54	12:09
104	2054	Jorge Maia	Clube Nortada - Murtosa Night Runners	Senior Masculino	03:38:42	+01:47:57	12:09
105	2082	Bruno Costa	Estoiras Trails	Senior Masculino	03:41:19	+01:50:34	12:18
106	2084	Sérgio Duarte	Estoiras Trails	Senior Masculino	03:41:20	+01:50:35	12:18
107	2300	Ricardo Dias	Individual	Senior Masculino	03:41:59	+01:51:14	12:20
108	152	Pedro Gonçalves	Individual	Senior Masculino	03:45:04	+01:54:19	12:30
109	65	Hugo Costa	Individual	Senior Masculino	03:45:22	+01:54:37	12:31
110	2088	Bruno Quelhas	EU+ Ginásio	Senior Masculino	03:45:53	+01:55:08	12:33

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111	2334	Fernando José da Silva Ferreira	John's	Senior Masculino	03:46:13	+01:55:28	12:34
112	2369	Luis Cardoso	NOCTURNOS DE PAREDES	Senior Masculino	03:46:22	+01:55:37	12:35
113	2183	celso andre de sousa lopes	Individual	Senior Masculino	03:46:46	+01:56:01	12:36
114	2371	Nuno Alexandre	NOCTURNOS DE PAREDES	Senior Masculino	03:47:20	+01:56:35	12:38
115	2372	Raquel Ribeiro	NOCTURNOS DE PAREDES	Senior Masculino	03:47:20	+01:56:35	12:38
116	2398	Fernando Montenegro	Os Zangões	Senior Masculino	03:47:42	+01:56:57	12:39
117	2357	Fernando Manuel Vilar Patricio	MULTIPOWER GAIA TRAIL	Senior Masculino	03:47:54	+01:57:09	12:40
118	2297	Pedro Resende	Individual	Senior Masculino	03:56:49	+02:06:04	13:09
119	2306	Rui Araújo	Individual	Senior Masculino	03:56:51	+02:06:06	13:09
120	2189	Diogo Manuel Mendes	Individual	Senior Masculino	03:56:59	+02:06:14	13:10
121	2270	Mário Noronha	Individual	Senior Masculino	03:57:41	+02:06:56	13:12
122	2249	Luís Filipe dos Santos Ferreira	Individual	Senior Masculino	04:00:13	+02:09:28	13:21
123	2140	Nuno Martins	Individual	Senior Masculino	04:01:05	+02:10:20	13:24
124	2313	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	04:01:31	+02:10:46	13:25
125	2203	Flávio Ortins	Individual	Senior Masculino	04:05:06	+02:14:21	13:37
126	2126	JOÃO PINTO	GDCT INCM	Senior Masculino	04:12:25	+02:21:40	14:01
127	2210	Guilherme Figueiredo Machado Silva	Individual	Senior Masculino	04:15:55	+02:25:10	14:13
128	2418	Carlos Costa	Solmaia Runners	Senior Masculino	04:23:34	+02:32:49	14:39
129	2444	Vitor Zenha	Solmaia Runners	Senior Masculino	04:23:34	+02:32:49	14:39
130	2414	Adolfo Almeida	Solmaia Runners	Senior Masculino	04:23:35	+02:32:50	14:39
131	2430	Manuel Mota	Solmaia Runners	Senior Masculino	04:23:36	+02:32:51	14:39
132	2440	Rui Gomes	Solmaia Runners	Senior Masculino	04:23:38	+02:32:53	14:39
133	2057	Nuno Cunha	Colégio Júlio Dinis	Senior Masculino	04:27:15	+02:36:30	14:51
134	2276	Miguel Rothés	Individual	Senior Masculino	04:28:30	+02:37:45	14:55
135	2199	Fábio Santos	Individual	Senior Masculino	04:28:33	+02:37:48	14:55
136	2001	Diana Neto	100Fôlego	Senior Masculino	04:29:54	+02:39:09	15:00
137	2168	Bruno Dias	Individual	Senior Masculino	04:30:54	+02:40:09	15:03
138	2190	diogo ramalhao	Individual	Senior Masculino	04:32:44	+02:41:59	15:09
139	2033	Pedro Madureirs	BootSeals	Senior Masculino	04:34:18	+02:43:33	15:11
140	2225	João Manuel Mendonça Lopes	Individual	Senior Masculino	04:47:04	+02:56:19	15:57
141	2240	José Carlos Duarte Gonçalves	Individual	Senior Masculino	04:48:12	+02:57:27	16:01
142	2176	Carlos Alexandre Azevedo Mendes	Individual	Senior Masculino	04:51:07	+03:00:22	16:10
143	2500	Atleta 2500	Individual	Senior Masculino	04:59:52	+03:09:07	16:40
144	2459	Mario Gaspar	Tálenos Team	Senior Masculino	05:01:06	+03:10:21	16:44
145	2175	Carlos Alberto Soares Moreira	Individual	Senior Masculino	05:02:45	+03:12:00	16:49
146	2005	Pedro Campos	Acupunctura Medicina Energética	Senior Masculino	05:05:53	+03:15:08	17:00
147	2067	Pedro Gonçalves	Correr p'ra Tainar	Senior Masculino	05:19:14	+03:28:29	17:44
148	2477	André Ribeiro	Individual	Senior Masculino	05:25:41	+03:34:56	18:06
149	2473	Tiago Adrega	Individual	Senior Masculino	05:25:42	+03:34:57	18:06
150	2476	Fernanda Oliveira	Individual	Senior Masculino	05:25:44	+03:34:59	18:06
151	2409	Luis Sousa	rungo	Senior Masculino	05:52:36	+04:01:51	19:35
152	2280	Nuno Filipe de Sousa Correia	Individual	Senior Masculino	06:18:24	+04:27:39	21:01

Veterana F40

1	2263	maria do rosário da silva martins	Individual	Veterana F40	02:36:11	08:41
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2	2449	Carla Santos	Talentos Team	Veterana F40	02:47:54	+11:43	09:20
3	2127	Ana Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	02:48:56	+12:45	09:23
4	2366	Goreti Rocha	NOCTURNOS DE PAREDES	Veterana F40	03:02:44	+26:33	10:09
5	2142	Alexandra Maria de Carvalho Pereira Carvalho	Individual	Veterana F40	03:12:28	+36:17	10:42
6	2197	Eugénia Teixeira	Individual	Veterana F40	03:12:58	+36:47	10:43
7	2213	Helena Gomes	Individual	Veterana F40	03:13:35	+37:24	10:45
8	2325	Carla Gil	INQUIPA TRAIL SORRISO	Veterana F40	03:21:02	+44:51	11:10
9	2216	Isabel Carvalho	Individual	Veterana F40	03:28:31	+52:20	11:35
10	2338	Sonia Teixeira	keepmoving	Veterana F40	03:44:45	+01:08:34	12:29
11	2154	Ana Vale	Individual	Veterana F40	03:46:26	+01:10:15	12:35
12	2050	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	03:56:06	+01:19:55	13:07
13	1318	Celina Almeida	Viriathvs Runners Viseu	Veterana F40	03:56:17	+01:20:06	13:08
14	1321	Elisabete Carreira	Viriathvs Runners Viseu	Veterana F40	03:56:17	+01:20:06	13:08
15	2461	ISABEL ARAÚJO	TOU QUE NEM POSSO	Veterana F40	03:59:54	+01:23:43	13:20
16	2125	Armandina da Silva Torres	GDCT INCM	Veterana F40	04:01:27	+01:25:16	13:25
17	2326	CRISTINA AMARAL	INQUIPA TRAIL SORRISO	Veterana F40	04:02:46	+01:26:35	13:29
18	2220	Ivete Rodrigues Gonçalves Alves	Individual	Veterana F40	04:05:23	+01:29:12	13:38
19	2219	isaura almeida	Individual	Veterana F40	04:07:05	+01:30:54	13:44
20	2448	Ana Paula Ramos	Talentos Team	Veterana F40	04:10:16	+01:34:05	13:54
21	2370	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	04:16:03	+01:39:52	14:13
22	2262	Margarida Oliveira	Individual	Veterana F40	04:22:20	+01:46:09	14:34
23	2420	Célia Aroso	Solmaia Runners	Veterana F40	04:23:33	+01:47:22	14:38
24	2431	Maria Fonseca	Solmaia Runners	Veterana F40	04:23:34	+01:47:23	14:39
25	2401	ana paula	Raposas	Veterana F40	04:27:19	+01:51:08	14:51
26	2457	Maria Joao Emidio	Talentos Team	Veterana F40	04:31:13	+01:55:02	15:04
27	2450	Elisabete Azougado	Talentos Team	Veterana F40	04:31:24	+01:55:13	15:05
28	2193	Dulce Maria Novo de Figueiredo	Individual	Veterana F40	04:36:01	+01:59:50	15:20
29	2093	Joana Vaz	EU+ Ginásio	Veterana F40	04:53:05	+02:16:54	16:17
30	2013	Paula Chaves	All About	Veterana F40	04:57:59	+02:21:48	16:33
31	2121	Pituxa Marques	Funky Runners	Veterana F40	05:03:21	+02:27:10	16:51
32	2214	Helena Soares	Individual	Veterana F40	05:20:35	+02:44:24	17:49
33	2064	Sandra Batista	CORRER LISBOA	Veterana F40	05:21:08	+02:44:57	17:50
34	2061	Ana Trindade	CORRER LISBOA	Veterana F40	05:21:08	+02:44:57	17:50
35	2217	Isabel Filipa Martins de Almeida	Individual	Veterana F40	05:21:12	+02:45:01	17:51
36	2144	Alice Viveiros	Individual	Veterana F40	05:39:50	+03:03:39	18:53
37	1020	Fernanda Alves	All About	Veterana F40	05:39:50	+03:03:39	18:53
38	2208	Graça Maria Figueiredo Casal	Individual	Veterana F40	05:47:38	+03:11:27	19:19

Veterana F50

1	2268	maria trindade silva	Individual	Veterana F50	03:18:05		11:00
2	2454	Lucia Nogueira	Talentos Team	Veterana F50	03:47:04	+28:59	12:37
3	2447	Maria Isabel Rodrigues	Talentos Team	Veterana F50	03:47:43	+29:38	12:39
4	2331	Helena Maia	João Manuel F. Marafona	Veterana F50	04:33:52	+01:15:47	15:13
5	2209	Graça Silva	Individual	Veterana F50	04:33:58	+01:15:53	15:13

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6	2351	MARIA ROSA SILVA PEREIRA COSTA	Moreira Relax Runners	Veterana F50	04:53:31	+01:35:26	16:18
7	2032	Paula Cristina	BootSeals	Veterana F50	04:56:26	+01:38:21	16:28
8	2011	Luisa Almeida	All About	Veterana F50	04:59:51	+01:41:46	16:39
9	2456	Manuela Duarte Aldeia	Talentos Team	Veterana F50	05:29:03	+02:10:58	18:17

Veterano M40

1	2130	Fernando Figueiredo	GONDOMAR FUTSAL CLUBE	Veterano M40	02:11:07		07:17
2	2384	Carlos Silva	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	02:21:28	+10:21	07:52
3	2361	Raul Jorge Caetano Curva	ND SPORT	Veterano M40	02:29:12	+18:05	08:17
4	2116	Manuel Pinheiro	Fridão Sem Limites	Veterano M40	02:34:06	+22:59	08:34
5	2365	Arnaldo Santos	NOCTURNOS DE PAREDES	Veterano M40	02:36:03	+24:56	08:40
6	2200	Fernando Rui Marques santos Teixeira	Individual	Veterano M40	02:37:18	+26:11	08:44
7	2135	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	02:42:49	+31:42	09:03
8	2396	João Marques	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	02:45:19	+34:12	09:11
9	2394	David Morais	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	02:45:41	+34:34	09:12
10	2107	Fernando Jorge Oliveira	FFit Gaia Trail	Veterano M40	02:53:55	+42:48	09:40
11	2091	Cesar Pinto	EU+ Ginásio	Veterano M40	02:57:15	+46:08	09:51
12	2106	António João da Rocha Machado	FFit Gaia Trail	Veterano M40	03:00:11	+49:04	10:01
13	1222	paulo silva	Individual	Veterano M40	03:03:38	+52:31	10:12
14	2376	Salette Silva	NOCTURNOS DE PAREDES	Veterano M40	03:09:31	+58:24	10:32
15	2367	Joaquim Nogueira	NOCTURNOS DE PAREDES	Veterano M40	03:09:31	+58:24	10:32
16	2205	Gabriel Maria Dias Teixeira da Costa Anacleto	Individual	Veterano M40	03:10:19	+59:12	10:34
17	2392	Orlando Nogueira	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	03:10:20	+59:13	10:34
18	2141	Adriano Matos	Individual	Veterano M40	03:18:06	+01:06:59	11:00
19	2072	Humberto Almeida	CTAD TRILHOS DE CINFÃES	Veterano M40	03:20:20	+01:09:13	11:08
20	2060	Adelino Trindade	CORRER LISBOA	Veterano M40	03:20:34	+01:09:27	11:09
21	2062	António Iria	CORRER LISBOA	Veterano M40	03:20:34	+01:09:27	11:09
22	2425	Hugo Mesquita	Solmaia Runners	Veterano M40	03:20:58	+01:09:51	11:10
23	2435	Paulo Almeida	Solmaia Runners	Veterano M40	03:20:59	+01:09:52	11:10
24	2016	Porfirio Pereira	Aqui Vamos Nós!	Veterano M40	03:21:02	+01:09:55	11:10
25	2233	JOAQUIM FIGUEIRA	Individual	Veterano M40	03:22:00	+01:10:53	11:13
26	2363	Acácio Melo Teixeira	NOCTURNOS DE PAREDES	Veterano M40	03:23:42	+01:12:35	11:19
27	2260	Marco Pinto	Individual	Veterano M40	03:36:08	+01:25:01	12:00
28	2274	Miguel Moreira	Individual	Veterano M40	03:40:49	+01:29:42	12:16
29	2232	Joaquim Alves	Individual	Veterano M40	03:41:20	+01:30:13	12:18
30	1111	Paulo Aguiar	EU+ Ginásio	Veterano M40	03:41:51	+01:30:44	12:19
31	2094	Jorge Miguel Sampaio da Costa	EU+ Ginásio	Veterano M40	03:41:53	+01:30:46	12:20
32	2330	Virgilio Mascarenhas	INQUIPA TRAIL SORRISO	Veterano M40	03:42:19	+01:31:12	12:21
33	2292	Paulo Tina	Individual	Veterano M40	03:45:01	+01:33:54	12:30
34	151	Álvaro Saraiva	Individual	Veterano M40	03:45:03	+01:33:56	12:30
35	2329	Paulo Alexandre Almeida Costa	INQUIPA TRAIL SORRISO	Veterano M40	03:46:01	+01:34:54	12:33
36	1236	Rui Miguel Meca	Individual	Veterano M40	03:46:12	+01:35:05	12:34

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37	1292	André Figueiredo	Rock'n'Roll Running Team	Veterano M40	03:47:04	+01:35:57	12:37
38	2271	Mário Silva	Individual	Veterano M40	03:47:49	+01:36:42	12:39
39	2358	Rui Mendes	MULTIPOWER GAIA TRAIL	Veterano M40	03:47:54	+01:36:47	12:40
40	2039	André Amorim	BUDEGUITA RUNNERS	Veterano M40	03:56:07	+01:45:00	13:07
41	2221	Jaime Valério	Individual	Veterano M40	03:56:07	+01:45:00	13:07
42	1326	Viriato Coelho	Viriathvs Runners Viseu	Veterano M40	03:56:17	+01:45:10	13:08
43	2273	Miguel Dias	Individual	Veterano M40	03:56:44	+01:45:37	13:09
44	2283	Nuno Peralta	Individual	Veterano M40	03:56:59	+01:45:52	13:10
45	2279	Nuno Ferreira	Individual	Veterano M40	03:58:06	+01:46:59	13:14
46	2368	José Silva	NOCTURNOS DE PAREDES	Veterano M40	03:59:12	+01:48:05	13:17
47	2327	MARCO PACHECO	INQUIPA TRAIL SORRISO	Veterano M40	04:02:46	+01:51:39	13:29
48	2041	Helder Sousa	BUDEGUITA RUNNERS	Veterano M40	04:03:35	+01:52:28	13:32
49	1302	Pedro Ramos	Shots International Runners	Veterano M40	04:04:49	+01:53:42	13:36
50	2275	miguel pinto	Individual	Veterano M40	04:07:04	+01:55:57	13:44
51	2375	Rui Silva	NOCTURNOS DE PAREDES	Veterano M40	04:16:04	+02:04:57	14:14
52	2002	Paulo Ferreira	100Fôlego	Veterano M40	04:16:30	+02:05:23	14:15
53	1167	João Carlos Fernandes da Cunha	Individual	Veterano M40	04:19:21	+02:08:14	14:24
54	2438	Ricardo Almeida	Solmaia Runners	Veterano M40	04:23:35	+02:12:28	14:39
55	2433	Mário Araújo	Solmaia Runners	Veterano M40	04:23:35	+02:12:28	14:39
56	2417	Artur Cardoso	Solmaia Runners	Veterano M40	04:23:36	+02:12:29	14:39
57	2424	Francisco Fonseca	Solmaia Runners	Veterano M40	04:23:39	+02:12:32	14:39
58	2019	Jorge Pinheiro	Associação Desportiva da Efacec	Veterano M40	04:28:18	+02:17:11	14:54
59	2455	Luís Azougado	Tálenos Team	Veterano M40	04:31:24	+02:20:17	15:05
60	2332	João Manuel Ferreira Marafona	João Manuel F. Marafona	Veterano M40	04:33:52	+02:22:45	15:13
61	2333	Rui Carvalho	João Manuel F. Marafona	Veterano M40	04:33:52	+02:22:45	15:13
62	2243	José Gabriel Gonçalves	Individual	Veterano M40	04:34:16	+02:23:09	15:14
63	2105	Miguel Fonseca	FALTA MUITO?	Veterano M40	04:34:26	+02:23:19	15:15
64	2258	Marco Alexandre Resende Lopes	Individual	Veterano M40	04:50:10	+02:39:03	16:07
65	2009	Gloria Monteiro	All About	Veterano M40	04:55:00	+02:43:53	16:23
66	2010	Luis Miguel Pedroso	All About	Veterano M40	04:55:02	+02:43:55	16:23
67	2012	Miguel Resende	All About	Veterano M40	04:59:53	+02:48:46	16:40
68	2211	Hélder Manuel dos Santos Silva	Individual	Veterano M40	05:02:44	+02:51:37	16:49
69	2068	Rui Costa	Correr p'ra Tainar	Veterano M40	05:19:18	+03:08:11	17:44
70	2157	António Cerejo	Individual	Veterano M40	05:21:09	+03:10:02	17:50

Veterano M50

1	2139	Fernando Alberto da Silva Ramos	Grupo Desportivo de Castelo de Paiva	Veterano M50	02:17:15	07:37
2	2052	JOSE MOTA	Ciclistas Cósmicos - GISLOTICA	Veterano M50	02:22:27	+05:12 07:55
3	2344	Agostinho Sousa	Moinhos Run	Veterano M50	02:44:43	+27:28 09:09
4	2407	Francisco Costa	ROSÁRIO EXTREME	Veterano M50	02:45:43	+28:28 09:12
5	2360	Leandro Freitas	ND SPORT	Veterano M50	02:50:40	+33:25 09:29
6	2027	Fernando Pereira	BootSeals	Veterano M50	02:59:23	+42:08 09:58
7	2339	jose b morais	magnaporto	Veterano M50	03:00:36	+43:21 10:02
8	2051	JOSÉ MIGUEL CRUZ PINTO	Ciclistas Cósmicos - GISLOTICA	Veterano M50	03:11:27	+54:12 10:38

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9	2014	Paulo Leite	All About	Veterano M50	03:20:39	+01:03:24	11:09
10	2137	Vitor Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M50	03:21:08	+01:03:53	11:10
11	8	António Kirsch	All About	Veterano M50	03:26:27	+01:09:12	11:28
12	2462	MARIO SOARES	TOU QUE NEM POSSO	Veterano M50	03:29:21	+01:12:06	11:38
13	2322	Vitor Manuel Coelho de Almeida	Individual	Veterano M50	03:31:22	+01:14:07	11:45
14	2109	Rui Sá	FFit Gaia Trail	Veterano M50	03:34:55	+01:17:40	11:56
15	2458	Mario Emidio	Tálenos Team	Veterano M50	03:37:24	+01:20:09	12:05
16	2364	António Miranda	NOCTURNOS DE PAREDES	Veterano M50	03:37:29	+01:20:14	12:05
17	2397	Manuel Moura	OS BARRIGUITAS	Veterano M50	03:53:54	+01:36:39	13:00
18	2180	Carlos Viamonte	Individual	Veterano M50	03:56:49	+01:39:34	13:09
19	2408	José Meireles Pereira	ROSÁRIO EXTREME	Veterano M50	04:26:18	+02:09:03	14:48
20	2307	Rui Avelino	Individual	Veterano M50	04:39:38	+02:22:23	15:32
21	1081	Heitor Cardoso	CORRER LISBOA	Veterano M50	05:21:08	+03:03:53	17:50
22	2160	António Manuel Valente do Carmo	Individual	Veterano M50	05:47:38	+03:30:23	19:19

COLETIVA 18K

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	2 + 3 + 10	15
2	GONDOMAR FUTSAL CLUBE	7 + 35 + 52	94
3	ND SPORT	16 + 31 + 55	102
4	CTAD TRILHOS DE CINFÃES	18 + 30 + 125	173
5	Associação Desportiva da Efacec	19 + 64 + 95	178
6	EU+ Ginásio	32 + 65 + 83	180
7	EXPERIENCIAR/FARMÁCIA DE VILA COVA/CENTRO DE RECUPERAÇÃO DIOGO CARDOSO	8 + 11 + 164	183
8	NOCTURNOS DE PAREDES	24 + 79 + 91	194
9	Fridão Sem Limites	20 + 22 + 166	208
10	Extreme RC	60 + 104 + 105	269
11	FFit Gaia Trail	58 + 71 + 148	277
12	VILLA DE BASTO RUNNERS	92 + 93 + 94	279
13	CORRER LISBOA	128 + 130 + 131	389
14	Shots International Runners	61 + 81 + 247	389
15	MULTIPOWER GAIA TRAIL	47 + 138 + 212	397
16	Tálenos Team	49 + 171 + 204	424
17	INQUIPA TRAIL SORRISO	139 + 159 + 188	486
18	BUDEGUITA RUNNERS	50 + 218 + 219	487
19	Solmaia Runners	136 + 137 + 263	536
20	All About	132 + 151 + 321	604
21	keepmoving	190 + 194 + 227	611
22	Colégio Júlio Dinis	168 + 169 + 281	618
23	TOU QUE NEM POSSO	156 + 235 + 236	627
24	Viriathvs Runners Viseu	196 + 221 + 222	639
25	Estoiras Trails	181 + 183 + 294	658
26	BootSeals	70 + 302 + 327	699
27	João Manuel F. Marafona	296 + 297 + 299	892
28	Correr p'ra Tainar	350 + 351 + 352	1053