

SOFT RUN 19K - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:00	17.8°C	85%
End	16:35	17.8°C	85%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2258	José António Rodrigues Sequeira	montanha clube trail running/runners	Senior Masculino	02:25:38		07:40
2	2279	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	02:30:47	+05:09	07:56
3	2278	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:30:47	+05:09	07:56
4	1288	Fernando Taborda	oralklass-amigos do trail	Senior Masculino	02:32:43	+07:05	08:02
5	2068	Alfredo Pinheiro	fridão sem limites	Veterano M50	02:37:25	+11:47	08:17
6	2066	Paulo Teixeira Sousa	fridão sem limites	Veterano M40	02:43:38	+18:00	08:37
7	2244	Paulo Lima	individual	Veterano M40	02:48:54	+23:16	08:53
8	2063	Adão Paulo Teixeira Monteiro	fridão sem limites	Senior Masculino	02:51:11	+25:34	09:01
9	2265	Albertina Cunha	nocturnos de paredes	Senior Feminino	02:51:12	+25:34	09:01
10	2252	Nuno Rafael Ribeiro Rodrigues	minions	Senior Masculino	02:54:50	+29:13	09:12
11	2281	José Neto	oralklass-amigos do trail	Senior Masculino	02:58:35	+32:58	09:24
12	2277	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	02:59:29	+33:51	09:27
13	2005	Miguel Oliveira	a.d sebolido trail boneca d´ouro	Senior Masculino	03:02:14	+36:37	09:36
14	2270	Sergio Martins	olimpico vianense trail/nd sport	Senior Masculino	03:03:39	+38:02	09:40
15	2021	Minna Sillankorva	budeguita runners	Senior Masculino	03:06:40	+41:02	09:49
16	2166	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	03:08:13	+42:36	09:54
17	2280	Ivo Dias	oralklass-amigos do trail	Senior Masculino	03:08:37	+42:59	09:56
18	2220	Bruno Coutada	invictus oporto team	Veterano M40	03:09:22	+43:45	09:58
19	2072	João Barbosa	global trail	Senior Masculino	03:11:20	+45:43	10:04
20	2074	Carlos Barbosa	global trail	Veterano M40	03:11:20	+45:43	10:04
21	2272	Mario Gonçalves	olimpico vianense trail/nd sport	Veterano M40	03:11:43	+46:06	10:05
22	2269	Gonçalo Freitas	olimpico vianense trail/nd sport	Senior Masculino	03:16:21	+50:44	10:20
23	2236	Miguel Alves	leões de tardariz trail	Senior Masculino	03:16:22	+50:44	10:20
24	2135	Angelo Vaz	individual	Senior Masculino	03:16:49	+51:12	10:22
25	2051	Nuno faria	experienciar/barceltécnica/sportsonfire	Senior Masculino	03:19:49	+54:11	10:31
26	2172	Pedro Pereira	individual	Senior Masculino	03:20:02	+54:24	10:32
27	2260	Pedro Sequeira	montanha clube trail running/runners	Senior Masculino	03:20:02	+54:24	10:32
28	2232	Tiago Santos	lacraus	Senior Masculino	03:22:08	+56:30	10:38
29	2254	Inês Moreira	moinhos run adm	Senior Feminino	03:22:09	+56:31	10:38
30	2351	Helder Filipe Silva	zindegang	Senior Masculino	03:22:55	+57:18	10:41
31	2010	Marco Antonio Silva Rodrigues Lourenço	adefacec	Veterano M40	03:24:12	+58:35	10:45
32	2347	Pedro Cunha	vidaativarunners	Senior Masculino	03:25:19	+59:42	10:48
33	2153	Josué Alberto França Moreira	individual	Senior Masculino	03:25:41	+01:00:03	10:50
34	2118	luisa cruz	individual	Senior Feminino	03:26:14	+01:00:36	10:51
35	2019	Juca Teixeira	btt alegria / tubani	Veterano M40	03:26:35	+01:00:58	10:52
36	2151	joel alexandre anastácio batista	individual	Senior Masculino	03:27:18	+01:01:40	10:55
37	2086	Rosa Rodrigues	individual	Senior Feminino	03:29:26	+01:03:48	11:01
38	2085	Cesar Pais	gondomar futsal clube	Senior Feminino	03:29:26	+01:03:48	11:01
39	2273	Leandro Freitas	olimpico vianense trail/nd sport	Veterano M50	03:29:49	+01:04:11	11:03
40	2041	Márcio Costa	equipa joao ferreira	Senior Masculino	03:30:05	+01:04:27	11:03
41	2234	Hugo Moreira	leões de tardariz trail	Senior Masculino	03:30:13	+01:04:35	11:04

Official Timekeeper: Lap2Go	1 / 7	generate 15-Jul-2016 12:31
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19 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2320	António Coelho	s. s. montepio	Veterano M40	03:30:59	+01:05:22	11:06
43	2018	Daniel Barbosa	btt alegria / tubani	Senior Masculino	03:31:31	+01:05:53	11:08
44	2119	Marisa Valério Rodrigues	individual	Senior Feminino	03:31:41	+01:06:03	11:08
45	2017	Rosa Magalhães	as belas e eles	Veterana F50	03:31:53	+01:06:16	11:09
46	2283	Mario Taborda	oralklass-amigos do trail	Senior Masculino	03:33:30	+01:07:53	11:14
47	2009	Fábio Emanuel Vasconcelos da Silva	adefacec	Senior Masculino	03:34:11	+01:08:33	11:16
48	2078	Joana Cardoso	gondomar futsal clube	Senior Feminino	03:34:13	+01:08:35	11:16
49	2275	Joana Gonçalves	oralklass-amigos do trail	Senior Feminino	03:34:19	+01:08:42	11:17
50	2268	Daniela Barreto	olimpico vianense trail/nd sport	Senior Feminino	03:35:04	+01:09:26	11:19
51	2274	Andreia Barbosa	oralklass-amigos do trail	Senior Feminino	03:35:06	+01:09:29	11:19
52	2020	Paulo Nunes	btt alegria / tubani	Veterano M40	03:35:25	+01:09:47	11:20
53	2271	Joao Jaques	olimpico vianense trail/nd sport	Veterano M40	03:35:36	+01:09:58	11:21
54	2301	Agostinho Torres	pernetas	Veterano M40	03:35:56	+01:10:18	11:22
55	2164	Miguel Santos	individual	Senior Masculino	03:36:13	+01:10:35	11:23
56	2325	Ana Nascimento	spotcriativo viseu running team	Veterana F40	03:37:21	+01:11:44	11:26
57	2239	António Pinto	leões de tardariz trail	Veterano M50	03:39:09	+01:13:32	11:32
58	2006	Pedro Vieira	a.d sebolido trail boneca d´ouro	Senior Masculino	03:40:48	+01:15:10	11:37
59	2007	Roberto Freitas	a.d sebolido trail boneca d´ouro	Senior Masculino	03:40:51	+01:15:13	11:37
60	2298	Vitor Manuel Oliveira Coelho	pernetas	Senior Masculino	03:41:01	+01:15:24	11:38
61	2343	Daniel Costa	trilha dos runners	Senior Masculino	03:41:33	+01:15:55	11:40
62	2215	Pedro Manuel Mieiro Vidinha Carneiro	individual	Veterano M50	03:42:20	+01:16:42	11:42
63	2235	José Santos	leões de tardariz trail	Senior Masculino	03:42:56	+01:17:18	11:44
64	2144	FRANCISCO PACHECO	individual	Senior Masculino	03:46:20	+01:20:43	11:55
65	2027	Carla Cantante	clube sem	Senior Feminino	03:46:56	+01:21:19	11:57
66	2205	Jorge Miguel Sampaio da Costa	individual	Veterano M40	03:47:01	+01:21:24	11:57
67	2011	Carlos Castanheira	aergois trail running	Veterano M40	03:47:02	+01:21:24	11:57
68	2334	Fernando Meireles	taylor's	Senior Masculino	03:47:35	+01:21:58	11:59
69	2031	Alice Sousa	dr. merino/nutrifit	Veterana F40	03:52:42	+01:27:05	12:15
70	2240	Joaquim Leite	leões de tardariz trail	Veterano M50	03:52:44	+01:27:07	12:15
71	2002	Sofia Carvalho	a.d sebolido trail boneca d´ouro	Senior Feminino	03:53:09	+01:27:32	12:16
72	2033	BRUNO SOUSA	ele e ela	Senior Masculino	03:54:59	+01:29:22	12:22
73	1339	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	03:59:47	+01:34:09	12:37
74	2211	Rui Fernandes	individual	Veterano M40	04:00:14	+01:34:37	12:39
75	2030	Estela Neto	didáxis trail	Senior Feminino	04:00:20	+01:34:42	12:39
76	2004	Isaque Silva	a.d sebolido trail boneca d´ouro	Senior Masculino	04:00:33	+01:34:55	12:40
77	2001	Ana Rodrigues	a.d sebolido trail boneca d´ouro	Senior Feminino	04:00:33	+01:34:55	12:40
78	2181	Tiago Guedes	individual	Senior Masculino	04:00:50	+01:35:13	12:41
79	2043	Pedro Meireles	equipa joao ferreira	Senior Masculino	04:01:29	+01:35:51	12:43
80	2216	Vitor Almeida	individual	Veterano M50	04:01:29	+01:35:52	12:43
81	2084	Pedro Sousa	gondomar futsal clube	Veterano M40	04:01:52	+01:36:14	12:44
82	2092	Tiago Sampaio	gtt-armazém do caffè	Senior Masculino	04:01:57	+01:36:20	12:44
83	2069	LILIANA SOFIA AGUIAR	gatus trail	Senior Feminino	04:02:17	+01:36:40	12:45
84	2070	PEDRO MARIO BATISTA LOPES	gatus trail	Veterano M40	04:02:18	+01:36:40	12:45
85	2022	Bárbara Almeida	budeguita runners	Veterana F40	04:02:30	+01:36:52	12:46
86	2154	Julio do Monte Escriveaes	individual	Senior Masculino	04:02:35	+01:36:57	12:46

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19 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	2039	João Ferreira	equipa joao ferreira	Senior Masculino	04:02:39	+01:37:02	12:46
88	2238	Pedro Ferreira	leões de tardariz trail	Veterano M40	04:02:54	+01:37:16	12:47
89	2003	Fabio Correia	a.d sebolido trail boneca d´ouro	Senior Masculino	04:03:51	+01:38:13	12:50
90	2094	Alexandra Azevedo	individual	Senior Feminino	04:03:52	+01:38:14	12:50
91	2183	Ana Margarida Nogueira Coelho	individual	Veterana F40	04:04:29	+01:38:52	12:52
92	2297	José António R Sousa	pernetas	Senior Masculino	04:04:30	+01:38:53	12:52
93	2259	Miguel Xavier Cunha Fernandes	montanha clube trail running/runners	Senior Masculino	04:05:22	+01:39:45	12:55
94	2323	Fernando Carvalho	s. s. montepio	Veterano M50	04:05:25	+01:39:48	12:55
95	2117	Liliana Magalhães	individual	Senior Feminino	04:05:49	+01:40:11	12:56
96	2174	Ricardo Brito	individual	Senior Masculino	04:07:14	+01:41:37	13:01
97	2134	André Montenegro Ferreira	individual	Senior Masculino	04:07:34	+01:41:57	13:02
98	2071	Durbalino Ferreira	ginasio fit4fun	Veterano M50	04:08:22	+01:42:45	13:04
99	2318	Luís Loureiro	s. s. montepio	Senior Masculino	04:08:25	+01:42:48	13:05
100	2317	Hugo Silva	s. s. montepio	Senior Masculino	04:08:25	+01:42:48	13:05
101	1302	Paulo Freitas	pt jrsousa team	Veterano M40	04:08:41	+01:43:03	13:05
102	2305	Joana Rodrigues sousa	pt jrsousa team	Senior Feminino	04:08:41	+01:43:03	13:05
103	2255	Patrícia Sampaio	moinhos run adrm	Veterana F40	04:11:13	+01:45:35	13:13
104	2256	Pedro Sá	moinhos run adrm	Veterano M40	04:11:13	+01:45:35	13:13
105	2200	Baltazar Ferreira	individual	Veterano M40	04:11:15	+01:45:37	13:13
106	2028	Hugo Freixo	clube zupper	Senior Masculino	04:11:15	+01:45:38	13:13
107	2352	CARLOS MANUEL COSTA FREIXO	zupper	Veterano M40	04:11:15	+01:45:38	13:13
108	2222	Marco Silva	island team	Senior Masculino	04:13:16	+01:47:38	13:20
109	2221	Fernanda Silva	island team	Senior Feminino	04:13:16	+01:47:39	13:20
110	2194	Nina Silva	individual	Veterana F40	04:13:19	+01:47:42	13:20
111	2062	Sandra Fernandes	fridão sem limites	Senior Feminino	04:13:20	+01:47:42	13:20
112	2237	Manuel Oliveira	leões de tardariz trail	Veterano M40	04:14:01	+01:48:23	13:22
113	2075	Sérgio Osório	global trail	Veterano M40	04:14:05	+01:48:28	13:22
114	2162	Mário Noronha	individual	Senior Masculino	04:14:59	+01:49:22	13:25
115	2182	Vitor Daniel Ribeiro Pereira	individual	Senior Masculino	04:15:00	+01:49:23	13:25
116	2161	Marco Paulo Sousa Ferreira	individual	Senior Masculino	04:15:21	+01:49:43	13:26
117	2129	Susana Sousa	individual	Senior Feminino	04:15:23	+01:49:45	13:26
118	2276	Patricia Santos	oralklass-amigos do trail	Senior Feminino	04:17:09	+01:51:32	13:32
119	2203	João Saraiva	individual	Veterano M40	04:17:58	+01:52:20	13:35
120	2145	Helder Filipe da Costa Vieira	individual	Senior Masculino	04:17:59	+01:52:22	13:35
121	2344	Tiago Silva	trilha dos runners	Senior Masculino	04:18:09	+01:52:32	13:35
122	2214	Carlos Almeida	individual	Veterano M50	04:18:28	+01:52:50	13:36
123	2165	Nelson Pedro da Rocha carvalho	individual	Senior Masculino	04:18:29	+01:52:52	13:36
124	2342	Bruno Andrade	trailgloditas	Senior Masculino	04:19:33	+01:53:55	13:40
125	2245	Filipe Pereira	lion runners - g. d. leões da guarda	Senior Masculino	04:20:00	+01:54:22	13:41
126	2350	Sérgyo Pereyra	viriahtvs runners viseu	Veterano M40	04:21:25	+01:55:47	13:46
127	2219	Jorge Lima	invictus oporto team	Senior Masculino	04:23:38	+01:58:01	13:53
128	2140	Carlos Alberto Soares Moreira	individual	Senior Masculino	04:23:43	+01:58:06	13:53
129	2231	Sonia Teixeira	keepmoving	Veterana F40	04:24:54	+01:59:16	13:57
130	2099	Anna Myslinska	individual	Senior Feminino	04:25:20	+01:59:43	13:58
131	2316	Rui Fernandes	runners do demo	Senior Masculino	04:25:33	+01:59:55	13:59

SOFT RUN 19K - STAGE 1

19 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
132	2064	Filipe Reis Pinheiro	fridão sem limites	Senior Masculino	04:26:58	+02:01:20	14:03
133	2125	Sara Barbosa	individual	Senior Feminino	04:27:00	+02:01:22	14:03
134	2218	Célia Sousa	invictus oporto team	Senior Feminino	04:27:00	+02:01:22	14:03
135	2313	Nuno Santos	pt jrsousa team	Veterano M40	04:27:58	+02:02:20	14:06
136	2319	Carla Barros	s. s. montepio	Veterana F40	04:28:21	+02:02:44	14:07
137	2177	Ricardo Teixeira	individual	Senior Masculino	04:28:21	+02:02:44	14:07
138	2148	João Baltazar	individual	Senior Masculino	04:28:23	+02:02:45	14:08
139	2179	Rui Correia	individual	Senior Masculino	04:29:43	+02:04:06	14:12
140	2207	Miguel Ângelo Dias Vidinha	individual	Veterano M40	04:29:55	+02:04:18	14:12
141	2143	Fernando Miguel Quadrado Bolota Fonseca	individual	Senior Masculino	04:29:55	+02:04:18	14:12
142	2090	João Laranjeira	gtt-armazém do caffè	Senior Masculino	04:35:44	+02:10:07	14:31
143	2242	Cristina Gonçalves	lion runners - g. d. leões da guarda	Senior Feminino	04:35:45	+02:10:07	14:31
144	2091	Tiago Sá	gtt-armazém do caffè	Senior Masculino	04:35:45	+02:10:07	14:31
145	2338	Mi Couto	trail running clube btt sanguedo	Senior Feminino	04:35:45	+02:10:08	14:31
146	2032	Carla Alexandra Araújo Pereira	edv-viana trail	Senior Feminino	04:36:26	+02:10:48	14:33
147	2077	ana maria rodrigues	individual	Senior Feminino	04:36:26	+02:10:48	14:33
148	2138	Bruno Emanuel Moreira	individual	Senior Masculino	04:36:26	+02:10:48	14:33
149	2188	Filomena Rocha	individual	Veterana F40	04:36:31	+02:10:53	14:33
150	2233	Eurico Fernando Portela Mendes	lacraus	Veterano M40	04:36:31	+02:10:53	14:33
151	2257	Carla Isabel Correia Sousa Santos	montanha clube trail running/runners	Senior Feminino	04:36:32	+02:10:54	14:33
152	2261	Tiago Figueiredo	montanha clube trail running/runners	Senior Masculino	04:36:32	+02:10:55	14:33
153	2110	Fátima Cardoso	individual	Senior Feminino	04:37:18	+02:11:40	14:36
154	2098	Ângela Maria de Jesus Mendes	individual	Senior Feminino	04:39:28	+02:13:51	14:43
155	2224	João Martins	jjdt	Senior Masculino	04:39:54	+02:14:17	14:44
156	2155	Leandro Costa	individual	Senior Masculino	04:39:55	+02:14:17	14:44
157	2052	Paulo Jorge Madureira Ribeiro	familia ribeiro	Veterano M40	04:40:20	+02:14:43	14:45
158	2230	Rita Araújo	keepmoving	Senior Feminino	04:43:57	+02:18:20	14:57
159	2089	Flávio Ortins	gtt-armazém do caffè	Senior Masculino	04:45:30	+02:19:52	15:02
160	1177	Moisés Esteves	individual	Senior Masculino	04:45:44	+02:20:07	15:02
161	2246	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	04:45:56	+02:20:19	15:03
162	2241	Ana Oliveira	lion runners - g. d. leões da guarda	Senior Feminino	04:45:56	+02:20:19	15:03
163	2248	Miguel Fonseca	lion runners - g. d. leões da guarda	Veterano M40	04:46:49	+02:21:11	15:06
164	1163	Helder Ferreira	individual	Senior Masculino	04:47:04	+02:21:27	15:07
165	2105	Cláudia Leitao	individual	Senior Feminino	04:48:18	+02:22:40	15:10
166	2337	Sílvia Teixeira	team duas faces	Senior Feminino	04:48:31	+02:22:53	15:11
167	2056	monica matos	fitmafia	Veterana F40	04:48:34	+02:22:56	15:11
168	2107	Diana Coelho	individual	Senior Feminino	04:49:49	+02:24:11	15:15
169	2173	Pedro Varanda	individual	Senior Masculino	04:49:49	+02:24:11	15:15
170	2212	Alvaro da Silva Reis	individual	Veterano M50	04:51:09	+02:25:31	15:19
171	2059	Ana Flores	fitspot - parque nascente	Senior Feminino	04:53:05	+02:27:28	15:26
172	2357	José António Neves Oliveira	trepatrihos trail team	Veterana F40	04:53:50	+02:28:13	15:28
173	1194	Sérgio Brochado	individual	Senior Masculino	04:59:39	+02:34:02	15:46
174	2266	Carla Pereira	nós	Senior Feminino	04:59:40	+02:34:02	15:46
175	2262	Carla Caria	moreira relax runners	Veterana F40	05:01:59	+02:36:21	15:54
176	2263	Fernando Monteiro	moreira relax runners	Veterano M40	05:01:59	+02:36:21	15:54

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19 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	2146	henrique teixeira	individual	Senior Masculino	05:02:30	+02:36:52	15:55
178	2167	Nuno Oliveira	individual	Senior Masculino	05:05:51	+02:40:14	16:06
179	2339	Dulce Correia	trail running clube btt sanguedo	Veterana F40	05:05:58	+02:40:20	16:06
180	2225	João Tiago Lopes	jjdt	Senior Masculino	05:06:03	+02:40:25	16:06
181	2226	Tiago Dias Nunoes	jjdt	Senior Masculino	05:06:03	+02:40:25	16:06
182	2199	Margarida Machado	individual	Veterana F50	05:06:04	+02:40:27	16:07
183	2217	Ivone Catia Martins Rocha	invicta runners team	Senior Feminino	05:06:12	+02:40:35	16:07
184	1087	Andreia Muxagato	equipa joao ferreira	Senior Feminino	05:06:13	+02:40:36	16:07
185	2340	Rosa Conceição	trail running clube btt sanguedo	Veterana F40	05:06:14	+02:40:36	16:07
186	2036	Teresa Capelo	equipa joao ferreira	Senior Feminino	05:06:21	+02:40:44	16:07
187	2016	Lurdes Moreira	as belas e eles	Veterana F40	05:09:14	+02:43:36	16:17
188	2101	Carina Silva	individual	Senior Feminino	05:11:07	+02:45:29	16:22
189	2190	Isa Ouveira	individual	Veterana F40	05:11:22	+02:45:45	16:23
190	2315	Carlos Viamonte	recos	Veterano M50	05:11:53	+02:46:16	16:25
191	2314	Pedro Resende	recos	Senior Masculino	05:11:53	+02:46:16	16:25
192	2176	Ricardo Moraes da Costa Nogueira	individual	Senior Masculino	05:12:16	+02:46:39	16:26
193	2250	Eunice Coelho	marco trail	Senior Feminino	05:12:31	+02:46:53	16:27
194	2249	Andrea Vieira	marco trail	Senior Feminino	05:12:31	+02:46:53	16:27
195	2184	Ana Pestanays	individual	Veterana F40	05:16:51	+02:51:13	16:41
196	2111	Filipa Gonçalves	individual	Senior Feminino	05:16:54	+02:51:17	16:41
197	2015	Carla Barbosa	as belas e eles	Senior Feminino	05:18:45	+02:53:07	16:47
198	2113	Isabel Patricia da Silva Barbosa	individual	Senior Feminino	05:19:52	+02:54:14	16:50
199	2076	Sérgio Silva	global trail	Veterano M40	05:21:43	+02:56:05	16:56
200	2299	Isabel Carvalho	pernetas	Veterana F40	05:23:21	+02:57:43	17:01
201	2303	Rui carvalho	pernetas	Veterano M40	05:23:21	+02:57:43	17:01
202	2227	Ana Umbelino	juventude vidigalense	Senior Feminino	05:23:25	+02:57:48	17:01
203	2309	Cecília Martins	pt jrsousa team	Veterana F40	05:23:28	+02:57:50	17:01
204	2311	Natália Santos	pt jrsousa team	Veterana F40	05:23:28	+02:57:50	17:01
205	2306	Lígia Freitas	pt jrsousa team	Senior Feminino	05:23:28	+02:57:51	17:02
206	2122	Patricia Gonçalves	individual	Senior Feminino	05:24:18	+02:58:41	17:04
207	2197	Susana Neves	individual	Veterana F40	05:24:18	+02:58:41	17:04
208	2136	Arnaldo Costa	individual	Senior Masculino	05:24:47	+02:59:09	17:06
209	2195	ROSA COSTA	individual	Veterana F40	05:24:47	+02:59:09	17:06
210	2100	Araci Queiroga	individual	Senior Feminino	05:29:05	+03:03:27	17:19
211	2114	Isabel Queiroga	individual	Senior Feminino	05:30:50	+03:05:12	17:25
212	2096	Ana Cristina araujo da Cunha	individual	Senior Feminino	05:30:52	+03:05:14	17:25
213	2121	Marta Regina Queirós Couto	individual	Senior Feminino	05:30:53	+03:05:15	17:25
214	2029	Célia Alves	ctad - trilhos de cinfães	Veterana F40	05:30:53	+03:05:15	17:25
215	2026	Tania Filipa Gomes Magalhães	cft	Senior Feminino	05:30:53	+03:05:16	17:25
216	2095	Ana Arriscado	individual	Senior Feminino	05:31:09	+03:05:32	17:26
217	2108	Dulce Almeida	individual	Senior Feminino	05:31:46	+03:06:09	17:28
218	2353	VICTOR HUGO DA SILVA RODRIGUES	zupper	Veterano M40	05:34:21	+03:08:44	17:36
219	1089	Isabel Aguiar	equipa joao ferreira	Senior Feminino	05:34:43	+03:09:05	17:37
220	2109	Elisabete Susana da Silbva Monteiro	individual	Senior Feminino	05:39:41	+03:14:04	17:53
221	2156	Luís Teixeira	individual	Senior Masculino	05:39:42	+03:14:05	17:53

SOFT RUN 19K - STAGE 1

19 KM

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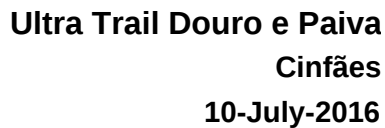
OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	2349	Ana Cláudia Sereno	vimarunners	Senior Feminino	05:39:49	+03:14:12	17:53
223	2267	Elisabete Pinhel	nós	Veterana F40	05:43:51	+03:18:14	18:06
224	2310	Helena Cardoso	pt jrsousa team	Veterana F40	05:46:12	+03:20:34	18:13
225	2295	Sofia Canez	pernetas	Senior Feminino	05:47:24	+03:21:46	18:17
226	2293	Catarina Alexandra Pinto Nogueira	pernetas	Senior Feminino	05:47:24	+03:21:46	18:17
227	2292	Ana Canez	pernetas	Senior Feminino	05:47:24	+03:21:47	18:17
228	2044	Célia Aroso	equipa joao ferreira	Veterana F40	05:47:30	+03:21:52	18:17
229	2341	Fernando Correia	trail running clube btt sanguedo	Veterano M50	05:48:11	+03:22:33	18:20
230	2103	Catarina Caprichoso Carvalho	individual	Senior Feminino	05:48:11	+03:22:33	18:20
231	2128	Sonia Cardoso	individual	Senior Feminino	05:48:21	+03:22:43	18:20
232	2307	Susana Marinho	pt jrsousa team	Senior Feminino	05:48:31	+03:22:54	18:21
233	2170	Pedro Manuel Sousa Teixeira	individual	Senior Masculino	05:56:32	+03:30:54	18:46
234	2158	Manuel Sousa	individual	Senior Masculino	05:59:02	+03:33:24	18:54
235	2291	Paulo cunha	patas negras	Veterano M40	06:03:12	+03:37:34	19:07
236	2228	Susana Paula Duarte Vaz Saraiva Ferraz	juventude vidigalense	Veterana F50	06:12:51	+03:47:14	19:37
237	2229	Carlos Manuel Conceição Ferraz	juventude vidigalense	Veterano M50	06:13:40	+03:48:03	19:40
238	2287	rosinda macedo	os caga tacos running team	Veterana F50	06:15:45	+03:50:07	19:47
239	2288	Antonio Macedo	os caga tacos running team	Veterano M50	06:15:45	+03:50:08	19:47
240	2132	Alexandre Teles	individual	Senior Masculino	06:15:54	+03:50:17	19:47
241	1041	Elvira Lima	beat your limit!	Veterana F40	06:16:18	+03:50:40	19:48
242	2243	Daniela Silva	lion runners - g. d. leões da guarda	Senior Feminino	06:16:18	+03:50:40	19:48
243	2247	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	06:16:18	+03:50:40	19:48
244	2210	Pedro Pereira	individual	Veterano M40	06:19:25	+03:53:48	19:58
245	2208	Nuno Peralta	individual	Veterano M40	06:19:25	+03:53:48	19:58
246	2180	Tiago Gomes	individual	Senior Masculino	06:19:25	+03:53:48	19:58
247	2213	António Carmo	individual	Veterano M50	06:25:45	+04:00:08	20:18
248	517	Ana Sousa	budeguita runners	Senior Feminino	06:28:43	+04:03:06	20:28
249	2186	Carla Santos	individual	Veterana F40	06:31:43	+04:06:05	20:37
250	2330	Nelson Braga	tá muito lento	Senior Masculino	06:37:47	+04:12:09	20:56
251	2097	Ana Sá	individual	Senior Feminino	06:39:08	+04:13:31	21:00
252	2023	Isabel Marques	budeguita runners	Veterana F40	06:42:49	+04:17:12	21:12
253	1049	Isabel Ferreira	budeguita runners	Senior Feminino	06:42:50	+04:17:12	21:12
254	2024	Paula Sousa	budeguita runners	Veterana F40	06:42:55	+04:17:18	21:12
255	1051	Helder Sousa	budeguita runners	Veterano M40	06:42:55	+04:17:18	21:12
256	2198	Lurdes Monteiro	individual	Veterana F50	06:46:05	+04:20:27	21:22
257	2115	Julliane Cristina	individual	Senior Feminino	06:46:10	+04:20:32	21:23
258	2055	mafalda gomes	fitmafia	Senior Feminino	06:51:16	+04:25:39	21:39
259	2057	sandra roque	fitmafia	Veterana F40	06:51:17	+04:25:40	21:39
260	2327	Renata Costa	tá muito lento	Senior Feminino	06:52:09	+04:26:31	21:42
261	2120	Marta Liliana Duarte Carvalho	individual	Senior Feminino	06:52:26	+04:26:48	21:42
262	2345	Carla Leal	uh lá lá	Senior Feminino	06:52:27	+04:26:50	21:43
263	2102	Carla Brinco	individual	Senior Feminino	06:52:30	+04:26:53	21:43
264	2329	Sofia Valente	tá muito lento	Senior Feminino	07:05:39	+04:40:02	22:24
265	2331	Pedro Amaral	tá muito lento	Senior Masculino	07:05:40	+04:40:02	22:24
266	2289	Paula Jesus	os poderosos	Senior Feminino	07:16:56	+04:51:18	23:00



19 KM

OFFICIAL RESULT

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REVISED

Official Timekeeper: Lap2Go	7 / 7	generate 15-Jul-2016 12:31
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Soft Run 19K

19 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	17.8°C	85%
End	16:35	17.8°C	85%

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

1	2265	Albertina Cunha	NOCTURNOS DE PAREDES	Senior Feminino	02:51:12		09:01
2	2277	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	02:59:29	+08:17	09:27
3	2254	Inês Moreira	Moinhos Run ADRM	Senior Feminino	03:22:09	+30:57	10:38
4	2118	luisa cruz	Individual	Senior Feminino	03:26:14	+35:02	10:51
5	2086	Rosa Rodrigues	Individual	Senior Feminino	03:29:26	+38:14	11:01
6	2085	Cesar Pais	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:29:26	+38:14	11:01
7	2119	Marisa Valério Rodrigues	Individual	Senior Feminino	03:31:41	+40:29	11:08
8	2078	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:34:13	+43:01	11:16
9	2275	Joana Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	03:34:20	+43:08	11:17
10	2268	Daniela Barreto	Olimpico Vianense Trail/ND Sport	Senior Feminino	03:35:04	+43:52	11:19
11	2274	Andreia Barbosa	Oralklass-Amigos do Trail	Senior Feminino	03:35:07	+43:55	11:19
12	2027	Carla Cantante	Clube SEM	Senior Feminino	03:46:57	+55:45	11:57
13	2002	Sofia Carvalho	A.D Sebolido Trail boneca D´ouro	Senior Feminino	03:53:10	+01:01:58	12:16
14	2030	Estela Neto	Didáxis Trail	Senior Feminino	04:00:20	+01:09:08	12:39
15	2001	Ana Rodrigues	A.D Sebolido Trail boneca D´ouro	Senior Feminino	04:00:33	+01:09:21	12:40
16	2069	LILIANA SOFIA AGUIAR	GATUS TRAIL	Senior Feminino	04:02:18	+01:11:06	12:45
17	2094	Alexandra Azevedo	Individual	Senior Feminino	04:03:52	+01:12:40	12:50
18	2117	Liliana Magalhães	Individual	Senior Feminino	04:05:49	+01:14:37	12:56
19	2305	Joana Rodrigues sousa	PT JRSOUSA TEAM	Senior Feminino	04:08:41	+01:17:29	13:05
20	2221	Fernanda Silva	Island Team	Senior Feminino	04:13:17	+01:22:05	13:20
21	2062	Sandra Fernandes	Fridão Sem Limites	Senior Feminino	04:13:20	+01:22:08	13:20
22	2129	Susana Sousa	Individual	Senior Feminino	04:15:23	+01:24:11	13:26
23	2276	Patricia Santos	Oralklass-Amigos do Trail	Senior Feminino	04:17:10	+01:25:58	13:32
24	2099	Anna Myslinska	Individual	Senior Feminino	04:25:21	+01:34:09	13:58
25	2125	Sara Barbosa	Individual	Senior Feminino	04:27:00	+01:35:48	14:03
26	2218	Célia Sousa	Invictus Oporto Team	Senior Feminino	04:27:00	+01:35:48	14:03
27	2242	Cristina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:35:45	+01:44:33	14:31
28	2338	Mi Couto	Trail Running Clube Btt Sanguedo	Senior Feminino	04:35:46	+01:44:34	14:31
29	2032	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	04:36:26	+01:45:14	14:33
30	2077	ana maria rodrigues	Individual	Senior Feminino	04:36:26	+01:45:14	14:33
31	2257	Carla Isabel Correia Sousa Santos	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Feminino	04:36:32	+01:45:20	14:33
32	2110	Fátima Cardoso	Individual	Senior Feminino	04:37:18	+01:46:06	14:36
33	2098	Ângela Maria de Jesus Mendes	Individual	Senior Feminino	04:39:29	+01:48:17	14:43
34	2230	Rita Araújo	keepmoving	Senior Feminino	04:43:58	+01:52:46	14:57
35	2241	Ana Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:45:57	+01:54:45	15:03
36	2105	Cláudia Leitaó	Individual	Senior Feminino	04:48:18	+01:57:06	15:10
37	2337	Sílvia Teixeira	Team DUAS FACES	Senior Feminino	04:48:31	+01:57:19	15:11

Soft Run 19K

19 KM

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OFFICIAL RESULT

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REVISED

38	2107	Diana Coelho	Individual	Senior Feminino	04:49:49	+01:58:37	15:15
39	2059	Ana Flores	Fitspot - Parque Nascente	Senior Feminino	04:53:06	+02:01:54	15:26
40	2266	Carla Pereira	Nós	Senior Feminino	04:59:40	+02:08:28	15:46
41	2217	Ivone Catia Martins Rocha	Invicta Runners Team	Senior Feminino	05:06:13	+02:15:01	16:07
42	1087	Andreia Muxagato	EQUIPA JOAO FERREIRA	Senior Feminino	05:06:14	+02:15:02	16:07
43	2036	Teresa Capelo	EQUIPA JOAO FERREIRA	Senior Feminino	05:06:22	+02:15:10	16:07
44	2101	Carina Silva	Individual	Senior Feminino	05:11:07	+02:19:55	16:22
45	2250	Eunice Coelho	MARCO TRAIL	Senior Feminino	05:12:31	+02:21:19	16:22
46	2249	Andrea Vieira	MARCO TRAIL	Senior Feminino	05:12:31	+02:21:19	16:27
47	2111	Filipa Gonçalves	Individual	Senior Feminino	05:16:55	+02:25:43	16:41
48	2015	Carla Barbosa	As Belas e Eles	Senior Feminino	05:18:45	+02:27:33	16:47
49	2113	Isabel Patricia da Silva Barbosa	Individual	Senior Feminino	05:19:52	+02:28:40	16:50
50	2227	Ana Umbelino	Juventude Vidigalense	Senior Feminino	05:23:26	+02:32:14	17:01
51	2306	Lígia Freitas	PT JRSOUSA TEAM	Senior Feminino	05:23:29	+02:32:17	17:02
52	2122	Patricia Gonçalves	Individual	Senior Feminino	05:24:19	+02:33:07	17:04
53	2100	Araci Queiroga	Individual	Senior Feminino	05:29:05	+02:37:53	17:19
54	2114	Isabel Queiroga	Individual	Senior Feminino	05:30:50	+02:39:38	17:25
55	2096	Ana Cristina araujo da Cunha	Individual	Senior Feminino	05:30:52	+02:39:40	17:25
56	2121	Marta Regina Queirós Couto	Individual	Senior Feminino	05:30:53	+02:39:41	17:25
57	2026	Tania Filipa Gomes Magalhães	CFIT	Senior Feminino	05:30:54	+02:39:42	17:25
58	2095	Ana Arriscado	Individual	Senior Feminino	05:31:10	+02:39:58	17:26
59	2108	Dulce Almeida	Individual	Senior Feminino	05:31:47	+02:40:35	17:28
60	1089	Isabel Aguiar	EQUIPA JOAO FERREIRA	Senior Feminino	05:34:43	+02:43:31	17:37
61	2109	Elisabete Susana da Silbva Monteiro	Individual	Senior Feminino	05:39:42	+02:48:30	17:53
62	2349	Ana Cláudia Sereno	vimarunners	Senior Feminino	05:39:50	+02:48:38	17:53
63	2295	Sofia Canez	Pernetas	Senior Feminino	05:47:24	+02:56:12	18:17
64	2293	Catarina Alexandra Pinto Nogueira	Pernetas	Senior Feminino	05:47:24	+02:56:12	18:17
65	2292	Ana Canez	Pernetas	Senior Feminino	05:47:25	+02:56:13	18:17
66	2103	Catarina Caprichoso Carvalho	Individual	Senior Feminino	05:48:11	+02:56:59	18:20
67	2128	Sonia Cardoso	Individual	Senior Feminino	05:48:21	+02:57:09	18:20
68	2307	Susana Marinho	PT JRSOUSA TEAM	Senior Feminino	05:48:32	+02:57:20	18:21
69	2243	Daniela Silva	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	06:16:18	+03:25:06	19:48
70	517	Ana Sousa	BUDEGUITA RUNNERS	Senior Feminino	06:28:44	+03:37:32	20:28
71	2097	Ana Sá	Individual	Senior Feminino	06:39:09	+03:47:57	21:00
72	1049	Isabel Ferreira	BUDEGUITA RUNNERS	Senior Feminino	06:42:50	+03:51:38	21:12
73	2115	Julliane Cristina	Individual	Senior Feminino	06:46:10	+03:54:58	21:23
74	2055	mafalda gomes	FitMafia	Senior Feminino	06:51:17	+04:00:05	21:39
75	2327	Renata Costa	tá muito lento	Senior Feminino	06:52:09	+04:00:57	21:42
76	2120	Marta Liliana Duarte Carvalho	Individual	Senior Feminino	06:52:26	+04:01:14	21:42
77	2345	Carla Leal	Uh Lá Lá	Senior Feminino	06:52:28	+04:01:16	21:43
78	2102	Carla Brinco	Individual	Senior Feminino	06:52:31	+04:01:19	21:43
79	2329	Sofia Valente	tá muito lento	Senior Feminino	07:05:40	+04:14:28	22:24
80	2289	Paula Jesus	os poderosos	Senior Feminino	07:16:56	+04:25:44	23:00

Senior Masculino

1	2258	José António Rodrigues Sequeira	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	02:25:38		07:40
2	2279	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	02:30:47	+05:09	07:56
3	1288	Fernando Taborda	Oralklass-Amigos do Trail	Senior Masculino	02:32:43	+07:05	08:02
4	2063	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	02:51:12	+25:34	09:01
5	2252	Nuno Rafael Ribeiro Rodrigues	Minions	Senior Masculino	02:54:51	+29:13	09:12
6	2281	José Neto	Oralklass-Amigos do Trail	Senior Masculino	02:58:36	+32:58	09:24
7	2005	Miguel Oliveira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:02:15	+36:37	09:36
8	2270	Sergio Martins	Olimpico Vianense Trail/ND Sport	Senior Masculino	03:03:40	+38:02	09:40
9	2021	Minna Sillankorva	BUDEGUITA RUNNERS	Senior Masculino	03:06:40	+41:02	09:49
10	2166	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	03:08:14	+42:36	09:54
11	2280	Ivo Dias	Oralklass-Amigos do Trail	Senior Masculino	03:08:37	+42:59	09:56
12	2072	João Barbosa	Global Trail	Senior Masculino	03:11:21	+45:43	10:04
13	2269	Gonçalo Freitas	Olimpico Vianense Trail/ND Sport	Senior Masculino	03:16:22	+50:44	10:20
14	2236	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	03:16:22	+50:44	10:20
15	2135	Angelo Vaz	Individual	Senior Masculino	03:16:50	+51:12	10:22
16	2051	Nuno faria	Experienciar/Barceltécnica/Sportsonfire	Senior Masculino	03:19:49	+54:11	10:31
17	2172	Pedro Pereira	Individual	Senior Masculino	03:20:02	+54:24	10:32
18	2260	Pedro Sequeira	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	03:20:02	+54:24	10:32
19	2232	Tiago Santos	LACRAUS	Senior Masculino	03:22:08	+56:30	10:38
20	2351	Helder Filipe Silva	ZindeGang	Senior Masculino	03:22:56	+57:18	10:41
21	2347	Pedro Cunha	VIDAATIVARUNNERS	Senior Masculino	03:25:20	+59:42	10:48
22	2153	Josué Alberto França Moreira	Individual	Senior Masculino	03:25:41	+01:00:03	10:50
23	2151	joel alexandre anastácio batista	Individual	Senior Masculino	03:27:18	+01:01:40	10:55
24	2041	Márcio Costa	EQUIPA JOAO FERREIRA	Senior Masculino	03:30:05	+01:04:27	11:03
25	2234	Hugo Moreira	Leões de Tardariz Trail	Senior Masculino	03:30:13	+01:04:35	11:04
26	2018	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	03:31:31	+01:05:53	11:08
27	2283	Mario Taborda	Oralklass-Amigos do Trail	Senior Masculino	03:33:31	+01:07:53	11:14
28	2009	Fábio Emanuel Vasconcelos da Silva	ADEFACEC	Senior Masculino	03:34:11	+01:08:33	11:16
29	2164	Miguel Santos	Individual	Senior Masculino	03:36:13	+01:10:35	11:23
30	2006	Pedro Vieira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:40:48	+01:15:10	11:37
31	2007	Roberto Freitas	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:40:51	+01:15:13	11:37
32	2298	Vitor Manuel Oliveira Coelho	Pernetas	Senior Masculino	03:41:02	+01:15:24	11:38
33	2343	Daniel Costa	trilha dos runners	Senior Masculino	03:41:33	+01:15:55	11:40
34	2235	José Santos	Leões de Tardariz Trail	Senior Masculino	03:42:56	+01:17:18	11:44
35	2144	FRANCISCO PACHECO	Individual	Senior Masculino	03:46:21	+01:20:43	11:55
36	2334	Fernando Meireles	Taylor's	Senior Masculino	03:47:36	+01:21:58	11:59
37	2033	BRUNO SOUSA	ele e ela	Senior Masculino	03:55:00	+01:29:22	12:22
38	2004	Isaque Silva	A.D Sebolido Trail boneca D´ouro	Senior Masculino	04:00:33	+01:34:55	12:40
39	2181	Tiago Guedes	Individual	Senior Masculino	04:00:51	+01:35:13	12:41
40	2043	Pedro Meireles	EQUIPA JOAO FERREIRA	Senior Masculino	04:01:29	+01:35:51	12:43
41	2092	Tiago Sampaio	GTT-Armazém do Caffè	Senior Masculino	04:01:58	+01:36:20	12:44
42	2154	Julio do Monte Escriveaes	Individual	Senior Masculino	04:02:35	+01:36:57	12:48

Soft Run 19K

19 KM



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43	2039	João Ferreira	EQUIPA JOAO FERREIRA	Senior Masculino	04:02:40	+01:37:02	12:46
44	2003	Fabio Correia	A.D Sebolido Trail boneca D'ouro	Senior Masculino	04:03:51	+01:38:13	12:50
45	2297	José António R Sousa	Pernetas	Senior Masculino	04:04:31	+01:38:53	12:52
46	2259	Miguel Xavier Cunha Fernandes	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	04:05:23	+01:39:45	12:55
47	2174	Ricardo Brito	Individual	Senior Masculino	04:07:15	+01:41:37	13:01
48	2134	André Montenegro Ferreira	Individual	Senior Masculino	04:07:35	+01:41:57	13:02
49	2318	Luís Loureiro	S. S. Montepio	Senior Masculino	04:08:26	+01:42:48	13:05
50	2317	Hugo Silva	S. S. Montepio	Senior Masculino	04:08:26	+01:42:48	13:05
51	2028	Hugo Freixo	Clube Zupper	Senior Masculino	04:11:16	+01:45:38	13:13
52	2222	Marco Silva	Island Team	Senior Masculino	04:13:16	+01:47:38	13:20
53	2162	Mário Noronha	Individual	Senior Masculino	04:15:00	+01:49:22	13:25
54	2182	Vitor Daniel Ribeiro Pereira	Individual	Senior Masculino	04:15:01	+01:49:23	13:25
55	2161	Marco Paulo Sousa Ferreira	Individual	Senior Masculino	04:15:21	+01:49:43	13:26
56	2145	Helder Filipe da Costa Vieira	Individual	Senior Masculino	04:18:00	+01:52:22	13:35
57	2344	Tiago Silva	trilha dos runners	Senior Masculino	04:18:10	+01:52:32	13:35
58	2165	Nelson Pedro da Rocha carvalho	Individual	Senior Masculino	04:18:30	+01:52:52	13:36
59	2342	Bruno Andrade	Trailgloditas	Senior Masculino	04:19:33	+01:53:55	13:40
60	2245	Filipe Pereira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:20:00	+01:54:22	13:41
61	2219	Jorge Lima	Invictus Oporto Team	Senior Masculino	04:23:39	+01:58:01	13:53
62	2140	Carlos Alberto Soares Moreira	Individual	Senior Masculino	04:23:44	+01:58:06	13:53
63	2316	Rui Fernandes	Runners do Demo	Senior Masculino	04:25:33	+01:59:55	13:59
64	2064	Filipe Reis Pinheiro	Fridão Sem Limites	Senior Masculino	04:26:58	+02:01:20	14:03
65	2177	Ricardo Teixeira	Individual	Senior Masculino	04:28:22	+02:02:44	14:07
66	2148	João Baltazar	Individual	Senior Masculino	04:28:23	+02:02:45	14:08
67	2179	Rui Correia	Individual	Senior Masculino	04:29:44	+02:04:06	14:12
68	2143	Fernando Miguel Quadrado Bolota Fonseca	Individual	Senior Masculino	04:29:56	+02:04:18	14:12
69	2090	João Laranjeira	GTT-Armazém do Caffè	Senior Masculino	04:35:45	+02:10:07	14:31
70	2091	Tiago Sá	GTT-Armazém do Caffè	Senior Masculino	04:35:45	+02:10:07	14:31
71	2138	Bruno Emanuel Moreira	Individual	Senior Masculino	04:36:26	+02:10:48	14:33
72	2261	Tiago Figueiredo	MONTANHA CLUBE TRAIL RUNNING/RUNNERS	Senior Masculino	04:36:33	+02:10:55	14:33
73	2224	João Martins	JJDT	Senior Masculino	04:39:55	+02:14:17	14:44
74	2155	Leandro Costa	Individual	Senior Masculino	04:39:55	+02:14:17	14:44
75	2089	Flávio Ortins	GTT-Armazém do Caffè	Senior Masculino	04:45:30	+02:19:52	15:02
76	1177	Moisés Esteves	Individual	Senior Masculino	04:45:45	+02:20:07	15:02
77	2246	Pedro Bernardes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:45:57	+02:20:19	15:03
78	1163	Helder Ferreira	Individual	Senior Masculino	04:47:05	+02:21:27	15:07
79	2173	Pedro Varanda	Individual	Senior Masculino	04:49:49	+02:24:11	15:15
80	1194	Sérgio Brochado	Individual	Senior Masculino	04:59:40	+02:34:02	15:46
81	2146	henrique teixeira	Individual	Senior Masculino	05:02:30	+02:36:52	15:55
82	2167	Nuno Oliveira	Individual	Senior Masculino	05:05:52	+02:40:14	16:06
83	2225	João Tiago Lopes	JJDT	Senior Masculino	05:06:03	+02:40:25	16:06
84	2226	Tiago Dias Nunoos	JJDT	Senior Masculino	05:06:03	+02:40:25	16:06
85	2314	Pedro Resende	Recos	Senior Masculino	05:11:54	+02:46:16	16:25

Soft Run 19K

19 KM

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86	2176	Ricardo Morais da Costa Nogueira	Individual	Senior Masculino	05:12:17	+02:46:39	16:26
87	2136	Arnaldo Costa	Individual	Senior Masculino	05:24:47	+02:59:09	17:06
88	2156	Luís Teixeira	Individual	Senior Masculino	05:39:43	+03:14:05	17:53
89	2170	Pedro Manuel Sousa Teixeira	Individual	Senior Masculino	05:56:32	+03:30:54	18:46
90	2158	Manuel Sousa	Individual	Senior Masculino	05:59:02	+03:33:24	18:54
91	2132	Alexandre Teles	Individual	Senior Masculino	06:15:55	+03:50:17	19:47
92	2180	Tiago Gomes	Individual	Senior Masculino	06:19:26	+03:53:48	19:58
93	2330	Nelson Braga	tá muito lento	Senior Masculino	06:37:47	+04:12:09	20:56
94	2331	Pedro Amaral	tá muito lento	Senior Masculino	07:05:40	+04:40:02	22:24

Veterana F40

1	2325	Ana Nascimento	Spotcriativo Viseu Running Team	Veterana F40	03:37:22		11:26
2	2031	Alice Sousa	Dr. Merino/Nutrifit	Veterana F40	03:52:43	+15:21	12:15
3	2022	Bárbara Almeida	BUDEGUITA RUNNERS	Veterana F40	04:02:30	+25:08	12:46
4	2183	Ana Margarida Nogueira Coelho	Individual	Veterana F40	04:04:30	+27:08	12:52
5	2255	Patrícia Sampaio	Moinhos Run ADRM	Veterana F40	04:11:13	+33:51	13:13
6	2194	Nina Silva	Individual	Veterana F40	04:13:20	+35:58	13:20
7	2231	Sonia Teixeira	keepmoving	Veterana F40	04:24:54	+47:32	13:57
8	2319	Carla Barros	S. S. Montepio	Veterana F40	04:28:22	+51:00	14:07
9	2188	Filomena Rocha	Individual	Veterana F40	04:36:31	+59:09	14:33
10	2056	monica matos	FitMafia	Veterana F40	04:48:34	+01:11:12	15:11
11	2357	José António Neves Oliveira	TrepaTrilhos Trail Team	Veterana F40	04:53:51	+01:16:29	15:28
12	2262	Carla Caria	Moreira Relax Runners	Veterana F40	05:01:59	+01:24:37	15:54
13	2339	Dulce Correia	Trail Running Clube Btt Sanguedo	Veterana F40	05:05:58	+01:28:36	16:06
14	2340	Rosa Conceição	Trail Running Clube Btt Sanguedo	Veterana F40	05:06:14	+01:28:52	16:07
15	2016	Lurdes Moreira	As Belas e Eles	Veterana F40	05:09:14	+01:31:52	16:17
16	2190	Isa Oliveira	Individual	Veterana F40	05:11:23	+01:34:01	16:23
17	2184	Ana Pestanays	Individual	Veterana F40	05:16:51	+01:39:29	16:41
18	2299	Isabel Carvalho	Pernetas	Veterana F40	05:23:21	+01:45:59	17:01
19	2309	Cecília Martins	PT JRSOUSA TEAM	Veterana F40	05:23:28	+01:46:06	17:01
20	2311	Natália Santos	PT JRSOUSA TEAM	Veterana F40	05:23:28	+01:46:06	17:01
21	2197	Susana Neves	Individual	Veterana F40	05:24:19	+01:46:57	17:04
22	2195	ROSA COSTA	Individual	Veterana F40	05:24:47	+01:47:25	17:06
23	2029	Célia Alves	CTAD - Trilhos de Cinfães	Veterana F40	05:30:53	+01:53:31	17:25
24	2267	Elisabete Pinhel	Nós	Veterana F40	05:43:52	+02:06:30	18:06
25	2310	Helena Cardoso	PT JRSOUSA TEAM	Veterana F40	05:46:12	+02:08:50	18:13
26	2044	Célia Aroso	EQUIPA JOAO FERREIRA	Veterana F40	05:47:30	+02:10:08	18:17
27	1041	Elvira Lima	Beat Your Limit!	Veterana F40	06:16:18	+02:38:56	19:48
28	2247	Dina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	06:16:18	+02:38:56	19:48
29	2186	Carla Santos	Individual	Veterana F40	06:31:43	+02:54:21	20:37
30	2023	Isabel Marques	BUDEGUITA RUNNERS	Veterana F40	06:42:50	+03:05:28	21:12
31	2024	Paula Sousa	BUDEGUITA RUNNERS	Veterana F40	06:42:56	+03:05:34	21:12
32	2057	sandra roque	FitMafia	Veterana F40	06:51:18	+03:13:56	21:39
33	2008	MariaJoao Cardoso	A+	Veterana F40	07:35:13	+03:57:51	23:58

Soft Run 19K

19 KM

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Veterana F50

1	2017	Rosa Magalhães	As Belas e Eles	Veterana F50	03:31:54	11:09
2	2199	Margarida Machado	Individual	Veterana F50	05:06:05	+01:34:11 16:07
3	2228	Susana Paula Duarte Vaz Saraiva Ferraz	Juventude Vidigalense	Veterana F50	06:12:52	+02:40:58 19:37
4	2287	rosinda macedo	os caga tacos running team	Veterana F50	06:15:45	+02:43:51 19:47
5	2198	Lurdes Monteiro	Individual	Veterana F50	06:46:05	+03:14:11 21:22

Veterano M40

1	2278	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	02:30:47		07:56
2	2066	Paulo Teixeira Sousa	Fridão Sem Limites	Veterano M40	02:43:38	+12:51	08:37
3	2244	Paulo Lima	Individual	Veterano M40	02:48:54	+18:07	08:53
4	2220	Bruno Coutada	Invictus Oporto Team	Veterano M40	03:09:23	+38:36	09:58
5	2074	Carlos Barbosa	Global Trail	Veterano M40	03:11:21	+40:34	10:04
6	2272	Mario Gonçalves	Olimpico Vianense Trail/ND Sport	Veterano M40	03:11:44	+40:57	10:05
7	2010	Marco Antonio Silva Rodrigues Lourenço	ADEFACEC	Veterano M40	03:24:13	+53:26	10:45
8	2019	Juca Teixeira	BTT Alegria / TUBANI	Veterano M40	03:26:36	+55:49	10:52
9	2320	António Coelho	S. S. Montepio	Veterano M40	03:31:00	+01:00:13	11:06
10	2020	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	03:35:25	+01:04:38	11:20
11	2271	Joao Jaques	Olimpico Vianense Trail/ND Sport	Veterano M40	03:35:36	+01:04:49	11:21
12	2301	Agostinho Torres	Pernetas	Veterano M40	03:35:56	+01:05:09	11:22
13	2205	Jorge Miguel Sampaio da Costa	Individual	Veterano M40	03:47:02	+01:16:15	11:57
14	2011	Carlos Castanheira	AERGois Trail Running	Veterano M40	03:47:02	+01:16:15	11:57
15	1339	Rolando Paulo	Trail Running Clube Btt Sanguedo	Veterano M40	03:59:47	+01:29:00	12:37
16	2211	Rui Fernandes	Individual	Veterano M40	04:00:15	+01:29:28	12:39
17	2084	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	04:01:52	+01:31:05	12:44
18	2070	PEDRO MARIO BATISTA LOPES	GATUS TRAIL	Veterano M40	04:02:18	+01:31:31	12:45
19	2238	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	04:02:54	+01:32:07	12:47
20	1302	Paulo Freitas	PT JRSOUSA TEAM	Veterano M40	04:08:41	+01:37:54	13:05
21	2256	Pedro Sá	Moinhos Run ADRM	Veterano M40	04:11:13	+01:40:26	13:13
22	2200	Baltazar Ferreira	Individual	Veterano M40	04:11:15	+01:40:28	13:13
23	2352	CARLOS MANUEL COSTA FREIXO	ZUPPER	Veterano M40	04:11:16	+01:40:29	13:13
24	2237	Manuel Oliveira	Leões de Tardariz Trail	Veterano M40	04:14:01	+01:43:14	13:22
25	2075	Sérgio Osório	Global Trail	Veterano M40	04:14:06	+01:43:19	13:22
26	2203	João Saraiva	Individual	Veterano M40	04:17:58	+01:47:11	13:35
27	2350	Sérgyo Pereyra	Viriathvs Runners Viseu	Veterano M40	04:21:25	+01:50:38	13:46
28	2313	Nuno Santos	PT JRSOUSA TEAM	Veterano M40	04:27:58	+01:57:11	14:06
29	2207	Miguel Ângelo Dias Vidinha	Individual	Veterano M40	04:29:56	+01:59:09	14:12
30	2233	Eurico Fernando Portela Mendes	LACRAUS	Veterano M40	04:36:31	+02:05:44	14:33
31	2052	Paulo Jorge Madureira Ribeiro	Familia Ribeiro	Veterano M40	04:40:21	+02:09:34	14:45
32	2248	Miguel Fonseca	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	04:46:49	+02:16:02	15:06

Soft Run 19K

19 KM

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33	2263	Fernando Monteiro	Moreira Relax Runners	Veterano M40	05:01:59	+02:31:12	15:54
34	2076	Sérgio Silva	Global Trail	Veterano M40	05:21:43	+02:50:56	16:56
35	2303	Rui carvalho	Pernetas	Veterano M40	05:23:21	+02:52:34	17:01
36	2353	VICTOR HUGO DA SILVA RODRIGUES	ZUPPER	Veterano M40	05:34:22	+03:03:35	17:36
37	2291	Paulo cunha	Patas Negras	Veterano M40	06:03:12	+03:32:25	19:07
38	2210	Pedro Pereira	Individual	Veterano M40	06:19:26	+03:48:39	19:58
39	2208	Nuno Peralta	Individual	Veterano M40	06:19:26	+03:48:39	19:58
40	1051	Helder Sousa	BUDEGUITA RUNNERS	Veterano M40	06:42:56	+04:12:09	21:12

Veterano M50

1	2068	Alfredo Pinheiro	Fridão Sem Limites	Veterano M50	02:37:25	08:17
2	2273	Leandro Freitas	Olimpico Vianense Trail/ND Sport	Veterano M50	03:29:49	+52:24 11:03
3	2239	Antônio Pinto	Leões de Tardariz Trail	Veterano M50	03:39:10	+01:01:45 11:32
4	2215	Pedro Manuel Mieiro Vidinha Carneiro	Individual	Veterano M50	03:42:20	+01:04:55 11:42
5	2240	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	03:52:45	+01:15:20 12:15
6	2216	Vitor Almeida	Individual	Veterano M50	04:01:30	+01:24:05 12:43
7	2323	Fernando Carvalho	S. S. Montepio	Veterano M50	04:05:26	+01:28:01 12:55
8	2071	Durbalino Ferreira	Ginasio Fit4Fun	Veterano M50	04:08:23	+01:30:58 13:04
9	2214	Carlos Almeid	Individual	Veterano M50	04:18:28	+01:41:03 13:36
10	2212	Alvaro da Silva Reis	Individual	Veterano M50	04:51:09	+02:13:44 15:19
11	2315	Carlos Viamonte	Recos	Veterano M50	05:11:54	+02:34:29 16:25
12	2341	Fernando Correia	Trail Running Clube Btt Sanguedo	Veterano M50	05:48:11	+03:10:46 18:20
13	2229	Carlos Manuel Conceição Ferraz	Juventude Vidigalense	Veterano M50	06:13:41	+03:36:16 19:40
14	2288	Antonio Macedo	os caga tacos running team	Veterano M50	06:15:46	+03:38:21 19:47
15	2213	António Carmo	Individual	Veterano M50	06:25:46	+03:48:21 20:18

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