

**18 KM**

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:00 | 15°C        | 76%      |
| End   | 13:31 | 15°C        | 76%      |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 7 | generate 30-Apr-2017 16:07 |
|-----------------------------|-------|----------------------------|

**18 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                           | TEAM                        | CAT              | RESULT   | DIFF   | ↑/KM  |
|------|-----|--------------------------------|-----------------------------|------------------|----------|--------|-------|
| 43   | 507 | Ricardo Briote                 | ade trail running           | Senior Masculino | 01:47:46 | +26:49 | 05:59 |
| 44   | 509 | Pedro Emanuel Santos Silva     | aecorreões                  | Senior Masculino | 01:47:49 | +26:51 | 05:59 |
| 45   | 609 | Clife Pedro                    | individual                  | Senior Masculino | 01:47:49 | +26:51 | 05:59 |
| 46   | 701 | Joana Gonçalves                | oralklass-amigos do trail   | Senior Feminino  | 01:47:49 | +26:51 | 05:59 |
| 47   | 695 | Pedro Coelho                   | nice runners                | Veterano M40     | 01:47:53 | +26:55 | 06:00 |
| 48   | 608 | Carlos Castanheira             | individual                  | Senior Masculino | 01:47:55 | +26:58 | 06:00 |
| 49   | 514 | Ricardo Silva                  | amaresunnig                 | Senior Masculino | 01:48:17 | +27:20 | 06:01 |
| 50   | 574 | Flávio Azevedo                 | gaia trail                  | Senior Masculino | 01:48:24 | +27:26 | 06:01 |
| 51   | 578 | Paulo Amadeu                   | gaia trail                  | Veterano M40     | 01:49:01 | +28:03 | 06:03 |
| 52   | 824 | Ricardo Pereira                | vilaverdeacorrer            | Senior Masculino | 01:49:04 | +28:06 | 06:04 |
| 53   | 762 | Ricardo Maia                   | team lanthemil              | Senior Masculino | 01:49:20 | +28:22 | 06:04 |
| 54   | 718 | Nuno Marçal                    | best cross                  | Senior Masculino | 01:49:30 | +28:32 | 06:05 |
| 55   | 825 | Rita Loureiro                  | oralklass-amigos do trail   | Senior Feminino  | 01:49:39 | +28:42 | 06:06 |
| 56   | 732 | Maria da Conceição Fonseca     | runner's do demo            | Senior Feminino  | 01:49:55 | +28:57 | 06:06 |
| 57   | 757 | Manuel Oliveira                | tainadas                    | Veterano M40     | 01:50:11 | +29:14 | 06:07 |
| 58   | 513 | Helder Tavares                 | amaresunnig                 | Senior Masculino | 01:51:01 | +30:04 | 06:10 |
| 59   | 547 | António Teixeira               | clube zipper                | Veterano M50     | 01:51:08 | +30:11 | 06:10 |
| 60   | 604 | Alberto Silvio Lopes Fernandes | individual                  | Senior Masculino | 01:51:11 | +30:13 | 06:11 |
| 61   | 806 | Diogo Torres                   | vilaverdeacorrer            | Sub 23 Masculino | 01:51:17 | +30:20 | 06:11 |
| 62   | 577 | João Trigueiros                | gaia trail                  | Sub 23 Masculino | 01:51:17 | +30:20 | 06:11 |
| 63   | 531 | Jorge Lobo                     | camara terras bouro         | Veterano M60     | 01:51:56 | +30:59 | 06:13 |
| 64   | 527 | Salette Tavares                | cab barreira                | Veterana F40     | 01:52:01 | +31:03 | 06:13 |
| 65   | 761 | Pedro Alves                    | team lanthemil              | Senior Masculino | 01:52:52 | +31:55 | 06:16 |
| 66   | 614 | Hernâni                        | individual                  | Senior Masculino | 01:53:06 | +32:09 | 06:17 |
| 67   | 675 | Fernando Eloi Santos Sousa     | individual                  | Veterano M50     | 01:53:13 | +32:16 | 06:17 |
| 68   | 684 | Lino Moreira                   | individual                  | Veterano M60     | 01:53:34 | +32:37 | 06:19 |
| 69   | 734 | André Ribeiro                  | runner's do demo            | Senior Masculino | 01:53:45 | +32:48 | 06:19 |
| 70   | 624 | Marco Neiva                    | individual                  | Senior Masculino | 01:53:47 | +32:50 | 06:19 |
| 71   | 543 | PEDRO JOSE LOPES FONTINHA      | clube millennium bcp        | Senior Masculino | 01:54:11 | +33:14 | 06:21 |
| 72   | 689 | Tiago Bragança                 | maisfit runners             | Senior Masculino | 01:54:30 | +33:33 | 06:22 |
| 73   | 778 | João Miguel Costa              | turbulentos/braga           | Sub 23 Masculino | 01:54:41 | +33:44 | 06:22 |
| 74   | 722 | Eduardo Faria                  | best cross                  | Veterano M40     | 01:55:26 | +34:29 | 06:25 |
| 75   | 820 | Ricardo Fernandes              | vilaverdeacorrer            | Veterano M40     | 01:55:26 | +34:29 | 06:25 |
| 76   | 798 | Ana Filipa Gomes               | vilaverdeacorrer            | Senior Feminino  | 01:55:41 | +34:43 | 06:26 |
| 77   | 797 | Álvaro Manuel da Costa Centeio | ugas trail running          | Veterano M50     | 01:56:01 | +35:04 | 06:27 |
| 78   | 758 | Daniela Araújo                 | team lanthemil              | Senior Feminino  | 01:56:05 | +35:08 | 06:27 |
| 79   | 625 | Nuno Sá                        | individual                  | Senior Masculino | 01:56:41 | +35:44 | 06:29 |
| 80   | 529 | Victor Mota                    | cabritos da cortiça - trail | Veterano M40     | 01:56:43 | +35:46 | 06:29 |
| 81   | 781 | Helena Baldassare              | turbulentos/braga           | Veterana F40     | 01:56:56 | +35:59 | 06:30 |
| 82   | 686 | Leopoldo Fernandes             | leões da guarda f. c.- maia | Veterano M60     | 01:57:03 | +36:06 | 06:30 |
| 83   | 805 | Sérgio Soares                  | vilaverdeacorrer            | Senior Masculino | 01:57:03 | +36:06 | 06:30 |
| 84   | 766 | Luís Vale                      | team lanthemil              | Veterano M40     | 01:57:18 | +36:21 | 06:31 |
| 85   | 769 | Goncalo Maciel                 | the wolves/ acrvf           | Sub 23 Masculino | 01:57:23 | +36:26 | 06:31 |
| 86   | 673 | Euclides Coimbra               | individual                  | Veterano M50     | 01:57:29 | +36:31 | 06:32 |
| 87   | 648 | CARLOS LUIS GUERRA OLIVEIRA    | individual                  | Veterano M40     | 01:57:41 | +36:43 | 06:32 |

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| RANK | BIB | NAME                               | TEAM                                        | CAT              | RESULT   | DIFF   | t/KM  |
|------|-----|------------------------------------|---------------------------------------------|------------------|----------|--------|-------|
| 88   | 712 | António Fins                       | palmeira runners                            | Veterano M50     | 01:57:41 | +36:43 | 06:32 |
| 89   | 532 | Octávio Mariano                    | ccrd burinhosa                              | Veterano M40     | 01:57:57 | +37:00 | 06:33 |
| 90   | 618 | Jorge Fernandes                    | individual                                  | Senior Masculino | 01:58:04 | +37:07 | 06:34 |
| 91   | 510 | César Lopes                        | alfena bike & trail team                    | Senior Masculino | 01:59:08 | +38:10 | 06:37 |
| 92   | 619 | José Duarte                        | individual                                  | Senior Masculino | 01:59:37 | +38:39 | 06:39 |
| 93   | 512 | Filipe Pontes                      | amaresnunnig                                | Senior Masculino | 01:59:41 | +38:44 | 06:39 |
| 94   | 599 | Patrícia Soares                    | individual                                  | Senior Feminino  | 01:59:45 | +38:48 | 06:39 |
| 95   | 731 | Andreia Oliveira                   | runner's do demo                            | Senior Feminino  | 02:00:06 | +39:09 | 06:40 |
| 96   | 733 | Marilyne Rua Marques               | runner's do demo                            | Senior Feminino  | 02:00:06 | +39:09 | 06:40 |
| 97   | 642 | Alexandre Manuel Esteves Ferreira  | individual                                  | Veterano M40     | 02:00:14 | +39:17 | 06:41 |
| 98   | 654 | Gonçalo Aroso                      | individual                                  | Veterano M40     | 02:00:17 | +39:20 | 06:41 |
| 99   | 567 | NUNO SANTOS                        | gaia running                                | Veterano M40     | 02:01:06 | +40:09 | 06:44 |
| 100  | 505 | José Mário Pereira                 | ade trail running                           | Senior Masculino | 02:01:21 | +40:24 | 06:45 |
| 101  | 826 | José Santos                        | individual                                  | Veterano M40     | 02:01:59 | +41:01 | 06:47 |
| 102  | 645 | António Sérgio Soares Machado      | individual                                  | Veterano M40     | 02:02:00 | +41:03 | 06:47 |
| 103  | 644 | António Rodrigues                  | individual                                  | Veterano M40     | 02:02:35 | +41:37 | 06:49 |
| 104  | 565 | CESAR TEIXEIRA                     | gaia running                                | Veterano M40     | 02:02:54 | +41:57 | 06:50 |
| 105  | 682 | João Pena Gil                      | individual                                  | Veterano M60     | 02:02:57 | +42:00 | 06:50 |
| 106  | 821 | Diana Sousa                        | zupper                                      | Senior Feminino  | 02:03:06 | +42:09 | 06:50 |
| 107  | 828 | Vítor Fernandes                    | individual                                  | Senior Masculino | 02:03:36 | +42:39 | 06:52 |
| 108  | 506 | Nelson Miranda                     | ade trail running                           | Senior Masculino | 02:03:38 | +42:41 | 06:52 |
| 109  | 564 | ANDRÉ DIAS                         | gaia running                                | Veterano M40     | 02:03:44 | +42:46 | 06:52 |
| 110  | 822 | Catarina Figueiredo                | gaia running                                | Senior Feminino  | 02:03:45 | +42:47 | 06:53 |
| 111  | 504 | Alvaro Vale                        | ade trail running                           | Senior Masculino | 02:03:50 | +42:53 | 06:53 |
| 112  | 650 | DOMINGOS MARTINS BARBOSA ARAUJO    | individual                                  | Veterano M40     | 02:03:52 | +42:54 | 06:53 |
| 113  | 726 | Carina Bernardo                    | rc                                          | Senior Feminino  | 02:03:55 | +42:58 | 06:53 |
| 114  | 793 | Daniel Marques dos Santos          | ugas trail running                          | Senior Masculino | 02:04:01 | +43:04 | 06:53 |
| 115  | 792 | Manuel Silva                       | turbulentos/braga                           | Veterano M60     | 02:05:30 | +44:32 | 06:58 |
| 116  | 692 | Lurdes Gil                         | mountain trails                             | Veterana F40     | 02:05:43 | +44:46 | 06:59 |
| 117  | 548 | Nuno Morgado                       | correr leça                                 | Veterano M40     | 02:06:24 | +45:26 | 07:01 |
| 118  | 516 | Lígia Coelho                       | arshm - associação recreativa de são miguel | Veterana F40     | 02:06:30 | +45:33 | 07:02 |
| 119  | 521 | Maria do Sameiro da Silva Oliveira | braguinhas runners                          | Veterana F50     | 02:07:28 | +46:31 | 07:05 |
| 120  | 591 | Nuno Martins                       | happy runners                               | Senior Masculino | 02:07:38 | +46:40 | 07:05 |
| 121  | 592 | Oliveira Amaro                     | happy runners                               | Veterano M40     | 02:07:38 | +46:41 | 07:05 |
| 122  | 730 | José Carlos Sousa                  | red line                                    | Senior Masculino | 02:09:09 | +48:12 | 07:11 |
| 123  | 729 | Hugo Pereira                       | red line                                    | Senior Masculino | 02:09:10 | +48:12 | 07:11 |
| 124  | 610 | Cristiano Gomes                    | individual                                  | Senior Masculino | 02:09:10 | +48:13 | 07:11 |
| 125  | 728 | Carla Sousa                        | red line                                    | Senior Feminino  | 02:09:10 | +48:13 | 07:11 |
| 126  | 526 | Nuno Rodrigues                     | budeguita runners                           | Veterano M40     | 02:10:54 | +49:57 | 07:16 |
| 127  | 655 | Helder Couto                       | individual                                  | Veterano M40     | 02:11:13 | +50:16 | 07:17 |
| 128  | 674 | Fernando Diamantino Pinto Carneiro | individual                                  | Veterano M50     | 02:11:18 | +50:20 | 07:18 |
| 129  | 809 | Cláudia Teresa Fernandes Alves     | vilaverdeacorrer                            | Veterana F40     | 02:11:57 | +51:00 | 07:20 |
| 130  | 636 | Vanda Matias                       | individual                                  | Veterana F40     | 02:12:21 | +51:24 | 07:21 |
| 131  | 772 | Patrick Lima                       | the wolves/ acrvf                           | Veterano M40     | 02:12:28 | +51:31 | 07:22 |
| 132  | 787 | Artur Silva                        | turbulentos/braga                           | Veterano M50     | 02:12:29 | +51:32 | 07:22 |

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| RANK | BIB | NAME                                     | TEAM                                            | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|------------------------------------------|-------------------------------------------------|------------------|----------|-----------|-------|
| 133  | 560 | HUGO OLIVEIRA                            | fugitivos urbanos - clínica + saúde             | Senior Masculino | 02:12:30 | +51:32    | 07:22 |
| 134  | 697 | Hugo Rocha                               | nortrail                                        | Senior Masculino | 02:12:30 | +51:33    | 07:22 |
| 135  | 667 | Rui Manuel gomes oliveira                | individual                                      | Veterano M40     | 02:12:32 | +51:35    | 07:22 |
| 136  | 559 | Fernanda Fernandes                       | fit braga                                       | Veterana F40     | 02:13:32 | +52:35    | 07:25 |
| 137  | 617 | João Silva                               | individual                                      | Senior Masculino | 02:13:34 | +52:37    | 07:25 |
| 138  | 615 | Hugo Miguel de Sousa Machado             | individual                                      | Senior Masculino | 02:13:35 | +52:37    | 07:25 |
| 139  | 677 | João R Russo                             | individual                                      | Veterano M50     | 02:13:35 | +52:38    | 07:25 |
| 140  | 541 | Paulo Nóvoa                              | cepsi centro de psicologia e pedagogia de braga | Veterano M50     | 02:13:37 | +52:39    | 07:25 |
| 141  | 558 | Ju Costa                                 | fit braga                                       | Senior Feminino  | 02:13:37 | +52:40    | 07:25 |
| 142  | 553 | Paulo Jorge Silva Pereira                | ermal                                           | Veterano M40     | 02:14:25 | +53:28    | 07:28 |
| 143  | 530 | Ana Cordeiro                             | cães d`avenida                                  | Senior Feminino  | 02:15:26 | +54:28    | 07:31 |
| 144  | 786 | Antonio Veloso Santos                    | turbulentos/braga                               | Veterano M50     | 02:16:17 | +55:20    | 07:34 |
| 145  | 613 | Gonçalo Carpinteiro                      | individual                                      | Senior Masculino | 02:16:27 | +55:29    | 07:35 |
| 146  | 566 | JOSÉ LOPES                               | gaia running                                    | Veterano M40     | 02:16:35 | +55:37    | 07:35 |
| 147  | 714 | Paulo Macedo                             | pari passu                                      | Veterano M50     | 02:16:37 | +55:40    | 07:35 |
| 148  | 626 | Paulo Assis                              | individual                                      | Senior Masculino | 02:16:38 | +55:40    | 07:35 |
| 149  | 503 | Frederico Silva Pinto                    | a.d.amarante trail running                      | Senior Masculino | 02:16:40 | +55:43    | 07:36 |
| 150  | 830 | António Gouveia                          | individual                                      | Senior Masculino | 02:16:40 | +55:43    | 07:36 |
| 151  | 607 | Carlos Alberto da Silva Rodrigues        | individual                                      | Senior Masculino | 02:16:42 | +55:45    | 07:36 |
| 152  | 672 | ANTERO CUNHA                             | individual                                      | Veterano M50     | 02:16:50 | +55:52    | 07:36 |
| 153  | 687 | Anabela Silva                            | limite vertical trekking                        | Veterana F40     | 02:17:55 | +56:57    | 07:40 |
| 154  | 829 | Vítor Manuel Dias Gonçalves              | individual                                      | Senior Masculino | 02:18:13 | +57:15    | 07:41 |
| 155  | 597 | Elisabete Maria Soutulho Coelho Alves    | individual                                      | Senior Feminino  | 02:18:13 | +57:16    | 07:41 |
| 156  | 788 | Guisseppe Baldassare                     | turbulentos/braga                               | Veterano M50     | 02:20:08 | +59:11    | 07:47 |
| 157  | 681 | Rui Lobo Machado                         | individual                                      | Veterano M50     | 02:20:13 | +59:16    | 07:47 |
| 158  | 759 | Sandra Dias                              | team lanthemil                                  | Senior Feminino  | 02:20:14 | +59:16    | 07:47 |
| 159  | 584 | Miguel Frederico Rodrigues Veloso Soares | gaz(n)elas                                      | Sub 23 Masculino | 02:20:25 | +59:28    | 07:48 |
| 160  | 581 | José Pedro Alves Oliveira                | gaz(n)elas                                      | Senior Masculino | 02:20:25 | +59:28    | 07:48 |
| 161  | 582 | Micael Filipe Queirós Gonçalves          | gaz(n)elas                                      | Senior Masculino | 02:20:26 | +59:28    | 07:48 |
| 162  | 785 | Carlos Brito                             | turbulentos/braga                               | Veterano M40     | 02:20:26 | +59:29    | 07:48 |
| 163  | 773 | Miguel Pereira                           | tiptopcafé                                      | Senior Masculino | 02:20:30 | +59:33    | 07:48 |
| 164  | 774 | Victor Manuel                            | tiptopcafé                                      | Veterano M40     | 02:20:31 | +59:33    | 07:48 |
| 165  | 763 | Ruben Silva                              | team lanthemil                                  | Senior Masculino | 02:21:09 | +01:00:12 | 07:51 |
| 166  | 539 | Henrique Matos                           | centro ciclista gondomar                        | Veterano M50     | 02:21:14 | +01:00:17 | 07:51 |
| 167  | 535 | Sandra Matos                             | centro ciclista gondomar                        | Veterana F40     | 02:21:14 | +01:00:17 | 07:51 |
| 168  | 770 | Joao Maciel                              | the wolves/ acrvf                               | Sub 23 Masculino | 02:21:20 | +01:00:23 | 07:51 |
| 169  | 818 | João Graça                               | vilaverdeacorrer                                | Veterano M40     | 02:21:25 | +01:00:28 | 07:51 |
| 170  | 658 | José Alberto Martins Ribeiro             | individual                                      | Veterano M40     | 02:21:26 | +01:00:28 | 07:51 |
| 171  | 651 | Feliciano Ferreira                       | individual                                      | Veterano M40     | 02:22:01 | +01:01:03 | 07:53 |
| 172  | 676 | filipe poças de almeida coimbra          | individual                                      | Veterano M50     | 02:22:02 | +01:01:05 | 07:53 |
| 173  | 683 | JOSÉ ESPÍRITO SANTO                      | individual                                      | Veterano M60     | 02:22:12 | +01:01:15 | 07:54 |
| 174  | 768 | Fernando Manuel Dias Mendes              | team shark                                      | Veterano M40     | 02:22:40 | +01:01:43 | 07:56 |
| 175  | 678 | José Vieira costeira                     | individual                                      | Veterano M50     | 02:22:42 | +01:01:44 | 07:56 |
| 176  | 602 | Tânia Luisa Andrade Machado              | individual                                      | Senior Feminino  | 02:22:44 | +01:01:47 | 07:56 |

**18 KM**

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| RANK | BIB | NAME                              | TEAM                        | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|-----------------------------------|-----------------------------|------------------|----------|-----------|-------|
| 177  | 657 | Jorge Cunha                       | individual                  | Veterano M40     | 02:22:45 | +01:01:47 | 07:56 |
| 178  | 791 | Sergio Silva                      | turbulentos/braga           | Veterano M50     | 02:23:37 | +01:02:40 | 07:59 |
| 179  | 665 | Paulo Alexandre Carneiro          | individual                  | Veterano M40     | 02:24:25 | +01:03:28 | 08:01 |
| 180  | 685 | Marina Correia Graça              | kalenji runners braga       | Senior Feminino  | 02:24:29 | +01:03:32 | 08:02 |
| 181  | 601 | Susana Araújo                     | individual                  | Senior Feminino  | 02:24:35 | +01:03:37 | 08:02 |
| 182  | 534 | Marlene Martins                   | centro ciclista gondomar    | Veterana F40     | 02:24:39 | +01:03:42 | 08:02 |
| 183  | 595 | Carina silva                      | individual                  | Senior Feminino  | 02:24:42 | +01:03:45 | 08:02 |
| 184  | 643 | André Figueiredo                  | individual                  | Veterano M40     | 02:24:43 | +01:03:46 | 08:02 |
| 185  | 717 | Daniel Gonçalves                  | best cross                  | Senior Masculino | 02:24:51 | +01:03:54 | 08:03 |
| 186  | 784 | Teresa Silva                      | turbulentos/braga           | Veterana F40     | 02:26:36 | +01:05:39 | 08:09 |
| 187  | 694 | Liseta Pinto                      | nice runners                | Veterana F40     | 02:26:52 | +01:05:54 | 08:10 |
| 188  | 661 | Luis Marques                      | individual                  | Veterano M40     | 02:26:52 | +01:05:54 | 08:10 |
| 189  | 571 | LUIS DUARTE                       | gaia running                | Veterano M50     | 02:29:12 | +01:08:15 | 08:17 |
| 190  | 568 | PAULO VILARINHO                   | gaia running                | Veterano M40     | 02:29:13 | +01:08:15 | 08:17 |
| 191  | 633 | Cláudia Pinto                     | individual                  | Veterana F40     | 02:29:13 | +01:08:16 | 08:17 |
| 192  | 767 | Claudia Sofia Lopes Paula         | team shark                  | Senior Feminino  | 02:29:21 | +01:08:23 | 08:18 |
| 193  | 606 | Bruno Rodrigues                   | individual                  | Senior Masculino | 02:29:24 | +01:08:26 | 08:18 |
| 194  | 756 | Cristiana Oliveira                | tainadas                    | Senior Feminino  | 02:29:52 | +01:08:55 | 08:20 |
| 195  | 668 | Rui Miguel Castro Pereira         | individual                  | Veterano M40     | 02:30:51 | +01:09:54 | 08:23 |
| 196  | 777 | Manuel Ribeiro                    | turbulentos/braga           | Senior Masculino | 02:32:25 | +01:11:28 | 08:28 |
| 197  | 780 | Conceição Ferreira                | turbulentos/braga           | Veterana F40     | 02:32:26 | +01:11:28 | 08:28 |
| 198  | 663 | Nelson Santos                     | individual                  | Veterano M40     | 02:32:34 | +01:11:37 | 08:29 |
| 199  | 634 | Elisabete Maia                    | individual                  | Veterana F40     | 02:32:42 | +01:11:44 | 08:29 |
| 200  | 775 | ALEXANDRE CUNHA RIBEIRO           | torcatense - trail runner   | Senior Masculino | 02:34:37 | +01:13:40 | 08:35 |
| 201  | 740 | Fernando Reis                     | running team maia           | Senior Masculino | 02:35:33 | +01:14:36 | 08:39 |
| 202  | 751 | Mónica Ferreira                   | spin&run esposende team     | Veterana F40     | 02:35:35 | +01:14:38 | 08:39 |
| 203  | 803 | Cristiano Cunha                   | vilaverdeacorrer            | Senior Masculino | 02:35:36 | +01:14:38 | 08:39 |
| 204  | 802 | Vera Cunha                        | vilaverdeacorrer            | Senior Feminino  | 02:35:36 | +01:14:39 | 08:39 |
| 205  | 742 | Sérgio Oliveira                   | running team maia           | Veterano M40     | 02:35:39 | +01:14:42 | 08:39 |
| 206  | 542 | CARLA JOAO PEREIRA MIGUEL OLIMPIO | clube millennium bcp        | Senior Feminino  | 02:39:00 | +01:18:02 | 08:50 |
| 207  | 528 | Fátima Carvalho                   | cabritos da cortiça - trail | Veterana F40     | 02:39:11 | +01:18:14 | 08:51 |
| 208  | 748 | João Couto                        | spin&run esposende team     | Senior Masculino | 02:39:55 | +01:18:58 | 08:53 |
| 209  | 520 | Elizabeth Ortiz                   | braguinhas runners          | Veterana F40     | 02:39:58 | +01:19:00 | 08:53 |
| 210  | 621 | José Luís                         | individual                  | Senior Masculino | 02:40:00 | +01:19:03 | 08:53 |
| 211  | 635 | Helena Alves                      | individual                  | Veterana F40     | 02:40:00 | +01:19:03 | 08:53 |
| 212  | 555 | João Pinheiro                     | fama runners                | Senior Masculino | 02:40:04 | +01:19:07 | 08:54 |
| 213  | 557 | Rosa Vilhena                      | fama runners                | Veterana F60     | 02:40:04 | +01:19:07 | 08:54 |
| 214  | 741 | Nuno Ferreira                     | running team maia           | Senior Masculino | 02:41:47 | +01:20:50 | 08:59 |
| 215  | 776 | Helder Magalhães Costa            | torcatense - trail runner   | Senior Masculino | 02:42:20 | +01:21:22 | 09:01 |
| 216  | 554 | Victor Manuel Lopes Rebelo        | ermal                       | Veterano M40     | 02:43:47 | +01:22:49 | 09:06 |
| 217  | 552 | Ana Maria Lopes Rebelo            | ermal                       | Veterana F40     | 02:43:47 | +01:22:49 | 09:06 |
| 218  | 583 | Miguel Angelo Leite Vieira        | gaz(n)elas                  | Senior Masculino | 02:44:03 | +01:23:06 | 09:07 |
| 219  | 670 | Alfredo Jorge Oliveira            | individual                  | Veterano M50     | 02:44:30 | +01:23:33 | 09:08 |
| 220  | 680 | Manuel António Coutinho Machado   | individual                  | Veterano M50     | 02:44:30 | +01:23:33 | 09:08 |
| 221  | 671 | Américo José Coutinho Machado     | individual                  | Veterano M50     | 02:44:30 | +01:23:33 | 09:08 |

**18 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                               | TEAM                                     | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|------------------------------------|------------------------------------------|------------------|----------|-----------|-------|
| 222  | 679 | Luís Maria Matos                   | individual                               | Veterano M50     | 02:44:32 | +01:23:34 | 09:08 |
| 223  | 693 | Sílvia Marta Soares Rêgo           | nast - núcleo associativo de santo tirso | Senior Feminino  | 02:44:41 | +01:23:44 | 09:09 |
| 224  | 652 | Fernando Romeu gomes Oliveira      | individual                               | Veterano M40     | 02:45:06 | +01:24:08 | 09:10 |
| 225  | 745 | Ana Silva                          | spin&run esposende team                  | Senior Feminino  | 02:47:56 | +01:26:58 | 09:20 |
| 226  | 522 | victor costa                       | braguinhas runners                       | Veterano M40     | 02:47:56 | +01:26:58 | 09:20 |
| 227  | 750 | Vasco Marta                        | spin&run esposende team                  | Senior Masculino | 02:47:56 | +01:26:59 | 09:20 |
| 228  | 713 | Jorge Ferreira                     | pari passu                               | Veterano M40     | 02:48:17 | +01:27:20 | 09:21 |
| 229  | 760 | Sofia Naldinho                     | team lanthemil                           | Senior Feminino  | 02:50:00 | +01:29:02 | 09:27 |
| 230  | 744 | Emidio Santos                      | sigmarunners                             | Veterano M50     | 02:50:01 | +01:29:03 | 09:27 |
| 231  | 743 | Violeta Alfaiate                   | sigmarunners                             | Veterana F50     | 02:50:01 | +01:29:03 | 09:27 |
| 232  | 523 | Liliana Brandão                    | brandão pinho                            | Veterana F40     | 02:51:28 | +01:30:31 | 09:32 |
| 233  | 631 | Tiago da cunha silva               | individual                               | Sub 23 Masculino | 02:51:33 | +01:30:36 | 09:32 |
| 234  | 598 | Patricia Alves                     | individual                               | Senior Feminino  | 02:52:00 | +01:31:03 | 09:33 |
| 235  | 662 | Luis Martins                       | individual                               | Veterano M40     | 02:52:00 | +01:31:03 | 09:33 |
| 236  | 515 | Ana Borges                         | amigos da onça                           | Senior Feminino  | 02:52:14 | +01:31:17 | 09:34 |
| 237  | 580 | João Pedro Ferraz Soares           | gaz(n)elas                               | Senior Masculino | 02:52:58 | +01:32:01 | 09:37 |
| 238  | 637 | Emilia Galinha                     | individual                               | Veterana F50     | 02:53:12 | +01:32:15 | 09:37 |
| 239  | 525 | Minna Sillankorva                  | budeguita runners                        | Veterana F40     | 02:54:14 | +01:33:17 | 09:41 |
| 240  | 501 | ANA SOARES                         | a voar                                   | Senior Feminino  | 02:55:46 | +01:34:48 | 09:46 |
| 241  | 502 | PAULA CARNEIRO                     | a voar                                   | Senior Feminino  | 02:55:46 | +01:34:49 | 09:46 |
| 242  | 779 | Carolina Fernandes                 | turbulentos/braga                        | Veterana F40     | 02:59:41 | +01:38:43 | 09:59 |
| 243  | 790 | Paulo Fernandes                    | turbulentos/braga                        | Veterano M50     | 02:59:41 | +01:38:43 | 09:59 |
| 244  | 666 | Pedro Alves                        | individual                               | Veterano M40     | 03:00:04 | +01:39:07 | 10:00 |
| 245  | 800 | Maria José Tejo                    | vilaverdeacorrer                         | Senior Feminino  | 03:00:32 | +01:39:35 | 10:02 |
| 246  | 807 | Alzira Lago                        | vilaverdeacorrer                         | Veterana F40     | 03:00:33 | +01:39:35 | 10:02 |
| 247  | 811 | Flor Fernandes                     | vilaverdeacorrer                         | Veterana F40     | 03:00:33 | +01:39:35 | 10:02 |
| 248  | 746 | Barbara Ribeiro                    | spin&run esposende team                  | Senior Feminino  | 03:03:46 | +01:42:49 | 10:13 |
| 249  | 747 | Bruno Ferreira                     | spin&run esposende team                  | Senior Masculino | 03:03:46 | +01:42:49 | 10:13 |
| 250  | 641 | ALEXANDRE MANUEL CARVALHO CUNHA    | individual                               | Veterano M40     | 03:03:59 | +01:43:01 | 10:13 |
| 251  | 653 | FILIPE ALBERTO PEREIRA MARTINS     | individual                               | Veterano M40     | 03:03:59 | +01:43:01 | 10:13 |
| 252  | 710 | Carlos Viamonte                    | os recos                                 | Veterano M50     | 03:05:06 | +01:44:08 | 10:17 |
| 253  | 649 | Cláudio Filipe da Silva Tereso     | individual                               | Veterano M40     | 03:05:29 | +01:44:32 | 10:18 |
| 254  | 723 | Mario Barbosa                      | best cross                               | Veterano M40     | 03:08:58 | +01:48:01 | 10:30 |
| 255  | 715 | Catarina Mendes                    | best cross                               | Senior Feminino  | 03:08:59 | +01:48:01 | 10:30 |
| 256  | 721 | Joana Barbosa                      | best cross                               | Veterana F40     | 03:09:00 | +01:48:03 | 10:30 |
| 257  | 812 | Maria José santos                  | vilaverdeacorrer                         | Veterana F40     | 03:10:08 | +01:49:11 | 10:34 |
| 258  | 782 | Sandrine Silva                     | turbulentos/braga                        | Veterana F40     | 03:11:11 | +01:50:13 | 10:37 |
| 259  | 646 | Artur Fonseca                      | individual                               | Veterano M40     | 03:11:21 | +01:50:24 | 10:38 |
| 260  | 814 | Paula Pimenta                      | vilaverdeacorrer                         | Veterana F40     | 03:13:14 | +01:52:17 | 10:44 |
| 261  | 647 | Augusto lopes                      | individual                               | Veterano M40     | 03:16:22 | +01:55:25 | 10:55 |
| 262  | 524 | Isabel Lima                        | budeguita runners                        | Veterana F40     | 03:17:40 | +01:56:43 | 10:59 |
| 263  | 640 | silvina maria teixeira de carvalho | individual                               | Veterana F50     | 03:17:43 | +01:56:46 | 10:59 |
| 264  | 783 | Sheila Klan                        | turbulentos/braga                        | Veterana F40     | 03:17:44 | +01:56:46 | 10:59 |
| 265  | 586 | Marta Borges                       | gazelles                                 | Veterana F40     | 03:17:56 | +01:56:59 | 11:00 |
| 266  | 587 | Silvia Coimbra                     | gazelles                                 | Veterana F50     | 03:17:56 | +01:56:59 | 11:00 |

**18 KM**

## OFFICIAL RESULT

| RANK | BIB | NAME                            | TEAM                 | CAT             | RESULT   | DIFF      | t/KM  |
|------|-----|---------------------------------|----------------------|-----------------|----------|-----------|-------|
| 267  | 585 | Bárbara Barbosa                 | gazelles             | Veterana F40    | 03:17:56 | +01:56:59 | 11:00 |
| 268  | 518 | Alda Ribeiro                    | braguinhas runners   | Senior Feminino | 03:19:01 | +01:58:03 | 11:03 |
| 269  | 639 | Maria Cândida Caeiro            | individual           | Veterana F50    | 03:19:01 | +01:58:04 | 11:03 |
| 270  | 755 | LIDIA ROSMANINHO                | ss cgd               | Veterana F40    | 03:21:16 | +02:00:19 | 11:11 |
| 271  | 544 | GRACA MARIA COSTA MOREIRA SILVA | clube millennium bcp | Veterana F50    | 03:22:21 | +02:01:24 | 11:15 |
| 272  | 545 | ARTUR CARLOS MOREIRA SILVA      | clube millennium bcp | Veterano M50    | 03:22:21 | +02:01:24 | 11:15 |
| 273  | 593 | Alexandra Raquel Marques silva  | individual           | Senior Feminino | 03:22:41 | +02:01:44 | 11:16 |

## Trail Geira Romana

**18 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 10:00 | 15°C        | 76%      |
| End   | 13:31 | 15°C        | 76%      |

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

## Senior Feminino

|    |     |                                       |                                          |                 |          |                 |
|----|-----|---------------------------------------|------------------------------------------|-----------------|----------|-----------------|
| 1  | 702 | Maria Areias                          | Oralklass-Amigos do Trail                | Senior Feminino | 01:47:02 | 05:57           |
| 2  | 701 | Joana Gonçalves                       | Oralklass-Amigos do Trail                | Senior Feminino | 01:47:49 | +00:46 05:59    |
| 3  | 825 | Rita Loureiro                         | Oralklass-Amigos do Trail                | Senior Feminino | 01:49:39 | +02:37 06:06    |
| 4  | 732 | Maria da Conceição Fonseca            | RUNNER'S do DEMO                         | Senior Feminino | 01:49:55 | +02:52 06:06    |
| 5  | 798 | Ana Filipa Gomes                      | VilaVerdeaCorrer                         | Senior Feminino | 01:55:41 | +08:38 06:26    |
| 6  | 758 | Daniela Araújo                        | TEAM LANTEMIL                            | Senior Feminino | 01:56:05 | +09:03 06:27    |
| 7  | 599 | Patrícia Soares                       | Individual                               | Senior Feminino | 01:59:45 | +12:43 06:31    |
| 8  | 731 | Andreia Oliveira                      | RUNNER'S do DEMO                         | Senior Feminino | 02:00:06 | +13:04 06:40    |
| 9  | 733 | Marilyne Rua Marques                  | RUNNER'S do DEMO                         | Senior Feminino | 02:00:06 | +13:04 06:40    |
| 10 | 821 | Diana Sousa                           | ZUPPER                                   | Senior Feminino | 02:03:06 | +16:04 06:50    |
| 11 | 822 | Catarina Figueiredo                   | Gaia Running                             | Senior Feminino | 02:03:45 | +16:42 06:53    |
| 12 | 726 | Carina Bernardo                       | RC                                       | Senior Feminino | 02:03:55 | +16:53 06:53    |
| 13 | 728 | Carla Sousa                           | RED LINE                                 | Senior Feminino | 02:09:10 | +22:08 07:11    |
| 14 | 558 | Ju Costa                              | Fit Braga                                | Senior Feminino | 02:13:37 | +26:35 07:25    |
| 15 | 530 | Ana Cordeiro                          | Cães D`Avenida                           | Senior Feminino | 02:15:26 | +28:23 07:31    |
| 16 | 597 | Elisabete Maria Soutulho Coelho Alves | Individual                               | Senior Feminino | 02:18:13 | +31:11 07:41    |
| 17 | 759 | Sandra Dias                           | TEAM LANTEMIL                            | Senior Feminino | 02:20:14 | +33:11 07:47    |
| 18 | 602 | Tânia Luisa Andrade Machado           | Individual                               | Senior Feminino | 02:22:44 | +35:42 07:56    |
| 19 | 685 | Marina Correia Graça                  | Kalenji Runners Braga                    | Senior Feminino | 02:24:29 | +37:27 08:02    |
| 20 | 601 | Susana Araújo                         | Individual                               | Senior Feminino | 02:24:35 | +37:32 08:02    |
| 21 | 595 | Carina silva                          | Individual                               | Senior Feminino | 02:24:42 | +37:40 08:02    |
| 22 | 767 | Claudia Sofia Lopes Paula             | Team Shark                               | Senior Feminino | 02:29:21 | +42:18 08:18    |
| 23 | 756 | Cristiana Oliveira                    | Tainadas                                 | Senior Feminino | 02:29:52 | +42:50 08:20    |
| 24 | 802 | Vera Cunha                            | VilaVerdeaCorrer                         | Senior Feminino | 02:35:36 | +48:34 08:39    |
| 25 | 542 | CARLA JOAO PEREIRA MIGUEL OLIMPIO     | Clube Millennium BCP                     | Senior Feminino | 02:39:00 | +51:57 08:50    |
| 26 | 693 | Sílvia Marta Soares Rêgo              | NAST - Núcleo associativo de Santo Tirso | Senior Feminino | 02:44:41 | +57:39 09:09    |
| 27 | 745 | Ana Silva                             | Spin&Run Esposende Team                  | Senior Feminino | 02:47:56 | +01:00:53 09:20 |
| 28 | 760 | Sofia Naldinho                        | TEAM LANTEMIL                            | Senior Feminino | 02:50:00 | +01:02:57 09:27 |
| 29 | 598 | Patricia Alves                        | Individual                               | Senior Feminino | 02:52:00 | +01:04:58 09:33 |
| 30 | 515 | Ana Borges                            | Amigos da Onça                           | Senior Feminino | 02:52:14 | +01:05:12 09:34 |
| 31 | 501 | ANA SOARES                            | A voar                                   | Senior Feminino | 02:55:46 | +01:08:43 09:46 |
| 32 | 502 | PAULA CARNEIRO                        | A voar                                   | Senior Feminino | 02:55:46 | +01:08:44 09:46 |
| 33 | 800 | Maria José Tejo                       | VilaVerdeaCorrer                         | Senior Feminino | 03:00:32 | +01:13:30 10:02 |
| 34 | 746 | Barbara Ribeiro                       | Spin&Run Esposende Team                  | Senior Feminino | 03:03:46 | +01:16:44 10:13 |
| 35 | 715 | Catarina Mendes                       | Best Cross                               | Senior Feminino | 03:08:59 | +01:21:56 10:30 |
| 36 | 518 | Alda Ribeiro                          | Braguinhas Runners                       | Senior Feminino | 03:19:01 | +01:31:58 11:03 |
| 37 | 593 | Alexandra Raquel Marques silva        | Individual                               | Senior Feminino | 03:22:41 | +01:35:39 11:16 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 7 | generate 30-Apr-2017 16:08 |
|-----------------------------|-------|----------------------------|

**18 KM**

## OFFICIAL RESULT

## Senior Masculino

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 2 / 7 | generate 30-Apr-2017 16:08 |
|-----------------------------|-------|----------------------------|

**18 KM**

## OFFICIAL RESULT

|    |     |                                   |                                     |                  |          |           |       |
|----|-----|-----------------------------------|-------------------------------------|------------------|----------|-----------|-------|
| 45 | 619 | José Duarte                       | Individual                          | Senior Masculino | 01:59:37 | +37:34    | 06:39 |
| 46 | 512 | Filipe Pontes                     | AmaresRunnig                        | Senior Masculino | 01:59:41 | +37:39    | 06:39 |
| 47 | 505 | José Mário Pereira                | ADE Trail Running                   | Senior Masculino | 02:01:21 | +39:19    | 06:45 |
| 48 | 828 | Vítor Fernandes                   | Individual                          | Senior Masculino | 02:03:36 | +41:34    | 06:52 |
| 49 | 506 | Nelson Miranda                    | ADE Trail Running                   | Senior Masculino | 02:03:38 | +41:36    | 06:52 |
| 50 | 504 | Alvaro Vale                       | ADE Trail Running                   | Senior Masculino | 02:03:50 | +41:48    | 06:53 |
| 51 | 793 | Daniel Marques dos Santos         | UGAS TRAIL Running                  | Senior Masculino | 02:04:01 | +41:59    | 06:53 |
| 52 | 591 | Nuno Martins                      | Happy Runners                       | Senior Masculino | 02:07:38 | +45:35    | 07:05 |
| 53 | 730 | José Carlos Sousa                 | RED LINE                            | Senior Masculino | 02:09:09 | +47:07    | 07:11 |
| 54 | 729 | Hugo Pereira                      | RED LINE                            | Senior Masculino | 02:09:10 | +47:07    | 07:11 |
| 55 | 610 | Cristiano Gomes                   | Individual                          | Senior Masculino | 02:09:10 | +47:08    | 07:11 |
| 56 | 560 | HUGO OLIVEIRA                     | FUGITIVOS URBANOS - CLÍNICA + SAÚDE | Senior Masculino | 02:12:30 | +50:27    | 07:22 |
| 57 | 697 | Hugo Rocha                        | NorTrail                            | Senior Masculino | 02:12:30 | +50:28    | 07:22 |
| 58 | 617 | João Silva                        | Individual                          | Senior Masculino | 02:13:34 | +51:32    | 07:25 |
| 59 | 615 | Hugo Miguel de Sousa Machado      | Individual                          | Senior Masculino | 02:13:35 | +51:32    | 07:25 |
| 60 | 613 | Gonçalo Carpinteiro               | Individual                          | Senior Masculino | 02:16:27 | +54:24    | 07:35 |
| 61 | 626 | Paulo Assis                       | Individual                          | Senior Masculino | 02:16:38 | +54:35    | 07:35 |
| 62 | 503 | Frederico Silva Pinto             | A.D.Amarante trail running          | Senior Masculino | 02:16:40 | +54:38    | 07:36 |
| 63 | 830 | António Gouveia                   | Individual                          | Senior Masculino | 02:16:40 | +54:38    | 07:36 |
| 64 | 607 | Carlos Alberto da Silva Rodrigues | Individual                          | Senior Masculino | 02:16:42 | +54:40    | 07:36 |
| 65 | 829 | Vítor Manuel Dias Gonçalves       | Individual                          | Senior Masculino | 02:18:13 | +56:10    | 07:41 |
| 66 | 581 | José Pedro Alves Oliveira         | Gaz(n)elas                          | Senior Masculino | 02:20:25 | +58:23    | 07:48 |
| 67 | 582 | Micael Filipe Queirós Gonçalves   | Gaz(n)elas                          | Senior Masculino | 02:20:26 | +58:23    | 07:48 |
| 68 | 773 | Miguel Pereira                    | TIPTOPCafé                          | Senior Masculino | 02:20:30 | +58:28    | 07:48 |
| 69 | 763 | Ruben Silva                       | TEAM LANTEMIL                       | Senior Masculino | 02:21:09 | +59:07    | 07:51 |
| 70 | 717 | Daniel Gonçalves                  | Best Cross                          | Senior Masculino | 02:24:51 | +01:02:49 | 08:03 |
| 71 | 606 | Bruno Rodrigues                   | Individual                          | Senior Masculino | 02:29:24 | +01:07:21 | 08:18 |
| 72 | 777 | Manuel Ribeiro                    | Turbulentos/Braga                   | Senior Masculino | 02:32:25 | +01:10:23 | 08:28 |
| 73 | 775 | ALEXANDRE CUNHA RIBEIRO           | TORCATENSE - TRAIL RUNNER           | Senior Masculino | 02:34:37 | +01:12:35 | 08:35 |
| 74 | 740 | Fernando Reis                     | RUNNING TEAM MAIA                   | Senior Masculino | 02:35:33 | +01:13:31 | 08:39 |
| 75 | 803 | Cristiano Cunha                   | VilaVerdeaCorrer                    | Senior Masculino | 02:35:36 | +01:13:33 | 08:39 |
| 76 | 748 | João Couto                        | Spin&Run Esposende Team             | Senior Masculino | 02:39:55 | +01:17:53 | 08:53 |
| 77 | 621 | José Luís                         | Individual                          | Senior Masculino | 02:40:00 | +01:17:58 | 08:53 |
| 78 | 555 | João Pinheiro                     | FAMA RUNNERS                        | Senior Masculino | 02:40:04 | +01:18:02 | 08:54 |
| 79 | 741 | Nuno Ferreira                     | RUNNING TEAM MAIA                   | Senior Masculino | 02:41:47 | +01:19:45 | 08:59 |
| 80 | 776 | Helder Magalhães Costa            | TORCATENSE - TRAIL RUNNER           | Senior Masculino | 02:42:20 | +01:20:17 | 09:01 |
| 81 | 583 | Miguel Angelo Leite Vieira        | Gaz(n)elas                          | Senior Masculino | 02:44:03 | +01:22:01 | 09:07 |
| 82 | 750 | Vasco Marta                       | Spin&Run Esposende Team             | Senior Masculino | 02:47:56 | +01:25:54 | 09:20 |
| 83 | 580 | João Pedro Ferraz Soares          | Gaz(n)elas                          | Senior Masculino | 02:52:58 | +01:30:56 | 09:37 |
| 84 | 747 | Bruno Ferreira                    | Spin&Run Esposende Team             | Senior Masculino | 03:03:46 | +01:41:44 | 10:13 |

|   |     |                  |                           |                  |          |              |
|---|-----|------------------|---------------------------|------------------|----------|--------------|
| 1 | 707 | António Braziela | Oralklass-Amigos do Trail | Sub 23 Masculino | 01:20:57 | 04:30        |
| 2 | 771 | Sérgio           | The Wolves/ ACRVF         | Sub 23 Masculino | 01:41:43 | +20:46 05:39 |

**18 KM**

## OFFICIAL RESULT

|   |     |                                          |                   |                  |          |           |       |
|---|-----|------------------------------------------|-------------------|------------------|----------|-----------|-------|
| 3 | 806 | Diogo Torres                             | VilaVerdeaCorrer  | Sub 23 Masculino | 01:51:17 | +30:20    | 06:11 |
| 4 | 577 | João Trigueiros                          | Gaia Trail        | Sub 23 Masculino | 01:51:17 | +30:20    | 06:11 |
| 5 | 778 | João Miguel Costa                        | Turbulentos/Braga | Sub 23 Masculino | 01:54:41 | +33:44    | 06:22 |
| 6 | 769 | Goncalo Maciel                           | The Wolves/ ACRVF | Sub 23 Masculino | 01:57:23 | +36:26    | 06:31 |
| 7 | 584 | Miguel Frederico Rodrigues Veloso Soares | Gaz(n)elas        | Sub 23 Masculino | 02:20:25 | +59:28    | 07:48 |
| 8 | 770 | Joao Maciel                              | The Wolves/ ACRVF | Sub 23 Masculino | 02:21:20 | +01:00:23 | 07:51 |
| 9 | 631 | Tiago da cunha silva                     | Individual        | Sub 23 Masculino | 02:51:33 | +01:30:36 | 09:32 |

|    |     |                                |                                            |              |          |           |       |
|----|-----|--------------------------------|--------------------------------------------|--------------|----------|-----------|-------|
| 1  | 527 | Salete Tavares                 | CAB Barreira                               | Veterana F40 | 01:52:01 |           | 06:13 |
| 2  | 781 | Helena Baldassare              | Turbulentos/Braga                          | Veterana F40 | 01:56:56 | +04:56    | 06:30 |
| 3  | 692 | Lurdes Gil                     | Mountain trails                            | Veterana F40 | 02:05:43 | +13:43    | 06:59 |
| 4  | 516 | Lígia Coelho                   | ARSM - Associação Recreativa de São Miguel | Veterana F40 | 02:06:30 | +14:30    | 07:02 |
| 5  | 809 | Cláudia Teresa Fernandes Alves | VilaVerdeaCorrer                           | Veterana F40 | 02:11:57 | +19:57    | 07:20 |
| 6  | 636 | Vanda Matias                   | Individual                                 | Veterana F40 | 02:12:21 | +20:21    | 07:21 |
| 7  | 559 | Fernanda Fernandes             | Fit Braga                                  | Veterana F40 | 02:13:32 | +21:32    | 07:25 |
| 8  | 687 | Anabela Silva                  | Limite Vertical trekking                   | Veterana F40 | 02:17:55 | +25:54    | 07:40 |
| 9  | 535 | Sandra Matos                   | CENTRO CICLISTA GONDOMAR                   | Veterana F40 | 02:21:14 | +29:14    | 07:51 |
| 10 | 534 | Marlene Martins                | CENTRO CICLISTA GONDOMAR                   | Veterana F40 | 02:24:39 | +32:39    | 08:02 |
| 11 | 784 | Teresa Silva                   | Turbulentos/Braga                          | Veterana F40 | 02:26:36 | +34:36    | 08:09 |
| 12 | 694 | Liseta Pinto                   | Nice Runners                               | Veterana F40 | 02:26:52 | +34:51    | 08:10 |
| 13 | 633 | Cláudia Pinto                  | Individual                                 | Veterana F40 | 02:29:13 | +37:13    | 08:17 |
| 14 | 780 | Conceição Ferreira             | Turbulentos/Braga                          | Veterana F40 | 02:32:26 | +40:25    | 08:28 |
| 15 | 634 | Elisabete Maia                 | Individual                                 | Veterana F40 | 02:32:42 | +40:41    | 08:29 |
| 16 | 751 | Mónica Ferreira                | Spin&Run Esposende Team                    | Veterana F40 | 02:35:35 | +43:35    | 08:39 |
| 17 | 528 | Fátima Carvalho                | Cabritos da Cortiça - TRAIL                | Veterana F40 | 02:39:11 | +47:11    | 08:51 |
| 18 | 520 | Elizabeth Ortiz                | Braguinhas Runners                         | Veterana F40 | 02:39:58 | +47:57    | 08:53 |
| 19 | 635 | Helena Alves                   | Individual                                 | Veterana F40 | 02:40:00 | +48:00    | 08:53 |
| 20 | 552 | Ana Maria Lopes Rebelo         | ERMAL                                      | Veterana F40 | 02:43:47 | +51:46    | 09:06 |
| 21 | 523 | Liliana Brandão                | Brandão Pinho                              | Veterana F40 | 02:51:28 | +59:28    | 09:32 |
| 22 | 525 | Minna Sillankorva              | BUDEGUITA RUNNERS                          | Veterana F40 | 02:54:14 | +01:02:14 | 09:41 |
| 23 | 779 | Carolina Fernandes             | Turbulentos/Braga                          | Veterana F40 | 02:59:41 | +01:07:40 | 09:59 |
| 24 | 807 | Alzira Lago                    | VilaVerdeaCorrer                           | Veterana F40 | 03:00:33 | +01:08:32 | 10:02 |
| 25 | 811 | Flor Fernandes                 | VilaVerdeaCorrer                           | Veterana F40 | 03:00:33 | +01:08:32 | 10:02 |
| 26 | 721 | Joana Barbosa                  | Best Cross                                 | Veterana F40 | 03:09:00 | +01:17:00 | 10:30 |
| 27 | 812 | Maria José santos              | VilaVerdeaCorrer                           | Veterana F40 | 03:10:08 | +01:18:08 | 10:34 |
| 28 | 782 | Sandrine Silva                 | Turbulentos/Braga                          | Veterana F40 | 03:11:11 | +01:19:10 | 10:37 |
| 29 | 814 | Paula Pimenta                  | VilaVerdeaCorrer                           | Veterana F40 | 03:13:14 | +01:21:14 | 10:44 |
| 30 | 524 | Isabel Lima                    | BUDEGUITA RUNNERS                          | Veterana F40 | 03:17:40 | +01:25:40 | 10:59 |
| 31 | 783 | Sheila Klan                    | Turbulentos/Braga                          | Veterana F40 | 03:17:44 | +01:25:43 | 10:59 |
| 32 | 586 | Marta Borges                   | Gazelles                                   | Veterana F40 | 03:17:56 | +01:25:56 | 11:00 |
| 33 | 585 | Bárbara Barbosa                | Gazelles                                   | Veterana F40 | 03:17:56 | +01:25:56 | 11:00 |
| 34 | 755 | LIDIA ROSMANINHO               | SS CGD                                     | Veterana F40 | 03:21:16 | +01:29:16 | 11:11 |

**18 KM**

## OFFICIAL RESULT

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**18 KM**

## OFFICIAL RESULT

|    |     |                                 |                    |              |          |           |       |
|----|-----|---------------------------------|--------------------|--------------|----------|-----------|-------|
| 28 | 564 | ANDRÉ DIAS                      | Gaia Running       | Veterano M40 | 02:03:44 | +41:34    | 06:52 |
| 29 | 650 | DOMINGOS MARTINS BARBOSA ARAUJO | Individual         | Veterano M40 | 02:03:52 | +41:42    | 06:53 |
| 30 | 548 | Nuno Morgado                    | CORRER LEÇA        | Veterano M40 | 02:06:24 | +44:14    | 07:01 |
| 31 | 592 | Oliveira Amaro                  | Happy Runners      | Veterano M40 | 02:07:38 | +45:29    | 07:05 |
| 32 | 526 | Nuno Rodrigues                  | BUDEGUITA RUNNERS  | Veterano M40 | 02:10:54 | +48:45    | 07:16 |
| 33 | 655 | Helder Couto                    | Individual         | Veterano M40 | 02:11:13 | +49:04    | 07:17 |
| 34 | 772 | Patrick Lima                    | The Wolves/ ACRVF  | Veterano M40 | 02:12:28 | +50:19    | 07:22 |
| 35 | 667 | Rui Manuel gomes oliveira       | Individual         | Veterano M40 | 02:12:32 | +50:23    | 07:22 |
| 36 | 553 | Paulo Jorge Silva Pereira       | ERMAL              | Veterano M40 | 02:14:25 | +52:16    | 07:28 |
| 37 | 566 | JOSÉ LOPES                      | Gaia Running       | Veterano M40 | 02:16:35 | +54:25    | 07:35 |
| 38 | 785 | Carlos Brito                    | Turbulentos/Braga  | Veterano M40 | 02:20:26 | +58:17    | 07:48 |
| 39 | 774 | Victor Manuel                   | TIPTOPCafé         | Veterano M40 | 02:20:31 | +58:21    | 07:48 |
| 40 | 818 | João Graça                      | VilaVerdeaCorrer   | Veterano M40 | 02:21:25 | +59:16    | 07:51 |
| 41 | 658 | José Alberto Martins Ribeiro    | Individual         | Veterano M40 | 02:21:26 | +59:16    | 07:51 |
| 42 | 651 | Feliciano Ferreira              | Individual         | Veterano M40 | 02:22:01 | +59:51    | 07:53 |
| 43 | 768 | Fernando Manuel Dias Mendes     | Team Shark         | Veterano M40 | 02:22:40 | +01:00:31 | 07:56 |
| 44 | 657 | Jorge Cunha                     | Individual         | Veterano M40 | 02:22:45 | +01:00:35 | 07:56 |
| 45 | 665 | Paulo Alexandre Carneiro        | Individual         | Veterano M40 | 02:24:25 | +01:02:16 | 08:01 |
| 46 | 643 | André Figueiredo                | Individual         | Veterano M40 | 02:24:43 | +01:02:34 | 08:02 |
| 47 | 661 | Luis Marques                    | Individual         | Veterano M40 | 02:26:52 | +01:04:42 | 08:10 |
| 48 | 568 | PAULO VILARINHO                 | Gaia Running       | Veterano M40 | 02:29:13 | +01:07:03 | 08:17 |
| 49 | 668 | Rui Miguel Castro Pereira       | Individual         | Veterano M40 | 02:30:51 | +01:08:42 | 08:23 |
| 50 | 663 | Nelson Santos                   | Individual         | Veterano M40 | 02:32:34 | +01:10:25 | 08:29 |
| 51 | 742 | Sérgio Oliveira                 | RUNNING TEAM MAIA  | Veterano M40 | 02:35:39 | +01:13:30 | 08:39 |
| 52 | 554 | Victor Manuel Lopes Rebelo      | ERMAL              | Veterano M40 | 02:43:47 | +01:21:37 | 09:06 |
| 53 | 652 | Fernando Romeu gomes Oliveira   | Individual         | Veterano M40 | 02:45:06 | +01:22:56 | 09:10 |
| 54 | 522 | victor costa                    | Braguinhas Runners | Veterano M40 | 02:47:56 | +01:25:46 | 09:20 |
| 55 | 713 | Jorge Ferreira                  | Pari Passu         | Veterano M40 | 02:48:17 | +01:26:08 | 09:21 |
| 56 | 662 | Luis Martins                    | Individual         | Veterano M40 | 02:52:00 | +01:29:51 | 09:33 |
| 57 | 666 | Pedro Alves                     | Individual         | Veterano M40 | 03:00:04 | +01:37:55 | 10:00 |
| 58 | 641 | ALEXANDRE MANUEL CARVALHO CUNHA | Individual         | Veterano M40 | 03:03:59 | +01:41:49 | 10:13 |
| 59 | 653 | FILIPE ALBERTO PEREIRA MARTINS  | Individual         | Veterano M40 | 03:03:59 | +01:41:49 | 10:13 |
| 60 | 649 | Cláudio Filipe da Silva Tereso  | Individual         | Veterano M40 | 03:05:29 | +01:43:20 | 10:18 |
| 61 | 723 | Mario Barbosa                   | Best Cross         | Veterano M40 | 03:08:58 | +01:46:49 | 10:30 |
| 62 | 646 | Artur Fonseca                   | Individual         | Veterano M40 | 03:11:21 | +01:49:12 | 10:38 |
| 63 | 647 | Augusto lopes                   | Individual         | Veterano M40 | 03:16:22 | +01:54:13 | 10:55 |

|   |     |                            |                          |              |          |              |
|---|-----|----------------------------|--------------------------|--------------|----------|--------------|
| 1 | 688 | narciso Marques            | Limite Vertical trekking | Veterano M50 | 01:34:06 | 05:14        |
| 2 | 739 | Luís Salvador              | RUNNER'S do DEMO         | Veterano M50 | 01:36:26 | +02:19 05:21 |
| 3 | 700 | Manuel Alves               | OLÍMPICO VIANENSE TRAIL  | Veterano M50 | 01:41:11 | +07:05 05:37 |
| 4 | 538 | David Tavares              | CENTRO CICLISTA GONDOMAR | Veterano M50 | 01:46:53 | +12:47 05:56 |
| 5 | 547 | António Teixeira           | Clube Zupper             | Veterano M50 | 01:51:08 | +17:02 06:10 |
| 6 | 675 | Fernando Eloi Santos Sousa | Individual               | Veterano M50 | 01:53:13 | +19:07 06:17 |

|                             |       |                            |
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## Trail Geira Romana

**18 KM**

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## OFFICIAL RESULT

|    |     |                                    |                                                 |              |          |           |       |
|----|-----|------------------------------------|-------------------------------------------------|--------------|----------|-----------|-------|
| 7  | 797 | Álvaro Manuel da Costa Centeio     | UGAS TRAIL Running                              | Veterano M50 | 01:56:01 | +21:55    | 06:27 |
| 8  | 673 | Euclides Coimbra                   | Individual                                      | Veterano M50 | 01:57:29 | +23:22    | 06:32 |
| 9  | 712 | António Fins                       | Palmeira Runners                                | Veterano M50 | 01:57:41 | +23:34    | 06:32 |
| 10 | 674 | Fernando Diamantino Pinto Carneiro | Individual                                      | Veterano M50 | 02:11:18 | +37:11    | 07:18 |
| 11 | 787 | Artur Silva                        | Turbulentos/Braga                               | Veterano M50 | 02:12:29 | +38:23    | 07:22 |
| 12 | 677 | João R Russo                       | Individual                                      | Veterano M50 | 02:13:35 | +39:29    | 07:25 |
| 13 | 541 | Paulo Nóvoa                        | CEPSI Centro de Psicologia e Pedagogia de Braga | Veterano M50 | 02:13:37 | +39:30    | 07:25 |
| 14 | 786 | Antonio Veloso Santos              | Turbulentos/Braga                               | Veterano M50 | 02:16:17 | +42:11    | 07:34 |
| 15 | 714 | Paulo Macedo                       | Pari Passu                                      | Veterano M50 | 02:16:37 | +42:31    | 07:35 |
| 16 | 672 | ANTERO CUNHA                       | Individual                                      | Veterano M50 | 02:16:50 | +42:43    | 07:36 |
| 17 | 788 | Guisseppe Baldassare               | Turbulentos/Braga                               | Veterano M50 | 02:20:08 | +46:02    | 07:47 |
| 18 | 681 | Rui Lobo Machado                   | Individual                                      | Veterano M50 | 02:20:13 | +46:07    | 07:47 |
| 19 | 539 | Henrique Matos                     | CENTRO CICLISTA GONDOMAR                        | Veterano M50 | 02:21:14 | +47:08    | 07:51 |
| 20 | 676 | filipe poças de almeida coimbra    | Individual                                      | Veterano M50 | 02:22:02 | +47:56    | 07:53 |
| 21 | 678 | José Vieira costeira               | Individual                                      | Veterano M50 | 02:22:42 | +48:35    | 07:56 |
| 22 | 791 | Sergio Silva                       | Turbulentos/Braga                               | Veterano M50 | 02:23:37 | +49:31    | 07:59 |
| 23 | 571 | LUIS DUARTE                        | Gaia Running                                    | Veterano M50 | 02:29:12 | +55:06    | 08:17 |
| 24 | 670 | Alfredo Jorge Oliveira             | Individual                                      | Veterano M50 | 02:44:30 | +01:10:24 | 09:08 |
| 25 | 680 | Manuel António Coutinho Machado    | Individual                                      | Veterano M50 | 02:44:30 | +01:10:24 | 09:08 |
| 26 | 671 | Américo José Coutinho Machado      | Individual                                      | Veterano M50 | 02:44:30 | +01:10:24 | 09:08 |
| 27 | 679 | Luís Maria Matos                   | Individual                                      | Veterano M50 | 02:44:32 | +01:10:25 | 09:08 |
| 28 | 744 | Emidio Santos                      | Sigmarunners                                    | Veterano M50 | 02:50:01 | +01:15:54 | 09:27 |
| 29 | 790 | Paulo Fernandes                    | Turbulentos/Braga                               | Veterano M50 | 02:59:41 | +01:25:34 | 09:59 |
| 30 | 710 | Carlos Viamonte                    | Os Recos                                        | Veterano M50 | 03:05:06 | +01:30:59 | 10:17 |
| 31 | 545 | ARTUR CARLOS MOREIRA SILVA         | Clube Millennium BCP                            | Veterano M50 | 03:22:21 | +01:48:15 | 11:15 |

## Veterano M60

|   |     |                     |                                            |              |          |              |
|---|-----|---------------------|--------------------------------------------|--------------|----------|--------------|
| 1 | 517 | Arsénio Fernandes   | ARSM - Associação Recreativa de São Miguel | Veterano M60 | 01:45:58 | 05:53        |
| 2 | 531 | Jorge Lobo          | Camara Terras Bouro                        | Veterano M60 | 01:51:56 | +05:59 06:13 |
| 3 | 684 | Lino Moreira        | Individual                                 | Veterano M60 | 01:53:34 | +07:37 06:19 |
| 4 | 686 | Leopoldo Fernandes  | Leões da Guarda F. C.- Maia                | Veterano M60 | 01:57:03 | +11:06 06:30 |
| 5 | 682 | João Pena Gil       | Individual                                 | Veterano M60 | 02:02:57 | +17:00 06:50 |
| 6 | 792 | Manuel Silva        | Turbulentos/Braga                          | Veterano M60 | 02:05:30 | +19:32 06:58 |
| 7 | 683 | JOSÉ ESPÍRITO SANTO | Individual                                 | Veterano M60 | 02:22:12 | +36:15 07:54 |

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