

TRAIL CURTO - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	10:00	17.4°C	68%
End	14:59	17.4°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	518	Victor Costa	a.d.amarante trail running	Veterano M40	01:20:50		04:29
2	501	ANTÓNIO BRAZIELA	oralklass - amigos do trail	Sub 23 Masculino	01:20:55	+00:04	04:30
3	764	NUNO ALVES	oralklass - amigos do trail	Senior Masculino	01:21:04	+00:14	04:30
4	516	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:21:53	+01:03	04:33
5	767	PEDRO SANTOS	oralklass - amigos do trail	Veterano M40	01:22:33	+01:43	04:35
6	626	Paulo Mesquita	edv-viana trail	Senior Masculino	01:25:13	+04:22	04:44
7	763	LUÍS PEDRO	oralklass - amigos do trail	Senior Masculino	01:25:20	+04:29	04:44
8	514	Fábio Pinto	a.d.amarante trail running	Senior Masculino	01:26:43	+05:53	04:49
9	697	Nuno Cardoso	individual	Veterano M40	01:27:47	+06:56	04:53
10	512	Cristiano Santos	a.d.amarante trail running	Senior Masculino	01:28:21	+07:30	04:55
11	780	Jose Rosario	porto de mós a correr	Veterano M40	01:30:50	+10:00	05:03
12	646	Pedro Tapadas	gondomar futsal clube	Senior Masculino	01:32:53	+12:03	05:10
13	511	Carlos Queirós	a.d.amarante trail running	Senior Masculino	01:32:54	+12:03	05:10
14	720	Igor Moreira	melgaço alvarinho trail	Veterano M40	01:32:58	+12:07	05:10
15	549	Carlos Peixoto	amigos da montanha	Veterano M40	01:33:10	+12:20	05:11
16	585	Artur Cotrim	clube de atletismo de ferreira do zêzere	Senior Masculino	01:33:37	+12:47	05:12
17	525	Bruno Silva	afacycles	Veterano M40	01:34:12	+13:21	05:14
18	615	Ricardo Barros	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:34:14	+13:23	05:14
19	630	Mario Rodríguez Otero	edv-viana trail	Veterano M40	01:34:18	+13:28	05:14
20	761	FILIPE CARNEIRO	oralklass - amigos do trail	Senior Masculino	01:34:44	+13:53	05:16
21	754	Miguel Jaques	olímpico vianense trail	Senior Masculino	01:34:55	+14:04	05:16
22	795	José Cabral	sporting clube de espinho/antónio leitão	Veterano M50	01:34:59	+14:08	05:17
23	534	Fernando Silva	alexandra carvalho team	Veterano M40	01:35:46	+14:55	05:19
24	532	Tiago Portela	alexandra carvalho team	Senior Masculino	01:36:26	+15:35	05:21
25	560	Ivo Silva	beat your limit!	Senior Masculino	01:36:32	+15:41	05:22
26	617	Marcelo Ramos Martins Marcelo	edl trail	Senior Masculino	01:36:48	+15:57	05:23
27	734	Jorge Filipe	montanha clube trail running/efapel	Sub 23 Masculino	01:37:07	+16:16	05:24
28	715	Narciso Marques	limite vertical trekking	Veterano M50	01:38:06	+17:15	05:27
29	739	Fernando Oliveira	moura & dias	Veterano M40	01:38:22	+17:31	05:28
30	515	José Barros	a.d.amarante trail running	Senior Masculino	01:39:47	+18:57	05:33
31	567	João Nunes	c.r. candoso	Veterano M40	01:39:56	+19:06	05:33
32	509	Carla Moreira	a.d.amarante trail running	Senior Feminino	01:40:57	+20:06	05:37
33	551	Telmo Carvalho	arsm - associação recreativa de s. miguel	Senior Masculino	01:41:31	+20:41	05:38
34	698	Nuno Monteiro	aliança de gandra	Veterano M40	01:41:50	+20:59	05:39
35	605	Sérgio Lourenço	ctad-trilhos de cinfães	Veterano M40	01:41:50	+20:59	05:39
36	781	Raul Silva	profisio team	Veterano M40	01:42:03	+21:12	05:40
37	595	Vasco Sousa	coimbra trail running	Veterano M50	01:42:30	+21:39	05:42
38	765	NUNO PEREIRA	oralklass - amigos do trail	Senior Masculino	01:42:37	+21:46	05:42
39	502	MARIA AREIAS	oralklass - amigos do trail	Senior Feminino	01:42:38	+21:47	05:42
40	731	José Sequeira	montanha clube trail running/efapel	Senior Masculino	01:43:02	+22:11	05:43

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	614	Bruno Santos	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:43:24	+22:34	05:45
42	536	Carlos Costa	aliança de gandra	Senior Masculino	01:43:38	+22:48	05:45
43	667	José António Figueiredo Fonseca	individual	Senior Masculino	01:44:20	+23:29	05:48
44	537	Luís Silva	aliança de gandra	Senior Masculino	01:44:41	+23:50	05:49
45	573	Asdrubal Freitas	centro ciclista de gondomar	Veterano M50	01:45:00	+24:09	05:50
46	810	Nuno Maia	team lantermil	Senior Masculino	01:45:16	+24:25	05:51
47	662	Felisberto Arcipreste	individual	Senior Masculino	01:46:17	+25:27	05:54
48	841	José Pereira	individual	Senior Masculino	01:46:20	+25:29	05:54
49	572	Fernando Coelho	caracóis do monte	Veterano M40	01:46:34	+25:43	05:55
50	737	Rui Gaspar	montanha clube trail running/efapel	Veterano M40	01:46:45	+25:54	05:56
51	593	Nuno Cunha	clube zipper	Senior Masculino	01:46:53	+26:02	05:56
52	726	Luis Ferreira	minho e lima trail	Veterano M40	01:46:58	+26:07	05:57
53	768	MANUEL FERREIRA	oralklass - amigos do trail	Veterano M50	01:46:59	+26:08	05:57
54	769	SÉRGIO ANUNCIAÇÃO	oralklass - amigos do trail	Veterano M50	01:46:59	+26:08	05:57
55	664	Germano Joaquim Figueira	individual	Senior Masculino	01:47:38	+26:47	05:59
56	758	Manuel António Alves	olímpico vianense trail	Veterano M50	01:47:45	+26:54	05:59
57	762	GILBERTO PIMENTA	oralklass - amigos do trail	Senior Masculino	01:47:46	+26:55	05:59
58	705	Pedro Neves	juventude desportiva de gondomar	Senior Masculino	01:47:48	+26:57	05:59
59	787	Marco Escadas	ribeitrail	Senior Masculino	01:48:21	+27:30	06:01
60	785	Márcio Silva Araújo	ribeiratrail	Senior Masculino	01:48:27	+27:36	06:02
61	533	João Afonso	alexandra carvalho team	Sub 23 Masculino	01:49:07	+28:16	06:04
62	751	Luis Narciso	o mundo da corrida	Senior Masculino	01:51:03	+30:12	06:10
63	786	Jorge Pinheiro	ribeitrail	Senior Masculino	01:51:12	+30:22	06:11
64	538	José Gaspar	aliança de gandra	Sub 23 Masculino	01:51:15	+30:24	06:11
65	657	António Fernandes	individual	Senior Masculino	01:51:15	+30:25	06:11
66	592	Pedro Cancelo	clube zipper	Senior Masculino	01:51:24	+30:33	06:11
67	712	Eliseu Leite	laundostail	Veterano M40	01:51:49	+30:58	06:13
68	557	Horácio Ferreira	arsm - associação recreativa de s. miguel	Veterano M50	01:52:01	+31:11	06:13
69	694	Luis Filipe Pereira	cerveira team running	Veterano M40	01:52:02	+31:11	06:13
70	584	Rui Ferreira	clube amador de mirandela	Veterano M50	01:52:10	+31:19	06:14
71	684	Alexandra Fernandes	individual	Veterana F50	01:52:13	+31:22	06:14
72	709	Agostinho Neves	juventude desportiva de gondomar	Veterano M60	01:53:35	+32:44	06:19
73	814	João Fernandes	team lantermil	Sub 23 Masculino	01:55:25	+34:34	06:25
74	606	Luis Miguel Barbosa	ctr-cerveira team running	Senior Masculino	01:55:30	+34:39	06:25
75	637	Fernando Pinto	fama runners	Senior Masculino	01:55:44	+34:53	06:26
76	864	Bruno Pires	olímpico vianense trail	Senior Masculino	01:56:02	+35:11	06:27
77	504	Paulo Araújo	a.d. sebolido trail boneca douro	Senior Masculino	01:56:16	+35:26	06:28
78	729	Carla Santos	montanha clube trail running/efapel	Senior Feminino	01:56:32	+35:41	06:28
79	790	Victor Rodrigues	ribeitrail	Veterano M40	01:57:41	+36:51	06:32
80	513	Daniel Santos	a.d.amarante trail running	Senior Masculino	01:58:14	+37:24	06:34
81	510	Claúdia Moreira	a.d.amarante trail running	Senior Feminino	01:58:15	+37:24	06:34
82	736	Nuno Gonçalves	montanha clube trail running/efapel	Veterano M40	01:58:16	+37:26	06:34
83	609	Carlos Ribeiro	dive into the mountains	Senior Masculino	01:59:31	+38:40	06:38
84	616	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:59:42	+38:51	06:39

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	649	Carlos Castanheira	hab carpintaria	Senior Masculino	02:00:06	+39:16	06:40
86	603	Pedro Nunes	crp ribafria	Senior Masculino	02:00:07	+39:16	06:40
87	791	Fabio Almeida	sai da frente	Senior Masculino	02:00:17	+39:27	06:41
88	744	Pedro Pisco	mrr / nice runners	Veterano M40	02:00:21	+39:30	06:41
89	725	Vítor Gomes	minho e lima trail	Senior Masculino	02:00:36	+39:46	06:42
90	788	Eduardo Silva	ribeitrail	Sub 23 Masculino	02:00:38	+39:47	06:42
91	836	Francisco Miguel Lopes	individual	Senior Masculino	02:00:42	+39:51	06:42
92	506	Rui Teixeira	a.d. sebolido trail boneca douro	Senior Masculino	02:00:42	+39:52	06:42
93	531	Pedro Costa	alexandra carvalho team	Senior Masculino	02:00:52	+40:01	06:43
94	559	Bruno Espadeiro	be energy	Veterano M40	02:00:56	+40:05	06:43
95	722	Nuno Nabeiro	melgaço alvarinho trail	Veterano M40	02:01:12	+40:21	06:44
96	819	Eduardo Cabrita	tranquilidade açoreana clube	Veterano M40	02:01:19	+40:28	06:44
97	555	Sofia Lourenço	arism - associação recreativa de s. miguel	Veterana F40	02:01:47	+40:56	06:46
98	825	Vicente Sousa	trinca orelhas gato	Veterano M40	02:03:03	+42:12	06:50
99	835	Rui Moura	viriativs runners viseu	Senior Masculino	02:03:36	+42:45	06:52
100	522	Francisco Carneiro	ad esmeriz running	Veterano M40	02:03:36	+42:46	06:52
101	839	Pedro Carneiro	individual	Senior Masculino	02:04:24	+43:33	06:55
102	619	David Fernandes	edp	Senior Masculino	02:04:28	+43:38	06:55
103	733	Pedro Sequeira	montanha clube trail running/efapel	Senior Masculino	02:04:49	+43:58	06:56
104	755	GONÇALO FREITAS	olímpico vianense trail	Sub 23 Masculino	02:04:52	+44:02	06:56
105	784	Jorge Sousa	pt team	Senior Masculino	02:04:53	+44:03	06:56
106	772	Zenaide Alves	out2run-miro	Veterana F40	02:06:13	+45:22	07:01
107	773	Paulo Pinto	out2run-miro	Veterano M40	02:06:14	+45:23	07:01
108	553	Carla Soares	arism - associação recreativa de s. miguel	Veterana F40	02:06:44	+45:53	07:02
109	691	J.Miguel Barbosa	individual	Veterano M40	02:06:59	+46:08	07:03
110	789	Mário Vieira	ribeitrail	Veterano M40	02:07:00	+46:09	07:03
111	718	Francisco Esteves	melgaço alvarinho trail	Senior Masculino	02:07:15	+46:24	07:04
112	604	Antonio Nunes	crp ribafria	Veterano M60	02:07:18	+46:27	07:04
113	526	Telmo Correia	aguias de alpiarça	Veterano M40	02:08:10	+47:19	07:07
114	823	Paulo Ribeiro	trinca orelhas gato	Veterano M40	02:08:14	+47:24	07:07
115	586	Ana Teixeira	clube de atletismo trail runners da ponte	Senior Feminino	02:08:17	+47:26	07:08
116	612	Paulo Ribeiro	dive into the mountains	Veterano M40	02:08:48	+47:57	07:09
117	552	Carla Reis	arism - associação recreativa de s. miguel	Veterana F40	02:08:52	+48:01	07:10
118	808	Rosalia Silva	team lantermil	Senior Feminino	02:08:53	+48:02	07:10
119	716	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M60	02:09:15	+48:25	07:11
120	672	Pedro Dias	individual	Senior Masculino	02:09:26	+48:35	07:11
121	528	Joaquim Caeiro	alenminho	Veterano M40	02:09:45	+48:54	07:13
122	745	Flávio Caldas	n14 crossfit	Senior Masculino	02:09:48	+48:57	07:13
123	671	Nuno Barros	individual	Senior Masculino	02:09:53	+49:02	07:13
124	587	Bruno Marquês	clube de atletismo trail runners da ponte	Veterano M40	02:10:01	+49:11	07:13
125	647	Vítor Fernandes	gondomar futsal clube	Senior Masculino	02:10:03	+49:12	07:14
126	571	Diogo Resende	caracóis do monte	Senior Masculino	02:10:28	+49:37	07:15
127	651	Andreia Teixeira	individual	Senior Feminino	02:10:40	+49:50	07:16
128	746	Helena Fernandes	n14 crossfit	Veterana F40	02:10:42	+49:51	07:16
129	625	Nuno Ribeiro	edv-viana trail	Senior Masculino	02:10:45	+49:54	07:16
130	535	Rui Barreto	alexandra carvalho team	Veterano M40	02:10:51	+50:00	07:16

TRAIL CURTO - STAGE 1

18 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	732	Pedro Miguel Galamarra Janeiro Cipriano Matos	montanha clube trail running/efapel	Senior Masculino	02:11:44	+50:53	07:19
132	783	Alberto Guedes	pt team	Senior Masculino	02:12:03	+51:12	07:20
133	702	Luis Carvalho	individual	Veterano M50	02:12:24	+51:34	07:21
134	544	Vitor Almeida	all about spirit team	Veterano M50	02:12:26	+51:35	07:21
135	757	Leandro Freitas	olímpico vianense trail	Veterano M50	02:13:16	+52:25	07:24
136	689	Eduardo Faria	individual	Veterano M40	02:13:50	+52:59	07:26
137	530	André Silva	alexandra carvalho team	Senior Masculino	02:14:10	+53:19	07:27
138	821	Ana Sá Pinto	trinca orelhas gato	Veterana F40	02:14:37	+53:46	07:29
139	641	Vasco Guimarães	fama runners	Veterano M40	02:14:45	+53:54	07:29
140	650	Rui Oliveira	hab carpintaria	Senior Masculino	02:15:12	+54:22	07:31
141	666	Hernâni Veríssimo	individual	Senior Masculino	02:15:14	+54:23	07:31
142	519	Carlos A .MACEDO	a.d.amarante trail running	Veterano M60	02:15:18	+54:27	07:31
143	699	Paulo Gouveia	individual	Veterano M40	02:15:23	+54:32	07:31
144	748	Jorge Cunha	nice runners	Veterano M40	02:15:46	+54:55	07:33
145	760	RITA LOUREIRO	oralklass - amigos do trail	Senior Feminino	02:15:51	+55:00	07:33
146	766	PAULA BARBOSA	oralklass - amigos do trail	Veterana F40	02:15:51	+55:00	07:33
147	759	BRIGÍDA PINTO	oralklass - amigos do trail	Senior Feminino	02:15:52	+55:01	07:33
148	676	Saul Azevedo	individual	Senior Masculino	02:16:22	+55:31	07:35
149	613	Liliana Felgueiras	douroconta - gabinete de apoio e contabilidade	Senior Feminino	02:16:24	+55:33	07:35
150	738	Alexandra Padilha	moura & dias	Veterana F40	02:17:09	+56:18	07:37
151	611	Paulo Carneiro	dive into the mountains	Veterano M40	02:18:04	+57:13	07:40
152	865	Filipe Madurão	invicta runners team	Veterano M40	02:18:18	+57:27	07:41
153	802	Fernando Carvalho	ss montepio	Veterano M50	02:19:11	+58:20	07:44
154	721	Marco Afonso	melgaço alvarinho trail	Veterano M40	02:19:22	+58:31	07:45
155	828	JOSE FEIJAO	united by	Senior Masculino	02:19:29	+58:38	07:45
156	505	Roberto Freitas	a.d. sebolido trail boneca douro	Senior Masculino	02:20:04	+59:13	07:47
157	642	Durbalino Ferreira	ginásio fit4fun	Veterano M50	02:20:58	+01:00:07	07:50
158	834	Joana Silva Alves	viriahtvs runners viseu	Senior Feminino	02:21:04	+01:00:13	07:50
159	831	Joao Feijao	united by	Veterano M50	02:21:08	+01:00:17	07:50
160	845	Álvaro Marques	afacycles	Veterano M50	02:21:12	+01:00:21	07:51
161	680	Margarida Nobre Nunes	individual	Veterana F40	02:22:13	+01:01:23	07:54
162	561	Rui Santos	black bulls / clube de condeixa	Veterano M40	02:22:17	+01:01:26	07:54
163	695	Luís Rocha	individual	Veterano M40	02:22:29	+01:01:39	07:55
164	832	Miguel Pereira	vieira a correr	Senior Masculino	02:22:32	+01:01:41	07:55
165	833	Victor Manuel	vieira a correr	Veterano M40	02:22:33	+01:01:42	07:55
166	524	Fátima Teles	adabem running team	Senior Feminino	02:22:42	+01:01:51	07:56
167	747	Ana Borges	nast	Senior Feminino	02:22:51	+01:02:00	07:56
168	692	João Carlos Brito	individual	Veterano M40	02:24:13	+01:03:22	08:01
169	598	Paula Cristina Silva	comdor runners	Veterana F40	02:24:27	+01:03:36	08:02
170	597	Daniel Pinto	comdor runners	Sub 23 Masculino	02:24:27	+01:03:37	08:02
171	523	Sergio Costa	ad esmeriz running	Veterano M40	02:24:30	+01:03:39	08:02
172	670	Nuno Abel Silva	individual	Senior Masculino	02:24:31	+01:03:41	08:02
173	629	Salome cerqueira	edv-viana trail	Veterana F40	02:24:32	+01:03:41	08:02
174	800	Rui Freitas	ss montepio	Veterano M40	02:24:32	+01:03:42	08:02
175	620	Fernando Pinto	edp	Senior Masculino	02:24:47	+01:03:56	08:03

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	507	Alice Pereira	a.d.amarante trail running	Senior Feminino	02:24:49	+01:03:58	08:03
177	590	Andreia Mota	clube recreativo de candoso	Senior Feminino	02:24:55	+01:04:05	08:03
178	520	Catarina Teixeira	abutres	Veterana F40	02:25:02	+01:04:11	08:03
179	655	Liliana Ribeiro	individual	Senior Feminino	02:26:08	+01:05:18	08:07
180	575	Dulce Almeida	cfa spartans	Veterana F40	02:26:08	+01:05:18	08:07
181	669	Marco Costa	individual	Senior Masculino	02:26:17	+01:05:27	08:08
182	675	Rui Sameiro	individual	Senior Masculino	02:26:27	+01:05:36	08:08
183	727	Ana Garcia	montanha clube trail running/efapel	Senior Feminino	02:26:29	+01:05:38	08:08
184	741	Luís Pinho	mov'et	Senior Masculino	02:26:55	+01:06:04	08:10
185	771	Tiago Carneiro	os três pastorinhos	Senior Masculino	02:26:58	+01:06:08	08:10
186	661	Cristiano Gomes	individual	Senior Masculino	02:27:03	+01:06:12	08:10
187	688	Bruno Teixeira	individual	Veterano M40	02:27:45	+01:06:55	08:13
188	711	Jana Dubnová	kcl kooperativa svjany	Senior Feminino	02:28:14	+01:07:23	08:14
189	550	Bruno Ribeiro	apúlia a correr	Senior Masculino	02:28:15	+01:07:24	08:14
190	742	Rui Lameira	mov'et	Veterano M40	02:28:18	+01:07:27	08:14
191	503	Nuno Neves	100meta	Senior Masculino	02:28:34	+01:07:44	08:15
192	546	Luciano Rocha	altos&baixos	Senior Masculino	02:28:45	+01:07:54	08:16
193	654	Fernanda Faria	individual	Senior Feminino	02:28:51	+01:08:00	08:16
194	562	Marcelino Mota	bragarunners	Veterano M40	02:28:51	+01:08:00	08:16
195	681	Olívia Pimenta	individual	Veterana F40	02:29:58	+01:09:07	08:20
196	818	Luis Gomes	team lanthemil	Veterano M40	02:29:59	+01:09:08	08:20
197	770	Ângelo Carneiro	os três pastorinhos	Senior Masculino	02:30:00	+01:09:09	08:20
198	558	Filipe Cunha	aztrail/mercentro	Veterano M40	02:30:01	+01:09:10	08:20
199	574	Ricardo Duarte	cerveira team running	Senior Masculino	02:30:04	+01:09:13	08:20
200	589	Hercílio Santos	clube efacec	Veterano M50	02:30:29	+01:09:38	08:22
201	779	Ivone Vieira	porto de mós a correr	Veterana F40	02:30:31	+01:09:40	08:22
202	521	Pedro Ferreira	abutres	Veterano M40	02:30:53	+01:10:03	08:23
203	682	Paula Carneiro	individual	Veterana F40	02:32:33	+01:11:42	08:29
204	624	Sandra Santos	edv-viana trail	Senior Feminino	02:32:39	+01:11:49	08:29
205	628	Tiago Rocha	edv-viana trail	Sub 23 Masculino	02:32:40	+01:11:49	08:29
206	704	Luis Pinheiro	jacarés cansados	Senior Masculino	02:33:26	+01:12:36	08:31
207	610	Carla Antunes	dive into the mountains	Veterana F40	02:33:50	+01:12:59	08:33
208	529	Joana Maia	alexandra carvalho team	Senior Feminino	02:33:58	+01:13:07	08:33
209	703	Bruno Andrade	jacarés cansados	Senior Masculino	02:34:28	+01:13:37	08:35
210	639	Ruben Carvalho	fama runners	Senior Masculino	02:34:46	+01:13:56	08:36
211	749	Luís Marques	nice runners	Veterano M40	02:35:12	+01:14:22	08:37
212	827	Cristina Meireles	umelga runners	Veterana F50	02:36:10	+01:15:19	08:41
213	730	Sandra Gonçalves	montanha clube trail running/efapel	Senior Feminino	02:36:28	+01:15:37	08:42
214	596	Cristina Rocha Rocha	comdor runners	Senior Feminino	02:36:47	+01:15:56	08:43
215	777	Susana Canhola	pernetas	Veterana F40	02:37:06	+01:16:15	08:44
216	622	Tiago Andrade	edp	Veterano M40	02:37:24	+01:16:34	08:45
217	621	Rui Cruz	edp	Veterano M40	02:37:26	+01:16:35	08:45
218	576	Philippe Domingues	cfa spartans	Veterano M50	02:37:28	+01:16:38	08:45
219	740	Tulia Aires	mov'et	Senior Feminino	02:37:28	+01:16:38	08:45
220	565	Maria José Silva	c.a.s.p.a. - clube amador só para atletismo	Veterana F50	02:37:38	+01:16:48	08:45

TRAIL CURTO - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	636	Daniela Marques	fama runners	Senior Feminino	02:37:40	+01:16:50	08:46
222	659	Bruno Palma	individual	Senior Masculino	02:38:05	+01:17:14	08:47
223	724	Susana Cristina Gomes Ferreira	minho e lima trail	Senior Feminino	02:38:55	+01:18:05	08:50
224	633	Olga Martins	ermida team	Senior Feminino	02:39:36	+01:18:45	08:52
225	803	Dora Reis	tâlentos team	Veterana F40	02:39:39	+01:18:48	08:52
226	686	Dulce ribeiro	individual	Veterana F50	02:39:41	+01:18:50	08:52
227	660	Bruno Rodrigues	individual	Senior Masculino	02:40:07	+01:19:17	08:54
228	588	Filipe Bessa	clube efacec	Senior Masculino	02:40:25	+01:19:34	08:55
229	545	Carlos Guedes	all-titudes trail team	Veterano M40	02:40:52	+01:20:02	08:56
230	816	Maria Santos	team lanthemil	Veterana F50	02:40:54	+01:20:03	08:56
231	683	Rui Martins	individual	Veterano M40	02:40:56	+01:20:05	08:56
232	728	Ana Sêco	montanha clube trail running/efapel	Senior Feminino	02:40:57	+01:20:06	08:57
233	644	Daniel Mendes	gondomar futsal clube	Senior Masculino	02:41:00	+01:20:09	08:57
234	723	Helena Cerqueira	minho e lima trail	Senior Feminino	02:41:08	+01:20:18	08:57
235	570	João Espírito Santo	cães d'avenida	Senior Masculino	02:41:42	+01:20:51	08:59
236	569	Francisco Van Zeller	cães d'avenida	Senior Masculino	02:41:44	+01:20:54	08:59
237	648	Tania Moreira	hab carpintaria	Senior Feminino	02:42:42	+01:21:51	09:02
238	799	Luis Ribeiro	ss montepio	Veterano M40	02:43:46	+01:22:55	09:06
239	840	Paulo Fonseca	individual	Veterano M50	02:43:56	+01:23:05	09:06
240	643	Lucie Trpisovska	gondomar futsal clube	Senior Feminino	02:45:24	+01:24:34	09:11
241	843	Pedro Oliveira	individual	Veterano M40	02:45:27	+01:24:36	09:12
242	842	João Rodrigues	individual	Senior Masculino	02:45:45	+01:24:54	09:13
243	735	Ana Maria Loreto	montanha clube trail running/efapel	Veterana F50	02:46:26	+01:25:35	09:15
244	775	Deolinda Antunes	palmeira runners	Veterana F40	02:46:29	+01:25:38	09:15
245	645	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	02:46:35	+01:25:44	09:15
246	796	Rui Carvalho	ss montepio	Senior Masculino	02:46:36	+01:25:45	09:15
247	811	Sérgio Bastos	team lanthemil	Senior Masculino	02:46:37	+01:25:47	09:15
248	632	Orlando Duarte	em força- spem	Veterano M60	02:46:38	+01:25:47	09:15
249	563	Maria Alívio Ribeiro	braguinhas runners	Veterana F40	02:46:48	+01:25:57	09:16
250	801	Rui Silva	ss montepio	Veterano M40	02:46:57	+01:26:07	09:17
251	750	Maria Jesus	nocturnos de paredes	Veterana F40	02:46:58	+01:26:07	09:17
252	640	Rosa Vilhena	fama runners	Veterana F60	02:46:59	+01:26:08	09:17
253	638	João Pinheiro	fama runners	Senior Masculino	02:46:59	+01:26:08	09:17
254	713	Monica Domingues	lebres minhotas	Senior Feminino	02:47:01	+01:26:10	09:17
255	548	Isabel Martins	amigos da montanha	Veterana F50	02:47:03	+01:26:13	09:17
256	599	Sandra Pina	comdor runners	Veterana F40	02:47:40	+01:26:49	09:19
257	743	Liseta Pinto	mrr / nice runners	Veterana F40	02:48:10	+01:27:19	09:21
258	594	Ligia Fernandes	cmi montanhismo	Veterana F40	02:48:13	+01:27:22	09:21
259	693	José Maria Rodrigues	individual	Veterano M40	02:48:21	+01:27:30	09:21
260	798	Francisco Moreira	ss montepio	Veterano M40	02:48:32	+01:27:41	09:22
261	673	Pedro Marques	individual	Senior Masculino	02:48:32	+01:27:41	09:22
262	797	Susana Cardoso	ss montepio	Veterana F40	02:48:34	+01:27:43	09:22
263	794	Paula Oliveira	sporting clube de espinho/antónio leitão	Veterana F40	02:48:48	+01:27:58	09:23
264	653	Elisabete Silva	individual	Senior Feminino	02:48:49	+01:27:58	09:23
265	602	Rui Oliveira	comdor runners	Veterano M40	02:48:56	+01:28:06	09:23

TRAIL CURTO - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
266	554	Liliana Azenha	arshm - associação recreativa de s. miguel	Veterana F40	02:49:07	+01:28:16	09:24
267	564	Maria José Machado	c.a.s.p.a. - clube amador só para atletismo	Veterana F50	02:49:16	+01:28:25	09:24
268	714	Anabela Silva	limite vertical trekking	Veterana F40	02:49:31	+01:28:40	09:25
269	776	António Antunes	palmeira runners	Veterano M60	02:49:48	+01:28:58	09:26
270	508	Ana Mendonça	a.d.amarante trail running	Senior Feminino	02:50:01	+01:29:10	09:27
271	568	Jaime Trabucho	caapp	Veterano M50	02:50:26	+01:29:35	09:28
272	685	Ana Cristina Pinto Cabrita	individual	Veterana F50	02:50:54	+01:30:03	09:30
273	618	Fátima Santos	edp	Senior Feminino	02:51:25	+01:30:34	09:31
274	710	Rita Dias	juventude vidigalense	Veterana F40	02:52:03	+01:31:13	09:34
275	677	Elisabete Pereira	alexandra carvalho team	Veterana F40	02:53:08	+01:32:17	09:37
276	627	Andrea Silva	edv-viana trail	Veterana F40	02:53:08	+01:32:18	09:37
277	665	Helder Costa	individual	Senior Masculino	02:54:18	+01:33:27	09:41
278	656	Sílvia Marta Soares Rêgo	individual	Senior Feminino	02:54:32	+01:33:41	09:42
279	805	Carla Sofia Araújo	team lanthemil	Senior Feminino	02:55:11	+01:34:20	09:44
280	700	Paulo Sérgio Mogas	individual	Veterano M40	02:55:15	+01:34:24	09:44
281	829	Susana Feijão	united by	Veterana F40	02:56:45	+01:35:54	09:49
282	566	Elisabete Faria	c.r. candoso	Senior Feminino	02:58:21	+01:37:31	09:55
283	813	Ana Dias	team lanthemil	Sub 23 Feminino	02:59:15	+01:38:25	09:58
284	846	Sandra Costa	bragarunners	Veterana F40	03:01:12	+01:40:21	10:04
285	837	Vítor Santos	individual	Veterano M40	03:01:47	+01:40:57	10:06
286	774	Anabela Simões	p.c terras de bouro	Senior Feminino	03:02:27	+01:41:36	10:08
287	830	Miguel Palmeiro	united by	Veterano M40	03:03:08	+01:42:18	10:10
288	668	Luis Freitas	individual	Senior Masculino	03:03:12	+01:42:22	10:11
289	540	Isabel Neves	aliança de gandra	Veterana F40	03:04:21	+01:43:31	10:15
290	542	José Carneiro	aliança de gandra	Veterano M40	03:04:22	+01:43:31	10:15
291	678	Jacqueline Pereira	individual	Veterana F40	03:04:38	+01:43:48	10:15
292	752	Andreia Fontainhas	olímpico vianense trail	Senior Feminino	03:04:47	+01:43:56	10:16
293	844	Beatriz Pires	olímpico vianense trail	Senior Feminino	03:05:39	+01:44:48	10:19
294	696	Miguel Henriques	individual	Veterano M40	03:05:40	+01:44:50	10:19
295	539	Fernanda Leal	aliança de gandra	Veterana F40	03:06:11	+01:45:20	10:21
296	701	Augusto Lopes	individual	Veterano M50	03:06:47	+01:45:56	10:23
297	793	Ivete Alves	solopisadas	Veterana F40	03:07:56	+01:47:06	10:26
298	708	José Teixeira	juventude desportiva de gondomar	Veterano M40	03:08:31	+01:47:40	10:28
299	804	Elisabete Azougado	tãlentos team	Veterana F40	03:08:50	+01:47:59	10:29
300	792	Emanuel Duraes	sai da frente	Veterano M40	03:11:35	+01:50:44	10:39
301	817	Jorge Marques	team lanthemil	Veterano M40	03:14:17	+01:53:26	10:48
302	607	Filipa Matias	dap trail team	Senior Feminino	03:16:06	+01:55:15	10:54
303	778	Ana Vala	porto de mós a correr	Senior Feminino	03:22:09	+02:01:18	11:14
304	600	Maria Olivença	comdor runners	Veterana F50	03:25:13	+02:04:22	11:24
305	635	Paula Cardoso	factor x / s4l/medense fc	Senior Feminino	03:25:39	+02:04:48	11:26
306	809	Susana Serra	team lanthemil	Senior Feminino	03:30:00	+02:09:09	11:40
307	812	Vitor Horácio Correia	team lanthemil	Senior Masculino	03:30:00	+02:09:09	11:40
308	782	Rui Almeida	profisio team	Veterano M40	03:36:40	+02:15:49	12:02
309	807	Margarida Dantas	team lanthemil	Senior Feminino	03:37:44	+02:16:53	12:06
310	652	Dinha Ribeiro	individual	Senior Feminino	03:39:12	+02:18:21	12:11

18 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	8 / 8	generate 22-Apr-2018 17:28
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Trail Curto

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	17.4°C	68%
End	14:59	17.4°C	68%

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

1	509	Carla Moreira	A.D.Amarante trail running	Senior Feminino	01:40:57	+20:06	05:37
2	502	MARIA AREIAS	Oralklass - Amigos Do Trail	Senior Feminino	01:42:38	+21:47	05:42
3	729	Carla Santos	Montanha Clube Trail Running/Efapel	Senior Feminino	01:56:32	+35:41	06:28
4	510	Claúdia Moreira	A.D.Amarante trail running	Senior Feminino	01:58:15	+37:24	06:34
5	586	Ana Teixeira	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Senior Feminino	02:08:17	+47:26	07:08
6	808	Rosalia Silva	TEAM LANTEMIL	Senior Feminino	02:08:53	+48:02	07:10
7	651	Andreia Teixeira	Individual	Senior Feminino	02:10:40	+49:50	07:16
8	760	RITA LOUREIRO	Oralklass - Amigos Do Trail	Senior Feminino	02:15:51	+55:00	07:33
9	759	BRIGÍDA PINTO	Oralklass - Amigos Do Trail	Senior Feminino	02:15:52	+55:01	07:33
10	613	Liliana Felgueiras	Douroconta - Gabinete de Apoio e Contabilidade	Senior Feminino	02:16:24	+55:33	07:35
11	834	Joana Silva Alves	Viriathvs Runners Viseu	Senior Feminino	02:21:04	+01:00:13	07:50
12	524	Fátima Teles	Adabem Running Team	Senior Feminino	02:22:42	+01:01:51	07:56
13	747	Ana Borges	NAST	Senior Feminino	02:22:51	+01:02:00	07:56
14	507	Alice Pereira	A.D.Amarante trail running	Senior Feminino	02:24:49	+01:03:58	08:03
15	590	Andreia Mota	Clube Recreativo de Candoso	Senior Feminino	02:24:55	+01:04:05	08:03
16	655	Liliana Ribeiro	Individual	Senior Feminino	02:26:08	+01:05:18	08:07
17	727	Ana Garcia	Montanha Clube Trail Running/Efapel	Senior Feminino	02:26:29	+01:05:38	08:08
18	711	Jana Dubnová	KCL Kooperativa Svijany	Senior Feminino	02:28:14	+01:07:23	08:14
19	654	Fernanda Faria	Individual	Senior Feminino	02:28:51	+01:08:00	08:16
20	624	Sandra Santos	EDV-VIANA TRAIL	Senior Feminino	02:32:39	+01:11:49	08:29
21	529	Joana Maia	Alexandra Carvalho Team	Senior Feminino	02:33:58	+01:13:07	08:33
22	730	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	Senior Feminino	02:36:28	+01:15:37	08:42
23	596	Cristina Rocha Rocha	ComDor Runners	Senior Feminino	02:36:47	+01:15:56	08:43
24	740	Tulia Aires	Mov'et	Senior Feminino	02:37:28	+01:16:38	08:45
25	636	Daniela Marques	FAMA RUNNERS	Senior Feminino	02:37:40	+01:16:50	08:46
26	724	Susana Cristina Gomes Ferreira	Minho e Lima Trail	Senior Feminino	02:38:55	+01:18:05	08:50
27	633	Olga Martins	Ermida Team	Senior Feminino	02:39:36	+01:18:45	08:52
28	728	Ana Sêco	Montanha Clube Trail Running/Efapel	Senior Feminino	02:40:57	+01:20:06	08:57
29	723	Helena Cerqueira	Minho e Lima Trail	Senior Feminino	02:41:08	+01:20:18	08:57
30	648	Tania Moreira	Hab Carpintaria	Senior Feminino	02:42:42	+01:21:51	09:02
31	643	Lucie Trpisovska	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:45:24	+01:24:34	09:11
32	713	Monica Domingues	LEBRES MINHOTAS	Senior Feminino	02:47:01	+01:26:10	09:17
33	653	Elisabete Silva	Individual	Senior Feminino	02:48:49	+01:27:58	09:23
34	508	Ana Mendonça	A.D.Amarante trail running	Senior Feminino	02:50:01	+01:29:10	09:27
35	618	Fátima Santos	EDP	Senior Feminino	02:51:25	+01:30:34	09:31

Official Timekeeper: Lap2Go	1 / 9	generate 22-Apr-2018 17:29
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Trail Curto

18 KM

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OFFICIAL RESULT

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36	656	Silvia Marta Soares Rêgo	Individual	Senior Feminino	02:54:32	+01:33:41	09:42
37	805	Carla Sofia Araújo	TEAM LANTEMIL	Senior Feminino	02:55:11	+01:34:20	09:44
38	566	Elisabete Faria	C.R. Candoso	Senior Feminino	02:58:21	+01:37:31	09:55
39	774	Anabela Simões	P.C Terras de Bouro	Senior Feminino	03:02:27	+01:41:36	10:08
40	752	Andreia Fontainhas	OLÍMPICO VIANENSE TRAIL	Senior Feminino	03:04:47	+01:43:56	10:16
41	844	Beatriz Pires	OLÍMPICO VIANENSE TRAIL	Senior Feminino	03:05:39	+01:44:48	10:19
42	607	Filipa Matias	DAP Trail Team	Senior Feminino	03:16:06	+01:55:15	10:54
43	778	Ana Vala	Porto de Mós a Correr	Senior Feminino	03:22:09	+02:01:18	11:14
44	635	Paula Cardoso	Factor X / S4L /Medense FC	Senior Feminino	03:25:39	+02:04:48	11:26
45	809	Susana Serra	TEAM LANTEMIL	Senior Feminino	03:30:00	+02:09:09	11:40
46	807	Margarida Dantas	TEAM LANTEMIL	Senior Feminino	03:37:44	+02:16:53	12:06
47	652	Dinha Ribeiro	Individual	Senior Feminino	03:39:12	+02:18:21	12:11
48	577	Claudia Vilarinho	CLUBE AMADOR DE MIRANDELA	Senior Feminino	04:17:20	+02:56:29	14:18
49	806	Elsa Vale	TEAM LANTEMIL	Senior Feminino	04:31:23	+03:10:32	15:05

Senior Masculino

1	764	NUNO ALVES	Oralklass - Amigos Do Trail	Senior Masculino	01:21:04	+00:14	04:30
2	516	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:21:53	+01:03	04:33
3	626	Paulo Mesquita	EDV-VIANA TRAIL	Senior Masculino	01:25:13	+04:22	04:44
4	763	LUÍS PEDRO	Oralklass - Amigos Do Trail	Senior Masculino	01:25:20	+04:29	04:44
5	514	Fábio Pinto	A.D.Amarante trail running	Senior Masculino	01:26:43	+05:53	04:49
6	512	Cristiano Santos	A.D.Amarante trail running	Senior Masculino	01:28:21	+07:30	04:55
7	646	Pedro Tapadas	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:32:53	+12:03	05:10
8	511	Carlos Queirós	A.D.Amarante trail running	Senior Masculino	01:32:54	+12:03	05:10
9	585	Artur Cotrim	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	01:33:37	+12:47	05:12
10	615	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:34:14	+13:23	05:14
11	761	FILIPE CARNEIRO	Oralklass - Amigos Do Trail	Senior Masculino	01:34:44	+13:53	05:16
12	754	Miguel Jaques	OLÍMPICO VIANENSE TRAIL	Senior Masculino	01:34:55	+14:04	05:16
13	532	Tiago Portela	Alexandra Carvalho Team	Senior Masculino	01:36:26	+15:35	05:21
14	560	Ivo Silva	Beat Your Limit!	Senior Masculino	01:36:32	+15:41	05:22
15	617	Marcelo Ramos Martins Marcelo	EDL Trail	Senior Masculino	01:36:48	+15:57	05:23
16	515	José Barros	A.D.Amarante trail running	Senior Masculino	01:39:47	+18:57	05:33
17	551	Telmo Carvalho	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	01:41:31	+20:41	05:38
18	765	NUNO PEREIRA	Oralklass - Amigos Do Trail	Senior Masculino	01:42:37	+21:46	05:42
19	731	José Sequeira	Montanha Clube Trail Running/Efapel	Senior Masculino	01:43:02	+22:11	05:43
20	614	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:43:24	+22:34	05:45
21	536	Carlos Costa	ALIANÇA DE GANDRA	Senior Masculino	01:43:38	+22:48	05:45
22	667	José António Figueiredo Fonseca	Individual	Senior Masculino	01:44:20	+23:29	05:48
23	537	Luís Silva	ALIANÇA DE GANDRA	Senior Masculino	01:44:41	+23:50	05:49
24	810	Nuno Maia	TEAM LANTEMIL	Senior Masculino	01:45:16	+24:25	05:51
25	662	Felisberto Arcipreste	Individual	Senior Masculino	01:46:17	+25:27	05:54

Official Timekeeper: Lap2Go	2 / 9	generate 22-Apr-2018 17:29
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Trail Curto

18 KM

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OFFICIAL RESULT

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26	841	José Pereira	Individual	Senior Masculino	01:46:20	+25:29	05:54
27	593	Nuno Cunha	Clube Zupper	Senior Masculino	01:46:53	+26:02	05:56
28	664	Germano Joaquim Figueira	Individual	Senior Masculino	01:47:38	+26:47	05:59
29	762	GILBERTO PIMENTA	Oralklass - Amigos Do Trail	Senior Masculino	01:47:46	+26:55	05:59
30	705	Pedro Neves	Juventude desportiva de Gondomar	Senior Masculino	01:47:48	+26:57	05:59
31	787	Marco Escadas	RIBEITRAIL	Senior Masculino	01:48:21	+27:30	06:01
32	785	Márcio Silva Araújo	Ribeiratrail	Senior Masculino	01:48:27	+27:36	06:02
33	751	Luis Narciso	O Mundo da Corrida	Senior Masculino	01:51:03	+30:12	06:10
34	786	Jorge Pinheiro	Ribeitrail	Senior Masculino	01:51:12	+30:22	06:11
35	657	António Fernandes	Individual	Senior Masculino	01:51:15	+30:25	06:11
36	592	Pedro Cancelo	Clube Zupper	Senior Masculino	01:51:24	+30:33	06:11
37	606	Luis Miguel Barbosa	Ctr-cerveira team running	Senior Masculino	01:55:30	+34:39	06:25
38	637	Fernando Pinto	FAMA RUNNERS	Senior Masculino	01:55:44	+34:53	06:26
39	864	Bruno Pires	OLÍMPICO VIANENSE TRAIL	Senior Masculino	01:56:02	+35:11	06:27
40	504	Paulo Araújo	A.D. Sebolido Trail Boneca Douro	Senior Masculino	01:56:16	+35:26	06:28
41	513	Daniel Santos	A.D.Amarante trail running	Senior Masculino	01:58:14	+37:24	06:34
42	609	Carlos Ribeiro	DiVE Into The Mountains	Senior Masculino	01:59:31	+38:40	06:38
43	616	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:59:42	+38:51	06:39
44	649	Carlos Castanheira	Hab Carpintaria	Senior Masculino	02:00:06	+39:16	06:40
45	603	Pedro Nunes	CRP RIBAFRIA	Senior Masculino	02:00:07	+39:16	06:40
46	791	Fabio Almeida	SAI DA FRENTE	Senior Masculino	02:00:17	+39:27	06:41
47	725	Vítor Gomes	Minho e Lima Trail	Senior Masculino	02:00:36	+39:46	06:42
48	836	Francisco Miguel Lopes	Individual	Senior Masculino	02:00:42	+39:51	06:42
49	506	Rui Teixeira	A.D. Sebolido Trail Boneca Douro	Senior Masculino	02:00:42	+39:52	06:42
50	531	Pedro Costa	Alexandra Carvalho Team	Senior Masculino	02:00:52	+40:01	06:43
51	835	Rui Moura	Viriathvs Runners Viseu	Senior Masculino	02:03:36	+42:45	06:52
52	839	Pedro Carneiro	Individual	Senior Masculino	02:04:24	+43:33	06:55
53	619	David Fernandes	EDP	Senior Masculino	02:04:28	+43:38	06:55
54	733	Pedro Sequeira	Montanha Clube Trail Running/Efapel	Senior Masculino	02:04:49	+43:58	06:56
55	784	Jorge Sousa	PT Team	Senior Masculino	02:04:53	+44:03	06:56
56	718	Francisco Esteves	MELGAÇO ALVARINHO TRAIL	Senior Masculino	02:07:15	+46:24	07:04
57	672	Pedro Dias	Individual	Senior Masculino	02:09:26	+48:35	07:11
58	745	Flávio Caldas	N14 CROSSFIT	Senior Masculino	02:09:48	+48:57	07:13
59	671	Nuno Barros	Individual	Senior Masculino	02:09:53	+49:02	07:13
60	647	Vítor Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:10:03	+49:12	07:14
61	571	Diogo Resende	Caracóis do Monte	Senior Masculino	02:10:28	+49:37	07:15
62	625	Nuno Ribeiro	EDV-VIANA TRAIL	Senior Masculino	02:10:45	+49:54	07:16
63	732	Pedro Miguel Galamarra Janeiro Cipriano Matos	Montanha Clube Trail Running/Efapel	Senior Masculino	02:11:44	+50:53	07:19
64	783	Alberto Guedes	PT Team	Senior Masculino	02:12:03	+51:12	07:20
65	530	André Silva	Alexandra Carvalho Team	Senior Masculino	02:14:10	+53:19	07:27
66	650	Rui Oliveira	Hab Carpintaria	Senior Masculino	02:15:12	+54:22	07:31
67	666	Hernâni Veríssimo	Individual	Senior Masculino	02:15:14	+54:23	07:31
68	676	Saul Azevedo	Individual	Senior Masculino	02:16:22	+55:31	07:35
69	828	JOSE FEIJAO	united by	Senior Masculino	02:19:29	+58:38	07:48

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Trail Curto

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70	505	Roberto Freitas	A.D. Sebolido Trail Boneca Douro	Senior Masculino	02:20:04	+59:13	07:47
71	832	Miguel Pereira	VIEIRA A CORRER	Senior Masculino	02:22:32	+01:01:41	07:55
72	670	Nuno Abel Silva	Individual	Senior Masculino	02:24:31	+01:03:41	08:02
73	620	Fernando Pinto	EDP	Senior Masculino	02:24:47	+01:03:56	08:03
74	669	Marco Costa	Individual	Senior Masculino	02:26:17	+01:05:27	08:08
75	675	Rui Sameiro	Individual	Senior Masculino	02:26:27	+01:05:36	08:08
76	741	Luís Pinho	Mov'et	Senior Masculino	02:26:55	+01:06:04	08:10
77	771	Tiago Carneiro	Os Três Pastorinhos	Senior Masculino	02:26:58	+01:06:08	08:10
78	661	Cristiano Gomes	Individual	Senior Masculino	02:27:03	+01:06:12	08:10
79	550	Bruno Ribeiro	Apúlia a Correr	Senior Masculino	02:28:15	+01:07:24	08:14
80	503	Nuno Neves	100meta	Senior Masculino	02:28:34	+01:07:44	08:15
81	546	Luciano Rocha	Altos&Baixos	Senior Masculino	02:28:45	+01:07:54	08:16
82	770	Ângelo Carneiro	Os Três Pastorinhos	Senior Masculino	02:30:00	+01:09:09	08:20
83	574	Ricardo Duarte	Cerveira Team Running	Senior Masculino	02:30:04	+01:09:13	08:20
84	704	Luis Pinheiro	Jacarés Cansados	Senior Masculino	02:33:26	+01:12:36	08:31
85	703	Bruno Andrade	Jacarés Cansados	Senior Masculino	02:34:28	+01:13:37	08:35
86	639	Ruben Carvalho	FAMA RUNNERS	Senior Masculino	02:34:46	+01:13:56	08:36
87	659	Bruno Palma	Individual	Senior Masculino	02:38:05	+01:17:14	08:47
88	660	Bruno Rodrigues	Individual	Senior Masculino	02:40:07	+01:19:17	08:54
89	588	Filipe Bessa	Clube Efacec	Senior Masculino	02:40:25	+01:19:34	08:55
90	644	Daniel Mendes	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:41:00	+01:20:09	08:57
91	570	João Espírito Santo	Cães d'Avenida	Senior Masculino	02:41:42	+01:20:51	08:59
92	569	Francisco Van Zeller	Cães d'Avenida	Senior Masculino	02:41:44	+01:20:54	08:59
93	842	João Rodrigues	Individual	Senior Masculino	02:45:45	+01:24:54	09:13
94	645	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:46:35	+01:25:44	09:15
95	796	Rui Carvalho	SS MONTEPIO	Senior Masculino	02:46:36	+01:25:45	09:15
96	811	Sérgio Bastos	TEAM LANTEMIL	Senior Masculino	02:46:37	+01:25:47	09:15
97	638	João Pinheiro	FAMA RUNNERS	Senior Masculino	02:46:59	+01:26:08	09:17
98	673	Pedro Marques	Individual	Senior Masculino	02:48:32	+01:27:41	09:22
99	665	Helder Costa	Individual	Senior Masculino	02:54:18	+01:33:27	09:41
100	668	Luis Freitas	Individual	Senior Masculino	03:03:12	+01:42:22	10:11
101	812	Vitor Horácio Correia	TEAM LANTEMIL	Senior Masculino	03:30:00	+02:09:09	11:40

Sub 23 Feminino

1	813	Ana Dias	TEAM LANTEMIL	Sub 23 Feminino	02:59:15	+01:38:25	09:58
2	820	Jacinta Sousa	Trinca Orelhas Gato	Sub 23 Feminino	03:51:20	+02:30:29	12:51

Sub 23 Masculino

1	501	ANTÓNIO BRAZIELA	Oralklass - Amigos Do Trail	Sub 23 Masculino	01:20:55	+00:04	04:30
2	734	Jorge Filipe	Montanha Clube Trail Running/Efapel	Sub 23 Masculino	01:37:07	+16:16	05:24
3	533	João Afonso	Alexandra Carvalho Team	Sub 23 Masculino	01:49:07	+28:16	06:04
4	538	José Gaspar	ALIANÇA DE GANDRA	Sub 23 Masculino	01:51:15	+30:24	06:11
5	814	João Fernandes	TEAM LANTEMIL	Sub 23 Masculino	01:55:25	+34:34	06:25

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6	788	Eduardo Silva	RIBEIRAIL	Sub 23 Masculino	02:00:38	+39:47	06:42
7	755	GONÇALO FREITAS	OLÍMPICO VIANENSE TRAIL	Sub 23 Masculino	02:04:52	+44:02	06:56
8	597	Daniel Pinto	ComDor Runners	Sub 23 Masculino	02:24:27	+01:03:37	08:02
9	628	Tiago Rocha	EDV-VIANA TRAIL	Sub 23 Masculino	02:32:40	+01:11:49	08:29

Veterana F40

1	555	Sofia Lourenço	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:01:47	+40:56	06:46
2	772	Zenaide Alves	out2run-miro	Veterana F40	02:06:13	+45:22	07:01
3	553	Carla Soares	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:06:44	+45:53	07:02
4	552	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:08:52	+48:01	07:10
5	746	Helena Fernandes	N14 CROSSFIT	Veterana F40	02:10:42	+49:51	07:11
6	821	Ana Sá Pinto	Trinca Orelhas Gato	Veterana F40	02:14:37	+53:46	07:29
7	766	PAULA BARBOSA	Oralklass - Amigos Do Trail	Veterana F40	02:15:51	+55:00	07:33
8	738	Alexandra Padilha	Moura & Dias	Veterana F40	02:17:09	+56:18	07:37
9	680	Margarida Nobre Nunes	Individual	Veterana F40	02:22:13	+01:01:23	07:54
10	598	Paula Cristina Silva	ComDor Runners	Veterana F40	02:24:27	+01:03:36	08:02
11	629	Salome cerqueira	EDV-VIANA TRAIL	Veterana F40	02:24:32	+01:03:41	08:02
12	520	Catarina Teixeira	Abutres	Veterana F40	02:25:02	+01:04:11	08:03
13	575	Dulce Almeida	Cfa Spartans	Veterana F40	02:26:08	+01:05:18	08:07
14	681	Olívia Pimenta	Individual	Veterana F40	02:29:58	+01:09:07	08:20
15	779	Ivone Vieira	Porto de Mós a Correr	Veterana F40	02:30:31	+01:09:40	08:22
16	682	Paula Carneiro	Individual	Veterana F40	02:32:33	+01:11:42	08:29
17	610	Carla Antunes	DiVe Into The Mountains	Veterana F40	02:33:50	+01:12:59	08:33
18	777	Susana Canhola	Pernetas	Veterana F40	02:37:06	+01:16:15	08:44
19	803	Dora Reis	Tálenos Team	Veterana F40	02:39:39	+01:18:48	08:52
20	775	Deolinda Antunes	Palmeira Runners	Veterana F40	02:46:29	+01:25:38	09:15
21	563	Maria Alívio Ribeiro	Braguinhas Runners	Veterana F40	02:46:48	+01:25:57	09:16
22	750	Maria Jesus	NOCTURNOS DE PAREDES	Veterana F40	02:46:58	+01:26:07	09:17
23	599	Sandra Pina	ComDor Runners	Veterana F40	02:47:40	+01:26:49	09:19
24	743	Liseta Pinto	MRR / Nice Runners	Veterana F40	02:48:10	+01:27:19	09:21
25	594	Ligia Fernandes	CMI MONTANHISMO	Veterana F40	02:48:13	+01:27:22	09:21
26	797	Susana Cardoso	SS MONTEPIO	Veterana F40	02:48:34	+01:27:43	09:22
27	794	Paula Oliveira	Sporting Clube de Espinho/António Leitão	Veterana F40	02:48:48	+01:27:58	09:23
28	554	Liliana Azenha	ARSM - Associação Recreativa de S. Miguel	Veterana F40	02:49:07	+01:28:16	09:24
29	714	Anabela Silva	Limite Vertical trekking	Veterana F40	02:49:31	+01:28:40	09:25
30	710	Rita Dias	Juventude Vidigalense	Veterana F40	02:52:03	+01:31:13	09:34
31	677	Elisabete Pereira	Alexandra Carvalho Team	Veterana F40	02:53:08	+01:32:17	09:37
32	627	Andrea Silva	EDV-VIANA TRAIL	Veterana F40	02:53:08	+01:32:18	09:37
33	829	Susana Feijão	united by	Veterana F40	02:56:45	+01:35:54	09:49
34	846	Sandra Costa	BRAGARUNNERS	Veterana F40	03:01:12	+01:40:21	10:04
35	540	Isabel Neves	ALIANÇA DE GANDRA	Veterana F40	03:04:21	+01:43:31	10:15
36	678	Jacqueline Pereira	Individual	Veterana F40	03:04:38	+01:43:48	10:15

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Trail Curto

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37	539	Fernanda Leal	ALIANÇA DE GANDRA	Veterana F40	03:06:11	+01:45:20	10:21
38	793	Ivete Alves	Solopisadas	Veterana F40	03:07:56	+01:47:06	10:26
39	804	Elisabete Azougado	Tálenos Team	Veterana F40	03:08:50	+01:47:59	10:29
40	822	Cristina Neves	Trinca Orelhas Gato	Veterana F40	03:48:38	+02:27:47	12:42
41	541	Natália Moreira	ALIANÇA DE GANDRA	Veterana F40	03:48:41	+02:27:50	12:42
42	679	Justina Ferreira	Individual	Veterana F40	04:07:58	+02:47:07	13:47
43	815	Sílvia Araújo	TEAM LANTEMIL	Veterana F40	04:31:23	+03:10:32	15:05

Veterana F50

1	684	Alexandra Fernandes	Individual	Veterana F50	01:52:13	+31:22	06:14
2	827	Cristina Meireles	Umelga Runners	Veterana F50	02:36:10	+01:15:19	08:41
3	565	Maria José Silva	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterana F50	02:37:38	+01:16:48	08:45
4	686	Dulce ribeiro	Individual	Veterana F50	02:39:41	+01:18:50	08:52
5	816	Maria Santos	TEAM LANTEMIL	Veterana F50	02:40:54	+01:20:03	08:56
6	735	Ana Maria Loreto	Montanha Clube Trail Running/Efapel	Veterana F50	02:46:26	+01:25:35	09:15
7	548	Isabel Martins	Amigos da Montanha	Veterana F50	02:47:03	+01:26:13	09:17
8	564	Maria José Machado	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterana F50	02:49:16	+01:28:25	09:24
9	685	Ana Cristina Pinto Cabrita	Individual	Veterana F50	02:50:54	+01:30:03	09:30
10	600	Maria Olivença	ComDor Runners	Veterana F50	03:25:13	+02:04:22	11:24
11	527	Cândida Caeiro	AlenMinho	Veterana F50	03:39:12	+02:18:21	12:11
12	583	Emilia Iago	CLUBE AMADOR DE MIRANDELA	Veterana F50	04:25:00	+03:04:09	14:43

Veterana F60

1	640	Rosa Vilhena	FAMA RUNNERS	Veterana F60	02:46:59	+01:26:08	09:17
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Veterano M40

1	518	Victor Costa	A.D.Amarante trail running	Veterano M40	01:20:50	04:29
2	767	PEDRO SANTOS	Oralklass - Amigos Do Trail	Veterano M40	01:22:33	+01:43 04:35
3	697	Nuno Cardoso	Individual	Veterano M40	01:27:47	+06:56 04:53
4	780	Jose Rosario	Porto de Mós a Correr	Veterano M40	01:30:50	+10:00 05:03
5	720	Igor Moreira	Melgaço Alvarinho Trail	Veterano M40	01:32:58	+12:07 05:10
6	549	Carlos Peixoto	Amigos da Montanha	Veterano M40	01:33:10	+12:20 05:11
7	525	Bruno Silva	Afacycles	Veterano M40	01:34:12	+13:21 05:14
8	630	Mario Rodríguez Otero	EDV-VIANA TRAIL	Veterano M40	01:34:18	+13:28 05:14
9	534	Fernando Silva	Alexandra Carvalho Team	Veterano M40	01:35:46	+14:55 05:19
10	739	Fernando Oliveira	Moura & Dias	Veterano M40	01:38:22	+17:31 05:28
11	567	João Nunes	C.R. Candoso	Veterano M40	01:39:56	+19:06 05:33
12	698	Nuno Monteiro	ALIANÇA DE GANDRA	Veterano M40	01:41:50	+20:59 05:39
13	605	Sérgio Lourenço	CTAD-Trilhos de Cinfães	Veterano M40	01:41:50	+20:59 05:39

Trail Curto

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14	781	Raul Silva	Profisio Team	Veterano M40	01:42:03	+21:12	05:40
15	572	Fernando Coelho	Caracóis do Monte	Veterano M40	01:46:34	+25:43	05:55
16	737	Rui Gaspar	Montanha Clube Trail Running/Efapel	Veterano M40	01:46:45	+25:54	05:56
17	726	Luis Ferreira	Minho e Lima Trail	Veterano M40	01:46:58	+26:07	05:57
18	712	Eliseu Leite	Laundostrail	Veterano M40	01:51:49	+30:58	06:13
19	694	Luis Filipe Pereira	Cerveira Team Running	Veterano M40	01:52:02	+31:11	06:13
20	790	Victor Rodrigues	Ribeitrail	Veterano M40	01:57:41	+36:51	06:32
21	736	Nuno Gonçalves	Montanha Clube Trail Running/Efapel	Veterano M40	01:58:16	+37:26	06:34
22	744	Pedro Pisco	MRR / Nice Runners	Veterano M40	02:00:21	+39:30	06:41
23	559	Bruno Espadeiro	BE ENERGY	Veterano M40	02:00:56	+40:05	06:43
24	722	Nuno Nabeiro	Melgaço Alvarinho Trail	Veterano M40	02:01:12	+40:21	06:44
25	819	Eduardo Cabrita	Tranquilidade Açoreana Clube	Veterano M40	02:01:19	+40:28	06:44
26	825	Vicente Sousa	Trinca Orelhas Gato	Veterano M40	02:03:03	+42:12	06:50
27	522	Francisco Carneiro	AD Esmeriz Running	Veterano M40	02:03:36	+42:46	06:52
28	773	Paulo Pinto	out2run-miro	Veterano M40	02:06:14	+45:23	07:01
29	691	J.Miguel Barbosa	Individual	Veterano M40	02:06:59	+46:08	07:03
30	789	Mário Vieira	Ribeitrail	Veterano M40	02:07:00	+46:09	07:03
31	526	Telmo Correia	aguias de alpiarça	Veterano M40	02:08:10	+47:19	07:07
32	823	Paulo Ribeiro	Trinca Orelhas Gato	Veterano M40	02:08:14	+47:24	07:07
33	612	Paulo Ribeiro	DiVE Into the Mountains	Veterano M40	02:08:48	+47:57	07:09
34	528	Joaquim Caeiro	AlenMinho	Veterano M40	02:09:45	+48:54	07:13
35	587	Bruno Marquês	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Veterano M40	02:10:01	+49:11	07:13
36	535	Rui Barreto	Alexandra Carvalho Team	Veterano M40	02:10:51	+50:00	07:16
37	689	Eduardo Faria	Individual	Veterano M40	02:13:50	+52:59	07:26
38	641	Vasco Guimarães	FAMA RUNNERS	Veterano M40	02:14:45	+53:54	07:29
39	699	Paulo Gouveia	Individual	Veterano M40	02:15:23	+54:32	07:31
40	748	Jorge Cunha	Nice Runners	Veterano M40	02:15:46	+54:55	07:33
41	611	Paulo Carneiro	DiVE Into The Mountains	Veterano M40	02:18:04	+57:13	07:40
42	865	Filipe Madurão	Invicta Runners Team	Veterano M40	02:18:18	+57:27	07:41
43	721	Marco Afonso	Melgaço Alvarinho Trail	Veterano M40	02:19:22	+58:31	07:45
44	561	Rui Santos	Black Bulls / Clube de Condeixa	Veterano M40	02:22:17	+01:01:26	07:54
45	695	Luís Rocha	Individual	Veterano M40	02:22:29	+01:01:39	07:55
46	833	Victor Manuel	Vieira A Correr	Veterano M40	02:22:33	+01:01:42	07:55
47	692	João Carlos Brito	Individual	Veterano M40	02:24:13	+01:03:22	08:01
48	523	Sergio Costa	AD Esmeriz Running	Veterano M40	02:24:30	+01:03:39	08:02
49	800	Rui Freitas	SS MONTEPIO	Veterano M40	02:24:32	+01:03:42	08:02
50	688	Bruno Teixeira	Individual	Veterano M40	02:27:45	+01:06:55	08:13
51	742	Rui Lameira	Mov'et	Veterano M40	02:28:18	+01:07:27	08:14
52	562	Marcelino Mota	BRAGARUNNERS	Veterano M40	02:28:51	+01:08:00	08:16
53	818	Luis Gomes	TEAM LANTEMIL	Veterano M40	02:29:59	+01:09:08	08:20
54	558	Filipe Cunha	Aztrail/Mercentro	Veterano M40	02:30:01	+01:09:10	08:20
55	521	Pedro Ferreira	Abutres	Veterano M40	02:30:53	+01:10:03	08:23
56	749	Luís Marques	Nice Runners	Veterano M40	02:35:12	+01:14:22	08:37
57	622	Tiago Andrade	EDP	Veterano M40	02:37:24	+01:16:34	08:42

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Trail Curto

18 KM

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OFFICIAL RESULT

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58	621	Rui Cruz	EDP	Veterano M40	02:37:26	+01:16:35	08:45
59	545	Carlos Guedes	All-titudes trail team	Veterano M40	02:40:52	+01:20:02	08:56
60	683	Rui Martins	Individual	Veterano M40	02:40:56	+01:20:05	08:56
61	799	Luis Ribeiro	SS MONTEPIO	Veterano M40	02:43:46	+01:22:55	09:06
62	843	Pedro Oliveira	Individual	Veterano M40	02:45:27	+01:24:36	09:12
63	801	Rui Silva	SS MONTEPIO	Veterano M40	02:46:57	+01:26:07	09:17
64	693	José Maria Rodrigues	Individual	Veterano M40	02:48:21	+01:27:30	09:21
65	798	Francisco Moreira	SS MONTEPIO	Veterano M40	02:48:32	+01:27:41	09:22
66	602	Rui Oliveira	ComDor Runners	Veterano M40	02:48:56	+01:28:06	09:23
67	700	Paulo Sérgio Mogas	Individual	Veterano M40	02:55:15	+01:34:24	09:44
68	837	Vítor Santos	Individual	Veterano M40	03:01:47	+01:40:57	10:06
69	830	Miguel Palmeiro	united by	Veterano M40	03:03:08	+01:42:18	10:10
70	542	José Carneiro	ALIANÇA DE GANDRA	Veterano M40	03:04:22	+01:43:31	10:15
71	696	Miguel Henriques	Individual	Veterano M40	03:05:40	+01:44:50	10:19
72	708	José Teixeira	Juventude desportiva de Gondomar	Veterano M40	03:08:31	+01:47:40	10:28
73	792	Emanuel Duraes	SAI DA FRENTE	Veterano M40	03:11:35	+01:50:44	10:39
74	817	Jorge Marques	TEAM LANTEMIL	Veterano M40	03:14:17	+01:53:26	10:48
75	782	Rui Almeida	Profisio Team	Veterano M40	03:36:40	+02:15:49	12:02
76	543	Roberto Moreira	ALIANÇA DE GANDRA	Veterano M40	03:48:40	+02:27:50	12:42
77	824	Sérgio Sousa	Trinca Orelhas Gato	Veterano M40	03:51:20	+02:30:29	12:51

Veterano M50

1	795	José Cabral	Sporting Clube de Espinho/António Leitão	Veterano M50	01:34:59	+14:08	05:17
2	715	Narciso Marques	Limite Vertical trekking	Veterano M50	01:38:06	+17:15	05:27
3	595	Vasco Sousa	Coimbra Trail Running	Veterano M50	01:42:30	+21:39	05:42
4	573	Asdrubal Freitas	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:45:00	+24:09	05:50
5	768	MANUEL FERREIRA	Oralklass - Amigos Do Trail	Veterano M50	01:46:59	+26:08	05:57
6	769	SÉRGIO ANUNCIAÇÃO	Oralklass - Amigos Do Trail	Veterano M50	01:46:59	+26:08	05:57
7	758	Manuel António Alves	OLÍMPICO VIANENSE TRAIL	Veterano M50	01:47:45	+26:54	05:59
8	557	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	01:52:01	+31:11	06:13
9	584	Rui Ferreira	CLUBE AMADOR DE MIRANDELA	Veterano M50	01:52:10	+31:19	06:14
10	702	Luis Carvalho	Individual	Veterano M50	02:12:24	+51:34	07:21
11	544	Vitor Almeida	All About Spirit Team	Veterano M50	02:12:26	+51:35	07:21
12	757	Leandro Freitas	OLÍMPICO VIANENSE TRAIL	Veterano M50	02:13:16	+52:25	07:24
13	802	Fernando Carvalho	SS MONTEPIO	Veterano M50	02:19:11	+58:20	07:44
14	642	Durbalino Ferreira	Ginásio Fit4Fun	Veterano M50	02:20:58	+01:00:07	07:50
15	831	Joao Feijao	united by	Veterano M50	02:21:08	+01:00:17	07:50
16	845	Álvaro Marques	Afacycles	Veterano M50	02:21:12	+01:00:21	07:51
17	589	Hercílio Santos	Clube Efacec	Veterano M50	02:30:29	+01:09:38	08:22
18	576	Philippe Domingues	Cfa Spartans	Veterano M50	02:37:28	+01:16:38	08:45
19	840	Paulo Fonseca	Individual	Veterano M50	02:43:56	+01:23:05	09:06
20	568	Jaime Trabucho	CAAPP	Veterano M50	02:50:26	+01:29:35	09:28

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