

TRILHO DO GUERREIRO - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	1.8°C	70%
End	14:00	1.8°C	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2687	Diogo Fernandes	sim summit	Senior Masculino	01:08:52		04:18
2	2686	Carlos Ferreira	sim summit	Senior Masculino	01:11:32	+02:39	04:28
3	2691	ANDRE JOAQUIM MOREIRA DA SILVA	sporting clube espinho / antónio leitão	Senior Masculino	01:13:35	+04:42	04:36
4	2306	João Sousa	individual	Senior Masculino	01:14:21	+05:28	04:39
5	2297	Francisco Martins de Figueiredo	individual	Senior Masculino	01:15:50	+06:57	04:44
6	2029	José Gaspar	aliança de gandra	Senior Masculino	01:16:39	+07:46	04:47
7	2694	JOÃO PAULO PEREIRA BARBOSA	sporting clube espinho / antónio leitão	Veterano M40	01:16:42	+07:49	04:48
8	2777	Germano Cardoso	vc bike	Senior Masculino	01:16:50	+07:57	04:48
9	2054	Orlando Barbosa	aperta cordões	Veterano M40	01:17:33	+08:40	04:51
10	2692	Helder Rodrigues	sporting clube espinho / antónio leitão	Senior Masculino	01:17:34	+08:41	04:51
11	2741	Alexandre Pinto	turbo kings 2.0	Senior Masculino	01:18:58	+10:05	04:56
12	2090	Camilo Guedes	clube pessoal aguas gaia	Veterano M40	01:19:01	+10:08	04:56
13	2693	ANTÓNIO FILIPE BASTOS FONTES	sporting clube espinho / antónio leitão	Veterano M40	01:19:36	+10:43	04:59
14	2296	Filipe Tavares	individual	Senior Masculino	01:19:40	+10:47	04:59
15	2559	Francisco Lemos	nos acreditamos	Veterano M50	01:22:44	+13:51	05:10
16	2553	Paulo sousa	nos acreditamos	Veterano M40	01:22:45	+13:53	05:10
17	2688	Inuo Melo	sim summit	Senior Masculino	01:22:58	+14:05	05:11
18	2389	João Mortágua	individual	Veterano M40	01:23:05	+14:12	05:12
19	2014	Roberto Freitas	adsebolido trail boneca douro	Senior Masculino	01:23:10	+14:17	05:12
20	2017	José Oliveira	afis ovar	Veterano M40	01:24:09	+15:16	05:16
21	2425	Adriano de Freitas Teixeira	individual	Veterano M50	01:24:16	+15:23	05:16
22	2751	Pedro Monteiro	turbo kings 2.0	Senior Masculino	01:24:16	+15:23	05:16
23	2030	Luís Silva	aliança de gandra	Senior Masculino	01:24:18	+15:25	05:16
24	2566	Valter Correia	nova linha trail runners	Veterano M40	01:24:40	+15:47	05:18
25	2698	Manuel jose Gomes Correia	sporting clube espinho / antónio leitão	Veterano M50	01:24:42	+15:49	05:18
26	2557	António Pereira	nos acreditamos	Veterano M50	01:24:47	+15:54	05:18
27	1085	Paulo Campos	hora do lobo trail - cf perosinho atletismo	Veterano M40	01:24:48	+15:55	05:18
28	2527	José Correia	nac trail	Veterano M40	01:25:11	+16:18	05:19
29	2657	Nuno Alvim	runningesmoriz	Senior Masculino	01:25:45	+16:52	05:22
30	2539	Jorge Rebelo	nem que chova	Veterano M40	01:25:54	+17:01	05:22
31	2011	Carlos Vieira	adsebolido trail boneca douro	Senior Masculino	01:26:39	+17:46	05:25
32	2346	William Caetano	individual	Senior Masculino	01:26:47	+17:54	05:25
33	2044	Paulo Manuel Cardoso Cruz	alpha running	Senior Masculino	01:27:03	+18:10	05:26
34	2338	Rui Heliodoro Sousa	individual	Senior Masculino	01:27:17	+18:24	05:27
35	2748	Jorge Sousa	turbo kings 2.0	Senior Masculino	01:28:02	+19:09	05:30
36	2755	Tiago Portela	turbo kings 2.0	Senior Masculino	01:28:07	+19:14	05:30
37	2478	Tiago Mendonça	kirchhoff - konect running team	Senior Masculino	01:28:25	+19:32	05:32
38	2468	Celso Lino Oliveira Gomes	juventude cortegacense	Veterano M50	01:28:25	+19:32	05:32
39	2477	Ricardo Pinho	kirchhoff - konect running team	Senior Masculino	01:28:25	+19:32	05:32

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	2066	Ricardo Silva	borabora, vamos lá!	Senior Masculino	01:28:49	+19:56	05:33
41	2647	Vitor Rito	running espinho	Senior Masculino	01:29:05	+20:12	05:34
42	2294	Filipe Carril	individual	Senior Masculino	01:29:07	+20:14	05:34
43	2397	José Paulo da Silva Gomes	individual	Veterano M40	01:29:27	+20:34	05:35
44	2565	José Fernandes	nova linha trail runners	Veterano M40	01:30:00	+21:07	05:38
45	2189	Hélder Ribeiro	focoteam24	Senior Masculino	01:30:02	+21:09	05:38
46	2215	Elton Rodrigues	gelcentro	Senior Masculino	01:30:05	+21:12	05:38
47	2517	Vitor Azevedo	mss contabilidade trail team	Veterano M40	01:30:13	+21:20	05:38
48	2377	Carlos Familiar	individual	Veterano M40	01:30:19	+21:26	05:39
49	2439	Nelson Ramos	individual	Veterano M50	01:31:13	+22:20	05:42
50	2375	Carlos Alberto de Lima Bruno	individual	Veterano M40	01:31:14	+22:22	05:42
51	2314	Miguel Arcanjo Vieira de Castro	individual	Senior Masculino	01:31:39	+22:46	05:44
52	2536	Paulo Quintas	nast	Veterano M50	01:31:39	+22:46	05:44
53	2276	Sandra Araújo	individual	Senior Feminino	01:32:10	+23:17	05:46
54	2089	Marco Paiva	clube campismo	Senior Masculino	01:32:11	+23:18	05:46
55	2022	pedro batista	aiquedoi	Senior Masculino	01:32:21	+23:28	05:46
56	2330	Pedro Magalhães	individual	Senior Masculino	01:32:38	+23:45	05:47
57	2013	Paulo Araújo	adsebolido trail boneca douro	Senior Masculino	01:32:45	+23:52	05:48
58	2334	Ricardo Joel Ferreira Costa	individual	Senior Masculino	01:33:01	+24:08	05:49
59	2745	Bruno Ferreira	turbo kings 2.0	Senior Masculino	01:33:26	+24:33	05:50
60	2018	José Tavares Barbosa	afis ovar	Veterano M40	01:33:32	+24:39	05:51
61	2253	Artur Lima	iberc	Veterano M50	01:33:53	+25:00	05:52
62	2635	Carla Araújo	pupilos do zé tó	Veterana F40	01:34:03	+25:10	05:53
63	2464	Nuno Miguel Gonçalves Araújo	juventude cortegacense	Veterano M40	01:34:22	+25:29	05:54
64	2617	MARCO OLIVEIRA	portocargo runners	Veterano M40	01:34:24	+25:31	05:54
65	2528	Joana Rodrigues	nast	Senior Feminino	01:34:32	+25:39	05:55
66	2312	Mário Marques	individual	Senior Masculino	01:34:46	+25:53	05:55
67	2332	Pedro Sousa	individual	Senior Masculino	01:34:55	+26:02	05:56
68	2307	João Sousa	individual	Senior Masculino	01:34:57	+26:04	05:56
69	2463	Joel Sequeira	juventude cortegacense	Veterano M40	01:35:29	+26:36	05:58
70	2098	Manuel Freire	clube trilheiros & amigos	Veterano M40	01:36:05	+27:12	06:00
71	2016	Paulo Correia	adsebolido trail boneca douro	Veterano M50	01:37:42	+28:49	06:06
72	2087	Miguel Rego	clube atlético chibinha	Veterano M40	01:37:42	+28:49	06:06
73	2311	Marcos Leandro Gomes Ribeiro	individual	Senior Masculino	01:37:44	+28:51	06:07
74	2498	Rui Rosas	lusitanos	Senior Masculino	01:39:23	+30:30	06:13
75	2250	Mário Ibarra	ibarra_vaz	Senior Masculino	01:39:24	+30:31	06:13
76	2051	Pedro pinto	aperta cordões	Senior Masculino	01:39:57	+31:04	06:15
77	2015	José Alves	adsebolido trail boneca douro	Veterano M50	01:41:06	+32:13	06:19
78	2556	Antonio cunha	nos acreditamos	Veterano M50	01:41:17	+32:24	06:20
79	2287	Bruno Antunes	individual	Senior Masculino	01:41:24	+32:31	06:20
80	2392	Jorge Macedo	individual	Veterano M40	01:41:29	+32:36	06:21
81	2234	Manuel Silva	gondomar futsal clube	Senior Masculino	01:41:42	+32:49	06:21
82	2776	António Oliveira	vale dos duros	Veterano M50	01:41:44	+32:51	06:22
83	2031	Kosta Karas	aliança de gandra	Senior Feminino	01:41:46	+32:53	06:22
84	2177	Paulo Martins	feel free	Veterano M40	01:42:01	+33:08	06:23

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	2756	José Augusto Pinto	turbo kings 2.0	Veterano M40	01:42:55	+34:02	06:26
86	2045	António Júlio Teixeira Pinto	alpha running	Veterano M40	01:43:04	+34:11	06:27
87	2598	Alirio Moura	pega na lancheira	Senior Masculino	01:43:43	+34:50	06:29
88	2469	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	01:43:50	+34:57	06:29
89	2545	Fábio silva	nos acreditamos	Senior Masculino	01:44:08	+35:15	06:31
90	2489	Pedro Miguel Serra Santos	lama solta	Senior Masculino	01:44:15	+35:22	06:31
91	2449	Daniel Jose Silva Barros	juventude cortegacense	Senior Masculino	01:44:27	+35:35	06:32
92	2769	Marcos Soares	vale dos duros	Senior Masculino	01:44:50	+35:57	06:33
93	2004	César Rocha	#correratenumdarmais por fernando oliveira	Veterano M40	01:45:04	+36:11	06:34
94	2456	Tiago Padrela Ferreira da silva	juventude cortegacense	Senior Masculino	01:45:17	+36:24	06:35
95	2470	Paulo Castelo	juventude cortegacense	Veterano M50	01:45:17	+36:24	06:35
96	2454	Miguel Pinheiro Matos	juventude cortegacense	Senior Masculino	01:45:18	+36:25	06:35
97	2561	Marcos De Sousa	nova linha trail runners	Senior Masculino	01:45:18	+36:25	06:35
98	2560	Joaquim silva	nos acreditamos	Veterano M50	01:45:18	+36:25	06:35
99	2547	Sandra Pereira	nos acreditamos	Veterana F40	01:45:20	+36:27	06:35
100	2550	Armando Cardoso	nos acreditamos	Veterano M40	01:46:17	+37:24	06:39
101	2480	Bruno Santos	kirchhoff - konect running team	Veterano M40	01:46:30	+37:37	06:39
102	2481	Jorge Silva	kirchhoff - konect running team	Veterano M40	01:46:31	+37:38	06:39
103	2526	David Malva	nac trail	Veterano M40	01:46:48	+37:55	06:41
104	2180	Atleta 2180	individual	Senior Masculino	01:47:07	+38:14	06:42
105	2008	Carla	adosa - os santa apolónia	Senior Feminino	01:47:07	+38:14	06:42
106	2009	Dinis	adosa - os santa apolónia	Veterano M40	01:47:08	+38:15	06:42
107	2695	JORGE FERNANDO SILVA MARQUES COELHO	sporting clube espinho / antónio leitão	Veterano M40	01:47:09	+38:16	06:42
108	2800	Carlos Alberto Soares Moreira	alpha running	Veterano M40	01:47:11	+38:18	06:42
109	2573	Rafael Oliveira	onda team	Senior Masculino	01:47:37	+38:44	06:44
110	2749	Luis Soares	turbo kings 2.0	Senior Masculino	01:47:58	+39:05	06:45
111	2263	Márcia Russo	individual	Senior Feminino	01:48:07	+39:14	06:45
112	2630	José Carlos Cardoso Moreira	powerrunteam	Veterano M40	01:48:48	+39:55	06:48
113	2632	Pedro Cruz	powerrunteam	Veterano M40	01:48:48	+39:55	06:48
114	2631	Nuno Pinho	powerrunteam	Veterano M40	01:48:49	+39:56	06:48
115	2402	Manuel Candeias	individual	Veterano M40	01:49:36	+40:43	06:51
116	2674	Antonio Coelho	sem medo	Veterano M50	01:49:38	+40:45	06:51
117	2679	Cláudio Moreira	sentir escariz running	Senior Masculino	01:49:40	+40:47	06:51
118	2048	Marco António Alves Miranda	alpha running	Veterano M40	01:50:18	+41:25	06:54
119	2204	Marlene Martins	gapafit castro daire	Senior Feminino	01:50:25	+41:32	06:54
120	2205	Paulo Loureiro	gapafit castro daire	Veterano M40	01:50:25	+41:32	06:54
121	1240	Vitor Ferreira	nova linha trail runners	Veterano M40	01:50:36	+41:43	06:55
122	2239	Filipe Silva	hora do lobo trail - cf perosinho atletismo	Senior Masculino	01:50:37	+41:44	06:55
123	2690	Marisa Bregieiro	soure mov	Senior Feminino	01:50:39	+41:46	06:55
124	2005	Rui Sergio Pinheiro da Costa Rodrigues Dias	#correratenumdarmais por fernando oliveira	Veterano M40	01:50:46	+41:53	06:55
125	2293	Diogo Melo	individual	Senior Masculino	01:51:12	+42:19	06:57
126	2516	Ricardo Marques Moreira	mss contabilidade trail team	Senior Masculino	01:51:23	+42:30	06:58
127	2758	Gabriel Silva	turminha	Senior Masculino	01:51:52	+42:59	07:00

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	2216	Tiago Estrafalhote	gelcentro	Senior Masculino	01:52:09	+43:16	07:01
129	2571	Rita Almeida	onda team	Senior Feminino	01:52:12	+43:19	07:01
130	2396	Jose Manuel Ribeiro Machado	individual	Veterano M40	01:52:21	+43:28	07:01
131	2488	Marco Murgeiro	lama solta	Senior Masculino	01:52:28	+43:35	07:02
132	2416	Rui Freitas	individual	Veterano M40	01:52:35	+43:42	07:02
133	2772	José Roque	vale dos duros	Veterano M40	01:52:44	+43:51	07:03
134	2230	Ricardo Godinho	geocrosstrail	Veterano M40	01:52:44	+43:51	07:03
135	2767	Carlos Freitas	vale dos duros	Senior Masculino	01:52:59	+44:06	07:04
136	2683	Gonçalo Soares Teixeira de aguiar	serafim moreira	Senior Masculino	01:53:03	+44:10	07:04
137	2406	Nuno Fernandes	individual	Veterano M40	01:53:07	+44:14	07:04
138	2241	Ricas Almeida	hora do lobo trail - cf perosinho atletismo	Senior Masculino	01:53:10	+44:17	07:04
139	2684	Marco Jorge Moreira Teixeira de aguiar	serafim moreira	Veterano M40	01:53:10	+44:17	07:04
140	2570	Hilario Costa	oiteameia	Veterano M50	01:53:15	+44:22	07:05
141	2191	Paulo Sousa	focoteam24	Senior Masculino	01:53:16	+44:23	07:05
142	2173	Alexandre Saraiva	feel free	Veterano M40	01:53:22	+44:29	07:05
143	2658	Sandro Carvalho	runningesmoriz	Senior Masculino	01:53:37	+44:44	07:06
144	2666	Sara Eiró	salgueiros running	Senior Feminino	01:53:38	+44:45	07:06
145	2475	Márcio Oliveira	kirchhoff - konect running team	Senior Masculino	01:53:46	+44:53	07:07
146	2442	Paulo Rodrigues	individual	Veterano M50	01:53:48	+44:55	07:07
147	2621	Cláudia Pereira	powerrunners #100pecadosparedes	Senior Feminino	01:53:53	+45:00	07:07
148	2398	José Pedro Santos Silva	individual	Veterano M40	01:54:11	+45:18	07:08
149	2165	Pedro Nuno da Silva Castro	feel free	Senior Masculino	01:54:23	+45:30	07:09
150	2417	Rui Pascoal	individual	Veterano M40	01:54:43	+45:50	07:10
151	2410	Paulo Sérgio Lima	individual	Veterano M40	01:54:43	+45:50	07:10
152	2728	Paulo Santos	tog associação running team	Veterano M40	01:54:44	+45:52	07:10
153	2543	Bruno joel	nos acreditamos	Senior Masculino	01:54:44	+45:52	07:10
154	2151	Simaura Pinto	feel free	Senior Feminino	01:54:51	+45:58	07:11
155	2689	Tânia Tavares	solta o javali	Senior Feminino	01:54:55	+46:02	07:11
156	2457	Anabela dos Santos Marques	juventude cortegacense	Veterana F40	01:54:56	+46:03	07:11
157	2564	Daniel Vieira	nova linha trail runners	Veterano M40	01:55:07	+46:15	07:12
158	2670	Lurdes Pinheiro	sem medo	Veterana F40	01:55:10	+46:17	07:12
159	2390	João Paulo de Sousa e Silva	individual	Veterano M40	01:55:32	+46:39	07:13
160	2696	Rui Miguel Coelho dos Santos Caralinda Silva	sporting clube espinho / antónio leitão	Veterano M40	01:55:33	+46:40	07:13
161	2733	Dorinda Sousa	trogloditas runners	Senior Feminino	01:55:35	+46:42	07:13
162	2378	Carlos Rodrigues	individual	Veterano M40	01:55:36	+46:43	07:14
163	2493	Nuno Paiva	limitless	Senior Masculino	01:55:38	+46:45	07:14
164	2324	Óscar Rodrigues	individual	Senior Masculino	01:55:40	+46:47	07:14
165	2178	Ricardo Ferreira	feel free	Veterano M40	01:55:48	+46:55	07:14
166	2447	Marlene Silva Ferreira	juventude cortegacense	Senior Feminino	01:55:53	+47:00	07:15
167	2588	Virgínia Santos	paços runners	Senior Feminino	01:56:00	+47:07	07:15
168	2676	Ana Cabral	sentir escariz running	Senior Feminino	01:56:03	+47:10	07:15
169	2301	João Conceição	individual	Senior Masculino	01:56:06	+47:13	07:15
170	2544	Davide Afonso	nos acreditamos	Senior Masculino	01:56:32	+47:39	07:17
171	2638	Liliana Ferreira Gonçalves	runners do demo	Senior Feminino	01:56:55	+48:02	07:18

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16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
172	2574	Carla Gonçalves	onda team	Veterana F40	01:56:55	+48:02	07:18
173	2403	Manuel Mendes Peixoto	individual	Veterano M40	01:56:59	+48:06	07:19
174	2452	Marcio Costa	juventude cortegacense	Senior Masculino	01:57:01	+48:08	07:19
175	2049	Cristiano Gomes	aperta cordões	Senior Masculino	01:57:02	+48:09	07:19
176	2727	Paulo Carvalho	tog associação running team	Veterano M40	01:57:06	+48:13	07:19
177	2465	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	01:57:21	+48:28	07:20
178	2231	Vitor Paulino	gmcjamor	Veterano M40	01:57:41	+48:48	07:21
179	2139	Joaquim Rocha	exercise for you	Veterano M50	01:57:43	+48:50	07:21
180	2284	André Miguel Ferreira Silva	individual	Senior Masculino	01:57:45	+48:52	07:22
181	2078	Fátima Silva	brincalhões	Veterana F40	01:57:51	+48:58	07:22
182	2774	Miguel Barbosa	vale dos duros	Veterano M40	01:58:00	+49:07	07:23
183	2538	Ivo Pereira	nem que chova	Veterano M40	01:58:01	+49:08	07:23
184	2618	NUNO TEIXEIRA	portocargo runners	Veterano M40	01:58:02	+49:09	07:23
185	2290	Carlos Mais	individual	Senior Masculino	01:58:06	+49:13	07:23
186	2042	Marco Costa	alma fitness	Veterano M40	01:58:08	+49:15	07:23
187	2203	Alcino tavares	gansos	Veterano M40	01:58:22	+49:29	07:24
188	2530	Tânia Barbosa	nast	Senior Feminino	01:58:22	+49:29	07:24
189	2056	Nélio Oliveira	atletismo clube da tocha	Senior Masculino	01:58:27	+49:34	07:24
190	2057	Nelson Pessoa Rosete	atletismo clube da tocha	Senior Masculino	01:58:27	+49:34	07:24
191	2304	João Rodrigues	individual	Senior Masculino	01:58:35	+49:42	07:25
192	2058	José Julião	atletismo clube da tocha	Veterano M50	01:58:43	+49:50	07:25
193	2744	Bruno Cardoso	turbo kings 2.0	Senior Masculino	01:58:47	+49:54	07:25
194	2563	Cidália Ferreira	nova linha trail runners	Veterana F40	01:58:47	+49:54	07:25
195	2423	Tony Matias	individual	Veterano M40	01:58:51	+49:58	07:26
196	2207	Daniel Leal	geadas running	Senior Masculino	01:58:51	+49:58	07:26
197	2542	Patrícia Teixeira	nos acreditamos	Senior Feminino	01:59:00	+50:07	07:26
198	2551	Cristiano ferreira	nos acreditamos	Veterano M40	01:59:01	+50:08	07:26
199	2759	Carina Pereira	turminha	Veterana F40	01:59:06	+50:13	07:27
200	2511	Joaquim Vicente Ferreira Sousa	manguelas - run/walk team	Veterano M50	01:59:17	+50:24	07:27
201	2094	José Barbosa	clube pessoal aguas gaia	Veterano M50	01:59:19	+50:26	07:27
202	2092	Jorge Santos	clube pessoal aguas gaia	Veterano M50	01:59:19	+50:26	07:27
203	2471	Bruno Moreira	kirchhoff - konect running team	Senior Masculino	01:59:20	+50:27	07:28
204	2459	ISABEL PEREIRA	juventude cortegacense	Veterana F50	01:59:24	+50:31	07:28
205	2383	Filipe MADureira	individual	Veterano M40	01:59:30	+50:37	07:28
206	2768	David Aguiar	vale dos duros	Senior Masculino	01:59:33	+50:40	07:28
207	2596	Antonio Barbosa	paredes running	Veterano M40	01:59:37	+50:44	07:29
208	2601	Celso Maia	pega na lancheira	Veterano M40	01:59:38	+50:45	07:29
209	2482	Miguel Miranda	kirchhoff - konect running team	Veterano M40	01:59:41	+50:48	07:29
210	2519	Vítor Pinto	mss contabilidade trail team	Veterano M40	01:59:45	+50:52	07:29
211	2592	Ricardo Picó	paredes running	Senior Masculino	01:59:46	+50:53	07:29
212	2805	Cláudia Marques	individual	Senior Feminino	01:59:54	+51:01	07:30
213	2157	Hélder Silva	feel free	Senior Masculino	01:59:58	+51:05	07:30
214	2448	Silvana Rocha	juventude cortegacense	Senior Feminino	01:59:58	+51:05	07:30
215	2292	Cláudio Manuel Pereira Tavares	individual	Senior Masculino	02:00:10	+51:17	07:31
216	2699	João de Oliveira Machado	squadra di potenza	Senior Masculino	02:00:26	+51:33	07:32

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
217	2041	José Manuel Oliveira	alma fitness	Veterano M40	02:00:30	+51:37	07:32
218	2415	Rui Ferreira	individual	Veterano M40	02:00:56	+52:03	07:34
219	2335	Ricardo Melindra	individual	Senior Masculino	02:01:00	+52:07	07:34
220	2310	Marco Silva	individual	Senior Masculino	02:01:00	+52:07	07:34
221	2067	Cristina S Silva	borabora, vamos lá!	Veterana F40	02:01:30	+52:37	07:36
222	2068	Cristina T Silva	borabora, vamos lá!	Veterana F40	02:01:30	+52:37	07:36
223	2770	Clotilde Santos	vale dos duos	Veterana F40	02:01:31	+52:38	07:36
224	2737	Sandra Loureiro	trogloditas runners	Senior Feminino	02:01:31	+52:38	07:36
225	2424	Williams Rodriguez	individual	Veterano M40	02:01:32	+52:39	07:36
226	2773	Luís Ferreira	vale dos duos	Veterano M40	02:01:32	+52:39	07:36
227	2227	Monica oliveira	geocrosstrail	Veterana F40	02:01:35	+52:42	07:36
228	2274	Palmira Vieira	individual	Senior Feminino	02:01:40	+52:47	07:36
229	2373	Antonio leal Leal	individual	Veterano M40	02:01:44	+52:51	07:37
230	2487	Eduardo Neves	lama solta	Senior Masculino	02:01:44	+52:51	07:37
231	2771	Alberto Ferreira	vale dos duos	Veterano M40	02:01:45	+52:52	07:37
232	1332	Ricardo Sousa	factor x/s4l/ medense fc	Veterano M40	02:01:53	+53:00	07:37
233	2779	Rui silva	vimarunners	Senior Masculino	02:01:56	+53:03	07:37
234	2341	Sebastião Calvo	individual	Senior Masculino	02:02:01	+53:09	07:38
235	2411	Pedro Pombal	individual	Veterano M40	02:02:07	+53:14	07:38
236	2458	Anabela Moreira Cardoso	juventude cortegacense	Veterana F40	02:02:19	+53:26	07:39
237	2289	Bruno Trindade	individual	Senior Masculino	02:02:19	+53:26	07:39
238	2729	Manuel Barros	tog associação running team	Veterano M50	02:02:21	+53:28	07:39
239	2145	Cristiana Godinho	feel free	Senior Feminino	02:02:22	+53:29	07:39
240	2160	Jorge Quental	feel free	Senior Masculino	02:02:23	+53:30	07:39
241	2349	Brigitte Geria	individual	Veterana F40	02:02:25	+53:32	07:39
242	2073	Vitor Barreto	borabora, vamos lá!	Veterano M40	02:02:27	+53:34	07:39
243	2240	Nuno Santos	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:02:38	+53:46	07:40
244	2633	Rui Costa	powerrunteam	Veterano M40	02:02:41	+53:48	07:40
245	2395	José Carlos Silva	individual	Veterano M40	02:02:43	+53:51	07:40
246	2379	Daniel correia A.D.A	individual	Veterano M40	02:02:47	+53:54	07:40
247	2804	Paulo Cortinhas	individual	Veterano M40	02:02:48	+53:55	07:41
248	2091	Rolando Costa	clube pessoal aguas gaia	Veterano M40	02:02:52	+53:59	07:41
249	2414	Ricardo Santos	individual	Veterano M40	02:02:57	+54:04	07:41
250	2222	Diogo Moreira	geocrosstrail	Senior Masculino	02:03:00	+54:07	07:41
251	2743	António Teixeira	turbo kings 2.0	Senior Masculino	02:03:01	+54:08	07:41
252	2372	André Barroso	individual	Veterano M40	02:03:02	+54:09	07:41
253	2636	Suzana Duarte	pupilos do zé tó	Veterana F40	02:03:04	+54:11	07:42
254	2634	Daniel Costa	pupilos do zé tó	Senior Masculino	02:03:04	+54:11	07:42
255	2114	NELSON CORDEIRO	dá-lhe gás team	Senior Masculino	02:03:05	+54:12	07:42
256	2606	pedro brizado	pipb	Veterano M40	02:03:09	+54:17	07:42
257	2138	José Ferreira	exercise for you	Veterano M40	02:03:12	+54:19	07:42
258	2432	Joaquim Manuel da Costa Moreira	individual	Veterano M50	02:03:12	+54:19	07:42
259	2731	Ana Cerqueira	trogloditas runners	Senior Feminino	02:03:14	+54:21	07:42
260	2295	Filipe lage	individual	Senior Masculino	02:03:15	+54:22	07:42
261	2405	Mário Noronha	individual	Veterano M40	02:03:25	+54:32	07:43

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
262	2484	Zé Cunha	lá família	Veterano M40	02:03:31	+54:38	07:43
263	2483	Luis Lopes	lá família	Senior Masculino	02:03:31	+54:38	07:43
264	2419	Sérgio Assunção	individual	Veterano M40	02:03:32	+54:39	07:43
265	2660	Maribel Oliveira	runningesmoriz	Veterana F40	02:03:36	+54:43	07:44
266	2426	ANTONIO TEIXEIRA	individual	Veterano M50	02:03:45	+54:52	07:44
267	2186	Susana Sousa	focoteam24	Senior Feminino	02:03:47	+54:54	07:44
268	2594	Lucinda Marques	paredes running	Veterana F40	02:03:48	+54:55	07:44
269	2611	RICARDO PEREIRA	portocargo runners	Senior Masculino	02:03:48	+54:55	07:44
270	2764	Hugo Lemos	turtle lovers	Senior Masculino	02:03:49	+54:56	07:44
271	2578	Manuel Ferreira	onda team	Veterano M50	02:03:52	+54:59	07:45
272	2801	Antonio Silva	pupilos do zé to	Veterano M50	02:03:52	+54:59	07:45
273	2300	João Baldaia	individual	Senior Masculino	02:03:55	+55:02	07:45
274	2200	Manuel Teixeira	fridão sem limites	Veterano M40	02:04:19	+55:27	07:46
275	2155	Emanuel Damião	feel free	Senior Masculino	02:04:26	+55:33	07:47
276	2675	José Leça	sem medo	Veterano M50	02:04:27	+55:34	07:47
277	2668	Filipe Fernandes	sem medo	Senior Masculino	02:04:28	+55:35	07:47
278	2766	Carlos Bastos	vale dos duros	Senior Masculino	02:04:34	+55:41	07:47
279	2101	Marina Lemos	coimbra trail running	Senior Feminino	02:04:38	+55:45	07:47
280	2339	Rui Miguel Barbosa Macário	individual	Senior Masculino	02:04:41	+55:49	07:48
281	2305	Joao santos	individual	Senior Masculino	02:04:44	+55:51	07:48
282	2567	Florindo Pereira	nova linha trail runners	Veterano M50	02:04:49	+55:56	07:48
283	2225	Enrique Cunha	geocrosstrail	Senior Masculino	02:04:49	+55:56	07:48
284	2711	Clara Teixeira	tog associação running team	Senior Feminino	02:04:51	+55:59	07:48
285	2409	Paulo Ribeiro	individual	Veterano M40	02:05:01	+56:08	07:49
286	2168	Valter Samuel dos Santos Pinho	feel free	Senior Masculino	02:05:03	+56:10	07:49
287	2154	Vera Mónica Ferreira Leite	feel free	Senior Feminino	02:05:06	+56:13	07:49
288	2466	Tiago Jorge de Brito Martins Pereira	juventude cortegacense	Veterano M40	02:05:06	+56:13	07:49
289	2326	Paulo Silva	individual	Senior Masculino	02:05:11	+56:18	07:49
290	2088	Rui Cardoso	clube atlético chibinha	Veterano M40	02:05:19	+56:26	07:50
291	2445	Vitor Oliveira	individual	Veterano M50	02:05:19	+56:26	07:50
292	2348	Ana Alves	individual	Veterana F40	02:05:19	+56:26	07:50
293	2784	ISABEL CARVALHO	wolves	Veterana F40	02:05:27	+56:34	07:50
294	2095	Diana Dias	clube trilheiros & amigos	Senior Feminino	02:05:33	+56:41	07:51
295	2331	pedro oliveira	individual	Senior Masculino	02:05:34	+56:41	07:51
296	2096	José Silva	clube trilheiros & amigos	Senior Masculino	02:05:40	+56:47	07:51
297	2535	Jose Martins	nast	Veterano M40	02:05:40	+56:47	07:51
298	2232	Lucie Trpisovska	gondomar futsal clube	Senior Feminino	02:05:53	+57:00	07:52
299	2337	Rui Carril	individual	Senior Masculino	02:05:55	+57:02	07:52
300	2237	Ana Cristina Araujo de Almeida	hora do lobo trail - cf perosinho atletismo	Senior Feminino	02:05:56	+57:03	07:52
301	2554	Victor dias	nos acreditamos	Veterano M40	02:05:56	+57:03	07:52
302	2421	SILVIO MIGUEL ALVES FERREIRA	individual	Veterano M40	02:05:57	+57:05	07:52
303	2062	Pedro Rodrigues	boavista trail	Senior Masculino	02:06:07	+57:14	07:53
304	2472	Bruno Neves	kirchhoff - konect running team	Senior Masculino	02:06:07	+57:14	07:53
305	2453	Marco Candeias	juventude cortegacense	Senior Masculino	02:06:10	+57:17	07:53

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
306	2681	Flora Santos	sentir escariz running	Veterana F40	02:06:11	+57:18	07:53
307	2438	Manuel Moreira	individual	Veterano M50	02:06:23	+57:30	07:54
308	2217	Mário Nunes	gelcentro	Veterano M50	02:06:25	+57:32	07:54
309	2212	Gisela Curto	gelcentro	Senior Feminino	02:06:25	+57:32	07:54
310	2010	Bruno Barros	adsebolido trail boneca douro	Senior Masculino	02:06:27	+57:34	07:54
311	2682	Fernando Brandão	sentir escariz running	Veterano M40	02:06:35	+57:42	07:55
312	2197	Eliana Teixeira	fridão sem limites	Senior Feminino	02:06:35	+57:42	07:55
313	2678	Vânia Relvas	sentir escariz running	Senior Feminino	02:06:36	+57:43	07:55
314	2072	Pedro Miguel Pinto	borabora, vamos lá!	Veterano M40	02:06:46	+57:53	07:55
315	2344	Tozé Ferreira	individual	Senior Masculino	02:06:49	+57:56	07:56
316	2266	Joana Alves	individual	Senior Feminino	02:06:49	+57:57	07:56
317	2523	João Pedro Gonçalves	mss contabilidade trail team	Veterano M50	02:06:51	+57:58	07:56
318	2413	Ricardo Nordeste	individual	Veterano M40	02:06:51	+57:58	07:56
319	2061	Ivo Pinto	bigsmile team	Senior Masculino	02:06:51	+57:58	07:56
320	2320	Nuno Almeida	individual	Senior Masculino	02:06:55	+58:02	07:56
321	2012	Manuel Lopes	adsebolido trail boneca douro	Senior Masculino	02:06:58	+58:05	07:56
322	2476	Marco Silva	kirchhoff - konect running team	Senior Masculino	02:07:17	+58:24	07:57
323	2317	Miguel Valente	individual	Senior Masculino	02:07:22	+58:29	07:58
324	2309	Luis Neves	individual	Senior Masculino	02:07:24	+58:31	07:58
325	2430	João Bernardo	individual	Veterano M50	02:07:25	+58:32	07:58
326	2321	Nuno Botelho	individual	Senior Masculino	02:07:26	+58:33	07:58
327	2097	Anabela Carvalho	clube trilheiros & amigos	Veterana F40	02:07:29	+58:37	07:58
328	2462	Hélder Fernandes da Rocha	juventude cortegacense	Veterano M40	02:07:30	+58:37	07:58
329	2455	Ricardo Teixeira	juventude cortegacense	Senior Masculino	02:07:30	+58:37	07:58
330	2662	Américo Fonseca	runningesmoriz	Veterano M40	02:07:31	+58:38	07:58
331	2467	Augusto Santos Silva	juventude cortegacense	Veterano M50	02:07:32	+58:39	07:58
332	2316	Miguel Santos	individual	Senior Masculino	02:07:32	+58:39	07:58
333	2116	Julio Loureiro	dá-lhe gás team	Veterano M40	02:07:46	+58:53	07:59
334	2113	HELDER CARRASQUEIRA	dá-lhe gás team	Senior Masculino	02:07:52	+58:59	08:00
335	2381	David Paiva	individual	Veterano M40	02:07:58	+59:05	08:00
336	2281	Vera Malheiro	individual	Senior Feminino	02:07:59	+59:06	08:00
337	2115	Fatima Anastácio	dá-lhe gás team	Veterana F40	02:08:03	+59:10	08:00
338	2181	António Correia	feel free	Veterano M50	02:08:07	+59:14	08:00
339	2002	Sandra Ferreira	#correrenumdarmais por fernando oliveira	Veterana F40	02:08:09	+59:17	08:01
340	2775	Miguel Ferreira	vale dos duros	Veterano M40	02:08:10	+59:17	08:01
341	2412	Ricardo José Silva Lopes	individual	Veterano M40	02:08:12	+59:19	08:01
342	2558	Fernando silva	nos acreditamos	Veterano M50	02:08:12	+59:20	08:01
343	2549	Martinha Alves	nos acreditamos	Veterana F50	02:08:13	+59:20	08:01
344	2047	Douglas César Oliveira de Pinho	alpha running	Veterano M40	02:08:13	+59:20	08:01
345	2429	Joaquim Ferreira	individual	Veterano M50	02:08:17	+59:24	08:01
346	2568	Maria Jose Correia	oiteameia	Veterana F50	02:08:17	+59:24	08:01
347	2569	Fernando Mautempo	oiteameia	Veterano M50	02:08:18	+59:25	08:01
348	2656	Mário Fonseca	runningesmoriz	Senior Masculino	02:08:19	+59:26	08:01
349	2223	Domingos ventura	geocrosstrail	Senior Masculino	02:08:24	+59:31	08:02
350	2080	José Adérito Almeida Pinheiro	c.a.t.r-correio de albergaria trail running	Senior Masculino	02:08:42	+59:49	08:03

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
351	2032	José Carneiro	aliança de gandra	Veterano M40	02:08:43	+59:50	08:03
352	2313	Miguel A. Martins	individual	Senior Masculino	02:08:45	+59:52	08:03
353	2486	Marina Barroca	lama solta	Senior Feminino	02:08:45	+59:52	08:03
354	2485	Catarina Sintra	lama solta	Senior Feminino	02:08:45	+59:52	08:03
355	2506	Pedro Nuno Regal Domingues	mangueiras - run/walk team	Senior Masculino	02:08:46	+59:53	08:03
356	2220	Raquel Fernandes	geocrosstrail	Senior Feminino	02:08:47	+59:54	08:03
357	2345	Vitor Mota	individual	Senior Masculino	02:09:02	+01:00:09	08:04
358	2451	Liliana Maria Pereira Ribeiro	juventude cortegacense	Senior Feminino	02:09:07	+01:00:14	08:04
359	2450	Filipe Nunes	juventude cortegacense	Senior Masculino	02:09:07	+01:00:14	08:04
360	2039	Salome Oliveira	alma fitness	Veterana F50	02:09:16	+01:00:23	08:05
361	2518	Maria Conceição Mano	mss contabilidade trail team	Veterana F50	02:09:29	+01:00:36	08:06
362	2350	Carla palmeiro	individual	Veterana F40	02:09:37	+01:00:44	08:06
363	2198	Elisabete Nogueira	fridão sem limites	Veterana F40	02:10:07	+01:01:14	08:08
364	2249	SUSANA PINTO	hsantamariart	Senior Feminino	02:10:08	+01:01:15	08:08
365	2622	Miguel Barbosa	powerrunners #1000pecadosparedes	Senior Masculino	02:10:09	+01:01:16	08:08
366	2623	Sónia Garcês	powerrunners #1000pecadosparedes	Veterana F40	02:10:09	+01:01:16	08:08
367	2298	Helder Pinto	individual	Senior Masculino	02:10:20	+01:01:27	08:09
368	2663	Víctor Sousa	runningesmoriz	Veterano M40	02:10:24	+01:01:31	08:09
369	2653	Fátima Monteiro	runningesmoriz	Senior Feminino	02:10:25	+01:01:32	08:09
370	2546	Salomé sousa	nos acreditamos	Veterana F40	02:10:38	+01:01:45	08:10
371	2541	Natercia Freitas	nos acreditamos	Senior Feminino	02:10:38	+01:01:45	08:10
372	2659	Andrea Moraes	runningesmoriz	Veterana F40	02:10:43	+01:01:50	08:10
373	2732	Ana Rita Fornelos	trogloeditas runners	Senior Feminino	02:10:45	+01:01:52	08:10
374	2440	Paulo Cabral	individual	Veterano M50	02:11:05	+01:02:12	08:12
375	2342	Sérgio Filipe Maia de Sousa	individual	Senior Masculino	02:11:09	+01:02:16	08:12
376	2172	Fernanda Almeida	feel free	Veterana F50	02:11:10	+01:02:17	08:12
377	2242	Ana Paula Barbosa Tavares	hora do lobo trail - cf perosinho atletismo	Veterana F40	02:11:12	+01:02:19	08:12
378	2325	Paulo Pinto	individual	Senior Masculino	02:11:14	+01:02:21	08:12
379	2260	Carina Gouveia	individual	Senior Feminino	02:11:15	+01:02:22	08:12
380	2754	Ricardo Monteiro	turbo kings 2.0	Senior Masculino	02:11:29	+01:02:36	08:13
381	2261	Daniel correia A.D.A	individual	Senior Masculino	02:11:33	+01:02:40	08:13
382	2781	Nelson Filipe Meneses Ferreira de Castro	vitória!vitória! mais 1 pra história...	Senior Masculino	02:11:40	+01:02:47	08:14
383	2510	Nuno Couto	mangueiras - run/walk team	Veterano M40	02:11:48	+01:02:55	08:14
384	2603	Joao Morgado	pega na lancheira	Veterano M40	02:11:48	+01:02:55	08:14
385	2376	Carlos Azevedo	individual	Veterano M40	02:11:49	+01:02:56	08:14
386	2347	Alzira Branco	individual	Veterana F40	02:11:50	+01:02:57	08:14
387	2236	Fernando Sá	good vibes	Senior Masculino	02:11:57	+01:03:04	08:15
388	2327	Adriano Coutinho	murtosa night runners	Veterano M50	02:12:00	+01:03:07	08:15
389	2507	Rui Jorge de Jesus Queirós	mangueiras - run/walk team	Senior Masculino	02:12:01	+01:03:08	08:15
390	2175	Jorge Miguel dos Santos Leito	feel free	Veterano M40	02:12:07	+01:03:14	08:15
391	2257	Ana Pinto	individual	Senior Feminino	02:12:07	+01:03:14	08:15
392	2146	Daniela Alexandra Palma de Sousa	feel free	Senior Feminino	02:12:09	+01:03:16	08:16
393	2360	Mena Silva	individual	Veterana F40	02:12:36	+01:03:43	08:17
394	1107	Antonio Carlos Rocha	individual	Senior Masculino	02:12:58	+01:04:05	08:19
395	1205	Paulo AGC Ribeiro	individual	Veterano M50	02:12:58	+01:04:05	08:19

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
396	2586	Fátima Malta	out 2 run/miro	Veterana F50	02:13:02	+01:04:09	08:19
397	2081	João Lourenço	c+ runners	Veterano M40	02:13:07	+01:04:14	08:19
398	2730	Isabel Ventura	tribo nr	Veterana F50	02:13:08	+01:04:15	08:19
399	2202	Florinda carvalho	gansos	Veterana F40	02:13:13	+01:04:20	08:20
400	2201	Cristina fonseca	gansos	Veterana F40	02:13:13	+01:04:20	08:20
401	2404	Marco Mendes	individual	Veterano M40	02:13:14	+01:04:21	08:20
402	2322	Nuno Correia	individual	Senior Masculino	02:13:16	+01:04:23	08:20
403	2431	João Teixeira	individual	Veterano M50	02:13:16	+01:04:23	08:20
404	2104	Luana Fernandes	correr viseu	Senior Feminino	02:13:18	+01:04:25	08:20
405	2111	Susana Duarte	correr viseu	Veterana F40	02:13:18	+01:04:25	08:20
406	2103	Jordana Ferreira	correr viseu	Senior Feminino	02:13:18	+01:04:25	08:20
407	2107	Anabela Abreu	correr viseu	Veterana F40	02:13:18	+01:04:26	08:20
408	2677	Nazaré Oliveira	sentir escariz running	Senior Feminino	02:13:28	+01:04:35	08:21
409	2700	Carlos Magalhães	squadra di potenza	Veterano M50	02:13:31	+01:04:38	08:21
410	2494	Rui Paiva	limitless	Senior Masculino	02:13:35	+01:04:42	08:21
411	2505	Pedro Almeida	manguelas - run/walk team	Senior Masculino	02:13:36	+01:04:43	08:21
412	2356	Lília Magalhães	individual	Veterana F40	02:13:38	+01:04:45	08:21
413	2244	Conceição Pereira	hora do lobo trail - cf perosinho atletismo	Veterana F50	02:13:46	+01:04:53	08:22
414	2587	Ricardo Diogo	ozxtreme	Veterano M40	02:13:47	+01:04:54	08:22
415	2490	Filipe Simões	lama solta	Veterano M40	02:14:17	+01:05:24	08:24
416	2224	Edgar Santiago	geocrosstrail	Senior Masculino	02:14:25	+01:05:32	08:24
417	2219	Mafalda Valente	geocrosstrail	Senior Feminino	02:14:25	+01:05:32	08:24
418	2555	Álvaro Cardoso.	nos acreditamos	Veterano M50	02:14:28	+01:05:35	08:24
419	2059	Cindy Soares	aztrail/mercentro	Senior Feminino	02:14:55	+01:06:02	08:26
420	2333	ricardo duarte	individual	Senior Masculino	02:15:06	+01:06:13	08:27
421	2680	Diogo Moreira	sentir escariz running	Senior Masculino	02:15:06	+01:06:13	08:27
422	2401	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	individual	Veterano M40	02:15:07	+01:06:15	08:27
423	2667	Fatima Marinho	sem medo	Senior Feminino	02:15:30	+01:06:37	08:28
424	2673	Pedro Pimenta	sem medo	Veterano M40	02:15:30	+01:06:37	08:28
425	2740	Carlos Costa	trogloditas runners	Veterano M50	02:15:31	+01:06:38	08:28
426	2697	Rui Miguel Oliveira	sporting clube espinho / antónio leitão	Veterano M40	02:15:49	+01:06:56	08:29
427	2380	Daniel Gomes	individual	Veterano M40	02:15:56	+01:07:03	08:30
428	2529	Rita Moreira	nast	Senior Feminino	02:16:13	+01:07:20	08:31
429	2387	JoAo h sousa	individual	Veterano M40	02:16:18	+01:07:25	08:31
430	2069	Eduarda Vinagre	borabora, vamos lá!	Veterana F40	02:16:32	+01:07:39	08:32
431	2602	Helder Maia	pega na lancheira	Veterano M40	02:16:42	+01:07:49	08:33
432	2388	João Leal Fernandes	individual	Veterano M40	02:16:44	+01:07:51	08:33
433	2572	Ivo Gonçalves	onda team	Senior Masculino	02:17:08	+01:08:15	08:34
434	2501	Ana Sofia Regal Leite	manguelas - run/walk team	Senior Feminino	02:17:12	+01:08:19	08:35
435	2193	Vítor Sousa	focoteam24	Senior Masculino	02:17:28	+01:08:35	08:36
436	2195	Manuel Magalhães	focoteam24	Veterano M40	02:17:28	+01:08:35	08:36
437	2187	Vera Gonçalves	focoteam24	Senior Feminino	02:17:28	+01:08:35	08:36
438	2192	Vítor Silva	focoteam24	Senior Masculino	02:17:28	+01:08:36	08:36
439	2063	Mónica Martins	bombeiros brasfemes- trail e btt	Veterana F40	02:17:31	+01:08:38	08:36
440	2132	Vítor Teixeira	eu e elas	Veterano M40	02:17:34	+01:08:41	08:36

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
441	2153	Vera Ferreira	feel free	Senior Feminino	02:17:38	+01:08:45	08:36
442	2199	Rosa Soares	fridão sem limites	Veterana F40	02:17:39	+01:08:46	08:36
443	2074	Augusto Costa	borabora, vamos lá!	Veterano M50	02:17:39	+01:08:46	08:36
444	2226	Helder Samuel	geocrosstrail	Senior Masculino	02:17:44	+01:08:51	08:37
445	2435	José Paula	individual	Veterano M50	02:17:45	+01:08:52	08:37
446	2086	Hans Peter Grebe	cavaleiros de inês de castro	Veterano M40	02:17:48	+01:08:55	08:37
447	2607	isidro silva	pipb	Veterano M50	02:17:56	+01:09:03	08:37
448	2562	Amália Monteiro	nova linha trail runners	Veterana F40	02:18:33	+01:09:40	08:40
449	2228	Paula Almeida	geocrosstrail	Veterana F40	02:18:35	+01:09:42	08:40
450	2246	David Nogueira	hora do lobo trail - cf perosinho atletismo	Veterano M50	02:18:47	+01:09:54	08:40
451	2353	CLÁUDIA SUSANA GUEDES DA SILVA FERREIRA HORTÊNSIO	individual	Veterana F40	02:18:50	+01:09:57	08:41
452	2391	João Paulo Pereira Hortênsio	individual	Veterano M40	02:18:50	+01:09:57	08:41
453	2765	Nelson Fernando Barros Pedrogam	turtle lovers	Senior Masculino	02:18:56	+01:10:03	08:41
454	2221	Sonia bessa	geocrosstrail	Senior Feminino	02:19:33	+01:10:40	08:43
455	2651	Ângela Pereira	runningsemoriz	Senior Feminino	02:19:34	+01:10:41	08:43
456	2654	Flávia Pinho	runningsemoriz	Senior Feminino	02:19:34	+01:10:41	08:43
457	2385	Helder Gabriel Ribeiro	individual	Veterano M40	02:20:03	+01:11:10	08:45
458	2352	Cláudia Simões	individual	Veterana F40	02:20:04	+01:11:11	08:45
459	2537	Gastão Ferreira	nem que chova	Senior Masculino	02:20:08	+01:11:15	08:46
460	2531	Paulo Ribeiro	individual	Veterano M40	02:20:11	+01:11:18	08:46
461	2532	Miguel Silva	individual	Senior Masculino	02:20:12	+01:11:19	08:46
462	2534	João Silva	individual	Veterano M50	02:20:13	+01:11:20	08:46
463	2125	Paula Cruz	espinho trail team	Veterana F40	02:20:22	+01:11:29	08:46
464	2267	Laura Gouveia	individual	Senior Feminino	02:20:27	+01:11:34	08:47
465	2071	António Matos	borabora, vamos lá!	Veterano M40	02:20:31	+01:11:38	08:47
466	2238	André Barros	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:20:45	+01:11:52	08:48
467	2717	Sónia Reis	tog associação running team	Senior Feminino	02:20:46	+01:11:53	08:48
468	2721	Tiago Neves	tog associação running team	Senior Masculino	02:20:46	+01:11:53	08:48
469	2715	Rita Moraes	tog associação running team	Senior Feminino	02:20:49	+01:11:56	08:48
470	2437	luis paulo silva ferreira	individual	Veterano M50	02:20:49	+01:11:56	08:48
471	2075	Inês Silva	brincalhões	Senior Feminino	02:20:59	+01:12:06	08:49
472	2079	Rui Rocha	brincalhões	Veterano M40	02:20:59	+01:12:06	08:49
473	2147	Eva França	feel free	Senior Feminino	02:21:05	+01:12:12	08:49
474	2169	Florbela Sá	feel free	Veterana F40	02:21:06	+01:12:14	08:49
475	2524	José Silva	mss contabilidade trail team	Veterano M50	02:21:17	+01:12:25	08:50
476	1302	Fernando Vital	tog associação running team	Veterano M50	02:21:22	+01:12:29	08:50
477	2595	Sonia Silva	paredes running	Veterana F40	02:21:23	+01:12:30	08:50
478	2763	Rui Assunção	turminha	Veterano M40	02:21:24	+01:12:31	08:50
479	2393	Jorge Miguel Contreiras de Matos de Figueiredo Ribeiro	individual	Veterano M40	02:21:36	+01:12:43	08:51
480	2599	Sandra Sarabando	pega na lancheira	Veterana F40	02:21:46	+01:12:54	08:52
481	2600	Amandio Monica	pega na lancheira	Veterano M40	02:21:47	+01:12:54	08:52
482	2170	Rossana Ferreira	feel free	Veterana F40	02:21:49	+01:12:56	08:52
483	2179	Rony Santos	feel free	Veterano M40	02:21:50	+01:12:57	08:52

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
484	2500	Manuel Pacheco Ferreira de Magalhães	lusos xxi	Veterano M40	02:21:54	+01:13:01	08:52
485	2050	Joao Oliveira	aperta cordões	Senior Masculino	02:22:04	+01:13:11	08:53
486	2509	Maria Fátima Magalhães carvalho Silva	manguelas - run/walk team	Veterana F50	02:22:22	+01:13:29	08:54
487	2064	Hugo Silva	bombeiros brasfemes- trail e btt	Veterano M40	02:22:54	+01:14:01	08:56
488	2747	João Pedro Portela	turbo kings 2.0	Senior Masculino	02:22:55	+01:14:02	08:56
489	2726	Carlos Conde	tog associação running team	Veterano M40	02:23:00	+01:14:07	08:56
490	2492	Jorge Quaresma	limitless	Senior Masculino	02:23:08	+01:14:15	08:57
491	2196	Rui Mendes	focoteam24	Veterano M40	02:23:09	+01:14:16	08:57
492	2133	Rita Moura	exercise for you	Senior Feminino	02:23:16	+01:14:23	08:57
493	2135	Justa Ferreira	exercise for you	Veterana F40	02:23:16	+01:14:23	08:57
494	2460	Manuela Castelo	juventude cortegacense	Veterana F50	02:24:12	+01:15:19	09:01
495	2446	Catarina Rodrigues Sa Ferreira	juventude cortegacense	Senior Feminino	02:24:12	+01:15:19	09:01
496	2513	Joana Maria de Pinho Brito Vieira	mau feitio	Senior Feminino	02:24:18	+01:15:25	09:01
497	2514	Fernando Sérgio da Cunha Brandão	mau feitio	Senior Masculino	02:24:18	+01:15:25	09:01
498	2512	Janeth Elena Fernandes Tavares	mau feitio	Senior Feminino	02:24:23	+01:15:30	09:01
499	2736	Paula Araújo	trogloditas runners	Senior Feminino	02:24:39	+01:15:46	09:02
500	2164	Nuno Costa	feel free	Senior Masculino	02:24:40	+01:15:47	09:03
501	2790	João Fernandes	focoteam24	Senior Masculino	02:24:41	+01:15:48	09:03
502	2499	Álvaro da Silva Ribeiro	lusos xxi	Senior Masculino	02:25:13	+01:16:20	09:05
503	2302	João Lemos	individual	Senior Masculino	02:26:04	+01:17:11	09:08
504	2038	Isabel Valente	alma fitness	Veterana F50	02:26:06	+01:17:13	09:08
505	2055	Cidália Rodrigues	arca barcelosrunners	Veterana F40	02:26:06	+01:17:13	09:08
506	2540	Clemente Meireles	nem que chova	Veterano M50	02:26:24	+01:17:31	09:09
507	2184	Mónica Margaride	fit2labor	Veterana F40	02:26:29	+01:17:36	09:09
508	2183	Paulo Santareno	feel free	Veterano M50	02:26:30	+01:17:37	09:09
509	2174	Andreia Almeida	feel free	Veterana F40	02:26:30	+01:17:37	09:09
510	2605	Oscar Lopes	pega na lancheira	Veterano M40	02:26:57	+01:18:04	09:11
511	2248	Luiz Blanquet	hora do lobo trail - cf perosinho atletismo	Veterano M50	02:27:04	+01:18:11	09:12
512	2384	Francisco Caldas	individual	Veterano M40	02:27:12	+01:18:19	09:12
513	2400	José Pinho	individual	Veterano M40	02:27:12	+01:18:19	09:12
514	2245	João Fonseca	hora do lobo trail - cf perosinho atletismo	Veterano M40	02:27:16	+01:18:23	09:12
515	2359	maria sousa	individual	Veterana F40	02:28:00	+01:19:08	09:15
516	2368	Aurora Cardoso	individual	Veterana F50	02:28:04	+01:19:11	09:15
517	2251	Jorge VAZ	ibarra_vaz	Veterano M40	02:28:15	+01:19:22	09:16
518	2252	Luís Sargo	ibarra_vaz	Veterano M40	02:28:15	+01:19:22	09:16
519	2734	Maria José Oliveira	trogloditas runners	Senior Feminino	02:28:15	+01:19:22	09:16
520	2285	Bernardino Alexandre Nunes Brandão da Costa Assunção	individual	Senior Masculino	02:28:16	+01:19:23	09:16
521	2604	Nuno Fernandes	pega na lancheira	Veterano M40	02:28:19	+01:19:26	09:16
522	2329	Pedro Lopes	individual	Senior Masculino	02:28:26	+01:19:33	09:17
523	2709	Bruno Daniel Aires Mota	tainadas run team	Senior Masculino	02:28:39	+01:19:46	09:17
524	2491	Francisco	limitless	Senior Masculino	02:28:40	+01:19:47	09:18
525	2620	MANUEL PEREIRA	portocargo runners	Veterano M50	02:28:42	+01:19:49	09:18

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
526	2614	ISABEL VIEIRA	portocargo runners	Veterana F40	02:28:49	+01:19:56	09:18
527	2520	Álvaro Silva	mss contabilidade trail team	Veterano M50	02:28:49	+01:19:56	09:18
528	2522	Fernando Miranda	mss contabilidade trail team	Veterano M50	02:28:52	+01:19:59	09:18
529	2757	Carla Rodrigues	turminha	Senior Feminino	02:28:57	+01:20:04	09:19
530	2762	António Pereira	turminha	Veterano M40	02:28:58	+01:20:05	09:19
531	2716	Rosa Gonçalves	tog associação running team	Senior Feminino	02:28:59	+01:20:06	09:19
532	2708	Pedro Perpétua	strong team	Veterano M40	02:29:00	+01:20:07	09:19
533	2719	André Moreira	tog associação running team	Senior Masculino	02:29:01	+01:20:08	09:19
534	2323	Nuno Pais Neto	individual	Senior Masculino	02:29:02	+01:20:09	09:19
535	2265	Isabel Cabral	individual	Senior Feminino	02:29:02	+01:20:09	09:19
536	2278	Tânia Silva	individual	Senior Feminino	02:29:03	+01:20:10	09:19
537	2613	DULCE RESENDE	portocargo runners	Veterana F40	02:29:14	+01:20:21	09:20
538	2218	Ana lucia Pinho	geocrosstrail	Senior Feminino	02:29:41	+01:20:48	09:21
539	2037	Sónia Pinho	alma fitness	Veterana F40	02:29:41	+01:20:48	09:21
540	2035	Paula Martins	alma fitness	Veterana F40	02:29:42	+01:20:49	09:21
541	2382	Fernando Rodrigues	individual	Veterano M40	02:29:42	+01:20:49	09:21
542	2369	Maria Coelho	individual	Veterana F50	02:29:42	+01:20:49	09:21
543	2761	Susana Ferreira	turminha	Veterana F40	02:29:53	+01:21:00	09:22
544	2760	Fatima Ribeiro	turminha	Veterana F40	02:29:56	+01:21:03	09:22
545	2028	jose luis cruz	aiquedoi	Veterano M50	02:30:51	+01:21:58	09:26
546	2461	Maria Elisabete Pinho Pereira Mendonça	juventude cortegacense	Veterana F50	02:30:53	+01:22:00	09:26
547	2616	CARLOS OLIVEIRA	portocargo runners	Veterano M40	02:30:56	+01:22:03	09:26
548	2283	ALEXANDRE MANUEL FERRO ROCHA	individual	Senior Masculino	02:31:10	+01:22:17	09:27
549	2496	Manuela Silva	lobos do monte - lousado	Veterana F40	02:31:20	+01:22:27	09:28
550	2497	NUNO SILVA	lobos do monte - lousado	Veterano M40	02:31:20	+01:22:27	09:28
551	2229	Paulo Gomes	geocrosstrail	Veterano M40	02:31:21	+01:22:28	09:28
552	2787	Rui Lopes	xspartan	Senior Masculino	02:31:22	+01:22:29	09:28
553	2785	Marco Antonio Ferreira Miranda	xspartan	Senior Masculino	02:31:23	+01:22:30	09:28
554	2786	Rodrigo Dinis Freitas	xspartan	Senior Masculino	02:31:23	+01:22:30	09:28
555	2780	Sofia Marlene Menezes Ferreira de Castro	vitória!vitória! mais 1 pra história...	Senior Feminino	02:31:27	+01:22:34	09:28
556	2782	Nuno Miguel dos Santos Forte Eça	vitória!vitória! mais 1 pra história...	Senior Masculino	02:31:28	+01:22:35	09:28
557	2007	Marcio Neves	acr ferverça	Senior Masculino	02:31:34	+01:22:41	09:28
558	2006	Lucy Araujo	acr ferverça	Senior Feminino	02:31:34	+01:22:42	09:28
559	2652	Cristiana Pinto	runningesmoriz	Senior Feminino	02:31:40	+01:22:47	09:29
560	2661	Paula Sousa	runningesmoriz	Veterana F40	02:31:41	+01:22:48	09:29
561	2655	Heliana Sá	runningesmoriz	Senior Feminino	02:31:41	+01:22:48	09:29
562	2354	Gisela de Sousa Ferreira Avelar	individual	Veterana F40	02:32:05	+01:23:12	09:30
563	2408	Paulo Manuel Soares Silva	individual	Veterano M40	02:32:05	+01:23:13	09:30
564	2441	Paulo Jorge Vitor Caseiro	individual	Veterano M50	02:32:33	+01:23:40	09:32
565	2627	Catarina Azevedo	powerrunteam	Veterana F40	02:33:21	+01:24:28	09:35
566	2109	Lurdes Belo	correr viseu	Veterana F40	02:33:22	+01:24:29	09:35
567	2629	Susana Azevedo	powerrunteam	Veterana F40	02:33:23	+01:24:30	09:35

TRILHO DO GUERREIRO - STAGE 1

16 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
568	2343	Tiago Silva	individual	Senior Masculino	02:33:48	+01:24:55	09:37
569	2130	Helder Teixeira	eu e elas	Senior Masculino	02:33:52	+01:24:59	09:37
570	2208	Isabel Parreiral	gear up	Senior Feminino	02:33:57	+01:25:04	09:37
571	2129	Sonia sousa	eu e elas	Senior Feminino	02:33:57	+01:25:05	09:37
572	2399	José Pereira	individual	Veterano M40	02:34:09	+01:25:16	09:38
573	2256	Ana Oliveira	individual	Senior Feminino	02:34:25	+01:25:32	09:39
574	2269	Maria Joao Cardoso	individual	Senior Feminino	02:34:33	+01:25:40	09:40
575	2003	Maria Cidalia Teixiera da Silva	#correratenumdarmais por fernando oliveira	Veterana F50	02:34:35	+01:25:42	09:40
576	2515	Sónia Silva	mountain runners	Senior Feminino	02:34:40	+01:25:47	09:40
577	2106	Ana Silva	correr viseu	Veterana F40	02:35:14	+01:26:21	09:42
578	2112	Manuel Almeida	correr viseu	Veterano M40	02:35:14	+01:26:21	09:42
579	2279	Teresa carvalho	individual	Senior Feminino	02:35:20	+01:26:27	09:43
580	2108	Filipa Aparício	correr viseu	Veterana F40	02:35:21	+01:26:28	09:43
581	2110	Paula Lourenço	correr viseu	Veterana F40	02:35:21	+01:26:28	09:43
582	2364	Sandra Gonçalves	individual	Veterana F40	02:35:46	+01:26:54	09:44
583	2365	Sara Azevedo	individual	Veterana F40	02:35:52	+01:26:59	09:45
584	2134	Isabel Rocha	exercise for you	Veterana F40	02:36:03	+01:27:10	09:45
585	2422	Tiago Manuel Gonçalves Correia da Silva	individual	Veterano M40	02:36:52	+01:27:59	09:48
586	2150	Mónica Sousa	feel free	Senior Feminino	02:36:57	+01:28:04	09:49
587	2149	Liliana Pinho	feel free	Senior Feminino	02:36:58	+01:28:05	09:49
588	2243	Cristina Ferreira de Moura	hora do lobo trail - cf perosinho atletismo	Veterana F40	02:38:26	+01:29:33	09:54
589	2271	Monica morais	individual	Senior Feminino	02:38:27	+01:29:34	09:54
590	2082	Ricardo Manuel Almeida Santos	cabritos da montanha	Senior Masculino	02:38:33	+01:29:40	09:55
591	2167	Rui Costa	feel free	Senior Masculino	02:38:48	+01:29:55	09:56
592	2669	Marco Piments	sem medo	Senior Masculino	02:39:05	+01:30:12	09:57
593	2783	Cristina Coelho	wolves	Veterana F40	02:39:41	+01:30:48	09:59
594	2533	Claudia Sardinha	nast	Veterana F40	02:39:52	+01:30:59	10:00
595	2521	Carlos Santos	mss contabilidade trail team	Veterano M50	02:40:08	+01:31:16	10:01
596	2176	Paulo Calheiros	feel free	Veterano M40	02:40:10	+01:31:17	10:01
597	2119	Ivo Nascimento	equipa boot	Senior Masculino	02:40:11	+01:31:19	10:01
598	2117	Claudia santos	equipa boot	Senior Feminino	02:40:12	+01:31:20	10:01
599	2118	Ivânia Esteves	equipa boot	Senior Feminino	02:40:13	+01:31:20	10:01
600	2328	Pedro Barbosa	individual	Senior Masculino	02:40:14	+01:31:21	10:01
601	2508	Anabela Moraes Borges	manguelas - run/walk team	Veterana F40	02:40:20	+01:31:27	10:01
602	2394	José Alberto Martins	individual	Veterano M40	02:40:24	+01:31:31	10:02
603	2351	Claudia Silva	individual	Veterana F40	02:40:46	+01:31:53	10:03
604	2336	Rodolfo Alexandre Carvalho	individual	Senior Masculino	02:40:46	+01:31:53	10:03
605	2641	Elisabete Costa	running espinho	Senior Feminino	02:41:41	+01:32:48	10:06
606	2646	Hélder Costa	running espinho	Senior Masculino	02:41:42	+01:32:49	10:06
607	2612	CARLA XAVIER	portocargo runners	Veterana F40	02:42:09	+01:33:16	10:08
608	2619	PAULO FERREIRA	portocargo runners	Veterano M40	02:42:09	+01:33:16	10:08
609	2374	Bruno Malheiro	individual	Veterano M40	02:42:10	+01:33:17	10:08
610	2597	Luis Ribeiro	paredes running	Veterano M40	02:42:46	+01:33:53	10:10
611	2142	Carlos Polónio	f4l	Senior Masculino	02:43:03	+01:34:10	10:11

TRILHO DO GUERREIRO - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
612	2264	Dora Neiva	individual	Senior Feminino	02:43:12	+01:34:19	10:12
613	2355	Isabel Portela	individual	Veterana F40	02:43:13	+01:34:20	10:12
614	2259	Bárbara Rodrigues	individual	Senior Feminino	02:43:18	+01:34:25	10:12
615	2308	Luís Costa	individual	Senior Masculino	02:43:19	+01:34:26	10:12
616	2140	Sónia Sanches	f4l	Senior Feminino	02:44:03	+01:35:10	10:15
617	2144	Jorge Sanches	f4l	Veterano M40	02:44:03	+01:35:10	10:15
618	2718	Virginia Ferreira	tog associação running team	Senior Feminino	02:44:10	+01:35:17	10:16
619	2720	Ismael Silva	tog associação running team	Senior Masculino	02:44:11	+01:35:18	10:16
620	2407	Nuno Garcia	individual	Veterano M40	02:44:13	+01:35:20	10:16
621	2084	rosinda macedo	caga tacos running team	Veterana F50	02:44:30	+01:35:37	10:17
622	2085	antonio macedo	caga tacos running team	Veterano M50	02:44:30	+01:35:37	10:17
623	2589	Eduarda Sá	papaléguas	Veterana F40	02:45:53	+01:37:01	10:22
624	2590	Pedro leite	papaléguas	Veterano M40	02:45:54	+01:37:01	10:22
625	2722	Goreti Rocha	tog associação running team	Veterana F40	02:45:59	+01:37:06	10:22
626	2712	Liliana Pereira	tog associação running team	Senior Feminino	02:46:07	+01:37:14	10:23
627	2713	Liliana Rodrigues	tog associação running team	Senior Feminino	02:46:07	+01:37:14	10:23
628	2443	Paulo Silva	individual	Veterano M50	02:46:28	+01:37:35	10:24
629	2361	Olinda Raquel Teixeira Mendes	individual	Veterana F40	02:46:46	+01:37:53	10:25
630	2185	Soraia Sousa	focoteam24	Senior Feminino	02:46:56	+01:38:03	10:26
631	2211	Cátia Farinha	gelcentro	Senior Feminino	02:47:06	+01:38:14	10:27
632	2214	Joana Lopes	gelcentro	Senior Feminino	02:47:07	+01:38:14	10:27
633	2582	Nuno Silva	os alminhas	Senior Masculino	02:47:27	+01:38:34	10:28
634	2099	Celina Baptista	cncbacadapasso	Veterana F50	02:47:29	+01:38:36	10:28
635	2100	Carlos navega	cncbacadapasso	Veterano M50	02:47:31	+01:38:38	10:28
636	2581	Jaime Azevedo	os alminhas	Senior Masculino	02:47:31	+01:38:38	10:28
637	2583	Pedro Lopes	os alminhas	Senior Masculino	02:47:31	+01:38:39	10:28
638	2584	Raul Leite	os alminhas	Senior Masculino	02:47:32	+01:38:39	10:28
639	2585	Mario Neves	os alminhas	Veterano M40	02:47:33	+01:38:40	10:28
640	139	Luís Miguel Moreira dos Santos	trailistas eu é que sei!	Veterano M40	02:47:42	+01:38:49	10:29
641	2156	Gil Francisco Araujo Gonçalves	feel free	Senior Masculino	02:48:22	+01:39:29	10:31
642	2148	Joana Araujo Gonçalves	feel free	Senior Feminino	02:49:22	+01:40:29	10:35
643	2161	José Pinho	feel free	Senior Masculino	02:49:23	+01:40:30	10:35
644	2053	Nuno leão	aperta cordões	Veterano M40	02:49:23	+01:40:30	10:35
645	2033	Ana Santos	alma fitness	Senior Feminino	02:49:30	+01:40:37	10:36
646	2043	Pedro Bastos	alma fitness	Veterano M40	02:49:30	+01:40:38	10:36
647	2083	fatima lopes	caga tacos running team	Veterana F50	02:49:49	+01:40:56	10:37
648	2131	Rute Costa	eu e elas	Veterana F40	02:49:51	+01:40:58	10:37
649	2128	Analisa Teixeira	eu e elas	Senior Feminino	02:49:51	+01:40:58	10:37
650	2052	Elio Gocalves	aperta cordões	Veterano M40	02:50:06	+01:41:13	10:38
651	2725	Raquel Marques	tog associação running team	Veterana F50	02:51:10	+01:42:17	10:42
652	2714	Patricia Almeida	tog associação running team	Senior Feminino	02:51:10	+01:42:17	10:42
653	2724	Deolinda Campanhã	tog associação running team	Veterana F50	02:51:13	+01:42:20	10:42
654	2723	Isilda Silva	tog associação running team	Veterana F40	02:51:13	+01:42:20	10:42
655	2247	Fernando Ferreira	hora do lobo trail - cf perosinho atletismo	Veterano M50	02:51:23	+01:42:30	10:43
656	2262	Daniela costa ferreira dias	individual	Senior Feminino	02:51:59	+01:43:06	10:45

TRILHO DO GUERREIRO - STAGE 1

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
657	2137	Sandra Pinto	exercise for you	Veterana F40	02:52:01	+01:43:08	10:45
658	2136	Lurdes Sanguedo	exercise for you	Veterana F40	02:52:01	+01:43:08	10:45
659	2270	Marta de Sousa Fernandes	individual	Senior Feminino	02:53:10	+01:44:17	10:49
660	2628	Lurdes Cruz	powerrunteam	Veterana F40	02:53:11	+01:44:18	10:49
661	2626	Carla Cruz	powerrunteam	Veterana F40	02:53:22	+01:44:29	10:50
662	2436	José Pires Lima	individual	Veterano M50	02:53:48	+01:44:55	10:52
663	2370	ROSA BISPO	individual	Veterana F50	02:53:48	+01:44:55	10:52
664	2427	CARLOS CORREIA	individual	Veterano M50	02:55:11	+01:46:18	10:57
665	2789	Jeannette Lopez	individual	Veterana F40	02:55:11	+01:46:18	10:57
666	2036	Sandra Silva	alma fitness	Veterana F40	02:55:46	+01:46:53	10:59
667	2040	Daniel Sousa	alma fitness	Veterano M40	02:56:04	+01:47:11	11:00
668	2034	José Cruz	alma fitness	Senior Masculino	02:56:05	+01:47:12	11:00
669	2122	Carla Pereira	espinho trail team	Senior Feminino	02:56:13	+01:47:20	11:01
670	2742	Antonio Monteiro	turbo kings 2.0	Senior Masculino	02:56:21	+01:47:28	11:01
671	2124	Cristina Duarte	espinho trail team	Veterana F40	02:56:21	+01:47:28	11:01
672	2126	Ana Duarte	espinho trail team	Veterana F50	02:56:38	+01:47:45	11:02
673	2671	Sandra Carvalho	sem medo	Veterana F40	02:58:38	+01:49:45	11:10
674	2672	Armindo Carvalho	sem medo	Veterano M40	02:58:38	+01:49:45	11:10
675	2703	Joana Cardoso	strong team	Senior Feminino	02:58:39	+01:49:46	11:10
676	2705	Ricardo Paiva	strong team	Senior Masculino	02:58:40	+01:49:47	11:10
677	2649	Dora Rocha	running espinho	Veterana F40	03:01:05	+01:52:12	11:19
678	2254	Alexandra Monteiro	individual	Senior Feminino	03:02:59	+01:54:06	11:26
679	2504	João Paulo Regal Sousa	manguelas - run/walk team	Senior Masculino	03:05:31	+01:56:38	11:36
680	2503	Marisa da Conceição Moreira da Silva	manguelas - run/walk team	Senior Feminino	03:05:31	+01:56:38	11:36
681	2644	António Soares	running espinho	Senior Masculino	03:05:50	+01:56:57	11:37
682	2643	Liliana Pereira	running espinho	Senior Feminino	03:05:51	+01:56:58	11:37
683	2637	Alexander Marques	rho systems runners	Senior Masculino	03:07:49	+01:58:56	11:44
684	2210	Andreia Lopes	gelcentro	Senior Feminino	03:14:03	+02:05:10	12:08
685	2648	Ana Ribeiro	running espinho	Veterana F40	03:14:31	+02:05:38	12:09
686	2640	Cátia Maia	running espinho	Senior Feminino	03:14:31	+02:05:38	12:09
687	2701	Andreia Peixe	strong team	Senior Feminino	03:16:50	+02:07:57	12:18
688	2702	Fatima Lobo	strong team	Senior Feminino	03:16:50	+02:07:57	12:18
689	2704	Joana Faria	strong team	Senior Feminino	03:16:50	+02:07:57	12:18
690	2272	Mónica Tavares	individual	Senior Feminino	03:16:50	+02:07:57	12:18
691	2213	Joana Caeiro	gelcentro	Senior Feminino	03:17:01	+02:08:08	12:19
692	2268	Lúcia Mota	individual	Senior Feminino	03:22:45	+02:13:52	12:40
693	2282	Zita Coelho	individual	Senior Feminino	03:22:45	+02:13:52	12:40
694	2020	patricia sales	aiquedoi	Senior Feminino	03:23:09	+02:14:16	12:42
695	2026	joao simoes	aiquedoi	Veterano M40	03:23:13	+02:14:20	12:42
696	2121	Ana Martins	espinho trail team	Senior Feminino	03:23:41	+02:14:48	12:44
697	2123	Marcia Silva	espinho trail team	Senior Feminino	03:23:41	+02:14:48	12:44
698	2273	Nívea Lapa Teixeira Moutinho	individual	Senior Feminino	03:23:44	+02:14:51	12:44
699	2021	teresa falcao	aiquedoi	Senior Feminino	03:24:35	+02:15:42	12:47
700	2025	lena falcao	aiquedoi	Veterana F50	03:25:34	+02:16:41	12:51
701	2024	paula grdade	aiquedoi	Veterana F40	03:25:42	+02:16:50	12:51



16 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
702	2362	Patrícia Adriana Antonio da Silva	individual	Veterana F40	03:40:24	+02:31:31	13:47
703	2639	Carla Marques	running espinho	Senior Feminino	03:41:16	+02:32:23	13:50
704	2645	Carlos Costa	running espinho	Senior Masculino	03:41:17	+02:32:24	13:50
705	2367	Zaíra de Paula dos Santos Lopes	individual	Veterana F40	03:44:22	+02:35:29	14:01

Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	2485	Catarina Sintra	Lama Solta	Senior Feminino	02:08:45	+59:52	08:03
40	2220	Raquel Fernandes	Geocrosstrail	Senior Feminino	02:08:47	+59:54	08:03
41	2451	Liliana Maria Pereira Ribeiro	Juventude Cortegacense	Senior Feminino	02:09:07	+01:00:14	08:04
42	2249	SUSANA PINTO	HSantaMariaRT	Senior Feminino	02:10:08	+01:01:15	08:08
43	2653	Fátima Monteiro	runningesmoriz	Senior Feminino	02:10:25	+01:01:32	08:09
44	2541	Natercia Freitas	Nos Acreditamos	Senior Feminino	02:10:38	+01:01:45	08:10
45	2732	Ana Rita Fornelos	Trogloditas runners	Senior Feminino	02:10:45	+01:01:52	08:10
46	2260	Carina Gouveia	Individual	Senior Feminino	02:11:15	+01:02:22	08:12
47	2257	Ana Pinto	Individual	Senior Feminino	02:12:07	+01:03:14	08:13
48	2146	Daniela Alexandra Palma de Sousa	FEEL FREE	Senior Feminino	02:12:09	+01:03:16	08:16
49	2104	Luana Fernandes	CORRER VISEU	Senior Feminino	02:13:18	+01:04:25	08:20
50	2103	Jordana Ferreira	CORRER VISEU	Senior Feminino	02:13:18	+01:04:25	08:20
51	2677	Nazaré Oliveira	Sentir Escariz running	Senior Feminino	02:13:28	+01:04:35	08:21
52	2219	Mafalda Valente	Geocrosstrail	Senior Feminino	02:14:25	+01:05:32	08:24
53	2059	Cindy Soares	Aztrail/Mercentro	Senior Feminino	02:14:55	+01:06:02	08:26
54	2667	Fatima Marinho	Sem Medo	Senior Feminino	02:15:30	+01:06:37	08:28
55	2529	Rita Moreira	NAST	Senior Feminino	02:16:13	+01:07:20	08:31
56	2501	Ana Sofia Regal Leite	Manguelas - Run/Walk TEAM	Senior Feminino	02:17:12	+01:08:19	08:35
57	2187	Vera Gonçalves	Focoteam24	Senior Feminino	02:17:28	+01:08:35	08:36
58	2153	Vera Ferreira	FEEL FREE	Senior Feminino	02:17:38	+01:08:45	08:36
59	2221	Sonia bessa	Geocrosstrail	Senior Feminino	02:19:33	+01:10:40	08:43
60	2651	Ângela Pereira	runningesmoriz	Senior Feminino	02:19:34	+01:10:41	08:43
61	2654	Flávia Pinho	runningesmoriz	Senior Feminino	02:19:34	+01:10:41	08:43
62	2267	Laura Gouveia	Individual	Senior Feminino	02:20:27	+01:11:34	08:47
63	2717	Sónia Reis	Tog Associação Running Team	Senior Feminino	02:20:46	+01:11:53	08:48
64	2715	Rita Morais	Tog Associação Running Team	Senior Feminino	02:20:49	+01:11:56	08:48
65	2075	Inês Silva	Brincalhões	Senior Feminino	02:20:59	+01:12:06	08:49
66	2147	Eva França	FEEL FREE	Senior Feminino	02:21:05	+01:12:12	08:49
67	2133	Rita Moura	Exercise For You	Senior Feminino	02:23:16	+01:14:23	08:57
68	2446	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Senior Feminino	02:24:12	+01:15:19	09:01
69	2513	Joana Maria de Pinho Brito Vieira	Mau Feitio	Senior Feminino	02:24:18	+01:15:25	09:01
70	2512	Janeth Elena Fernandes Tavares	Mau Feitio	Senior Feminino	02:24:23	+01:15:30	09:01
71	2736	Paula Araújo	Trogloditas runners	Senior Feminino	02:24:39	+01:15:46	09:02
72	2734	Maria José Oliveira	Trogloditas runners	Senior Feminino	02:28:15	+01:19:22	09:16
73	2757	Carla Rodrigues	Turminha	Senior Feminino	02:28:57	+01:20:04	09:19
74	2716	Rosa Gonçalves	Tog Associação Running Team	Senior Feminino	02:28:59	+01:20:06	09:19
75	2265	Isabel Cabral	Individual	Senior Feminino	02:29:02	+01:20:09	09:19
76	2278	Tânia Silva	Individual	Senior Feminino	02:29:03	+01:20:10	09:19
77	2218	Ana lucia Pinho	Geocrosstrail	Senior Feminino	02:29:41	+01:20:48	09:21
78	2780	Sofia Marlene Menezes Ferreira de Castro	Vitória!Vitória! Mais 1 pra história...	Senior Feminino	02:31:27	+01:22:34	09:28
79	2006	Lucy Araujo	ACR Fervença	Senior Feminino	02:31:34	+01:22:42	09:28
80	2652	Cristiana Pinto	runningesmoriz	Senior Feminino	02:31:40	+01:22:47	09:29
81	2655	Heliana Sá	runningesmoriz	Senior Feminino	02:31:41	+01:22:48	09:29
82	2208	Isabel Parreiral	Gear Up	Senior Feminino	02:33:57	+01:25:04	09:37
83	2129	Sonia sousa	Eu e elas	Senior Feminino	02:33:57	+01:25:05	09:37
84	2256	Ana Oliveira	Individual	Senior Feminino	02:34:25	+01:25:32	09:39

Official Timekeeper: Lap2Go	2 / 17	generate 08-Jan-2019 15:58
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Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

85	2269	Maria Joao Cardoso	Individual	Senior Feminino	02:34:33	+01:25:40	09:40
86	2515	Sónia Silva	Mountain Runners	Senior Feminino	02:34:40	+01:25:47	09:40
87	2279	Teresa carvalho	Individual	Senior Feminino	02:35:20	+01:26:27	09:43
88	2150	Mónica Sousa	FEEL FREE	Senior Feminino	02:36:57	+01:28:04	09:49
89	2149	Liliana Pinho	FEEL FREE	Senior Feminino	02:36:58	+01:28:05	09:49
90	2271	Monica morais	Individual	Senior Feminino	02:38:27	+01:29:34	09:54
91	2117	Claudia santos	Equipa Boot	Senior Feminino	02:40:12	+01:31:20	10:01
92	2118	Ivânia Esteves	Equipa Boot	Senior Feminino	02:40:13	+01:31:20	10:01
93	2641	Elisabete Costa	RUNNING ESPINHO	Senior Feminino	02:41:41	+01:32:48	10:06
94	2264	Dora Neiva	Individual	Senior Feminino	02:43:12	+01:34:19	10:12
95	2259	Bárbara Rodrigues	Individual	Senior Feminino	02:43:18	+01:34:25	10:12
96	2140	Sónia Sanches	F4L	Senior Feminino	02:44:03	+01:35:10	10:15
97	2718	Virginia Ferreira	Tog Associação Running Team	Senior Feminino	02:44:10	+01:35:17	10:16
98	2712	Liliana Pereira	Tog Associação Running Team	Senior Feminino	02:46:07	+01:37:14	10:23
99	2713	Liliana Rodrigues	Tog Associação Running Team	Senior Feminino	02:46:07	+01:37:14	10:23
100	2185	Soraia Sousa	Focoteam24	Senior Feminino	02:46:56	+01:38:03	10:26
101	2211	Cátia Farinha	GELCENTRO	Senior Feminino	02:47:06	+01:38:14	10:27
102	2214	Joana Lopes	GELCENTRO	Senior Feminino	02:47:07	+01:38:14	10:27
103	2148	Joana Araujo Gonçalves	FEEL FREE	Senior Feminino	02:49:22	+01:40:29	10:35
104	2033	Ana Santos	ALMA FITNESS	Senior Feminino	02:49:30	+01:40:37	10:36
105	2128	Analisa Teixeira	Eu e elas	Senior Feminino	02:49:51	+01:40:58	10:37
106	2714	Patricia Almeida	Tog Associação Running Team	Senior Feminino	02:51:10	+01:42:17	10:42
107	2262	Daniela costa ferreira dias	Individual	Senior Feminino	02:51:59	+01:43:06	10:45
108	2270	Marta de Sousa Fernandes	Individual	Senior Feminino	02:53:10	+01:44:17	10:49
109	2122	Carla Pereira	ESPINHO TRAIL TEAM	Senior Feminino	02:56:13	+01:47:20	11:01
110	2703	Joana Cardoso	Strong Team	Senior Feminino	02:58:39	+01:49:46	11:10
111	2254	Alexandra Monteiro	Individual	Senior Feminino	03:02:59	+01:54:06	11:26
112	2503	Marisa da Conceição Moreira da Silva	Mangueiras - Run/Walk TEAM	Senior Feminino	03:05:31	+01:56:38	11:36
113	2643	Liliana Pereira	RUNNING ESPINHO	Senior Feminino	03:05:51	+01:56:58	11:37
114	2210	Andreia Lopes	GELCENTRO	Senior Feminino	03:14:03	+02:05:10	12:08
115	2640	Cátia Maia	RUNNING ESPINHO	Senior Feminino	03:14:31	+02:05:38	12:09
116	2701	Andreia Peixe	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
117	2702	Fatima Lobo	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
118	2704	Joana Faria	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
119	2272	Mónica Tavares	Individual	Senior Feminino	03:16:50	+02:07:57	12:18
120	2213	Joana Caeiro	GELCENTRO	Senior Feminino	03:17:01	+02:08:08	12:19
121	2268	Lúcia Mota	Individual	Senior Feminino	03:22:45	+02:13:52	12:40
122	2282	Zita Coelho	Individual	Senior Feminino	03:22:45	+02:13:52	12:40
123	2020	patricia sales	aiquedoi	Senior Feminino	03:23:09	+02:14:16	12:42
124	2121	Ana Martins	ESPINHO TRAIL TEAM	Senior Feminino	03:23:41	+02:14:48	12:44
125	2123	Marcia Silva	ESPINHO TRAIL TEAM	Senior Feminino	03:23:41	+02:14:48	12:44
126	2273	Nívea Lapa Teixeira Moutinho	Individual	Senior Feminino	03:23:44	+02:14:51	12:44
127	2021	teresa falcao	aiquedoi	Senior Feminino	03:24:35	+02:15:42	12:47
128	2639	Carla Marques	RUNNING ESPINHO	Senior Feminino	03:41:16	+02:32:23	13:50

Trilho do Guerreiro

16 KM

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OFFICIAL RESULT

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Senior Masculino

1	2687	Diogo Fernandes	SiM Summit	Senior Masculino	01:08:52	04:18
2	2686	Carlos Ferreira	SiM Summit	Senior Masculino	01:11:32	+02:39 04:28
3	2691	ANDRE JOAQUIM MOREIRA DA SILVA	Sporting Clube Espinho / António Leitão	Senior Masculino	01:13:35	+04:42 04:36
4	2306	João Sousa	Individual	Senior Masculino	01:14:21	+05:28 04:39
5	2297	Francisco Martins de Figueiredo	Individual	Senior Masculino	01:15:50	+06:57 04:44
6	2029	José Gaspar	ALIANÇA DE GANDRA	Senior Masculino	01:16:39	+07:46 04:47
7	2777	Germano Cardoso	vc bike	Senior Masculino	01:16:50	+07:57 04:48
8	2692	Helder Rodrigues	Sporting Clube Espinho / António Leitão	Senior Masculino	01:17:34	+08:41 04:51
9	2741	Alexandre Pinto	Turbo Kings 2.0	Senior Masculino	01:18:58	+10:05 04:56
10	2296	Filipe Tavares	Individual	Senior Masculino	01:19:40	+10:47 04:59
11	2688	Inuo Melo	SiM Summit	Senior Masculino	01:22:58	+14:05 05:11
12	2014	Roberto Freitas	ADSebolido Trail Boneca Douro	Senior Masculino	01:23:10	+14:17 05:12
13	2751	Pedro Monteiro	Turbo Kings 2.0	Senior Masculino	01:24:16	+15:23 05:16
14	2030	Luís Silva	ALIANÇA DE GANDRA	Senior Masculino	01:24:18	+15:25 05:16
15	2657	Nuno Alvim	runningesmoriz	Senior Masculino	01:25:45	+16:52 05:22
16	2011	Carlos Vieira	ADSebolido Trail Boneca Douro	Senior Masculino	01:26:39	+17:46 05:25
17	2346	William Caetano	Individual	Senior Masculino	01:26:47	+17:54 05:25
18	2044	Paulo Manuel Cardoso Cruz	Alpha Running	Senior Masculino	01:27:03	+18:10 05:26
19	2338	Rui Heliodoro Sousa	Individual	Senior Masculino	01:27:17	+18:24 05:27
20	2748	Jorge Sousa	Turbo Kings 2.0	Senior Masculino	01:28:02	+19:09 05:30
21	2755	Tiago Portela	Turbo Kings 2.0	Senior Masculino	01:28:07	+19:14 05:30
22	2478	Tiago Mendonça	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:28:25	+19:32 05:32
23	2477	Ricardo Pinho	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:28:25	+19:32 05:32
24	2066	Ricardo Silva	BoraBora, Vamos Lá!	Senior Masculino	01:28:49	+19:56 05:33
25	2647	Vitor Rito	RUNNING ESPINHO	Senior Masculino	01:29:05	+20:12 05:34
26	2294	Filipe Carril	Individual	Senior Masculino	01:29:07	+20:14 05:34
27	2189	Hélder Ribeiro	Focoteam24	Senior Masculino	01:30:02	+21:09 05:38
28	2215	Elton Rodrigues	GELCENTRO	Senior Masculino	01:30:05	+21:12 05:38
29	2314	Miguel Arcanjo Vieira de Castro	Individual	Senior Masculino	01:31:39	+22:46 05:44
30	2089	Marco Paiva	Clube Campismo	Senior Masculino	01:32:11	+23:18 05:46
31	2022	pedro batista	aiquedoi	Senior Masculino	01:32:21	+23:28 05:46
32	2330	Pedro Magalhães	Individual	Senior Masculino	01:32:38	+23:45 05:47
33	2013	Paulo Araújo	ADSebolido Trail Boneca Douro	Senior Masculino	01:32:45	+23:52 05:48
34	2334	Ricardo Joel Ferreira Costa	Individual	Senior Masculino	01:33:01	+24:08 05:49
35	2745	Bruno Ferreira	Turbo Kings 2.0	Senior Masculino	01:33:26	+24:33 05:50
36	2312	Mário Marques	Individual	Senior Masculino	01:34:46	+25:53 05:55
37	2332	Pedro Sousa	Individual	Senior Masculino	01:34:55	+26:02 05:56
38	2307	João Sousa	Individual	Senior Masculino	01:34:57	+26:04 05:56
39	2311	Marcos Leandro Gomes Ribeiro	Individual	Senior Masculino	01:37:44	+28:51 06:07
40	2498	Rui Rosas	Lusitanos	Senior Masculino	01:39:23	+30:30 06:13
41	2250	Mário Ibarra	Ibarra_Vaz	Senior Masculino	01:39:24	+30:31 06:13
42	2051	Pedro pinto	APERTA CORDÕES	Senior Masculino	01:39:57	+31:04 06:15

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Trilho do Guerreiro

16 KM

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OFFICIAL RESULT

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43	2287	Bruno Antunes	Individual	Senior Masculino	01:41:24	+32:31	06:20
44	2234	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:41:42	+32:49	06:21
45	2598	Alirio Moura	PEGA NA LANCHEIRA	Senior Masculino	01:43:43	+34:50	06:29
46	2545	Fábio silva	Nos Acreditamos	Senior Masculino	01:44:08	+35:15	06:31
47	2489	Pedro Miguel Serra Santos	Lama Solta	Senior Masculino	01:44:15	+35:22	06:31
48	2449	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	01:44:27	+35:35	06:32
49	2769	Marcos Soares	vale dos duros	Senior Masculino	01:44:50	+35:57	06:33
50	2456	Tiago Padrela Ferreira da silva	Juventude Cortegacense	Senior Masculino	01:45:17	+36:24	06:35
51	2454	Miguel Pinheiro Matos	Juventude Cortegacense	Senior Masculino	01:45:18	+36:25	06:35
52	2561	Marcos De Sousa	Nova Linha Trail Runners	Senior Masculino	01:45:18	+36:25	06:35
53	2180	Atleta 2180	Individual	Senior Masculino	01:47:07	+38:14	06:42
54	2573	Rafael Oliveira	ONDA TEAM	Senior Masculino	01:47:37	+38:44	06:44
55	2749	Luis Soares	Turbo Kings 2.0	Senior Masculino	01:47:58	+39:05	06:45
56	2679	Cláudio Moreira	Sentir Escariz running	Senior Masculino	01:49:40	+40:47	06:51
57	2239	Filipe Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:50:37	+41:44	06:55
58	2293	Diogo Melo	Individual	Senior Masculino	01:51:12	+42:19	06:57
59	2516	Ricardo Marques Moreira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:51:23	+42:30	06:58
60	2758	Gabriel Silva	Turminha	Senior Masculino	01:51:52	+42:59	07:00
61	2216	Tiago Estrafalhote	GELCENTRO	Senior Masculino	01:52:09	+43:16	07:01
62	2488	Marco Murgeiro	Lama Solta	Senior Masculino	01:52:28	+43:35	07:02
63	2767	Carlos Freitas	vale dos duros	Senior Masculino	01:52:59	+44:06	07:04
64	2683	Gonçalo Soares Teixeira de aguiar	Serafim moreira	Senior Masculino	01:53:03	+44:10	07:04
65	2241	Ricas Almeida	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:53:10	+44:17	07:04
66	2191	Paulo Sousa	Focoteam24	Senior Masculino	01:53:16	+44:23	07:05
67	2658	Sandro Carvalho	runningsemoriz	Senior Masculino	01:53:37	+44:44	07:06
68	2475	Márcio Oliveira	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:53:46	+44:53	07:07
69	2165	Pedro Nuno da Silva Castro	FEEL FREE	Senior Masculino	01:54:23	+45:30	07:09
70	2543	Bruno joel	Nos Acreditamos	Senior Masculino	01:54:44	+45:52	07:10
71	2493	Nuno Paiva	Limitless	Senior Masculino	01:55:38	+46:45	07:14
72	2324	Óscar Rodrigues	Individual	Senior Masculino	01:55:40	+46:47	07:14
73	2301	João Conceição	Individual	Senior Masculino	01:56:06	+47:13	07:15
74	2544	Davide Afonso	Nos Acreditamos	Senior Masculino	01:56:32	+47:39	07:17
75	2452	Marcio Costa	Juventude Cortegacense	Senior Masculino	01:57:01	+48:08	07:19
76	2049	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	01:57:02	+48:09	07:19
77	2284	André Miguel Ferreira Silva	Individual	Senior Masculino	01:57:45	+48:52	07:22
78	2290	Carlos Mais	Individual	Senior Masculino	01:58:06	+49:13	07:23
79	2056	Nélio Oliveira	Atletismo Clube da Tocha	Senior Masculino	01:58:27	+49:34	07:24
80	2057	Nelson Pessoa Rosete	Atletismo Clube da Tocha	Senior Masculino	01:58:27	+49:34	07:24
81	2304	João Rodrigues	Individual	Senior Masculino	01:58:35	+49:42	07:25
82	2744	Bruno Cardoso	Turbo Kings 2.0	Senior Masculino	01:58:47	+49:54	07:25
83	2207	Daniel Leal	Geadas Running	Senior Masculino	01:58:51	+49:58	07:26
84	2471	Bruno Moreira	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:59:20	+50:27	07:28
85	2768	David Aguiar	vale dos duros	Senior Masculino	01:59:33	+50:40	07:28

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Trilho do Guerreiro

16 KM

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86	2592	Ricardo Picó	Paredes Running	Senior Masculino	01:59:46	+50:53	07:29
87	2157	Hélder Silva	FEEL FREE	Senior Masculino	01:59:58	+51:05	07:30
88	2292	Cláudio Manuel Pereira Tavares	Individual	Senior Masculino	02:00:10	+51:17	07:31
89	2699	João de Oliveira Machado	Squadra Di Potenza	Senior Masculino	02:00:26	+51:33	07:32
90	2335	Ricardo Melindra	Individual	Senior Masculino	02:01:00	+52:07	07:34
91	2310	Marco Silva	Individual	Senior Masculino	02:01:00	+52:07	07:34
92	2487	Eduardo Neves	Lama Solta	Senior Masculino	02:01:44	+52:51	07:37
93	2779	Rui silva	vimarunners	Senior Masculino	02:01:56	+53:03	07:37
94	2341	Sebastião Calvo	Individual	Senior Masculino	02:02:01	+53:09	07:38
95	2289	Bruno Trindade	Individual	Senior Masculino	02:02:19	+53:26	07:39
96	2160	Jorge Quental	FEEL FREE	Senior Masculino	02:02:23	+53:30	07:39
97	2240	Nuno Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:02:38	+53:46	07:40
98	2222	Diogo Moreira	Geocrosstrail	Senior Masculino	02:03:00	+54:07	07:41
99	2743	António Teixeira	Turbo Kings 2.0	Senior Masculino	02:03:01	+54:08	07:41
100	2634	Daniel Costa	Pupilos do Zé Tó	Senior Masculino	02:03:04	+54:11	07:42
101	2114	NELSON CORDEIRO	Dá-lhe Gás team	Senior Masculino	02:03:05	+54:12	07:42
102	2295	Filipe lage	Individual	Senior Masculino	02:03:15	+54:22	07:42
103	2483	Luis Lopes	Lá Família	Senior Masculino	02:03:31	+54:38	07:43
104	2611	RICARDO PEREIRA	PORTOCARGO RUNNERS	Senior Masculino	02:03:48	+54:55	07:44
105	2764	Hugo Lemos	Turtle Lovers	Senior Masculino	02:03:49	+54:56	07:44
106	2300	João Baldaia	Individual	Senior Masculino	02:03:55	+55:02	07:45
107	2155	Emanuel Damião	FEEL FREE	Senior Masculino	02:04:26	+55:33	07:47
108	2668	Filipe Fernandes	Sem Medo	Senior Masculino	02:04:28	+55:35	07:47
109	2766	Carlos Bastos	vale dos duros	Senior Masculino	02:04:34	+55:41	07:47
110	2339	Rui Miguel Barbosa Macário	Individual	Senior Masculino	02:04:41	+55:49	07:48
111	2305	Joao santos	Individual	Senior Masculino	02:04:44	+55:51	07:48
112	2225	Enrique Cunha	Geocrosstrail	Senior Masculino	02:04:49	+55:56	07:48
113	2168	Valter Samuel dos Santos Pinho	FEEL FREE	Senior Masculino	02:05:03	+56:10	07:49
114	2326	Paulo Silva	Individual	Senior Masculino	02:05:11	+56:18	07:49
115	2331	pedro oliveira	Individual	Senior Masculino	02:05:34	+56:41	07:51
116	2096	José Silva	Clube Trilheiros & Amigos	Senior Masculino	02:05:40	+56:47	07:51
117	2337	Rui Carril	Individual	Senior Masculino	02:05:55	+57:02	07:52
118	2062	Pedro Rodrigues	Boavista Trail	Senior Masculino	02:06:07	+57:14	07:53
119	2472	Bruno Neves	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	02:06:07	+57:14	07:53
120	2453	Marco Candeias	Juventude Cortegacense	Senior Masculino	02:06:10	+57:17	07:53
121	2010	Bruno Barros	ADSebolido Trail Boneca Douro	Senior Masculino	02:06:27	+57:34	07:54
122	2344	Tozé Ferreira	Individual	Senior Masculino	02:06:49	+57:56	07:56
123	2061	Ivo Pinto	BigSmile Team	Senior Masculino	02:06:51	+57:58	07:56
124	2320	Nuno Almeida	Individual	Senior Masculino	02:06:55	+58:02	07:56
125	2012	Manuel Lopes	ADSebolido Trail Boneca Douro	Senior Masculino	02:06:58	+58:05	07:56
126	2476	Marco Silva	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	02:07:17	+58:24	07:57
127	2317	Miguel Valente	Individual	Senior Masculino	02:07:22	+58:29	07:58
128	2309	Luis Neves	Individual	Senior Masculino	02:07:24	+58:31	07:58
129	2321	Nuno Botelho	Individual	Senior Masculino	02:07:26	+58:33	07:58

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Trilho do Guerreiro

16 KM

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OFFICIAL RESULT

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130	2455	Ricardo Teixeira	Juventude Cortegacense	Senior Masculino	02:07:30	+58:37	07:58
131	2316	Miguel Santos	Individual	Senior Masculino	02:07:32	+58:39	07:58
132	2113	HELDER CARRASQUEIRA	Dá-lhe Gás team	Senior Masculino	02:07:52	+58:59	08:00
133	2656	Mário Fonseca	runningesmoriz	Senior Masculino	02:08:19	+59:26	08:01
134	2223	Domingos ventura	Geocrosstrail	Senior Masculino	02:08:24	+59:31	08:02
135	2080	José Adérito Almeida Pinheiro	C.A.T.R-Correio de Albergaria Trail Running	Senior Masculino	02:08:42	+59:49	08:03
136	2313	Miguel A. Martins	Individual	Senior Masculino	02:08:45	+59:52	08:03
137	2506	Pedro Nuno Regal Domingues	Manguelas - Run/Walk TEAM	Senior Masculino	02:08:46	+59:53	08:03
138	2345	Vitor Mota	Individual	Senior Masculino	02:09:02	+01:00:09	08:04
139	2450	Filipe Nunes	Juventude Cortegacense	Senior Masculino	02:09:07	+01:00:14	08:04
140	2622	Miguel Barbosa	Powerrunners #1000pecadosparedes	Senior Masculino	02:10:09	+01:01:16	08:08
141	2298	Helder Pinto	Individual	Senior Masculino	02:10:20	+01:01:27	08:09
142	2342	Sérgio Filipe Maia de Sousa	Individual	Senior Masculino	02:11:09	+01:02:16	08:12
143	2325	Paulo Pinto	Individual	Senior Masculino	02:11:14	+01:02:21	08:12
144	2754	Ricardo Monteiro	Turbo Kings 2.0	Senior Masculino	02:11:29	+01:02:36	08:13
145	2261	Daniel correia A.D.A	Individual	Senior Masculino	02:11:33	+01:02:40	08:13
146	2781	Nelson Filipe Meneses Ferreira de Castro	Vitória!Vitória! Mais 1 pra história...	Senior Masculino	02:11:40	+01:02:47	08:14
147	2236	Fernando Sá	Good Vibes	Senior Masculino	02:11:57	+01:03:04	08:15
148	2507	Rui Jorge de Jesus Queirós	Manguelas - Run/Walk TEAM	Senior Masculino	02:12:01	+01:03:08	08:15
149	1107	Antonio Carlos Rocha	Individual	Senior Masculino	02:12:58	+01:04:05	08:19
150	2322	Nuno Correia	Individual	Senior Masculino	02:13:16	+01:04:23	08:20
151	2494	Rui Paiva	Limitless	Senior Masculino	02:13:35	+01:04:42	08:21
152	2505	Pedro Almeida	Manguelas - Run/Walk TEAM	Senior Masculino	02:13:36	+01:04:43	08:21
153	2224	Edgar Santiago	Geocrosstrail	Senior Masculino	02:14:25	+01:05:32	08:24
154	2333	ricardo duarte	Individual	Senior Masculino	02:15:06	+01:06:13	08:27
155	2680	Diogo Moreira	Sentir Escariz running	Senior Masculino	02:15:06	+01:06:13	08:27
156	2572	Ivo Gonçalves	ONDA TEAM	Senior Masculino	02:17:08	+01:08:15	08:34
157	2193	Vitor Sousa	Focoteam24	Senior Masculino	02:17:28	+01:08:35	08:36
158	2192	Vitor Silva	Focoteam24	Senior Masculino	02:17:28	+01:08:36	08:36
159	2226	Helder Samuel	Geocrosstrail	Senior Masculino	02:17:44	+01:08:51	08:37
160	2765	Nelson Fernando Barros Pedrogam	Turtle Lovers	Senior Masculino	02:18:56	+01:10:03	08:41
161	2537	Gastão Ferreira	nem que chova	Senior Masculino	02:20:08	+01:11:15	08:46
162	2532	Miguel Silva	Individual	Senior Masculino	02:20:12	+01:11:19	08:46
163	2238	André Barros	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:20:45	+01:11:52	08:48
164	2721	Tiago Neves	Tog Associação Running Team	Senior Masculino	02:20:46	+01:11:53	08:48
165	2050	Joao Oliveira	APERTA CORDÕES	Senior Masculino	02:22:04	+01:13:11	08:53
166	2747	João Pedro Portela	Turbo Kings 2.0	Senior Masculino	02:22:55	+01:14:02	08:56
167	2492	Jorge Quaresma	Limitless	Senior Masculino	02:23:08	+01:14:15	08:57
168	2514	Fernando Sérgio da Cunha Brandão	Mau Feitio	Senior Masculino	02:24:18	+01:15:25	09:01
169	2164	Nuno Costa	FEEL FREE	Senior Masculino	02:24:40	+01:15:47	09:03
170	2790	João Fernandes	Focoteam24	Senior Masculino	02:24:41	+01:15:48	09:03
171	2499	Álvaro da Silva Ribeiro	LUSOS XXI	Senior Masculino	02:25:13	+01:16:20	09:05
172	2302	João Lemos	Individual	Senior Masculino	02:26:04	+01:17:11	09:08

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Trilho do Guerreiro

16 KM

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173	2285	Bernardino Alexandre Nunes Brandão da Costa Assunção	Individual	Senior Masculino	02:28:16	+01:19:23	09:16
174	2329	Pedro Lopes	Individual	Senior Masculino	02:28:26	+01:19:33	09:17
175	2709	Bruno Daniel Aires Mota	Tainadas Run Team	Senior Masculino	02:28:39	+01:19:46	09:17
176	2491	Francisco	Limitless	Senior Masculino	02:28:40	+01:19:47	09:18
177	2719	André Moreira	Tog Associação Running Team	Senior Masculino	02:29:01	+01:20:08	09:19
178	2323	Nuno Pais Neto	Individual	Senior Masculino	02:29:02	+01:20:09	09:19
179	2283	ALEXANDRE MANUEL FERRO ROCHA	Individual	Senior Masculino	02:31:10	+01:22:17	09:27
180	2787	Rui Lopes	XSpartan	Senior Masculino	02:31:22	+01:22:29	09:28
181	2785	Marco Antonio Ferreira Miranda	XSpartan	Senior Masculino	02:31:23	+01:22:30	09:28
182	2786	Rodrigo Dinis Freitas	XSpartan	Senior Masculino	02:31:23	+01:22:30	09:28
183	2782	Nuno Miguel dos Santos Forte Eça	Vitória!Vitória! Mais 1 pra história...	Senior Masculino	02:31:28	+01:22:35	09:28
184	2007	Marcio Neves	ACR Fervença	Senior Masculino	02:31:34	+01:22:41	09:28
185	2343	Tiago Silva	Individual	Senior Masculino	02:33:48	+01:24:55	09:37
186	2130	Helder Teixeira	Eu e elas	Senior Masculino	02:33:52	+01:24:59	09:37
187	2082	Ricardo Manuel Almeida Santos	Cabritos da Montanha	Senior Masculino	02:38:33	+01:29:40	09:55
188	2167	Rui Costa	FEEL FREE	Senior Masculino	02:38:48	+01:29:55	09:56
189	2669	Marco Piments	Sem Medo	Senior Masculino	02:39:05	+01:30:12	09:57
190	2119	Ivo Nascimento	Equipa Boot	Senior Masculino	02:40:11	+01:31:19	10:01
191	2328	Pedro Barbosa	Individual	Senior Masculino	02:40:14	+01:31:21	10:01
192	2336	Rodolfo Alexandre Carvalho	Individual	Senior Masculino	02:40:46	+01:31:53	10:03
193	2646	Hélder Costa	RUNNING ESPINHO	Senior Masculino	02:41:42	+01:32:49	10:06
194	2142	Carlos Polónio	F4L	Senior Masculino	02:43:03	+01:34:10	10:11
195	2308	Luís Costa	Individual	Senior Masculino	02:43:19	+01:34:26	10:12
196	2720	Ismael Silva	Tog Associação Running Team	Senior Masculino	02:44:11	+01:35:18	10:16
197	2582	Nuno Silva	Os Alminhas	Senior Masculino	02:47:27	+01:38:34	10:28
198	2581	Jaime Azevedo	Os Alminhas	Senior Masculino	02:47:31	+01:38:38	10:28
199	2583	Pedro Lopes	Os Alminhas	Senior Masculino	02:47:31	+01:38:39	10:28
200	2584	Raul Leite	Os Alminhas	Senior Masculino	02:47:32	+01:38:39	10:28
201	2156	Gil Francisco Araujo Gonçalves	FEEL FREE	Senior Masculino	02:48:22	+01:39:29	10:31
202	2161	José Pinho	FEEL FREE	Senior Masculino	02:49:23	+01:40:30	10:35
203	2034	José Cruz	ALMA FITNESS	Senior Masculino	02:56:05	+01:47:12	11:00
204	2742	Antonio Monteiro	Turbo Kings 2.0	Senior Masculino	02:56:21	+01:47:28	11:01
205	2705	Ricardo Paiva	Strong Team	Senior Masculino	02:58:40	+01:49:47	11:10
206	2504	João Paulo Regal Sousa	Mangueiras - Run/Walk TEAM	Senior Masculino	03:05:31	+01:56:38	11:36
207	2644	António Soares	RUNNING ESPINHO	Senior Masculino	03:05:50	+01:56:57	11:37
208	2637	Alexander Marques	RHO Systems Runners	Senior Masculino	03:07:49	+01:58:56	11:44
209	2645	Carlos Costa	RUNNING ESPINHO	Senior Masculino	03:41:17	+02:32:24	13:50

Veterana F40

1	2635	Carla Araújo	Pupilos do Zé Tó	Veterana F40	01:34:03	+25:10	05:53
2	2547	Sandra Pereira	Nos Acreditamos	Veterana F40	01:45:20	+36:27	06:35
3	2457	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	01:54:56	+46:03	07:11
4	2670	Lurdes Pinheiro	Sem Medo	Veterana F40	01:55:10	+46:17	07:12
5	2574	Carla Gonçalves	ONDA TEAM	Veterana F40	01:56:55	+48:02	07:18

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Trilho do Guerreiro

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6	2078	Fátima Silva	Brincalhões	Veterana F40	01:57:51	+48:58	07:22
7	2563	Cidália Ferreira	Nova Linha Trail Runners	Veterana F40	01:58:47	+49:54	07:25
8	2759	Carina Pereira	Turminha	Veterana F40	01:59:06	+50:13	07:27
9	2067	Cristina S Silva	BoraBora, Vamos Lá!	Veterana F40	02:01:30	+52:37	07:36
10	2068	Cristina T Silva	BoraBora, Vamos Lá!	Veterana F40	02:01:30	+52:37	07:36
11	2770	Clotilde Santos	vale dos duros	Veterana F40	02:01:31	+52:38	07:36
12	2227	Monica oliveira	Geocrosstrail	Veterana F40	02:01:35	+52:42	07:36
13	2458	Anabela Moreira Cardoso	Juventude Cortegacense	Veterana F40	02:02:19	+53:26	07:39
14	2349	Brigitte Geria	Individual	Veterana F40	02:02:25	+53:32	07:39
15	2636	Suzana Duarte	Pupilos do Zé Tó	Veterana F40	02:03:04	+54:11	07:42
16	2660	Maribel Oliveira	runningesmoriz	Veterana F40	02:03:36	+54:43	07:44
17	2594	Lucinda Marques	Paredes Running	Veterana F40	02:03:48	+54:55	07:44
18	2348	Ana Alves	Individual	Veterana F40	02:05:19	+56:26	07:50
19	2784	ISABEL CARVALHO	WOLVES	Veterana F40	02:05:27	+56:34	07:50
20	2681	Flora Santos	Sentir Escariz running	Veterana F40	02:06:11	+57:18	07:53
21	2097	Anabela Carvalho	Clube Trilheiros & Amigos	Veterana F40	02:07:29	+58:37	07:58
22	2115	Fatima Anastácio	Dá-lhe Gás team	Veterana F40	02:08:03	+59:10	08:00
23	2002	Sandra Ferreira	#correratenumdarmais por Fernando Oliveira	Veterana F40	02:08:09	+59:17	08:01
24	2350	Carla palmeiro	Individual	Veterana F40	02:09:37	+01:00:44	08:06
25	2198	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:10:07	+01:01:14	08:08
26	2623	Sónia Garcês	Powerrunners #1000pecadosparedes	Veterana F40	02:10:09	+01:01:16	08:08
27	2546	Salomé sousa	Nos Acreditamos	Veterana F40	02:10:38	+01:01:45	08:10
28	2659	Andrea Moraes	runningesmoriz	Veterana F40	02:10:43	+01:01:50	08:10
29	2242	Ana Paula Barbosa Tavares	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	02:11:12	+01:02:19	08:12
30	2347	Alzira Branco	Individual	Veterana F40	02:11:50	+01:02:57	08:14
31	2360	Mena Silva	Individual	Veterana F40	02:12:36	+01:03:43	08:17
32	2202	Florinda carvalho	Gansos	Veterana F40	02:13:13	+01:04:20	08:20
33	2201	Cristina fonseca	Gansos	Veterana F40	02:13:13	+01:04:20	08:20
34	2111	Susana Duarte	CORRER VISEU	Veterana F40	02:13:18	+01:04:25	08:20
35	2107	Anabela Abreu	CORRER VISEU	Veterana F40	02:13:18	+01:04:26	08:20
36	2356	Lília Magalhães	Individual	Veterana F40	02:13:38	+01:04:45	08:21
37	2069	Eduarda Vinagre	BoraBora, Vamos Lá!	Veterana F40	02:16:32	+01:07:39	08:32
38	2063	Mónica Martins	BOMBEIROS BRASFEMES-TRAIL e BTT	Veterana F40	02:17:31	+01:08:38	08:36
39	2199	Rosa Soares	Fridão Sem Limites	Veterana F40	02:17:39	+01:08:46	08:36
40	2562	Amália Monteiro	Nova Linha Trail Runners	Veterana F40	02:18:33	+01:09:40	08:40
41	2228	Paula Almeida	Geocrosstrail	Veterana F40	02:18:35	+01:09:42	08:40
42	2353	CLÁUDIA SUSANA GUEDES DA SILVA FERREIRA HORTÊNSIO	Individual	Veterana F40	02:18:50	+01:09:57	08:41
43	2352	Cláudia Simões	Individual	Veterana F40	02:20:04	+01:11:11	08:45
44	2125	Paula Cruz	ESPINHO TRAIL TEAM	Veterana F40	02:20:22	+01:11:29	08:46
45	2169	Florbela Sá	FEEL FREE	Veterana F40	02:21:06	+01:12:14	08:49
46	2595	Sonia Silva	Paredes Running	Veterana F40	02:21:23	+01:12:30	08:50
47	2599	Sandra Sarabando	PEGA NA LANCHEIRA	Veterana F40	02:21:46	+01:12:54	08:52
48	2170	Rossana Ferreira	FEEL FREE	Veterana F40	02:21:49	+01:12:56	08:52

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Trilho do Guerreiro

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49	2135	Justa Ferreira	Exercise For You	Veterana F40	02:23:16	+01:14:23	08:57
50	2055	Cidália Rodrigues	Arca BarcelosRunners	Veterana F40	02:26:06	+01:17:13	09:08
51	2184	Mónica Margaride	Fit2labor	Veterana F40	02:26:29	+01:17:36	09:09
52	2174	Andreia Almeida	FEEL FREE	Veterana F40	02:26:30	+01:17:37	09:09
53	2359	maria sousa	Individual	Veterana F40	02:28:00	+01:19:08	09:15
54	2614	ISABEL VIEIRA	PORTOCARGO RUNNERS	Veterana F40	02:28:49	+01:19:56	09:18
55	2613	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F40	02:29:14	+01:20:21	09:20
56	2037	Sónia Pinho	ALMA FITNESS	Veterana F40	02:29:41	+01:20:48	09:21
57	2035	Paula Martins	ALMA FITNESS	Veterana F40	02:29:42	+01:20:49	09:21
58	2761	Susana Ferreira	Turminha	Veterana F40	02:29:53	+01:21:00	09:22
59	2760	Fatima Ribeiro	Turminha	Veterana F40	02:29:56	+01:21:03	09:22
60	2496	Manuela Silva	LOBOS DO MONTE - LOUSADO	Veterana F40	02:31:20	+01:22:27	09:28
61	2661	Paula Sousa	runningesmoriz	Veterana F40	02:31:41	+01:22:48	09:29
62	2354	Gisela de Sousa Ferreira Avelar	Individual	Veterana F40	02:32:05	+01:23:12	09:30
63	2627	Catarina Azevedo	Powerrunteam	Veterana F40	02:33:21	+01:24:28	09:35
64	2109	Lurdes Belo	CORRER VISEU	Veterana F40	02:33:22	+01:24:29	09:35
65	2629	Susana Azevedo	Powerrunteam	Veterana F40	02:33:23	+01:24:30	09:35
66	2106	Ana Silva	CORRER VISEU	Veterana F40	02:35:14	+01:26:21	09:42
67	2108	Filipa Aparício	CORRER VISEU	Veterana F40	02:35:21	+01:26:28	09:43
68	2110	Paula Lourenço	CORRER VISEU	Veterana F40	02:35:21	+01:26:28	09:43
69	2364	Sandra Gonçalves	Individual	Veterana F40	02:35:46	+01:26:54	09:44
70	2365	Sara Azevedo	Individual	Veterana F40	02:35:52	+01:26:59	09:45
71	2134	Isabel Rocha	Exercise For You	Veterana F40	02:36:03	+01:27:10	09:45
72	2243	Cristina Ferreira de Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	02:38:26	+01:29:33	09:54
73	2783	Cristina Coelho	WOLVES	Veterana F40	02:39:41	+01:30:48	09:59
74	2533	Claudia Sardinha	NAST	Veterana F40	02:39:52	+01:30:59	10:00
75	2508	Anabela Moraes Borges	Manguelas - Run/Walk TEAM	Veterana F40	02:40:20	+01:31:27	10:01
76	2351	Claudia Silva	Individual	Veterana F40	02:40:46	+01:31:53	10:03
77	2612	CARLA XAVIER	PORTOCARGO RUNNERS	Veterana F40	02:42:09	+01:33:16	10:08
78	2355	Isabel Portela	Individual	Veterana F40	02:43:13	+01:34:20	10:12
79	2589	Eduarda Sá	Papaléguas	Veterana F40	02:45:53	+01:37:01	10:22
80	2722	Goreti Rocha	Tog Associação Running Team	Veterana F40	02:45:59	+01:37:06	10:22
81	2361	Olinda Raquel Teixeira Mendes	Individual	Veterana F40	02:46:46	+01:37:53	10:25
82	2131	Rute Costa	Eu e elas	Veterana F40	02:49:51	+01:40:58	10:37
83	2723	Isilda Silva	Tog Associação Running Team	Veterana F40	02:51:13	+01:42:20	10:42
84	2137	Sandra Pinto	Exercise For You	Veterana F40	02:52:01	+01:43:08	10:45
85	2136	Lurdes Sanguedo	Exercise For You	Veterana F40	02:52:01	+01:43:08	10:45
86	2628	Lurdes Cruz	Powerrunteam	Veterana F40	02:53:11	+01:44:18	10:49
87	2626	Carla Cruz	Powerrunteam	Veterana F40	02:53:22	+01:44:29	10:50
88	2789	Jeannette Lopez	Individual	Veterana F40	02:55:11	+01:46:18	10:57
89	2036	Sandra Silva	ALMA FITNESS	Veterana F40	02:55:46	+01:46:53	10:59
90	2124	Cristina Duarte	ESPINHO TRAIL TEAM	Veterana F40	02:56:21	+01:47:28	11:01
91	2671	Sandra Carvalho	Sem Medo	Veterana F40	02:58:38	+01:49:45	11:10
92	2649	Dora Rocha	RUNNING ESPINHO	Veterana F40	03:01:05	+01:52:12	11:19
93	2648	Ana Ribeiro	RUNNING ESPINHO	Veterana F40	03:14:31	+02:05:38	12:09
94	2024	paula grdade	aiquedoi	Veterana F40	03:25:42	+02:16:50	12:51

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Trilho do Guerreiro

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95	2362	Patrícia Adriana Antonio da Silva	Individual	Veterana F40	03:40:24	+02:31:31	13:47
96	2367	Zaíra de Paula dos Santos Lopes	Individual	Veterana F40	03:44:22	+02:35:29	14:01

Veterana F50

1	2459	ISABEL PEREIRA	Juventude Cortegacense	Veterana F50	01:59:24	+50:31	07:28
2	2549	Martinha Alves	Nos Acreditamos	Veterana F50	02:08:13	+59:20	08:01
3	2568	Maria Jose Correia	Oiteameia	Veterana F50	02:08:17	+59:24	08:01
4	2039	Salome Oliveira	ALMA FITNESS	Veterana F50	02:09:16	+01:00:23	08:05
5	2518	Maria Conceição Mano	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:09:29	+01:00:36	08:06
6	2172	Fernanda Almeida	FEEL FREE	Veterana F50	02:11:10	+01:02:17	08:12
7	2586	Fátima Malta	out 2 run/Miro	Veterana F50	02:13:02	+01:04:09	08:19
8	2730	Isabel Ventura	TRIBO NR	Veterana F50	02:13:08	+01:04:15	08:19
9	2244	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	02:13:46	+01:04:53	08:22
10	2509	Maria Fátima Magalhães carvalho Silva	Manguelas - Run/Walk TEAM	Veterana F50	02:22:22	+01:13:29	08:54
11	2460	Manuela Castelo	Juventude Cortegacense	Veterana F50	02:24:12	+01:15:19	09:01
12	2038	Isabel Valente	ALMA FITNESS	Veterana F50	02:26:06	+01:17:13	09:08
13	2368	Aurora Cardoso	Individual	Veterana F50	02:28:04	+01:19:11	09:15
14	2369	Maria Coelho	Individual	Veterana F50	02:29:42	+01:20:49	09:21
15	2461	Maria Elisabete Pinho Pereira Mendonça	Juventude Cortegacense	Veterana F50	02:30:53	+01:22:00	09:26
16	2003	Maria Cidalia Teixeira da Silva	#correratenumdarmais por Fernando Oliveira	Veterana F50	02:34:35	+01:25:42	09:40
17	2084	rosinda macedo	Caga Tacos Running Team	Veterana F50	02:44:30	+01:35:37	10:17
18	2099	Celina Baptista	CNCBacadapasso	Veterana F50	02:47:29	+01:38:36	10:28
19	2083	fatima lopes	Caga Tacos Running Team	Veterana F50	02:49:49	+01:40:56	10:37
20	2725	Raquel Marques	Tog Associação Running Team	Veterana F50	02:51:10	+01:42:17	10:42
21	2724	Deolinda Campanhã	Tog Associação Running Team	Veterana F50	02:51:13	+01:42:20	10:42
22	2370	ROSA BISPO	Individual	Veterana F50	02:53:48	+01:44:55	10:52
23	2126	Ana Duarte	ESPINHO TRAIL TEAM	Veterana F50	02:56:38	+01:47:45	11:02
24	2025	lena falcao	aiguedoi	Veterana F50	03:25:34	+02:16:41	12:51

Veterano M40

1	2694	JOÃO PAULO PEREIRA BARBOSA	Sporting Clube Espinho / António Leitão	Veterano M40	01:16:42	+07:49	04:48
2	2054	Orlando Barbosa	APERTA CORDÕES	Veterano M40	01:17:33	+08:40	04:51
3	2090	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M40	01:19:01	+10:08	04:56
4	2693	ANTÓNIO FILIPE BASTOS FONTES	Sporting Clube Espinho / António Leitão	Veterano M40	01:19:36	+10:43	04:59
5	2553	Paulo sousa	Nos Acreditamos	Veterano M40	01:22:45	+13:53	05:10
6	2389	João Mortágua	Individual	Veterano M40	01:23:05	+14:12	05:12
7	2017	José Oliveira	AFIS OVAR	Veterano M40	01:24:09	+15:16	05:16
8	2566	Valter Correia	Nova Linha Trail Runners	Veterano M40	01:24:40	+15:47	05:18
9	1085	Paulo Campos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:24:48	+15:55	05:18

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Trilho do Guerreiro

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10	2527	José Correia	NAC TRAIL	Veterano M40	01:25:11	+16:18	05:19
11	2539	Jorge Rebelo	nem que chova	Veterano M40	01:25:54	+17:01	05:22
12	2397	José Paulo da Silva Gomes	Individual	Veterano M40	01:29:27	+20:34	05:35
13	2565	José Fernandes	Nova Linha Trail Runners	Veterano M40	01:30:00	+21:07	05:38
14	2517	Vitor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:30:13	+21:20	05:38
15	2377	Carlos Familiar	Individual	Veterano M40	01:30:19	+21:26	05:39
16	2375	Carlos Alberto de Lima Bruno	Individual	Veterano M40	01:31:14	+22:22	05:42
17	2018	José Tavares Barbosa	AFIS OVAR	Veterano M40	01:33:32	+24:39	05:51
18	2464	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	01:34:22	+25:29	05:54
19	2617	MARCO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	01:34:24	+25:31	05:54
20	2463	Joel Sequeira	Juventude Cortegacense	Veterano M40	01:35:29	+26:36	05:58
21	2098	Manuel Freire	Clube Trilheiros & Amigos	Veterano M40	01:36:05	+27:12	06:00
22	2087	Miguel Rego	Clube Atlético Chibinha	Veterano M40	01:37:42	+28:49	06:06
23	2392	Jorge Macedo	Individual	Veterano M40	01:41:29	+32:36	06:21
24	2177	Paulo Martins	FEEL FREE	Veterano M40	01:42:01	+33:08	06:23
25	2756	José Augusto Pinto	Turbo Kings 2.0	Veterano M40	01:42:55	+34:02	06:26
26	2045	António Júlio Teixeira Pinto	Alpha Running	Veterano M40	01:43:04	+34:11	06:27
27	2004	César Rocha	#correratenumdarmais por Fernando Oliveira	Veterano M40	01:45:04	+36:11	06:34
28	2550	Armando Cardoso	Nos Acreditamos	Veterano M40	01:46:17	+37:24	06:39
29	2480	Bruno Santos	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:46:30	+37:37	06:39
30	2481	Jorge Silva	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:46:31	+37:38	06:39
31	2526	David Malva	NAC TRAIL	Veterano M40	01:46:48	+37:55	06:41
32	2009	Dinis	Adosa - Os Santa Apolónia	Veterano M40	01:47:08	+38:15	06:42
33	2695	JORGE FERNANDO SILVA MARQUES COELHO	Sporting Clube Espinho / António Leitão	Veterano M40	01:47:09	+38:16	06:42
34	2800	Carlos Alberto Soares Moreira	Alpha Running	Veterano M40	01:47:11	+38:18	06:42
35	2630	José Carlos Cardoso Moreira	Powerrunteam	Veterano M40	01:48:48	+39:55	06:48
36	2632	Pedro Cruz	Powerrunteam	Veterano M40	01:48:48	+39:55	06:48
37	2631	Nuno Pinho	Powerrunteam	Veterano M40	01:48:49	+39:56	06:48
38	2402	Manuel Candeias	Individual	Veterano M40	01:49:36	+40:43	06:51
39	2048	Marco António Alves Miranda	Alpha Running	Veterano M40	01:50:18	+41:25	06:54
40	2205	Paulo Loureiro	Gapafit Castro Daire	Veterano M40	01:50:25	+41:32	06:54
41	1240	Vitor Ferreira	Nova Linha Trail Runners	Veterano M40	01:50:36	+41:43	06:55
42	2005	Rui Sergio Pinheiro da Costa Rodrigues Dias	#correratenumdarmais por Fernando Oliveira	Veterano M40	01:50:46	+41:53	06:55
43	2396	Jose Manuel Ribeiro Machado	Individual	Veterano M40	01:52:21	+43:28	07:01
44	2416	Rui Freitas	Individual	Veterano M40	01:52:35	+43:42	07:02
45	2772	José Roque	vale dos duros	Veterano M40	01:52:44	+43:51	07:03
46	2230	Ricardo Godinho	Geocrosstrail	Veterano M40	01:52:44	+43:51	07:03
47	2406	Nuno Fernandes	Individual	Veterano M40	01:53:07	+44:14	07:04
48	2684	Marco Jorge Moreira Teixeira de aguiar	Serafim moreira	Veterano M40	01:53:10	+44:17	07:04
49	2173	Alexandre Saraiva	FEEL FREE	Veterano M40	01:53:22	+44:29	07:05
50	2398	José Pedro Santos Silva	Individual	Veterano M40	01:54:11	+45:18	07:08
51	2417	Rui Pascoal	Individual	Veterano M40	01:54:43	+45:50	07:10

Trilho do Guerreiro

16 KM

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OFFICIAL RESULT

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52	2410	Paulo Sérgio Lima	Individual	Veterano M40	01:54:43	+45:50	07:10
53	2728	Paulo Santos	Tog Associação Running Team	Veterano M40	01:54:44	+45:52	07:10
54	2564	Daniel Vieira	Nova Linha Trail Runners	Veterano M40	01:55:07	+46:15	07:12
55	2390	João Paulo de Sousa e Silva	Individual	Veterano M40	01:55:32	+46:39	07:13
56	2696	Rui Miguel Coelho dos Santos Caralinda Silva	Sporting Clube Espinho / António Leitão	Veterano M40	01:55:33	+46:40	07:13
57	2378	Carlos Rodrigues	Individual	Veterano M40	01:55:36	+46:43	07:14
58	2178	Ricardo Ferreira	FEEL FREE	Veterano M40	01:55:48	+46:55	07:14
59	2403	Manuel Mendes Peixoto	Individual	Veterano M40	01:56:59	+48:06	07:19
60	2727	Paulo Carvalho	Tog Associação Running Team	Veterano M40	01:57:06	+48:13	07:19
61	2465	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	01:57:21	+48:28	07:20
62	2231	Vitor Paulino	GMCJamor	Veterano M40	01:57:41	+48:48	07:21
63	2774	Miguel Barbosa	vale dos duros	Veterano M40	01:58:00	+49:07	07:23
64	2538	Ivo Pereira	nem que chova	Veterano M40	01:58:01	+49:08	07:23
65	2618	NUNO TEIXEIRA	PORTOCARGO RUNNERS	Veterano M40	01:58:02	+49:09	07:23
66	2042	Marco Costa	ALMA FITNESS	Veterano M40	01:58:08	+49:15	07:23
67	2203	Alcino tavares	Gansos	Veterano M40	01:58:22	+49:29	07:24
68	2423	Tony Matias	Individual	Veterano M40	01:58:51	+49:58	07:26
69	2551	Cristiano ferreira	Nos Acreditamos	Veterano M40	01:59:01	+50:08	07:26
70	2383	Filipe MAdureira	Individual	Veterano M40	01:59:30	+50:37	07:28
71	2596	Antonio Barbosa	Paredes Running	Veterano M40	01:59:37	+50:44	07:29
72	2601	Celso Maia	PEGA NA LANCHEIRA	Veterano M40	01:59:38	+50:45	07:29
73	2482	Miguel Miranda	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:59:41	+50:48	07:29
74	2519	Vítor Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:59:45	+50:52	07:29
75	2041	José Manuel Oliveira	ALMA FITNESS	Veterano M40	02:00:30	+51:37	07:32
76	2415	Rui Ferreira	Individual	Veterano M40	02:00:56	+52:03	07:34
77	2424	Williams Rodriguez	Individual	Veterano M40	02:01:32	+52:39	07:36
78	2773	Luís Ferreira	vale dos duros	Veterano M40	02:01:32	+52:39	07:36
79	2373	Antonio leal Leal	Individual	Veterano M40	02:01:44	+52:51	07:37
80	2771	Alberto Ferreira	vale dos duros	Veterano M40	02:01:45	+52:52	07:37
81	1332	Ricardo Sousa	Factor X/S4L/ Medense FC	Veterano M40	02:01:53	+53:00	07:37
82	2411	Pedro Pombal	Individual	Veterano M40	02:02:07	+53:14	07:38
83	2073	Vitor Barreto	BoraBora, Vamos Lá!	Veterano M40	02:02:27	+53:34	07:39
84	2633	Rui Costa	Powerrunteam	Veterano M40	02:02:41	+53:48	07:40
85	2395	José Carlos Silva	Individual	Veterano M40	02:02:43	+53:51	07:40
86	2379	Daniel correia A.D.A	Individual	Veterano M40	02:02:47	+53:54	07:40
87	2804	Paulo Cortinhas	Individual	Veterano M40	02:02:48	+53:55	07:41
88	2091	Rolando Costa	Clube Pessoal Aguas Gaia	Veterano M40	02:02:52	+53:59	07:41
89	2414	Ricardo Santos	Individual	Veterano M40	02:02:57	+54:04	07:41
90	2372	André Barroso	Individual	Veterano M40	02:03:02	+54:09	07:41
91	2606	pedro brizado	pipb	Veterano M40	02:03:09	+54:17	07:42
92	2138	José Ferreira	Exercise For You	Veterano M40	02:03:12	+54:19	07:42
93	2405	Mário Noronha	Individual	Veterano M40	02:03:25	+54:32	07:43
94	2484	Zé Cunha	Lá Família	Veterano M40	02:03:31	+54:38	07:43
95	2419	Sérgio Assunção	Individual	Veterano M40	02:03:32	+54:39	07:43

Trilho do Guerreiro

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96	2200	Manuel Teixeira	Fridão Sem Limites	Veterano M40	02:04:19	+55:27	07:46
97	2409	Paulo Ribeiro	Individual	Veterano M40	02:05:01	+56:08	07:49
98	2466	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	Veterano M40	02:05:06	+56:13	07:49
99	2088	Rui Cardoso	Clube Atlético Chibinha	Veterano M40	02:05:19	+56:26	07:50
100	2535	Jose Martins	NAST	Veterano M40	02:05:40	+56:47	07:51
101	2554	Victor dias	Nos Acreditamos	Veterano M40	02:05:56	+57:03	07:52
102	2421	SILVIO MIGUEL ALVES FERREIRA	Individual	Veterano M40	02:05:57	+57:05	07:52
103	2682	Fernando Brandão	Sentir Escariz running	Veterano M40	02:06:35	+57:42	07:55
104	2072	Pedro Miguel Pinto	BoraBora, Vamos Lá!	Veterano M40	02:06:46	+57:53	07:55
105	2413	Ricardo Nordeste	Individual	Veterano M40	02:06:51	+57:58	07:56
106	2462	Hélder Fernandes da Rocha	Juventude Cortegacense	Veterano M40	02:07:30	+58:37	07:58
107	2662	Américo Fonseca	runningesmoriz	Veterano M40	02:07:31	+58:38	07:58
108	2116	Julio Loureiro	Dá-lhe Gás team	Veterano M40	02:07:46	+58:53	07:59
109	2381	David Paiva	Individual	Veterano M40	02:07:58	+59:05	08:00
110	2775	Miguel Ferreira	vale dos duros	Veterano M40	02:08:10	+59:17	08:01
111	2412	Ricardo José Silva Lopes	Individual	Veterano M40	02:08:12	+59:19	08:01
112	2047	Douglas César Oliveira de Pinho	Alpha Running	Veterano M40	02:08:13	+59:20	08:01
113	2032	José Carneiro	ALIANÇA DE GANDRA	Veterano M40	02:08:43	+59:50	08:03
114	2663	Víctor Sousa	runningesmoriz	Veterano M40	02:10:24	+01:01:31	08:09
115	2510	Nuno Couto	Manguelas - Run/Walk TEAM	Veterano M40	02:11:48	+01:02:55	08:14
116	2603	Joao Morgado	PEGA NA LANCHEIRA	Veterano M40	02:11:48	+01:02:55	08:14
117	2376	Carlos Azevedo	Individual	Veterano M40	02:11:49	+01:02:56	08:14
118	2175	Jorge Miguel dos Santos Leito	FEEL FREE	Veterano M40	02:12:07	+01:03:14	08:15
119	2081	João Lourenço	C+ RUNNERS	Veterano M40	02:13:07	+01:04:14	08:19
120	2404	Marco Mendes	Individual	Veterano M40	02:13:14	+01:04:21	08:20
121	2587	Ricardo Diogo	OZXTREME	Veterano M40	02:13:47	+01:04:54	08:22
122	2490	Filipe Simões	Lama Solta	Veterano M40	02:14:17	+01:05:24	08:24
123	2401	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	02:15:07	+01:06:15	08:27
124	2673	Pedro Pimenta	Sem Medo	Veterano M40	02:15:30	+01:06:37	08:28
125	2697	Rui Miguel Oliveira	Sporting Clube Espinho / António Leitão	Veterano M40	02:15:49	+01:06:56	08:29
126	2380	Daniel Gomes	Individual	Veterano M40	02:15:56	+01:07:03	08:30
127	2387	JoAo h sousa	Individual	Veterano M40	02:16:18	+01:07:25	08:31
128	2602	Helder Maia	PEGA NA LANCHEIRA	Veterano M40	02:16:42	+01:07:49	08:33
129	2388	João Leal Fernandes	Individual	Veterano M40	02:16:44	+01:07:51	08:33
130	2195	Manuel Magalhães	Focoteam24	Veterano M40	02:17:28	+01:08:35	08:36
131	2132	Vitor Teixeira	Eu e elas	Veterano M40	02:17:34	+01:08:41	08:36
132	2086	Hans Peter Grebe	Cavaleiros de Inês de Castro	Veterano M40	02:17:48	+01:08:55	08:37
133	2391	João Paulo Pereira Hortênsio	Individual	Veterano M40	02:18:50	+01:09:57	08:41
134	2385	Helder Gabriel Ribeiro	Individual	Veterano M40	02:20:03	+01:11:10	08:45
135	2531	Paulo Ribeiro	Individual	Veterano M40	02:20:11	+01:11:18	08:46
136	2071	António Matos	BoraBora, Vamos Lá!	Veterano M40	02:20:31	+01:11:38	08:47
137	2079	Rui Rocha	Brincalhões	Veterano M40	02:20:59	+01:12:06	08:49
138	2763	Rui Assunção	Turminha	Veterano M40	02:21:24	+01:12:31	08:50
139	2393	Jorge Miguel Contreiras de Matos de Figueiredo Ribeiro	Individual	Veterano M40	02:21:36	+01:12:43	08:51

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140	2600	Amandio Monica	PEGA NA LANCHEIRA	Veterano M40	02:21:47	+01:12:54	08:52
141	2179	Rony Santos	FEEL FREE	Veterano M40	02:21:50	+01:12:57	08:52
142	2500	Manuel Pacheco Ferreira de Magalhães	LUSOS XXI	Veterano M40	02:21:54	+01:13:01	08:52
143	2064	Hugo Silva	BOMBEIROS BRASFEMES-TRAIL e BTT	Veterano M40	02:22:54	+01:14:01	08:56
144	2726	Carlos Conde	Tog Associação Running Team	Veterano M40	02:23:00	+01:14:07	08:56
145	2196	Rui Mendes	Focoteam24	Veterano M40	02:23:09	+01:14:16	08:57
146	2605	Oscar Lopes	PEGA NA LANCHEIRA	Veterano M40	02:26:57	+01:18:04	09:1
147	2384	Francisco Caldas	Individual	Veterano M40	02:27:12	+01:18:19	09:12
148	2400	José Pinho	Individual	Veterano M40	02:27:12	+01:18:19	09:12
149	2245	João Fonseca	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	02:27:16	+01:18:23	09:12
150	2251	Jorge VAZ	Ibarra_Vaz	Veterano M40	02:28:15	+01:19:22	09:16
151	2252	Luís Sargo	Ibarra_Vaz	Veterano M40	02:28:15	+01:19:22	09:16
152	2604	Nuno Fernandes	PEGA NA LANCHEIRA	Veterano M40	02:28:19	+01:19:26	09:16
153	2762	António Pereira	Turminha	Veterano M40	02:28:58	+01:20:05	09:19
154	2708	Pedro Perpétua	Strong Team	Veterano M40	02:29:00	+01:20:07	09:19
155	2382	Fernando Rodrigues	Individual	Veterano M40	02:29:42	+01:20:49	09:21
156	2616	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	02:30:56	+01:22:03	09:26
157	2497	NUNO SILVA	LOBOS DO MONTE - LOUSADO	Veterano M40	02:31:20	+01:22:27	09:28
158	2229	Paulo Gomes	Geocrosstrail	Veterano M40	02:31:21	+01:22:28	09:28
159	2408	Paulo Manuel Soares Silva	Individual	Veterano M40	02:32:05	+01:23:13	09:30
160	2399	José Pereira	Individual	Veterano M40	02:34:09	+01:25:16	09:38
161	2112	Manuel Almeida	CORRER VISEU	Veterano M40	02:35:14	+01:26:21	09:42
162	2422	Tiago Manuel Gonçalves Correia da Silva	Individual	Veterano M40	02:36:52	+01:27:59	09:48
163	2176	Paulo Calheiros	FEEL FREE	Veterano M40	02:40:10	+01:31:17	10:01
164	2394	José Alberto Martins	Individual	Veterano M40	02:40:24	+01:31:31	10:02
165	2619	PAULO FERREIRA	PORTOCARGO RUNNERS	Veterano M40	02:42:09	+01:33:16	10:08
166	2374	Bruno Malheiro	Individual	Veterano M40	02:42:10	+01:33:17	10:08
167	2597	Luis Ribeiro	Paredes Running	Veterano M40	02:42:46	+01:33:53	10:10
168	2144	Jorge Sanches	F4L	Veterano M40	02:44:03	+01:35:10	10:15
169	2407	Nuno Garcia	Individual	Veterano M40	02:44:13	+01:35:20	10:16
170	2590	Pedro leite	Papaléguas	Veterano M40	02:45:54	+01:37:01	10:22
171	2585	Mario Neves	Os Alminhas	Veterano M40	02:47:33	+01:38:40	10:28
172	139	Luís Miguel Moreira dos Santos	Trailistas Eu é que sei!	Veterano M40	02:47:42	+01:38:49	10:29
173	2053	Nuno leão	APERTA CORDÕES	Veterano M40	02:49:23	+01:40:30	10:35
174	2043	Pedro Bastos	ALMA FITNESS	Veterano M40	02:49:30	+01:40:38	10:36
175	2052	Elio Gocalves	APERTA CORDÕES	Veterano M40	02:50:06	+01:41:13	10:38
176	2040	Daniel Sousa	ALMA FITNESS	Veterano M40	02:56:04	+01:47:11	11:00
177	2672	Armindo Carvalho	Sem Medo	Veterano M40	02:58:38	+01:49:45	11:10
178	2026	joao simoes	aiguedoi	Veterano M40	03:23:13	+02:14:20	12:42

Veterano M50

1	2559	Francisco Lemos	Nos Acreditamos	Veterano M50	01:22:44	+13:51	05:10
2	2425	Adriano de Freitas Teixeira	Individual	Veterano M50	01:24:16	+15:23	05:16

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Trilho do Guerreiro

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3	2698	Manuel jose Gomes Correia	Sporting Clube Espinho / António Leitão	Veterano M50	01:24:42	+15:49	05:18
4	2557	António Pereira	Nos Acreditamos	Veterano M50	01:24:47	+15:54	05:18
5	2468	Celso Lino Oliveira Gomes	Juventude Cortegacense	Veterano M50	01:28:25	+19:32	05:32
6	2439	Nelson Ramos	Individual	Veterano M50	01:31:13	+22:20	05:42
7	2536	Paulo Quintas	NAST	Veterano M50	01:31:39	+22:46	05:44
8	2253	Artur Lima	IBERC	Veterano M50	01:33:53	+25:00	05:52
9	2016	Paulo Correia	ADSebolido Trail Boneca Douro	Veterano M50	01:37:42	+28:49	06:06
10	2015	José Alves	ADSebolido Trail Boneca Douro	Veterano M50	01:41:06	+32:13	06:19
11	2556	Antonio cunha	Nos Acreditamos	Veterano M50	01:41:17	+32:24	06:20
12	2776	António Oliveira	vale dos duros	Veterano M50	01:41:44	+32:51	06:22
13	2469	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	01:43:50	+34:57	06:29
14	2470	Paulo Castelo	Juventude Cortegacense	Veterano M50	01:45:17	+36:24	06:35
15	2560	Joaquim silva	Nos Acreditamos	Veterano M50	01:45:18	+36:25	06:35
16	2674	Antonio Coelho	Sem Medo	Veterano M50	01:49:38	+40:45	06:51
17	2570	Hilario Costa	Oiteameia	Veterano M50	01:53:15	+44:22	07:05
18	2442	Paulo Rodrigues	Individual	Veterano M50	01:53:48	+44:55	07:07
19	2139	Joaquim Rocha	Exercise For You	Veterano M50	01:57:43	+48:50	07:21
20	2058	José Julião	Atletismo Clube da Tocha	Veterano M50	01:58:43	+49:50	07:25
21	2511	Joaquim Vicente Ferreira Sousa	Manguelas - Run/Walk TEAM	Veterano M50	01:59:17	+50:24	07:27
22	2094	José Barbosa	Clube Pessoal Aguas Gaia	Veterano M50	01:59:19	+50:26	07:27
23	2092	Jorge Santos	Clube Pessoal Aguas Gaia	Veterano M50	01:59:19	+50:26	07:27
24	2729	Manuel Barros	Tog Associação Running Team	Veterano M50	02:02:21	+53:28	07:39
25	2432	Joaquim Manuel da Costa Moreira	Individual	Veterano M50	02:03:12	+54:19	07:42
26	2426	ANTONIO TEIXEIRA	Individual	Veterano M50	02:03:45	+54:52	07:44
27	2578	Manuel Ferreira	ONDA TEAM	Veterano M50	02:03:52	+54:59	07:45
28	2801	Antonio Silva	Pupilos do Zé To	Veterano M50	02:03:52	+54:59	07:45
29	2675	José Leça	Sem Medo	Veterano M50	02:04:27	+55:34	07:47
30	2567	Florindo Pereira	Nova Linha Trail Runners	Veterano M50	02:04:49	+55:56	07:48
31	2445	Vitor Oliveira	Individual	Veterano M50	02:05:19	+56:26	07:50
32	2438	Manuel Moreira	Individual	Veterano M50	02:06:23	+57:30	07:54
33	2217	Mário Nunes	GELCENTRO	Veterano M50	02:06:25	+57:32	07:54
34	2523	João Pedro Gonçalves	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:06:51	+57:58	07:56
35	2430	João Bernardo	Individual	Veterano M50	02:07:25	+58:32	07:58
36	2467	Augusto Santos Silva	Juventude Cortegacense	Veterano M50	02:07:32	+58:39	07:58
37	2181	António Correia	FEEL FREE	Veterano M50	02:08:07	+59:14	08:00
38	2558	Fernando silva	Nos Acreditamos	Veterano M50	02:08:12	+59:20	08:01
39	2429	Joaquim Ferreira	Individual	Veterano M50	02:08:17	+59:24	08:01
40	2569	Fernando Mautempo	Oiteameia	Veterano M50	02:08:18	+59:25	08:01
41	2440	Paulo Cabral	Individual	Veterano M50	02:11:05	+01:02:12	08:12
42	2327	Adriano Coutinho	Murtosa night runners	Veterano M50	02:12:00	+01:03:07	08:15
43	1205	Paulo AGC Ribeiro	Individual	Veterano M50	02:12:58	+01:04:05	08:19
44	2431	João Teixeira	Individual	Veterano M50	02:13:16	+01:04:23	08:20
45	2700	Carlos Magalhães	Squadra Di Potenza	Veterano M50	02:13:31	+01:04:38	08:21
46	2555	Álvaro Cardoso.	Nos Acreditamos	Veterano M50	02:14:28	+01:05:35	08:24
47	2740	Carlos Costa	Trogloditas runners	Veterano M50	02:15:31	+01:06:38	08:28

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48	2074	Augusto Costa	BoraBora, Vamos Lá!	Veterano M50	02:17:39	+01:08:46	08:36
49	2435	José Paula	Individual	Veterano M50	02:17:45	+01:08:52	08:37
50	2607	isidro silva	pipb	Veterano M50	02:17:56	+01:09:03	08:37
51	2246	David Nogueira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:18:47	+01:09:54	08:40
52	2534	João Silva	Individual	Veterano M50	02:20:13	+01:11:20	08:46
53	2437	luis paulo silva ferreira	Individual	Veterano M50	02:20:49	+01:11:56	08:48
54	2524	José Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:21:17	+01:12:25	08:50
55	1302	Fernando Vital	Tog Associação Running Team	Veterano M50	02:21:22	+01:12:29	08:50
56	2540	Clemente Meireles	nem que chova	Veterano M50	02:26:24	+01:17:31	09:09
57	2183	Paulo Santareno	FEEL FREE	Veterano M50	02:26:30	+01:17:37	09:09
58	2248	Luiz Blanquet	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:27:04	+01:18:11	09:12
59	2620	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	02:28:42	+01:19:49	09:18
60	2520	Álvaro Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:28:49	+01:19:56	09:18
61	2522	Fernando Miranda	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:28:52	+01:19:59	09:18
62	2028	jose luis cruz	aiquedoi	Veterano M50	02:30:51	+01:21:58	09:26
63	2441	Paulo Jorge Vitor Caseiro	Individual	Veterano M50	02:32:33	+01:23:40	09:32
64	2521	Carlos Santos	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:40:08	+01:31:16	10:01
65	2085	antonio macedo	Caga Tacos Running Team	Veterano M50	02:44:30	+01:35:37	10:17
66	2443	Paulo Silva	Individual	Veterano M50	02:46:28	+01:37:35	10:24
67	2100	Carlos navega	CNCBacadapasso	Veterano M50	02:47:31	+01:38:38	10:28
68	2247	Fernando Ferreira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:51:23	+01:42:30	10:43
69	2436	José Pires Lima	Individual	Veterano M50	02:53:48	+01:44:55	10:52
70	2427	CARLOS CORREIA	Individual	Veterano M50	02:55:11	+01:46:18	10:57

Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:15	1.8°C	70%
End	14:00	1.8°C	70%

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

1	2276	Sandra Araújo	Individual	Senior Feminino	01:32:10	+23:17	05:46
2	2528	Joana Rodrigues	NAST	Senior Feminino	01:34:32	+25:39	05:55
3	2031	Kosta Karas	ALIANÇA DE GANDRA	Senior Feminino	01:41:46	+32:53	06:22
4	2008	Carla	Adosa - Os Santa Apolónia	Senior Feminino	01:47:07	+38:14	06:42
5	2263	Márcia Russo	Individual	Senior Feminino	01:48:07	+39:14	06:45
6	2204	Marlene Martins	Gapafit Castro Daire	Senior Feminino	01:50:25	+41:32	06:54
7	2690	Marisa Bregieiro	Soure Mov	Senior Feminino	01:50:39	+41:46	06:55
8	2571	Rita Almeida	ONDA TEAM	Senior Feminino	01:52:12	+43:19	07:01
9	2666	Sara Eiró	Salgueiros Running	Senior Feminino	01:53:38	+44:45	07:06
10	2621	Cláudia Pereira	Powerrunners #1000pecadosparedes	Senior Feminino	01:53:53	+45:00	07:07
11	2151	Simauro Pinto	FEEL FREE	Senior Feminino	01:54:51	+45:58	07:11
12	2689	Tânia Tavares	Solta o Javali	Senior Feminino	01:54:55	+46:02	07:11
13	2733	Dorinda Sousa	Trogloditas runners	Senior Feminino	01:55:35	+46:42	07:13
14	2447	Marlene Silva Ferreira	Juventude Cortegacense	Senior Feminino	01:55:53	+47:00	07:15
15	2588	Virgínia Santos	Paços runners	Senior Feminino	01:56:00	+47:07	07:15
16	2676	Ana Cabral	Sentir Escariz running	Senior Feminino	01:56:03	+47:10	07:15
17	2638	Liliana Ferreira Gonçalves	Runners do Demo	Senior Feminino	01:56:55	+48:02	07:18
18	2530	Tânia Barbosa	NAST	Senior Feminino	01:58:22	+49:29	07:24
19	2542	Patrícia Teixeira	Nos Acreditamos	Senior Feminino	01:59:00	+50:07	07:26
20	2805	Cláudia Marques	Individual	Senior Feminino	01:59:54	+51:01	07:30
21	2448	Silvana Rocha	Juventude Cortegacense	Senior Feminino	01:59:58	+51:05	07:30
22	2737	Sandra Loureiro	Trogloditas runners	Senior Feminino	02:01:31	+52:38	07:36
23	2274	Palmira Vieira	Individual	Senior Feminino	02:01:40	+52:47	07:36
24	2145	Cristiana Godinho	FEEL FREE	Senior Feminino	02:02:22	+53:29	07:39
25	2731	Ana Cerqueira	Trogloditas runners	Senior Feminino	02:03:14	+54:21	07:42
26	2186	Susana Sousa	Focoteam24	Senior Feminino	02:03:47	+54:54	07:44
27	2101	Marina Lemos	Coimbra Trail Running	Senior Feminino	02:04:38	+55:45	07:47
28	2711	Clara Teixeira	Tog Associação Running Team	Senior Feminino	02:04:51	+55:59	07:48
29	2154	Vera Mónica Ferreira Leite	FEEL FREE	Senior Feminino	02:05:06	+56:13	07:49
30	2095	Diana Dias	Clube Trilheiros & Amigos	Senior Feminino	02:05:33	+56:41	07:51
31	2232	Lucie Trpisovska	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:05:53	+57:00	07:52
32	2237	Ana Cristina Araujo de Almeida	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Feminino	02:05:56	+57:03	07:52
33	2212	Gisela Curto	GELCENTRO	Senior Feminino	02:06:25	+57:32	07:54
34	2197	Eliana Teixeira	Fridão Sem Limites	Senior Feminino	02:06:35	+57:42	07:55
35	2678	Vânia Relvas	Sentir Escariz running	Senior Feminino	02:06:36	+57:43	07:55
36	2266	Joana Alves	Individual	Senior Feminino	02:06:49	+57:57	07:56
37	2281	Vera Malheiro	Individual	Senior Feminino	02:07:59	+59:06	08:00
38	2486	Marina Barroca	Lama Solta	Senior Feminino	02:08:45	+59:52	08:03

Official Timekeeper: Lap2Go	1 / 17	generate 08-Jan-2019 09:48
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Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

39	2485	Catarina Sintra	Lama Solta	Senior Feminino	02:08:45	+59:52	08:03
40	2220	Raquel Fernandes	Geocrosstrail	Senior Feminino	02:08:47	+59:54	08:03
41	2451	Liliana Maria Pereira Ribeiro	Juventude Cortegacense	Senior Feminino	02:09:07	+01:00:14	08:04
42	2249	SUSANA PINTO	HSantaMariaRT	Senior Feminino	02:10:08	+01:01:15	08:08
43	2653	Fátima Monteiro	runningesmoriz	Senior Feminino	02:10:25	+01:01:32	08:09
44	2541	Natercia Freitas	Nos Acreditamos	Senior Feminino	02:10:38	+01:01:45	08:10
45	2732	Ana Rita Fornelos	Trogloditas runners	Senior Feminino	02:10:45	+01:01:52	08:10
46	2260	Carina Gouveia	Individual	Senior Feminino	02:11:15	+01:02:22	08:12
47	2257	Ana Pinto	Individual	Senior Feminino	02:12:07	+01:03:14	08:13
48	2146	Daniela Alexandra Palma de Sousa	FEEL FREE	Senior Feminino	02:12:09	+01:03:16	08:16
49	2104	Luana Fernandes	CORRER VISEU	Senior Feminino	02:13:18	+01:04:25	08:20
50	2103	Jordana Ferreira	CORRER VISEU	Senior Feminino	02:13:18	+01:04:25	08:20
51	2677	Nazaré Oliveira	Sentir Escariz running	Senior Feminino	02:13:28	+01:04:35	08:21
52	2219	Mafalda Valente	Geocrosstrail	Senior Feminino	02:14:25	+01:05:32	08:24
53	2059	Cindy Soares	Aztrail/Mercentro	Senior Feminino	02:14:55	+01:06:02	08:26
54	2667	Fatima Marinho	Sem Medo	Senior Feminino	02:15:30	+01:06:37	08:28
55	2529	Rita Moreira	NAST	Senior Feminino	02:16:13	+01:07:20	08:31
56	2501	Ana Sofia Regal Leite	Manguelas - Run/Walk TEAM	Senior Feminino	02:17:12	+01:08:19	08:35
57	2187	Vera Gonçalves	Focoteam24	Senior Feminino	02:17:28	+01:08:35	08:36
58	2153	Vera Ferreira	FEEL FREE	Senior Feminino	02:17:38	+01:08:45	08:36
59	2221	Sonia bessa	Geocrosstrail	Senior Feminino	02:19:33	+01:10:40	08:43
60	2651	Ângela Pereira	runningesmoriz	Senior Feminino	02:19:34	+01:10:41	08:43
61	2654	Flávia Pinho	runningesmoriz	Senior Feminino	02:19:34	+01:10:41	08:43
62	2267	Laura Gouveia	Individual	Senior Feminino	02:20:27	+01:11:34	08:47
63	2717	Sónia Reis	Tog Associação Running Team	Senior Feminino	02:20:46	+01:11:53	08:48
64	2715	Rita Morais	Tog Associação Running Team	Senior Feminino	02:20:49	+01:11:56	08:48
65	2075	Inês Silva	Brincalhões	Senior Feminino	02:20:59	+01:12:06	08:49
66	2147	Eva França	FEEL FREE	Senior Feminino	02:21:05	+01:12:12	08:49
67	2133	Rita Moura	Exercise For You	Senior Feminino	02:23:16	+01:14:23	08:57
68	2446	Catarina Rodrigues Sa Ferreira	Juventude Cortegacense	Senior Feminino	02:24:12	+01:15:19	09:01
69	2513	Joana Maria de Pinho Brito Vieira	Mau Feitio	Senior Feminino	02:24:18	+01:15:25	09:01
70	2512	Janeth Elena Fernandes Tavares	Mau Feitio	Senior Feminino	02:24:23	+01:15:30	09:01
71	2736	Paula Araújo	Trogloditas runners	Senior Feminino	02:24:39	+01:15:46	09:02
72	2734	Maria José Oliveira	Trogloditas runners	Senior Feminino	02:28:15	+01:19:22	09:16
73	2757	Carla Rodrigues	Turminha	Senior Feminino	02:28:57	+01:20:04	09:19
74	2716	Rosa Gonçalves	Tog Associação Running Team	Senior Feminino	02:28:59	+01:20:06	09:19
75	2265	Isabel Cabral	Individual	Senior Feminino	02:29:02	+01:20:09	09:19
76	2278	Tânia Silva	Individual	Senior Feminino	02:29:03	+01:20:10	09:19
77	2218	Ana lucia Pinho	Geocrosstrail	Senior Feminino	02:29:41	+01:20:48	09:21
78	2780	Sofia Marlene Menezes Ferreira de Castro	Vitória!Vitória! Mais 1 pra história...	Senior Feminino	02:31:27	+01:22:34	09:28
79	2006	Lucy Araujo	ACR Fervença	Senior Feminino	02:31:34	+01:22:42	09:28
80	2652	Cristiana Pinto	runningesmoriz	Senior Feminino	02:31:40	+01:22:47	09:29
81	2655	Heliana Sá	runningesmoriz	Senior Feminino	02:31:41	+01:22:48	09:29
82	2208	Isabel Parreiral	Gear Up	Senior Feminino	02:33:57	+01:25:04	09:37
83	2129	Sonia sousa	Eu e elas	Senior Feminino	02:33:57	+01:25:05	09:37
84	2256	Ana Oliveira	Individual	Senior Feminino	02:34:25	+01:25:32	09:39

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Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

85	2269	Maria Joao Cardoso	Individual	Senior Feminino	02:34:33	+01:25:40	09:40
86	2515	Sónia Silva	Mountain Runners	Senior Feminino	02:34:40	+01:25:47	09:40
87	2279	Teresa carvalho	Individual	Senior Feminino	02:35:20	+01:26:27	09:43
88	2150	Mónica Sousa	FEEL FREE	Senior Feminino	02:36:57	+01:28:04	09:49
89	2149	Liliana Pinho	FEEL FREE	Senior Feminino	02:36:58	+01:28:05	09:49
90	2271	Monica morais	Individual	Senior Feminino	02:38:27	+01:29:34	09:54
91	2117	Claudia santos	Equipa Boot	Senior Feminino	02:40:12	+01:31:20	10:01
92	2118	Ivânia Esteves	Equipa Boot	Senior Feminino	02:40:13	+01:31:20	10:01
93	2641	Elisabete Costa	RUNNING ESPINHO	Senior Feminino	02:41:41	+01:32:48	10:06
94	2264	Dora Neiva	Individual	Senior Feminino	02:43:12	+01:34:19	10:12
95	2259	Bárbara Rodrigues	Individual	Senior Feminino	02:43:18	+01:34:25	10:12
96	2140	Sónia Sanches	F4L	Senior Feminino	02:44:03	+01:35:10	10:15
97	2718	Virginia Ferreira	Tog Associação Running Team	Senior Feminino	02:44:10	+01:35:17	10:16
98	2712	Liliana Pereira	Tog Associação Running Team	Senior Feminino	02:46:07	+01:37:14	10:23
99	2713	Liliana Rodrigues	Tog Associação Running Team	Senior Feminino	02:46:07	+01:37:14	10:23
100	2185	Soraia Sousa	Focoteam24	Senior Feminino	02:46:56	+01:38:03	10:26
101	2211	Cátia Farinha	GELCENTRO	Senior Feminino	02:47:06	+01:38:14	10:27
102	2214	Joana Lopes	GELCENTRO	Senior Feminino	02:47:07	+01:38:14	10:27
103	2148	Joana Araujo Gonçalves	FEEL FREE	Senior Feminino	02:49:22	+01:40:29	10:35
104	2033	Ana Santos	ALMA FITNESS	Senior Feminino	02:49:30	+01:40:37	10:36
105	2128	Analisa Teixeira	Eu e elas	Senior Feminino	02:49:51	+01:40:58	10:37
106	2714	Patricia Almeida	Tog Associação Running Team	Senior Feminino	02:51:10	+01:42:17	10:42
107	2262	Daniela costa ferreira dias	Individual	Senior Feminino	02:51:59	+01:43:06	10:45
108	2270	Marta de Sousa Fernandes	Individual	Senior Feminino	02:53:10	+01:44:17	10:49
109	2122	Carla Pereira	ESPINHO TRAIL TEAM	Senior Feminino	02:56:13	+01:47:20	11:01
110	2703	Joana Cardoso	Strong Team	Senior Feminino	02:58:39	+01:49:46	11:10
111	2254	Alexandra Monteiro	Individual	Senior Feminino	03:02:59	+01:54:06	11:26
112	2503	Marisa da Conceição Moreira da Silva	Mangueiras - Run/Walk TEAM	Senior Feminino	03:05:31	+01:56:38	11:36
113	2643	Liliana Pereira	RUNNING ESPINHO	Senior Feminino	03:05:51	+01:56:58	11:37
114	2210	Andreia Lopes	GELCENTRO	Senior Feminino	03:14:03	+02:05:10	12:08
115	2640	Cátia Maia	RUNNING ESPINHO	Senior Feminino	03:14:31	+02:05:38	12:09
116	2701	Andreia Peixe	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
117	2702	Fatima Lobo	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
118	2704	Joana Faria	Strong Team	Senior Feminino	03:16:50	+02:07:57	12:18
119	2272	Mónica Tavares	Individual	Senior Feminino	03:16:50	+02:07:57	12:18
120	2213	Joana Caeiro	GELCENTRO	Senior Feminino	03:17:01	+02:08:08	12:19
121	2268	Lúcia Mota	Individual	Senior Feminino	03:22:45	+02:13:52	12:40
122	2282	Zita Coelho	Individual	Senior Feminino	03:22:45	+02:13:52	12:40
123	2020	patricia sales	aiquedoi	Senior Feminino	03:23:09	+02:14:16	12:42
124	2121	Ana Martins	ESPINHO TRAIL TEAM	Senior Feminino	03:23:41	+02:14:48	12:44
125	2123	Marcia Silva	ESPINHO TRAIL TEAM	Senior Feminino	03:23:41	+02:14:48	12:44
126	2273	Nívea Lapa Teixeira Moutinho	Individual	Senior Feminino	03:23:44	+02:14:51	12:44
127	2021	teresa falcao	aiquedoi	Senior Feminino	03:24:35	+02:15:42	12:47
128	2639	Carla Marques	RUNNING ESPINHO	Senior Feminino	03:41:16	+02:32:23	13:50

Trilho do Guerreiro

16 KM

[illegible]

OFFICIAL RESULT

[illegible]

Senior Masculino

1	2687	Diogo Fernandes	SiM Summit	Senior Masculino	01:08:52	04:18
2	2686	Carlos Ferreira	SiM Summit	Senior Masculino	01:11:32	+02:39 04:28
3	2691	ANDRE JOAQUIM MOREIRA DA SILVA	Sporting Clube Espinho / António Leitão	Senior Masculino	01:13:35	+04:42 04:36
4	2306	João Sousa	Individual	Senior Masculino	01:14:21	+05:28 04:39
5	2297	Francisco Martins de Figueiredo	Individual	Senior Masculino	01:15:50	+06:57 04:44
6	2029	José Gaspar	ALIANÇA DE GANDRA	Senior Masculino	01:16:39	+07:46 04:47
7	2777	Germano Cardoso	vc bike	Senior Masculino	01:16:50	+07:57 04:48
8	2692	Helder Rodrigues	Sporting Clube Espinho / António Leitão	Senior Masculino	01:17:34	+08:41 04:51
9	2741	Alexandre Pinto	Turbo Kings 2.0	Senior Masculino	01:18:58	+10:05 04:56
10	2296	Filipe Tavares	Individual	Senior Masculino	01:19:40	+10:47 04:59
11	2688	Inuo Melo	SiM Summit	Senior Masculino	01:22:58	+14:05 05:11
12	2014	Roberto Freitas	ADSebolido Trail Boneca Douro	Senior Masculino	01:23:10	+14:17 05:12
13	2751	Pedro Monteiro	Turbo Kings 2.0	Senior Masculino	01:24:16	+15:23 05:16
14	2030	Luís Silva	ALIANÇA DE GANDRA	Senior Masculino	01:24:18	+15:25 05:16
15	2657	Nuno Alvim	runningesmoriz	Senior Masculino	01:25:45	+16:52 05:22
16	2011	Carlos Vieira	ADSebolido Trail Boneca Douro	Senior Masculino	01:26:39	+17:46 05:25
17	2346	William Caetano	Individual	Senior Masculino	01:26:47	+17:54 05:25
18	2044	Paulo Manuel Cardoso Cruz	Alpha Running	Senior Masculino	01:27:03	+18:10 05:26
19	2338	Rui Heliodoro Sousa	Individual	Senior Masculino	01:27:17	+18:24 05:27
20	2748	Jorge Sousa	Turbo Kings 2.0	Senior Masculino	01:28:02	+19:09 05:30
21	2755	Tiago Portela	Turbo Kings 2.0	Senior Masculino	01:28:07	+19:14 05:30
22	2478	Tiago Mendonça	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:28:25	+19:32 05:32
23	2477	Ricardo Pinho	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:28:25	+19:32 05:32
24	2066	Ricardo Silva	BoraBora, Vamos Lá!	Senior Masculino	01:28:49	+19:56 05:33
25	2647	Vitor Rito	RUNNING ESPINHO	Senior Masculino	01:29:05	+20:12 05:34
26	2294	Filipe Carril	Individual	Senior Masculino	01:29:07	+20:14 05:34
27	2189	Hélder Ribeiro	Focoteam24	Senior Masculino	01:30:02	+21:09 05:38
28	2215	Elton Rodrigues	GELCENTRO	Senior Masculino	01:30:05	+21:12 05:38
29	2314	Miguel Arcanjo Vieira de Castro	Individual	Senior Masculino	01:31:39	+22:46 05:44
30	2089	Marco Paiva	Clube Campismo	Senior Masculino	01:32:11	+23:18 05:46
31	2022	pedro batista	aiquedoi	Senior Masculino	01:32:21	+23:28 05:46
32	2330	Pedro Magalhães	Individual	Senior Masculino	01:32:38	+23:45 05:47
33	2013	Paulo Araújo	ADSebolido Trail Boneca Douro	Senior Masculino	01:32:45	+23:52 05:48
34	2334	Ricardo Joel Ferreira Costa	Individual	Senior Masculino	01:33:01	+24:08 05:49
35	2745	Bruno Ferreira	Turbo Kings 2.0	Senior Masculino	01:33:26	+24:33 05:50
36	2312	Mário Marques	Individual	Senior Masculino	01:34:46	+25:53 05:55
37	2332	Pedro Sousa	Individual	Senior Masculino	01:34:55	+26:02 05:56
38	2307	João Sousa	Individual	Senior Masculino	01:34:57	+26:04 05:56
39	2311	Marcos Leandro Gomes Ribeiro	Individual	Senior Masculino	01:37:44	+28:51 06:07
40	2498	Rui Rosas	Lusitanos	Senior Masculino	01:39:23	+30:30 06:13
41	2250	Mário Ibarra	Ibarra_Vaz	Senior Masculino	01:39:24	+30:31 06:13
42	2051	Pedro pinto	APERTA CORDÕES	Senior Masculino	01:39:57	+31:04 06:15

Official Timekeeper: Lap2Go	4 / 17	generate 08-Jan-2019 09:48
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Trilho do Guerreiro

16 KM

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OFFICIAL RESULT

[illegible]

43	2287	Bruno Antunes	Individual	Senior Masculino	01:41:24	+32:31	06:20
44	2234	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:41:42	+32:49	06:21
45	2598	Alirio Moura	PEGA NA LANCHEIRA	Senior Masculino	01:43:43	+34:50	06:29
46	2545	Fábio silva	Nos Acreditamos	Senior Masculino	01:44:08	+35:15	06:31
47	2489	Pedro Miguel Serra Santos	Lama Solta	Senior Masculino	01:44:15	+35:22	06:31
48	2449	Daniel Jose Silva Barros	Juventude Cortegacense	Senior Masculino	01:44:27	+35:35	06:32
49	2769	Marcos Soares	vale dos duros	Senior Masculino	01:44:50	+35:57	06:33
50	2456	Tiago Padrela Ferreira da silva	Juventude Cortegacense	Senior Masculino	01:45:17	+36:24	06:35
51	2454	Miguel Pinheiro Matos	Juventude Cortegacense	Senior Masculino	01:45:18	+36:25	06:35
52	2561	Marcos De Sousa	Nova Linha Trail Runners	Senior Masculino	01:45:18	+36:25	06:35
53	2180	Atleta 2180	Individual	Senior Masculino	01:47:07	+38:14	06:42
54	2573	Rafael Oliveira	ONDA TEAM	Senior Masculino	01:47:37	+38:44	06:44
55	2749	Luis Soares	Turbo Kings 2.0	Senior Masculino	01:47:58	+39:05	06:45
56	2679	Cláudio Moreira	Sentir Escariz running	Senior Masculino	01:49:40	+40:47	06:51
57	2239	Filipe Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:50:37	+41:44	06:55
58	2293	Diogo Melo	Individual	Senior Masculino	01:51:12	+42:19	06:57
59	2516	Ricardo Marques Moreira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:51:23	+42:30	06:58
60	2758	Gabriel Silva	Turminha	Senior Masculino	01:51:52	+42:59	07:00
61	2216	Tiago Estrafalhote	GELCENTRO	Senior Masculino	01:52:09	+43:16	07:01
62	2488	Marco Murgeiro	Lama Solta	Senior Masculino	01:52:28	+43:35	07:02
63	2767	Carlos Freitas	vale dos duros	Senior Masculino	01:52:59	+44:06	07:04
64	2683	Gonçalo Soares Teixeira de aguiar	Serafim moreira	Senior Masculino	01:53:03	+44:10	07:04
65	2241	Ricas Almeida	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:53:10	+44:17	07:04
66	2191	Paulo Sousa	Focoteam24	Senior Masculino	01:53:16	+44:23	07:05
67	2658	Sandro Carvalho	runningesmoriz	Senior Masculino	01:53:37	+44:44	07:06
68	2475	Márcio Oliveira	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:53:46	+44:53	07:07
69	2165	Pedro Nuno da Silva Castro	FEEL FREE	Senior Masculino	01:54:23	+45:30	07:09
70	2543	Bruno joel	Nos Acreditamos	Senior Masculino	01:54:44	+45:52	07:10
71	2493	Nuno Paiva	Limitless	Senior Masculino	01:55:38	+46:45	07:14
72	2324	Óscar Rodrigues	Individual	Senior Masculino	01:55:40	+46:47	07:14
73	2301	João Conceição	Individual	Senior Masculino	01:56:06	+47:13	07:15
74	2544	Davide Afonso	Nos Acreditamos	Senior Masculino	01:56:32	+47:39	07:17
75	2452	Marcio Costa	Juventude Cortegacense	Senior Masculino	01:57:01	+48:08	07:19
76	2049	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	01:57:02	+48:09	07:19
77	2290	Carlos Mais	Individual	Senior Masculino	01:58:06	+49:13	07:23
78	2056	Nélio Oliveira	Atletismo Clube da Tocha	Senior Masculino	01:58:27	+49:34	07:24
79	2057	Nelson Pessoa Rosete	Atletismo Clube da Tocha	Senior Masculino	01:58:27	+49:34	07:24
80	2304	João Rodrigues	Individual	Senior Masculino	01:58:35	+49:42	07:25
81	2744	Bruno Cardoso	Turbo Kings 2.0	Senior Masculino	01:58:47	+49:54	07:25
82	2207	Daniel Leal	Geadas Running	Senior Masculino	01:58:51	+49:58	07:26
83	2471	Bruno Moreira	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	01:59:20	+50:27	07:28
84	2768	David Aguiar	vale dos duros	Senior Masculino	01:59:33	+50:40	07:28
85	2592	Ricardo Picó	Paredes Running	Senior Masculino	01:59:46	+50:53	07:29

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Trilho do Guerreiro

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86	2157	Hélder Silva	FEEL FREE	Senior Masculino	01:59:58	+51:05	07:30
87	2292	Cláudio Manuel Pereira Tavares	Individual	Senior Masculino	02:00:10	+51:17	07:31
88	2699	João de Oliveira Machado	Squadra Di Potenza	Senior Masculino	02:00:26	+51:33	07:32
89	2335	Ricardo Melindra	Individual	Senior Masculino	02:01:00	+52:07	07:34
90	2310	Marco Silva	Individual	Senior Masculino	02:01:00	+52:07	07:34
91	2487	Eduardo Neves	Lama Solta	Senior Masculino	02:01:44	+52:51	07:37
92	2779	Rui silva	vimarunners	Senior Masculino	02:01:56	+53:03	07:37
93	2341	Sebastião Calvo	Individual	Senior Masculino	02:02:01	+53:09	07:38
94	2289	Bruno Trindade	Individual	Senior Masculino	02:02:19	+53:26	07:39
95	2160	Jorge Quental	FEEL FREE	Senior Masculino	02:02:23	+53:30	07:39
96	2240	Nuno Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:02:38	+53:46	07:40
97	2222	Diogo Moreira	Geocrosstrail	Senior Masculino	02:03:00	+54:07	07:41
98	2743	António Teixeira	Turbo Kings 2.0	Senior Masculino	02:03:01	+54:08	07:41
99	2634	Daniel Costa	Pupilos do Zé Tó	Senior Masculino	02:03:04	+54:11	07:42
100	2114	NELSON CORDEIRO	Dá-lhe Gás team	Senior Masculino	02:03:05	+54:12	07:42
101	2295	Filipe lage	Individual	Senior Masculino	02:03:15	+54:22	07:42
102	2483	Luis Lopes	Lá Família	Senior Masculino	02:03:31	+54:38	07:43
103	2611	RICARDO PEREIRA	PORTOCARGO RUNNERS	Senior Masculino	02:03:48	+54:55	07:44
104	2764	Hugo Lemos	Turtle Lovers	Senior Masculino	02:03:49	+54:56	07:44
105	2300	João Baldaia	Individual	Senior Masculino	02:03:55	+55:02	07:45
106	2155	Emanuel Damião	FEEL FREE	Senior Masculino	02:04:26	+55:33	07:47
107	2668	Filipe Fernandes	Sem Medo	Senior Masculino	02:04:28	+55:35	07:47
108	2766	Carlos Bastos	vale dos duros	Senior Masculino	02:04:34	+55:41	07:47
109	2339	Rui Miguel Barbosa Macário	Individual	Senior Masculino	02:04:41	+55:49	07:48
110	2305	Joao santos	Individual	Senior Masculino	02:04:44	+55:51	07:48
111	2225	Enrique Cunha	Geocrosstrail	Senior Masculino	02:04:49	+55:56	07:48
112	2168	Valter Samuel dos Santos Pinho	FEEL FREE	Senior Masculino	02:05:03	+56:10	07:49
113	2326	Paulo Silva	Individual	Senior Masculino	02:05:11	+56:18	07:49
114	2331	pedro oliveira	Individual	Senior Masculino	02:05:34	+56:41	07:51
115	2096	José Silva	Clube Trilheiros & Amigos	Senior Masculino	02:05:40	+56:47	07:51
116	2337	Rui Carril	Individual	Senior Masculino	02:05:55	+57:02	07:52
117	2062	Pedro Rodrigues	Boavista Trail	Senior Masculino	02:06:07	+57:14	07:53
118	2472	Bruno Neves	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	02:06:07	+57:14	07:53
119	2453	Marco Candeias	Juventude Cortegacense	Senior Masculino	02:06:10	+57:17	07:53
120	2010	Bruno Barros	ADSebolido Trail Boneca Douro	Senior Masculino	02:06:27	+57:34	07:54
121	2344	Tozé Ferreira	Individual	Senior Masculino	02:06:49	+57:56	07:56
122	2061	Ivo Pinto	BigSmile Team	Senior Masculino	02:06:51	+57:58	07:56
123	2320	Nuno Almeida	Individual	Senior Masculino	02:06:55	+58:02	07:56
124	2012	Manuel Lopes	ADSebolido Trail Boneca Douro	Senior Masculino	02:06:58	+58:05	07:56
125	2476	Marco Silva	KIRCHHOFF - KONECT RUNNING TEAM	Senior Masculino	02:07:17	+58:24	07:57
126	2317	Miguel Valente	Individual	Senior Masculino	02:07:22	+58:29	07:58
127	2309	Luis Neves	Individual	Senior Masculino	02:07:24	+58:31	07:58
128	2321	Nuno Botelho	Individual	Senior Masculino	02:07:26	+58:33	07:58
129	2455	Ricardo Teixeira	Juventude Cortegacense	Senior Masculino	02:07:30	+58:37	07:58

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Trilho do Guerreiro

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130	2316	Miguel Santos	Individual	Senior Masculino	02:07:32	+58:39	07:58
131	2113	HELDER CARRASQUEIRA	Dá-lhe Gás team	Senior Masculino	02:07:52	+58:59	08:00
132	2656	Mário Fonseca	runningesmoriz	Senior Masculino	02:08:19	+59:26	08:01
133	2223	Domingos ventura	Geocrosstrail	Senior Masculino	02:08:24	+59:31	08:02
134	2080	José Adérito Almeida Pinheiro	C.A.T.R-Correio de Albergaria Trail Running	Senior Masculino	02:08:42	+59:49	08:03
135	2313	Miguel A. Martins	Individual	Senior Masculino	02:08:45	+59:52	08:03
136	2506	Pedro Nuno Regal Domingues	Manguelas - Run/Walk TEAM	Senior Masculino	02:08:46	+59:53	08:03
137	2345	Vitor Mota	Individual	Senior Masculino	02:09:02	+01:00:09	08:04
138	2450	Filipe Nunes	Juventude Cortegacense	Senior Masculino	02:09:07	+01:00:14	08:04
139	2622	Miguel Barbosa	Powerrunners #1000pecadosparedes	Senior Masculino	02:10:09	+01:01:16	08:08
140	2298	Helder Pinto	Individual	Senior Masculino	02:10:20	+01:01:27	08:09
141	2342	Sérgio Filipe Maia de Sousa	Individual	Senior Masculino	02:11:09	+01:02:16	08:12
142	2325	Paulo Pinto	Individual	Senior Masculino	02:11:14	+01:02:21	08:12
143	2754	Ricardo Monteiro	Turbo Kings 2.0	Senior Masculino	02:11:29	+01:02:36	08:13
144	2261	Daniel correia A.D.A	Individual	Senior Masculino	02:11:33	+01:02:40	08:13
145	2781	Nelson Filipe Meneses Ferreira de Castro	Vitória!Vitória! Mais 1 pra história...	Senior Masculino	02:11:40	+01:02:47	08:14
146	2236	Fernando Sá	Good Vibes	Senior Masculino	02:11:57	+01:03:04	08:15
147	2507	Rui Jorge de Jesus Queirós	Manguelas - Run/Walk TEAM	Senior Masculino	02:12:01	+01:03:08	08:15
148	1107	Antonio Carlos Rocha	Individual	Senior Masculino	02:12:58	+01:04:05	08:19
149	2322	Nuno Correia	Individual	Senior Masculino	02:13:16	+01:04:23	08:20
150	2494	Rui Paiva	Limitless	Senior Masculino	02:13:35	+01:04:42	08:21
151	2505	Pedro Almeida	Manguelas - Run/Walk TEAM	Senior Masculino	02:13:36	+01:04:43	08:21
152	2224	Edgar Santiago	Geocrosstrail	Senior Masculino	02:14:25	+01:05:32	08:24
153	2333	ricardo duarte	Individual	Senior Masculino	02:15:06	+01:06:13	08:27
154	2680	Diogo Moreira	Sentir Escariz running	Senior Masculino	02:15:06	+01:06:13	08:27
155	2572	Ivo Gonçalves	ONDA TEAM	Senior Masculino	02:17:08	+01:08:15	08:34
156	2193	Vitor Sousa	Focoteam24	Senior Masculino	02:17:28	+01:08:35	08:36
157	2192	Vitor Silva	Focoteam24	Senior Masculino	02:17:28	+01:08:36	08:36
158	2226	Helder Samuel	Geocrosstrail	Senior Masculino	02:17:44	+01:08:51	08:37
159	2765	Nelson Fernando Barros Pedrogam	Turtle Lovers	Senior Masculino	02:18:56	+01:10:03	08:41
160	2537	Gastão Ferreira	nem que chova	Senior Masculino	02:20:08	+01:11:15	08:46
161	2532	Miguel Silva	Individual	Senior Masculino	02:20:12	+01:11:19	08:46
162	2721	Tiago Neves	Tog Associação Running Team	Senior Masculino	02:20:46	+01:11:53	08:48
163	2050	Joao Oliveira	APERTA CORDÕES	Senior Masculino	02:22:04	+01:13:11	08:53
164	2747	João Pedro Portela	Turbo Kings 2.0	Senior Masculino	02:22:55	+01:14:02	08:56
165	2492	Jorge Quaresma	Limitless	Senior Masculino	02:23:08	+01:14:15	08:57
166	2514	Fernando Sérgio da Cunha Brandão	Mau Feitio	Senior Masculino	02:24:18	+01:15:25	09:01
167	2164	Nuno Costa	FEEL FREE	Senior Masculino	02:24:40	+01:15:47	09:03
168	2790	João Fernandes	Focoteam24	Senior Masculino	02:24:41	+01:15:48	09:03
169	2499	Álvaro da Silva Ribeiro	LUSOS XXI	Senior Masculino	02:25:13	+01:16:20	09:05
170	2302	João Lemos	Individual	Senior Masculino	02:26:04	+01:17:11	09:08
171	2285	Bernardino Alexandre Nunes Brandão da Costa Assunção	Individual	Senior Masculino	02:28:16	+01:19:23	09:16
172	2329	Pedro Lopes	Individual	Senior Masculino	02:28:26	+01:19:33	09:17
173	2709	Bruno Daniel Aires Mota	Tainadas Run Team	Senior Masculino	02:28:39	+01:19:46	09:17

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Trilho do Guerreiro

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174	2491	Francisco	Limitless	Senior Masculino	02:28:40	+01:19:47	09:18
175	2719	André Moreira	Tog Associação Running Team	Senior Masculino	02:29:01	+01:20:08	09:19
176	2323	Nuno Pais Neto	Individual	Senior Masculino	02:29:02	+01:20:09	09:19
177	2283	ALEXANDRE MANUEL FERRO ROCHA	Individual	Senior Masculino	02:31:10	+01:22:17	09:27
178	2787	Rui Lopes	XSpartan	Senior Masculino	02:31:22	+01:22:29	09:28
179	2785	Marco Antonio Ferreira Miranda	XSpartan	Senior Masculino	02:31:23	+01:22:30	09:28
180	2786	Rodrigo Dinis Freitas	XSpartan	Senior Masculino	02:31:23	+01:22:30	09:28
181	2782	Nuno Miguel dos Santos Forte Eça	Vitória!Vitória! Mais 1 pra história...	Senior Masculino	02:31:28	+01:22:35	09:28
182	2007	Marcio Neves	ACR Fervença	Senior Masculino	02:31:34	+01:22:41	09:28
183	2343	Tiago Silva	Individual	Senior Masculino	02:33:48	+01:24:55	09:37
184	2130	Helder Teixeira	Eu e elas	Senior Masculino	02:33:52	+01:24:59	09:37
185	2082	Ricardo Manuel Almeida Santos	Cabritos da Montanha	Senior Masculino	02:38:33	+01:29:40	09:55
186	2167	Rui Costa	FEEL FREE	Senior Masculino	02:38:48	+01:29:55	09:56
187	2669	Marco Piments	Sem Medo	Senior Masculino	02:39:05	+01:30:12	09:57
188	2119	Ivo Nascimento	Equipa Boot	Senior Masculino	02:40:11	+01:31:19	10:01
189	2328	Pedro Barbosa	Individual	Senior Masculino	02:40:14	+01:31:21	10:01
190	2336	Rodolfo Alexandre Carvalho	Individual	Senior Masculino	02:40:46	+01:31:53	10:03
191	2646	Hélder Costa	RUNNING ESPINHO	Senior Masculino	02:41:42	+01:32:49	10:06
192	2142	Carlos Polónio	F4L	Senior Masculino	02:43:03	+01:34:10	10:11
193	2308	Luís Costa	Individual	Senior Masculino	02:43:19	+01:34:26	10:12
194	2720	Ismael Silva	Tog Associação Running Team	Senior Masculino	02:44:11	+01:35:18	10:16
195	2582	Nuno Silva	Os Alminhas	Senior Masculino	02:47:27	+01:38:34	10:28
196	2581	Jaime Azevedo	Os Alminhas	Senior Masculino	02:47:31	+01:38:38	10:28
197	2583	Pedro Lopes	Os Alminhas	Senior Masculino	02:47:31	+01:38:39	10:28
198	2584	Raul Leite	Os Alminhas	Senior Masculino	02:47:32	+01:38:39	10:28
199	2156	Gil Francisco Araujo Gonçalves	FEEL FREE	Senior Masculino	02:48:22	+01:39:29	10:31
200	2161	José Pinho	FEEL FREE	Senior Masculino	02:49:23	+01:40:30	10:35
201	2034	José Cruz	ALMA FITNESS	Senior Masculino	02:56:05	+01:47:12	11:00
202	2742	Antonio Monteiro	Turbo Kings 2.0	Senior Masculino	02:56:21	+01:47:28	11:01
203	2705	Ricardo Paiva	Strong Team	Senior Masculino	02:58:40	+01:49:47	11:10
204	2504	João Paulo Regal Sousa	Manguelas - Run/Walk TEAM	Senior Masculino	03:05:31	+01:56:38	11:36
205	2644	António Soares	RUNNING ESPINHO	Senior Masculino	03:05:50	+01:56:57	11:37
206	2637	Alexander Marques	RHO Systems Runners	Senior Masculino	03:07:49	+01:58:56	11:44
207	2645	Carlos Costa	RUNNING ESPINHO	Senior Masculino	03:41:17	+02:32:24	13:50

Veterana F40

1	2635	Carla Araújo	Pupilos do Zé Tó	Veterana F40	01:34:03	+25:10	05:53
2	2547	Sandra Pereira	Nos Acreditamos	Veterana F40	01:45:20	+36:27	06:33
3	2457	Anabela dos Santos Marques	Juventude Cortegacense	Veterana F40	01:54:56	+46:03	07:11
4	2670	Lurdes Pinheiro	Sem Medo	Veterana F40	01:55:10	+46:17	07:12
5	2574	Carla Gonçalves	ONDA TEAM	Veterana F40	01:56:55	+48:02	07:18
6	2078	Fátima Silva	Brincalhões	Veterana F40	01:57:51	+48:58	07:22
7	2563	Cidália Ferreira	Nova Linha Trail Runners	Veterana F40	01:58:47	+49:54	07:25
8	2759	Carina Pereira	Turminha	Veterana F40	01:59:06	+50:13	07:27

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9	2067	Cristina S Silva	BoraBora, Vamos Lá!	Veterana F40	02:01:30	+52:37	07:36
10	2068	Cristina T Silva	BoraBora, Vamos Lá!	Veterana F40	02:01:30	+52:37	07:36
11	2770	Clotilde Santos	vale dos duros	Veterana F40	02:01:31	+52:38	07:36
12	2227	Monica oliveira	Geocrosstrail	Veterana F40	02:01:35	+52:42	07:36
13	2458	Anabela Moreira Cardoso	Juventude Cortegacense	Veterana F40	02:02:19	+53:26	07:39
14	2349	Brigitte Geria	Individual	Veterana F40	02:02:25	+53:32	07:39
15	2636	Suzana Duarte	Pupilos do Zé Tó	Veterana F40	02:03:04	+54:11	07:42
16	2660	Maribel Oliveira	runningesmoriz	Veterana F40	02:03:36	+54:43	07:44
17	2594	Lucinda Marques	Paredes Running	Veterana F40	02:03:48	+54:55	07:44
18	2348	Ana Alves	Individual	Veterana F40	02:05:19	+56:26	07:50
19	2784	ISABEL CARVALHO	WOLVES	Veterana F40	02:05:27	+56:34	07:50
20	2681	Flora Santos	Sentir Escariz running	Veterana F40	02:06:11	+57:18	07:53
21	2097	Anabela Carvalho	Clube Trilheiros & Amigos	Veterana F40	02:07:29	+58:37	07:58
22	2115	Fatima Anastácio	Dá-lhe Gás team	Veterana F40	02:08:03	+59:10	08:00
23	2002	Sandra Ferreira	#correratenumdarmais por Fernando Oliveira	Veterana F40	02:08:09	+59:17	08:01
24	2350	Carla palmeiro	Individual	Veterana F40	02:09:37	+01:00:44	08:06
25	2198	Elisabete Nogueira	Fridão Sem Limites	Veterana F40	02:10:07	+01:01:14	08:08
26	2623	Sónia Garcês	Powerrunners #1000pecadosparedes	Veterana F40	02:10:09	+01:01:16	08:08
27	2546	Salomé sousa	Nos Acreditamos	Veterana F40	02:10:38	+01:01:45	08:10
28	2659	Andrea Morais	runningesmoriz	Veterana F40	02:10:43	+01:01:50	08:10
29	2242	Ana Paula Barbosa Tavares	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	02:11:12	+01:02:19	08:12
30	2347	Alzira Branco	Individual	Veterana F40	02:11:50	+01:02:57	08:14
31	2360	Mena Silva	Individual	Veterana F40	02:12:36	+01:03:43	08:17
32	2202	Florinda carvalho	Gansos	Veterana F40	02:13:13	+01:04:20	08:20
33	2201	Cristina fonseca	Gansos	Veterana F40	02:13:13	+01:04:20	08:20
34	2111	Susana Duarte	CORRER VISEU	Veterana F40	02:13:18	+01:04:25	08:20
35	2107	Anabela Abreu	CORRER VISEU	Veterana F40	02:13:18	+01:04:26	08:20
36	2356	Lília Magalhães	Individual	Veterana F40	02:13:38	+01:04:45	08:21
37	2069	Eduarda Vinagre	BoraBora, Vamos Lá!	Veterana F40	02:16:32	+01:07:39	08:32
38	2063	Mónica Martins	BOMBEIROS BRASFEMES-TRAIL e BTT	Veterana F40	02:17:31	+01:08:38	08:36
39	2199	Rosa Soares	Fridão Sem Limites	Veterana F40	02:17:39	+01:08:46	08:36
40	2562	Amália Monteiro	Nova Linha Trail Runners	Veterana F40	02:18:33	+01:09:40	08:40
41	2228	Paula Almeida	Geocrosstrail	Veterana F40	02:18:35	+01:09:42	08:40
42	2353	CLÁUDIA SUSANA GUEDES DA SILVA FERREIRA HORTÊNSIO	Individual	Veterana F40	02:18:50	+01:09:57	08:41
43	2352	Cláudia Simões	Individual	Veterana F40	02:20:04	+01:11:11	08:45
44	2125	Paula Cruz	ESPINHO TRAIL TEAM	Veterana F40	02:20:22	+01:11:29	08:46
45	2169	Florbela Sá	FEEL FREE	Veterana F40	02:21:06	+01:12:14	08:49
46	2595	Sonia Silva	Paredes Running	Veterana F40	02:21:23	+01:12:30	08:50
47	2599	Sandra Sarabando	PEGA NA LANCHEIRA	Veterana F40	02:21:46	+01:12:54	08:52
48	2170	Rossana Ferreira	FEEL FREE	Veterana F40	02:21:49	+01:12:56	08:52
49	2135	Justa Ferreira	Exercise For You	Veterana F40	02:23:16	+01:14:23	08:57
50	2055	Cidália Rodrigues	Arca BarcelosRunners	Veterana F40	02:26:06	+01:17:13	09:08
51	2184	Mónica Margaride	Fit2labor	Veterana F40	02:26:29	+01:17:36	09:09

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Trilho do Guerreiro

16 KM

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52	2174	Andreia Almeida	FEEL FREE	Veterana F40	02:26:30	+01:17:37	09:09
53	2359	maria sousa	Individual	Veterana F40	02:28:00	+01:19:08	09:15
54	2614	ISABEL VIEIRA	PORTOCARGO RUNNERS	Veterana F40	02:28:49	+01:19:56	09:18
55	2613	DULCE RESENDE	PORTOCARGO RUNNERS	Veterana F40	02:29:14	+01:20:21	09:20
56	2037	Sónia Pinho	ALMA FITNESS	Veterana F40	02:29:41	+01:20:48	09:21
57	2035	Paula Martins	ALMA FITNESS	Veterana F40	02:29:42	+01:20:49	09:21
58	2761	Susana Ferreira	Turminha	Veterana F40	02:29:53	+01:21:00	09:22
59	2760	Fatima Ribeiro	Turminha	Veterana F40	02:29:56	+01:21:03	09:22
60	2496	Manuela Silva	LOBOS DO MONTE - LOUSADO	Veterana F40	02:31:20	+01:22:27	09:28
61	2661	Paula Sousa	runningsemoriz	Veterana F40	02:31:41	+01:22:48	09:29
62	2354	Gisela de Sousa Ferreira Avelar	Individual	Veterana F40	02:32:05	+01:23:12	09:30
63	2627	Catarina Azevedo	Powerrunteam	Veterana F40	02:33:21	+01:24:28	09:35
64	2109	Lurdes Belo	CORRER VISEU	Veterana F40	02:33:22	+01:24:29	09:35
65	2629	Susana Azevedo	Powerrunteam	Veterana F40	02:33:23	+01:24:30	09:35
66	2106	Ana Silva	CORRER VISEU	Veterana F40	02:35:14	+01:26:21	09:42
67	2108	Filipa Aparício	CORRER VISEU	Veterana F40	02:35:21	+01:26:28	09:43
68	2110	Paula Lourenço	CORRER VISEU	Veterana F40	02:35:21	+01:26:28	09:43
69	2364	Sandra Gonçalves	Individual	Veterana F40	02:35:46	+01:26:54	09:44
70	2365	Sara Azevedo	Individual	Veterana F40	02:35:52	+01:26:59	09:45
71	2134	Isabel Rocha	Exercise For You	Veterana F40	02:36:03	+01:27:10	09:45
72	2243	Cristina Ferreira de Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	02:38:26	+01:29:33	09:54
73	2783	Cristina Coelho	WOLVES	Veterana F40	02:39:41	+01:30:48	09:59
74	2533	Claudia Sardinha	NAST	Veterana F40	02:39:52	+01:30:59	10:00
75	2508	Anabela Morais Borges	Mangueiras - Run/Walk TEAM	Veterana F40	02:40:20	+01:31:27	10:01
76	2351	Claudia Silva	Individual	Veterana F40	02:40:46	+01:31:53	10:03
77	2612	CARLA XAVIER	PORTOCARGO RUNNERS	Veterana F40	02:42:09	+01:33:16	10:08
78	2355	Isabel Portela	Individual	Veterana F40	02:43:13	+01:34:20	10:12
79	2589	Eduarda Sá	Papaléguas	Veterana F40	02:45:53	+01:37:01	10:22
80	2722	Goreti Rocha	Tog Associação Running Team	Veterana F40	02:45:59	+01:37:06	10:22
81	2361	Olinda Raquel Teixeira Mendes	Individual	Veterana F40	02:46:46	+01:37:53	10:25
82	2131	Rute Costa	Eu e elas	Veterana F40	02:49:51	+01:40:58	10:37
83	2723	Isilda Silva	Tog Associação Running Team	Veterana F40	02:51:13	+01:42:20	10:42
84	2137	Sandra Pinto	Exercise For You	Veterana F40	02:52:01	+01:43:08	10:45
85	2136	Lurdes Sanguedo	Exercise For You	Veterana F40	02:52:01	+01:43:08	10:45
86	2628	Lurdes Cruz	Powerrunteam	Veterana F40	02:53:11	+01:44:18	10:49
87	2626	Carla Cruz	Powerrunteam	Veterana F40	02:53:22	+01:44:29	10:50
88	2789	Jeannette Lopez	Individual	Veterana F40	02:55:11	+01:46:18	10:57
89	2036	Sandra Silva	ALMA FITNESS	Veterana F40	02:55:46	+01:46:53	10:59
90	2124	Cristina Duarte	ESPINHO TRAIL TEAM	Veterana F40	02:56:21	+01:47:28	11:01
91	2671	Sandra Carvalho	Sem Medo	Veterana F40	02:58:38	+01:49:45	11:10
92	2649	Dora Rocha	RUNNING ESPINHO	Veterana F40	03:01:05	+01:52:12	11:19
93	2648	Ana Ribeiro	RUNNING ESPINHO	Veterana F40	03:14:31	+02:05:38	12:09
94	2024	paula grdade	aiquedoi	Veterana F40	03:25:42	+02:16:50	12:51
95	2362	Patrícia Adriana Antonio da Silva	Individual	Veterana F40	03:40:24	+02:31:31	13:47
96	2367	Záira de Paula dos Santos Lopes	Individual	Veterana F40	03:44:22	+02:35:29	14:01

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Trilho do Guerreiro

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Veterana F50

1	2459	ISABEL PEREIRA	Juventude Cortegacense	Veterana F50	01:59:24	+50:31	07:28
2	2549	Martinha Alves	Nos Acreditamos	Veterana F50	02:08:13	+59:20	08:01
3	2568	Maria Jose Correia	Oiteameia	Veterana F50	02:08:17	+59:24	08:01
4	2039	Salome Oliveira	ALMA FITNESS	Veterana F50	02:09:16	+01:00:23	08:05
5	2518	Maria Conceição Mano	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:09:29	+01:00:36	08:06
6	2172	Fernanda Almeida	FEEL FREE	Veterana F50	02:11:10	+01:02:17	08:12
7	2586	Fátima Malta	out 2 run/Miro	Veterana F50	02:13:02	+01:04:09	08:19
8	2730	Isabel Ventura	TRIBO NR	Veterana F50	02:13:08	+01:04:15	08:19
9	2244	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	02:13:46	+01:04:53	08:22
10	2509	Maria Fátima Magalhães carvalho Silva	Manguelas - Run/Walk TEAM	Veterana F50	02:22:22	+01:13:29	08:54
11	2460	Manuela Castelo	Juventude Cortegacense	Veterana F50	02:24:12	+01:15:19	09:01
12	2038	Isabel Valente	ALMA FITNESS	Veterana F50	02:26:06	+01:17:13	09:08
13	2368	Aurora Cardoso	Individual	Veterana F50	02:28:04	+01:19:11	09:15
14	2369	Maria Coelho	Individual	Veterana F50	02:29:42	+01:20:49	09:21
15	2461	Maria Elisabete Pinho Pereira Mendonça	Juventude Cortegacense	Veterana F50	02:30:53	+01:22:00	09:26
16	2003	Maria Cidalia Teixeira da Silva	#correratenumdarmais por Fernando Oliveira	Veterana F50	02:34:35	+01:25:42	09:40
17	2084	rosinda macedo	Caga Tacos Running Team	Veterana F50	02:44:30	+01:35:37	10:17
18	2099	Celina Baptista	CNCBacadapasso	Veterana F50	02:47:29	+01:38:36	10:28
19	2083	fatima lopes	Caga Tacos Running Team	Veterana F50	02:49:49	+01:40:56	10:37
20	2725	Raquel Marques	Tog Associação Running Team	Veterana F50	02:51:10	+01:42:17	10:42
21	2724	Deolinda Campanhã	Tog Associação Running Team	Veterana F50	02:51:13	+01:42:20	10:42
22	2370	ROSA BISPO	Individual	Veterana F50	02:53:48	+01:44:55	10:52
23	2126	Ana Duarte	ESPINHO TRAIL TEAM	Veterana F50	02:56:38	+01:47:45	11:02
24	2025	lena falcao	aiquedoi	Veterana F50	03:25:34	+02:16:41	12:51

Veterano M40

1	2694	JOÃO PAULO PEREIRA BARBOSA	Sporting Clube Espinho / António Leitão	Veterano M40	01:16:42	+07:49	04:48
2	2054	Orlando Barbosa	APERTA CORDÕES	Veterano M40	01:17:33	+08:40	04:51
3	2090	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M40	01:19:01	+10:08	04:56
4	2693	ANTÓNIO FILIPE BASTOS FONTES	Sporting Clube Espinho / António Leitão	Veterano M40	01:19:36	+10:43	04:59
5	2553	Paulo sousa	Nos Acreditamos	Veterano M40	01:22:45	+13:53	05:10
6	2389	João Mortágua	Individual	Veterano M40	01:23:05	+14:12	05:12
7	2017	José Oliveira	AFIS OVAR	Veterano M40	01:24:09	+15:16	05:16
8	2566	Valter Correia	Nova Linha Trail Runners	Veterano M40	01:24:40	+15:47	05:18
9	1085	Paulo Campos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:24:48	+15:55	05:18
10	2527	José Correia	NAC TRAIL	Veterano M40	01:25:11	+16:18	05:19
11	2539	Jorge Rebelo	nem que chova	Veterano M40	01:25:54	+17:01	05:22

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Trilho do Guerreiro

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12	2397	José Paulo da Silva Gomes	Individual	Veterano M40	01:29:27	+20:34	05:35
13	2565	José Fernandes	Nova Linha Trail Runners	Veterano M40	01:30:00	+21:07	05:38
14	2517	Vitor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:30:13	+21:20	05:38
15	2377	Carlos Familiar	Individual	Veterano M40	01:30:19	+21:26	05:39
16	2375	Carlos Alberto de Lima Bruno	Individual	Veterano M40	01:31:14	+22:22	05:42
17	2018	José Tavares Barbosa	AFIS OVAR	Veterano M40	01:33:32	+24:39	05:51
18	2464	Nuno Miguel Gonçalves Araújo	Juventude Cortegacense	Veterano M40	01:34:22	+25:29	05:54
19	2617	MARCO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	01:34:24	+25:31	05:54
20	2463	Joel Sequeira	Juventude Cortegacense	Veterano M40	01:35:29	+26:36	05:58
21	2098	Manuel Freire	Clube Trilheiros & Amigos	Veterano M40	01:36:05	+27:12	06:00
22	2087	Miguel Rego	Clube Atlético Chibinha	Veterano M40	01:37:42	+28:49	06:06
23	2392	Jorge Macedo	Individual	Veterano M40	01:41:29	+32:36	06:21
24	2177	Paulo Martins	FEEL FREE	Veterano M40	01:42:01	+33:08	06:23
25	2756	José Augusto Pinto	Turbo Kings 2.0	Veterano M40	01:42:55	+34:02	06:26
26	2045	António Júlio Teixeira Pinto	Alpha Running	Veterano M40	01:43:04	+34:11	06:27
27	2004	César Rocha	#correratenumdarmais por Fernando Oliveira	Veterano M40	01:45:04	+36:11	06:34
28	2550	Armando Cardoso	Nos Acreditamos	Veterano M40	01:46:17	+37:24	06:39
29	2480	Bruno Santos	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:46:30	+37:37	06:39
30	2481	Jorge Silva	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:46:31	+37:38	06:39
31	2526	David Malva	NAC TRAIL	Veterano M40	01:46:48	+37:55	06:41
32	2009	Dinis	Adosa - Os Santa Apolónia	Veterano M40	01:47:08	+38:15	06:42
33	2695	JORGE FERNANDO SILVA MARQUES COELHO	Sporting Clube Espinho / António Leitão	Veterano M40	01:47:09	+38:16	06:42
34	2800	Carlos Alberto Soares Moreira	Alpha Running	Veterano M40	01:47:11	+38:18	06:42
35	2630	José Carlos Cardoso Moreira	Powerrunteam	Veterano M40	01:48:48	+39:55	06:48
36	2632	Pedro Cruz	Powerrunteam	Veterano M40	01:48:48	+39:55	06:48
37	2631	Nuno Pinho	Powerrunteam	Veterano M40	01:48:49	+39:56	06:48
38	2402	Manuel Candeias	Individual	Veterano M40	01:49:36	+40:43	06:51
39	2048	Marco António Alves Miranda	Alpha Running	Veterano M40	01:50:18	+41:25	06:54
40	2205	Paulo Loureiro	Gapafit Castro Daire	Veterano M40	01:50:25	+41:32	06:54
41	1240	Vitor Ferreira	Nova Linha Trail Runners	Veterano M40	01:50:36	+41:43	06:55
42	2005	Rui Sergio Pinheiro da Costa Rodrigues Dias	#correratenumdarmais por Fernando Oliveira	Veterano M40	01:50:46	+41:53	06:55
43	2396	Jose Manuel Ribeiro Machado	Individual	Veterano M40	01:52:21	+43:28	07:01
44	2416	Rui Freitas	Individual	Veterano M40	01:52:35	+43:42	07:02
45	2772	José Roque	vale dos duros	Veterano M40	01:52:44	+43:51	07:03
46	2230	Ricardo Godinho	Geocrosstrail	Veterano M40	01:52:44	+43:51	07:03
47	2406	Nuno Fernandes	Individual	Veterano M40	01:53:07	+44:14	07:04
48	2684	Marco Jorge Moreira Teixeira de aguiar	Serafim moreira	Veterano M40	01:53:10	+44:17	07:04
49	2173	Alexandre Saraiva	FEEL FREE	Veterano M40	01:53:22	+44:29	07:05
50	2398	José Pedro Santos Silva	Individual	Veterano M40	01:54:11	+45:18	07:08
51	2417	Rui Pascoal	Individual	Veterano M40	01:54:43	+45:50	07:10
52	2410	Paulo Sérgio Lima	Individual	Veterano M40	01:54:43	+45:50	07:10
53	2728	Paulo Santos	Tog Associação Running Team	Veterano M40	01:54:44	+45:52	07:10

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Trilho do Guerreiro

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54	2564	Daniel Vieira	Nova Linha Trail Runners	Veterano M40	01:55:07	+46:15	07:12
55	2390	João Paulo de Sousa e Silva	Individual	Veterano M40	01:55:32	+46:39	07:13
56	2696	Rui Miguel Coelho dos Santos Caralinda Silva	Sporting Clube Espinho / António Leitão	Veterano M40	01:55:33	+46:40	07:13
57	2378	Carlos Rodrigues	Individual	Veterano M40	01:55:36	+46:43	07:14
58	2178	Ricardo Ferreira	FEEL FREE	Veterano M40	01:55:48	+46:55	07:14
59	2403	Manuel Mendes Peixoto	Individual	Veterano M40	01:56:59	+48:06	07:19
60	2727	Paulo Carvalho	Tog Associação Running Team	Veterano M40	01:57:06	+48:13	07:19
61	2465	Sérgio Paulo Ferreira Oliveira	Juventude Cortegacense	Veterano M40	01:57:21	+48:28	07:20
62	2231	Vitor Paulino	GMCJamor	Veterano M40	01:57:41	+48:48	07:21
63	2774	Miguel Barbosa	vale dos duros	Veterano M40	01:58:00	+49:07	07:23
64	2538	Ivo Pereira	nem que chova	Veterano M40	01:58:01	+49:08	07:23
65	2618	NUNO TEIXEIRA	PORTOCARGO RUNNERS	Veterano M40	01:58:02	+49:09	07:23
66	2042	Marco Costa	ALMA FITNESS	Veterano M40	01:58:08	+49:15	07:23
67	2203	Alcino tavares	Gansos	Veterano M40	01:58:22	+49:29	07:24
68	2423	Tony Matias	Individual	Veterano M40	01:58:51	+49:58	07:26
69	2551	Cristiano ferreira	Nos Acreditamos	Veterano M40	01:59:01	+50:08	07:26
70	2383	Filipe MAdureira	Individual	Veterano M40	01:59:30	+50:37	07:28
71	2596	Antonio Barbosa	Paredes Running	Veterano M40	01:59:37	+50:44	07:29
72	2601	Celso Maia	PEGA NA LANCHEIRA	Veterano M40	01:59:38	+50:45	07:29
73	2482	Miguel Miranda	KIRCHHOFF - KONECT RUNNING TEAM	Veterano M40	01:59:41	+50:48	07:29
74	2519	Vítor Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:59:45	+50:52	07:29
75	2041	José Manuel Oliveira	ALMA FITNESS	Veterano M40	02:00:30	+51:37	07:32
76	2415	Rui Ferreira	Individual	Veterano M40	02:00:56	+52:03	07:34
77	2424	Williams Rodriguez	Individual	Veterano M40	02:01:32	+52:39	07:36
78	2773	Luís Ferreira	vale dos duros	Veterano M40	02:01:32	+52:39	07:36
79	2373	Antonio leal Leal	Individual	Veterano M40	02:01:44	+52:51	07:37
80	2771	Alberto Ferreira	vale dos duros	Veterano M40	02:01:45	+52:52	07:37
81	1332	Ricardo Sousa	Factor X/S4L/ Medense FC	Veterano M40	02:01:53	+53:00	07:37
82	2411	Pedro Pombal	Individual	Veterano M40	02:02:07	+53:14	07:38
83	2073	Vitor Barreto	BoraBora, Vamos Lá!	Veterano M40	02:02:27	+53:34	07:39
84	2633	Rui Costa	Powerrunteam	Veterano M40	02:02:41	+53:48	07:40
85	2395	José Carlos Silva	Individual	Veterano M40	02:02:43	+53:51	07:40
86	2379	Daniel correia A.D.A	Individual	Veterano M40	02:02:47	+53:54	07:40
87	2804	Paulo Cortinhas	Individual	Veterano M40	02:02:48	+53:55	07:41
88	2091	Rolando Costa	Clube Pessoal Aguas Gaia	Veterano M40	02:02:52	+53:59	07:41
89	2414	Ricardo Santos	Individual	Veterano M40	02:02:57	+54:04	07:41
90	2372	André Barroso	Individual	Veterano M40	02:03:02	+54:09	07:41
91	2606	pedro brizado	pipb	Veterano M40	02:03:09	+54:17	07:42
92	2138	José Ferreira	Exercise For You	Veterano M40	02:03:12	+54:19	07:42
93	2405	Mário Noronha	Individual	Veterano M40	02:03:25	+54:32	07:43
94	2484	Zé Cunha	Lá Família	Veterano M40	02:03:31	+54:38	07:43
95	2419	Sérgio Assunção	Individual	Veterano M40	02:03:32	+54:39	07:43
96	2200	Manuel Teixeira	Fridão Sem Limites	Veterano M40	02:04:19	+55:27	07:46
97	2409	Paulo Ribeiro	Individual	Veterano M40	02:05:01	+56:08	07:49

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98	2466	Tiago Jorge de Brito Martins Pereira	Juventude Cortegacense	Veterano M40	02:05:06	+56:13	07:49
99	2088	Rui Cardoso	Clube Atlético Chibinha	Veterano M40	02:05:19	+56:26	07:50
100	2535	Jose Martins	NAST	Veterano M40	02:05:40	+56:47	07:51
101	2554	Victor dias	Nos Acreditamos	Veterano M40	02:05:56	+57:03	07:52
102	2421	SILVIO MIGUEL ALVES FERREIRA	Individual	Veterano M40	02:05:57	+57:05	07:52
103	2682	Fernando Brandão	Sentir Escariz running	Veterano M40	02:06:35	+57:42	07:55
104	2072	Pedro Miguel Pinto	BoraBora, Vamos Lá!	Veterano M40	02:06:46	+57:53	07:55
105	2413	Ricardo Nordeste	Individual	Veterano M40	02:06:51	+57:58	07:56
106	2462	Hélder Fernandes da Rocha	Juventude Cortegacense	Veterano M40	02:07:30	+58:37	07:58
107	2662	Américo Fonseca	runningesmoriz	Veterano M40	02:07:31	+58:38	07:58
108	2116	Julio Loureiro	Dá-lhe Gás team	Veterano M40	02:07:46	+58:53	07:59
109	2381	David Paiva	Individual	Veterano M40	02:07:58	+59:05	08:00
110	2775	Miguel Ferreira	vale dos duros	Veterano M40	02:08:10	+59:17	08:01
111	2412	Ricardo José Silva Lopes	Individual	Veterano M40	02:08:12	+59:19	08:01
112	2047	Douglas César Oliveira de Pinho	Alpha Running	Veterano M40	02:08:13	+59:20	08:01
113	2032	José Carneiro	ALIANÇA DE GANDRA	Veterano M40	02:08:43	+59:50	08:03
114	2663	Víctor Sousa	runningesmoriz	Veterano M40	02:10:24	+01:01:31	08:09
115	2510	Nuno Couto	Manguelas - Run/Walk TEAM	Veterano M40	02:11:48	+01:02:55	08:14
116	2603	Joao Morgado	PEGA NA LANCHEIRA	Veterano M40	02:11:48	+01:02:55	08:14
117	2376	Carlos Azevedo	Individual	Veterano M40	02:11:49	+01:02:56	08:14
118	2175	Jorge Miguel dos Santos Leito	FEEL FREE	Veterano M40	02:12:07	+01:03:14	08:15
119	2081	João Lourenço	C+ RUNNERS	Veterano M40	02:13:07	+01:04:14	08:19
120	2404	Marco Mendes	Individual	Veterano M40	02:13:14	+01:04:21	08:20
121	2587	Ricardo Diogo	OZXTREME	Veterano M40	02:13:47	+01:04:54	08:22
122	2490	Filipe Simões	Lama Solta	Veterano M40	02:14:17	+01:05:24	08:24
123	2401	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	02:15:07	+01:06:15	08:27
124	2673	Pedro Pimenta	Sem Medo	Veterano M40	02:15:30	+01:06:37	08:28
125	2697	Rui Miguel Oliveira	Sporting Clube Espinho / António Leitão	Veterano M40	02:15:49	+01:06:56	08:29
126	2380	Daniel Gomes	Individual	Veterano M40	02:15:56	+01:07:03	08:30
127	2387	JoAo h sousa	Individual	Veterano M40	02:16:18	+01:07:25	08:31
128	2602	Helder Maia	PEGA NA LANCHEIRA	Veterano M40	02:16:42	+01:07:49	08:33
129	2388	João Leal Fernandes	Individual	Veterano M40	02:16:44	+01:07:51	08:33
130	2195	Manuel Magalhães	Focoteam24	Veterano M40	02:17:28	+01:08:35	08:36
131	2132	Vitor Teixeira	Eu e elas	Veterano M40	02:17:34	+01:08:41	08:36
132	2086	Hans Peter Grebe	Cavaleiros de Inês de Castro	Veterano M40	02:17:48	+01:08:55	08:37
133	2391	João Paulo Pereira Hortênsio	Individual	Veterano M40	02:18:50	+01:09:57	08:41
134	2385	Helder Gabriel Ribeiro	Individual	Veterano M40	02:20:03	+01:11:10	08:45
135	2531	Paulo Ribeiro	Individual	Veterano M40	02:20:11	+01:11:18	08:46
136	2071	António Matos	BoraBora, Vamos Lá!	Veterano M40	02:20:31	+01:11:38	08:47
137	2079	Rui Rocha	Brincalhões	Veterano M40	02:20:59	+01:12:06	08:49
138	2763	Rui Assunção	Turminha	Veterano M40	02:21:24	+01:12:31	08:50
139	2393	Jorge Miguel Contreiras de Matos de Figueiredo Ribeiro	Individual	Veterano M40	02:21:36	+01:12:43	08:51
140	2600	Amandio Monica	PEGA NA LANCHEIRA	Veterano M40	02:21:47	+01:12:54	08:52
141	2179	Rony Santos	FEEL FREE	Veterano M40	02:21:50	+01:12:57	08:52

Trilho do Guerreiro

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142	2500	Manuel Pacheco Ferreira de Magalhães	LUSOS XXI	Veterano M40	02:21:54	+01:13:01	08:52
143	2064	Hugo Silva	BOMBEIROS BRASFEMES-TRAIL e BTT	Veterano M40	02:22:54	+01:14:01	08:56
144	2726	Carlos Conde	Tog Associação Running Team	Veterano M40	02:23:00	+01:14:07	08:56
145	2196	Rui Mendes	Focoteam24	Veterano M40	02:23:09	+01:14:16	08:57
146	2605	Oscar Lopes	PEGA NA LANCHEIRA	Veterano M40	02:26:57	+01:18:04	09:11
147	2384	Francisco Caldas	Individual	Veterano M40	02:27:12	+01:18:19	09:12
148	2400	José Pinho	Individual	Veterano M40	02:27:12	+01:18:19	09:12
149	2245	João Fonseca	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	02:27:16	+01:18:23	09:12
150	2251	Jorge VAZ	Ibarra_Vaz	Veterano M40	02:28:15	+01:19:22	09:16
151	2252	Luís Sargo	Ibarra_Vaz	Veterano M40	02:28:15	+01:19:22	09:16
152	2604	Nuno Fernandes	PEGA NA LANCHEIRA	Veterano M40	02:28:19	+01:19:26	09:16
153	2762	António Pereira	Turminha	Veterano M40	02:28:58	+01:20:05	09:19
154	2708	Pedro Perpétua	Strong Team	Veterano M40	02:29:00	+01:20:07	09:19
155	2382	Fernando Rodrigues	Individual	Veterano M40	02:29:42	+01:20:49	09:21
156	2616	CARLOS OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	02:30:56	+01:22:03	09:26
157	2497	NUNO SILVA	LOBOS DO MONTE - LOUSADO	Veterano M40	02:31:20	+01:22:27	09:28
158	2229	Paulo Gomes	Geocrosstrail	Veterano M40	02:31:21	+01:22:28	09:28
159	2408	Paulo Manuel Soares Silva	Individual	Veterano M40	02:32:05	+01:23:13	09:30
160	2399	José Pereira	Individual	Veterano M40	02:34:09	+01:25:16	09:38
161	2112	Manuel Almeida	CORRER VISEU	Veterano M40	02:35:14	+01:26:21	09:42
162	2422	Tiago Manuel Gonçalves Correia da Silva	Individual	Veterano M40	02:36:52	+01:27:59	09:48
163	2176	Paulo Calheiros	FEEL FREE	Veterano M40	02:40:10	+01:31:17	10:01
164	2394	José Alberto Martins	Individual	Veterano M40	02:40:24	+01:31:31	10:02
165	2619	PAULO FERREIRA	PORTOCARGO RUNNERS	Veterano M40	02:42:09	+01:33:16	10:08
166	2374	Bruno Malheiro	Individual	Veterano M40	02:42:10	+01:33:17	10:08
167	2597	Luis Ribeiro	Paredes Running	Veterano M40	02:42:46	+01:33:53	10:10
168	2144	Jorge Sanches	F4L	Veterano M40	02:44:03	+01:35:10	10:15
169	2407	Nuno Garcia	Individual	Veterano M40	02:44:13	+01:35:20	10:16
170	2590	Pedro leite	Papaléguas	Veterano M40	02:45:54	+01:37:01	10:22
171	2585	Mario Neves	Os Alminhas	Veterano M40	02:47:33	+01:38:40	10:28
172	139	Luís Miguel Moreira dos Santos	Trailistas Eu é que sei!	Veterano M40	02:47:42	+01:38:49	10:29
173	2053	Nuno leão	APERTA CORDÕES	Veterano M40	02:49:23	+01:40:30	10:35
174	2043	Pedro Bastos	ALMA FITNESS	Veterano M40	02:49:30	+01:40:38	10:36
175	2052	Elio Gocalves	APERTA CORDÕES	Veterano M40	02:50:06	+01:41:13	10:38
176	2040	Daniel Sousa	ALMA FITNESS	Veterano M40	02:56:04	+01:47:11	11:00
177	2672	Armindo Carvalho	Sem Medo	Veterano M40	02:58:38	+01:49:45	11:10
178	2026	joao simoes	aiquedoi	Veterano M40	03:23:13	+02:14:20	12:42

Veterano M50

1	2559	Francisco Lemos	Nos Acreditamos	Veterano M50	01:22:44	+13:51	05:10
2	2425	Adriano de Freitas Teixeira	Individual	Veterano M50	01:24:16	+15:23	05:16
3	2698	Manuel jose Gomes Correia	Sporting Clube Espinho / António Leitão	Veterano M50	01:24:42	+15:49	05:18

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4	2557	António Pereira	Nos Acreditamos	Veterano M50	01:24:47	+15:54	05:18
5	2468	Celso Lino Oliveira Gomes	Juventude Cortegacense	Veterano M50	01:28:25	+19:32	05:32
6	2439	Nelson Ramos	Individual	Veterano M50	01:31:13	+22:20	05:42
7	2536	Paulo Quintas	NAST	Veterano M50	01:31:39	+22:46	05:44
8	2253	Artur Lima	IBERC	Veterano M50	01:33:53	+25:00	05:52
9	2016	Paulo Correia	ADSebolido Trail Boneca Douro	Veterano M50	01:37:42	+28:49	06:06
10	2015	José Alves	ADSebolido Trail Boneca Douro	Veterano M50	01:41:06	+32:13	06:19
11	2556	Antonio cunha	Nos Acreditamos	Veterano M50	01:41:17	+32:24	06:20
12	2776	António Oliveira	vale dos duros	Veterano M50	01:41:44	+32:51	06:22
13	2469	Domingos Fernando Oliveira Camboa	Juventude Cortegacense	Veterano M50	01:43:50	+34:57	06:29
14	2470	Paulo Castelo	Juventude Cortegacense	Veterano M50	01:45:17	+36:24	06:35
15	2560	Joaquim silva	Nos Acreditamos	Veterano M50	01:45:18	+36:25	06:35
16	2674	Antonio Coelho	Sem Medo	Veterano M50	01:49:38	+40:45	06:51
17	2570	Hilario Costa	Oiteameia	Veterano M50	01:53:15	+44:22	07:05
18	2442	Paulo Rodrigues	Individual	Veterano M50	01:53:48	+44:55	07:07
19	2139	Joaquim Rocha	Exercise For You	Veterano M50	01:57:43	+48:50	07:21
20	2058	José Julião	Atletismo Clube da Tocha	Veterano M50	01:58:43	+49:50	07:25
21	2511	Joaquim Vicente Ferreira Sousa	Manguelas - Run/Walk TEAM	Veterano M50	01:59:17	+50:24	07:27
22	2094	José Barbosa	Clube Pessoal Aguas Gaia	Veterano M50	01:59:19	+50:26	07:27
23	2092	Jorge Santos	Clube Pessoal Aguas Gaia	Veterano M50	01:59:19	+50:26	07:27
24	2729	Manuel Barros	Tog Associação Running Team	Veterano M50	02:02:21	+53:28	07:39
25	2432	Joaquim Manuel da Costa Moreira	Individual	Veterano M50	02:03:12	+54:19	07:42
26	2426	ANTONIO TEIXEIRA	Individual	Veterano M50	02:03:45	+54:52	07:44
27	2578	Manuel Ferreira	ONDA TEAM	Veterano M50	02:03:52	+54:59	07:45
28	2801	Antonio Silva	Pupilos do Zé To	Veterano M50	02:03:52	+54:59	07:45
29	2675	José Leça	Sem Medo	Veterano M50	02:04:27	+55:34	07:47
30	2567	Florindo Pereira	Nova Linha Trail Runners	Veterano M50	02:04:49	+55:56	07:48
31	2445	Vitor Oliveira	Individual	Veterano M50	02:05:19	+56:26	07:50
32	2438	Manuel Moreira	Individual	Veterano M50	02:06:23	+57:30	07:54
33	2217	Mário Nunes	GELCENTRO	Veterano M50	02:06:25	+57:32	07:54
34	2523	João Pedro Gonçalves	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:06:51	+57:58	07:56
35	2430	João Bernardo	Individual	Veterano M50	02:07:25	+58:32	07:58
36	2467	Augusto Santos Silva	Juventude Cortegacense	Veterano M50	02:07:32	+58:39	07:58
37	2181	António Correia	FEEL FREE	Veterano M50	02:08:07	+59:14	08:00
38	2558	Fernando silva	Nos Acreditamos	Veterano M50	02:08:12	+59:20	08:01
39	2429	Joaquim Ferreira	Individual	Veterano M50	02:08:17	+59:24	08:01
40	2569	Fernando Mautempo	Oiteameia	Veterano M50	02:08:18	+59:25	08:01
41	2440	Paulo Cabral	Individual	Veterano M50	02:11:05	+01:02:12	08:12
42	2327	Adriano Coutinho	Murtosa night runners	Veterano M50	02:12:00	+01:03:07	08:15
43	1205	Paulo AGC Ribeiro	Individual	Veterano M50	02:12:58	+01:04:05	08:19
44	2431	João Teixeira	Individual	Veterano M50	02:13:16	+01:04:23	08:20
45	2700	Carlos Magalhães	Squadra Di Potenza	Veterano M50	02:13:31	+01:04:38	08:21
46	2555	Álvaro Cardoso.	Nos Acreditamos	Veterano M50	02:14:28	+01:05:35	08:24
47	2740	Carlos Costa	Trogloditas runners	Veterano M50	02:15:31	+01:06:38	08:28
48	2074	Augusto Costa	BoraBora, Vamos Lá!	Veterano M50	02:17:39	+01:08:46	08:36
49	2435	José Paula	Individual	Veterano M50	02:17:45	+01:08:52	08:37

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50	2607	isidro silva	pipb	Veterano M50	02:17:56	+01:09:03	08:37
51	2246	David Nogueira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:18:47	+01:09:54	08:40
52	2534	João Silva	Individual	Veterano M50	02:20:13	+01:11:20	08:46
53	2437	luis paulo silva ferreira	Individual	Veterano M50	02:20:49	+01:11:56	08:48
54	2524	José Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:21:17	+01:12:25	08:50
55	1302	Fernando Vital	Tog Associação Running Team	Veterano M50	02:21:22	+01:12:29	08:50
56	2540	Clemente Meireles	nem que chova	Veterano M50	02:26:24	+01:17:31	09:09
57	2183	Paulo Santareno	FEEL FREE	Veterano M50	02:26:30	+01:17:37	09:09
58	2248	Luiz Blanquet	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:27:04	+01:18:11	09:12
59	2620	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	02:28:42	+01:19:49	09:18
60	2520	Álvaro Silva	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:28:49	+01:19:56	09:18
61	2522	Fernando Miranda	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:28:52	+01:19:59	09:18
62	2028	jose luis cruz	aiquedoi	Veterano M50	02:30:51	+01:21:58	09:26
63	2441	Paulo Jorge Vitor Caseiro	Individual	Veterano M50	02:32:33	+01:23:40	09:32
64	2521	Carlos Santos	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:40:08	+01:31:16	10:01
65	2085	antonio macedo	Caga Tacos Running Team	Veterano M50	02:44:30	+01:35:37	10:17
66	2443	Paulo Silva	Individual	Veterano M50	02:46:28	+01:37:35	10:24
67	2100	Carlos navega	CNCBacadapasso	Veterano M50	02:47:31	+01:38:38	10:28
68	2247	Fernando Ferreira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	02:51:23	+01:42:30	10:43
69	2436	José Pires Lima	Individual	Veterano M50	02:53:48	+01:44:55	10:52
70	2427	CARLOS CORREIA	Individual	Veterano M50	02:55:11	+01:46:18	10:57