

TRILHO DA CONQUISTA - STAGE 1

29 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	08:45	-0.4°C	92%
End	15:09	-0.4°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	1007	Márcio Castro	adrap	Senior Masculino	02:32:28		05:15
2	1026	Paulo Pinto	aztrail/mercentro	Veterano M40	02:34:55	+02:27	05:21
3	1135	Paulo Conde	individual	Senior Masculino	02:36:32	+04:04	05:24
4	1231	Miguel Martins	nast	Senior Masculino	02:36:32	+04:04	05:24
5	1232	Nelson teixeira	nast	Senior Masculino	02:37:25	+04:57	05:26
6	1011	Francisco Ferreira	aliados trail running team	Senior Masculino	02:42:38	+10:10	05:36
7	1229	Domingos Freitas	nast	Senior Masculino	02:43:42	+11:14	05:39
8	1217	Bruno Gonçalves	montanha clube trail running	Senior Masculino	02:44:51	+12:23	05:41
9	1049	Ivan Silva	edv-viana trail	Senior Masculino	02:47:31	+15:03	05:47
10	1192	Humberto Vara	individual	Veterano M50	02:49:49	+17:21	05:51
11	1234	Paulo Ferreira	nocturnos de paredes	Veterano M40	02:56:12	+23:44	06:05
12	1035	Nuno Lemos	clube atletismo fafe	Veterano M40	02:56:13	+23:45	06:05
13	1236	Fernando Carvalho	nos acreditamos	Veterano M40	02:58:35	+26:07	06:10
14	1030	Bruno Silva	bravos e bravitas	Senior Masculino	02:59:37	+27:09	06:12
15	1285	João Ribeiro	sporting clube espinho triatlo	Senior Masculino	03:01:02	+28:33	06:15
16	1069	Lino Ferreira	g.d.c. guilhovai	Veterano M40	03:01:35	+29:07	06:16
17	1226	João Leite	nac trail	Senior Masculino	03:03:30	+31:02	06:20
18	1235	José pinto	nos acreditamos	Senior Masculino	03:06:33	+34:05	06:26
19	1275	Sandro Gomes	sentir escariz running	Senior Masculino	03:09:04	+36:36	06:31
20	1001	Ricardo Pereira	#lobosolitário	Senior Masculino	03:09:45	+37:17	06:33
21	1319	João Rodrigues	vale dos duros	Veterano M50	03:09:51	+37:23	06:33
22	1202	Nuno Paiva	individual	Veterano M50	03:10:11	+37:43	06:33
23	1213	Ernesto Marques Alves	juventude cortegacense	Veterano M50	03:10:29	+38:01	06:34
24	1020	Tiago Duarte	atletismo clube da tocha	Senior Masculino	03:10:43	+38:15	06:35
25	1238	Alberto Freitas	nova linha trail runners	Veterano M40	03:11:31	+39:03	06:36
26	1216	Alfredo Moreira	moinhos run - adrm	Veterano M40	03:12:03	+39:35	06:37
27	1019	Ricardo Silva	atletismo clube da tocha	Senior Masculino	03:14:08	+41:40	06:42
28	1166	jose Duarte	individual	Veterano M40	03:14:09	+41:41	06:42
29	1084	Fernando Augusto	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:14:24	+41:56	06:42
30	1022	Paulo Pessoa	atletismo clube da tocha	Veterano M40	03:19:06	+46:38	06:52
31	1321	Rogério Magalhaes	vc bike	Veterano M40	03:19:47	+47:19	06:53
32	1053	Simão Castro	equipa fruta da 5ª	Senior Masculino	03:21:22	+48:54	06:57
33	1034	Agostinho Costa	ccdr fundo vila-s.joao da madeira	Veterano M50	03:21:48	+49:20	06:58
34	1335	Vitor Tavares	individual	Senior Masculino	03:22:26	+49:58	06:59
35	1111	Bruno Rafael	individual	Senior Masculino	03:25:06	+52:38	07:04
36	1199	Luís Mota	individual	Veterano M50	03:27:41	+55:13	07:10
37	1206	Paulo Braga	individual	Veterano M50	03:28:12	+55:44	07:11
38	1138	Ricardo Henriques	individual	Senior Masculino	03:28:20	+55:52	07:11
39	1088	Fernando Oliveira	hora do lobo trail - cf perosinho atletismo	Veterano M50	03:28:30	+56:01	07:11
40	1096	BELÉN MONTAVEZ LANGA	individual	Senior Feminino	03:28:32	+56:04	07:11
41	1277	José Oliveira	sentir escariz running	Veterano M40	03:28:34	+56:06	07:12
42	1225	Francisco Terra	nac trail	Senior Masculino	03:30:33	+58:05	07:16

TRILHO DA CONQUISTA - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	1126	José Pedro Simões Ribeiro	individual	Senior Masculino	03:30:57	+58:29	07:16
44	1296	Bruno Monteiro	tog associação running team	Senior Masculino	03:31:11	+58:43	07:17
45	1161	Filipe Pereira	individual	Veterano M40	03:31:25	+58:57	07:17
46	1016	David Madeira	atletismo clube da tocha	Senior Masculino	03:31:32	+59:04	07:18
47	1197	José Calisto	individual	Veterano M50	03:31:36	+59:08	07:18
48	1233	Rui Carneiro	nast	Senior Masculino	03:31:55	+59:27	07:18
49	1228	Bruno Freitas	nast	Senior Masculino	03:32:01	+59:33	07:19
50	1184	RUI SOUSA	individual	Veterano M40	03:32:32	+01:00:04	07:20
51	1293	Nuno Miguel Silva Moreira	team tt	Senior Masculino	03:32:51	+01:00:23	07:20
52	1244	Francisco Ferreira	os tolinhos	Veterano M50	03:33:18	+01:00:50	07:21
53	1109	Bruno Fernandes	individual	Senior Masculino	03:33:33	+01:01:05	07:22
54	1260	RENATO OLIVEIRA	portocargo runners	Veterano M40	03:33:53	+01:01:25	07:23
55	1227	Levi Fernandes	nac trail	Senior Masculino	03:34:40	+01:02:12	07:24
56	1160	Fernando Mendes	individual	Veterano M40	03:35:01	+01:02:33	07:25
57	1057	Luis Carlos Pereira Figueiredo	espigueiros runners - caparrosinha	Veterano M40	03:35:35	+01:03:07	07:26
58	1046	Filipe Alves	desnível positivo	Veterano M40	03:36:17	+01:03:49	07:28
59	1280	Vítor Moreira	sentir escariz running	Veterano M40	03:36:28	+01:03:59	07:28
60	1195	Jorge Gualter Pereira Maltez	individual	Veterano M50	03:36:30	+01:04:02	07:28
61	1283	Antero Roque	sporting club santacruzense	Senior Masculino	03:37:04	+01:04:36	07:29
62	1271	Paulo Reis	runningesmoriz	Senior Masculino	03:37:45	+01:05:17	07:31
63	1037	Catarina Alves	coimbra trail running	Veterana F40	03:38:12	+01:05:44	07:31
64	1038	Álvaro Mano	coimbra trail running	Veterano M40	03:38:12	+01:05:44	07:31
65	1274	Miguel Silva	sentir escariz running	Senior Masculino	03:38:26	+01:05:58	07:32
66	1230	Fabio Silva	nast	Senior Masculino	03:38:39	+01:06:11	07:32
67	1242	Francisco Válga	onda team	Senior Masculino	03:38:43	+01:06:15	07:33
68	1250	Artur Gil	pés de chumbo runners	Senior Masculino	03:40:01	+01:07:33	07:35
69	1177	Pedro Bôto	individual	Veterano M40	03:40:11	+01:07:43	07:36
70	1336	Liliana Cardoso	trail running btt de sanguedo	Senior Feminino	03:40:14	+01:07:46	07:36
71	1294	Pedro Lima	team tt	Veterano M40	03:40:27	+01:07:59	07:36
72	1318	Joaquim Couto	vale dos duros	Veterano M40	03:40:55	+01:08:27	07:37
73	1326	Paulo Costa	individual	Veterano M50	03:40:58	+01:08:30	07:37
74	1292	Ricardo Joaquim Monteiro Fernandes	team trail bem viver	Senior Masculino	03:41:04	+01:08:36	07:37
75	1259	LUIS RIBEIRO	portocargo runners	Veterano M40	03:41:13	+01:08:45	07:38
76	1165	Jorge Nunes	individual	Veterano M40	03:43:39	+01:11:11	07:43
77	1050	José Pinto	equipa a	Veterano M40	03:43:55	+01:11:27	07:43
78	1051	José pirata	equipa a	Veterano M40	03:43:56	+01:11:28	07:43
79	1252	António José Vilaça	pés de chumbo runners	Veterano M40	03:44:12	+01:11:44	07:44
80	1211	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M40	03:44:46	+01:12:18	07:45
81	1156	Antonio luis Oliveira Soares	individual	Veterano M40	03:44:58	+01:12:30	07:45
82	1282	RUBENS BRANDÃO SOARES	sportarc	Veterano M40	03:45:31	+01:13:03	07:47
83	1048	Antonino Gonçalves	desnível positivo	Veterano M50	03:45:41	+01:13:13	07:47
84	1176	Pedro Barros	individual	Veterano M40	03:45:41	+01:13:13	07:47
85	1303	Pedro Rocha	trail me	Veterano M40	03:45:54	+01:13:26	07:47
86	1237	Vera Barbosa	boavista trail	Senior Feminino	03:46:44	+01:14:16	07:49
87	1258	MANUELA FARIA	portocargo runners	Veterana F40	03:46:51	+01:14:23	07:49

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29 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1245	Eugénio Santos	out 2 run/miro	Senior Masculino	03:46:53	+01:14:25	07:49
89	1190	CESAR BARON BAZ	individual	Veterano M50	03:47:01	+01:14:32	07:50
90	1255	Rogério Oliveira	pés de chumbo runners	Veterano M40	03:47:13	+01:14:45	07:50
91	1315	Paulo Soares	vale dos duros	Senior Masculino	03:47:56	+01:15:28	07:52
92	1325	Helena Gomes	wolves	Veterana F40	03:48:09	+01:15:41	07:52
93	1114	Eugénio Dias	individual	Senior Masculino	03:48:09	+01:15:41	07:52
94	1316	Roni Gomes	vale dos duros	Senior Masculino	03:49:12	+01:16:44	07:54
95	1063	Joao Oliveira	facort running team	Senior Masculino	03:49:56	+01:17:27	07:56
96	1284	José Rosário	sporting club santacruzense	Senior Masculino	03:50:04	+01:17:36	07:56
97	1313	André Silva	vale dos duros	Senior Masculino	03:50:12	+01:17:44	07:56
98	1266	JOSÉ RODRIGUES	pupilos do zé tó	Veterano M40	03:50:19	+01:17:51	07:57
99	1189	Carlos Alberto Ferreira	individual	Veterano M50	03:50:22	+01:17:54	07:57
100	1173	Miguel Santos	individual	Veterano M40	03:50:30	+01:18:02	07:57
101	1060	Jorge Duarte	espinho trail team	Senior Masculino	03:51:11	+01:18:43	07:58
102	1307	José Lemos	os tolinhos	Veterano M50	03:51:26	+01:18:58	07:59
103	1324	Pedro Daniel Lopes	viriahtvs runners viseu	Senior Masculino	03:52:03	+01:19:35	08:00
104	1341	Daniel Pereira	sporting club santacruzense	Senior Masculino	03:52:04	+01:19:36	08:00
105	1129	Marco Balsinha	individual	Senior Masculino	03:53:40	+01:21:12	08:03
106	1012	Joaquim Santos	arte dos trilhos	Veterano M40	03:53:44	+01:21:16	08:04
107	1036	Silverio Santos	clube pessoal aguas gaia	Veterano M40	03:54:09	+01:21:41	08:04
108	1219	Armando Rocha	movol	Veterano M40	03:55:11	+01:22:43	08:07
109	1220	Paulo Silva	movol	Veterano M50	03:55:11	+01:22:43	08:07
110	1278	Rui Figueiredo	sentir escariz running	Veterano M40	03:55:22	+01:22:54	08:07
111	1179	Ricardo Rodrigues	individual	Veterano M40	03:56:25	+01:23:57	08:09
112	1154	Agostinho Fernandes	individual	Veterano M40	03:57:06	+01:24:37	08:11
113	1248	Manuel Barbosa	paredes running	Veterano M40	03:57:15	+01:24:47	08:11
114	1185	Rui Vieira	individual	Veterano M40	03:57:38	+01:25:10	08:12
115	1181	Rui Correia	individual	Veterano M40	03:58:14	+01:25:46	08:13
116	1005	LUIS SANTOS	adi-ilhavo	Veterano M40	03:58:54	+01:26:26	08:14
117	1004	RUI SANTOS	adi-ilhavo	Senior Masculino	03:58:56	+01:26:28	08:14
118	1251	Fábio André	pés de chumbo runners	Senior Masculino	03:59:03	+01:26:35	08:15
119	1117	Ismael Silva Matos	individual	Senior Masculino	03:59:13	+01:26:45	08:15
120	1112	Bruno Silva	individual	Senior Masculino	03:59:14	+01:26:46	08:15
121	1148	Marlene Oliveira	individual	Veterana F40	03:59:21	+01:26:53	08:15
122	1058	Antonio Duarte	espinho trail team	Senior Masculino	03:59:42	+01:27:14	08:16
123	1276	Jorge Moreira	sentir escariz running	Veterano M40	03:59:44	+01:27:16	08:16
124	1116	Filipe Sousa	individual	Senior Masculino	04:00:20	+01:27:52	08:17
125	1200	manuel constantino silva	individual	Veterano M50	04:00:29	+01:28:01	08:18
126	1311	Marta Veloso	trogloditas runners	Veterana F40	04:02:04	+01:29:36	08:21
127	1309	Vitor Gonçalves	trogloditas runners	Senior Masculino	04:02:04	+01:29:36	08:21
128	1142	Sérgio Henriques	individual	Senior Masculino	04:02:28	+01:30:00	08:22
129	1025	Manuel Joaquim de Sousa Oliveira	aztrail/mercentro	Veterano M40	04:02:31	+01:30:02	08:22
130	1270	Pedro Miguel Da Silva Alves	runners do demo	Senior Masculino	04:03:08	+01:30:40	08:23
131	1150	TRINIDAD PRIETO GONZALEZ	individual	Veterana F40	04:03:37	+01:31:09	08:24
132	1241	Pedro Rocha	ofrunning	Senior Masculino	04:04:09	+01:31:41	08:25

TRILHO DA CONQUISTA - STAGE 1

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	1221	Carlos Duarte	mss contabilidade trail team	Veterano M40	04:05:17	+01:32:49	08:27
134	1079	Bruno Andrade	grupo de corrida de argoncilhe	Senior Masculino	04:06:40	+01:34:12	08:30
135	1080	Sérgio Oliveira	grupo de corrida de argoncilhe	Veterano M40	04:06:49	+01:34:21	08:31
136	1077	Filipe Ramos	gondomar futsal clube	Veterano M40	04:07:05	+01:34:37	08:31
137	1078	Rui Teixeira	gondomar futsal clube	Veterano M40	04:07:05	+01:34:37	08:31
138	1253	Arsénio Batata	pés de chumbo runners	Veterano M40	04:07:25	+01:34:57	08:32
139	1062	Ricardo Duarte	espinho trail team	Senior Masculino	04:07:56	+01:35:28	08:33
140	1059	Bruno Duarte	espinho trail team	Senior Masculino	04:07:58	+01:35:30	08:33
141	1279	Toni Paiva	sentir escariz running	Veterano M40	04:08:26	+01:35:58	08:34
142	1153	Acácio Santos	individual	Veterano M40	04:10:03	+01:37:35	08:37
143	1310	Irene Silva	troggloditas runners	Veterana F40	04:10:05	+01:37:37	08:37
144	1224	Tony Lopes	mud_intolerance	Senior Masculino	04:10:36	+01:38:08	08:39
145	1222	Diogo Fernandes	mud_intolerance	Senior Masculino	04:10:36	+01:38:08	08:39
146	1125	José Guilherme Sá	individual	Senior Masculino	04:10:51	+01:38:22	08:39
147	1145	Célia Sousa	individual	Veterana F40	04:10:56	+01:38:28	08:39
148	1163	João Ribeiro	individual	Veterano M40	04:10:56	+01:38:28	08:39
149	1212	Marcia Castro Costa	juventude cortegacense	Veterana F40	04:11:22	+01:38:54	08:40
150	1044	Susana Pereira	desnível positivo	Senior Feminino	04:11:59	+01:39:31	08:41
151	1093	PAULO FREITAS	hsantamariart	Veterano M40	04:12:51	+01:40:22	08:43
152	1091	SERGIO RICARDO	hsantamariart	Senior Masculino	04:12:51	+01:40:23	08:43
153	1092	JOSE AFONSO	hsantamariart	Veterano M40	04:12:51	+01:40:23	08:43
154	1090	PEDRO GABRIEL	hsantamariart	Senior Masculino	04:12:51	+01:40:23	08:43
155	1120	João Henriques	individual	Senior Masculino	04:12:52	+01:40:24	08:43
156	1254	Jose Alberto Ribeiro	pés de chumbo runners	Veterano M40	04:12:56	+01:40:28	08:43
157	1214	Daniel Alexandre	laac	Senior Masculino	04:13:12	+01:40:44	08:44
158	1215	Pedro Henriques	laac	Senior Masculino	04:13:13	+01:40:45	08:44
159	1118	Jacinto Manuel Rodrigues Oliveira	individual	Senior Masculino	04:13:37	+01:41:09	08:45
160	1055	José Pires	esadof	Senior Masculino	04:14:25	+01:41:57	08:46
161	1320	Manuel Migueis	vc bike	Veterano M40	04:14:33	+01:42:05	08:47
162	1151	CARMO SILVA	individual	Veterana F50	04:14:34	+01:42:06	08:47
163	1061	Márcio Moreira	espinho trail team	Senior Masculino	04:14:39	+01:42:11	08:47
164	1130	Miguel Ferreira	individual	Senior Masculino	04:15:18	+01:42:50	08:48
165	1006	Rogério Sousa Batista	adm trail team	Senior Masculino	04:15:21	+01:42:52	08:48
166	1174	Nuno Teixeira	individual	Veterano M40	04:16:24	+01:43:56	08:50
167	1115	FERNANDO COSTA	individual	Senior Masculino	04:16:50	+01:44:22	08:51
168	1072	Rui Moreira	geocrosstrail	Veterano M40	04:17:24	+01:44:56	08:53
169	1273	José Duarte	sentir escariz running	Senior Masculino	04:18:11	+01:45:43	08:54
170	1056	Célia Rodrigues Silva	espigueiros runners - caparrosinha	Senior Feminino	04:18:41	+01:46:13	08:55
171	1131	Miguel Ribeiro	individual	Senior Masculino	04:19:06	+01:46:38	08:56
172	1267	MANUEL COELHO	pupilos do zé tó	Veterano M40	04:19:37	+01:47:09	08:57
173	1268	MIGUEL COELHO	pupilos do zé tó	Veterano M40	04:19:37	+01:47:09	08:57
174	1263	SANDRO SILVA	pupilos do zé tó	Senior Masculino	04:20:05	+01:47:37	08:58
175	1155	António Gaspar Vieira Moreira	individual	Veterano M40	04:20:33	+01:48:05	08:59
176	1128	Luis Pereira	individual	Senior Masculino	04:21:23	+01:48:55	09:01
177	1338	Miguel Moura	taylors	Veterano M40	04:22:02	+01:49:34	09:02

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29 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1098	Claudia Moura	individual	Senior Feminino	04:23:05	+01:50:37	09:04
179	1064	David Gonçalves	factor x / s4l / medense fc	Senior Masculino	04:23:15	+01:50:47	09:05
180	1082	Cristina Moura Saraiva	hora do lobo trail - cf perosinho atletismo	Veterana F50	04:24:50	+01:52:22	09:08
181	1290	Américo Santos	taylors	Veterano M40	04:25:26	+01:52:58	09:09
182	1331	Júlio Sousa	factor x/s4l/ medense fc	Senior Masculino	04:25:39	+01:53:10	09:10
183	1208	Paulo Madail	individual	Veterano M50	04:25:54	+01:53:26	09:10
184	1204	Paulo Genésio	individual	Veterano M50	04:26:02	+01:53:34	09:10
185	1256	Bruno Guedes	porto sentido runners	Senior Masculino	04:26:13	+01:53:45	09:11
186	1086	Pedro Domingues	hora do lobo trail - cf perosinho atletismo	Veterano M40	04:27:12	+01:54:44	09:13
187	1146	ELISA RODRIGUEZ MORCILLO	individual	Veterana F40	04:27:18	+01:54:50	09:13
188	1083	Margarida Neves	hora do lobo trail - cf perosinho atletismo	Veterana F50	04:27:37	+01:55:09	09:14
189	1209	Rafael Roca Sanz	individual	Veterano M50	04:27:46	+01:55:18	09:14
190	1123	Jorge André Coutinho pereira	individual	Senior Masculino	04:28:49	+01:56:21	09:16
191	1106	André Andrade	individual	Senior Masculino	04:29:24	+01:56:56	09:17
192	1194	Joaquim Alberto Oliveira Gonçalves	individual	Veterano M50	04:29:40	+01:57:12	09:18
193	1070	Diogo Bastos	gelcentro	Senior Masculino	04:29:47	+01:57:19	09:18
194	1071	Eugénio Santos	gelcentro	Senior Masculino	04:29:48	+01:57:20	09:18
195	1104	Alexandre Dias	individual	Senior Masculino	04:30:04	+01:57:36	09:19
196	1269	RUI PEDRO PORTUGAL	pupilos do zé tó	Veterano M40	04:30:51	+01:58:23	09:20
197	1052	Marcio Mendes	equipa boot	Senior Masculino	04:30:57	+01:58:29	09:21
198	1198	JOSE GOMEZ CHAN	individual	Veterano M50	04:31:59	+01:59:31	09:23
199	1103	Alexandre Daniel Pinto Cardoso	individual	Senior Masculino	04:32:11	+01:59:43	09:23
200	1018	Nuno Almeida	atletismo clube da tocha	Senior Masculino	04:32:13	+01:59:45	09:23
201	1314	Hugo Sousa	vale dos duros	Senior Masculino	04:32:44	+02:00:16	09:24
202	1140	Ricardo Pereira	individual	Senior Masculino	04:33:04	+02:00:36	09:25
203	1162	Francisco Reis	individual	Veterano M40	04:33:08	+02:00:40	09:25
204	1024	Filipe Davide Da Silva Cunha	aztrail/mercentro	Veterano M40	04:33:42	+02:01:14	09:26
205	1013	Dinis Esteves	asdreq	Veterano M40	04:33:47	+02:01:19	09:26
206	1122	João Tavares	individual	Senior Masculino	04:34:06	+02:01:38	09:27
207	1133	Nuno Miguel de Sousa Avelar	individual	Senior Masculino	04:34:07	+02:01:39	09:27
208	1127	Jose silva	individual	Senior Masculino	04:34:11	+02:01:43	09:27
209	1101	Joana Sousa	individual	Senior Feminino	04:34:11	+02:01:43	09:27
210	1081	Leonardo Portilho	hora do lobo trail - cf perosinho atletismo	Senior Masculino	04:34:20	+02:01:52	09:28
211	1108	António Constantino Silva	individual	Senior Masculino	04:35:43	+02:03:15	09:30
212	1288	Joni Pandeirada Rocha	tainadas run team	Senior Masculino	04:35:45	+02:03:17	09:31
213	1186	Sérgio Guimbra	individual	Veterano M40	04:35:49	+02:03:21	09:31
214	1054	Mónica	esadof	Senior Feminino	04:36:42	+02:04:14	09:32
215	1247	Beatriz Esteves	ozxtreme / acdrpereira	Senior Feminino	04:37:02	+02:04:34	09:33
216	1158	César Alves	individual	Veterano M40	04:37:03	+02:04:34	09:33
217	1017	Eduardo Ferreira	atletismo clube da tocha	Senior Masculino	04:39:48	+02:07:20	09:39
218	1193	joao paulo almeida	individual	Veterano M50	04:40:34	+02:08:06	09:41
219	1175	Nuno Vaz Lopes	individual	Veterano M40	04:41:08	+02:08:40	09:42
220	1136	paulo lima	individual	Senior Masculino	04:41:27	+02:08:59	09:42
221	1272	José Riba	runningesmoriz	Veterano M50	04:42:18	+02:09:50	09:44

TRILHO DA CONQUISTA - STAGE 1

29 KM

[illegible]

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	1317	Carlos Rodrigues	vale dos duros	Veterano M40	04:43:30	+02:11:02	09:47
223	1308	José Caguana	trogloditas runners	Senior Masculino	04:43:30	+02:11:02	09:47
224	1066	Silvia Cristina Oliveira Caetano	feel free	Veterana F40	04:43:33	+02:11:05	09:47
225	1067	Marco Filipe Ferreira Carvalho	feel free	Veterano M40	04:43:33	+02:11:05	09:47
226	1027	Júlio César Gomes Terra	aztrail/mercentro	Veterano M50	04:43:46	+02:11:18	09:47
227	1139	Ricardo Patrício	individual	Senior Masculino	04:43:57	+02:11:29	09:48
228	1032	Nuno Ferreira	ccd - siemens	Senior Masculino	04:44:37	+02:12:09	09:49
229	1033	Adelino Silva	ccd - siemens	Veterano M40	04:44:39	+02:12:11	09:49
230	1340	Ana Pissarra	ginásio fit4fun	Veterana F40	04:45:30	+02:13:02	09:51
231	1075	Durbalino Ferreira	ginásio fit4fun	Veterano M50	04:45:31	+02:13:03	09:51
232	1074	Luís Almeida	ginásio fit4fun	Veterano M40	04:45:32	+02:13:04	09:51
233	1304	susana castro	trail runners family	Veterana F40	04:46:53	+02:14:25	09:54
234	1305	fernando Marques	trail runners family	Veterano M40	04:46:53	+02:14:25	09:54
235	1262	DAVID BRAGA	pupilos do zé tó	Senior Masculino	04:47:34	+02:15:06	09:55
236	1265	JORGE COSTA	pupilos do zé tó	Veterano M40	04:47:34	+02:15:06	09:55
237	1295	Patricia Silva	tog associação running team	Senior Feminino	04:48:33	+02:16:05	09:57
238	1301	Ricardo Carvalho	tog associação running team	Veterano M40	04:48:34	+02:16:06	09:57
239	1300	José Antunes	tog associação running team	Veterano M40	04:48:38	+02:16:10	09:57
240	1087	Sérgio Guimarães	hora do lobo trail - cf perosinho atletismo	Veterano M40	04:51:51	+02:19:23	10:04
241	1119	JOÃO ALEIXO	individual	Senior Masculino	04:54:03	+02:21:35	10:08
242	1041	Inês Mendonça	desliza team/ozxtreme	Senior Feminino	04:57:44	+02:25:16	10:16
243	1043	Sara Pinheiro	desliza team/ozxtreme	Veterana F40	04:57:44	+02:25:16	10:16
244	1042	Inês Peres	desliza team/ozxtreme	Senior Feminino	04:57:44	+02:25:16	10:16
245	1328	Gabriela Veiga	running espinho	Veterana F40	04:58:47	+02:26:19	10:18
246	1223	Tiago Ferraz	mud_intolerance	Senior Masculino	04:58:52	+02:26:24	10:18
247	1068	Joaquim de Sousa	fit2labor	Veterano M40	04:59:30	+02:27:02	10:20
248	1257	Rui Almeida Teixeira	porto sentido runners	Veterano M40	05:00:18	+02:27:50	10:21
249	1172	Miguel Azevedo	porto sentido runners	Veterano M40	05:00:19	+02:27:51	10:21
250	1334	Celeste Ribeiro	clube pernetas	Veterana F40	05:02:49	+02:30:21	10:27
251	1029	Filipe Simoes	bombeiros brasfemes- trail e btt	Senior Masculino	05:13:33	+02:41:05	10:49
252	1157	Carlos Leitao	individual	Veterano M40	05:14:50	+02:42:22	10:51
253	1031	Andreia Valente	caga tacos running team	Senior Feminino	05:15:52	+02:43:24	10:54
254	1045	Elisia Gonçalves	desnível positivo	Veterana F40	05:19:00	+02:46:31	11:00
255	1047	Fernanda Esteves	desnível positivo	Veterana F50	05:19:00	+02:46:32	11:00
256	1322	João Carlos Santos Nogueira	vilaventura trail running team	Senior Masculino	05:21:56	+02:49:28	11:06
257	1323	Pedro Freire Rodrigues	vilaventura trail running team	Veterano M40	05:22:00	+02:49:32	11:06
258	1243	Susana Ferreira	os tolinhos	Veterana F40	05:23:15	+02:50:47	11:09
259	1299	Paulina Soares	tog associação running team	Veterana F50	05:26:43	+02:54:15	11:16
260	1297	Suse Silva	tog associação running team	Senior Feminino	05:26:43	+02:54:15	11:16
261	1065	Tiago Gomes	feel free	Senior Masculino	05:30:43	+02:58:15	11:24
262	1178	Ricardo Oliveira	individual	Veterano M40	05:31:00	+02:58:32	11:25
263	1010	Diamantino Gomes	algarunners	Veterano M40	05:31:52	+02:59:24	11:27
264	1099	Elisabete Jerónimo	individual	Senior Feminino	05:31:53	+02:59:25	11:27
265	1264	JOÃO CARVALHO	pupilos do zé tó	Veterano M40	05:32:16	+02:59:48	11:27
266	1191	GINES RUIZ LOPEZ	individual	Veterano M50	05:36:21	+03:03:53	11:36
267	1201	Manuel Juan Sanchez	individual	Veterano M50	05:36:21	+03:03:53	11:36

29 KM

OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	1203	Paquito Gimeno Garcia	individual	Veterano M50	05:36:21	+03:03:53	11:36
269	1287	Eduardo Loureiro	strong team	Veterano M40	05:57:06	+03:24:38	12:19
270	1164	Jorge Dias Ferreira	individual	Veterano M40	05:57:45	+03:25:17	12:20
271	1100	Florbela Dias Ferreira	individual	Senior Feminino	05:57:45	+03:25:17	12:20
272	1329	Luísa Almeida	tartaruga do asfalto	Veterana F50	06:22:10	+03:49:42	13:11

Trilho da Conquista

29 KM

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REVISED

	Time	Temperature	Humidity
Start	08:45	-0.4°C	92%
End	15:09	-0.4°C	92%

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

1	1096	BELEN MONTAVEZ LANGA	Individual	Senior Feminino	03:28:32	+56:04	07:11:36
2	1336	Liliana Cardoso	Trail Running Btt de Sanguedo	Senior Feminino	03:40:14	+01:07:46	07:36:40
3	1237	Vera Barbosa	Boavista Trail	Senior Feminino	03:46:44	+01:14:16	07:49:00
4	1044	Susana Pereira	Desnível Positivo	Senior Feminino	04:11:59	+01:39:31	08:41:00
5	1056	Célia Rodrigues Silva	Espigueiros Runners - Caparrosinha	Senior Feminino	04:18:41	+01:46:13	08:55:00
6	1098	Claudia Moura	Individual	Senior Feminino	04:23:05	+01:50:37	09:04:00
7	1101	Joana Sousa	Individual	Senior Feminino	04:34:11	+02:01:43	09:27:00
8	1054	Mónica	ESADOF	Senior Feminino	04:36:42	+02:04:14	09:32:00
9	1247	Beatriz Esteves	OzXtreme / ACDRPereira	Senior Feminino	04:37:02	+02:04:34	09:33:00
10	1295	Patricia Silva	Tog Associação Running Team	Senior Feminino	04:48:33	+02:16:05	09:57:00
11	1041	Inês Mendonça	Desliza Team/Ozxtreme	Senior Feminino	04:57:44	+02:25:16	10:16:00
12	1042	Inês Peres	Desliza Team/Ozxtreme	Senior Feminino	04:57:44	+02:25:16	10:16:00
13	1031	Andreia Valente	Caga Tacos Running Team	Senior Feminino	05:15:52	+02:43:24	10:54:00
14	1297	Suse Silva	Tog Associação Running Team	Senior Feminino	05:26:43	+02:54:15	11:16:00
15	1099	Elisabete Jerónimo	Individual	Senior Feminino	05:31:53	+02:59:25	11:27:00
16	1100	Florbela Dias Ferreira	Individual	Senior Feminino	05:57:45	+03:25:17	12:20:00

Senior Masculino

1	1007	Márcio Castro	ADRAP	Senior Masculino	02:32:28	05:15
2	1135	Paulo Conde	Individual	Senior Masculino	02:36:32	+04:04 05:24
3	1231	Miguel Martins	NAST	Senior Masculino	02:36:32	+04:04 05:24
4	1232	Nelson teixeira	NAST	Senior Masculino	02:37:25	+04:57 05:26
5	1011	Francisco Ferreira	Aliados Trail Running Team	Senior Masculino	02:42:38	+10:10 05:36
6	1229	Domingos Freitas	NAST	Senior Masculino	02:43:42	+11:14 05:39
7	1217	Bruno Gonçalves	Montanha Clube Trail Running	Senior Masculino	02:44:51	+12:23 05:41
8	1049	Ivan Silva	EDV-VIANA TRAIL	Senior Masculino	02:47:31	+15:03 05:47
9	1030	Bruno Silva	Bravos e bravitas	Senior Masculino	02:59:37	+27:09 06:12
10	1285	João Ribeiro	Sporting Clube Espinho Triatlo	Senior Masculino	03:01:02	+28:33 06:15
11	1226	João Leite	NAC TRAIL	Senior Masculino	03:03:30	+31:02 06:20
12	1235	José pinto	Nos Acreditamos	Senior Masculino	03:06:33	+34:05 06:26
13	1275	Sandro Gomes	Sentir Escariz running	Senior Masculino	03:09:04	+36:36 06:31
14	1001	Ricardo Pereira	#lobosolitário	Senior Masculino	03:09:45	+37:17 06:33
15	1020	Tiago Duarte	Atletismo Clube da Tocha	Senior Masculino	03:10:43	+38:15 06:35
16	1019	Ricardo Silva	Atletismo Clube da Tocha	Senior Masculino	03:14:08	+41:40 06:42
17	1053	Simão Castro	Equipa Fruta da 5ª	Senior Masculino	03:21:22	+48:54 06:57
18	1335	Vitor Tavares	Individual	Senior Masculino	03:22:26	+49:58 06:59
19	1111	Bruno Rafael	Individual	Senior Masculino	03:25:06	+52:38 07:04

Trilho da Conquista

29 KM

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REVISED

OFFICIAL RESULT

20	1138	Ricardo Henriques	Individual	Senior Masculino	03:28:20	+55:52	07:11
21	1225	Francisco Terra	NAC TRAIL	Senior Masculino	03:30:33	+58:05	07:16
22	1126	José Pedro Simões Ribeiro	Individual	Senior Masculino	03:30:57	+58:29	07:16
23	1296	Bruno Monteiro	Tog Associação Running Team	Senior Masculino	03:31:11	+58:43	07:17
24	1016	David Madeira	Atletismo Clube da Tocha	Senior Masculino	03:31:32	+59:04	07:18
25	1233	Rui Carneiro	NAST	Senior Masculino	03:31:55	+59:27	07:18
26	1228	Bruno Freitas	NAST	Senior Masculino	03:32:01	+59:33	07:19
27	1293	Nuno Miguel Silva Moreira	TEAM TT	Senior Masculino	03:32:51	+01:00:23	07:20
28	1109	Bruno Fernandes	Individual	Senior Masculino	03:33:33	+01:01:05	07:22
29	1227	Levi Fernandes	NAC TRAIL	Senior Masculino	03:34:40	+01:02:12	07:24
30	1283	Antero Roque	Sporting Club Santacruzense	Senior Masculino	03:37:04	+01:04:36	07:29
31	1271	Paulo Reis	runningesmoriz	Senior Masculino	03:37:45	+01:05:17	07:31
32	1274	Miguel Silva	Sentir Escariz running	Senior Masculino	03:38:26	+01:05:58	07:32
33	1230	Fabio Silva	NAST	Senior Masculino	03:38:39	+01:06:11	07:32
34	1242	Francisco Válga	ONDA TEAM	Senior Masculino	03:38:43	+01:06:15	07:33
35	1250	Artur Gil	Pés de Chumbo Runners	Senior Masculino	03:40:01	+01:07:33	07:35
36	1292	Ricardo Joaquim Monteiro Fernandes	Team Trail Bem Viver	Senior Masculino	03:41:04	+01:08:36	07:37
37	1245	Eugénio Santos	out 2 run/Miro	Senior Masculino	03:46:53	+01:14:25	07:49
38	1315	Paulo Soares	vale dos duros	Senior Masculino	03:47:56	+01:15:28	07:52
39	1114	Eugénio Dias	Individual	Senior Masculino	03:48:09	+01:15:41	07:52
40	1316	Roni Gomes	vale dos duros	Senior Masculino	03:49:12	+01:16:44	07:54
41	1063	Joao Oliveira	Facort running team	Senior Masculino	03:49:56	+01:17:27	07:56
42	1284	José Rosário	Sporting Club Santacruzense	Senior Masculino	03:50:04	+01:17:36	07:56
43	1313	André Silva	vale dos duros	Senior Masculino	03:50:12	+01:17:44	07:56
44	1060	Jorge Duarte	ESPINHO TRAIL TEAM	Senior Masculino	03:51:11	+01:18:43	07:58
45	1324	Pedro Daniel Lopes	Viriathvs Runners Viseu	Senior Masculino	03:52:03	+01:19:35	08:00
46	1341	Daniel Pereira	Sporting Club Santacruzense	Senior Masculino	03:52:04	+01:19:36	08:00
47	1129	Marco Balsinha	Individual	Senior Masculino	03:53:40	+01:21:12	08:03
48	1004	RUI SANTOS	ADI-ILHAVO	Senior Masculino	03:58:56	+01:26:28	08:14
49	1251	Fábio André	Pés de Chumbo Runners	Senior Masculino	03:59:03	+01:26:35	08:15
50	1117	Ismael Silva Matos	Individual	Senior Masculino	03:59:13	+01:26:45	08:15
51	1112	Bruno Silva	Individual	Senior Masculino	03:59:14	+01:26:46	08:15
52	1058	Antonio Duarte	ESPINHO TRAIL TEAM	Senior Masculino	03:59:42	+01:27:14	08:16
53	1116	Filipe Sousa	Individual	Senior Masculino	04:00:20	+01:27:52	08:17
54	1309	Vitor Gonçalves	Trogloditas runners	Senior Masculino	04:02:04	+01:29:36	08:21
55	1142	Sérgio Henriques	Individual	Senior Masculino	04:02:28	+01:30:00	08:22
56	1270	Pedro Miguel Da Silva Alves	Runners do Demo	Senior Masculino	04:03:08	+01:30:40	08:23
57	1241	Pedro Rocha	OFRunning	Senior Masculino	04:04:09	+01:31:41	08:25
58	1079	Bruno Andrade	Grupo de Corrida de Argoncilhe	Senior Masculino	04:06:40	+01:34:12	08:30
59	1062	Ricardo Duarte	ESPINHO TRAIL TEAM	Senior Masculino	04:07:56	+01:35:28	08:33
60	1059	Bruno Duarte	ESPINHO TRAIL TEAM	Senior Masculino	04:07:58	+01:35:30	08:33
61	1224	Tony Lopes	Mud_intolerance	Senior Masculino	04:10:36	+01:38:08	08:39
62	1222	Diogo Fernandes	Mud_intolerance	Senior Masculino	04:10:36	+01:38:08	08:39
63	1125	José Guilherme Sá	Individual	Senior Masculino	04:10:51	+01:38:22	08:39
64	1091	SERGIO RICARDO	HSantaMariaRT	Senior Masculino	04:12:51	+01:40:23	08:43
65	1090	PEDRO GABRIEL	HSantaMariaRT	Senior Masculino	04:12:51	+01:40:23	08:43

Trilho da Conquista

29 KM



OFFICIAL RESULT

66	1120	João Henriques	Individual	Senior Masculino	04:12:52	+01:40:24	08:43
67	1214	Daniel Alexandre	Laac	Senior Masculino	04:13:12	+01:40:44	08:44
68	1215	Pedro Henriques	LAAC	Senior Masculino	04:13:13	+01:40:45	08:44
69	1118	Jacinto Manuel Rodrigues Oliveira	Individual	Senior Masculino	04:13:37	+01:41:09	08:45
70	1055	José Pires	ESADOF	Senior Masculino	04:14:25	+01:41:57	08:46
71	1061	Márcio Moreira	ESPINHO TRAIL TEAM	Senior Masculino	04:14:39	+01:42:11	08:47
72	1130	Miguel Ferreira	Individual	Senior Masculino	04:15:18	+01:42:50	08:48
73	1006	Rogério Sousa Batista	ADM Trail Team	Senior Masculino	04:15:21	+01:42:52	08:48
74	1115	FERNANDO COSTA	Individual	Senior Masculino	04:16:50	+01:44:22	08:51
75	1273	José Duarte	Sentir Escariz running	Senior Masculino	04:18:11	+01:45:43	08:54
76	1131	Miguel Ribeiro	Individual	Senior Masculino	04:19:06	+01:46:38	08:56
77	1263	SANDRO SILVA	Pupilos do Zé Tó	Senior Masculino	04:20:05	+01:47:37	08:58
78	1128	Luis Pereira	Individual	Senior Masculino	04:21:23	+01:48:55	09:01
79	1064	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:23:15	+01:50:47	09:05
80	1331	Júlio Sousa	Factor X/S4L/ Medense FC	Senior Masculino	04:25:39	+01:53:10	09:10
81	1256	Bruno Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	04:26:13	+01:53:45	09:11
82	1123	Jorge André Coutinho pereira	Individual	Senior Masculino	04:28:49	+01:56:21	09:16
83	1106	André Andrade	Individual	Senior Masculino	04:29:24	+01:56:56	09:17
84	1070	Diogo Bastos	GELCENTRO	Senior Masculino	04:29:47	+01:57:19	09:18
85	1071	Eugénio Santos	GELCENTRO	Senior Masculino	04:29:48	+01:57:20	09:18
86	1104	Alexandre Dias	Individual	Senior Masculino	04:30:04	+01:57:36	09:19
87	1052	Marcio Mendes	Equipa Boot	Senior Masculino	04:30:57	+01:58:29	09:21
88	1103	Alexandre Daniel Pinto Cardoso	Individual	Senior Masculino	04:32:11	+01:59:43	09:23
89	1018	Nuno Almeida	Atletismo Clube da Tocha	Senior Masculino	04:32:13	+01:59:45	09:23
90	1314	Hugo Sousa	vale dos duros	Senior Masculino	04:32:44	+02:00:16	09:24
91	1140	Ricardo Pereira	Individual	Senior Masculino	04:33:04	+02:00:36	09:25
92	1122	João Tavares	Individual	Senior Masculino	04:34:06	+02:01:38	09:27
93	1133	Nuno Miguel de Sousa Avelar	Individual	Senior Masculino	04:34:07	+02:01:39	09:27
94	1127	Jose silva	Individual	Senior Masculino	04:34:11	+02:01:43	09:27
95	1081	Leonardo Portilho	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	04:34:20	+02:01:52	09:28
96	1108	António Constantino Silva	Individual	Senior Masculino	04:35:43	+02:03:15	09:30
97	1288	Joni Pandeirada Rocha	Tainadas Run Team	Senior Masculino	04:35:45	+02:03:17	09:31
98	1017	Eduardo Ferreira	Atletismo Clube da Tocha	Senior Masculino	04:39:48	+02:07:20	09:39
99	1136	paulo lima	Individual	Senior Masculino	04:41:27	+02:08:59	09:42
100	1308	José Caguana	Trogloditas runners	Senior Masculino	04:43:30	+02:11:02	09:47
101	1139	Ricardo Patrício	Individual	Senior Masculino	04:43:57	+02:11:29	09:48
102	1032	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	04:44:37	+02:12:09	09:49
103	1262	DAVID BRAGA	Pupilos do Zé Tó	Senior Masculino	04:47:34	+02:15:06	09:55
104	1119	JOÃO ALEIXO	Individual	Senior Masculino	04:54:03	+02:21:35	10:08
105	1223	Tiago Ferraz	Mud_intolerance	Senior Masculino	04:58:52	+02:26:24	10:18
106	1029	Filipe Simoes	BOMBEIROS BRASFEMES-TRAIL e BTT	Senior Masculino	05:13:33	+02:41:05	10:49
107	1322	João Carlos Santos Nogueira	Vilaventura Trail Running Team	Senior Masculino	05:21:56	+02:49:28	11:06
108	1065	Tiago Gomes	FEEL FREE	Senior Masculino	05:30:43	+02:58:15	11:24

Trilho da Conquista

29 KM

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OFFICIAL RESULT

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Veterana F40

1	1037	Catarina Alves	Coimbra Trail Running	Veterana F40	03:38:12	+01:05:44	07:31:11
2	1258	MANUELA FARIA	PORTOCARGO RUNNERS	Veterana F40	03:46:51	+01:14:23	07:49:14
3	1325	Helena Gomes	WOLVES	Veterana F40	03:48:09	+01:15:41	07:52:10
4	1148	Marlene Oliveira	Individual	Veterana F40	03:59:21	+01:26:53	08:15:14
5	1311	Marta Veloso	Trogloditas runners	Veterana F40	04:02:04	+01:29:36	08:21:10
6	1150	TRINIDAD PRIETO GONZALEZ	Individual	Veterana F40	04:03:37	+01:31:09	08:24:11
7	1310	Irene Silva	Trogloditas runners	Veterana F40	04:10:05	+01:37:37	08:37:11
8	1145	Célia Sousa	Individual	Veterana F40	04:10:56	+01:38:28	08:39:12
9	1212	Marcia Castro Costa	Juventude Cortegacense	Veterana F40	04:11:22	+01:38:54	08:40:13
10	1146	ELISA RODRIGUEZ MORCILLO	Individual	Veterana F40	04:27:18	+01:54:50	09:13:11
11	1066	Silvia Cristina Oliveira Caetano	FEEL FREE	Veterana F40	04:43:33	+02:11:05	09:47:11
12	1340	Ana Pissarra	Ginásio Fit4Fun	Veterana F40	04:45:30	+02:13:02	09:51:12
13	1304	susana castro	Trail Runners Family	Veterana F40	04:46:53	+02:14:25	09:54:13
14	1043	Sara Pinheiro	Desliza Team/Ozxtreme	Veterana F40	04:57:44	+02:25:16	10:16:12
15	1328	Gabriela Veiga	RUNNING ESPINHO	Veterana F40	04:58:47	+02:26:19	10:18:13
16	1334	Celeste Ribeiro	Clube Pernetas	Veterana F40	05:02:49	+02:30:21	10:27:12
17	1045	Elisia Gonçalves	Desnível Positivo	Veterana F40	05:19:00	+02:46:31	11:00:12
18	1243	Susana Ferreira	Os Tolinhos	Veterana F40	05:23:15	+02:50:47	11:05:13

Veterana F50

1	1151	CARMO SILVA	Individual	Veterana F50	04:14:34	+01:42:06	08:47:00
2	1082	Cristina Moura Saraiva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	04:24:50	+01:52:22	09:08:00
3	1083	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	04:27:37	+01:55:09	09:14:00
4	1047	Fernanda Esteves	Desnível Positivo	Veterana F50	05:19:00	+02:46:32	11:00:00
5	1299	Paulina Soares	Tog Associação Running Team	Veterana F50	05:26:43	+02:54:15	11:16:00
6	1329	Luísa Almeida	Tartaruga do Asfalto	Veterana F50	06:22:10	+03:49:42	13:11:00

Veterano M40

1	1026	Paulo Pinto	Aztrail/Mercentro	Veterano M40	02:34:55	+02:27	05:21:15
2	1234	Paulo Ferreira	NOCTURNOS DE PAREDES	Veterano M40	02:56:12	+23:44	06:05:09
3	1035	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	02:56:13	+23:45	06:05:09
4	1236	Fernando Carvalho	Nos Acreditamos	Veterano M40	02:58:35	+26:07	06:10:00
5	1069	Lino Ferreira	G.D.C. Guilhovai	Veterano M40	03:01:35	+29:07	06:16:00
6	1238	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	03:11:31	+39:03	06:36:00
7	1216	Alfredo Moreira	Moinhos Run - ADRM	Veterano M40	03:12:03	+39:35	06:37:00
8	1166	jose Duarte	Individual	Veterano M40	03:14:09	+41:41	06:42:00
9	1084	Fernando Augusto	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:14:24	+41:56	06:42:00
10	1022	Paulo Pessoa	Atletismo Clube da Tocha	Veterano M40	03:19:06	+46:38	06:52:00
11	1321	Rogério Magalhaes	vc bike	Veterano M40	03:19:47	+47:19	06:53:00

Trilho da Conquista

29 KM

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OFFICIAL RESULT

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12	1277	José Oliveira	Sentir Escariz running	Veterano M40	03:28:34	+56:06	07:12
13	1161	Filipe Pereira	Individual	Veterano M40	03:31:25	+58:57	07:17
14	1184	RUI SOUSA	Individual	Veterano M40	03:32:32	+01:00:04	07:20
15	1260	RENATO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	03:33:53	+01:01:25	07:23
16	1160	Fernando Mendes	Individual	Veterano M40	03:35:01	+01:02:33	07:25
17	1057	Luis Carlos Pereira Figueiredo	Espigueiros Runners - Caparrosinha	Veterano M40	03:35:35	+01:03:07	07:26
18	1046	Filipe Alves	Desnível Positivo	Veterano M40	03:36:17	+01:03:49	07:28
19	1280	Vítor Moreira	Sentir Escariz running	Veterano M40	03:36:28	+01:03:59	07:22
20	1038	Álvaro Mano	Coimbra Trail Running	Veterano M40	03:38:12	+01:05:44	07:31
21	1177	Pedro Bôto	Individual	Veterano M40	03:40:11	+01:07:43	07:36
22	1294	Pedro Lima	TEAM TT	Veterano M40	03:40:27	+01:07:59	07:36
23	1318	Joaquim Couto	vale dos duros	Veterano M40	03:40:55	+01:08:27	07:37
24	1259	LUIS RIBEIRO	PORTOCARGO RUNNERS	Veterano M40	03:41:13	+01:08:45	07:38
25	1165	Jorge Nunes	Individual	Veterano M40	03:43:39	+01:11:11	07:43
26	1050	José Pinto	Equipa A	Veterano M40	03:43:55	+01:11:27	07:43
27	1051	José pirata	Equipa A	Veterano M40	03:43:56	+01:11:28	07:43
28	1252	António José Vilaça	Pés de Chumbo Runners	Veterano M40	03:44:12	+01:11:44	07:44
29	1211	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	03:44:46	+01:12:18	07:45
30	1156	Antonio luis Oliveira Soares	Individual	Veterano M40	03:44:58	+01:12:30	07:45
31	1282	RUBENS BRANDÃO SOARES	SPORTARC	Veterano M40	03:45:31	+01:13:03	07:47
32	1176	Pedro Barros	Individual	Veterano M40	03:45:41	+01:13:13	07:47
33	1303	Pedro Rocha	TRAIL ME	Veterano M40	03:45:54	+01:13:26	07:47
34	1255	Rogério Oliveira	Pés de Chumbo Runners	Veterano M40	03:47:13	+01:14:45	07:50
35	1266	JOSÉ RODRIGUES	Pupilos do Zé Tó	Veterano M40	03:50:19	+01:17:51	07:57
36	1173	Miguel Santos	Individual	Veterano M40	03:50:30	+01:18:02	07:57
37	1012	Joaquim Santos	Arte dos trilhos	Veterano M40	03:53:44	+01:21:16	08:04
38	1036	Silverio Santos	Clube Pessoal Aguas Gaia	Veterano M40	03:54:09	+01:21:41	08:04
39	1219	Armando Rocha	Movol	Veterano M40	03:55:11	+01:22:43	08:07
40	1278	Rui Figueiredo	Sentir Escariz running	Veterano M40	03:55:22	+01:22:54	08:07
41	1179	Ricardo Rodrigues	Individual	Veterano M40	03:56:25	+01:23:57	08:09
42	1154	Agostinho Fernandes	Individual	Veterano M40	03:57:06	+01:24:37	08:11
43	1248	Manuel Barbosa	Paredes Running	Veterano M40	03:57:15	+01:24:47	08:11
44	1185	Rui Vieira	Individual	Veterano M40	03:57:38	+01:25:10	08:12
45	1181	Rui Correia	Individual	Veterano M40	03:58:14	+01:25:46	08:13
46	1005	LUIS SANTOS	ADI-ILHAVO	Veterano M40	03:58:54	+01:26:26	08:14
47	1276	Jorge Moreira	Sentir Escariz running	Veterano M40	03:59:44	+01:27:16	08:16
48	1025	Manuel Joaquim de Sousa Oliveira	Aztrail/Mercentro	Veterano M40	04:02:31	+01:30:02	08:22
49	1221	Carlos Duarte	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:05:17	+01:32:49	08:27
50	1080	Sérgio Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	04:06:49	+01:34:21	08:31
51	1077	Filipe Ramos	GONDOMAR FUTSAL CLUBE	Veterano M40	04:07:05	+01:34:37	08:31
52	1078	Rui Teixeira	GONDOMAR FUTSAL CLUBE	Veterano M40	04:07:05	+01:34:37	08:31
53	1253	Arsénio Batata	Pés de Chumbo Runners	Veterano M40	04:07:25	+01:34:57	08:32
54	1279	Toni Paiva	Sentir Escariz running	Veterano M40	04:08:26	+01:35:58	08:34
55	1153	Acácio Santos	Individual	Veterano M40	04:10:03	+01:37:35	08:37
56	1163	João Ribeiro	Individual	Veterano M40	04:10:56	+01:38:28	08:39

Trilho da Conquista

29 KM



OFFICIAL RESULT

57	1093	PAULO FREITAS	HSantaMariaRT	Veterano M40	04:12:51	+01:40:22	08:43
58	1092	JOSE AFONSO	HSantaMariaRT	Veterano M40	04:12:51	+01:40:23	08:43
59	1254	Jose Alberto Ribeiro	Pés de Chumbo Runners	Veterano M40	04:12:56	+01:40:28	08:43
60	1320	Manuel Migueis	vc bike	Veterano M40	04:14:33	+01:42:05	08:47
61	1174	Nuno Teixeira	Individual	Veterano M40	04:16:24	+01:43:56	08:50
62	1072	Rui Moreira	Geocrosstrail	Veterano M40	04:17:24	+01:44:56	08:53
63	1267	MANUEL COELHO	Pupilos do Zé Tó	Veterano M40	04:19:37	+01:47:09	08:57
64	1268	MIGUEL COELHO	Pupilos do Zé Tó	Veterano M40	04:19:37	+01:47:09	08:57
65	1155	António Gaspar Vieira Moreira	Individual	Veterano M40	04:20:33	+01:48:05	08:59
66	1338	Miguel Moura	Taylors	Veterano M40	04:22:02	+01:49:34	09:02
67	1290	Américo Santos	Taylors	Veterano M40	04:25:26	+01:52:58	09:09
68	1086	Pedro Domingues	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	04:27:12	+01:54:44	09:13
69	1269	RUI PEDRO PORTUGAL	Pupilos do Zé Tó	Veterano M40	04:30:51	+01:58:23	09:20
70	1162	Francisco Reis	Individual	Veterano M40	04:33:08	+02:00:40	09:25
71	1024	Filipe Davide Da Silva Cunha	Aztrail/Mercentro	Veterano M40	04:33:42	+02:01:14	09:26
72	1013	Dinis Esteves	ASDREQ	Veterano M40	04:33:47	+02:01:19	09:26
73	1186	Sérgio Guimbra	Individual	Veterano M40	04:35:49	+02:03:21	09:31
74	1158	César Alves	Individual	Veterano M40	04:37:03	+02:04:34	09:33
75	1175	Nuno Vaz Lopes	Individual	Veterano M40	04:41:08	+02:08:40	09:42
76	1317	Carlos Rodrigues	vale dos duros	Veterano M40	04:43:30	+02:11:02	09:47
77	1067	Marco Filipe Ferreira Carvalho	FEEL FREE	Veterano M40	04:43:33	+02:11:05	09:47
78	1033	Adelino Silva	CCD - SIEMENS	Veterano M40	04:44:39	+02:12:11	09:49
79	1074	Luís Almeida	Ginásio Fit4Fun	Veterano M40	04:45:32	+02:13:04	09:51
80	1305	fernando Marques	Trail Runners Family	Veterano M40	04:46:53	+02:14:25	09:54
81	1265	JORGE COSTA	Pupilos do Zé Tó	Veterano M40	04:47:34	+02:15:06	09:55
82	1301	Ricardo Carvalho	Tog Associação Running Team	Veterano M40	04:48:34	+02:16:06	09:57
83	1300	José Antunes	Tog Associação Running Team	Veterano M40	04:48:38	+02:16:10	09:57
84	1087	Sérgio Guimarães	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	04:51:51	+02:19:23	10:04
85	1068	Joaquim de Sousa	Fit2labor	Veterano M40	04:59:30	+02:27:02	10:20
86	1257	Rui Almeida Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	05:00:18	+02:27:50	10:21
87	1172	Miguel Azevedo	PORTO SENTIDO RUNNERS	Veterano M40	05:00:19	+02:27:51	10:21
88	1157	Carlos Leitao	Individual	Veterano M40	05:14:50	+02:42:22	10:51
89	1323	Pedro Freire Rodrigues	Vilaventura Trail Running Team	Veterano M40	05:22:00	+02:49:32	11:06
90	1178	Ricardo Oliveira	Individual	Veterano M40	05:31:00	+02:58:32	11:25
91	1010	Diamantino Gomes	Algarunners	Veterano M40	05:31:52	+02:59:24	11:27
92	1264	JOÃO CARVALHO	Pupilos do Zé Tó	Veterano M40	05:32:16	+02:59:48	11:27
93	1287	Eduardo Loureiro	Strong Team	Veterano M40	05:57:06	+03:24:38	12:19
94	1164	Jorge Dias Ferreira	Individual	Veterano M40	05:57:45	+03:25:17	12:20

Veterano M50

1	1192	Humberto Vara	Individual	Veterano M50	02:49:49	+17:21	05:51
2	1319	João Rodrigues	vale dos duros	Veterano M50	03:09:51	+37:23	06:33
3	1202	Nuno Paiva	Individual	Veterano M50	03:10:11	+37:43	06:33
4	1213	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	03:10:29	+38:01	06:34

Official Timekeeper: Lap2Go	6 / 7	generate 15-Jan-2019 14:57
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Trilho da Conquista

29 KM

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5	1034	Agostinho Costa	CCDR Fundo Vila-S.Joao da Madeira	Veterano M50	03:21:48	+49:20	06:58
6	1199	Luís Mota	Individual	Veterano M50	03:27:41	+55:13	07:10
7	1206	Paulo Braga	Individual	Veterano M50	03:28:12	+55:44	07:11
8	1088	Fernando Oliveira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M50	03:28:30	+56:01	07:11
9	1197	José Calisto	Individual	Veterano M50	03:31:36	+59:08	07:18
10	1244	Francisco Ferreira	Os Tolinhos	Veterano M50	03:33:18	+01:00:50	07:21
11	1195	Jorge Gualter Pereira Maltez	Individual	Veterano M50	03:36:30	+01:04:02	07:28
12	1326	Paulo Costa	Individual	Veterano M50	03:40:58	+01:08:30	07:37
13	1048	Antonino Gonçalves	Desnível Positivo	Veterano M50	03:45:41	+01:13:13	07:47
14	1190	CESAR BARON BAZ	Individual	Veterano M50	03:47:01	+01:14:32	07:50
15	1189	Carlos Alberto Ferreira	Individual	Veterano M50	03:50:22	+01:17:54	07:57
16	1307	José Lemos	Os Tolinhos	Veterano M50	03:51:26	+01:18:58	07:59
17	1220	Paulo Silva	Movol	Veterano M50	03:55:11	+01:22:43	08:07
18	1200	manuel constantino silva	Individual	Veterano M50	04:00:29	+01:28:01	08:18
19	1208	Paulo Madail	Individual	Veterano M50	04:25:54	+01:53:26	09:10
20	1204	Paulo Genésio	Individual	Veterano M50	04:26:02	+01:53:34	09:10
21	1209	Rafael Roca Sanz	Individual	Veterano M50	04:27:46	+01:55:18	09:14
22	1194	Joaquim Alberto Oliveira Gonçalves	Individual	Veterano M50	04:29:40	+01:57:12	09:18
23	1198	JOSE GOMEZ CHAN	Individual	Veterano M50	04:31:59	+01:59:31	09:23
24	1193	joao paulo almeida	Individual	Veterano M50	04:40:34	+02:08:06	09:41
25	1272	José Riba	runningesmoriz	Veterano M50	04:42:18	+02:09:50	09:44
26	1027	Júlio César Gomes Terra	Aztrail/Mercentro	Veterano M50	04:43:46	+02:11:18	09:47
27	1075	Durbalino Ferreira	Ginásio Fit4Fun	Veterano M50	04:45:31	+02:13:03	09:51
28	1191	GINES RUIZ LOPEZ	Individual	Veterano M50	05:36:21	+03:03:53	11:36
29	1201	Manuel Juan Sanchez	Individual	Veterano M50	05:36:21	+03:03:53	11:36
30	1203	Paquito Gimeno Garcia	Individual	Veterano M50	05:36:21	+03:03:53	11:36

COLETIVO - TRILHO DA CONQUISTA

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RANK	TEAM	DESCRIPTION	POINTS
1	NAST	4 + 5 + 7	16
2	ATLETISMO CLUBE DA TOCHA	24 + 27 + 30	81
3	NAC TRAIL	17 + 42 + 55	114
4	SENTIR ESCARIZ RUNNING	19 + 41 + 59	119
5	VALE DOS DUROS	21 + 72 + 91	184
6	PORTOCARGO RUNNERS	54 + 75 + 87	216
7	PÉS DE CHUMBO RUNNERS	68 + 79 + 90	237
8	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	29 + 39 + 180	248
9	JUVENTUDE CORTEGACENSE	23 + 80 + 149	252
10	SPORTING CLUB SANTACRUZENSE	61 + 96 + 104	261
11	DESNÍVEL POSITIVO	58 + 83 + 150	291
12	AZTRAIL/MERCENTRO	2 + 129 + 204	335
13	ESPINHO TRAIL TEAM	101 + 122 + 139	362
14	TROGLODITAS RUNNERS	126 + 127 + 143	396
15	OS TOLINHOS	52 + 102 + 258	412
16	PUPILOS DO ZÉ TÓ	98 + 172 + 173	443
17	HSANTAMARIART	151 + 152 + 153	456
18	TOG ASSOCIAÇÃO RUNNING TEAM	44 + 237 + 238	519
19	MUD_INTOLERANCE	144 + 145 + 246	535
20	PORTO SENTIDO RUNNERS	185 + 248 + 249	682
21	GINÁSIO FIT4FUN	230 + 231 + 232	693
22	FEEL FREE	224 + 225 + 261	710
23	DESLIZA TEAM/OZXTREME	242 + 243 + 244	729