

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:45	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	28	Carlos veloso	airorun	Veterano M40	02:08:46		05:09
2	233	Leonel Cunha	team trail bifase	Senior Masculino	02:10:00	+01:14	05:12
3	203	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:15:58	+07:12	05:26
4	109	Pedro Rocha	gdretorta	Senior Masculino	02:16:50	+08:03	05:28
5	20	Paulo Costa	a.d.amarante	Veterano M40	02:18:14	+09:28	05:32
6	255	Pedro Bastos	vcbike	Senior Masculino	02:22:19	+13:33	05:42
7	12	Carlos Vieira	a d sebolido trail boneca douro	Senior Masculino	02:23:32	+14:46	05:44
8	27	BRUNO RIBEIRO	águas de alvelos	Senior Masculino	02:23:55	+15:09	05:45
9	107	Miguel Neto	furfor	Senior Masculino	02:26:02	+17:16	05:51
10	25	Andre Machado	adosa - os santa apolonia	Senior Masculino	02:26:35	+17:49	05:52
11	198	Fernando Neves	oralklass-amigos do trail	Senior Masculino	02:29:12	+20:25	05:58
12	199	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	02:30:41	+21:55	06:02
13	153	Nuno Cardoso	individual	Veterano M40	02:32:24	+23:38	06:06
14	46	Filipe Pinto	btt alegria // tubani	Senior Masculino	02:33:05	+24:19	06:07
15	30	Eduardo Félix	amigos 100 limites	Senior Masculino	02:34:10	+25:24	06:10
16	143	Lucinda Sousa	individual	Veterana F40	02:35:42	+26:56	06:14
17	52	Lino Pinto	btt alegria // tubani	Veterano M40	02:35:43	+26:57	06:14
18	221	ANTONIO SOUSA	ripolins grijó a correr	Veterano M40	02:37:09	+28:23	06:17
19	104	Ricardo Nunes	fridão sem limites	Senior Masculino	02:37:19	+28:33	06:18
20	75	Artur Matos	edv-viana trail	Veterano M50	02:37:19	+28:33	06:18
21	15	Paula Soares	a.d.amarante	Senior Feminino	02:37:21	+28:34	06:18
22	202	Fernando Taborda	oralklass-amigos do trail	Veterano M40	02:38:11	+29:25	06:20
23	74	Pedro Pinho	edv-viana trail	Veterano M40	02:39:59	+31:13	06:24
24	26	Manuel Carvalho	adosa - os santa apolonia	Veterano M40	02:40:30	+31:44	06:25
25	246	André Sarmento	trepatrielhos trail team	Senior Masculino	02:40:44	+31:58	06:26
26	228	Carlos Ferreira	sim summit	Senior Masculino	02:40:45	+31:59	06:26
27	16	Cristiano Santos	a.d.amarante	Senior Masculino	02:41:10	+32:24	06:27
28	137	José Barbosa	individual	Senior Masculino	02:42:04	+33:18	06:29
29	155	Pedro Barbosa	individual	Veterano M40	02:42:23	+33:37	06:30
30	42	Bruno Silva	bravos & bravitas	Senior Masculino	02:42:30	+33:44	06:30
31	145	Renato Silva	caldas de são jorge, portugal	Veterano M50	02:42:35	+33:49	06:30
32	196	Nádia Casteleiro	oralklass-amigos do trail	Senior Feminino	02:42:55	+34:09	06:31
33	60	Fernando Benjamim	centro ciclista de gondomar	Veterano M50	02:43:04	+34:18	06:31
34	43	Jorge Queiros	bravos & bravitas	Veterano M40	02:43:13	+34:27	06:32
35	5	Ricardo Pereira	#lobosolitário	Senior Masculino	02:43:13	+34:27	06:32
36	106	Duarte Cerqueira	furfor	Senior Masculino	02:45:47	+37:01	06:38
37	243	Pedro Moreira	trail santa marta / tristes mas duros	Veterano M40	02:47:08	+38:22	06:41
38	22	Telmo Silva	a.d.amarante	Veterano M40	02:47:48	+39:02	06:43
39	212	Antonio Borges	porto sentido runners	Veterano M40	02:48:31	+39:44	06:44
40	105	Manuel Pinheiro	fridão sem limites	Veterano M50	02:50:28	+41:42	06:49
41	85	Jorge Lopes	equipa a	Veterano M40	02:50:40	+41:54	06:50
42	134	Francisco Castro	individual	Senior Masculino	02:50:44	+41:58	06:50

TRAIL LONGO - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	19	Tiago Teles	a.d.amarante	Senior Masculino	02:51:08	+42:22	06:51
44	72	Rui Tavares	ddt runners	Veterano M40	02:52:37	+43:51	06:54
45	103	Andreia Almeida	fridão sem limites	Senior Feminino	02:53:15	+44:28	06:56
46	197	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	02:53:28	+44:42	06:56
47	195	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	02:53:43	+44:57	06:57
48	148	Fernando Augusto	individual	Veterano M40	02:54:00	+45:14	06:58
49	167	Ricardo Sousa	kandimba runners	Senior Masculino	02:54:36	+45:50	06:59
50	40	Roberto Freitas	boavista trail	Senior Masculino	02:54:40	+45:54	06:59
51	235	João Gomes	tog - trinca orelhas de gato	Senior Masculino	02:55:03	+46:17	07:00
52	84	Patricio Afonso	equipa a	Veterano M40	02:55:14	+46:28	07:01
53	18	Ricardo Leão	a.d.amarante	Senior Masculino	02:55:21	+46:35	07:01
54	182	Filipe Póvoas	mss contabilidade trail team	Senior Masculino	02:55:23	+46:37	07:01
55	100	Miguel Moura	factor x / s4l / medense fc	Veterano M40	02:55:27	+46:41	07:01
56	201	Alexandra Fernandes	oralklass-amigos do trail	Veterana F50	02:56:29	+47:43	07:04
57	51	João Tavares	btt alegria // tubani	Veterano M40	02:56:51	+48:05	07:04
58	108	Lucas Morgado	furfur	Veterano M40	02:57:22	+48:36	07:06
59	77	Helder Silva	equipa a	Senior Masculino	02:57:23	+48:37	07:06
60	194	Adriana Dias	oralklass-amigos do trail	Senior Feminino	02:58:33	+49:47	07:09
61	97	Daniel Terra	factor x / s4l / medense fc	Senior Masculino	02:59:58	+51:12	07:12
62	193	João Passos	olimpico vianense trail	Veterano M50	03:00:04	+51:18	07:12
63	118	Rui Gomes	hora do lobo trail - cf perosinho atletismo	Senior Masculino	03:02:30	+53:44	07:18
64	24	Simão Ferreira	adepe	Senior Masculino	03:02:35	+53:48	07:18
65	217	Armando Moreira	ribeiras trail	Veterano M40	03:03:36	+54:50	07:21
66	222	Ricardo Rocha	rocha	Veterano M40	03:04:25	+55:39	07:23
67	102	António Rocha	factor x / s4l / medense fc	Veterano M60	03:04:26	+55:40	07:23
68	138	Nuno Monteiro	individual	Senior Masculino	03:04:31	+55:45	07:23
69	93	VÍTOR MAIA	espinho trail	Senior Masculino	03:04:45	+55:59	07:23
70	88	ANTONIO DUARTE	espinho trail	Senior Masculino	03:04:45	+55:59	07:23
71	142	Elisabete Santos	individual	Veterana F40	03:05:23	+56:37	07:25
72	122	Fabio Santos	hospital de santa maria - porto	Senior Masculino	03:05:34	+56:48	07:25
73	187	José Martins	nast	Veterano M40	03:06:27	+57:41	07:27
74	82	José Pinto	equipa a	Veterano M40	03:09:51	+01:01:05	07:36
75	141	Vitor Pereira	individual	Senior Masculino	03:09:53	+01:01:07	07:36
76	14	Claudia Moreira	a.d.amarante	Senior Feminino	03:09:59	+01:01:13	07:36
77	204	ANDRE LOPES	os sarrotes	Senior Masculino	03:10:31	+01:01:45	07:37
78	116	Jorge Borges	gtt-armazém do caffè	Veterano M40	03:10:33	+01:01:47	07:37
79	172	Agostinho Sousa	kunalama runners	Veterano M60	03:11:30	+01:02:44	07:40
80	186	Manuel Póvoas	mss contabilidade trail team	Veterano M50	03:11:48	+01:03:02	07:40
81	86	Henrique BORGES	ermesinde	Veterano M50	03:11:53	+01:03:06	07:41
82	184	Victor Azevedo	mss contabilidade trail team	Veterano M40	03:11:59	+01:03:13	07:41
83	218	Jorge Pinheiro	ribeiras trail	Veterano M40	03:12:14	+01:03:27	07:41
84	58	Fernando Remelgado	ccd - siemens	Veterano M40	03:13:28	+01:04:42	07:44
85	224	Paulo Pereira	running team maia	Veterano M40	03:14:25	+01:05:39	07:47
86	115	Daniel Silva	grupo desportivo banco de portugal	Senior Masculino	03:15:03	+01:06:17	07:48
87	13	Angela Soares	a.d.amarante	Senior Feminino	03:15:13	+01:06:27	07:49
88	260	Rui Pereira	individual	Veterano M40	03:16:16	+01:07:30	07:51

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
89	223	Joaquim Lobato	running espinho	Veterano M50	03:17:36	+01:08:50	07:54
90	170	Jorge Durães	kandimba runners	Veterano M40	03:18:07	+01:09:21	07:56
91	248	Jose Pereira	trepatrielhos trail team	Veterano M40	03:18:12	+01:09:26	07:56
92	73	Filipe ALVES	desnível positivo	Veterano M40	03:19:01	+01:10:15	07:58
93	152	Luis azevedo	individual	Veterano M40	03:19:29	+01:10:43	07:59
94	91	JORGE DUARTE	espinho trail	Senior Masculino	03:19:49	+01:11:03	08:00
95	17	Filipe Barros	a.d.amarante	Senior Masculino	03:19:56	+01:11:10	08:00
96	147	André Figueiredo	individual	Veterano M40	03:20:21	+01:11:34	08:01
97	205	Bruno Gaio	os sarrotes	Senior Masculino	03:20:37	+01:11:51	08:02
98	192	José Pedro Silva	núcleo de montanha de espinho	Veterano M40	03:20:39	+01:11:53	08:02
99	208	Vitor Folgado	outlaw runners	Veterano M40	03:21:17	+01:12:31	08:03
100	59	Ana Amaral	centro ciclista de gondomar	Veterana F40	03:22:12	+01:13:26	08:05
101	120	Leonel Silva	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:22:30	+01:13:44	08:06
102	119	Jorge Silva	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:22:30	+01:13:44	08:06
103	92	RICARDO DUARTE	espinho trail	Senior Masculino	03:22:39	+01:13:53	08:06
104	89	BRUNO DUARTE	espinho trail	Senior Masculino	03:22:40	+01:13:54	08:06
105	209	Tiago Teixeira Teixeira	pistões partidos	Senior Masculino	03:22:42	+01:13:55	08:06
106	112	Paulo Alves	gondomar futsal clube	Veterano M40	03:23:30	+01:14:44	08:08
107	7	Manuel Fonseca	100pressa	Veterano M40	03:23:51	+01:15:05	08:09
108	244	Ricardo Cunha	trail santa marta / tristes mas duros	Veterano M40	03:24:13	+01:15:27	08:10
109	238	Fernando Vital	tog - trinca orelhas de gato	Veterano M50	03:26:01	+01:17:15	08:14
110	237	Vicente Sousa	tog - trinca orelhas de gato	Veterano M40	03:26:02	+01:17:16	08:14
111	250	David Aguiar	trilhados	Senior Masculino	03:26:09	+01:17:23	08:15
112	251	Luis Marques	trilhados	Senior Masculino	03:26:10	+01:17:24	08:15
113	178	Tomás Ferreira	marão-z-bike	Veterano M50	03:26:41	+01:17:55	08:16
114	183	Aurégio Salas	mss contabilidade trail team	Veterano M40	03:26:44	+01:17:58	08:16
115	262	Maria Fernandes	arcorun	Veterana F40	03:26:55	+01:18:09	08:17
116	160	Artur Almeida	individual	Veterano M50	03:27:15	+01:18:29	08:17
117	114	Paulo Gama	gondomar futsal clube	Veterano M50	03:27:21	+01:18:35	08:18
118	265	Jorge Torrão	individual	Senior Masculino	03:27:37	+01:18:51	08:18
119	34	Marcos Gandra	as melhores castas	Veterano M40	03:30:29	+01:21:43	08:25
120	175	Domingos Faria	lion runners - g. d. leões da guarda	Veterano M40	03:31:09	+01:22:23	08:27
121	23	Carlos Ribeiro	adepe	Senior Masculino	03:31:19	+01:22:33	08:27
122	190	José Cunha	nocturnos de paredes	Senior Masculino	03:31:47	+01:23:01	08:28
123	154	Paulo Ribeiro	individual	Veterano M40	03:32:44	+01:23:58	08:31
124	219	Domingos Vieira	ribeiras trail	Veterano M50	03:33:58	+01:25:12	08:34
125	163	Paulo Fernandes	individual	Veterano M50	03:34:06	+01:25:20	08:34
126	166	Manuel Faria Sampaio	individual	Veterano M60	03:34:20	+01:25:34	08:34
127	210	Vítor Ferreira	pistões partidos	Senior Masculino	03:34:36	+01:25:50	08:35
128	207	Filipe Pinho	outlaw runners	Veterano M40	03:35:07	+01:26:21	08:36
129	83	Nuno Santos	equipa a	Veterano M40	03:35:15	+01:26:29	08:37
130	79	Olga Branquinho	equipa a	Veterana F40	03:35:16	+01:26:30	08:37
131	55	David Teixeira	c+runners	Senior Masculino	03:35:47	+01:27:01	08:38
132	185	António Luís	mss contabilidade trail team	Veterano M50	03:36:05	+01:27:19	08:39
133	39	José Barbosa	boavista trail	Senior Masculino	03:36:32	+01:27:46	08:40
134	161	Domingos Sousa Soares	individual	Veterano M50	03:38:55	+01:30:09	08:45

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
135	139	Paulo Neves	individual	Senior Masculino	03:39:11	+01:30:25	08:46
136	35	Antonio Couto	baltar runners	Veterano M40	03:39:11	+01:30:25	08:46
137	87	PATRÍCIA GOMES	espinho trail	Senior Feminino	03:39:53	+01:31:07	08:48
138	90	FILIPE COUTO	espinho trail	Senior Masculino	03:39:54	+01:31:08	08:48
139	241	Nuno Cunha	trail santa marta / tristes mas duros	Senior Masculino	03:40:59	+01:32:13	08:50
140	149	Gonçalo Nuno Oliveira	individual	Veterano M40	03:41:01	+01:32:15	08:50
141	214	Rui Miguel Silva Almeida Teixeira	porto sentido runners	Veterano M40	03:41:56	+01:33:10	08:53
142	136	Guilherme Carlos	individual	Senior Masculino	03:44:21	+01:35:35	08:58
143	131	Bruno Cavadas	individual	Senior Masculino	03:44:21	+01:35:35	08:58
144	76	Patricia Ramos	equipa a	Senior Feminino	03:44:52	+01:36:06	09:00
145	249	Agostinho Oliveira Alves	trepatrihos trail team	Veterano M50	03:45:50	+01:37:04	09:02
146	135	Gilberto Sousa	individual	Senior Masculino	03:46:56	+01:38:10	09:05
147	150	Helder Oliveira	individual	Veterano M40	03:46:57	+01:38:11	09:05
148	44	Miguel Ferreira	bravos & bravitas	Veterano M40	03:47:06	+01:38:20	09:05
149	174	Lucinda Gomes	lion runners - g. d. leões da guarda	Veterana F50	03:47:19	+01:38:33	09:06
150	164	Carlos Correia	individual	Veterano M60	03:47:24	+01:38:38	09:06
151	144	Palmira Gouveia	individual	Veterana F40	03:47:25	+01:38:39	09:06
152	69	Sergio Mota	correaosol	Veterano M40	03:48:59	+01:40:13	09:10
153	189	Paulo Gomes	no tomorrow running team	Veterano M40	03:49:48	+01:41:02	09:12
154	188	Raquel Vasconcelos	no tomorrow running team	Veterana F40	03:49:48	+01:41:02	09:12
155	129	André Leite	individual	Senior Masculino	03:52:05	+01:43:19	09:17
156	41	Paulo Lara	boavista trail	Veterano M40	03:53:10	+01:44:24	09:20
157	247	Ricardo Lento	trepatrihos trail team	Senior Masculino	03:53:10	+01:44:24	09:20
158	126	Paulo Freitas	hsantamariart	Veterano M40	03:54:08	+01:45:22	09:22
159	124	PEDRO FERNANDES	hsantamariart	Senior Masculino	03:54:09	+01:45:23	09:22
160	123	JOSÉ AFONSO	hsantamariart	Senior Masculino	03:54:10	+01:45:24	09:22
161	125	SERGIO RICARDO	hsantamariart	Senior Masculino	03:54:11	+01:45:25	09:22
162	101	Eugénio Soares	factor x / s4l / medense fc	Veterano M50	03:54:47	+01:46:00	09:23
163	57	Adelino Silva	ccd - siemens	Veterano M40	03:55:36	+01:46:50	09:25
164	47	Hélder Mendes	btt alegria // tubani	Senior Masculino	03:56:02	+01:47:16	09:27
165	159	Alipio lopes	individual	Veterano M50	03:57:11	+01:48:25	09:29
166	6	Gabriela Madeira	#mirras	Senior Feminino	03:59:48	+01:51:02	09:36
167	206	Ricardo Carriço	os sarrotes	Senior Masculino	04:00:19	+01:51:33	09:37
168	80	Alexandre Pereira	equipa a	Veterano M40	04:02:25	+01:53:39	09:42
169	81	Edgar Câmara	equipa a	Veterano M40	04:02:25	+01:53:39	09:42
170	216	Rosa Gama	ribeiras trail	Veterana F40	04:03:43	+01:54:57	09:45
171	211	Fernanda Lopes	porto sentido runners	Veterana F50	04:03:48	+01:55:02	09:45
172	229	Rita Afonso	sunshine	Senior Feminino	04:03:52	+01:55:06	09:45
173	231	Rodrigo Tavares	sunshine	Senior Masculino	04:03:53	+01:55:07	09:45
174	215	Joao Pinheiro	porto sentido runners	Veterano M50	04:03:59	+01:55:13	09:46
175	213	Marcio Meireles	porto sentido runners	Veterano M40	04:04:00	+01:55:14	09:46
176	191	Geraldo Santos	núcleo de montanha de espinho	Veterano M40	04:04:18	+01:55:32	09:46
177	36	Sara Soares	bitrunners	Senior Feminino	04:06:04	+01:57:18	09:51
178	37	Daniel Bordadágua	bitrunners	Senior Masculino	04:06:05	+01:57:19	09:51
179	133	Edgar Santos	individual	Senior Masculino	04:09:07	+02:00:21	09:58

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25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
180	117	Leonardo Brito	hora do lobo trail - cf perosinho atletismo	Senior Masculino	04:09:30	+02:00:44	09:59
181	177	João Ferreira	marão-z-bike	Senior Masculino	04:10:16	+02:01:29	10:01
182	181	Helder Silva	moreira relax runners	Veterano M40	04:10:24	+02:01:38	10:01
183	180	Paulo Pires	moreira relax runners	Senior Masculino	04:10:24	+02:01:38	10:01
184	254	Marco André Ferreira	trofa team	Senior Masculino	04:10:25	+02:01:39	10:01
185	245	Paulo Carvalho	trailistas "eu é que sei "	Veterano M50	04:10:47	+02:02:01	10:02
186	173	Norberto Aguiar	lion runners - g. d. leões da guarda	Senior Masculino	04:11:29	+02:02:43	10:04
187	56	Nuno Ferreira	ccd - siemens	Senior Masculino	04:14:55	+02:06:09	10:12
188	151	José Ferreira	individual	Veterano M40	04:14:57	+02:06:11	10:12
189	96	Carla Neves	factor x / s4l / medense fc	Senior Feminino	04:15:05	+02:06:19	10:12
190	239	Ricardo Moutinho	tog - trinca orelhas de gato	Senior Masculino	04:15:06	+02:06:19	10:12
191	70	Regina Silva	correr para o sucesso	Senior Feminino	04:15:47	+02:07:01	10:14
192	71	Nelson Fernandes	correr para o sucesso	Senior Masculino	04:15:49	+02:07:03	10:14
193	32	Marco Dias	as melhores castas	Senior Masculino	04:18:19	+02:09:33	10:20
194	33	Gentil Pereira	as melhores castas	Veterana F40	04:18:20	+02:09:34	10:20
195	169	Hugo Ferreira	kandimba runners	Veterano M40	04:21:58	+02:13:12	10:29
196	38	Gustavo Silva	bitrunners	Veterano M40	04:24:53	+02:16:07	10:36
197	64	Hugo Ferreira	centro de união da juventude da lombaa	Senior Masculino	04:26:19	+02:17:33	10:39
198	168	Alexandre Sousa	kandimba runners	Veterano M40	04:26:25	+02:17:39	10:39
199	113	Ilidio Freitas	gondomar futsal clube	Veterano M50	04:31:16	+02:22:30	10:51
200	111	Silvina Gama	gondomar futsal clube	Veterana F40	04:31:16	+02:22:30	10:51
201	10	FRANCISCO SILVA	20 ver correr	Veterano M40	04:32:09	+02:23:23	10:53
202	11	PEDRO SOUSA	20 ver correr	Veterano M50	04:32:09	+02:23:23	10:53
203	158	Rui Carmo	individual	Veterano M40	04:37:19	+02:28:33	11:06
204	127	Claudia Moura	individual	Senior Feminino	04:38:15	+02:29:29	11:08
205	261	Sandra Ferreira	arcorun	Veterana F40	04:38:15	+02:29:29	11:08
206	227	Artur Fonseca	ruptura total	Veterano M40	04:38:15	+02:29:29	11:08
207	121	Nelson Moura	hora do lobo trail - cf perosinho atletismo	Veterano M40	04:40:37	+02:31:51	11:14
208	130	André Silva	individual	Senior Masculino	04:45:40	+02:36:54	11:26
209	65	Manuel António Santos	centro de união da juventude da lombaa	Senior Masculino	04:53:20	+02:44:34	11:44
210	179	Rui Quinta	moinhos run adrm	Veterano M50	05:08:01	+02:59:15	12:19
211	67	Pedro Reis	centro de união da juventude da lombaa	Senior Masculino	05:20:54	+03:12:08	12:50
212	165	Jose Afonso	individual	Veterano M60	05:39:23	+03:30:37	13:35
213	62	Ana Filipa Santos	centro de união da juventude da lombaa	Senior Feminino	05:41:59	+03:33:13	13:41
214	63	Patrícia Moreira	centro de união da juventude da lombaa	Senior Feminino	05:41:59	+03:33:13	13:41
215	225	Jose Rodrigues Costa	runnres do demo	Veterano M50	05:42:03	+03:33:17	13:41

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:45	-99°C	-99%

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

1	15	Paula Soares	A.D.Amarante	Senior Feminino	02:37:21	+28:34	06:18:55
2	196	Nádia Casteleiro	Oralklass-Amigos do Trail	Senior Feminino	02:42:55	+34:09	06:31:04
3	103	Andreia Almeida	Fridão Sem Limites	Senior Feminino	02:53:15	+44:28	06:56:43
4	197	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	02:53:28	+44:42	06:56:46
5	195	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	02:53:43	+44:57	06:57:01
6	194	Adriana Dias	Oralklass-Amigos do Trail	Senior Feminino	02:58:33	+49:47	07:09:20
7	14	Claudia Moreira	A.D.Amarante	Senior Feminino	03:09:59	+01:01:13	07:36:12
8	13	Angela Soares	A.D.Amarante	Senior Feminino	03:15:13	+01:06:27	07:49:40
9	87	PATRÍCIA GOMES	ESPINHO TRAIL	Senior Feminino	03:39:53	+01:31:07	08:48:40
10	76	Patricia Ramos	Equipa A	Senior Feminino	03:44:52	+01:36:06	09:00:48
11	6	Gabriela Madeira	#MIRRAS	Senior Feminino	03:59:48	+01:51:02	09:36:50
12	229	Rita Afonso	Sunshine	Senior Feminino	04:03:52	+01:55:06	09:45:58
13	36	Sara Soares	BitRunners	Senior Feminino	04:06:04	+01:57:18	09:51:22
14	96	Carla Neves	FACTOR X / S4L / MEDENSE FC	Senior Feminino	04:15:05	+02:06:19	10:12:24
15	70	Regina Silva	Correr Para o Sucesso	Senior Feminino	04:15:47	+02:07:01	10:14:48
16	127	Claudia Moura	Individual	Senior Feminino	04:38:15	+02:29:29	11:08:44
17	62	Ana Filipa Santos	Centro de União da Juventude da Lomba	Senior Feminino	05:41:59	+03:33:13	13:41:12
18	63	Patrícia Moreira	Centro de União da Juventude da Lomba	Senior Feminino	05:41:59	+03:33:13	13:41:12

Senior Masculino

1	233	Leonel Cunha	Team Trail Bifase	Senior Masculino	02:10:00	+01:14	05:12:14
2	109	Pedro Rocha	GDRetorta	Senior Masculino	02:16:50	+08:03	05:28:03
3	255	Pedro Bastos	VCBIKE	Senior Masculino	02:22:19	+13:33	05:42:19
4	12	Carlos Vieira	A D Sebolido Trail Boneca Douro	Senior Masculino	02:23:32	+14:46	05:44:46
5	27	BRUNO RIBEIRO	ÁGUIAS DE ALVELOS	Senior Masculino	02:23:55	+15:09	05:45:09
6	107	Miguel Neto	Furfor	Senior Masculino	02:26:02	+17:16	05:51:16
7	25	Andre Machado	ADOSA - OS SANTA APOLONIA	Senior Masculino	02:26:35	+17:49	05:52:49
8	198	Fernando Neves	Oralklass-Amigos do Trail	Senior Masculino	02:29:12	+20:25	05:58:25
9	199	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	02:30:41	+21:55	06:02:55
10	46	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	02:33:05	+24:19	06:07:19
11	30	Eduardo Félix	Amigos 100 Limites	Senior Masculino	02:34:10	+25:24	06:10:24
12	104	Ricardo Nunes	Fridão Sem Limites	Senior Masculino	02:37:19	+28:33	06:18:33
13	246	André Sarmento	TrepaTrilhos Trail Team	Senior Masculino	02:40:44	+31:58	06:26:58
14	228	Carlos Ferreira	SiM Summit	Senior Masculino	02:40:45	+31:59	06:26:59
15	16	Cristiano Santos	A.D.Amarante	Senior Masculino	02:41:10	+32:24	06:27:24
16	137	José Barbosa	Individual	Senior Masculino	02:42:00	+33:18	06:29:18
17	42	Bruno Silva	Bravos & Bravitas	Senior Masculino	02:42:30	+33:44	06:30:44

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Trail Longo

25 KM

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OFFICIAL RESULT

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18	5	Ricardo Pereira	#lobosolitário	Senior Masculino	02:43:13	+34:27	06:32
19	106	Duarte Cerqueira	Furfor	Senior Masculino	02:45:47	+37:01	06:38
20	134	Francisco Castro	Individual	Senior Masculino	02:50:44	+41:58	06:50
21	19	Tiago Teles	A.D.Amarante	Senior Masculino	02:51:08	+42:22	06:51
22	167	Ricardo Sousa	Kandimba Runners	Senior Masculino	02:54:36	+45:50	06:59
23	40	Roberto Freitas	Boavista Trail	Senior Masculino	02:54:40	+45:54	06:59
24	235	João Gomes	Tog - Trinca Orelhas de Gato	Senior Masculino	02:55:03	+46:17	07:00
25	18	Ricardo Leão	A.D.Amarante	Senior Masculino	02:55:21	+46:35	07:01
26	182	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:55:23	+46:37	07:01
27	77	Helder Silva	Equipa A	Senior Masculino	02:57:23	+48:37	07:06
28	97	Daniel Terra	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:59:58	+51:12	07:12
29	118	Rui Gomes	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	03:02:30	+53:44	07:18
30	24	Simão Ferreira	ADEPE	Senior Masculino	03:02:35	+53:48	07:18
31	138	Nuno Monteiro	Individual	Senior Masculino	03:04:31	+55:45	07:23
32	93	VÍTOR MAIA	ESPINHO TRAIL	Senior Masculino	03:04:45	+55:59	07:23
33	88	ANTONIO DUARTE	ESPINHO TRAIL	Senior Masculino	03:04:45	+55:59	07:23
34	122	Fabio Santos	Hospital de Santa Maria - Porto	Senior Masculino	03:05:34	+56:48	07:25
35	141	Vitor Pereira	Individual	Senior Masculino	03:09:53	+01:01:07	07:36
36	204	ANDRE LOPES	Os Sarrotes	Senior Masculino	03:10:31	+01:01:45	07:37
37	115	Daniel Silva	Grupo Desportivo Banco de Portugal	Senior Masculino	03:15:03	+01:06:17	07:48
38	91	JORGE DUARTE	ESPINHO TRAIL	Senior Masculino	03:19:49	+01:11:03	08:00
39	17	Filipe Barros	A.D.Amarante	Senior Masculino	03:19:56	+01:11:10	08:00
40	205	Bruno Gaio	Os Sarrotes	Senior Masculino	03:20:37	+01:11:51	08:02
41	92	RICARDO DUARTE	ESPINHO TRAIL	Senior Masculino	03:22:39	+01:13:53	08:06
42	89	BRUNO DUARTE	ESPINHO TRAIL	Senior Masculino	03:22:40	+01:13:54	08:06
43	209	Tiago Teixeira Teixeira	Pistões partidos	Senior Masculino	03:22:42	+01:13:55	08:06
44	250	David Aguiar	Trilhados	Senior Masculino	03:26:09	+01:17:23	08:15
45	251	Luis Marques	Trilhados	Senior Masculino	03:26:10	+01:17:24	08:15
46	265	Jorge Torrão	Individual	Senior Masculino	03:27:37	+01:18:51	08:18
47	23	Carlos Ribeiro	ADEPE	Senior Masculino	03:31:19	+01:22:33	08:27
48	190	José Cunha	NOCTURNOS DE PAREDES	Senior Masculino	03:31:47	+01:23:01	08:28
49	210	Vítor Ferreira	Pistões partidos	Senior Masculino	03:34:36	+01:25:50	08:35
50	55	David Teixeira	C+runners	Senior Masculino	03:35:47	+01:27:01	08:38
51	39	José Barbosa	Boavista Trail	Senior Masculino	03:36:32	+01:27:46	08:40
52	139	Paulo Neves	Individual	Senior Masculino	03:39:11	+01:30:25	08:46
53	90	FILIPE COUTO	ESPINHO TRAIL	Senior Masculino	03:39:54	+01:31:08	08:48
54	241	Nuno Cunha	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	03:40:59	+01:32:13	08:50
55	136	Guilherme Carlos	Individual	Senior Masculino	03:44:21	+01:35:35	08:58
56	131	Bruno Cavadas	Individual	Senior Masculino	03:44:21	+01:35:35	08:58
57	135	Gilberto Sousa	Individual	Senior Masculino	03:46:56	+01:38:10	09:05
58	129	André Leite	Individual	Senior Masculino	03:52:05	+01:43:19	09:17
59	247	Ricardo Lento	TrepaTrilhos Trail Team	Senior Masculino	03:53:10	+01:44:24	09:20
60	124	PEDRO FERNANDES	HSantaMariaRT	Senior Masculino	03:54:09	+01:45:23	09:22
61	123	JOSÉ AFONSO	HSantaMariaRT	Senior Masculino	03:54:10	+01:45:24	09:22

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Trail Longo

25 KM

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62	125	SERGIO RICARDO	HSantaMariaRT	Senior Masculino	03:54:11	+01:45:25	09:22
63	47	Hélder Mendes	BTT Alegria // TUBANI	Senior Masculino	03:56:02	+01:47:16	09:27
64	206	Ricardo Carriço	Os Sarrotes	Senior Masculino	04:00:19	+01:51:33	09:37
65	231	Rodrigo Tavares	Sunshine	Senior Masculino	04:03:53	+01:55:07	09:45
66	37	Daniel Bordadágua	BitRunners	Senior Masculino	04:06:05	+01:57:19	09:51
67	133	Edgar Santos	Individual	Senior Masculino	04:09:07	+02:00:21	09:58
68	117	Leonardo Brito	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	04:09:30	+02:00:44	09:59
69	177	João Ferreira	Marão-Z-Bike	Senior Masculino	04:10:16	+02:01:29	10:01
70	180	Paulo Pires	Moreira Relax Runners	Senior Masculino	04:10:24	+02:01:38	10:01
71	254	Marco André Ferreira	Trofa Team	Senior Masculino	04:10:25	+02:01:39	10:01
72	173	Norberto Aguiar	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:11:29	+02:02:43	10:04
73	56	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	04:14:55	+02:06:09	10:12
74	239	Ricardo Moutinho	Tog - Trinca Orelhas de Gato	Senior Masculino	04:15:06	+02:06:19	10:12
75	71	Nelson Fernandes	Correr Para o Sucesso	Senior Masculino	04:15:49	+02:07:03	10:14
76	32	Marco Dias	As Melhores Castas	Senior Masculino	04:18:19	+02:09:33	10:20
77	64	Hugo Ferreira	Centro de União da Juventude da Lomba	Senior Masculino	04:26:19	+02:17:33	10:39
78	130	André Silva	Individual	Senior Masculino	04:45:40	+02:36:54	11:26
79	65	Manuel António Santos	Centro de União da Juventude da Lomba	Senior Masculino	04:53:20	+02:44:34	11:44
80	67	Pedro Reis	Centro de União da Juventude da Lomba	Senior Masculino	05:20:54	+03:12:08	12:50

Veterana F40

1	143	Lucinda Sousa	Individual	Veterana F40	02:35:42	+26:56	06:14
2	142	Elisabete Santos	Individual	Veterana F40	03:05:23	+56:37	07:25
3	59	Ana Amaral	CENTRO CICLISTA DE GONDOMAR	Veterana F40	03:22:12	+01:13:26	08:05
4	262	Maria Fernandes	ARCORUN	Veterana F40	03:26:55	+01:18:09	08:17
5	79	Olga Branquinho	Equipa A	Veterana F40	03:35:16	+01:26:30	08:37
6	144	Palmira Gouveia	Individual	Veterana F40	03:47:25	+01:38:39	09:06
7	188	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	03:49:48	+01:41:02	09:12
8	216	Rosa Gama	Ribeiras Trail	Veterana F40	04:03:43	+01:54:57	09:45
9	33	Gentil Pereira	As Melhores Castas	Veterana F40	04:18:20	+02:09:34	10:20
10	111	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	04:31:16	+02:22:30	10:51
11	261	Sandra Ferreira	ARCORUN	Veterana F40	04:38:15	+02:29:29	11:08

Veterana F50

1	201	Alexandra Fernandes	Oralklass-Amigos do Trail	Veterana F50	02:56:29	+47:43	07:04
2	174	Lucinda Gomes	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F50	03:47:19	+01:38:33	09:06
3	211	Fernanda Lopes	PORTO SENTIDO RUNNERS	Veterana F50	04:03:48	+01:55:02	09:45

Trail Longo

25 KM

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OFFICIAL RESULT

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Veterano M40

1	28	Carlos veloso	AIRORUN	Veterano M40	02:08:46	05:09
2	203	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	02:15:58	+07:12 05:26
3	20	Paulo Costa	A.D.Amarante	Veterano M40	02:18:14	+09:28 05:32
4	153	Nuno Cardoso	Individual	Veterano M40	02:32:24	+23:38 06:06
5	52	Lino Pinto	BTT Alegria // TUBANI	Veterano M40	02:35:43	+26:57 06:14
6	221	ANTONIO SOUSA	RIPOLINS GRIJÓ A CORRER	Veterano M40	02:37:09	+28:23 06:17
7	202	Fernando Taborda	Oralklass-Amigos do Trail	Veterano M40	02:38:11	+29:25 06:20
8	74	Pedro Pinho	EDV-VIANA TRAIL	Veterano M40	02:39:59	+31:13 06:24
9	26	Manuel Carvalho	ADOSA - OS SANTA APOLONIA	Veterano M40	02:40:30	+31:44 06:25
10	155	Pedro Barbosa	Individual	Veterano M40	02:42:23	+33:37 06:30
11	43	Jorge Queiros	Bravos & Bravitas	Veterano M40	02:43:13	+34:27 06:32
12	243	Pedro Moreira	Trail Santa Marta / Tristes Mas Duros	Veterano M40	02:47:08	+38:22 06:41
13	22	Telmo Silva	A.D.Amarante	Veterano M40	02:47:48	+39:02 06:43
14	212	Antonio Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:48:31	+39:44 06:44
15	85	Jorge Lopes	Equipa A	Veterano M40	02:50:40	+41:54 06:50
16	72	Rui Tavares	DDT RUNNERS	Veterano M40	02:52:37	+43:51 06:54
17	148	Fernando Augusto	Individual	Veterano M40	02:54:00	+45:14 06:58
18	84	Patricio Afonso	Equipa A	Veterano M40	02:55:14	+46:28 07:01
19	100	Miguel Moura	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:55:27	+46:41 07:01
20	51	João Tavares	BTT Alegria // TUBANI	Veterano M40	02:56:51	+48:05 07:04
21	108	Lucas Morgado	Furfor	Veterano M40	02:57:22	+48:36 07:06
22	217	Armando Moreira	Ribeiras Trail	Veterano M40	03:03:36	+54:50 07:21
23	222	Ricardo Rocha	Rocha	Veterano M40	03:04:25	+55:39 07:23
24	187	José Martins	NAST	Veterano M40	03:06:27	+57:41 07:27
25	82	José Pinto	Equipa A	Veterano M40	03:09:51	+01:01:05 07:36
26	116	Jorge Borges	GTT-Armazém do Caffè	Veterano M40	03:10:33	+01:01:47 07:37
27	184	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:11:59	+01:03:13 07:41
28	218	Jorge Pinheiro	Ribeiras Trail	Veterano M40	03:12:14	+01:03:27 07:41
29	58	Fernando Remelgado	CCD - SIEMENS	Veterano M40	03:13:28	+01:04:42 07:44
30	224	Paulo Pereira	RUNNING TEAM MAIA	Veterano M40	03:14:25	+01:05:39 07:47
31	260	Rui Pereira	Individual	Veterano M40	03:16:16	+01:07:30 07:51
32	170	Jorge Durães	Kandimba Runners	Veterano M40	03:18:07	+01:09:21 07:56
33	248	Jose Pereira	TrepaTrilhos Trail Team	Veterano M40	03:18:12	+01:09:26 07:56
34	73	Filipe ALVES	Desnível Positivo	Veterano M40	03:19:01	+01:10:15 07:58
35	152	Luis azevedo	Individual	Veterano M40	03:19:29	+01:10:43 07:59
36	147	André Figueiredo	Individual	Veterano M40	03:20:21	+01:11:34 08:01
37	192	José Pedro Silva	Núcleo de Montanha de Espinho	Veterano M40	03:20:39	+01:11:53 08:02
38	208	Vitor Folgado	Outlaw runners	Veterano M40	03:21:17	+01:12:31 08:03
39	120	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:22:30	+01:13:44 08:06
40	119	Jorge Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:22:30	+01:13:44 08:06
41	112	Paulo Alves	GONDOMAR FUTSAL CLUBE	Veterano M40	03:23:30	+01:14:44 08:08
42	7	Manuel Fonseca	100PRESSA	Veterano M40	03:23:51	+01:15:05 08:09

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Trail Longo

25 KM

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OFFICIAL RESULT

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43	244	Ricardo Cunha	Trail Santa Marta / Tristes Mas Duros	Veterano M40	03:24:13	+01:15:27	08:10
44	237	Vicente Sousa	Tog - Trinca Orelhas de Gato	Veterano M40	03:26:02	+01:17:16	08:14
45	183	Aurélio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:26:44	+01:17:58	08:16
46	34	Marcos Gandra	As Melhores Castas	Veterano M40	03:30:29	+01:21:43	08:25
47	175	Domingos Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	03:31:09	+01:22:23	08:27
48	154	Paulo Ribeiro	Individual	Veterano M40	03:32:44	+01:23:58	08:31
49	207	Filipe Pinho	Outlaw runners	Veterano M40	03:35:07	+01:26:21	08:36
50	83	Nuno Santos	Equipa A	Veterano M40	03:35:15	+01:26:29	08:37
51	35	Antonio Couto	Baltar Runners	Veterano M40	03:39:11	+01:30:25	08:46
52	149	Gonçalo Nuno Oliveira	Individual	Veterano M40	03:41:01	+01:32:15	08:50
53	214	Rui Miguel Silva Almeida Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	03:41:56	+01:33:10	08:53
54	150	Helder Oliveira	Individual	Veterano M40	03:46:57	+01:38:11	09:05
55	44	Miguel Ferreira	Bravos & Bravitas	Veterano M40	03:47:06	+01:38:20	09:05
56	69	Sergio Mota	CorreaoSol	Veterano M40	03:48:59	+01:40:13	09:10
57	189	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	03:49:48	+01:41:02	09:12
58	41	Paulo Lara	Boavista Trail	Veterano M40	03:53:10	+01:44:24	09:20
59	126	Paulo Freitas	HSantaMariaRT	Veterano M40	03:54:08	+01:45:22	09:22
60	57	Adelino Silva	CCD - SIEMENS	Veterano M40	03:55:36	+01:46:50	09:25
61	80	Alexandre Pereira	Equipa A	Veterano M40	04:02:25	+01:53:39	09:42
62	81	Edgar Câmara	Equipa A	Veterano M40	04:02:25	+01:53:39	09:42
63	213	Marcio Meireles	PORTO SENTIDO RUNNERS	Veterano M40	04:04:00	+01:55:14	09:46
64	191	Geraldo Santos	Núcleo de Montanha de Espinho	Veterano M40	04:04:18	+01:55:32	09:46
65	181	Helder Silva	Moreira Relax Runners	Veterano M40	04:10:24	+02:01:38	10:01
66	151	José Ferreira	Individual	Veterano M40	04:14:57	+02:06:11	10:12
67	169	Hugo Ferreira	Kandimba Runners	Veterano M40	04:21:58	+02:13:12	10:29
68	38	Gustavo Silva	BitRunners	Veterano M40	04:24:53	+02:16:07	10:36
69	168	Alexandre Sousa	Kandimba Runners	Veterano M40	04:26:25	+02:17:39	10:39
70	10	FRANCISCO SILVA	20 VER CORRER	Veterano M40	04:32:09	+02:23:23	10:53
71	158	Rui Carmo	Individual	Veterano M40	04:37:19	+02:28:33	11:06
72	227	Artur Fonseca	Ruptura Total	Veterano M40	04:38:15	+02:29:29	11:08
73	121	Nelson Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	04:40:37	+02:31:51	11:14

Veterano M50

1	75	Artur Matos	EDV-VIANA TRAIL	Veterano M50	02:37:19	+28:33	06:18
2	145	Renato Silva	Caldas de São Jorge, Portugal	Veterano M50	02:42:35	+33:49	06:30
3	60	Fernando Benjamim	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:43:04	+34:18	06:31
4	105	Manuel Pinheiro	Fridão Sem Limites	Veterano M50	02:50:28	+41:42	06:49
5	193	João Passos	OLIMPICO VIANENSE TRAIL	Veterano M50	03:00:04	+51:18	07:12
6	186	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:11:48	+01:03:02	07:40
7	86	Henrique BORGES	ERMESINDE	Veterano M50	03:11:53	+01:03:06	07:41

Official Timekeeper: Lap2Go	5 / 6	generate 15-Jul-2019 10:54
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Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

8	223	Joaquim Lobato	RUNNING ESPINHO	Veterano M50	03:17:36	+01:08:50	07:54
9	238	Fernando Vital	Tog - Trinca Orelhas de Gato	Veterano M50	03:26:01	+01:17:15	08:14
10	178	Tomás Ferreira	Marão-Z-Bike	Veterano M50	03:26:41	+01:17:55	08:16
11	160	Artur Almeida	Individual	Veterano M50	03:27:15	+01:18:29	08:17
12	114	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M50	03:27:21	+01:18:35	08:18
13	219	Domingos Vieira	Ribeiras Trail	Veterano M50	03:33:58	+01:25:12	08:34
14	163	Paulo Fernandes	Individual	Veterano M50	03:34:06	+01:25:20	08:34
15	185	António Luís	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:36:05	+01:27:19	08:39
16	161	Domingos Sousa Soares	Individual	Veterano M50	03:38:55	+01:30:09	08:45
17	249	Agostinho Oliveira Alves	TrepaTrilhos Trail Team	Veterano M50	03:45:50	+01:37:04	09:02
18	101	Eugénio Soares	FACTOR X / S4L / MEDENSE FC	Veterano M50	03:54:47	+01:46:00	09:23
19	159	Alipio lopes	Individual	Veterano M50	03:57:11	+01:48:25	09:29
20	215	Joao Pinheiro	PORTO SENTIDO RUNNERS	Veterano M50	04:03:59	+01:55:13	09:46
21	245	Paulo Carvalho	Trailistas “eu é que sei “	Veterano M50	04:10:47	+02:02:01	10:02
22	113	Ilidio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	04:31:16	+02:22:30	10:51
23	11	PEDRO SOUSA	20 VER CORRER	Veterano M50	04:32:09	+02:23:23	10:53
24	179	Rui Quinta	Moinhos Run ADRM	Veterano M50	05:08:01	+02:59:15	12:19
25	225	Jose Rodrigues Costa	runnres do demo	Veterano M50	05:42:03	+03:33:17	13:41

Veterano M60

1	102	António Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	03:04:26	+55:40	07:23
2	172	Agostinho Sousa	Kunalama runners	Veterano M60	03:11:30	+01:02:44	07:40
3	166	Manuel Faria Sampaio	Individual	Veterano M60	03:34:20	+01:25:34	08:34
4	164	Carlos Correia	Individual	Veterano M60	03:47:24	+01:38:38	09:06
5	165	Jose Afonso	Individual	Veterano M60	05:39:23	+03:30:37	13:35

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Official Timekeeper: Lap2Go	1 / 1	generate 14-Jul-2019 14:18
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