

24KM - STAGE 1

24 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	18.6°C	93%
End	16:46	18.6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2399	Mario Fonseca	nast - núcleo associativo de santo tirso	Veterano M30	02:06:30		05:16
2	2102	Paulo Mesquita	edv viana trail	Senior Masculino	02:16:06	+09:35	05:40
3	2219	Agostinho Reis	individual	Veterano M30	02:19:10	+12:39	05:48
4	2099	Mário Firmino	dolcefuradouro	Senior Masculino	02:24:07	+17:36	06:00
5	2108	Telmo Veloso	edv viana trail	Veterano M40	02:25:29	+18:58	06:04
6	2036	Frederico Cerdeira	amcf - arrábida trail team	Veterano M30	02:27:50	+21:19	06:10
7	2107	Ivan Silva	edv viana trail	Veterano M40	02:29:49	+23:18	06:15
8	2024	ALBERTO FREITAS	ad marco 09	Veterano M40	02:33:10	+26:39	06:23
9	2474	Paulo Esteves	dão nelas runners	Veterano M30	02:33:54	+27:23	06:25
10	2502	André Machado	adosa - os santa apolónia	Senior Masculino	02:34:02	+27:31	06:25
11	2221	Andre Filipe Correia Leal	individual	Veterano M30	02:37:06	+30:35	06:33
12	2388	João Amândio	montanha clube trail running/efapel	Veterano M30	02:37:50	+31:19	06:35
13	2409	Valter Correia	nova linha trail runners	Veterano M40	02:37:52	+31:21	06:35
14	2147	Tiago Gomes	ginásio clube de bragança	Senior Masculino	02:38:56	+32:25	06:37
15	2028	Joao mouro	adc sozense	Senior Masculino	02:40:06	+33:35	06:40
16	2414	Joao Ribeiro	oralklass - amigos do trail	Veterano M30	02:42:20	+35:49	06:46
17	1108	Miguel Carvalho	individual	Veterano M30	02:45:49	+39:18	06:55
18	2495	Ricardo Campos	individual	Veterano M30	02:47:17	+40:46	06:58
19	2374	Ernesto Alves	juventude cortegacense	Veterano M50	02:47:18	+40:47	06:58
20	2129	Ricardo Miguel Magalhães Nunes	fridão sem limites	Veterano M30	02:47:35	+41:04	06:59
21	2458	Vítor cruz	silva&vinha/adrap/sentir penafiel	Veterano M30	02:47:35	+41:04	06:59
22	2130	Rui Azevedo	fridão sem limites	Veterano M30	02:48:28	+41:57	07:01
23	2406	Francisco Lemos	nós acreditamos	Veterano M50	02:48:38	+42:08	07:02
24	2145	Nelson Rodrigues	galhardos runners	Veterano M30	02:49:23	+42:52	07:03
25	2165	André Silva	individual	Senior Masculino	02:49:33	+43:02	07:04
26	2444	Bruno Silva	sc espinho - atletismo / antónio leitão	Veterano M40	02:49:48	+43:17	07:05
27	2305	Nuno Pimenta	individual	Veterano M40	02:50:13	+43:42	07:06
28	2421	Marco Brochado	os lobos do saibro	Veterano M40	02:52:05	+45:34	07:10
29	2404	José Pinto	nós acreditamos	Veterano M30	02:52:26	+45:55	07:11
30	2437	Emanuel Costa	s. s. montepio	Veterano M40	02:52:26	+45:55	07:11
31	2264	Sergio Pinto	individual	Veterano M30	02:53:08	+46:37	07:13
32	3008	Alexandre Lourenço	a+	Veterano M40	02:53:19	+46:48	07:13
33	2311	Pedro Bôto	individual	Veterano M40	02:53:58	+47:27	07:15
34	2272	Alfredo Moreira	individual	Veterano M40	02:54:49	+48:18	07:17
35	2162	Rui Reis	hsantamariart	Veterano M30	02:55:22	+48:51	07:18
36	2027	José Ferreira	adc felgueira - freitaskyrunning	Veterano M40	02:56:30	+49:59	07:21
37	2501	Nel de Carvalho	adosa - os santa apolónia	Veterano M40	02:56:45	+50:14	07:22
38	2359	Joao Valente	juventude cortegacense	Senior Masculino	02:57:55	+51:24	07:25
39	2367	Joao Oliveira	juventude cortegacense	Veterano M40	02:58:51	+52:20	07:27
40	2127	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	02:59:58	+53:27	07:30
41	2280	Fernando Coelho	individual	Veterano M40	03:00:01	+53:30	07:30

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	2018	Pedro Guimaraes	#letzrunazores	Veterano M50	03:00:30	+53:59	07:31
43	2387	Bárbara Fernandes	montanha clube trail running/efapel	Veterana F30	03:01:06	+54:35	07:33
44	2473	Ana Sousa	team lantemil	Veterana F30	03:01:07	+54:36	07:33
45	2389	Filipe Póvoas	mss contabilidade trail team	Veterano M30	03:01:48	+55:17	07:35
46	2095	Carlos Cunha	dci/trilhos luso bussaco	Veterano M50	03:02:27	+55:56	07:36
47	2174	Tiago Pereira	individual	Senior Masculino	03:02:39	+56:08	07:37
48	2120	Joaquim Carvalho	factor x / s4l / medense fc	Veterano M30	03:03:54	+57:23	07:40
49	2410	Vitor Ferreira	nova linha trail runners	Veterano M40	03:03:55	+57:24	07:40
50	2017	Xavier Amorim	a.d.carvalhal	Veterano M30	03:04:03	+57:32	07:40
51	2308	paulo coelho	individual	Veterano M40	03:04:13	+57:42	07:41
52	2286	Francisco Pinheiro	individual	Veterano M40	03:04:17	+57:46	07:41
53	2233	Hélder	individual	Veterano M30	03:04:32	+58:01	07:41
54	2040	Luis Miguel Martins Amaro	arsm - associação recreativa de s. miguel	Veterano M40	03:06:59	+01:00:28	07:47
55	2103	André Carvalho	edv viana trail	Senior Masculino	03:06:59	+01:00:28	07:47
56	2394	Manuel Póvoas	mss contabilidade trail team	Veterano M50	03:07:09	+01:00:38	07:48
57	2093	Rodrigo Vieira	dá-lhe gás team	Senior Masculino	03:08:49	+01:02:18	07:52
58	2363	Daniel Jose Silva Barros	juventude cortegacense	Veterano M30	03:08:53	+01:02:22	07:52
59	2105	Susana Simões	edv viana trail	Veterana F40	03:09:16	+01:02:45	07:53
60	2253	Nuno Tomé	individual	Veterano M30	03:10:46	+01:04:15	07:57
61	2117	Ricardo	individual	Veterano M30	03:10:58	+01:04:27	07:57
62	2489	Sabina Marques	viseu running team	Veterana F30	03:11:28	+01:04:57	07:59
63	2403	David Afonso	nós acreditamos	Veterano M30	03:11:36	+01:05:05	07:59
64	2126	Orlando campos	fisio.	Veterano M40	03:12:19	+01:05:48	08:01
65	2439	Marcio Silva	s. s. montepio	Veterano M40	03:12:24	+01:05:53	08:01
66	2112	ANTÓNIO DUARTE	espinho trail	Senior Masculino	03:12:24	+01:05:53	08:01
67	2370	Nuno Miguel Gonçalves Araújo	juventude cortegacense	Veterano M40	03:13:07	+01:06:36	08:03
68	2122	Ricardo Costa	figueirófit	Veterano M30	03:13:49	+01:07:18	08:05
69	2498	Bruno Pereira	individual	Veterano M30	03:14:24	+01:07:53	08:06
70	2460	Fernando Jorge Correia	sportarc.running	Senior Masculino	03:14:53	+01:08:22	08:07
71	2475	Rui Madureira	team trail bem viver	Senior Masculino	03:15:53	+01:09:22	08:10
72	2284	Filipe Bastos	individual	Veterano M40	03:15:56	+01:09:25	08:10
73	2098	Nelson Sousa	dirrunners	Veterano M50	03:16:24	+01:09:53	08:11
74	2119	David Gonçalves	factor x / s4l / medense fc	Veterano M30	03:16:59	+01:10:28	08:13
75	2453	José Oliveira	sentir escariz running	Veterano M40	03:17:39	+01:11:08	08:14
76	2397	João Leite	nac trail	Veterano M30	03:17:39	+01:11:08	08:14
77	2429	Marco silva	outdoor clube de setúbal - strendure running team	Veterano M30	03:17:50	+01:11:19	08:15
78	2218	Miguel Barros	individual	Veterano M30	03:19:42	+01:13:11	08:19
79	2047	Vera Barbosa	boavista trail	Veterana F30	03:19:57	+01:13:26	08:20
80	2364	Ricardo Gama	juventude cortegacense	Veterano M30	03:20:03	+01:13:32	08:20
81	2042	José Luis Loureiro	autistic runners	Veterano M50	03:20:46	+01:14:15	08:22
82	2019	Diogo Mesquita	academia d'estrelas	Senior Masculino	03:22:26	+01:15:55	08:26
83	2053	LUÍS SILVA	brabus runners	Veterano M30	03:22:54	+01:16:23	08:27
84	2011	Sérgio Moreira	100meta	Veterano M40	03:22:59	+01:16:28	08:27
85	2191	Marlene Maria Faria Miranda	individual	Veterana F30	03:23:06	+01:16:35	08:28
86	2431	Arsénio Batata	pés de chumbo runners	Veterano M40	03:23:09	+01:16:38	08:28

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	2400	Rui Carneiro	nast - núcleo associativo de santo tirso	Veterano M30	03:23:23	+01:16:52	08:28
88	2196	Tânia	individual	Veterana F30	03:23:24	+01:16:53	08:29
89	2503	Ricardo Mendes	adosa - os santa apolónia	Veterano M30	03:24:34	+01:18:03	08:31
90	2278	DANIEL MIRANDA	individual	Veterano M40	03:24:43	+01:18:12	08:32
91	2030	Miguel Moura	adc sozense	Veterano M30	03:24:58	+01:18:27	08:32
92	2462	Rubens Soares	sportarc.running	Veterano M40	03:25:09	+01:18:38	08:33
93	2234	Helder moreira	individual	Veterano M30	03:26:34	+01:20:03	08:36
94	2477	Ivo Sampaio	team tt	Senior Masculino	03:26:49	+01:20:18	08:37
95	2025	RUI RODRIGUES	ad marco 09	Veterano M40	03:26:51	+01:20:20	08:37
96	2073	João Cardoso	cinfães a correr	Veterano M30	03:27:03	+01:20:32	08:38
97	2113	JORGE DUARTE	espinho trail	Senior Masculino	03:27:26	+01:20:55	08:39
98	2090	Ricardo Carvalho	ctad - consumo zero	Veterano M30	03:27:52	+01:21:21	08:40
99	2033	Carlos Alberto Soares Moreira	alpha running	Veterano M40	03:28:55	+01:22:24	08:42
100	2155	Hugo Alexandre Palmeira Moreira	gtt - armazém do caffè	Veterano M40	03:29:02	+01:22:31	08:43
101	2161	Fábio Santos	hsantamariart	Veterano M30	03:29:24	+01:22:53	08:44
102	2135	Catarina Figueiredo	gaia running	Veterana F40	03:29:30	+01:22:59	08:44
103	2139	Pedro Fernando Monteiro	gaia running	Veterano M30	03:29:30	+01:22:59	08:44
104	2371	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	03:30:24	+01:23:53	08:46
105	2179	Carla Pereira	individual	Veterana F30	03:30:35	+01:24:04	08:46
106	2451	Miguel Silva	sentir escariz running	Veterano M30	03:30:46	+01:24:15	08:47
107	2500	nuno duarte	individual	Veterano M40	03:31:34	+01:25:03	08:49
108	2427	Francisco Ferreira	os tolinhos	Veterano M50	03:32:44	+01:26:13	08:52
109	2237	Jaime Ribeiro	individual	Veterano M30	03:32:48	+01:26:17	08:52
110	2052	Cesário Leite	brabus runners	Veterano M30	03:32:54	+01:26:23	08:52
111	2141	Nuno Cunha	gaia running	Veterano M40	03:32:55	+01:26:24	08:52
112	2143	Rui Pereira	gaia running	Veterano M40	03:32:55	+01:26:24	08:52
113	2413	Pedro Rocha	ofrunning	Veterano M30	03:33:17	+01:26:46	08:53
114	2463	Carlos Ferreira	sportarc.running	Veterano M60	03:33:40	+01:27:09	08:54
115	2148	Joana Cardoso	gondomar futsal clube	Veterana F30	03:33:46	+01:27:15	08:54
116	2347	Paulo Quintas	nast	Veterano M50	03:34:07	+01:27:37	08:55
117	2138	Elisabete Repas	gaia running	Veterana F50	03:34:10	+01:27:39	08:55
118	2420	Filipe Pinto	os lobos do saibro	Veterano M40	03:35:02	+01:28:31	08:58
119	2340	Joaquim António do Rosário carreira	individual	Veterano M50	03:35:05	+01:28:34	08:58
120	2478	Pedro Lima	team tt	Veterano M40	03:36:15	+01:29:44	09:01
121	2487	Rui Faria	vimarunners	Veterano M30	03:36:21	+01:29:50	09:01
122	2299	Marcos Gandra	individual	Veterano M40	03:36:59	+01:30:28	09:02
123	2491	José Carlos Almeida	viseu running team	Veterano M30	03:37:06	+01:30:35	09:03
124	2256	Pedro neto	individual	Veterano M30	03:37:06	+01:30:35	09:03
125	2493	Helena Gomes	wolves	Veterana F40	03:37:35	+01:31:04	09:04
126	2055	Vitor Ribeiro	brabus runners	Veterano M30	03:38:48	+01:32:17	09:07
127	2356	jorge alves	jorge alves	Veterano M40	03:39:48	+01:33:17	09:10
128	1019	Paulo Ferreira	associação desportiva de cabroelo	Veterano M40	03:39:48	+01:33:17	09:10
129	2061	Sergio Coelho	btt alegria // tubani	Veterano M30	03:40:00	+01:33:29	09:10
130	2100	Miguel Graça	dolcefuradouro	Senior Masculino	03:40:00	+01:33:29	09:10
131	2320	Ricardo Rodrigues	individual	Veterano M40	03:40:01	+01:33:30	09:10

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	2091	Lisete Marques Antunes	dá-lhe gás team	Senior Feminino	03:40:01	+01:33:30	09:10
133	2366	Cecilio Manuel Silva Ferreira	juventude cortegacense	Veterano M40	03:41:21	+01:34:50	09:13
134	2146	Rui Viegas	galhardos runners	Veterano M40	03:41:26	+01:34:55	09:14
135	2020	Rui Menas	academia d'estrelas	Veterano M40	03:41:33	+01:35:02	09:14
136	2242	Jorge Torrão	individual	Veterano M30	03:42:00	+01:35:29	09:15
137	2381	Luís Lages	liz runners	Veterano M50	03:42:31	+01:36:00	09:16
138	2166	Diogo José	individual	Senior Masculino	03:42:39	+01:36:08	09:17
139	2418	José Pedro Silva	os dragões do mato	Veterano M40	03:43:21	+01:36:50	09:18
140	2031	José Lima	affense trail	Veterano M30	03:43:33	+01:37:02	09:19
141	2169	Francisco Salgado-Seixas	individual	Senior Masculino	03:43:59	+01:37:28	09:20
142	2428	Helena madeira	outdoor clube de setúbal - strendure running team	Veterana F30	03:44:13	+01:37:42	09:21
143	2225	Carlos Filipe Santos	individual	Veterano M30	03:44:14	+01:37:43	09:21
144	2407	Marcos de Sousa	nova linha trail runners	Senior Masculino	03:44:15	+01:37:44	09:21
145	2291	Joaquim José da Silva Oliveira	individual	Veterano M40	03:44:32	+01:38:01	09:21
146	2301	Miguel Rocha	individual	Veterano M40	03:44:35	+01:38:04	09:21
147	2015	Ricardo Fernandes	team trail bem viver	Veterano M30	03:44:41	+01:38:10	09:22
148	2331	Vítor Canto	individual	Veterano M40	03:45:09	+01:38:38	09:23
149	2412	José Silva	nova linha trail runners	Veterano M50	03:46:30	+01:39:59	09:26
150	2263	Sérgio Henriques	individual	Veterano M30	03:46:30	+01:39:59	09:26
151	2226	Carlos Jorge da Costa Carvalho	individual	Veterano M30	03:46:37	+01:40:06	09:27
152	2241	Jorge André Coutinho Pereira	individual	Veterano M30	03:46:40	+01:40:09	09:27
153	2022	GISELA SOUSA	ad marco 09	Veterana F40	03:47:02	+01:40:31	09:28
154	2084	Carlos Jorge Madail Negrão	correio de albergaria trail running	Veterano M40	03:47:04	+01:40:33	09:28
155	2066	Sérgio Freitas	catr - correio de albergaria trail running	Veterano M40	03:47:04	+01:40:33	09:28
156	2398	Sandra Silva	nast - núcleo associativo de santo tirso	Veterana F30	03:47:05	+01:40:34	09:28
157	2175	Vítor Martins	individual	Senior Masculino	03:47:08	+01:40:37	09:28
158	2303	Nuno Jacinto	individual	Veterano M40	03:47:21	+01:40:50	09:28
159	2290	João Sousa	individual	Veterano M40	03:47:27	+01:40:56	09:29
160	2199	Ana Silva	sc espinho - atletismo / antónio leitão	Veterana F40	03:47:34	+01:41:03	09:29
161	2447	Liliana Cardoso	sc espinho - atletismo / antónio leitão	Veterana F30	03:47:44	+01:41:13	09:29
162	2436	Claudia Sardinha	s. s. montepio	Veterana F40	03:47:49	+01:41:18	09:30
163	2092	André Pereira	dá-lhe gás team	Senior Masculino	03:48:04	+01:41:33	09:30
164	2424	Adriana Majer	os tolinhos	Veterana F30	03:48:05	+01:41:34	09:30
165	2227	Diogo Carmo	individual	Veterano M30	03:48:25	+01:41:54	09:31
166	2171	José Rato	individual	Senior Masculino	03:48:43	+01:42:12	09:32
167	2216	Maria Ceu Lopes Lemos	individual	Veterana F50	03:49:06	+01:42:35	09:33
168	2373	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	03:49:57	+01:43:26	09:35
169	2023	MARGARIDA SOUSA	ad marco 09	Veterana F40	03:51:34	+01:45:03	09:39
170	2378	Bruno Batista	lion runners - g. d. leões da guarda	Veterano M30	03:52:28	+01:45:57	09:41
171	2037	Armindo Lopes	arc vale s. cosme	Veterano M50	03:52:50	+01:46:19	09:42
172	2358	João Manuel Santos Silva	juões	Veterano M50	03:53:29	+01:46:58	09:44
173	2425	Carlos Ribeiro	os tolinhos	Veterano M40	03:53:30	+01:46:59	09:44
174	2492	Mário André da Silva Teixeira	wolves	Senior Masculino	03:54:02	+01:47:31	09:45
175	2434	José Carlos Gomes	running espinho	Veterano M40	03:54:12	+01:47:41	09:46

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	2496	Lucinda Gomes	lion runners - g. d. leões da guarda	Veterana F50	03:54:15	+01:47:44	09:46
177	2016	Miguel Linhares	a.d.carvalho	Veterano M30	03:55:57	+01:49:26	09:50
178	2483	Gonalo Vieira	trail s. silvestre team	Veterano M30	03:56:26	+01:49:55	09:51
179	2456	Vitor Moreira	sentir escariz running	Veterano M40	03:57:32	+01:51:01	09:54
180	2200	Anabela Cordeiro	individual	Veterana F40	03:58:03	+01:51:33	09:55
181	2212	S3nia Cardoso	individual	Veterana F40	03:58:04	+01:51:33	09:55
182	2295	Luís Cardoso	individual	Veterano M40	03:58:04	+01:51:33	09:55
183	2029	Joni Pandeirada Rocha	adc sozense	Veterano M30	03:58:29	+01:51:58	09:56
184	2325	Rui Rocha	individual	Veterano M40	03:59:34	+01:53:03	09:59
185	2125	Luís Teixeira	fireman challenge	Veterano M40	03:59:41	+01:53:10	09:59
186	2121	Rui Oliveira	factor x / s4l / medense fc	Veterano M30	04:00:21	+01:53:50	10:01
187	2050	Nat3lia Lima	brabus runners	Veterana F30	04:00:53	+01:54:22	10:02
188	1030	M3rcio Andr3 Jesus Melo	brabus runners	Veterano M30	04:01:07	+01:54:36	10:03
189	2343	Jorge Esteves	individual	Veterano M50	04:01:16	+01:54:45	10:03
190	2334	Alberto Martins	individual	Veterano M50	04:01:36	+01:55:05	10:04
191	2215	Iracema costa	individual	Veterana F50	04:01:36	+01:55:05	10:04
192	2210	Paula Soares	individual	Veterana F40	04:01:52	+01:55:22	10:05
193	2026	RODRIGO AGUIAR	ad marco 09	Veterano M50	04:02:34	+01:56:03	10:06
194	2482	Ivo Lages	trail s. silvestre team	Senior Masculino	04:02:34	+01:56:03	10:06
195	2223	Bruno	individual	Veterano M30	04:02:53	+01:56:22	10:07
196	2137	Orlanda Rego	gaia running	Veterana F40	04:04:04	+01:57:33	10:10
197	2271	Alexandre Spricigo de Sousa	individual	Veterano M40	04:04:18	+01:57:47	10:11
198	2012	Maria Pinto	5.7 crossfit guimar3es	Veterana F40	04:04:45	+01:58:14	10:12
199	2243	Lic3nio Mac3rio	individual	Veterano M30	04:07:01	+02:00:30	10:18
200	2302	N3lio Fonseca	individual	Veterano M40	04:08:06	+02:01:35	10:20
201	2454	Rui Figueiredo	sentir escariz running	Veterano M40	04:08:06	+02:01:35	10:20
202	2032	Dores Cachetas	akuafit	Veterana F40	04:08:09	+02:01:38	10:20
203	2086	Fernanda Ribeiro	correr lisboa	Veterana F50	04:09:34	+02:03:03	10:24
204	2442	Fernando Carvalho	s. s. montepio	Veterano M50	04:10:44	+02:04:13	10:27
205	2440	Ricardo Resende	s. s. montepio	Veterano M40	04:10:45	+02:04:14	10:27
206	2382	Antonio Leite	lousada hotwheels runners	Veterano M30	04:10:46	+02:04:15	10:27
207	2245	Luís Domingies	individual	Veterano M30	04:10:46	+02:04:15	10:27
208	2450	Rui Silva	sc espinho - atletismo / ant3nio leit3o	Veterano M40	04:11:19	+02:04:48	10:28
209	2316	Pedro Silva	individual	Veterano M40	04:11:27	+02:04:56	10:29
210	2167	Diogo Santos	individual	Senior Masculino	04:11:33	+02:05:02	10:29
211	2422	Adelino Pinheiro	os lobos trail btt sai da frente	Veterano M40	04:11:33	+02:05:02	10:29
212	2313	Pedro Miguel Moreira Lino	individual	Veterano M40	04:11:37	+02:05:06	10:29
213	2002	Nuno Maio	#at3choras!	Veterano M30	04:12:10	+02:05:39	10:30
214	2106	Adriano Rocha	edv viana trail	Veterano M40	04:13:18	+02:06:47	10:33
215	2352	S3rgio Ferreira Rodrigues	individual	Veterano M60	04:13:46	+02:07:15	10:34
216	2064	Pedro Seixas	capital douro	Veterano M40	04:14:40	+02:08:09	10:37
217	2063	Fausto Neves	capital douro	Veterano M40	04:14:40	+02:08:09	10:37
218	2411	Florindo Pereira	nova linha trail runners	Veterano M50	04:15:07	+02:08:36	10:38
219	2297	Luis Ribeiro	individual	Veterano M40	04:15:16	+02:08:45	10:38
220	2240	Joaquim Mota	individual	Veterano M30	04:16:03	+02:09:32	10:40
221	2201	Carla Sofia Garcez	individual	Veterana F40	04:16:08	+02:09:37	10:40

24KM - STAGE 1

24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	2423	Paulo Pineiro	os lobos trail btt sai da frente	Veterano M40	04:17:13	+02:10:42	10:43
223	2344	José Manuel Braga Ferreira	individual	Veterano M50	04:17:18	+02:10:47	10:43
224	2046	Leandro Andrade	baltar runners	Veterano M40	04:17:40	+02:11:09	10:44
225	2393	Manuel Ribeiro	mss contabilidade trail team	Veterano M40	04:18:07	+02:11:36	10:45
226	2391	António Rocha	mss contabilidade trail team	Veterano M40	04:18:08	+02:11:37	10:45
227	2390	Tiago Sequeira	mss contabilidade trail team	Veterano M30	04:18:11	+02:11:40	10:45
228	2078	Tiago Faria	clube spiridon de gaia	Senior Masculino	04:18:14	+02:11:43	10:46
229	2273	Antonio Sousa	individual	Veterano M40	04:18:55	+02:12:24	10:47
230	2384	Francisco José Gomes da Costa	matilha da atalaia	Veterano M50	04:19:37	+02:13:06	10:49
231	2383	Sofia Guerra	matilha da atalaia	Veterana F40	04:19:37	+02:13:06	10:49
232	2123	Hugo Ribeiro	fire runners	Senior Masculino	04:21:40	+02:15:09	10:54
233	2432	Luís Costa	ripolins grijo a correr	Veterano M40	04:22:47	+02:16:16	10:57
234	2003	Ricardo Pereira	#atéchoras!	Veterano M30	04:23:01	+02:16:30	10:58
235	2250	Nuno Gomes	individual	Veterano M30	04:23:06	+02:16:35	10:58
236	2044	Tanya Reis	b.t.m.	Veterana F30	04:23:26	+02:16:55	10:59
237	2005	Rui Teixeira	#atéchoras!	Veterano M40	04:23:30	+02:16:59	10:59
238	2056	Vitor cunha	brabus runners	Veterano M50	04:23:54	+02:17:23	11:00
239	2157	Margarida Neves	hora do lobo trail - cf perosinho atletismo	Veterana F50	04:24:20	+02:17:49	11:01
240	2337	Carlos Taveira	individual	Veterano M50	04:24:33	+02:18:02	11:01
241	2072	Quim Araujo	cerveira team running	Veterano M40	04:24:34	+02:18:03	11:01
242	2069	Sandra Araújo	cerveira team running	Veterana F40	04:24:35	+02:18:04	11:01
243	2041	Antonio Loureiro	autistic runners	Veterano M50	04:25:11	+02:18:40	11:03
244	2396	Tália Martins	nac trail	Veterana F50	04:25:17	+02:18:46	11:03
245	2014	Márcio Castro	a.d.amarante trail running	Veterano M30	04:25:52	+02:19:21	11:05
246	2289	Ismael Guedes Carvalho	individual	Veterano M40	04:27:45	+02:21:14	11:09
247	2114	BRUNO DUARTE	espinho trail	Veterano M30	04:28:16	+02:21:45	11:11
248	2116	RICARDO DUARTE	espinho trail	Veterano M30	04:28:17	+02:21:46	11:11
249	2097	Rafael Sousa	dirrunners	Senior Masculino	04:29:31	+02:23:00	11:14
250	2310	Paulo Vilarinho	individual	Veterano M40	04:29:41	+02:23:10	11:14
251	2339	João Gil da Costa	sc espinho - atletismo / antónio leitão	Veterano M50	04:29:44	+02:23:13	11:14
252	2008	César Rocha	#correratenumdarmais	Veterano M40	04:30:16	+02:23:45	11:16
253	2293	José Ferreira	individual	Veterano M40	04:30:34	+02:24:04	11:16
254	2380	Pedro Gaio	lion runners - g. d. leões da guarda	Veterano M40	04:31:24	+02:24:53	11:19
255	2426	Carlos NOVO	os tolinhos	Veterano M50	04:32:33	+02:26:02	11:21
256	2497	Carlos Almeida	individual	Veterano M50	04:32:48	+02:26:17	11:22
257	2261	RUI MARANTE	individual	Veterano M30	04:32:57	+02:26:26	11:22
258	2101	Pedro Carvalho	dolcefuradouro	Veterano M30	04:33:27	+02:26:56	11:24
259	2481	Henrique Cesar castro Reis	trail running clube btt sanguedo	Veterano M40	04:33:40	+02:27:09	11:24
260	2006	Vitor Osório	#atéchoras!	Veterano M40	04:33:50	+02:27:19	11:25
261	2274	Artur Fonseca	individual	Veterano M40	04:33:53	+02:27:22	11:25
262	2177	Anabela Silva	individual	Veterana F30	04:34:06	+02:27:35	11:25
263	2277	Carlos Josué Pereira Teixeira	individual	Veterano M40	04:34:16	+02:27:45	11:26
264	2238	Joao Carlos Jácome da Silva	individual	Veterano M30	04:34:17	+02:27:46	11:26
265	2235	Hugo Machado	individual	Veterano M30	04:34:18	+02:27:47	11:26
266	2419	Paulo Pinheiro	os dragões do mato	Veterano M50	04:34:34	+02:28:03	11:26

24KM - STAGE 1

24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
267	2287	Helder Santos	individual	Veterano M40	04:34:51	+02:28:20	11:27
268	2282	Fernando Sérgio Nicola Costa salgado	individual	Veterano M40	04:34:51	+02:28:20	11:27
269	2208	Marlene Santos	individual	Veterana F40	04:34:51	+02:28:20	11:27
270	2319	Ricardo Ferreira	individual	Veterano M40	04:35:35	+02:29:04	11:29
271	2448	Olga Gomes	sc espinho - atletismo / antónio leitão	Veterana F50	04:35:38	+02:29:07	11:29
272	1114	Roberto Garces	individual	Veterano M30	04:36:11	+02:29:40	11:30
273	2045	Raul Andrade	baltar runners	Veterano M30	04:36:53	+02:30:22	11:32
274	2110	Luís Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	04:37:55	+02:31:24	11:35
275	2109	Pedro Gomes	éjáli...clube de amigos trailrunners	Veterano M30	04:37:55	+02:31:24	11:35
276	2085	nelson santiago	correio de albergaria trail running	Veterano M40	04:38:57	+02:32:26	11:37
277	2248	Nelson Pinto	individual	Veterano M30	04:38:59	+02:32:28	11:37
278	2082	Sara Quinta	correio de albergaria trail running	Veterana F30	04:39:00	+02:32:29	11:38
279	2355	Bruno Maia	javalis portugal	Veterano M30	04:39:08	+02:32:37	11:38
280	2259	Ricardo Moreira	individual	Veterano M30	04:39:39	+02:33:08	11:39
281	2213	Sónia Pereira	individual	Veterana F40	04:39:51	+02:33:20	11:40
282	2377	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	04:40:08	+02:33:37	11:40
283	2494	Ricardo França	wolves	Veterano M30	04:41:09	+02:34:38	11:43
284	2128	Sandra Fernandes	fridão sem limites	Veterana F40	04:43:52	+02:37:21	11:50
285	2349	Valdemar Almeida	individual	Veterano M50	04:43:55	+02:37:24	11:50
286	2472	Paulo Alexandre Santos da Silva	team contagiante	Veterano M40	04:43:56	+02:37:25	11:50
287	2192	Rute Gonçalves	individual	Veterana F30	04:44:37	+02:38:06	11:52
288	2270	Alcindo silva	individual	Veterano M40	04:45:09	+02:38:38	11:53
289	2298	Marco Antonio Pinto	individual	Veterano M40	04:45:46	+02:39:15	11:54
290	2417	Tiago Pinto	os dragões do mato	Veterano M30	04:45:55	+02:39:24	11:55
291	2170	João Vitor tome dos Santos	individual	Senior Masculino	04:47:08	+02:40:37	11:58
292	2236	Ivo Silva	individual	Veterano M30	04:47:08	+02:40:37	11:58
293	2229	Fernando Sousa	individual	Veterano M30	04:47:08	+02:40:37	11:58
294	2080	Maria fatima marques Ribeiro	clube zipper	Veterana F50	04:47:18	+02:40:47	11:58
295	2159	Sérgio Guimarães	hora do lobo trail - cf perosinho atletismo	Veterano M40	04:48:35	+02:42:04	12:01
296	2467	Ana Aguiar	tascumpressa	Veterana F30	04:48:38	+02:42:07	12:02
297	2267	Tiago Pinheiro	individual	Veterano M30	04:50:50	+02:44:19	12:07
298	2314	Pedro Oliveira	individual	Veterano M40	04:51:40	+02:45:09	12:09
299	2070	Nuno Couto	cerveira team running	Veterano M30	04:52:52	+02:46:21	12:12
300	2096	Catarina Costa	desnível positivo	Veterana F30	04:54:17	+02:47:46	12:16
301	2335	Antonio Mendonça	individual	Veterano M50	04:54:43	+02:48:12	12:17
302	2350	Fernando Lopes de Oliveira Loureiro Martins	individual	Veterano M60	04:55:59	+02:49:28	12:20
303	2217	Paulina soares	individual	Veterana F50	04:57:10	+02:50:39	12:23
304	2152	Francisco Lopes	grupo46 lavrarun	Veterano M40	04:59:42	+02:53:11	12:29
305	2252	nuno marques	individual	Veterano M30	05:00:11	+02:53:40	12:30
306	2312	Pedro Freitas	individual	Veterano M40	05:00:18	+02:53:47	12:31
307	2484	Clotilde Santos	vale dos duros	Veterana F40	05:00:41	+02:54:10	12:32
308	2168	Fábio Cardoso	individual	Senior Masculino	05:00:41	+02:54:10	12:32
309	2342	Jorge Caria	individual	Veterano M50	05:01:22	+02:54:51	12:33
310	2466	Mónica Sá	tartarugas do asfalto	Veterana F40	05:01:22	+02:54:51	12:33

24KM - STAGE 1

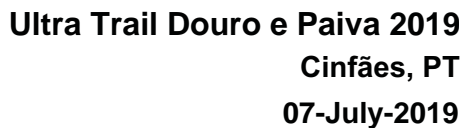
24 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
311	2054	Miguel Silva	brabus runners	Veterano M30	05:02:03	+02:55:32	12:35
312	2207	MARIA LUISA ANTUNES	individual	Veterana F40	05:02:54	+02:56:23	12:37
313	2021	Sergio Mesquita	academia d'estrelas	Veterano M40	05:04:36	+02:58:05	12:42
314	2043	Raquel Ferreira	b.t.m.	Senior Feminino	05:05:47	+02:59:16	12:44
315	2187	Liliana de Carvalho dos Santos	individual	Veterana F30	05:05:57	+02:59:26	12:45
316	2151	Paulo Ferreira	grupo 46 "lavra run" / ct águas do porto	Veterano M40	05:06:08	+02:59:37	12:45
317	2049	ANA SOUSA	boavista trail	Veterana F50	05:06:12	+02:59:41	12:46
318	2214	Conceição Pereira	hora do lobo trail - cf perosinho atletismo	Veterana F50	05:08:18	+03:01:47	12:51
319	2153	Pedro Pereira	grupo46 lavrarun	Veterano M40	05:11:19	+03:04:48	12:58
320	2395	Joana Martins Vaz Santiago	nac trail	Veterana F30	05:11:31	+03:05:01	12:59
321	2228	Fernando Silva Resende	individual	Veterano M30	05:11:32	+03:05:01	12:59
322	2202	Ana Moreira	tog - associação running team	Veterana F30	05:13:20	+03:06:49	13:03
323	2065	Paulo Alves	capital douro	Veterano M50	05:14:40	+03:08:09	13:07
324	2004	Alvaro Pereira	#atéchoras!	Veterano M40	05:15:28	+03:08:57	13:09
325	2260	Rui Correia	individual	Veterano M30	05:15:31	+03:09:00	13:09
326	2178	Beatriz Loureiro	individual	Veterana F30	05:15:32	+03:09:01	13:09
327	2354	Miguel Moreira	isto cansa muito	Veterano M40	05:16:55	+03:10:24	13:12
328	2183	Eliana Perira	individual	Veterana F30	05:18:25	+03:11:54	13:16
329	2323	Rui Moura	individual	Veterano M40	05:25:18	+03:18:47	13:33
330	2464	Eduardo Loureiro	strong team	Veterano M40	05:26:26	+03:19:55	13:36
331	2180	Catia Pinto	individual	Veterana F30	05:29:06	+03:22:35	13:43
332	2156	Gisela de Castro Monteiro Mota e Costa	hora do lobo trail - cf perosinho atletismo	Veterana F30	05:29:07	+03:22:36	13:43
333	2346	Nelson Ramos	individual	Veterano M50	05:29:08	+03:22:37	13:43
334	2007	Marta Pinto	#correratenumdarmais	Veterana F40	05:30:16	+03:23:45	13:46
335	2132	Lúcia sofia loureço	fruta da 5.ª	Veterana F40	05:32:38	+03:26:07	13:52
336	2304	Nuno Medeiros	individual	Veterano M40	05:32:51	+03:26:20	13:52
337	2149	Manuel Silva	gondomar futsal clube	Veterano M30	05:33:46	+03:27:15	13:54
338	2468	Tiago Aguiar	tascumpressa	Veterano M30	05:34:52	+03:28:21	13:57
339	2198	Ana Paula Barbosa Tavares	individual	Veterana F40	05:37:41	+03:31:10	14:04
340	2083	Iolanda Isabel Telha Babo	correio de albergaria trail running	Veterana F40	05:39:00	+03:32:29	14:08
341	2231	Filipe Leite	individual	Veterano M30	05:39:16	+03:32:45	14:08
342	2134	Luís Teixeira	fruta da 5.ª	Veterano M40	05:41:51	+03:35:20	14:15
343	2131	Laudelina Teixeira	fruta da 5.ª	Veterana F40	05:41:51	+03:35:20	14:15
344	2307	Paulo Bartolomeu Soares Mártires	individual	Veterano M40	05:49:40	+03:43:09	14:34
345	2470	Fátima da Luz F Guedes	team contagiante	Veterana F30	05:55:03	+03:48:32	14:48
346	2203	Casimira Pinto	individual	Veterana F40	06:02:10	+03:55:39	15:05
347	2163	Diana Martins	individual	Senior Feminino	06:03:26	+03:56:55	15:09
348	2206	Ligia Mendes	individual	Veterana F40	06:03:26	+03:56:55	15:09
349	2292	José Antonio Alves de Sousa	individual	Veterano M40	06:03:26	+03:56:55	15:09
350	2441	Rui Carvalho	s. s. montepio	Veterano M40	06:10:45	+04:04:14	15:27
351	2244	Luís Dias	individual	Veterano M30	06:16:54	+04:10:23	15:42
352	2265	Simão Matos	individual	Veterano M30	06:21:10	+04:14:39	15:53
353	2144	Vitor Fernandes	gaia running	Veterano M40	06:29:40	+04:23:09	16:14
354	2251	NUNO JOSÉ PEREIRA REIS DOS SANTOS	individual	Veterano M30	06:34:13	+04:27:42	16:26



24 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
355	2365	Ricardo Manuel de Oliveira Teixeira	juventude cortegacense	Veterano M30	06:34:24	+04:27:53	16:26
356	2185	joana silva	individual	Veterana F30	07:15:32	+05:09:01	18:09
357	2465	Bruno Sarandi Grangeia	tainadas run team	Senior Masculino	07:17:58	+05:11:27	18:15

BIB	NOTE	NAME	TEAM	CAT
2338	DQ	Fernando Ferreira	Individual	Veterano M50
2402	DQ	Sandra Pereira	Nós Acreditamos	Veterana F40
2133	DNF	Bruno Silva	Fruta da 5.ª	Veterano M40

24KM

24 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	18.6°C	93%
End	16:46	18.6°C	93%

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

1	2127	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	02:59:58	+53:27	07:30:25
2	2091	Lisete Marques Antunes	Dá-lhe Gás Team	Senior Feminino	03:40:01	+01:33:30	09:10:00
3	2043	Raquel Ferreira	B.T.M.	Senior Feminino	05:05:47	+02:59:16	12:44:44
4	2163	Diana Martins	Individual	Senior Feminino	06:03:26	+03:56:55	15:09:59

Senior Masculino

1	2102	Paulo Mesquita	EDV VIANA TRAIL	Senior Masculino	02:16:06	+09:35	05:40
2	2099	Mário Firmino	Dolcefuradouro	Senior Masculino	02:24:07	+17:36	06:00
3	2502	André Machado	Adosa - os Santa Apolónia	Senior Masculino	02:34:02	+27:31	06:25
4	2147	Tiago Gomes	GINÁSIO CLUBE DE BRAGANÇA	Senior Masculino	02:38:56	+32:25	06:37
5	2028	Joao mouro	Adc sozense	Senior Masculino	02:40:06	+33:35	06:40
6	2165	André Silva	Individual	Senior Masculino	02:49:33	+43:02	07:04
7	2359	Joao Valente	JUVENTUDE CORTEGACENSE	Senior Masculino	02:57:55	+51:24	07:25
8	2174	Tiago Pereira	Individual	Senior Masculino	03:02:39	+56:08	07:37
9	2103	André Carvalho	EDV VIANA TRAIL	Senior Masculino	03:06:59	+01:00:28	07:47
10	2093	Rodrigo Vieira	Dá-lhe Gás Team	Senior Masculino	03:08:49	+01:02:18	07:52
11	2112	ANTÓNIO DUARTE	ESPINHO TRAIL	Senior Masculino	03:12:24	+01:05:53	08:01
12	2460	Fernando Jorge Correia	Sportarc.running	Senior Masculino	03:14:53	+01:08:22	08:07
13	2475	Rui Madureira	Team Trail Bem Viver	Senior Masculino	03:15:53	+01:09:22	08:10
14	2019	Diogo Mesquita	Academia d'Estrelas	Senior Masculino	03:22:26	+01:15:55	08:26
15	2477	Ivo Sampaio	TEAM TT	Senior Masculino	03:26:49	+01:20:18	08:37
16	2113	JORGE DUARTE	ESPINHO TRAIL	Senior Masculino	03:27:26	+01:20:55	08:39
17	2100	Miguel Graça	Dolcefuradouro	Senior Masculino	03:40:00	+01:33:29	09:10
18	2166	Diogo José	Individual	Senior Masculino	03:42:39	+01:36:08	09:17
19	2169	Francisco Salgado-Seixas	Individual	Senior Masculino	03:43:59	+01:37:28	09:20
20	2407	Marcos de Sousa	Nova Linha TRAIL Runners	Senior Masculino	03:44:15	+01:37:44	09:21
21	2175	Vítor Martins	Individual	Senior Masculino	03:47:08	+01:40:37	09:28
22	2092	André Pereira	Dá-lhe Gás Team	Senior Masculino	03:48:04	+01:41:33	09:30
23	2171	José Rato	Individual	Senior Masculino	03:48:43	+01:42:12	09:32
24	2492	Mário André da Silva Teixeira	Wolves	Senior Masculino	03:54:02	+01:47:31	09:45
25	2482	Ivo Lages	Trail S. Silvestre Team	Senior Masculino	04:02:34	+01:56:03	10:06
26	2167	Diogo Santos	Individual	Senior Masculino	04:11:33	+02:05:02	10:29
27	2078	Tiago Faria	Clube Spiridon de Gaia	Senior Masculino	04:18:14	+02:11:43	10:46
28	2123	Hugo Ribeiro	Fire runners	Senior Masculino	04:21:40	+02:15:09	10:54
29	2097	Rafael Sousa	DirtRunners	Senior Masculino	04:29:31	+02:23:00	11:14
30	2170	João Vítor tome dos Santos	Individual	Senior Masculino	04:47:08	+02:40:37	11:58
31	2168	Fábio Cardoso	Individual	Senior Masculino	05:00:41	+02:54:10	12:32

24KM

24 KM

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32	2465	Bruno Sarandi Grangeia	Tainadas Run Team	Senior Masculino	07:17:58	+05:11:27	18:15
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Veterana F30

1	2387	Bárbara Fernandes	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterana F30	03:01:06	+54:35	07:33
2	2473	Ana Sousa	Team Lantemil	Veterana F30	03:01:07	+54:36	07:33
3	2489	Sabina Marques	Viseu Running Team	Veterana F30	03:11:28	+01:04:57	07:59
4	2047	Vera Barbosa	Boavista Trail	Veterana F30	03:19:57	+01:13:26	08:20
5	2191	Marlene Maria Faria Miranda	Individual	Veterana F30	03:23:06	+01:16:35	08:28
6	2196	Tânia	Individual	Veterana F30	03:23:24	+01:16:53	08:29
7	2179	Carla Pereira	Individual	Veterana F30	03:30:35	+01:24:04	08:46
8	2148	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Veterana F30	03:33:46	+01:27:15	08:54
9	2428	Helena madeira	Outdoor Clube De Setúbal - Strendure Running Team	Veterana F30	03:44:13	+01:37:42	09:21
10	2398	Sandra Silva	NAST - Núcleo Associativo de Santo Tirso	Veterana F30	03:47:05	+01:40:34	09:28
11	2447	Liliana Cardoso	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F30	03:47:44	+01:41:13	09:29
12	2424	Adriana Majer	Os Tolinhos	Veterana F30	03:48:05	+01:41:34	09:30
13	2050	Natália Lima	Brabus Runners	Veterana F30	04:00:53	+01:54:22	10:02
14	2044	Tanya Reis	B.T.M.	Veterana F30	04:23:26	+02:16:55	10:59
15	2177	Anabela Silva	Individual	Veterana F30	04:34:06	+02:27:35	11:25
16	2082	Sara Quinta	Correio de Albergaria Trail Running	Veterana F30	04:39:00	+02:32:29	11:38
17	2192	Rute Gonçalves	Individual	Veterana F30	04:44:37	+02:38:06	11:52
18	2467	Ana Aguiar	Tascumpressa	Veterana F30	04:48:38	+02:42:07	12:02
19	2096	Catarina Costa	Desnível Positivo	Veterana F30	04:54:17	+02:47:46	12:16
20	2187	Liliana de Carvalho dos Santos	Individual	Veterana F30	05:05:57	+02:59:26	12:45
21	2395	Joana Martins Vaz Santiago	Nac Trail	Veterana F30	05:11:31	+03:05:01	12:59
22	2202	Ana Moreira	TOG - Associação Running Team	Veterana F30	05:13:20	+03:06:49	13:03
23	2178	Beatriz Loureiro	Individual	Veterana F30	05:15:32	+03:09:01	13:09
24	2183	Eliana Perira	Individual	Veterana F30	05:18:25	+03:11:54	13:16
25	2180	Catia Pinto	Individual	Veterana F30	05:29:06	+03:22:35	13:43
26	2156	Gisela de Castro Monteiro Mota e Costa	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F30	05:29:07	+03:22:36	13:43
27	2470	Fátima da Luz F Guedes	Team Contagiante	Veterana F30	05:55:03	+03:48:32	14:48
28	2185	joana silva	Individual	Veterana F30	07:15:32	+05:09:01	18:09

Veterana F40

1	2105	Susana Simões	EDV VIANA TRAIL	Veterana F40	03:09:16	+01:02:45	07:53
2	2135	Catarina Figueiredo	GAIA RUNNING	Veterana F40	03:29:30	+01:22:59	08:44
3	2493	Helena Gomes	Wolves	Veterana F40	03:37:35	+01:31:04	09:04
4	2022	GISELA SOUSA	AD MARCO 09	Veterana F40	03:47:02	+01:40:31	09:28
5	2199	Ana Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F40	03:47:34	+01:41:03	09:29

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24KM

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24 KM

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6	2436	Claudia Sardinha	S. S. MONTEPIO	Veterana F40	03:47:49	+01:41:18	09:30
7	2023	MARGARIDA SOUSA	AD MARCO 09	Veterana F40	03:51:34	+01:45:03	09:39
8	2200	Anabela Cordeiro	Individual	Veterana F40	03:58:03	+01:51:33	09:55
9	2212	Sónia Cardoso	Individual	Veterana F40	03:58:04	+01:51:33	09:55
10	2210	Paula Soares	Individual	Veterana F40	04:01:52	+01:55:22	10:05
11	2137	Orlanda Rego	GAIA RUNNING	Veterana F40	04:04:04	+01:57:33	10:10
12	2012	Maria Pinto	5.7 Crossfit Guimarães	Veterana F40	04:04:45	+01:58:14	10:12
13	2032	Dores Cachetas	AkuaFit	Veterana F40	04:08:09	+02:01:38	10:20
14	2201	Carla Sofia Garcez	Individual	Veterana F40	04:16:08	+02:09:37	10:40
15	2383	Sofia Guerra	Matilha da Atalaia	Veterana F40	04:19:37	+02:13:06	10:49
16	2069	Sandra Araújo	CERVEIRA TEAM RUNNING	Veterana F40	04:24:35	+02:18:04	11:01
17	2208	Marlene Santos	Individual	Veterana F40	04:34:51	+02:28:20	11:27
18	2213	Sónia Pereira	Individual	Veterana F40	04:39:51	+02:33:20	11:40
19	2128	Sandra Fernandes	Fridão Sem Limites	Veterana F40	04:43:52	+02:37:21	11:50
20	2484	Clotilde Santos	Vale dos duros	Veterana F40	05:00:41	+02:54:10	12:32
21	2466	Mónica Sá	Tartarugas do Asfalto	Veterana F40	05:01:22	+02:54:51	12:33
22	2207	MARIA LUISA ANTUNES	Individual	Veterana F40	05:02:54	+02:56:23	12:37
23	2007	Marta Pinto	#correratenumdarmais	Veterana F40	05:30:16	+03:23:45	13:46
24	2132	Lúcia sofia loureço	Fruta da 5.ª	Veterana F40	05:32:38	+03:26:07	13:52
25	2198	Ana Paula Barbosa Tavares	Individual	Veterana F40	05:37:41	+03:31:10	14:04
26	2083	Iolanda Isabel Telha Babo	Correio de Albergaria Trail Running	Veterana F40	05:39:00	+03:32:29	14:08
27	2131	Laudelina Teixeira	Fruta da 5.ª	Veterana F40	05:41:51	+03:35:20	14:15
28	2203	Casimira Pinto	Individual	Veterana F40	06:02:10	+03:55:39	15:05
29	2206	Ligia Mendes	Individual	Veterana F40	06:03:26	+03:56:55	15:09

Veterana F50

1	2138	Elisabete Repas	GAIA RUNNING	Veterana F50	03:34:10	+01:27:39	08:55
2	2216	Maria Ceu Lopes Lemos	Individual	Veterana F50	03:49:06	+01:42:35	09:33
3	2496	Lucinda Gomes	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	03:54:15	+01:47:44	09:40
4	2215	Iracema costa	Individual	Veterana F50	04:01:36	+01:55:05	10:04
5	2086	Fernanda Ribeiro	CORRER LISBOA	Veterana F50	04:09:34	+02:03:03	10:24
6	2157	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	04:24:20	+02:17:49	11:01
7	2396	Tália Martins	Nac Trail	Veterana F50	04:25:17	+02:18:46	11:03
8	2448	Olga Gomes	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterana F50	04:35:38	+02:29:07	11:29
9	2377	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	04:40:08	+02:33:37	11:40
10	2080	Maria fatima marques Ribeiro	Clube Zupper	Veterana F50	04:47:18	+02:40:47	11:58
11	2217	Paulina soares	Individual	Veterana F50	04:57:10	+02:50:39	12:23
12	2049	ANA SOUSA	Boavista Trail	Veterana F50	05:06:12	+02:59:41	12:46
13	2214	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	05:08:18	+03:01:47	12:51

24KM

24 KM

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Veterano M30

1	2399	Mario Fonseca	NAST - Núcleo Associativo de Santo Tirso	Veterano M30	02:06:30	05:16
2	2219	Agostinho Reis	Individual	Veterano M30	02:19:10	+12:39 05:48
3	2036	Frederico Cerdeira	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M30	02:27:50	+21:19 06:10
4	2474	Paulo Esteves	Dão Nelas Runners	Veterano M30	02:33:54	+27:23 06:25
5	2221	Andre Filipe Correia Leal	Individual	Veterano M30	02:37:06	+30:35 06:33
6	2388	João Amândio	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M30	02:37:50	+31:19 06:35
7	2414	Joao Ribeiro	Oralklass - Amigos Do Trail	Veterano M30	02:42:20	+35:49 06:46
8	1108	Miguel Carvalho	Individual	Veterano M30	02:45:49	+39:18 06:55
9	2495	Ricardo Campos	Individual	Veterano M30	02:47:17	+40:46 06:58
10	2129	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Veterano M30	02:47:35	+41:04 06:59
11	2458	Vítor cruz	SILVA&VINHA/ADRAP/SENTIR PENAFIEL	Veterano M30	02:47:35	+41:04 06:59
12	2130	Rui Azevedo	Fridão Sem Limites	Veterano M30	02:48:28	+41:57 07:01
13	2145	Nelson Rodrigues	GALHARDOS RUNNERS	Veterano M30	02:49:23	+42:52 07:03
14	2404	José Pinto	Nós Acreditamos	Veterano M30	02:52:26	+45:55 07:11
15	2264	Sergio Pinto	Individual	Veterano M30	02:53:08	+46:37 07:13
16	2162	Rui Reis	Hsantamariart	Veterano M30	02:55:22	+48:51 07:18
17	2389	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M30	03:01:48	+55:17 07:35
18	2120	Joaquim Carvalho	Factor X / S4L / Medense FC	Veterano M30	03:03:54	+57:23 07:40
19	2017	Xavier Amorim	A.D.CARVALHAL	Veterano M30	03:04:03	+57:32 07:40
20	2233	Hélder	Individual	Veterano M30	03:04:32	+58:01 07:41
21	2363	Daniel Jose Silva Barros	JUVENTUDE CORTEGACENSE	Veterano M30	03:08:53	+01:02:22 07:52
22	2253	Nuno Tomé	Individual	Veterano M30	03:10:46	+01:04:15 07:57
23	2117	Ricardo	Individual	Veterano M30	03:10:58	+01:04:27 07:57
24	2403	David Afonso	Nós Acreditamos	Veterano M30	03:11:36	+01:05:05 07:59
25	2122	Ricardo Costa	FigueiróFIT	Veterano M30	03:13:49	+01:07:18 08:05
26	2498	Bruno Pereira	Individual	Veterano M30	03:14:24	+01:07:53 08:06
27	2119	David Gonçalves	Factor X / S4L / Medense FC	Veterano M30	03:16:59	+01:10:28 08:13
28	2397	João Leite	Nac Trail	Veterano M30	03:17:39	+01:11:08 08:14
29	2429	Marco silva	Outdoor Clube De Setúbal - Strendure Running Team	Veterano M30	03:17:50	+01:11:19 08:15
30	2218	Miguel Barros	Individual	Veterano M30	03:19:42	+01:13:11 08:19
31	2364	Ricardo Gama	JUVENTUDE CORTEGACENSE	Veterano M30	03:20:03	+01:13:32 08:20
32	2053	LUÍS SILVA	Brabus Runners	Veterano M30	03:22:54	+01:16:23 08:27
33	2400	Rui Carneiro	NAST - Núcleo Associativo de Santo Tirso	Veterano M30	03:23:23	+01:16:52 08:28
34	2503	Ricardo Mendes	Adosa - os Santa Apolónia	Veterano M30	03:24:34	+01:18:03 08:31
35	2030	Miguel Moura	ADC Sozense	Veterano M30	03:24:58	+01:18:27 08:32
36	2234	Helder moreira	Individual	Veterano M30	03:26:34	+01:20:03 08:36
37	2073	João Cardoso	Cinfães a Correr	Veterano M30	03:27:03	+01:20:32 08:38
38	2090	Ricardo Carvalho	CTAD - Consumo Zero	Veterano M30	03:27:52	+01:21:21 08:40
39	2161	Fábio Santos	Hsantamariart	Veterano M30	03:29:24	+01:22:53 08:44
40	2139	Pedro Fernando Monteiro	GAIA RUNNING	Veterano M30	03:29:30	+01:22:59 08:44

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24KM

24 KM

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41	2451	Miguel Silva	Sentir Escariz Running	Veterano M30	03:30:46	+01:24:15	08:47
42	2237	Jaime Ribeiro	Individual	Veterano M30	03:32:48	+01:26:17	08:52
43	2052	Cesário Leite	Brabus Runners	Veterano M30	03:32:54	+01:26:23	08:52
44	2413	Pedro Rocha	OFRUNNING	Veterano M30	03:33:17	+01:26:46	08:53
45	2487	Rui Faria	vimarunners	Veterano M30	03:36:21	+01:29:50	09:01
46	2491	José Carlos Almeida	Viseu Running Team	Veterano M30	03:37:06	+01:30:35	09:03
47	2256	Pedro neto	Individual	Veterano M30	03:37:06	+01:30:35	09:03
48	2055	Vitor Ribeiro	Brabus Runners	Veterano M30	03:38:48	+01:32:17	09:07
49	2061	Sergio Coelho	BTT Alegria // TUBANI	Veterano M30	03:40:00	+01:33:29	09:10
50	2242	Jorge Torrão	Individual	Veterano M30	03:42:00	+01:35:29	09:15
51	2031	José Lima	AFIFENSE TRAIL	Veterano M30	03:43:33	+01:37:02	09:19
52	2225	Carlos Filipe Santos	Individual	Veterano M30	03:44:14	+01:37:43	09:21
53	2015	Ricardo Fernandes	Team Trail Bem Viver	Veterano M30	03:44:41	+01:38:10	09:22
54	2263	Sérgio Henriques	Individual	Veterano M30	03:46:30	+01:39:59	09:26
55	2226	Carlos Jorge da Costa Carvalho	Individual	Veterano M30	03:46:37	+01:40:06	09:27
56	2241	Jorge André Coutinho Pereira	Individual	Veterano M30	03:46:40	+01:40:09	09:27
57	2227	Diogo Carmo	Individual	Veterano M30	03:48:25	+01:41:54	09:31
58	2378	Bruno Batista	LION RUNNERS - G. D. Leões da Guarda	Veterano M30	03:52:28	+01:45:57	09:41
59	2016	Miguel Linhares	A.D.CARVALHAL	Veterano M30	03:55:57	+01:49:26	09:50
60	2483	Gonçalo Vieira	Trail S. Silvestre Team	Veterano M30	03:56:26	+01:49:55	09:51
61	2029	Joni Pandeirada Rocha	ADC Sozense	Veterano M30	03:58:29	+01:51:58	09:56
62	2121	Rui Oliveira	Factor X / S4L / Medense FC	Veterano M30	04:00:21	+01:53:50	10:01
63	1030	Márcio André Jesus Melo	Brabus Runners	Veterano M30	04:01:07	+01:54:36	10:03
64	2223	Bruno	Individual	Veterano M30	04:02:53	+01:56:22	10:07
65	2243	Licínio Macário	Individual	Veterano M30	04:07:01	+02:00:30	10:18
66	2382	Antonio Leite	Lousada Hotwheels Runners	Veterano M30	04:10:46	+02:04:15	10:27
67	2245	Luís Domingies	Individual	Veterano M30	04:10:46	+02:04:15	10:27
68	2002	Nuno Maio	#atéchoras!	Veterano M30	04:12:10	+02:05:39	10:30
69	2240	Joaquim Mota	Individual	Veterano M30	04:16:03	+02:09:32	10:40
70	2390	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Veterano M30	04:18:11	+02:11:40	10:45
71	2003	Ricardo Pereira	#atéchoras!	Veterano M30	04:23:01	+02:16:30	10:58
72	2250	Nuno Gomes	Individual	Veterano M30	04:23:06	+02:16:35	10:58
73	2014	Márcio Castro	A.D.Amarante trail running	Veterano M30	04:25:52	+02:19:21	11:05
74	2114	BRUNO DUARTE	ESPINHO TRAIL	Veterano M30	04:28:16	+02:21:45	11:11
75	2116	RICARDO DUARTE	ESPINHO TRAIL	Veterano M30	04:28:17	+02:21:46	11:11
76	2261	RUI MARANTE	Individual	Veterano M30	04:32:57	+02:26:26	11:22
77	2101	Pedro Carvalho	Dolcefuradouro	Veterano M30	04:33:27	+02:26:56	11:24
78	2238	Joao Carlos Jácome da Silva	Individual	Veterano M30	04:34:17	+02:27:46	11:26
79	2235	Hugo Machado	Individual	Veterano M30	04:34:18	+02:27:47	11:26
80	1114	Roberto Garces	Individual	Veterano M30	04:36:11	+02:29:40	11:30
81	2045	Raul Andrade	Baltar Runners	Veterano M30	04:36:53	+02:30:22	11:32
82	2109	Pedro Gomes	éjáli...clube de amigos trailrunners	Veterano M30	04:37:55	+02:31:24	11:35
83	2248	Nelson Pinto	Individual	Veterano M30	04:38:59	+02:32:28	11:37
84	2355	Bruno Maia	Javalis Portugal	Veterano M30	04:39:08	+02:32:37	11:38
85	2259	Ricardo Moreira	Individual	Veterano M30	04:39:39	+02:33:08	11:39

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24KM

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24 KM

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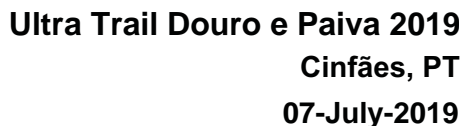
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86	2494	Ricardo França	Wolves	Veterano M30	04:41:09	+02:34:38	11:43
87	2417	Tiago Pinto	Os Dragões do Mato	Veterano M30	04:45:55	+02:39:24	11:55
88	2236	Ivo Silva	Individual	Veterano M30	04:47:08	+02:40:37	11:58
89	2229	Fernando Sousa	Individual	Veterano M30	04:47:08	+02:40:37	11:58
90	2267	Tiago Pinheiro	Individual	Veterano M30	04:50:50	+02:44:19	12:07
91	2070	Nuno Couto	CERVEIRA TEAM RUNNING	Veterano M30	04:52:52	+02:46:21	12:12
92	2252	nuno marques	Individual	Veterano M30	05:00:11	+02:53:40	12:30
93	2054	Miguel Silva	Brabus Runners	Veterano M30	05:02:03	+02:55:32	12:35
94	2228	Fernando Silva Resende	Individual	Veterano M30	05:11:32	+03:05:01	12:59
95	2260	Rui Correia	Individual	Veterano M30	05:15:31	+03:09:00	13:09
96	2149	Manuel Silva	GONDOMAR FUTSAL CLUBE	Veterano M30	05:33:46	+03:27:15	13:54
97	2468	Tiago Aguiar	Tascumpressa	Veterano M30	05:34:52	+03:28:21	13:57
98	2231	Filipe Leite	Individual	Veterano M30	05:39:16	+03:32:45	14:08
99	2244	Luís Dias	Individual	Veterano M30	06:16:54	+04:10:23	15:42
100	2265	Simão Matos	Individual	Veterano M30	06:21:10	+04:14:39	15:53
101	2251	NUNO JOSÉ PEREIRA REIS DOS SANTOS	Individual	Veterano M30	06:34:13	+04:27:42	16:26
102	2365	Ricardo Manuel de Oliveira Teixeira	JUVENTUDE CORTEGACENSE	Veterano M30	06:34:24	+04:27:53	16:26

Veterano M40

1	2108	Telmo Veloso	EDV VIANA TRAIL	Veterano M40	02:25:29	+18:58	06:04
2	2107	Ivan Silva	EDV VIANA TRAIL	Veterano M40	02:29:49	+23:18	06:15
3	2024	ALBERTO FREITAS	AD MARCO 09	Veterano M40	02:33:10	+26:39	06:23
4	2409	Valter Correia	Nova Linha TRAIL Runners	Veterano M40	02:37:52	+31:21	06:35
5	2444	Bruno Silva	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	02:49:48	+43:17	07:05
6	2305	Nuno Pimenta	Individual	Veterano M40	02:50:13	+43:42	07:06
7	2421	Marco Brochado	Os Lobos do Saibro	Veterano M40	02:52:05	+45:34	07:10
8	2437	Emanuel Costa	S. S. MONTEPIO	Veterano M40	02:52:26	+45:55	07:11
9	3008	Alexandre Lourenço	A+	Veterano M40	02:53:19	+46:48	07:13
10	2311	Pedro Bôto	Individual	Veterano M40	02:53:58	+47:27	07:15
11	2272	Alfredo Moreira	Individual	Veterano M40	02:54:49	+48:18	07:17
12	2027	José Ferreira	ADC Felgueira - FreitaSkyrunning	Veterano M40	02:56:30	+49:59	07:21
13	2501	Nel de Carvalho	Adosa - os Santa Apolónia	Veterano M40	02:56:45	+50:14	07:22
14	2367	Joao Oliveira	JUVENTUDE CORTEGACENSE	Veterano M40	02:58:51	+52:20	07:27
15	2280	Fernando Coelho	Individual	Veterano M40	03:00:01	+53:30	07:30
16	2410	Vitor Ferreira	Nova Linha TRAIL Runners	Veterano M40	03:03:55	+57:24	07:40
17	2308	paulo coelho	Individual	Veterano M40	03:04:13	+57:42	07:41
18	2286	Francisco Pinheiro	Individual	Veterano M40	03:04:17	+57:46	07:41
19	2040	Luis Miguel Martins Amaro	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:06:59	+01:00:28	07:47
20	2126	Orlando campos	Fisio.	Veterano M40	03:12:19	+01:05:48	08:01
21	2439	Marcio Silva	S. S. MONTEPIO	Veterano M40	03:12:24	+01:05:53	08:01
22	2370	Nuno Miguel Gonçalves Araújo	JUVENTUDE CORTEGACENSE	Veterano M40	03:13:07	+01:06:36	08:03
23	2284	Filipe Bastos	Individual	Veterano M40	03:15:56	+01:09:25	08:10
24	2453	José Oliveira	Sentir Escariz Running	Veterano M40	03:17:39	+01:11:08	08:14

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24 KM

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24KM

24 KM

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69	2063	Fausto Neves	Capital Douro	Veterano M40	04:14:40	+02:08:09	10:37
70	2297	Luis Ribeiro	Individual	Veterano M40	04:15:16	+02:08:45	10:38
71	2423	Paulo Pineiro	os lobos trail btt sai da frente	Veterano M40	04:17:13	+02:10:42	10:43
72	2046	Leandro Andrade	Baltar Runners	Veterano M40	04:17:40	+02:11:09	10:44
73	2393	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:18:07	+02:11:36	10:45
74	2391	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:18:08	+02:11:37	10:45
75	2273	Antonio Sousa	Individual	Veterano M40	04:18:55	+02:12:24	10:4
76	2432	Luís Costa	Ripolins Grijó a Correr	Veterano M40	04:22:47	+02:16:16	10:57
77	2005	Rui Teixeira	#atéchoras!	Veterano M40	04:23:30	+02:16:59	10:59
78	2072	Quim Araujo	CERVEIRA TEAM RUNNING	Veterano M40	04:24:34	+02:18:03	11:01
79	2289	Ismael Guedes Carvalho	Individual	Veterano M40	04:27:45	+02:21:14	11:09
80	2310	Paulo Vilarinho	Individual	Veterano M40	04:29:41	+02:23:10	11:14
81	2008	César Rocha	#correratenumdarmais	Veterano M40	04:30:16	+02:23:45	11:16
82	2293	José Ferreira	Individual	Veterano M40	04:30:34	+02:24:04	11:16
83	2380	Pedro Gaio	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	04:31:24	+02:24:53	11:19
84	2481	Henrique Cesar castro Reis	trail running clube btt sanguedo	Veterano M40	04:33:40	+02:27:09	11:24
85	2006	Vitor Osório	#atéchoras!	Veterano M40	04:33:50	+02:27:19	11:25
86	2274	Artur Fonseca	Individual	Veterano M40	04:33:53	+02:27:22	11:25
87	2277	Carlos Josué Pereira Teixeira	Individual	Veterano M40	04:34:16	+02:27:45	11:26
88	2287	Helder Santos	Individual	Veterano M40	04:34:51	+02:28:20	11:27
89	2282	Fernando Sérgio Nicola Costa salgado	Individual	Veterano M40	04:34:51	+02:28:20	11:27
90	2319	Ricardo Ferreira	Individual	Veterano M40	04:35:35	+02:29:04	11:29
91	2110	Luís Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	04:37:55	+02:31:24	11:35
92	2085	nelson santiago	Correio de Albergaria Trail Running	Veterano M40	04:38:57	+02:32:26	11:37
93	2472	Paulo Alexandre Santos da Silva	Team Contagiente	Veterano M40	04:43:56	+02:37:25	11:50
94	2270	Alcindo silva	Individual	Veterano M40	04:45:09	+02:38:38	11:53
95	2298	Marco Antonio Pinto	Individual	Veterano M40	04:45:46	+02:39:15	11:54
96	2159	Sérgio Guimarães	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	04:48:35	+02:42:04	12:01
97	2314	Pedro Oliveira	Individual	Veterano M40	04:51:40	+02:45:09	12:09
98	2152	Francisco Lopes	Grupo46 LavraRun	Veterano M40	04:59:42	+02:53:11	12:29
99	2312	Pedro Freitas	Individual	Veterano M40	05:00:18	+02:53:47	12:31
100	2021	Sergio Mesquita	Academia d'Estrelas	Veterano M40	05:04:36	+02:58:05	12:42
101	2151	Paulo Ferreira	Grupo 46 "Lavra Run" / CT Águas do Porto	Veterano M40	05:06:08	+02:59:37	12:45
102	2153	Pedro Pereira	Grupo46 LavraRun	Veterano M40	05:11:19	+03:04:48	12:58
103	2004	Alvaro Pereira	#atéchoras!	Veterano M40	05:15:28	+03:08:57	13:09
104	2354	Miguel Moreira	Isto Cansa Muito	Veterano M40	05:16:55	+03:10:24	13:12
105	2323	Rui Moura	Individual	Veterano M40	05:25:18	+03:18:47	13:33
106	2464	Eduardo Loureiro	Strong Team	Veterano M40	05:26:26	+03:19:55	13:36
107	2304	Nuno Medeiros	Individual	Veterano M40	05:32:51	+03:26:20	13:52
108	2134	Luís Teixeira	Fruta da 5.ª	Veterano M40	05:41:51	+03:35:20	14:15
109	2307	Paulo Bartolomeu Soares Mártires	Individual	Veterano M40	05:49:40	+03:43:09	14:34
110	2292	José Antonio Alves de Sousa	Individual	Veterano M40	06:03:26	+03:56:55	15:09
111	2441	Rui Carvalho	S. S. MONTEPIO	Veterano M40	06:10:45	+04:04:14	15:27

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24KM

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112	2144	Vitor Fernandes	GAIA RUNNING	Veterano M40	06:29:40	+04:23:09	16:14
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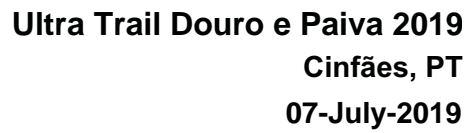
Veterano M50

1	2374	Ernesto Alves	JUVENTUDE CORTEGACENSE	Veterano M50	02:47:18	+40:47	06:58
2	2406	Francisco Lemos	Nós Acreditamos	Veterano M50	02:48:38	+42:08	07:02
3	2018	Pedro Guimaraes	#letzrunazores	Veterano M50	03:00:30	+53:59	07:31
4	2095	Carlos Cunha	Dci/trilhos luso bussaco	Veterano M50	03:02:27	+55:56	07:36
5	2394	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:07:09	+01:00:38	07:48
6	2098	Nelson Sousa	DirtRunners	Veterano M50	03:16:24	+01:09:53	08:1
7	2042	José Luis Loureiro	Autistic Runners	Veterano M50	03:20:46	+01:14:15	08:22
8	2427	Francisco Ferreira	Os Tolinhos	Veterano M50	03:32:44	+01:26:13	08:52
9	2347	Paulo Quintas	NAST	Veterano M50	03:34:07	+01:27:37	08:55
10	2340	Joaquim António do Rosário carreira	Individual	Veterano M50	03:35:05	+01:28:34	08:58
11	2381	Luís Lages	LIZ RUNNERS	Veterano M50	03:42:31	+01:36:00	09:16
12	2412	José Silva	Nova Linha TRAIL Runners	Veterano M50	03:46:30	+01:39:59	09:26
13	2373	Domingos Fernando Oliveira Camboa	JUVENTUDE CORTEGACENSE	Veterano M50	03:49:57	+01:43:26	09:35
14	2037	Armindo Lopes	ARC Vale S. Cosme	Veterano M50	03:52:50	+01:46:19	09:42
15	2358	João Manuel Santos Silva	JUÕES	Veterano M50	03:53:29	+01:46:58	09:44
16	2343	Jorge Esteves	Individual	Veterano M50	04:01:16	+01:54:45	10:03
17	2334	Alberto Martins	Individual	Veterano M50	04:01:36	+01:55:05	10:04
18	2026	RODRIGO AGUIAR	AD MARCO 09	Veterano M50	04:02:34	+01:56:03	10:06
19	2442	Fernando Carvalho	S. S. MONTEPIO	Veterano M50	04:10:44	+02:04:13	10:27
20	2411	Florindo Pereira	Nova Linha TRAIL Runners	Veterano M50	04:15:07	+02:08:36	10:38
21	2344	José Manuel Braga Ferreira	Individual	Veterano M50	04:17:18	+02:10:47	10:43
22	2384	Francisco José Gomes da Costa	Matilha da Atalaia	Veterano M50	04:19:37	+02:13:06	10:49
23	2056	Vitor cunha	Brabus Runners	Veterano M50	04:23:54	+02:17:23	11:00
24	2337	Carlos Taveira	Individual	Veterano M50	04:24:33	+02:18:02	11:01
25	2041	Antonio Loureiro	Autistic Runners	Veterano M50	04:25:11	+02:18:40	11:03
26	2339	João Gil da Costa	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M50	04:29:44	+02:23:13	11:14
27	2426	Carlos NOVO	Os Tolinhos	Veterano M50	04:32:33	+02:26:02	11:21
28	2497	Carlos Almeida	Individual	Veterano M50	04:32:48	+02:26:17	11:22
29	2419	Paulo Pinheiro	Os Dragões do Mato	Veterano M50	04:34:34	+02:28:03	11:26
30	2349	Valdemar Almeida	Individual	Veterano M50	04:43:55	+02:37:24	11:50
31	2335	Antonio Mendonça	Individual	Veterano M50	04:54:43	+02:48:12	12:17
32	2342	Jorge Caria	Individual	Veterano M50	05:01:22	+02:54:51	12:33
33	2065	Paulo Alves	Capital Douro	Veterano M50	05:14:40	+03:08:09	13:07
34	2346	Nelson Ramos	Individual	Veterano M50	05:29:08	+03:22:37	13:43

Veterano M60

1	2463	Carlos Ferreira	Sportarc.running	Veterano M60	03:33:40	+01:27:09	08:54
2	2352	Sérgio Ferreira Rodrigues	Individual	Veterano M60	04:13:46	+02:07:15	10:34

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3	2350	Fernando Lopes de Oliveira Loureiro Martins	Individual	Veterano M60	04:55:59	+02:49:28	12:20
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COLETIVO - 24KM

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RANK	TEAM	DESCRIPTION	POINTS
1	EDV VIANA TRAIL	07:11:25 [2 + 5 + 7]	0
2	FRIDÃO SEM LIMITES	08:36:01 [20 + 22 + 40]	0
3	JUVENTUDE CORTEGACENSE	08:44:06 [19 + 38 + 39]	0
4	NÓS ACREDITAMOS	08:52:42 [23 + 29 + 63]	0
5	ADOSA - OS SANTA APOLÓNIA	08:55:22 [10 + 37 + 89]	0
6	NAST - NÚCLEO ASSOCIATIVO DE SANTO TIRSO	09:16:59 [1 + 87 + 156]	0
7	NOVA LINHA TRAIL RUNNERS	09:26:02 [13 + 49 + 144]	0
8	AD MARCO 09	09:47:04 [8 + 95 + 153]	0
9	S. S. MONTEPIO	09:52:41 [30 + 65 + 162]	0
10	ADC SOZENSE	10:03:33 [15 + 91 + 183]	0
11	SPORTARC.RUNNING	10:13:42 [70 + 92 + 114]	0
12	FACTOR X / S4L / MEDENSE FC	10:21:15 [48 + 74 + 186]	0
13	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	10:25:08 [26 + 160 + 161]	0
14	MSS CONTABILIDADE TRAIL TEAM	10:27:05 [45 + 56 + 225]	0
15	GAIA RUNNING	10:31:55 [102 + 103 + 111]	0
16	BRABUS RUNNERS	10:34:37 [83 + 110 + 126]	0
17	DÂ-LHE GÁS TEAM	10:36:55 [57 + 132 + 163]	0
18	DOLCEFURADOURO	10:37:35 [4 + 130 + 258]	0
19	SENTIR ESCARIZ RUNNING	10:45:57 [75 + 106 + 179]	0
20	ESPINHO TRAIL	11:08:08 [66 + 97 + 247]	0
21	OS TOLINHOS	11:14:20 [108 + 164 + 173]	0
22	ACADEMIA D'ESTRELAS	12:08:36 [82 + 135 + 313]	0
23	WOLVES	12:12:47 [125 + 174 + 283]	0
24	LION RUNNERS - G. D. LEÕES DA GUARDA	12:18:08 [170 + 176 + 254]	0
25	NAC TRAIL	12:54:28 [76 + 244 + 320]	0
26	#ATÉCHORAS!	12:58:42 [213 + 234 + 237]	0
27	OS DRAGÕES DO MATO	13:03:51 [139 + 266 + 290]	0
28	CORREIO DE ALBERGARIA TRAIL RUNNING	13:05:01 [154 + 276 + 278]	0
29	CERVEIRA TEAM RUNNING	13:42:02 [241 + 242 + 299]	0
30	CAPITAL DOURO	13:44:01 [216 + 217 + 323]	0
31	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	14:21:14 [239 + 295 + 318]	0
32	FRUTA DA 5.ª	16:56:21 [335 + 342 + 343]	0