

21K - STAGE 1

21 KM

R
REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	4,5°C	79,8%
End	12:27	4,5°C	79,8%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2437	Paulo Mendes	individual	Sub 23 Masculino	01:21:25		03:53
2	2081	Romeu Gouveia	escaravelhos team	Sub 23 Masculino	01:21:29	+00:04	03:53
3	215	Paulo Pinto	individual	Veterano M45	01:23:15	+01:50	03:58
4	2001	David Ferreira	dr merino/ nutritif	Senior Masculino	01:24:04	+02:39	04:00
5	2423	Luis Carvalho	grupo desportivo airão curviã	Senior Masculino	01:26:07	+04:42	04:06
6	2018	ANTÓNIO SILVINO	atletico clube são mamede	Veterano M50	01:27:37	+06:12	04:10
7	2044	jose mota	ciclistas cósmicos gislótica	Veterano M50	01:27:48	+06:23	04:11
8	2294	João Patricio	escaravelhos team	Sub 23 Masculino	01:28:13	+06:48	04:12
9	2039	renato silva	caldas de s.jorge sport clube	Veterano M45	01:29:10	+07:45	04:15
10	2003	Rui Rodrigues	gips - gnr montanha	Senior Masculino	01:30:35	+09:10	04:19
11	2345	Federico Losada Conde	mercarunning	Veterano M40	01:30:36	+09:11	04:19
12	2163	Paulo Duarte	individual	Senior Masculino	01:31:15	+09:50	04:21
13	2075	Diogo Lopes	edv-viana trail	Senior Masculino	01:31:27	+10:02	04:21
14	2033	Abílio Moreira	budeguita runners	Veterano M40	01:32:45	+11:20	04:25
15	2391	António Teles	santa justa runners	Senior Masculino	01:33:02	+11:37	04:26
16	2290	Filipe Saraiva Fernandes	individual	Senior Masculino	01:33:19	+11:54	04:27
17	2349	João Narciso Gonçalves	nase	Senior Masculino	01:33:19	+11:54	04:27
18	2264	Nuno Alexandre do Vale Ferreira Gonçalves Pereira	individual	Senior Masculino	01:33:25	+12:00	04:27
19	2217	David R B Gouveia	escaravelhos team	Senior Masculino	01:33:49	+12:24	04:28
20	2256	Manuel Henrique Pereira Barbosa	individual	Senior Masculino	01:33:53	+12:28	04:28
21	2340	Pedro Costa	kemedo team	Senior Masculino	01:36:01	+14:36	04:34
22	2070	Bruno Querido	desnível positivo	Veterano M40	01:36:52	+15:27	04:37
23	2087	Rui Fernandes	fafe runners	Senior Masculino	01:37:06	+15:41	04:37
24	2447	Marco Paulo Alves Brochado	os lobos do saibro	Senior Masculino	01:37:16	+15:51	04:38
25	2186	Nuno Castel-Branco	individual	Senior Masculino	01:37:37	+16:12	04:39
26	2231	Raul Rodrigues	individual	Senior Masculino	01:37:53	+16:28	04:40
27	2344	David Losada Conde	mercarunning	Veterano M40	01:38:03	+16:38	04:40
28	2191	Domingos Jorge Costa Gomes	individual	Senior Masculino	01:38:24	+16:59	04:41
29	2299	Rafael Delgado	individual	Senior Masculino	01:39:00	+17:35	04:43
30	2173	Vasco Morais Pinheiro de Sousa	individual	Veterano M45	01:39:51	+18:26	04:45
31	2324	Vasco Franco-Girolé-FAP WINES	individual	Veterano M45	01:40:12	+18:47	04:46
32	2080	Sérgio Domingos Landeira Gonçalves	ermida team	Senior Masculino	01:40:17	+18:52	04:47
33	2015	José Ribeiro	andantino	Veterano M40	01:40:22	+18:57	04:47
34	2121	José Gouveia	individual	Senior Masculino	01:40:31	+19:06	04:47
35	2127	Romeu Pereira	individual	Senior Masculino	01:40:32	+19:07	04:47
36	2268	Manuel Carlos Oliveira Ferreira	individual	Veterano M50	01:40:43	+19:18	04:48
37	2451	Artur Jorge Pereira Rodrigues	individual	Veterano M40	01:41:09	+19:44	04:49
38	2220	Antonio Teixeira	individual	Veterano M40	01:41:16	+19:51	04:49
39	2228	João Teixeira	individual	Senior Masculino	01:41:16	+19:51	04:49
40	2246	Pedro Pimentel	individual	Veterano M40	01:41:41	+20:16	04:51

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	2078	Martinho Dias	ermida team	Senior Masculino	01:41:47	+20:22	04:51
42	2093	Nuno Figueiredo	ferreirolux	Senior Masculino	01:42:03	+20:38	04:52
43	2362	Fernando Andrade	os perigosos	Senior Masculino	01:42:23	+20:58	04:53
44	2269	Nuno Machado	individual	Senior Masculino	01:42:27	+21:02	04:53
45	2133	Paulo César Silva	individual	Senior Masculino	01:42:53	+21:28	04:54
46	2017	ANABELA REMÉDIOS	atletico clube são mamede	Veterana F45	01:43:05	+21:40	04:55
47	2077	Eric Carvalho	ermida team	Senior Masculino	01:43:32	+22:07	04:56
48	2439	Francisco Cerqueira	individual	Veterano M40	01:44:16	+22:51	04:58
49	2161	Luis Artur Gonçalves	individual	Veterano M45	01:44:38	+23:13	04:59
50	2177	LUÍS MIGUEL SANTOS	individual	Senior Masculino	01:44:56	+23:31	05:00
51	2131	Rui Miguel Leite	individual	Senior Masculino	01:44:59	+23:34	05:00
52	2241	Bruno Miguel Neves Cardoso	individual	Senior Masculino	01:45:04	+23:39	05:00
53	2062	MIGUEL OLIVEIRA	coxos de sapatilhas	Veterano M40	01:45:26	+24:01	05:01
54	2250	Marco Dias	individual	Veterano M40	01:45:26	+24:01	05:01
55	2444	Assis Azevedo	individual	Veterano M55	01:45:28	+24:03	05:01
56	2271	Francisco Pinheiro	individual	Veterano M40	01:45:29	+24:04	05:01
57	2438	DE CASTRO	individual	Veterano M40	01:45:49	+24:24	05:02
58	2094	Simão Couto	ferreirolux	Senior Masculino	01:46:17	+24:52	05:04
59	2214	rui leitao	individual	Senior Masculino	01:46:18	+24:53	05:04
60	2029	Cesar Almeida	budeguita runners	Senior Masculino	01:46:24	+24:59	05:04
61	2235	Joao D. Santos	individual	Senior Masculino	01:46:37	+25:12	05:05
62	2060	RAFAEL COSTA	coxos de sapatilhas	Senior Masculino	01:46:43	+25:18	05:05
63	2135	Pedro Filipe Dias Alves	individual	Senior Masculino	01:46:52	+25:27	05:05
64	2366	Rúben Conceição	os zangões	Senior Masculino	01:47:17	+25:52	05:07
65	2346	Castor Tombo Cantarilla	mercarunning	Veterano M45	01:47:30	+26:05	05:07
66	2073	Duarte Oliveira	desnível positivo	Senior Masculino	01:47:31	+26:06	05:07
67	2206	joana fonseca	individual	Senior Feminino	01:47:45	+26:20	05:08
68	2265	Paulo Baltasar Silveira Martins	individual	Veterano M45	01:47:48	+26:23	05:08
69	2178	Manuel Fernandes	individual	Veterano M40	01:47:51	+26:26	05:08
70	2166	José Santos	oralklasse aliança amigos do trail	Senior Masculino	01:47:57	+26:32	05:08
71	2192	António Nogueira	individual	Veterano M40	01:47:57	+26:32	05:08
72	2146	Leandro André Vieira Lima	individual	Senior Masculino	01:48:02	+26:37	05:09
73	2338	Bárbara de Carvalho Fernandes	juventude vidigalense	Senior Feminino	01:48:12	+26:47	05:09
74	2041	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	01:48:41	+27:16	05:11
75	2162	Sarina Carneiro Guimarães	individual	Senior Feminino	01:48:52	+27:27	05:11
76	2180	Ricardo Pliteiro	individual	Senior Masculino	01:48:53	+27:28	05:11
77	2428	daniel fernandez lopez	individual	Senior Masculino	01:48:59	+27:34	05:11
78	2431	Jorge Vazquez Alvarez	individual	Senior Masculino	01:48:59	+27:34	05:11
79	2356	João Carolo	nuno ribeiro	Senior Masculino	01:49:41	+28:16	05:13
80	2055	Nuno Cunha	clube zipper	Senior Masculino	01:49:55	+28:30	05:14
81	2244	José Rui Maia	individual	Veterano M40	01:49:56	+28:31	05:14
82	2343	Cesar Gonzalez Seara	mercarunning	Veterano M40	01:50:02	+28:37	05:14
83	2118	Pedro Santos	individual	Senior Masculino	01:50:25	+29:00	05:16
84	2050	João Ramos	clube zipper	Senior Masculino	01:50:35	+29:10	05:16
85	2147	Pedro Filipe Sousa Silva	individual	Sub 23 Masculino	01:50:38	+29:13	05:16
86	2450	LUIS ALMEIDA	budeguita runners	Veterano M40	01:50:45	+29:20	05:16

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	2240	Daniel Fernandez Lozano	individual	Senior Masculino	01:56:03	+34:38	05:32
134	2128	Alexandre Dias	individual	Senior Masculino	01:56:18	+34:53	05:32
135	2106	Pedro Braga	spem	Senior Masculino	01:56:20	+34:55	05:32
136	2107	Ricardo Ferreira	spem	Senior Masculino	01:56:23	+34:58	05:33
137	2197	Ricardo de Almeida Pinho Carmo	individual	Senior Masculino	01:56:25	+35:00	05:33
138	2281	Emanuel Braga	individual	Senior Masculino	01:56:31	+35:06	05:33
139	2025	Tiago Almeida	budeguita runners	Senior Masculino	01:56:34	+35:09	05:33
140	2425	André Filipe Dias Brochado	individual	Senior Masculino	01:56:40	+35:15	05:33
141	2028	Tiago Almeida	budeguita runners	Veterano M40	01:56:54	+35:29	05:34
142	2027	Paulo Lagoa	budeguita runners	Veterano M40	01:56:55	+35:30	05:34
143	2436	Vitor rocha	individual	Senior Masculino	01:57:03	+35:38	05:34
144	2227	Paulo Alexandre Ribeiro Leite	individual	Veterano M40	01:57:06	+35:41	05:35
145	2005	RUFINO FREITAS	afrikanrunners	Senior Masculino	01:57:07	+35:42	05:35
146	179	Vitor Dias	gdr retorta	Veterano M45	01:57:13	+35:48	05:35
147	2116	Pedro Oliveira	individual	Senior Masculino	01:57:14	+35:49	05:35
148	2007	DOMINGOS GONÇALVES	afrikanrunners	Veterano M40	01:57:27	+36:02	05:36
149	2090	Artur Teixeira Ferraz	falta muito?	Veterano M55	01:57:30	+36:05	05:36
150	2013	André Alves	andantino	Senior Masculino	01:57:32	+36:07	05:36
151	2113	António Carlos Martins Roleira Marinho	individual	Veterano M45	01:57:37	+36:12	05:36
152	2424	Fatinha pinto	individual	Senior Feminino	01:58:09	+36:44	05:38
153	2089	Filipe Jorge Mendes Carvalho	falta muito?	Senior Masculino	01:58:14	+36:49	05:38
154	2328	Diogo Sampaio Barbosa de Matos	individual	Senior Masculino	01:58:15	+36:50	05:38
155	2311	Guilherme José Ferraz Macedo Vieira	individual	Senior Masculino	01:58:20	+36:55	05:38
156	2092	Bruno Manuel Alves Gonçalves	família unida runners	Sub 23 Masculino	01:58:26	+37:01	05:38
157	2213	Domingos Jerônimo ribeiro gomes	individual	Senior Masculino	01:58:35	+37:10	05:39
158	2164	Joao Paulo Lopes Barbosa	individual	Veterano M40	01:58:44	+37:19	05:39
159	2201	José António Almeida Moreira	individual	Veterano M45	01:58:45	+37:20	05:39
160	2292	Mira Matias	individual	Veterana F45	01:58:52	+37:27	05:40
161	2212	Marco Antonio Muniz Lippert	individual	Senior Masculino	01:58:53	+37:28	05:40
162	2301	César Macedo	individual	Senior Masculino	01:58:58	+37:33	05:40
163	2061	RAFAEL FREITAS	coxos de sapatilhas	Senior Masculino	01:59:06	+37:41	05:40
164	82	Paulo Freitas	fofi's	Senior Masculino	01:59:06	+37:41	05:40
165	2251	Eduarda Pires Campos	individual	Senior Feminino	01:59:06	+37:41	05:40
166	2374	Claudio Ferreira	preh runners	Senior Masculino	01:59:07	+37:42	05:40
167	2453	Pedro Meneses	efacec	Veterano M40	01:59:10	+37:45	05:40
168	2021	Dulce Severina Faria da Silva	bragazelas	Senior Feminino	01:59:31	+38:06	05:41
169	2110	Cristiano Santos	grupo desportivo dos ferroviários de campanhã gdfc	Veterano M40	02:00:18	+38:53	05:44
170	2282	Rogério Araújo Costa	individual	Senior Masculino	02:00:25	+39:00	05:44
171	2283	Alexandre Martins	individual	Senior Masculino	02:00:29	+39:04	05:44
172	2023	CARLOS FERNANDO ESPERANÇA	bragazelas	Veterano M45	02:00:42	+39:17	05:45
173	2429	João Oliveira	individual	Senior Masculino	02:00:43	+39:18	05:45
174	2072	Carla Sousa	desnível positivo	Senior Feminino	02:00:48	+39:23	05:45
175	2196	Paulo Renato Fernandes Gomes	individual	Senior Masculino	02:00:50	+39:25	05:45

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	2317	Fernando Martins Gonçalves	individual	Veterano M45	02:06:34	+45:09	06:02
219	2249	Augusto Araújo Cunha	individual	Veterano M60	02:06:37	+45:12	06:02
220	2185	Jorge Manuel Campelos Soares	individual	Senior Masculino	02:07:09	+45:44	06:03
221	2148	Jose Miguel Fernandes	individual	Senior Masculino	02:07:10	+45:45	06:03
222	2432	ricardo souza	individual	Senior Masculino	02:07:12	+45:47	06:03
223	2364	Paula Montenegro	os zangões	Senior Feminino	02:07:12	+45:47	06:03
224	2419	SÉRGIO FERREIRA	afrikanrunners	Senior Masculino	02:07:18	+45:53	06:04
225	2126	Carlos Gaspar Brandão Correia Martins	individual	Veterano M40	02:07:19	+45:54	06:04
226	2035	Rui Coelho	budeguita runners	Veterano M50	02:07:19	+45:54	06:04
227	2253	Avelino Rodrigues	individual	Veterano M40	02:07:32	+46:07	06:04
228	2342	Marília da Conceição da Silva Macieira	macieirinhas	Senior Feminino	02:07:37	+46:12	06:05
229	2086	Fernando Marinho	fafe runners	Senior Masculino	02:07:58	+46:33	06:06
230	2141	Ivónio Martins	individual	Senior Masculino	02:08:02	+46:37	06:06
231	2291	Pedro Leitão	individual	Senior Masculino	02:08:20	+46:55	06:07
232	2348	Ana Cláudia Sereno	nase	Senior Feminino	02:08:34	+47:09	06:07
233	2193	Pedro Miguel Martins Faria	individual	Senior Masculino	02:08:35	+47:10	06:07
234	2456	Álvaro José Pontes Oliveira	individual	Senior Masculino	02:08:45	+47:20	06:08
235	2279	Fernando Renato Samarao Pinheiro	individual	Senior Masculino	02:08:47	+47:22	06:08
236	2284	Luís Passos	individual	Veterano M40	02:09:35	+48:10	06:10
237	2042	Ricardo Meireles	cf jesuitas team	Veterano M40	02:09:41	+48:16	06:11
238	2200	Luis Miguel Araújo Pedrosa	individual	Senior Masculino	02:09:42	+48:17	06:11
239	2393	Leonel Freitas	santa justa runners	Veterano M40	02:09:42	+48:17	06:11
240	2445	ANA CAROLINA LOPES FERREIRA	nast	Veterana F40	02:09:48	+48:23	06:11
241	2404	Solange Cabral	trilhando	Senior Feminino	02:09:49	+48:24	06:11
242	2019	Francisco Rebelo	beat your limit	Veterano M40	02:09:52	+48:27	06:11
243	2236	Barbara Baldaia	individual	Senior Feminino	02:09:52	+48:27	06:11
244	2222	Simão Cardoso	individual	Senior Masculino	02:09:55	+48:30	06:11
245	2189	José Loureiro	individual	Sub 23 Masculino	02:09:58	+48:33	06:11
246	2174	tomé pinto	individual	Senior Masculino	02:10:01	+48:36	06:11
247	2181	Helder Oliveira	individual	Senior Masculino	02:10:02	+48:37	06:12
248	2248	Ricardo Pires	individual	Senior Masculino	02:10:09	+48:44	06:12
249	2326	José Eduardo Ferreira Borges	individual	Senior Masculino	02:10:21	+48:56	06:12
250	2306	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	02:10:22	+48:57	06:12
251	2117	Nuno Santos	individual	Senior Masculino	02:10:46	+49:21	06:14
252	2112	Luis Teixeira	individual	Senior Masculino	02:10:57	+49:32	06:14
253	2199	José Fernando Alves Mendes de Sousa	individual	Senior Masculino	02:11:00	+49:35	06:14
254	2014	João Leal	andantino	Senior Masculino	02:11:07	+49:42	06:15
255	2302	Ricardo André Vale Monteiro	individual	Senior Masculino	02:11:34	+50:09	06:16
256	2119	JOSE MACHADO	individual	Senior Masculino	02:12:16	+50:51	06:18
257	2091	Bruno P.	fama runners	Senior Masculino	02:12:16	+50:51	06:18
258	2314	Liliana Araújo Ferreira	individual	Senior Feminino	02:12:59	+51:34	06:20
259	2411	Jorge Moreira	warms	Senior Masculino	02:13:07	+51:42	06:20

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
260	2412	José Silva	warms	Senior Masculino	02:13:07	+51:42	06:20
261	2409	Ivo Ribeiro	warms	Senior Masculino	02:13:08	+51:43	06:20
262	2410	Jorge Azevedo	warms	Senior Masculino	02:13:08	+51:43	06:20
263	2059	PAULO SAMAPIO	coxos de sapatilhas	Senior Masculino	02:13:18	+51:53	06:21
264	2056	Helder Vieira	clube zipper	Senior Masculino	02:13:31	+52:06	06:21
265	2067	Renato Presa	desnível positivo	Senior Masculino	02:13:32	+52:07	06:22
266	2109	Gustavo Santos	gramidense ifc	Senior Masculino	02:13:34	+52:09	06:22
267	2373	Nuno Miguel Ferreira Pacheco	preh runners	Veterano M40	02:13:34	+52:09	06:22
268	2207	Tiago Belarmino Brás Pires	individual	Senior Masculino	02:13:35	+52:10	06:22
269	2154	João Nuno Pinto Ramos	individual	Sub 23 Masculino	02:13:37	+52:12	06:22
270	2341	Helder Silva	la zinco	Senior Masculino	02:13:41	+52:16	06:22
271	2239	Maria Augusta Silva Roleira Marinho	individual	Veterana F45	02:13:45	+52:20	06:22
272	2330	Ricardo Pereira	individual	Senior Masculino	02:13:48	+52:23	06:22
273	2223	Miguel Pereira	individual	Senior Masculino	02:13:48	+52:23	06:22
274	2153	João Carlos Brizida Torres	individual	Senior Masculino	02:14:17	+52:52	06:24
275	2277	Nelson M. Peixoto	individual	Senior Masculino	02:14:41	+53:16	06:25
276	2225	Carmen Santos Lima	individual	Senior Feminino	02:14:45	+53:20	06:25
277	2137	Nuno Fernando Ribeiro Pereira	individual	Senior Masculino	02:15:07	+53:42	06:26
278	2287	Ana Sofia da Silva Borges	individual	Senior Feminino	02:15:13	+53:48	06:26
279	2357	Márcio Marques	oporto city hostel	Senior Masculino	02:15:13	+53:48	06:26
280	2408	ANA PAULA MONTEIRO DA COSTA	tugas na estrada	Veterana F45	02:15:24	+53:59	06:27
281	2011	Catarina Figueiredo	anchor	Senior Feminino	02:15:24	+53:59	06:27
282	2145	Margarida Cunha Reis	individual	Veterana F45	02:15:24	+53:59	06:27
283	2202	Jose Nogueira	individual	Veterano M55	02:15:50	+54:25	06:28
284	2354	Cheila Ferreira Dias	números sete	Senior Feminino	02:15:50	+54:25	06:28
285	2355	Paulo Dias	números sete	Veterano M50	02:15:50	+54:25	06:28
286	2088	Alberto Ricardo Fernandes Lucas	falta muito?	Senior Masculino	02:15:59	+54:34	06:29
287	2360	Alcides Nunes	os perigosos	Veterano M55	02:16:29	+55:04	06:30
288	2204	Andreia Susana da Costa Maia	individual	Senior Feminino	02:16:31	+55:06	06:30
289	2139	DAVID JORGE GARCEZ ANTUNES	individual	Veterano M45	02:17:10	+55:45	06:32
290	2036	João Pedro Monteiro	budeguita runners	Senior Masculino	02:18:48	+57:23	06:37
291	2449	Pedro José Pedro Miranda Mourão Patrício	turbulentos	Veterano M40	02:18:54	+57:29	06:37
292	2122	Nuno Albuquerque	individual	Veterano M50	02:19:18	+57:53	06:38
293	2022	Paula Cristina Barbosa Sousa de Oliveira Peixoto	bragazelas	Veterana F40	02:19:46	+58:21	06:39
294	2295	Claudia Sofia Meira Ribeiro	individual	Senior Feminino	02:20:15	+58:50	06:41
295	2416	GUILHERME LIMA	afrikanrunners	Senior Masculino	02:20:17	+58:52	06:41
296	2211	Vera Lúcia Augusto	individual	Veterana F40	02:20:21	+58:56	06:41
297	2184	Rui Miguel Simões Ferreira	individual	Senior Masculino	02:21:03	+59:38	06:43
298	2183	Martina Riedle	individual	Senior Feminino	02:21:06	+59:41	06:43
299	2266	Sven Rauhut	individual	Veterano M45	02:21:06	+59:41	06:43
300	2418	Rita Chaves Rebelo	terrores do asfalto	Senior Feminino	02:21:27	+01:00:02	06:44
301	2168	Joana Rebelo	individual	Senior Feminino	02:21:27	+01:00:02	06:44

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21 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
347	2380	Ana Pimentel	raposas	Senior Feminino	02:36:01	+01:14:36	07:26
348	2378	Helena Barbosa	raposas	Veterana F40	02:36:02	+01:14:37	07:26
349	2448	Fatima Geraldès	tugas na estrada	Veterana F45	02:37:16	+01:15:51	07:29
350	2176	Sílvia Silva	individual	Veterana F40	02:37:16	+01:15:51	07:29
351	2255	Cristina Silva	individual	Veterana F45	02:38:11	+01:16:46	07:32
352	2377	Sónia Ribeiro	raposas	Senior Feminino	02:38:12	+01:16:47	07:32
353	2210	Mónica Vilela	individual	Senior Feminino	02:38:13	+01:16:48	07:32
354	2159	José Reis Amaro	individual	Senior Masculino	02:38:57	+01:17:32	07:34
355	2305	Edgar Seabra	individual	Senior Masculino	02:41:21	+01:19:56	07:41
356	2187	Ana Isabel Santos Vieira	individual	Sub 23 Feminino	02:41:36	+01:20:11	07:42
357	2203	João Fontoura de Oliveira	individual	Senior Masculino	02:41:41	+01:20:16	07:42
358	2182	Daniela Barbosa	individual	Senior Feminino	02:47:54	+01:26:29	08:00
359	2398	Tiago Gomes	tás a ver?	Senior Masculino	02:48:10	+01:26:45	08:00
360	2267	Mariana Antunes	individual	Sub 23 Feminino	02:49:10	+01:27:45	08:03
361	2427	Daniel da Costa Soares	individual	Senior Masculino	02:49:11	+01:27:46	08:03
362	2368	Manuela Maria Leite Fernandes	picanhos team	Senior Feminino	02:51:19	+01:29:54	08:09
363	2099	Filipe de Oliveira	filipe de oliveira	Senior Masculino	02:51:19	+01:29:54	08:09
364	2258	Diana Teles	individual	Veterana F40	02:52:30	+01:31:05	08:13
365	2143	Hélia Pimenta Dias	individual	Senior Feminino	02:56:00	+01:34:35	08:23
366	2288	Cidália Pinto Coelho	individual	Senior Feminino	02:56:59	+01:35:34	08:26
367	2332	Prazeres Pires	individual	Veterana F50	02:56:59	+01:35:34	08:26
368	66	Tiago Fernandes	desnível positivo	Senior Masculino	03:12:53	+01:51:28	09:11
369	63	Filipe Rocha	desnível positivo	Senior Masculino	03:12:53	+01:51:28	09:11
370	65	Ricardo Taxa	desnível positivo	Senior Masculino	03:12:53	+01:51:28	09:11
371	340	Cláudio Brochado	individual	Veterano M40	03:12:54	+01:51:29	09:11

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40	2143	Hélia Pimenta Dias	Individual	Senior Feminino	02:56:00	+01:08:15	08:23
41	2288	Cidalia Pinto Coelho	Individual	Senior Feminino	02:56:59	+01:09:14	08:26

Senior Masculino

1	2001	David Ferreira	Dr Merino/ Nutrifit	Senior Masculino	01:24:04		04:00
2	2423	Luis Carvalho	Grupo Desportivo Airão Curviã	Senior Masculino	01:26:07	+02:03	04:06
3	2003	Rui Rodrigues	GIPS - GNR Montanha	Senior Masculino	01:30:35	+06:31	04:19
4	2163	Paulo Duarte	Individual	Senior Masculino	01:31:15	+07:11	04:21
5	2075	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	01:31:27	+07:23	04:21
6	2391	António Teles	Santa Justa Runners	Senior Masculino	01:33:02	+08:58	04:26
7	2290	Filipe Saraiva Fernandes	Individual	Senior Masculino	01:33:19	+09:15	04:27
8	2349	João Narciso Gonçalves	NASE	Senior Masculino	01:33:19	+09:15	04:27
9	2264	Nuno Alexandre do Vale Ferreira Gonçalves Pereira	Individual	Senior Masculino	01:33:25	+09:21	04:27
10	2217	David R B Gouveia	Escaravelhos Team	Senior Masculino	01:33:49	+09:45	04:28
11	2256	Manuel Henrique Pereira Barbosa	Individual	Senior Masculino	01:33:53	+09:49	04:28
12	2340	Pedro Costa	KeMedo Team	Senior Masculino	01:36:01	+11:57	04:34
13	2087	Rui Fernandes	Fafe Runners	Senior Masculino	01:37:06	+13:02	04:37
14	2447	Marco Paulo Alves Brochado	Os Lobos do Saibro	Senior Masculino	01:37:16	+13:12	04:38
15	2186	Nuno Castel-Branco	Individual	Senior Masculino	01:37:37	+13:33	04:39
16	2231	Raul Rodrigues	Individual	Senior Masculino	01:37:53	+13:49	04:40
17	2191	Domingos Jorge Costa Gomes	Individual	Senior Masculino	01:38:24	+14:20	04:41
18	2299	Rafael Delgado	Individual	Senior Masculino	01:39:00	+14:56	04:43
19	2080	Sérgio Domingos Landeira Gonçalves	Ermida Team	Senior Masculino	01:40:17	+16:13	04:47
20	2121	José Gouveia	Individual	Senior Masculino	01:40:31	+16:27	04:47
21	2127	Romeu Pereira	Individual	Senior Masculino	01:40:32	+16:28	04:47
22	2228	João Teixeira	Individual	Senior Masculino	01:41:16	+17:12	04:49
23	2078	Martinho Dias	Ermida Team	Senior Masculino	01:41:47	+17:43	04:51
24	2093	Nuno Figueiredo	FERREIROLUX	Senior Masculino	01:42:03	+17:59	04:52
25	2362	Fernando Andrade	os perigosos	Senior Masculino	01:42:23	+18:19	04:53
26	2269	Nuno Machado	Individual	Senior Masculino	01:42:27	+18:23	04:53
27	2133	Paulo César Silva	Individual	Senior Masculino	01:42:53	+18:49	04:54
28	2077	Eric Carvalho	Ermida Team	Senior Masculino	01:43:32	+19:28	04:56
29	2177	LUÍS MIGUEL SANTOS	Individual	Senior Masculino	01:44:56	+20:52	05:00
30	2131	Rui Miguel Leite	Individual	Senior Masculino	01:44:59	+20:55	05:00
31	2241	Bruno Miguel Neves Cardoso	Individual	Senior Masculino	01:45:04	+21:00	05:00
32	2094	Simão Couto	FERREIROLUX	Senior Masculino	01:46:17	+22:13	05:04
33	2214	rui leitao	Individual	Senior Masculino	01:46:18	+22:14	05:04
34	2029	Cesar Almeida	BUDEGUITA RUNNERS	Senior Masculino	01:46:24	+22:20	05:04
35	2235	Joao D. Santos	Individual	Senior Masculino	01:46:37	+22:33	05:05
36	2060	RAFAEL COSTA	COXOS DE SAPATILHAS	Senior Masculino	01:46:43	+22:39	05:05
37	2135	Pedro Filipe Dias Alves	Individual	Senior Masculino	01:46:52	+22:48	05:05
38	2366	Rúben Conceição	Os Zangões	Senior Masculino	01:47:17	+23:13	05:07
39	2073	Duarte Oliveira	Desnível Positivo	Senior Masculino	01:47:31	+23:27	05:07
40	2166	José Santos	OralKlasse Aliança Amigos do Trail	Senior Masculino	01:47:57	+23:53	05:08

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87	2429	João Oliveira	Individual	Senior Masculino	02:00:43	+36:39	05:45
88	2196	Paulo Renato Fernandes Gomes	Individual	Senior Masculino	02:00:50	+36:46	05:45
89	2352	Jorge Vieira	NEL - Pédatleta	Senior Masculino	02:00:54	+36:50	05:45
90	2304	Pedro Ferreira	Individual	Senior Masculino	02:01:59	+37:55	05:49
91	2359	Marco Caseiro	os perigosos	Senior Masculino	02:02:03	+37:59	05:49
92	2285	Duarte Aguiar	Individual	Senior Masculino	02:02:04	+38:00	05:49
93	2194	osvaldo daniel ferreira pinho	Individual	Senior Masculino	02:02:28	+38:24	05:50
94	2261	Manuel Aguiar Pinto Ferreira	Individual	Senior Masculino	02:02:59	+38:55	05:51
95	2098	Eduardo Bernardino	FFit Gaia Trail	Senior Masculino	02:03:00	+38:56	05:51
96	2293	João Dias	Individual	Senior Masculino	02:03:18	+39:14	05:52
97	2144	Rui Jorge Pereira Marinho Ribeiro	Individual	Senior Masculino	02:03:24	+39:20	05:53
98	2155	Nuno Ribeiro	Individual	Senior Masculino	02:03:31	+39:27	05:53
99	128	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	02:03:43	+39:39	05:53
100	2247	Ricardo Sousa	Individual	Senior Masculino	02:03:57	+39:53	05:54
101	2125	Nuno Lima	Individual	Senior Masculino	02:04:30	+40:26	05:56
102	2175	Nelson Manuel Marques de Sousa	Individual	Senior Masculino	02:04:32	+40:28	05:56
103	2333	RUI SOUSA	Individual	Senior Masculino	02:05:09	+41:05	05:58
104	2252	Hugo Sousa	Individual	Senior Masculino	02:05:19	+41:15	05:58
105	2272	Cláudio António Pereira Coelho Teixeira	Individual	Senior Masculino	02:05:38	+41:34	05:59
106	2026	Rui Airosa	BUDEGUITA RUNNERS	Senior Masculino	02:05:51	+41:47	06:00
107	2188	ALBERTO BARBOSA	Individual	Senior Masculino	02:06:10	+42:06	06:00
108	2185	Jorge Manuel Campelos Soares	Individual	Senior Masculino	02:07:09	+43:05	06:03
109	2148	Jose Miguel Fernandes	Individual	Senior Masculino	02:07:10	+43:06	06:03
110	2432	ricardo sousa	Individual	Senior Masculino	02:07:12	+43:08	06:03
111	2419	SÉRGIO FERREIRA	AfrikanRunners	Senior Masculino	02:07:18	+43:14	06:04
112	2086	Fernando Marinho	Fafe Runners	Senior Masculino	02:07:58	+43:54	06:06
113	2141	Ivónio Martins	Individual	Senior Masculino	02:08:02	+43:58	06:06
114	2291	Pedro Leitão	Individual	Senior Masculino	02:08:20	+44:16	06:07
115	2193	Pedro Miguel Martins Faria	Individual	Senior Masculino	02:08:35	+44:31	06:07
116	2456	Álvaro José Pontes Oliveira	Individual	Senior Masculino	02:08:45	+44:41	06:08
117	2279	Fernando Renato Samarao Pinheiro	Individual	Senior Masculino	02:08:47	+44:43	06:08
118	2200	Luis Miguel Araújo Pedrosa	Individual	Senior Masculino	02:09:42	+45:38	06:11
119	2222	Simão Cardoso	Individual	Senior Masculino	02:09:55	+45:51	06:11
120	2174	tomé pinto	Individual	Senior Masculino	02:10:01	+45:57	06:11
121	2181	Helder Oliveira	Individual	Senior Masculino	02:10:02	+45:58	06:12
122	2248	Ricardo Pires	Individual	Senior Masculino	02:10:09	+46:05	06:12
123	2326	José Eduardo Ferreira Borges	Individual	Senior Masculino	02:10:21	+46:17	06:12
124	2306	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	02:10:22	+46:18	06:12
125	2117	Nuno Santos	Individual	Senior Masculino	02:10:46	+46:42	06:14
126	2112	Luis Teixeira	Individual	Senior Masculino	02:10:57	+46:53	06:14
127	2199	José Fernando Alves Mendes de Sousa	Individual	Senior Masculino	02:11:00	+46:56	06:14
128	2014	João Leal	Andantino	Senior Masculino	02:11:07	+47:03	06:15
129	2302	Ricardo André Vale Monteiro	Individual	Senior Masculino	02:11:34	+47:30	06:16
130	2119	JOSE MACHADO	Individual	Senior Masculino	02:12:16	+48:12	06:18
131	2091	Bruno P.	FAMA RUNNERS	Senior Masculino	02:12:16	+48:12	06:18
132	2411	Jorge Moreira	WARMS	Senior Masculino	02:13:07	+49:03	06:20

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133	2412	José Silva	WARMS	Senior Masculino	02:13:07	+49:03	06:20
134	2409	Ivo Ribeiro	WARMS	Senior Masculino	02:13:08	+49:04	06:20
135	2410	Jorge Azevedo	WARMS	Senior Masculino	02:13:08	+49:04	06:20
136	2059	PAULO SAMAPIO	COXOS DE SAPATILHAS	Senior Masculino	02:13:18	+49:14	06:21
137	2056	Helder Vieira	Clube Zupper	Senior Masculino	02:13:31	+49:27	06:21
138	2067	Renato Presa	Desnível Positivo	Senior Masculino	02:13:32	+49:28	06:22
139	2109	Gustavo Santos	Gramidense IFC	Senior Masculino	02:13:34	+49:30	06:22
140	2207	Tiago Belarmino Brás Pires	Individual	Senior Masculino	02:13:35	+49:31	06:22
141	2341	Helder Silva	LA Zinco	Senior Masculino	02:13:41	+49:37	06:22
142	2330	Ricardo Pereira	Individual	Senior Masculino	02:13:48	+49:44	06:22
143	2223	Miguel Pereira	Individual	Senior Masculino	02:13:48	+49:44	06:22
144	2153	João Carlos Brizida Torres	Individual	Senior Masculino	02:14:17	+50:13	06:24
145	2277	Nelson M. Peixoto	Individual	Senior Masculino	02:14:41	+50:37	06:25
146	2137	Nuno Fernando Ribeiro Pereira	Individual	Senior Masculino	02:15:07	+51:03	06:26
147	2357	Márcio Marques	Oporto City Hostel	Senior Masculino	02:15:13	+51:09	06:26
148	2088	Alberto Ricardo Fernandes Lucas	FALTA MUITO?	Senior Masculino	02:15:59	+51:55	06:29
149	2036	João Pedro Monteiro	BUDEGUITA RUNNERS	Senior Masculino	02:18:48	+54:44	06:37
150	2416	GUILHERME LIMA	AfrikanRunners	Senior Masculino	02:20:17	+56:13	06:41
151	2184	Rui Miguel Simões Ferreira	Individual	Senior Masculino	02:21:03	+56:59	06:43
152	2365	Fernando Montenegro	Os Zangões	Senior Masculino	02:21:50	+57:46	06:45
153	2226	Ricardo Medeiros	Individual	Senior Masculino	02:22:04	+58:00	06:46
154	2316	Tiago Ramalho	Clube Zupper	Senior Masculino	02:22:19	+58:15	06:47
155	2358	Rui Garrido	Oporto City Hostel	Senior Masculino	02:22:39	+58:35	06:48
156	2068	Ricardo Mendes	Desnível Positivo	Senior Masculino	02:24:37	+01:00:33	06:53
157	2259	Filipe Alexandre Lopes Amaral	Individual	Senior Masculino	02:24:53	+01:00:49	06:54
158	2124	Sebastião Lages	Individual	Senior Masculino	02:25:02	+01:00:58	06:54
159	2066	Marco Barbosa	Desnível Positivo	Senior Masculino	02:25:44	+01:01:40	06:56
160	2170	João Manuel Lopes Amaral	Individual	Senior Masculino	02:25:50	+01:01:46	06:57
161	2392	César Vidal	Santa Justa Runners	Senior Masculino	02:26:30	+01:02:26	06:59
162	2257	Eduardo João Moreira Maia	Individual	Senior Masculino	02:28:04	+01:04:00	07:03
163	2274	PEDRO NATÁRIO	Individual	Senior Masculino	02:28:41	+01:04:37	07:05
164	2275	Luis Filipe Ferreira Mendes	Individual	Senior Masculino	02:28:42	+01:04:38	07:05
165	2372	José Luis Peixoto Alves	Preh Runners	Senior Masculino	02:29:32	+01:05:28	07:07
166	2097	Ismael Filipe do Vale Gonçalves	Ferrugem	Senior Masculino	02:32:19	+01:08:15	07:15
167	2096	Filipe Santos Novais	Ferrugem	Senior Masculino	02:32:19	+01:08:15	07:15
168	2130	Luis Pereira	Individual	Senior Masculino	02:33:00	+01:08:56	07:17
169	2278	DAVID TEIXEIRA	Individual	Senior Masculino	02:33:20	+01:09:16	07:18
170	2386	ORLANDO JORGE BARROSO MAGALHÃES	Running Mates	Senior Masculino	02:35:01	+01:10:57	07:23
171	2159	José Reis Amaro	Individual	Senior Masculino	02:38:57	+01:14:53	07:34
172	2305	Edgar Seabra	Individual	Senior Masculino	02:41:21	+01:17:17	07:41
173	2203	João Fontoura de Oliveira	Individual	Senior Masculino	02:41:41	+01:17:37	07:42
174	2398	Tiago Gomes	Tás a Ver?	Senior Masculino	02:48:10	+01:24:06	08:00
175	2427	Daniel da Costa Soares	Individual	Senior Masculino	02:49:11	+01:25:07	08:03
176	2099	Filipe de Oliveira	Filipe de Oliveira	Senior Masculino	02:51:19	+01:27:15	08:09
177	66	Tiago Fernandes	Desnível Positivo	Senior Masculino	03:12:53	+01:48:49	09:11
178	63	Filipe Rocha	Desnível Positivo	Senior Masculino	03:12:53	+01:48:49	09:11

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179 65 Ricardo Taxa Desnível Positivo Senior Masculino 03:12:53 +01:48:49 09:11

Sub 23 Feminino

1	2218	Francisca Alexandra Teixeira de Sousa	Individual	Sub 23 Feminino	02:05:39		05:59
2	2048	Cátia Moreira	Clube Zupper	Sub 23 Feminino	02:22:19	+16:40	06:47
3	2187	Ana Isabel Santos Vieira	Individual	Sub 23 Feminino	02:41:36	+35:57	07:42
4	2267	Mariana Antunes	Individual	Sub 23 Feminino	02:49:10	+43:31	08:03

Sub 23 Masculino

1	2437	Paulo Mendes	Individual	Sub 23 Masculino	01:21:25		03:53
2	2081	Romeu Gouveia	Escaravelhos Team	Sub 23 Masculino	01:21:29	+00:04	03:53
3	2294	João Patrício	Escaravelhos Team	Sub 23 Masculino	01:28:13	+06:48	04:12
4	2147	Pedro Filipe Sousa Silva	Individual	Sub 23 Masculino	01:50:38	+29:13	05:16
5	2092	Bruno Manuel Alves Gonçalves	Família Unida Runners	Sub 23 Masculino	01:58:26	+37:01	05:38
6	2189	José Loureiro	Individual	Sub 23 Masculino	02:09:58	+48:33	06:11
7	2154	João Nuno Pinto Ramos	Individual	Sub 23 Masculino	02:13:37	+52:12	06:22
8	2407	Tiago José Cardoso Vieira	TUGAS NA ESTRADA	Sub 23 Masculino	02:32:30	+01:11:05	07:16

Veterana F40

1	2339	Raquel Clemente Pedro	Juventude Vidigalense	Veterana F40	01:50:53		05:17
2	2032	Angelina Pinho	BUDEGUITA RUNNERS	Veterana F40	01:54:09	+03:16	05:26
3	2074	Gisela Pereira	Desnível Positivo	Veterana F40	02:01:57	+11:04	05:48
4	2455	Mónica Elisa das Dores Ribeiro Moreira	Individual	Veterana F40	02:03:31	+12:38	05:53
5	2030	Ana Dias	BUDEGUITA RUNNERS	Veterana F40	02:04:52	+13:59	05:57
6	2445	ANA CAROLINA LOPES FERREIRA	NAST	Veterana F40	02:09:48	+18:55	06:11
7	2022	Paula Cristina Barbosa Sousa de Oliveira Peixoto	Bragazelas	Veterana F40	02:19:46	+28:53	06:39
8	2211	Vera Lúcia Augusto	Individual	Veterana F40	02:20:21	+29:28	06:41
9	2100	Ana Cláudia Pissarra	FIT4FUN	Veterana F40	02:22:16	+31:23	06:46
10	2219	Carla Moreira	Individual	Veterana F40	02:25:43	+34:50	06:56
11	2136	Cláudia Pereira Pinto	Individual	Veterana F40	02:29:14	+38:21	07:06
12	2149	Elisabete Ribeiro	Individual	Veterana F40	02:30:27	+39:34	07:10
13	2353	Rita Garcia Dias	NEL - Pédatleta	Veterana F40	02:30:58	+40:05	07:11
14	2378	Helena Barbosa	Raposas	Veterana F40	02:36:02	+45:09	07:26
15	2176	Sílvia Silva	Individual	Veterana F40	02:37:16	+46:23	07:29
16	2258	Diana Teles	Individual	Veterana F40	02:52:30	+01:01:37	08:13

Veterana F45

1	2017	ANABELA REMÉDIOS	ATLÉTICO CLUBE SÃO MAMEDE	Veterana F45	01:43:05		04:55
2	2069	Margarida magalhaes	Desnível Positivo	Veterana F45	01:54:19	+11:14	05:27

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30	2009	JORGE NUNES	AfrikanRunners	Veterano M40	01:55:16	+24:40	05:29
31	2383	José Leal	ROSÁRIO EXTREME	Veterano M40	01:55:19	+24:43	05:29
32	2243	Benjamim Cruz	Individual	Veterano M40	01:55:53	+25:17	05:31
33	2028	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	01:56:54	+26:18	05:34
34	2027	Paulo Lagoa	BUDEGUITA RUNNERS	Veterano M40	01:56:55	+26:19	05:34
35	2227	Paulo Alexandre Ribeiro Leite	Individual	Veterano M40	01:57:06	+26:30	05:35
36	2007	DOMINGOS GONÇALVES	AfrikanRunners	Veterano M40	01:57:27	+26:51	05:36
37	2164	Joao Paulo Lopes Barbosa	Individual	Veterano M40	01:58:44	+28:08	05:39
38	2453	Pedro Meneses	EFACEC	Veterano M40	01:59:10	+28:34	05:40
39	2110	Cristiano Santos	Grupo Desportivo dos Ferroviários de Campanhã GDFC	Veterano M40	02:00:18	+29:42	05:44
40	2190	Francisco Bartolomeu	Individual	Veterano M40	02:00:54	+30:18	05:45
41	2350	Joaquim Manuel Andrade dos Santos	NAST	Veterano M40	02:01:10	+30:34	05:46
42	2310	Miguel Amado	Individual	Veterano M40	02:01:57	+31:21	05:48
43	2297	Henrique Marques	Individual	Veterano M40	02:02:07	+31:31	05:49
44	2152	pedro miguel pereira carvalho	Individual	Veterano M40	02:02:55	+32:19	05:51
45	2172	Júlio Cunha	Individual	Veterano M40	02:03:28	+32:52	05:53
46	2160	Manuel José Teixeira Pereira	Individual	Veterano M40	02:03:28	+32:52	05:53
47	304	Manuel Quelhas	PAREDES AVENTURA	Veterano M40	02:03:43	+33:07	05:53
48	2336	LUIS RAMOS ALVAREZ	Individual	Veterano M40	02:03:45	+33:09	05:54
49	2052	Manuel Cardoso	Clube Zupper	Veterano M40	02:03:59	+33:23	05:54
50	2031	Nuno Dias	BUDEGUITA RUNNERS	Veterano M40	02:05:51	+35:15	06:00
51	2126	Carlos Gaspar Brandão Correia Martins	Individual	Veterano M40	02:07:19	+36:43	06:04
52	2253	Avelino Rodrigues	Individual	Veterano M40	02:07:32	+36:56	06:04
53	2284	Luís Passos	Individual	Veterano M40	02:09:35	+38:59	06:10
54	2042	Ricardo Meireles	CF Jesuítas Team	Veterano M40	02:09:41	+39:05	06:11
55	2393	Leonel Freitas	Santa Justa Runners	Veterano M40	02:09:42	+39:06	06:11
56	2019	Francisco Rebelo	Beat Your Limit	Veterano M40	02:09:52	+39:16	06:11
57	2373	Nuno Miguel Ferreira Pacheco	Preh Runners	Veterano M40	02:13:34	+42:58	06:22
58	2449	Pedro José Pedro Miranda Mourão Patrício	TURBULENTOS	Veterano M40	02:18:54	+48:18	06:37
59	2101	Luis Miguel Almeida	FIT4FUN	Veterano M40	02:22:17	+51:41	06:47
60	2051	António Silva	Clube Zupper	Veterano M40	02:28:54	+58:18	07:05
61	2120	angelo vidal	Individual	Veterano M40	02:30:27	+59:51	07:10
62	2010	Marco Alexandre Resende lopes	Alverca Urban Runners	Veterano M40	02:31:50	+01:01:14	07:14
63	2129	Fernando Miguel Pereira	Individual	Veterano M40	02:33:00	+01:02:24	07:17
64	2224	Miguel veloso	Individual	Veterano M40	02:33:01	+01:02:25	07:17
65	2329	Romeu de Azevedo	Individual	Veterano M40	02:34:07	+01:03:31	07:20
66	340	Cláudio Brochado	Individual	Veterano M40	03:12:54	+01:42:18	09:11

Veterano M45

1	215	Paulo Pinto	Individual	Veterano M45	01:23:15		03:58
2	2039	renato silva	Caldas de S.Jorge Sport Clube	Veterano M45	01:29:10	+05:55	04:15
3	2173	Vasco Morais Pinheiro de Sousa	Individual	Veterano M45	01:39:51	+16:36	04:45
4	2324	Vasco Franco-Girolé-FAP WINES	Individual	Veterano M45	01:40:12	+16:57	04:46
5	2161	Luis Artur Gonçalves	Individual	Veterano M45	01:44:38	+21:23	04:59

Official Timekeeper: Lap2Go	8 / 10	generate 30-nov-2015 16:02
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21K

21 KM



OFFICIAL RESULT

6	2346	Castor Tombo Cantarilla	MERCARUNNING	Veterano M45	01:47:30	+24:15	05:07
7	2265	Paulo Baltasar Silveira Martins	Individual	Veterano M45	01:47:48	+24:33	05:08
8	2270	Nuno Rodrigues	Individual	Veterano M45	01:52:05	+28:50	05:20
9	2315	Duarte Paulo Ribeiro	Individual	Veterano M45	01:53:27	+30:12	05:24
10	2300	Paulo Martins	Individual	Veterano M45	01:53:29	+30:14	05:24
11	2165	Miguel Macieira	Individual	Veterano M45	01:53:31	+30:16	05:24
12	2254	Ernesto Ribeiro	Individual	Veterano M45	01:54:24	+31:09	05:27
13	179	Vitor Dias	GDR RETORTA	Veterano M45	01:57:13	+33:58	05:35
14	2113	António Carlos Martins Roleira Marinho	Individual	Veterano M45	01:57:37	+34:22	05:36
15	2201	José António Almeida Moreira	Individual	Veterano M45	01:58:45	+35:30	05:39
16	2023	CARLOS FERNANDO ESPERANÇA	Bragazelas	Veterano M45	02:00:42	+37:27	05:45
17	2280	António Nestor Ribeiro	Individual	Veterano M45	02:00:56	+37:41	05:46
18	2071	Camilo Neto	Desnível Positivo	Veterano M45	02:02:56	+39:41	05:51
19	2157	Vitor manuel henriques pereira santos	Individual	Veterano M45	02:05:20	+42:05	05:58
20	2024	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M45	02:05:38	+42:23	05:59
21	2313	josé alberto mendes	Individual	Veterano M45	02:05:53	+42:38	06:00
22	2399	MARCELO COUTINHO	THIS SIDE UP - RUN TEAM	Veterano M45	02:06:15	+43:00	06:01
23	2317	Fernando Martins Gonçalves	Individual	Veterano M45	02:06:34	+43:19	06:02
24	2139	DAVID JORGE GARCEZ ANTUNES	Individual	Veterano M45	02:17:10	+53:55	06:32
25	2266	Sven Rauhut	Individual	Veterano M45	02:21:06	+57:51	06:43
26	2296	Luiz Alexandre Kulay	Individual	Veterano M45	02:23:29	+01:00:14	06:50
27	2389	PEDRO MIGUEL DOS SANTOS MATOS	Running Mates	Veterano M45	02:35:02	+01:11:47	07:23

Veterano M50

1	2018	ANTÓNIO SILVINO	ATLÉTICO CLUBE SÃO MAMEDE	Veterano M50	01:27:37		04:10
2	2044	jose mota	CICLISTAS CÓSMICOS GILÓTICA	Veterano M50	01:27:48	+00:11	04:11
3	2268	Manuel Carlos Oliveira Ferreira	Individual	Veterano M50	01:40:43	+13:06	04:48
4	2041	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:48:41	+21:04	05:11
5	2443	Rui Fial Torres	Individual	Veterano M50	01:53:42	+26:05	05:25
6	2273	Joaquim Bento Alves Teixeira	Individual	Veterano M50	01:54:01	+26:24	05:26
7	2405	José Ribeiro	TRILHando	Veterano M50	01:54:48	+27:11	05:28
8	2035	Rui Coelho	BUDEGUITA RUNNERS	Veterano M50	02:07:19	+39:42	06:04
9	2355	Paulo Dias	Números Sete	Veterano M50	02:15:50	+48:13	06:28
10	2122	Nuno Albuquerque	Individual	Veterano M50	02:19:18	+51:41	06:38

Veterano M55

1	2444	Assis Azevedo	Individual	Veterano M55	01:45:28		05:01
2	2043	Joaquim Nunes	CF Jesuítas Team	Veterano M55	01:51:37	+06:09	05:19
3	2090	Artur Teixeira Ferraz	FALTA MUITO?	Veterano M55	01:57:30	+12:02	05:36
4	2209	João Fernando Relvas Pena Gil	Individual	Veterano M55	02:01:30	+16:02	05:47
5	2361	Carlos Sousa	os perigosos	Veterano M55	02:04:13	+18:45	05:55

