

TRAIL CURTO - STAGE 1

13 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
134	25	João Maia	magnussens	Senior Masculino	01:46:28	+42:32	08:11
135	417	David Nogueira	hora do lobo	Veterano M50	01:47:03	+43:07	08:14
136	116	Alcino Silva	amigos 100 limites	Senior Masculino	01:47:08	+43:12	08:15
137	205	Sofia Pimenta	lion runners - g. d. leões da guarda	Senior Feminino	01:47:11	+43:15	08:15
138	195	Daniela Sarmento	lion runners - g. d. leões da guarda	Veterana F40	01:47:11	+43:15	08:15
139	12	Jorge Vasconcelos	equipa a	Veterano M40	01:47:19	+43:23	08:15
140	419	Rosa Seabra	individual	Senior Feminino	01:48:28	+44:32	08:21
141	232	Carlos Simoes	reumatico trail team	Senior Masculino	01:48:40	+44:44	08:22
142	183	Bruno Gonçalves	sentir escariz running	Senior Masculino	01:48:57	+45:01	08:23
143	287	Antônio De Jesus Pires	os esquilos	Veterano M40	01:49:17	+45:21	08:24
144	368	Mónica Oliveira	geocrosstrail escariz	Veterana F40	01:49:31	+45:35	08:25
145	161	Carlos Gomes	redondos.corre	Senior Masculino	01:49:33	+45:37	08:26
146	294	Junior Oliveira	redondos.corre	Senior Masculino	01:49:34	+45:38	08:26
147	92	Arnaldo Silva	a20s javalis trail team	Veterano M50	01:49:48	+45:52	08:27
148	275	Tiago Ferreira	individual	Senior Masculino	01:49:57	+46:01	08:27
149	363	Mário Rodrigues	individual	Senior Masculino	01:49:57	+46:01	08:27
150	154	Susana Silva	factor x / s4l / medense fc	Senior Feminino	01:49:58	+46:02	08:28
151	395	Faustino	stcp runners	Veterano M40	01:50:00	+46:04	08:28
152	22	Paulo Gonçalves	stcp runners	Veterano M40	01:50:00	+46:04	08:28
153	106	Nuno Santos	hora do lobo trai/ clube futebol de perosinho atletismo	Senior Masculino	01:50:11	+46:15	08:29
154	128	Silvio Ferreira	mocidade sangemil	Veterano M40	01:50:41	+46:45	08:31
155	303	Nicole Mendes	mais que corridas	Veterana F40	01:52:23	+48:27	08:39
156	317	Jorge Melo	mais que corridas	Veterano M50	01:52:23	+48:27	08:39
157	581	Nuno Duarte	gdct uncre	Veterano M40	01:52:35	+48:39	08:40
158	435	Márcia Madeira	individual	Veterana F40	01:52:40	+48:44	08:40
159	238	Rui Madeira	pipo	Veterano M40	01:52:40	+48:44	08:40
160	322	Dorinda Gomes	bravos&bravitas	Veterana F40	01:52:44	+48:48	08:40
161	185	Paulo Mesquita	equipa a	Senior Masculino	01:52:45	+48:49	08:40
162	75	SUSANA COSTA	mc	Veterana F40	01:52:53	+48:57	08:41
163	9	José Casanova	individual	Senior Masculino	01:52:54	+48:58	08:41
164	119	Jose Teixeira	a20s javalis trail team	Veterano M50	01:53:39	+49:43	08:45
165	272	José Ricardo Veludo	a20s javalis trail team	Senior Masculino	01:53:39	+49:43	08:45
166	138	Salvador talagaia	mais que corridas	Senior Masculino	01:54:00	+50:04	08:46
167	217	NUNO MAIO	#atechoras!	Senior Masculino	01:54:03	+50:07	08:46
168	143	Vitor oliveira	mais que corridas	Veterano M50	01:55:11	+51:15	08:52
169	142	Ana alves	mais que corridas	Veterana F40	01:55:12	+51:16	08:52
170	281	Jose Sala	individual	Veterano M50	01:55:38	+51:42	08:54
171	568	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:55:41	+51:45	08:54
172	240	Isaura Cruz	pipo	Veterana F40	01:55:45	+51:49	08:54
173	239	Óscar Mendes	pipo	Veterano M40	01:55:46	+51:50	08:54
174	113	Rui Augusto	mss contabilidade trail team	Veterano M40	01:55:59	+52:03	08:55
175	242	Agostinho Silva	osfazconta	Veterano M50	01:56:22	+52:26	08:57
176	53	Ivo Pereira	nem que chova	Veterano M40	01:56:50	+52:54	08:59
177	34	Joana Pinheiro	marcorunners	Senior Feminino	01:57:01	+53:05	09:00
178	67	Nuno Couto	manguelas - run/walk team	Veterano M40	01:57:20	+53:24	09:02

TRAIL CURTO - STAGE 1

13 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
316	302	Sónia Maria	gdct unicare	Veterana F40	02:43:33	+01:39:37	12:35
317	171	CELINA BAPTISTA	individual	Veterana F50	02:44:11	+01:40:15	12:38
318	170	Carlos Navega Navega	individual	Veterano M50	02:44:12	+01:40:16	12:38
319	131	Daniel Miguel	meninas/os do trail	Senior Masculino	02:44:28	+01:40:32	12:39
320	130	Patrícia Santos	meninas/os do trail	Senior Feminino	02:44:31	+01:40:35	12:39
321	132	Patrícia Miguel	meninas/os do trail	Senior Feminino	02:44:31	+01:40:35	12:39
322	167	Fernando Ferreira	hora do lobo	Veterano M40	02:44:42	+01:40:46	12:40
323	298	Alcina Moura	arcorun	Veterana F50	02:44:42	+01:40:46	12:40
324	37	Ricardo Braga	rechonchudos trail runners	Senior Masculino	02:46:51	+01:42:55	12:50
325	352	Paulo Ramos	motivação	Veterano M40	02:47:10	+01:43:14	12:52
326	80	SUSANA MATOS	equipa joao ferreira	Veterana F40	02:47:11	+01:43:15	12:52
327	241	Salomé Castro	individual	Veterana F40	02:49:52	+01:45:56	13:04
328	99	Elisete	individual	Senior Feminino	02:50:32	+01:46:36	13:07
329	100	CHOURICA	individual	Senior Masculino	02:50:32	+01:46:36	13:07
330	64	Marriissee	manguelas - run/walk team	Senior Masculino	02:52:57	+01:49:01	13:18
331	307	Francisco Cardoso	individual	Senior Masculino	02:52:57	+01:49:01	13:18
332	191	Torres	maisquecorridas	Senior Masculino	02:52:59	+01:49:03	13:18
333	305	Ana Vinhas	individual	Senior Feminino	02:53:03	+01:49:07	13:19
334	306	Jéssica Reis	individual	Senior Feminino	02:53:03	+01:49:07	13:19
335	84	RITA GONÇALVES	equipa joao ferreira	Veterana F40	02:53:20	+01:49:24	13:20
336	227	CAROLINA	equipa joao ferreira	Veterana F50	02:53:20	+01:49:24	13:20
337	190	Talagaia	talagaia garage	Senior Masculino	02:53:48	+01:49:52	13:22
338	434	Bruno Fernandes	mais que corridas	Senior Masculino	02:54:31	+01:50:35	13:26
339	245	Susana Duarte	vila nova de gaia	Veterana F40	02:54:44	+01:50:48	13:27
340	89	Diana Poças	fit gaia trail	Veterana F40	02:54:45	+01:50:49	13:27
341	361	Fatima Lobo	individual	Senior Feminino	02:54:45	+01:50:49	13:27
342	369	Angela Araujo	individual	Veterana F40	02:54:46	+01:50:50	13:27
343	159	Lapa	a20's box crossfit	Senior Masculino	02:55:24	+01:51:28	13:30
344	127	Luis Reis	a20s javalis trail team	Veterano M40	02:55:25	+01:51:29	13:30
345	402	Carla Pereira	espinho trail team	Senior Feminino	02:56:14	+01:52:18	13:33
346	401	Cristina Duarte	espinho trail team	Veterana F40	02:56:14	+01:52:18	13:33
347	342	Ilda	individual	Veterana F40	03:02:34	+01:58:38	14:03
348	330	Claudia Sofia Augusto	individual	Veterana F40	03:02:36	+01:58:40	14:03
349	333	MARTINS	individual	Senior Masculino	03:02:36	+01:58:40	14:03
350	331	VIEGAS	individual	Veterano M40	03:02:36	+01:58:40	14:03
351	332	Joana	individual	Veterana F40	03:02:37	+01:58:41	14:03
352	367	Sara Pereira	nocturnos de paredes	Senior Feminino	03:08:01	+02:04:05	14:28
353	235	Brigida Duarte	osfazconta	Veterana F40	03:15:27	+02:11:31	15:02
354	236	Vania Soares	osfazconta	Senior Feminino	03:15:28	+02:11:32	15:02
355	243	Catarina Silva	osfazconta	Senior Feminino	03:15:28	+02:11:32	15:02
356	6	A MIGUEL MORENO	individual	Senior Masculino	03:15:58	+02:12:02	15:05
357	365	José Machado	nocturnos de paredes	Veterano M50	03:17:31	+02:13:35	15:12
358	253	Liliana Ribeiro	arrastassolas	Senior Feminino	03:18:22	+02:14:26	15:16
359	270	Liliana Teixeira	arrastassolas	Veterana F40	03:18:24	+02:14:28	15:16

Trail Curto

13 KM



OFFICIAL RESULT

16	404	Filipe Couto	ESPINHO TRAIL TEAM	Senior Masculino	01:21:29	+17:33	06:16
17	335	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	01:22:27	+18:31	06:21
18	16	Márcio Costa	Grupo Desportivo e Cultural do Banco de Portugal	Senior Masculino	01:22:46	+18:50	06:22
19	2098	Ricardo Silva	Bravos&bravitas	Senior Masculino	01:23:06	+19:10	06:24
20	1	Joao Oliveira	Facort Running Team	Senior Masculino	01:25:17	+21:21	06:34
21	182	Miguel Silva	Sentir Escariz running	Senior Masculino	01:25:26	+21:30	06:34
22	379	Filipe Pereira	Team Bolt	Senior Masculino	01:25:27	+21:31	06:34
23	320	Nuno Teixeira	Bravos&bravitas	Senior Masculino	01:25:45	+21:49	06:36
24	98	HUGUINHO	Individual	Senior Masculino	01:26:16	+22:20	06:38
25	385	Gabriel Pinto	Team Bolt	Senior Masculino	01:26:55	+22:59	06:41
26	407	António Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:28:19	+24:23	06:48
27	221	RICARDO PEREIRA	#atechoras!	Senior Masculino	01:28:39	+24:43	06:49
28	189	Toni Paiva	Sentir Escariz running	Senior Masculino	01:29:24	+25:28	06:53
29	136	Dário Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:29:44	+25:48	06:54
30	27	Hugo Ramos	Magnunssens	Senior Masculino	01:30:11	+26:15	06:56
31	396	Márcio Moreira	ESPINHO TRAIL TEAM	Senior Masculino	01:30:14	+26:18	06:57
32	55	Resultado Superado Lda	Fit Gaia Trail	Senior Masculino	01:30:49	+26:53	06:59
33	46	Daniel Soares	DSD	Senior Masculino	01:31:16	+27:20	07:01
34	398	Ricardo Sousa	ESPINHO TRAIL TEAM	Senior Masculino	01:32:06	+28:10	07:05
35	49	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:32:32	+28:36	07:07
36	410	Carlos Cruz	Sentir Escariz running	Senior Masculino	01:32:35	+28:39	07:07
37	292	Pedro Marques	Individual	Senior Masculino	01:33:08	+29:12	07:10
38	155	Bruno Andrade	Grupo Corrida de Argoncilhe	Senior Masculino	01:33:15	+29:19	07:10
39	267	PEDRO	Individual	Senior Masculino	01:33:28	+29:32	07:11
40	63	João Regal	Manguelas - Run/Walk TEAM	Senior Masculino	01:33:56	+30:00	07:14
41	358	Pedro Campos	Trilhos MDF	Senior Masculino	01:34:32	+30:36	07:16
42	179	Daniel Oliveira	Sentir Escariz running	Senior Masculino	01:34:46	+30:50	07:17
43	329	Joao Santos	Bravos&bravitas	Senior Masculino	01:35:14	+31:18	07:20
44	229	Joel Marques	Individual	Senior Masculino	01:35:14	+31:18	07:20
45	23	Valter Barbosa	STCP Runners	Senior Masculino	01:36:43	+32:47	07:26
46	425	Tiago Magalhães	Limitless	Senior Masculino	01:38:06	+34:10	07:33
47	406	Jorge Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:38:44	+34:48	07:36
48	35	Filipe Rocha	MarcoRunners	Senior Masculino	01:39:18	+35:22	07:38
49	423	Ivan Rocha	Limitless	Senior Masculino	01:39:49	+35:53	07:41
50	65	Rui Queirós	Manguelas - Run/Walk TEAM	Senior Masculino	01:42:18	+38:22	07:52
51	115	Bruno Peredo	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:42:50	+38:54	07:55
52	261	Júlio Sequeira	Mais que corridas	Senior Masculino	01:43:20	+39:24	07:57
53	399	Ricardo Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:43:30	+39:34	07:58
54	397	Bruno Duarte	ESPINHO TRAIL TEAM	Senior Masculino	01:43:30	+39:34	07:58
55	4	Tiago Pereira	Águias Anta futsal	Senior Masculino	01:44:00	+40:04	08:00
56	394	Joel Almeida	TAYLORS	Senior Masculino	01:44:08	+40:12	08:01
57	295	Pedro Morais	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:45:43	+41:47	08:08
58	393	Bruno Crespo	TAYLORS	Senior Masculino	01:45:47	+41:51	08:08

Trail Curto

13 KM



OFFICIAL RESULT

59	26	Emanuel Correia	Magnunssens	Senior Masculino	01:46:10	+42:14	08:10
60	24	Paulo Santos	Magnunssens	Senior Masculino	01:46:11	+42:15	08:10
61	25	João Maia	Magnunssens	Senior Masculino	01:46:28	+42:32	08:11
62	116	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:47:08	+43:12	08:15
63	232	Carlos Simoes	Reumatico trail team	Senior Masculino	01:48:40	+44:44	08:22
64	183	Bruno Gonçalves	Sentir Escariz running	Senior Masculino	01:48:57	+45:01	08:23
65	161	Carlos Gomes	Redondos.Corre	Senior Masculino	01:49:33	+45:37	08:26
66	294	Junior Oliveira	Redondos.Corre	Senior Masculino	01:49:34	+45:38	08:26
67	275	Tiago Ferreira	Individual	Senior Masculino	01:49:57	+46:01	08:27
68	363	Mário Rodrigues	Individual	Senior Masculino	01:49:57	+46:01	08:27
69	106	Nuno Santos	Hora do lobo trai/ clube futebol de Perosinho atletismo	Senior Masculino	01:50:11	+46:15	08:29
70	185	Paulo Mesquita	Equipa A	Senior Masculino	01:52:45	+48:49	08:40
71	9	José Casanova	Individual	Senior Masculino	01:52:54	+48:58	08:41
72	272	José Ricardo Veludo	A20s Javalis Trail Team	Senior Masculino	01:53:39	+49:43	08:45
73	138	Salvador talagaia	Mais que corridas	Senior Masculino	01:54:00	+50:04	08:46
74	217	NUNO MAIO	#atechoras!	Senior Masculino	01:54:03	+50:07	08:46
75	41	Marco Dias	Individual	Senior Masculino	01:58:15	+54:19	09:06
76	36	Rui Rodrgues	Individual	Senior Masculino	01:59:03	+55:07	09:09
77	163	Diogo Rocha	Redondos.Corre	Senior Masculino	01:59:22	+55:26	09:11
78	359	Manuel Ruivo	Individual	Senior Masculino	01:59:36	+55:40	09:12
79	378	Pedro Correia	Individual	Senior Masculino	01:59:46	+55:50	09:13
80	309	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	02:00:45	+56:49	09:17
81	220	MIGUEL FARIA	Reumatico trail team	Senior Masculino	02:02:25	+58:29	09:25
82	318	Bruno Gonçalves	Individual	Senior Masculino	02:02:31	+58:35	09:25
83	11	Ricardo	Individual	Senior Masculino	02:02:33	+58:37	09:26
84	285	Micael Oliveira	Individual	Senior Masculino	02:02:34	+58:38	09:26
85	314	Pedro Santos	Individual	Senior Masculino	02:03:02	+59:06	09:28
86	420	Bruno rocha	Individual	Senior Masculino	02:03:03	+59:07	09:28
87	246	Vitor quintas	Reumatico trail team	Senior Masculino	02:03:19	+59:23	09:29
88	230	Filipe	Reumatico trail team	Senior Masculino	02:04:44	+01:00:48	09:36
89	129	Manuel Moreira	BIG SMILE TEAM	Senior Masculino	02:05:00	+01:01:04	09:37
90	319	Nuno Veloso	#reconquista	Senior Masculino	02:05:11	+01:01:15	09:38
91	370	Pedro Regal	Manguelas - Run/Walk TEAM	Senior Masculino	02:07:55	+01:03:59	09:50
92	390	Vitor Rocha	Individual	Senior Masculino	02:07:57	+01:04:01	09:51
93	293	Eduardo Loureiro	Strong Team	Senior Masculino	02:08:37	+01:04:41	09:54
94	18	Bruno Nunes	Individual	Senior Masculino	02:08:42	+01:04:46	09:54
95	62	Rogério Gomes	A20s Javalis Trail Team	Senior Masculino	02:12:51	+01:08:55	10:13
96	52	Miguel Gastao	nem que chova	Senior Masculino	02:15:55	+01:11:59	10:27
97	66	Ana Leite	Manguelas - Run/Walk TEAM	Senior Masculino	02:21:09	+01:17:13	10:52
98	192	Filipe	NOCTURNOS DE PAREDES	Senior Masculino	02:23:13	+01:19:17	11:01
99	206	Miguel Silva	El Corte Inglês Running Team Porto	Senior Masculino	02:23:21	+01:19:25	11:02
100	213	Igor Santos	GDCT UNICRE	Senior Masculino	02:23:57	+01:20:01	11:04
101	433	Bruno Gonçalves	Mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
102	139	Fabio ervoes	Mais que corridas	Senior Masculino	02:25:49	+01:21:53	11:13
103	233	Jorge Silva	OsFazConta	Senior Masculino	02:40:01	+01:36:05	12:19

Trail Curto

13 KM

R
REVISED

OFFICIAL RESULT

104	328	Tiago Silva	Bravos&bravitas	Senior Masculino	02:41:11	+01:37:15	12:24
105	360	Ricardo Paiva	Individual	Senior Masculino	02:42:47	+01:38:51	12:31
106	131	Daniel Miguel	Meninas/os do Trail	Senior Masculino	02:44:28	+01:40:32	12:39
107	37	Ricardo Braga	Rechonchudos Trail Runners	Senior Masculino	02:46:51	+01:42:55	12:50
108	100	CHOURICA	Individual	Senior Masculino	02:50:32	+01:46:36	13:07
109	64	Marrissee	Manguelas - Run/Walk TEAM	Senior Masculino	02:52:57	+01:49:01	13:18
110	307	Francisco Cardoso	Individual	Senior Masculino	02:52:57	+01:49:01	13:18
111	191	Torres	Maisquecorridas	Senior Masculino	02:52:59	+01:49:03	13:18
112	190	Talagaia	TALAGAIA GARAGE	Senior Masculino	02:53:48	+01:49:52	13:22
113	434	Bruno Fernandes	Mais que corridas	Senior Masculino	02:54:31	+01:50:35	13:26
114	159	Lapa	A20's Box CrossFit	Senior Masculino	02:55:24	+01:51:28	13:30
115	333	MARTINS	Individual	Senior Masculino	03:02:36	+01:58:40	14:03
116	6	A MIGUEL MORENO	Individual	Senior Masculino	03:15:58	+02:12:02	15:05

Veterana F40

1	440	Ana Amaral	Centro Ciclista de Gondomar	Veterana F40	01:27:32	+23:36	06:44
2	269	Sandra Campos	Individual	Veterana F40	01:33:00	+29:04	07:09
3	382	Sónia Madureira	Team Bolt	Veterana F40	01:34:41	+30:45	07:17
4	32	Olga Gomes	Scespinho António leitao	Veterana F40	01:35:04	+31:08	07:19
5	389	Silvia Baptista	Fiães sc	Veterana F40	01:35:25	+31:29	07:20
6	347	Diana Sousa	Equipa A	Veterana F40	01:36:39	+32:43	07:26
7	147	Mena Silva	Individual	Veterana F40	01:44:02	+40:06	08:00
8	195	Daniela Sarmento	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	01:47:11	+43:15	08:15
9	368	Mónica Oliveira	Geocrosstrail Escariz	Veterana F40	01:49:31	+45:35	08:25
10	303	Nicole Mendes	Mais que corridas	Veterana F40	01:52:23	+48:27	08:39
11	435	Márcia Madeira	Individual	Veterana F40	01:52:40	+48:44	08:40
12	322	Dorinda Gomes	Bravos&bravitas	Veterana F40	01:52:44	+48:48	08:40
13	75	SUSANA COSTA	MC	Veterana F40	01:52:53	+48:57	08:41
14	142	Ana alves	Mais que corridas	Veterana F40	01:55:12	+51:16	08:52
15	240	Isaura Cruz	PIPO	Veterana F40	01:55:45	+51:49	08:54
16	87	Maria Fonseca	EQUIPA JOAO FERREIRA	Veterana F40	01:58:52	+54:56	09:09
17	21	Becas	CLUBE TRILHEIROS & AMIGOS	Veterana F40	02:00:52	+56:56	09:18
18	277	Ana Gonçalves	Gaia Trail	Veterana F40	02:01:22	+57:26	09:20
19	14	Ana Josu	Individual	Veterana F40	02:02:20	+58:24	09:25
20	93	Sónia Pires	Fit Gaia Trail	Veterana F40	02:02:35	+58:39	09:26
21	204	Susana Luis	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:02:42	+58:46	09:26
22	400	Paula Cruz	ESPINHO TRAIL TEAM	Veterana F40	02:03:05	+59:09	09:28
23	8	Paula Moura	CTAD - Trilhos de Cinfães	Veterana F40	02:03:05	+59:09	09:28
24	429	Susana Duarte	Mais que corridas	Veterana F40	02:04:47	+01:00:51	09:36
25	428	Céu Costa	Mais que corridas	Veterana F40	02:04:47	+01:00:51	09:36
26	252	Maria	Vitória Antiques	Veterana F40	02:04:50	+01:00:54	09:36
27	413	Cristina Moura	Hora do lobo	Veterana F40	02:06:54	+01:02:58	09:46
28	247	Marta Almeida	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:08:40	+01:04:44	09:54

Trail Curto

13 KM

R
REVISED

OFFICIAL RESULT

12	171	CELINA BAPTISTA	Individual	Veterana F50	02:44:11	+01:40:15	12:38
13	298	Alcina Moura	ARCORUN	Veterana F50	02:44:42	+01:40:46	12:40
14	227	CAROLINA	EQUIPA JOAO FERREIRA	Veterana F50	02:53:20	+01:49:24	13:20

Veterano M40

1	276	Dinis Gonçalves	Gaia Trail	Veterano M40	01:06:16	+02:20	05:06
2	165	Rui Oliveira	A20'S BOX	Veterano M40	01:10:28	+06:32	05:25
3	336	Camilo Guedes	Clube Pessoal Aguas Gaia	Veterano M40	01:11:49	+07:53	05:32
4	231	Pedro Ferreira	Individual	Veterano M40	01:19:36	+15:40	06:07
5	392	Rui Sousa	Gondomar	Veterano M40	01:19:42	+15:46	06:08
6	13	Pedro Guimarães	CTAD - Trilhos de Cinfães	Veterano M40	01:20:16	+16:20	06:11
7	403	Eduardo Pinto	ESPINHO TRAIL TEAM	Veterano M40	01:21:28	+17:32	06:16
8	114	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:21:46	+17:50	06:17
9	175	José Oliveira	Sentir Escariz running	Veterano M40	01:22:15	+18:19	06:20
10	311	Dario Cardoso	Leões de Tardariz Trail	Veterano M40	01:22:28	+18:32	06:21
11	91	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:23:24	+19:28	06:25
12	173	PC	Wild Runners	Veterano M40	01:27:33	+23:37	06:44
13	45	Sérgio Viera	BFF	Veterano M40	01:28:07	+24:11	06:47
14	168	Carlos Costa	A20'S BOX	Veterano M40	01:29:53	+25:57	06:55
15	288	Joaquim Pereira	Nós Acreditamos	Veterano M40	01:30:33	+26:37	06:58
16	43	Manuel Ribeiro	Individual	Veterano M40	01:31:24	+27:28	07:02
17	111	António Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:32:16	+28:20	07:06
18	437	António Azevedo	Douro Conta	Veterano M40	01:32:47	+28:51	07:08
19	251	Alex Pereira	Vitória Antiques	Veterano M40	01:33:45	+29:49	07:13
20	296	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:35:25	+31:29	07:20
21	297	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:35:26	+31:30	07:20
22	391	Silvério Santos	Clube Pessoal Aguas Gaia	Veterano M40	01:35:44	+31:48	07:22
23	180	Rui Figueiredo	Sentir Escariz running	Veterano M40	01:35:45	+31:49	07:22
24	177	Jorge Moreira	Sentir Escariz running	Veterano M40	01:35:49	+31:53	07:22
25	255	Armando Cardoso	Nós Acreditamos	Veterano M40	01:35:50	+31:54	07:22
26	219	Américo Santos	TAYLORS	Veterano M40	01:36:45	+32:49	07:27
27	210	Eugénio Soares	Factor X / S4L / Medense FC	Veterano M40	01:39:17	+35:21	07:38
28	228	Filipe Pinho	A20's Box CrossFit	Veterano M40	01:39:24	+35:28	07:39
29	325	Manuel Gomes	Bravos&bravitas	Veterano M40	01:39:35	+35:39	07:40
30	621	Paulo Queirós	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:39:41	+35:45	07:40
31	218	Miguel Moura	TAYLORS	Veterano M40	01:40:17	+36:21	07:43
32	226	ANTONIO	EQUIPA JOAO FERREIRA	Veterano M40	01:43:02	+39:06	07:56
33	502	Artur Fonseca	Ruptura Total	Veterano M40	01:43:02	+39:06	07:56
34	225	VITOR OSORIO	#atechoras!	Veterano M40	01:44:41	+40:45	08:03
35	209	Jorge Almeida	Factor X / S4L / Medense FC	Veterano M40	01:45:38	+41:42	08:08
36	326	Pedro Bastos	Bravos&bravitas	Veterano M40	01:45:40	+41:44	08:08

Trail Curto

13 KM



OFFICIAL RESULT

37	266	Miguel Castro	Mais que corridas	Veterano M40	01:46:07	+42:11	08:10
38	408	Rui Rodrigues	Mais que corridas	Veterano M40	01:46:07	+42:11	08:10
39	176	Flora Santos	Sentir Escariz running	Veterano M40	01:46:16	+42:20	08:11
40	12	Jorge Vasconcelos	Equipa A	Veterano M40	01:47:19	+43:23	08:15
41	287	Antônio De Jesus Pires	os esquilos	Veterano M40	01:49:17	+45:21	08:24
42	395	Faustino	STCP Runners	Veterano M40	01:50:00	+46:04	08:28
43	22	Paulo Gonçalves	STCP Runners	Veterano M40	01:50:00	+46:04	08:28
44	128	Silvio Ferreira	MOCIDADE SANGEMIL	Veterano M40	01:50:41	+46:45	08:31
45	581	Nuno Duarte	GDCT UNICRE	Veterano M40	01:52:35	+48:39	08:40
46	238	Rui Madeira	PIPO	Veterano M40	01:52:40	+48:44	08:40
47	568	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:55:41	+51:45	08:54
48	239	Óscar Mendes	PIPO	Veterano M40	01:55:46	+51:50	08:54
49	113	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:55:59	+52:03	08:55
50	53	Ivo Pereira	nem que chova	Veterano M40	01:56:50	+52:54	08:59
51	67	Nuno Couto	Manguelas - Run/Walk TEAM	Veterano M40	01:57:20	+53:24	09:02
52	184	Jorge Ferreira	Individual	Veterano M40	01:58:15	+54:19	09:06
53	388	Muguel Ribeiro	Team Bolt	Veterano M40	01:58:49	+54:53	09:08
54	172	Paulo Henriques	A20s Javalis Trail Team	Veterano M40	02:00:50	+56:54	09:18
55	387	António Carvalho	Team Bolt	Veterano M40	02:00:57	+57:01	09:18
56	334	Hélder Rodrigues	TrepaTrilhos Trail Team	Veterano M40	02:01:18	+57:22	09:20
57	244	Pedro Ferreira	Reumatico trail team	Veterano M40	02:02:02	+58:06	09:23
58	169	Álvaro Pereira	#atechoras!	Veterano M40	02:02:27	+58:31	09:25
59	260	João Garrido	Individual	Veterano M40	02:02:35	+58:39	09:26
60	125	Frazao	A20s Javalis Trail Team	Veterano M40	02:04:37	+01:00:41	09:35
61	432	Rodrigo Duarte	Mais que corridas	Veterano M40	02:04:47	+01:00:51	09:36
62	248	Hugo Almeida	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:08:08	+01:04:12	09:51
63	283	Mic	Individual	Veterano M40	02:09:20	+01:05:24	09:57
64	38	Pedro Magalhães	ARRASTASSOLAS	Veterano M40	02:09:49	+01:05:53	09:59
65	83	RUI	EQUIPA JOAO FERREIRA	Veterano M40	02:11:09	+01:07:13	10:05
66	166	Paulo Melo	Redondos.Corre	Veterano M40	02:11:35	+01:07:39	10:07
67	315	Pedro	Individual	Veterano M40	02:11:55	+01:07:59	10:09
68	299	Tiago Medeiros	Individual	Veterano M40	02:11:56	+01:08:00	10:09
69	377	Jorge Soares	sempre a abrir!!	Veterano M40	02:13:48	+01:09:52	10:18
70	222	André Pinho	Reumatico trail team	Veterano M40	02:15:44	+01:11:48	10:27
71	29	João Resende	Invicta Runners Team	Veterano M40	02:16:41	+01:12:45	10:31
72	158	Manuel Jorge	Team Aguenta Aí	Veterano M40	02:18:14	+01:14:18	10:38
73	237	Ricardo Gomes	OsFazConta	Veterano M40	02:22:20	+01:18:24	10:57
74	215	Paulo Neves	GDCT UNICRE	Veterano M40	02:23:40	+01:19:44	11:03
75	200	Luis Sá	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:29:41	+01:25:45	11:31
76	144	Fernando ascensao	Mais que corridas	Veterano M40	02:37:16	+01:33:20	12:06
77	167	Fernando Ferreira	Hora do lobo	Veterano M40	02:44:42	+01:40:46	12:40
78	352	Paulo Ramos	Motivação	Veterano M40	02:47:10	+01:43:14	12:52
79	127	Luis Reis	A20s Javalis Trail Team	Veterano M40	02:55:25	+01:51:29	13:30
80	331	VIEGAS	Individual	Veterano M40	03:02:36	+01:58:40	14:03

