3 Trail da Lomba
Gondomar, PT
14-July-2019

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:30	20ºC	88%
End	12:30	20ºC	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1147	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	52:49		04:24
2	1145	Pedro Tapadas	douroconta - gabinete de apoio e contabilidade	Senior Masculino	52:49	+00:00	04:24
3	1244	Mário Pinto	grupo desportivo e cultural castelo de paiva	Senior Masculino	54:08	+01:18	04:31
4	1118	Nuno Lemos	clube atletismo fafe	Veterano M40	54:54	+02:04	04:35
5	1608	Germano Cardoso	vcbike	Senior Masculino	55:00	+02:10	04:35
6	1146	Ricardo Barros	douroconta - gabinete de apoio e contabilidade	Senior Masculino	55:20	+02:30	04:37
7	1436	Sérgio Silva	mss contabilidade trail team	Senior Masculino	55:36	+02:46	04:38
8	1057	João Vigário	amigos 100 limites	Senior Masculino	57:11	+04:21	04:46
9	1055	Bruno Pereira	amigos 100 limites	Senior Masculino	58:02	+05:13	04:50
10	1028	António Mendes	a.d.amarante	Senior Masculino	58:15	+05:26	04:51
11	1141	Ivo Barbosa	devasta trilhos	Senior Masculino	58:31	+05:41	04:53
12	1545	Fábio Barbosa	romariz trail running	Senior Masculino	58:31	+05:41	04:53
13	1113	Rui Sousa	centro ciclista de gondomar	Veterano M40	59:41	+06:51	04:58
14	1454	Henrique silva	ns pneus vitalplace ydutek ecras led	Veterano M40	01:00:03	+07:14	05:00
15	1542	Daniel Santos	romariz trail running	Senior Masculino	01:00:08	+07:18	05:01
16	1106	JOSÉ MOTA	cdcr ctt porto	Veterano M50	01:00:10	+07:20	05:01
17	1481	Jorge Gomes	outlaw runners	Veterano M40	01:01:28	+08:38	05:07
18	1455	MANUEL DOMINGUES	ns pneus vitalplace ydutek ecras led	Veterano M50	01:01:40	+08:51	05:08
19	1232	Gonçalo Rocha	garagem.rc trail team	Senior Masculino	01:01:58	+09:08	05:10
20	1048	António Pinto	alpha running	Veterano M40	01:01:59	+09:10	05:10
21	1318	Rui Figueiredo	individual	Senior Masculino	01:02:07	+09:18	05:11
22	1377	Fernando Seabra Da silva	individual	Veterano M50	01:02:20	+09:30	05:12
23	1234	Ricardo Costa	garagem.rc trail team	Senior Masculino	01:02:42	+09:52	05:14
24	21	José Pereira	a.d.amarante	Veterano M40	01:02:55	+10:05	05:15
25	1311	Pedro Magalhães	individual	Senior Masculino	01:03:03	+10:13	05:15
26	1142	Eduardo Xavier	devasta trilhos	Veterano M40	01:04:15	+11:25	05:21
27	1480	Carlos Couto	outlaw runners	Veterano M40	01:04:23	+11:33	05:22
28	1036	Nuno Moura	a.d.amarante	Veterano M40	01:04:23	+11:33	05:22
29	1149	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:04:23	+11:33	05:22
30	1233	Pedro Costa	garagem.rc trail team	Senior Masculino	01:04:30	+11:40	05:23
31	1443	Ibraim Sousa	mss contabilidade trail team	Veterano M40	01:04:31	+11:41	05:23
32	1032	Samuel Silva	a.d.amarante	Senior Masculino	01:04:36	+11:46	05:23
33	1295	Hermenegildo Mendes	individual	Senior Masculino	01:04:41	+11:51	05:23
34	1471	Sérgio Gomes	os preguiças team	Veterano M40	01:04:45	+11:55	05:24
35	1427	Tiago Mota	mota	Senior Masculino	01:05:26	+12:36	05:27
36	1046	Carlos Silva	aliança de gandra	Veterano M50	01:05:52	+13:03	05:29
37	1223	Peter Silva	gaia running	Veterano M40	01:05:52	+13:03	05:29
38	1554	Carlos Vinha	running penafiel trail	Veterano M50	01:06:16	+13:26	05:31
39	1073	Cristiano Gomes	aperta cordões	Senior Masculino	01:06:18	+13:29	05:32

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	1045	Leonel Neves	aliança de gandra	Veterano M40	01:06:20	+13:30	05:32
41	1148	José Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:06:24	+13:35	05:32
42	1297	Hugo Moreira	individual	Senior Masculino	01:06:25	+13:35	05:32
43	1219	Manuel Gonçalves	fojo trail team	Senior Masculino	01:06:28	+13:38	05:32
44	1432	Fábio Sousa	mss contabilidade trail team	Senior Masculino	01:06:34	+13:45	05:33
45	1218	Flávio Pinto	fojo trail team	Senior Masculino	01:06:42	+13:52	05:34
46	1035	Filipe Pinheiro	a.d.amarante	Veterano M40	01:06:44	+13:55	05:34
47	1182	EDUARDO PINTO	espinho trail	Veterano M40	01:07:32	+14:43	05:38
48	1305	Márcio Santos	individual	Senior Masculino	01:08:09	+15:19	05:41
49	1409	Ricardo Vidal	lion runners - g. d. leões da guarda	Veterano M40	01:08:11	+15:21	05:41
50	1441	Adriano França	mss contabilidade trail team	Veterano M40	01:08:11	+15:22	05:41
51	1080	Arsénio Fernandes	arsm - associação recreativa de s. miguel	Veterano M60	01:08:12	+15:22	05:41
52	1074	Pedro Pinto	aperta cordões	Senior Masculino	01:08:36	+15:47	05:43
53	1220	Pedro Pinto	fojo trail team	Senior Masculino	01:08:39	+15:49	05:43
54	1610	Alfredo Tavares	vcbike	Veterano M40	01:08:39	+15:49	05:43
55	1491	Paula barbosa	penafiel	Veterana F40	01:08:51	+16:02	05:44
56	1031	Pedro Vieira	a.d.amarante	Senior Masculino	01:09:00	+16:10	05:45
57	1408	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	01:09:08	+16:18	05:46
58	1517	Humberto Pinho	porto sentido runners	Veterano M60	01:09:09	+16:19	05:46
59	1058	Marco Freitas	amigos 100 limites	Senior Masculino	01:09:22	+16:33	05:47
60	1535	Pedro Sousa	rocky team	Senior Masculino	01:09:23	+16:33	05:47
61	1092	Nuno Teixeira	bravos & bravitas	Senior Masculino	01:09:27	+16:37	05:47
62	1289	Diogo Cunha	individual	Senior Masculino	01:09:28	+16:38	05:47
63	1154	Fernando Ramalho	equipa a	Veterano M50	01:09:37	+16:47	05:48
64	1626	Carlos sousa	devasta trilhos	Veterano M50	01:09:40	+16:50	05:48
65	1097	Sérgio F.	bravos & bravitas	Veterano M40	01:09:50	+17:00	05:49
66	1004	Helder Rodrigues	100meta	Senior Masculino	01:09:54	+17:04	05:50
67	1130	Sofia Cardoso	dá corda aos vitorinos	Senior Feminino	01:10:07	+17:17	05:51
68	1162	FRANCISCO FONSECA	equipa joao ferreira	Veterano M40	01:10:16	+17:26	05:51
69	1062	António Faria	amigos 100 limites	Veterano M40	01:10:20	+17:30	05:52
70	1462	Joaquim Manuel Vieira	os cachos	Veterano M50	01:10:22	+17:32	05:52
71	1292	Fábio Almeida	individual	Senior Masculino	01:10:24	+17:34	05:52
72	1356	João Vigário	individual	Veterano M40	01:10:27	+17:37	05:52
73	1195	Ricardo Rocha	fast ao km	Veterano M40	01:10:32	+17:42	05:53
74	1468	Fernando Teixeira	os preguiças team	Senior Masculino	01:10:38	+17:48	05:53
75	1103	António Teixeira	cdcr ctt porto	Veterano M50	01:10:46	+17:56	05:54
76	1047	Paulo Pereira	alpha running	Senior Masculino	01:11:02	+18:12	05:55
77	1509	Albino Pires	porto sentido runners	Veterano M40	01:11:03	+18:14	05:55
78	1459	Cesar Sousa	os 2	Veterano M40	01:11:05	+18:15	05:55
79	1562	Alcino Santos	sanguedo	Veterano M50	01:11:12	+18:22	05:56
80	1282	Paulo Moreira	individual	Veterano M50	01:11:39	+18:49	05:58
81	1302	Lino Ribeiro	individual	Senior Masculino	01:11:52	+19:03	05:59
82	1238	Ricardo Loureiro	gondomar	Senior Masculino	01:11:55	+19:06	06:00
83	1609	João Santos	vcbike	Senior Masculino	01:12:06	+19:16	06:01
84	1049	Carlos Moreira	alpha running	Veterano M40	01:12:36	+19:46	06:03

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1376	Baltazar Ferreira	individual	Veterano M50	01:12:42	+19:52	06:04
86	1093	VALTER PINHO	bravos & bravitas	Senior Masculino	01:12:44	+19:55	06:04
87	1090	Vera Leite	bravos & bravitas	Senior Feminino	01:12:45	+19:55	06:04
88	1072	LUIS GONÇALVES	amigos do trail	Veterano M40	01:12:45	+19:56	06:04
89	1595	Rolando Paulo	trail running team btt sanguedo	Veterano M40	01:12:58	+20:08	06:05
90	1349	Daniel Couto	individual	Veterano M40	01:13:09	+20:19	06:06
91	1144	José Conceição	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:13:47	+20:57	06:09
92	1285	Bruno Nunes	individual	Senior Masculino	01:13:48	+20:58	06:09
93	1315	Ricardo Santos	individual	Senior Masculino	01:14:16	+21:26	06:11
94	1475	Lino Moreira	os turbomula	Veterano M60	01:14:19	+21:29	06:12
95	1628	Fábio Moreira	romariz trail running	Senior Masculino	01:14:22	+21:33	06:12
96	1098	Urbino B.	bravos & bravitas	Veterano M40	01:14:24	+21:34	06:12
97	1410	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M60	01:14:25	+21:35	06:12
98	1530	Joaquim Pinto	ribeiras trail	Veterano M40	01:14:27	+21:37	06:12
99	1347	António Gomes	individual	Veterano M40	01:14:27	+21:37	06:12
100	1483	Jorge Santos	outlaw runners	Veterano M50	01:14:34	+21:44	06:13
101	1135	João Campos	ddt runners	Veterano M40	01:14:39	+21:49	06:13
102	1345	Amilcar Almeida	individual	Veterano M40	01:14:54	+22:04	06:15
103	1449	ANIBAL SILVA	nascidos para correr	Veterano M60	01:15:00	+22:10	06:15
104	1133	José Cardoso	dá corda aos vitorinos	Veterano M50	01:15:03	+22:13	06:15
105	1105	CÉLINE GOMES	cdcr ctt porto	Senior Feminino	01:15:13	+22:24	06:16
106	1629	Nelsin Fernandes	romariz trail running	Senior Masculino	01:15:21	+22:31	06:17
107	1191	António Neves	fardetas	Veterano M40	01:15:25	+22:35	06:17
108	1184	MÁRIO ALVES	espinho trail	Veterano M50	01:15:33	+22:43	06:18
109	1257	Roberto oliveira	individual	Senior Masculino	01:15:36	+22:46	06:18
110	1313	Pedro Pacheco	individual	Senior Masculino	01:15:41	+22:51	06:18
111	1128	Manuela Monteiro	corre carvalho	Veterana F40	01:15:43	+22:54	06:19
112	1518	MARCO OLIVEIRA	portocargo runners	Veterano M40	01:15:45	+22:56	06:19
113	1320	Tiago Tavares	individual	Senior Masculino	01:15:47	+22:57	06:19
114	1290	Diogo Resende	individual	Senior Masculino	01:16:13	+23:23	06:21
115	1488	Marta Moreira	paredes	Senior Feminino	01:16:14	+23:24	06:21
116	1541	Daniel Brandão	romariz trail running	Senior Masculino	01:16:31	+23:41	06:23
117	1174	MÁRCIO MOREIRA	espinho trail	Senior Masculino	01:16:42	+23:53	06:24
118	1307	Nicolas Lopes	individual	Senior Masculino	01:16:43	+23:54	06:24
119	1176	RICARDO SOUSA	espinho trail	Senior Masculino	01:16:44	+23:55	06:24
120	1071	LEANDRO MATOS	amigos do trail	Veterano M40	01:16:49	+23:59	06:24
121	1512	Laurindo Gomes	porto sentido runners	Veterano M40	01:16:51	+24:01	06:24
122	1029	Danie Santos	a.d.amarante	Senior Masculino	01:17:06	+24:16	06:26
123	1069	PAULO FERREIRA	amigos do trail	Senior Masculino	01:17:18	+24:29	06:27
124	1591	Manuel Barros	tog - trinca orelhas de gato	Veterano M60	01:17:29	+24:39	06:27
125	1465	Clara Teixeira	os preguiças team	Senior Feminino	01:17:40	+24:50	06:28
126	1081	Alexandre Santos	avanca runners	Senior Masculino	01:17:56	+25:06	06:30
127	1301	Leandro Ferreira	individual	Senior Masculino	01:18:31	+25:41	06:33
128	1461	Carlos Vieira	os cachos	Veterano M50	01:18:38	+25:48	06:33
129	1395	Tony Matias	insígnia mobiliário	Veterano M40	01:18:43	+25:53	06:34

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	1165	JOAQUIM TEIXEIRA	equipa joao ferreira	Veterano M50	01:19:04	+26:14	06:35
131	171	Costa Rafael Sara Raquel	kemedo running team	Veterana F40	01:19:04	+26:15	06:35
132	1150	José Santos	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:19:30	+26:40	06:38
133	1587	António Reis	taylors	Veterano M40	01:19:41	+26:51	06:38
134	1070	PEDRO SILVA	amigos do trail	Senior Masculino	01:19:44	+26:55	06:39
135	1054	Alcino Silva	amigos 100 limites	Senior Masculino	01:20:19	+27:29	06:42
136	1384	José Martins	individual	Veterano M50	01:20:22	+27:32	06:42
137	1416	Antonio Leal Leal	maia	Veterano M40	01:20:30	+27:40	06:43
138	1064	Rui Teixeira	amigos das sapatilhas	Senior Masculino	01:20:40	+27:50	06:43
139	1380	Jorge Melo	individual	Veterano M50	01:20:44	+27:54	06:44
140	1419	Vitor Oliveira	mass kids	Veterano M50	01:20:44	+27:55	06:44
141	1357	Jorge PInto	individual	Veterano M40	01:20:58	+28:08	06:45
142	1131	Diogo Cardoso	dá corda aos vitorinos	Senior Masculino	01:21:00	+28:11	06:45
143	1160	ARTUR CARDOSO	equipa joao ferreira	Veterano M40	01:21:14	+28:24	06:46
144	1159	ANTONIO CUNHA	equipa joao ferreira	Veterano M40	01:21:14	+28:25	06:46
145	1306	Nelson Almeida	individual	Senior Masculino	01:21:15	+28:25	06:46
146	1570	Valter Barbosa	stcp runners	Senior Masculino	01:21:17	+28:27	06:46
147	1188	João Silva	factor x / s4l / medense fc	Senior Masculino	01:21:27	+28:37	06:47
148	1635	Pedro Coelho	individual	Senior Masculino	01:21:58	+29:08	06:50
149	1312	Pedro Oliveira	individual	Senior Masculino	01:21:58	+29:09	06:50
150	1059	Ricardo Carriço	amigos 100 limites	Senior Masculino	01:22:00	+29:10	06:50
151	1394	Francisco Silva	individual	Veterano M60	01:22:02	+29:12	06:50
152	1152	Alice Couto	equipa a	Veterana F50	01:22:13	+29:23	06:51
153	1551	Tiago Pereira	running espinho	Senior Masculino	01:22:15	+29:25	06:51
154	1561	Ricardo Pina	salgueiros running	Veterano M40	01:22:15	+29:25	06:51
155	1611	Manuel Migueis	vcbike	Veterano M40	01:22:17	+29:27	06:51
156	1359	José Lopes	individual	Veterano M40	01:22:21	+29:32	06:52
157	1581	Bruno Gonçalves	tartarugas velocistas	Senior Masculino	01:22:24	+29:34	06:52
158	1178	CRISTINA COUTO	espinho trail	Veterana F40	01:22:43	+29:54	06:54
159	1529	Margarida Martins	ribeiras trail	Veterana F50	01:22:58	+30:08	06:55
160	1548	Micael Lopes	romariz trail running	Senior Masculino	01:23:05	+30:16	06:55
161	1540	Carlos Silva	romariz trail running	Senior Masculino	01:23:06	+30:16	06:56
162	1123	Diogo Nogueira	com a perna às costas	Senior Masculino	01:23:11	+30:21	06:56
163	1555	José Luís Dos Teixeira	s. cosme	Senior Masculino	01:23:12	+30:22	06:56
164	1197	Fabio Santos	fiães running	Senior Masculino	01:23:15	+30:25	06:56
165	1360	Jose Machado	individual	Veterano M40	01:23:42	+30:52	06:59
166	1390	Xander Fransen	individual	Veterano M50	01:24:09	+31:19	07:01
167	1108	Elisabete Pereira	centro ciclista de gondomar	Veterana F40	01:24:10	+31:20	07:01
168	1120	Carlos Pinto	clube vodafone	Veterano M40	01:24:13	+31:23	07:01
169	1343	Adao Santos	individual	Veterano M40	01:24:18	+31:28	07:02
170	1361	Luis Gomes	individual	Veterano M40	01:24:22	+31:32	07:02
171	1583	Miguel Pacheco	tartarugas velocistas	Senior Masculino	01:24:25	+31:35	07:02
172	1486	Rui Alves	paços runners	Veterano M40	01:24:31	+31:41	07:03
173	1030	Marco Nunes	a.d.amarante	Senior Masculino	01:24:35	+31:46	07:03
174	1023	Alice Pereira	a.d.amarante	Senior Feminino	01:24:36	+31:46	07:03

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	1235	Tiago Costa	garagem.rc trail team	Senior Masculino	01:25:09	+32:19	07:06
176	1264	Joana Oliveira	individual	Senior Feminino	01:25:09	+32:20	07:06
177	266	Joana Rodrigues	individual	Senior Feminino	01:25:10	+32:20	07:06
178	1460	Paulo Vaz	os 2	Veterano M40	01:25:12	+32:22	07:06
179	1580	Benilde Freitas	tartarugas velocistas	Senior Feminino	01:25:14	+32:24	07:06
180	1161	CARLOS JORGE	equipa joao ferreira	Veterano M40	01:25:14	+32:25	07:06
181	1042	Francisco Ferreira	adeca	Veterano M40	01:25:37	+32:47	07:08
182	1137	Hélder Jesus	demolidores team	Senior Masculino	01:25:58	+33:08	07:10
183	1136	Paulo Ferreira	ddt runners	Veterano M40	01:25:59	+33:09	07:10
184	1216	Victor Sousa	fit arena ginásio	Veterano M40	01:26:00	+33:10	07:10
185	1502	Bruno Guedes	porto sentido runners	Senior Masculino	01:26:24	+33:34	07:12
186	29	Carla Pereira	aliança de gandra	Senior Feminino	01:26:25	+33:36	07:12
187	1066	VERA PINHO	amigos do trail	Senior Feminino	01:26:38	+33:49	07:13
188	1550	Paulo Oliveira	romariz trail running	Senior Masculino	01:27:15	+34:25	07:16
189	1194	Joel Marques	fast ao km	Senior Masculino	01:27:16	+34:26	07:16
190	1196	Manuel Rocha	fast ao km	Veterano M60	01:27:16	+34:27	07:16
191	1544	Diogo Silva	romariz trail running	Senior Masculino	01:27:22	+34:32	07:17
192	1299	João Cardoso	individual	Senior Masculino	01:27:24	+34:34	07:17
193	1510	António Sousa	porto sentido runners	Veterano M40	01:27:34	+34:44	07:18
194	1503	Luis Amorim	porto sentido runners	Senior Masculino	01:27:34	+34:44	07:18
195	1177	CHARLY GOMES	espinho trail	Veterana F40	01:27:40	+34:50	07:18
196	1402	Amandio Sousa	kinkipa	Veterano M40	01:27:50	+35:00	07:19
197	1001	Isabel Dias	#estamosjuntos	Veterana F40	01:27:53	+35:04	07:19
198	95	GILBERTO COSTA	espinho trail	Veterano M40	01:27:55	+35:05	07:20
199	1183	TONY BARBOSA	espinho trail	Veterano M40	01:27:55	+35:05	07:20
200	1124	Ricardo Rocha	com a perna às costas	Senior Masculino	01:28:03	+35:13	07:20
201	1125	Paulino Ferreira	com a perna às costas	Veterano M50	01:28:03	+35:13	07:20
202	1286	Carlos Carvalho	individual	Senior Masculino	01:28:13	+35:23	07:21
203	1280	Vania Pinto	individual	Senior Feminino	01:28:14	+35:24	07:21
204	1115	António Castro	centro ciclista de gondomar	Veterano M60	01:28:15	+35:25	07:21
205	1585	Cristina Loureiro	taylors	Veterana F40	01:28:15	+35:25	07:21
206	1631	Jorge Cruz	btt alegria // tubani	Senior Masculino	01:28:16	+35:26	07:21
207	1497	Marco Batista	stcp runners	Veterano M40	01:28:16	+35:27	07:21
208	1086	Paulo Almeida	boavista trail	Senior Masculino	01:28:21	+35:31	07:22
209	1085	Carla Costa	boavista trail	Senior Feminino	01:28:24	+35:34	07:22
210	1084	Manuel Moreira	bigsmileteam	Veterano M50	01:28:26	+35:37	07:22
211	1252	SUSANA PINTO	hsantamariart	Senior Feminino	01:28:34	+35:45	07:23
212	1501	André Oliveira	porto sentido runners	Senior Masculino	01:28:48	+35:58	07:24
213	1506	Elizabete Loureiro	porto sentido runners	Veterana F40	01:28:48	+35:58	07:24
214	1620	Miguel Azevedo	individual	Veterano M40	01:28:48	+35:58	07:24
215	1368	Rui Pereira	individual	Veterano M40	01:28:57	+36:07	07:25
216	1189	Pedro Soares	factor x / s4l / medense fc	Senior Masculino	01:29:03	+36:13	07:25
217	1153	Mário Araújo	equipa a	Veterano M40	01:29:10	+36:20	07:26
218	1602	António Loureiro	trepatrilhos trail team	Veterano M50	01:29:10	+36:20	07:26
219	1592	Paulo Ferreira	tog - trinca orelhas de gato	Veterano M40	01:29:10	+36:21	07:26
220	1526	Rosa Almeida	ribeiras trail	Veterana F40	01:29:14	+36:24	07:26

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	220	José Moura	ribeiras trail	Veterano M50	01:29:15	+36:25	07:26
222	1193	José Castelo	fardetas	Veterano M60	01:29:30	+36:40	07:28
223	1215	Antonio Figueiredo	fit arena ginásio	Veterano M40	01:29:40	+36:50	07:28
224	1111	Henrique Matos	centro ciclista de gondomar	Veterano M40	01:29:48	+36:58	07:29
225	1109	Sandra Matos	centro ciclista de gondomar	Veterana F40	01:29:48	+36:58	07:29
226	1026	Luci Leite	a.d.amarante	Senior Feminino	01:29:50	+37:01	07:29
227	1034	Daniel Correia	a.d.amarante	Veterano M40	01:29:51	+37:01	07:29
228	1198	Sandra Santos	fiães running	Veterana F40	01:30:06	+37:16	07:31
229	1099	Valdemar Paiva	bravos & bravitas	Veterano M40	01:30:12	+37:22	07:31
230	1112	Paulo Lemos	centro ciclista de gondomar	Veterano M40	01:30:27	+37:37	07:32
231	1418	Ana Ferreira	marão-z-bike	Senior Feminino	01:30:28	+37:39	07:32
232	1453	Filipe Pinto	noite e música magazine	Veterano M40	01:30:38	+37:48	07:33
233	1452	Duarte Silva	noite e música magazine	Veterano M40	01:30:38	+37:48	07:33
234	1217	Ricardo A. Silva Sousa	fit gaia trail	Veterano M40	01:30:43	+37:53	07:34
235	1317	Rui Custódio	individual	Senior Masculino	01:30:56	+38:06	07:35
236	1370	Salvador Santos	individual	Veterano M40	01:30:56	+38:06	07:35
237	1421	Liliana Couto	maus caminhos	Senior Feminino	01:31:17	+38:27	07:36
238	1423	Pedro Pinto	maus caminhos	Senior Masculino	01:31:17	+38:27	07:36
239	1422	Hugo Soares	maus caminhos	Senior Masculino	01:31:17	+38:28	07:36
240	1293	Fernando Carvalho	individual	Senior Masculino	01:31:25	+38:35	07:37
241	1401	Paulo Lima	kemedo running team	Senior Masculino	01:31:53	+39:03	07:39
242	1331	Maria Do Céu Martins Coelho	individual	Veterana F40	01:32:02	+39:12	07:40
243	1170	LUIS SILVA	espinho trail	Senior Masculino	01:32:04	+39:14	07:40
244	1053	Marlene Oliveira	amigos 100 limites	Senior Feminino	01:32:20	+39:30	07:42
245	1389	Paulo Dias	individual	Veterano M50	01:32:29	+39:39	07:42
246	1007	Adérito Brandão	100pressa	Veterano M50	01:32:43	+39:53	07:44
247	1411	Telmo Rocha	lomba - gondomar	Senior Masculino	01:32:52	+40:02	07:44
248	1346	Amílcar Castro	individual	Veterano M40	01:32:52	+40:02	07:44
249	1240	Joaquim Pacheco	gondomar	Veterano M40	01:32:52	+40:02	07:44
250	1247	Nuno Santos	hora do lobo trail - cf perosinho atletismo	Senior Masculino	01:32:59	+40:09	07:45
251	1157	Maria Fonseca	equipa joao ferreira	Veterana F40	01:33:04	+40:14	07:45
252	1163	PAULO SILVA	equipa joao ferreira	Veterano M40	01:33:04	+40:15	07:45
253	263	Carla Silva	individual	Veterana F40	01:33:08	+40:19	07:46
254	1489	António Garcez	paredes	Senior Masculino	01:33:11	+40:21	07:46
255	1484	Micaela Brito	devasta trilhos	Senior Feminino	01:33:14	+40:24	07:46
256	1514	Rui Silva	porto sentido runners	Veterano M40	01:33:19	+40:29	07:47
257	1504	Cidália Soares	porto sentido runners	Veterana F40	01:33:19	+40:30	07:47
258	1586	Américo Santos	taylors	Veterano M40	01:33:19	+40:30	07:47
259	1472	Tiago Gaio	os sarrotes	Senior Masculino	01:33:38	+40:48	07:48
260	1273	Sandra Manuela Silva	individual	Senior Feminino	01:33:41	+40:51	07:48
261	1582	Joel Pereira	tartarugas velocistas	Senior Masculino	01:33:50	+41:00	07:49
262	1516	Fernando Ferraz	porto sentido runners	Veterano M50	01:34:01	+41:12	07:50
263	1434	Paulo Pinto	mss contabilidade trail team	Senior Masculino	01:34:18	+41:28	07:52
264	1391	Inocencio Ferreira	individual	Veterano M60	01:34:20	+41:30	07:52
265	1482	Jorge Oliveira	outlaw runners	Veterano M40	01:34:32	+41:42	07:53
266	1249	Conceição Pereira	hora do lobo trail - cf perosinho atletismo	Veterana F50	01:34:34	+41:44	07:53

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
267	1005	Adriana Abreu	100meta	Veterana F50	01:34:40	+41:51	07:53
268	1337	Susana Costa	individual	Veterana F40	01:34:42	+41:52	07:54
269	252	André Ramos	trinca bolotas	Senior Masculino	01:34:45	+41:55	07:54
270	1605	Miguel Silva	trinca bolotas	Veterano M40	01:34:45	+41:56	07:54
271	1603	Joana Sousa	trinca bolotas	Senior Feminino	01:34:45	+41:56	07:54
272	1404	Jose Ribeiro	leões de tardariz trail	Senior Masculino	01:34:47	+41:57	07:54
273	1309	Paulo Ferreira	individual	Senior Masculino	01:34:47	+41:57	07:54
274	31	Jorge Moreira	amigos do pedal trailagares	Veterano M50	01:34:55	+42:05	07:55
275	1225	Joana Ribeiro	gansos	Senior Feminino	01:34:55	+42:05	07:55
276	1546	Joao Sousa	romariz trail running	Senior Masculino	01:34:55	+42:05	07:55
277	1228	Paula Pinto	gansos	Veterana F50	01:34:55	+42:05	07:55
278	1538	Juliana Coelho	romariz trail running	Senior Feminino	01:34:55	+42:05	07:55
279	1379	Joaquim Santos	individual	Veterano M50	01:35:00	+42:10	07:55
280	1033	Albano Coelho	a.d.amarante	Veterano M40	01:35:02	+42:12	07:55
281	1067	ANDRÉS FERREIRA	amigos do trail	Senior Masculino	01:35:17	+42:27	07:56
282	1428	Carmen Brandão	mss contabilidade trail team	Senior Feminino	01:35:28	+42:38	07:57
283	1366	PEDRO BRIZIDO	individual	Veterano M40	01:35:38	+42:48	07:58
284	1277	Tito Alves	individual	Senior Masculino	01:35:40	+42:50	07:58
285	1372	Tomás Marques	individual	Veterano M40	01:35:40	+42:51	07:58
286	1151	Susana Matos	edv-viana trail	Veterana F40	01:35:52	+43:03	07:59
287	1456	Carla Cruz	olimpico vianense trail	Veterana F40	01:35:53	+43:03	07:59
288	1248	Paula Tavares	hora do lobo trail - cf perosinho atletismo	Veterana F40	01:36:09	+43:19	08:01
289	1243	Sérgio Pereira	gondomar futsal clube	Veterano M40	01:36:16	+43:26	08:01
290	1186	João Jerónimo	eu corro, ela anda	Senior Masculino	01:36:34	+43:44	08:03
291	1400	Susana Coelho	kandimba runners	Veterana F40	01:36:40	+43:50	08:03
292	1127	Jose Pereira	corre carvalho	Veterano M40	01:36:45	+43:56	08:04
293	1511	Claudio Cerqueira	porto sentido runners	Veterano M40	01:36:51	+44:01	08:04
294	1083	Jorge Trindade	avf team	Senior Masculino	01:37:19	+44:29	08:07
295	1374	Alcídio Figueiredo	individual	Veterano M50	01:37:23	+44:34	08:07
296	1082	Leonor Babo	avf team	Senior Feminino	01:37:26	+44:36	08:07
297	1532	Ricardo Rocha	ribeiras trail	Veterano M40	01:37:29	+44:39	08:07
298	1352	Helder Silva	individual	Veterano M40	01:37:30	+44:41	08:08
299	1492	Eduardo Guimarães	pluri run	Senior Masculino	01:37:48	+44:58	08:09
300	1012	Rui Sá	10temidos	Veterano M40	01:37:49	+44:59	08:09
301	1437	Marina Sousa	mss contabilidade trail team	Veterana F40	01:38:12	+45:23	08:11
302	1383	José Maria Teixeira	individual	Veterano M50	01:38:18	+45:29	08:12
303	1274	Sandra Silva	individual	Senior Feminino	01:38:19	+45:29	08:12
304	1457	Ricardo Pinho	oliveira de azeméis	Senior Masculino	01:38:25	+45:35	08:12
305	1556	António Oliveira	s. s. montepio	Veterano M40	01:38:34	+45:45	08:13
306	1607	Luis Pereira	trofa team	Senior Masculino	01:38:56	+46:06	08:15
307	1606	Sara Ferreira	trofa team	Senior Feminino	01:38:57	+46:07	08:15
308	1558	Ricardo Resende	s. s. montepio	Veterano M40	01:39:01	+46:11	08:15
309	1559	Rui Carvalho	s. s. montepio	Veterano M40	01:39:01	+46:11	08:15
310	1507	Sonia Miranda	porto sentido runners	Veterana F40	01:39:02	+46:12	08:15
311	1513	Romero Sá	porto sentido runners	Veterano M40	01:39:10	+46:20	08:16
312	1041	Carla Ferreira	adeca	Veterana F40	01:39:21	+46:31	08:17

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
313	1596	Cândida Moreira	trail santa marta / tristes mas duros	Veterana F40	01:39:26	+46:36	08:17
314	1597	Delfina Eiras	trail santa marta / tristes mas duros	Veterana F50	01:39:26	+46:37	08:17
315	1288	Cristiano Gonçalves	individual	Senior Masculino	01:39:28	+46:38	08:17
316	1323	Andre Belinha	individual	Veterano M40	01:39:40	+46:50	08:18
317	1261	Fatinha Cruz	individual	Senior Feminino	01:39:47	+46:57	08:19
318	1212	Pedro SILVA	fit arena ginásio	Senior Masculino	01:39:49	+46:59	08:19
319	1250	Paulo Campos	hora do lobo trail - cf perosinho atletismo	Veterano M40	01:39:52	+47:02	08:19
320	1369	Rui Silva	individual	Veterano M40	01:39:52	+47:02	08:19
321	1334	Natália Almeida Da Silva	individual	Veterana F40	01:40:03	+47:14	08:20
322	1231	Paulo Silva	gansos	Veterano M50	01:40:10	+47:20	08:21
323	1571	Cristina Sousa	stcp runners	Veterana F40	01:40:20	+47:31	08:22
324	1180	PAULA CRUZ	espinho trail	Veterana F40	01:40:30	+47:40	08:23
325	1171	ROSA RODRIGUES	espinho trail	Senior Feminino	01:40:31	+47:41	08:23
326	1417	Jose santos	maia	Veterano M50	01:40:35	+47:45	08:23
327	1214	Juliana Melo	fit arena ginásio	Veterana F40	01:40:38	+47:48	08:23
328	1119	Bernardo Santos	clube vodafone	Veterano M40	01:40:52	+48:02	08:24
329	1308	Nuno Teixeira	individual	Senior Masculino	01:40:57	+48:08	08:25
330	1485	Edite Cruz	paços runners	Veterana F40	01:40:58	+48:08	08:25
331	1126	Carla Azevedo	corre carvalho	Senior Feminino	01:40:59	+48:09	08:25
332	1557	Francisco Moreira	s. s. montepio	Veterano M40	01:41:25	+48:35	08:27
333	1567	António Pinheiro	sim summit	Senior Masculino	01:41:27	+48:38	08:27
334	1134	Bruno Cardoso	ddt runners	Senior Masculino	01:41:29	+48:39	08:27
335	1316	Rúben Neto	individual	Senior Masculino	01:41:33	+48:43	08:28
336	1050	Cláudia Pereira	amigos 100 limites	Senior Feminino	01:41:34	+48:45	08:28
337	1208	Cláudia Calçada	fit arena ginásio	Senior Feminino	01:41:41	+48:52	08:28
338	1052	Filipa Fonseca	amigos 100 limites	Senior Feminino	01:41:44	+48:54	08:29
339	1143	José Albitano	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:41:46	+48:56	08:29
340	1478	Marlene Gomes	outlaw runners	Senior Feminino	01:42:08	+49:18	08:31
341	1348	Carlos Guedes	individual	Veterano M40	01:42:32	+49:42	08:33
342	1222	Alexandre Meireles	gaia	Senior Masculino	01:42:35	+49:45	08:33
343	1210	Hugo Moreira	fit arena ginásio	Senior Masculino	01:42:51	+50:01	08:34
344	1572	Paulo Gonçalves	stcp runners	Veterano M40	01:42:52	+50:02	08:34
345	1493	Eulália Ribeiro	stcp runners	Senior Feminino	01:42:53	+50:03	08:34
346	1169	LETÍCIA OLIVEIRA	espinho trail	Senior Feminino	01:42:55	+50:05	08:35
347	1358	José Alves	individual	Veterano M40	01:42:56	+50:06	08:35
348	1599	Cristina Santos	trepatrilhos trail team	Veterana F40	01:43:01	+50:11	08:35
349	1598	Carla Costa	trepatrilhos trail team	Veterana F40	01:43:02	+50:12	08:35
350	1088	Mariline Baptista	bravos & bravitas	Senior Feminino	01:43:03	+50:13	08:35
351	1021	ABÍLIO COSTA	20 ver correr	Veterano M50	01:43:05	+50:15	08:35
352	1263	Isabel Ferreira	individual	Senior Feminino	01:43:18	+50:28	08:37
353	1287	Carlos Teixeira	individual	Senior Masculino	01:43:20	+50:30	08:37
354	1500	Patricia Ribeiro	porto sentido runners	Senior Feminino	01:43:40	+50:50	08:38
355	1378	Isidro Silva	individual	Veterano M50	01:43:43	+50:53	08:39
356	1579	Luís Máximo	sunshine	Senior Masculino	01:43:43	+50:53	08:39
357	1451	Nelson Tiago	noite e música magazine	Senior Masculino	01:43:51	+51:01	08:39

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
358	1528	Albina Vieira	ribeiras trail	Veterana F50	01:43:58	+51:08	08:40
359	1508	Maria Lurdes Conceiçao	porto sentido runners	Veterana F50	01:44:04	+51:14	08:40
360	1515	Carlos Martins	porto sentido runners	Veterano M50	01:44:04	+51:14	08:40
361	1387	Luís Monteiro	individual	Veterano M50	01:44:07	+51:17	08:41
362	1304	Marcelo Araujo	individual	Senior Masculino	01:44:08	+51:18	08:41
363	1531	José Tavares	ribeiras trail	Veterano M40	01:44:08	+51:19	08:41
364	1326	Diana Cancela	individual	Veterana F40	01:44:22	+51:32	08:42
365	1077	Hugo Granja	arcorun	Senior Masculino	01:44:26	+51:36	08:42
366	1473	Adão Castro	os sarrotes	Veterano M50	01:44:33	+51:43	08:43
367	1536	Andrea Cadete	romariz trail running	Senior Feminino	01:44:33	+51:44	08:43
368	1241	Margarida Oliveira	gondomar futsal clube	Veterana F40	01:44:46	+51:56	08:44
369	1564	Maria Rocha	sem nome	Veterana F40	01:44:46	+51:56	08:44
370	1132	Madalena Gonçalves	dá corda aos vitorinos	Veterana F50	01:44:46	+51:56	08:44
371	1375	António Antunes	individual	Veterano M50	01:44:54	+52:04	08:45
372	1623	Bruno Silva	fit arena ginásio	Senior Masculino	01:44:58	+52:08	08:45
373	1314	Ricardo Pereira	individual	Senior Masculino	01:45:10	+52:20	08:46
374	1520	MANUEL PEREIRA	portocargo runners	Veterano M50	01:45:15	+52:25	08:46
375	1519	JOSE SIMOES	portocargo runners	Veterano M40	01:45:15	+52:25	08:46
376	1095	Virginia F.	bravos & bravitas	Veterana F40	01:45:59	+53:09	08:50
377	1340	Carlos Daniel Santos Ferreira	individual	Veterano M50	01:45:59	+53:09	08:50
378	1061	Marisa Santos	amigos 100 limites	Veterana F40	01:46:19	+53:29	08:52
379	1010	David Azevedo	100pressa	Veterano M60	01:46:20	+53:30	08:52
380	1447	Ricardo Pinto	mss contabilidade trail team	Veterano M40	01:46:27	+53:37	08:52
381	1425	Patrícia Santos	meninas do trail	Senior Feminino	01:46:34	+53:44	08:53
382	1584	Ricardo Coelho	taylors	Senior Masculino	01:46:42	+53:52	08:54
383	1632	Sergio Coelho	btt alegria // tubani	Senior Masculino	01:46:42	+53:52	08:54
384	1633	Tony Mendes	btt alegria // tubani	Veterano M40	01:46:42	+53:52	08:54
385	1100	Sofia Ferreira	btt alegria // tubani	Senior Feminino	01:46:42	+53:52	08:54
386	1003	Angela Silva	#mirras	Senior Feminino	01:46:50	+54:00	08:54
387	1444	José Ferreira	mss contabilidade trail team	Veterano M40	01:47:00	+54:10	08:55
388	1622	Telma Cerqueira	fit arena ginásio	Senior Feminino	01:47:31	+54:41	08:58
389	1283	André Silva	individual	Senior Masculino	01:47:31	+54:42	08:58
390	1024	Ana Mendonça	a.d.amarante	Senior Feminino	01:47:37	+54:47	08:58
391	1613	João Silva	vila nova de famalicão	Senior Masculino	01:48:14	+55:24	09:01
392	1341	Manuela Pereira	individual	Veterana F50	01:48:16	+55:26	09:01
393	1060	Ricardo Leal	amigos 100 limites	Senior Masculino	01:48:20	+55:30	09:02
394	1430	Raquel Marques	mss contabilidade trail team	Senior Feminino	01:48:23	+55:33	09:02
395	1385	Jose Pinho	individual	Veterano M50	01:48:25	+55:35	09:02
396	1386	José Rodrigues	individual	Veterano M50	01:48:25	+55:35	09:02
397	1199	Adriana Vidinha	fit arena ginásio	Senior Feminino	01:48:28	+55:38	09:02
398	1213	Alexandra Da Mota	fit arena ginásio	Veterana F40	01:48:28	+55:38	09:02
399	1600	Paula crestina Oliveira silva Silva	trepatrilhos trail team	Veterana F50	01:48:56	+56:07	09:05
400	1224	Diana Silva	gansos	Senior Feminino	01:49:13	+56:23	09:06
401	1239	Cátia Oliveira	gondomar	Veterana F40	01:49:40	+56:50	09:08
402	1168	CARLA PEREIRA	espinho trail	Senior Feminino	01:50:01	+57:11	09:10

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
403	1181	ANA DUARTE	espinho trail	Veterana F50	01:50:01	+57:11	09:10
404	1179	CRISTINA DUARTE	espinho trail	Veterana F40	01:50:01	+57:11	09:10
405	1446	Ricardo Ferreira	mss contabilidade trail team	Veterano M40	01:50:03	+57:14	09:10
406	1445	Pascoal Barbosa	mss contabilidade trail team	Veterano M40	01:50:07	+57:18	09:11
407	1279	Vânia Pereira	individual	Senior Feminino	01:50:08	+57:18	09:11
408	1324	Carla Moreira	individual	Veterana F40	01:50:12	+57:22	09:11
409	1116	Cátia Santos	clínica veterinária cat & dog	Senior Feminino	01:50:25	+57:35	09:12
410	1117	André Almeida	clínica veterinária cat & dog	Senior Masculino	01:50:26	+57:36	09:12
411	1553	Paulo Ferreira	running espinho	Veterano M40	01:50:31	+57:41	09:13
412	1552	Silvia Costa	running espinho	Veterana F40	01:50:31	+57:41	09:13
413	1038	Daniela Oliveira	abarth team	Senior Feminino	01:50:35	+57:45	09:13
414	1039	André Nogueira	abarth team	Senior Masculino	01:50:35	+57:45	09:13
415	1627	José Moutinho	individual	Veterano M60	01:50:48	+57:58	09:14
416	1102	Sandra Oliveira	budeguita runners	Veterana F40	01:51:15	+58:25	09:16
417	1006	David Guimaraes	100meta	Veterano M60	01:51:24	+58:34	09:17
418	1294	Filipe Lima	individual	Senior Masculino	01:51:25	+58:35	09:17
419	1101	Sandra Silva	btt alegria // tubani	Veterana F40	01:51:26	+58:37	09:17
420	1237	Joana Teixeira	gondomar	Senior Feminino	01:52:05	+59:15	09:20
421	1363	Nelson Castro	individual	Veterano M40	01:52:05	+59:15	09:20
422	1008	José Nogueira	100pressa	Veterano M50	01:52:07	+59:17	09:21
423	1043	José Coelho	adeca	Veterano M50	01:52:11	+59:21	09:21
424	1336	Sílvia Lima	individual	Veterana F40	01:52:21	+59:31	09:22
425	1350	Francisco Caldas	individual	Veterano M40	01:52:32	+59:42	09:23
426	1494	Márya Palhares	stcp runners	Senior Feminino	01:52:35	+59:45	09:23
427	1200	Ana Cristina Fernandes	fit arena ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
428	1204	Juliana Couto	fit arena ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
429	1207	Bruno Teixeira	fit arena ginásio	Senior Masculino	01:53:04	+01:00:14	09:25
430	1624	Rita Neves	fit arena ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
431	1498	Lisa Pereira	porto sentido runners	Senior Feminino	01:53:12	+01:00:22	09:26
432	1499	Monica Carvalho	porto sentido runners	Senior Feminino	01:53:13	+01:00:23	09:26
433	1537	Cindy Alves	romariz trail running	Senior Feminino	01:53:25	+01:00:35	09:27
434	1011	Joaquim Leite	100pressa	Veterano M60	01:54:21	+01:01:31	09:32
435	1533	Rolando Marques	ribeiras trail	Veterano M40	01:54:27	+01:01:37	09:32
436	1206	ANTHONY SILVA	fit arena ginásio	Senior Masculino	01:54:29	+01:01:39	09:32
437	1203	Jessyca Jesus	fit arena ginásio	Senior Feminino	01:54:29	+01:01:40	09:32
438	1266	Lúcia Mota	individual	Senior Feminino	01:54:49	+01:01:59	09:34
439	1625	Nélson Montalvão	individual	Senior Masculino	01:54:56	+01:02:06	09:35
440	1505	Cristina Silva	porto sentido runners	Veterana F40	01:54:56	+01:02:06	09:35
441	259	Alcides Freire	individual	Veterano M40	01:55:03	+01:02:13	09:35
442	1354	Joao Correia	individual	Veterano M40	01:55:04	+01:02:14	09:35
443	1338	Susana José	individual	Veterana F40	01:55:04	+01:02:14	09:35
444	1565	José Leal	senhora da hora	Veterano M50	01:55:07	+01:02:17	09:36
445	1496	Luísa Pinto	porto	Veterana F40	01:55:07	+01:02:17	09:36
446	1420	Isabel Santos	matosinhos	Veterana F50	01:55:07	+01:02:17	09:36
447	1412	Joana Magalhães	magaivas	Senior Feminino	01:55:13	+01:02:24	09:36
448	1413	Paulo Saraiva	magaivas	Senior Masculino	01:55:13	+01:02:24	09:36

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
449	1612	Renata Cruz	vh team fighters	Senior Feminino	01:55:22	+01:02:32	09:37
450	1458	Julia Peixoto	oliveira do douro	Veterana F40	01:55:25	+01:02:35	09:37
451	1407	Bruno Pinho	lion runners - g. d. leões da guarda	Senior Masculino	01:55:43	+01:02:53	09:39
452	1414	Marisa Gonçalves	magical mushrooms	Veterana F40	01:55:51	+01:03:02	09:39
453	1211	Pedro Ribeiro	fit arena ginásio	Senior Masculino	01:55:54	+01:03:05	09:40
454	1201	Carolina Gomes	fit arena ginásio	Senior Feminino	01:55:55	+01:03:05	09:40
455	1415	Nelson Pinto	magical mushrooms	Veterano M40	01:56:04	+01:03:14	09:40
456	1388	Manuel Dias	individual	Veterano M50	01:56:07	+01:03:17	09:41
457	1442	Filipe Azevedo	mss contabilidade trail team	Veterano M40	01:56:10	+01:03:20	09:41
458	1563	Eulália Dias	santo tirso	Veterana F40	01:56:53	+01:04:03	09:44
459	1381	Jose Carlos Silva Conde	individual	Veterano M50	01:56:53	+01:04:03	09:44
460	1619	Maria Teresa Silva	yrun	Veterana F40	01:56:58	+01:04:08	09:45
461	1618	Eugénia Monteiro	yrun	Veterana F40	01:56:58	+01:04:08	09:45
462	1617	Carla Silva	yrun	Veterana F40	01:56:58	+01:04:08	09:45
463	1615	Carla Lopes	yrun	Senior Feminino	01:57:01	+01:04:11	09:45
464	1476	Cláudia Dias	outlaw runners	Senior Feminino	01:57:26	+01:04:37	09:47
465	1479	Verônica Sampaio	outlaw runners	Veterana F40	01:57:27	+01:04:37	09:47
466	1272	Rosa Monteiro	individual	Senior Feminino	01:57:43	+01:04:53	09:49
467	1065	PATRICIA PINHO	amigos do trail	Senior Feminino	01:57:52	+01:05:02	09:49
468	1087	Joana Silva	bravos & bravitas	Senior Feminino	01:58:03	+01:05:13	09:50
469	1094	Sonia Queiroz	bravos & bravitas	Veterana F40	01:58:03	+01:05:13	09:50
470	110	Filipe Leitão	gondomar futsal clube	Senior Masculino	01:58:19	+01:05:30	09:52
471	1322	Ana Paula Conceição	individual	Veterana F40	01:58:29	+01:05:39	09:52
472	1075	Élio Gonçalves	aperta cordões	Veterano M40	01:58:38	+01:05:48	09:53
473	1373	Abílio Soares	individual	Veterano M50	01:58:46	+01:05:56	09:54
474	1344	Álvaro Cairrão	individual	Veterano M40	01:58:47	+01:05:57	09:54
475	1333	Mónica Santos	individual	Veterana F40	01:58:50	+01:06:00	09:54
476	1438	Maria Alves	mss contabilidade trail team	Veterana F50	01:59:21	+01:06:31	09:57
477	1601	Teresa Costa Costa	trepatrilhos trail team	Veterana F50	01:59:21	+01:06:31	09:57
478	1156	ANA MARGARIDA	equipa joao ferreira	Veterana F40	01:59:39	+01:06:49	09:58
479	1467	Rita Dias	os preguiças team	Senior Feminino	01:59:49	+01:07:00	09:59
480	1403	Fernando Rodrigues	lamego pelos trilhos	Veterano M40	02:00:24	+01:07:34	10:02
481	1365	Paulo Pinto	individual	Veterano M40	02:00:24	+01:07:34	10:02
482	1246	Monica Borges	gtt-armazém do caffè	Veterana F40	02:00:34	+01:07:44	10:03
483	1342	Noemia Rocha	individual	Veterana F50	02:00:36	+01:07:46	10:03
484	1371	Sergio Pereira	individual	Veterano M40	02:00:46	+01:07:56	10:04
485	1367	Pedro Pereira	individual	Veterano M40	02:00:46	+01:07:56	10:04
486	1399	Filipe Pinto	kandimba runners	Senior Masculino	02:01:10	+01:08:20	10:06
487	1078	Alcina Moura	arcorun	Veterana F60	02:01:18	+01:08:28	10:07
488	1487	Pedro Leite	papa-léguas	Veterano M40	02:01:28	+01:08:38	10:07
489	1013	EMILIANA REI	20 ver correr	Senior Feminino	02:01:46	+01:08:56	10:09
490	1016	ANA SOUSA	20 ver correr	Veterana F50	02:01:46	+01:08:57	10:09
491	1450	Alexandra Pereira	nekas	Senior Feminino	02:02:23	+01:09:33	10:12
492	1470	Tiago Morais	os preguiças team	Senior Masculino	02:02:36	+01:09:47	10:13
493	1258	Deborah Pereira	individual	Senior Feminino	02:03:12	+01:10:23	10:16
494	1056	Hélder Oliveira	amigos 100 limites	Senior Masculino	02:03:31	+01:10:41	10:18

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
495	1578	Inês Ribeiro	sunshine	Senior Feminino	02:03:41	+01:10:51	10:18
496	1429	Cátia Sousa	mss contabilidade trail team	Senior Feminino	02:03:59	+01:11:09	10:20
497	1440	Natália Carvalho	mss contabilidade trail team	Veterana F50	02:03:59	+01:11:09	10:20
498	1525	Conceição Ribeiro	ribeiras trail	Veterana F40	02:04:09	+01:11:19	10:21
499	1335	Nathalie Pinheiro	individual	Veterana F40	02:04:42	+01:11:52	10:24
500	1275	Silvia Ferraz	individual	Senior Feminino	02:04:43	+01:11:53	10:24
501	1351	Franclim Coelho	individual	Veterano M40	02:05:55	+01:13:05	10:30
502	1271	Raquel Coelho	individual	Senior Feminino	02:05:55	+01:13:05	10:30
503	1140	Sérgio Ferreira	devagarinho	Senior Masculino	02:05:59	+01:13:09	10:30
504	1589	Raquel Marques	tog - trinca orelhas de gato	Veterana F50	02:06:55	+01:14:05	10:35
505	1621	Manuel Campos	100pressa	Veterano M40	02:06:56	+01:14:06	10:35
506	1227	Fernanda Santos	gansos	Veterana F50	02:07:16	+01:14:26	10:36
507	1022	VALDEMAR SOBRAL	20 ver correr	Veterano M50	02:07:22	+01:14:32	10:37
508	1017	FERNANDA VIEIRA	20 ver correr	Veterana F50	02:07:22	+01:14:32	10:37
509	1121	Celina Baptista	cncbacadapasso	Veterana F50	02:07:39	+01:14:49	10:38
510	1122	Carlos Navega	cncbacadapasso	Veterano M50	02:07:39	+01:14:49	10:38
511	1406	Marlene Pinto	lion runners - g. d. leões da guarda	Senior Feminino	02:07:51	+01:15:02	10:39
512	1524	Ana Santos	ribeiras trail	Veterana F40	02:08:01	+01:15:11	10:40
513	1523	Alexandra Marques	ribeiras trail	Veterana F40	02:08:01	+01:15:11	10:40
514	1527	Sónia Silva	ribeiras trail	Veterana F40	02:08:01	+01:15:12	10:40
515	1477	Erika Jesus	outlaw runners	Senior Feminino	02:08:19	+01:15:29	10:42
516	1522	Ricardo Braga	rechonchudos trail runners	Senior Masculino	02:08:27	+01:15:37	10:42
517	1262	Inês Ramalho Soares	individual	Senior Feminino	02:08:44	+01:15:54	10:44
518	1339	Ana Oliveira	individual	Veterana F50	02:09:03	+01:16:14	10:45
519	1362	Luis Moutinho	individual	Veterano M40	02:09:21	+01:16:31	10:47
520	1158	SUSANA MATOS	equipa joao ferreira	Veterana F40	02:10:45	+01:17:55	10:54
521	1566	Alfredo Faria	senhora da hora	Veterano M60	02:12:45	+01:19:55	11:04
522	1260	Eulalia Pinto	individual	Senior Feminino	02:13:40	+01:20:50	11:08
523	1474	Ana Moreira	os turbomula	Veterana F60	02:14:00	+01:21:10	11:10
524	1019	JOÃO CUNHA E SILVA	20 ver correr	Veterano M40	02:15:22	+01:22:33	11:17
525	1020	JOSÉ OLIVEIRA	20 ver correr	Veterano M40	02:15:23	+01:22:33	11:17
526	1015	LÍGIA LOPES	20 ver correr	Veterana F40	02:15:23	+01:22:33	11:17
527	1209	Diogo SILVA	fit arena ginásio	Senior Masculino	02:15:28	+01:22:38	11:17
528	1205	Mariana Sá	fit arena ginásio	Senior Feminino	02:15:29	+01:22:39	11:17
529	1202	Diana Espinheira	fit arena ginásio	Senior Feminino	02:15:45	+01:22:55	11:19
530	1466	Nádia Silva	os preguiças team	Senior Feminino	02:15:45	+01:22:56	11:19
531	1393	José Moreira	individual	Veterano M60	02:15:47	+01:22:57	11:19
532	1469	Roberto Oliveira	os preguiças team	Senior Masculino	02:15:47	+01:22:57	11:19
533	1236	Andreia Brandão	gondomar	Senior Feminino	02:16:01	+01:23:11	11:20
534	1269	Nádia Teixeira	individual	Senior Feminino	02:16:59	+01:24:09	11:25
535	1281	Adriano Correia	individual	Senior Masculino	02:17:00	+01:24:10	11:25
536	1259	Diana Patrícia Godinho Oliveira	individual	Senior Feminino	02:18:52	+01:26:02	11:34
537	1265	Liliana Costa	individual	Senior Feminino	02:18:53	+01:26:03	11:34
538	1431	Sara Gomes	mss contabilidade trail team	Senior Feminino	02:22:28	+01:29:38	11:52
539	1298	Hugo Pereira	individual	Senior Masculino	02:22:45	+01:29:55	11:54

TRAIL CURTO - STAGE 1 — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
540	1256	Beatriz Silveira	individual	Senior Feminino	02:22:45	+01:29:55	11:54
541	1539	Marcia Lemos	romariz trail running	Senior Feminino	02:24:36	+01:31:46	12:03
542	1543	Daniela Lucio	romariz trail running	Senior Feminino	02:24:36	+01:31:46	12:03
543	1276	Tina Lopes	individual	Senior Feminino	02:24:45	+01:31:55	12:04
544	1426	Diana Ferreira	mota	Senior Feminino	02:25:18	+01:32:28	12:07
545	1009	António Martins	100pressa	Veterano M60	02:28:05	+01:35:15	12:20
546	1226	Berta Correia	gansos	Veterana F50	02:31:38	+01:38:49	12:38
547	1230	Joaquim Garces	gansos	Veterano M50	02:31:40	+01:38:50	12:38
548	1270	Patricia Couto	individual	Senior Feminino	02:35:40	+01:42:50	12:58
549	1325	Carla Moreira	individual	Veterana F40	02:48:00	+01:55:10	14:00
550	1096	Margarida Carneiro	bravos & bravitas	Veterana F50	02:53:05	+02:00:15	14:25
551	1321	Alexandra Silva	individual	Veterana F40	02:54:40	+02:01:50	14:33
552	1328	Fatima Vieira	individual	Veterana F40	02:54:40	+02:01:50	14:33
553	1614	Isabel Castro	vila nova de gaia	Senior Feminino	02:54:42	+02:01:53	14:34
554	1392	Isaac Batista Pereits	individual	Veterano M60	02:57:46	+02:04:56	14:49

3 Trail da Lomba
Gondomar, PT
14-July-2019

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:30	20ºC	88%
End	12:30	20ºC	88%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1130	Sofia Cardoso	Dá corda aos vitorinos	Senior Feminino	01:10:07	+17:17	05:51
2	1090	Vera Leite	Bravos & Bravitas	Senior Feminino	01:12:45	+19:55	06:04
3	1105	CÉLINE GOMES	CDCR CTT PORTO	Senior Feminino	01:15:13	+22:24	06:16
4	1488	Marta Moreira	Paredes	Senior Feminino	01:16:14	+23:24	06:21
5	1465	Clara Teixeira	Os preguiças team	Senior Feminino	01:17:40	+24:50	06:28
6	1023	Alice Pereira	A.D.Amarante	Senior Feminino	01:24:36	+31:46	07:03
7	1264	Joana Oliveira	Individual	Senior Feminino	01:25:09	+32:20	07:06
8	266	Joana Rodrigues	Individual	Senior Feminino	01:25:10	+32:20	07:06
9	1580	Benilde Freitas	TARTARUGAS VELOCISTAS	Senior Feminino	01:25:14	+32:24	07:06
10	29	Carla Pereira	ALIANÇA DE GANDRA	Senior Feminino	01:26:25	+33:36	07:12
11	1066	VERA PINHO	AMIGOS DO TRAIL	Senior Feminino	01:26:38	+33:49	07:13
12	1280	Vania Pinto	Individual	Senior Feminino	01:28:14	+35:24	07:21
13	1085	Carla Costa	Boavista Trail	Senior Feminino	01:28:24	+35:34	07:22
14	1252	SUSANA PINTO	HSantaMariaRT	Senior Feminino	01:28:34	+35:45	07:23
15	1026	Luci Leite	A.D.Amarante	Senior Feminino	01:29:50	+37:01	07:29
16	1418	Ana Ferreira	Marão-Z-Bike	Senior Feminino	01:30:28	+37:39	07:32
17	1421	Liliana Couto	Maus caminhos	Senior Feminino	01:31:17	+38:27	07:36
18	1053	Marlene Oliveira	Amigos 100 Limites	Senior Feminino	01:32:20	+39:30	07:42
19	1484	Micaela Brito	Devasta Trilhos	Senior Feminino	01:33:14	+40:24	07:46
20	1273	Sandra Manuela Silva	Individual	Senior Feminino	01:33:41	+40:51	07:48
21	1603	Joana Sousa	Trinca Bolotas	Senior Feminino	01:34:45	+41:56	07:54
22	1225	Joana Ribeiro	Gansos	Senior Feminino	01:34:55	+42:05	07:55
23	1538	Juliana Coelho	Romariz Trail Running	Senior Feminino	01:34:55	+42:05	07:55
24	1428	Carmen Brandão	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:35:28	+42:38	07:57
25	1082	Leonor Babo	AVF team	Senior Feminino	01:37:26	+44:36	08:07
26	1274	Sandra Silva	Individual	Senior Feminino	01:38:19	+45:29	08:12
27	1606	Sara Ferreira	Trofa Team	Senior Feminino	01:38:57	+46:07	08:15
28	1261	Fatinha Cruz	Individual	Senior Feminino	01:39:47	+46:57	08:19
29	1171	ROSA RODRIGUES	ESPINHO TRAIL	Senior Feminino	01:40:31	+47:41	08:23
30	1126	Carla Azevedo	CORRE CARVALHO	Senior Feminino	01:40:59	+48:09	08:25
31	1050	Cláudia Pereira	Amigos 100 Limites	Senior Feminino	01:41:34	+48:45	08:28
32	1208	Cláudia Calçada	Fit Arena Ginásio	Senior Feminino	01:41:41	+48:52	08:28
33	1052	Filipa Fonseca	Amigos 100 Limites	Senior Feminino	01:41:44	+48:54	08:29
34	1478	Marlene Gomes	Outlaw runners	Senior Feminino	01:42:08	+49:18	08:31
35	1493	Eulália Ribeiro	STCP Runners	Senior Feminino	01:42:53	+50:03	08:34
36	1169	LETÍCIA OLIVEIRA	ESPINHO TRAIL	Senior Feminino	01:42:55	+50:05	08:35
37	1088	Mariline Baptista	Bravos & Bravitas	Senior Feminino	01:43:03	+50:13	08:35
38	1263	Isabel Ferreira	Individual	Senior Feminino	01:43:18	+50:28	08:37
39	1500	Patricia Ribeiro	PORTO SENTIDO RUNNERS	Senior Feminino	01:43:40	+50:50	08:38

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

40	1536	Andrea Cadete	Romariz Trail Running	Senior Feminino	01:44:33	+51:44	08:43
41	1425	Patrícia Santos	Meninas do trail	Senior Feminino	01:46:34	+53:44	08:53
42	1100	Sofia Ferreira	BTT Alegria // TUBANI	Senior Feminino	01:46:42	+53:52	08:54
43	1003	Angela Silva	#MIRRAS	Senior Feminino	01:46:50	+54:00	08:54
44	1622	Telma Cerqueira	Fit Arena Ginásio	Senior Feminino	01:47:31	+54:41	08:58
45	1024	Ana Mendonça	A.D.Amarante	Senior Feminino	01:47:37	+54:47	08:58
46	1430	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:48:23	+55:33	09:02
47	1199	Adriana Vidinha	Fit Arena Ginásio	Senior Feminino	01:48:28	+55:38	09:02
48	1224	Diana Silva	Gansos	Senior Feminino	01:49:13	+56:23	09:06
49	1168	CARLA PEREIRA	ESPINHO TRAIL	Senior Feminino	01:50:01	+57:11	09:10
50	1279	Vânia Pereira	Individual	Senior Feminino	01:50:08	+57:18	09:11
51	1116	Cátia Santos	Clínica Veterinária Cat & Dog	Senior Feminino	01:50:25	+57:35	09:12
52	1038	Daniela Oliveira	Abarth team	Senior Feminino	01:50:35	+57:45	09:13
53	1237	Joana Teixeira	Gondomar	Senior Feminino	01:52:05	+59:15	09:20
54	1494	Márya Palhares	STCP Runners	Senior Feminino	01:52:35	+59:45	09:23
55	1200	Ana Cristina Fernandes	Fit Arena Ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
56	1204	Juliana Couto	Fit Arena Ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
57	1624	Rita Neves	Fit Arena Ginásio	Senior Feminino	01:53:04	+01:00:14	09:25
58	1498	Lisa Pereira	PORTO SENTIDO RUNNERS	Senior Feminino	01:53:12	+01:00:22	09:26
59	1499	Monica Carvalho	PORTO SENTIDO RUNNERS	Senior Feminino	01:53:13	+01:00:23	09:26
60	1537	Cindy Alves	Romariz Trail Running	Senior Feminino	01:53:25	+01:00:35	09:27
61	1203	Jessyca Jesus	Fit Arena Ginásio	Senior Feminino	01:54:29	+01:01:40	09:32
62	1266	Lúcia Mota	Individual	Senior Feminino	01:54:49	+01:01:59	09:34
63	1412	Joana Magalhães	Magaivas	Senior Feminino	01:55:13	+01:02:24	09:36
64	1612	Renata Cruz	VH Team Fighters	Senior Feminino	01:55:22	+01:02:32	09:37
65	1201	Carolina Gomes	Fit Arena Ginásio	Senior Feminino	01:55:55	+01:03:05	09:40
66	1615	Carla Lopes	YRun	Senior Feminino	01:57:01	+01:04:11	09:45
67	1476	Cláudia Dias	Outlaw runners	Senior Feminino	01:57:26	+01:04:37	09:47
68	1272	Rosa Monteiro	Individual	Senior Feminino	01:57:43	+01:04:53	09:49
69	1065	PATRICIA PINHO	AMIGOS DO TRAIL	Senior Feminino	01:57:52	+01:05:02	09:49
70	1087	Joana Silva	Bravos & Bravitas	Senior Feminino	01:58:03	+01:05:13	09:50
71	1467	Rita Dias	Os preguiças team	Senior Feminino	01:59:49	+01:07:00	09:59
72	1013	EMILIANA REI	20 VER CORRER	Senior Feminino	02:01:46	+01:08:56	10:09
73	1450	Alexandra Pereira	Nekas	Senior Feminino	02:02:23	+01:09:33	10:12
74	1258	Deborah Pereira	Individual	Senior Feminino	02:03:12	+01:10:23	10:16
75	1578	Inês Ribeiro	Sunshine	Senior Feminino	02:03:41	+01:10:51	10:18
76	1429	Cátia Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:03:59	+01:11:09	10:20
77	1275	Silvia Ferraz	Individual	Senior Feminino	02:04:43	+01:11:53	10:24
78	1271	Raquel Coelho	Individual	Senior Feminino	02:05:55	+01:13:05	10:30
79	1406	Marlene Pinto	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	02:07:51	+01:15:02	10:39
80	1477	Erika Jesus	Outlaw runners	Senior Feminino	02:08:19	+01:15:29	10:42
81	1262	Inês Ramalho Soares	Individual	Senior Feminino	02:08:44	+01:15:54	10:44
82	1260	Eulalia Pinto	Individual	Senior Feminino	02:13:40	+01:20:50	11:08
83	1205	Mariana Sá	Fit Arena Ginásio	Senior Feminino	02:15:29	+01:22:39	11:17

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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84	1202	Diana Espinheira	Fit Arena Ginásio	Senior Feminino	02:15:45	+01:22:55	11:19
85	1466	Nádia Silva	Os preguiças team	Senior Feminino	02:15:45	+01:22:56	11:19
86	1236	Andreia Brandão	Gondomar	Senior Feminino	02:16:01	+01:23:11	11:20
87	1269	Nádia Teixeira	Individual	Senior Feminino	02:16:59	+01:24:09	11:25
88	1259	Diana Patrícia Godinho Oliveira	Individual	Senior Feminino	02:18:52	+01:26:02	11:34
89	1265	Liliana Costa	Individual	Senior Feminino	02:18:53	+01:26:03	11:34
90	1431	Sara Gomes	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	02:22:28	+01:29:38	11:52
91	1256	Beatriz Silveira	Individual	Senior Feminino	02:22:45	+01:29:55	11:54
92	1539	Marcia Lemos	Romariz Trail Running	Senior Feminino	02:24:36	+01:31:46	12:03
93	1543	Daniela Lucio	Romariz Trail Running	Senior Feminino	02:24:36	+01:31:46	12:03
94	1276	Tina Lopes	Individual	Senior Feminino	02:24:45	+01:31:55	12:04
95	1426	Diana Ferreira	Mota	Senior Feminino	02:25:18	+01:32:28	12:07
96	1270	Patricia Couto	Individual	Senior Feminino	02:35:40	+01:42:50	12:58
97	1614	Isabel Castro	Vila Nova de Gaia	Senior Feminino	02:54:42	+02:01:53	14:34

Senior Masculino

1	1147	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	52:49		04:24
2	1145	Pedro Tapadas	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	52:49	+00:00	04:24
3	1244	Mário Pinto	Grupo Desportivo e Cultural Castelo de Paiva	Senior Masculino	54:08	+01:18	04:31
4	1608	Germano Cardoso	VCBIKE	Senior Masculino	55:00	+02:10	04:35
5	1146	Ricardo Barros	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	55:20	+02:30	04:37
6	1436	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	55:36	+02:46	04:38
7	1057	João Vigário	Amigos 100 Limites	Senior Masculino	57:11	+04:21	04:46
8	1055	Bruno Pereira	Amigos 100 Limites	Senior Masculino	58:02	+05:13	04:50
9	1028	António Mendes	A.D.Amarante	Senior Masculino	58:15	+05:26	04:51
10	1141	Ivo Barbosa	Devasta Trilhos	Senior Masculino	58:31	+05:41	04:53
11	1545	Fábio Barbosa	Romariz Trail Running	Senior Masculino	58:31	+05:41	04:53
12	1542	Daniel Santos	Romariz Trail Running	Senior Masculino	01:00:08	+07:18	05:01
13	1232	Gonçalo Rocha	GARAGEM.RC TRAIL TEAM	Senior Masculino	01:01:58	+09:08	05:10
14	1318	Rui Figueiredo	Individual	Senior Masculino	01:02:07	+09:18	05:11
15	1234	Ricardo Costa	GARAGEM.RC TRAIL TEAM	Senior Masculino	01:02:42	+09:52	05:14
16	1311	Pedro Magalhães	Individual	Senior Masculino	01:03:03	+10:13	05:15
17	1233	Pedro Costa	GARAGEM.RC TRAIL TEAM	Senior Masculino	01:04:30	+11:40	05:23
18	1032	Samuel Silva	A.D.Amarante	Senior Masculino	01:04:36	+11:46	05:23
19	1295	Hermenegildo Mendes	Individual	Senior Masculino	01:04:41	+11:51	05:23
20	1427	Tiago Mota	Mota	Senior Masculino	01:05:26	+12:36	05:27
21	1073	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	01:06:18	+13:29	05:32
22	1297	Hugo Moreira	Individual	Senior Masculino	01:06:25	+13:35	05:32
23	1219	Manuel Gonçalves	Fojo Trail Team	Senior Masculino	01:06:28	+13:38	05:32
24	1432	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:06:34	+13:45	05:33

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

25	1218	Flávio Pinto	Fojo Trail Team	Senior Masculino	01:06:42	+13:52	05:34
26	1305	Márcio Santos	Individual	Senior Masculino	01:08:09	+15:19	05:41
27	1074	Pedro Pinto	APERTA CORDÕES	Senior Masculino	01:08:36	+15:47	05:43
28	1220	Pedro Pinto	Fojo Trail Team	Senior Masculino	01:08:39	+15:49	05:43
29	1031	Pedro Vieira	A.D.Amarante	Senior Masculino	01:09:00	+16:10	05:45
30	1408	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:09:08	+16:18	05:46
31	1058	Marco Freitas	Amigos 100 Limites	Senior Masculino	01:09:22	+16:33	05:47
32	1535	Pedro Sousa	Rocky Team	Senior Masculino	01:09:23	+16:33	05:47
33	1092	Nuno Teixeira	Bravos & Bravitas	Senior Masculino	01:09:27	+16:37	05:47
34	1289	Diogo Cunha	Individual	Senior Masculino	01:09:28	+16:38	05:47
35	1004	Helder Rodrigues	100meta	Senior Masculino	01:09:54	+17:04	05:50
36	1292	Fábio Almeida	Individual	Senior Masculino	01:10:24	+17:34	05:52
37	1468	Fernando Teixeira	Os preguiças team	Senior Masculino	01:10:38	+17:48	05:53
38	1047	Paulo Pereira	Alpha Running	Senior Masculino	01:11:02	+18:12	05:55
39	1302	Lino Ribeiro	Individual	Senior Masculino	01:11:52	+19:03	05:59
40	1238	Ricardo Loureiro	Gondomar	Senior Masculino	01:11:55	+19:06	06:00
41	1609	João Santos	VCBIKE	Senior Masculino	01:12:06	+19:16	06:01
42	1093	VALTER PINHO	Bravos & Bravitas	Senior Masculino	01:12:44	+19:55	06:04
43	1144	José Conceição	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:13:47	+20:57	06:09
44	1285	Bruno Nunes	Individual	Senior Masculino	01:13:48	+20:58	06:09
45	1315	Ricardo Santos	Individual	Senior Masculino	01:14:16	+21:26	06:11
46	1628	Fábio Moreira	Romariz Trail Running	Senior Masculino	01:14:22	+21:33	06:12
47	1629	Nelsin Fernandes	Romariz Trail Running	Senior Masculino	01:15:21	+22:31	06:17
48	1257	Roberto oliveira	Individual	Senior Masculino	01:15:36	+22:46	06:18
49	1313	Pedro Pacheco	Individual	Senior Masculino	01:15:41	+22:51	06:18
50	1320	Tiago Tavares	Individual	Senior Masculino	01:15:47	+22:57	06:19
51	1290	Diogo Resende	Individual	Senior Masculino	01:16:13	+23:23	06:21
52	1541	Daniel Brandão	Romariz Trail Running	Senior Masculino	01:16:31	+23:41	06:23
53	1174	MÁRCIO MOREIRA	ESPINHO TRAIL	Senior Masculino	01:16:42	+23:53	06:24
54	1307	Nicolas Lopes	Individual	Senior Masculino	01:16:43	+23:54	06:24
55	1176	RICARDO SOUSA	ESPINHO TRAIL	Senior Masculino	01:16:44	+23:55	06:24
56	1029	Danie Santos	A.D.Amarante	Senior Masculino	01:17:06	+24:16	06:26
57	1069	PAULO FERREIRA	AMIGOS DO TRAIL	Senior Masculino	01:17:18	+24:29	06:27
58	1081	Alexandre Santos	Avanca Runners	Senior Masculino	01:17:56	+25:06	06:30
59	1301	Leandro Ferreira	Individual	Senior Masculino	01:18:31	+25:41	06:33
60	1070	PEDRO SILVA	AMIGOS DO TRAIL	Senior Masculino	01:19:44	+26:55	06:39
61	1054	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:20:19	+27:29	06:42
62	1064	Rui Teixeira	Amigos das Sapatilhas	Senior Masculino	01:20:40	+27:50	06:43
63	1131	Diogo Cardoso	Dá corda aos vitorinos	Senior Masculino	01:21:00	+28:11	06:45
64	1306	Nelson Almeida	Individual	Senior Masculino	01:21:15	+28:25	06:46
65	1570	Valter Barbosa	STCP Runners	Senior Masculino	01:21:17	+28:27	06:46
66	1188	João Silva	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:21:27	+28:37	06:47
67	1635	Pedro Coelho	Individual	Senior Masculino	01:21:58	+29:08	06:50
68	1312	Pedro Oliveira	Individual	Senior Masculino	01:21:58	+29:09	06:50
69	1059	Ricardo Carriço	Amigos 100 Limites	Senior Masculino	01:22:00	+29:10	06:50

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

70	1551	Tiago Pereira	RUNNING ESPINHO	Senior Masculino	01:22:15	+29:25	06:51
71	1581	Bruno Gonçalves	TARTARUGAS VELOCISTAS	Senior Masculino	01:22:24	+29:34	06:52
72	1548	Micael Lopes	Romariz Trail Running	Senior Masculino	01:23:05	+30:16	06:55
73	1540	Carlos Silva	Romariz Trail Running	Senior Masculino	01:23:06	+30:16	06:56
74	1123	Diogo Nogueira	Com a perna às costas	Senior Masculino	01:23:11	+30:21	06:56
75	1555	José Luís Dos Teixeira	S. Cosme	Senior Masculino	01:23:12	+30:22	06:56
76	1197	Fabio Santos	Fiães Running	Senior Masculino	01:23:15	+30:25	06:56
77	1583	Miguel Pacheco	TARTARUGAS VELOCISTAS	Senior Masculino	01:24:25	+31:35	07:02
78	1030	Marco Nunes	A.D.Amarante	Senior Masculino	01:24:35	+31:46	07:03
79	1235	Tiago Costa	GARAGEM.RC TRAIL TEAM	Senior Masculino	01:25:09	+32:19	07:06
80	1137	Hélder Jesus	DEMOLIDORES Team	Senior Masculino	01:25:58	+33:08	07:10
81	1502	Bruno Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	01:26:24	+33:34	07:12
82	1550	Paulo Oliveira	Romariz Trail Running	Senior Masculino	01:27:15	+34:25	07:16
83	1194	Joel Marques	FAST AO KM	Senior Masculino	01:27:16	+34:26	07:16
84	1544	Diogo Silva	Romariz Trail Running	Senior Masculino	01:27:22	+34:32	07:17
85	1299	João Cardoso	Individual	Senior Masculino	01:27:24	+34:34	07:17
86	1503	Luis Amorim	PORTO SENTIDO RUNNERS	Senior Masculino	01:27:34	+34:44	07:18
87	1124	Ricardo Rocha	Com a perna às costas	Senior Masculino	01:28:03	+35:13	07:20
88	1286	Carlos Carvalho	Individual	Senior Masculino	01:28:13	+35:23	07:21
89	1631	Jorge Cruz	BTT Alegria // TUBANI	Senior Masculino	01:28:16	+35:26	07:21
90	1086	Paulo Almeida	Boavista Trail	Senior Masculino	01:28:21	+35:31	07:22
91	1501	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	01:28:48	+35:58	07:24
92	1189	Pedro Soares	FACTOR X / S4L / MEDENSE FC	Senior Masculino	01:29:03	+36:13	07:25
93	1317	Rui Custódio	Individual	Senior Masculino	01:30:56	+38:06	07:35
94	1423	Pedro Pinto	Maus caminhos	Senior Masculino	01:31:17	+38:27	07:36
95	1422	Hugo Soares	Maus caminhos	Senior Masculino	01:31:17	+38:28	07:36
96	1293	Fernando Carvalho	Individual	Senior Masculino	01:31:25	+38:35	07:37
97	1401	Paulo Lima	KEMEDO RUNNING TEAM	Senior Masculino	01:31:53	+39:03	07:39
98	1170	LUIS SILVA	ESPINHO TRAIL	Senior Masculino	01:32:04	+39:14	07:40
99	1411	Telmo Rocha	lomba - Gondomar	Senior Masculino	01:32:52	+40:02	07:44
100	1247	Nuno Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:32:59	+40:09	07:45
101	1489	António Garcez	Paredes	Senior Masculino	01:33:11	+40:21	07:46
102	1472	Tiago Gaio	Os Sarrotes	Senior Masculino	01:33:38	+40:48	07:48
103	1582	Joel Pereira	TARTARUGAS VELOCISTAS	Senior Masculino	01:33:50	+41:00	07:49
104	1434	Paulo Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:34:18	+41:28	07:52
105	252	André Ramos	Trinca Bolotas	Senior Masculino	01:34:45	+41:55	07:54
106	1404	Jose Ribeiro	Leões de Tardariz Trail	Senior Masculino	01:34:47	+41:57	07:54
107	1309	Paulo Ferreira	Individual	Senior Masculino	01:34:47	+41:57	07:54
108	1546	Joao Sousa	Romariz Trail Running	Senior Masculino	01:34:55	+42:05	07:55
109	1067	ANDRÉS FERREIRA	AMIGOS DO TRAIL	Senior Masculino	01:35:17	+42:27	07:56
110	1277	Tito Alves	Individual	Senior Masculino	01:35:40	+42:50	07:58
111	1186	João Jerónimo	Eu Corro, Ela Anda	Senior Masculino	01:36:34	+43:44	08:03
112	1083	Jorge Trindade	AVF team	Senior Masculino	01:37:19	+44:29	08:07
113	1492	Eduardo Guimarães	PLURI RUN	Senior Masculino	01:37:48	+44:58	08:09
114	1457	Ricardo Pinho	Oliveira de Azeméis	Senior Masculino	01:38:25	+45:35	08:12

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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115	1607	Luis Pereira	Trofa Team	Senior Masculino	01:38:56	+46:06	08:15
116	1288	Cristiano Gonçalves	Individual	Senior Masculino	01:39:28	+46:38	08:17
117	1212	Pedro SILVA	Fit Arena Ginásio	Senior Masculino	01:39:49	+46:59	08:19
118	1308	Nuno Teixeira	Individual	Senior Masculino	01:40:57	+48:08	08:25
119	1567	António Pinheiro	SiM Summit	Senior Masculino	01:41:27	+48:38	08:27
120	1134	Bruno Cardoso	DDT RUNNERS	Senior Masculino	01:41:29	+48:39	08:27
121	1316	Rúben Neto	Individual	Senior Masculino	01:41:33	+48:43	08:28
122	1222	Alexandre Meireles	gaia	Senior Masculino	01:42:35	+49:45	08:33
123	1210	Hugo Moreira	Fit Arena Ginásio	Senior Masculino	01:42:51	+50:01	08:34
124	1287	Carlos Teixeira	Individual	Senior Masculino	01:43:20	+50:30	08:37
125	1579	Luís Máximo	Sunshine	Senior Masculino	01:43:43	+50:53	08:39
126	1451	Nelson Tiago	Noite e Música Magazine	Senior Masculino	01:43:51	+51:01	08:39
127	1304	Marcelo Araujo	Individual	Senior Masculino	01:44:08	+51:18	08:41
128	1077	Hugo Granja	ARCORUN	Senior Masculino	01:44:26	+51:36	08:42
129	1623	Bruno Silva	Fit Arena Ginásio	Senior Masculino	01:44:58	+52:08	08:45
130	1314	Ricardo Pereira	Individual	Senior Masculino	01:45:10	+52:20	08:46
131	1584	Ricardo Coelho	Taylors	Senior Masculino	01:46:42	+53:52	08:54
132	1632	Sergio Coelho	BTT Alegria // TUBANI	Senior Masculino	01:46:42	+53:52	08:54
133	1283	André Silva	Individual	Senior Masculino	01:47:31	+54:42	08:58
134	1613	João Silva	Vila Nova De Famalicão	Senior Masculino	01:48:14	+55:24	09:01
135	1060	Ricardo Leal	Amigos 100 Limites	Senior Masculino	01:48:20	+55:30	09:02
136	1117	André Almeida	Clínica Veterinária Cat & Dog	Senior Masculino	01:50:26	+57:36	09:12
137	1039	André Nogueira	Abarth team	Senior Masculino	01:50:35	+57:45	09:13
138	1294	Filipe Lima	Individual	Senior Masculino	01:51:25	+58:35	09:17
139	1207	Bruno Teixeira	Fit Arena Ginásio	Senior Masculino	01:53:04	+01:00:14	09:25
140	1206	ANTHONY SILVA	Fit Arena Ginásio	Senior Masculino	01:54:29	+01:01:39	09:32
141	1625	Nélson Montalvão	Individual	Senior Masculino	01:54:56	+01:02:06	09:35
142	1413	Paulo Saraiva	Magaivas	Senior Masculino	01:55:13	+01:02:24	09:36
143	1407	Bruno Pinho	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	01:55:43	+01:02:53	09:39
144	1211	Pedro Ribeiro	Fit Arena Ginásio	Senior Masculino	01:55:54	+01:03:05	09:40
145	110	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:58:19	+01:05:30	09:52
146	1399	Filipe Pinto	Kandimba Runners	Senior Masculino	02:01:10	+01:08:20	10:06
147	1470	Tiago Morais	Os preguiças team	Senior Masculino	02:02:36	+01:09:47	10:13
148	1056	Hélder Oliveira	Amigos 100 Limites	Senior Masculino	02:03:31	+01:10:41	10:18
149	1140	Sérgio Ferreira	Devagarinho	Senior Masculino	02:05:59	+01:13:09	10:30
150	1522	Ricardo Braga	Rechonchudos Trail Runners	Senior Masculino	02:08:27	+01:15:37	10:42
151	1209	Diogo SILVA	Fit Arena Ginásio	Senior Masculino	02:15:28	+01:22:38	11:17
152	1469	Roberto Oliveira	Os preguiças team	Senior Masculino	02:15:47	+01:22:57	11:19
153	1281	Adriano Correia	Individual	Senior Masculino	02:17:00	+01:24:10	11:25
154	1298	Hugo Pereira	Individual	Senior Masculino	02:22:45	+01:29:55	11:54

Veterana F40

1	1491	Paula barbosa	Penafiel	Veterana F40	01:08:51	+16:02	05:44
2	1128	Manuela Monteiro	CORRE CARVALHO	Veterana F40	01:15:43	+22:54	06:19

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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3	171	Costa Rafael Sara Raquel	KEMEDO RUNNING TEAM	Veterana F40	01:19:04	+26:15	06:35
4	1178	CRISTINA COUTO	ESPINHO TRAIL	Veterana F40	01:22:43	+29:54	06:54
5	1108	Elisabete Pereira	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:24:10	+31:20	07:01
6	1177	CHARLY GOMES	ESPINHO TRAIL	Veterana F40	01:27:40	+34:50	07:18
7	1001	Isabel Dias	#estamosjuntos	Veterana F40	01:27:53	+35:04	07:19
8	1585	Cristina Loureiro	Taylors	Veterana F40	01:28:15	+35:25	07:21
9	1506	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	01:28:48	+35:58	07:24
10	1526	Rosa Almeida	Ribeiras Trail	Veterana F40	01:29:14	+36:24	07:26
11	1109	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:29:48	+36:58	07:29
12	1198	Sandra Santos	Fiães Running	Veterana F40	01:30:06	+37:16	07:31
13	1331	Maria Do Céu Martins Coelho	Individual	Veterana F40	01:32:02	+39:12	07:40
14	1157	Maria Fonseca	EQUIPA JOAO FERREIRA	Veterana F40	01:33:04	+40:14	07:45
15	263	Carla Silva	Individual	Veterana F40	01:33:08	+40:19	07:46
16	1504	Cidália Soares	PORTO SENTIDO RUNNERS	Veterana F40	01:33:19	+40:30	07:47
17	1337	Susana Costa	Individual	Veterana F40	01:34:42	+41:52	07:54
18	1151	Susana Matos	EDV-VIANA TRAIL	Veterana F40	01:35:52	+43:03	07:59
19	1456	Carla Cruz	OLIMPICO VIANENSE TRAIL	Veterana F40	01:35:53	+43:03	07:59
20	1248	Paula Tavares	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	01:36:09	+43:19	08:01
21	1400	Susana Coelho	Kandimba Runners	Veterana F40	01:36:40	+43:50	08:03
22	1437	Marina Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:38:12	+45:23	08:11
23	1507	Sonia Miranda	PORTO SENTIDO RUNNERS	Veterana F40	01:39:02	+46:12	08:15
24	1041	Carla Ferreira	ADECA	Veterana F40	01:39:21	+46:31	08:17
25	1596	Cândida Moreira	Trail Santa Marta / Tristes Mas Duros	Veterana F40	01:39:26	+46:36	08:17
26	1334	Natália Almeida Da Silva	Individual	Veterana F40	01:40:03	+47:14	08:20
27	1571	Cristina Sousa	STCP Runners	Veterana F40	01:40:20	+47:31	08:22
28	1180	PAULA CRUZ	ESPINHO TRAIL	Veterana F40	01:40:30	+47:40	08:23
29	1214	Juliana Melo	Fit Arena Ginásio	Veterana F40	01:40:38	+47:48	08:23
30	1485	Edite Cruz	Paços runners	Veterana F40	01:40:58	+48:08	08:25
31	1599	Cristina Santos	TrepaTrilhos Trail Team	Veterana F40	01:43:01	+50:11	08:35
32	1598	Carla Costa	TrepaTrilhos Trail Team	Veterana F40	01:43:02	+50:12	08:35
33	1326	Diana Cancela	Individual	Veterana F40	01:44:22	+51:32	08:42
34	1241	Margarida Oliveira	GONDOMAR FUTSAL CLUBE	Veterana F40	01:44:46	+51:56	08:44
35	1564	Maria Rocha	Sem Nome	Veterana F40	01:44:46	+51:56	08:44
36	1095	Virginia F.	Bravos & Bravitas	Veterana F40	01:45:59	+53:09	08:50
37	1061	Marisa Santos	Amigos 100 Limites	Veterana F40	01:46:19	+53:29	08:52
38	1213	Alexandra Da Mota	Fit Arena Ginásio	Veterana F40	01:48:28	+55:38	09:02
39	1239	Cátia Oliveira	Gondomar	Veterana F40	01:49:40	+56:50	09:08
40	1179	CRISTINA DUARTE	ESPINHO TRAIL	Veterana F40	01:50:01	+57:11	09:10
41	1324	Carla Moreira	Individual	Veterana F40	01:50:12	+57:22	09:11
42	1552	Silvia Costa	RUNNING ESPINHO	Veterana F40	01:50:31	+57:41	09:13
43	1102	Sandra Oliveira	BUDEGUITA RUNNERS	Veterana F40	01:51:15	+58:25	09:16
44	1101	Sandra Silva	BTT Alegria // TUBANI	Veterana F40	01:51:26	+58:37	09:17
45	1336	Sílvia Lima	Individual	Veterana F40	01:52:21	+59:31	09:22

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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46	1505	Cristina Silva	PORTO SENTIDO RUNNERS	Veterana F40	01:54:56	+01:02:06	09:35
47	1338	Susana José	Individual	Veterana F40	01:55:04	+01:02:14	09:35
48	1496	Luísa Pinto	Porto	Veterana F40	01:55:07	+01:02:17	09:36
49	1458	Julia Peixoto	Oliveira do douro	Veterana F40	01:55:25	+01:02:35	09:37
50	1414	Marisa Gonçalves	Magical Mushrooms	Veterana F40	01:55:51	+01:03:02	09:39
51	1563	Eulália Dias	santo tirso	Veterana F40	01:56:53	+01:04:03	09:44
52	1619	Maria Teresa Silva	YRun	Veterana F40	01:56:58	+01:04:08	09:45
53	1618	Eugénia Monteiro	YRun	Veterana F40	01:56:58	+01:04:08	09:45
54	1617	Carla Silva	YRun	Veterana F40	01:56:58	+01:04:08	09:45
55	1479	Verônica Sampaio	Outlaw runners	Veterana F40	01:57:27	+01:04:37	09:47
56	1094	Sonia Queiroz	Bravos & Bravitas	Veterana F40	01:58:03	+01:05:13	09:50
57	1322	Ana Paula Conceição	Individual	Veterana F40	01:58:29	+01:05:39	09:52
58	1333	Mónica Santos	Individual	Veterana F40	01:58:50	+01:06:00	09:54
59	1156	ANA MARGARIDA	EQUIPA JOAO FERREIRA	Veterana F40	01:59:39	+01:06:49	09:58
60	1246	Monica Borges	GTT-Armazém do Caffè	Veterana F40	02:00:34	+01:07:44	10:03
61	1525	Conceição Ribeiro	Ribeiras Trail	Veterana F40	02:04:09	+01:11:19	10:21
62	1335	Nathalie Pinheiro	Individual	Veterana F40	02:04:42	+01:11:52	10:24
63	1524	Ana Santos	Ribeiras Trail	Veterana F40	02:08:01	+01:15:11	10:40
64	1523	Alexandra Marques	Ribeiras Trail	Veterana F40	02:08:01	+01:15:11	10:40
65	1527	Sónia Silva	Ribeiras Trail	Veterana F40	02:08:01	+01:15:12	10:40
66	1158	SUSANA MATOS	EQUIPA JOAO FERREIRA	Veterana F40	02:10:45	+01:17:55	10:54
67	1015	LÍGIA LOPES	20 VER CORRER	Veterana F40	02:15:23	+01:22:33	11:17
68	1325	Carla Moreira	Individual	Veterana F40	02:48:00	+01:55:10	14:00
69	1321	Alexandra Silva	Individual	Veterana F40	02:54:40	+02:01:50	14:33
70	1328	Fatima Vieira	Individual	Veterana F40	02:54:40	+02:01:50	14:33

Veterana F50

1	1152	Alice Couto	Equipa A	Veterana F50	01:22:13	+29:23	06:51
2	1529	Margarida Martins	Ribeiras Trail	Veterana F50	01:22:58	+30:08	06:55
3	1249	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	01:34:34	+41:44	07:53
4	1005	Adriana Abreu	100meta	Veterana F50	01:34:40	+41:51	07:53
5	1228	Paula Pinto	Gansos	Veterana F50	01:34:55	+42:05	07:55
6	1597	Delfina Eiras	Trail Santa Marta / Tristes Mas Duros	Veterana F50	01:39:26	+46:37	08:17
7	1528	Albina Vieira	Ribeiras Trail	Veterana F50	01:43:58	+51:08	08:40
8	1508	Maria Lurdes Conceiçao	PORTO SENTIDO RUNNERS	Veterana F50	01:44:04	+51:14	08:40
9	1132	Madalena Gonçalves	Dá corda aos vitorinos	Veterana F50	01:44:46	+51:56	08:44
10	1341	Manuela Pereira	Individual	Veterana F50	01:48:16	+55:26	09:01
11	1600	Paula crestina Oliveira silva Silva	TrepaTrilhos Trail Team	Veterana F50	01:48:56	+56:07	09:05
12	1181	ANA DUARTE	ESPINHO TRAIL	Veterana F50	01:50:01	+57:11	09:10
13	1420	Isabel Santos	Matosinhos	Veterana F50	01:55:07	+01:02:17	09:36
14	1438	Maria Alves	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:59:21	+01:06:31	09:57
15	1601	Teresa Costa Costa	TrepaTrilhos Trail Team	Veterana F50	01:59:21	+01:06:31	09:57
16	1342	Noemia Rocha	Individual	Veterana F50	02:00:36	+01:07:46	10:03

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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17	1016	ANA SOUSA	20 VER CORRER	Veterana F50	02:01:46	+01:08:57	10:09
18	1440	Natália Carvalho	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:03:59	+01:11:09	10:20
19	1589	Raquel Marques	Tog - Trinca Orelhas de Gato	Veterana F50	02:06:55	+01:14:05	10:35
20	1227	Fernanda Santos	Gansos	Veterana F50	02:07:16	+01:14:26	10:36
21	1017	FERNANDA VIEIRA	20 VER CORRER	Veterana F50	02:07:22	+01:14:32	10:37
22	1121	Celina Baptista	CNCBacadapasso	Veterana F50	02:07:39	+01:14:49	10:38
23	1339	Ana Oliveira	Individual	Veterana F50	02:09:03	+01:16:14	10:45
24	1226	Berta Correia	Gansos	Veterana F50	02:31:38	+01:38:49	12:38
25	1096	Margarida Carneiro	Bravos & Bravitas	Veterana F50	02:53:05	+02:00:15	14:25

Veterana F60

1	1078	Alcina Moura	ARCORUN	Veterana F60	02:01:18	+01:08:28	10:07
2	1474	Ana Moreira	Os TurboMula	Veterana F60	02:14:00	+01:21:10	11:10

Veterano M40

1	1118	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	54:54	+02:04	04:35
2	1113	Rui Sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	59:41	+06:51	04:58
3	1454	Henrique silva	NS PNEUS VITALPLACE YDUTEK ECRAS LED	Veterano M40	01:00:03	+07:14	05:00
4	1481	Jorge Gomes	Outlaw runners	Veterano M40	01:01:28	+08:38	05:07
5	1048	António Pinto	Alpha Running	Veterano M40	01:01:59	+09:10	05:10
6	21	José Pereira	A.D.Amarante	Veterano M40	01:02:55	+10:05	05:15
7	1142	Eduardo Xavier	Devasta Trilhos	Veterano M40	01:04:15	+11:25	05:21
8	1480	Carlos Couto	Outlaw runners	Veterano M40	01:04:23	+11:33	05:22
9	1036	Nuno Moura	A.D.Amarante	Veterano M40	01:04:23	+11:33	05:22
10	1443	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:04:31	+11:41	05:23
11	1471	Sérgio Gomes	Os preguiças team	Veterano M40	01:04:45	+11:55	05:24
12	1223	Peter Silva	Gaia Running	Veterano M40	01:05:52	+13:03	05:29
13	1045	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	01:06:20	+13:30	05:32
14	1148	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:06:24	+13:35	05:32
15	1035	Filipe Pinheiro	A.D.Amarante	Veterano M40	01:06:44	+13:55	05:34
16	1182	EDUARDO PINTO	ESPINHO TRAIL	Veterano M40	01:07:32	+14:43	05:38
17	1409	Ricardo Vidal	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	01:08:11	+15:21	05:41
18	1441	Adriano França	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:08:11	+15:22	05:41
19	1610	Alfredo Tavares	VCBIKE	Veterano M40	01:08:39	+15:49	05:43
20	1097	Sérgio F.	Bravos & Bravitas	Veterano M40	01:09:50	+17:00	05:49
21	1162	FRANCISCO FONSECA	EQUIPA JOAO FERREIRA	Veterano M40	01:10:16	+17:26	05:51
22	1062	António Faria	Amigos 100 Limites	Veterano M40	01:10:20	+17:30	05:52
23	1356	João Vigário	Individual	Veterano M40	01:10:27	+17:37	05:52
24	1195	Ricardo Rocha	FAST AO KM	Veterano M40	01:10:32	+17:42	05:53

Trail Curto — 12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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25	1509	Albino Pires	PORTO SENTIDO RUNNERS	Veterano M40	01:11:03	+18:14	05:55
26	1459	Cesar Sousa	Os 2	Veterano M40	01:11:05	+18:15	05:55
27	1049	Carlos Moreira	Alpha Running	Veterano M40	01:12:36	+19:46	06:03
28	1072	LUIS GONÇALVES	AMIGOS DO TRAIL	Veterano M40	01:12:45	+19:56	06:04
29	1595	Rolando Paulo	Trail running Team btt Sanguedo	Veterano M40	01:12:58	+20:08	06:05
30	1349	Daniel Couto	Individual	Veterano M40	01:13:09	+20:19	06:06
31	1098	Urbino B.	Bravos & Bravitas	Veterano M40	01:14:24	+21:34	06:12
32	1530	Joaquim Pinto	Ribeiras Trail	Veterano M40	01:14:27	+21:37	06:12
33	1347	António Gomes	Individual	Veterano M40	01:14:27	+21:37	06:12
34	1135	João Campos	DDT RUNNERS	Veterano M40	01:14:39	+21:49	06:13
35	1345	Amilcar Almeida	Individual	Veterano M40	01:14:54	+22:04	06:15
36	1191	António Neves	Fardetas	Veterano M40	01:15:25	+22:35	06:17
37	1518	MARCO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M40	01:15:45	+22:56	06:19
38	1071	LEANDRO MATOS	AMIGOS DO TRAIL	Veterano M40	01:16:49	+23:59	06:24
39	1512	Laurindo Gomes	PORTO SENTIDO RUNNERS	Veterano M40	01:16:51	+24:01	06:24
40	1395	Tony Matias	INSÍGNIA MOBILIÁRIO	Veterano M40	01:18:43	+25:53	06:34
41	1587	António Reis	Taylors	Veterano M40	01:19:41	+26:51	06:38
42	1416	Antonio Leal Leal	Maia	Veterano M40	01:20:30	+27:40	06:43
43	1357	Jorge PInto	Individual	Veterano M40	01:20:58	+28:08	06:45
44	1160	ARTUR CARDOSO	EQUIPA JOAO FERREIRA	Veterano M40	01:21:14	+28:24	06:46
45	1159	ANTONIO CUNHA	EQUIPA JOAO FERREIRA	Veterano M40	01:21:14	+28:25	06:46
46	1561	Ricardo Pina	Salgueiros Running	Veterano M40	01:22:15	+29:25	06:51
47	1611	Manuel Migueis	VCBIKE	Veterano M40	01:22:17	+29:27	06:51
48	1359	José Lopes	Individual	Veterano M40	01:22:21	+29:32	06:52
49	1360	Jose Machado	Individual	Veterano M40	01:23:42	+30:52	06:59
50	1120	Carlos Pinto	Clube Vodafone	Veterano M40	01:24:13	+31:23	07:01
51	1343	Adao Santos	Individual	Veterano M40	01:24:18	+31:28	07:02
52	1361	Luis Gomes	Individual	Veterano M40	01:24:22	+31:32	07:02
53	1486	Rui Alves	Paços runners	Veterano M40	01:24:31	+31:41	07:03
54	1460	Paulo Vaz	Os 2	Veterano M40	01:25:12	+32:22	07:06
55	1161	CARLOS JORGE	EQUIPA JOAO FERREIRA	Veterano M40	01:25:14	+32:25	07:06
56	1042	Francisco Ferreira	ADECA	Veterano M40	01:25:37	+32:47	07:08
57	1136	Paulo Ferreira	DDT RUNNERS	Veterano M40	01:25:59	+33:09	07:10
58	1216	Victor Sousa	Fit Arena Ginásio	Veterano M40	01:26:00	+33:10	07:10
59	1510	António Sousa	PORTO SENTIDO RUNNERS	Veterano M40	01:27:34	+34:44	07:18
60	1402	Amandio Sousa	KinKipa	Veterano M40	01:27:50	+35:00	07:19
61	95	GILBERTO COSTA	ESPINHO TRAIL	Veterano M40	01:27:55	+35:05	07:20
62	1183	TONY BARBOSA	ESPINHO TRAIL	Veterano M40	01:27:55	+35:05	07:20
63	1497	Marco Batista	STCP Runners	Veterano M40	01:28:16	+35:27	07:21
64	1620	Miguel Azevedo	Individual	Veterano M40	01:28:48	+35:58	07:24
65	1368	Rui Pereira	Individual	Veterano M40	01:28:57	+36:07	07:25
66	1153	Mário Araújo	Equipa A	Veterano M40	01:29:10	+36:20	07:26
67	1592	Paulo Ferreira	Tog - Trinca Orelhas de Gato	Veterano M40	01:29:10	+36:21	07:26
68	1215	Antonio Figueiredo	Fit Arena Ginásio	Veterano M40	01:29:40	+36:50	07:28
69	1111	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:29:48	+36:58	07:29
70	1034	Daniel Correia	A.D.Amarante	Veterano M40	01:29:51	+37:01	07:29

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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71	1099	Valdemar Paiva	Bravos & Bravitas	Veterano M40	01:30:12	+37:22	07:31
72	1112	Paulo Lemos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	01:30:27	+37:37	07:32
73	1453	Filipe Pinto	Noite e Música Magazine	Veterano M40	01:30:38	+37:48	07:33
74	1452	Duarte Silva	Noite e Música Magazine	Veterano M40	01:30:38	+37:48	07:33
75	1217	Ricardo A. Silva Sousa	FIT GAIA TRAIL	Veterano M40	01:30:43	+37:53	07:34
76	1370	Salvador Santos	Individual	Veterano M40	01:30:56	+38:06	07:35
77	1346	Amílcar Castro	Individual	Veterano M40	01:32:52	+40:02	07:44
78	1240	Joaquim Pacheco	Gondomar	Veterano M40	01:32:52	+40:02	07:44
79	1163	PAULO SILVA	EQUIPA JOAO FERREIRA	Veterano M40	01:33:04	+40:15	07:45
80	1514	Rui Silva	PORTO SENTIDO RUNNERS	Veterano M40	01:33:19	+40:29	07:47
81	1586	Américo Santos	Taylors	Veterano M40	01:33:19	+40:30	07:47
82	1482	Jorge Oliveira	Outlaw runners	Veterano M40	01:34:32	+41:42	07:53
83	1605	Miguel Silva	Trinca Bolotas	Veterano M40	01:34:45	+41:56	07:54
84	1033	Albano Coelho	A.D.Amarante	Veterano M40	01:35:02	+42:12	07:55
85	1366	PEDRO BRIZIDO	Individual	Veterano M40	01:35:38	+42:48	07:58
86	1372	Tomás Marques	Individual	Veterano M40	01:35:40	+42:51	07:58
87	1243	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	01:36:16	+43:26	08:01
88	1127	Jose Pereira	Corre Carvalho	Veterano M40	01:36:45	+43:56	08:04
89	1511	Claudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M40	01:36:51	+44:01	08:04
90	1532	Ricardo Rocha	Ribeiras Trail	Veterano M40	01:37:29	+44:39	08:07
91	1352	Helder Silva	Individual	Veterano M40	01:37:30	+44:41	08:08
92	1012	Rui Sá	10TEMIDOS	Veterano M40	01:37:49	+44:59	08:09
93	1556	António Oliveira	S. S. Montepio	Veterano M40	01:38:34	+45:45	08:13
94	1558	Ricardo Resende	S. S. Montepio	Veterano M40	01:39:01	+46:11	08:15
95	1559	Rui Carvalho	S. S. Montepio	Veterano M40	01:39:01	+46:11	08:15
96	1513	Romero Sá	PORTO SENTIDO RUNNERS	Veterano M40	01:39:10	+46:20	08:16
97	1323	Andre Belinha	Individual	Veterano M40	01:39:40	+46:50	08:18
98	1250	Paulo Campos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:39:52	+47:02	08:19
99	1369	Rui Silva	Individual	Veterano M40	01:39:52	+47:02	08:19
100	1119	Bernardo Santos	Clube Vodafone	Veterano M40	01:40:52	+48:02	08:24
101	1557	Francisco Moreira	S. S. Montepio	Veterano M40	01:41:25	+48:35	08:27
102	1348	Carlos Guedes	Individual	Veterano M40	01:42:32	+49:42	08:33
103	1572	Paulo Gonçalves	STCP Runners	Veterano M40	01:42:52	+50:02	08:34
104	1358	José Alves	Individual	Veterano M40	01:42:56	+50:06	08:35
105	1531	José Tavares	Ribeiras Trail	Veterano M40	01:44:08	+51:19	08:41
106	1519	JOSE SIMOES	PORTOCARGO RUNNERS	Veterano M40	01:45:15	+52:25	08:46
107	1447	Ricardo Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:46:27	+53:37	08:52
108	1633	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	01:46:42	+53:52	08:54
109	1444	José Ferreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:47:00	+54:10	08:55
110	1446	Ricardo Ferreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:50:03	+57:14	09:10
111	1445	Pascoal Barbosa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:50:07	+57:18	09:11
112	1553	Paulo Ferreira	RUNNING ESPINHO	Veterano M40	01:50:31	+57:41	09:13

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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113	1363	Nelson Castro	Individual	Veterano M40	01:52:05	+59:15	09:20
114	1350	Francisco Caldas	Individual	Veterano M40	01:52:32	+59:42	09:23
115	1533	Rolando Marques	Ribeiras Trail	Veterano M40	01:54:27	+01:01:37	09:32
116	259	Alcides Freire	Individual	Veterano M40	01:55:03	+01:02:13	09:35
117	1354	Joao Correia	Individual	Veterano M40	01:55:04	+01:02:14	09:35
118	1415	Nelson Pinto	Magical Mushrooms	Veterano M40	01:56:04	+01:03:14	09:40
119	1442	Filipe Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:56:10	+01:03:20	09:41
120	1075	Élio Gonçalves	APERTA CORDÕES	Veterano M40	01:58:38	+01:05:48	09:53
121	1344	Álvaro Cairrão	Individual	Veterano M40	01:58:47	+01:05:57	09:54
122	1403	Fernando Rodrigues	Lamego Pelos Trilhos	Veterano M40	02:00:24	+01:07:34	10:02
123	1365	Paulo Pinto	Individual	Veterano M40	02:00:24	+01:07:34	10:02
124	1371	Sergio Pereira	Individual	Veterano M40	02:00:46	+01:07:56	10:04
125	1367	Pedro Pereira	Individual	Veterano M40	02:00:46	+01:07:56	10:04
126	1487	Pedro Leite	PAPA-LÉGUAS	Veterano M40	02:01:28	+01:08:38	10:07
127	1351	Franclim Coelho	Individual	Veterano M40	02:05:55	+01:13:05	10:30
128	1621	Manuel Campos	100PRESSA	Veterano M40	02:06:56	+01:14:06	10:35
129	1362	Luis Moutinho	Individual	Veterano M40	02:09:21	+01:16:31	10:47
130	1019	JOÃO CUNHA E SILVA	20 VER CORRER	Veterano M40	02:15:22	+01:22:33	11:17
131	1020	JOSÉ OLIVEIRA	20 VER CORRER	Veterano M40	02:15:23	+01:22:33	11:17

Veterano M50

1	1106	JOSÉ MOTA	CDCR CTT PORTO	Veterano M50	01:00:10	+07:20	05:01
2	1455	MANUEL DOMINGUES	NS PNEUS VITALPLACE YDUTEK ECRAS LED	Veterano M50	01:01:40	+08:51	05:08
3	1377	Fernando Seabra Da silva	Individual	Veterano M50	01:02:20	+09:30	05:12
4	1149	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:04:23	+11:33	05:22
5	1046	Carlos Silva	ALIANÇA DE GANDRA	Veterano M50	01:05:52	+13:03	05:29
6	1554	Carlos Vinha	Running Penafiel Trail	Veterano M50	01:06:16	+13:26	05:31
7	1154	Fernando Ramalho	Equipa A	Veterano M50	01:09:37	+16:47	05:48
8	1626	Carlos sousa	Devasta Trilhos	Veterano M50	01:09:40	+16:50	05:48
9	1462	Joaquim Manuel Vieira	OS CACHOS	Veterano M50	01:10:22	+17:32	05:52
10	1103	António Teixeira	CDCR CTT PORTO	Veterano M50	01:10:46	+17:56	05:54
11	1562	Alcino Santos	Sanguedo	Veterano M50	01:11:12	+18:22	05:56
12	1282	Paulo Moreira	Individual	Veterano M50	01:11:39	+18:49	05:58
13	1376	Baltazar Ferreira	Individual	Veterano M50	01:12:42	+19:52	06:04
14	1483	Jorge Santos	Outlaw runners	Veterano M50	01:14:34	+21:44	06:13
15	1133	José Cardoso	Dá corda aos vitorinos	Veterano M50	01:15:03	+22:13	06:15
16	1184	MÁRIO ALVES	ESPINHO TRAIL	Veterano M50	01:15:33	+22:43	06:18
17	1461	Carlos Vieira	OS CACHOS	Veterano M50	01:18:38	+25:48	06:33
18	1165	JOAQUIM TEIXEIRA	EQUIPA JOAO FERREIRA	Veterano M50	01:19:04	+26:14	06:35
19	1150	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:19:30	+26:40	06:38
20	1384	José Martins	Individual	Veterano M50	01:20:22	+27:32	06:42
21	1380	Jorge Melo	Individual	Veterano M50	01:20:44	+27:54	06:44

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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22	1419	Vitor Oliveira	MASS Kids	Veterano M50	01:20:44	+27:55	06:44
23	1390	Xander Fransen	Individual	Veterano M50	01:24:09	+31:19	07:01
24	1125	Paulino Ferreira	Com a perna às costas	Veterano M50	01:28:03	+35:13	07:20
25	1084	Manuel Moreira	BigSmileTeam	Veterano M50	01:28:26	+35:37	07:22
26	1602	António Loureiro	TrepaTrilhos Trail Team	Veterano M50	01:29:10	+36:20	07:26
27	220	José Moura	Ribeiras Trail	Veterano M50	01:29:15	+36:25	07:26
28	1389	Paulo Dias	Individual	Veterano M50	01:32:29	+39:39	07:42
29	1007	Adérito Brandão	100PRESSA	Veterano M50	01:32:43	+39:53	07:44
30	1516	Fernando Ferraz	PORTO SENTIDO RUNNERS	Veterano M50	01:34:01	+41:12	07:50
31	31	Jorge Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M50	01:34:55	+42:05	07:55
32	1379	Joaquim Santos	Individual	Veterano M50	01:35:00	+42:10	07:55
33	1374	Alcídio Figueiredo	Individual	Veterano M50	01:37:23	+44:34	08:07
34	1383	José Maria Teixeira	Individual	Veterano M50	01:38:18	+45:29	08:12
35	1231	Paulo Silva	Gansos	Veterano M50	01:40:10	+47:20	08:21
36	1417	Jose santos	Maia	Veterano M50	01:40:35	+47:45	08:23
37	1143	José Albitano	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:41:46	+48:56	08:29
38	1021	ABÍLIO COSTA	20 VER CORRER	Veterano M50	01:43:05	+50:15	08:35
39	1378	Isidro Silva	Individual	Veterano M50	01:43:43	+50:53	08:39
40	1515	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	01:44:04	+51:14	08:40
41	1387	Luís Monteiro	Individual	Veterano M50	01:44:07	+51:17	08:41
42	1473	Adão Castro	Os Sarrotes	Veterano M50	01:44:33	+51:43	08:43
43	1375	António Antunes	Individual	Veterano M50	01:44:54	+52:04	08:45
44	1520	MANUEL PEREIRA	PORTOCARGO RUNNERS	Veterano M50	01:45:15	+52:25	08:46
45	1340	Carlos Daniel Santos Ferreira	Individual	Veterano M50	01:45:59	+53:09	08:50
46	1385	Jose Pinho	Individual	Veterano M50	01:48:25	+55:35	09:02
47	1386	José Rodrigues	Individual	Veterano M50	01:48:25	+55:35	09:02
48	1008	José Nogueira	100PRESSA	Veterano M50	01:52:07	+59:17	09:21
49	1043	José Coelho	ADECA	Veterano M50	01:52:11	+59:21	09:21
50	1565	José Leal	Senhora da Hora	Veterano M50	01:55:07	+01:02:17	09:36
51	1388	Manuel Dias	Individual	Veterano M50	01:56:07	+01:03:17	09:41
52	1381	Jose Carlos Silva Conde	Individual	Veterano M50	01:56:53	+01:04:03	09:44
53	1373	Abílio Soares	Individual	Veterano M50	01:58:46	+01:05:56	09:54
54	1022	VALDEMAR SOBRAL	20 VER CORRER	Veterano M50	02:07:22	+01:14:32	10:37
55	1122	Carlos Navega	CNCBacadapasso	Veterano M50	02:07:39	+01:14:49	10:38
56	1230	Joaquim Garces	Gansos	Veterano M50	02:31:40	+01:38:50	12:38

Veterano M60

1	1080	Arsénio Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	01:08:12	+15:22	05:41
2	1517	Humberto Pinho	PORTO SENTIDO RUNNERS	Veterano M60	01:09:09	+16:19	05:46
3	1475	Lino Moreira	Os TurboMula	Veterano M60	01:14:19	+21:29	06:12
4	1410	Serafim Ramos	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M60	01:14:25	+21:35	06:12
5	1449	ANIBAL SILVA	Nascidos para Correr	Veterano M60	01:15:00	+22:10	06:15

Trail Curto

12 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

6	1591	Manuel Barros	Tog - Trinca Orelhas de Gato	Veterano M60	01:17:29	+24:39	06:27
7	1394	Francisco Silva	Individual	Veterano M60	01:22:02	+29:12	06:50
8	1196	Manuel Rocha	FAST AO KM	Veterano M60	01:27:16	+34:27	07:16
9	1115	António Castro	CENTRO CICLISTA DE GONDOMAR	Veterano M60	01:28:15	+35:25	07:21
10	1193	José Castelo	Fardetas	Veterano M60	01:29:30	+36:40	07:28
11	1391	Inocencio Ferreira	Individual	Veterano M60	01:34:20	+41:30	07:52
12	1010	David Azevedo	100PRESSA	Veterano M60	01:46:20	+53:30	08:52
13	1627	José Moutinho	Individual	Veterano M60	01:50:48	+57:58	09:14
14	1006	David Guimaraes	100meta	Veterano M60	01:51:24	+58:34	09:17
15	1011	Joaquim Leite	100PRESSA	Veterano M60	01:54:21	+01:01:31	09:32
16	1566	Alfredo Faria	Senhora da Hora	Veterano M60	02:12:45	+01:19:55	11:04
17	1393	José Moreira	Individual	Veterano M60	02:15:47	+01:22:57	11:19
18	1009	António Martins	100PRESSA	Veterano M60	02:28:05	+01:35:15	12:20
19	1392	Isaac Batista Pereits	Individual	Veterano M60	02:57:46	+02:04:56	14:49

COLETIVO - TRAIL CURTO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE	1 + 2 + 6	9
2	A.D.AMARANTE	10 + 24 + 28	62
3	GARAGEM.RC TRAIL TEAM	19 + 23 + 30	72
4	AMIGOS 100 LIMITES	8 + 9 + 59	76
5	MSS CONTABILIDADE TRAIL TEAM	7 + 31 + 44	82
6	DEVASTA TRILHOS	11 + 26 + 64	101
7	ROMARIZ TRAIL RUNNING	12 + 15 + 95	122
8	FOJO TRAIL TEAM	43 + 45 + 53	141
9	VCBIKE	5 + 54 + 83	142
10	OUTLAW RUNNERS	17 + 27 + 100	144
11	ALPHA RUNNING	20 + 76 + 84	180
12	CDCR CTT PORTO	16 + 75 + 105	196
13	LION RUNNERS - G. D. LEÕES DA GUARDA	49 + 57 + 97	203
14	BRAVOS & BRAVITAS	61 + 65 + 86	212
15	OS PREGUIÇAS TEAM	34 + 74 + 125	233
16	PORTO SENTIDO RUNNERS	58 + 77 + 121	256
17	ALIANÇA DE GANDRA	36 + 40 + 185	261
18	ESPINHO TRAIL	47 + 108 + 117	272
19	DÁ CORDA AOS VITORINOS	67 + 104 + 142	313
20	AMIGOS DO TRAIL	88 + 120 + 123	331
21	EQUIPA JOAO FERREIRA	68 + 130 + 143	341
22	CENTRO CICLISTA DE GONDOMAR	13 + 167 + 203	383
23	EQUIPA A	63 + 152 + 216	431
24	FAST AO KM	73 + 188 + 189	450
25	RIBEIRAS TRAIL	98 + 159 + 219	476
26	TARTARUGAS VELOCISTAS	157 + 171 + 178	506
27	APERTA CORDÕES	39 + 52 + 468	559
28	COM A PERNA ÀS COSTAS	162 + 199 + 200	561
29	TAYLORS	133 + 204 + 257	594
30	DDT RUNNERS	101 + 182 + 331	614
31	STCP RUNNERS	146 + 206 + 320	672
32	MAUS CAMINHOS	236 + 237 + 238	711
33	FIT ARENA GINÁSIO	183 + 222 + 315	720
34	CORRE CARVALHO	111 + 289 + 328	728
35	GONDOMAR	82 + 248 + 398	728
36	100META	66 + 266 + 414	746
37	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	249 + 265 + 285	799
38	NOITE E MÚSICA MAGAZINE	231 + 232 + 354	817

COLETIVO - TRAIL CURTO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

39	TOG - TRINCA ORELHAS DE GATO	124 + 218 + 500	842
40	PORTOCARGO RUNNERS	112 + 371 + 372	855
41	GANSOS	272 + 274 + 319	865
42	TREPATRILHOS TRAIL TEAM	217 + 345 + 346	908
43	ADECA	180 + 309 + 420	909
44	S. S. MONTEPIO	302 + 305 + 306	913
45	BTT ALEGRIA // TUBANI	205 + 380 + 381	966
46	RUNNING ESPINHO	153 + 408 + 409	970
47	100PRESSA	245 + 376 + 419	1040
48	GONDOMAR FUTSAL CLUBE	286 + 365 + 466	1117
49	20 VER CORRER	348 + 485 + 486	1319
50	YRUN	456 + 457 + 458	1371