Trail das Nozes
Gondomar
28-outubro-2018

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	7,4ºC	70%
End	12:21	7,4ºC	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1306	Nelson Loureiro	individual	Senior Masculino	46:38		03:53
2	1331	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	48:59	+02:21	04:05
3	1594	André Silva	sporting clube de espinho / António leitão	Senior Masculino	49:07	+02:29	04:06
4	1496	Sérgio Silva	mss contabilidade trail team	Senior Masculino	50:19	+03:41	04:12
5	1460	Jose Rocha	leões de tardariz trail	Senior Masculino	51:36	+04:58	04:18
6	1400	José Peixoto	individual	Veterano M40	54:30	+07:52	04:33
7	1068	Orlando Barbosa	aperta cordões	Veterano M40	54:52	+08:14	04:34
8	1126	CARLOS BARROSO	clube atletismo gaienses/toyota	Veterano M50	55:11	+08:33	04:36
9	1658	Vitor dias	bravos&bravitas	Senior Masculino	55:13	+08:35	04:36
10	1123	Rui sousa	centro ciclista de gondomar	Veterano M40	55:16	+08:38	04:36
11	1166	Bruno Santos	douroconta - gabinete de apoio e contabilidade	Senior Masculino	55:20	+08:42	04:37
12	1121	António Jesus	centro ciclista de gondomar	Veterano M40	55:21	+08:43	04:37
13	1535	Fernando Leal	centro ciclista de gondomar	Veterano M50	55:57	+09:19	04:40
14	1636	Fernando Oliveira	tog associação running team	Veterano M40	56:18	+09:40	04:42
15	1435	Augusto Pereira	individual	Veterano M60	56:23	+09:45	04:42
16	1575	David Tavares	runriver escola atletismo de rio tinto	Veterano M50	56:33	+09:55	04:43
17	156	José Paulo Ribeiro	individual	Veterano M40	56:54	+10:16	04:45
18	1100	Marcio melo	bravos&bravitas	Senior Masculino	56:57	+10:19	04:45
19	1164	José Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	57:00	+10:22	04:45
20	1625	Carlos Silva	tog associação running team	Senior Masculino	57:02	+10:24	04:45
21	1288	Filipe Santos	individual	Senior Masculino	57:27	+10:49	04:47
22	1598	Carlos Miranda	sporting clube de espinho / António leitão	Veterano M40	58:36	+11:58	04:53
23	1031	Bruno Pereira	amigos 100 limites	Senior Masculino	58:37	+11:59	04:53
24	1014	Francisco Teixeira	a. r. luz e vida gondomarense	Veterano M50	58:38	+12:00	04:53
25	1573	Carlos Vinhas	running penafiel trail	Veterano M50	58:48	+12:10	04:54
26	1471	Sérgio Pereira	magical mushrooms	Veterano M40	58:50	+12:12	04:54
27	1516	Ibraim Sousa	mss contabilidade trail team	Veterano M40	58:51	+12:13	04:54
28	1021	Tiago Teles	a.d.amarante trail running	Senior Masculino	58:59	+12:20	04:55
29	1320	Rui ferreira	individual	Senior Masculino	59:30	+12:52	04:58
30	1416	Pedro Guimarães	individual	Veterano M40	59:32	+12:54	04:58
31	1037	João Vigário	amigos 100 limites	Sub 23 Masculino	59:38	+13:00	04:58
32	1492	David Sousa	mss contabilidade trail team	Senior Masculino	01:00:10	+13:32	05:01
33	1642	Sérgio Gomes	tog associação running team	Veterano M40	01:00:28	+13:50	05:02
34	1095	Vitor Cardoso	baguim runners	Veterano M40	01:00:38	+13:59	05:03
35	1183	Joao Oliveira	facort running team	Senior Masculino	01:00:57	+14:19	05:05
36	1199	Ricardo Rocha	fast ao km	Veterano M40	01:01:11	+14:33	05:06
37	1017	Daniel Santos	a.d.amarante trail running	Senior Masculino	01:01:43	+15:05	05:09
38	1187	Filipe Sousa	factor / s4l / medense fc	Senior Masculino	01:01:45	+15:07	05:09
39	1167	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:01:46	+15:08	05:09
40	1426	ANTÓNIO ROCHA	individual	Veterano M50	01:01:49	+15:11	05:09

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
41	1427	Diamantino Martins Ribeiro	individual	Veterano M50	01:02:22	+15:44	05:12
42	1425	ANTONIO MARQUES	individual	Veterano M50	01:02:28	+15:50	05:12
43	1310	Paulo Cunha Soares	individual	Senior Masculino	01:02:56	+16:18	05:15
44	1513	Camilo Pinto	mss contabilidade trail team	Veterano M40	01:03:00	+16:22	05:15
45	1201	Daniel Soares	fats and furious	Senior Masculino	01:03:11	+16:33	05:16
46	1599	Jorge Coelho	sporting clube de espinho / António leitão	Veterano M40	01:03:23	+16:45	05:17
47	1574	Carlos Moreira	runriver escola atletismo de rio tinto	Senior Masculino	01:03:32	+16:54	05:18
48	1322	Rui pereira	individual	Senior Masculino	01:03:43	+17:05	05:19
49	1515	Fernando Branco	mss contabilidade trail team	Veterano M40	01:03:47	+17:09	05:19
50	1407	Nuno Carvalho	individual	Veterano M40	01:04:33	+17:55	05:23
51	1207	Manuel Teixeira	fridão sem limites	Veterano M40	01:04:36	+17:57	05:23
52	1143	Luis Torres	comdor runners	Veterano M40	01:04:38	+18:00	05:23
53	1036	Tó Faria	amigos 100 limites	Senior Masculino	01:04:39	+18:01	05:23
54	1194	Ivo Oliveira	factor / s4l / medense fc	Veterano M40	01:04:46	+18:08	05:24
55	1191	Júlio Sousa	factor / s4l / medense fc	Senior Masculino	01:04:46	+18:08	05:24
56	1208	Jorge beliago	gansos	Sub 23 Masculino	01:04:47	+18:08	05:24
57	1462	Américo França	leões de tardariz trail	Veterano M40	01:04:53	+18:15	05:24
58	1600	Rui Silva	sporting clube de espinho / António leitão	Veterano M40	01:04:59	+18:21	05:25
59	1247	Cláudia Santos	individual	Senior Feminino	01:05:00	+18:22	05:25
60	1278	Bruno Nunes	individual	Senior Masculino	01:05:05	+18:27	05:25
61	1491	Dário Pinto	mss contabilidade trail team	Senior Masculino	01:05:12	+18:34	05:26
62	1203	Paulo Rodrigues	fats and furious	Veterano M40	01:05:13	+18:35	05:26
63	1060	Cristiano Gomes	aperta cordões	Senior Masculino	01:05:18	+18:40	05:27
64	1233	Daniel Silva	grupo desportivo banco de portugal	Senior Masculino	01:05:26	+18:48	05:27
65	1101	Nuno	bravos&bravitas	Senior Masculino	01:05:30	+18:52	05:28
66	1147	José Cardoso	dá corda aos vitorinos	Veterano M50	01:05:32	+18:54	05:28
67	1379	Antonio leal	individual	Veterano M40	01:05:40	+19:02	05:28
68	1141	Hugo Couto	comdor runners	Senior Masculino	01:06:05	+19:27	05:30
69	1004	Ricardo Pereira	#atechoras	Senior Masculino	01:06:05	+19:27	05:30
70	1645	Fernando Vital	tog associação running team	Veterano M50	01:06:06	+19:28	05:31
71	1085	Mario lima	avesrunners	Senior Masculino	01:06:19	+19:41	05:32
72	1314	Pedro Neves	individual	Senior Masculino	01:06:25	+19:47	05:32
73	1526	Zeferino Fernandes	mss contabilidade trail team	Veterano M40	01:06:34	+19:56	05:33
74	1136	VITOR COELHO	clube desportivo cepsa	Veterano M40	01:06:36	+19:58	05:33
75	1092	Sandra Cardoso	baguim runners	Veterana F40	01:06:38	+20:00	05:33
76	1197	António neves	fardetas	Veterano M40	01:06:40	+20:02	05:33
77	1396	jorge ferreirinha	individual	Veterano M40	01:06:53	+20:15	05:35
78	1578	Pedro Machado	s. s. montepio	Senior Masculino	01:07:03	+20:25	05:35
79	1312	Pedro Leal	individual	Senior Masculino	01:07:36	+20:58	05:38
80	1497	Tiago Sequeira	mss contabilidade trail team	Senior Masculino	01:07:37	+20:59	05:38
81	1195	Pedro Marques	factor / s4l / medense fc	Veterano M40	01:07:38	+21:00	05:38
82	1317	Pedro Sousa	individual	Senior Masculino	01:07:39	+21:01	05:38
83	1330	Pedro Lopes	individual	Sub 23 Masculino	01:07:41	+21:03	05:38
84	1465	Pedro Ferreira	leões de tardariz trail	Veterano M40	01:07:55	+21:17	05:40
85	1019	Gil Magalhães	a.d.amarante trail running	Senior Masculino	01:07:58	+21:20	05:40
86	1170	Nuno Ribeiro	edv- viana trail	Senior Masculino	01:08:07	+21:29	05:41

TRAIL CURTO - STAGE 1 — 12 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1290	Isaías	individual	Senior Masculino	01:08:08	+21:30	05:41
88	1162	Armando Fonseca	douroconta - gabinete de apoio e contabilidade	Senior Masculino	01:08:09	+21:31	05:41
89	1163	Agostinho Coelho	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:08:10	+21:32	05:41
90	1511	António Póvoas	mss contabilidade trail team	Veterano M40	01:08:33	+21:55	05:43
91	1043	Sandra Carina Cabral Cunha	amigos do pedal trailagares	Senior Feminino	01:08:35	+21:57	05:43
92	1308	Nuno Neves	individual	Senior Masculino	01:08:46	+22:08	05:44
93	1410	Nuno Teixeira	individual	Veterano M40	01:08:54	+22:16	05:45
94	1034	Nelson Silva	amigos 100 limites	Senior Masculino	01:09:05	+22:26	05:45
95	1398	Jorge Lima	individual	Veterano M40	01:09:07	+22:29	05:46
96	1378	António Gomes	individual	Veterano M40	01:09:09	+22:31	05:46
97	1383	Bruno Albuquerque	individual	Veterano M40	01:09:18	+22:40	05:47
98	1202	Marcelo Rodrigues	fats and furious	Senior Masculino	01:09:18	+22:40	05:47
99	1011	Rui Moura	100pernas	Veterano M50	01:09:19	+22:41	05:47
100	1177	Manuel Silva	ermentão	Veterano M50	01:09:24	+22:45	05:47
101	1204	FATIMA PAIS	fiaes sport clube	Veterana F50	01:09:24	+22:46	05:47
102	1094	Lourenço Cardoso	baguim runners	Veterano M40	01:09:26	+22:48	05:47
103	1127	FILIPE BRANDÃO	clube desportivo cepsa	Senior Masculino	01:09:28	+22:50	05:47
104	1406	Miguel Rocha	individual	Veterano M40	01:09:34	+22:56	05:48
105	1646	Manuel Barros	tog associação running team	Veterano M60	01:09:35	+22:57	05:48
106	1153	JOÃO PAULO CAMPO	ddt runners	Veterano M40	01:09:44	+23:05	05:49
107	1469	Ricardo Ribeiro	los mexicanos	Senior Masculino	01:09:46	+23:08	05:49
108	1624	André Faria	tog associação running team	Senior Masculino	01:09:52	+23:14	05:49
109	1083	Marcos Gandra	as melhores castas	Veterano M40	01:09:53	+23:15	05:49
110	1315	Pedro Pacheco	individual	Senior Masculino	01:09:55	+23:17	05:50
111	1234	Sérgio Moura	hora do lobo trail - cf perosinho atletismo	Senior Masculino	01:09:56	+23:18	05:50
112	1282	David Teixeira	individual	Senior Masculino	01:09:59	+23:21	05:50
113	1185	Bruno Neves	factor / s4l / medense fc	Senior Masculino	01:10:12	+23:34	05:51
114	1291	Joao Costa	individual	Senior Masculino	01:10:15	+23:36	05:51
115	1088	Pedro Neves	baguim runners	Senior Masculino	01:10:20	+23:42	05:52
116	1206	Eliana Teixeira	fridão sem limites	Senior Feminino	01:10:21	+23:43	05:52
117	79	Manuel Silva	gondomar futsal clube	Senior Masculino	01:10:23	+23:45	05:52
118	1653	Paula Soares	trepatrilhos trail team	Veterana F40	01:10:33	+23:55	05:53
119	1519	Márcio Almeida	mss contabilidade trail team	Veterano M40	01:10:39	+24:01	05:53
120	1372	Agostinho Alves	individual	Veterano M40	01:10:42	+24:04	05:54
121	1239	Helder Santos	hora do lobo trail - cf perosinho atletismo	Veterano M40	01:10:44	+24:06	05:54
122	1399	jose manuel ribeiro machado	individual	Veterano M40	01:10:54	+24:16	05:55
123	1420	SILVIO MIGUEL ALVES FERREIRA	individual	Veterano M40	01:10:56	+24:18	05:55
124	1517	Manuel Gomes	mss contabilidade trail team	Veterano M40	01:10:57	+24:19	05:55
125	1062	João Oliveira	aperta cordões	Sub 23 Masculino	01:11:02	+24:24	05:55
126	1453	Luis Azevedo	konta trilhos	Veterano M40	01:11:13	+24:35	05:56
127	1355	Silvia Baptista	fiaes sport clube	Veterana F40	01:11:16	+24:38	05:56
128	1110	Marcelo	bravos&bravitas	Veterano M40	01:11:16	+24:38	05:56
129	1476	Paulo graça	monte dos amigos	Veterano M50	01:11:23	+24:45	05:57
130	1026	Lino Moreira	all about	Veterano M60	01:11:24	+24:46	05:57

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
131	1466	Valentim Ferreira	leões de tardariz trail	Veterano M50	01:11:27	+24:49	05:57
132	1456	Luis Martins	leões de tardariz trail	Senior Masculino	01:11:36	+24:58	05:58
133	1182	Joaquim Rocha	exercise for you	Veterano M50	01:11:38	+25:00	05:58
134	1637	José Antunes	tog associação running team	Veterano M40	01:11:42	+25:04	05:59
135	1134	ALBERTO BRANDÃO	clube desportivo cepsa	Veterano M40	01:12:03	+25:25	06:00
136	1640	Paulo Santos	tog associação running team	Veterano M40	01:12:05	+25:27	06:00
137	1287	Filipe Mendes	individual	Senior Masculino	01:12:07	+25:29	06:01
138	1081	Gentil Pereira	as melhores castas	Senior Masculino	01:12:09	+25:31	06:01
139	1589	Pedro Miguel Ramos Maia	spartan spirit	Sub 23 Masculino	01:12:12	+25:34	06:01
140	1140	Emanuel Almeida	comdor runners	Senior Masculino	01:12:13	+25:35	06:01
141	1369	Maria de Lurdes Nora Lima Moura Marques Junior	individual	Veterana F50	01:12:18	+25:40	06:02
142	1487	Mia Pinto	mss contabilidade trail team	Senior Feminino	01:12:29	+25:51	06:02
143	1523	Rui Correia	mss contabilidade trail team	Veterano M40	01:12:29	+25:51	06:02
144	1188	Hugo Santos	factor / s4l / medense fc	Senior Masculino	01:12:35	+25:57	06:03
145	1074	Jorge Santos	arcorun	Veterano M50	01:12:42	+26:04	06:04
146	1329	Diogo Figueiredo	individual	Sub 23 Masculino	01:12:46	+26:08	06:04
147	1003	Nuno Maio	#atechoras	Senior Masculino	01:12:47	+26:09	06:04
148	1192	Rui Oliveira	factor / s4l / medense fc	Senior Masculino	01:12:57	+26:19	06:05
149	1103	Valter Pinho	bravos&bravitas	Sub 23 Masculino	01:13:02	+26:24	06:05
150	1097	Vera	bravos&bravitas	Senior Feminino	01:13:02	+26:24	06:05
151	1023	Carlos Macedo	a.d.amarante trail running	Veterano M60	01:13:08	+26:30	06:06
152	1279	Bruno rocha	individual	Senior Masculino	01:13:20	+26:42	06:07
153	1328	Diogo Bessa	individual	Sub 23 Masculino	01:13:25	+26:47	06:07
154	1518	Manuel Ribeiro	mss contabilidade trail team	Veterano M40	01:13:30	+26:52	06:08
155	1512	António Rocha	mss contabilidade trail team	Veterano M40	01:13:31	+26:53	06:08
156	1587	Fernando Carvalho	s. s. montepio	Veterano M50	01:13:43	+27:05	06:09
157	1107	Bastoss	bravos&bravitas	Veterano M40	01:13:43	+27:05	06:09
158	1109	Manuel gomes	bravos&bravitas	Veterano M50	01:13:43	+27:05	06:09
159	1154	Hélder Jesus	demolidores	Senior Masculino	01:13:44	+27:06	06:09
160	1089	Tiago Ganilho	baguim runners	Senior Masculino	01:13:45	+27:07	06:09
161	1189	João Teles	factor / s4l / medense fc	Senior Masculino	01:13:45	+27:07	06:09
162	1168	José Santos	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:13:46	+27:08	06:09
163	1495	Ricardo Moreira	mss contabilidade trail team	Senior Masculino	01:13:54	+27:16	06:10
164	1387	Eduardo Nascimento	individual	Veterano M40	01:13:57	+27:19	06:10
165	1332	Tomás Moura 2305	individual	Sub 23 Masculino	01:13:58	+27:20	06:10
166	1641	Ricardo carvalho	tog associação running team	Veterano M40	01:14:05	+27:27	06:10
167	1265	Renata	ei team trail	Senior Feminino	01:14:34	+27:56	06:13
168	1242	Ana Ferreira	individual	Senior Feminino	01:14:35	+27:57	06:13
169	1559	Luísa Ferraz Moura Marques	porto sentido runners	Veterana F40	01:14:42	+28:04	06:14
170	1663	José Silva	clube trilheiros & amigos	Senior Masculino	01:14:43	+28:05	06:14
171	1061	Pedro Pinto	aperta cordões	Senior Masculino	01:14:52	+28:14	06:14
172	1391	Hugo Filipe	individual	Veterano M40	01:14:54	+28:16	06:15
173	1463	Manuel Alvarino	leões de tardariz trail	Veterano M40	01:15:01	+28:23	06:15
174	1346	Mena Silva	individual	Veterana F40	01:15:06	+28:28	06:16
175	1601	Valter Barbosa	stcp runners	Senior Masculino	01:15:07	+28:29	06:16

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
176	1165	Marco Castro	douroconta - gabinete de apoio e contabilidade	Veterano M40	01:15:12	+28:34	06:16
177	1161	Liliana Felgueiras	douroconta - gabinete de apoio e contabilidade	Senior Feminino	01:15:36	+28:58	06:18
178	1313	Pedro Moreira	individual	Senior Masculino	01:15:43	+29:05	06:19
179	1030	Alcino Silva	amigos 100 limites	Senior Masculino	01:15:44	+29:06	06:19
180	1131	RICARDO BRAGA	clube desportivo cepsa	Senior Masculino	01:15:47	+29:09	06:19
181	1612	Tiago Borges	team shark	Senior Masculino	01:15:52	+29:14	06:19
182	1321	Rui Moreira	individual	Senior Masculino	01:16:06	+29:28	06:21
183	1130	PEDRO BRANDÃO	clube desportivo cepsa	Senior Masculino	01:16:16	+29:38	06:21
184	1457	Manuel Fernandes	leões de tardariz trail	Senior Masculino	01:16:23	+29:45	06:22
185	1200	Manuel Rocha	fast ao km	Veterano M60	01:16:27	+29:49	06:22
186	1591	Marlene Ferreira	spartan spirit	Veterana F40	01:16:32	+29:54	06:23
187	1479	Paulo Pires	moreira relax runners	Senior Masculino	01:16:34	+29:56	06:23
188	1480	Helder Silva	moreira relax runners	Veterano M40	01:16:35	+29:57	06:23
189	1292	Joao Eira	individual	Senior Masculino	01:16:51	+30:13	06:24
190	1610	Miguel Moura	taylors	Veterano M40	01:16:52	+30:14	06:24
191	1009	João Sousa	100pernas	Veterano M40	01:16:57	+30:19	06:25
192	1568	Tiago Queirós	renas do monte	Senior Masculino	01:17:03	+30:25	06:25
193	1455	Tânia Gonçalves	leões de tardariz trail	Senior Feminino	01:17:04	+30:26	06:25
194	1280	Bruno sousa	individual	Senior Masculino	01:17:07	+30:29	06:26
195	1390	Floriberto Castro	individual	Veterano M40	01:17:07	+30:29	06:26
196	1221	JOSE OLIVEIRA DIAS CUNHA	gdc fidelidade	Veterano M60	01:17:21	+30:43	06:27
197	1473	Miguel Azevedo	porto sentido runners	Veterano M40	01:17:29	+30:51	06:27
198	1022	António Gonçalves	a.d.amarante trail running	Veterano M50	01:17:29	+30:51	06:27
199	1258	Leonor Ferreira Bessa Babo	individual	Senior Feminino	01:17:33	+30:55	06:28
200	1432	Mário Magalhães	individual	Veterano M50	01:17:34	+30:56	06:28
201	1294	Joao Morais	individual	Senior Masculino	01:17:57	+31:19	06:30
202	1275	Vania Luisa Pinto	individual	Senior Feminino	01:17:58	+31:20	06:30
203	1324	Tiago Ferreira	individual	Senior Masculino	01:18:01	+31:23	06:30
204	1661	MARIO BATISTA	individual	Veterano M40	01:18:05	+31:27	06:30
205	1542	Joaquim Vieira	os cachos	Veterano M50	01:18:17	+31:39	06:31
206	1541	Carlos Vieira	os cachos	Veterano M50	01:18:17	+31:39	06:31
207	1087	Paulo Pereira	baguim runners	Senior Masculino	01:18:30	+31:52	06:33
208	1093	Bino Sousa	baguim runners	Veterano M40	01:18:40	+32:02	06:33
209	1408	Nuno Reis	individual	Veterano M40	01:18:42	+32:04	06:34
210	1219	José Mário Magalhães Pereira	gdc fidelidade	Veterano M50	01:18:43	+32:05	06:34
211	1467	Lucinda Maria Cruz Gomes	lion runners - g.d. leões da guarda	Veterana F50	01:18:54	+32:16	06:35
212	1276	Alberto Monteiro	individual	Senior Masculino	01:18:56	+32:18	06:35
213	1193	Rui Sousa	factor / s4l / medense fc	Senior Masculino	01:18:59	+32:20	06:35
214	1196	Rui Mota	factor / s4l / medense fc	Veterano M40	01:19:02	+32:24	06:35
215	1135	PAULO BRANDÃO	clube desportivo cepsa	Veterano M40	01:19:04	+32:26	06:35
216	1565	Fernando Esteves	renas do monte	Senior Masculino	01:19:05	+32:27	06:35
217	1567	Pedro Cardoso	renas do monte	Senior Masculino	01:19:05	+32:27	06:35
218	1128	FRANCISCO MENDES	clube desportivo cepsa	Senior Masculino	01:19:06	+32:28	06:36
219	1244	Carla Sofia Jesus da Costa	boavista trail	Senior Feminino	01:19:11	+32:33	06:36

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
220	1301	Manuel Paulo Gomes vieira de Almeida	boavista trail	Senior Masculino	01:19:11	+32:33	06:36
221	1299	Luís Miguel Veloso Carvalho	individual	Senior Masculino	01:19:22	+32:44	06:37
222	1079	António Gonçalves	as melhores castas	Senior Masculino	01:19:23	+32:45	06:37
223	1145	Diogo Cardoso	dá corda aos vitorinos	Senior Masculino	01:19:26	+32:48	06:37
224	1104	Dorinda	bravos&bravitas	Veterana F40	01:19:32	+32:54	06:38
225	1405	Mário Noronha	individual	Veterano M40	01:19:35	+32:57	06:38
226	1006	Vitor Osorio	#atechoras	Veterano M40	01:19:40	+33:02	06:38
227	1286	Filipe Bessa	individual	Senior Masculino	01:19:50	+33:12	06:39
228	1307	Nuno Filipe Lopes	individual	Senior Masculino	01:20:21	+33:43	06:42
229	1543	Manuel Carneiro	os cachos	Veterano M50	01:20:25	+33:47	06:42
230	1240	Ana Bessa	individual	Senior Feminino	01:20:26	+33:48	06:42
231	1236	Marlene Santos	hora do lobo trail - cf perosinho atletismo	Veterana F40	01:20:26	+33:48	06:42
232	1510	António Alves	mss contabilidade trail team	Veterano M40	01:20:31	+33:53	06:43
233	1295	Jorge Trindade	individual	Senior Masculino	01:20:34	+33:56	06:43
234	1257	Joana Cardoso Almeida	individual	Senior Feminino	01:20:37	+33:59	06:43
235	1605	Nuno Peixe	strong team	Veterano M40	01:20:38	+33:59	06:43
236	1375	Amilcar Dos Santos Pereira Teixeira	individual	Veterano M40	01:20:41	+34:03	06:43
237	1227	José Carlos Lascasas	gondomar futsal clube	Veterano M40	01:20:41	+34:03	06:43
238	1413	Paulo Maia	individual	Veterano M40	01:20:52	+34:14	06:44
239	1501	Isabel Santos	mss contabilidade trail team	Veterana F40	01:21:02	+34:24	06:45
240	1129	HUGO RABAÇA	clube desportivo cepsa	Senior Masculino	01:21:03	+34:25	06:45
241	1225	Sandra Pera	gondomar futsal clube	Senior Feminino	01:21:10	+34:32	06:46
242	1639	Paulo Ferreira	tog associação running team	Veterano M40	01:21:14	+34:36	06:46
243	1013	Rui Sá	10temidos	Veterano M40	01:21:23	+34:45	06:47
244	1430	José Maria Teixeira	individual	Veterano M50	01:21:25	+34:47	06:47
245	1648	Floriano	top trail	Senior Masculino	01:21:25	+34:47	06:47
246	1627	Paulo Soares	tog associação running team	Senior Masculino	01:21:27	+34:49	06:47
247	1090	Tiago Silva	baguim runners	Senior Masculino	01:21:30	+34:52	06:48
248	1326	vitor neves	individual	Senior Masculino	01:21:32	+34:54	06:48
249	1468	Ana Sousa	los mexicanos	Senior Feminino	01:21:36	+34:58	06:48
250	1018	David Martins	a.d.amarante trail running	Senior Masculino	01:21:45	+35:07	06:49
251	1444	Miguel Silva	infecto team	Senior Masculino	01:21:48	+35:10	06:49
252	1415	Paulo Santos	individual	Veterano M40	01:22:09	+35:31	06:51
253	1651	José Gonçalves	top trail	Veterano M40	01:22:11	+35:33	06:51
254	1005	Alvaro Pereira	#atechoras	Veterano M40	01:22:19	+35:41	06:52
255	1086	Antonio Mendes	baguim runners	Senior Masculino	01:22:19	+35:41	06:52
256	1392	JOAO LOURENÇO	individual	Veterano M40	01:22:28	+35:50	06:52
257	1459	Nuno Pereira	leões de tardariz trail	Senior Masculino	01:22:31	+35:53	06:53
258	1520	Paulo Costa	mss contabilidade trail team	Veterano M40	01:22:46	+36:08	06:54
259	1514	Edilberto Costa	mss contabilidade trail team	Veterano M40	01:22:46	+36:08	06:54
260	1560	MARCO CALDAS	porto sentido runners	Veterano M40	01:22:49	+36:11	06:54
261	1082	Marco Dias	as melhores castas	Senior Masculino	01:23:02	+36:24	06:55
262	1579	Rui Carvalho	s. s. montepio	Senior Masculino	01:23:04	+36:26	06:55
263	1139	Maria Fátima Marques Ribeiro	clube zupper	Veterana F50	01:23:05	+36:27	06:55
264	1032	Flávio Teixeira	amigos 100 limites	Senior Masculino	01:23:10	+36:32	06:56

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
265	1205	Carla ferreira	fit gaia trail	Senior Feminino	01:23:35	+36:57	06:58
266	1264	Noémia Pinto	individual	Senior Feminino	01:23:39	+37:01	06:58
267	1080	Bruno Ribeiro	as melhores castas	Senior Masculino	01:23:43	+37:05	06:59
268	1577	Filipe Soares	s. s. montepio	Senior Masculino	01:23:51	+37:13	06:59
269	1555	Maria Albina Silva	pernas inertes	Veterana F40	01:23:53	+37:15	06:59
270	1583	Francisco Moreira	s. s. montepio	Veterano M40	01:23:53	+37:15	06:59
271	1120	Sandra Matos	centro ciclista de gondomar	Veterana F40	01:24:00	+37:22	07:00
272	1377	Antonio Carvalho	individual	Veterano M40	01:24:02	+37:24	07:00
273	1020	Luís Mendes	a.d.amarante trail running	Senior Masculino	01:24:23	+37:45	07:02
274	1152	RICARDO MARTINS	ddt runners	Senior Masculino	01:24:28	+37:50	07:02
275	1563	Ari Cardoso	renas do monte	Senior Masculino	01:24:32	+37:54	07:03
276	1452	Sandra Martins	kemedo team	Veterana F40	01:24:38	+38:00	07:03
277	1424	António Antunes	individual	Veterano M50	01:24:46	+38:08	07:04
278	1216	Maria Emilia Babo Teixeira Moreira	gdc fidelidade	Veterana F50	01:24:56	+38:18	07:05
279	1397	jorge ferreirinha	individual	Veterano M40	01:24:56	+38:18	07:05
280	1035	Ricardo Leal	amigos 100 limites	Senior Masculino	01:24:57	+38:19	07:05
281	1040	Sérgio Moreira	amigos 100 limites	Veterano M40	01:24:57	+38:19	07:05
282	1285	EDUARDO LUÍS MESQUITA SEABRA	individual	Senior Masculino	01:25:07	+38:29	07:06
283	1149	DAVID MANUEL COIMBRA DE SA CRUZ	dcruzcar / café fernandes / sati supreme	Veterano M40	01:25:13	+38:35	07:06
284	1529	Ivo Pereira	nem que chova	Veterano M40	01:25:17	+38:39	07:06
285	1461	Agostinho Cardoso	leões de tardariz trail	Veterano M40	01:25:18	+38:40	07:07
286	1393	JOAQUIM ALBERTO MOTA ALEIXO SOUSA	individual	Veterano M40	01:25:20	+38:42	07:07
287	1528	Gastao Ferreira	nem que chova	Senior Masculino	01:25:21	+38:43	07:07
288	1015	Rita Sampaio	a.d.amarante trail running	Senior Feminino	01:25:23	+38:45	07:07
289	1592	Maria Rosa Lopes Barros Costa	spartan spirit	Veterana F50	01:25:24	+38:46	07:07
290	1530	Jorge Rebelo	nem que chova	Veterano M40	01:25:27	+38:49	07:07
291	1654	Rosa Almeida	trepatrilhos trail team	Veterana F40	01:25:37	+38:59	07:08
292	1585	Ricardo Resende	s. s. montepio	Veterano M40	01:25:57	+39:19	07:10
293	1186	Carlos Frutuoso	factor / s4l / medense fc	Senior Masculino	01:26:08	+39:30	07:11
294	1198	josé castelo	fardetas	Veterano M60	01:26:13	+39:35	07:11
295	1356	Susana Bessa	individual	Veterana F40	01:26:16	+39:37	07:11
296	1042	Cátia Sofia Rodrigues Oliveira	amigos do pedal trailagares	Senior Feminino	01:26:16	+39:38	07:11
297	1521	Ricardo Pinto	mss contabilidade trail team	Veterano M40	01:26:22	+39:44	07:12
298	1007	Sandra Couto	#correratenumdarmais	Senior Feminino	01:26:30	+39:52	07:13
299	1458	Miguel Reis	leões de tardariz trail	Senior Masculino	01:26:33	+39:55	07:13
300	1169	António Pinheiro	dr. merino/4moove	Senior Masculino	01:26:36	+39:58	07:13
301	1536	Bruno vieira	os aceleras	Senior Masculino	01:26:41	+40:03	07:13
302	1596	Margarida Machado	sporting clube de espinho / António leitão	Veterana F50	01:26:46	+40:07	07:14
303	1593	Fátima Oliveira	sporting clube de espinho / António leitão	Senior Feminino	01:26:46	+40:08	07:14
304	1409	Nuno Sousa	individual	Veterano M40	01:26:47	+40:09	07:14
305	1522	Rui Augusto	mss contabilidade trail team	Veterano M40	01:27:16	+40:38	07:16
306	1251	Dina Isabel Perfeito dos Santos	individual	Senior Feminino	01:27:17	+40:39	07:16

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
307	1231	Francisco Lopes	grupo 46 "lavra run"	Veterano M40	01:27:19	+40:41	07:17
308	1010	Nuno Silva	100pernas	Veterano M40	01:27:23	+40:45	07:17
309	1124	António Castro	centro ciclista de gondomar	Veterano M60	01:27:30	+40:51	07:18
310	1659	Vitor Santos	individual	Senior Masculino	01:27:37	+40:59	07:18
311	1229	Sérgio Pereira	gondomar futsal clube	Veterano M40	01:28:20	+41:42	07:22
312	1096	Isabel	bravos&bravitas	Senior Feminino	01:28:24	+41:46	07:22
313	1038	Maria Ferreira	amigos 100 limites	Veterana F50	01:28:28	+41:50	07:22
314	1423	Alcídio Figueiredo	individual	Veterano M50	01:28:29	+41:51	07:22
315	1617	Rita Morais	tog associação running team	Senior Feminino	01:28:30	+41:52	07:23
316	1626	Ismael Silva	tog associação running team	Senior Masculino	01:28:30	+41:52	07:23
317	1300	Luis Tiago Vieira	individual	Senior Masculino	01:28:33	+41:55	07:23
318	1569	mara freitas	reumatico trail team	Senior Feminino	01:28:43	+42:05	07:24
319	1237	Conceição Pereira	hora do lobo trail - cf perosinho atletismo	Veterana F50	01:28:49	+42:11	07:24
320	1590	Amelia Maria Duarte Ramos	spartan spirit	Veterana F40	01:28:54	+42:16	07:25
321	1142	Sandra Pina	comdor runners	Veterana F40	01:28:56	+42:18	07:25
322	1311	Pedro Costa	individual	Senior Masculino	01:29:04	+42:26	07:25
323	1527	Américo Leal	mss contabilidade trail team	Veterano M50	01:29:07	+42:29	07:26
324	1494	Paulo Silva	mss contabilidade trail team	Senior Masculino	01:29:08	+42:29	07:26
325	1305	Miguel Sousa	individual	Senior Masculino	01:29:21	+42:43	07:27
326	1323	Telmo Filipe Dias Rocha	individual	Senior Masculino	01:29:40	+43:02	07:28
327	1394	Joaquim Reinaldo Ferreira Pacheco	individual	Veterano M40	01:29:42	+43:04	07:29
328	1374	Amílcar Castro	individual	Veterano M40	01:29:42	+43:04	07:29
329	1662	Fernanda Bento	douroconta - gabinete de apoio e contabilidade	Veterana F50	01:29:43	+43:05	07:29
330	1359	Ana Paula Teixeira	individual	Veterana F50	01:29:53	+43:15	07:29
331	1008	Valter Couto	#correratenumdarmais	Veterano M40	01:30:00	+43:22	07:30
332	1440	Manuel Emidio	individual	Veterano M60	01:30:16	+43:38	07:31
333	1429	Joaquim oliveira	individual	Veterano M50	01:30:18	+43:40	07:32
334	1309	Nuno oliveira	individual	Senior Masculino	01:30:18	+43:40	07:32
335	1544	Andreia Valente	os caga tacos running team	Senior Feminino	01:30:20	+43:42	07:32
336	1076	Rita Falcão	as melhores castas	Senior Feminino	01:30:25	+43:47	07:32
337	1449	Ivone Pardal	invicta runners team	Veterana F40	01:30:26	+43:47	07:32
338	1228	Mário Ribeiro	gondomar futsal clube	Veterano M40	01:30:26	+43:48	07:32
339	1450	João Carlos Resende	invicta runners team	Veterano M40	01:30:27	+43:49	07:32
340	1464	Marco Oliveira	leões de tardariz trail	Veterano M40	01:30:28	+43:50	07:32
341	1146	Madalena Gonçalves	dá corda aos vitorinos	Veterana F50	01:30:49	+44:11	07:34
342	1144	Andreia Cardoso	dá corda aos vitorinos	Senior Feminino	01:30:50	+44:12	07:34
343	1615	Liliana Pereira	tog associação running team	Senior Feminino	01:31:06	+44:28	07:36
344	1160	RICARDO AGUIAR	diabos manquinhos	Senior Masculino	01:31:22	+44:44	07:37
345	1298	Luis Dias	individual	Senior Masculino	01:31:23	+44:45	07:37
346	1284	Diogo Silva	individual	Senior Masculino	01:31:23	+44:45	07:37
347	1537	Paulo Santos	os aceleras	Senior Masculino	01:31:43	+45:05	07:39
348	1246	Cátia Santos Almeida	individual	Senior Feminino	01:31:47	+45:09	07:39
349	1277	André Santos Almeida	individual	Senior Masculino	01:31:47	+45:09	07:39
350	1176	Liliana Vasconcelos	equipa a	Senior Feminino	01:32:20	+45:42	07:42
351	1347	patricia vieira	individual	Veterana F40	01:32:27	+45:49	07:42

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
352	1235	Cristina Ferreira de Moura	hora do lobo trail - cf perosinho atletismo	Veterana F40	01:32:33	+45:55	07:43
353	1380	António Manuel dos Santos Couto	individual	Veterano M40	01:32:48	+46:10	07:44
354	1382	ARTUR PEDRO AIROSA DA SILVA	individual	Veterano M40	01:32:56	+46:18	07:45
355	1428	Isaac Batista Pereira	individual	Veterano M50	01:33:38	+47:00	07:48
356	1431	manuel pires rodrigues	individual	Veterano M50	01:33:38	+47:00	07:48
357	1631	Estela Marques	tog associação running team	Veterana F40	01:33:42	+47:04	07:49
358	1604	Eduardo Loureiro	strong team	Veterano M40	01:33:44	+47:06	07:49
359	1531	Clemente Meireles	nem que chova	Veterano M50	01:33:45	+47:07	07:49
360	1222	Igor Santos	gdct unicre	Senior Masculino	01:33:50	+47:12	07:49
361	1296	José Paulo Silva Freitas	individual	Senior Masculino	01:33:53	+47:15	07:49
362	1376	André Pinho	individual	Veterano M40	01:33:54	+47:16	07:50
363	1055	Ismael neves	amigos mda	Senior Masculino	01:33:55	+47:17	07:50
364	1224	Patrícia Pereira	gondomar futsal clube	Senior Feminino	01:33:56	+47:18	07:50
365	1226	Pedro Rodrigues	gondomar futsal clube	Senior Masculino	01:33:57	+47:19	07:50
366	1106	Sonia	bravos&bravitas	Veterana F40	01:34:01	+47:23	07:50
367	1105	Liliana	bravos&bravitas	Veterana F40	01:34:01	+47:23	07:50
368	1570	Inês Arcos	runners and friends	Senior Feminino	01:34:11	+47:33	07:51
369	1572	Pedro Arcos	runners and friends	Veterano M60	01:34:35	+47:57	07:53
370	1118	Jose Rodrigues	camara municipal gondomar	Veterano M50	01:34:41	+48:03	07:53
371	1117	Jose Pinto	camara municipal gondomar	Veterano M40	01:34:41	+48:03	07:53
372	1422	Valter Filipe Borges da Silva	individual	Veterano M40	01:34:42	+48:04	07:54
373	1556	Carlos Manuel Silva	pernas inertes	Veterano M50	01:34:52	+48:14	07:54
374	1052	Sonia django	amigos mda	Senior Feminino	01:35:17	+48:39	07:56
375	1629	Victor Moreira	tog associação running team	Senior Masculino	01:35:18	+48:40	07:57
376	1633	Kika Martins	tog associação running team	Veterana F40	01:35:18	+48:40	07:57
377	1470	Carla Ventura	magical mushrooms	Veterana F40	01:35:25	+48:47	07:57
378	1171	Carla Pereira	edv- viana trail	Veterana F40	01:35:26	+48:48	07:57
379	1071	Marlene Gomes	arcorun	Senior Feminino	01:35:27	+48:49	07:57
380	1360	ANA SOUSA	individual	Veterana F50	01:35:30	+48:51	07:58
381	1608	Anabela Machado	taylors	Veterana F40	01:35:49	+49:11	07:59
382	1173	Silvia Soares	ei team trail	Senior Feminino	01:35:51	+49:13	07:59
383	1172	Márcia Coelho	ei team trail	Senior Feminino	01:35:51	+49:13	07:59
384	1411	Paulo Ferreira	individual	Veterano M40	01:36:19	+49:41	08:02
385	1362	Eugenia Ferreira	individual	Veterana F50	01:36:20	+49:42	08:02
386	1217	Alexandre David Ribeiro Sousa	gdc fidelidade	Veterano M40	01:36:22	+49:44	08:02
387	1647	Tânia Almeida	top trail	Senior Feminino	01:36:24	+49:46	08:02
388	1650	Vítor Almeida	top trail	Senior Masculino	01:36:25	+49:47	08:02
389	1622	Suse Silva	tog associação running team	Senior Feminino	01:36:42	+50:04	08:04
390	1421	Valter Caseiro	individual	Veterano M40	01:37:08	+50:30	08:06
391	1606	Pedro Perpétuo	strong team	Veterano M40	01:37:09	+50:31	08:06
392	1218	João Manuel Marques Moreira	gdc fidelidade	Veterano M50	01:37:13	+50:35	08:06
393	1557	Patrícia Alexandra Ferreira Ribeiro	porto sentido runners	Senior Feminino	01:37:20	+50:41	08:07
394	1588	jorge cruz	sati supreme	Veterano M40	01:37:24	+50:46	08:07
395	1024	Diana Paiva	ad sebolido trail boneca douro	Senior Feminino	01:37:30	+50:52	08:08

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
396	1358	Zenaida Andrade	individual	Veterana F40	01:37:30	+50:52	08:08
397	1540	Manuel Moura	os barriguitas	Veterano M60	01:37:33	+50:55	08:08
398	1248	Daniela Silva	individual	Senior Feminino	01:37:36	+50:58	08:08
399	1539	Bruno Castelo	os aventureiros	Senior Masculino	01:37:58	+51:20	08:10
400	1538	Vanessa Santos	os aventureiros	Senior Feminino	01:37:59	+51:21	08:10
401	1270	Sónia Azevedo	individual	Senior Feminino	01:38:01	+51:23	08:10
402	1638	Paulo Carneiro	tog associação running team	Veterano M40	01:38:08	+51:30	08:11
403	1241	Ana Catarina Barbosa Moreira	individual	Senior Feminino	01:38:23	+51:45	08:12
404	1072	STERLING BOLIVAR	arcorun	Veterano M40	01:38:24	+51:46	08:12
405	1478	Henrique Martins Pereira	moreira relax runners	Senior Masculino	01:38:24	+51:46	08:12
406	1477	André Leitão Pereira	moreira relax runners	Senior Masculino	01:38:24	+51:46	08:12
407	1611	Manuel Jorge	team aguenta aí	Veterano M40	01:38:30	+51:52	08:13
408	1554	Paulo cunha	patas negras	Veterano M50	01:38:31	+51:53	08:13
409	1655	Teresa Costa	trepatrilhos trail team	Veterana F50	01:38:31	+51:53	08:13
410	1333	Anabela Mesquita	individual	Veterana F40	01:38:42	+52:04	08:14
411	1339	Eduarda Mesquita	individual	Veterana F40	01:38:42	+52:04	08:14
412	1029	Marlene Oliveira	amigos 100 limites	Senior Feminino	01:38:43	+52:05	08:14
413	1250	Diana Gomes	individual	Senior Feminino	01:38:44	+52:06	08:14
414	1259	Liliana Gomes	individual	Senior Feminino	01:38:45	+52:07	08:14
415	1271	Sónia Sousa	individual	Senior Feminino	01:38:45	+52:07	08:14
416	1148	ANGELO FERNANDES	dcruzcar / café fernandes / sati supreme	Senior Masculino	01:38:58	+52:20	08:15
417	1269	Sandra ferreira	individual	Senior Feminino	01:39:08	+52:30	08:16
418	1263	Marta Reguengo	individual	Senior Feminino	01:39:08	+52:30	08:16
419	1607	Vanda Miranda	taylors	Senior Feminino	01:39:12	+52:34	08:16
420	1045	Telma Filipa Teixeira Rocha	amigos do pedal trailagares	Senior Feminino	01:39:30	+52:52	08:18
421	1044	Susana Marisa da Cunha Melo Leal	amigos do pedal trailagares	Senior Feminino	01:39:31	+52:53	08:18
422	1454	Virgínia Vieira	kunalama runners	Senior Feminino	01:39:33	+52:55	08:18
423	1159	MANUEL CARVALHO	diabos manquinhos	Senior Masculino	01:39:55	+53:17	08:20
424	1158	JULIO AGUIAR	diabos manquinhos	Senior Masculino	01:39:56	+53:17	08:20
425	1371	ROSA BISPO	individual	Veterana F60	01:39:57	+53:19	08:20
426	1438	José Augusto Pires Lima	individual	Veterano M60	01:39:57	+53:19	08:20
427	1059	Cristina Gomes	aperta cordões	Senior Feminino	01:39:58	+53:20	08:20
428	1067	Nuno Jorge Soares Pinto Leão	aperta cordões	Veterano M40	01:39:58	+53:20	08:20
429	1027	Cátia Martins	amigos 100 limites	Senior Feminino	01:39:58	+53:20	08:20
430	1209	Ana cristina	gansos	Veterana F40	01:40:07	+53:29	08:21
431	1210	Joaquim garces	gansos	Veterano M50	01:40:07	+53:29	08:21
432	1151	BRUNO CARDOSO	ddt runners	Senior Masculino	01:40:20	+53:42	08:22
433	1213	Joana Catarina Teixeira Moreira Silva	gdc fidelidade	Senior Feminino	01:40:33	+53:55	08:23
434	1586	Rui Rebelo	s. s. montepio	Veterano M40	01:40:37	+53:59	08:23
435	1576	Patricia Rebelo	s. s. montepio	Senior Feminino	01:40:37	+53:59	08:23
436	1274	Teresa Barbosa	individual	Senior Feminino	01:40:58	+54:20	08:25
437	1058	Andre Cavadas	andre cavadas	Senior Masculino	01:40:58	+54:20	08:25
438	1349	Raquel Pinto	individual	Veterana F40	01:41:11	+54:33	08:26
439	1552	Joana Amorim	outsiders trail team	Senior Feminino	01:41:14	+54:36	08:26
440	1553	Marta Duarte	outsiders trail team	Senior Feminino	01:41:14	+54:36	08:26

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
441	1441	Manuel Leonardo	individual	Veterano M60	01:41:32	+54:54	08:28
442	1566	João Figueiredo	renas do monte	Senior Masculino	01:41:36	+54:58	08:28
443	1451	Sandra Andreso Lopes	kemedo team	Veterana F40	01:41:45	+55:07	08:29
444	1447	Mónica Silva	infecto team	Veterana F40	01:41:54	+55:16	08:30
445	1443	José Pinto	infecto team	Senior Masculino	01:41:55	+55:16	08:30
446	1125	Paulo Oliveira	centro ciclista de gondomar	Veterano M50	01:42:02	+55:23	08:30
447	1343	Manuela Ferreira	individual	Veterana F40	01:42:14	+55:36	08:31
448	1386	Daniel Branco	individual	Veterano M40	01:42:17	+55:39	08:31
449	1488	Raquel Marques	mss contabilidade trail team	Senior Feminino	01:42:27	+55:49	08:32
450	1133	SANDRA MORGADO	clube desportivo cepsa	Veterana F40	01:42:30	+55:52	08:33
451	1412	Paulo Lagoa	individual	Veterano M40	01:42:41	+56:03	08:33
452	1361	Carolina Cruz	individual	Veterana F50	01:42:52	+56:14	08:34
453	1482	José Santos	mountain climbers	Veterano M60	01:43:22	+56:44	08:37
454	1481	Isabel Santos	mountain climbers	Veterana F40	01:43:22	+56:44	08:37
455	1108	Joana Silva	bravos&bravitas	Senior Feminino	01:43:25	+56:47	08:37
456	1437	Germano Moura	individual	Veterano M60	01:43:50	+57:12	08:39
457	1066	Miguel Figueiredo	aperta cordões	Veterano M40	01:43:58	+57:20	08:40
458	1178	Rita Moura	exercise for you	Senior Feminino	01:44:00	+57:22	08:40
459	1098	Bruno	bravos&bravitas	Senior Masculino	01:44:01	+57:23	08:40
460	1571	Ricardo Carneiro	runners and friends	Senior Masculino	01:44:10	+57:32	08:41
461	1091	Elsa sacramento	baguim runners	Veterana F40	01:44:20	+57:42	08:42
462	1033	José Soares	amigos 100 limites	Senior Masculino	01:44:26	+57:48	08:42
463	1373	Alexandre Teles	individual	Veterano M40	01:44:44	+58:06	08:44
464	1267	Ruka Santos	individual	Senior Feminino	01:44:45	+58:07	08:44
465	1623	Marco Oliveira	tog associação running team	Veterano M40	01:44:49	+58:11	08:44
466	1179	Isabel Rocha	exercise for you	Veterana F40	01:44:51	+58:13	08:44
467	1132	MARISA SILVA	clube desportivo cepsa	Veterana F40	01:44:55	+58:17	08:45
468	1609	Cândida Rodrigues	taylors	Veterana F50	01:45:01	+58:23	08:45
469	1078	Sara Gonçalves	as melhores castas	Senior Feminino	01:45:02	+58:24	08:45
470	1345	Maria Luísa Portela	individual	Veterana F40	01:45:12	+58:34	08:46
471	1367	Lurdes Silva	individual	Veterana F50	01:45:13	+58:35	08:46
472	1620	Sónia Reis	tog associação running team	Senior Feminino	01:45:13	+58:35	08:46
473	1618	Rosa Gonçalves	tog associação running team	Senior Feminino	01:45:13	+58:35	08:46
474	1028	Cláudia Pereira	amigos 100 limites	Senior Feminino	01:45:27	+58:49	08:47
475	1150	MARINA RAMALHO	ddt runners	Senior Feminino	01:45:47	+59:09	08:49
476	1368	Maria da Conceicao Castro Oliveira da Cruz	individual	Veterana F50	01:45:50	+59:12	08:49
477	1342	Luísa Nogueira	individual	Veterana F40	01:46:05	+59:27	08:50
478	1619	Silvia Rocha	tog associação running team	Senior Feminino	01:46:06	+59:28	08:51
479	1472	Vera Lúcia Soares Gomes	melres trail running - ordem para arrear	Veterana F40	01:46:13	+59:35	08:51
480	1337	CARLA REGINA MOREIRA	individual	Veterana F40	01:46:14	+59:36	08:51
481	1363	Fátima Carneiro	individual	Veterana F50	01:47:03	+01:00:25	08:55
482	1484	Carla Maravilhas	mss contabilidade trail team	Senior Feminino	01:47:08	+01:00:30	08:56
483	1486	Marina Silva Sousa	mss contabilidade trail team	Senior Feminino	01:47:08	+01:00:30	08:56
484	1419	Sá Costa	individual	Veterano M40	01:47:33	+01:00:55	08:58
485	1048	Ana luisa coelho	amigos mda	Senior Feminino	01:48:12	+01:01:34	09:01

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 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
486	1268	Sandra	individual	Senior Feminino	01:48:21	+01:01:43	09:02
487	1483	Sonia silva	mountain runners	Senior Feminino	01:48:21	+01:01:43	09:02
488	1064	Mónica Barros	aperta cordões	Veterana F40	01:48:38	+01:01:59	09:03
489	1063	Fatima Moreira	aperta cordões	Veterana F40	01:48:38	+01:01:59	09:03
490	1065	Élio Gonçalves	aperta cordões	Veterano M40	01:48:41	+01:02:03	09:03
491	1354	Sandra Vasconcelos	individual	Veterana F40	01:48:48	+01:02:10	09:04
492	1174	Carlos Andrade	ei team trail	Senior Masculino	01:49:04	+01:02:26	09:05
493	1175	Lurdes Oliveira	ei team trail	Veterana F50	01:49:04	+01:02:26	09:05
494	1533	Paulo Amorim	nocturnos de paredes	Senior Masculino	01:49:06	+01:02:28	09:06
495	1180	Lurdes Sanguedo	exercise for you	Veterana F40	01:49:06	+01:02:28	09:06
496	1532	Joana Silva	nocturnos de paredes	Senior Feminino	01:49:14	+01:02:36	09:06
497	1357	Teresa Guerra	individual	Veterana F40	01:49:19	+01:02:41	09:07
498	1630	Beatriz Almeida	tog associação running team	Veterana F40	01:49:21	+01:02:43	09:07
499	1446	Gisélia Braga	infecto team	Veterana F40	01:49:25	+01:02:47	09:07
500	1417	Pedro Leite	individual	Veterano M40	01:49:31	+01:02:53	09:08
501	1414	paulo meinedo	individual	Veterano M40	01:50:00	+01:03:22	09:10
502	1340	fatima meinedo	individual	Veterana F40	01:50:00	+01:03:22	09:10
503	1657	Susana Couto	wolves	Veterana F40	01:50:16	+01:03:38	09:11
504	1395	Jorge Caldas	individual	Veterano M40	01:50:18	+01:03:40	09:12
505	1245	Catarina isabel mendes ribeiro	individual	Senior Feminino	01:50:25	+01:03:47	09:12
506	1137	José Silva	clube trilheiros & amigos	Senior Masculino	01:50:26	+01:03:48	09:12
507	1366	Lucia Cidalia carneiro Neves	individual	Veterana F50	01:50:38	+01:04:00	09:13
508	1348	PAULA MARIA CASTRO	individual	Veterana F40	01:50:38	+01:04:00	09:13
509	1319	Ricardo Paiva	individual	Senior Masculino	01:50:51	+01:04:13	09:14
510	1525	Soraia Póvoas	mss contabilidade trail team	Senior Feminino	01:50:59	+01:04:21	09:15
511	1370	Maria Filomena Venâncio Lopes Marcelo	individual	Veterana F60	01:51:37	+01:04:59	09:18
512	1489	Vanessa Ramos	mss contabilidade trail team	Senior Feminino	01:51:59	+01:05:21	09:20
513	1325	tiago gloria	individual	Senior Masculino	01:52:22	+01:05:44	09:22
514	1249	Diana Bastos	individual	Senior Feminino	01:52:22	+01:05:44	09:22
515	1334	Ângela Pereira	individual	Veterana F40	01:52:24	+01:05:46	09:22
516	1327	Andreia Ferraz	individual	Sub 23 Feminino	01:52:24	+01:05:46	09:22
517	1069	Cláudia Dias	arcorun	Senior Feminino	01:52:25	+01:05:47	09:22
518	1253	Fatima Lobo	individual	Senior Feminino	01:52:57	+01:06:19	09:25
519	1562	Ricardo Jorge Braga	rechonchudos trail runners	Senior Masculino	01:53:13	+01:06:35	09:26
520	1238	Fernando Ferreira	hora do lobo trail - cf perosinho atletismo	Veterano M40	01:53:13	+01:06:35	09:26
521	1156	LIDIA AGUIAR	diabos manquinhos	Senior Feminino	01:53:40	+01:07:02	09:28
522	1558	Isabel Maria Vieira Moreira	porto sentido runners	Veterana F40	01:53:42	+01:07:04	09:29
523	1561	Rui Miguel Silva Almeida Teixeira	porto sentido runners	Veterano M40	01:53:42	+01:07:04	09:29
524	1656	Cristina Coelho	wolves	Veterana F40	01:53:43	+01:07:05	09:29
525	1442	Marta Magalhães	infecto team	Senior Feminino	01:54:12	+01:07:34	09:31
526	1260	Liliana Lopes	individual	Senior Feminino	01:54:17	+01:07:39	09:31
527	1211	Rui Machado	gansos	Veterano M50	01:54:47	+01:08:09	09:34
528	1448	Carla Maria Pereira Santos	invicta runners team	Veterana F40	01:54:47	+01:08:09	09:34
529	1388	Filipe Moutinho	individual	Veterano M40	01:55:16	+01:08:38	09:36
530	1534	Carla Magalhães	núcleo de montanha de espinho	Senior Feminino	01:55:29	+01:08:51	09:37

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
531	1252	Eli Maia	individual	Senior Feminino	01:55:48	+01:09:10	09:39
532	1545	Rosinda Macedo	os caga tacos running team	Veterana F50	01:56:01	+01:09:23	09:40
533	1546	António Macedo	os caga tacos running team	Veterano M60	01:56:01	+01:09:23	09:40
534	1230	Manuela Viterbo	grupo 46 "lavra run"	Veterana F50	01:56:15	+01:09:37	09:41
535	1232	Paulo Ferreira	grupo 46 "lavra run"	Veterano M40	01:56:15	+01:09:37	09:41
536	1634	Deolinda Campanhã	tog associação running team	Veterana F50	01:56:26	+01:09:48	09:42
537	1616	Patricia Almeida	tog associação running team	Senior Feminino	01:56:54	+01:10:16	09:45
538	1635	Raquel Marques	tog associação running team	Veterana F50	01:57:07	+01:10:29	09:46
539	1335	Carla Maia	individual	Veterana F40	01:57:13	+01:10:35	09:46
540	1262	Marinella Lopes Teixeira	individual	Senior Feminino	01:57:13	+01:10:35	09:46
541	1056	Helena Ferreira	amotinados trail	Veterana F50	01:57:47	+01:11:09	09:49
542	1215	Sandra Maria Carvalho Cepeda	gdc fidelidade	Veterana F40	01:58:01	+01:11:23	09:50
543	1212	Helena Maria Macedo e Silva	gdc fidelidade	Senior Feminino	01:58:01	+01:11:23	09:50
544	1595	Sandra Martins	sporting clube de espinho / António leitão	Veterana F40	01:58:15	+01:11:37	09:51
545	1597	António Albuquerque	sporting clube de espinho / António leitão	Veterano M40	01:58:15	+01:11:37	09:51
546	1474	Helena roxo	monte dos amigos	Veterana F40	01:58:24	+01:11:46	09:52
547	1475	Angela graça	monte dos amigos	Veterana F50	01:58:25	+01:11:47	09:52
548	1549	Eduarda Freitas	os manos	Veterana F40	01:59:09	+01:12:31	09:56
549	1550	António Soares	os manos	Veterano M40	01:59:09	+01:12:31	09:56
550	1507	Paula Salgado	mss contabilidade trail team	Veterana F50	01:59:14	+01:12:36	09:56
551	1254	Helena Fernandes	individual	Senior Feminino	01:59:23	+01:12:45	09:57
552	1256	Isa monteiro	individual	Senior Feminino	01:59:23	+01:12:45	09:57
553	1070	ERIKA JESUS	arcorun	Senior Feminino	02:00:11	+01:13:33	10:01
554	1025	Ana Maria Moreira	all about	Veterana F60	02:00:39	+01:14:01	10:03
555	1613	Antonieta Gomes	tog associação running team	Senior Feminino	02:00:49	+01:14:11	10:04
556	1628	Pedro Borges	tog associação running team	Senior Masculino	02:00:49	+01:14:11	10:04
557	1051	Silvia henriques	amigos mda	Senior Feminino	02:01:11	+01:14:33	10:06
558	1181	Sandra Ferreira	exercise for you	Veterana F40	02:01:23	+01:14:45	10:07
559	1508	Rosa Maria Castro	mss contabilidade trail team	Veterana F50	02:02:22	+01:15:44	10:12
560	1505	Irene Bastos	mss contabilidade trail team	Veterana F50	02:02:23	+01:15:44	10:12
561	1643	Silvia Ferreira	tog associação running team	Senior Feminino	02:02:23	+01:15:45	10:12
562	216	Bruno Monteiro	tog associação running team	Senior Masculino	02:02:25	+01:15:47	10:12
563	1053	Sonia ferreira	amigos mda	Senior Feminino	02:02:42	+01:16:04	10:14
564	1502	Joana Vieira	mss contabilidade trail team	Veterana F40	02:02:56	+01:16:18	10:15
565	1506	Natalina Videira	mss contabilidade trail team	Veterana F50	02:02:56	+01:16:18	10:15
566	1365	Idalina Fontes	individual	Veterana F50	02:03:13	+01:16:35	10:16
567	1001	Joana Ribeiro	#atechoras	Senior Feminino	02:03:17	+01:16:39	10:16
568	1621	Sónia Santos	tog associação running team	Senior Feminino	02:03:17	+01:16:39	10:16
569	1255	Helena Freitas	individual	Senior Feminino	02:03:52	+01:17:14	10:19
570	1434	Vítor Alves	individual	Veterano M50	02:05:13	+01:18:35	10:26
571	1002	Susana Pereira	#atechoras	Senior Feminino	02:06:16	+01:19:38	10:31
572	1603	Joana Faria	strong team	Senior Feminino	02:06:20	+01:19:42	10:32
573	1116	Susana Moura	camara municipal gondomar	Veterana F40	02:06:28	+01:19:50	10:32
574	1115	Sofia Martins	camara municipal gondomar	Veterana F40	02:06:28	+01:19:50	10:32
575	1077	Rita Quaresma	as melhores castas	Senior Feminino	02:08:07	+01:21:29	10:41

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
576	1075	Maria Falcão	as melhores castas	Senior Feminino	02:08:07	+01:21:29	10:41
577	1057	José Ferreira	amotinados trail	Veterano M50	02:10:06	+01:23:28	10:51
578	1214	Helena Maria Beato Pinto Nogueira	gdc fidelidade	Veterana F40	02:11:43	+01:25:05	10:59
579	1602	Andreia Peixe	strong team	Senior Feminino	02:16:33	+01:29:55	11:23
580	1157	RITA GUIMARAES	diabos manquinhos	Senior Feminino	02:18:00	+01:31:22	11:30
581	1155	ANDREIA PINTO	diabos manquinhos	Senior Feminino	02:18:00	+01:31:22	11:30
582	1503	Beatriz Caldeira	mss contabilidade trail team	Veterana F50	02:19:33	+01:32:55	11:38
583	1664	Susana Almeida	exercise for you	Veterana F40	02:25:40	+01:39:02	12:08
584	1665	Daniela Silva	exercise for you	Sub 23 Feminino	02:25:41	+01:39:03	12:08
585	1584	Renato Costa	s. s. montepio	Veterano M40	02:27:22	+01:40:44	12:17
586	1581	Paula Branco	s. s. montepio	Veterana F40	02:27:22	+01:40:44	12:17
587	1114	Joana Sousa	camara municipal gondomar	Senior Feminino	02:28:43	+01:42:05	12:24
588	1504	Cristina Esteves	mss contabilidade trail team	Veterana F50	02:50:55	+02:04:17	14:15
589	1500	Daniel Silva	mss contabilidade trail team	Sub 23 Masculino	02:50:59	+02:04:21	14:15
590	1498	Catarina Esteves Ramos	mss contabilidade trail team	Sub 23 Feminino	02:51:00	+02:04:22	14:15
591	1499	Tânia Vanessa Lima	mss contabilidade trail team	Sub 23 Feminino	02:51:01	+02:04:23	14:15

Trail das Nozes
Gondomar
28-outubro-2018

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

	Time	Temperature	Humidity
Start	09:30	7,4ºC	70%
End	12:21	7,4ºC	70%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1247	Cláudia Santos	Individual	Senior Feminino	01:05:00	+18:22	05:25
2	1043	Sandra Carina Cabral Cunha	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:08:35	+21:57	05:43
3	1206	Eliana Teixeira	Fridão Sem Limites	Senior Feminino	01:10:21	+23:43	05:52
4	1487	Mia Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:12:29	+25:51	06:02
5	1097	Vera	Bravos&bravitas	Senior Feminino	01:13:02	+26:24	06:05
6	1265	Renata	EI Team Trail	Senior Feminino	01:14:34	+27:56	06:13
7	1242	Ana Ferreira	Individual	Senior Feminino	01:14:35	+27:57	06:13
8	1161	Liliana Felgueiras	Douroconta - Gabinete de Apoio e Contabilidade	Senior Feminino	01:15:36	+28:58	06:18
9	1455	Tânia Gonçalves	Leões de Tardariz Trail	Senior Feminino	01:17:04	+30:26	06:25
10	1258	Leonor Ferreira Bessa Babo	Individual	Senior Feminino	01:17:33	+30:55	06:28
11	1275	Vania Luisa Pinto	Individual	Senior Feminino	01:17:58	+31:20	06:30
12	1244	Carla Sofia Jesus da Costa	Boavista trail	Senior Feminino	01:19:11	+32:33	06:36
13	1240	Ana Bessa	Individual	Senior Feminino	01:20:26	+33:48	06:42
14	1257	Joana Cardoso Almeida	Individual	Senior Feminino	01:20:37	+33:59	06:43
15	1225	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:21:10	+34:32	06:46
16	1468	Ana Sousa	Los Mexicanos	Senior Feminino	01:21:36	+34:58	06:48
17	1205	Carla ferreira	Fit Gaia Trail	Senior Feminino	01:23:35	+36:57	06:58
18	1264	Noémia Pinto	Individual	Senior Feminino	01:23:39	+37:01	06:58
19	1015	Rita Sampaio	A.D.Amarante trail running	Senior Feminino	01:25:23	+38:45	07:07
20	1042	Cátia Sofia Rodrigues Oliveira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:26:16	+39:38	07:11
21	1007	Sandra Couto	#correratenumdarmais	Senior Feminino	01:26:30	+39:52	07:13
22	1593	Fátima Oliveira	Sporting Clube de Espinho / António Leitão	Senior Feminino	01:26:46	+40:08	07:14
23	1251	Dina Isabel Perfeito dos Santos	Individual	Senior Feminino	01:27:17	+40:39	07:16
24	1096	Isabel	Bravos&bravitas	Senior Feminino	01:28:24	+41:46	07:22
25	1617	Rita Morais	tog Associação Running Team	Senior Feminino	01:28:30	+41:52	07:23
26	1569	mara freitas	Reumatico trail team	Senior Feminino	01:28:43	+42:05	07:24
27	1544	Andreia Valente	os caga tacos running team	Senior Feminino	01:30:20	+43:42	07:32
28	1076	Rita Falcão	As Melhores Castas	Senior Feminino	01:30:25	+43:47	07:32
29	1144	Andreia Cardoso	Dá corda aos Vitorinos	Senior Feminino	01:30:50	+44:12	07:34
30	1615	Liliana Pereira	tog Associação Running Team	Senior Feminino	01:31:06	+44:28	07:36
31	1246	Cátia Santos Almeida	Individual	Senior Feminino	01:31:47	+45:09	07:39
32	1176	Liliana Vasconcelos	Equipa A	Senior Feminino	01:32:20	+45:42	07:42
33	1224	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:33:56	+47:18	07:50
34	1570	Inês Arcos	Runners and friends	Senior Feminino	01:34:11	+47:33	07:51
35	1052	Sonia django	Amigos MDA	Senior Feminino	01:35:17	+48:39	07:56
36	1071	Marlene Gomes	ARCORUN	Senior Feminino	01:35:27	+48:49	07:57

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

37	1173	Silvia Soares	EI Team Trail	Senior Feminino	01:35:51	+49:13	07:59
38	1172	Márcia Coelho	EI Team Trail	Senior Feminino	01:35:51	+49:13	07:59
39	1647	Tânia Almeida	Top Trail	Senior Feminino	01:36:24	+49:46	08:02
40	1622	Suse Silva	tog Associação Running Team	Senior Feminino	01:36:42	+50:04	08:04
41	1557	Patrícia Alexandra Ferreira Ribeiro	Porto Sentido Runners	Senior Feminino	01:37:20	+50:41	08:07
42	1024	Diana Paiva	AD Sebolido Trail Boneca Douro	Senior Feminino	01:37:30	+50:52	08:08
43	1248	Daniela Silva	Individual	Senior Feminino	01:37:36	+50:58	08:08
44	1538	Vanessa Santos	os aventureiros	Senior Feminino	01:37:59	+51:21	08:10
45	1270	Sónia Azevedo	Individual	Senior Feminino	01:38:01	+51:23	08:10
46	1241	Ana Catarina Barbosa Moreira	Individual	Senior Feminino	01:38:23	+51:45	08:12
47	1029	Marlene Oliveira	Amigos 100 Limites	Senior Feminino	01:38:43	+52:05	08:14
48	1250	Diana Gomes	Individual	Senior Feminino	01:38:44	+52:06	08:14
49	1259	Liliana Gomes	Individual	Senior Feminino	01:38:45	+52:07	08:14
50	1271	Sónia Sousa	Individual	Senior Feminino	01:38:45	+52:07	08:14
51	1269	Sandra ferreira	Individual	Senior Feminino	01:39:08	+52:30	08:16
52	1263	Marta Reguengo	Individual	Senior Feminino	01:39:08	+52:30	08:16
53	1607	Vanda Miranda	TAYLORS	Senior Feminino	01:39:12	+52:34	08:16
54	1045	Telma Filipa Teixeira Rocha	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:39:30	+52:52	08:18
55	1044	Susana Marisa da Cunha Melo Leal	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	01:39:31	+52:53	08:18
56	1454	Virgínia Vieira	Kunalama Runners	Senior Feminino	01:39:33	+52:55	08:18
57	1059	Cristina Gomes	APERTA CORDÕES	Senior Feminino	01:39:58	+53:20	08:20
58	1027	Cátia Martins	Amigos 100 Limites	Senior Feminino	01:39:58	+53:20	08:20
59	1213	Joana Catarina Teixeira Moreira Silva	GDC Fidelidade	Senior Feminino	01:40:33	+53:55	08:23
60	1576	Patricia Rebelo	S. S. Montepio	Senior Feminino	01:40:37	+53:59	08:23
61	1274	Teresa Barbosa	Individual	Senior Feminino	01:40:58	+54:20	08:25
62	1552	Joana Amorim	Outsiders trail team	Senior Feminino	01:41:14	+54:36	08:26
63	1553	Marta Duarte	Outsiders trail team	Senior Feminino	01:41:14	+54:36	08:26
64	1488	Raquel Marques	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:42:27	+55:49	08:32
65	1108	Joana Silva	Bravos&bravitas	Senior Feminino	01:43:25	+56:47	08:37
66	1178	Rita Moura	Exercise for You	Senior Feminino	01:44:00	+57:22	08:40
67	1267	Ruka Santos	Individual	Senior Feminino	01:44:45	+58:07	08:44
68	1078	Sara Gonçalves	As Melhores Castas	Senior Feminino	01:45:02	+58:24	08:45
69	1620	Sónia Reis	tog Associação Running Team	Senior Feminino	01:45:13	+58:35	08:46
70	1618	Rosa Gonçalves	tog Associação Running Team	Senior Feminino	01:45:13	+58:35	08:46
71	1028	Cláudia Pereira	Amigos 100 Limites	Senior Feminino	01:45:27	+58:49	08:47
72	1150	MARINA RAMALHO	DDT RUNNERS	Senior Feminino	01:45:47	+59:09	08:49
73	1619	Silvia Rocha	tog Associação Running Team	Senior Feminino	01:46:06	+59:28	08:51
74	1484	Carla Maravilhas	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:47:08	+01:00:30	08:56
75	1486	Marina Silva Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:47:08	+01:00:30	08:56
76	1048	Ana luisa coelho	Amigos MDA	Senior Feminino	01:48:12	+01:01:34	09:01
77	1268	Sandra	Individual	Senior Feminino	01:48:21	+01:01:43	09:02
78	1483	Sonia silva	Mountain Runners	Senior Feminino	01:48:21	+01:01:43	09:02
79	1532	Joana Silva	NOCTURNOS DE PAREDES	Senior Feminino	01:49:14	+01:02:36	09:06

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

80	1245	Catarina isabel mendes ribeiro	Individual	Senior Feminino	01:50:25	+01:03:47	09:12
81	1525	Soraia Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:50:59	+01:04:21	09:15
82	1489	Vanessa Ramos	MSS CONTABILIDADE TRAIL TEAM	Senior Feminino	01:51:59	+01:05:21	09:20
83	1249	Diana Bastos	Individual	Senior Feminino	01:52:22	+01:05:44	09:22
84	1069	Cláudia Dias	ARCORUN	Senior Feminino	01:52:25	+01:05:47	09:22
85	1253	Fatima Lobo	Individual	Senior Feminino	01:52:57	+01:06:19	09:25
86	1156	LIDIA AGUIAR	DIABOS MANQUINHOS	Senior Feminino	01:53:40	+01:07:02	09:28
87	1442	Marta Magalhães	Infecto Team	Senior Feminino	01:54:12	+01:07:34	09:31
88	1260	Liliana Lopes	Individual	Senior Feminino	01:54:17	+01:07:39	09:31
89	1534	Carla Magalhães	Núcleo de Montanha de Espinho	Senior Feminino	01:55:29	+01:08:51	09:37
90	1252	Eli Maia	Individual	Senior Feminino	01:55:48	+01:09:10	09:39
91	1616	Patricia Almeida	tog Associação Running Team	Senior Feminino	01:56:54	+01:10:16	09:45
92	1262	Marinella Lopes Teixeira	Individual	Senior Feminino	01:57:13	+01:10:35	09:46
93	1212	Helena Maria Macedo e Silva	GDC Fidelidade	Senior Feminino	01:58:01	+01:11:23	09:50
94	1254	Helena Fernandes	Individual	Senior Feminino	01:59:23	+01:12:45	09:57
95	1256	Isa monteiro	Individual	Senior Feminino	01:59:23	+01:12:45	09:57
96	1070	ERIKA JESUS	ARCORUN	Senior Feminino	02:00:11	+01:13:33	10:01
97	1613	Antonieta Gomes	tog Associação Running Team	Senior Feminino	02:00:49	+01:14:11	10:04
98	1051	Silvia henriques	Amigos MDA	Senior Feminino	02:01:11	+01:14:33	10:06
99	1643	Silvia Ferreira	tog Associação Running Team	Senior Feminino	02:02:23	+01:15:45	10:12
100	1053	Sonia ferreira	Amigos MDA	Senior Feminino	02:02:42	+01:16:04	10:14
101	1001	Joana Ribeiro	#atechoras	Senior Feminino	02:03:17	+01:16:39	10:16
102	1621	Sónia Santos	tog Associação Running Team	Senior Feminino	02:03:17	+01:16:39	10:16
103	1255	Helena Freitas	Individual	Senior Feminino	02:03:52	+01:17:14	10:19
104	1002	Susana Pereira	#atechoras	Senior Feminino	02:06:16	+01:19:38	10:31
105	1603	Joana Faria	Strong Team	Senior Feminino	02:06:20	+01:19:42	10:32
106	1077	Rita Quaresma	As Melhores Castas	Senior Feminino	02:08:07	+01:21:29	10:41
107	1075	Maria Falcão	As Melhores Castas	Senior Feminino	02:08:07	+01:21:29	10:41
108	1602	Andreia Peixe	Strong Team	Senior Feminino	02:16:33	+01:29:55	11:23
109	1157	RITA GUIMARAES	DIABOS MANQUINHOS	Senior Feminino	02:18:00	+01:31:22	11:30
110	1155	ANDREIA PINTO	DIABOS MANQUINHOS	Senior Feminino	02:18:00	+01:31:22	11:30
111	1114	Joana Sousa	Camara Municipal Gondomar	Senior Feminino	02:28:43	+01:42:05	12:24

Senior Masculino

1	1306	Nelson Loureiro	Individual	Senior Masculino	46:38		03:53
2	1331	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	48:59	+02:21	04:05
3	1594	André Silva	Sporting Clube de Espinho / António Leitão	Senior Masculino	49:07	+02:29	04:06
4	1496	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	50:19	+03:41	04:12
5	1460	Jose Rocha	Leões de Tardariz Trail	Senior Masculino	51:36	+04:58	04:18
6	1658	Vitor dias	Bravos&bravitas	Senior Masculino	55:13	+08:35	04:36
7	1166	Bruno Santos	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	55:20	+08:42	04:37

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 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

8	1100	Marcio melo	Bravos&bravitas	Senior Masculino	56:57	+10:19	04:45
9	1625	Carlos Silva	tog Associação Running Team	Senior Masculino	57:02	+10:24	04:45
10	1288	Filipe Santos	Individual	Senior Masculino	57:27	+10:49	04:47
11	1031	Bruno Pereira	Amigos 100 Limites	Senior Masculino	58:37	+11:59	04:53
12	1021	Tiago Teles	A.D.Amarante trail running	Senior Masculino	58:59	+12:20	04:55
13	1320	Rui ferreira	Individual	Senior Masculino	59:30	+12:52	04:58
14	1492	David Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:00:10	+13:32	05:01
15	1183	Joao Oliveira	Facort Running Team	Senior Masculino	01:00:57	+14:19	05:05
16	1017	Daniel Santos	A.D.Amarante trail running	Senior Masculino	01:01:43	+15:05	05:09
17	1187	Filipe Sousa	Factor / S4L / Medense FC	Senior Masculino	01:01:45	+15:07	05:09
18	1310	Paulo Cunha Soares	Individual	Senior Masculino	01:02:56	+16:18	05:15
19	1201	Daniel Soares	Fats and Furious	Senior Masculino	01:03:11	+16:33	05:16
20	1574	Carlos Moreira	RunRiver Escola Atletismo de Rio Tinto	Senior Masculino	01:03:32	+16:54	05:18
21	1322	Rui pereira	Individual	Senior Masculino	01:03:43	+17:05	05:19
22	1036	Tó Faria	Amigos 100 Limites	Senior Masculino	01:04:39	+18:01	05:23
23	1191	Júlio Sousa	Factor / S4L / Medense FC	Senior Masculino	01:04:46	+18:08	05:24
24	1278	Bruno Nunes	Individual	Senior Masculino	01:05:05	+18:27	05:25
25	1491	Dário Pinto	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:05:12	+18:34	05:26
26	1060	Cristiano Gomes	APERTA CORDÕES	Senior Masculino	01:05:18	+18:40	05:27
27	1233	Daniel Silva	Grupo Desportivo Banco de Portugal	Senior Masculino	01:05:26	+18:48	05:27
28	1101	Nuno	Bravos&bravitas	Senior Masculino	01:05:30	+18:52	05:28
29	1141	Hugo Couto	Comdor Runners	Senior Masculino	01:06:05	+19:27	05:30
30	1004	Ricardo Pereira	#atechoras	Senior Masculino	01:06:05	+19:27	05:30
31	1085	Mario lima	Avesrunners	Senior Masculino	01:06:19	+19:41	05:32
32	1314	Pedro Neves	Individual	Senior Masculino	01:06:25	+19:47	05:32
33	1578	Pedro Machado	S. S. Montepio	Senior Masculino	01:07:03	+20:25	05:35
34	1312	Pedro Leal	Individual	Senior Masculino	01:07:36	+20:58	05:38
35	1497	Tiago Sequeira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:07:37	+20:59	05:38
36	1317	Pedro Sousa	Individual	Senior Masculino	01:07:39	+21:01	05:38
37	1019	Gil Magalhães	A.D.Amarante trail running	Senior Masculino	01:07:58	+21:20	05:40
38	1170	Nuno Ribeiro	EDV- VIANA TRAIL	Senior Masculino	01:08:07	+21:29	05:41
39	1290	Isaías	Individual	Senior Masculino	01:08:08	+21:30	05:41
40	1162	Armando Fonseca	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	01:08:09	+21:31	05:41
41	1308	Nuno Neves	Individual	Senior Masculino	01:08:46	+22:08	05:44
42	1034	Nelson Silva	Amigos 100 Limites	Senior Masculino	01:09:05	+22:26	05:45
43	1202	Marcelo Rodrigues	Fats and Furious	Senior Masculino	01:09:18	+22:40	05:47
44	1127	FILIPE BRANDÃO	Clube Desportivo Cepsa	Senior Masculino	01:09:28	+22:50	05:47
45	1469	Ricardo Ribeiro	Los Mexicanos	Senior Masculino	01:09:46	+23:08	05:49
46	1624	André Faria	tog Associação Running Team	Senior Masculino	01:09:52	+23:14	05:49
47	1315	Pedro Pacheco	Individual	Senior Masculino	01:09:55	+23:17	05:50
48	1234	Sérgio Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	01:09:56	+23:18	05:50
49	1282	David Teixeira	Individual	Senior Masculino	01:09:59	+23:21	05:50

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

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50	1185	Bruno Neves	Factor / S4L / Medense FC	Senior Masculino	01:10:12	+23:34	05:51
51	1291	Joao Costa	Individual	Senior Masculino	01:10:15	+23:36	05:51
52	1088	Pedro Neves	Baguim Runners	Senior Masculino	01:10:20	+23:42	05:52
53	79	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:10:23	+23:45	05:52
54	1456	Luis Martins	Leões de Tardariz Trail	Senior Masculino	01:11:36	+24:58	05:58
55	1287	Filipe Mendes	Individual	Senior Masculino	01:12:07	+25:29	06:01
56	1081	Gentil Pereira	As Melhores Castas	Senior Masculino	01:12:09	+25:31	06:01
57	1140	Emanuel Almeida	Comdor Runners	Senior Masculino	01:12:13	+25:35	06:01
58	1188	Hugo Santos	Factor / S4L / Medense FC	Senior Masculino	01:12:35	+25:57	06:03
59	1003	Nuno Maio	#atechoras	Senior Masculino	01:12:47	+26:09	06:04
60	1192	Rui Oliveira	Factor / S4L / Medense FC	Senior Masculino	01:12:57	+26:19	06:05
61	1279	Bruno rocha	Individual	Senior Masculino	01:13:20	+26:42	06:07
62	1154	Hélder Jesus	DEMOLIDORES	Senior Masculino	01:13:44	+27:06	06:09
63	1089	Tiago Ganilho	Baguim Runners	Senior Masculino	01:13:45	+27:07	06:09
64	1189	João Teles	Factor / S4L / Medense FC	Senior Masculino	01:13:45	+27:07	06:09
65	1495	Ricardo Moreira	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:13:54	+27:16	06:10
66	1663	José Silva	CLUBE TRILHEIROS & AMIGOS	Senior Masculino	01:14:43	+28:05	06:14
67	1061	Pedro Pinto	APERTA CORDÕES	Senior Masculino	01:14:52	+28:14	06:14
68	1601	Valter Barbosa	STCP Runners	Senior Masculino	01:15:07	+28:29	06:16
69	1313	Pedro Moreira	Individual	Senior Masculino	01:15:43	+29:05	06:19
70	1030	Alcino Silva	Amigos 100 Limites	Senior Masculino	01:15:44	+29:06	06:19
71	1131	RICARDO BRAGA	Clube Desportivo Cepsa	Senior Masculino	01:15:47	+29:09	06:19
72	1612	Tiago Borges	Team Shark	Senior Masculino	01:15:52	+29:14	06:19
73	1321	Rui Moreira	Individual	Senior Masculino	01:16:06	+29:28	06:21
74	1130	PEDRO BRANDÃO	Clube Desportivo Cepsa	Senior Masculino	01:16:16	+29:38	06:21
75	1457	Manuel Fernandes	Leões de Tardariz Trail	Senior Masculino	01:16:23	+29:45	06:22
76	1479	Paulo Pires	Moreira Relax Runners	Senior Masculino	01:16:34	+29:56	06:23
77	1292	Joao Eira	Individual	Senior Masculino	01:16:51	+30:13	06:24
78	1568	Tiago Queirós	RENAS DO MONTE	Senior Masculino	01:17:03	+30:25	06:25
79	1280	Bruno sousa	Individual	Senior Masculino	01:17:07	+30:29	06:26
80	1294	Joao Morais	Individual	Senior Masculino	01:17:57	+31:19	06:30
81	1324	Tiago Ferreira	Individual	Senior Masculino	01:18:01	+31:23	06:30
82	1087	Paulo Pereira	Baguim Runners	Senior Masculino	01:18:30	+31:52	06:33
83	1276	Alberto Monteiro	Individual	Senior Masculino	01:18:56	+32:18	06:35
84	1193	Rui Sousa	Factor / S4L / Medense FC	Senior Masculino	01:18:59	+32:20	06:35
85	1565	Fernando Esteves	RENAS DO MONTE	Senior Masculino	01:19:05	+32:27	06:35
86	1567	Pedro Cardoso	RENAS DO MONTE	Senior Masculino	01:19:05	+32:27	06:35
87	1128	FRANCISCO MENDES	Clube Desportivo Cepsa	Senior Masculino	01:19:06	+32:28	06:36
88	1301	Manuel Paulo Gomes vieira de Almeida	Boavista trail	Senior Masculino	01:19:11	+32:33	06:36
89	1299	Luís Miguel Veloso Carvalho	Individual	Senior Masculino	01:19:22	+32:44	06:37
90	1079	António Gonçalves	As Melhores Castas	Senior Masculino	01:19:23	+32:45	06:37
91	1145	Diogo Cardoso	Dá corda aos Vitorinos	Senior Masculino	01:19:26	+32:48	06:37
92	1286	Filipe Bessa	Individual	Senior Masculino	01:19:50	+33:12	06:39
93	1307	Nuno Filipe Lopes	Individual	Senior Masculino	01:20:21	+33:43	06:42
94	1295	Jorge Trindade	Individual	Senior Masculino	01:20:34	+33:56	06:43
95	1129	HUGO RABAÇA	Clube Desportivo Cepsa	Senior Masculino	01:21:03	+34:25	06:45

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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96	1648	Floriano	Top Trail	Senior Masculino	01:21:25	+34:47	06:47
97	1627	Paulo Soares	tog Associação Running Team	Senior Masculino	01:21:27	+34:49	06:47
98	1090	Tiago Silva	Baguim Runners	Senior Masculino	01:21:30	+34:52	06:48
99	1326	vitor neves	Individual	Senior Masculino	01:21:32	+34:54	06:48
100	1018	David Martins	A.D.Amarante trail running	Senior Masculino	01:21:45	+35:07	06:49
101	1444	Miguel Silva	Infecto Team	Senior Masculino	01:21:48	+35:10	06:49
102	1086	Antonio Mendes	Baguim Runners	Senior Masculino	01:22:19	+35:41	06:52
103	1459	Nuno Pereira	Leões de Tardariz Trail	Senior Masculino	01:22:31	+35:53	06:53
104	1082	Marco Dias	As Melhores Castas	Senior Masculino	01:23:02	+36:24	06:55
105	1579	Rui Carvalho	S. S. Montepio	Senior Masculino	01:23:04	+36:26	06:55
106	1032	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	01:23:10	+36:32	06:56
107	1080	Bruno Ribeiro	As Melhores Castas	Senior Masculino	01:23:43	+37:05	06:59
108	1577	Filipe Soares	S. S. Montepio	Senior Masculino	01:23:51	+37:13	06:59
109	1020	Luís Mendes	A.D.Amarante trail running	Senior Masculino	01:24:23	+37:45	07:02
110	1152	RICARDO MARTINS	DDT RUNNERS	Senior Masculino	01:24:28	+37:50	07:02
111	1563	Ari Cardoso	RENAS DO MONTE	Senior Masculino	01:24:32	+37:54	07:03
112	1035	Ricardo Leal	Amigos 100 Limites	Senior Masculino	01:24:57	+38:19	07:05
113	1285	EDUARDO LUÍS MESQUITA SEABRA	Individual	Senior Masculino	01:25:07	+38:29	07:06
114	1528	Gastao Ferreira	nem que chova	Senior Masculino	01:25:21	+38:43	07:07
115	1186	Carlos Frutuoso	Factor / S4L / Medense FC	Senior Masculino	01:26:08	+39:30	07:11
116	1458	Miguel Reis	Leões de Tardariz Trail	Senior Masculino	01:26:33	+39:55	07:13
117	1169	António Pinheiro	Dr. Merino/4moove	Senior Masculino	01:26:36	+39:58	07:13
118	1536	Bruno vieira	Os Aceleras	Senior Masculino	01:26:41	+40:03	07:13
119	1659	Vitor Santos	Individual	Senior Masculino	01:27:37	+40:59	07:18
120	1626	Ismael Silva	tog Associação Running Team	Senior Masculino	01:28:30	+41:52	07:23
121	1300	Luis Tiago Vieira	Individual	Senior Masculino	01:28:33	+41:55	07:23
122	1311	Pedro Costa	Individual	Senior Masculino	01:29:04	+42:26	07:25
123	1494	Paulo Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	01:29:08	+42:29	07:26
124	1305	Miguel Sousa	Individual	Senior Masculino	01:29:21	+42:43	07:27
125	1323	Telmo Filipe Dias Rocha	Individual	Senior Masculino	01:29:40	+43:02	07:28
126	1309	Nuno oliveira	Individual	Senior Masculino	01:30:18	+43:40	07:32
127	1160	RICARDO AGUIAR	DIABOS MANQUINHOS	Senior Masculino	01:31:22	+44:44	07:37
128	1298	Luis Dias	Individual	Senior Masculino	01:31:23	+44:45	07:37
129	1284	Diogo Silva	Individual	Senior Masculino	01:31:23	+44:45	07:37
130	1537	Paulo Santos	Os Aceleras	Senior Masculino	01:31:43	+45:05	07:39
131	1277	André Santos Almeida	Individual	Senior Masculino	01:31:47	+45:09	07:39
132	1222	Igor Santos	GDCT UNICRE	Senior Masculino	01:33:50	+47:12	07:49
133	1296	José Paulo Silva Freitas	Individual	Senior Masculino	01:33:53	+47:15	07:49
134	1055	Ismael neves	Amigos MDA	Senior Masculino	01:33:55	+47:17	07:50
135	1226	Pedro Rodrigues	GONDOMAR FUTSAL CLUBE	Senior Masculino	01:33:57	+47:19	07:50
136	1629	Victor Moreira	tog Associação Running Team	Senior Masculino	01:35:18	+48:40	07:57
137	1650	Vítor Almeida	Top Trail	Senior Masculino	01:36:25	+49:47	08:02
138	1539	Bruno Castelo	os aventureiros	Senior Masculino	01:37:58	+51:20	08:10
139	1478	Henrique Martins Pereira	Moreira Relax Runners	Senior Masculino	01:38:24	+51:46	08:12
140	1477	André Leitão Pereira	Moreira Relax Runners	Senior Masculino	01:38:24	+51:46	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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141	1148	ANGELO FERNANDES	DCRUZCAR / CAFÉ FERNANDES / SATI SUPREME	Senior Masculino	01:38:58	+52:20	08:15
142	1159	MANUEL CARVALHO	DIABOS MANQUINHOS	Senior Masculino	01:39:55	+53:17	08:20
143	1158	JULIO AGUIAR	DIABOS MANQUINHOS	Senior Masculino	01:39:56	+53:17	08:20
144	1151	BRUNO CARDOSO	DDT RUNNERS	Senior Masculino	01:40:20	+53:42	08:22
145	1058	Andre Cavadas	Andre Cavadas	Senior Masculino	01:40:58	+54:20	08:25
146	1566	João Figueiredo	RENAS DO MONTE	Senior Masculino	01:41:36	+54:58	08:28
147	1443	José Pinto	Infecto Team	Senior Masculino	01:41:55	+55:16	08:30
148	1098	Bruno	Bravos&bravitas	Senior Masculino	01:44:01	+57:23	08:40
149	1571	Ricardo Carneiro	Runners and friends	Senior Masculino	01:44:10	+57:32	08:41
150	1033	José Soares	Amigos 100 Limites	Senior Masculino	01:44:26	+57:48	08:42
151	1174	Carlos Andrade	EI Team Trail	Senior Masculino	01:49:04	+01:02:26	09:05
152	1533	Paulo Amorim	NOCTURNOS DE PAREDES	Senior Masculino	01:49:06	+01:02:28	09:06
153	1137	José Silva	CLUBE TRILHEIROS & AMIGOS	Senior Masculino	01:50:26	+01:03:48	09:12
154	1319	Ricardo Paiva	Individual	Senior Masculino	01:50:51	+01:04:13	09:14
155	1325	tiago gloria	Individual	Senior Masculino	01:52:22	+01:05:44	09:22
156	1562	Ricardo Jorge Braga	Rechonchudos Trail Runners	Senior Masculino	01:53:13	+01:06:35	09:26
157	1628	Pedro Borges	tog Associação Running Team	Senior Masculino	02:00:49	+01:14:11	10:04
158	216	Bruno Monteiro	tog Associação Running Team	Senior Masculino	02:02:25	+01:15:47	10:12

Sub 23 Feminino

1	1327	Andreia Ferraz	Individual	Sub 23 Feminino	01:52:24	+01:05:46	09:22
2	1665	Daniela Silva	Exercise for You	Sub 23 Feminino	02:25:41	+01:39:03	12:08
3	1498	Catarina Esteves Ramos	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino	02:51:00	+02:04:22	14:15
4	1499	Tânia Vanessa Lima	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Feminino	02:51:01	+02:04:23	14:15

Sub 23 Masculino

1	1037	João Vigário	Amigos 100 Limites	Sub 23 Masculino	59:38	+13:00	04:58
2	1208	Jorge beliago	gansos	Sub 23 Masculino	01:04:47	+18:08	05:24
3	1330	Pedro Lopes	Individual	Sub 23 Masculino	01:07:41	+21:03	05:38
4	1062	João Oliveira	APERTA CORDÕES	Sub 23 Masculino	01:11:02	+24:24	05:55
5	1589	Pedro Miguel Ramos Maia	Spartan Spirit	Sub 23 Masculino	01:12:12	+25:34	06:01
6	1329	Diogo Figueiredo	Individual	Sub 23 Masculino	01:12:46	+26:08	06:04
7	1103	Valter Pinho	Bravos&bravitas	Sub 23 Masculino	01:13:02	+26:24	06:05
8	1328	Diogo Bessa	Individual	Sub 23 Masculino	01:13:25	+26:47	06:07
9	1332	Tomás Moura 2305	Individual	Sub 23 Masculino	01:13:58	+27:20	06:10
10	1500	Daniel Silva	MSS CONTABILIDADE TRAIL TEAM	Sub 23 Masculino	02:50:59	+02:04:21	14:15

Veterana F40

1	1092	Sandra Cardoso	Baguim Runners	Veterana F40	01:06:38	+20:00	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

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2	1653	Paula Soares	TrepaTrilhos Trail Team	Veterana F40	01:10:33	+23:55	05:53
3	1355	Silvia Baptista	FIAES SPORT CLUBE	Veterana F40	01:11:16	+24:38	05:56
4	1559	Luísa Ferraz Moura Marques	Porto Sentido Runners	Veterana F40	01:14:42	+28:04	06:14
5	1346	Mena Silva	Individual	Veterana F40	01:15:06	+28:28	06:16
6	1591	Marlene Ferreira	Spartan Spirit	Veterana F40	01:16:32	+29:54	06:23
7	1104	Dorinda	Bravos&bravitas	Veterana F40	01:19:32	+32:54	06:38
8	1236	Marlene Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	01:20:26	+33:48	06:42
9	1501	Isabel Santos	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	01:21:02	+34:24	06:45
10	1555	Maria Albina Silva	Pernas Inertes	Veterana F40	01:23:53	+37:15	06:59
11	1120	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	01:24:00	+37:22	07:00
12	1452	Sandra Martins	KeMedo Team	Veterana F40	01:24:38	+38:00	07:03
13	1654	Rosa Almeida	TrepaTrilhos Trail Team	Veterana F40	01:25:37	+38:59	07:08
14	1356	Susana Bessa	Individual	Veterana F40	01:26:16	+39:37	07:11
15	1590	Amelia Maria Duarte Ramos	Spartan Spirit	Veterana F40	01:28:54	+42:16	07:25
16	1142	Sandra Pina	Comdor Runners	Veterana F40	01:28:56	+42:18	07:25
17	1449	Ivone Pardal	Invicta Runners Team	Veterana F40	01:30:26	+43:47	07:32
18	1347	patricia vieira	Individual	Veterana F40	01:32:27	+45:49	07:42
19	1235	Cristina Ferreira de Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	01:32:33	+45:55	07:43
20	1631	Estela Marques	tog Associação Running Team	Veterana F40	01:33:42	+47:04	07:49
21	1106	Sonia	Bravos&bravitas	Veterana F40	01:34:01	+47:23	07:50
22	1105	Liliana	Bravos&bravitas	Veterana F40	01:34:01	+47:23	07:50
23	1633	Kika Martins	tog Associação Running Team	Veterana F40	01:35:18	+48:40	07:57
24	1470	Carla Ventura	Magical Mushrooms	Veterana F40	01:35:25	+48:47	07:57
25	1171	Carla Pereira	EDV- VIANA TRAIL	Veterana F40	01:35:26	+48:48	07:57
26	1608	Anabela Machado	TAYLORS	Veterana F40	01:35:49	+49:11	07:59
27	1358	Zenaida Andrade	Individual	Veterana F40	01:37:30	+50:52	08:08
28	1333	Anabela Mesquita	Individual	Veterana F40	01:38:42	+52:04	08:14
29	1339	Eduarda Mesquita	Individual	Veterana F40	01:38:42	+52:04	08:14
30	1209	Ana cristina	gansos	Veterana F40	01:40:07	+53:29	08:21
31	1349	Raquel Pinto	Individual	Veterana F40	01:41:11	+54:33	08:26
32	1451	Sandra Andreso Lopes	KeMedo Team	Veterana F40	01:41:45	+55:07	08:29
33	1447	Mónica Silva	Infecto Team	Veterana F40	01:41:54	+55:16	08:30
34	1343	Manuela Ferreira	Individual	Veterana F40	01:42:14	+55:36	08:31
35	1133	SANDRA MORGADO	Clube Desportivo Cepsa	Veterana F40	01:42:30	+55:52	08:33
36	1481	Isabel Santos	Mountain Climbers	Veterana F40	01:43:22	+56:44	08:37
37	1091	Elsa sacramento	Baguim Runners	Veterana F40	01:44:20	+57:42	08:42
38	1179	Isabel Rocha	Exercise for You	Veterana F40	01:44:51	+58:13	08:44
39	1132	MARISA SILVA	Clube Desportivo Cepsa	Veterana F40	01:44:55	+58:17	08:45
40	1345	Maria Luísa Portela	Individual	Veterana F40	01:45:12	+58:34	08:46
41	1342	Luísa Nogueira	Individual	Veterana F40	01:46:05	+59:27	08:50
42	1472	Vera Lúcia Soares Gomes	Melres Trail Running - Ordem para Arrear	Veterana F40	01:46:13	+59:35	08:51
43	1337	CARLA REGINA MOREIRA	Individual	Veterana F40	01:46:14	+59:36	08:51
44	1064	Mónica Barros	APERTA CORDÕES	Veterana F40	01:48:38	+01:01:59	09:03

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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45	1063	Fatima Moreira	APERTA CORDÕES	Veterana F40	01:48:38	+01:01:59	09:03
46	1354	Sandra Vasconcelos	Individual	Veterana F40	01:48:48	+01:02:10	09:04
47	1180	Lurdes Sanguedo	Exercise for You	Veterana F40	01:49:06	+01:02:28	09:06
48	1357	Teresa Guerra	Individual	Veterana F40	01:49:19	+01:02:41	09:07
49	1630	Beatriz Almeida	tog Associação Running Team	Veterana F40	01:49:21	+01:02:43	09:07
50	1446	Gisélia Braga	Infecto Team	Veterana F40	01:49:25	+01:02:47	09:07
51	1340	fatima meinedo	Individual	Veterana F40	01:50:00	+01:03:22	09:10
52	1657	Susana Couto	WOLVES	Veterana F40	01:50:16	+01:03:38	09:11
53	1348	PAULA MARIA CASTRO	Individual	Veterana F40	01:50:38	+01:04:00	09:13
54	1334	Ângela Pereira	Individual	Veterana F40	01:52:24	+01:05:46	09:22
55	1558	Isabel Maria Vieira Moreira	Porto Sentido Runners	Veterana F40	01:53:42	+01:07:04	09:29
56	1656	Cristina Coelho	WOLVES	Veterana F40	01:53:43	+01:07:05	09:29
57	1448	Carla Maria Pereira Santos	Invicta Runners Team	Veterana F40	01:54:47	+01:08:09	09:34
58	1335	Carla Maia	Individual	Veterana F40	01:57:13	+01:10:35	09:46
59	1215	Sandra Maria Carvalho Cepeda	GDC Fidelidade	Veterana F40	01:58:01	+01:11:23	09:50
60	1595	Sandra Martins	Sporting Clube de Espinho / António Leitão	Veterana F40	01:58:15	+01:11:37	09:51
61	1474	Helena roxo	Monte dos Amigos	Veterana F40	01:58:24	+01:11:46	09:52
62	1549	Eduarda Freitas	Os Manos	Veterana F40	01:59:09	+01:12:31	09:56
63	1181	Sandra Ferreira	Exercise for You	Veterana F40	02:01:23	+01:14:45	10:07
64	1502	Joana Vieira	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	02:02:56	+01:16:18	10:15
65	1116	Susana Moura	Camara Municipal Gondomar	Veterana F40	02:06:28	+01:19:50	10:32
66	1115	Sofia Martins	Camara Municipal Gondomar	Veterana F40	02:06:28	+01:19:50	10:32
67	1214	Helena Maria Beato Pinto Nogueira	GDC Fidelidade	Veterana F40	02:11:43	+01:25:05	10:59
68	1664	Susana Almeida	Exercise for You	Veterana F40	02:25:40	+01:39:02	12:08
69	1581	Paula Branco	S. S. Montepio	Veterana F40	02:27:22	+01:40:44	12:17

Veterana F50

1	1204	FATIMA PAIS	FIAES SPORT CLUBE	Veterana F50	01:09:24	+22:46	05:47
2	1369	Maria de Lurdes Nora Lima Moura Marques Junior	Individual	Veterana F50	01:12:18	+25:40	06:02
3	1467	Lucinda Maria Cruz Gomes	LION RUNNERS - G.D. Leões da Guarda	Veterana F50	01:18:54	+32:16	06:35
4	1139	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	01:23:05	+36:27	06:55
5	1216	Maria Emilia Babo Teixeira Moreira	GDC Fidelidade	Veterana F50	01:24:56	+38:18	07:05
6	1592	Maria Rosa Lopes Barros Costa	Spartan Spirit	Veterana F50	01:25:24	+38:46	07:07
7	1596	Margarida Machado	Sporting Clube de Espinho / António Leitão	Veterana F50	01:26:46	+40:07	07:14
8	1038	Maria Ferreira	Amigos 100 Limites	Veterana F50	01:28:28	+41:50	07:22
9	1237	Conceição Pereira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	01:28:49	+42:11	07:24
10	1662	Fernanda Bento	Douroconta - Gabinete de Apoio e Contabilidade	Veterana F50	01:29:43	+43:05	07:29
11	1359	Ana Paula Teixeira	Individual	Veterana F50	01:29:53	+43:15	07:29
12	1146	Madalena Gonçalves	Dá corda aos Vitorinos	Veterana F50	01:30:49	+44:11	07:34
13	1360	ANA SOUSA	Individual	Veterana F50	01:35:30	+48:51	07:58

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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14	1362	Eugenia Ferreira	Individual	Veterana F50	01:36:20	+49:42	08:02
15	1655	Teresa Costa	TrepaTrilhos Trail Team	Veterana F50	01:38:31	+51:53	08:13
16	1361	Carolina Cruz	Individual	Veterana F50	01:42:52	+56:14	08:34
17	1609	Cândida Rodrigues	TAYLORS	Veterana F50	01:45:01	+58:23	08:45
18	1367	Lurdes Silva	Individual	Veterana F50	01:45:13	+58:35	08:46
19	1368	Maria da Conceicao Castro Oliveira da Cruz	Individual	Veterana F50	01:45:50	+59:12	08:49
20	1363	Fátima Carneiro	Individual	Veterana F50	01:47:03	+01:00:25	08:55
21	1175	Lurdes Oliveira	EI Team Trail	Veterana F50	01:49:04	+01:02:26	09:05
22	1366	Lucia Cidalia carneiro Neves	Individual	Veterana F50	01:50:38	+01:04:00	09:13
23	1545	Rosinda Macedo	os caga tacos running team	Veterana F50	01:56:01	+01:09:23	09:40
24	1230	Manuela Viterbo	Grupo 46 "Lavra Run"	Veterana F50	01:56:15	+01:09:37	09:41
25	1634	Deolinda Campanhã	tog Associação Running Team	Veterana F50	01:56:26	+01:09:48	09:42
26	1635	Raquel Marques	tog Associação Running Team	Veterana F50	01:57:07	+01:10:29	09:46
27	1056	Helena Ferreira	Amotinados Trail	Veterana F50	01:57:47	+01:11:09	09:49
28	1475	Angela graça	Monte dos Amigos	Veterana F50	01:58:25	+01:11:47	09:52
29	1507	Paula Salgado	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	01:59:14	+01:12:36	09:56
30	1508	Rosa Maria Castro	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:02:22	+01:15:44	10:12
31	1505	Irene Bastos	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:02:23	+01:15:44	10:12
32	1506	Natalina Videira	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:02:56	+01:16:18	10:15
33	1365	Idalina Fontes	Individual	Veterana F50	02:03:13	+01:16:35	10:16
34	1503	Beatriz Caldeira	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:19:33	+01:32:55	11:38
35	1504	Cristina Esteves	MSS CONTABILIDADE TRAIL TEAM	Veterana F50	02:50:55	+02:04:17	14:15

Veterana F60

1	1371	ROSA BISPO	Individual	Veterana F60	01:39:57	+53:19	08:20
2	1370	Maria Filomena Venâncio Lopes Marcelo	Individual	Veterana F60	01:51:37	+01:04:59	09:18
3	1025	Ana Maria Moreira	All About	Veterana F60	02:00:39	+01:14:01	10:03

Veterano M40

1	1400	José Peixoto	Individual	Veterano M40	54:30	+07:52	04:33
2	1068	Orlando Barbosa	APERTA CORDÕES	Veterano M40	54:52	+08:14	04:34
3	1123	Rui sousa	CENTRO CICLISTA DE GONDOMAR	Veterano M40	55:16	+08:38	04:36
4	1121	António Jesus	CENTRO CICLISTA DE GONDOMAR	Veterano M40	55:21	+08:43	04:37
5	1636	Fernando Oliveira	tog Associação Running Team	Veterano M40	56:18	+09:40	04:42
6	156	José Paulo Ribeiro	Individual	Veterano M40	56:54	+10:16	04:45
7	1164	José Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	57:00	+10:22	04:45

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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8	1598	Carlos Miranda	Sporting Clube de Espinho / António Leitão	Veterano M40	58:36	+11:58	04:53
9	1471	Sérgio Pereira	Magical Mushrooms	Veterano M40	58:50	+12:12	04:54
10	1516	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	58:51	+12:13	04:54
11	1416	Pedro Guimarães	Individual	Veterano M40	59:32	+12:54	04:58
12	1642	Sérgio Gomes	tog Associação Running Team	Veterano M40	01:00:28	+13:50	05:02
13	1095	Vitor Cardoso	Baguim Runners	Veterano M40	01:00:38	+13:59	05:03
14	1199	Ricardo Rocha	FAST AO KM	Veterano M40	01:01:11	+14:33	05:06
15	1513	Camilo Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:03:00	+16:22	05:15
16	1599	Jorge Coelho	Sporting Clube de Espinho / António Leitão	Veterano M40	01:03:23	+16:45	05:17
17	1515	Fernando Branco	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:03:47	+17:09	05:19
18	1407	Nuno Carvalho	Individual	Veterano M40	01:04:33	+17:55	05:23
19	1207	Manuel Teixeira	Fridão Sem Limites	Veterano M40	01:04:36	+17:57	05:23
20	1143	Luis Torres	Comdor Runners	Veterano M40	01:04:38	+18:00	05:23
21	1194	Ivo Oliveira	Factor / S4L / Medense FC	Veterano M40	01:04:46	+18:08	05:24
22	1462	Américo França	Leões de Tardariz Trail	Veterano M40	01:04:53	+18:15	05:24
23	1600	Rui Silva	Sporting Clube de Espinho / António Leitão	Veterano M40	01:04:59	+18:21	05:25
24	1203	Paulo Rodrigues	Fats and Furious	Veterano M40	01:05:13	+18:35	05:26
25	1379	Antonio leal	Individual	Veterano M40	01:05:40	+19:02	05:28
26	1526	Zeferino Fernandes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:06:34	+19:56	05:33
27	1136	VITOR COELHO	Clube Desportivo Cepsa	Veterano M40	01:06:36	+19:58	05:33
28	1197	António neves	Fardetas	Veterano M40	01:06:40	+20:02	05:33
29	1396	jorge ferreirinha	Individual	Veterano M40	01:06:53	+20:15	05:35
30	1195	Pedro Marques	Factor / S4L / Medense FC	Veterano M40	01:07:38	+21:00	05:38
31	1465	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	01:07:55	+21:17	05:40
32	1163	Agostinho Coelho	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:08:10	+21:32	05:41
33	1511	António Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:08:33	+21:55	05:43
34	1410	Nuno Teixeira	Individual	Veterano M40	01:08:54	+22:16	05:45
35	1398	Jorge Lima	Individual	Veterano M40	01:09:07	+22:29	05:46
36	1378	António Gomes	Individual	Veterano M40	01:09:09	+22:31	05:46
37	1383	Bruno Albuquerque	Individual	Veterano M40	01:09:18	+22:40	05:47
38	1094	Lourenço Cardoso	Baguim Runners	Veterano M40	01:09:26	+22:48	05:47
39	1406	Miguel Rocha	Individual	Veterano M40	01:09:34	+22:56	05:48
40	1153	JOÃO PAULO CAMPO	DDT RUNNERS	Veterano M40	01:09:44	+23:05	05:49
41	1083	Marcos Gandra	As Melhores Castas	Veterano M40	01:09:53	+23:15	05:49
42	1519	Márcio Almeida	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:10:39	+24:01	05:53
43	1372	Agostinho Alves	Individual	Veterano M40	01:10:42	+24:04	05:54
44	1239	Helder Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:10:44	+24:06	05:54
45	1399	jose manuel ribeiro machado	Individual	Veterano M40	01:10:54	+24:16	05:55
46	1420	SILVIO MIGUEL ALVES FERREIRA	Individual	Veterano M40	01:10:56	+24:18	05:55

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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47	1517	Manuel Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:10:57	+24:19	05:55
48	1453	Luis Azevedo	Konta Trilhos	Veterano M40	01:11:13	+24:35	05:56
49	1110	Marcelo	Bravos&bravitas	Veterano M40	01:11:16	+24:38	05:56
50	1637	José Antunes	tog Associação Running Team	Veterano M40	01:11:42	+25:04	05:59
51	1134	ALBERTO BRANDÃO	Clube Desportivo Cepsa	Veterano M40	01:12:03	+25:25	06:00
52	1640	Paulo Santos	tog Associação Running Team	Veterano M40	01:12:05	+25:27	06:00
53	1523	Rui Correia	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:12:29	+25:51	06:02
54	1518	Manuel Ribeiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:13:30	+26:52	06:08
55	1512	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:13:31	+26:53	06:08
56	1107	Bastoss	Bravos&bravitas	Veterano M40	01:13:43	+27:05	06:09
57	1387	Eduardo Nascimento	Individual	Veterano M40	01:13:57	+27:19	06:10
58	1641	Ricardo carvalho	tog Associação Running Team	Veterano M40	01:14:05	+27:27	06:10
59	1391	Hugo Filipe	Individual	Veterano M40	01:14:54	+28:16	06:15
60	1463	Manuel Alvarino	Leões de Tardariz Trail	Veterano M40	01:15:01	+28:23	06:15
61	1165	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	01:15:12	+28:34	06:16
62	1480	Helder Silva	Moreira Relax Runners	Veterano M40	01:16:35	+29:57	06:23
63	1610	Miguel Moura	TAYLORS	Veterano M40	01:16:52	+30:14	06:24
64	1009	João Sousa	100Pernas	Veterano M40	01:16:57	+30:19	06:25
65	1390	Floriberto Castro	Individual	Veterano M40	01:17:07	+30:29	06:26
66	1473	Miguel Azevedo	Porto Sentido Runners	Veterano M40	01:17:29	+30:51	06:27
67	1661	MARIO BATISTA	Individual	Veterano M40	01:18:05	+31:27	06:30
68	1093	Bino Sousa	Baguim Runners	Veterano M40	01:18:40	+32:02	06:33
69	1408	Nuno Reis	Individual	Veterano M40	01:18:42	+32:04	06:34
70	1196	Rui Mota	Factor / S4L / Medense FC	Veterano M40	01:19:02	+32:24	06:35
71	1135	PAULO BRANDÃO	Clube Desportivo Cepsa	Veterano M40	01:19:04	+32:26	06:35
72	1405	Mário Noronha	Individual	Veterano M40	01:19:35	+32:57	06:38
73	1006	Vitor Osorio	#atechoras	Veterano M40	01:19:40	+33:02	06:38
74	1510	António Alves	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:20:31	+33:53	06:43
75	1605	Nuno Peixe	Strong Team	Veterano M40	01:20:38	+33:59	06:43
76	1375	Amilcar Dos Santos Pereira Teixeira	Individual	Veterano M40	01:20:41	+34:03	06:43
77	1227	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	01:20:41	+34:03	06:43
78	1413	Paulo Maia	Individual	Veterano M40	01:20:52	+34:14	06:44
79	1639	Paulo Ferreira	tog Associação Running Team	Veterano M40	01:21:14	+34:36	06:46
80	1013	Rui Sá	10TEMIDOS	Veterano M40	01:21:23	+34:45	06:47
81	1415	Paulo Santos	Individual	Veterano M40	01:22:09	+35:31	06:51
82	1651	José Gonçalves	Top Trail	Veterano M40	01:22:11	+35:33	06:51
83	1005	Alvaro Pereira	#atechoras	Veterano M40	01:22:19	+35:41	06:52
84	1392	JOAO LOURENÇO	Individual	Veterano M40	01:22:28	+35:50	06:52
85	1520	Paulo Costa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:22:46	+36:08	06:54
86	1514	Edilberto Costa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:22:46	+36:08	06:54
87	1560	MARCO CALDAS	Porto Sentido Runners	Veterano M40	01:22:49	+36:11	06:54

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

88	1583	Francisco Moreira	S. S. Montepio	Veterano M40	01:23:53	+37:15	06:59
89	1377	Antonio Carvalho	Individual	Veterano M40	01:24:02	+37:24	07:00
90	1397	jorge ferreirinha	Individual	Veterano M40	01:24:56	+38:18	07:05
91	1040	Sérgio Moreira	Amigos 100 Limites	Veterano M40	01:24:57	+38:19	07:05
92	1149	DAVID MANUEL COIMBRA DE SA CRUZ	DCRUZCAR / CAFÉ FERNANDES / SATI SUPREME	Veterano M40	01:25:13	+38:35	07:06
93	1529	Ivo Pereira	nem que chova	Veterano M40	01:25:17	+38:39	07:06
94	1461	Agostinho Cardoso	Leões de Tardariz Trail	Veterano M40	01:25:18	+38:40	07:07
95	1393	JOAQUIM ALBERTO MOTA ALEIXO SOUSA	Individual	Veterano M40	01:25:20	+38:42	07:07
96	1530	Jorge Rebelo	nem que chova	Veterano M40	01:25:27	+38:49	07:07
97	1585	Ricardo Resende	S. S. Montepio	Veterano M40	01:25:57	+39:19	07:10
98	1521	Ricardo Pinto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:26:22	+39:44	07:12
99	1409	Nuno Sousa	Individual	Veterano M40	01:26:47	+40:09	07:14
100	1522	Rui Augusto	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	01:27:16	+40:38	07:16
101	1231	Francisco Lopes	Grupo 46 "Lavra Run"	Veterano M40	01:27:19	+40:41	07:17
102	1010	Nuno Silva	100Pernas	Veterano M40	01:27:23	+40:45	07:17
103	1229	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	01:28:20	+41:42	07:22
104	1394	Joaquim Reinaldo Ferreira Pacheco	Individual	Veterano M40	01:29:42	+43:04	07:29
105	1374	Amílcar Castro	Individual	Veterano M40	01:29:42	+43:04	07:29
106	1008	Valter Couto	#correratenumdarmais	Veterano M40	01:30:00	+43:22	07:30
107	1228	Mário Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	01:30:26	+43:48	07:32
108	1450	João Carlos Resende	Invicta Runners Team	Veterano M40	01:30:27	+43:49	07:32
109	1464	Marco Oliveira	Leões de Tardariz Trail	Veterano M40	01:30:28	+43:50	07:32
110	1380	António Manuel dos Santos Couto	Individual	Veterano M40	01:32:48	+46:10	07:44
111	1382	ARTUR PEDRO AIROSA DA SILVA	Individual	Veterano M40	01:32:56	+46:18	07:45
112	1604	Eduardo Loureiro	Strong Team	Veterano M40	01:33:44	+47:06	07:49
113	1376	André Pinho	Individual	Veterano M40	01:33:54	+47:16	07:50
114	1117	Jose Pinto	Camara Municipal Gondomar	Veterano M40	01:34:41	+48:03	07:53
115	1422	Valter Filipe Borges da Silva	Individual	Veterano M40	01:34:42	+48:04	07:54
116	1411	Paulo Ferreira	Individual	Veterano M40	01:36:19	+49:41	08:02
117	1217	Alexandre David Ribeiro Sousa	GDC Fidelidade	Veterano M40	01:36:22	+49:44	08:02
118	1421	Valter Caseiro	Individual	Veterano M40	01:37:08	+50:30	08:06
119	1606	Pedro Perpétuo	Strong Team	Veterano M40	01:37:09	+50:31	08:06
120	1588	jorge cruz	sati supreme	Veterano M40	01:37:24	+50:46	08:07
121	1638	Paulo Carneiro	tog Associação Running Team	Veterano M40	01:38:08	+51:30	08:11
122	1072	STERLING BOLIVAR	ARCORUN	Veterano M40	01:38:24	+51:46	08:12
123	1611	Manuel Jorge	Team Aguenta Aí	Veterano M40	01:38:30	+51:52	08:13
124	1067	Nuno Jorge Soares Pinto Leão	APERTA CORDÕES	Veterano M40	01:39:58	+53:20	08:20
125	1586	Rui Rebelo	S. S. Montepio	Veterano M40	01:40:37	+53:59	08:23
126	1386	Daniel Branco	Individual	Veterano M40	01:42:17	+55:39	08:31
127	1412	Paulo Lagoa	Individual	Veterano M40	01:42:41	+56:03	08:33
128	1066	Miguel Figueiredo	APERTA CORDÕES	Veterano M40	01:43:58	+57:20	08:40
129	1373	Alexandre Teles	Individual	Veterano M40	01:44:44	+58:06	08:44
130	1623	Marco Oliveira	tog Associação Running Team	Veterano M40	01:44:49	+58:11	08:44
131	1419	Sá Costa	Individual	Veterano M40	01:47:33	+01:00:55	08:58

Trail Curto

12 KM

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132	1065	Élio Gonçalves	APERTA CORDÕES	Veterano M40	01:48:41	+01:02:03	09:03
133	1417	Pedro Leite	Individual	Veterano M40	01:49:31	+01:02:53	09:08
134	1414	paulo meinedo	Individual	Veterano M40	01:50:00	+01:03:22	09:10
135	1395	Jorge Caldas	Individual	Veterano M40	01:50:18	+01:03:40	09:12
136	1238	Fernando Ferreira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	01:53:13	+01:06:35	09:26
137	1561	Rui Miguel Silva Almeida Teixeira	Porto Sentido Runners	Veterano M40	01:53:42	+01:07:04	09:29
138	1388	Filipe Moutinho	Individual	Veterano M40	01:55:16	+01:08:38	09:36
139	1232	Paulo Ferreira	Grupo 46 "Lavra Run"	Veterano M40	01:56:15	+01:09:37	09:41
140	1597	António Albuquerque	Sporting Clube de Espinho / António Leitão	Veterano M40	01:58:15	+01:11:37	09:51
141	1550	António Soares	Os Manos	Veterano M40	01:59:09	+01:12:31	09:56
142	1584	Renato Costa	S. S. Montepio	Veterano M40	02:27:22	+01:40:44	12:17

Veterano M50

1	1126	CARLOS BARROSO	CLUBE ATLETISMO GAIENSES/TOYOTA	Veterano M50	55:11	+08:33	04:36
2	1535	Fernando Leal	CENTRO CICLISTA DE GONDOMAR	Veterano M50	55:57	+09:19	04:40
3	1575	David Tavares	RunRiver Escola Atletismo de Rio Tinto	Veterano M50	56:33	+09:55	04:43
4	1014	Francisco Teixeira	A. R. LUZ E VIDA GONDOMARENSE	Veterano M50	58:38	+12:00	04:53
5	1573	Carlos Vinhas	Running Penafiel Trail	Veterano M50	58:48	+12:10	04:54
6	1167	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:01:46	+15:08	05:09
7	1426	ANTÓNIO ROCHA	Individual	Veterano M50	01:01:49	+15:11	05:09
8	1427	Diamantino Martins Ribeiro	Individual	Veterano M50	01:02:22	+15:44	05:12
9	1425	ANTONIO MARQUES	Individual	Veterano M50	01:02:28	+15:50	05:12
10	1147	José Cardoso	Dá corda aos Vitorinos	Veterano M50	01:05:32	+18:54	05:28
11	1645	Fernando Vital	tog Associação Running Team	Veterano M50	01:06:06	+19:28	05:31
12	1011	Rui Moura	100Pernas	Veterano M50	01:09:19	+22:41	05:47
13	1177	Manuel Silva	Ermentão	Veterano M50	01:09:24	+22:45	05:47
14	1476	Paulo graça	Monte dos Amigos	Veterano M50	01:11:23	+24:45	05:57
15	1466	Valentim Ferreira	Leões de Tardariz Trail	Veterano M50	01:11:27	+24:49	05:57
16	1182	Joaquim Rocha	Exercise for You	Veterano M50	01:11:38	+25:00	05:58
17	1074	Jorge Santos	ARCORUN	Veterano M50	01:12:42	+26:04	06:04
18	1587	Fernando Carvalho	S. S. Montepio	Veterano M50	01:13:43	+27:05	06:09
19	1109	Manuel gomes	Bravos&bravitas	Veterano M50	01:13:43	+27:05	06:09
20	1168	José Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:13:46	+27:08	06:09
21	1022	António Gonçalves	A.D.Amarante trail running	Veterano M50	01:17:29	+30:51	06:27
22	1432	Mário Magalhães	Individual	Veterano M50	01:17:34	+30:56	06:28
23	1542	Joaquim Vieira	OS CACHOS	Veterano M50	01:18:17	+31:39	06:31
24	1541	Carlos Vieira	OS CACHOS	Veterano M50	01:18:17	+31:39	06:31
25	1219	José Mário Magalhães Pereira	GDC Fidelidade	Veterano M50	01:18:43	+32:05	06:34
26	1543	Manuel Carneiro	OS CACHOS	Veterano M50	01:20:25	+33:47	06:42

Trail Curto

12 KM

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27	1430	José Maria Teixeira	Individual	Veterano M50	01:21:25	+34:47	06:47
28	1424	António Antunes	Individual	Veterano M50	01:24:46	+38:08	07:04
29	1423	Alcídio Figueiredo	Individual	Veterano M50	01:28:29	+41:51	07:22
30	1527	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:29:07	+42:29	07:26
31	1429	Joaquim oliveira	Individual	Veterano M50	01:30:18	+43:40	07:32
32	1428	Isaac Batista Pereira	Individual	Veterano M50	01:33:38	+47:00	07:48
33	1431	manuel pires rodrigues	Individual	Veterano M50	01:33:38	+47:00	07:48
34	1531	Clemente Meireles	nem que chova	Veterano M50	01:33:45	+47:07	07:49
35	1118	Jose Rodrigues	Camara Municipal Gondomar	Veterano M50	01:34:41	+48:03	07:53
36	1556	Carlos Manuel Silva	Pernas Inertes	Veterano M50	01:34:52	+48:14	07:54
37	1218	João Manuel Marques Moreira	GDC Fidelidade	Veterano M50	01:37:13	+50:35	08:06
38	1554	Paulo cunha	Patas Negras	Veterano M50	01:38:31	+51:53	08:13
39	1210	Joaquim garces	gansos	Veterano M50	01:40:07	+53:29	08:21
40	1125	Paulo Oliveira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:42:02	+55:23	08:30
41	1211	Rui Machado	gansos	Veterano M50	01:54:47	+01:08:09	09:34
42	1434	Vítor Alves	Individual	Veterano M50	02:05:13	+01:18:35	10:26
43	1057	José Ferreira	Amotinados Trail	Veterano M50	02:10:06	+01:23:28	10:51

Veterano M60

1	1435	Augusto Pereira	Individual	Veterano M60	56:23	+09:45	04:42
2	1646	Manuel Barros	tog Associação Running Team	Veterano M60	01:09:35	+22:57	05:48
3	1026	Lino Moreira	All About	Veterano M60	01:11:24	+24:46	05:57
4	1023	Carlos Macedo	A.D.Amarante trail running	Veterano M60	01:13:08	+26:30	06:06
5	1200	Manuel Rocha	FAST AO KM	Veterano M60	01:16:27	+29:49	06:22
6	1221	JOSE OLIVEIRA DIAS CUNHA	GDC Fidelidade	Veterano M60	01:17:21	+30:43	06:27
7	1198	josé castelo	Fardetas	Veterano M60	01:26:13	+39:35	07:11
8	1124	António Castro	CENTRO CICLISTA DE GONDOMAR	Veterano M60	01:27:30	+40:51	07:18
9	1440	Manuel Emidio	Individual	Veterano M60	01:30:16	+43:38	07:31
10	1572	Pedro Arcos	Runners and friends	Veterano M60	01:34:35	+47:57	07:53
11	1540	Manuel Moura	OS BARRIGUITAS	Veterano M60	01:37:33	+50:55	08:08
12	1438	José Augusto Pires Lima	Individual	Veterano M60	01:39:57	+53:19	08:20
13	1441	Manuel Leonardo	Individual	Veterano M60	01:41:32	+54:54	08:28
14	1482	José Santos	Mountain Climbers	Veterano M60	01:43:22	+56:44	08:37
15	1437	Germano Moura	Individual	Veterano M60	01:43:50	+57:12	08:39
16	1546	António Macedo	os caga tacos running team	Veterano M60	01:56:01	+01:09:23	09:40

COLETIVO - TRAIL CURTO

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RANK	TEAM	DESCRIPTION	POINTS
1	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE	2 + 11 + 19	32
2	CENTRO CICLISTA DE GONDOMAR	10 + 12 + 13	35
3	MSS CONTABILIDADE TRAIL TEAM	4 + 27 + 32	63
4	TOG ASSOCIAÇÃO RUNNING TEAM	14 + 20 + 33	67
5	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	3 + 22 + 46	71
6	BRAVOS&BRAVITAS	9 + 18 + 65	92
7	AMIGOS 100 LIMITES	23 + 31 + 53	107
8	LEÕES DE TARDARIZ TRAIL	5 + 57 + 84	146
9	FACTOR / S4L / MEDENSE FC	38 + 54 + 55	147
10	A.D.AMARANTE TRAIL RUNNING	28 + 37 + 85	150
11	APERTA CORDÕES	7 + 63 + 125	195
12	FATS AND FURIOUS	45 + 62 + 98	205
13	BAGUIM RUNNERS	34 + 75 + 102	211
14	COMDOR RUNNERS	52 + 68 + 140	260
15	CLUBE DESPORTIVO CEPSA	74 + 103 + 135	312
16	#ATECHORAS	69 + 147 + 226	442
17	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	111 + 121 + 231	463
18	AS MELHORES CASTAS	109 + 138 + 222	469
19	S. S. MONTEPIO	78 + 156 + 262	496
20	GONDOMAR FUTSAL CLUBE	117 + 237 + 241	595
21	100PERNAS	99 + 191 + 308	598
22	SPARTAN SPIRIT	139 + 186 + 289	614
23	RENAS DO MONTE	192 + 216 + 217	625
24	PORTO SENTIDO RUNNERS	169 + 197 + 260	626
25	DÁ CORDA AOS VITORINOS	66 + 223 + 341	630
26	OS CACHOS	205 + 206 + 229	640
27	GDC FIDELIDADE	196 + 210 + 278	684
28	MOREIRA RELAX RUNNERS	187 + 188 + 405	780
29	AMIGOS DO PEDAL TRAILAGARES	91 + 296 + 420	807
30	DDT RUNNERS	106 + 274 + 432	812
31	TREPATRILHOS TRAIL TEAM	118 + 291 + 409	818
32	NEM QUE CHOVA	284 + 287 + 290	861
33	TOP TRAIL	245 + 253 + 387	885
34	GANSOS	56 + 430 + 431	917
35	ARCORUN	145 + 379 + 404	928
36	EI TEAM TRAIL	167 + 382 + 383	932
37	STRONG TEAM	235 + 358 + 391	984
38	TAYLORS	190 + 381 + 419	990

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39	EXERCISE FOR YOU	133 + 458 + 466	1057
40	INFECTO TEAM	251 + 444 + 445	1140
41	DIABOS MANQUINHOS	344 + 423 + 424	1191
42	RUNNERS AND FRIENDS	368 + 369 + 460	1197
43	INVICTA RUNNERS TEAM	337 + 339 + 528	1204
44	AMIGOS MDA	363 + 374 + 485	1222
45	MONTE DOS AMIGOS	129 + 546 + 547	1222
46	CAMARA MUNICIPAL GONDOMAR	370 + 371 + 573	1314
47	GRUPO 46 "LAVRA RUN"	307 + 534 + 535	1376
48	OS CAGA TACOS RUNNING TEAM	335 + 532 + 533	1400