

Trilhos 2019

Overall Male Runner

Place	Bib #	Name	Time	Class	Team
1	2005	CARLOS LOPES	01:20:05		Clube Academico de Mo
2	2006	RUI MUGA	01:20:53		Clube Academico de Mo
3	2064	TIAGO PEREIRA	01:22:10		Futebol Clube Penafiel
4	2001	JOSE CARVALHO	01:23:21		Clube Academico de Mo
5	2088	VITOR BARBOSA	01:25:36		GRUPO DRAMATICO E REC
6	2024	VITOR BARBOSA	01:27:20		Grupo Desportivo e Cu
7	2054	NELSON GOMES	01:28:25		CLUBE DESPORTIVO DE L
8	2090	ANDRE MACHADO	01:29:53		ADOSA
9	2007	PEDRO RODRIGUES	01:30:56		Clube Academico de Mo
10	2083	HENRIQUE DIAS	01:32:00		GRUPO DRAMATICO E REC
11	2108	ILIDIO MOREIRAS	01:32:06		Grupo Desportivo de B
12	2065	UWE BORSODORF	01:34:31		Futebol Clube Penafiel
13	2031	SERGIO AZEVEDO	01:34:58		Grupo Desportivo e Cu
14	2035	JOAQUIM BARBOSA	01:35:30		Grupo Desportivo e Cu
15	2081	TIAGO PINTO	01:36:27		GRUPO DRAMATICO E REC
16	2084	CARLOS SILVA	01:37:37		S. Salvador do Campo
17	2087	TIAGO NEVES	01:37:46		GRUPO DRAMATICO E REC
18	2060	MARIO PINTO	01:38:14		Grupo desportivo e Cu
19	2037	ANTONIO MOREIRA	01:38:46		GCB A
20	2082	MARCO SANTOS	01:39:18		ADOSA
21	2030	LUIS SANTOS	01:39:21		Grupo Desportivo e Cu
22	2036	NICOLAU SANTOS	01:39:43		Grupo Desportivo e Cu
23	2056	LUIS DOS MORGADO	01:40:06		GDR GRANJA - TRUTAS D
24	2086	ADELINO SILVA	01:40:16		GRUPO DRAMATICO E REC
25	2058	CARLOS SILVA	01:40:40		Grupo desportivo e Cu
26	2026	ORLANDO ALVES	01:40:44		GCB A
27	2022	RUI RODRIGUES	01:41:28		Grupo Desportivo e Cu
28	2062	ORLANDO VALENTE	01:42:20		Futebol Clube Penafiel
29	2099	ALIRIO SEBASTIAO	01:42:24		La Raya Trail Alcanic
30	2092	CLAUDIO ARAUJO	01:43:49		ADOSA
31	2023	ALFREDO PINHEIRO	01:45:10		AD Amaranate Atletismo
32	2079	RICARDO SOUSA	01:46:31		Boavista Trail
33	2127	FILIFE SILVA	01:46:57		GRUPO DRAMATICO E REC
34	2077	VITOR CALDEIRA	01:48:31		Boavista Trail
35	2080	MANUEL CARVALHO	01:48:52		ADOSA
36	2061	MANUEL DA BESSA	01:49:39		Futebol Clube Penafiel

Overall Male Runner

Place	Bib #	Name	Time	Class	Team
37	2075	MIGUEL SOUSA	01:50:15		ADOSA
38	2027	NUNO SILVA	01:52:56		Grupo Desportivo e Cu
39	2029	HELDER COSTA	01:53:06		GCB A
40	2020	MANUEL PALMEIRO	01:53:16		GCB A
41	2125	SERGIO ARAUJO	01:56:36		GCB A
42	2113	LUIS SA	01:57:32		Grupo Desportivo de B
43	2042	PEDRO MORETE	01:58:40		Mirai q'Abutres Runni
44	2094	JOAO VIDEIRA	02:00:25		ARA - Alfandeguense
45	2085	PAULO SILVA	02:01:41		GRUPO DRAMATICO E REC
46	2034	ACACIO DA COSTA	02:03:22		GCB A
47	2096	RUI GONCALVES	02:05:52		ARA - Alfandeguense
48	2071	PEDRO DIAS	02:08:08		Boavista Trail
49	2104	EDUARDO SEBASTIAO	02:08:41		La Raya Trail Alcanic
50	2069	PAULO FERREIRA	02:09:38		Boavista Trail
51	2010	ALCIDES SALES	02:10:52		A D RIO LARGO C ESPIN
52	2021	LUIS CANOTILHO	02:11:32		GCB B
53	2073	RUI PEREIRA	02:11:45		Boavista Trail
54	2044	JOAO CORREIA	02:11:55		
55	2103	DUARTE ESCOBAR	02:12:21		ARA - Alfandeguense
56	2107	HENRIQUE PADRAO	02:13:55		Grupo Desportivo de B
57	2116	MARCO VIDEIRA	02:14:27		ARA - Alfandeguense
58	2008	NELSON MUGA	02:15:15		Clube Academico de Mo
59	2002	HELDER DEVEZA	02:15:15		Clube Academico de Mo
60	2049	FILIFE TELES	02:15:44		CLUBE DESPORTIVO DE L
61	2009	RAFAEL CARDOSO	02:16:49		
62	2120	NUNO CARVALHO	02:19:19		GCB A
63	2109	IVAN HURTADO	02:21:05		La Raya Trail Alcanic
64	2045	DIOGO CORDEIRO	02:22:32		Mirai q'Abutres Runni
65	2014	ADRIANO QUEIROZ	02:23:18		A D RIO LARGO C ESPIN
66	2097	AGOSTINHO GERALDES	02:24:16		Grupo Desportivo de B
67	2124	SANTIAGO TEJEDOR	02:24:37		La Raya Trail Alcanic
68	2012	ALFREDO SANTOS	02:26:22		A D RIO LARGO C ESPIN
69	2039	EDUARDO MEDEIROS	02:26:53		Grupo Desportivo de B
70	2011	JOAQUIM GOMES	02:33:37		A D RIO LARGO C ESPIN
71	2032	CASIMIRO CARNEIRO	02:35:53		GCB B
72	2015	PAULO PERES	02:47:14		Mirandela a Correr
73	2068	JOAO LAGE	02:50:54		
74	2055	RUI CORREIA	02:55:41		
75	2121	PEDRO SALAS	03:10:27		La Raya Trail Alcanic
76	2013	JOSE FALCAO	03:38:08		A D RIO LARGO C ESPIN

Trilhos 2019

Overall Female Runner

Place	Bib #	Name	Time	Class	Team
1	2059	ROSA MADUREIRA	01:35:41		AD Marco 09
2	2112	LUCINDA MOREIRAS	01:46:30		Grupo Desportivo de B
3	2066	SARA MORGADO	01:57:32		GDR GRANJA - TRUTAS D
4	2050	ROSA SILVA	02:01:07		CLUBE DESPORTIVO DE L
5	2070	MARTA SILVA	02:01:48		Boavista Trail
6	2048	MARIA DO DOS NUNES	02:04:38		CLUBE DESPORTIVO DE L
7	2122	ROSARIA SEBASTIAO	02:08:41		La Raya Trail Alcanic
8	2051	DANIELA FALCAO	02:11:35		CLUBE DESPORTIVO DE L
9	2028	DELMINA ROMAO	02:12:02		GCB B
10	2078	VERA BARBOSA	02:12:09		Boavista Trail
11	2016	SANDRA TEIXEIRA	02:14:09		Grupo Desportivo e Cu
12	2095	MARIA ESTEVES	02:14:30		ARA - Alfandeguense
13	2053	SILVIA GOMES	02:15:44		CLUBE DESPORTIVO DE L
14	2114	LUISA PRETO	02:27:10		Grupo Desportivo de B
15	2052	PATRICIA ANTUNES	02:31:29		CLUBE DESPORTIVO DE L
16	2033	MARGARIDA SOARES	02:31:38		GCB B
17	2076	CLAUDIA PINTO	02:37:15		Boavista Trail
18	2115	LURDES FERREIRA	02:42:03		Grupo Desportivo de B
19	2091	ANTONIA SANTOS	02:42:49		ARA - Alfandeguense
20	2041	MARGARIDA RAMOS	02:44:36		Mirai q'Abutres Runni
21	2019	ANABELA BORDALO	02:47:13		GCB B
22	2093	CECILIA BORGES	02:47:24		
23	2038	IVONE ALVES	02:48:03		GCB B
24	2017	CELIA GONCALVES	02:49:10		GCB B
25	2004	IVONE PARDAL	02:55:41		Clube Academico de Mo
26	2046	FERNANDA DE CASTRO	03:10:26		Mirai q'Abutres Runni
27	2040	MARIANA XAVIER	03:38:16		Mirai q'Abutres Runni
28	2043	VERA CONDE	03:38:18		Mirai q'Abutres Runni

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Place	Bib #	Name	Time	Class	Team
1	2005	CARLOS LOPES	01:20:05		Clube Academico de Mo
2	2006	RUI MUGA	01:20:53		Clube Academico de Mo
3	2064	TIAGO PEREIRA	01:22:10		Futebol Clube Penafiel
4	2088	VITOR BARBOSA	01:25:36		GRUPO DRAMATICO E REC
5	2024	VITOR BARBOSA	01:27:20		Grupo Desportivo e Cu
6	2054	NELSON GOMES	01:28:25		CLUBE DESPORTIVO DE L
7	2090	ANDRE MACHADO	01:29:53		ADOSA
8	2081	TIAGO PINTO	01:36:27		GRUPO DRAMATICO E REC
9	2084	CARLOS SILVA	01:37:37		S. Salvador do Campo
10	2087	TIAGO NEVES	01:37:46		GRUPO DRAMATICO E REC
11	2060	MARIO PINTO	01:38:14		Grupo desportivo e Cu
12	2082	MARCO SANTOS	01:39:18		ADOSA
13	2030	LUIS SANTOS	01:39:21		Grupo Desportivo e Cu
14	2056	LUIS DOS MORGADO	01:40:06		GDR GRANJA - TRUTAS D
15	2092	CLAUDIO ARAUJO	01:43:49		ADOSA
16	2079	RICARDO SOUSA	01:46:31		Boavista Trail
17	2077	VITOR CALDEIRA	01:48:31		Boavista Trail
18	2027	NUNO SILVA	01:52:56		Grupo Desportivo e Cu
19	2029	HELDER COSTA	01:53:06		GCB A
20	2042	PEDRO MORETE	01:58:40		Mirai q'Abutres Runni
21	2034	ACACIO DA COSTA	02:03:22		GCB A
22	2104	EDUARDO SEBASTIAO	02:08:41		La Raya Trail Alcanic
23	2107	HENRIQUE PADRAO	02:13:55		Grupo Desportivo de B
24	2116	MARCO VIDEIRA	02:14:27		ARA - Alfandeguense
25	2008	NELSON MUGA	02:15:15		Clube Academico de Mo
26	2049	FILIPE TELES	02:15:44		CLUBE DESPORTIVO DE L
27	2009	RAFAEL CARDOSO	02:16:49		
28	2045	DIOGO CORDEIRO	02:22:32		Mirai q'Abutres Runni

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Place	Bib #	Name	Time	Class	Team
1	2001	JOSE CARVALHO	01:23:21		Clube Academico de Mo
2	2007	PEDRO RODRIGUES	01:30:56		Clube Academico de Mo
3	2108	ILIDIO MOREIRAS	01:32:06		Grupo Desportivo de B
4	2031	SERGIO AZEVEDO	01:34:58		Grupo Desportivo e Cu
5	2035	JOAQUIM BARBOSA	01:35:30		Grupo Desportivo e Cu
6	2037	ANTONIO MOREIRA	01:38:46		GCB A
7	2022	RUI RODRIGUES	01:41:28		Grupo Desportivo e Cu
8	2099	ALIRIO SEBASTIAO	01:42:24		La Raya Trail Alcanic
9	2080	MANUEL CARVALHO	01:48:52		ADOSA
10	2061	MANUEL DA BESSA	01:49:39		Futebol Clube Penafiel
11	2075	MIGUEL SOUSA	01:50:15		ADOSA
12	2125	SERGIO ARAUJO	01:56:36		GCB A
13	2096	RUI GONCALVES	02:05:52		ARA - Alfandeguense Boavista Trail
14	2073	RUI PEREIRA	02:11:45		
15	2044	JOAO CORREIA	02:11:55		
16	2103	DUARTE ESCOBAR	02:12:21		ARA - Alfandeguense
17	2002	HELDER DEVEZA	02:15:15		Clube Academico de Mo
18	2109	IVAN HURTADO	02:21:05		La Raya Trail Alcanic
19	2015	PAULO PERES	02:47:14		Mirandela a Correr

M45 45 - 49

Place	Bib #	Name	Time	Class	Team
1	2065	UWE BORSODORF	01:34:31		Futebol Clube Penafiel
2	2086	ADELINO SILVA	01:40:16		GRUPO DRAMATICO E REC
3	2113	LUIS SA	01:57:32		Grupo Desportivo de B
4	2085	PAULO SILVA	02:01:41		GRUPO DRAMATICO E REC
5	2071	PEDRO DIAS	02:08:08		Boavista Trail
6	2120	NUNO CARVALHO	02:19:19		GCB A
7	2097	AGOSTINHO GERALDES	02:24:16		Grupo Desportivo de B
8	2068	JOAO LAGE	02:50:54		
9	2055	RUI CORREIA	02:55:41		

M50 50 - 54

Place	Bib #	Name	Time	Class	Team
1	2083	HENRIQUE DIAS	01:32:00		GRUPO DRAMATICO E REC
2	2058	CARLOS SILVA	01:40:40		Grupo desportivo e Cu
3	2026	ORLANDO ALVES	01:40:44		GCB A
4	2062	ORLANDO VALENTE	01:42:20		Futebol Clube Penafiel
5	2023	ALFREDO PINHEIRO	01:45:10		AD Amarante Atletismo
6	2127	FILIPE SILVA	01:46:57		GRUPO DRAMATICO E REC
7	2094	JOAO VIDEIRA	02:00:25		ARA - Alfandeguense

M55 55 - 59

Place	Bib #	Name	Time	Class	Team
1	2036	NICOLAU SANTOS	01:39:43		Grupo Desportivo e Cu
2	2020	MANUEL PALMEIRO	01:53:16		GCB A
3	2069	PAULO FERREIRA	02:09:38		Boavista Trail
4	2010	ALCIDES SALES	02:10:52		A D RIO LARGO C ESPIN
5	2124	SANTIAGO TEJEDOR	02:24:37		La Raya Trail Alcanic
6	2121	PEDRO SALAS	03:10:27		La Raya Trail Alcanic

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Place	Bib #	Name	Time	Class	Team
1	2021	LUIS CANOTILHO	02:11:32		GCB B
2	2014	ADRIANO QUEIROZ	02:23:18		A D RIO LARGO C ESPIN
3	2012	ALFREDO SANTOS	02:26:22		A D RIO LARGO C ESPIN
4	2039	EDUARDO MEDEIROS	02:26:53		Grupo Desportivo de B
5	2011	JOAQUIM GOMES	02:33:37		A D RIO LARGO C ESPIN
6	2032	CASIMIRO CARNEIRO	02:35:53		GCB B
7	2013	JOSE FALCAO	03:38:08		A D RIO LARGO C ESPIN

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Place	Bib #	Name	Time	Class	Team
1	2066	SARA MORGADO	01:57:32		GDR GRANJA - TRUTAS D
2	2051	DANIELA FALCAO	02:11:35		CLUBE DESPORTIVO DE L
3	2078	VERA BARBOSA	02:12:09		Boavista Trail
4	2016	SANDRA TEIXEIRA	02:14:09		Grupo Desportivo e Cu
5	2033	MARGARIDA SOARES	02:31:38		GCB B
6	2041	MARGARIDA RAMOS	02:44:36		Mirai q'Abutres Runni
7	2093	CECILIA BORGES	02:47:24		
8	2038	IVONE ALVES	02:48:03		GCB B
9	2040	MARIANA XAVIER	03:38:16		Mirai q'Abutres Runni
10	2043	VERA CONDE	03:38:18		Mirai q'Abutres Runni

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F40 40 - 44

Place	Bib #	Name	Time	Class	Team
1	2059	ROSA MADUREIRA	01:35:41		AD Marco 09
2	2070	MARTA SILVA	02:01:48		Boavista Trail
3	2122	ROSARIA SEBASTIAO	02:08:41		La Raya Trail Alcanic
4	2095	MARIA ESTEVES	02:14:30		ARA - Alfandeguense
5	2053	SILVIA GOMES	02:15:44		CLUBE DESPORTIVO DE L
6	2114	LUISA PRETO	02:27:10		Grupo Desportivo de B
7	2052	PATRICIA ANTUNES	02:31:29		CLUBE DESPORTIVO DE L
8	2017	CELIA GONCALVES	02:49:10		GCB B
9	2004	IVONE PARDAL	02:55:41		Clube Academico de Mo

F45 45 - 49

Place	Bib #	Name	Time	Class	Team
1	2050	ROSA SILVA	02:01:07		CLUBE DESPORTIVO DE L
2	2048	MARIA DO DOS NUNES	02:04:38		CLUBE DESPORTIVO DE L
3	2028	DELMINA ROMAO	02:12:02		GCB B
4	2076	CLAUDIA PINTO	02:37:15		Boavista Trail
5	2019	ANABELA BORDALO	02:47:13		GCB B
6	2046	FERNANDA DE CASTRO	03:10:26		Mirai q'Abutres Runni

F50 50 - 54

Place	Bib #	Name	Time	Class	Team
1	2112	LUCINDA MOREIRAS	01:46:30		Grupo Desportivo de B
2	2091	ANTONIA SANTOS	02:42:49		ARA - Alfandeguense

F55 55 - 59

Place	Bib #	Name	Time	Class	Team
1	2115	LURDES FERREIRA	02:42:03		Grupo Desportivo de B

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Team Overall Results

Place	Name	Average Time	Score
1	Clube Academico de Mogadouro	01:23:48.34	16
2	GRUPO DRAMATICO E RECREATIVO DA RETORTA	01:32:56.89	46
3	Grupo Desportivo e Cultural Castelo de Paiva	01:34:16.80	52
4	Futebol Clube Penafiel	01:37:09.55	64
5	ADOSA	01:40:27.55	76
6	GCB A	01:46:27.35	96
7	Grupo Desportivo de Braganca	01:52:30.33	112
↑ 8	CLUBE DESPORTIVO DE LEOMIL	<u>01:56:25.73</u>	120
9	Boavista Trail	<u>01:56:13.69</u>	↓ 124
10	La Raya Trail Alcanices	02:05:12.48	149
11	ARA - Alfandeguense	02:08:15.60	162
12	Mirai q'Abutres Running	02:34:03.17	192
13	GCB B	02:22:45.54	192
14	A D RIO LARGO C ESPINHO	02:23:31.78	195

non-Scoring Teams

Name	Average Time	Finishers
Grupo desportivo e Cultural Castelo de Paiva	01:39:26.63	2
GDR GRANJA - TRUTAS DO MAU	01:48:48.66	2
AD Marco 09	01:35:40.93	1
S. Salvador do Campo	01:37:36.75	1
AD Amarante Atletismo	01:45:09.94	1
Mirandela a Correr	02:47:13.86	1

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Team Results

Place	Team Name	Average Time	# of Finishers	Team Score		
1	Clube Academico de Mogadouro	01:23:48.34	7	16		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	1	2005	Carlos Lopes	01:20:05	1
	2	2	2006	Rui Muga	01:20:53	2
	3	4	2001	Jose Carvalho	01:23:21	4
	4	9	2007	Pedro Rodrigues	01:30:56	9
2	GRUPO DRAMATICO E RECREATIVO DA RETORTA	01:32:56.89	7	46		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	5	2088	Vitor Barbosa	01:25:36	5
	2	10	2083	Henrique Dias	01:32:00	10
	3	16	2081	Tiago Pinto	01:36:27	15
	4	18	2087	Tiago Neves	01:37:46	16
3	Grupo Desportivo e Cultural Castelo de Paiva	01:34:16.80	8	52		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	6	2024	Vitor Barbosa	01:27:20	6
	2	13	2031	Sergio Azevedo	01:34:58	13
	3	14	2035	Joaquim Barbosa	01:35:30	14
	4	22	2030	Luis Santos	01:39:20	19
4	Futebol Clube Penafiel	01:37:09.55	4	64		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	3	2064	Tiago Pereira	01:22:10	3
	2	12	2065	Uwe Borsdorf	01:34:31	12
	3	29	2062	Orlando Valente	01:42:20	21
	4	38	2061	Manuel da Bessa	01:49:39	28
5	ADOSA	01:40:27.55	5	76		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	8	2090	Andre Machado	01:29:53	8
	2	21	2082	Marco Santos	01:39:18	18
	3	31	2092	Claudio Araujo	01:43:48	23
	4	37	2080	Manuel Carvalho	01:48:52	27
6	GCB A	01:46:27.35	7	96		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	20	2037	Antonio Moreira	01:38:46	17
	2	27	2026	ORLANDO ALVES	01:40:44	20
	3	41	2029	HELDER COSTA	01:53:05	29
	4	42	2020	MANUEL PALMEIRO	01:53:16	30
7	Grupo Desportivo de Braganca	01:52:30.33	8	112		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	11	2108	Ilidio Moreiras	01:32:06	11
	2	33	2112	Lucinda Moreiras	01:46:30	24
	3	44	2113	Luis Sa	01:57:32	31
	4	65	2107	Henrique Padrao	02:13:55	46
8	CLUBE DESPORTIVO DE LEOMIL	01:56:25.73	7	120		
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	7	2054	Nelson Gomes	01:28:25	7
	2	48	2050	Rosa Silva	02:01:06	34
	3	52	2048	Maria do dos Nunes	02:04:38	36
	4	60	2051	DANIELA FALCAO	02:11:35	43

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9	Boavista Trail			01:56:13.69	8	124
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	34	2079	Ricardo Sousa	01:46:30	25
	2	36	2077	Vitor Caldeira	01:48:30	26
	3	50	2070	Marta Silva	02:01:47	35
	4	54	2071	Pedro Dias	02:08:08	38
10	La Raya Trail Alcanices			02:05:12.48	6	149
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	30	2099	Alirio Sebastiao	01:42:24	22
	2	55	2104	Eduardo Sebastiao	02:08:41	39
	3	56	2122	Rosaria Sebastiao	02:08:41	40
	4	74	2109	Ivan Hurtado	02:21:05	48
11	ARA - Alfandeguense			02:08:15.60	6	162
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	47	2094	Joao Videira	02:00:25	33
	2	53	2096	Rui Goncalves	02:05:52	37
	3	64	2103	Duarte Escobar	02:12:20	45
	4	67	2116	Marco Videira	02:14:27	47
12	Mirai q'Abutres Running			02:34:03.17	6	192
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	46	2042	Pedro Morete	01:58:40	32
	2	75	2045	Diogo Cordeiro	02:22:31	49
	3	89	2041	Margarida Ramos	02:44:36	55
	4	95	2046	Fernanda de Castro	03:10:26	56
13	GCB B			02:22:45.54	7	192
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	59	2021	LUIS CANOTILHO	02:11:32	42
	2	62	2028	Delmina Romao	02:12:01	44
	3	83	2033	Margarida Soares	02:31:38	52
	4	85	2032	CASIMIRO CARNEIRO	02:35:53	54
14	A D RIO LARGO C ESPINHO			02:23:31.78	5	195
	<u>Team Position</u>	<u>Overall Position</u>	<u>Bib#</u>	<u>Name</u>	<u>Chip Time</u>	<u>Score</u>
	1	58	2010	Alcides Sales	02:10:52	41
	2	76	2014	Adriano Queiroz	02:23:18	50
	3	79	2012	Alfredo Santos	02:26:22	51
	4	84	2011	Joaquim Gomes	02:33:37	53

Trilhos 2019

Individual Overall Results

Overall	Score	Bib#	Name	Class	Chip Time	Team
1	1	2005	Carlos Lopes	K	01:20:05	Clube Academico de Mogadouro
2	2	2006	Rui Muga	K	01:20:53	Clube Academico de Mogadouro
3	3	2064	Tiago Pereira	K	01:22:10	Futebol Clube Penafiel
4	4	2001	Jose Carvalho	K	01:23:21	Clube Academico de Mogadouro
5	5	2088	Vitor Barbosa	K	01:25:36	GRUPO DRAMATICO E RECREATIVO DA RETORTA
6	6	2024	Vitor Barbosa	K	01:27:20	Grupo Desportivo e Cultural Castelo de Paiva
7	7	2054	Nelson Gomes	K	01:28:25	CLUBE DESPORTIVO DE LEOMIL
8	8	2090	Andre Machado	K	01:29:53	ADOSA
9	9	2007	Pedro Rodrigues	K	01:30:56	Clube Academico de Mogadouro
10	10	2083	Henrique Dias	K	01:32:00	GRUPO DRAMATICO E RECREATIVO DA RETORTA
11	11	2108	Ilidio Moreiras	K	01:32:06	Grupo Desportivo de Braganca
12	12	2065	Uwe Borsdorf	K	01:34:31	Futebol Clube Penafiel
13	13	2031	Sergio Azevedo	K	01:34:58	Grupo Desportivo e Cultural Castelo de Paiva
14	14	2035	Joaquim Barbosa	K	01:35:30	Grupo Desportivo e Cultural Castelo de Paiva
15	0	2059	Rosa Madureira	K	01:35:41	AD Marco 09
16	15	2081	Tiago Pinto	K	01:36:27	GRUPO DRAMATICO E RECREATIVO DA RETORTA
17	0	2084	Carlos Silva	K	01:37:37	S. Salvador do Campo
18	16	2087	Tiago Neves	K	01:37:46	GRUPO DRAMATICO E RECREATIVO DA RETORTA
19	0	2060	Mario Pinto	K	01:38:14	Grupo desportivo e Cultural Castelo de Paiva
20	17	2037	Antonio Moreira	K	01:38:46	GCB A
21	18	2082	Marco Santos	K	01:39:18	ADOSA
22	19	2030	Luis Santos	K	01:39:20	Grupo Desportivo e Cultural Castelo de Paiva
23	0	2036	Nicolau Santos	K	01:39:43	Grupo Desportivo e Cultural Castelo de Paiva
24	0	2056	Luis dos Morgado	K	01:40:06	GDR GRANJA - TRUTAS DO MAU
25	0	2086	Adelino Silva	K	01:40:16	GRUPO DRAMATICO E RECREATIVO DA RETORTA
26	0	2058	Carlos Silva	K	01:40:40	Grupo desportivo e Cultural Castelo de Paiva
27	20	2026	ORLANDO ALVES	K	01:40:44	GCB A
28	0	2022	Rui Rodrigues	K	01:41:27	Grupo Desportivo e Cultural Castelo de Paiva
29	21	2062	Orlando Valente	K	01:42:20	Futebol Clube Penafiel
30	22	2099	Alirio Sebastiao	K	01:42:24	La Raya Trail Alcanices
31	23	2092	Claudio Araujo	K	01:43:48	ADOSA
32	0	2023	Alfredo Pinheiro	K	01:45:10	AD Amarante Atletismo
33	24	2112	Lucinda Moreiras	K	01:46:30	Grupo Desportivo de Braganca
34	25	2079	Ricardo Sousa	K	01:46:30	Boavista Trail
35	0	2127	Filipe Silva	K	01:46:57	GRUPO DRAMATICO E RECREATIVO DA RETORTA
36	26	2077	Vitor Caldeira	K	01:48:30	Boavista Trail
37	27	2080	Manuel Carvalho	K	01:48:52	ADOSA
38	28	2061	Manuel da Bessa	K	01:49:39	Futebol Clube Penafiel
39	0	2075	Miguel Sousa	K	01:50:15	ADOSA
40	0	2027	Nuno Silva	K	01:52:56	Grupo Desportivo e Cultural Castelo de Paiva
41	29	2029	HELDER COSTA	K	01:53:05	GCB A
42	30	2020	MANUEL PALMEIRO	K	01:53:16	GCB A
43	0	2125	SERGIO ARAUJO	K	01:56:36	GCB A
44	31	2113	Luis Sa	K	01:57:32	Grupo Desportivo de Braganca
45	0	2066	Sara Morgado	K	01:57:32	GDR GRANJA - TRUTAS DO MAU
46	32	2042	Pedro Morete	K	01:58:40	Mirai q'Abutres Running
47	33	2094	Joao Videira	K	02:00:25	ARA - Alfandeguese
48	34	2050	Rosa Silva	K	02:01:06	CLUBE DESPORTIVO DE LEOMIL

Trilhos 2019

49	0	2085	Paulo Silva	K	02:01:40	GRUPO DRAMATICO E RECREATIVO DA RETORTA
50	35	2070	Marta Silva	K	02:01:47	Boavista Trail
51	0	2034	Acacio da Costa	K	02:03:22	GCB A
52	36	2048	Maria do dos Nunes	K	02:04:38	CLUBE DESPORTIVO DE LEOMIL
53	37	2096	Rui Goncalves	K	02:05:52	ARA - Alfandeguense
54	38	2071	Pedro Dias	K	02:08:08	Boavista Trail
55	39	2104	Eduardo Sebastiao	K	02:08:41	La Raya Trail Alcanices
56	40	2122	Rosaria Sebastiao	K	02:08:41	La Raya Trail Alcanices
57	0	2069	Paulo Ferreira	K	02:09:37	Boavista Trail
58	41	2010	Alcides Sales	K	02:10:52	A D RIO LARGO C ESPINHO
59	42	2021	LUIS CANOTILHO	K	02:11:32	GCB B
60	43	2051	DANIELA FALCAO	K	02:11:35	CLUBE DESPORTIVO DE LEOMIL
61	0	2073	Rui Pereira	K	02:11:45	Boavista Trail
62	44	2028	Delmina Romao	K	02:12:01	GCB B
63	0	2078	Vera Barbosa	K	02:12:09	Boavista Trail
64	45	2103	Duarte Escobar	K	02:12:20	ARA - Alfandeguense
65	46	2107	Henrique Padrao	K	02:13:55	Grupo Desportivo de Braganca
66	0	2016	Sandra Teixeira	K	02:14:09	Grupo Desportivo e Cultural Castelo de Paiva
67	47	2116	Marco Videira	K	02:14:27	ARA - Alfandeguense
68	0	2095	Maria Esteves	K	02:14:30	ARA - Alfandeguense
69	0	2008	Nelson Muga	K	02:15:14	Clube Academico de Mogadouro
70	0	2002	Helder Deveza	K	02:15:15	Clube Academico de Mogadouro
71	0	2049	FILIPE TELES	K	02:15:44	CLUBE DESPORTIVO DE LEOMIL
72	0	2053	Silvia Gomes	K	02:15:44	CLUBE DESPORTIVO DE LEOMIL
73	0	2120	Nuno Carvalho	K	02:19:19	GCB A
74	48	2109	Ivan Hurtado	K	02:21:05	La Raya Trail Alcanices
75	49	2045	Diogo Cordeiro	K	02:22:31	Mirai q'Abutres Running
76	50	2014	Adriano Queiroz	K	02:23:18	A D RIO LARGO C ESPINHO
77	0	2097	Agostinho Geraledes	K	02:24:16	Grupo Desportivo de Braganca
78	0	2124	Santiago Tejedor	K	02:24:37	La Raya Trail Alcanices
79	51	2012	Alfredo Santos	K	02:26:22	A D RIO LARGO C ESPINHO
80	0	2039	EDUARDO MEDEIROS	K	02:26:53	Grupo Desportivo de Braganca
81	0	2114	Luisa Preto	K	02:27:10	Grupo Desportivo de Braganca
82	0	2052	PATRICIA ANTUNES	K	02:31:29	CLUBE DESPORTIVO DE LEOMIL
83	52	2033	Margarida Soares	K	02:31:38	GCB B
84	53	2011	Joaquim Gomes	K	02:33:37	A D RIO LARGO C ESPINHO
85	54	2032	CASIMIRO CARNEIRO	K	02:35:53	GCB B
86	0	2076	Claudia Pinto	K	02:37:15	Boavista Trail
87	0	2115	Lurdes Ferreira	K	02:42:03	Grupo Desportivo de Braganca
88	0	2091	Antonia Santos	K	02:42:49	ARA - Alfandeguense
89	55	2041	Margarida Ramos	K	02:44:36	Mirai q'Abutres Running
90	0	2019	Anabela Bordalo	K	02:47:13	GCB B
91	0	2015	Paulo Peres	K	02:47:14	Mirandela a Correr
92	0	2038	IVONE ALVES	K	02:48:03	GCB B
93	0	2017	CELIA GONCALVES	K	02:49:10	GCB B
94	0	2004	Ivone Pardal	K	02:55:41	Clube Academico de Mogadouro
95	56	2046	Fernanda de Castro	K	03:10:26	Mirai q'Abutres Running
96	0	2121	Pedro Salas	K	03:10:27	La Raya Trail Alcanices
97	0	2013	Jose Falcao	K	03:38:07	A D RIO LARGO C ESPINHO
98	0	2040	Mariana Xavier	K	03:38:16	Mirai q'Abutres Running
99	0	2043	Vera Conde	K	03:38:18	Mirai q'Abutres Running

Equipas Jovens					
	Juvenil	Iniciados	Infantis	Benjamins	Soma
Agrupamento de Escolas Mogadouro	17	32	35	7	91
Ginasio de Bragança		11	5	27	43
Ara	10	9			19
Casa do Benfica			7		7
Adosa			5		5
Grupo Desportivo de bragança			4		4

4 - Juvenis Trilhos 2170-5591

Juvenis Male

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	5599	BRUNO VIDEIRA	00:10:17.09		Juvenis M	ARA Alfandeguense	5:09/K	11,7kph	1	15	
2	5589	GONÇALO MARCOS	00:12:23.17		Juvenis M	Agrupamento de Escolas de Mogadouro	6:12/K	9,7kph	2	16	
3	5591	RUBEN CARVALHO	00:12:27.97		Juvenis M	Agrupamento de Escolas de Mogadouro	6:14/K	9,6kph	3	15	

2 - Infantis Trilhos 2137-2154

Infantis Male

Place	Bib #	Name	Time	Class	Team
1	2146	JOÃO MENDES	00:05:45.14		Agrupamento de Escola
2	2152	TIAGO DU	00:05:48.64		Agrupamento de Escola
3	2149	TIAGO FERREIRA	00:05:52.38		Agrupamento de Escola
4	2151	RODRIGO TEIXEIRA DA FONSECA AGUIAR	00:05:57.13		Casa do Benfica de Mo
5	2148	GUSTAVO FERNANDES	00:06:09.39		Agrupamento de Escola
6	5598	DIOGO GONÇALVES	00:06:15.39		ADOSA
7	2150	GONÇALO MOREIRAS	00:06:17.17		Grupo Desportivo de B
8	2153	ALEXANDRE PALMEIRO	00:06:24.64		Ginásio Clube de Brag

Infantis Female

Place	Bib #	Name	Time	Class	Team
1	2142	ARIANA ANTÃO DELGADO	00:06:27.29		Ginásio Clube de Brag
2	2144	SUSANA SOUSA	00:07:21.63		Agrupamento de Escola
3	2138	CLÁUDIA FERNANDES	00:07:22.33		Agrupamento de Escola

3 - Iniciados Trilhos 2155-2169

Iniciados Male

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2166	RICARDO MARTINS	00:07:10		Iniciados M	Agrupamento de Escolas de Mogadouro	4:46/K	12,6kph	1	15	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:01:46.734	16.9kph	03:33	00:01:46.734					
		Split 2	00:01:45.477	17.1kph	03:30	00:03:32.211					
		Split 3	00:01:46.745	16.9kph	03:33	00:05:18.956					
		Split 4	00:01:50.981	12.2kph	04:55	00:07:09.937					
2	2167	BRUNO CORDEIRO	00:07:33		Iniciados M	Agrupamento de Escolas de Mogadouro	5:01/K	11,9kph	2	14	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:01:47.497	16.7kph	03:34	00:01:47.497					
		Split 2	00:01:48.715	16.6kph	03:37	00:03:36.212					
		Split 3	00:01:57.742	15.3kph	03:55	00:05:33.954					
		Split 4	00:01:58.736	11.4kph	05:16	00:07:32.690					
3	2163	DANIEL SEBASTIÃO	00:07:44		Iniciados M	La Raya Trail Alcañices	5:09/K	11,7kph	3	13	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:01:51.226	16.2kph	03:42	00:01:51.226					
		Split 2	00:01:57.746	15.3kph	03:55	00:03:48.972					
		Split 3	00:01:53.973	15.8kph	03:47	00:05:42.945					
		Split 4	00:02:00.994	11.2kph	05:22	00:07:43.939					
4	2164	IVO CORTINHAS	00:07:56		Iniciados M	Agrupamento de Escolas de Mogadouro	5:17/K	11,4kph	4	13	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:01:54.236	15.8kph	03:48	00:01:54.236					
		Split 2	00:01:54.478	15.7kph	03:48	00:03:48.714					
		Split 3	00:02:02.741	14.7kph	04:05	00:05:51.455					
		Split 4	00:02:03.723	10.9kph	05:29	00:07:55.178					

Iniciados Female

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2156	EVA FERNANDES	00:08:46		Iniciados F	Agrupamento de Escolas de Mogadouro	5:50/K	10,3kph	5	14	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:04.229	14.5kph	04:08	00:02:04.229					
		Split 2	00:02:10.735	13.8kph	04:21	00:04:14.964					
		Split 3	00:02:17.486	13.1kph	04:34	00:06:32.450					
		Split 4	00:02:13.225	10.1kph	05:55	00:08:45.675					
2	2162	ANA SIMÃO GONÇALVES	00:08:51		Iniciados F	Ginásio Clube de Bragança	5:53/K	10,2kph	6	13	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:04.513	14.5kph	04:09	00:02:04.513					
		Split 2	00:02:14.952	13.3kph	04:29	00:04:19.465					
		Split 3	00:02:20.236	12.8kph	04:40	00:06:39.701					
		Split 4	00:02:10.735	10.3kph	05:48	00:08:50.436					
3	2159	ANA FAMILIAR	00:09:16		Iniciados F	Agrupamento de Escolas de Mogadouro	6:10/K	9,7kph	7	14	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:06.734	14.2kph	04:13	00:02:06.734					
		Split 2	00:02:24.223	12.5kph	04:48	00:04:30.957					
		Split 3	00:02:26.991	12.2kph	04:53	00:06:57.948					
		Split 4	00:02:17.475	9.8kph	06:06	00:09:15.423					
4	2157	LARA OVELHEIRO	00:09:27		Iniciados F	Agrupamento de Escolas de Mogadouro	6:17/K	9,5kph	8	14	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:01.982	14.8kph	04:03	00:02:01.982					
		Split 2	00:02:18.481	13.0kph	04:36	00:04:20.463					
		Split 3	00:02:24.493	12.5kph	04:48	00:06:44.956					
		Split 4	00:02:41.223	8.4kph	07:09	00:09:26.179					
5	2158	BEATRIZ JULIANA ALVES RAMOS	00:11:06		Iniciados F	Ginásio Clube de Bragança	7:23/K	8,1kph	9	13	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:09.733	13.9kph	04:19	00:02:09.733					
		Split 2	00:02:49.223	10.6kph	05:38	00:04:58.956					
		Split 3	00:03:32.475	8.5kph	07:04	00:08:31.431					
		Split 4	00:02:34.478	8.7kph	06:51	00:11:05.909					
6	2161	BEATRIZ MAMEDE	00:11:52		Iniciados F	Agrupamento de Escolas de Mogadouro	7:54/K	7,6kph	10	14	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>					
		Split 1	00:02:03.735	14.5kph	04:07	00:02:03.735					
		Split 2	00:02:54.226	10.3kph	05:48	00:04:57.961					
		Split 3	00:03:31.969	8.5kph	07:03	00:08:29.930					

3 - Iniciados Trilhos 2155-2169

Iniciados Female

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
		Split 4	00:03:21.222	6.7kph	08:56	00:11:51.152					

1 - Benjamins Trilhos 2131 - 2136

BENJAMINS Male

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2135	TIAGO ANTÓNIO MARCOS CORREIA DE BARROS ESTRÓIA	00:01:02		Benjamins M	Ginásio Clube de Bragança	/K	kph	1	9	
		<u>Split Description</u>	<u>Split Times</u>		<u>Speed</u>	<u>Pace</u>		<u>Cumulative</u>			
		Split 1	00:00:30.050		30.0kph	02:00		00:00:30.050			
		Split 2	00:00:31.243		28.8kph	02:04		00:01:01.293			
2	2136	JOÃO PEDRO TEODORO CANTEIRO	00:01:02		Benjamins M	Ginásio Clube de Bragança	/K	kph	2	10	
		<u>Split Description</u>	<u>Split Times</u>		<u>Speed</u>	<u>Pace</u>		<u>Cumulative</u>			
		Split 1	00:00:29.042		31.0kph	01:56		00:00:29.042			
		Split 2	00:00:32.251		27.9kph	02:09		00:01:01.293			
3	2133	TOMÁS JOSÉ AFONSO FERNANDES	00:01:10		Benjamins M		/K	kph	4	9	
		<u>Split Description</u>	<u>Split Times</u>		<u>Speed</u>	<u>Pace</u>		<u>Cumulative</u>			
		Split 1	00:00:30.289		29.7kph	02:01		00:00:30.289			
		Split 2	00:00:38.749		23.2kph	02:34		00:01:09.038			

BENJAMINS Female

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	2131	IRIS MARIANA ALVES RAMOS	00:01:08		Benjamins F	Ginásio Clube de Bragança	/K	kph	3	9	
		<u>Split Description</u>	<u>Split Times</u>		<u>Speed</u>	<u>Pace</u>		<u>Cumulative</u>			
		Split 1	00:00:30.548		29.5kph	02:02		00:00:30.548			
		Split 2	00:00:36.496		24.7kph	02:25		00:01:07.044			
2	2132	ANA RITA CORREIA	00:01:12		Benjamins F	Agrupamento de Escolas de Mogadouro	/K	kph	5	10	
		<u>Split Description</u>	<u>Split Times</u>		<u>Speed</u>	<u>Pace</u>		<u>Cumulative</u>			
		Split 1	00:00:31.050		29.0kph	02:04		00:00:31.050			
		Split 2	00:00:40.249		22.4kph	02:40		00:01:11.299			