

EXTREME MILE - STAGE 1

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	11:00	-99°C	-99%
End	11:51	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	4006	José Pereira	individual	Senior Masculino	23:32		-
2	76	Filipe Sousa	filipe	Senior Masculino	26:35	+03:02	-
3	65	Hugo Marante Lima	desnível positivo	Senior Masculino	27:42	+04:09	-
4	74	Martinho Dias	ermida team	Senior Masculino	29:05	+05:32	-
5	4004	Fernando Pereira	individual	Senior Masculino	29:30	+05:57	-
6	209	Moura Jemp	individual	Veterano M40	31:11	+07:38	-
7	361	José Moreira	viriativs runners viseu	Veterano M40	31:24	+07:51	-
8	47	José Gomes	cerveira team running/clube celtas do minho	Veterano M50	32:27	+08:54	-
9	1380	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	32:36	+09:03	-
10	4011	Gerson Savio da Silveira	individual	Senior Masculino	33:17	+09:44	-
11	1014	Pedro Guimaraes	a+	Veterano M40	33:18	+09:45	-
12	4008	Paulo Dias	individual	Senior Masculino	33:56	+10:23	-
13	2328	Luis Lobo	unidos do cano	Senior Masculino	43:35	+20:02	-
14	4001	Dores Cachetas	individual	Senior Feminino	44:56	+21:23	-
15	2331	Artur Moreira	vianetas	Veterano M50	45:06	+21:33	-
16	3040	Georgina Santos	canelonis adventure sports team	MIX	45:36	+22:03	-
17	3041	Oriana Moreira	canelonis adventure sports team	MIX	46:21	+22:48	-
18	4002	Silvia Martins	individual	Senior Feminino	46:40	+23:08	-
19	4003	Agostinho Pereira	individual	Senior Masculino	46:48	+23:15	-

## Extreme Mile

1.6 KM

### OFFICIAL RESULT

	Time	Temperature	Humidity
Start	11:00	-99°C	-99%
End	11:51	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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### MIX

1	3040	Georgina Santos	Canelonis Adventure Sports Team	MIX	45:36	+22:03	-
2	3041	Oriana Moreira	Canelonis Adventure Sports Team	MIX	46:21	+22:48	-

### Senior Feminino

1	4001	Dores Cachetas	Individual	Senior Feminino	44:56	+21:23	-
2	4002	Silvia Martins	Individual	Senior Feminino	46:40	+23:08	-

### Senior Masculino

1	4006	José Pereira	Individual	Senior Masculino	23:32	-	-
2	76	Filipe Sousa	FILIFE	Senior Masculino	26:35	+03:02	-
3	65	Hugo Marante Lima	Desnível Positivo	Senior Masculino	27:42	+04:09	-
4	74	Martinho Dias	Ermida Team	Senior Masculino	29:05	+05:32	-
5	4004	Fernando Pereira	Individual	Senior Masculino	29:30	+05:57	-
6	1380	Pedro Bernardes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	32:36	+09:03	-
7	4011	Gerson Savio da Silveira	Individual	Senior Masculino	33:17	+09:44	-
8	4008	Paulo Dias	Individual	Senior Masculino	33:56	+10:23	-
9	2328	Luis Lobo	Unidos do Cano	Senior Masculino	43:35	+20:02	-
10	4003	Agostinho Pereira	Individual	Senior Masculino	46:48	+23:15	-

### Veterano M40

1	209	Moura Jemp	Individual	Veterano M40	31:11	+07:38	-
2	361	José Moreira	Viriathvs Runners Viseu	Veterano M40	31:24	+07:51	-
3	1014	Pedro Guimaraes	A+	Veterano M40	33:18	+09:45	-

### Veterano M50

1	47	José Gomes	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Veterano M50	32:27	+08:54	-
2	2331	Artur Moreira	Vianetas	Veterano M50	45:06	+21:33	-

## 42K - STAGE 1

42 KM



## OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:39	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	Mihail Panayotov Lalev	sporting clube braga	Senior Masculino	02:48:13		04:00
2	71	Diogo Fernandes	dr. merino / 4moove	Senior Masculino	02:54:27	+06:14	04:09
3	247	Leonardo de Sousa Diogo	clube aventura da madeira	Veterano M50	03:01:05	+12:52	04:19
4	2	Luis Gil	decathlon maia	Veterano M40	03:01:05	+12:52	04:19
5	212	Nuno Carlos Figueiredo Campos	individual	Veterano M40	03:13:02	+24:49	04:36
6	308	José Cabral	sporting clube de espinho	Veterano M50	03:13:40	+25:26	04:37
7	300	Gonçalo Cruz	rapótacho	Senior Masculino	03:16:30	+28:17	04:41
8	10	FRANCISCO FERNANDES	águas de alvoes	Senior Masculino	03:16:54	+28:41	04:41
9	67	Artur Costa	desnível positivo	Veterano M40	03:18:13	+30:00	04:43
10	148	Fátima Melo	individual	Veterana F40	03:20:44	+32:30	04:47
11	184	Joaquim Manuel Martins de Freitas	individual	Veterano M40	03:21:11	+32:57	04:47
12	271	Celso oliveira	lion runners - g. d. leões da guarda	Senior Masculino	03:23:10	+34:56	04:50
13	115	Henrique Barbosa	individual	Senior Masculino	03:23:48	+35:35	04:51
14	272	Hugo Silva	lion runners - g. d. leões da guarda	Senior Masculino	03:25:14	+37:01	04:53
15	28	ROMEUSOUSA	aves runners	Senior Masculino	03:25:45	+37:31	04:54
16	157	Alexandre Gonçalves	individual	Veterano M40	03:27:16	+39:02	04:56
17	32	Paulo Gomes	benfica em forma	Senior Masculino	03:27:40	+39:27	04:57
18	36	Henrique Silva	braguinhas running	Veterano M40	03:27:41	+39:28	04:57
19	301	Júlio Finote	rapótacho	Veterano M40	03:27:46	+39:33	04:57
20	352	Fernando Antunes	turbulentos	Veterano M60	03:28:21	+40:08	04:58
21	16	Marco Silva	all about spirit team	Veterano M40	03:29:06	+40:52	04:59
22	65	Hugo Marante Lima	desnível positivo	Senior Masculino	03:30:38	+42:25	05:01
23	358	André Cunha	vimarunners	Senior Masculino	03:31:07	+42:54	05:02
24	268	Joaquim Capela	kaninos	Veterano M40	03:32:07	+43:54	05:03
25	277	Telmo Reis	lousada runners	Senior Masculino	03:33:11	+44:58	05:05
26	72	Manuel Chantre	entre os montes	Veterano M40	03:33:34	+45:20	05:05
27	109	Carlos Miguel da Rocha Oliveira	individual	Senior Masculino	03:33:54	+45:41	05:06
28	164	Arturo Piñeiro	individual	Veterano M40	03:34:26	+46:12	05:06
29	362	José Marques	ze team	Senior Masculino	03:35:21	+47:07	05:08
30	273	Luis Sá	lion runners - g. d. leões da guarda	Veterano M40	03:36:05	+47:52	05:09
31	11	PEDRO DOURADO	águas de alvoes	Senior Masculino	03:36:25	+48:11	05:09
32	7	Isaac Costa	addicted to trail	Veterano M40	03:37:17	+49:04	05:10
33	35	Américo Imperadeiro	braguinhas running	Veterano M40	03:38:00	+49:47	05:11
34	133	Paulo Castro	individual	Senior Masculino	03:38:38	+50:25	05:12
35	49	Rui Fernandes	clube atletismo fafe	Senior Masculino	03:40:24	+52:11	05:15
36	341	Rodrigo	team lanternil	Veterano M40	03:40:38	+52:24	05:15
37	113	Fábio Filipe	individual	Senior Masculino	03:41:09	+52:55	05:16
38	372	Manuel de la FOnTe	grupo puevas nogueira trail	Veterano M40	03:42:46	+54:32	05:18
39	248	Luís Vieira	individual	Veterano M50	03:43:45	+55:31	05:20
40	342	Vitor Coelho	team sindeq	Veterano M40	03:43:48	+55:34	05:20

**42K - STAGE 1****42 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 SOLUTION

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

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**REVISED**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	29	AFONSO TORRES	aves runners	Veterano M40	03:43:51	+55:37	05:20
42	120	João Pedro Martins	individual	Senior Masculino	03:44:43	+56:30	05:21
43	359	LUIS SANTOS	vimarunners	Senior Masculino	03:44:50	+56:36	05:21
44	332	José Faria	team lanthemil	Senior Masculino	03:46:06	+57:53	05:23
45	80	ALICE LOPES	ginásio fit 4 fun	Veterana F40	03:46:08	+57:54	05:23
46	132	Paulo Brandao	individual	Senior Masculino	03:46:19	+58:05	05:23
47	220	Paulo Neta	individual	Veterano M40	03:46:27	+58:13	05:23
48	175	Fernando Ferreira	individual	Veterano M40	03:47:57	+59:44	05:26
49	309	Isabel Moleiro	ss cgd	Veterana F50	03:49:13	+01:01:00	05:27
50	206	Mauro Gonçalves	ade trail runnig	Veterano M40	03:49:15	+01:01:02	05:28
51	141	Victor Javier Iglesias Herrero	individual	Senior Masculino	03:49:26	+01:01:13	05:28
52	100	Luís Sousa Pires	individual	Veterano M60	03:49:31	+01:01:17	05:28
53	216	PAULO COSTA	individual	Veterano M40	03:49:31	+01:01:18	05:28
54	30	João Manuel Maciel Linhares	barcelos team portugal	Senior Masculino	03:49:51	+01:01:38	05:28
55	254	Paulo Melo	individual	Veterano M50	03:50:25	+01:02:12	05:29
56	45	Fernando Remelgado	ccd-siemens	Veterano M40	03:50:28	+01:02:15	05:29
57	126	Micael Silva Lopes	individual	Senior Masculino	03:50:28	+01:02:15	05:29
58	117	Javier Albañil Mogollón	individual	Senior Masculino	03:50:34	+01:02:20	05:29
59	316	Rui Manuel da Silva Gomes	ss montepio	Veterano M40	03:51:08	+01:02:54	05:30
60	251	Manuel Rocha	individual	Veterano M50	03:52:38	+01:04:24	05:32
61	209	Moura Jemp	individual	Veterano M40	03:53:10	+01:04:56	05:33
62	76	Filipe Sousa	filipe	Senior Masculino	03:53:17	+01:05:04	05:33
63	54	Nuno Cunha	clube zupper	Senior Masculino	03:53:27	+01:05:14	05:34
64	363	André Silva	individual	Senior Masculino	03:53:34	+01:05:20	05:34
65	134	Pedro Barros	individual	Senior Masculino	03:53:50	+01:05:36	05:34
66	84	JOSÉ AFONSO	hsantamariart	Senior Masculino	03:54:09	+01:05:56	05:35
67	138	Ruben Daniel Conceição	individual	Senior Masculino	03:55:24	+01:07:11	05:36
68	304	RUI FARIA	run 4 fun	Veterano M40	03:55:28	+01:07:15	05:36
69	213	Nuno Gonçalves	individual	Veterano M40	03:55:44	+01:07:30	05:37
70	163	Artur Rodrigues	individual	Veterano M40	03:55:49	+01:07:36	05:37
71	165	Augusto Adolfo Pereira Ribeiro	individual	Veterano M40	03:56:01	+01:07:48	05:37
72	186	Joaquim Viana	individual	Veterano M40	03:56:04	+01:07:51	05:37
73	274	Pedro Gaio	lion runners - g. d. leões da guarda	Veterano M40	03:56:16	+01:08:02	05:38
74	211	Nuno Cáceres	individual	Veterano M40	03:56:52	+01:08:39	05:38
75	310	David Faustino	ss cgd	Veterano M50	03:57:44	+01:09:30	05:40
76	257	Rodrigo costa	individual	Veterano M50	03:58:51	+01:10:37	05:41
77	64	Bruno Porto	desnível positivo	Senior Masculino	03:59:37	+01:11:23	05:42
78	104	Bruno Daniel Carvalho Castro	individual	Senior Masculino	04:00:20	+01:12:06	05:43
79	366	Jorge Bastos	pernetas	Veterano M40	04:00:39	+01:12:25	05:44
80	349	Paulo Vilaça	tugas na estrada	Veterano M50	04:00:54	+01:12:41	05:44
81	314	João Barbosa	ss montepio	Veterano M40	04:01:08	+01:12:54	05:44
82	340	Renato	team lanthemil	Veterano M40	04:02:11	+01:13:57	05:46
83	183	Joaquim Fernandes Pinheiro	individual	Veterano M40	04:02:11	+01:13:57	05:46
84	281	José Faria	no tomorrow running team	Veterano M40	04:02:51	+01:14:37	05:47
85	125	Luis Miguel Costa Bezerra Matos	individual	Senior Masculino	04:02:55	+01:14:41	05:47

**42K - STAGE 1**

**42 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
86	144	Vitor Paulo Duarte Caldeira	individual	Senior Masculino	04:03:01	+01:14:47	05:47
87	354	Silvia de Oliveira	upg-sports team	Veterana F40	04:03:19	+01:15:06	05:48
88	198	José soares	individual	Veterano M40	04:03:52	+01:15:38	05:48
89	96	André Carvalho	individual	Senior Masculino	04:04:13	+01:16:00	05:49
90	31	Inês Peixoto	benfica em forma	Senior Feminino	04:04:41	+01:16:28	05:50
91	204	Marcos Martín Mosteyrin	individual	Veterano M40	04:04:47	+01:16:34	05:50
92	322	João Poças	tartarugas do asfalto	Senior Masculino	04:05:23	+01:17:10	05:51
93	323	Pedro Magalhães	tartarugas do asfalto	Senior Masculino	04:05:23	+01:17:10	05:51
94	364	Cecilia Teixeira	individual	Senior Feminino	04:05:27	+01:17:14	05:51
95	169	carlos pereira	individual	Veterano M40	04:05:27	+01:17:14	05:51
96	321	Emanuel Santos	tartarugas do asfalto	Senior Masculino	04:05:55	+01:17:41	05:51
97	197	José Sá	individual	Veterano M40	04:06:17	+01:18:03	05:52
98	63	Paulo Jorge Pereira Machado	ctm	Veterano M40	04:06:19	+01:18:06	05:52
99	365	Paulo Silva	individual	Veterano M40	04:06:19	+01:18:06	05:52
100	48	Maria Grare	clínica médica da foz	Veterana F60	04:06:37	+01:18:23	05:52
101	23	António Pinheiro Vieira	asphalt assault team	Veterano M40	04:06:44	+01:18:31	05:52
102	55	José Alfredo gomes Ribeiro	cluve ( clube de veteranos de coimbra)	Veterano M60	04:07:09	+01:18:55	05:53
103	43	Daniel Duarte	c b viseu running team	Senior Masculino	04:08:01	+01:19:47	05:54
104	121	Joao Pereira	individual	Senior Masculino	04:08:04	+01:19:51	05:54
105	42	Jorge Maia	budeguita runners	Veterano M50	04:08:39	+01:20:26	05:55
106	328	Nuno Magalhães	tartarugas do asfalto	Veterano M40	04:08:55	+01:20:42	05:56
107	47	José Gomes	cerveira team running/clube celtas do minho	Veterano M50	04:09:00	+01:20:47	05:56
108	18	João Ferreira Oliveira	amigos do atletismo povoense	Veterano M50	04:09:09	+01:20:55	05:56
109	111	Clemente Pinto	individual	Senior Masculino	04:09:12	+01:20:59	05:56
110	21	António Pedro Santos	salamandrecos	Veterano M40	04:09:27	+01:21:14	05:56
111	371	Marco Oliveira	individual	Veterano M40	04:09:28	+01:21:14	05:56
112	12	ANTONIO GOMES	águas de alvões	Veterano M40	04:09:47	+01:21:33	05:57
113	261	ARMANDO OLIVEIRA	individual	Veterano M60	04:10:06	+01:21:52	05:57
114	351	Carlos Manuel Gonçalves Vieira Fernandes	turbulentos	Veterano M50	04:10:08	+01:21:54	05:57
115	346	Fátima Gerales	tugas na estrada	Veterana F40	04:10:19	+01:22:05	05:58
116	357	luis miguel dos santos batata	vila fria	Veterano M40	04:10:35	+01:22:22	05:58
117	91	Joana Creissac	individual	Senior Feminino	04:10:45	+01:22:32	05:58
118	193	José Manuel de Oliveira Alves Loureiro	individual	Veterano M40	04:10:54	+01:22:41	05:58
119	302	Rogério Azevedo	rapótacho	Veterano M40	04:11:02	+01:22:49	05:59
120	338	Miguel Araújo	team lanthemil	Veterano M40	04:11:15	+01:23:01	05:59
121	88	Armanda Barroso	individual	Senior Feminino	04:11:30	+01:23:16	05:59
122	284	Mika Magalhães	núcleo de montanha de espinho	Veterano M40	04:11:39	+01:23:25	05:59
123	107	Bruno Vilaca	individual	Senior Masculino	04:12:31	+01:24:18	06:01
124	24	Carlos Azevedo	asphalt assault team	Veterano M40	04:12:37	+01:24:24	06:01
125	202	Manuel Molina Cuberos	individual	Veterano M40	04:12:43	+01:24:30	06:01
126	99	André Gustavo Sousa Costa	individual	Senior Masculino	04:12:44	+01:24:30	06:01
127	181	Jeronimo Jose Ribeiro da Silva	individual	Veterano M40	04:13:15	+01:25:02	06:02
128	160	António Oliveira	individual	Veterano M40	04:13:15	+01:25:02	06:02

**42K - STAGE 1**

**42 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
129	225	Pedro Miguel Da Costa Vieira Miranda	individual	Veterano M40	04:14:43	+01:26:29	06:04
130	82	ANGELO PINHO	ginásio fit 4 fun	Veterano M40	04:15:28	+01:27:14	06:05
131	312	Vitor Rio	ss montepio	Senior Masculino	04:15:30	+01:27:17	06:05
132	6	Blandine Craveiro	addicted to trail	Veterana F40	04:16:18	+01:28:04	06:06
133	180	Ismael Maiato	individual	Veterano M40	04:16:38	+01:28:25	06:07
134	244	Jose Carlos Silva Almeida	individual	Veterano M50	04:16:52	+01:28:39	06:07
135	292	Vitor Costa	piratas das montanhas	Veterano M50	04:17:30	+01:29:17	06:08
136	291	Hugo Santos	piratas das montanhas	Veterano M40	04:17:31	+01:29:17	06:08
137	25	Jorge Silva	asphalt assault team	Veterano M40	04:17:32	+01:29:19	06:08
138	73	José NETO	entre os montes	Veterano M50	04:17:50	+01:29:36	06:08
139	114	Gil Rocha	individual	Senior Masculino	04:17:53	+01:29:39	06:08
140	329	Carla Mendes	tartarugas solidárias	Veterana F40	04:18:28	+01:30:14	06:09
141	232	Tiago Leal	individual	Veterano M40	04:18:39	+01:30:26	06:10
142	92	Olga Alexandra Almeida	individual	Senior Feminino	04:18:39	+01:30:26	06:10
143	103	Bruno cavadas	individual	Senior Masculino	04:19:42	+01:31:29	06:11
144	343	Telmo cardoso	telmo	Veterano M40	04:19:48	+01:31:35	06:11
145	327	Luís Miguel Pedroso	tartarugas do asfalto	Veterano M40	04:21:02	+01:32:48	06:13
146	255	Pedro Pires	individual	Veterano M50	04:21:48	+01:33:35	06:14
147	231	Tiago Dionisio	individual	Veterano M40	04:22:04	+01:33:51	06:14
148	77	Vitor Dias	gdr retorta / correr por prazer	Veterano M40	04:22:04	+01:33:51	06:14
149	234	Victor Correia	individual	Veterano M40	04:22:07	+01:33:53	06:14
150	177	Francisco Reis	individual	Veterano M40	04:22:13	+01:34:00	06:15
151	131	Paulo Borges	individual	Senior Masculino	04:22:53	+01:34:39	06:16
152	207	Miguel Cruz	individual	Veterano M40	04:22:53	+01:34:39	06:16
153	240	Flávio Luis Morgado Rebelo	individual	Veterano M50	04:22:56	+01:34:43	06:16
154	129	Nuno Teixeira	individual	Senior Masculino	04:23:33	+01:35:20	06:17
155	250	Manuel Oliveira	individual	Veterano M50	04:24:03	+01:35:50	06:17
156	139	Sérgio André Marques Crista	individual	Senior Masculino	04:24:38	+01:36:25	06:18
157	355	Nuno Chaves Pinto	upg-sports team	Veterano M40	04:24:49	+01:36:35	06:18
158	256	Quentin, Jörg	individual	Veterano M50	04:24:54	+01:36:40	06:18
159	288	Marco Caseiro	os perigosos	Senior Masculino	04:25:00	+01:36:47	06:19
160	287	Helder Valadas	os perigosos	Senior Masculino	04:25:01	+01:36:48	06:19
161	306	CARLOS MANUEL DOS SANTOS ROCHA	sai da frente	Veterano M40	04:25:19	+01:37:06	06:19
162	166	Aurélio Quiaios	individual	Veterano M40	04:25:20	+01:37:06	06:19
163	223	Pedro Alexandre Teixeira	individual	Veterano M40	04:25:36	+01:37:23	06:19
164	360	Filipe Lages	vimarunners	Veterano M40	04:25:49	+01:37:36	06:20
165	44	Heitor Cardoso	casa benfica em cinfaes	Veterano M50	04:26:26	+01:38:12	06:21
166	127	Nelson Carrasquinha	individual	Senior Masculino	04:27:50	+01:39:36	06:23
167	361	José Moreira	viriathts runners viseu	Veterano M40	04:27:55	+01:39:42	06:23
168	38	Jose Miguel Freitas Teixeira	budeguita runners	Senior Masculino	04:27:55	+01:39:42	06:23
169	142	VITOR FONSECA	individual	Senior Masculino	04:27:57	+01:39:44	06:23
170	170	Celestino Garcia	individual	Veterano M40	04:27:57	+01:39:44	06:23
171	8	Luis Nuno Santos	afis/ovar	Veterano M40	04:27:58	+01:39:45	06:23
172	374	Tiago Osório	individual	Senior Masculino	04:28:02	+01:39:48	06:23
173	239	Fernando Martins	individual	Veterano M50	04:28:04	+01:39:50	06:23

**42K - STAGE 1**

**42 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	318	Fernando Carvalho	ss montepio	Veterano M50	04:28:04	+01:39:50	06:23
175	298	Nuno Alexandre Condeças de Almeida	primestar servicing s.a.	Veterano M40	04:28:17	+01:40:04	06:23
176	297	Mário Rui Gomes Ribeiro	primestar servicing s.a.	Senior Masculino	04:28:19	+01:40:06	06:23
177	79	SANDRA MARGARIDA ANDRADE CABRAL	ginásio clube de bragança	Veterana F40	04:28:20	+01:40:06	06:23
178	339	Miguel Teixeira	team lanthemil	Veterano M40	04:28:20	+01:40:06	06:23
179	179	Hugo Marinho	individual	Veterano M40	04:28:53	+01:40:40	06:24
180	285	António Oliveira	os finos	Veterano M40	04:29:59	+01:41:46	06:26
181	260	Rui Torres	individual	Veterano M50	04:31:13	+01:42:59	06:27
182	167	Carlos Miguel Soares Figueiredo	individual	Veterano M40	04:31:21	+01:43:08	06:28
183	81	CONCEIÇÃO FERREIRA	ginásio fit 4 fun	Veterana F50	04:31:49	+01:43:35	06:28
184	26	Luís Terêncio	asphalt assault team	Veterano M40	04:32:01	+01:43:48	06:29
185	62	ANTONIO MIRANDA	correr por um sorriso/papelinf	Veterano M50	04:33:21	+01:45:07	06:30
186	345	Paulo VBalente	trailistas "eu é que sei!"	Veterano M50	04:33:25	+01:45:12	06:31
187	192	JOSÉ JÚLIO FERNANDES VILAÇA	individual	Veterano M40	04:33:57	+01:45:44	06:31
188	89	Diana Filipa Carvalho Fernandes	individual	Senior Feminino	04:34:06	+01:45:52	06:32
189	137	Ricardo Ferreira	individual	Senior Masculino	04:34:07	+01:45:53	06:32
190	203	MANUEL SANTOS SILVA	individual	Veterano M40	04:34:07	+01:45:54	06:32
191	218	Paulo Jorge António Martins Ferreira	individual	Veterano M40	04:34:08	+01:45:55	06:32
192	348	Ricardo Silva	tugas na estrada	Veterano M40	04:34:29	+01:46:15	06:32
193	161	António Ramos	individual	Veterano M40	04:34:42	+01:46:29	06:32
194	238	Fernando Abilio Santos Vieira	individual	Veterano M50	04:35:14	+01:47:00	06:33
195	19	Ana Amaro	aminhacorrida/myprotein	Veterana F40	04:35:21	+01:47:07	06:33
196	20	José Amaro	aminhacorrida/myprotein	Veterano M40	04:35:21	+01:47:07	06:33
197	303	CARLA REBELO	run 4 fun	Veterana F50	04:35:58	+01:47:44	06:34
198	334	Nuno Filipe Cardoso Maia	team lanthemil	Senior Masculino	04:36:35	+01:48:22	06:35
199	333	Marco Filipe Silva Moreira	team lanthemil	Senior Masculino	04:36:35	+01:48:22	06:35
200	98	André Fernandes	individual	Senior Masculino	04:39:05	+01:50:51	06:39
201	367	Gerson Savio da Silveira	individual	Veterano M50	04:39:22	+01:51:08	06:39
202	282	Filipe Barbosa	nocturnos de paredes	Senior Masculino	04:39:28	+01:51:14	06:39
203	368	José Martins	individual	Veterano M40	04:39:31	+01:51:18	06:39
204	280	David Emanuel Oliveira Malva	n.a.c. - núcleo de atletismo de cucujães	Veterano M40	04:39:33	+01:51:20	06:39
205	191	jose joaquim c. Machado	individual	Veterano M40	04:39:40	+01:51:26	06:40
206	135	Pedro Braga	individual	Senior Masculino	04:39:41	+01:51:28	06:40
207	58	Luis Torres	comdor runners	Veterano M40	04:39:44	+01:51:30	06:40
208	315	João Cardoso	ss montepio	Veterano M40	04:39:44	+01:51:30	06:40
209	57	Paula Silva	comdor runners	Veterana F40	04:39:44	+01:51:30	06:40
210	196	José Pedro Silva	individual	Veterano M40	04:40:07	+01:51:54	06:40
211	147	Cristina Fundevila Teixeira	individual	Veterana F40	04:40:07	+01:51:54	06:40
212	150	Goreti Silva	individual	Veterana F40	04:40:08	+01:51:54	06:40
213	219	Paulo Lima	individual	Veterano M40	04:40:08	+01:51:55	06:40
214	265	Pedro Amorim	individual	Veterano M60	04:40:08	+01:51:55	06:40
215	151	M Jesus Pinto	individual	Veterana F40	04:40:13	+01:51:59	06:40

**42K - STAGE 1**

**42 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
216	86	JORGE MOREIRA	hsantamariart	Veterano M40	04:40:25	+01:52:11	06:41
217	87	PAULO FREITAS	hsantamariart	Veterano M40	04:40:25	+01:52:12	06:41
218	85	PEDRO FERNANDÊS	hsantamariart	Senior Masculino	04:40:25	+01:52:12	06:41
219	226	Pedro Vidal	individual	Veterano M40	04:40:33	+01:52:20	06:41
220	130	Odilo González Blanco	individual	Senior Masculino	04:41:22	+01:53:08	06:42
221	102	Bruno Araujo	individual	Senior Masculino	04:41:25	+01:53:12	06:42
222	51	Filipe Afonso	clube de montanhismo da guarda	Veterano M40	04:41:51	+01:53:38	06:43
223	279	Manuel Garcia	monsanto running team	Senior Masculino	04:41:51	+01:53:38	06:43
224	317	Vasco Silva	ss montepio	Veterano M40	04:41:58	+01:53:44	06:43
225	252	Mário Meneses	individual	Veterano M50	04:41:58	+01:53:44	06:43
226	353	Cheila Ferreira Dias	u.f. comércio e indústria/atletismo	Senior Feminino	04:42:18	+01:54:04	06:43
227	78	Rui Matos	gerês forever	Veterano M40	04:42:21	+01:54:07	06:43
228	171	Eric Lorphèvre	individual	Veterano M40	04:43:03	+01:54:50	06:44
229	336	Luís Vale	team lanthemil	Veterano M40	04:43:14	+01:55:01	06:45
230	60	Adelino Trindade	correr lisboa	Veterano M40	04:43:39	+01:55:25	06:45
231	90	Helena Ferreira	individual	Senior Feminino	04:43:44	+01:55:30	06:45
232	59	João Veiga	correr lisboa	Senior Masculino	04:43:51	+01:55:38	06:46
233	275	Luis Almeida	lion runners - g. d. leões da guarda	Veterano M50	04:44:04	+01:55:51	06:46
234	39	Maria do Carmo Loureiro	budeguita runners	Veterana F40	04:44:04	+01:55:51	06:46
235	122	Jorge Miguel Gomes da Costa	individual	Senior Masculino	04:44:39	+01:56:25	06:47
236	33	Hilário Ramos	braguinhas runners	Veterano M40	04:45:04	+01:56:51	06:47
237	37	José Fins	braguinhas running	Veterano M40	04:45:04	+01:56:51	06:47
238	15	Paula Santos	all about spirit team	Veterana F40	04:45:13	+01:56:59	06:47
239	162	Arménio Ribeiro	individual	Veterano M40	04:45:13	+01:56:59	06:47
240	214	Nuno Silva	individual	Veterano M40	04:45:14	+01:57:00	06:47
241	4	José Gregório Gonçalves Oliveira	#osmanos	Senior Masculino	04:45:19	+01:57:05	06:48
242	5	Paulino Gonçalves Oliveira	#osmanos	Senior Masculino	04:45:19	+01:57:05	06:48
243	210	Nuno Alvaro Tamagnini Brabosa da Silva Castro	individual	Veterano M40	04:46:43	+01:58:29	06:50
244	155	Cristina Moura Saraiva	individual	Veterana F50	04:47:18	+01:59:05	06:50
245	174	Fernando Banca	individual	Veterano M40	04:47:42	+01:59:28	06:51
246	158	Alexandre Tremoceiro	individual	Veterano M40	04:48:47	+02:00:34	06:53
247	116	Humberto Barros	kaninos	Senior Masculino	04:49:43	+02:01:29	06:54
248	61	António Iria	correr lisboa	Veterano M40	04:49:43	+02:01:29	06:54
249	154	Sandra Simões	individual	Veterana F40	04:50:16	+02:02:03	06:55
250	356	Valentim Pereira	viana remadores do lima	Veterano M40	04:51:29	+02:03:16	06:56
251	56	Daniel Pinto	comdor runners	Senior Masculino	04:52:15	+02:04:01	06:57
252	283	Leandro Ramos	nocturnos de paredes	Veterano M40	04:53:02	+02:04:49	06:59
253	325	Mónica Sá	tartarugas do asfalto	Veterana F40	04:53:10	+02:04:56	06:59
254	124	Luís Dias	individual	Senior Masculino	04:54:54	+02:06:41	07:01
255	50	Helena Gaspar	clube de atletismo trail runners da ponte	Senior Feminino	04:56:56	+02:08:43	07:04
256	347	Ana Paula Costa	tugas na estrada	Veterana F50	04:57:06	+02:08:52	07:04
257	350	Jorge Gonçalves	tugas na estrada	Veterano M60	04:57:07	+02:08:53	07:04
258	289	Carlos Sousa	os perigosos	Veterano M60	04:58:17	+02:10:03	07:06
259	337	marcelo ferreira	team lanthemil	Veterano M40	04:59:26	+02:11:12	07:08
260	335	Joaquim Silva	team lanthemil	Veterano M40	04:59:26	+02:11:13	07:08



**42K - STAGE 1**

**42 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
261	41	Tiago Amorim	budeguita runners	Veterano M40	05:00:11	+02:11:58	07:09
262	40	Nuno Rodrigues	budeguita runners	Veterano M40	05:00:12	+02:11:59	07:09
263	369	Rui Rodrigues	individual	Veterano M40	05:00:43	+02:12:30	07:10
264	296	Germano Bernado	prazer da corrida	Veterano M60	05:05:59	+02:17:46	07:17
265	208	Milton	individual	Veterano M40	05:07:17	+02:19:03	07:19
266	112	Eduard Agayev	individual	Senior Masculino	05:08:04	+02:19:51	07:20
267	295	Humberto Pinho	porto sentido runners	Veterano M50	05:08:30	+02:20:17	07:21
268	153	Maria Melo	individual	Veterana F40	05:08:59	+02:20:46	07:21
269	229	Rui Soares	individual	Veterano M40	05:08:59	+02:20:46	07:21
270	307	Paula Oliveira	sporting clube de espinho	Veterana F40	05:11:56	+02:23:43	07:26
271	262	EDUARDO MEDEIROS	individual	Veterano M60	05:12:54	+02:24:40	07:27
272	319	Miguel Barqueiro	sunset runners	Veterano M40	05:13:36	+02:25:22	07:28
273	320	José Silva	sunset runners	Veterano M50	05:13:36	+02:25:23	07:28
274	94	Alexandre Miguel	individual	Senior Masculino	05:16:18	+02:28:05	07:32
275	145	Vitor Pereira	individual	Senior Masculino	05:16:57	+02:28:44	07:33
276	227	Porfirio Pereira	individual	Veterano M40	05:16:58	+02:28:44	07:33
277	110	César Vidal	individual	Senior Masculino	05:17:13	+02:29:00	07:33
278	9	FERNANDO SANTOS	afis/ovar	Veterano M60	05:17:14	+02:29:00	07:33
279	156	Maria Mota	individual	Veterana F50	05:19:22	+02:31:09	07:36
280	243	Jorge Esteves	individual	Veterano M50	05:19:22	+02:31:09	07:36
281	290	José Pereira	os perigosos	Veterano M60	05:21:52	+02:33:38	07:40
282	235	Vitor Manuel Pereira Oliveira	individual	Veterano M40	05:21:59	+02:33:45	07:40
283	373	José Perez Fernandez	grupo puevas nogueira trail	Veterano M50	05:25:31	+02:37:17	07:45
284	246	José Silva	individual	Veterano M50	05:25:43	+02:37:29	07:45
285	276	Pedro Tavares	los manos	Senior Masculino	05:27:02	+02:38:49	07:47
286	146	Tânia Marisa Silva Monteiro	individual	Sub 23 Feminino	05:29:23	+02:41:09	07:51
287	17	Vitor Vieira	all about spirit team	Veterano M50	05:29:23	+02:41:09	07:51
288	224	Pedro Barbosa	individual	Veterano M40	05:29:56	+02:41:43	07:51
289	66	Célia Sampaio	desnível positivo	Veterana F40	05:29:56	+02:41:43	07:51
290	294	Miguel Azevedo	porto sentido runners	Veterano M40	05:31:18	+02:43:04	07:53
291	293	Ana Nova	porto sentido runners	Senior Feminino	05:31:18	+02:43:04	07:53
292	128	Nuno Lima	individual	Senior Masculino	05:36:18	+02:48:04	08:00
293	311	Rui Carvalho	ss montepio	Senior Masculino	05:37:18	+02:49:05	08:02
294	313	Francisco Moreira	ss montepio	Veterano M40	05:37:18	+02:49:05	08:02
295	70	António Pinheiro	dr. merino / 4moove	Senior Masculino	05:40:37	+02:52:24	08:07
296	172	Estefânio Pinto	individual	Veterano M40	05:41:38	+02:53:25	08:08
297	233	Toze	individual	Veterano M40	05:42:12	+02:53:59	08:09
298	182	João Godinho Mendes	individual	Veterano M40	05:42:41	+02:54:28	08:10
299	83	Flávio Ortins	gtt - armazém do caffè	Senior Masculino	05:45:35	+02:57:21	08:14
300	74	Martinho Dias	ermida team	Senior Masculino	05:46:12	+02:57:58	08:15
301	375	José Silva	individual	Veterano M40	05:46:12	+02:57:58	08:15
302	376	Domingos Dias	individual	Senior Masculino	05:46:12	+02:57:58	08:15
303	377	Eric Carvalho	individual	Senior Masculino	05:46:12	+02:57:58	08:15
304	75	Sérgio Gonçalves	ermida team	Senior Masculino	05:46:12	+02:57:59	08:15
305	1098	Luis Landeira	ermida team	Senior Masculino	05:46:13	+02:58:00	08:15
306	380	Rogério Coelho	individual	Veterano M40	05:46:15	+02:58:02	08:15

**42K - STAGE 1**

**42 KM**

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**REVISED**

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

<b>RANK</b>	<b>BIB</b>	<b>NAME</b>	<b>TEAM</b>	<b>CAT</b>	<b>RESULT</b>	<b>DIFF</b>	<b>t/KM</b>
307	190	José Carlos Pereira Araújo	individual	Veterano M40	05:46:15	+02:58:02	08:15
308	330	Cristiana Machado	team lantermil	Senior Feminino	05:47:01	+02:58:48	08:16
309	101	Bruno Alen	individual	Senior Masculino	05:53:46	+03:05:32	08:25
310	95	André Alves	individual	Senior Masculino	05:56:55	+03:08:41	08:30
311	263	FRANCISCO LUIS COMBARROS VILA	individual	Veterano M60	06:04:16	+03:16:03	08:40
312	93	sónia moreira	individual	Senior Feminino	06:09:56	+03:21:43	08:48
313	278	Joana Silva	metralhas runners	Senior Feminino	06:13:59	+03:25:45	08:54
314	46	Fernanda Esteves	ceveira team running	Veterana F60	06:37:13	+03:49:00	09:27
315	68	Quim Sampaio	desnível positivo	Veterano M60	06:37:17	+03:49:04	09:28

42K

42 KM

R  
REVISED

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:39	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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## Senior Feminino

1	31	Inês Peixoto	Benfica em Forma	Senior Feminino	04:04:41	+01:16:28	05:50
2	364	Cecilia Teixeira	Individual	Senior Feminino	04:05:27	+01:17:14	05:51
3	91	Joana Creissac	Individual	Senior Feminino	04:10:45	+01:22:32	05:58
4	88	Armanda Barroso	Individual	Senior Feminino	04:11:30	+01:23:16	05:59
5	92	Olga Alexandra Almeida	Individual	Senior Feminino	04:18:39	+01:30:26	06:10
6	89	Diana Filipa Carvalho Fernandes	Individual	Senior Feminino	04:34:06	+01:45:52	06:32
7	353	Cheila Ferreira Dias	U.F. Comércio e Indústria/Atletismo	Senior Feminino	04:42:18	+01:54:04	06:43
8	90	Helena Ferreira	Individual	Senior Feminino	04:43:44	+01:55:30	06:45
9	50	Helena Gaspar	Clube de Atletismo Trail Runners da Ponte	Senior Feminino	04:56:56	+02:08:43	07:04
10	293	Ana Nova	Porto Sentido Runners	Senior Feminino	05:31:18	+02:43:04	07:53
11	330	Cristiana Machado	Team Lantermil	Senior Feminino	05:47:01	+02:58:48	08:16
12	93	sónia moreira	Individual	Senior Feminino	06:09:56	+03:21:43	08:48
13	278	Joana Silva	Metralhas Runners	Senior Feminino	06:13:59	+03:25:45	08:54

## Senior Masculino

1	1	Mihail Panayotov Lalev	SPORTING CLUBE BRAGA	Senior Masculino	02:48:13		04:00
2	71	Diogo Fernandes	Dr. Merino / 4moove	Senior Masculino	02:54:27	+06:14	04:09
3	300	Gonçalo Cruz	RapóTacho	Senior Masculino	03:16:30	+28:17	04:41
4	10	FRANCISCO FERNANDES	ÁGUIAS DE ALVLOES	Senior Masculino	03:16:54	+28:41	04:41
5	271	Celso oliveira	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:23:10	+34:56	04:50
6	115	Henrique Barbosa	Individual	Senior Masculino	03:23:48	+35:35	04:51
7	272	Hugo Silva	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:25:14	+37:01	04:53
8	28	ROMEUSOUSA	Aves Runners	Senior Masculino	03:25:45	+37:31	04:54
9	32	Paulo Gomes	Benfica em Forma	Senior Masculino	03:27:40	+39:27	04:57
10	65	Hugo Marante Lima	Desnível Positivo	Senior Masculino	03:30:38	+42:25	05:01
11	358	André Cunha	vimarunners	Senior Masculino	03:31:07	+42:54	05:02
12	277	Telmo Reis	LOUSADA RUNNERS	Senior Masculino	03:33:11	+44:58	05:05
13	109	Carlos Miguel da Rocha Oliveira	Individual	Senior Masculino	03:33:54	+45:41	05:06
14	362	José Marques	Ze team	Senior Masculino	03:35:21	+47:07	05:08
15	11	PEDRO DOURADO	ÁGUIAS DE ALVLOES	Senior Masculino	03:36:25	+48:11	05:09
16	133	Paulo Castro	Individual	Senior Masculino	03:38:38	+50:25	05:12
17	49	Rui Fernandes	clube atletismo fafe	Senior Masculino	03:40:24	+52:11	05:15
18	113	Fábio Filipe	Individual	Senior Masculino	03:41:09	+52:55	05:16
19	120	João Pedro Martins	Individual	Senior Masculino	03:44:43	+56:30	05:21
20	359	LUIS SANTOS	vimarunners	Senior Masculino	03:44:50	+56:36	05:21
21	332	José Faria	Team Lantermil	Senior Masculino	03:46:06	+57:53	05:23

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**OFFICIAL RESULT**

22	132	Paulo Brandao	Individual	Senior Masculino	03:46:19	+58:05	05:23
23	141	Victor Javier Iglesias Herrero	Individual	Senior Masculino	03:49:26	+01:01:13	05:28
24	30	João Manuel Maciel Linhares	Barcelos Team Portugal	Senior Masculino	03:49:51	+01:01:38	05:28
25	126	Micael Silva Lopes	Individual	Senior Masculino	03:50:28	+01:02:15	05:29
26	117	Javier Albañil Mogollón	Individual	Senior Masculino	03:50:34	+01:02:20	05:29
27	76	Filipe Sousa	FILIPE	Senior Masculino	03:53:17	+01:05:04	05:33
28	54	Nuno Cunha	Clube Zupper	Senior Masculino	03:53:27	+01:05:14	05:34
29	363	André Silva	Individual	Senior Masculino	03:53:34	+01:05:20	05:34
30	134	Pedro Barros	Individual	Senior Masculino	03:53:50	+01:05:36	05:34
31	84	JOSÉ AFONSO	Hsantamariart	Senior Masculino	03:54:09	+01:05:56	05:35
32	138	Ruben Daniel Conceição	Individual	Senior Masculino	03:55:24	+01:07:11	05:36
33	64	Bruno Porto	Desnível Positivo	Senior Masculino	03:59:37	+01:11:23	05:42
34	104	Bruno Daniel Carvalho Castro	Individual	Senior Masculino	04:00:20	+01:12:06	05:43
35	125	Luis Miguel Costa Bezerra Matos	Individual	Senior Masculino	04:02:55	+01:14:41	05:47
36	144	Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	04:03:01	+01:14:47	05:47
37	96	André Carvalho	Individual	Senior Masculino	04:04:13	+01:16:00	05:49
38	322	João Poças	Tartarugas do Asfalto	Senior Masculino	04:05:23	+01:17:10	05:51
39	323	Pedro Magalhães	Tartarugas do Asfalto	Senior Masculino	04:05:23	+01:17:10	05:51
40	321	Emanuel Santos	Tartarugas do Asfalto	Senior Masculino	04:05:55	+01:17:41	05:51
41	43	Daniel Duarte	C B VISEU RUNNING TEAM	Senior Masculino	04:08:01	+01:19:47	05:54
42	121	Joao Pereira	Individual	Senior Masculino	04:08:04	+01:19:51	05:54
43	111	Clemente Pinto	Individual	Senior Masculino	04:09:12	+01:20:59	05:56
44	107	Bruno Vilaca	Individual	Senior Masculino	04:12:31	+01:24:18	06:01
45	99	André Gustavo Sousa Costa	Individual	Senior Masculino	04:12:44	+01:24:30	06:01
46	312	Vitor Rio	SS MONTEPIO	Senior Masculino	04:15:30	+01:27:17	06:05
47	114	Gil Rocha	Individual	Senior Masculino	04:17:53	+01:29:39	06:08
48	103	Bruno cavadas	Individual	Senior Masculino	04:19:42	+01:31:29	06:11
49	131	Paulo Borges	Individual	Senior Masculino	04:22:53	+01:34:39	06:16
50	129	Nuno Teixeira	Individual	Senior Masculino	04:23:33	+01:35:20	06:17
51	139	Sérgio André Marques Crista	Individual	Senior Masculino	04:24:38	+01:36:25	06:18
52	288	Marco Caseiro	os perigosos	Senior Masculino	04:25:00	+01:36:47	06:19
53	287	Helder Valadas	os perigosos	Senior Masculino	04:25:01	+01:36:48	06:19
54	127	Nelson Carrasquinha	Individual	Senior Masculino	04:27:50	+01:39:36	06:23
55	38	Jose Miguel Freitas Teixeira	BUDEGUITA RUNNERS	Senior Masculino	04:27:55	+01:39:42	06:23
56	142	VITOR FONSECA	Individual	Senior Masculino	04:27:57	+01:39:44	06:23
57	374	Tiago Osório	Individual	Senior Masculino	04:28:02	+01:39:48	06:23
58	297	Mário Rui Gomes Ribeiro	PRIMESTAR SERVICING S.A.	Senior Masculino	04:28:19	+01:40:06	06:23
59	137	Ricardo Ferreira	Individual	Senior Masculino	04:34:07	+01:45:53	06:32
60	334	Nuno Filipe Cardoso Maia	Team Lantemil	Senior Masculino	04:36:35	+01:48:22	06:35
61	333	Marco Filipe Silva Moreira	Team Lantemil	Senior Masculino	04:36:35	+01:48:22	06:35
62	98	André Fernandes	Individual	Senior Masculino	04:39:05	+01:50:51	06:39
63	282	Filipe Barbosa	Nocturnos de Paredes	Senior Masculino	04:39:28	+01:51:14	06:39
64	135	Pedro Braga	Individual	Senior Masculino	04:39:41	+01:51:28	06:40
65	85	PEDRO FERNANDÉS	Hsantamariart	Senior Masculino	04:40:25	+01:52:12	06:41
66	130	Odilo González Blanco	Individual	Senior Masculino	04:41:22	+01:53:08	06:42
67	102	Bruno Araujo	Individual	Senior Masculino	04:41:25	+01:53:12	06:42

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68	279	Manuel Garcia	Monsanto Running Team	Senior Masculino	04:41:51	+01:53:38	06:43
69	59	João Veiga	CORRER LISBOA	Senior Masculino	04:43:51	+01:55:38	06:46
70	122	Jorge Miguel Gomes da Costa	Individual	Senior Masculino	04:44:39	+01:56:25	06:47
71	4	José Gregório Gonçalves Oliveira	#OSMANOS	Senior Masculino	04:45:19	+01:57:05	06:48
72	5	Paulino Gonçalves Oliveira	#OSMANOS	Senior Masculino	04:45:19	+01:57:05	06:48
73	116	Humberto Barros	Kaninos	Senior Masculino	04:49:43	+02:01:29	06:54
74	56	Daniel Pinto	ComDor Runners	Senior Masculino	04:52:15	+02:04:01	06:57
75	124	Luís Dias	Individual	Senior Masculino	04:54:54	+02:06:41	07:01
76	112	Eduard Agayev	Individual	Senior Masculino	05:08:04	+02:19:51	07:20
77	94	Alexandre Miguel	Individual	Senior Masculino	05:16:18	+02:28:05	07:32
78	145	Vitor Pereira	Individual	Senior Masculino	05:16:57	+02:28:44	07:33
79	110	César Vidal	Individual	Senior Masculino	05:17:13	+02:29:00	07:33
80	276	Pedro Tavares	Los Manos	Senior Masculino	05:27:02	+02:38:49	07:47
81	128	Nuno Lima	Individual	Senior Masculino	05:36:18	+02:48:04	08:00
82	311	Rui Carvalho	SS MONTEPIO	Senior Masculino	05:37:18	+02:49:05	08:02
83	70	António Pinheiro	Dr. Merino / 4moove	Senior Masculino	05:40:37	+02:52:24	08:07
84	83	Flávio Ortins	GTT - ARMAZÉM DO CAFFÈ	Senior Masculino	05:45:35	+02:57:21	08:14
85	74	Martinho Dias	Ermida Team	Senior Masculino	05:46:12	+02:57:58	08:15
86	376	Domingos Dias	Individual	Senior Masculino	05:46:12	+02:57:58	08:15
87	377	Eric Carvalho	Individual	Senior Masculino	05:46:12	+02:57:58	08:15
88	75	Sérgio Gonçalves	Ermida Team	Senior Masculino	05:46:12	+02:57:59	08:15
89	1098	Luis Landeira	Ermida Team	Senior Masculino	05:46:13	+02:58:00	08:15
90	101	Bruno Alen	Individual	Senior Masculino	05:53:46	+03:05:32	08:25
91	95	André Alves	Individual	Senior Masculino	05:56:55	+03:08:41	08:30

## Sub 23 Feminino

1	146	Tânia Marisa Silva Monteiro	Individual	Sub 23 Feminino	05:29:23	+02:41:09	07:51
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## Veterana F40

1	148	Fátima Melo	Individual	Veterana F40	03:20:44	+32:30	04:47
2	80	ALICE LOPES	GINÁSIO FIT 4 FUN	Veterana F40	03:46:08	+57:54	05:23
3	354	Silvia de Oliveira	UPG-Sports Team	Veterana F40	04:03:19	+01:15:06	05:48
4	346	Fátima Gerales	TUGAS NA ESTRADA	Veterana F40	04:10:19	+01:22:05	05:58
5	6	Blandine Craveiro	Addicted to trail	Veterana F40	04:16:18	+01:28:04	06:06
6	329	Carla Mendes	Tartarugas Solidárias	Veterana F40	04:18:28	+01:30:14	06:09
7	79	SANDRA MARGARIDA ANDRADE CABRAL	GINÁSIO CLUBE DE BRAGANÇA	Veterana F40	04:28:20	+01:40:06	06:23
8	19	Ana Amaro	Aminhacorrída/myprotein	Veterana F40	04:35:21	+01:47:07	06:33
9	57	Paula Silva	ComDor Runners	Veterana F40	04:39:44	+01:51:30	06:40
10	147	Cristina Fundevila Teixeira	Individual	Veterana F40	04:40:07	+01:51:54	06:40
11	150	Goreti Silva	Individual	Veterana F40	04:40:08	+01:51:54	06:40
12	151	M Jesus Pinto	Individual	Veterana F40	04:40:13	+01:51:59	06:40
13	39	Maria do Carmo Loureiro	BUDEGUITA RUNNERS	Veterana F40	04:44:04	+01:55:51	06:46
14	15	Paula Santos	ALL ABOUT SPIRIT TEAM	Veterana F40	04:45:13	+01:56:59	06:47

Official Timekeeper: Lap2Go	3 / 8	generate 04-Dec-2017 17:30
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15	154	Sandra Simões	Individual	Veterana F40	04:50:16	+02:02:03	06:55
16	325	Mónica Sá	Tartarugas do Asfalto	Veterana F40	04:53:10	+02:04:56	06:59
17	153	Maria Melo	Individual	Veterana F40	05:08:59	+02:20:46	07:21
18	307	Paula Oliveira	Sporting Clube de Espinho	Veterana F40	05:11:56	+02:23:43	07:26
19	66	Célia Sampaio	Desnível Positivo	Veterana F40	05:29:56	+02:41:43	07:51

### Veterana F50

1	309	Isabel Moleiro	SS CGD	Veterana F50	03:49:13	+01:01:00	05:27
2	81	CONCEIÇÃO FERREIRA	GINÁSIO FIT 4 FUN	Veterana F50	04:31:49	+01:43:35	06:28
3	303	CARLA REBELO	RUN 4 FUN	Veterana F50	04:35:58	+01:47:44	06:34
4	155	Cristina Moura Saraiva	Individual	Veterana F50	04:47:18	+01:59:05	06:50
5	347	Ana Paula Costa	TUGAS NA ESTRADA	Veterana F50	04:57:06	+02:08:52	07:04
6	156	Maria Mota	Individual	Veterana F50	05:19:22	+02:31:09	07:36

### Veterana F60

1	48	Maria Grare	Clínica Médica da Foz	Veterana F60	04:06:37	+01:18:23	05:52
2	46	Fernanda Esteves	CERVEIRA TEAM RUNNING	Veterana F60	06:37:13	+03:49:00	09:27

### Veterano M40

1	2	Luis Gil	Decathlon Maia	Veterano M40	03:01:05	+12:52	04:19
2	212	Nuno Carlos Figueiredo Campos	Individual	Veterano M40	03:13:02	+24:49	04:36
3	67	Artur Costa	Desnível Positivo	Veterano M40	03:18:13	+30:00	04:43
4	184	Joaquim Manuel Martins de Freitas	Individual	Veterano M40	03:21:11	+32:57	04:47
5	157	Alexandre Gonçalves	Individual	Veterano M40	03:27:16	+39:02	04:56
6	36	Henrique Silva	Braguinhas Running	Veterano M40	03:27:41	+39:28	04:57
7	301	Júlio Finote	RapóTacho	Veterano M40	03:27:46	+39:33	04:57
8	16	Marco Silva	ALL ABOUT SPIRIT TEAM	Veterano M40	03:29:06	+40:52	04:59
9	268	Joaquim Capela	Kaninos	Veterano M40	03:32:07	+43:54	05:03
10	72	Manuel Chantre	Entre os Montes	Veterano M40	03:33:34	+45:20	05:05
11	164	Arturo Piñeiro	Individual	Veterano M40	03:34:26	+46:12	05:06
12	273	Luis Sá	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	03:36:05	+47:52	05:09
13	7	Isaac Costa	Addicted to trail	Veterano M40	03:37:17	+49:04	05:10
14	35	Américo Imperadeiro	Braguinhas Running	Veterano M40	03:38:00	+49:47	05:11
15	341	Rodrigo	Team Lantermil	Veterano M40	03:40:38	+52:24	05:15
16	372	Manuel de la FOnTe	Grupo Puevas Nogueira Trail	Veterano M40	03:42:46	+54:32	05:18
17	342	Vitor Coelho	Team Sindeq	Veterano M40	03:43:48	+55:34	05:20
18	29	AFONSO TORRES	Aves Runners	Veterano M40	03:43:51	+55:37	05:20
19	220	Paulo Neta	Individual	Veterano M40	03:46:27	+58:13	05:23
20	175	Fernando Ferreira	Individual	Veterano M40	03:47:57	+59:44	05:26
21	206	Mauro Gonçalves	ADE Trail Runnig	Veterano M40	03:49:15	+01:01:02	05:28
22	216	PAULO COSTA	Individual	Veterano M40	03:49:31	+01:01:18	05:28

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23	45	Fernando Remelgado	CCD-Siemens	Veterano M40	03:50:28	+01:02:15	05:29
24	316	Rui Manuel da Silva Gomes	SS MONTEPIO	Veterano M40	03:51:08	+01:02:54	05:30
25	209	Moura Jemp	Individual	Veterano M40	03:53:10	+01:04:56	05:33
26	304	RUI FARIA	RUN 4 FUN	Veterano M40	03:55:28	+01:07:15	05:36
27	213	Nuno Gonçalves	Individual	Veterano M40	03:55:44	+01:07:30	05:37
28	163	Artur Rodrigues	Individual	Veterano M40	03:55:49	+01:07:36	05:37
29	165	Augusto Adolfo Pereira Ribeiro	Individual	Veterano M40	03:56:01	+01:07:48	05:37
30	186	Joaquim Viana	Individual	Veterano M40	03:56:04	+01:07:51	05:37
31	274	Pedro Gaio	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	03:56:16	+01:08:02	05:38
32	211	Nuno Cáceres	Individual	Veterano M40	03:56:52	+01:08:39	05:38
33	366	Jorge Bastos	Pernetas	Veterano M40	04:00:39	+01:12:25	05:44
34	314	João Barbosa	SS MONTEPIO	Veterano M40	04:01:08	+01:12:54	05:44
35	340	Renato	Team Lantermil	Veterano M40	04:02:11	+01:13:57	05:46
36	183	Joaquim Fernandes Pinheiro	Individual	Veterano M40	04:02:11	+01:13:57	05:46
37	281	José Faria	NO TOMORROW RUNNING TEAM	Veterano M40	04:02:51	+01:14:37	05:47
38	198	José soares	Individual	Veterano M40	04:03:52	+01:15:38	05:48
39	204	Marcos Martín Mosteyrin	Individual	Veterano M40	04:04:47	+01:16:34	05:50
40	169	carlos pereira	Individual	Veterano M40	04:05:27	+01:17:14	05:51
41	197	José Sá	Individual	Veterano M40	04:06:17	+01:18:03	05:52
42	63	Paulo Jorge Pereira Machado	CTM	Veterano M40	04:06:19	+01:18:06	05:52
43	365	Paulo Silva	Individual	Veterano M40	04:06:19	+01:18:06	05:52
44	23	António Pinheiro Vieira	ASPHALT ASSAULT TEAM	Veterano M40	04:06:44	+01:18:31	05:52
45	328	Nuno Magalhães	Tartarugas do Asfalto	Veterano M40	04:08:55	+01:20:42	05:56
46	21	António Pedro Santos	Salamandrecos	Veterano M40	04:09:27	+01:21:14	05:56
47	371	Marco Oliveira	Individual	Veterano M40	04:09:28	+01:21:14	05:56
48	12	ANTONIO GOMES	ÁGUIAS DE ALVLOES	Veterano M40	04:09:47	+01:21:33	05:57
49	357	luis miguel dos santos batata	Vila Fria	Veterano M40	04:10:35	+01:22:22	05:58
50	193	José Manuel de Oliveira Alves Loureiro	Individual	Veterano M40	04:10:54	+01:22:41	05:58
51	302	Rogério Azevedo	RapóTacho	Veterano M40	04:11:02	+01:22:49	05:59
52	338	Miguel Araújo	Team Lantermil	Veterano M40	04:11:15	+01:23:01	05:59
53	284	Mika Magalhães	Núcleo de Montanha de Espinho	Veterano M40	04:11:39	+01:23:25	05:59
54	24	Carlos Azevedo	ASPHALT ASSAULT TEAM	Veterano M40	04:12:37	+01:24:24	06:01
55	202	Manuel Molina Cuberos	Individual	Veterano M40	04:12:43	+01:24:30	06:01
56	181	Jeronimo Jose Ribeiro da Silva	Individual	Veterano M40	04:13:15	+01:25:02	06:02
57	160	António Oliveira	Individual	Veterano M40	04:13:15	+01:25:02	06:02
58	225	Pedro Miguel Da Costa Vieira Miranda	Individual	Veterano M40	04:14:43	+01:26:29	06:04
59	82	ANGELO PINHO	GINÁSIO FIT 4 FUN	Veterano M40	04:15:28	+01:27:14	06:05
60	180	Ismael Maiato	Individual	Veterano M40	04:16:38	+01:28:25	06:07
61	291	Hugo Santos	Piratas das Montanhas	Veterano M40	04:17:31	+01:29:17	06:08
62	25	Jorge Silva	ASPHALT ASSAULT TEAM	Veterano M40	04:17:32	+01:29:19	06:08
63	232	Tiago Leal	Individual	Veterano M40	04:18:39	+01:30:26	06:10
64	343	Telmo cardoso	Telmo	Veterano M40	04:19:48	+01:31:35	06:11
65	327	Luís Miguel Pedroso	Tartarugas do Asfalto	Veterano M40	04:21:02	+01:32:48	06:13
66	231	Tiago Dionisio	Individual	Veterano M40	04:22:04	+01:33:51	06:14
67	77	Vitor Dias	GDR Retorta / Correr Por Prazer	Veterano M40	04:22:04	+01:33:51	06:14

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68	234	Victor Correia	Individual	Veterano M40	04:22:07	+01:33:53	06:14
69	177	Francisco Reis	Individual	Veterano M40	04:22:13	+01:34:00	06:15
70	207	Miguel Cruz	Individual	Veterano M40	04:22:53	+01:34:39	06:16
71	355	Nuno Chaves Pinto	UPG-Sports Team	Veterano M40	04:24:49	+01:36:35	06:18
72	306	CARLOS MANUEL DOS SANTOS ROCHA	Sai da Frente	Veterano M40	04:25:19	+01:37:06	06:19
73	166	Aurélio Quiaios	Individual	Veterano M40	04:25:20	+01:37:06	06:19
74	223	Pedro Alexandre Teixeira	Individual	Veterano M40	04:25:36	+01:37:23	06:19
75	360	Filipe Lages	vimarunners	Veterano M40	04:25:49	+01:37:36	06:20
76	361	José Moreira	Viriathvs Runners Viseu	Veterano M40	04:27:55	+01:39:42	06:23
77	170	Celestino Garcia	Individual	Veterano M40	04:27:57	+01:39:44	06:23
78	8	Luis Nuno Santos	AFIS/OVAR	Veterano M40	04:27:58	+01:39:45	06:23
79	298	Nuno Alexandre Condeças de Almeida	PRIMESTAR SERVICING S.A.	Veterano M40	04:28:17	+01:40:04	06:23
80	339	Miguel Teixeira	Team Lantermil	Veterano M40	04:28:20	+01:40:06	06:23
81	179	Hugo Marinho	Individual	Veterano M40	04:28:53	+01:40:40	06:24
82	285	António Oliveira	Os Finos	Veterano M40	04:29:59	+01:41:46	06:26
83	167	Carlos Miguel Soares Figueiredo	Individual	Veterano M40	04:31:21	+01:43:08	06:28
84	26	Luís Terêncio	ASPHALT ASSAULT TEAM	Veterano M40	04:32:01	+01:43:48	06:29
85	192	JOSÉ JÚLIO FERNANDES VILAÇA	Individual	Veterano M40	04:33:57	+01:45:44	06:31
86	203	MANUEL SANTOS SILVA	Individual	Veterano M40	04:34:07	+01:45:54	06:32
87	218	Paulo Jorge António Martins Ferreira	Individual	Veterano M40	04:34:08	+01:45:55	06:32
88	348	Ricardo Silva	TUGAS NA ESTRADA	Veterano M40	04:34:29	+01:46:15	06:32
89	161	António Ramos	Individual	Veterano M40	04:34:42	+01:46:29	06:32
90	20	José Amaro	Aminhacorrida/myprotein	Veterano M40	04:35:21	+01:47:07	06:33
91	368	José Martins	Individual	Veterano M40	04:39:31	+01:51:18	06:39
92	280	David Emanuel Oliveira Malva	N.A.C. - Núcleo de Atletismo de Cucujães	Veterano M40	04:39:33	+01:51:20	06:39
93	191	jose joaquim c. Machado	Individual	Veterano M40	04:39:40	+01:51:26	06:40
94	58	Luis Torres	ComDor Runners	Veterano M40	04:39:44	+01:51:30	06:40
95	315	João Cardoso	SS MONTEPIO	Veterano M40	04:39:44	+01:51:30	06:40
96	196	José Pedro Silva	Individual	Veterano M40	04:40:07	+01:51:54	06:40
97	219	Paulo Lima	Individual	Veterano M40	04:40:08	+01:51:55	06:40
98	86	JORGE MOREIRA	Hsantamariart	Veterano M40	04:40:25	+01:52:11	06:41
99	87	PAULO FREITAS	Hsantamariart	Veterano M40	04:40:25	+01:52:12	06:41
100	226	Pedro Vidal	Individual	Veterano M40	04:40:33	+01:52:20	06:41
101	51	Filipe Afonso	Clube de Montanhismo da Guarda	Veterano M40	04:41:51	+01:53:38	06:43
102	317	Vasco Silva	SS MONTEPIO	Veterano M40	04:41:58	+01:53:44	06:43
103	78	Rui Matos	Gerês Forever	Veterano M40	04:42:21	+01:54:07	06:43
104	171	Eric Lorphèvre	Individual	Veterano M40	04:43:03	+01:54:50	06:44
105	336	Luís Vale	Team Lantermil	Veterano M40	04:43:14	+01:55:01	06:45
106	60	Adelino Trindade	CORRER LISBOA	Veterano M40	04:43:39	+01:55:25	06:45
107	33	Hilário Ramos	BRAGUINHAS RUNNERS	Veterano M40	04:45:04	+01:56:51	06:47
108	37	José Fins	Braguinhas Running	Veterano M40	04:45:04	+01:56:51	06:47
109	162	Arménio Ribeiro	Individual	Veterano M40	04:45:13	+01:56:59	06:47
110	214	Nuno Silva	Individual	Veterano M40	04:45:14	+01:57:00	06:47
111	210	Nuno Alvaro Tamagnini Brabosa da Silva Castro	Individual	Veterano M40	04:46:43	+01:58:29	06:50



**42K**

**42 KM**

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**OFFICIAL RESULT**

112	174	Fernando Banca	Individual	Veterano M40	04:47:42	+01:59:28	06:51
113	158	Alexandre Tremoceiro	Individual	Veterano M40	04:48:47	+02:00:34	06:53
114	61	António Iria	CORRER LISBOA	Veterano M40	04:49:43	+02:01:29	06:54
115	356	Valentim Pereira	Viana Remadores do Lima	Veterano M40	04:51:29	+02:03:16	06:56
116	283	Leandro Ramos	Nocturnos de Paredes	Veterano M40	04:53:02	+02:04:49	06:59
117	337	marcelo ferreira	Team Lantermil	Veterano M40	04:59:26	+02:11:12	07:08
118	335	Joaquim Silva	Team Lantermil	Veterano M40	04:59:26	+02:11:13	07:08
119	41	Tiago Amorim	BUDEGUITA RUNNERS	Veterano M40	05:00:11	+02:11:58	07:09
120	40	Nuno Rodrigues	BUDEGUITA RUNNERS	Veterano M40	05:00:12	+02:11:59	07:09
121	369	Rui Rodrigues	Individual	Veterano M40	05:00:43	+02:12:30	07:10
122	208	Milton	Individual	Veterano M40	05:07:17	+02:19:03	07:19
123	229	Rui Soares	Individual	Veterano M40	05:08:59	+02:20:46	07:21
124	319	Miguel Barqueiro	Sunset Runners	Veterano M40	05:13:36	+02:25:22	07:28
125	227	Porfirio Pereira	Individual	Veterano M40	05:16:58	+02:28:44	07:33
126	235	Vitor Manuel Pereira Oliveira	Individual	Veterano M40	05:21:59	+02:33:45	07:40
127	224	Pedro Barbosa	Individual	Veterano M40	05:29:56	+02:41:43	07:51
128	294	Miguel Azevedo	Porto Sentido Runners	Veterano M40	05:31:18	+02:43:04	07:53
129	313	Francisco Moreira	SS MONTEPIO	Veterano M40	05:37:18	+02:49:05	08:02
130	172	Estefânio Pinto	Individual	Veterano M40	05:41:38	+02:53:25	08:08
131	233	Toze	Individual	Veterano M40	05:42:12	+02:53:59	08:09
132	182	João Godinho Mendes	Individual	Veterano M40	05:42:41	+02:54:28	08:10
133	375	José Silva	Individual	Veterano M40	05:46:12	+02:57:58	08:15
134	380	Rogério Coelho	Individual	Veterano M40	05:46:15	+02:58:02	08:15
135	190	José Carlos Pereira Araújo	Individual	Veterano M40	05:46:15	+02:58:02	08:15

## Veterano M50

1	247	Leonardo de Sousa Diogo	Clube Aventura da Madeira	Veterano M50	03:01:05	+12:52	04:19
2	308	José Cabral	Sporting Clube de Espinho	Veterano M50	03:13:40	+25:26	04:37
3	248	Luís Vieira	Individual	Veterano M50	03:43:45	+55:31	05:20
4	254	Paulo Melo	Individual	Veterano M50	03:50:25	+01:02:12	05:29
5	251	Manuel Rocha	Individual	Veterano M50	03:52:38	+01:04:24	05:32
6	310	David Faustino	SS CGD	Veterano M50	03:57:44	+01:09:30	05:40
7	257	Rodrigo costa	Individual	Veterano M50	03:58:51	+01:10:37	05:41
8	349	Paulo Vilaça	TUGAS NA ESTRADA	Veterano M50	04:00:54	+01:12:41	05:44
9	42	Jorge Maia	BUDEGUITA RUNNERS	Veterano M50	04:08:39	+01:20:26	05:55
10	47	José Gomes	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Veterano M50	04:09:00	+01:20:47	05:56
11	18	João Ferreira Oliveira	Amigos do Atletismo Povoense	Veterano M50	04:09:09	+01:20:55	05:56
12	351	Carlos Manuel Gonçalves Vieira Fernandes	TURBULENTOS	Veterano M50	04:10:08	+01:21:54	05:57
13	244	Jose Carlos Silva Almeida	Individual	Veterano M50	04:16:52	+01:28:39	06:07
14	292	Vitor Costa	Piratas das Montanhas	Veterano M50	04:17:30	+01:29:17	06:08
15	73	José NETO	Entre os Montes	Veterano M50	04:17:50	+01:29:36	06:08
16	255	Pedro Pires	Individual	Veterano M50	04:21:48	+01:33:35	06:14
17	240	Flávio Luis Morgado Rebelo	Individual	Veterano M50	04:22:56	+01:34:43	06:16

**42K**

**42 KM**

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REVISED

**OFFICIAL RESULT**

18	250	Manuel Oliveira	Individual	Veterano M50	04:24:03	+01:35:50	06:17
19	256	Quentin, Jörg	Individual	Veterano M50	04:24:54	+01:36:40	06:18
20	44	Heitor Cardoso	Casa Benfica em Cinfaes	Veterano M50	04:26:26	+01:38:12	06:21
21	239	Fernando Martins	Individual	Veterano M50	04:28:04	+01:39:50	06:23
22	318	Fernando Carvalho	SS MONTEPIO	Veterano M50	04:28:04	+01:39:50	06:23
23	260	Rui Torres	Individual	Veterano M50	04:31:13	+01:42:59	06:27
24	62	ANTONIO MIRANDA	CORRER POR UM SORRISO/PAPELINF	Veterano M50	04:33:21	+01:45:07	06:30
25	345	Paulo VBalente	Trailistas "Eu é que sei!"	Veterano M50	04:33:25	+01:45:12	06:31
26	238	Fernando Abilio Santos Vieira	Individual	Veterano M50	04:35:14	+01:47:00	06:33
27	367	Gerson Savio da Silveira	Individual	Veterano M50	04:39:22	+01:51:08	06:39
28	252	Mário Meneses	Individual	Veterano M50	04:41:58	+01:53:44	06:43
29	275	Luis Almeida	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	04:44:04	+01:55:51	06:46
30	295	Humberto Pinho	Porto Sentido Runners	Veterano M50	05:08:30	+02:20:17	07:21
31	320	José Silva	Sunset Runners	Veterano M50	05:13:36	+02:25:23	07:28
32	243	Jorge Esteves	Individual	Veterano M50	05:19:22	+02:31:09	07:36
33	373	José Perez Fernandez	Grupo Puevas Nogueira Trail	Veterano M50	05:25:31	+02:37:17	07:45
34	246	José Silva	Individual	Veterano M50	05:25:43	+02:37:29	07:45
35	17	Vítor Vieira	ALL ABOUT SPIRIT TEAM	Veterano M50	05:29:23	+02:41:09	07:51

## Veterano M60

1	352	Fernando Antunes	TURBULENTOS	Veterano M60	03:28:21	+40:08	04:58
2	100	Luís Sousa Pires	Individual	Veterano M60	03:49:31	+01:01:17	05:28
3	55	José Alfredo gomes Ribeiro	CluVe ( Clube de Veteranos de Coimbra)	Veterano M60	04:07:09	+01:18:55	05:53
4	261	ARMANDO OLIVEIRA	Individual	Veterano M60	04:10:06	+01:21:52	05:57
5	265	Pedro Amorim	Individual	Veterano M60	04:40:08	+01:51:55	06:40
6	350	Jorge Gonçalves	TUGAS NA ESTRADA	Veterano M60	04:57:07	+02:08:53	07:04
7	289	Carlos Sousa	os perigosos	Veterano M60	04:58:17	+02:10:03	07:06
8	296	Germano Bernado	Prazer da Corrida	Veterano M60	05:05:59	+02:17:46	07:17
9	262	EDUARDO MEDEIROS	Individual	Veterano M60	05:12:54	+02:24:40	07:27
10	9	FERNANDO SANTOS	AFIS/OVAR	Veterano M60	05:17:14	+02:29:00	07:33
11	290	José Pereira	os perigosos	Veterano M60	05:21:52	+02:33:38	07:40
12	263	FRANCISCO LUIS COMBARROS VILA	Individual	Veterano M60	06:04:16	+03:16:03	08:40
13	68	Quim Sampaio	Desnível Positivo	Veterano M60	06:37:17	+03:49:04	09:28





42K ESTAFETA

LAP 10.5 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 SOLUTION

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

<b>26</b>	<b>AFRIKANRUNNERS 1</b>	<b>4</b>	<b>03:59:43</b>	<b>42 Km</b>
3006	SÉRGIO FERREIRA	1	01:14:34	10.5 Km
3005	NELSON NUNES	2	39:34	21 Km
3004	EMANUEL MARTINS	1	01:18:17	10.5 Km
<b>27</b>	<b>HSANTAMARIART-2</b>	<b>4</b>	<b>04:00:02</b>	<b>42 Km</b>
3082	EDUARDO FERREIRA	2	39:54	21 Km
3084	VICTOR OSÓRIO	1	01:21:46	10.5 Km
3083	FERNANDO CUNHA	1	01:11:34	10.5 Km
<b>28</b>	<b>SMP</b>	<b>4</b>	<b>04:00:09</b>	<b>42 Km</b>
3144	SEBASTIÃO PEREIRA	1	01:25:25	10.5 Km
3142	MARTA FONSECA	1	01:10:30	10.5 Km
3143	PAULO CARVALHO	2	38:54	21 Km
<b>29</b>	<b>Top team</b>	<b>4</b>	<b>04:01:55</b>	<b>42 Km</b>
3147	Henrique Pereira Neiva	2	37:37	21 Km
3146	Daniel Almeida Marinho	1	01:22:14	10.5 Km
3145	Catarina Isabel dos Santos Pereira	1	01:17:52	10.5 Km
<b>30</b>	<b>CORRER LEÇA 2</b>	<b>4</b>	<b>04:02:21</b>	<b>42 Km</b>
3050	António Barros	2	39:14	21 Km
3049	Dulce Neves	1	01:16:10	10.5 Km
3051	Nuno Morgado	1	01:19:33	10.5 Km
<b>31</b>	<b>HSANTAMARIART-3</b>	<b>4</b>	<b>04:02:54</b>	<b>42 Km</b>
3086	DAVID TEIXEIRA	1	01:21:51	10.5 Km
3087	HELDER CAMPOS	2	39:44	21 Km
3085	SUSANA PINTO	1	01:14:27	10.5 Km
<b>32</b>	<b>Invicta Runners Team II</b>	<b>4</b>	<b>04:03:04</b>	<b>42 Km</b>
3093	Manuel António Araújo Rocha Ribeiro	1	01:21:38	10.5 Km
3092	Fernando Pinho	2	45:26	21 Km
3091	António Oliveira	1	01:02:51	10.5 Km
<b>33</b>	<b>Arrastassolas 2</b>	<b>4</b>	<b>04:10:25</b>	<b>42 Km</b>
3020	Pedro Magalhães	2	40:56	21 Km
3019	Carla Moreira	1	01:24:32	10.5 Km
3021	Pedro Sousa	1	01:17:46	10.5 Km
<b>34</b>	<b>Gaia-Running 1</b>	<b>4</b>	<b>04:10:37</b>	<b>42 Km</b>
3064	Eduardo Teixeira	2	42:20	21 Km
3065	Gabriel Rodrigues	1	01:06:50	10.5 Km
3066	Luis Duarte	1	01:29:45	10.5 Km
<b>35</b>	<b>Coutinhos</b>	<b>4</b>	<b>04:12:59</b>	<b>42 Km</b>
3053	Américo Machado	1	01:25:47	10.5 Km
3052	alfredo oliveira	1	01:12:24	10.5 Km
3054	Manuel Machado	2	43:20	21 Km
<b>36</b>	<b>ArcoRun TDi</b>	<b>4</b>	<b>04:13:04</b>	<b>42 Km</b>
3014	José Correia	2	44:02	21 Km
3015	Pedro Manuel Pereira Melo	1	01:29:18	10.5 Km
3013	Jorge Leite	1	01:09:17	10.5 Km
<b>37</b>	<b>HSANTAMARIART 1</b>	<b>4</b>	<b>04:14:48</b>	<b>42 Km</b>
3081	PAULA GONÇALVÉS	1	01:05:13	10.5 Km
3079	DANIELA MACHADO	1	01:34:32	10.5 Km
3080	MARTA MARTINS	2	42:58	21 Km
<b>38</b>	<b>Núcleo de Montanha de Espinho</b>	<b>4</b>	<b>04:15:21</b>	<b>42 Km</b>
3124	Alice Santos	1	00:25	10.5 Km
3126	Fernando Santos	2	27:01	21 Km
3125	Carla Susana Flores Cardoso Magalhães	1	03:43	10.5 Km
<b>39</b>	<b>Invicta Runners Team I</b>	<b>4</b>	<b>04:16:26</b>	<b>42 Km</b>
3088	António Santos Pereira	1	01:22:41	10.5 Km

## 42K ESTAFETA

## LAP 10.5 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

### UNOFFICIAL 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	3089	Rui Fernando Oliveira de Almeida		2		47:25	21 Km
	3090	Vitor Manuel Miranda da Silva		1		01:10:53	10.5 Km
<b>40</b>	<b>mancos 2</b>		<b>4</b>		<b>04:22:11</b>		<b>42 Km</b>
	3109	Filipe Silva		1		01:35:16	10.5 Km
	3110	Luis peixoto		2		39:58	21 Km
	3111	Luis Pinheiro		1		01:16:35	10.5 Km
<b>41</b>	<b>Grupo Desportivo Recreativo Juventude das Ribeiras 2</b>		<b>4</b>		<b>04:27:50</b>		<b>42 Km</b>
	3071	Jorge Pinheiro		1		01:43:32	10.5 Km
	3070	Sónia Gilvaz		1		01:11:27	10.5 Km
	3072	Nuno Almeida		2		42:45	21 Km
<b>42</b>	<b>MNE</b>		<b>4</b>		<b>04:29:34</b>		<b>42 Km</b>
	3114	Miguel Pinto		2		40:43	21 Km
	3113	Helena Pacheco		1		01:34:49	10.5 Km
	3112	Eva Ribeiro		1		01:24:34	10.5 Km
<b>43</b>	<b>Budeguita Runners 2</b>		<b>4</b>		<b>04:30:14</b>		<b>42 Km</b>
	3037	Ana Cristina Moreira		1		01:18:39	10.5 Km
	3038	Bruno Brandão		1		01:35:11	10.5 Km
	3039	Rui Coelho		2		43:13	21 Km
<b>44</b>	<b>Mancos 1</b>		<b>4</b>		<b>04:42:46</b>		<b>42 Km</b>
	3108	Rita Moreira		1		01:31:34	10.5 Km
	3107	cristina azurara		2		46:05	21 Km
	3106	carla morin		1		01:30:27	10.5 Km
<b>45</b>	<b>Trimanos</b>		<b>4</b>		<b>04:45:19</b>		<b>42 Km</b>
	3151	Mariana Martins Guerra		1		01:41:05	10.5 Km
	3153	Fernando Fernandes		2		48:13	21 Km
	3152	Rita Teixeira		1		01:16:02	10.5 Km
<b>46</b>	<b>OS BARRIGUITAS</b>		<b>4</b>		<b>04:52:14</b>		<b>42 Km</b>
	3131	José Moura		1		01:28:56	10.5 Km
	3130	Germano Moura		2		54:03	21 Km
	3132	Manuel Moura		1		01:25:53	10.5 Km
<b>47</b>	<b>Canelonis Adventure Sports Team</b>		<b>4</b>		<b>04:55:36</b>		<b>42 Km</b>
	3041	Oriana Moreira		2		48:26	21 Km
	3040	Georgina Santos		1		01:24:26	10.5 Km
	3042	Sofia Silva		1		01:42:44	10.5 Km
<b>48</b>	<b>KeMedo Pink II</b>		<b>4</b>		<b>04:57:58</b>		<b>42 Km</b>
	3101	Margarida Sousa		1		01:24:34	10.5 Km
	3102	Rita Leal		2		48:13	21 Km
	3100	Ana Margarida Coelho		1		01:43:38	10.5 Km
<b>49</b>	<b>KeMedo Pink I</b>		<b>4</b>		<b>04:59:00</b>		<b>42 Km</b>
	3097	Liliana Vieira		2		47:10	21 Km
	3098	Patricia Neto		1		01:45:47	10.5 Km
	3099	Raquel Campos		1		01:24:11	10.5 Km
<b>50</b>	<b>LION RUNNERS - G. D. Leões da Guarda 1</b>		<b>4</b>		<b>05:21:52</b>		<b>42 Km</b>
	3104	Raquel Santos		1		01:27:56	10.5 Km
	3103	Joana Martins		1		02:02:01	10.5 Km
	3105	Susana Luís		2		49:33	21 Km
<b>51</b>	<b>MY TIME</b>		<b>4</b>		<b>05:36:09</b>		<b>42 Km</b>
	3116	Francisco Fonseca		1		01:30:02	10.5 Km
	3115	Bruno Pieddade Silva		2		50:56	21 Km
	3117	Paulo Almeida		1		02:10:37	10.5 Km
<b>52</b>	<b>Budeguita Runners 1</b>		<b>3</b>		<b>02:50:19</b>		<b>31.5 Km</b>
	3034	Ana Dias		1		01:23:41	10.5 Km
	3036	Tiago Almeida		2		41:03	21 Km

**42K ESTAFETA****LAP 10.5 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 SOLUTION**UNOFFICIAL 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 SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

<b>53</b>	<b>Os três Bolacheiros</b>		<b>3</b>	<b>04:15:29</b>		<b>31.5 Km</b>
3134	Bruno Miguel Palhares Carvalho		2	42:41		21 Km
3135	Tiago Daniel Ribeiro Ferreira		1	02:40:07		10.5 Km

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**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:10	-99°C	-99%
End	12:15	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1214	Paulo Mendes	individual	Senior Masculino	01:20:08		03:49
2	1369	Emil Krehl	laufsport saukel b_faster	Senior Masculino	01:22:40	+02:32	03:56
3	1002	Nuno Fernandes	clube atletismo fafe	Senior Masculino	01:22:56	+02:48	03:57
4	1528	Michal Kosior	ks celironman s.a.	Senior Masculino	01:25:39	+05:31	04:05
5	1122	MANUEL JOSÉ GOMES PALMEIRO	ginásio clube de bragança	Veterano M50	01:25:48	+05:40	04:05
6	1520	SÉRGIO SALGUEIRO	vsc	Senior Masculino	01:26:06	+05:57	04:06
7	1536	Amandio Antunes	afifense trail	Veterano M40	01:26:35	+06:26	04:07
8	1401	luis Magalhães	minho e lima trail	Veterano M40	01:28:16	+08:07	04:12
9	1516	Miguel Lira	viana running	Veterano M40	01:31:45	+11:36	04:22
10	1059	FRANCISCO PASCUAL	castro trail	Senior Masculino	01:32:02	+11:54	04:23
11	1451	Miguel Neto	royal wellness center	Senior Masculino	01:32:10	+12:01	04:23
12	1193	João Pedro Padilha Leal	individual	Senior Masculino	01:32:24	+12:16	04:24
13	1450	Leonel Ferreira	royal wellness center	Senior Masculino	01:33:05	+12:57	04:26
14	1105	Eduardo Lemos	fisioveralemos	Veterano M40	01:33:29	+13:21	04:27
15	1411	Fernando Carvalho	nós acreditamos	Veterano M40	01:33:59	+13:51	04:29
16	1179	Ernesto Morais	individual	Senior Masculino	01:34:02	+13:54	04:29
17	1236	João Trigueiros	individual	Sub 23 Masculino	01:34:40	+14:31	04:30
18	1531	Frederico Bisetto	individual	Senior Masculino	01:34:48	+14:39	04:31
19	1061	Valter Gouveia	centro ciclista de gondomar	Senior Masculino	01:36:42	+16:33	04:36
20	1106	Gominhães	fisioveralemos	Veterano M40	01:36:52	+16:44	04:37
21	1178	Diogo Soares da Costa Almeida	individual	Senior Masculino	01:36:55	+16:47	04:37
22	1161	Adelino Soutinho	individual	Senior Masculino	01:37:13	+17:04	04:38
23	1399	Bruno Silva Narciso	minho e lima trail	Sub 23 Masculino	01:37:32	+17:23	04:39
24	1533	Rafael Pereira	minho e lima trail	Senior Masculino	01:37:43	+17:35	04:39
25	1004	Vasco Morais Pinheiro de Sousa	coimbra trail running	Veterano M50	01:37:43	+17:35	04:39
26	1300	Miguel Ângelo Figueiredo Gomes	individual	Veterano M40	01:37:45	+17:36	04:39
27	1060	Diana Sousa	centro ciclista de gondomar	Senior Feminino	01:37:47	+17:38	04:39
28	1400	José Carlos Roque da Costa	minho e lima trail	Veterano M40	01:38:07	+17:58	04:40
29	1413	Francisco Lemos	nós acreditamos	Veterano M50	01:38:30	+18:21	04:41
30	1037	Tiago Lima	aves runners	Senior Masculino	01:38:30	+18:21	04:41
31	1406	Hélder Ribeiro	nós acreditamos	Senior Masculino	01:38:46	+18:38	04:42
32	1064	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	01:38:52	+18:44	04:42
33	1017	Rúben Henrique Cardoso Pereira Borges	afipre team / chrono.pt	Senior Masculino	01:39:01	+18:52	04:43
34	1414	JOAQUIM MARTINS	nucleo de karate e atletismo de roriz	Veterano M40	01:39:04	+18:55	04:43
35	1018	Hélder Pereira Borges	afipre team / chrono.pt	Veterano M40	01:39:22	+19:14	04:44
36	1058	Albino Dias	budeguita runners	Veterano M40	01:39:41	+19:32	04:45
37	1284	JOAQUIN MENO BARJA	individual	Veterano M40	01:39:52	+19:44	04:45
38	1265	Alberto DIAZ PORTAS	individual	Veterano M40	01:40:14	+20:06	04:46



**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
39	1202	Jose Carlos Cachola Mestre	individual	Senior Masculino	01:40:17	+20:09	04:47
40	1350	Rui Miguel baeta Nogueira	juventude	Veterano M40	01:40:20	+20:12	04:47
41	1212	Nuno Castel-Branco	individual	Senior Masculino	01:40:34	+20:25	04:47
42	1445	Fernando Meira	riofit running	Veterano M40	01:40:41	+20:32	04:48
43	1014	Pedro Guimaraes	a+	Veterano M40	01:41:29	+21:20	04:50
44	1499	Pedro Pimentel	tugas na estrada	Veterano M40	01:41:36	+21:28	04:50
45	1028	segundo rodrigues	arcorun	Veterano M60	01:41:43	+21:35	04:51
46	1371	Jorge Domingues	lebres minhotas	Veterano M40	01:42:05	+21:57	04:52
47	1184	Francisco Miguel Carneiro Matos Ramalhosa	individual	Senior Masculino	01:42:33	+22:24	04:53
48	1228	Rui Miguel da Costa Leite	individual	Senior Masculino	01:43:07	+22:59	04:55
49	1081	Pedro Leandro Nogueira	clube vodafone	Senior Masculino	01:43:25	+23:16	04:55
50	1038	TONI NETO	aves runners	Senior Masculino	01:43:25	+23:17	04:55
51	1355	Ernesto Marques Alves	juventude cortegacense	Veterano M40	01:43:26	+23:17	04:56
52	1082	Mark Velhote	clube vodafone	Veterano M40	01:43:26	+23:17	04:56
53	1460	Francisco Cunha	sociedade recreio cepanense	Veterano M40	01:43:35	+23:26	04:56
54	1016	Marco Paulo Sousa Andrade	afipre team / chrono.pt	Senior Masculino	01:44:25	+24:17	04:58
55	1237	Luis Machado Cerqueira	individual	Sub 23 Masculino	01:44:52	+24:43	05:00
56	1065	Jorge Silva	centro ciclista de gondomar	Veterano M50	01:45:00	+24:51	05:00
57	1428	António Borges	porto sentido runners	Veterano M40	01:45:06	+24:58	05:00
58	1052	Nelson Miguel Ferreira Ribeiro Torres	bai k andas team	Senior Masculino	01:45:35	+25:27	05:02
59	1510	Telmo Figueiredo	unidos à fresca	Veterano M40	01:45:38	+25:29	05:02
60	1022	Ezequiel Fernandes	águas de alvelos	Veterano M40	01:45:54	+25:45	05:03
61	1360	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	01:45:56	+25:47	05:03
62	1204	JOSÉ SILVA	individual	Senior Masculino	01:45:57	+25:48	05:03
63	1523	Miguel Costa	individual	Senior Masculino	01:45:57	+25:49	05:03
64	1357	Joao Paulo Oliveira	juventude cortegacense	Veterano M40	01:46:10	+26:02	05:03
65	1190	João Carlos Ferreira da Silva	individual	Senior Masculino	01:46:12	+26:03	05:03
66	1448	Manuel Lopes	riofit running	Veterano M50	01:46:28	+26:19	05:04
67	1306	Paulo Fernandes	individual	Veterano M40	01:46:28	+26:19	05:04
68	1519	Joao Ricardo	vimarunners	Senior Masculino	01:46:29	+26:21	05:04
69	1370	António Martins	lebres minhotas	Senior Masculino	01:46:48	+26:40	05:05
70	1272	David José Almeida Ferreira	individual	Veterano M40	01:46:48	+26:40	05:05
71	1468	André Garcia Vieira de Sá	ss montepio	Senior Masculino	01:47:08	+27:00	05:06
72	1221	Pedro Rodrigues	individual	Senior Masculino	01:47:15	+27:06	05:06
73	1492	Ricardo Maia	team lanthemil	Senior Masculino	01:47:16	+27:08	05:06
74	1378	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	01:47:27	+27:19	05:07
75	1291	jose domingos duarte noqueira	individual	Veterano M40	01:47:38	+27:29	05:08
76	1331	Mateus Silva	individual	Veterano M50	01:47:42	+27:33	05:08
77	1372	Miguel Domingues	lebres minhotas	Veterano M40	01:47:48	+27:40	05:08
78	1391	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M50	01:48:00	+27:52	05:09
79	1199	Jorge Fernandes	individual	Senior Masculino	01:48:13	+28:05	05:09
80	1368	Hugo Martins	la zinco	Senior Masculino	01:48:13	+28:05	05:09
81	1273	DE CASTRO	individual	Veterano M40	01:48:37	+28:28	05:10
82	1172	Carlos Teixeira	individual	Senior Masculino	01:48:38	+28:30	05:10

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
83	1267	António Caldas	individual	Veterano M40	01:48:39	+28:30	05:10
84	1449	Anita Costa	royal wellness center	Senior Feminino	01:48:50	+28:41	05:11
85	1170	Bruno Resende	individual	Senior Masculino	01:49:07	+28:59	05:12
86	118	João Edmundo Alexandre	individual	Senior Masculino	01:49:14	+29:05	05:12
87	1091	Rita Ribeiro	correr lisboa	Senior Feminino	01:49:15	+29:07	05:12
88	1093	Vasco Tavares	correr lisboa	Veterano M40	01:49:16	+29:07	05:12
89	1148	Natália Pires Amoedo	individual	Senior Feminino	01:49:25	+29:16	05:13
90	1361	Agostinho da Silva Neves	juventude desportiva de gondomar	Veterano M60	01:49:34	+29:26	05:13
91	1103	Fernando Marinho	ferromi	Senior Masculino	01:49:47	+29:38	05:14
92	1459	António Pereira	sociedade recreio cepanense	Veterano M40	01:49:51	+29:43	05:14
93	1226	Rui Alberto Soares Fonseca	individual	Senior Masculino	01:49:55	+29:47	05:14
94	1436	Luís Nuno Gonçalves de Oliveira	rexemingas team	Veterano M40	01:50:13	+30:05	05:15
95	1077	MARCO ANDRÉ DA SILVA ALMEIDA	clube galp - norte	Veterano M40	01:50:53	+30:45	05:17
96	1326	Henrique Borges	individual	Veterano M50	01:50:54	+30:46	05:17
97	1216	Pedro Castro	individual	Senior Masculino	01:50:59	+30:51	05:17
98	1354	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	01:51:01	+30:53	05:17
99	1121	RUI EDUARDO FLORINDO ROLO	ginásio clube de bragança	Veterano M40	01:51:12	+31:04	05:18
100	1444	Abilio Oliveira	riofit running	Veterano M40	01:51:52	+31:44	05:20
101	1053	Nuno Santos	bai k andas team	Senior Masculino	01:51:58	+31:50	05:20
102	1203	José Padrão	individual	Senior Masculino	01:52:07	+31:58	05:20
103	1443	Cidalia Novais	rinus fafe	Veterana F40	01:52:14	+32:05	05:21
104	1305	paulo fernanded	individual	Veterano M40	01:52:15	+32:07	05:21
105	1233	Tiago Lages Ribeiro	individual	Senior Masculino	01:52:16	+32:07	05:21
106	1080	Nuno Bastos	clube vodafone	Senior Masculino	01:52:30	+32:21	05:21
107	1066	Filipe Alves	cerveira team running/clube celtas do minho	Veterano M40	01:52:51	+32:42	05:22
108	1287	Jorge Manuel Afonso Pires	trail team montaria	Veterano M40	01:52:57	+32:49	05:23
109	1045	HELDER COSTA	aves runners	Veterano M40	01:52:58	+32:50	05:23
110	1043	FILIPE PEDROSA	aves runners	Veterano M40	01:52:58	+32:50	05:23
111	1182	Filipe Machado	individual	Senior Masculino	01:53:05	+32:57	05:23
112	1313	Ricardo Luís Lima Pinto Teixeira	individual	Veterano M40	01:53:06	+32:57	05:23
113	1335	Paulo Pinheiro	individual	Veterano M50	01:53:09	+33:00	05:23
114	1340	Sergio Sá Magalhães	individual	Veterano M50	01:53:10	+33:02	05:23
115	1338	Raul Macedo	individual	Veterano M50	01:53:13	+33:04	05:23
116	1235	João Francisco Gonçalves	individual	Sub 23 Masculino	01:53:16	+33:07	05:24
117	1484	Erasmo Alves	taylors325	Veterano M40	01:53:24	+33:16	05:24
118	1521	Paula Quintela	xirobloc	Veterana F50	01:53:25	+33:17	05:24
119	1304	Paulo Antunes	individual	Veterano M40	01:53:28	+33:20	05:24
120	1446	João Silva	riofit running	Veterano M40	01:53:39	+33:30	05:25
121	1472	Nuno Alexandre Martins Leite Ribeiro	ss montepio	Senior Masculino	01:53:46	+33:38	05:25
122	1087	Manuel Antonio Ferreira Pinto Teixeira	cmmcp	Veterano M40	01:53:51	+33:43	05:25
123	1130	Domingos Vieira	grupo desportivo recreativo juventude das ribeiras	Veterano M50	01:53:52	+33:43	05:25

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
124	1501	Rui Rito	turbulentos	Senior Masculino	01:53:57	+33:48	05:26
125	1376	Sofia Pimenta	lion runners - g. d. leões da guarda	Senior Feminino	01:54:01	+33:53	05:26
126	1192	João Paulo Castro	individual	Senior Masculino	01:54:04	+33:55	05:26
127	1175	David Camelo	individual	Senior Masculino	01:54:11	+34:02	05:26
128	1442	Rui Lobo Castro	rinus fafe	Senior Masculino	01:54:13	+34:05	05:26
129	1024	Vítor Almeida	all about spirit team	Veterano M50	01:54:16	+34:07	05:26
130	1048	RAFAEL GOUVEIA	aves runners	Veterano M40	01:54:17	+34:09	05:27
131	1039	EVA GOUVEIA	aves runners	Veterana F40	01:54:17	+34:09	05:27
132	1181	Filipe Faria	individual	Senior Masculino	01:54:37	+34:29	05:27
133	1104	Alcino Sousa	filipe	Veterano M60	01:54:40	+34:31	05:28
134	1389	Paulo Brás	lion runners - g. d. leões da guarda	Veterano M50	01:54:42	+34:33	05:28
135	1358	Jorge Augusto Oliveira Guerra	juventude cortegacense	Veterano M40	01:54:43	+34:34	05:28
136	1435	Luís Filipe Vieira Soares	rexemingas team	Veterano M40	01:54:45	+34:37	05:28
137	1513	Augusta Silva	viana running	Veterana F40	01:54:47	+34:38	05:28
138	1512	Douglas Nascimento	viana running	Senior Masculino	01:54:53	+34:44	05:28
139	1333	Nuno Rodrigues	individual	Veterano M50	01:54:55	+34:46	05:28
140	1290	Jose Antonio SALGADO RUA	individual	Veterano M40	01:54:58	+34:50	05:28
141	1023	Rui Fernandes	alive runners	Veterano M40	01:55:02	+34:54	05:29
142	1180	Fernando Pinheiro	individual	Senior Masculino	01:55:06	+34:57	05:29
143	1220	Pedro Pereira	individual	Senior Masculino	01:55:19	+35:10	05:29
144	1100	Alberto Ricardo Fernandes Lucas	falta muito?	Senior Masculino	01:55:32	+35:23	05:30
145	1476	Nuno Bastos	ss montepio	Veterano M40	01:55:32	+35:23	05:30
146	1083	Nuno Gomes de Pina	clube vodafone	Veterano M40	01:55:33	+35:25	05:30
147	1165	André Neves	individual	Senior Masculino	01:55:33	+35:25	05:30
148	1075	João Vasco Gil da Silva Gomes Ferreira	clube do pessoal edp - delegação de gaia	Veterano M40	01:55:55	+35:46	05:31
149	1217	pedro Castro	individual	Senior Masculino	01:55:57	+35:48	05:31
150	1292	José Duarte	individual	Veterano M40	01:56:02	+35:53	05:32
151	3170	Juliana Onuma	viana running / edv viana trail	Veterana F40	01:56:03	+35:54	05:32
152	1133	Nuno Almeida	guimarunning	Senior Masculino	01:56:17	+36:09	05:32
153	1433	Carlos Jorge	reumaticos	Veterano M40	01:56:23	+36:15	05:33
154	1047	HONORATO COELHO	aves runners	Veterano M40	01:56:28	+36:19	05:33
155	1096	Paulo Vilaverde	edv-viana trail	Veterano M40	01:56:31	+36:22	05:33
156	1013	Gonçalo Nazaré	a.c.r casais das boiças	Senior Masculino	01:56:35	+36:26	05:33
157	1281	JAVIER PEREZ ALONSO	individual	Veterano M40	01:56:46	+36:37	05:34
158	1297	Marco Dias	individual	Veterano M40	01:57:00	+36:51	05:34
159	1491	Pedro Coelho	team lanthemil	Senior Masculino	01:57:01	+36:53	05:34
160	1493	Vítor Horácio Esteves Correia	team lanthemil	Senior Masculino	01:57:01	+36:53	05:34
161	1015	Filipe Ribeiro	acv vermoim	Veterano M40	01:57:05	+36:57	05:35
162	1511	Ricardo Osório	unidos à fresca	Veterano M60	01:57:08	+37:00	05:35
163	1509	Paulo Osorio	unidos à fresca	Veterano M40	01:57:08	+37:00	05:35
164	1508	Daniela Soares	unidos à fresca	Senior Feminino	01:57:08	+37:00	05:35
165	1088	Tiago Fernandes da Silva Montalvão Coelho	correr leça	Senior Masculino	01:57:13	+37:05	05:35
166	1329	Manuel Pegas Rodrigues	individual	Veterano M50	01:57:18	+37:09	05:35
167	1299	Mário Pereira	individual	Veterano M40	01:57:26	+37:18	05:36

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
168	1160	Vera Lúcia Cruz Fernandes	individual	Senior Feminino	01:57:41	+37:32	05:36
169	1034	GABRIEL CARNEIRO	aves runners	Senior Masculino	01:57:53	+37:45	05:37
170	1408	Fábio Silva	nós acreditamos	Sub 23 Masculino	01:58:03	+37:54	05:37
171	1275	Eliseu Manuel Campos Leite	individual	Veterano M40	01:58:10	+38:02	05:38
172	1173	Christophe Moreira	individual	Senior Masculino	01:58:14	+38:05	05:38
173	1285	Jorge Alves	individual	Veterano M40	01:58:14	+38:06	05:38
174	1529	Nuno Miguel Gonçalves Pereira	individual	Veterano M40	01:58:19	+38:10	05:38
175	1469	Diogo Matos	ss montepio	Senior Masculino	01:58:25	+38:17	05:38
176	1505	Vitor Pacheco	turbulentos	Veterano M40	01:58:26	+38:17	05:38
177	1327	josé couto	individual	Veterano M50	01:58:30	+38:22	05:39
178	1157	Solange Sousa	individual	Senior Feminino	01:58:35	+38:27	05:39
179	1314	Ricardo Silva	individual	Veterano M40	01:59:04	+38:56	05:40
180	1356	Hélder Fernandes da Rocha	juventude cortegacense	Veterano M40	01:59:09	+39:00	05:40
181	1222	Pierre Gomes	cerveira team running	Senior Masculino	01:59:11	+39:02	05:41
182	1421	Lino Moreira	os turbomula	Veterano M60	01:59:37	+39:29	05:42
183	1019	Paulo Jorge Martins Abreu	afipre team / chrono.pt	Veterano M40	01:59:52	+39:44	05:42
184	1218	Pedro Gomes	individual	Senior Masculino	01:59:56	+39:48	05:43
185	1387	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M50	02:00:07	+39:58	05:43
186	1461	António Mendes	sociedade recreio cepanense	Veterano M50	02:00:07	+39:59	05:43
187	1440	Sandrina Carneiro	rinus fafe	Senior Feminino	02:00:07	+39:59	05:43
188	1388	Mário Soares	lion runners - g. d. leões da guarda	Veterano M50	02:00:09	+40:01	05:43
189	1215	Pawel Kozela	individual	Senior Masculino	02:00:36	+40:28	05:45
190	1151	Ribot	individual	Senior Feminino	02:00:41	+40:33	05:45
191	1352	Tiago Padrela Ferreira da silva	juventude cortegacense	Senior Masculino	02:00:42	+40:34	05:45
192	1347	Paulo Nobre	inquipa	Senior Masculino	02:00:44	+40:35	05:45
193	1346	Diogo Aguiar	inquipa	Senior Masculino	02:00:44	+40:36	05:45
194	1012	Rui Filipe Silva	100meta	Senior Masculino	02:00:46	+40:38	05:45
195	1200	Jorge Loureiro	individual	Senior Masculino	02:00:53	+40:45	05:45
196	1534	Luis Barreiro	domoweb	Senior Masculino	02:01:13	+41:04	05:46
197	1535	Nelson Ferreira	domoweb	Senior Masculino	02:01:22	+41:13	05:47
198	1169	Bruno Freire	individual	Senior Masculino	02:01:26	+41:18	05:47
199	1139	Ana Marques	individual	Senior Feminino	02:01:26	+41:18	05:47
200	1502	Simão Vilaça	turbulentos	Senior Masculino	02:01:30	+41:22	05:47
201	1437	Ricardo Duarte	cerveira team running	Senior Masculino	02:01:32	+41:24	05:47
202	1483	Américo Santos	taylors325	Veterano M40	02:01:33	+41:25	05:47
203	1471	José Miguel Patricio Córias	ss montepio	Senior Masculino	02:01:41	+41:33	05:48
204	1470	Gil Alexandre da Conceição Morgado	ss montepio	Senior Masculino	02:01:42	+41:34	05:48
205	1011	Filipe Almeida	100fobias	Senior Masculino	02:01:49	+41:40	05:48
206	1120	PEDRO NUNO AFONSO GONÇALVES	ginásio clube de bragança	Veterano M40	02:01:57	+41:48	05:48
207	1003	Carlos Cunha	cunhas	Senior Masculino	02:02:03	+41:54	05:49
208	1407	Leandro Teixeira	nós acreditamos	Senior Masculino	02:02:05	+41:57	05:49
209	1402	Firmino Mendes	montanha clube trail running/efapel	Veterano M50	02:02:09	+42:01	05:49
210	1310	Pedro Rola	individual	Veterano M40	02:02:11	+42:03	05:49
211	1344	Jorge Vieira Dias Lobo	individual	Veterano M60	02:02:26	+42:18	05:50

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
212	1049	António José Pinheiro	aztrail	Veterano M40	02:02:38	+42:29	05:50
213	1134	Ângela Costa	guimarunning	Veterana F40	02:02:41	+42:33	05:51
214	1102	Artur Teixeira Ferraz	falta muito?	Veterano M50	02:02:56	+42:48	05:51
215	1412	Fernando Silva	nós acreditamos	Veterano M50	02:02:57	+42:48	05:51
216	1174	Daniel Carvalho Rocha	individual	Senior Masculino	02:03:14	+43:05	05:52
217	1036	Mário Lima	aves runners	Senior Masculino	02:03:22	+43:13	05:52
218	1334	Paulo Dionisio da Silva Freire	individual	Veterano M50	02:03:38	+43:30	05:53
219	1099	Rui Freitas	esgalhada trail team	Senior Masculino	02:03:42	+43:34	05:53
220	1033	DINIS SOARES	aves runners	Senior Masculino	02:03:57	+43:49	05:54
221	1046	HELDER MARTINS	aves runners	Veterano M40	02:04:02	+43:53	05:54
222	1425	Elizabeth Loureiro	porto sentido runners	Veterana F40	02:04:05	+43:57	05:55
223	1035	JORGE COSTA	aves runners	Senior Masculino	02:04:07	+43:59	05:55
224	1225	Ricardo Quintas	individual	Senior Masculino	02:04:07	+43:59	05:55
225	1309	Pedro Pereira	individual	Veterano M40	02:04:16	+44:07	05:55
226	1293	Jose Gonçalo Gomes Guedes Rodrigued	individual	Veterano M40	02:04:22	+44:13	05:55
227	1185	Gilberto da Cunha Dias	individual	Senior Masculino	02:04:23	+44:14	05:55
228	1330	martinho cunha	individual	Veterano M50	02:04:23	+44:15	05:55
229	1090	Luísa Nogueira	correr lisboa	Senior Feminino	02:04:26	+44:17	05:56
230	1067	Vítor Araújo	cerveira team running/clube celtas do minho	Veterano M40	02:04:30	+44:22	05:56
231	1321	Alexandre Viegas Maniés	individual	Veterano M50	02:04:32	+44:24	05:56
232	1518	Jose Venda Lira	viana running	Veterano M50	02:04:32	+44:24	05:56
233	1209	Miguel Martins	individual	Senior Masculino	02:05:12	+45:04	05:58
234	1430	João Pinheiro	porto sentido runners	Veterano M40	02:05:14	+45:06	05:58
235	200	Luís Oliveira	individual	Veterano M40	02:05:23	+45:15	05:58
236	1490	Filipe Azevedo Rodrigues	team lanthemil	Senior Masculino	02:05:28	+45:19	05:58
237	1487	Sandra Dias	team lanthemil	Senior Feminino	02:05:28	+45:19	05:58
238	1301	Nelson Santos	individual	Veterano M40	02:05:44	+45:35	05:59
239	1251	Marta Cardoso	individual	Veterana F40	02:05:50	+45:41	06:00
240	1268	António Mendes	individual	Veterano M40	02:05:52	+45:44	06:00
241	1164	André Fernandes Pinto	individual	Senior Masculino	02:05:52	+45:44	06:00
242	1089	MANUEL RODRIGUES	correr leça	Veterano M50	02:05:57	+45:48	06:00
243	1032	Marco Dantas	asphalt assault team	Veterano M40	02:06:07	+45:58	06:00
244	1030	António Vela	asphalt assault team	Senior Masculino	02:06:07	+45:59	06:00
245	1031	Paulo Gavina	asphalt assault team	Senior Masculino	02:06:08	+45:59	06:00
246	1390	Paulo Henriques	lion runners - g. d. leões da guarda	Veterano M50	02:06:18	+46:10	06:01
247	1132	Quintino Bacelo	grupo desportivo recreativo juventude das ribeiras	Veterano M50	02:06:18	+46:10	06:01
248	1171	Carlos Carvalho	individual	Senior Masculino	02:06:19	+46:11	06:01
249	1283	João Oliveira	individual	Veterano M40	02:06:38	+46:30	06:02
250	1040	Sandra Veloso	aves runners	Veterana F40	02:06:43	+46:34	06:02
251	1506	António Santos	turbulentos	Veterano M50	02:06:44	+46:36	06:02
252	1507	Artur Silva	turbulentos	Veterano M50	02:06:48	+46:39	06:02
253	1415	Daniel Machado	os fugitivos da crise	Senior Masculino	02:06:52	+46:44	06:02
254	1063	Henrique Matos	centro ciclista de gondomar	Veterano M40	02:06:56	+46:48	06:03
255	1431	Marco Caldas	porto sentido runners	Veterano M40	02:07:03	+46:54	06:03

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
256	1427	Luísa Marques	porto sentido runners	Veterana F40	02:07:03	+46:55	06:03
257	1231	Simão Vasco Pires Fernandes	individual	Senior Masculino	02:07:12	+47:04	06:03
258	1351	Marcio Costa	juventude cortegacense	Senior Masculino	02:07:16	+47:07	06:04
259	1532	Ricardo Santa	individual	Veterano M40	02:07:16	+47:07	06:04
260	1474	João Carlos Silva Leite Freitas	ss montepio	Veterano M40	02:07:24	+47:15	06:04
261	1477	Ricardo José Mendes Ribeiro	ss montepio	Veterano M40	02:07:24	+47:15	06:04
262	53	PEDRO MIGUEL FERNANDES OLIVEIRA	clube galp - norte	Veterano M40	02:08:15	+48:06	06:06
263	52	RUI MIGUEL MOREIRA DIAS	clube galp - norte	Senior Masculino	02:08:15	+48:06	06:06
264	1168	AVELINO SOUSA DIAS	individual	Senior Masculino	02:08:19	+48:10	06:07
265	1481	Paulo Jorge Ferreira Alves Leite	ss montepio	Veterano M50	02:08:23	+48:14	06:07
266	1207	Manuel Martins	individual	Senior Masculino	02:08:24	+48:15	06:07
267	1379	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	02:08:32	+48:23	06:07
268	1409	Armando Cardoso	nós acreditamos	Veterano M40	02:08:37	+48:28	06:07
269	1298	Mário Alberto Jesus da Silva	individual	Veterano M40	02:08:40	+48:32	06:08
270	1042	ABILIO FERREIRA	aves runners	Veterano M40	02:08:47	+48:38	06:08
271	1307	Paulo Marques	individual	Veterano M40	02:08:54	+48:45	06:08
272	1254	patricia fernandes	individual	Veterana F40	02:08:55	+48:46	06:08
273	1359	Domingos Fernando Oliveira Camboa	juventude cortegacense	Veterano M50	02:08:56	+48:48	06:08
274	1353	Marcia Castro Costa	juventude cortegacense	Veterana F40	02:08:56	+48:48	06:08
275	1230	Sérgio Moreira	individual	Senior Masculino	02:09:09	+49:01	06:09
276	1438	Joana Magalhães	rinus fafe	Senior Feminino	02:09:17	+49:09	06:09
277	1439	Marisa Novais	rinus fafe	Senior Feminino	02:09:18	+49:09	06:09
278	1479	Vitor Manuel Moreira Viana	ss montepio	Veterano M40	02:09:20	+49:11	06:10
279	1234	Tiago Mendonça	individual	Senior Masculino	02:09:34	+49:25	06:10
280	1244	Clarisse Ribeiro	individual	Veterana F40	02:09:36	+49:28	06:10
281	1115	Ricardo Silva	gerês forever	Veterano M40	02:09:49	+49:40	06:11
282	1343	Álvaro José Pontes Oliveira	individual	Veterano M60	02:09:56	+49:48	06:11
283	1025	António Tomás Kirsch Belo Ferreira	all-about	Veterano M50	02:10:08	+49:59	06:12
284	1345	José Carlos Pereira Gomes	individual	Veterano M60	02:10:12	+50:04	06:12
285	1186	gilberto ricardo batista pereira duque	individual	Senior Masculino	02:10:14	+50:05	06:12
286	1311	Ricardo Baptista	individual	Veterano M40	02:10:14	+50:05	06:12
287	1455	MARIA DE LURDES BARBEDO	runriver associação de atletismo de rio tinto	Veterana F40	02:10:22	+50:13	06:12
288	1456	HENRIQUE BARBEDO	runriver associação de atletismo de rio tinto	Veterano M40	02:10:22	+50:13	06:12
289	1252	MIOSETE SILVA	individual	Veterana F40	02:10:32	+50:24	06:13
290	1288	Jorge Manuel Campelos Soares	individual	Veterano M40	02:10:50	+50:42	06:14
291	1027	Márcia Vilas Boas Bandeira	amigos da montanha	Veterano M40	02:10:56	+50:48	06:14
292	1242	Carla Gonçalves	individual	Veterana F40	02:11:09	+51:00	06:15
293	1458	SERGIO CUNHA	runriver associação de atletismo de rio tinto	Veterano M40	02:11:13	+51:04	06:15
294	1126	LUIS ALMEIDA	ginásio fit 4 fun	Veterano M40	02:11:30	+51:22	06:16
295	1127	DURBALINO FERREIRA	ginásio fit 4 fun	Veterano M50	02:11:31	+51:22	06:16

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
296	1504	Teresa Silva	turbulentos	Veterana F40	02:11:41	+51:32	06:16
297	1457	RICARDO MAIA	runriver associação de atletismo de rio tinto	Veterano M40	02:11:41	+51:33	06:16
298	1107	Ana coelho	gaia running	Senior Feminino	02:11:43	+51:34	06:16
299	1255	Sofia Guerra	individual	Veterana F40	02:11:47	+51:39	06:17
300	1315	ROBERTO CASAS PEREZ	individual	Veterano M40	02:11:50	+51:41	06:17
301	1524	Francisco Machado	individual	Senior Masculino	02:12:03	+51:54	06:17
302	1441	João Lira	rinus fafe	Senior Masculino	02:12:04	+51:56	06:17
303	1341	Valdemar Almeida	individual	Veterano M50	02:12:05	+51:56	06:17
304	269	joao paulo almeida	kaninos	Veterano M50	02:12:10	+52:01	06:18
305	1482	Rui Pinto	taylors325	Senior Masculino	02:12:22	+52:14	06:18
306	1337	Pedro Castel-Branco	individual	Veterano M50	02:12:41	+52:32	06:19
307	1097	Olga Martins	ermida team	Senior Feminino	02:12:43	+52:35	06:19
308	1447	Joaquim Oliveira	riofit running	Veterano M50	02:12:44	+52:36	06:19
309	1462	Rogério Rocha	solas rotas	Veterano M40	02:12:45	+52:36	06:19
310	1396	Luís Simas Meném	mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19
311	1394	Fernando Costa	mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19
312	1395	Luís Mata	mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19
313	1514	Veiga Carmo	viana running	Veterana F40	02:12:57	+52:49	06:20
314	1286	JORGE CARIA	individual	Veterano M40	02:13:11	+53:03	06:21
315	1503	Alzira Almeida	turbulentos	Veterana F40	02:13:17	+53:08	06:21
316	1147	Mariana da Silva Ferreira	team lantermil	Senior Feminino	02:13:28	+53:19	06:21
317	1249	Elisabete Gonçalves	individual	Veterana F40	02:13:31	+53:23	06:21
318	1070	Sérgio ferreira	clube de atletismo de arentim e cunha - caac	Senior Masculino	02:13:35	+53:26	06:22
319	1238	Ana Ferreira	individual	Veterana F40	02:13:37	+53:29	06:22
320	1383	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	02:13:38	+53:30	06:22
321	1377	Carlos Mendes	lion runners - g. d. leões da guarda	Senior Masculino	02:13:38	+53:30	06:22
322	1210	Miguel Pereira	individual	Senior Masculino	02:14:00	+53:51	06:23
323	1434	Rui Pinho	reumaticos	Veterano M40	02:14:11	+54:03	06:23
324	1432	Alexandre Santos	reumaticos	Veterano M40	02:14:11	+54:03	06:23
325	1420	Carlos Ribeiro	os tolinhos	Veterano M40	02:14:28	+54:19	06:24
326	1274	Dias Paul Serge	individual	Veterano M40	02:14:36	+54:28	06:25
327	1208	Michel Martins	individual	Senior Masculino	02:14:36	+54:28	06:25
328	1271	Barros Toni	individual	Veterano M40	02:14:37	+54:28	06:25
329	1480	Paulo Jorge da Cunha Rainho	ss montepio	Veterano M50	02:14:41	+54:32	06:25
330	1118	TERESA DE JESUS ALVES CATITA	ginásio clube de bragança	Veterana F50	02:15:05	+54:56	06:26
331	1475	João Mesquita	ss montepio	Veterano M40	02:15:17	+55:08	06:27
332	1229	Rui Pedro Dias Botelho	individual	Senior Masculino	02:15:18	+55:10	06:27
333	1145	Karolina Rogowska	individual	Senior Feminino	02:15:21	+55:12	06:27
334	1041	DELFINA ROMPANTE	aves runners	Veterana F50	02:15:29	+55:21	06:27
335	1158	Susana Araújo	individual	Senior Feminino	02:15:44	+55:36	06:28
336	1155	Silvia Rafael	individual	Senior Feminino	02:15:51	+55:42	06:28
337	1278	Filipe Pereira	individual	Veterano M40	02:15:51	+55:42	06:28
338	1295	Luís Carlos Rocha	individual	Veterano M40	02:15:56	+55:48	06:28
339	1320	Victor Manuel	individual	Veterano M40	02:15:56	+55:48	06:28

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
340	1135	Catarina Barbosa	happy runners	Senior Feminino	02:16:00	+55:51	06:29
341	1136	Nuno Martins	happy runners	Senior Masculino	02:16:04	+55:56	06:29
342	1140	Banita	individual	Senior Feminino	02:16:12	+56:03	06:29
343	1422	Clara Raimundo	pernas de gafanhoto	Veterana F40	02:16:29	+56:20	06:30
344	1467	Joana Isabel Pinheiro Azevedo	ss montepio	Senior Feminino	02:16:40	+56:31	06:30
345	1317	Rui Loureiro	individual	Veterano M40	02:16:42	+56:33	06:31
346	1129	Albina Vieira	grupo desportivo recreativo juventude das ribeiras	Veterana F50	02:17:17	+57:09	06:32
347	1056	Nuno Santos	bpm/adi-higiene	Veterano M40	02:17:17	+57:09	06:32
348	1495	Mónica Martins	team lanthemil	Veterana F40	02:17:18	+57:10	06:32
349	1325	Diamantino Martins Ribeiro	individual	Veterano M50	02:17:21	+57:13	06:32
350	1176	David Martins	individual	Senior Masculino	02:17:23	+57:14	06:33
351	1110	Hugo Martins	gerês forever	Senior Masculino	02:17:25	+57:16	06:33
352	1191	Joao Monteiro	individual	Senior Masculino	02:17:26	+57:17	06:33
353	1224	Ricardo cruz	individual	Senior Masculino	02:17:26	+57:18	06:33
354	1397	Lara Pereira	matilharun	Senior Feminino	02:17:36	+57:27	06:33
355	1227	Rui Jorge Fontes Costa	individual	Senior Masculino	02:17:46	+57:38	06:34
356	1257	Sónia Pereira	individual	Veterana F40	02:17:48	+57:39	06:34
357	1247	CRISTINA ALEIXO	individual	Veterana F40	02:18:01	+57:53	06:34
358	1062	Sandra Matos	centro ciclista de gondomar	Veterana F40	02:18:13	+58:04	06:35
359	1525	Humberto Cordeiro Correia Carvalho	individual	Veterano M40	02:18:26	+58:17	06:36
360	1530	Ana Silva	individual	Veterana F40	02:18:26	+58:18	06:36
361	1263	Maria Laranja	individual	Veterana F50	02:18:27	+58:18	06:36
362	1373	Claire Bétry	les zouzous	Senior Feminino	02:18:30	+58:21	06:36
363	1374	Clément legris	les zouzous	Senior Masculino	02:18:30	+58:22	06:36
364	1044	GABRIEL FREITAS	aves runners	Veterano M40	02:18:38	+58:30	06:36
365	1496	Jorge marques	team lanthemil	Veterano M40	02:18:59	+58:50	06:37
366	1382	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	02:19:03	+58:54	06:37
367	1381	dina goncalves	lion runners - g. d. leões da guarda	Veterana F40	02:19:03	+58:55	06:37
368	1527	Edgar Seabra	individual	Senior Masculino	02:19:17	+59:08	06:38
369	1404	LUIS FERREIRA	nocturnos de paredes	Veterano M50	02:19:36	+59:28	06:39
370	1124	ANA PISSARRA	ginásio fit 4 fun	Veterana F40	02:19:48	+59:39	06:39
371	1144	Isabel Cristina oliveira ferreira	individual	Senior Feminino	02:19:48	+59:40	06:39
372	1211	Miguel Teixeira	individual	Senior Masculino	02:20:03	+59:54	06:40
373	1417	Mário Lopes	os perigosos	Veterano M40	02:20:39	+01:00:31	06:42
374	1328	Justino Gonçalves	individual	Veterano M50	02:21:01	+01:00:53	06:43
375	1153	Rozires Ferreira	individual	Senior Feminino	02:21:50	+01:01:42	06:45
376	1187	Hernâni Manuel Silva Veríssimo	individual	Senior Masculino	02:22:11	+01:02:02	06:46
377	1150	Paula Carneiro	individual	Senior Feminino	02:22:11	+01:02:03	06:46
378	1137	CÉSAR LISBOA	hsantamariart	Senior Masculino	02:22:12	+01:02:03	06:46
379	1092	Susana Amorim	correr lisboa	Senior Feminino	02:22:13	+01:02:05	06:46
380	1336	Paulo Ribeiro	individual	Veterano M50	02:22:14	+01:02:05	06:46
381	1419	José Henriques	os perigosos	Veterano M60	02:22:25	+01:02:16	06:47
382	2331	Artur Moreira	vianetas	Veterano M50	02:22:32	+01:02:23	06:47
383	1246	CONCEIÇÃO FERREIRA	individual	Veterana F40	02:22:34	+01:02:26	06:47



**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
384	1366	Joana Paiva	la zinco	Senior Feminino	02:22:39	+01:02:30	06:48
385	1367	Helder Silva	la zinco	Senior Masculino	02:22:39	+01:02:30	06:48
386	1365	Helena Cerqueda	la zinco	Senior Feminino	02:22:39	+01:02:31	06:48
387	1339	Rui Lobo Machado	individual	Veterano M50	02:22:58	+01:02:49	06:48
388	1403	Ana Barroso	no tomorrow running team	Veterana F40	02:23:00	+01:02:51	06:49
389	1429	Ernesto Eduardo Ribeiro	porto sentido runners	Veterano M40	02:23:09	+01:03:01	06:49
390	1026	Joaquim Seca	alto relevo - clube de montanhismo	Veterano M50	02:23:38	+01:03:29	06:50
391	1319	Rui Martins	individual	Veterano M40	02:23:50	+01:03:42	06:51
392	1152	Rita Catarina Marques Gabriel	individual	Senior Feminino	02:24:42	+01:04:33	06:53
393	1154	Sandra Manuela da Silva Zeferino	individual	Senior Feminino	02:24:44	+01:04:36	06:54
394	1163	Ana Sofia Moreira Pimentel	individual	Senior Feminino	02:24:45	+01:04:36	06:54
395	1318	Rui Martins	individual	Veterano M40	02:24:54	+01:04:46	06:54
396	1111	Nuno Serrão	gerês forever	Senior Masculino	02:24:59	+01:04:50	06:54
397	1113	Mónica Matos	gerês forever	Veterana F40	02:24:59	+01:04:51	06:54
398	1253	monica montenegro	individual	Veterana F40	02:25:10	+01:05:02	06:55
399	1262	Isabel Pereira	individual	Veterana F50	02:25:10	+01:05:02	06:55
400	1375	Ana Isabel Oliveira	lion runners - g. d. leões da guarda	Senior Feminino	02:25:33	+01:05:25	06:56
401	1380	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	02:25:34	+01:05:25	06:56
402	1489	Bruno Moreira	team lanthemil	Senior Masculino	02:26:59	+01:06:50	07:00
403	1384	Luis Ferreira	lion runners - g. d. leões da guarda	Veterano M40	02:27:12	+01:07:03	07:01
404	1386	Paulo Ribeiro	lion runners - g. d. leões da guarda	Veterano M40	02:27:12	+01:07:03	07:01
405	1112	Rui Brito	gerês forever	Senior Masculino	02:27:22	+01:07:13	07:01
406	1142	Diana Pereira	individual	Senior Feminino	02:27:23	+01:07:15	07:01
407	1078	Paulo Dias	clube ren	Veterano M50	02:27:24	+01:07:15	07:01
408	1522	Tiago Ferreira	ze team	Senior Masculino	02:27:57	+01:07:49	07:03
409	1196	Joel Sousa	individual	Senior Masculino	02:27:58	+01:07:49	07:03
410	1010	Daniela Varandas	100fobias	Senior Feminino	02:27:59	+01:07:51	07:03
411	1050	Ju Sofia silva Correia	b'life outdoor team	Senior Feminino	02:28:32	+01:08:24	07:04
412	1051	Pedro Bogas	b'life outdoor team	Veterano M40	02:28:32	+01:08:24	07:04
413	1197	Jordan Nanin Calvo	individual	Senior Masculino	02:28:38	+01:08:30	07:05
414	1239	Ana Luísa Ribeiro Pontes Oliveira	individual	Veterana F40	02:28:41	+01:08:32	07:05
415	1057	Silvia faria	budeguita runners	Senior Feminino	02:28:48	+01:08:39	07:05
416	1269	Antonio Rego	individual	Veterano M40	02:28:52	+01:08:44	07:05
417	1393	Albertina Gonçalves	lousada runners	Senior Feminino	02:29:13	+01:09:05	07:06
418	1423	Patrícia Ribeiro	porto sentido runners	Senior Feminino	02:29:14	+01:09:06	07:06
419	1108	Andreia Cristina de Oliveira	georunners portugal	Senior Feminino	02:29:15	+01:09:07	07:06
420	1424	Berta Ferreira	porto sentido runners	Veterana F40	02:30:27	+01:10:18	07:10
421	1260	Fernanda Gomes de Almeida	individual	Veterana F50	02:30:50	+01:10:42	07:11
422	1243	Catarina Varges	individual	Veterana F40	02:31:14	+01:11:06	07:12
423	1486	Isabel Martins	team lanthemil	Senior Feminino	02:31:23	+01:11:14	07:13
424	1282	João Miguel Vilaça Pires	individual	Veterano M40	02:32:18	+01:12:10	07:15
425	1261	Helena Costa	individual	Veterana F50	02:32:49	+01:12:41	07:17
426	1259	Zulmira Matilde Ribeiro Pontes Oliveira	individual	Veterana F40	02:33:25	+01:13:16	07:18
427	1453	João Castro Lopes	run4lunch	Veterano M40	02:33:25	+01:13:16	07:18

**21K - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
428	1454	ACÁCIO MIRANDA	run4lunch	Veterano M50	02:33:25	+01:13:17	07:18
429	1219	Pedro Miguel Torres Machado	individual	Senior Masculino	02:33:34	+01:13:26	07:19
430	1205	José Tiago Machado Gomes	individual	Senior Masculino	02:33:41	+01:13:32	07:19
431	1323	Armenio Sousa	individual	Veterano M50	02:33:53	+01:13:44	07:20
432	1020	PATRICIA MACHADO	afrikanrunners	Senior Feminino	02:34:48	+01:14:39	07:22
433	1021	MARCO RUSSO	afrikanrunners	Senior Masculino	02:34:48	+01:14:39	07:22
434	1156	Sofia Reis	individual	Senior Feminino	02:35:29	+01:15:21	07:24
435	1324	Carlos almeida	individual	Veterano M50	02:35:29	+01:15:21	07:24
436	1488	Sofia Alexandra Silva Pereira	team lanthemil	Senior Feminino	02:36:22	+01:16:14	07:27
437	1485	Carla Araújo	team lanthemil	Senior Feminino	02:36:22	+01:16:14	07:27
438	2060	Sandra Pina	comdor runners	Veterana F40	02:36:41	+01:16:33	07:28
439	2303	Susana Cardoso	ss montepio	Veterana F40	02:36:41	+01:16:33	07:28
440	1363	Paula Capela	kaninos	Veterana F50	02:38:18	+01:18:10	07:32
441	1114	Carlos Morais	gerês forever	Veterano M40	02:39:15	+01:19:07	07:35
442	2061	MLuz Olivença	comdor runners	Veterana F50	02:40:58	+01:20:50	07:40
443	1426	Fátima Mesquita	porto sentido runners	Veterana F40	02:41:28	+01:21:19	07:41
444	1270	Artur Fonseca	individual	Veterano M40	02:42:23	+01:22:15	07:44
445	1276	Emanuel Pinto Pereira Vale	individual	Veterano M40	02:43:06	+01:22:57	07:46
446	1364	MÁRIO SANTIAGO	kaninos	Veterano M50	02:43:19	+01:23:11	07:47
447	1362	MARIA CONDEÇO	kaninos	Veterana F50	02:43:19	+01:23:11	07:47
448	1084	Cândida Vilas-Boas	clube zipper	Veterana F40	02:43:21	+01:23:13	07:47
449	1085	Sandra Alexandra Silva mendes	clube zipper	Veterana F40	02:43:22	+01:23:13	07:47
450	1086	Maria Fátima Marques Ribeiro	clube zipper	Veterana F50	02:43:22	+01:23:13	07:47
451	1494	Ana Martins	team lanthemil	Veterana F40	02:43:42	+01:23:33	07:48
452	1079	Susana cunha	clube trilheiros e amigos	Veterana F40	02:43:42	+01:23:33	07:48
453	1498	Edna Queiros	tugas na estrada	Veterana F40	02:46:34	+01:26:25	07:56
454	1497	Inês Gonçalves	tugas na estrada	Senior Feminino	02:46:34	+01:26:25	07:56
455	1500	Jose Manuel P. Nogueira	tugas na estrada	Veterano M50	02:46:34	+01:26:25	07:56
456	1250	Gonçalves Alda	individual	Veterana F40	02:47:28	+01:27:19	07:58
457	1241	Annika Maria Fryklund	individual	Veterana F40	02:47:28	+01:27:19	07:58
458	1149	Natália Sofia Dantas Martins	individual	Senior Feminino	03:00:06	+01:39:57	08:35
459	1248	Eduarda Freitas	individual	Veterana F40	03:00:06	+01:39:58	08:35
460	1166	António Luís Tavares Teixeira Ferreira	individual	Senior Masculino	03:00:08	+01:39:59	08:35
461	1128	Hugo Costa	gondomar futsal clube	Veterano M40	03:00:13	+01:40:04	08:35
462	1316	ROGERIO AMADEU	individual	Veterano M40	03:00:40	+01:40:31	08:36
463	1277	Filipe Moutinho	individual	Veterano M40	03:03:15	+01:43:07	08:44

21K

21 KM



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:10	-99°C	-99%
End	12:15	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	1060	Diana Sousa	CENTRO CICLISTA DE GONDOMAR	Senior Feminino	01:37:47	+17:38	04:39
2	1449	Anita Costa	Royal Wellness Center	Senior Feminino	01:48:50	+28:41	05:11
3	1091	Rita Ribeiro	CORRER LISBOA	Senior Feminino	01:49:15	+29:07	05:12
4	1148	Natália Pires Amoedo	Individual	Senior Feminino	01:49:25	+29:16	05:13
5	1376	Sofia Pimenta	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	01:54:01	+33:53	05:26
6	1508	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	01:57:08	+37:00	05:35
7	1160	Vera Lúcia Cruz Fernandes	Individual	Senior Feminino	01:57:41	+37:32	05:36
8	1157	Solange Sousa	Individual	Senior Feminino	01:58:35	+38:27	05:39
9	1440	Sandrina Carneiro	RINUS FAFE	Senior Feminino	02:00:07	+39:59	05:43
10	1151	Ribot	Individual	Senior Feminino	02:00:41	+40:33	05:45
11	1139	Ana Marques	Individual	Senior Feminino	02:01:26	+41:18	05:47
12	1090	Luísa Nogueira	CORRER LISBOA	Senior Feminino	02:04:26	+44:17	05:56
13	1487	Sandra Dias	Team Lantermil	Senior Feminino	02:05:28	+45:19	05:58
14	1438	Joana Magalhães	RINUS FAFE	Senior Feminino	02:09:17	+49:09	06:09
15	1439	Marisa Novais	RINUS FAFE	Senior Feminino	02:09:18	+49:09	06:09
16	1107	Ana coelho	GAIA RUNNING	Senior Feminino	02:11:43	+51:34	06:16
17	1097	Olga Martins	Ermida Team	Senior Feminino	02:12:43	+52:35	06:19
18	1147	Mariana da Silva Ferreira	Team Lantermil	Senior Feminino	02:13:28	+53:19	06:21
19	1145	Karolina Rogowska	Individual	Senior Feminino	02:15:21	+55:12	06:27
20	1158	Susana Araújo	Individual	Senior Feminino	02:15:44	+55:36	06:28
21	1155	Silvia Rafael	Individual	Senior Feminino	02:15:51	+55:42	06:28
22	1135	Catarina Barbosa	Happy Runners	Senior Feminino	02:16:00	+55:51	06:29
23	1140	Banita	Individual	Senior Feminino	02:16:12	+56:03	06:29
24	1467	Joana Isabel Pinheiro Azevedo	SS MONTEPIO	Senior Feminino	02:16:40	+56:31	06:30
25	1397	Lara Pereira	Matilharun	Senior Feminino	02:17:36	+57:27	06:33
26	1373	Claire Bétry	Les Zouzous	Senior Feminino	02:18:30	+58:21	06:36
27	1144	Isabel Cristina oliveira ferreira	Individual	Senior Feminino	02:19:48	+59:40	06:39
28	1153	Rozires Ferreira	Individual	Senior Feminino	02:21:50	+01:01:42	06:45
29	1150	Paula Carneiro	Individual	Senior Feminino	02:22:11	+01:02:03	06:46
30	1092	Susana Amorim	CORRER LISBOA	Senior Feminino	02:22:13	+01:02:05	06:46
31	1366	Joana Paiva	LA Zinco	Senior Feminino	02:22:39	+01:02:30	06:48
32	1365	Helena Cerqueda	LA Zinco	Senior Feminino	02:22:39	+01:02:31	06:48
33	1152	Rita Catarina Marques Gabriel	Individual	Senior Feminino	02:24:42	+01:04:33	06:53
34	1154	Sandra Manuela da Silva Zeferino	Individual	Senior Feminino	02:24:44	+01:04:36	06:54
35	1163	Ana Sofia Moreira Pimentel	Individual	Senior Feminino	02:24:45	+01:04:36	06:54
36	1375	Ana Isabel Oliveira	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	02:25:33	+01:05:25	06:56
37	1142	Diana Pereira	Individual	Senior Feminino	02:27:23	+01:07:15	07:01

**21K**

**21 KM**

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**OFFICIAL RESULT**

38	1010	Daniela Varandas	100fobias	Senior Feminino	02:27:59	+01:07:51	07:03
39	1050	Ju Sofia silva Correia	B'Life Outdoor Team	Senior Feminino	02:28:32	+01:08:24	07:04
40	1057	Silvia faria	BUDEGUITA RUNNERS	Senior Feminino	02:28:48	+01:08:39	07:05
41	1393	Albertina Gonçalves	LOUSADA RUNNERS	Senior Feminino	02:29:13	+01:09:05	07:06
42	1423	Patrícia Ribeiro	Porto Sentido Runners	Senior Feminino	02:29:14	+01:09:06	07:06
43	1108	Andreia Cristina de Oliveira	Georunners Portugal	Senior Feminino	02:29:15	+01:09:07	07:06
44	1486	Isabel Martins	Team Lantemil	Senior Feminino	02:31:23	+01:11:14	07:13
45	1020	PATRICIA MACHADO	Afrikanrunners	Senior Feminino	02:34:48	+01:14:39	07:22
46	1156	Sofia Reis	Individual	Senior Feminino	02:35:29	+01:15:21	07:24
47	1488	Sofia Alexandra Silva Pereira	Team Lantemil	Senior Feminino	02:36:22	+01:16:14	07:27
48	1485	Carla Araújo	Team Lantemil	Senior Feminino	02:36:22	+01:16:14	07:27
49	1497	Inês Gonçalves	TUGAS NA ESTRADA	Senior Feminino	02:46:34	+01:26:25	07:56
50	1149	Natália Sofia Dantas Martins	Individual	Senior Feminino	03:00:06	+01:39:57	08:35

## Senior Masculino

1	1214	Paulo Mendes	Individual	Senior Masculino	01:20:08		03:49
2	1369	Emil Krehl	Laufsport Saukel b_faster	Senior Masculino	01:22:40	+02:32	03:56
3	1002	Nuno Fernandes	clube atletismo fafe	Senior Masculino	01:22:56	+02:48	03:57
4	1528	Michal Kosior	KS CELIRONMAN S.A.	Senior Masculino	01:25:39	+05:31	04:05
5	1520	SÉRGIO SALGUEIRO	VSC	Senior Masculino	01:26:06	+05:57	04:06
6	1059	FRANCISCO PASCUAL	CASTRO TRAIL	Senior Masculino	01:32:02	+11:54	04:23
7	1451	Miguel Neto	Royal Wellness Center	Senior Masculino	01:32:10	+12:01	04:23
8	1193	João Pedro Padilha Leal	Individual	Senior Masculino	01:32:24	+12:16	04:24
9	1450	Leonel Ferreira	Royal Wellness Center	Senior Masculino	01:33:05	+12:57	04:26
10	1179	Ernesto Morais	Individual	Senior Masculino	01:34:02	+13:54	04:29
11	1531	Frederico Bisetto	Individual	Senior Masculino	01:34:48	+14:39	04:31
12	1061	Valter Gouveia	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	01:36:42	+16:33	04:36
13	1178	Diogo Soares da Costa Almeida	Individual	Senior Masculino	01:36:55	+16:47	04:37
14	1161	Adelino Soutinho	Individual	Senior Masculino	01:37:13	+17:04	04:38
15	1533	Rafael Pereira	Minho e Lima Trail	Senior Masculino	01:37:43	+17:35	04:39
16	1037	Tiago Lima	Aves Runners	Senior Masculino	01:38:30	+18:21	04:41
17	1406	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	01:38:46	+18:38	04:42
18	1017	Rúben Henrique Cardoso Pereira Borges	AFIPRE TEAM / CHRONO.PT	Senior Masculino	01:39:01	+18:52	04:43
19	1202	Jose Carlos Cachola Mestre	Individual	Senior Masculino	01:40:17	+20:09	04:47
20	1212	Nuno Castel-Branco	Individual	Senior Masculino	01:40:34	+20:25	04:47
21	1184	Francisco Miguel Carneiro Matos Ramalhosa	Individual	Senior Masculino	01:42:33	+22:24	04:53
22	1228	Rui Miguel da Costa Leite	Individual	Senior Masculino	01:43:07	+22:59	04:55
23	1081	Pedro Leandro Nogueira	Clube Vodafone	Senior Masculino	01:43:25	+23:16	04:55
24	1038	TONI NETO	Aves Runners	Senior Masculino	01:43:25	+23:17	04:55
25	1016	Marco Paulo Sousa Andrade	AFIPRE TEAM / CHRONO.PT	Senior Masculino	01:44:25	+24:17	04:58
26	1052	Nelson Miguel Ferreira Ribeiro Torres	BAI K ANDAS TEAM	Senior Masculino	01:45:35	+25:27	05:02
27	1360	Pedro Miguel de Ascensão Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	Senior Masculino	01:45:56	+25:47	05:03

**21K**

**21 KM**

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**OFFICIAL RESULT**

28	1204	JOSÉ SILVA	Individual	Senior Masculino	01:45:57	+25:48	05:03
29	1523	Miguel Costa	Individual	Senior Masculino	01:45:57	+25:49	05:03
30	1190	João Carlos Ferreira da Silva	Individual	Senior Masculino	01:46:12	+26:03	05:03
31	1519	Joao Ricardo	vimarunners	Senior Masculino	01:46:29	+26:21	05:04
32	1370	António Martins	LEBRES MINHOTAS	Senior Masculino	01:46:48	+26:40	05:05
33	1468	André Garcia Vieira de Sá	SS MONTEPIO	Senior Masculino	01:47:08	+27:00	05:06
34	1221	Pedro Rodrigues	Individual	Senior Masculino	01:47:15	+27:06	05:06
35	1492	Ricardo Maia	Team Lantemil	Senior Masculino	01:47:16	+27:08	05:06
36	1378	José Sá	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	01:47:27	+27:19	05:07
37	1199	Jorge Fernandes	Individual	Senior Masculino	01:48:13	+28:05	05:09
38	1368	Hugo Martins	LA Zinco	Senior Masculino	01:48:13	+28:05	05:09
39	1172	Carlos Teixeira	Individual	Senior Masculino	01:48:38	+28:30	05:10
40	1170	Bruno Resende	Individual	Senior Masculino	01:49:07	+28:59	05:12
41	118	João Edmundo Alexandre	Individual	Senior Masculino	01:49:14	+29:05	05:12
42	1103	Fernando Marinho	FERROMI	Senior Masculino	01:49:47	+29:38	05:14
43	1226	Rui Alberto Soares Fonseca	Individual	Senior Masculino	01:49:55	+29:47	05:14
44	1216	Pedro Castro	Individual	Senior Masculino	01:50:59	+30:51	05:17
45	1053	Nuno Santos	BAI K ANDAS TEAM	Senior Masculino	01:51:58	+31:50	05:20
46	1203	José Padrão	Individual	Senior Masculino	01:52:07	+31:58	05:20
47	1233	Tiago Lages Ribeiro	Individual	Senior Masculino	01:52:16	+32:07	05:21
48	1080	Nuno Bastos	Clube Vodafone	Senior Masculino	01:52:30	+32:21	05:21
49	1182	Filipe Machado	Individual	Senior Masculino	01:53:05	+32:57	05:23
50	1472	Nuno Alexandre Martins Leite Ribeiro	SS MONTEPIO	Senior Masculino	01:53:46	+33:38	05:25
51	1501	Rui Rito	TURBULENTOS	Senior Masculino	01:53:57	+33:48	05:26
52	1192	João Paulo Castro	Individual	Senior Masculino	01:54:04	+33:55	05:26
53	1175	David Camelo	Individual	Senior Masculino	01:54:11	+34:02	05:26
54	1442	Rui Lobo Castro	RINUS FAFE	Senior Masculino	01:54:13	+34:05	05:26
55	1181	Filipe Faria	Individual	Senior Masculino	01:54:37	+34:29	05:27
56	1512	Douglas Nascimento	Viana Running	Senior Masculino	01:54:53	+34:44	05:28
57	1180	Fernando Pinheiro	Individual	Senior Masculino	01:55:06	+34:57	05:29
58	1220	Pedro Pereira	Individual	Senior Masculino	01:55:19	+35:10	05:29
59	1100	Alberto Ricardo Fernandes Lucas	FALTA MUITO?	Senior Masculino	01:55:32	+35:23	05:30
60	1165	André Neves	Individual	Senior Masculino	01:55:33	+35:25	05:30
61	1217	pedro Castro	Individual	Senior Masculino	01:55:57	+35:48	05:31
62	1133	Nuno Almeida	Guimarunning	Senior Masculino	01:56:17	+36:09	05:32
63	1013	Gonçalo Nazaré	A.C.R Casais das Boiças	Senior Masculino	01:56:35	+36:26	05:33
64	1491	Pedro Coelho	Team Lantemil	Senior Masculino	01:57:01	+36:53	05:34
65	1493	Vítor Horácio Esteves Correia	Team Lantemil	Senior Masculino	01:57:01	+36:53	05:34
66	1088	Tiago Fernandes da Silva Montalvão Coelho	CORRER LEÇA	Senior Masculino	01:57:13	+37:05	05:35
67	1034	GABRIEL CARNEIRO	Aves Runners	Senior Masculino	01:57:53	+37:45	05:37
68	1173	Christophe Moreira	Individual	Senior Masculino	01:58:14	+38:05	05:38
69	1469	Diogo Matos	SS MONTEPIO	Senior Masculino	01:58:25	+38:17	05:38
70	1222	Pierre Gomes	CERVEIRA TEAM RUNNING	Senior Masculino	01:59:11	+39:02	05:41
71	1218	Pedro Gomes	Individual	Senior Masculino	01:59:56	+39:48	05:43
72	1215	Pawel Kozela	Individual	Senior Masculino	02:00:36	+40:28	05:45

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73	1352	Tiago Padrela Ferreira da silva	JUVENTUDE CORTEGACENSE	Senior Masculino	02:00:42	+40:34	05:45
74	1347	Paulo Nobre	Inquipa	Senior Masculino	02:00:44	+40:35	05:45
75	1346	Diogo Aguiar	Inquipa	Senior Masculino	02:00:44	+40:36	05:45
76	1012	Rui Filipe Silva	100Meta	Senior Masculino	02:00:46	+40:38	05:45
77	1200	Jorge Loureiro	Individual	Senior Masculino	02:00:53	+40:45	05:45
78	1534	Luis Barreiro	DOMOWEB	Senior Masculino	02:01:13	+41:04	05:46
79	1535	Nelson Ferreira	DOMOWEB	Senior Masculino	02:01:22	+41:13	05:47
80	1169	Bruno Freire	Individual	Senior Masculino	02:01:26	+41:18	05:47
81	1502	Simão Vilaça	TURBULENTOS	Senior Masculino	02:01:30	+41:22	05:47
82	1437	Ricardo Duarte	CERVEIRA TEAM RUNNING	Senior Masculino	02:01:32	+41:24	05:47
83	1471	José Miguel Patricio Cóias	SS MONTEPIO	Senior Masculino	02:01:41	+41:33	05:48
84	1470	Gil Alexandre da Conceição Morgado	SS MONTEPIO	Senior Masculino	02:01:42	+41:34	05:48
85	1011	Filipe Almeida	100fobias	Senior Masculino	02:01:49	+41:40	05:48
86	1003	Carlos Cunha	Cunhas	Senior Masculino	02:02:03	+41:54	05:49
87	1407	Leandro Teixeira	Nós Acreditamos	Senior Masculino	02:02:05	+41:57	05:49
88	1174	Daniel Carvalho Rocha	Individual	Senior Masculino	02:03:14	+43:05	05:52
89	1036	Mário Lima	Aves Runners	Senior Masculino	02:03:22	+43:13	05:52
90	1099	Rui Freitas	Esgalhada Trail Team	Senior Masculino	02:03:42	+43:34	05:53
91	1033	DINIS SOARES	Aves Runners	Senior Masculino	02:03:57	+43:49	05:54
92	1035	JORGE COSTA	Aves Runners	Senior Masculino	02:04:07	+43:59	05:55
93	1225	Ricardo Quintas	Individual	Senior Masculino	02:04:07	+43:59	05:55
94	1185	Gilberto da Cunha Dias	Individual	Senior Masculino	02:04:23	+44:14	05:55
95	1209	Miguel Martins	Individual	Senior Masculino	02:05:12	+45:04	05:58
96	1490	Filipe Azevedo Rodrigues	Team Lanthemil	Senior Masculino	02:05:28	+45:19	05:58
97	1164	André Fernandes Pinto	Individual	Senior Masculino	02:05:52	+45:44	06:00
98	1030	António Vela	ASPHALT ASSAULT TEAM	Senior Masculino	02:06:07	+45:59	06:00
99	1031	Paulo Gavina	ASPHALT ASSAULT TEAM	Senior Masculino	02:06:08	+45:59	06:00
100	1171	Carlos Carvalho	Individual	Senior Masculino	02:06:19	+46:11	06:01
101	1415	Daniel Machado	OS FUGITIVOS DA CRISE	Senior Masculino	02:06:52	+46:44	06:02
102	1231	Simão Vasco Pires Fernandes	Individual	Senior Masculino	02:07:12	+47:04	06:03
103	1351	Marcio Costa	JUVENTUDE CORTEGACENSE	Senior Masculino	02:07:16	+47:07	06:04
104	52	RUI MIGUEL MOREIRA DIAS	Clube Galp - Norte	Senior Masculino	02:08:15	+48:06	06:06
105	1168	AVELINO SOUSA DIAS	Individual	Senior Masculino	02:08:19	+48:10	06:07
106	1207	Manuel Martins	Individual	Senior Masculino	02:08:24	+48:15	06:07
107	1379	Miguel Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:08:32	+48:23	06:07
108	1230	Sérgio Moreira	Individual	Senior Masculino	02:09:09	+49:01	06:09
109	1234	Tiago Mendonça	Individual	Senior Masculino	02:09:34	+49:25	06:10
110	1186	gilberto ricardo batista pereira duque	Individual	Senior Masculino	02:10:14	+50:05	06:12
111	1524	Francisco Machado	Individual	Senior Masculino	02:12:03	+51:54	06:17
112	1441	João Lira	RINUS FAFE	Senior Masculino	02:12:04	+51:56	06:17
113	1482	Rui Pinto	TAYLORS325	Senior Masculino	02:12:22	+52:14	06:18
114	1070	Sérgio ferreira	Clube de Atletismo de Arentim e Cunha - CAAC	Senior Masculino	02:13:35	+53:26	06:22
115	1377	Carlos Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:13:38	+53:30	06:22
116	1210	Miguel Pereira	Individual	Senior Masculino	02:14:00	+53:51	06:23

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117	1208	Michel Martins	Individual	Senior Masculino	02:14:36	+54:28	06:25
118	1229	Rui Pedro Dias Botelho	Individual	Senior Masculino	02:15:18	+55:10	06:27
119	1136	Nuno Martins	Happy Runners	Senior Masculino	02:16:04	+55:56	06:29
120	1176	David Martins	Individual	Senior Masculino	02:17:23	+57:14	06:33
121	1110	Hugo Martins	Gerês Forever	Senior Masculino	02:17:25	+57:16	06:33
122	1191	Joao Monteiro	Individual	Senior Masculino	02:17:26	+57:17	06:33
123	1224	Ricardo cruz	Individual	Senior Masculino	02:17:26	+57:18	06:33
124	1227	Rui Jorge Fontes Costa	Individual	Senior Masculino	02:17:46	+57:38	06:34
125	1374	Clément legris	Les Zouzous	Senior Masculino	02:18:30	+58:22	06:36
126	1527	Edgar Seabra	Individual	Senior Masculino	02:19:17	+59:08	06:38
127	1211	Miguel Teixeira	Individual	Senior Masculino	02:20:03	+59:54	06:40
128	1187	Hernâni Manuel Silva Veríssimo	Individual	Senior Masculino	02:22:11	+01:02:02	06:46
129	1137	CÉSAR LISBOA	Hsantamariart	Senior Masculino	02:22:12	+01:02:03	06:46
130	1367	Helder Silva	LA Zinco	Senior Masculino	02:22:39	+01:02:30	06:48
131	1111	Nuno Serrão	Gerês Forever	Senior Masculino	02:24:59	+01:04:50	06:54
132	1380	Pedro Bernardes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	02:25:34	+01:05:25	06:56
133	1489	Bruno Moreira	Team Lantermil	Senior Masculino	02:26:59	+01:06:50	07:00
134	1112	Rui Brito	Gerês Forever	Senior Masculino	02:27:22	+01:07:13	07:01
135	1522	Tiago Ferreira	Ze team	Senior Masculino	02:27:57	+01:07:49	07:03
136	1196	Joel Sousa	Individual	Senior Masculino	02:27:58	+01:07:49	07:03
137	1197	Jordan Nanin Calvo	Individual	Senior Masculino	02:28:38	+01:08:30	07:05
138	1219	Pedro Miguel Torres Machado	Individual	Senior Masculino	02:33:34	+01:13:26	07:19
139	1205	José Tiago Machado Gomes	Individual	Senior Masculino	02:33:41	+01:13:32	07:19
140	1021	MARCO RUSSO	Afrikanrunners	Senior Masculino	02:34:48	+01:14:39	07:22
141	1166	António Luís Tavares Teixeira Ferreira	Individual	Senior Masculino	03:00:08	+01:39:59	08:35

## Sub 23 Masculino

1	1236	João Trigueiros	Individual	Sub 23 Masculino	01:34:40	+14:31	04:30
2	1399	Bruno Silva Narciso	Minho e Lima Trail	Sub 23 Masculino	01:37:32	+17:23	04:39
3	1237	Luis Machado Cerqueira	Individual	Sub 23 Masculino	01:44:52	+24:43	05:00
4	1235	João Francisco Gonçalves	Individual	Sub 23 Masculino	01:53:16	+33:07	05:24
5	1408	Fábio Silva	Nós Acreditamos	Sub 23 Masculino	01:58:03	+37:54	05:37

## Veterana F40

1	1443	Cidália Novais	RINUS FAFE	Veterana F40	01:52:14	+32:05	05:21
2	1039	EVA GOUVEIA	Aves Runners	Veterana F40	01:54:17	+34:09	05:27
3	1513	Augusta Silva	Viana Running	Veterana F40	01:54:47	+34:38	05:28
4	3170	Juliana Onuma	Viana Running / EDV Viana Trail	Veterana F40	01:56:03	+35:54	05:32
5	1134	Ângela Costa	Guimarunning	Veterana F40	02:02:41	+42:33	05:51
6	1425	Elizabete Loureiro	Porto Sentido Runners	Veterana F40	02:04:05	+43:57	05:55
7	1251	Marta Cardoso	Individual	Veterana F40	02:05:50	+45:41	06:00
8	1040	Sandra Veloso	Aves Runners	Veterana F40	02:06:43	+46:34	06:02
9	1427	Lúisa Marques	Porto Sentido Runners	Veterana F40	02:07:03	+46:55	06:03

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10	1254	patricia fernandes	Individual	Veterana F40	02:08:55	+48:46	06:08
11	1353	Marcia Castro Costa	JUVENTUDE CORTEGACENSE	Veterana F40	02:08:56	+48:48	06:08
12	1244	Clarisse Ribeiro	Individual	Veterana F40	02:09:36	+49:28	06:10
13	1455	MARIA DE LURDES BARBEDO	RUNRIVER ASSOCIAÇÃO DE ATLETISMO DE RIO TINTO	Veterana F40	02:10:22	+50:13	06:12
14	1252	MIOSETE SILVA	Individual	Veterana F40	02:10:32	+50:24	06:13
15	1242	Carla Gonçalves	Individual	Veterana F40	02:11:09	+51:00	06:15
16	1504	Teresa Silva	TURBULENTOS	Veterana F40	02:11:41	+51:32	06:16
17	1255	Sofia Guerra	Individual	Veterana F40	02:11:47	+51:39	06:17
18	1514	Veiga Carmo	Viana Running	Veterana F40	02:12:57	+52:49	06:20
19	1503	Alzira Almeida	TURBULENTOS	Veterana F40	02:13:17	+53:08	06:21
20	1249	Elisabete Gonçalves	Individual	Veterana F40	02:13:31	+53:23	06:21
21	1238	Ana Ferreira	Individual	Veterana F40	02:13:37	+53:29	06:22
22	1422	Clara Raimundo	Pernas de Gafanhoto	Veterana F40	02:16:29	+56:20	06:30
23	1495	Mónica Martins	Team Lantermil	Veterana F40	02:17:18	+57:10	06:32
24	1257	Sónia Pereira	Individual	Veterana F40	02:17:48	+57:39	06:34
25	1247	CRISTINA ALEIXO	Individual	Veterana F40	02:18:01	+57:53	06:34
26	1062	Sandra Matos	CENTRO CICLISTA DE GONDOMAR	Veterana F40	02:18:13	+58:04	06:35
27	1530	Ana Silva	Individual	Veterana F40	02:18:26	+58:18	06:36
28	1382	Isabel Pinto	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:19:03	+58:54	06:37
29	1381	dina goncalves	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	02:19:03	+58:55	06:37
30	1124	ANA PISSARRA	GINÁSIO FIT 4 FUN	Veterana F40	02:19:48	+59:39	06:39
31	1246	CONCEIÇÃO FERREIRA	Individual	Veterana F40	02:22:34	+01:02:26	06:47
32	1403	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	02:23:00	+01:02:51	06:49
33	1113	Mónica Matos	Gerês Forever	Veterana F40	02:24:59	+01:04:51	06:54
34	1253	monica montenegro	Individual	Veterana F40	02:25:10	+01:05:02	06:55
35	1239	Ana Luísa Ribeiro Pontes Oliveira	Individual	Veterana F40	02:28:41	+01:08:32	07:05
36	1424	Berta Ferreira	Porto Sentido Runners	Veterana F40	02:30:27	+01:10:18	07:10
37	1243	Catarina Varges	Individual	Veterana F40	02:31:14	+01:11:06	07:12
38	1259	Zulmira Matilde Ribeiro Pontes Oliveira	Individual	Veterana F40	02:33:25	+01:13:16	07:18
39	2060	Sandra Pina	ComDor Runners	Veterana F40	02:36:41	+01:16:33	07:28
40	2303	Susana Cardoso	SS MONTEPIO	Veterana F40	02:36:41	+01:16:33	07:28
41	1426	Fátima Mesquita	Porto Sentido Runners	Veterana F40	02:41:28	+01:21:19	07:41
42	1084	Cândida Vilas-Boas	Clube Zupper	Veterana F40	02:43:21	+01:23:13	07:47
43	1085	Sandra Alexandra Silva mendes	Clube Zupper	Veterana F40	02:43:22	+01:23:13	07:47
44	1494	Ana Martins	Team Lantermil	Veterana F40	02:43:42	+01:23:33	07:48
45	1079	Susana cunha	clube trilheiros e amigos	Veterana F40	02:43:42	+01:23:33	07:48
46	1498	Edna Queiros	TUGAS NA ESTRADA	Veterana F40	02:46:34	+01:26:25	07:56
47	1250	Gonçalves Alda	Individual	Veterana F40	02:47:28	+01:27:19	07:58
48	1241	Annika Maria Fryklund	Individual	Veterana F40	02:47:28	+01:27:19	07:58
49	1248	Eduarda Freitas	Individual	Veterana F40	03:00:06	+01:39:58	08:35



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**Veterana F50**

1	1521	Paula Quintela	Xirobloc	Veterana F50	01:53:25	+33:17	05:24
2	1383	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	02:13:38	+53:30	06:22
3	1118	TERESA DE JESUS ALVES CATITA	GINÁSIO CLUBE DE BRAGANÇA	Veterana F50	02:15:05	+54:56	06:26
4	1041	DELFINA ROMPANTE	Aves Runners	Veterana F50	02:15:29	+55:21	06:27
5	1129	Albina Vieira	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterana F50	02:17:17	+57:09	06:32
6	1263	Maria Laranja	Individual	Veterana F50	02:18:27	+58:18	06:36
7	1262	Isabel Pereira	Individual	Veterana F50	02:25:10	+01:05:02	06:55
8	1260	Fernanda Gomes de Almeida	Individual	Veterana F50	02:30:50	+01:10:42	07:11
9	1261	Helena Costa	Individual	Veterana F50	02:32:49	+01:12:41	07:17
10	1363	Paula Capela	Kaninos	Veterana F50	02:38:18	+01:18:10	07:32
11	2061	MLuz Olivença	ComDor Runners	Veterana F50	02:40:58	+01:20:50	07:40
12	1362	MARIA CONDEÇO	Kaninos	Veterana F50	02:43:19	+01:23:11	07:47
13	1086	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	02:43:22	+01:23:13	07:47

**Veterano M40**

1	1536	Amandio Antunes	Afifense Trail	Veterano M40	01:26:35	+06:26	04:07
2	1401	luis Magalhães	Minho e Lima Trail	Veterano M40	01:28:16	+08:07	04:12
3	1516	Miguel Lira	Viana Running	Veterano M40	01:31:45	+11:36	04:22
4	1105	Eduardo Lemos	FISIOVERALEMOS	Veterano M40	01:33:29	+13:21	04:27
5	1411	Fernando Carvalho	Nós Acreditamos	Veterano M40	01:33:59	+13:51	04:29
6	1106	Gominhães	FISIOVERALEMOS	Veterano M40	01:36:52	+16:44	04:37
7	1300	Miguel Ângelo Figueiredo Gomes	Individual	Veterano M40	01:37:45	+17:36	04:39
8	1400	José Carlos Roque da Costa	Minho e Lima Trail	Veterano M40	01:38:07	+17:58	04:40
9	1414	JOAQUIM MARTINS	NUCLEO DE KARATE E ATLETISMO DE RORIZ	Veterano M40	01:39:04	+18:55	04:43
10	1018	Hélder Pereira Borges	AFIPRE TEAM / CHRONO.PT	Veterano M40	01:39:22	+19:14	04:44
11	1058	Albino Dias	BUDEGUITA RUNNERS	Veterano M40	01:39:41	+19:32	04:45
12	1284	JOAQUIN MENO BARJA	Individual	Veterano M40	01:39:52	+19:44	04:45
13	1265	Alberto DIAZ PORTAS	Individual	Veterano M40	01:40:14	+20:06	04:46
14	1350	Rui Miguel baeta Nogueira	Juventude	Veterano M40	01:40:20	+20:12	04:47
15	1445	Fernando Meira	RIOFIT RUNNING	Veterano M40	01:40:41	+20:32	04:48
16	1014	Pedro Guimaraes	A+	Veterano M40	01:41:29	+21:20	04:50
17	1499	Pedro Pimentel	TUGAS NA ESTRADA	Veterano M40	01:41:36	+21:28	04:50
18	1371	Jorge Domingues	LEBRES MINHOTAS	Veterano M40	01:42:05	+21:57	04:52
19	1355	Ernesto Marques Alves	JUVENTUDE CORTEGACENSE	Veterano M40	01:43:26	+23:17	04:56
20	1082	Mark Velhote	Clube Vodafone	Veterano M40	01:43:26	+23:17	04:56
21	1460	Francisco Cunha	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:43:35	+23:26	04:56
22	1428	António Borges	Porto Sentido Runners	Veterano M40	01:45:06	+24:58	05:00
23	1510	Telmo Figueiredo	UNIDOS À FRESCA	Veterano M40	01:45:38	+25:29	05:02
24	1022	Ezequiel Fernandes	Águias de Alvelos	Veterano M40	01:45:54	+25:45	05:03
25	1357	Joao Paulo Oliveira	JUVENTUDE CORTEGACENSE	Veterano M40	01:46:10	+26:02	05:03

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26	1306	Paulo Fernandes	Individual	Veterano M40	01:46:28	+26:19	05:04
27	1272	David José Almeida Ferreira	Individual	Veterano M40	01:46:48	+26:40	05:05
28	1291	jose domingos duarte nogueira	Individual	Veterano M40	01:47:38	+27:29	05:08
29	1372	Miguel Domingues	LEBRES MINHOTOS	Veterano M40	01:47:48	+27:40	05:08
30	1273	DE CASTRO	Individual	Veterano M40	01:48:37	+28:28	05:10
31	1267	António Caldas	Individual	Veterano M40	01:48:39	+28:30	05:10
32	1093	Vasco Tavares	CORRER LISBOA	Veterano M40	01:49:16	+29:07	05:12
33	1459	António Pereira	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:49:51	+29:43	05:14
34	1436	Luis Nuno Gonçalves de Oliveira	Rexemingas Team	Veterano M40	01:50:13	+30:05	05:15
35	1077	MARCO ANDRÉ DA SILVA ALMEIDA	Clube Galp - Norte	Veterano M40	01:50:53	+30:45	05:17
36	1354	Cecilio Maunel Silva Ferreira	JUVENTUDE CORTEGACENSE	Veterano M40	01:51:01	+30:53	05:17
37	1121	RUI EDUARDO FLORINDO ROLO	GINÁSIO CLUBE DE BRAGANÇA	Veterano M40	01:51:12	+31:04	05:18
38	1444	Abílio Oliveira	RIOFIT RUNNING	Veterano M40	01:51:52	+31:44	05:20
39	1305	paulo fernanded	Individual	Veterano M40	01:52:15	+32:07	05:21
40	1066	Filipe Alves	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Veterano M40	01:52:51	+32:42	05:22
41	1287	Jorge Manuel Afonso Pires	Trail Team Montaria	Veterano M40	01:52:57	+32:49	05:23
42	1045	HELDER COSTA	Aves Runners	Veterano M40	01:52:58	+32:50	05:23
43	1043	FILIFE PEDROSA	Aves Runners	Veterano M40	01:52:58	+32:50	05:23
44	1313	Ricardo Luís Lima Pinto Teixeira	Individual	Veterano M40	01:53:06	+32:57	05:23
45	1484	Erasmo Alves	TAYLORS325	Veterano M40	01:53:24	+33:16	05:24
46	1304	Paulo Antunes	Individual	Veterano M40	01:53:28	+33:20	05:24
47	1446	João Silva	RIOFIT RUNNING	Veterano M40	01:53:39	+33:30	05:25
48	1087	Manuel Antonio Ferreira Pinto Teixeira	CMMCP	Veterano M40	01:53:51	+33:43	05:25
49	1048	RAFAEL GOUVEIA	Aves Runners	Veterano M40	01:54:17	+34:09	05:27
50	1358	Jorge Augusto Oliveira Guerra	JUVENTUDE CORTEGACENSE	Veterano M40	01:54:43	+34:34	05:28
51	1435	Luís Filipe Vieira Soares	Rexemingas Team	Veterano M40	01:54:45	+34:37	05:28
52	1290	Jose Antonio SALGADO RUA	Individual	Veterano M40	01:54:58	+34:50	05:28
53	1023	Rui Fernandes	ALIVE RUNNERS	Veterano M40	01:55:02	+34:54	05:29
54	1476	Nuno Bastos	SS MONTEPIO	Veterano M40	01:55:32	+35:23	05:30
55	1083	Nuno Gomes de Pina	Clube Vodafone	Veterano M40	01:55:33	+35:25	05:30
56	1075	João Vasco Gil da Silva Gomes Ferreira	CLUBE DO PESSOAL EDP - DELEGAÇÃO DE GAIA	Veterano M40	01:55:55	+35:46	05:31
57	1292	José Duarte	Individual	Veterano M40	01:56:02	+35:53	05:32
58	1433	Carlos Jorge	REUMATICOS	Veterano M40	01:56:23	+36:15	05:33
59	1047	HONORATO COELHO	Aves Runners	Veterano M40	01:56:28	+36:19	05:33
60	1096	Paulo Vilaverde	EDV-VIANA TRAIL	Veterano M40	01:56:31	+36:22	05:33
61	1281	JAVIER PEREZ ALONSO	Individual	Veterano M40	01:56:46	+36:37	05:34
62	1297	Marco Dias	Individual	Veterano M40	01:57:00	+36:51	05:34
63	1015	Filipe Ribeiro	ACV Vermoim	Veterano M40	01:57:05	+36:57	05:35
64	1509	Paulo Osorio	UNIDOS À FRESCA	Veterano M40	01:57:08	+37:00	05:35
65	1299	Mário Pereira	Individual	Veterano M40	01:57:26	+37:18	05:36
66	1275	Eliseu Manuel Campos Leite	Individual	Veterano M40	01:58:10	+38:02	05:38
67	1285	Jorge Alves	Individual	Veterano M40	01:58:14	+38:06	05:38
68	1529	Nuno Miguel Gonçalves Pereira	Individual	Veterano M40	01:58:19	+38:10	05:38
69	1505	Vitor Pacheco	TURBULENTOS	Veterano M40	01:58:26	+38:17	05:38

Official Timekeeper: Lap2Go

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generate 05-Dec-2017 13:35

**21K**

**21 KM**

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**OFFICIAL RESULT**

70	1314	Ricardo Silva	Individual	Veterano M40	01:59:04	+38:56	05:40
71	1356	Hélder Fernandes da Rocha	JUVENTUDE CORTEGACENSE	Veterano M40	01:59:09	+39:00	05:40
72	1019	Paulo Jorge Martins Abreu	AFIPRE TEAM / CHRONO.PT	Veterano M40	01:59:52	+39:44	05:42
73	1483	Américo Santos	TAYLORS325	Veterano M40	02:01:33	+41:25	05:47
74	1120	PEDRO NUNO AFONSO GONÇALVES	GINÁSIO CLUBE DE BRAGANÇA	Veterano M40	02:01:57	+41:48	05:48
75	1310	Pedro Rola	Individual	Veterano M40	02:02:11	+42:03	05:49
76	1049	António José Pinheiro	AZTrail	Veterano M40	02:02:38	+42:29	05:50
77	1046	HELDER MARTINS	Aves Runners	Veterano M40	02:04:02	+43:53	05:54
78	1309	Pedro Pereira	Individual	Veterano M40	02:04:16	+44:07	05:55
79	1293	Jose Gonçalo Gomes Guedes Rodrigued	Individual	Veterano M40	02:04:22	+44:13	05:55
80	1067	Vítor Araújo	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Veterano M40	02:04:30	+44:22	05:56
81	1430	João Pinheiro	Porto Sentido Runners	Veterano M40	02:05:14	+45:06	05:58
82	200	Luís Oliveira	Individual	Veterano M40	02:05:23	+45:15	05:58
83	1301	Nelson Santos	Individual	Veterano M40	02:05:44	+45:35	05:59
84	1268	António Mendes	Individual	Veterano M40	02:05:52	+45:44	06:00
85	1032	Marco Dantas	ASPHALT ASSAULT TEAM	Veterano M40	02:06:07	+45:58	06:00
86	1283	João Oliveira	Individual	Veterano M40	02:06:38	+46:30	06:02
87	1063	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:06:56	+46:48	06:03
88	1431	Marco Caldas	Porto Sentido Runners	Veterano M40	02:07:03	+46:54	06:03
89	1532	Ricardo Santa	Individual	Veterano M40	02:07:16	+47:07	06:04
90	1474	João Carlos Silva Leite Freitas	SS MONTEPIO	Veterano M40	02:07:24	+47:15	06:04
91	1477	Ricardo José Mendes Ribeiro	SS MONTEPIO	Veterano M40	02:07:24	+47:15	06:04
92	53	PEDRO MIGUEL FERNANDES OLIVEIRA	Clube Galp - Norte	Veterano M40	02:08:15	+48:06	06:06
93	1409	Armando Cardoso	Nós Acreditamos	Veterano M40	02:08:37	+48:28	06:07
94	1298	Mário Alberto Jesus da Silva	Individual	Veterano M40	02:08:40	+48:32	06:08
95	1042	ABILIO FERREIRA	Aves Runners	Veterano M40	02:08:47	+48:38	06:08
96	1307	Paulo Marques	Individual	Veterano M40	02:08:54	+48:45	06:08
97	1479	Vitor Manuel Moreira Viana	SS MONTEPIO	Veterano M40	02:09:20	+49:11	06:10
98	1115	Ricardo Silva	Gerês Forever	Veterano M40	02:09:49	+49:40	06:11
99	1311	Ricardo Baptista	Individual	Veterano M40	02:10:14	+50:05	06:12
100	1456	HENRIQUE BARBEDO	RUNRIVER ASSOCIAÇÃO DE ATLETISMO DE RIO TINTO	Veterano M40	02:10:22	+50:13	06:12
101	1288	Jorge Manuel Campelos Soares	Individual	Veterano M40	02:10:50	+50:42	06:14
102	1027	Márcia Vilas Boas Bandeira	Amigos da Montanha	Veterano M40	02:10:56	+50:48	06:14
103	1458	SERGIO CUNHA	RUNRIVER ASSOCIAÇÃO DE ATLETISMO DE RIO TINTO	Veterano M40	02:11:13	+51:04	06:15
104	1126	LUIS ALMEIDA	GINÁSIO FIT 4 FUN	Veterano M40	02:11:30	+51:22	06:16
105	1457	RICARDO MAIA	RUNRIVER ASSOCIAÇÃO DE ATLETISMO DE RIO TINTO	Veterano M40	02:11:41	+51:33	06:16
106	1315	ROBERTO CASAS PEREZ	Individual	Veterano M40	02:11:50	+51:41	06:17
107	1462	Rogério Rocha	Solas Rotas	Veterano M40	02:12:45	+52:36	06:19
108	1396	Luís Simas Meném	Mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19
109	1394	Fernando Costa	Mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19
110	1395	Luís Mata	Mais crianças que adultos	Veterano M40	02:12:49	+52:40	06:19

Official Timekeeper: Lap2Go	9 / 12	generate 05-Dec-2017 13:35
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**21K**

**21 KM**

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REVISED

**OFFICIAL RESULT**

111	1286	JORGE CARIA	Individual	Veterano M40	02:13:11	+53:03	06:21
112	1434	Rui Pinho	REUMATICOS	Veterano M40	02:14:11	+54:03	06:23
113	1432	Alexandre Santos	REUMATICOS	Veterano M40	02:14:11	+54:03	06:23
114	1420	Carlos Ribeiro	Os Tolinhos	Veterano M40	02:14:28	+54:19	06:24
115	1274	Dias Paul Serge	Individual	Veterano M40	02:14:36	+54:28	06:25
116	1271	Barros Toni	Individual	Veterano M40	02:14:37	+54:28	06:25
117	1475	João Mesquita	SS MONTEPIO	Veterano M40	02:15:17	+55:08	06:27
118	1278	Filipe Pereira	Individual	Veterano M40	02:15:51	+55:42	06:28
119	1295	Luís Carlos Rocha	Individual	Veterano M40	02:15:56	+55:48	06:28
120	1320	Victor Manuel	Individual	Veterano M40	02:15:56	+55:48	06:28
121	1317	Rui Loureiro	Individual	Veterano M40	02:16:42	+56:33	06:31
122	1056	Nuno Santos	Bpm/ADI-HIGIENE	Veterano M40	02:17:17	+57:09	06:32
123	1525	Humberto Cordeiro Correia Carvalho	Individual	Veterano M40	02:18:26	+58:17	06:36
124	1044	GABRIEL FREITAS	Aves Runners	Veterano M40	02:18:38	+58:30	06:36
125	1496	Jorge marques	Team Lantermil	Veterano M40	02:18:59	+58:50	06:37
126	1417	Mário Lopes	os perigosos	Veterano M40	02:20:39	+01:00:31	06:42
127	1429	Ernesto Eduardo Ribeiro	Porto Sentido Runners	Veterano M40	02:23:09	+01:03:01	06:49
128	1319	Rui Martins	Individual	Veterano M40	02:23:50	+01:03:42	06:51
129	1318	Rui Martins	Individual	Veterano M40	02:24:54	+01:04:46	06:54
130	1384	Luis Ferreira	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:27:12	+01:07:03	07:01
131	1386	Paulo Ribeiro	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:27:12	+01:07:03	07:01
132	1051	Pedro Bogas	B'Life Outdoor Team	Veterano M40	02:28:32	+01:08:24	07:04
133	1269	Antonio Rego	Individual	Veterano M40	02:28:52	+01:08:44	07:05
134	1282	João Miguel Vilaça Pires	Individual	Veterano M40	02:32:18	+01:12:10	07:15
135	1453	João Castro Lopes	RUN4LUNCH	Veterano M40	02:33:25	+01:13:16	07:18
136	1114	Carlos Morais	Gerês Forever	Veterano M40	02:39:15	+01:19:07	07:35
137	1270	Artur Fonseca	Individual	Veterano M40	02:42:23	+01:22:15	07:44
138	1276	Emanuel Pinto Pereira Vale	Individual	Veterano M40	02:43:06	+01:22:57	07:46
139	1128	Hugo Costa	GONDOMAR FUTSAL CLUBE	Veterano M40	03:00:13	+01:40:04	08:35
140	1316	ROGERIO AMADEU	Individual	Veterano M40	03:00:40	+01:40:31	08:36
141	1277	Filipe Moutinho	Individual	Veterano M40	03:03:15	+01:43:07	08:44

## Veterano M50

1	1122	MANUEL JOSÉ GOMES PALMEIRO	GINÁSIO CLUBE DE BRAGANÇA	Veterano M50	01:25:48	+05:40	04:05
2	1004	Vasco Morais Pinheiro de Sousa	Coimbra Trail Running	Veterano M50	01:37:43	+17:35	04:39
3	1413	Francisco Lemos	Nós Acreditamos	Veterano M50	01:38:30	+18:21	04:41
4	1064	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:38:52	+18:44	04:42
5	1065	Jorge Silva	CENTRO CICLISTA DE GONDOMAR	Veterano M50	01:45:00	+24:51	05:00
6	1448	Manuel Lopes	RIOFIT RUNNING	Veterano M50	01:46:28	+26:19	05:04
7	1331	Mateus Silva	Individual	Veterano M50	01:47:42	+27:33	05:08
8	1391	Serafim Ramos	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	01:48:00	+27:52	05:09
9	1326	Henrique Borges	Individual	Veterano M50	01:50:54	+30:46	05:17

**21K**

**21 KM**

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REVISED

**OFFICIAL RESULT**

10	1335	Paulo Pinheiro	Individual	Veterano M50	01:53:09	+33:00	05:23
11	1340	Sergio Sá Magalhães	Individual	Veterano M50	01:53:10	+33:02	05:23
12	1338	Raul Macedo	Individual	Veterano M50	01:53:13	+33:04	05:23
13	1130	Domingos Vieira	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterano M50	01:53:52	+33:43	05:25
14	1024	Vítor Almeida	ALL ABOUT SPIRIT TEAM	Veterano M50	01:54:16	+34:07	05:26
15	1389	Paulo Brás	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	01:54:42	+34:33	05:28
16	1333	Nuno Rodrigues	Individual	Veterano M50	01:54:55	+34:46	05:28
17	1329	Manuel Pegas Rodrigues	Individual	Veterano M50	01:57:18	+37:09	05:35
18	1327	josé couto	Individual	Veterano M50	01:58:30	+38:22	05:39
19	1387	Ernesto Martins	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	02:00:07	+39:58	05:43
20	1461	António Mendes	SOCIEDADE RECREIO CEPANENSE	Veterano M50	02:00:07	+39:59	05:43
21	1388	Mário Soares	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	02:00:09	+40:01	05:43
22	1402	Firmino Mendes	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M50	02:02:09	+42:01	05:49
23	1102	Artur Teixeira Ferraz	FALTA MUITO?	Veterano M50	02:02:56	+42:48	05:51
24	1412	Fernando Silva	Nós Acreditamos	Veterano M50	02:02:57	+42:48	05:51
25	1334	Paulo Dionisio da Silva Freire	Individual	Veterano M50	02:03:38	+43:30	05:53
26	1330	martinho cunha	Individual	Veterano M50	02:04:23	+44:15	05:55
27	1321	Alexandre Viegas Maniés	Individual	Veterano M50	02:04:32	+44:24	05:56
28	1518	Jose Venda Lira	Viana Running	Veterano M50	02:04:32	+44:24	05:56
29	1089	MANUEL RODRIGUES	CORRER LEÇA	Veterano M50	02:05:57	+45:48	06:00
30	1390	Paulo Henriques	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	02:06:18	+46:10	06:01
31	1132	Quintino Babelo	Grupo Desportivo Recreativo Juventude das Ribeiras	Veterano M50	02:06:18	+46:10	06:01
32	1506	António Santos	TURBULENTOS	Veterano M50	02:06:44	+46:36	06:02
33	1507	Artur Silva	TURBULENTOS	Veterano M50	02:06:48	+46:39	06:02
34	1481	Paulo Jorge Ferreira Alves Leite	SS MONTEPIO	Veterano M50	02:08:23	+48:14	06:07
35	1359	Domingos Fernando Oliveira Camboa	JUVENTUDE CORTEGACENSE	Veterano M50	02:08:56	+48:48	06:08
36	1025	António Tomás Kirsch Belo Ferreira	All-About	Veterano M50	02:10:08	+49:59	06:12
37	1127	DURBALINO FERREIRA	GINÁSIO FIT 4 FUN	Veterano M50	02:11:31	+51:22	06:16
38	1341	Valdemar Almeida	Individual	Veterano M50	02:12:05	+51:56	06:17
39	269	joao paulo almeida	Kaninos	Veterano M50	02:12:10	+52:01	06:18
40	1337	Pedro Castel-Branco	Individual	Veterano M50	02:12:41	+52:32	06:19
41	1447	Joaquim Oliveira	RIOFIT RUNNING	Veterano M50	02:12:44	+52:36	06:19
42	1480	Paulo Jorge da Cunha Rainho	SS MONTEPIO	Veterano M50	02:14:41	+54:32	06:25
43	1325	Diamantino Martins Ribeiro	Individual	Veterano M50	02:17:21	+57:13	06:32
44	1404	LUIS FERREIRA	Nocturnos de Paredes	Veterano M50	02:19:36	+59:28	06:39
45	1328	Justino Gonçalves	Individual	Veterano M50	02:21:01	+01:00:53	06:43
46	1336	Paulo Ribeiro	Individual	Veterano M50	02:22:14	+01:02:05	06:46
47	2331	Artur Moreira	Vianetas	Veterano M50	02:22:32	+01:02:23	06:47
48	1339	Rui Lobo Machado	Individual	Veterano M50	02:22:58	+01:02:49	06:48
49	1026	Joaquim Seca	Alto Relevo - Clube de Montanhismo	Veterano M50	02:23:38	+01:03:29	06:50

Official Timekeeper: Lap2Go	11 / 12	generate 05-Dec-2017 13:35
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**21K****21 KM**

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**OFFICIAL RESULT****R**  
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50	1078	Paulo Dias	Clube REN	Veterano M50	02:27:24	+01:07:15	07:01
51	1454	ACÁCIO MIRANDA	RUN4LUNCH	Veterano M50	02:33:25	+01:13:17	07:18
52	1323	Armenio Sousa	Individual	Veterano M50	02:33:53	+01:13:44	07:20
53	1324	Carlos almeida	Individual	Veterano M50	02:35:29	+01:15:21	07:24
54	1364	MÁRIO SANTIAGO	Kaninos	Veterano M50	02:43:19	+01:23:11	07:47
55	1500	Jose Manuel P. Nogueira	TUGAS NA ESTRADA	Veterano M50	02:46:34	+01:26:25	07:56

## Veterano M60

1	1028	segundo rodrigues	ARCORUN	Veterano M60	01:41:43	+21:35	04:51
2	1361	Agostinho da Silva Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M60	01:49:34	+29:26	05:13
3	1104	Alcino Sousa	FILIFE	Veterano M60	01:54:40	+34:31	05:28
4	1511	Ricardo Osório	UNIDOS À FRESCA	Veterano M60	01:57:08	+37:00	05:35
5	1421	Lino Moreira	Os TurboMula	Veterano M60	01:59:37	+39:29	05:42
6	1344	Jorge Vieira Dias Lobo	Individual	Veterano M60	02:02:26	+42:18	05:50
7	1343	Álvaro José Pontes Oliveira	Individual	Veterano M60	02:09:56	+49:48	06:11
8	1345	José Carlos Pereira Gomes	Individual	Veterano M60	02:10:12	+50:04	06:12
9	1419	José Henriques	os perigosos	Veterano M60	02:22:25	+01:02:16	06:47

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:01	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	2001	José Ricardo Machado Pereira	ama	Veterano M40	49:22		03:48
2	2294	Ricardo Castro	sociedade recreio cepanense	Senior Masculino	51:05	+01:42	03:56
3	2058	NUNO CARNEIRO	clube zipper	Senior Masculino	51:37	+02:14	03:58
4	3001	Abílio Ribeiro	s.c.espinho	Veterano M40	53:46	+04:24	04:08
5	2130	Mila Patrick	individual	Senior Masculino	55:58	+06:35	04:18
6	2128	Miguel Ferreira	individual	Senior Masculino	58:35	+09:13	04:30
7	2298	Rui Silva	sociedade recreio cepanense	Veterano M40	58:40	+09:18	04:31
8	2182	Adriano Oliveira	individual	Veterano M40	59:08	+09:45	04:33
9	2147	vítor pontes	individual	Senior Masculino	59:25	+10:02	04:34
10	2002	Cristiana Raquel de Sousa Ferreira	running espinho	Senior Feminino	59:53	+10:30	04:36
11	2065	Marcelo Alexandre Pereira Capitão de Oliveira	crossfit alphaden	Senior Masculino	01:00:04	+10:42	04:37
12	2325	Mário RODRIGUES	turbulentos	Veterano M40	01:00:16	+10:53	04:38
13	2143	Ricardo Jorge	individual	Senior Masculino	01:01:19	+11:56	04:43
14	2059	Joaquim Rodrigues Madureira	clube zipper	Veterano M40	01:03:30	+14:08	04:53
15	2009	António José Oliveira Carvalho	afipre team / chrono.pt	Veterano M40	01:03:50	+14:27	04:55
16	2133	Nuno Almeida	individual	Senior Masculino	01:04:14	+14:51	04:56
17	2108	Sandra Araújo	team ginásio corpos 3	Senior Feminino	01:04:33	+15:10	04:58
18	2194	Jorge Ribeiro	individual	Veterano M40	01:06:16	+16:53	05:06
19	2297	Oswaldo Soares	sociedade recreio cepanense	Veterano M40	01:06:20	+16:57	05:06
20	2007	Carlos Jorge Gomes Pinto	afipre team / chrono.pt	Senior Masculino	01:06:33	+17:10	05:07
21	2037	Joaquim Castro	aves runners	Veterano M50	01:06:35	+17:12	05:07
22	2024	Paulo Freitas	aves runners	Senior Masculino	01:06:35	+17:12	05:07
23	2140	Pedro Vieira	c.c.recreativo de são martinho	Senior Masculino	01:06:55	+17:32	05:09
24	2036	Álvaro Pereira	aves runners	Veterano M50	01:07:02	+17:39	05:09
25	2244	Tatiana Silva	lion runners - g. d. leões da guarda	Senior Feminino	01:07:10	+17:47	05:10
26	2197	Luís Manuel Carvalhosa Alves	individual	Veterano M40	01:07:25	+18:02	05:11
27	2326	Octávio Afonso	turbulentos	Veterano M50	01:08:07	+18:45	05:14
28	2191	João Paulo Monteiro	individual	Veterano M40	01:08:47	+19:24	05:17
29	2117	Fábio Pereira	individual	Senior Masculino	01:09:12	+19:49	05:19
30	2099	Laura Fernandes	individual	Senior Feminino	01:10:01	+20:38	05:23
31	2295	Cristina Carneiro	sociedade recreio cepanense	Veterana F40	01:10:06	+20:43	05:24
32	2243	Luis Silva	la zinco	Sub 23 Masculino	01:10:12	+20:49	05:24
33	2213	António Manuel dos Santos e Silva	individual	Veterano M50	01:10:24	+21:01	05:25
34	2218	Paulo Dias	individual	Veterano M50	01:10:38	+21:15	05:26
35	2285	Adérito António Viegas Alves	salgueiros running	Veterano M60	01:10:40	+21:18	05:26
36	2120	Gilberto Ferreira	c.c.recreativo de são martinho	Senior Masculino	01:10:48	+21:26	05:27
37	2139	Pedro Victoriano	individual	Senior Masculino	01:11:02	+21:39	05:28
38	2129	Miguel Ribeiro	individual	Senior Masculino	01:11:11	+21:48	05:29
39	2008	Fernando Miguel Gomes Pinto	afipre team / chrono.pt	Senior Masculino	01:11:27	+22:04	05:30
40	2010	António de Neiva Rodrigues	afipre team / chrono.pt	Veterano M50	01:11:27	+22:04	05:30

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
41	2206	Paulo Henriques	individual	Veterano M40	01:11:48	+22:26	05:31
42	2273	Óscar Loureiro	porto sentido runners	Veterano M60	01:12:05	+22:42	05:33
43	2075	Luis Miguel Carvalho	ferromi	Senior Masculino	01:12:08	+22:46	05:33
44	2348	Natassia Zikeli	individual	Senior Feminino	01:12:27	+23:04	05:34
45	2190	Hugo Miguel Soares Silva	individual	Veterano M40	01:12:27	+23:04	05:34
46	2114	Artur Gil	individual	Senior Masculino	01:12:29	+23:06	05:35
47	2247	Luís Machado	mozelos runners	Senior Masculino	01:12:50	+23:27	05:36
48	2141	Rafael Carlos	individual	Senior Masculino	01:13:01	+23:39	05:37
49	2119	Francisco Esteves	individual	Senior Masculino	01:13:02	+23:39	05:37
50	2183	António Vilaça	individual	Veterano M40	01:14:32	+25:10	05:44
51	2338	Daniel	zinkou	Senior Masculino	01:14:58	+25:35	05:46
52	2254	Leonel Silva	neighbors run	Veterano M40	01:16:14	+26:51	05:52
53	2252	Daniel Silva	neighbors run	Senior Masculino	01:16:14	+26:51	05:52
54	2181	Abel Almeida	individual	Veterano M40	01:16:16	+26:53	05:52
55	2124	José João Gonçalves Custódio	individual	Senior Masculino	01:16:27	+27:04	05:53
56	2198	Manuel Coelho Carvalho	individual	Veterano M40	01:16:41	+27:18	05:54
57	2138	Pedro Miguel Alves dos Santos e Silva	individual	Senior Masculino	01:16:45	+27:23	05:54
58	2017	Judite Lurdes Veiga de Sousa	associação amigos do campo redondo	Veterana F40	01:17:04	+27:41	05:56
59	2049	Marcos Gomes	bragarunners	Veterano M40	01:17:20	+27:57	05:57
60	2047	João Pedro Cunha	bragarunners	Veterano M40	01:17:22	+27:59	05:57
61	2232	Sérgio Paulo Ferreira Oliveira	juventude cortegacense	Veterano M40	01:17:24	+28:02	05:57
62	2230	Julio Paulo Silva	juventude cortegacense	Veterano M40	01:17:24	+28:02	05:57
63	2042	André de Almeida Lemos Flores Martins	bandelete runners	Senior Masculino	01:17:27	+28:04	05:57
64	2064	Ana Vanessa Capitão dos Reis de Oliveira	crossfit alphaden	Senior Feminino	01:17:33	+28:10	05:58
65	2296	Nuno Lapeira	sociedade recreio cepanense	Veterano M40	01:17:47	+28:24	05:59
66	2003	Carlos Armando Gonçalves Oliveira	#osmanos	Senior Masculino	01:17:55	+28:32	06:00
67	2272	Carlos Martins	porto sentido runners	Veterano M50	01:17:55	+28:32	06:00
68	2314	Miguel Moura	taylors325	Veterano M40	01:18:14	+28:52	06:01
69	2136	Pedro Marques	individual	Senior Masculino	01:18:23	+29:00	06:02
70	2101	Luísa Correia	individual	Senior Feminino	01:18:25	+29:02	06:02
71	2011	João Oliveira	águas em conquista	Senior Masculino	01:18:39	+29:16	06:03
72	2012	Leandro Oliveira	águas em conquista	Senior Masculino	01:18:41	+29:18	06:03
73	2203	Miguel Ângelo Brito Faria	individual	Veterano M40	01:18:53	+29:30	06:04
74	2253	Leonardo Brito	neighbors run	Senior Masculino	01:18:53	+29:31	06:04
75	2250	Joaquim Moura	mozelos runners	Veterano M40	01:18:57	+29:34	06:04
76	2094	Elisabete Cunha	individual	Senior Feminino	01:19:18	+29:55	06:06
77	2328	Luis Lobo	unidos do cano	Senior Masculino	01:19:19	+29:56	06:06
78	2142	Ricardo Campos	individual	Senior Masculino	01:19:24	+30:01	06:06
79	2149	Alvaro	individual	Sub 23 Masculino	01:19:24	+30:02	06:06
80	2277	Gonçalo Pedro	rapótacho	Senior Masculino	01:19:30	+30:08	06:07
81	2204	PAULINO SILVA	individual	Veterano M40	01:19:45	+30:23	06:08
82	2125	Luís Filipe Medeiro Costa	individual	Senior Masculino	01:20:02	+30:39	06:09
83	2333	Ana Isabel Araújo	xtremepombinhos	Senior Feminino	01:20:04	+30:42	06:10



**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
84	2334	Tiago Mesquita Palma	xtremepombinhos	Senior Masculino	01:20:05	+30:42	06:10
85	2233	Paulo Castelo	juventude cortegacense	Veterano M50	01:20:11	+30:48	06:10
86	2032	LUIS ALVARES	aves runners	Veterano M40	01:20:26	+31:03	06:11
87	2048	Jorge Costa	bragarunners	Veterano M40	01:20:35	+31:12	06:12
88	2275	Aires Ferreira Ramos	radlerteam	Veterano M40	01:20:36	+31:13	06:12
89	2207	PAULO JORGE	individual	Veterano M40	01:20:37	+31:15	06:12
90	2081	Pussidónio Manuel Santos Graça	granho runners	Veterano M40	01:20:42	+31:19	06:12
91	2212	ANTÓNIO LIMA	individual	Veterano M50	01:20:46	+31:23	06:13
92	2126	Luís Rafael Saraiva de Sousa	individual	Senior Masculino	01:20:51	+31:28	06:13
93	2134	NUNO JORGE SAMPAIO MONTEIRO	individual	Senior Masculino	01:20:53	+31:30	06:13
94	2137	Pedro Martins Martins	individual	Senior Masculino	01:20:53	+31:30	06:13
95	2146	Tiago Martins	individual	Senior Masculino	01:21:05	+31:43	06:14
96	2089	Carla Figueiredo	individual	Senior Feminino	01:21:16	+31:53	06:15
97	2004	Elisabete Lopes Mateus	a.c.r casais das boiças	Senior Feminino	01:21:19	+31:57	06:15
98	2095	Gisela de Castro Monteiro da Mota e Costa	individual	Senior Feminino	01:21:30	+32:07	06:16
99	2030	CELIO SAMPAIO	aves runners	Veterano M40	01:21:45	+32:22	06:17
100	2209	Pedro José Oliveira da Silva	individual	Veterano M40	01:21:49	+32:27	06:18
101	2127	Marcos André Neves dos Santos	individual	Senior Masculino	01:21:57	+32:35	06:18
102	2083	Adriana Filipa Ramos Azevedo Neves	individual	Senior Feminino	01:22:31	+33:08	06:21
103	2096	Inês Sofia Marques Dias	individual	Senior Feminino	01:22:33	+33:11	06:21
104	2043	HUGO MARTINS PIRES COELHO	bandelete runners	Senior Masculino	01:22:39	+33:17	06:21
105	2158	DE CASTRO Elisabeth	individual	Veterana F40	01:22:43	+33:20	06:22
106	2347	Isabel Maria Fernandes Freitas	individual	Veterana F40	01:22:45	+33:22	06:22
107	2313	Inês Bento	taylors325	Senior Feminino	01:22:56	+33:34	06:23
108	2031	FLORIANO GONÇALVES	aves runners	Veterano M40	01:23:21	+33:59	06:25
109	2092	Catarina susana	individual	Senior Feminino	01:23:24	+34:01	06:25
110	2246	Joana Machado	mozelos runners	Senior Feminino	01:23:25	+34:02	06:25
111	2249	António Rodrigues	mozelos runners	Veterano M40	01:23:25	+34:03	06:25
112	2202	Marco António Lopes Couto	individual	Veterano M40	01:23:39	+34:17	06:26
113	2102	Maria Alice Pinto Capelas	individual	Senior Feminino	01:23:58	+34:36	06:28
114	2276	João Carlos Dias	radlerteam	Veterano M40	01:24:01	+34:38	06:28
115	2116	David Fernando Braga Dias	individual	Senior Masculino	01:24:03	+34:40	06:28
116	2184	Bruno Miguel Tavares	individual	Veterano M40	01:24:10	+34:47	06:28
117	2170	Maria Iurdes Mendes	individual	Veterana F40	01:24:42	+35:20	06:31
118	2020	MARA SAMPAIO	aves runners	Senior Feminino	01:24:43	+35:20	06:31
119	2195	José Saraiva	individual	Veterano M40	01:24:43	+35:20	06:31
120	2019	Cátia Magalhães	aves runners	Senior Feminino	01:24:44	+35:21	06:31
121	2080	João Pedro Almeida Gaspar	granho runners	Senior Masculino	01:25:01	+35:38	06:32
122	2278	João Sousa	rapótacho	Senior Masculino	01:25:02	+35:39	06:32
123	2214	Carlos Monteiro	individual	Veterano M50	01:25:23	+36:01	06:34
124	2224	Anabela dos Santos Marques	juventude cortegacense	Veterana F40	01:25:43	+36:21	06:36

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
125	2286	Lénio Fernando Nogueira Marinho	salgueiros running	Veterano M60	01:25:59	+36:37	06:37
126	2053	Agostinho Silva	c.c.recreativo de são martinho	Veterano M50	01:26:45	+37:22	06:40
127	2205	Paulo Caniço	individual	Veterano M40	01:26:50	+37:27	06:41
128	2106	Natércia Barbara Guimarães silva	individual	Senior Feminino	01:26:55	+37:33	06:41
129	2103	Marta Morais	individual	Senior Feminino	01:27:04	+37:41	06:42
130	2261	LUIS BESSA	nucleo de karate e atletismo de roriz	Veterano M60	01:27:06	+37:43	06:42
131	2259	CRISTIANA FERREIRA	nucleo de karate e atletismo de roriz	Senior Feminino	01:27:07	+37:45	06:42
132	1348	Nelson Silva	jatapanho	Senior Masculino	01:27:11	+37:49	06:42
133	2186	DE CASTRO Jean-Philippe	individual	Veterano M40	01:27:13	+37:50	06:43
134	2044	Paulo Rafael da Silva Figueiredo	bandelete runners	Senior Masculino	01:27:17	+37:54	06:43
135	2327	Adriana Salgado	unidos do cano	Senior Feminino	01:27:49	+38:26	06:45
136	2034	PEDRO OLIVEIRA	aves runners	Veterano M40	01:27:59	+38:36	06:46
137	2022	JOAO RODRIGUES	aves runners	Senior Masculino	01:27:59	+38:37	06:46
138	2087	Anabela Sousa	individual	Senior Feminino	01:28:02	+38:39	06:46
139	2282	Arnaldo Pires	runfamily	Senior Masculino	01:28:08	+38:45	06:47
140	2279	Carla vaz	run family	Senior Feminino	01:28:08	+38:45	06:47
141	2097	Isabel dias	individual	Senior Feminino	01:28:26	+39:03	06:48
142	2258	Salomé Sousa	nós acreditamos	Veterana F40	01:28:26	+39:04	06:48
143	2111	Silvia Sousa	individual	Senior Feminino	01:28:26	+39:04	06:48
144	2299	Carla Almeida	solas rotas	Veterana F40	01:28:34	+39:11	06:49
145	2237	Luis Rodrigues	kiquipa	Senior Masculino	01:28:40	+39:17	06:49
146	2216	Josè Augusto Batista Pinto	individual	Veterano M50	01:28:58	+39:35	06:51
147	2084	ANA DIAS	individual	Senior Feminino	01:29:07	+39:44	06:51
148	2239	Rogério Ribeiro	kiquipa	Veterano M40	01:29:13	+39:51	06:52
149	2332	LUIS MONTEIRO	viriatvhs runners viseu	Veterano M40	01:29:16	+39:53	06:52
150	1195	Joaquim Silva	individual	Senior Masculino	01:29:31	+40:09	06:53
151	2025	Célia Sousa	aves runners	Veterana F40	01:29:47	+40:24	06:54
152	2159	DE CASTRO Estelle	individual	Veterana F40	01:29:47	+40:24	06:54
153	2174	Conceição Mano	individual	Veterana F50	01:30:01	+40:38	06:55
154	2329	Fabiano Ozores	viana running	Veterano M40	01:30:13	+40:51	06:56
155	2312	Acácio Mendes	tartarugas solidárias	Veterano M60	01:30:56	+41:34	07:00
156	2123	José Carlos O. Paiva	individual	Senior Masculino	01:30:57	+41:34	07:00
157	2274	Freddy de Lima Assunção	radlerteam	Senior Masculino	01:31:12	+41:50	07:01
158	2175	Cristina Ribeiro	individual	Veterana F50	01:31:17	+41:55	07:01
159	2167	Maria de Fátima Castro Botelho Mendes	individual	Veterana F40	01:31:21	+41:58	07:02
160	2005	Graça Mendes	a.d.amarante trail running	Veterana F40	01:31:32	+42:10	07:03
161	2199	Manuel Correia	individual	Veterano M40	01:31:59	+42:36	07:05
162	2346	Sandrine Fernandes Freitas	individual	Senior Feminino	01:31:59	+42:36	07:05
163	2201	Manuel Silva	individual	Veterano M40	01:32:35	+43:12	07:07
164	2162	Filipa Isabel Frias Medeiros de Pimenta	individual	Veterana F40	01:33:03	+43:40	07:09
165	2339	Steeve	zinkou	Senior Masculino	01:33:17	+43:54	07:11
166	2082	Aida Linhares	gtt - armazém do caffè	Veterana F40	01:33:20	+43:57	07:11

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	tkm
167	2153	Ana Luísa Carvalho	individual	Veterana F40	01:33:32	+44:10	07:12
168	2172	Sandra Silva	individual	Veterana F40	01:33:36	+44:14	07:12
169	2344	Gonçalo Pires de Afonso Pires	individual	Sub 23 Masculino	01:33:37	+44:15	07:12
170	2317	Maria José Torres Santos	team lanthemil	Veterana F50	01:34:12	+44:49	07:15
171	2284	ruí machado	salgueiros running	Veterano M50	01:34:15	+44:52	07:15
172	2336	Fernando Marques	ze team	Veterano M50	01:34:28	+45:05	07:16
173	2231	Sandro Rilho	juventude cortegacense	Veterano M40	01:34:32	+45:09	07:16
174	2280	Roferio santos	run family	Veterano M40	01:34:43	+45:20	07:17
175	2283	Rui Chaves	runfamily	Veterano M50	01:34:43	+45:20	07:17
176	2013	Célia Vieira	alto relevo - clube de montanhismo	Veterana F40	01:34:59	+45:37	07:18
177	2323	Orlando Martins	turbo-triciclos	Veterano M40	01:35:05	+45:42	07:19
178	2121	Hugo Correia	individual	Senior Masculino	01:35:28	+46:05	07:21
179	2074	Carlos Correia	feathers	Veterano M40	01:35:30	+46:07	07:21
180	2270	André Oliveira	porto sentido runners	Senior Masculino	01:35:33	+46:10	07:21
181	2112	Susana Amaral Ferreira	individual	Senior Feminino	01:35:37	+46:14	07:21
182	2038	António Coutinho	aves runners	Veterano M60	01:35:45	+46:23	07:22
183	2269	Mariana Raquel Rodrigues Morais	porto sentido runners	Senior Feminino	01:35:49	+46:26	07:22
184	2321	Jorge Caldeira	trail running clube btt sanguedo	Veterano M60	01:35:55	+46:32	07:23
185	2345	Emilia Marques Silva	individual	Veterana F40	01:36:06	+46:44	07:24
186	2315	Elsa Vale	team lanthemil	Senior Feminino	01:36:24	+47:01	07:25
187	2337	Bruno	zinkou	Senior Masculino	01:36:26	+47:03	07:25
188	2188	Fernando Miranda	individual	Veterano M40	01:37:20	+47:57	07:29
189	2179	maria filomena venâncio lopes marcelo	individual	Veterana F60	01:37:28	+48:05	07:30
190	2169	Maria La Salete Silva Monteiro	individual	Veterana F40	01:37:43	+48:21	07:31
191	2098	joana silva	individual	Senior Feminino	01:37:45	+48:23	07:31
192	2091	Catarina Sá	individual	Senior Feminino	01:37:58	+48:35	07:32
193	2215	Carlos Santos	individual	Veterano M50	01:38:04	+48:41	07:33
194	2050	Alívio Ribeiro	braguinhas running	Veterana F40	01:38:06	+48:44	07:33
195	2051	Elizabeth Ortiz	braguinhas running	Veterana F40	01:38:06	+48:44	07:33
196	2018	ARIANA PEREIRA	aves runners	Senior Feminino	01:38:08	+48:45	07:33
197	2165	Leonilde Maria Ferreira Macedo	individual	Veterana F40	01:38:47	+49:24	07:36
198	2185	Carlos Garcia	individual	Veterano M40	01:39:44	+50:22	07:40
199	2073	Sara Sousa	feathers	Senior Feminino	01:41:00	+51:38	07:46
200	2160	Elisabete Melo	individual	Veterana F40	01:41:44	+52:22	07:50
201	2227	Manuela Castelo	juventude cortegacense	Veterana F50	01:41:53	+52:31	07:50
202	2029	PAULA CASTRO	aves runners	Veterana F50	01:41:57	+52:35	07:51
203	2151	adriana Gravato	individual	Veterana F40	01:42:05	+52:43	07:51
204	2311	Fátima Mendes	tartarugas solidárias	Veterana F60	01:42:46	+53:23	07:54
205	2067	Daniela Alves	daniela	Senior Feminino	01:42:52	+53:30	07:55
206	2093	Diana Pereira	individual	Senior Feminino	01:43:19	+53:56	07:57
207	2342	Fernando Basto da Costa	individual	Veterano M50	01:43:20	+53:57	07:57
208	2310	Luísa Almeida	tartarugas do asfalto	Veterana F50	01:43:27	+54:05	07:57
209	2014	Maria João Alves Oliveira	amigos do atletismo povoense	Sub 23 Feminino	01:43:54	+54:31	08:00
210	2304	Rui Sequeira	ss montepio	Veterano M50	01:44:17	+54:54	08:01

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
211	2234	Jorge Teixeira	juventude desportiva de gondomar	Veterano M40	01:44:37	+55:14	08:03
212	2235	José Teixeira	juventude desportiva de gondomar	Veterano M40	01:44:37	+55:15	08:03
213	2281	CLARA PINTO	run4lunch	Veterana F40	01:44:59	+55:37	08:05
214	2225	Gabriela Rola França	juventude cortegacense	Veterana F40	01:45:17	+55:54	08:06
215	2251	Fernando Sousa	mozelos runners	Veterano M50	01:46:25	+57:02	08:11
216	2271	Dinis Sousa	porto sentido runners	Senior Masculino	01:46:27	+57:04	08:11
217	2268	Carmen Loureiro	porto sentido runners	Senior Feminino	01:46:27	+57:05	08:11
218	2163	GALICHET Nathalie	individual	Veterana F40	01:46:44	+57:21	08:13
219	2176	isaura de almeida	individual	Veterana F50	01:47:21	+57:59	08:15
220	2343	Rosa Maria Pinto Carvalho da Costa	individual	Veterana F50	01:47:24	+58:01	08:16
221	2322	Fernando Marques	turbo-triciclos	Veterano M40	01:47:33	+58:11	08:16
222	2324	Pedro Loureiro	turbo-triciclos	Veterano M40	01:47:33	+58:11	08:16
223	2223	ADELAIDE PEREIRA	juventude cortegacense	Veterana F40	01:47:40	+58:17	08:17
224	2226	ISABEL PEREIRA	juventude cortegacense	Veterana F40	01:47:40	+58:17	08:17
225	2236	Verónica Capela	kaninos	Sub 23 Feminino	01:48:07	+58:44	08:19
226	2241	Silvia Macedo	la zinco	Senior Feminino	01:48:35	+59:12	08:21
227	2240	Andreia Carvalho	la zinco	Senior Feminino	01:48:35	+59:12	08:21
228	2156	Carla Brandão	individual	Veterana F40	01:48:42	+59:20	08:22
229	2026	NATACHA SANTOS	aves runners	Veterana F40	01:48:48	+59:25	08:22
230	2079	Bruno Miguel de Jesus Pereira	gerês forever	Senior Masculino	01:49:03	+59:40	08:23
231	1109	Mafalda Almeida	gerês forever	Senior Feminino	01:49:03	+59:40	08:23
232	2318	Luís Miguel Pinto Ribeiro	team lantermil	Veterano M40	01:49:20	+59:57	08:25
233	2062	Ana Trindade	correr lisboa	Veterana F40	01:49:48	+01:00:25	08:27
234	2063	Sandra Batista	correr lisboa	Veterana F40	01:49:48	+01:00:25	08:27
235	2349	Alberto Neto	individual	Veterano M60	01:50:10	+01:00:48	08:28
236	2113	Susana Costa	individual	Senior Feminino	01:50:32	+01:01:10	08:30
237	2242	Joana Ferreira	la zinco	Sub 23 Feminino	01:50:32	+01:01:10	08:30
238	2110	Sandrina Cristele Pereira Vieira	individual	Senior Feminino	01:51:33	+01:02:10	08:35
239	2028	CARMINDA CASTRO	aves runners	Veterana F50	01:52:24	+01:03:02	08:39
240	2027	PAULA ASSUNÇÃO	aves runners	Veterana F40	01:52:24	+01:03:02	08:39
241	2015	rosina couto	arcorun	Veterana F50	01:54:02	+01:04:40	08:46
242	2016	alcina moura	arcorun	Veterana F60	01:54:02	+01:04:40	08:46
243	2069	Rita Correia	daniela	Senior Feminino	01:54:58	+01:05:36	08:51
244	2245	Isabel Lopes	lion runners - g. d. leões da guarda	Veterana F50	01:55:49	+01:06:26	08:55
245	2267	Ana Moreira	os turbomula	Veterana F60	01:56:32	+01:07:09	08:58
246	2177	Maria José Santos Ramos Miranda	individual	Veterana F50	01:56:58	+01:07:35	09:00
247	2070	Ricardo Moura	daniela	Senior Masculino	01:57:31	+01:08:08	09:02
248	2068	Daniela Franco	daniela	Senior Feminino	01:57:31	+01:08:08	09:02
249	2057	Rosário Gomes	cerveira team running/clube celtas do minho	Veterana F50	01:58:16	+01:08:53	09:06
250	2056	Sofia Venade	cerveira team running/clube celtas do minho	Senior Feminino	01:58:16	+01:08:54	09:06
251	2040	Joana Maria Ferreira Freitas	bandelete runners	Senior Feminino	01:59:36	+01:10:13	09:12
252	2066	Cátia Leitão	daniela	Senior Feminino	02:02:22	+01:12:59	09:25

**13K - STAGE 1**

**13 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
253	2100	Liliana margarida rocha Martins Teixeira	individual	Senior Feminino	02:02:57	+01:13:35	09:27
254	2104	Nair Lima	individual	Senior Feminino	02:04:47	+01:15:25	09:36
255	2023	José Barroso	aves runners	Senior Masculino	02:05:23	+01:16:01	09:39
256	2045	Esperança Melo	bandelete runners	Veterana F40	02:08:01	+01:18:39	09:51
257	2046	Miguel Ferreira	bandelete runners	Veterano M40	02:08:01	+01:18:39	09:51
258	2109	Sandra Manuela Gonçalves de Melo Pires	individual	Senior Feminino	02:12:17	+01:22:54	10:11
259	2164	Isabel Fazenda	individual	Veterana F40	02:12:42	+01:23:19	10:12
260	2178	Maria Madalena Soares	individual	Veterana F50	02:12:42	+01:23:19	10:12
261	2071	Filipa Ribeiro	denovo	Senior Feminino	02:23:01	+01:33:38	11:00
262	2072	Jonas Maia	denovo	Senior Masculino	02:23:01	+01:33:39	11:00
263	2168	Maria João Rocha	individual	Veterana F40	02:24:57	+01:35:35	11:09
264	2289	luis sergio lopes ribeiro	sarc em forma	Senior Masculino	02:39:00	+01:49:37	12:14
265	2085	Ana Rita Cruz	individual	Senior Feminino	02:40:52	+01:51:29	12:22
266	2180	Maria Paula Barata Carvalho	individual	Veterana F60	02:40:52	+01:51:29	12:22
267	2086	Ana Soares	individual	Senior Feminino	02:43:00	+01:53:37	12:32
268	2171	Sandra Santos	individual	Veterana F40	02:43:00	+01:53:38	12:32
269	2262	Ana Isabel Félix	os perigosos	Senior Feminino	02:51:06	+02:01:43	13:10
270	2266	Vera Lopes	os perigosos	Veterana F40	02:51:06	+02:01:44	13:10
271	2264	Claudia António	os perigosos	Senior Feminino	02:51:07	+02:01:44	13:10
272	2291	joao antonio reis freitas	sarc em forma	Veterano M40	02:51:34	+02:02:11	13:12
273	2290	marta alexandra dias costa	sarc em forma	Veterana F40	02:52:07	+02:02:44	13:14
274	2288	helder miguel pereira fernandes	sarc em forma	Senior Masculino	02:52:25	+02:03:02	13:16
275	2293	pedro manuel martins gonçalves	sarc em forma	Veterano M40	02:59:02	+02:09:40	13:46

13K

13 KM



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	12:01	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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## Senior Feminino

1	2002	Cristiana Raquel de Sousa Ferreira	Running Espinho	Senior Feminino	59:53	+10:30	04:36
2	2108	Sandra Araújo	Team Ginásio Corpos 3	Senior Feminino	01:04:33	+15:10	04:58
3	2244	Tatiana Silva	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	01:07:10	+17:47	05:10
4	2099	Laura Fernandes	Individual	Senior Feminino	01:10:01	+20:38	05:23
5	2348	Natassia Zikeli	Individual	Senior Feminino	01:12:27	+23:04	05:34
6	2064	Ana Vanessa Capitão dos Reis de Oliveira	Crossfit Alphaden	Senior Feminino	01:17:33	+28:10	05:58
7	2101	Luísa Correia	Individual	Senior Feminino	01:18:25	+29:02	06:02
8	2094	Elisabete Cunha	Individual	Senior Feminino	01:19:18	+29:55	06:06
9	2333	Ana Isabel Araújo	XtremePombinhos	Senior Feminino	01:20:04	+30:42	06:10
10	2089	Carla Figueiredo	Individual	Senior Feminino	01:21:16	+31:53	06:15
11	2004	Elisabete Lopes Mateus	A.C.R Casais das Boiças	Senior Feminino	01:21:19	+31:57	06:15
12	2095	Gisela de Castro Monteiro da Mota e Costa	Individual	Senior Feminino	01:21:30	+32:07	06:16
13	2083	Adriana Filipa Ramos Azevedo Neves	Individual	Senior Feminino	01:22:31	+33:08	06:21
14	2096	Inês Sofia Marques Dias	Individual	Senior Feminino	01:22:33	+33:11	06:21
15	2313	Inês Bento	TAYLORS325	Senior Feminino	01:22:56	+33:34	06:23
16	2092	Catarina susana	Individual	Senior Feminino	01:23:24	+34:01	06:25
17	2246	Joana Machado	Mozelos Runners	Senior Feminino	01:23:25	+34:02	06:25
18	2102	Maria Alice Pinto Capelas	Individual	Senior Feminino	01:23:58	+34:36	06:28
19	2020	MARA SAMPAIO	Aves Runners	Senior Feminino	01:24:43	+35:20	06:31
20	2019	Cátia Magalhães	Aves Runners	Senior Feminino	01:24:44	+35:21	06:31
21	2106	Natércia Barbara Guimarães silva	Individual	Senior Feminino	01:26:55	+37:33	06:41
22	2103	Marta Morais	Individual	Senior Feminino	01:27:04	+37:41	06:42
23	2259	CRISTIANA FERREIRA	NUCLEO DE KARATE E ATLETISMO DE RORIZ	Senior Feminino	01:27:07	+37:45	06:42
24	2327	Adriana Salgado	Unidos do Cano	Senior Feminino	01:27:49	+38:26	06:45
25	2087	Anabela Sousa	Individual	Senior Feminino	01:28:02	+38:39	06:46
26	2279	Carla vaz	Run family	Senior Feminino	01:28:08	+38:45	06:47
27	2097	Isabel dias	Individual	Senior Feminino	01:28:26	+39:03	06:48
28	2111	Silvia Sousa	Individual	Senior Feminino	01:28:26	+39:04	06:48
29	2084	ANA DIAS	Individual	Senior Feminino	01:29:07	+39:44	06:51
30	2346	Sandrine Fernandes Freitas	Individual	Senior Feminino	01:31:59	+42:36	07:05
31	2112	Susana Amaral Ferreira	Individual	Senior Feminino	01:35:37	+46:14	07:21
32	2269	Mariana Raquel Rodrigues Morais	Porto Sentido Runners	Senior Feminino	01:35:49	+46:26	07:22
33	2315	Elsa Vale	Team Lantermil	Senior Feminino	01:36:24	+47:01	07:25
34	2098	joana silva	Individual	Senior Feminino	01:37:45	+48:23	07:31
35	2091	Catarina Sá	Individual	Senior Feminino	01:37:58	+48:35	07:32
36	2018	ARIANA PEREIRA	Aves Runners	Senior Feminino	01:38:08	+48:45	07:33
37	2073	Sara Sousa	Feathers	Senior Feminino	01:41:00	+51:38	07:46

**13K**

**13 KM**

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**OFFICIAL RESULT**

38	2067	Daniela Alves	Daniela	Senior Feminino	01:42:52	+53:30	07:55
39	2093	Diana Pereira	Individual	Senior Feminino	01:43:19	+53:56	07:57
40	2268	Carmen Loureiro	Porto Sentido Runners	Senior Feminino	01:46:27	+57:05	08:11
41	2241	Silvia Macedo	LA Zinco	Senior Feminino	01:48:35	+59:12	08:21
42	2240	Andreia Carvalho	LA Zinco	Senior Feminino	01:48:35	+59:12	08:21
43	1109	Mafalda Almeida	Gerês Forever	Senior Feminino	01:49:03	+59:40	08:23
44	2113	Susana Costa	Individual	Senior Feminino	01:50:32	+01:01:10	08:30
45	2110	Sandrina Cristele Pereira Vieira	Individual	Senior Feminino	01:51:33	+01:02:10	08:35
46	2069	Rita Correia	Daniela	Senior Feminino	01:54:58	+01:05:36	08:51
47	2068	Daniela Franco	Daniela	Senior Feminino	01:57:31	+01:08:08	09:02
48	2056	Sofia Venade	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Senior Feminino	01:58:16	+01:08:54	09:06
49	2040	Joana Maria Ferreira Freitas	Bandelete runners	Senior Feminino	01:59:36	+01:10:13	09:12
50	2066	Cátia Leitão	Daniela	Senior Feminino	02:02:22	+01:12:59	09:25
51	2100	Liliana margarida rocha Martins Teixeira	Individual	Senior Feminino	02:02:57	+01:13:35	09:27
52	2104	Nair Lima	Individual	Senior Feminino	02:04:47	+01:15:25	09:36
53	2109	Sandra Manuela Gonçalves de Melo Pires	Individual	Senior Feminino	02:12:17	+01:22:54	10:11
54	2071	Filipa Ribeiro	Denovo	Senior Feminino	02:23:01	+01:33:38	11:00
55	2085	Ana Rita Cruz	Individual	Senior Feminino	02:40:52	+01:51:29	12:22
56	2086	Ana Soares	Individual	Senior Feminino	02:43:00	+01:53:37	12:32
57	2262	Ana Isabel Félix	os perigosos	Senior Feminino	02:51:06	+02:01:43	13:10
58	2264	Claudia António	os perigosos	Senior Feminino	02:51:07	+02:01:44	13:10

## Senior Masculino

1	2294	Ricardo Castro	SOCIEDADE RECREIO CEPANENSE	Senior Masculino	51:05	+01:42	03:56
2	2058	NUNO CARNEIRO	Clube Zupper	Senior Masculino	51:37	+02:14	03:58
3	2130	Mila Patrick	Individual	Senior Masculino	55:58	+06:35	04:18
4	2128	Miguel Ferreira	Individual	Senior Masculino	58:35	+09:13	04:30
5	2147	vítor pontes	Individual	Senior Masculino	59:25	+10:02	04:34
6	2065	Marcelo Alexandre Pereira Capitão de Oliveira	Crossfit Alphaden	Senior Masculino	01:00:04	+10:42	04:37
7	2143	Ricardo Jorge	Individual	Senior Masculino	01:01:19	+11:56	04:43
8	2133	Nuno Almeida	Individual	Senior Masculino	01:04:14	+14:51	04:56
9	2007	Carlos Jorge Gomes Pinto	AFIPRE TEAM / CHRONO.PT	Senior Masculino	01:06:33	+17:10	05:07
10	2024	Paulo Freitas	Aves Runners	Senior Masculino	01:06:35	+17:12	05:07
11	2140	Pedro Vieira	C.C.Recreativo de São Martinho	Senior Masculino	01:06:55	+17:32	05:09
12	2117	Fábio Pereira	Individual	Senior Masculino	01:09:12	+19:49	05:19
13	2120	Gilberto Ferreira	C.C.Recreativo de São Martinho	Senior Masculino	01:10:48	+21:26	05:27
14	2139	Pedro Victoriano	Individual	Senior Masculino	01:11:02	+21:39	05:28
15	2129	Miguel Ribeiro	Individual	Senior Masculino	01:11:11	+21:48	05:29
16	2008	Fernando Miguel Gomes Pinto	AFIPRE TEAM / CHRONO.PT	Senior Masculino	01:11:27	+22:04	05:30
17	2075	Luis Miguel Carvalho	FERROMI	Senior Masculino	01:12:08	+22:46	05:33
18	2114	Artur Gil	Individual	Senior Masculino	01:12:29	+23:06	05:35
19	2247	Luís Machado	Mozelos Runners	Senior Masculino	01:12:50	+23:27	05:36

Official Timekeeper: Lap2Go	2 / 8	generate 05-Dec-2017 14:08
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**13K**

**13 KM**



**OFFICIAL RESULT**

20	2141	Rafael Carlos	Individual	Senior Masculino	01:13:01	+23:39	05:37
21	2119	Francisco Esteves	Individual	Senior Masculino	01:13:02	+23:39	05:37
22	2338	Daniel	ZINKOU	Senior Masculino	01:14:58	+25:35	05:46
23	2252	Daniel Silva	Neighbors Run	Senior Masculino	01:16:14	+26:51	05:52
24	2124	José João Gonçalves Custódio	Individual	Senior Masculino	01:16:27	+27:04	05:53
25	2138	Pedro Miguel Alves dos Santos e Silva	Individual	Senior Masculino	01:16:45	+27:23	05:54
26	2042	André de Almeida Lemos Flores Martins	Bandelete runners	Senior Masculino	01:17:27	+28:04	05:57
27	2003	Carlos Armando Gonçalves Oliveira	#OSMANOS	Senior Masculino	01:17:55	+28:32	06:00
28	2136	Pedro Marques	Individual	Senior Masculino	01:18:23	+29:00	06:02
29	2011	João Oliveira	Águias em Conquista	Senior Masculino	01:18:39	+29:16	06:03
30	2012	Leandro Oliveira	Águias em Conquista	Senior Masculino	01:18:41	+29:18	06:03
31	2253	Leonardo Brito	Neighbors Run	Senior Masculino	01:18:53	+29:31	06:04
32	2328	Luis Lobo	Unidos do Cano	Senior Masculino	01:19:19	+29:56	06:06
33	2142	Ricardo Campos	Individual	Senior Masculino	01:19:24	+30:01	06:06
34	2277	Gonçalo Pedro	RapóTacho	Senior Masculino	01:19:30	+30:08	06:07
35	2125	Luís Filipe Medeiro Costa	Individual	Senior Masculino	01:20:02	+30:39	06:09
36	2334	Tiago Mesquita Palma	XtremePombinhos	Senior Masculino	01:20:05	+30:42	06:10
37	2126	Luís Rafael Saraiva de Sousa	Individual	Senior Masculino	01:20:51	+31:28	06:13
38	2134	NUNO JORGE SAMPAIO MONTEIRO	Individual	Senior Masculino	01:20:53	+31:30	06:13
39	2137	Pedro Martins Martins	Individual	Senior Masculino	01:20:53	+31:30	06:13
40	2146	Tiago Martins	Individual	Senior Masculino	01:21:05	+31:43	06:14
41	2127	Marcos André Neves dos Santos	Individual	Senior Masculino	01:21:57	+32:35	06:18
42	2043	HUGO MARTINS PIRES COELHO	Bandelete runners	Senior Masculino	01:22:39	+33:17	06:21
43	2116	David Fernando Braga Dias	Individual	Senior Masculino	01:24:03	+34:40	06:28
44	2080	João Pedro Almeida Gaspar	Granho Runners	Senior Masculino	01:25:01	+35:38	06:32
45	2278	João Sousa	RapóTacho	Senior Masculino	01:25:02	+35:39	06:32
46	1348	Nelson Silva	Jatapanho	Senior Masculino	01:27:11	+37:49	06:42
47	2044	Paulo Rafael da Silva Figueiredo	Bandelete runners	Senior Masculino	01:27:17	+37:54	06:43
48	2022	JOAO RODRIGUES	Aves Runners	Senior Masculino	01:27:59	+38:37	06:46
49	2282	Arnaldo Pires	Runfamily	Senior Masculino	01:28:08	+38:45	06:47
50	2237	Luis Rodrigues	Kiquipa	Senior Masculino	01:28:40	+39:17	06:49
51	1195	Joaquim Silva	Individual	Senior Masculino	01:29:31	+40:09	06:53
52	2123	José Carlos O. Paiva	Individual	Senior Masculino	01:30:57	+41:34	07:00
53	2274	Freddy de Lima Assunção	RadlerTeam	Senior Masculino	01:31:12	+41:50	07:01
54	2339	Steeve	ZINKOU	Senior Masculino	01:33:17	+43:54	07:11
55	2121	Hugo Correia	Individual	Senior Masculino	01:35:28	+46:05	07:21
56	2270	André Oliveira	Porto Sentido Runners	Senior Masculino	01:35:33	+46:10	07:21
57	2337	Bruno	ZINKOU	Senior Masculino	01:36:26	+47:03	07:25
58	2271	Dinis Sousa	Porto Sentido Runners	Senior Masculino	01:46:27	+57:04	08:11
59	2079	Bruno Miguel de Jesus Pereira	Gerês Forever	Senior Masculino	01:49:03	+59:40	08:23
60	2070	Ricardo Moura	Daniela	Senior Masculino	01:57:31	+01:08:08	09:02
61	2023	José Barroso	Aves Runners	Senior Masculino	02:05:23	+01:16:01	09:39
62	2072	Jonas Maia	Denovo	Senior Masculino	02:23:01	+01:33:39	11:00
63	2289	luis sergio lopes ribeiro	sarc em forma	Senior Masculino	02:39:00	+01:49:37	12:14
64	2288	helder miguel pereira fernandes	sarc em forma	Senior Masculino	02:52:25	+02:03:02	13:16



**13K**

**13 KM**



**OFFICIAL RESULT**

### Sub 23 Feminino

1	2014	Maria João Alves Oliveira	Amigos do Atletismo Povoense	Sub 23 Feminino	01:43:54	+54:31	08:00
2	2236	Verónica Capela	Kaninos	Sub 23 Feminino	01:48:07	+58:44	08:19
3	2242	Joana Ferreira	LA Zinco	Sub 23 Feminino	01:50:32	+01:01:10	08:30

### Sub 23 Masculino

1	2243	Luis Silva	LA Zinco	Sub 23 Masculino	01:10:12	+20:49	05:24
2	2149	Alvaro	Individual	Sub 23 Masculino	01:19:24	+30:02	06:06
3	2344	Gonçalo Pires de Afonso Pires	Individual	Sub 23 Masculino	01:33:37	+44:15	07:12

### Veterana F40

1	2295	Cristina Carneiro	SOCIEDADE RECREIO CEPANENSE	Veterana F40	01:10:06	+20:43	05:24
2	2017	Judite Lurdes Veiga de Sousa	Associação Amigos do Campo Redondo	Veterana F40	01:17:04	+27:41	05:56
3	2158	DE CASTRO Elisabeth	Individual	Veterana F40	01:22:43	+33:20	06:22
4	2347	Isabel Maria Fernandes Freitas	Individual	Veterana F40	01:22:45	+33:22	06:22
5	2170	Maria Iurdes Mendes	Individual	Veterana F40	01:24:42	+35:20	06:31
6	2224	Anabela dos Santos Marques	JUVENTUDE CORTEGACENSE	Veterana F40	01:25:43	+36:21	06:36
7	2258	Salomé Sousa	Nós Acreditamos	Veterana F40	01:28:26	+39:04	06:48
8	2299	Carla Almeida	Solas Rotas	Veterana F40	01:28:34	+39:11	06:49
9	2025	Célia Sousa	Aves Runners	Veterana F40	01:29:47	+40:24	06:54
10	2159	DE CASTRO Estelle	Individual	Veterana F40	01:29:47	+40:24	06:54
11	2167	Maria de Fátima Castro Botelho Mendes	Individual	Veterana F40	01:31:21	+41:58	07:02
12	2005	Graça Mendes	A.D.Amarante trail running	Veterana F40	01:31:32	+42:10	07:03
13	2162	Filipa Isabel Frias Medeiros de Pimenta	Individual	Veterana F40	01:33:03	+43:40	07:09
14	2082	Aida Linhares	GTT - ARMAZÉM DO CAFFÈ	Veterana F40	01:33:20	+43:57	07:11
15	2153	Ana Luísa Carvalho	Individual	Veterana F40	01:33:32	+44:10	07:12
16	2172	Sandra Silva	Individual	Veterana F40	01:33:36	+44:14	07:12
17	2013	Célia Vieira	Alto Relevo - Clube de Montanhismo	Veterana F40	01:34:59	+45:37	07:18
18	2345	Emilia Marques Silva	Individual	Veterana F40	01:36:06	+46:44	07:24
19	2169	Maria La Saete Silva Monteiro	Individual	Veterana F40	01:37:43	+48:21	07:31
20	2050	Alívio Ribeiro	Braguinhas Running	Veterana F40	01:38:06	+48:44	07:33
21	2051	Elizabeth Ortiz	Braguinhas Running	Veterana F40	01:38:06	+48:44	07:33
22	2165	Leonilde Maria Ferreira Macedo	Individual	Veterana F40	01:38:47	+49:24	07:36
23	2160	Elisabete Melo	Individual	Veterana F40	01:41:44	+52:22	07:50
24	2151	adriana Gravato	Individual	Veterana F40	01:42:05	+52:43	07:51
25	2281	CLARA PINTO	RUN4LUNCH	Veterana F40	01:44:59	+55:37	08:05
26	2225	Gabriela Rola França	JUVENTUDE CORTEGACENSE	Veterana F40	01:45:17	+55:54	08:06
27	2163	GALICHET Nathalie	Individual	Veterana F40	01:46:44	+57:21	08:13
28	2223	ADELAIDE PEREIRA	JUVENTUDE CORTEGACENSE	Veterana F40	01:47:40	+58:17	08:17
29	2226	ISABEL PEREIRA	JUVENTUDE CORTEGACENSE	Veterana F40	01:47:40	+58:17	08:17

**13K**

**13 KM**

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**OFFICIAL RESULT**

30	2156	Carla Brandão	Individual	Veterana F40	01:48:42	+59:20	08:22
31	2026	NATACHA SANTOS	Aves Runners	Veterana F40	01:48:48	+59:25	08:22
32	2062	Ana Trindade	CORRER LISBOA	Veterana F40	01:49:48	+01:00:25	08:27
33	2063	Sandra Batista	CORRER LISBOA	Veterana F40	01:49:48	+01:00:25	08:27
34	2027	PAULA ASSUNÇÃO	Aves Runners	Veterana F40	01:52:24	+01:03:02	08:39
35	2045	Esperança Melo	Bandelete runners	Veterana F40	02:08:01	+01:18:39	09:51
36	2164	Isabel Fazenda	Individual	Veterana F40	02:12:42	+01:23:19	10:12
37	2168	Maria João Rocha	Individual	Veterana F40	02:24:57	+01:35:35	11:09
38	2171	Sandra Santos	Individual	Veterana F40	02:43:00	+01:53:38	12:32
39	2266	Vera Lopes	os perigosos	Veterana F40	02:51:06	+02:01:44	13:10
40	2290	marta alexandra dias costa	sarc em forma	Veterana F40	02:52:07	+02:02:44	13:14

### Veterana F50

1	2174	Conceição Mano	Individual	Veterana F50	01:30:01	+40:38	06:55
2	2175	Cristina Ribeiro	Individual	Veterana F50	01:31:17	+41:55	07:01
3	2317	Maria José Torres Santos	Team Lantermil	Veterana F50	01:34:12	+44:49	07:15
4	2227	Manuela Castelo	JUVENTUDE CORTEGACENSE	Veterana F50	01:41:53	+52:31	07:50
5	2029	PAULA CASTRO	Aves Runners	Veterana F50	01:41:57	+52:35	07:51
6	2310	Luísa Almeida	Tartarugas do Asfalto	Veterana F50	01:43:27	+54:05	07:57
7	2176	isaura de almeida	Individual	Veterana F50	01:47:21	+57:59	08:15
8	2343	Rosa Maria Pinto Carvalho da Costa	Individual	Veterana F50	01:47:24	+58:01	08:16
9	2028	CARMINDA CASTRO	Aves Runners	Veterana F50	01:52:24	+01:03:02	08:39
10	2015	rosina couto	ARCORUN	Veterana F50	01:54:02	+01:04:40	08:46
11	2245	Isabel Lopes	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	01:55:49	+01:06:26	08:55
12	2177	Maria José Santos Ramos Miranda	Individual	Veterana F50	01:56:58	+01:07:35	09:00
13	2057	Rosário Gomes	CERVEIRA TEAM RUNNING/CLUBE CELTAS DO MINHO	Veterana F50	01:58:16	+01:08:53	09:06
14	2178	Maria Madalena Soares	Individual	Veterana F50	02:12:42	+01:23:19	10:12

### Veterana F60

1	2179	maria filomena venâncio lopes marcelo	Individual	Veterana F60	01:37:28	+48:05	07:30
2	2311	Fátima Mendes	Tartarugas Solidárias	Veterana F60	01:42:46	+53:23	07:54
3	2016	alcina moura	ARCORUN	Veterana F60	01:54:02	+01:04:40	08:46
4	2267	Ana Moreira	Os TurboMula	Veterana F60	01:56:32	+01:07:09	08:58
5	2180	Maria Paula Barata Carvalho	Individual	Veterana F60	02:40:52	+01:51:29	12:22

### Veterano M40

1	2001	José Ricardo Machado Pereira	AMA	Veterano M40	49:22		03:48
2	3001	Abílio Ribeiro	S.C.ESPINHO	Veterano M40	53:46	+04:24	04:08
3	2298	Rui Silva	SOCIEDADE RECREIO CEPANENSE	Veterano M40	58:40	+09:18	04:31

**13K**

**13 KM**

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**OFFICIAL RESULT**

4	2182	Adriano Oliveira	Individual	Veterano M40	59:08	+09:45	04:33
5	2325	Mário RODRIGUES	TURBULENTOS	Veterano M40	01:00:16	+10:53	04:38
6	2059	Joaquim Rodrigues Madureira	Clube Zupper	Veterano M40	01:03:30	+14:08	04:53
7	2009	António José Oliveira Carvalho	AFIPRE TEAM / CHRONO.PT	Veterano M40	01:03:50	+14:27	04:55
8	2194	Jorge Ribeiro	Individual	Veterano M40	01:06:16	+16:53	05:06
9	2297	Oswaldo Soares	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:06:20	+16:57	05:06
10	2197	Luís Manuel Carvalhosa Alves	Individual	Veterano M40	01:07:25	+18:02	05:11
11	2191	João Paulo Monteiro	Individual	Veterano M40	01:08:47	+19:24	05:17
12	2206	Paulo Henriques	Individual	Veterano M40	01:11:48	+22:26	05:31
13	2190	Hugo Miguel Soares Silva	Individual	Veterano M40	01:12:27	+23:04	05:34
14	2183	António Vilaça	Individual	Veterano M40	01:14:32	+25:10	05:44
15	2254	Leonel Silva	Neighbors Run	Veterano M40	01:16:14	+26:51	05:52
16	2181	Abel Almeida	Individual	Veterano M40	01:16:16	+26:53	05:52
17	2198	Manuel Coelho Carvalho	Individual	Veterano M40	01:16:41	+27:18	05:54
18	2049	Marcos Gomes	BRAGARUNNERS	Veterano M40	01:17:20	+27:57	05:57
19	2047	João Pedro Cunha	BRAGARUNNERS	Veterano M40	01:17:22	+27:59	05:57
20	2232	Sérgio Paulo Ferreira Oliveira	JUVENTUDE CORTEGACENSE	Veterano M40	01:17:24	+28:02	05:57
21	2230	Julio Paulo Silva	JUVENTUDE CORTEGACENSE	Veterano M40	01:17:24	+28:02	05:57
22	2296	Nuno Lapeira	SOCIEDADE RECREIO CEPANENSE	Veterano M40	01:17:47	+28:24	05:59
23	2314	Miguel Moura	TAYLORS325	Veterano M40	01:18:14	+28:52	06:01
24	2203	Miguel Ângelo Brito Faria	Individual	Veterano M40	01:18:53	+29:30	06:04
25	2250	Joaquim Moura	Mozelos Runners	Veterano M40	01:18:57	+29:34	06:04
26	2204	PAULINO SILVA	Individual	Veterano M40	01:19:45	+30:23	06:08
27	2032	LUIS ALVARES	Aves Runners	Veterano M40	01:20:26	+31:03	06:11
28	2048	Jorge Costa	BRAGARUNNERS	Veterano M40	01:20:35	+31:12	06:12
29	2275	Aires Ferreira Ramos	RadlerTeam	Veterano M40	01:20:36	+31:13	06:12
30	2207	PAULO JORGE	Individual	Veterano M40	01:20:37	+31:15	06:12
31	2081	Pussidónio Manuel Santos Graça	Granho Runners	Veterano M40	01:20:42	+31:19	06:12
32	2030	CELIO SAMPAIO	AVES RUNNERS	Veterano M40	01:21:45	+32:22	06:17
33	2209	Pedro José Oliveira da Silva	Individual	Veterano M40	01:21:49	+32:27	06:18
34	2031	FLORIANO GONÇALVES	Aves Runners	Veterano M40	01:23:21	+33:59	06:25
35	2249	António Rodrigues	Mozelos Runners	Veterano M40	01:23:25	+34:03	06:25
36	2202	Marco António Lopes Couto	Individual	Veterano M40	01:23:39	+34:17	06:26
37	2276	João Carlos Dias	RadlerTeam	Veterano M40	01:24:01	+34:38	06:28
38	2184	Bruno Miguel Tavares	Individual	Veterano M40	01:24:10	+34:47	06:28
39	2195	José Saraiva	Individual	Veterano M40	01:24:43	+35:20	06:31
40	2205	Paulo Caniço	Individual	Veterano M40	01:26:50	+37:27	06:41
41	2186	DE CASTRO Jean-Philippe	Individual	Veterano M40	01:27:13	+37:50	06:43
42	2034	PEDRO OLIVEIRA	Aves Runners	Veterano M40	01:27:59	+38:36	06:46
43	2239	Rogério Ribeiro	Kiquipa	Veterano M40	01:29:13	+39:51	06:52
44	2332	LUIS MONTEIRO	Viriathvs Runners Viseu	Veterano M40	01:29:16	+39:53	06:52
45	2329	Fabiano Ozores	Viana Running	Veterano M40	01:30:13	+40:51	06:56
46	2199	Manuel Correia	Individual	Veterano M40	01:31:59	+42:36	07:05
47	2201	Manuel Silva	Individual	Veterano M40	01:32:35	+43:12	07:07
48	2231	Sandro Rilho	JUVENTUDE CORTEGACENSE	Veterano M40	01:34:32	+45:09	07:16

**13K**

**13 KM**

**OFFICIAL RESULT**

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49	2280	Roferio santos	Run family	Veterano M40	01:34:43	+45:20	07:17
50	2323	Orlando Martins	Turbo-Triciclos	Veterano M40	01:35:05	+45:42	07:19
51	2074	Carlos Correia	Feathers	Veterano M40	01:35:30	+46:07	07:21
52	2188	Fernando Miranda	Individual	Veterano M40	01:37:20	+47:57	07:29
53	2185	Carlos Garcia	Individual	Veterano M40	01:39:44	+50:22	07:40
54	2234	Jorge Teixeira	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M40	01:44:37	+55:14	08:03
55	2235	José Teixeira	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M40	01:44:37	+55:15	08:03
56	2322	Fernando Marques	Turbo-Triciclos	Veterano M40	01:47:33	+58:11	08:16
57	2324	Pedro Loureiro	Turbo-Triciclos	Veterano M40	01:47:33	+58:11	08:16
58	2318	Luís Miguel Pinto Ribeiro	Team Lantermil	Veterano M40	01:49:20	+59:57	08:25
59	2046	Miguel Ferreira	Bandelete runners	Veterano M40	02:08:01	+01:18:39	09:51
60	2291	joao antonio reis freitas	sarc em forma	Veterano M40	02:51:34	+02:02:11	13:12
61	2293	pedro manuel martins gonçalves	sarc em forma	Veterano M40	02:59:02	+02:09:40	13:46

## Veterano M50

1	2037	Joaquim Castro	Aves Runners	Veterano M50	01:06:35	+17:12	05:07
2	2036	Álvaro Pereira	Aves Runners	Veterano M50	01:07:02	+17:39	05:09
3	2326	Octávio Afonso	TURBULENTOS	Veterano M50	01:08:07	+18:45	05:14
4	2213	António Manuel dos Santos e Silva	Individual	Veterano M50	01:10:24	+21:01	05:25
5	2218	Paulo Dias	Individual	Veterano M50	01:10:38	+21:15	05:26
6	2010	António de Neiva Rodrigues	AFIPRE TEAM / CHRONO.PT	Veterano M50	01:11:27	+22:04	05:30
7	2272	Carlos Martins	Porto Sentido Runners	Veterano M50	01:17:55	+28:32	06:00
8	2233	Paulo Castelo	JUVENTUDE CORTEGACENSE	Veterano M50	01:20:11	+30:48	06:10
9	2212	ANTÓNIO LIMA	Individual	Veterano M50	01:20:46	+31:23	06:13
10	2214	Carlos Monteiro	Individual	Veterano M50	01:25:23	+36:01	06:34
11	2053	Agostinho Silva	C.C.Recreativo de São Martinho	Veterano M50	01:26:45	+37:22	06:40
12	2216	Josè Augusto Batista Pinto	Individual	Veterano M50	01:28:58	+39:35	06:51
13	2284	rui machado	salgueiros running	Veterano M50	01:34:15	+44:52	07:15
14	2336	Fernando Marques	Ze team	Veterano M50	01:34:28	+45:05	07:16
15	2283	Rui Chaves	Runfamily	Veterano M50	01:34:43	+45:20	07:17
16	2215	Carlos Santos	Individual	Veterano M50	01:38:04	+48:41	07:33
17	2342	Fernando Basto da Costa	Individual	Veterano M50	01:43:20	+53:57	07:57
18	2304	Rui Sequeira	SS MONTEPIO	Veterano M50	01:44:17	+54:54	08:01
19	2251	Fernando Sousa	Mozelos Runners	Veterano M50	01:46:25	+57:02	08:11

## Veterano M60

1	2285	Adérito António Viegas Alves	salgueiros running	Veterano M60	01:10:40	+21:18	05:26
2	2273	Óscar Loureiro	Porto Sentido Runners	Veterano M60	01:12:05	+22:42	05:33
3	2286	Lénio Fernando Nogueira Marinho	salgueiros running	Veterano M60	01:25:59	+36:37	06:37
4	2261	LUIS BESSA	NUCLEO DE KARATE E ATLETISMO DE RORIZ	Veterano M60	01:27:06	+37:43	06:42
5	2312	Acácio Mendes	Tartarugas Solidárias	Veterano M60	01:30:56	+41:34	07:00

