

TRAIL LONGO 28K - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	10.6°C	81%
End	12:59	10.6°C	81%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	2042	Igor Lysyi	Amigos da Montanha	02:32:01		05:26	
2	2041	João Rodrigues	Amigos da Montanha	02:32:02	+00:01	05:26	
3	2079	André Cunha	ERDAL	02:33:06	+01:05	05:28	
4	2048	Joel Araújo	Perelhal a correr	02:40:44	+08:43	05:44	
5	2046	Pedro Caprichoso	AGUIAS DE ALVELOS	02:41:23	+09:22	05:46	
6	2043	Germano Figueira	Amigos da Montanha	02:41:37	+09:36	05:46	
7	2069	Tiago Leal	AGUIAS DE ALVELOS	02:42:29	+10:28	05:48	
8	2021	Sérgio Monteiro	Individual	02:44:45	+12:44	05:53	
9	2053	Hélder Amorim	ADCAR	02:47:50	+15:49	06:00	
10	2085	Luís Filipe Silva	CBRUN	02:48:10	+16:09	06:00	
11	2080	Hélder Silva	QTRILHO	02:48:33	+16:32	06:01	
12	2070	Sílvia Silva	QTRILHO	02:48:35	+16:34	06:01	
13	2065	Renato Teixeira	CAAT	02:49:25	+17:24	06:03	
14	2040	Cláudio Araújo	Individual	02:51:32	+19:31	06:08	
15	2073	Xavier Amorim	ADCAR	02:53:45	+21:44	06:12	
16	2066	Mariana Machado	AMVE	02:54:24	+22:23	06:14	
17	2084	João Ricardo Santos	ERDAL	02:54:33	+22:32	06:14	
18	2091	Gualter Freitas	QTRILHO	02:54:54	+22:53	06:15	
19	2057	António José Oliveira Carvalho	CAAT	02:56:09	+24:08	06:17	
20	2027	Hugo André Pires Araújo	OLÍMPICO VIANENSE	02:56:35	+24:34	06:18	
21	2022	Alexandre Tinoco	Individual	02:57:20	+25:19	06:20	
22	2061	Sérgio Silva	AGUIAS DE ALVELOS	02:57:51	+25:50	06:21	
23	2094	Gabriel Meira	AGUIAS DE ALVELOS	02:57:58	+25:57	06:21	
24	2029	Jorge Cardoso	Lobos do Monte Run	02:58:01	+26:00	06:21	
25	2037	Luis vilarinho	Individual	02:58:55	+26:54	06:23	
26	2090	Miguel Ângelo Alves	QTRILHO	02:59:58	+27:57	06:26	
27	2075	António Cardoso	ADCAR	03:03:06	+31:05	06:32	
28	2001	Vítor Silva	Perelhal a correr	03:04:32	+32:31	06:35	
29	2009	José Boucinha	VF'S	03:04:58	+32:57	06:36	
30	2074	Luís Miguel Santos	ERDAL	03:04:59	+32:58	06:36	
31	2002	Luís Mota	Praia Trail	03:07:32	+35:31	06:42	
32	2083	Fernando Faria	ADEPE	03:12:28	+40:27	06:52	
33	2015	Paulo Oliveira	MINHO AVENTURA	03:14:23	+42:22	06:57	
34	2093	Jorge Lemos	QTRILHO	03:14:56	+42:55	06:58	
35	2086	Jorge Mendes	QTRILHO	03:14:59	+42:58	06:58	
36	2078	Carlos Miranda	ADCAR	03:16:30	+44:29	07:01	
37	2038	Natalia Popova	hSantamariaRT	03:16:59	+44:58	07:02	
38	2060	Hélder Borges	CAAT	03:17:19	+45:18	07:03	
39	2016	Hélder Azevedo	airórun	03:17:57	+45:56	07:04	
40	2035	João Ramos	EDV-VIANA TRAIL	03:21:26	+49:25	07:12	
41	2051	Ricardo Silva	EDV-VIANA TRAIL	03:21:26	+49:25	07:12	
42	2010	Luís Monteiro	Lobos do Monte Run	03:22:46	+50:45	07:14	

28 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	2 / 2	generate 26-Mar-2023 13:07
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Trail Longo 28K

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	10.6°C	81%
End	12:59	10.6°C	81%

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

1	2070	Silvia Silva	QTRILHO	Senior Feminino	02:48:35	06:01:25
2	2066	Mariana Machado	AMVE	Senior Feminino	02:54:24	+05:48 06:14:25
3	2038	Natalia Popova	hSantamariaRT	Senior Feminino	03:16:59	+28:24 07:02:25
4	2067	Liliana Moreira	AMVE	Senior Feminino	03:44:13	+55:38 08:00:25
5	2089	Susana Rodrigues	CAF-FR	Senior Feminino	03:50:01	+01:01:25 08:13:25

Senior Masculino

1	2042	Igor Lysyi	Amigos da Montanha	Senior Masculino	02:32:01		05:26
2	2043	Germano Figueira	Amigos da Montanha	Senior Masculino	02:41:37	+09:35	05:46
3	2069	Tiago Leal	AGUIAS DE ALVELOS	Senior Masculino	02:42:29	+10:27	05:48
4	2021	Sérgio Monteiro	Individual	Senior Masculino	02:44:45	+12:44	05:53
5	2053	Hélder Amorim	ADCAR	Senior Masculino	02:47:50	+15:48	06:00
6	2065	Renato Teixeira	CAAT	Senior Masculino	02:49:25	+17:24	06:03
7	2040	Cláudio Araújo	Individual	Senior Masculino	02:51:32	+19:30	06:08
8	2073	Xavier Amorim	ADCAR	Senior Masculino	02:53:45	+21:44	06:12
9	2027	Hugo André Pires Araújo	OLÍMPICO VIANENSE	Senior Masculino	02:56:35	+24:33	06:18
10	2029	Jorge Cardoso	Lobos do Monte Run	Senior Masculino	02:58:01	+25:59	06:21
11	2009	José Boucinha	VF'S	Senior Masculino	03:04:58	+32:57	06:36
12	2074	Luís Miguel Santos	ERDAL	Senior Masculino	03:04:59	+32:58	06:36
13	2078	Carlos Miranda	ADCAR	Senior Masculino	03:16:30	+44:28	07:01
14	2035	João Ramos	EDV-VIANA TRAIL	Senior Masculino	03:21:26	+49:24	07:12
15	2054	Jose Pereira	AGUIAS DE ALVELOS	Senior Masculino	03:24:20	+52:18	07:18
16	2028	Marco Faria	Individual	Senior Masculino	03:26:52	+54:50	07:23
17	2023	Rui Leite	Individual	Senior Masculino	03:34:19	+01:02:18	07:39
18	2071	Luciano Pena	CAAT	Senior Masculino	03:34:29	+01:02:28	07:40
19	2020	Vitor Faria	Os peregrinos	Senior Masculino	03:35:50	+01:03:48	07:42
20	2000	Ruben Gabones	Individual	Senior Masculino	03:37:00	+01:04:59	07:45
21	2012	Helder Oliveira	Terror dos Montes	Senior Masculino	03:55:51	+01:23:50	08:25
22	2007	José Manuel Gomes Miranda	Perelhal a correr	Senior Masculino	04:09:14	+01:37:12	08:54

Sub 23 Masculino

1	2049	João Magalhães	Os peregrinos	Sub 23 Masculino	03:35:51	07:43
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Veterana F40

1	2047	Lígia Mendes	United Team	Veterana F40	03:40:32	07:53
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Official Timekeeper: Lap2Go	1 / 3	generate 26-Mar-2023 13:07
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Trail Longo 28K

28 KM

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OFFICIAL RESULT

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2	2003	Manuela Cunha	Individual	Veterana F40	03:50:26	+09:54	08:14
3	2045	Ana Pereira	ADE Trail Running	Veterana F40	04:01:40	+21:07	08:38
4	2064	Andrea Cunha	CAF-FR	Veterana F40	04:09:00	+28:28	08:54
5	2063	Fátima Marinho	ind	Veterana F40	04:18:44	+38:12	09:14
6	2087	Alcina Cruz	CAB	Veterana F40	04:25:47	+45:15	09:30

Veterana F50

1	2092	Paula Carvalho	AMVE	Veterana F50	04:11:59	09:00
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Veterano M40

1	2041	João Rodrigues	Amigos da Montanha	Veterano M40	02:32:02	05:26
2	2079	André Cunha	ERDAL	Veterano M40	02:33:06	+01:03 05:28
3	2048	Joel Araújo	Perelhal a correr	Veterano M40	02:40:44	+08:42 05:44
4	2046	Pedro Caprichoso	AGUIAS DE ALVELOS	Veterano M40	02:41:23	+09:20 05:46
5	2085	Luís Filipe Silva	CBRUN	Veterano M40	02:48:10	+16:08 06:00
6	2080	Hélder Silva	QTRILHO	Veterano M40	02:48:33	+16:31 06:01
7	2084	João Ricardo Santos	ERDAL	Veterano M40	02:54:33	+22:31 06:14
8	2057	António José Oliveira Carvalho	CAAT	Veterano M40	02:56:09	+24:07 06:17
9	2022	Alexandre Tinoco	Individual	Veterano M40	02:57:20	+25:18 06:20
10	2061	Sérgio Silva	AGUIAS DE ALVELOS	Veterano M40	02:57:51	+25:48 06:21
11	2094	Gabriel Meira	AGUIAS DE ALVELOS	Veterano M40	02:57:58	+25:55 06:21
12	2037	Luis vilarinho	Individual	Veterano M40	02:58:55	+26:53 06:23
13	2001	Vítor Silva	Perelhal a correr	Veterano M40	03:04:32	+32:29 06:35
14	2083	Fernando Faria	ADEPE	Veterano M40	03:12:28	+40:25 06:52
15	2015	Paulo Oliveira	MINHO AVENTURA	Veterano M40	03:14:23	+42:20 06:57
16	2086	Jorge Mendes	QTRILHO	Veterano M40	03:14:59	+42:56 06:58
17	2060	Hélder Borges	CAAT	Veterano M40	03:17:19	+45:17 07:03
18	2016	Hélder Azevedo	airórun	Veterano M40	03:17:57	+45:55 07:04
19	2051	Ricardo Silva	EDV-VIANA TRAIL	Veterano M40	03:21:26	+49:24 07:12
20	2062	Rui Vilasboas	ADCAR	Veterano M40	03:33:33	+01:01:31 07:38
21	2014	José Azevedo	Os peregrinos	Veterano M40	03:35:50	+01:03:48 07:43
22	2031	José do Vale	Perelhal a correr	Veterano M40	03:37:58	+01:05:56 07:47
23	2011	Marcelino Mota	BRAGA RUNNERS	Veterano M40	03:38:39	+01:06:36 07:49
24	2006	Hugo Sá	Individual	Veterano M40	03:38:42	+01:06:40 07:49
25	2076	João Ribeiro	ERDAL	Veterano M40	03:39:05	+01:07:03 07:49
26	2097	André Vieira Castro	ind	Veterano M40	03:40:26	+01:08:23 07:52
27	2030	Ricardo Goncalves	AZU	Veterano M40	04:05:59	+01:33:57 08:47
28	2034	Antonio Alves	Clube MILLENNIUMBGP	Veterano M40	04:09:03	+01:37:01 08:54
29	2013	António Maia	Apúlia a Correr	Veterano M40	04:18:00	+01:45:58 09:13
30	2025	Narciso Abreu	Individual	Veterano M40	04:23:13	+01:51:11 09:24
31	2088	Rui Cruz	CAB	Veterano M40	04:25:48	+01:53:46 09:30

Trail Longo 28K

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M50

1	2091	Gualter Freitas	QTRILHO	Veterano M50	02:54:54	06:15
2	2090	Miguel Ângelo Alves	QTRILHO	Veterano M50	02:59:58	+05:04 06:26
3	2075	António Cardoso	ADCAR	Veterano M50	03:03:06	+08:12 06:32
4	2002	Luís Mota	Praia Trail	Veterano M50	03:07:32	+12:37 06:42
5	2093	Jorge Lemos	QTRILHO	Veterano M50	03:14:56	+20:01 06:58
6	2010	Luís Monteiro	Lobos do Monte Run	Veterano M50	03:22:46	+27:51 07:14
7	2017	Vítor Araújo	Minho Aventura Impulse	Veterano M50	03:22:58	+28:03 07:15
8	2004	António Matos	Clube Trilheiros & Amigos	Veterano M50	03:31:43	+36:48 07:34
9	2095	Olegário Oliveira	ADEPE	Veterano M50	03:32:21	+37:26 07:35
10	2033	Manuel José Gomes	Individual	Veterano M50	03:47:31	+52:37 08:08
11	2050	Jorge Domingues	Lebres Minhotas	Veterano M50	03:54:02	+59:08 08:22
12	2024	Fernando Lopes	Terror dos Montes	Veterano M50	03:54:18	+59:24 08:22
13	2099	Celso Araújo	CAAT	Veterano M50	04:04:06	+01:09:11 08:43
14	2059	Pedro Pimenta	Individual	Veterano M50	04:18:36	+01:23:41 09:14

Veterano M60

1	2052	Severino Ribeiro	ind	Veterano M60	03:28:42	07:27
2	2005	José Calisto	Praia Trail	Veterano M60	03:35:34	+06:51 07:42
3	2039	DOMINGOS MACHADO	Terror dos Montes	Veterano M60	03:57:15	+28:32 08:28

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 26-Mar-2023 13:08
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18 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	11.5°C	80%
End	12:56	11.5°C	80%

Official Timekeeper: Lap2Go	1 / 8	generate 26-Mar-2023 13:08
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TRAIL CURTO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
42	370	João Martins	VVC	01:51:01	+24:47	06:10	
43	143	Manuel Oliveira	Individual	01:51:06	+24:52	06:10	
44	187	David Silva	Individual	01:51:08	+24:54	06:10	
45	261	Eliseu Leite	Lobos do Monte Run	01:51:18	+25:04	06:11	
46	309	Ricardo Campos	VIZELA	01:51:22	+25:08	06:11	
47	271	João Pedro Santos Sousa	Spin&Run Esposende	01:51:25	+25:11	06:11	
48	346	Márcio Silva	ERDAL	01:51:52	+25:38	06:13	
49	306	Cristiana Rocha	DRGN	01:52:00	+25:46	06:13	
50	5	José Reis	JAM-FRANKLIM PRATA	01:52:03	+25:49	06:14	
51	147	Paulo Peixoto	M.O.V.E	01:52:12	+25:58	06:14	
52	194	Filipe Freitas	Amigos da corrida Brito	01:52:25	+26:11	06:15	
53	118	Marcos Ourives	B&B HOTEL FAMALICÃO - B&B HOTEL SANTO TIRSO	01:52:40	+26:26	06:16	
54	292	Manuel Fernandes	Qritmo	01:52:56	+26:42	06:16	
55	149	JOAO LARANJEIRA	Individual	01:53:12	+26:58	06:17	
56	378	César Gomes	DRGN	01:54:09	+27:55	06:20	
57	390	Sérgio Campos	Qritmo	01:54:11	+27:57	06:21	
58	241	José Silva Mariz	Individual	01:54:49	+28:35	06:23	
59	24	João Gonçalves	Individual	01:54:58	+28:44	06:23	
60	356	Ricardo Peixoto	VVC	01:55:24	+29:10	06:25	
61	226	Eduardo marinho couto gonçalves	Individual	01:55:40	+29:26	06:26	
62	328	Marco Fernandes	CBRUN	01:55:41	+29:27	06:26	
63	298	Pedro Loureiro	ERDAL	01:55:45	+29:31	06:26	
64	281	João da silva	CSJMAR	01:55:45	+29:31	06:26	
65	122	Luís Leitão	Dragon club	01:56:23	+30:09	06:28	
66	352	Rui Faria	ERDAL	01:56:25	+30:11	06:28	
67	252	Nelson Fernandes	Promessas do Atletismo	01:56:30	+30:16	06:28	
68	315	Cláudio Lopes	VIZELA	01:56:30	+30:16	06:28	
69	78	Miguel Pilar	Individual	01:56:33	+30:19	06:29	
70	41	Francisco Cavalheiro	Individual	01:57:07	+30:53	06:30	
71	287	Rui couto	CSJMAR	01:57:08	+30:54	06:30	
72	300	Manuel Oliveira	VVC	01:57:26	+31:12	06:31	
73	180	DANIEL RIBEIRO	Amigos da Corrida Brito	01:57:44	+31:30	06:32	
74	68	José Alves	Individual	01:57:46	+31:32	06:33	
75	111	FERNANDO AREZES	GTT - Armazém do Caffè	01:58:27	+32:13	06:35	
76	377	Rui Azevedo	ind	01:59:27	+33:13	06:38	
77	238	Carlos Nogueira	Grupo Trabalhadores da Câmara Municipal de Fafe	01:59:31	+33:17	06:38	
78	335	Márcio Sá	Qritmo	01:59:49	+33:35	06:39	
79	350	Michael Pereira	Qritmo	01:59:52	+33:38	06:40	
80	163	Joao Leitao	Ribeitrail	02:00:00	+33:46	06:40	
81	186	JOSE SOUSA	Amigos da Corrida Brito	02:00:04	+33:50	06:40	
82	74	Ricardo Capitão	Individual	02:00:22	+34:08	06:41	
83	289	Helena Martins	ind	02:00:31	+34:17	06:42	
84	140	José Paulino	SSCGD	02:00:44	+34:30	06:42	
85	121	Pedro Catarino	Dragon club	02:01:13	+34:59	06:44	
86	109	Ricardo Carqueijó	Individual	02:01:16	+35:02	06:44	

18 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
87	332	Filipe Alves	VVC	02:01:16	+35:02	06:44	
88	207	Vítor Rodrigues	Individual	02:01:21	+35:07	06:44	
89	375	Carla Ferreira	VVC	02:01:25	+35:11	06:45	
90	43	Fernando Martins	A.R.Sequeirô/Destemidos	02:01:25	+35:11	06:45	
91	222	Luis Laranjeira	Individual	02:01:33	+35:19	06:45	
92	353	Pedro Maciel	DRGN	02:02:15	+36:01	06:48	
93	397	Andreia Rocha	DRGN	02:02:18	+36:04	06:48	
94	137	João Lima	Individual	02:02:26	+36:12	06:48	
95	55	Alfredo Fragoso	Individual	02:02:29	+36:15	06:48	
96	316	Carla Oliveira	ADOSA	02:02:31	+36:17	06:48	
97	334	Ricardo Antunes	CBRUN	02:02:43	+36:29	06:49	
98	20	Nuno Lomba	Apúlia a Correr	02:03:04	+36:50	06:50	
99	196	Mykola Korolenko	Torrestir	02:03:15	+37:01	06:51	
100	188	Miguel Machado	DIVE - LIBERDADE FC	02:03:19	+37:05	06:51	
101	191	Fátima Oliveira	DIVE - Liberdade FC	02:03:55	+37:41	06:53	
102	264	José Castro	Barcelos Treino Militar	02:04:06	+37:52	06:54	
103	38	João Oliveira	Individual	02:04:26	+38:12	06:55	
104	169	Antonio Capitão	ARGo	02:04:36	+38:22	06:55	
105	268	Mário Antunes	Lobos do Monte Run	02:04:48	+38:34	06:56	
106	395	Bruno Pereira	ADCAR	02:04:55	+38:41	06:56	
107	225	Ciano Ribeiro	Individual	02:04:57	+38:43	06:56	
108	394	Cristiano Fernandes	Perelhal a correr	02:05:05	+38:51	06:57	
109	51	Hugo Sousa	Barrancos FC/Biogado	02:05:26	+39:12	06:58	
110	59	Gilberto Dias	Individual	02:05:30	+39:16	06:58	
111	50	Hélder Magalhães	Individual	02:05:33	+39:19	06:58	
112	69	Duarte ribeiro	Individual	02:05:42	+39:28	06:59	
113	47	Paulo Martins	Individual	02:05:42	+39:28	06:59	
114	192	David Amorim	Individual	02:06:22	+40:08	07:01	
115	206	Manuel Araujo	9:15 LOURO	02:06:39	+40:25	07:02	
116	26	Bernadete Faria	Individual	02:06:41	+40:27	07:02	
117	101	Pedro Santos	Individual	02:06:45	+40:31	07:02	
118	141	Antonio Baptista	Individual	02:06:45	+40:31	07:03	
119	217	André Gomes	Skills	02:06:56	+40:42	07:03	
120	114	Miguel Caseiro	LOBOS do MONTE RUM	02:07:09	+40:55	07:04	
121	87	Nuno Mendes	Individual	02:07:09	+40:55	07:04	
122	348	Angélica Rocha	DRGN	02:07:09	+40:55	07:04	
123	125	Manuel António Rodrigues silva	Dragon club	02:07:25	+41:11	07:05	
124	330	João Ferreira	VIZELA	02:07:37	+41:23	07:05	
125	267	Sara Araújo	B.T.M	02:07:40	+41:26	07:06	
126	204	Diogo Capitão	Individual	02:08:04	+41:50	07:07	
127	18	Pascal Leiras	Ribeitrail	02:08:13	+41:59	07:07	
128	273	Ivo Costa	Individual	02:08:51	+42:37	07:10	
129	9	Carlos pereira	Individual	02:09:00	+42:46	07:10	
130	132	Jose Lopes	RIBEITRAIL	02:09:14	+43:00	07:11	
131	272	Manuel Braga	ADE Trail Running	02:09:19	+43:05	07:11	
132	384	Valdemar Carvalho	ind	02:09:23	+43:09	07:11	

TRAIL CURTO 18K - STAGE 1

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
133	368	Paulo Freitas	FCV	02:09:32	+43:18	07:12	
134	156	Diogo Barbosa	Individual	02:09:57	+43:43	07:13	
135	29	Ricardo Coelho	GTT - Armazém do Caffè	02:10:20	+44:06	07:14	
136	167	Paulo Dias	ARGOS	02:10:57	+44:43	07:16	
137	211	Pedro Lima	Individual	02:11:22	+45:08	07:18	
138	96	David Pilar	Pilar Team	02:11:41	+45:27	07:19	
139	342	Cristina Oliveira	ind	02:11:51	+45:37	07:19	
140	102	Tiago Gonçalves	Individual	02:11:51	+45:37	07:20	
141	16	Carlos Ribeiro	Trail4Fun	02:12:09	+45:55	07:21	
142	79	Adelio Nuno Gomes Maranhao Maranhao	Individual	02:12:17	+46:03	07:21	
143	386	António Rodrigues	CAAT	02:12:22	+46:08	07:21	
144	93	Pedro Moura	Individual	02:12:26	+46:12	07:21	
145	100	Pedro Moreira	Individual	02:12:27	+46:13	07:22	
146	44	Nuno Oliveira	Individual	02:12:31	+46:17	07:22	
147	231	José Oliveira	ADE Trail Running	02:12:33	+46:19	07:22	
148	34	Filipe Monteiro	Bota lá	02:12:33	+46:19	07:22	
149	341	Rogério Moreira	Qritmo	02:12:59	+46:45	07:23	
150	351	Alexandre Ribeiro	ADOSA	02:13:19	+47:05	07:24	
151	391	José Rui Pereira	AMVE	02:13:21	+47:07	07:24	
152	325	Luís Talina	VVC	02:13:30	+47:16	07:25	
153	310	Adriana Costa	CBRUN	02:13:32	+47:18	07:25	
154	107	Filipe Campos	Individual	02:14:30	+48:16	07:28	
155	2	Agusto Maranhão	Individual	02:14:34	+48:20	07:29	
156	286	Filipa Silva	CAF-FR	02:15:08	+48:54	07:30	
157	212	FILIPE Barreto	Individual	02:15:50	+49:36	07:33	
158	168	Pedro Ribeiro	ARGo	02:15:51	+49:37	07:33	
159	75	Júlio Ferreira	Individual	02:16:03	+49:49	07:33	
160	97	Alexandre Viana	Individual	02:16:29	+50:15	07:35	
161	274	Carlos Almeida	Individual	02:16:32	+50:18	07:35	
162	311	Cátia Correia	AMVE	02:16:52	+50:38	07:36	
163	220	Jorge Correia	Vá-Caminha	02:16:52	+50:38	07:36	
164	282	Francisco Gonçalves	VVC	02:16:55	+50:41	07:36	
165	246	Pedr Silva	Pedro Silva	02:17:02	+50:48	07:37	
166	198	Eva Sofia Freitas da Costa	Amigos da Montanha	02:17:13	+50:59	07:37	
167	234	Rui Pereira	patos bravos	02:17:34	+51:20	07:39	
168	11	Nelson Pontes	Individual	02:17:40	+51:26	07:39	
169	161	Sergio Barroso	Individual	02:17:47	+51:33	07:39	
170	162	Vítor Silva	Individual	02:17:49	+51:35	07:39	
171	361	Hélder Costa	FCV	02:17:51	+51:37	07:40	
172	382	João Graça	VVC	02:17:53	+51:39	07:40	
173	227	Luis Patrão	CSJUV Mar	02:17:56	+51:42	07:40	
174	57	Teresa Santos	Centro de marcha	02:18:11	+51:57	07:41	
175	369	José Fernandes	ind	02:18:18	+52:04	07:41	
176	279	Pedro Silva		02:18:18	+52:04	07:41	
177	243	Vítor Fonseca	Individual	02:18:24	+52:10	07:41	

18 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	5 / 8	generate 26-Mar-2023 13:08
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18 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
224	189	Nuno Amorim	Individual	02:29:16	+01:03:02	08:18	
225	148	Marília Rodrigues	Individual	02:29:30	+01:03:16	08:18	
226	126	Maria do Céu Correia da Silva	Dragon club	02:30:15	+01:04:01	08:21	
227	108	Michal Jankowski	Individual	02:30:16	+01:04:02	08:21	
228	176	Eufemia Landeira Gonçalves	Eufemia Landeira	02:30:17	+01:04:03	08:21	
229	254	Daniel de Freitas Ribeiro	Individual	02:30:21	+01:04:07	08:21	
230	145	Ricardo Pires	Individual	02:30:30	+01:04:16	08:22	
231	182	Rafael Brito	Renasce	02:31:00	+01:04:46	08:23	
232	283	Aurora Silva	Vila Verde a Correr	02:31:27	+01:05:13	08:25	
233	240	Luísa Rodrigues	Individual	02:32:02	+01:05:48	08:27	
234	278	Tiago Tiago Santos	CSJMAR	02:32:05	+01:05:51	08:27	
235	3	Carlos Lomba	Individual	02:32:52	+01:06:38	08:30	
236	324	Andreia Carvalho	Qritmo	02:33:18	+01:07:04	08:31	
237	362	Elisabete Carvalho	Qritmo	02:33:18	+01:07:04	08:31	
238	174	Conceição queiroz	Individual	02:33:18	+01:07:04	08:31	
239	340	Filipe Oliveira	AMVE	02:33:28	+01:07:14	08:32	
240	197	José Alberto Pinto Costa Gonçalves	Amigos da Montanha	02:34:27	+01:08:13	08:35	
241	7	Francisca Lima	Perelhal a correr	02:34:48	+01:08:34	08:36	
242	8	Antonio Lima	Perelhal a correr	02:34:48	+01:08:34	08:36	
243	209	MARTA FONSECA	Individual	02:35:34	+01:09:20	08:39	
244	258	Albino Oliveira	GTT - Armazém do Caffè	02:35:58	+01:09:44	08:40	
245	152	Jorge Brandão	Individual	02:36:35	+01:10:21	08:42	
246	327	Inês Viana	CSJMAR	02:36:42	+01:10:28	08:42	
247	255	Manuel Ferreira	Individual	02:37:10	+01:10:56	08:44	
248	262	Mónica Martins	Lebres Minhotas	02:37:25	+01:11:11	08:45	
249	380	Pedro Pinheiro	VVC	02:37:26	+01:11:12	08:45	
250	363	Ana Neto	FCV	02:37:46	+01:11:32	08:46	
251	63	Liliana Matos	Perelhal a correr	02:37:53	+01:11:39	08:46	
252	52	Paula Silva	Individual	02:38:18	+01:12:04	08:48	
253	66	Alcino Tavare	Gansos	02:38:20	+01:12:06	08:48	
254	67	Florinda Carvalho	Gansos	02:38:21	+01:12:07	08:48	
255	154	Celia Meira	Velha Guarda	02:38:30	+01:12:16	08:48	
256	85	Ana Carneiro	Individual	02:38:49	+01:12:35	08:49	
257	40	Natalina Rodrigues	Individual	02:39:20	+01:13:06	08:51	
258	91	Vera Silva	Mont Blue Team	02:39:59	+01:13:45	08:53	
259	219	JOSÉ NEVES	Trailistas "Eu é que sei"	02:40:34	+01:14:20	08:55	
260	221	Catarina Lomba	Individual	02:40:34	+01:14:20	08:55	
261	80	Isabel Fernandes	ARC Vale S. Cosme	02:40:36	+01:14:22	08:55	
262	14	Miguel Mendes	ARC Vale S. Cosme	02:40:37	+01:14:23	08:55	
263	124	Maria Ferreira	Dragon club	02:40:43	+01:14:29	08:56	
264	304	Bárbara Carvalho	Qritmo	02:41:37	+01:15:23	08:59	
265	389	Rita Ribeiro	AMVE	02:41:42	+01:15:28	08:59	
266	223	Marcia Bandeira	Amigos da Montanha	02:42:18	+01:16:04	09:01	
267	54	Cândido Silva	Zenit Automóveis	02:42:27	+01:16:13	09:01	
268	385	Maria José Silva	FCV	02:44:04	+01:17:50	09:07	
269	131	Guilherme Marques	Clan Marques	02:44:32	+01:18:18	09:08	

18 KM

OFFICIAL RESULT

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Official Timekeeper: Lap2Go	7 / 8	generate 26-Mar-2023 13:08
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18 KM

OFFICIAL RESULT

[illegible]

Official Timekeeper: Lap2Go	8 / 8	generate 26-Mar-2023 13:08
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Trail Curto 18K

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	11.5°C	80%
End	12:56	11.5°C	80%

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

1	289	Helena Martins	ind	Senior Feminino	02:00:31	06:42
2	316	Carla Oliveira	ADOSA	Senior Feminino	02:02:31	+02:00 06:48
3	191	Fátima Oliveira	DiVE - Liberdade FC	Senior Feminino	02:03:55	+03:23 06:53
4	267	Sara Araújo	B.T.M	Senior Feminino	02:07:40	+07:09 07:06
5	310	Adriana Costa	CBRUN	Senior Feminino	02:13:32	+13:01 07:25
6	286	Filipa Silva	CAF-FR	Senior Feminino	02:15:08	+14:37 07:30
7	112	Ariana Araujo	MINHO AVENTURA	Senior Feminino	02:24:47	+24:15 08:03
8	116	Catarina Caseira	Individual	Senior Feminino	02:25:19	+24:48 08:04
9	53	Isabel Novais	Perelhal a correr	Senior Feminino	02:25:47	+25:15 08:06
10	39	Rita Vale Lima	Perelhal a correr	Senior Feminino	02:28:26	+27:54 08:15
11	160	Juliana Queirós	Juliana Queirós	Senior Feminino	02:29:09	+28:38 08:17
12	148	Marília Rodrigues	Individual	Senior Feminino	02:29:30	+28:59 08:18
13	324	Andreia Carvalho	Qritmo	Senior Feminino	02:33:18	+32:47 08:31
14	7	Francisca Lima	Perelhal a correr	Senior Feminino	02:34:48	+34:16 08:36
15	221	Catarina Lomba	Individual	Senior Feminino	02:40:34	+40:03 08:55
16	155	Sofia Casanova	Casanovateam	Senior Feminino	02:44:43	+44:11 09:09
17	164	Jéssica Eusébio	CasanovaTeam	Senior Feminino	02:44:50	+44:18 09:09
18	49	Cátia Beirão	Aí Aí Team	Senior Feminino	02:48:15	+47:43 09:21
19	244	TANIA TINOCO	Amigos da Corrida Brito	Senior Feminino	02:52:10	+51:39 09:34
20	64	Cátia Barbosa	Individual	Senior Feminino	02:53:07	+52:36 09:37
21	263	Alexandra Costa	SKILLS TC	Senior Feminino	03:03:17	+01:02:45 10:11
22	65	Fátima Carreira	B.T.M	Senior Feminino	03:03:26	+01:02:55 10:11
23	314	Cláudia Silva	CAAT	Senior Feminino	03:04:16	+01:03:45 10:14
24	195	Mariana Escrivães	Skills	Senior Feminino	03:09:20	+01:08:48 10:31
25	82	Catarina Cepa	Pilar Team	Senior Feminino	03:13:55	+01:13:23 10:46
26	228	Mariana Pinheiral	ADE Trail Running	Senior Feminino	03:27:14	+01:26:43 11:31
27	115	Telma Coelho	Individual	Senior Feminino	03:28:57	+01:28:26 11:37
28	213	Paula De Oliveira	Terror dos Montes	Senior Feminino	03:31:07	+01:30:36 11:44
29	233	Isa Catarina M. Ribeiro	ADE Trail Running	Senior Feminino	03:53:06	+01:52:34 12:57

Senior Masculino

1	318	Amândio Ferreira	Qritmo	Senior Masculino	01:26:14	04:47
2	275	Ricardo Dias	Clube Atletismo Olímpico Vianense	Senior Masculino	01:26:16	+00:01 04:48
3	313	Marco Santos	CBRUN	Senior Masculino	01:26:56	+00:42 04:50
4	371	Pedro Carvalho	VVC	Senior Masculino	01:29:03	+02:48 04:57
5	280	Leonel Barros	VIZELA	Senior Masculino	01:31:35	+05:20 05:05
6	343	Vítor Silva	ERDAL	Senior Masculino	01:34:02	+07:48 05:13
7	347	Pedro Lopes	CBRUN	Senior Masculino	01:35:15	+09:01 05:18

Trail Curto 18K

18 KM

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OFFICIAL RESULT

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8	323	Hélder Silva	VIZELA	Senior Masculino	01:37:00	+10:46	05:23
9	367	Tiago Oliveira	ind	Senior Masculino	01:38:59	+12:44	05:30
10	157	Bruno Correia	Lobos do Monte Run	Senior Masculino	01:40:37	+14:23	05:35
11	354	João Lopes	CBRUN	Senior Masculino	01:43:41	+17:26	05:46
12	247	Rafael Teixeira	Promessas do Atletismo	Senior Masculino	01:44:50	+18:35	05:49
13	297	Michel Silva	DRGN	Senior Masculino	01:46:03	+19:48	05:53
14	184	Paulo Aroso	TEAM LANTEMIL	Senior Masculino	01:46:44	+20:29	05:56
15	301	Leandro Mororo	VVC	Senior Masculino	01:47:57	+21:42	06:00
16	302	Tiago Santos	VVC	Senior Masculino	01:48:47	+22:32	06:03
17	136	Eduardo Filipe	Lobos do Monte Run	Senior Masculino	01:49:45	+23:31	06:06
18	277	Nelson Gonçalves	Juvmar	Senior Masculino	01:50:59	+24:44	06:10
19	187	David Silva	Individual	Senior Masculino	01:51:08	+24:53	06:10
20	309	Ricardo Campos	VIZELA	Senior Masculino	01:51:22	+25:07	06:11
21	149	JOAO LARANJEIRA	Individual	Senior Masculino	01:53:12	+26:58	06:17
22	328	Marco Fernandes	CBRUN	Senior Masculino	01:55:41	+29:27	06:26
23	298	Pedro Loureiro	ERDAL	Senior Masculino	01:55:45	+29:30	06:26
24	281	João da silva	CSJMAR	Senior Masculino	01:55:45	+29:30	06:26
25	122	Luís Leitão	Dragon club	Senior Masculino	01:56:23	+30:09	06:28
26	315	Cláudio Lopes	VIZELA	Senior Masculino	01:56:30	+30:16	06:28
27	300	Manuel Oliveira	VVC	Senior Masculino	01:57:26	+31:11	06:31
28	335	Márcio Sá	Qritmo	Senior Masculino	01:59:49	+33:35	06:39
29	350	Michael Pereira	Qritmo	Senior Masculino	01:59:52	+33:37	06:40
30	121	Pedro Catarino	Dragon club	Senior Masculino	02:01:13	+34:58	06:44
31	109	Ricardo Carqueijó	Individual	Senior Masculino	02:01:16	+35:01	06:44
32	332	Filipe Alves	VVC	Senior Masculino	02:01:16	+35:02	06:44
33	55	Alfredo Fragoso	Individual	Senior Masculino	02:02:29	+36:15	06:48
34	20	Nuno Lomba	Apúlia a Correr	Senior Masculino	02:03:04	+36:49	06:50
35	196	Mykola Korolenko	Torrestir	Senior Masculino	02:03:15	+37:01	06:51
36	38	João Oliveira	Individual	Senior Masculino	02:04:26	+38:12	06:55
37	394	Cristiano Fernandes	Perelhal a correr	Senior Masculino	02:05:05	+38:51	06:57
38	51	Hugo Sousa	Barrancos FC/Biogado	Senior Masculino	02:05:26	+39:11	06:58
39	50	Hélder Magalhães	Individual	Senior Masculino	02:05:33	+39:18	06:58
40	101	Pedro Santos	Individual	Senior Masculino	02:06:45	+40:30	07:02
41	217	André Gomes	Skills	Senior Masculino	02:06:56	+40:41	07:03
42	330	João Ferreira	VIZELA	Senior Masculino	02:07:37	+41:23	07:05
43	204	Diogo Capitão	Individual	Senior Masculino	02:08:04	+41:49	07:07
44	18	Pascal Leiras	Ribeitrail	Senior Masculino	02:08:13	+41:58	07:07
45	132	Jose Lopes	RIBEITRAIL	Senior Masculino	02:09:14	+42:59	07:11
46	156	Diogo Barbosa	Individual	Senior Masculino	02:09:57	+43:42	07:13
47	93	Pedro Moura	Individual	Senior Masculino	02:12:26	+46:11	07:21
48	100	Pedro Moreira	Individual	Senior Masculino	02:12:27	+46:13	07:22
49	44	Nuno Oliveira	Individual	Senior Masculino	02:12:31	+46:17	07:22
50	231	José Oliveira	ADE Trail Running	Senior Masculino	02:12:33	+46:18	07:22
51	107	Filipe Campos	Individual	Senior Masculino	02:14:30	+48:16	07:28
52	161	Sergio Barroso	Individual	Senior Masculino	02:17:47	+51:32	07:39
53	162	Vítor Silva	Individual	Senior Masculino	02:17:49	+51:34	07:39

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Trail Curto 18K

18 KM

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OFFICIAL RESULT

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54	279	Pedro Silva		Senior Masculino	02:18:18	+52:04	07:41
55	243	Vitor Fonseca	Individual	Senior Masculino	02:18:24	+52:09	07:41
56	103	Avelino Silva	Patás Preguiçosas	Senior Masculino	02:18:42	+52:27	07:42
57	33	Bruno Pereira	Individual	Senior Masculino	02:19:41	+53:26	07:46
58	307	André Rodrigues	Qritmo	Senior Masculino	02:20:39	+54:25	07:49
59	175	Vitor Dias	Individual	Senior Masculino	02:21:15	+55:00	07:51
60	216	HELDER RIBEIRO	B.T.M	Senior Masculino	02:22:34	+56:20	07:55
61	15	Miguel Fino Loureiro	Individual	Senior Masculino	02:22:38	+56:23	07:55
62	135	Marco Marco Santos	Individual	Senior Masculino	02:24:04	+57:49	08:00
63	37	TIAGO CORREIA	Team SKILLS	Senior Masculino	02:26:13	+59:58	08:07
64	183	Luis Vaz	Phoenix EvoRun	Senior Masculino	02:29:06	+01:02:52	08:17
65	189	Nuno Amorim	Individual	Senior Masculino	02:29:16	+01:03:02	08:18
66	108	Michal Jankowski	Individual	Senior Masculino	02:30:16	+01:04:01	08:21
67	254	Daniel de Freitas Ribeiro	Individual	Senior Masculino	02:30:21	+01:04:06	08:21
68	145	Ricardo Pires	Individual	Senior Masculino	02:30:30	+01:04:15	08:22
69	278	Tiago Tiago Santos	CSJMAR	Senior Masculino	02:32:05	+01:05:51	08:27
70	131	Guilherme Marques	Clan Marques	Senior Masculino	02:44:32	+01:18:17	09:08
71	133	Jorge Barros	FORunners	Senior Masculino	02:45:22	+01:19:07	09:11
72	119	João Ribeiro	Individual	Senior Masculino	02:46:22	+01:20:08	09:15
73	150	Ricardo Cachada	Perelhal a correr	Senior Masculino	02:49:18	+01:23:03	09:24
74	321	Tiago Oliveira	AMVE	Senior Masculino	02:49:23	+01:23:08	09:25
75	266	FERNANDO OLIVEIRA	Amigos da Corrida Brito	Senior Masculino	02:52:11	+01:25:57	09:34
76	42	André Monteiro	Individual	Senior Masculino	02:59:24	+01:33:09	09:58
77	60	João Arantes	Individual	Senior Masculino	03:14:08	+01:47:53	10:47
78	239	Hugo Carvalho Araújo	Zerbas	Senior Masculino	03:17:51	+01:51:36	10:59
79	230	Pedro Figueiredo	ADE Trail Running	Senior Masculino	03:18:31	+01:52:16	11:02
80	245	Manuel da Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:28:57	+02:02:42	11:37

Sub 23 Feminino

1	306	Cristiana Rocha	DRGN	Sub 23 Feminino	01:52:00	06:13
2	311	Cátia Correia	AMVE	Sub 23 Feminino	02:16:52	+24:51 07:36
3	327	Inês Viana	CSJMAR	Sub 23 Feminino	02:36:42	+44:41 08:42
4	304	Bárbara Carvalho	Qritmo	Sub 23 Feminino	02:41:37	+49:36 08:59

Sub 23 Masculino

1	89	Luís Ribeiro	OLÍMPICO VIANENSE	Sub 23 Masculino	01:50:00	06:07
2	192	David Amorim	Individual	Sub 23 Masculino	02:06:22	+16:21 07:01
3	325	Luís Talina	VVC	Sub 23 Masculino	02:13:30	+23:29 07:25
4	178	João Vassalo	Individual	Sub 23 Masculino	02:53:41	+01:03:41 09:39
5	1	Tiago Pereira	Individual	Sub 23 Masculino	03:10:10	+01:20:09 10:34

Trail Curto 18K

18 KM

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OFFICIAL RESULT

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Veterana F40

1	375	Carla Ferreira	VVC	Veterana F40	02:01:25	06:45
2	397	Andreia Rocha	DRGN	Veterana F40	02:02:18	+00:53 06:48
3	348	Angélica Rocha	DRGN	Veterana F40	02:07:09	+05:44 07:04
4	342	Cristina Oliveira	ind	Veterana F40	02:11:51	+10:26 07:19
5	198	Eva Sofia Freitas da Costa	Amigos da Montanha	Veterana F40	02:17:13	+15:47 07:37
6	84	Fátima Paz	Poveiras	Veterana F40	02:18:54	+17:28 07:43
7	336	Paula Ferreira	Akuafit	Veterana F40	02:19:05	+17:39 07:44
8	48	Cláudia Coelho	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	Veterana F40	02:22:44	+21:19 07:56
9	159	Monica Rosa	Individual	Veterana F40	02:25:52	+24:27 08:06
10	338	Marcela Fernandes	CBRUN	Veterana F40	02:28:05	+26:40 08:14
11	176	Eufemia Landeira Gonçalves	Eufemia Landeira	Veterana F40	02:30:17	+28:52 08:21
12	240	Luísa Rodrigues	Individual	Veterana F40	02:32:02	+30:37 08:27
13	362	Elisabete Carvalho	Qritmo	Veterana F40	02:33:18	+31:53 08:31
14	262	Mónica Martins	Lebres Minhotas	Veterana F40	02:37:25	+36:00 08:45
15	363	Ana Neto	FCV	Veterana F40	02:37:46	+36:21 08:46
16	63	Liliana Matos	Perelhal a correr	Veterana F40	02:37:53	+36:28 08:46
17	52	Paula Silva	Individual	Veterana F40	02:38:18	+36:53 08:48
18	67	Florinda Carvalho	Gansos	Veterana F40	02:38:21	+36:56 08:48
19	154	Celia Meira	Velha Guarda	Veterana F40	02:38:30	+37:05 08:48
20	85	Ana Carneiro	Individual	Veterana F40	02:38:49	+37:24 08:49
21	40	Natalina Rodrigues	Individual	Veterana F40	02:39:20	+37:55 08:51
22	91	Vera Silva	Mont Blue Team	Veterana F40	02:39:59	+38:33 08:53
23	124	Maria Ferreira	Dragon club	Veterana F40	02:40:43	+39:18 08:56
24	223	Marcia Bandeira	Amigos da Montanha	Veterana F40	02:42:18	+40:52 09:01
25	134	Elsa Soares	FORunners	Veterana F40	02:45:21	+43:56 09:11
26	61	Carla Sousa	Individual	Veterana F40	02:45:25	+43:59 09:11
27	123	Ana Ferreira	Dragon club	Veterana F40	02:47:24	+45:59 09:18
28	23	Silvia Cruz	Pepperoni	Veterana F40	02:51:25	+50:00 09:31
29	376	Célia Pedrosa	CSJMAR	Veterana F40	02:51:55	+50:30 09:33
30	256	Cristina Silva	B.T.M	Veterana F40	02:52:36	+51:11 09:35
31	364	Sandra Silva	CAAT	Veterana F40	02:53:55	+52:30 09:40
32	56	Liliana Mano	Perelhal a correr	Veterana F40	02:54:23	+52:58 09:41
33	105	Annet Schuerink	Individual	Veterana F40	02:57:18	+55:53 09:51
34	202	Sandra Lima	Individual	Veterana F40	02:59:34	+58:08 09:59
35	28	Rita Capitao	Individual	Veterana F40	02:59:35	+58:09 09:59
36	185	Ana Sofia Sousa	Individual	Veterana F40	02:59:35	+58:10 09:59
37	72	Mariana Capitão	Individual	Veterana F40	03:14:08	+01:12:43 10:47
38	158	Maria Amélia Ribeiro Pilar Ferreira	Individual	Veterana F40	03:24:21	+01:22:56 11:21
39	265	Carla Moreira	Individual	Veterana F40	03:25:10	+01:23:45 11:24
40	130	Antonia NOVO	Clan Marques	Veterana F40	03:30:14	+01:28:49 11:41

Trail Curto 18K

18 KM

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Veterana F50

1	26	Bernadete Faria	Individual	Veterana F50	02:06:41	07:02
2	57	Teresa Santos	Centro de marcha	Veterana F50	02:18:11	+11:29 07:41
3	92	Teresa Pilar	Pilar Team	Veterana F50	02:26:27	+19:46 08:08
4	126	Maria do Céu Correia da Silva	Dragon club	Veterana F50	02:30:15	+23:33 08:21
5	283	Aurora Silva	Vila Verde a Correr	Veterana F50	02:31:27	+24:45 08:25
6	209	MARTA FONSECA	Individual	Veterana F50	02:35:34	+28:53 08:39
7	80	Isabel Fernandes	ARC Vale S. Cosme	Veterana F50	02:40:36	+33:55 08:55
8	389	Rita Ribeiro	AMVE	Veterana F50	02:41:42	+35:01 08:59
9	385	Maria José Silva	FCV	Veterana F50	02:44:04	+37:23 09:07
10	153	Isabel Domingues	Lebres Minhotas	Veterana F50	02:50:35	+43:54 09:29
11	218	JOSEFINA TINOCO	Amigos da Corrida Brito	Veterana F50	02:51:11	+44:29 09:31
12	81	Maria Cepa	Pilar Team	Veterana F50	03:13:55	+01:07:13 10:46
13	229	Gloria Bras	ADE Trail Running	Veterana F50	03:40:20	+01:33:38 12:14

Veterana F60

1	174	Conceição queiroz	Individual	Veterana F60	02:33:18	08:31
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Veterano M40

1	345	Avelino Macedo	VVC	Veterano M40	01:27:05	04:50
2	333	Óscar Mendes	AGUIAS DE ALVELOS	Veterano M40	01:27:51	+00:45 04:53
3	359	Luciano Pereira	VIZELA	Veterano M40	01:28:28	+01:22 04:55
4	357	Ricardo Carneiro	ind	Veterano M40	01:31:29	+04:24 05:05
5	398	Paulo Fonseca	ÂGUIAS DE ALVELOS	Veterano M40	01:31:52	+04:46 05:06
6	344	Bruno Ribeiro	AGUIAS DE ALVELOS	Veterano M40	01:32:09	+05:03 05:07
7	17	José da Silva	Individual	Veterano M40	01:32:50	+05:45 05:09
8	373	Marco Faria	VIZELA	Veterano M40	01:33:24	+06:18 05:11
9	337	Sérgio Araújo	AGUIAS DE ALVELOS	Veterano M40	01:36:32	+09:26 05:22
10	365	João Pimentel	VVC	Veterano M40	01:38:40	+11:34 05:29
11	260	Carlos Melo	OLÍMPICO VIANENSE	Veterano M40	01:39:01	+11:56 05:30
12	288	Diogo Barros	CBRUN	Veterano M40	01:39:55	+12:49 05:33
13	372	Sebastião Pinto	Qritmo	Veterano M40	01:41:04	+13:59 05:37
14	285	Paulo Pereira	DRGN	Veterano M40	01:41:44	+14:39 05:39
15	366	Filipe Marinho	Qritmo	Veterano M40	01:43:00	+15:55 05:43
16	358	Paulo Jesus	DRGN	Veterano M40	01:44:11	+17:05 05:47
17	396	Francisco Pilar	CSJMAR	Veterano M40	01:46:56	+19:50 05:56
18	374	José Carvalho	Qritmo	Veterano M40	01:49:52	+22:46 06:06
19	370	João Martins	VVC	Veterano M40	01:51:01	+23:55 06:10
20	143	Manuel Oliveira	Individual	Veterano M40	01:51:06	+24:01 06:10
21	261	Eliseu Leite	Lobos do Monte Run	Veterano M40	01:51:18	+24:12 06:11
22	346	Márcio Silva	ERDAL	Veterano M40	01:51:52	+24:46 06:13
23	147	Paulo Peixoto	M.O.V.E	Veterano M40	01:52:12	+25:06 06:14

Trail Curto 18K

18 KM

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24	194	Filipe Freitas	Amigos da corrida Brito	Veterano M40	01:52:25	+25:19	06:15
25	118	Marcos Ourives	B&B HOTEL FAMALICÃO - B&B HOTEL SANTO TIRSO	Veterano M40	01:52:40	+25:35	06:16
26	292	Manuel Fernandes	Qritmo	Veterano M40	01:52:56	+25:51	06:16
27	390	Sérgio Campos	Qritmo	Veterano M40	01:54:11	+27:06	06:21
28	24	João Gonçalves	Individual	Veterano M40	01:54:58	+27:52	06:23
29	356	Ricardo Peixoto	VVC	Veterano M40	01:55:24	+28:18	06:25
30	352	Rui Faria	ERDAL	Veterano M40	01:56:25	+29:20	06:28
31	252	Nelson Fernandes	Promessas do Atletismo	Veterano M40	01:56:30	+29:24	06:28
32	78	Miguel Pilar	Individual	Veterano M40	01:56:33	+29:27	06:29
33	41	Francisco Cavalheiro	Individual	Veterano M40	01:57:07	+30:02	06:30
34	287	Rui couto	CSJMAR	Veterano M40	01:57:08	+30:02	06:30
35	180	DANIEL RIBEIRO	Amigos da Corrida Brito	Veterano M40	01:57:44	+30:38	06:32
36	74	Ricardo Capitão	Individual	Veterano M40	02:00:22	+33:17	06:41
37	207	Vítor Rodrigues	Individual	Veterano M40	02:01:21	+34:15	06:44
38	222	Luis Laranjeira	Individual	Veterano M40	02:01:33	+34:27	06:45
39	353	Pedro Maciel	DRGN	Veterano M40	02:02:15	+35:10	06:48
40	137	João Lima	Individual	Veterano M40	02:02:26	+35:20	06:48
41	334	Ricardo Antunes	CBRUN	Veterano M40	02:02:43	+35:37	06:49
42	188	Miguel Machado	DIVE - LIBERDADE FC	Veterano M40	02:03:19	+36:13	06:51
43	268	Mario Antunes	Lobos do Monte Run	Veterano M40	02:04:48	+37:42	06:56
44	395	Bruno Pereira	ADCAR	Veterano M40	02:04:55	+37:49	06:56
45	225	Ciano Ribeiro	Individual	Veterano M40	02:04:57	+37:51	06:56
46	59	Gilberto Dias	Individual	Veterano M40	02:05:30	+38:24	06:58
47	206	Manuel Araujo	9:15 LOURO	Veterano M40	02:06:39	+39:34	07:02
48	114	Miguel Caseiro	LOBOS do MONTE RUM	Veterano M40	02:07:09	+40:03	07:04
49	273	Ivo Costa	Individual	Veterano M40	02:08:51	+41:46	07:10
50	368	Paulo Freitas	FCV	Veterano M40	02:09:32	+42:26	07:12
51	29	Ricardo Coelho	GTT - Armazém do Caffè	Veterano M40	02:10:20	+43:15	07:14
52	211	Pedro Lima	Individual	Veterano M40	02:11:22	+44:17	07:18
53	102	Tiago Gonçalves	Individual	Veterano M40	02:11:51	+44:46	07:20
54	79	Adelio Nuno Gomes Maranhao Maranhao	Individual	Veterano M40	02:12:17	+45:11	07:21
55	34	Filipe Monteiro	Bota lá	Veterano M40	02:12:33	+45:27	07:22
56	341	Rogério Moreira	Qritmo	Veterano M40	02:12:59	+45:53	07:23
57	351	Alexandre Ribeiro	ADOSA	Veterano M40	02:13:19	+46:13	07:24
58	2	Agusto Maranhão	Individual	Veterano M40	02:14:34	+47:29	07:29
59	212	FILIPE Barreto	Individual	Veterano M40	02:15:50	+48:44	07:33
60	168	Pedro Ribeiro	ARGo	Veterano M40	02:15:51	+48:45	07:33
61	97	Alexandre Viana	Individual	Veterano M40	02:16:29	+49:23	07:35
62	274	Carlos Almeida	Individual	Veterano M40	02:16:32	+49:27	07:35
63	220	Jorge Correia	Vá-Caminha	Veterano M40	02:16:52	+49:47	07:36
64	246	Pedr Silva	Pedro Silva	Veterano M40	02:17:02	+49:56	07:37
65	11	Nelson Pontes	Individual	Veterano M40	02:17:40	+50:35	07:39
66	361	Hélder Costa	FCV	Veterano M40	02:17:51	+50:45	07:40
67	369	José Fernandes	ind	Veterano M40	02:18:18	+51:12	07:41
68	25	Martinho Capitao	Individual	Veterano M40	02:18:44	+51:38	07:42

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69	117	Miguel Oliveira	TEMOS PENA	Veterano M40	02:19:59	+52:53	07:47
70	201	Rui Gonçalves	Individual	Veterano M40	02:20:31	+53:26	07:48
71	98	António Figueiredo	Eu Vou	Veterano M40	02:20:40	+53:34	07:49
72	215	Sérgio Fernandes	9:15 LOURO	Veterano M40	02:21:31	+54:25	07:52
73	77	Ricardo Rocha	B.T.M	Veterano M40	02:21:50	+54:44	07:53
74	248	DANIEL FERNANDES	Amigos da Corrida Brito	Veterano M40	02:22:18	+55:13	07:54
75	177	Vitor Macedo	Individual	Veterano M40	02:22:36	+55:30	07:55
76	203	Rolando Capitão	Individual	Veterano M40	02:27:16	+01:00:10	08:11
77	129	Ricardo Castro	GUIMARÃES TRAIL	Veterano M40	02:27:24	+01:00:18	08:11
78	120	Helder Catarino	Dragon club	Veterano M40	02:27:26	+01:00:20	08:11
79	340	Filipe Oliveira	AMVE	Veterano M40	02:33:28	+01:06:22	08:32
80	152	Jorge Brandão	Individual	Veterano M40	02:36:35	+01:09:30	08:42
81	54	Cândido Silva	Zenit Automóveis	Veterano M40	02:42:27	+01:15:21	09:01
82	21	Joel Coelho	Pepperoni	Veterano M40	02:51:25	+01:24:19	09:31
83	58	Adélio Ramalho	Perelhal a correr	Veterano M40	02:54:23	+01:27:17	09:41
84	151	Alberto Gonçalves	Individual	Veterano M40	02:56:35	+01:29:30	09:49
85	104	Nuno Rocha	Individual	Veterano M40	02:57:20	+01:30:14	09:51
86	393	Jorge Pereira	Individual	Veterano M40	03:06:27	+01:39:21	10:21
87	83	Vitor Silva	Individual	Veterano M40	03:08:22	+01:41:16	10:28
88	208	Leonardo Vilas Boas	Zerbas	Veterano M40	03:17:50	+01:50:45	10:59
89	110	Alcindo Miranda	Individual	Veterano M40	03:18:31	+01:51:25	11:02
90	235	Alvaro Gil Loureiro	Individual	Veterano M40	03:39:12	+02:12:06	12:11
91	259	Marcio Nogueira	Individual	Veterano M40	03:40:19	+02:13:13	12:14
92	355	Nuno Meneses	AMVE	Veterano M40	03:53:03	+02:25:57	12:57

Veterano M50

1	36	ANTONIO JOAQUIM REIS MOREIRA MOREIRA	Lobos do Monte Run	Veterano M50	01:39:29	05:32
2	381	Joaquim Dinis	ADOSA	Veterano M50	01:46:43	+07:14 05:56
3	35	Rui Laranjeira	Forjães	Veterano M50	01:48:05	+08:36 06:00
4	88	Daniel Cardoso	airórun	Veterano M50	01:49:03	+09:34 06:04
5	271	João Pedro Santos Sousa	Spin&Run Esposende	Veterano M50	01:51:25	+11:56 06:11
6	378	César Gomes	DRGN	Veterano M50	01:54:09	+14:40 06:20
7	226	Eduardo marinho couto gonçalves	Individual	Veterano M50	01:55:40	+16:11 06:26
8	68	José Alves	Individual	Veterano M50	01:57:46	+18:17 06:33
9	111	FERNANDO AREZES	GTT - Armazém do Caffè	Veterano M50	01:58:27	+18:57 06:35
10	377	Rui Azevedo	ind	Veterano M50	01:59:27	+19:58 06:38
11	238	Carlos Nogueira	Grupo Trabalhadores da Câmara Municipal de Fafe	Veterano M50	01:59:31	+20:02 06:38
12	163	Joao Leitao	Ribeirail	Veterano M50	02:00:00	+20:31 06:40
13	186	JOSE SOUSA	Amigos da Corrida Brito	Veterano M50	02:00:04	+20:34 06:40
14	140	José Paulino	SSCGD	Veterano M50	02:00:44	+21:14 06:42
15	43	Fernando Martins	A.R.Sequeirô/Destemidos	Veterano M50	02:01:25	+21:56 06:45
16	264	José Castro	Barcelos Treino Militar	Veterano M50	02:04:06	+24:36 06:54
17	169	Antonio Capitão	ARGo	Veterano M50	02:04:36	+25:07 06:55
18	69	Duarte ribeiro	Individual	Veterano M50	02:05:42	+26:13 06:59

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19	47	Paulo Martins	Individual	Veterano M50	02:05:42	+26:13	06:59
20	141	Antonio Baptista	Individual	Veterano M50	02:06:45	+27:16	07:03
21	87	Nuno Mendes	Individual	Veterano M50	02:07:09	+27:40	07:04
22	125	Manuel António Rodrigues silva	Dragon club	Veterano M50	02:07:25	+27:56	07:05
23	9	Carlos pereira	Individual	Veterano M50	02:09:00	+29:30	07:10
24	384	Valdemar Carvalho	ind	Veterano M50	02:09:23	+29:54	07:11
25	167	Paulo Dias	ARGOS	Veterano M50	02:10:57	+31:27	07:16
26	96	David Pilar	Pilar Team	Veterano M50	02:11:41	+32:11	07:19
27	16	Carlos Ribeiro	Trail4Fun	Veterano M50	02:12:09	+32:40	07:21
28	391	José Rui Pereira	AMVE	Veterano M50	02:13:21	+33:51	07:24
29	282	Francisco Gonçalves	VVC	Veterano M50	02:16:55	+37:26	07:36
30	382	João Graça	VVC	Veterano M50	02:17:53	+38:24	07:40
31	227	Luis Patrão	CSJUV Mar	Veterano M50	02:17:56	+38:26	07:40
32	249	Jose Pinto	Individual	Veterano M50	02:19:21	+39:52	07:45
33	214	Jorge Campos	Particular	Veterano M50	02:19:38	+40:09	07:45
34	12	JOSE PEREIRA	Individual	Veterano M50	02:21:27	+41:58	07:52
35	86	Fernando Pilar	Pilar Team	Veterano M50	02:22:06	+42:36	07:54
36	294	Tomás Marinho	AMVE	Veterano M50	02:22:19	+42:50	07:54
37	295	Manuel Marinho	AMVE	Veterano M50	02:23:41	+44:12	07:59
38	179	Manuel Domingues	Individual	Veterano M50	02:24:01	+44:32	08:00
39	128	Vitor Magalhães	GUIMARÃES TRAIL	Veterano M50	02:27:23	+47:53	08:11
40	127	António Fonseca	Dragon club	Veterano M50	02:28:36	+49:06	08:15
41	237	João paulo rodrigues	Individual	Veterano M50	02:28:36	+49:07	08:15
42	19	Victor Lourenço	Individual	Veterano M50	02:28:44	+49:15	08:16
43	182	Rafael Brito	Renasce	Veterano M50	02:31:00	+51:30	08:23
44	3	Carlos Lomba	Individual	Veterano M50	02:32:52	+53:23	08:30
45	197	José Alberto Pinto Costa Gonçalves	Amigos da Montanha	Veterano M50	02:34:27	+54:58	08:35
46	255	Manuel Ferreira	Individual	Veterano M50	02:37:10	+57:41	08:44
47	380	Pedro Pinheiro	VVC	Veterano M50	02:37:26	+57:57	08:45
48	66	Alcino Tavare	Gansos	Veterano M50	02:38:20	+58:51	08:48
49	219	JOSÉ NEVES	Trailistas "Eu é que sei"	Veterano M50	02:40:34	+01:01:05	08:55
50	14	Miguel Mendes	ARC Vale S. Cosme	Veterano M50	02:40:37	+01:01:08	08:55
51	232	Jorge pinto	ADE Trail Running	Veterano M50	02:47:27	+01:07:57	09:18
52	253	João Santana	Rebeldes Trail	Veterano M50	02:48:17	+01:08:48	09:21
53	236	Vasco Meira	Individual	Veterano M50	02:51:54	+01:12:25	09:33
54	45	Americo Ferreira	Individual	Veterano M50	02:56:00	+01:16:31	09:47
55	165	Miguel Soares	Individual	Veterano M50	02:56:40	+01:17:11	09:49
56	383	Dário Cruz	AMVE	Veterano M50	03:07:40	+01:28:11	10:26
57	251	Carlos Vale	VilaChotos	Veterano M50	03:08:25	+01:28:56	10:28
58	257	Manuel Silva	Rebeldes Trail	Veterano M50	03:18:56	+01:39:26	11:03

Veterano M60

1	5	José Reis	JAM-FRANKLIM PRATA	Veterano M60	01:52:03	06:14
2	241	José Silva Mariz	Individual	Veterano M60	01:54:49	+02:46 06:23
3	272	Manuel Braga	ADE Trail Running	Veterano M60	02:09:19	+17:15 07:11

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4	386	António Rodrigues	CAAT	Veterano M60	02:12:22	+20:18	07:21
5	75	Júlio Ferreira	Individual	Veterano M60	02:16:03	+23:59	07:33
6	234	Rui Pereira	patos bravos	Veterano M60	02:17:34	+25:30	07:39
7	144	Alberto Sa	Lobos do Monte Run	Veterano M60	02:21:31	+29:28	07:52
8	166	António Longras	Impetus Team	Veterano M60	02:21:32	+29:29	07:52
9	190	Raul Fernandes	Cerveira Team Running	Veterano M60	02:21:49	+29:45	07:53
10	99	Carlos A .MACEDO	A.D.Amarante	Veterano M60	02:24:33	+32:30	08:02
11	8	Antonio Lima	Perelhal a correr	Veterano M60	02:34:48	+42:44	08:36
12	258	Albino Oliveira	GTT - Armazém do Caffè	Veterano M60	02:35:58	+43:54	08:40

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