

21KM - STAGE 1

21 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	295	Ricardo Machado	sport clube freamunde	Veterano M60	02:10:18	+25:39	06:12
42	321	António Martins	mss contabilidade trail team	Veterano M50	02:10:21	+25:42	06:12
43	17	Roberto Freitas	adsebolido trail	Senior Masculino	02:10:57	+26:19	06:14
44	198	Laurindo Osório	individual	Veterano M50	02:12:10	+27:31	06:18
45	297	José Rodrigues de Almeida	sporting club santacruzense	Veterano M60	02:12:25	+27:46	06:18
46	251	Orlando Rocha	nocturnos de paredes	Veterano M40	02:12:27	+27:49	06:18
47	45	Hélder Barbosa	boavista trail	Veterano M40	02:12:56	+28:17	06:20
48	67	António José Oliveira Carvalho	clube de atletismo afipre team	Veterano M45	02:13:19	+28:41	06:21
49	249	Manuel Póvoas	mss contabilidade trail team	Veterano M60	02:13:26	+28:47	06:21
50	147	João Valente João Miguel Resende Valente	individual	Senior Masculino	02:15:38	+30:59	06:28
51	91	Orlando Costa	correr leça	Veterano M50	02:15:50	+31:11	06:28
52	102	Octávio Manuel Saavedra Rodrigues	douroconta - gabinete de apoio e contabilidade	Veterano M40	02:15:57	+31:18	06:28
53	135	Paulo Gama	gondomar futsal clube	Veterano M50	02:16:05	+31:27	06:29
54	257	José Costa	oralkass- amigos do trail	Veterano M45	02:16:12	+31:33	06:29
55	128	Eduardo Ferreira	gd leões da guarda - lion runners	Veterano M55	02:16:15	+31:36	06:29
56	266	António José Monteiro Borges	porto sentido runners	Veterano M50	02:17:27	+32:49	06:33
57	58	Pedro Miguel Marques Nogueira	breakgym	Veterano M40	02:17:28	+32:50	06:33
58	110	Pedro Monteiro	gaia running	Veterano M40	02:17:50	+33:12	06:34
59	26	Flávio Teixeira	amigos 100 limites	Senior Masculino	02:17:58	+33:19	06:34
60	138	Kevin Rodrigues	goodfellas	Senior Masculino	02:18:14	+33:35	06:35
61	254	Pedro Nuno Pinho Mendes	olímpico vianense	Senior Masculino	02:18:16	+33:37	06:35
62	34	José Lopes	aztrail	Veterano M50	02:18:37	+33:58	06:36
63	222	Alexandre Brandão Andrade Leite	juventude cortegacense	Senior Masculino	02:18:43	+34:04	06:36
64	283	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:19:07	+34:28	06:38
65	94	Cláudia Flor Figueira	damira trail team	Senior Feminino	02:19:51	+35:12	06:40
66	95	Ricardo Sousa	damira trail team	Veterano M40	02:19:51	+35:13	06:40
67	101	José Pinto	douroconta - gabinete de apoio e contabilidade	Veterano M40	02:19:56	+35:17	06:40
68	296	Antero Roque	sporting club santacruzense	Senior Masculino	02:20:03	+35:24	06:40
69	189	Rodrigo Oliveira	individual	Veterano M45	02:20:28	+35:49	06:41
70	312	Norberto Ferreira	trail santa marta/tristes mas duros	Veterano M40	02:20:31	+35:52	06:41
71	63	Bruno Barge	c.d.c sao martinho da gandara	Veterano M40	02:20:56	+36:18	06:43
72	246	José Salas	mss contabilidade trail team	Veterano M45	02:21:05	+36:26	06:43
73	49	Marcelo Barroso Oliveira	breakgym	Senior Masculino	02:21:06	+36:27	06:43
74	303	Vicente Sousa	tog-trinca orelhas de gato	Veterano M40	02:21:41	+37:03	06:45
75	30	António Faria	amigos 100 limites	Veterano M40	02:21:46	+37:07	06:45
76	212	Jorge Silva	individual	Veterano M60	02:23:15	+38:37	06:49
77	44	André Silva	boavista trail	Senior Masculino	02:23:25	+38:47	06:50
78	98	Miguel Magalhães	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:23:46	+39:07	06:51
79	194	ANTONIO JOAO GOMES DA SILVA	individual	Veterano M50	02:24:00	+39:21	06:51
80	256	Alexandra Fernandes	oralkass- amigos do trail	Veterana F55	02:24:02	+39:24	06:52
81	84	Luís Silvestre	confraria dos fatigados	Veterano M50	02:24:46	+40:08	06:54

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
126	181	Filipe Ribeiro	individual	Veterano M45	02:36:35	+51:56	07:27
127	116	Ana del Pino	gd leões da guarda - lion runners	Veterana F40	02:36:58	+52:20	07:29
128	213	Luis Almeida	individual	Veterano M60	02:37:04	+52:25	07:29
129	274	Daniela Soares	runriver - escola de atletismo de rio tinto	Veterana F40	02:37:12	+52:34	07:29
130	279	Artur Ferreira	runriver - escola de atletismo de rio tinto	Veterano M45	02:37:13	+52:34	07:29
131	317	José Morais	individual	Veterano M55	02:37:14	+52:35	07:29
132	145	Fábio Júnio Gonçalves da Silva	individual	Senior Masculino	02:37:47	+53:09	07:31
133	235	Carlos Alberto Soares Moreira	lusavouga cidep trail running	Veterano M40	02:37:54	+53:15	07:31
134	174	Márcio Pereira	individual	Veterano M40	02:38:45	+54:07	07:34
135	201	Marco aguiar	individual	Veterano M50	02:38:53	+54:15	07:34
136	12	Rosa Barros	a.d.amarante	Veterana F50	02:38:58	+54:19	07:34
137	199	Luís Paulo costa	individual	Veterano M50	02:39:01	+54:23	07:34
138	305	Fernando Vital	tog-trinca orelhas de gato	Veterano M55	02:39:11	+54:33	07:35
139	293	Francisco Rodrigues	sport clube freamunde	Veterano M50	02:39:14	+54:35	07:35
140	87	Tiago Montalvão	correr leça	Veterano M40	02:39:30	+54:51	07:36
141	272	Hugo Fernandes	runriver - escola de atletismo de rio tinto	Senior Masculino	02:39:35	+54:57	07:36
142	277	Paulo Almeida	runriver - escola de atletismo de rio tinto	Veterano M45	02:40:08	+55:29	07:38
143	113	Patricia Fernandes	gd leões da guarda - lion runners	Senior Feminino	02:40:08	+55:29	07:38
144	275	Rosa Ribeiro	runriver - escola de atletismo de rio tinto	Veterana F45	02:40:08	+55:30	07:38
145	294	Luís Carneiro	sport clube freamunde	Veterano M55	02:40:21	+55:42	07:38
146	83	Manuel Ferreira	confraria dos fatigados	Veterano M45	02:40:26	+55:47	07:38
147	205	Vitor santos	cin running	Veterano M50	02:41:05	+56:27	07:40
148	60	Silvério Paula Pereira	breakgym	Veterano M50	02:41:50	+57:12	07:42
149	117	Claudia Carcau	gd leões da guarda - lion runners	Veterana F40	02:42:19	+57:41	07:44
150	54	Telmo Rafael Ferreira Garcia	breakgym	Senior Masculino	02:42:29	+57:50	07:44
151	271	Liliana Campos	runriver - escola de atletismo de rio tinto	Senior Feminino	02:42:41	+58:03	07:45
152	270	Mónica López Parada	running sport trail	Veterana F40	02:43:03	+58:24	07:46
153	282	João Cardoso	s. s. montepio	Veterano M45	02:43:08	+58:29	07:46
154	253	JOAO PAULO DIAS	ofrunning	Veterano M50	02:43:40	+59:02	07:48
155	168	Maria Céu Lopes Lemos	individual	Veterana F55	02:43:47	+59:08	07:48
156	123	Filipe Coelho	gd leões da guarda - lion runners	Veterano M40	02:44:01	+59:22	07:49
157	127	Fernando Morais	gd leões da guarda - lion runners	Veterano M50	02:44:13	+59:35	07:49
158	88	António Barros	correr leça	Veterano M45	02:44:30	+59:52	07:50
159	215	vitor maia	javalis100 limites	Senior Masculino	02:44:54	+01:00:15	07:51
160	216	Manuel Duarte	javalis100 limites	Sub 23 Masculino	02:44:54	+01:00:16	07:51
161	50	Raul Filipe Pereira Dias	breakgym	Senior Masculino	02:45:51	+01:01:13	07:54
162	59	Cristóvão Gonçalves	breakgym	Veterano M45	02:45:52	+01:01:14	07:54
163	209	José Manuel Braga Ferreira	individual	Veterano M55	02:46:20	+01:01:41	07:55
164	86	Maria Carmo Loureiro	correr leça	Veterana F50	02:46:42	+01:02:03	07:56
165	125	Paulo Costa	gd leões da guarda - lion runners	Veterano M45	02:46:46	+01:02:07	07:56
166	239	João Tinoco	monte dos amigos	Senior Masculino	02:47:28	+01:02:49	07:59
167	240	Miguel Pinto	monte dos amigos	Senior Masculino	02:47:32	+01:02:53	07:59
168	178	Tiago Moreira	individual	Veterano M40	02:47:36	+01:02:57	07:59
169	18	Bruno Barros	adsebolido trail	Veterano M40	02:47:49	+01:03:11	08:00
170	73	Liseta Pinto	clube efacec	Veterana F45	02:48:08	+01:03:29	08:00

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	284	Jorge Almeida	soplabilfana	Veterano M45	02:48:23	+01:03:45	08:01
172	69	José António Fernandes	clube de atletismo afipre team	Veterano M45	02:48:57	+01:04:18	08:03
173	308	José Júnior	tog-trinca orelhas de gato	Veterano M55	02:49:57	+01:05:18	08:06
174	307	Vítor Cardoso	tog-trinca orelhas de gato	Veterano M45	02:49:58	+01:05:19	08:06
175	242	José Conceição	mss contabilidade trail team	Senior Masculino	02:51:14	+01:06:35	08:09
176	243	Hélder Oliveira	mss contabilidade trail team	Veterano M40	02:52:07	+01:07:28	08:12
177	48	Sandra Diana Dias Monteiro	breakgym	Senior Feminino	02:52:31	+01:07:53	08:13
178	210	José Mesquita	individual	Veterano M55	02:53:03	+01:08:24	08:14
179	57	Sandra Maria Tavares de Magalhaes Martins	breakgym	Veterana F50	02:53:11	+01:08:32	08:15
180	56	Anabela Monteiro Gonçalves	breakgym	Veterana F50	02:53:15	+01:08:36	08:15
181	150	Rui Brandão	individual	Senior Masculino	02:53:23	+01:08:45	08:15
182	130	Manuel Teixeira	equipa fridão sem limites	Veterano M45	02:53:25	+01:08:47	08:16
183	315	Rui Familiar	trepatrihos trail team	Veterano M45	02:53:56	+01:09:17	08:17
184	313	Paula Manuela Dias	trepatrihos trail team	Veterana F50	02:53:56	+01:09:18	08:17
185	108	Margarida Teixeira	fridão sem limites	Sub 23 Feminino	02:54:20	+01:09:41	08:18
186	107	Eliana Teixeira	fridão sem limites	Senior Feminino	02:54:20	+01:09:42	08:18
187	121	Fátima Vieira	gd leões da guarda - lion runners	Veterana F55	02:54:31	+01:09:52	08:19
188	195	Henrique Silva	individual	Veterano M50	02:56:02	+01:11:24	08:23
189	65	Rui Graça	centro cultural da stcp	Senior Masculino	02:56:03	+01:11:25	08:23
190	51	Rui Alberto Mendes de Sousa	breakgym	Senior Masculino	02:57:50	+01:13:11	08:28
191	177	Telmo Mendonça	individual	Veterano M40	02:57:59	+01:13:21	08:29
192	207	Armando Teixeira	individual	Veterano M55	02:58:16	+01:13:38	08:29
193	208	João Paulo Oliveira	individual	Veterano M55	02:58:17	+01:13:38	08:29
194	29	Patricia Conceição	amigos 100 limites	Veterana F40	02:58:47	+01:14:09	08:31
195	10	Lígia Lopes	20vercorrer	Veterana F40	03:00:50	+01:16:11	08:37
196	11	José Oliveira	20vercorrer	Veterano M50	03:00:50	+01:16:11	08:37
197	230	Manuel oliveira	leões de tardariz trail	Veterano M50	03:01:05	+01:16:26	08:37
198	15	Silvia Marinho	ad marco 09	Senior Feminino	03:01:55	+01:17:16	08:40
199	89	Nuno Freitas	correr leça	Veterano M45	03:02:39	+01:18:00	08:42
200	72	José Alves	clube edp lisboa	Veterano M60	03:03:51	+01:19:12	08:45
201	219	césar Sousa	javalis100 limites	Veterano M45	03:05:26	+01:20:47	08:50
202	122	Lucinda Maria Cruz Gomes	gd leões da guarda - lion runners	Veterana F55	03:06:07	+01:21:29	08:52
203	144	Fábio Almeida	individual	Senior Masculino	03:06:07	+01:21:29	08:52
204	299	Luis Ferreira Gomes	team lanthemil	Veterano M50	03:06:10	+01:21:31	08:52
205	263	Elizabete Loureiro	porto sentido runners	Veterana F45	03:06:18	+01:21:40	08:52
206	262	André Oliveira	porto sentido runners	Senior Masculino	03:06:18	+01:21:40	08:52
207	269	Rosa Gama	ribeiros trail	Veterana F50	03:06:58	+01:22:19	08:54
208	20	Ricardo Sousa	adsebolido trail	Veterano M45	03:07:51	+01:23:13	08:57
209	171	Fernando da Silva Oliveira	individual	Veterano M40	03:11:11	+01:26:32	09:06
210	211	Paulo Dias	individual	Veterano M55	03:12:20	+01:27:42	09:10
211	64	Antonio Gonçalves	carregosa lowlanders	Veterano M60	03:13:19	+01:28:41	09:12
212	134	Sérgio Pereira	gondomar futsal clube	Veterano M40	03:13:37	+01:28:58	09:13
213	112	Alcino Tavares	gansos	Veterano M45	03:13:44	+01:29:05	09:14
214	111	Flor Ribeiro	gansos	Veterana F55	03:13:44	+01:29:05	09:14
215	310	Joel Gonçalves	trail santa marta/tristes mas duros	Senior Masculino	03:13:56	+01:29:17	09:14

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	248	António Rocha	mss contabilidade trail team	Veterano M50	03:15:44	+01:31:06	09:19
217	118	Maria Franco	gd leões da guarda - lion runners	Veterana F40	03:16:03	+01:31:25	09:20
218	119	Sónia Guimarães	gd leões da guarda - lion runners	Veterana F45	03:16:04	+01:31:25	09:20
219	154	Olga Seabra	individual	Veterana F40	03:16:20	+01:31:41	09:21
220	148	José couto	individual	Senior Masculino	03:17:22	+01:32:43	09:24
221	131	Paula Cruz	gondomar futsal clube	Veterana F40	03:17:54	+01:33:16	09:25
222	314	Paulo Nuno Barbosa Sampaio	trepatrihos trail team	Veterano M45	03:18:00	+01:33:22	09:26
223	197	José Luís da Silva Lopes	individual	Veterano M50	03:18:18	+01:33:40	09:27
224	268	Mónica Sá	tartarugas do asfalto	Veterana F45	03:18:39	+01:34:00	09:28
225	92	Jorge Caria	correr leça	Veterano M50	03:18:39	+01:34:01	09:28
226	103	Ana Rio	eat to run	Veterana F40	03:18:42	+01:34:03	09:28
227	104	Pedro Loureiro	eat to run	Veterano M40	03:18:42	+01:34:04	09:28
228	190	Abílio Silva	individual	Veterano M50	03:19:29	+01:34:50	09:30
229	39	Bi Lima	bafarela 17	Veterana F50	03:20:30	+01:35:51	09:33
230	75	Miguel Barbosa	clube efacec	Veterano M45	03:20:30	+01:35:51	09:33
231	37	Sónia Mota	bafarela 17	Veterana F45	03:20:30	+01:35:51	09:33
232	159	Patricia Rocha	individual	Veterana F45	03:20:30	+01:35:51	09:33
233	203	Rui Cunha	individual	Veterano M50	03:20:30	+01:35:51	09:33
234	36	Sandra Domingues	bafarela 17	Veterana F45	03:20:30	+01:35:52	09:33
235	41	Fernando Rodrigues	bafarela 17	Veterano M40	03:20:38	+01:36:00	09:33
236	74	Mário Ferreira	clube efacec	Veterano M45	03:20:39	+01:36:01	09:33
237	160	Sandra Cunha	individual	Veterana F45	03:20:39	+01:36:01	09:33
238	78	Paulo Ribeiro	clube novo banco	Veterano M45	03:24:18	+01:39:40	09:44
239	309	Bruno Gonçalves	trail santa marta/tristes mas duros	Senior Masculino	03:24:56	+01:40:18	09:46
240	188	Ricardo Ferreira	individual	Veterano M45	03:26:33	+01:41:54	09:50
241	176	Nuno Teixeira	individual	Veterano M40	03:26:54	+01:42:15	09:51
242	245	Aurélio Salas	mss contabilidade trail team	Veterano M45	03:27:27	+01:42:49	09:53
243	183	Luís Guedes	individual	Veterano M45	03:27:37	+01:42:58	09:53
244	55	Anabela Araújo Ferraz Rodrigues	breakgym	Veterana F50	03:30:21	+01:45:43	10:01
245	191	Alcindo Silva	individual	Veterano M50	03:30:57	+01:46:19	10:03
246	90	Valter Silva	correr leça	Veterano M45	03:37:45	+01:53:06	10:22
247	161	Bia Maia	individual	Veterana F50	03:45:55	+02:01:16	10:45
248	136	Ilídio Freitas	gondomar futsal clube	Veterano M55	03:45:55	+02:01:16	10:45
249	169	Rosa Costa	individual	Veterana F55	03:50:19	+02:05:40	10:58
250	193	António Couto	individual	Veterano M50	03:53:26	+02:08:47	11:07
251	217	carla pereira	javalis100 limites	Veterana F40	03:55:27	+02:10:48	11:13
252	133	Filipe Leitão	gondomar futsal clube	Veterano M40	03:59:43	+02:15:04	11:25
253	43	Sergio Oliveira	bafarela 17	Veterano M45	04:04:59	+02:20:21	11:40
254	40	Cândida Seabra	bafarela 17	Veterana F50	04:05:00	+02:20:21	11:40
255	35	Cláudia Meireles	bafarela 17	Veterana F45	04:05:00	+02:20:21	11:40
256	158	Maria Nogueira	individual	Veterana F45	04:05:01	+02:20:22	11:40
257	42	Paulo Seabra	bafarela 17	Veterano M45	04:05:01	+02:20:23	11:40
258	185	Marco Caldas	individual	Veterano M45	04:12:53	+02:28:15	12:03
259	156	Isabel Dias	individual	Veterana F45	04:12:55	+02:28:17	12:03
260	61	Sandra Oliveira	budeguita runners	Veterana F45	04:12:56	+02:28:18	12:03

21KM - STAGE 1**21 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
261	196	João Strecht	individual	Veterano M50	04:14:49	+02:30:11	12:08
262	218	cristina duarte	javalis100 limites	Veterana F45	04:14:49	+02:30:11	12:08

21KM

21 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

OFFICIAL RESULT

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23	147	João Valente João Miguel Resende Valente	Individual	Senior Masculino	02:15:38	+30:59	06:28
24	26	Flávio Teixeira	Amigos 100 Limites	Senior Masculino	02:17:58	+33:19	06:34
25	138	Kevin Rodrigues	Goodfellas	Senior Masculino	02:18:14	+33:35	06:35
26	254	Pedro Nuno Pinho Mendes	OLÍMPICO VIANENSE	Senior Masculino	02:18:16	+33:37	06:35
27	222	Alexandre Brandão Andrade Leite	Juventude Cortegacense	Senior Masculino	02:18:43	+34:04	06:36
28	283	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:19:07	+34:28	06:38
29	296	Antero Roque	Sporting Club Santacruzense	Senior Masculino	02:20:03	+35:24	06:40
30	49	Marcelo Barroso Oliveira	BreakGym	Senior Masculino	02:21:06	+36:27	06:43
31	44	André Silva	Boavista Trail	Senior Masculino	02:23:25	+38:47	06:50
32	98	Miguel Magalhães	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:23:46	+39:07	06:51
33	52	Rui Daniel Quintão da Costa Gomes	BreakGym	Senior Masculino	02:26:29	+41:50	06:59
34	66	André Oliveira	CLUBE DE ATLETISMO AFIPRE TEAM	Senior Masculino	02:27:40	+43:02	07:02
35	300	Rui Madureira	Team Trail Bem Viver	Senior Masculino	02:28:05	+43:27	07:03
36	28	Tiago Mota	Amigos 100 Limites	Senior Masculino	02:28:40	+44:01	07:05
37	224	Sérgio Miguel Oliveira Costa	Juventude Cortegacense	Senior Masculino	02:29:00	+44:21	07:06
38	16	Manuel Lopes	adsebolido trail	Senior Masculino	02:31:27	+46:48	07:13
39	261	Pedro Coelho	Pó Reforço Trail Team	Senior Masculino	02:33:01	+48:22	07:17
40	301	Eduardo Neto	Tog-Trinca Orelhas de Gato	Senior Masculino	02:35:30	+50:51	07:24
41	149	Ricardo Moutinho	Individual	Senior Masculino	02:35:38	+50:59	07:25
42	145	Fábio Júnio Gonçalves da Silva	Individual	Senior Masculino	02:37:47	+53:09	07:31
43	272	Hugo Fernandes	RUNRIVER - Escola de Atletismo de Rio Tinto	Senior Masculino	02:39:35	+54:57	07:36
44	54	Telmo Rafael Ferreira Garcia	BreakGym	Senior Masculino	02:42:29	+57:50	07:44
45	215	vitor maia	Javalis100 Limites	Senior Masculino	02:44:54	+01:00:15	07:51
46	50	Raul Filipe Pereira Dias	BreakGym	Senior Masculino	02:45:51	+01:01:13	07:54
47	239	João Tinoco	Monte dos Amigos	Senior Masculino	02:47:28	+01:02:49	07:59
48	240	Miguel Pinto	Monte dos Amigos	Senior Masculino	02:47:32	+01:02:53	07:59
49	242	José Conceição	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:51:14	+01:06:35	08:09
50	150	Rui Brandão	Individual	Senior Masculino	02:53:23	+01:08:45	08:15
51	65	Rui Graça	Centro Cultural da STCP	Senior Masculino	02:56:03	+01:11:25	08:23
52	51	Rui Alberto Mendes de Sousa	BreakGym	Senior Masculino	02:57:50	+01:13:11	08:28
53	144	Fábio Almeida	Individual	Senior Masculino	03:06:07	+01:21:29	08:52
54	262	André Oliveira	PORTO SENTIDO RUNNERS	Senior Masculino	03:06:18	+01:21:40	08:52
55	310	Joel Gonçalves	Trail Santa Marta/Tristes Mas Duros	Senior Masculino	03:13:56	+01:29:17	09:14
56	148	José couto	Individual	Senior Masculino	03:17:22	+01:32:43	09:24
57	309	Bruno Gonçalves	Trail Santa Marta/Tristes Mas Duros	Senior Masculino	03:24:56	+01:40:18	09:46

Sub 23 Feminino

1	108	Margarida Teixeira	Fridão Sem Limites	Sub 23 Feminino	02:54:20	+01:09:41	08:18
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21KM

21 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

OFFICIAL RESULT

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Veterana F50

1	164	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F50	02:01:12	+16:34	05:46
2	120	Fátima Coelho	GD Leões da Guarda - Lion Runners	Veterana F50	02:26:35	+41:56	06:59
3	12	Rosa Barros	A.D.Amarante	Veterana F50	02:38:58	+54:19	07:34
4	86	Maria Carmo Loureiro	CORRER LEÇA	Veterana F50	02:46:42	+01:02:03	07:56
5	57	Sandra Maria Tavares de Magalhaes Martins	BreakGym	Veterana F50	02:53:11	+01:08:32	08:15
6	56	Anabela Monteiro Gonçalves	BreakGym	Veterana F50	02:53:15	+01:08:36	08:15
7	313	Paula Manuela Dias	TrepaTrilhos Trail Team	Veterana F50	02:53:56	+01:09:18	08:17
8	269	Rosa Gama	Ribeiros Trail	Veterana F50	03:06:58	+01:22:19	08:54
9	39	Bi Lima	Bafarela 17	Veterana F50	03:20:30	+01:35:51	09:33
10	55	Anabela Araújo Ferraz Rodrigues	BreakGym	Veterana F50	03:30:21	+01:45:43	10:01
11	161	Bia Maia	Individual	Veterana F50	03:45:55	+02:01:16	10:45
12	40	Cândida Seabra	Bafarela 17	Veterana F50	04:05:00	+02:20:21	11:40

Veterana F55

1	256	Alexandra Fernandes	Oralkass- amigos do trail	Veterana F55	02:24:02	+39:24	06:52
2	167	Elisabete Repas	Individual	Veterana F55	02:33:08	+48:29	07:18
3	168	Maria Céu Lopes Lemos	Individual	Veterana F55	02:43:47	+59:08	07:48
4	121	Fátima Vieira	GD Leões da Guarda - Lion Runners	Veterana F55	02:54:31	+01:09:52	08:19
5	122	Lucinda Maria Cruz Gomes	GD Leões da Guarda - Lion Runners	Veterana F55	03:06:07	+01:21:29	08:52
6	111	Flor Ribeiro	Gansos	Veterana F55	03:13:44	+01:29:05	09:14
7	169	Rosa Costa	Individual	Veterana F55	03:50:19	+02:05:40	10:58

Veterano M40

1	14	Cristiano Cunha	A.D.NÓS ACREDITAMOS	Veterano M40	01:54:34	+09:56	05:27
2	79	António Teles	Clube Trilheiros & Amigos	Veterano M40	01:59:40	+15:01	05:42
3	278	Pedro Barbosa	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M40	02:02:56	+18:18	05:51
4	124	José Sá	GD Leões da Guarda - Lion Runners	Veterano M40	02:09:36	+24:57	06:10
5	276	André Soares	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M40	02:09:54	+25:16	06:11
6	173	Licínio Reis	Individual	Veterano M40	02:10:13	+25:34	06:12
7	251	Orlando Rocha	NOCTURNOS DE PAREDES	Veterano M40	02:12:27	+27:49	06:18
8	45	Hélder Barbosa	Boavista Trail	Veterano M40	02:12:56	+28:17	06:20
9	102	Octávio Manuel Saavedra Rodrigues	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:15:57	+31:18	06:28
10	58	Pedro Miguel Marques Nogueira	BreakGym	Veterano M40	02:17:28	+32:50	06:33
11	110	Pedro Monteiro	Gaia Running	Veterano M40	02:17:50	+33:12	06:34
12	95	Ricardo Sousa	DAMIRA TRAIL TEAM	Veterano M40	02:19:51	+35:13	06:40

21KM**21 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

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

13	101	José Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:19:56	+35:17	06:40
14	312	Norberto Ferreira	Trail Santa Marta/Tristes Mas Duros	Veterano M40	02:20:31	+35:52	06:41
15	63	Bruno Barge	C.D.C SAO MARTINHO DA GANDARA	Veterano M40	02:20:56	+36:18	06:43
16	303	Vicente Sousa	Tog-Trinca Orelhas de Gato	Veterano M40	02:21:41	+37:03	06:45
17	30	António Faria	Amigos 100 Limites	Veterano M40	02:21:46	+37:07	06:45
18	170	Carlos Fernandes	Individual	Veterano M40	02:26:13	+41:35	06:58
19	46	Nuno Teixeira	Boavista Trail	Veterano M40	02:27:22	+42:44	07:01
20	172	Henri Costa	Individual	Veterano M40	02:28:22	+43:44	07:04
21	237	Pedro Jordão Ribeiro	Machines	Veterano M40	02:28:50	+44:12	07:05
22	289	Vitor Carneiro	Sport Clube Freamunde	Veterano M40	02:29:13	+44:34	07:06
23	235	Carlos Alberto Soares Moreira	Lusavouga Cidep Trail Running	Veterano M40	02:37:54	+53:15	07:31
24	174	Márcio Pereira	Individual	Veterano M40	02:38:45	+54:07	07:34
25	87	Tiago Montalvão	CORRER LEÇA	Veterano M40	02:39:30	+54:51	07:36
26	123	Filipe Coelho	GD Leões da Guarda - Lion Runners	Veterano M40	02:44:01	+59:22	07:49
27	178	Tiago Moreira	Individual	Veterano M40	02:47:36	+01:02:57	07:59
28	18	Bruno Barros	adsebolido trail	Veterano M40	02:47:49	+01:03:11	08:00
29	243	Hélder Oliveira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:52:07	+01:07:28	08:12
30	177	Telmo Mendonça	Individual	Veterano M40	02:57:59	+01:13:21	08:29
31	171	Fernando da Silva Oliveira	Individual	Veterano M40	03:11:11	+01:26:32	09:06
32	134	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	03:13:37	+01:28:58	09:13
33	104	Pedro Loureiro	Eat to run	Veterano M40	03:18:42	+01:34:04	09:28
34	41	Fernando Rodrigues	Bafarela 17	Veterano M40	03:20:38	+01:36:00	09:33
35	176	Nuno Teixeira	Individual	Veterano M40	03:26:54	+01:42:15	09:51
36	133	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Veterano M40	03:59:43	+02:15:04	11:25

Veterano M45

1	77	Pedro Moreira	Clube Feirense Trail	Veterano M45	01:50:04	+05:25	05:14
2	320	Fernando Ribeiro	Individual	Veterano M45	01:55:38	+11:00	05:30
3	247	Rui Alvim	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	02:03:01	+18:22	05:52
4	220	gilberto costa	Javalis100 Limites	Veterano M45	02:05:38	+20:59	05:59
5	259	ARNALDO JOSÉ ARAÚJO	PCRunners	Veterano M45	02:05:55	+21:16	06:00
6	236	João António Marques Tavares	Lusavouga Cidep Trail Running	Veterano M45	02:08:26	+23:48	06:07
7	67	António José Oliveira Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M45	02:13:19	+28:41	06:21
8	257	José Costa	Oralkass- amigos do trail	Veterano M45	02:16:12	+31:33	06:29
9	189	Rodrigo Oliveira	Individual	Veterano M45	02:20:28	+35:49	06:41
10	246	José Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	02:21:05	+36:26	06:43
11	228	Dario Cardoso	Leões de Tardariz Trail	Veterano M45	02:24:54	+40:15	06:54
12	258	Manuel Barbosa	Paredes Running	Veterano M45	02:25:31	+40:52	06:56
13	179	Americo Vieira Costa	Individual	Veterano M45	02:25:34	+40:55	06:56

21KM**21 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

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

14	306	Jorge Mesquita	Tog-Trinca Orelhas de Gato	Veterano M45	02:25:46	+41:07	06:56
15	291	Daniel M Neto	Sport Clube Freamunde	Veterano M45	02:27:31	+42:52	07:01
16	184	Manuel Fonseca	Individual	Veterano M45	02:27:36	+42:57	07:02
17	68	Helder Pereira Borges	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M45	02:27:41	+43:02	07:02
18	126	Ricardo Vidal	GD Leões da Guarda - Lion Runners	Veterano M45	02:29:13	+44:34	07:06
19	304	Bruno Santo	Tog-Trinca Orelhas de Gato	Veterano M45	02:33:08	+48:29	07:18
20	229	Pedro Ferreira	Leões de Tardariz Trail	Veterano M45	02:33:45	+49:06	07:19
21	241	Leandro Pacheco	Monte dos Amigos	Veterano M45	02:35:23	+50:44	07:24
22	181	Filipe Ribeiro	Individual	Veterano M45	02:36:35	+51:56	07:27
23	279	Artur Ferreira	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M45	02:37:13	+52:34	07:29
24	277	Paulo Almeida	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M45	02:40:08	+55:29	07:38
25	83	Manuel Ferreira	CONFRARIA DOS FATIGADOS	Veterano M45	02:40:26	+55:47	07:38
26	282	João Cardoso	S. S. Montepio	Veterano M45	02:43:08	+58:29	07:46
27	88	António Barros	CORRER LEÇA	Veterano M45	02:44:30	+59:52	07:50
28	59	Cristóvão Gonçalves	BreakGym	Veterano M45	02:45:52	+01:01:14	07:54
29	125	Paulo Costa	GD Leões da Guarda - Lion Runners	Veterano M45	02:46:46	+01:02:07	07:56
30	284	Jorge Almeida	soplafifana	Veterano M45	02:48:23	+01:03:45	08:01
31	69	José António Fernandes	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M45	02:48:57	+01:04:18	08:03
32	307	Vitor Cardoso	Tog-Trinca Orelhas de Gato	Veterano M45	02:49:58	+01:05:19	08:06
33	130	Manuel Teixeira	Equipa Fridão Sem Limites	Veterano M45	02:53:25	+01:08:47	08:16
34	315	Rui Familiar	TrepaTrilhos Trail Team	Veterano M45	02:53:56	+01:09:17	08:17
35	89	Nuno Freitas	CORRER LEÇA	Veterano M45	03:02:39	+01:18:00	08:42
36	219	césar Sousa	Javalis100 Limites	Veterano M45	03:05:26	+01:20:47	08:50
37	20	Ricardo Sousa	adsebolido trail	Veterano M45	03:07:51	+01:23:13	08:57
38	112	Alcino Tavares	Gansos	Veterano M45	03:13:44	+01:29:05	09:14
39	314	Paulo Nuno Barbosa Sampaio	TrepaTrilhos Trail Team	Veterano M45	03:18:00	+01:33:22	09:26
40	75	Miguel Barbosa	Clube Efacec	Veterano M45	03:20:30	+01:35:51	09:33
41	74	Mário Ferreira	Clube Efacec	Veterano M45	03:20:39	+01:36:01	09:33
42	78	Paulo Ribeiro	CLUBE NOVO BANCO	Veterano M45	03:24:18	+01:39:40	09:44
43	188	Ricardo Ferreira	Individual	Veterano M45	03:26:33	+01:41:54	09:50
44	245	Aurélio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	03:27:27	+01:42:49	09:53
45	183	Luís Guedes	Individual	Veterano M45	03:27:37	+01:42:58	09:53
46	90	Valter Silva	CORRER LEÇA	Veterano M45	03:37:45	+01:53:06	10:22
47	43	Sergio Oliveira	Bafarela 17	Veterano M45	04:04:59	+02:20:21	11:40
48	42	Paulo Seabra	Bafarela 17	Veterano M45	04:05:01	+02:20:23	11:40
49	185	Marco Caldas	Individual	Veterano M45	04:12:53	+02:28:15	12:03

Veterano M50

1	106	Victor Correia	EDV Viana Trail	Veterano M50	01:47:58	+03:19	05:08
2	81	Carlos Silva	Clube Trilheiros & Amigos	Veterano M50	02:05:41	+21:03	05:59

21KM

21 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

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

3	13	Miguel Barros	A.D.Amarante	Veterano M50	02:06:48	+22:10	06:02
4	292	Adolfo Gomes	Sport Clube Freamunde	Veterano M50	02:09:13	+24:34	06:09
5	321	António Martins	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:10:21	+25:42	06:12
6	198	Laurindo Osório	Individual	Veterano M50	02:12:10	+27:31	06:18
7	91	Orlando Costa	CORRER LEÇA	Veterano M50	02:15:50	+31:11	06:28
8	135	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M50	02:16:05	+31:27	06:29
9	266	António José Monteiro Borges	PORTO SENTIDO RUNNERS	Veterano M50	02:17:27	+32:49	06:33
10	34	José Lopes	AZTrail	Veterano M50	02:18:37	+33:58	06:36
11	194	ANTONIO JOAO GOMES DA SILVA	Individual	Veterano M50	02:24:00	+39:21	06:51
12	84	Luís Silvestre	CONFRARIA DOS FATIGADOS	Veterano M50	02:24:46	+40:08	06:54
13	76	Antonio Pedro Coelho	Clube Efacec	Veterano M50	02:24:59	+40:20	06:54
14	21	Paulo Correia	adsebolido trail	Veterano M50	02:25:11	+40:32	06:55
15	96	José Macedo	Damira trail team	Veterano M50	02:26:01	+41:23	06:57
16	70	Valdemar Ferreira Carvalho	CLUBE DE ATLETISMO AFIPRE TEAM	Veterano M50	02:27:40	+43:02	07:02
17	202	Pedro Oliveira	Individual	Veterano M50	02:32:16	+47:37	07:15
18	80	Antonio Matos	Clube Trilheiros & Amigos	Veterano M50	02:32:41	+48:03	07:16
19	201	Marco aguiar	Individual	Veterano M50	02:38:53	+54:15	07:34
20	199	Luís Paulo costa	Individual	Veterano M50	02:39:01	+54:23	07:34
21	293	Francisco Rodrigues	Sport Clube Freamunde	Veterano M50	02:39:14	+54:35	07:35
22	205	Vítor santos	CIN Running	Veterano M50	02:41:05	+56:27	07:40
23	60	Silvério Paula Pereira	BreakGym	Veterano M50	02:41:50	+57:12	07:42
24	253	JOAO PAULO DIAS	OFRunning	Veterano M50	02:43:40	+59:02	07:48
25	127	Fernando Morais	GD Leões da Guarda - Lion Runners	Veterano M50	02:44:13	+59:35	07:49
26	195	Henrique Silva	Individual	Veterano M50	02:56:02	+01:11:24	08:23
27	11	José Oliveira	20vercorrer	Veterano M50	03:00:50	+01:16:11	08:37
28	230	Manuel oliveira	Leões de Tardariz Trail	Veterano M50	03:01:05	+01:16:26	08:37
29	299	Luis Ferreira Gomes	TEAM LANTEMIL	Veterano M50	03:06:10	+01:21:31	08:52
30	248	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:15:44	+01:31:06	09:19
31	197	José Luís da Silva Lopes	Individual	Veterano M50	03:18:18	+01:33:40	09:27
32	92	Jorge Caria	CORRER LEÇA	Veterano M50	03:18:39	+01:34:01	09:28
33	190	Abilio Silva	Individual	Veterano M50	03:19:29	+01:34:50	09:30
34	203	Rui Cunha	Individual	Veterano M50	03:20:30	+01:35:51	09:33
35	191	Alcindo Silva	Individual	Veterano M50	03:30:57	+01:46:19	10:03
36	193	António Couto	Individual	Veterano M50	03:53:26	+02:08:47	11:07
37	196	João Strecht	Individual	Veterano M50	04:14:49	+02:30:11	12:08

Veterano M55

1	32	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M55	02:00:18	+15:39	05:44
2	128	Eduardo Ferreira	GD Leões da Guarda - Lion Runners	Veterano M55	02:16:15	+31:36	06:29
3	206	Adérito Brandão	Individual	Veterano M55	02:25:12	+40:34	06:55
4	316	Jorge Moreira	TrepaTrilhos Trail Team	Veterano M55	02:25:59	+41:20	06:57

Official Timekeeper: Lap2Go

7 / 8

generate 22-mai-2022 12:53

21KM

21 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

OFFICIAL RESULT

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5	231	António Pinto	Leões de Tardariz Trail	Veterano M55	02:29:10	+44:31	07:06
6	317	José Moraes	Individual	Veterano M55	02:37:14	+52:35	07:29
7	305	Fernando Vital	Tog-Trinca Orelhas de Gato	Veterano M55	02:39:11	+54:33	07:35
8	294	Luís Carneiro	Sport Clube Freamunde	Veterano M55	02:40:21	+55:42	07:38
9	209	José Manuel Braga Ferreira	Individual	Veterano M55	02:46:20	+01:01:41	07:55
10	308	José Júnior	Tog-Trinca Orelhas de Gato	Veterano M55	02:49:57	+01:05:18	08:06
11	210	José Mesquita	Individual	Veterano M55	02:53:03	+01:08:24	08:14
12	207	Armando Teixeira	Individual	Veterano M55	02:58:16	+01:13:38	08:29
13	208	João Paulo Oliveira	Individual	Veterano M55	02:58:17	+01:13:38	08:29
14	211	Paulo Dias	Individual	Veterano M55	03:12:20	+01:27:42	09:10
15	136	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M55	03:45:55	+02:01:16	10:45

Veterano M60

1	295	Ricardo Machado	Sport Clube Freamunde	Veterano M60	02:10:18	+25:39	06:12
2	297	José Rodrigues de Almeida	Sporting Club Santacruzense	Veterano M60	02:12:25	+27:46	06:18
3	249	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	02:13:26	+28:47	06:21
4	212	Jorge Silva	Individual	Veterano M60	02:23:15	+38:37	06:49
5	214	Manuel costa	Individual	Veterano M60	02:25:16	+40:37	06:55
6	31	João Moreira	Amigos 100 Limites	Veterano M60	02:34:23	+49:44	07:21
7	213	Luis Almeida	Individual	Veterano M60	02:37:04	+52:25	07:29
8	72	José Alves	Clube EDP Lisboa	Veterano M60	03:03:51	+01:19:12	08:45
9	64	Antonio Gonçalves	Carregosa Lowlanders	Veterano M60	03:13:19	+01:28:41	09:12

21KM MASC

LAP2GO - TIMING 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

RANK	TEAM	DESCRIPTION	POINTS
1	LUSAVOUGA CIDEP TRAIL RUNNING	3 + 6 + 30	39
2	AMIGOS 100 LIMITES	15 + 16 + 20	51
3	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE	1 + 2 + 50	53
4	SPORT CLUBE FREAMUNDE	18 + 33 + 39	90
5	MSS CONTABILIDADE TRAIL TEAM	23 + 40 + 47	110
6	GD LEÕES DA GUARDA - LION RUNNERS	31 + 34 + 53	118
7	BREAKGYM	13 + 55 + 70	138
8	CLUBE TRILHEIROS & AMIGOS	19 + 26 + 106	151
9	RUNRIVER - ESCOLA DE ATLETISMO DE RIO TINTO	22 + 35 + 116	173
10	BOAVISTA TRAIL	45 + 74 + 90	209
11	CONFRARIA DOS FATIGADOS	17 + 77 + 129	223
12	ADSEBOLIDO TRAIL	41 + 80 + 104	225
13	CLUBE DE ATLETISMO AFIPRE TEAM	46 + 93 + 94	233
14	TOG-TRINÇA ORELHAS DE GATO	71 + 85 + 108	264
15	LEÕES DE TARDARIZ TRAIL	78 + 101 + 109	288
16	JAVALIS100 LIMITES	25 + 138 + 139	302
17	CORRER LEÇA	49 + 125 + 137	311
18	MONTE DOS AMIGOS	111 + 144 + 145	400
19	TREPATRILHOS TRAIL TEAM	86 + 157 + 181	424
20	GONDOMAR FUTSAL CLUBE	51 + 176 + 198	425
21	TRAIL SANTA MARTA/TRISTES MAS DUROS	67 + 178 + 191	436
22	CLUBE EFACEC	79 + 186 + 189	454
23	BAFARELA 17	188 + 201 + 202	591

11KM - STAGE 1

11 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

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	16,7°C	85%
End	12:26	16,7°C	85%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	546	Ivo Barbosa	devasta trilhos	Senior Masculino	01:01:02		05:33
2	519	Tiago Moreira	amigos 100 limites	Senior Masculino	01:01:32	+00:30	05:36
3	663	Alcino Silva	individual	Veterano M45	01:01:35	+00:32	05:36
4	604	António Vieira	individual	Senior Masculino	01:02:27	+01:25	05:41
5	677	José loureiro	individual	Veterano M50	01:05:02	+04:00	05:55
6	547	Eduardo xavier	devasta trilhos	Veterano M40	01:09:28	+08:26	06:19
7	548	Carlos sousa	devasta trilhos	Veterano M55	01:10:38	+09:36	06:25
8	558	Luciano Silva	cabritos salteadores	Senior Masculino	01:10:48	+09:46	06:26
9	795	Vitor Santos	wolves	Senior Masculino	01:10:56	+09:54	06:27
10	590	Rui Pedro Reis	hospital santa maria running team	Veterano M40	01:11:13	+10:11	06:28
11	280	David Tavares	runriver - escola de atletismo de rio tinto	Veterano M60	01:13:26	+12:24	06:41
12	784	Rui Sousa	turbolentos	Veterano M40	01:14:07	+13:05	06:44
13	782	Bruno Sousa	turbolentos	Veterano M40	01:14:07	+13:05	06:44
14	503	José Sousa	acd são joão da serra	Veterano M40	01:14:33	+13:31	06:47
15	780	Luís Norim	turbolentos	Senior Masculino	01:14:38	+13:36	06:47
16	739	Albino Pires	porto sentido runners	Veterano M40	01:14:48	+13:46	06:48
17	671	Pedro Gaio	individual	Veterano M45	01:15:23	+14:21	06:51
18	549	Marta Moreira	devasta trilhos	Senior Feminino	01:16:08	+15:06	06:55
19	571	João Oliveira	gansos	Senior Masculino	01:16:10	+15:08	06:56
20	673	Sérgio Sousa	individual	Veterano M45	01:16:17	+15:15	06:56
21	706	João Carlos Pereira Morgado Barbosa	minho e lima trail	Veterano M50	01:17:13	+16:11	07:01
22	554	Cila Resende	gaia running	Veterana F45	01:17:48	+16:46	07:04
23	613	João Rodrigues	individual	Senior Masculino	01:19:03	+18:01	07:11
24	675	António Gomes	individual	Veterano M50	01:19:16	+18:14	07:12
25	568	Jorge Beliago	gansos	Senior Masculino	01:20:50	+19:48	07:21
26	631	Tiago Vieira	individual	Senior Masculino	01:20:52	+19:50	07:21
27	515	Célio Oliveira	amigos 100 limites	Senior Masculino	01:22:05	+21:02	07:28
28	594	Bertina Ferreira	individual	Senior Feminino	01:22:06	+21:04	07:28
29	683	Alberto silva	individual	Veterano M55	01:22:27	+21:25	07:30
30	502	Marcelo Fernandes	123	Veterano M50	01:22:44	+21:42	07:31
31	636	Joana Sousa	individual	Veterana F40	01:23:29	+22:26	07:35
32	627	Ricardo Rocha	individual	Senior Masculino	01:23:35	+22:33	07:36
33	810	Nuno Tiago Rodrigues	individual	Senior Masculino	01:23:37	+22:35	07:36
34	789	Bruno Silva	velhas guardas team	Senior Masculino	01:23:38	+22:36	07:36
35	647	Cecília Mesquita de Sousa	individual	Veterana F45	01:23:42	+22:40	07:37
36	690	Vitor De Oliveira	individual	Veterano M55	01:23:42	+22:40	07:37
37	665	Joaquim Alves Pereira gomes	individual	Veterano M45	01:24:01	+22:59	07:38
38	743	Humberto Pinho	porto sentido runners	Veterano M60	01:24:11	+23:09	07:39
39	505	Constantina Rocha	adsebolido trail	Veterana F50	01:24:32	+23:30	07:41
40	504	Júlio Sousa	adsebolido trail	Senior Masculino	01:24:33	+23:31	07:41
41	509	CARLOS ALAGO	ai ai team	Veterano M45	01:25:27	+24:25	07:46

11KM - STAGE 1**11 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

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	637	Salomé Fernandes	individual	Veterana F40	01:40:30	+39:28	09:08
88	661	Nuno SIP	individual	Veterano M40	01:40:30	+39:28	09:08
89	697	Patrícia Sá	leões de tardariz trail	Senior Feminino	01:40:33	+39:31	09:09
90	752	Fátima Aguiar	runriver - escola de atletismo de rio tinto	Veterana F55	01:40:39	+39:37	09:09
91	715	Joaquim Moreira	mss contabilidade trail team	Veterano M50	01:41:05	+40:03	09:11
92	540	Nelson Fernandes	correr para o sucesso	Senior Masculino	01:41:07	+40:05	09:12
93	779	Henrique Pereira	turbolentos	Senior Masculino	01:41:12	+40:10	09:12
94	559	Nelson Miranda	gansos	Senior Masculino	01:41:16	+40:14	09:12
95	521	Maria Ferreira	amigos 100 limites	Veterana F55	01:41:31	+40:29	09:14
96	530	Paulo Gonçalves	centro cultural da stcp	Veterano M50	01:41:48	+40:46	09:15
97	702	Ana Soraia Freitas Sousa	lusavouga cidep trail running	Senior Feminino	01:42:00	+40:58	09:16
98	535	João Inácio	correr para o sucesso	Senior Masculino	01:42:07	+41:05	09:17
99	682	Vitor Machado	individual	Veterano M50	01:42:07	+41:05	09:17
100	622	Paulo Sousa	individual	Senior Masculino	01:42:23	+41:21	09:19
101	760	Henrique Barbedo	sucupira on tour	Veterano M50	01:42:52	+41:50	09:21
102	759	Maria de Lurdes Barbedo	sucupira on tour	Veterana F50	01:42:52	+41:50	09:21
103	686	Carlos Russo	individual	Veterano M55	01:42:55	+41:53	09:21
104	728	Vera Sousa	porto sentido runners	Veterana F40	01:43:03	+42:01	09:22
105	778	Ari Cardoso	turbolentos	Senior Masculino	01:43:05	+42:03	09:22
106	777	André Domingos Aguiar Leitão Pereira	turbolentos	Senior Masculino	01:43:09	+42:07	09:23
107	621	Paulo Fernando Pinto Silva	individual	Senior Masculino	01:43:56	+42:54	09:27
108	595	Carla Martins	gondomar futsal clube	Senior Feminino	01:44:15	+43:13	09:29
109	550	Marco Castro	douroconta - gabinete de apoio e contabilidade	Veterano M50	01:44:24	+43:22	09:30
110	512	Amílcar Sanguedo	amigos 100 limites	Senior Masculino	01:44:28	+43:26	09:30
111	536	Regina Silva	correr para o sucesso	Senior Feminino	01:44:31	+43:29	09:30
112	678	Manuel Paiva	individual	Veterano M50	01:44:42	+43:40	09:31
113	575	José Morais	gansos	Veterano M50	01:45:38	+44:36	09:36
114	801	Vitor Cruz	wolves	Veterano M45	01:46:41	+45:39	09:42
115	522	Paula Moreira	amigos 100 limites	Veterana F55	01:47:18	+46:16	09:45
116	588	Duarte Malheiro	hjk gaia	Veterano M45	01:47:22	+46:20	09:46
117	616	Nuno Dias	individual	Senior Masculino	01:47:25	+46:23	09:46
118	701	Sérgio Santos	locomotiva de paranhos	Senior Masculino	01:48:16	+47:14	09:51
119	635	Elisa Alves	individual	Veterana F40	01:48:49	+47:47	09:54
120	539	Igor Santos	correr para o sucesso	Senior Masculino	01:48:52	+47:50	09:54
121	718	Américo Leal	mss contabilidade trail team	Veterano M60	01:49:24	+48:22	09:57
122	607	Bruno Fernandes	individual	Senior Masculino	01:50:20	+49:18	10:02
123	762	Susana Pereira	tog-trinca orelhas de gato	Senior Feminino	01:50:21	+49:19	10:02
124	506	Albano Sousa	adsebolido trail	Veterano M55	01:50:57	+49:55	10:05
125	557	Bruno Lopes	gansos	Senior Masculino	01:51:30	+50:28	10:08
126	634	Jorge Ferreirinha	individual	Sub 23 Masculino	01:51:53	+50:51	10:10
127	666	Jorge ferreirinha	individual	Veterano M45	01:51:53	+50:51	10:10
128	649	Sandra Costa	individual	Veterana F45	01:52:03	+51:01	10:11
129	630	Tiago Carneiro	individual	Senior Masculino	01:53:06	+52:04	10:17
130	511	Vânia Moreira	amigos 100 limites	Senior Feminino	01:54:07	+53:05	10:23
131	670	Pedro Brizado	individual	Veterano M45	01:55:03	+54:01	10:28

11KM - STAGE 1**11 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	528	Vera Lúcia Moreira Faria Brandão	asas nos pés	Veterana F40	02:07:28	+01:06:26	11:35
177	524	Ana Catarina Moreira da Rocha	asas nos pés	Senior Feminino	02:08:47	+01:07:45	11:43
178	720	Helena Santos	opraticante.pt	Senior Feminino	02:08:49	+01:07:47	11:43
179	766	Raquel Marques	tog-trinca orelhas de gato	Veterana F55	02:09:13	+01:08:11	11:45
180	529	Rui Rodrigues	centro cultural da stcp	Veterano M45	02:11:57	+01:10:55	12:00
181	545	Tito Maia	correr para o sucesso	Veterano M45	02:12:16	+01:11:14	12:02
182	564	Sofia Lopes	gansos	Veterana F40	02:12:26	+01:11:24	12:02
183	563	Paula Ferreira	gansos	Veterana F50	02:12:27	+01:11:24	12:02
184	650	SANDRA OLIVEIRA	individual	Veterana F45	02:12:49	+01:11:47	12:04
185	598	MONICA MAGALHAES	individual	Senior Feminino	02:12:50	+01:11:47	12:05
186	641	ANA ALVES	individual	Veterana F45	02:12:50	+01:11:48	12:05
187	597	MAFALDA ALVES	individual	Senior Feminino	02:12:50	+01:11:48	12:05
188	542	Vânia Santos	correr para o sucesso	Veterana F40	02:14:00	+01:12:58	12:11
189	544	Miguel Pinto	correr para o sucesso	Veterano M45	02:14:01	+01:12:59	12:11
190	797	Cristina Coelho	wolves	Veterana F50	02:14:02	+01:13:00	12:11
191	655	Maria Martins	individual	Veterana F50	02:16:40	+01:15:38	12:26
192	551	Isabel Rocha	efy	Veterana F45	02:16:41	+01:15:39	12:26
193	746	Ana Paula Pinheiro Almeida Santos	ribeiras trail	Veterana F50	02:18:35	+01:17:33	12:36
194	745	Maria Alexandra da Silva Gonçalves	ribeiras trail	Veterana F45	02:18:36	+01:17:34	12:36
195	747	Paula Alexandra Pimenta Coutinho	ribeiras trail	Veterana F50	02:18:36	+01:17:34	12:36
196	753	Patrícia Rebelo	s. s. montepio	Veterana F40	02:18:55	+01:17:53	12:38
197	754	Tania Rebelo	s. s. montepio	Veterana F40	02:18:55	+01:17:53	12:38
198	755	Rui Rebelo	s. s. montepio	Veterano M40	02:18:56	+01:17:54	12:38
199	734	Cláudio Cerqueira	porto sentido runners	Veterano M45	02:19:37	+01:18:35	12:42
200	730	Isabel Macedo	porto sentido runners	Veterana F45	02:19:37	+01:18:35	12:42
201	770	Irene Nunes	trepatrilhos trail team	Veterana F60	02:22:17	+01:21:15	12:56
202	712	Maria Alves	mss contabilidade trail team	Veterana F55	02:22:18	+01:21:16	12:56
203	714	Filipe Azevedo	mss contabilidade trail team	Veterano M40	02:22:18	+01:21:16	12:56
204	527	Sofia Leite	asas nos pés	Senior Feminino	02:24:05	+01:23:03	13:06
205	526	Sofia Ferreira Brandão	asas nos pés	Senior Feminino	02:24:05	+01:23:03	13:06
206	632	Rita Figueiredo	individual	Sub 23 Feminino	02:28:40	+01:27:38	13:31
207	684	Alcídio Figueiredo	individual	Veterano M55	02:28:41	+01:27:39	13:31
208	561	Daniela Vieira	gansos	Veterana F40	02:30:18	+01:29:16	13:40
209	674	Vitor Ferreira	individual	Veterano M45	02:30:19	+01:29:17	13:40
210	606	Bruno Couto	individual	Senior Masculino	02:30:19	+01:29:17	13:40
211	139	Jorge Borges	glt-armazém do caffè	Veterano M40	02:30:58	+01:29:56	13:43
212	586	Monica Borges	glt-armazém do caffè	Veterana F40	02:30:58	+01:29:56	13:43
213	538	Sofia Silva	correr para o sucesso	Senior Feminino	02:31:05	+01:30:03	13:44
214	626	Rafael Silva	individual	Senior Masculino	02:31:09	+01:30:07	13:45
215	791	Moisés Silva	velhas guardas team	Senior Masculino	02:39:58	+01:38:56	14:33
216	771	Daniela Rocha	trilhos e cadilhos	Senior Feminino	02:41:18	+01:40:16	14:40
217	772	Liliana Silva	trilhos e cadilhos	Senior Feminino	02:41:18	+01:40:16	14:40

11KM - STAGE 1**11 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	775	Carmen Silva	trilhos e cadilhos	Veterana F40	02:41:18	+01:40:16	14:40
219	796	Sandra Rodrigues	wolves	Veterana F45	02:46:12	+01:45:10	15:07
220	794	Cátia Ferreira	wolves	Senior Feminino	02:46:13	+01:45:11	15:07
221	798	Graça Cruz	wolves	Veterana F50	02:46:13	+01:45:11	15:07
222	807	Xana Ribeiro	yrun	Veterana F50	02:49:11	+01:48:09	15:23
223	809	Pedro Pires	yrun	Veterano M55	02:49:12	+01:48:10	15:23
224	808	Ricardo Pinto	yrun	Veterano M40	02:49:13	+01:48:11	15:23
225	803	Carla Lopes	yrun	Veterana F40	02:49:13	+01:48:11	15:23
226	806	Teresa Silva	yrun	Veterana F50	02:49:16	+01:48:14	15:23
227	805	Paula Pires	yrun	Veterana F50	02:49:17	+01:48:15	15:23
228	710	Sara Gomes	mss contabilidade trail team	Veterana F40	02:54:06	+01:53:04	15:50
229	713	Natalina Videira	mss contabilidade trail team	Veterana F55	02:57:18	+01:56:16	16:07
230	163	Dina Gonçalves	individual	Veterana F50	02:57:42	+01:56:40	16:09
231	644	Carla Gomes	individual	Veterana F45	02:57:43	+01:56:41	16:09
232	643	Andreia Leitão	individual	Veterana F45	02:57:43	+01:56:41	16:09
233	567	Ana Paula Sista	gansos	Veterana F55	03:02:08	+02:01:06	16:33
234	790	Daniel Ferreira	velhas guardas team	Senior Masculino	03:02:17	+02:01:15	16:34
235	578	Joaquim Maia	gansos	Veterano M60	03:02:17	+02:01:15	16:34
236	788	Soraia Soares	velhas guardas team	Senior Feminino	03:02:18	+02:01:16	16:34
237	638	Sara Vigário	individual	Veterana F40	03:10:28	+02:09:26	17:19
238	580	Patrícia Pereira	gondomar futsal clube	Veterana F40	03:10:29	+02:09:27	17:19
239	741	Carlos Martins	porto sentido runners	Veterano M55	03:14:22	+02:13:20	17:40
240	733	Lurdes Conceição	porto sentido runners	Veterana F55	03:14:22	+02:13:20	17:40
241	725	Patrícia Ribeiro	porto sentido runners	Senior Feminino	03:26:58	+02:25:56	18:49
242	726	Marisa Neves	porto sentido runners	Veterana F40	03:27:00	+02:25:58	18:49
243	727	Sofia Pereira	porto sentido runners	Veterana F40	03:27:01	+02:25:59	18:49

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LAP2GO - TIMING 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 - LAP2GO - TIMING 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

	Time	Temperature	Humidity
Start	09:00	16,7°C	85%
End	12:26	16,7°C	85%

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

1	549	Marta Moreira	Devasta Trilhos	Senior Feminino	01:16:08	+15:06	06:55
2	594	Bertina Ferreira	Individual	Senior Feminino	01:22:06	+21:04	07:28
3	601	Vera moreira	Individual	Senior Feminino	01:26:41	+25:39	07:53
4	750	Teresa Amorim	RUNRIVER - Escola de Atletismo de Rio Tinto	Senior Feminino	01:26:52	+25:50	07:54
5	719	Ana Mafalda Pereira	opraticante.pt	Senior Feminino	01:31:15	+30:13	08:18
6	773	Marta Oliveira	Trilhos e Cadilhos	Senior Feminino	01:36:56	+35:54	08:49
7	599	Patricia Oliveira	Individual	Senior Feminino	01:37:01	+35:59	08:49
8	697	Patricia Sá	Leões de Tardariz Trail	Senior Feminino	01:40:33	+39:31	09:09
9	702	Ana Soraia Freitas Sousa	Lusavouga Cidep Trail Running	Senior Feminino	01:42:00	+40:58	09:16
10	595	Carla Martins	GONDOMAR FUTSAL CLUBE	Senior Feminino	01:44:15	+43:13	09:29
11	536	Regina Silva	Correr Para o Sucesso	Senior Feminino	01:44:31	+43:29	09:30
12	762	Susana Pereira	Tog-Trinca Orelhas de Gato	Senior Feminino	01:50:21	+49:19	10:02
13	511	Vânia Moreira	Amigos 100 Limites	Senior Feminino	01:54:07	+53:05	10:23
14	696	Ligia Ribeiro	Leões de Tardariz Trail	Senior Feminino	01:56:41	+55:39	10:36
15	507	CATIA BEIRÃO	AI AI TEAM	Senior Feminino	01:57:03	+56:01	10:38
16	593	Benedita Ferreira	Individual	Senior Feminino	01:58:08	+57:06	10:44
17	537	Sara Rodrigues	Correr Para o Sucesso	Senior Feminino	01:58:31	+57:28	10:46
18	579	Bruna Peixoto	GDCTUnicre	Senior Feminino	01:58:54	+57:52	10:49
19	533	Daniela Silva	Correr Para o Sucesso	Senior Feminino	02:01:02	+59:59	11:00
20	532	Daniela Moreira	Correr Para o Sucesso	Senior Feminino	02:01:02	+01:00:00	11:00
21	525	Sara Isabel Silva Dias	Asas nos Pés	Senior Feminino	02:06:04	+01:05:02	11:28
22	524	Ana Catarina Moreira da Rocha	Asas nos Pés	Senior Feminino	02:08:47	+01:07:45	11:43
23	720	Helena Santos	opraticante.pt	Senior Feminino	02:08:49	+01:07:47	11:43
24	598	MONICA MAGALHAES	Individual	Senior Feminino	02:12:50	+01:11:47	12:05
25	597	MAFALDA ALVES	Individual	Senior Feminino	02:12:50	+01:11:48	12:05
26	527	Sofia Leite	Asas nos Pés	Senior Feminino	02:24:05	+01:23:03	13:06
27	526	Sofia Ferreira Brandão	Asas nos Pés	Senior Feminino	02:24:05	+01:23:03	13:06
28	538	Sofia Silva	Correr Para o Sucesso	Senior Feminino	02:31:05	+01:30:03	13:44
29	771	Daniela Rocha	Trilhos e Cadilhos	Senior Feminino	02:41:18	+01:40:16	14:40
30	772	Liliana Silva	Trilhos e Cadilhos	Senior Feminino	02:41:18	+01:40:16	14:40
31	794	Cátia Ferreira	WOLVES	Senior Feminino	02:46:13	+01:45:11	15:07
32	788	Soraia Soares	Velhas Guardas Team	Senior Feminino	03:02:18	+02:01:16	16:34
33	725	Patricia Ribeiro	PORTO SENTIDO RUNNERS	Senior Feminino	03:26:58	+02:25:56	18:49

Senior Masculino

1	546	Ivo Barbosa	Devasta Trilhos	Senior Masculino	01:01:02		05:33
2	519	Tiago Moreira	Amigos 100 Limites	Senior Masculino	01:01:32	+00:30	05:36

11KM

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LAP2GO - TIMING 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

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48	628	Rui Alves	Individual	Senior Masculino	02:06:45	+01:05:43	11:31
49	617	Nuno Paiva	Individual	Senior Masculino	02:06:45	+01:05:43	11:31
50	620	Olavo Castro	Individual	Senior Masculino	02:06:46	+01:05:44	11:32
51	606	Bruno Couto	Individual	Senior Masculino	02:30:19	+01:29:17	13:40
52	626	Rafael Silva	Individual	Senior Masculino	02:31:09	+01:30:07	13:45
53	791	Moisés Silva	Velhas Guardas Team	Senior Masculino	02:39:58	+01:38:56	14:33
54	790	Daniel Ferreira	Velhas Guardas Team	Senior Masculino	03:02:17	+02:01:15	16:34

Sub 23 Feminino

1	763	Bruna Santos	Tog-Trinca Orelhas de Gato	Sub 23 Feminino	02:02:57	+01:01:55	11:11
2	632	Rita Figueiredo	Individual	Sub 23 Feminino	02:28:40	+01:27:38	13:31

Sub 23 Masculino

1	634	Jorge Ferreirinha	Individual	Sub 23 Masculino	01:51:53	+50:51	10:10
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Veterana F40

1	636	Joana Sousa	Individual	Veterana F40	01:23:29	+22:26	07:35
2	781	Patrícia Figueiredo	TURBOLENTOS	Veterana F40	01:28:20	+27:18	08:02
3	724	Diana Santos	Phoenix Evorun	Veterana F40	01:30:05	+29:03	08:11
4	703	Sandra Manuela da Silva	Lusavouga Cidep Trail Running	Veterana F40	01:37:06	+36:04	08:50
5	508	SANDRA ALAGO	AI AI TEAM	Veterana F40	01:40:24	+39:22	09:08
6	637	Salomé Fernandes	Individual	Veterana F40	01:40:30	+39:28	09:08
7	728	Vera Sousa	PORTO SENTIDO RUNNERS	Veterana F40	01:43:03	+42:01	09:22
8	635	Elisa Alves	Individual	Veterana F40	01:48:49	+47:47	09:54
9	704	Sandra Manuela Moreira Martins	Lusavouga Cidep Trail Running	Veterana F40	01:55:31	+54:29	10:30
10	722	Sonia Marisa Teixeira Da Silva	Paredes Running	Veterana F40	01:59:48	+58:46	10:54
11	528	Vera Lúcia Moreira Faria Brandão	Asas nos Pés	Veterana F40	02:07:28	+01:06:26	11:35
12	564	Sofia Lopes	Gansos	Veterana F40	02:12:26	+01:11:24	12:02
13	542	Vânia Santos	Correr Para o Sucesso	Veterana F40	02:14:00	+01:12:58	12:11
14	753	Patrícia Rebelo	S. S. Montepio	Veterana F40	02:18:55	+01:17:53	12:38
15	754	Tania Rebelo	S. S. Montepio	Veterana F40	02:18:55	+01:17:53	12:38
16	561	Daniela Vieira	Gansos	Veterana F40	02:30:18	+01:29:16	13:40
17	586	Monica Borges	GTT-Armazém do Caffè	Veterana F40	02:30:58	+01:29:56	13:43
18	775	Carmen Silva	Trilhos e Cadilhos	Veterana F40	02:41:18	+01:40:16	14:40
19	803	Carla Lopes	YRun	Veterana F40	02:49:13	+01:48:11	15:23
20	710	Sara Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterana F40	02:54:06	+01:53:04	15:50
21	638	Sara Vigário	Individual	Veterana F40	03:10:28	+02:09:26	17:19
22	580	Patrícia Pereira	GONDOMAR FUTSAL CLUBE	Veterana F40	03:10:29	+02:09:27	17:19
23	726	Marisa Neves	PORTO SENTIDO RUNNERS	Veterana F40	03:27:00	+02:25:58	18:49
24	727	Sofia Pereira	PORTO SENTIDO RUNNERS	Veterana F40	03:27:01	+02:25:59	18:49

11KM**11 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

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OFFICIAL RESULT**Veterano M45**

1	663	Alcino Silva	Individual	Veterano M45	01:01:35	+00:32	05:36
2	671	Pedro Gaio	Individual	Veterano M45	01:15:23	+14:21	06:51
3	673	Sérgio Sousa	Individual	Veterano M45	01:16:17	+15:15	06:56
4	665	Joaquim Alves Pereira gomes	Individual	Veterano M45	01:24:01	+22:59	07:38
5	509	CARLOS ALAGO	AI AI TEAM	Veterano M45	01:25:27	+24:25	07:46
6	800	Abel Ribeiro	WOLVES	Veterano M45	01:28:12	+27:10	08:01
7	723	Antonio Jose Pereira Barbosa	Paredes Running	Veterano M45	01:32:56	+31:54	08:27
8	669	Mário Batista	Individual	Veterano M45	01:34:39	+33:37	08:36
9	813	João Fernando da Silva Ribeiro	Individual	Veterano M45	01:34:55	+33:53	08:38
10	735	Paulo Rocha	PORTO SENTIDO RUNNERS	Veterano M45	01:39:54	+38:52	09:05
11	801	Vitor Cruz	WOLVES	Veterano M45	01:46:41	+45:39	09:42
12	588	Duarte Malheiro	Hjk Gaia	Veterano M45	01:47:22	+46:20	09:46
13	666	Jorge ferreirinha	Individual	Veterano M45	01:51:53	+50:51	10:10
14	670	Pedro Brizado	Individual	Veterano M45	01:55:03	+54:01	10:28
15	668	Manuel Correia	Individual	Veterano M45	01:58:07	+57:05	10:44
16	589	Mário Pereira	Hjk Gaia	Veterano M45	02:01:12	+01:00:10	11:01
17	667	Luis Ribeiro	Individual	Veterano M45	02:05:15	+01:04:13	11:23
18	529	Rui Rodrigues	Centro Cultural da STCP	Veterano M45	02:11:57	+01:10:55	12:00
19	545	Tito Maia	Correr Para o Sucesso	Veterano M45	02:12:16	+01:11:14	12:02
20	544	Miguel Pinto	Correr Para o Sucesso	Veterano M45	02:14:01	+01:12:59	12:11
21	734	Cláudio Cerqueira	PORTO SENTIDO RUNNERS	Veterano M45	02:19:37	+01:18:35	12:42
22	674	Vitor Ferreira	Individual	Veterano M45	02:30:19	+01:29:17	13:40

Veterano M50

1	677	José loureiro	Individual	Veterano M50	01:05:02	+04:00	05:55
2	706	João Carlos Pereira Morgado Barbosa	Minho e Lima Trail	Veterano M50	01:17:13	+16:11	07:01
3	675	António Gomes	Individual	Veterano M50	01:19:16	+18:14	07:12
4	502	Marcelo Fernandes	123	Veterano M50	01:22:44	+21:42	07:31
5	802	Fernando Oliveira	WOLVES	Veterano M50	01:26:40	+25:38	07:53
6	740	Laurindo Moreira	PORTO SENTIDO RUNNERS	Veterano M50	01:27:40	+26:37	07:58
7	681	Rui Moreira	Individual	Veterano M50	01:28:04	+27:02	08:00
8	523	António Luís	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:31:10	+30:07	08:17
9	680	Miro Sousa	Individual	Veterano M50	01:32:51	+31:49	08:26
10	737	Abílio Silva	PORTO SENTIDO RUNNERS	Veterano M50	01:36:42	+35:40	08:47
11	573	Álvaro Almeida	Gansos	Veterano M50	01:39:43	+38:41	09:04
12	574	Carlos Anjos	Gansos	Veterano M50	01:39:44	+38:41	09:04
13	715	Joaquim Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	01:41:05	+40:03	09:11
14	530	Paulo Gonçalves	Centro Cultural da STCP	Veterano M50	01:41:48	+40:46	09:15
15	682	Vitor Machado	Individual	Veterano M50	01:42:07	+41:05	09:17
16	760	Henrique Barbedo	SUCUPIRA ON TOUR	Veterano M50	01:42:52	+41:50	09:21
17	550	Marco Castro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	01:44:24	+43:22	09:30

11KM**11 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

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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

18	678	Manuel Paiva	Individual	Veterano M50	01:44:42	+43:40	09:31
19	575	José Morais	Gansos	Veterano M50	01:45:38	+44:36	09:36
20	510	ISIDRO SILVA	AI AI TEAM	Veterano M50	01:57:02	+56:00	10:38

Veterano M55

1	548	Carlos sousa	Devasta Trilhos	Veterano M55	01:10:38	+09:36	06:25
2	683	Alberto silva	Individual	Veterano M55	01:22:27	+21:25	07:30
3	690	Vitor De Oliveira	Individual	Veterano M55	01:23:42	+22:40	07:37
4	687	FERNANDO PAIS	Individual	Veterano M55	01:35:46	+34:44	08:42
5	686	Carlos Russo	Individual	Veterano M55	01:42:55	+41:53	09:21
6	506	Albano Sousa	adsebolido trail	Veterano M55	01:50:57	+49:55	10:05
7	576	Joaquim Garcés	Gansos	Veterano M55	01:59:23	+58:21	10:51
8	717	Rui Machado	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	01:59:43	+58:41	10:53
9	716	José Freitas	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	02:01:02	+01:00:00	11:00
10	684	Alcídio Figueiredo	Individual	Veterano M55	02:28:41	+01:27:39	13:31
11	809	Pedro Pires	YRun	Veterano M55	02:49:12	+01:48:10	15:23
12	741	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M55	03:14:22	+02:13:20	17:40

Veterano M60

1	280	David Tavares	RUNRIVER - Escola de Atletismo de Rio Tinto	Veterano M60	01:13:26	+12:24	06:41
2	743	Humberto Pinho	PORTO SENTIDO RUNNERS	Veterano M60	01:24:11	+23:09	07:39
3	718	Américo Leal	MSS CONTABILIDADE TRAIL TEAM	Veterano M60	01:49:24	+48:22	09:57
4	691	Diamantino Rodrigues	Individual	Veterano M60	02:00:10	+59:08	10:56
5	555	Carlos Pinto	Gaia Running	Veterano M60	02:00:11	+59:09	10:56
6	578	Joaquim Maia	Gansos	Veterano M60	03:02:17	+02:01:15	16:34

