

TRAIL - STAGE 1

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	11°C	82%
End	14:14	11°C	82%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	513	Francisco Lemos	Casa do Benfica de Reguengos de Monsaraz	03:02:08		05:53	
2	581	Luís Azevedo	Sport Clube Paradelas	03:05:04	+02:56	05:58	
3	576	Carlos Domingues	Saca Trilhos Anadia	03:06:15	+04:07	06:00	
4	591	Marcelo Sousa	vale correr	03:18:02	+15:54	06:23	
5	516	João Margarido	CLTT - Clínica Litoral Trail Team	03:19:54	+17:46	06:27	
6	566	Pedro Martins	OCS - Arrábida Trail Team	03:23:18	+21:10	06:33	
7	588	Luís Marques	Unidos Run Team / As Oliveirinhas	03:27:28	+25:20	06:42	
8	580	Bruno Paquete	Sport Clube Paradelas	03:27:46	+25:38	06:42	
9	590	Gualter Barros	Ups, Trilhei-me!	03:28:05	+25:57	06:43	
10	589	Bruno Casal	Ups, Trilhei-me!	03:28:38	+26:30	06:44	
11	547	Filipe Macedo	Individual	03:28:59	+26:51	06:44	
12	549	João Silva	Individual	03:32:48	+30:40	06:52	
13	510	Ricardo Sousa	Bota para lá e Siliigaaa	03:38:17	+36:09	07:02	
14	501	LUIS FERREIRA	ACD OS ILHAVOS	03:38:17	+36:09	07:02	
15	534	Daniel Gonçalves da Silva	Individual	03:43:35	+41:27	07:13	
16	577	David Araújo	Saca Trilhos Anadia	03:45:09	+43:01	07:16	
17	537	Pedro Sá Pereira	Individual	03:46:51	+44:43	07:19	
18	575	José Gomes	RUNNING4FUN TEAM VISEU	03:48:34	+46:26	07:22	
19	593	Elvio Santos	vale correr	03:49:15	+47:07	07:24	
20	504	André Pereira	Associação Desportiva de Ílhavo	03:49:48	+47:40	07:25	
21	558	Luís Eanes	Individual	03:53:04	+50:56	07:31	
22	508	Luís Fernando Monteiro da Mota	Atletismo de Miranda do Douro - CDMD	03:54:45	+52:37	07:34	
23	540	Tiago Gandarez	Individual	04:01:52	+59:44	07:48	
24	592	Tiago Pereira	vale correr	04:02:58	+01:00:50	07:50	
25	539	Tiago Ferreira	Individual	04:03:21	+01:01:13	07:51	
26	556	Sérgio torre	Individual	04:03:21	+01:01:13	07:51	
27	568	Leonel Batista	Os Trinca Espinhas	04:05:35	+01:03:27	07:55	
28	583	Liliana Moreira	Team El Comandante	04:06:12	+01:04:04	07:57	
29	520	Gaspar Araujo	GRC TELHADELA	04:07:06	+01:04:58	07:58	
30	512	Rui Pereira	Bustos Runners	04:07:09	+01:05:01	07:58	
31	572	Joel Ferreira Pinto	Run & Fun	04:08:12	+01:06:04	08:00	
32	507	Nuno Almeida	ASSSCC - Ar Livre e Aventura	04:11:33	+01:09:25	08:07	
33	536	David Madeira	Individual	04:12:44	+01:10:36	08:09	
34	579	Armando Cardoso	Sport Clube Paradelas	04:15:28	+01:13:20	08:14	
35	541	Álvaro Baptista	Individual	04:16:21	+01:14:13	08:16	
36	565	José Pereira	Jose Pereira	04:17:15	+01:15:07	08:18	
37	514	Filomena Marques	CF Os Marialvas	04:18:23	+01:16:15	08:20	
38	515	Filipe Soto	CF Os Marialvas	04:18:23	+01:16:15	08:20	
39	584	David Oliveira	TiMim	04:18:52	+01:16:44	08:21	
40	554	Luis Felicio	Individual	04:20:38	+01:18:30	08:24	
41	543	Carlos Duarte	Individual	04:22:47	+01:20:39	08:29	
42	552	Helder Gonçalves	Individual	04:24:21	+01:22:13	08:32	

TRAIL - STAGE 1

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	585	Paula Manuela	TrepaTrilhos Trail Team	04:25:23	+01:23:15	08:34	
44	538	Tiago André Sotero Oliveira	Individual	04:29:16	+01:27:08	08:41	
45	518	Vítor Fonseca	CMM	04:29:31	+01:27:23	08:42	
46	550	Pedro Santos	Individual	04:29:51	+01:27:43	08:42	
47	559	pedro peça	Individual	04:29:52	+01:27:44	08:42	
48	531	Eduarda Barros	Individual	04:31:55	+01:29:47	08:46	
49	545	Diogo Lopes	Individual	04:33:28	+01:31:20	08:49	
50	570	Céu Vilar	Run & Fun	04:36:53	+01:34:45	08:56	
51	574	Manuel Moreira	Run & Fun	04:36:53	+01:34:45	08:56	
52	524	Joana Rodrigues	Individual	04:37:51	+01:35:43	08:58	
53	569	SMónica Fernandes	Run & Fun	04:38:01	+01:35:53	08:58	
54	573	Tino Silva	Run & Fun	04:41:00	+01:38:52	09:04	
55	544	DAVID MANUEL BORGES NOGUEIRA	Individual	04:45:34	+01:43:26	09:13	
56	509	Goreti Rocha	Bota para lá e Siiigaaa	04:46:46	+01:44:38	09:15	
57	527	Tiago Pereira	Individual	04:47:01	+01:44:53	09:16	
58	587	Agostinho Alves	TrepaTrilhos Trail Team	04:48:22	+01:46:14	09:18	
59	567	Paula Cordeiro	Os Trinca Espinhas	04:49:43	+01:47:35	09:21	
60	533	Carmen Silva	Individual	04:57:00	+01:54:52	09:35	
61	528	Catarina Gonçalves	Individual	04:59:09	+01:57:01	09:39	
62	532	Inga Caraman	Individual	04:59:11	+01:57:03	09:39	
63	546	Domingos Eduardo Ribeiro Dias	Individual	04:59:13	+01:57:05	09:39	
64	522	Elisa Belo	Individual	05:04:05	+02:01:57	09:49	
65	525	Francisco Gomes	Individual	05:04:06	+02:01:58	09:49	
66	564	José Rei	Individual	05:13:45	+02:11:37	10:07	
67	557	Carlos Manuel de Almeida Matias	Individual	05:15:51	+02:13:43	10:11	
68	586	Paulo Nuno Sampaio	TrepaTrilhos Trail Team	05:19:32	+02:17:24	10:18	
69	563	IDILIO GOMES	Individual	05:21:35	+02:19:27	10:22	
70	526	João Machado Duarte	Individual	05:34:28	+02:32:20	10:47	
71	530	Carla Santos	Individual	05:36:00	+02:33:52	10:50	
72	560	Ricardo Nunes	Individual	05:36:00	+02:33:52	10:50	
73	529	Marta Rodrigues	Individual	05:41:01	+02:38:53	11:00	
74	521	Sérgio Lopes	Greirense	05:41:02	+02:38:54	11:00	
75	517	Célia Maria Azenha	Clube AA Lebres do Sado	05:43:51	+02:41:43	11:06	

Trail

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	11°C	82%
End	14:14	11°C	82%

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

1	524	Joana Rodrigues	Individual	Senior Feminino	04:37:51	08:58
2	522	Elisa Belo	Individual	Senior Feminino	05:04:05	+26:14 09:49

Senior Masculino

1	576	Carlos Domingues	Saca Trilhos Anadia	Senior Masculino	03:06:15	06:00:00
2	591	Marcelo Sousa	vale correr	Senior Masculino	03:18:02	+11:47 06:23:47
3	588	Luís Marques	Unidos Run Team / As Oliveirinhas	Senior Masculino	03:27:28	+21:13 06:42:01
4	589	Bruno Casal	Ups, Trilhei-me!	Senior Masculino	03:28:38	+22:23 06:44:16
5	577	David Araújo	Saca Trilhos Anadia	Senior Masculino	03:45:09	+38:54 07:16:10
6	504	André Pereira	Associação Desportiva de Ílhavo	Senior Masculino	03:49:48	+43:33 07:25:49
7	592	Tiago Pereira	vale correr	Senior Masculino	04:02:58	+56:43 07:50:02
8	527	Tiago Pereira	Individual	Senior Masculino	04:47:01	+01:40:46 09:16:47
9	525	Francisco Gomes	Individual	Senior Masculino	05:04:06	+01:57:51 09:49:38
10	526	João Machado Duarte	Individual	Senior Masculino	05:34:28	+02:28:13 10:47:51

Veterana F35

1	583	Liliana Moreira	Team El Comandante	Veterana F35	04:06:12	07:57:12
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Veterana F40

1	569	SMónica Fernandes	Run & Fun	Veterana F40	04:38:01		08:58:01
2	528	Catarina Gonçalves	Individual	Veterana F40	04:59:09	+21:08	09:39:09
3	529	Marta Rodrigues	Individual	Veterana F40	05:41:01	+01:02:59	11:00:00

Veterana F45

1	514	Filomena Marques	CF Os Marialvas	Veterana F45	04:18:23	08:20:00
2	531	Eduarda Barros	Individual	Veterana F45	04:31:55	+13:32 08:46:00
3	570	Céu Vilar	Run & Fun	Veterana F45	04:36:53	+18:30 08:56:00
4	509	Goreti Rocha	Bota para lá e Siiigaaa	Veterana F45	04:46:46	+28:23 09:15:00
5	532	Inga Caraman	Individual	Veterana F45	04:59:11	+40:48 09:39:00
6	530	Carla Santos	Individual	Veterana F45	05:36:00	+01:17:37 10:50:00

Trail

31 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F50

1	585	Paula Manuela	TrepaTrilhos Trail Team	Veterana F50	04:25:23	08:34
2	533	Carmen Silva	Individual	Veterana F50	04:57:00	+31:37 09:35

Veterana F55

1	567	Paula Cordeiro	Os Trinca Espinhas	Veterana F55	04:49:43	09:21
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Veterana F60

1	517	Célia Maria Azenha	Clube AA Lebres do Sado	Veterana F60	05:43:51	11:06
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Veterano M35

1	566	Pedro Martins	OCS - Arrábida Trail Team	Veterano M35	03:23:18	06:33
2	590	Gualter Barros	Ups, Trilhei-me!	Veterano M35	03:28:05	+04:46 06:43
3	501	LUIS FERREIRA	ACD OS ILHAVOS	Veterano M35	03:38:17	+14:58 07:02
4	534	Daniel Gonçalves da Silva	Individual	Veterano M35	03:43:35	+20:16 07:13
5	537	Pedro Sá Pereira	Individual	Veterano M35	03:46:51	+23:33 07:19
6	540	Tiago Gandarez	Individual	Veterano M35	04:01:52	+38:34 07:48
7	539	Tiago Ferreira	Individual	Veterano M35	04:03:21	+40:02 07:51
8	536	David Madeira	Individual	Veterano M35	04:12:44	+49:26 08:09
9	584	David Oliveira	TiMim	Veterano M35	04:18:52	+55:33 08:21
10	538	Tiago André Sotero Oliveira	Individual	Veterano M35	04:29:16	+01:05:57 08:41
11	521	Sérgio Lopes	Greirense	Veterano M35	05:41:02	+02:17:43 11:00

Veterano M40

1	513	Francisco Lemos	Casa do Benfica de Reguengos de Monsaraz	Veterano M40	03:02:08	05:53
2	581	Luís Azevedo	Sport Clube Paradelas	Veterano M40	03:05:04	+02:55 05:58
3	516	João Margarido	CLTT - Clínica Litoral Trail Team	Veterano M40	03:19:54	+17:45 06:27
4	580	Bruno Paquete	Sport Clube Paradelas	Veterano M40	03:27:46	+25:37 06:42
5	547	Filipe Macedo	Individual	Veterano M40	03:28:59	+26:50 06:44
6	549	João Silva	Individual	Veterano M40	03:32:48	+30:39 06:52
7	579	Armando Cardoso	Sport Clube Paradelas	Veterano M40	04:15:28	+01:13:20 08:14
8	541	Álvaro Baptista	Individual	Veterano M40	04:16:21	+01:14:12 08:16
9	515	Filipe Soto	CF Os Marialvas	Veterano M40	04:18:23	+01:16:14 08:20
10	543	Carlos Duarte	Individual	Veterano M40	04:22:47	+01:20:38 08:29
11	550	Pedro Santos	Individual	Veterano M40	04:29:51	+01:27:43 08:42
12	545	Diogo Lopes	Individual	Veterano M40	04:33:28	+01:31:19 08:49
13	544	DAVID MANUEL BORGES NOGUEIRA	Individual	Veterano M40	04:45:34	+01:43:25 09:13

Trail

31 KM

[illegible]

OFFICIAL RESULT

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14	546	Domingos Eduardo Ribeiro Dias	Individual	Veterano M40	04:59:13	+01:57:04	09:39
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Veterano M45

1	510	Ricardo Sousa	Bota para lá e Siigaaa	Veterano M45	03:38:17	07:02
2	593	Elvio Santos	vale correr	Veterano M45	03:49:15	+10:58 07:24
3	556	Sérgio torre	Individual	Veterano M45	04:03:21	+25:04 07:51
4	572	Joel Ferreira Pinto	Run & Fun	Veterano M45	04:08:12	+29:55 08:00
5	507	Nuno Almeida	ASSCC - Ar Livre e Aventura	Veterano M45	04:11:33	+33:16 08:07
6	554	Luis Felicio	Individual	Veterano M45	04:20:38	+42:21 08:24
7	552	Helder Gonçalves	Individual	Veterano M45	04:24:21	+46:04 08:32
8	518	Vítor Fonseca	CMM	Veterano M45	04:29:31	+51:14 08:42
9	573	Tino Silva	Run & Fun	Veterano M45	04:41:00	+01:02:43 09:04
10	586	Paulo Nuno Sampaio	TrepaTrilhos Trail Team	Veterano M45	05:19:32	+01:41:15 10:18

Veterano M50

1	558	Luís Eanes	Individual	Veterano M50	03:53:04	07:31
2	568	Leonel Batista	Os Trinca Espinhas	Veterano M50	04:05:35	+12:30 07:55
3	520	Gaspar Araujo	GRC TELHADELA	Veterano M50	04:07:06	+14:01 07:58
4	565	José Pereira	Jose Pereira	Veterano M50	04:17:15	+24:11 08:18
5	559	pedro peça	Individual	Veterano M50	04:29:52	+36:47 08:42
6	574	Manuel Moreira	Run & Fun	Veterano M50	04:36:53	+43:48 08:56
7	557	Carlos Manuel de Almeida Matias	Individual	Veterano M50	05:15:51	+01:22:46 10:11
8	560	Ricardo Nunes	Individual	Veterano M50	05:36:00	+01:42:55 10:50

Veterano M55

1	575	José Gomes	RUNNING4FUN TEAM VISEU	Veterano M55	03:48:34	07:22
2	512	Rui Pereira	Bustos Runners	Veterano M55	04:07:09	+18:34 07:58
3	587	Agostinho Alves	TrepaTrilhos Trail Team	Veterano M55	04:48:22	+59:47 09:18

Veterano M60

1	508	Luís Fernando Monteiro da Mota	Atletismo de Miranda do Douro - CDMD	Veterano M60	03:54:45	07:34
2	564	José Rei	Individual	Veterano M60	05:13:45	+01:18:59 10:07
3	563	IDILIO GOMES	Individual	Veterano M60	05:21:35	+01:26:49 10:22

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:23
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:23
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Trail Curto

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	10,6°C	75%
End	14:38	10.6°C	75%

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

1	66	INÊS TEIXEIRA	DAR - Desportivo Atlético Recardães	Senior Feminino	02:22:57		07:56:11
2	109	Márcia Gomes	Individual	Senior Feminino	02:54:53	+31:56	09:43:11
3	523	Elsa Pires	Individual	Senior Feminino	03:01:39	+38:42	10:06:11
4	107	Ana Madalena	Individual	Senior Feminino	03:15:20	+52:23	10:51:11
5	83	Lara Mendes	Fox Trail Team	Senior Feminino	03:48:19	+01:25:22	12:41:11

Senior Masculino

1	291	Rodrigo Mendes	SPRINT	Senior Masculino	02:01:37		06:45
2	65	Rodrigo Baptista Laranjeira	DAP Trail Team	Senior Masculino	02:02:18	+00:40	06:48
3	114	Bruno Rodrigues	Individual	Senior Masculino	02:14:27	+12:50	07:28
4	74	Ricardo Santos	EU TU E A MONTANHA	Senior Masculino	02:18:09	+16:32	07:41
5	252	Hugo Antunes	Os Estiga	Senior Masculino	02:24:03	+22:26	08:00
6	120	Filipe Silva	Individual	Senior Masculino	02:28:19	+26:42	08:14
7	122	Gonalo Cardoso	Individual	Senior Masculino	02:32:24	+30:47	08:28
8	123	Hugo Coelho	Individual	Senior Masculino	02:32:56	+31:19	08:30
9	129	Manuel Loureiro dos Santos	Individual	Senior Masculino	02:33:26	+31:49	08:31
10	249	Ricardo Cardoso	ORTHIA	Senior Masculino	02:38:18	+36:40	08:48
11	126	Jorge Reis	Individual	Senior Masculino	02:40:38	+39:00	08:55
12	253	Miguel Santos	Os Estiga	Senior Masculino	02:40:57	+39:20	08:57
13	118	Diogo Salgado	Individual	Senior Masculino	02:43:10	+41:33	09:04
14	79	Joo Pedro Veleirinho Cardoso	Fat & Furious	Senior Masculino	02:45:34	+43:57	09:12
15	119	Fabio Moreira	Individual	Senior Masculino	02:46:33	+44:56	09:15
16	14	Andre Nunes	ActiveLifebyTiagoSilva	Senior Masculino	02:46:57	+45:20	09:17
17	319	Jose Rocha	Ups, Trilhei-me!	Senior Masculino	02:47:11	+45:34	09:17
18	117	Diogo Ferreira	Individual	Senior Masculino	02:48:02	+46:24	09:20
19	321	Lus Lopes	vale correr	Senior Masculino	02:49:44	+48:06	09:26
20	116	Davyd Willian Buarque de Macedo	Individual	Senior Masculino	02:57:04	+55:26	09:50
21	124	Joo Espada	Individual	Senior Masculino	02:57:07	+55:29	09:50
22	103	Francisco Oliveira	Grupo Pavigrs	Senior Masculino	02:59:46	+58:09	09:59
23	130	Tiago Lopes	Individual	Senior Masculino	03:01:27	+59:49	10:05
24	121	Frederico Oliveira	Individual	Senior Masculino	03:08:36	+01:06:59	10:29
25	111	Antonildo Barros	Individual	Senior Masculino	03:10:42	+01:09:04	10:36
26	112	Antnio Cruz	Individual	Senior Masculino	03:13:39	+01:12:02	10:46
27	128	Lus Mendes	Individual	Senior Masculino	03:13:39	+01:12:02	10:46
28	115	Carlos Eduardo	Individual	Senior Masculino	03:15:21	+01:13:43	10:51
29	113	Antnio Figueiredo0	Individual	Senior Masculino	03:16:41	+01:15:04	10:56
30	127	Lucas Machado dos Santos	Individual	Senior Masculino	03:21:23	+01:19:46	11:11

Trail Curto

18 KM

[illegible]

OFFICIAL RESULT

[illegible]

31	276	Gabriel Alexandre Henriques Barbosa	SEW-EURODRIVE Portugal	Senior Masculino	03:33:26	+01:31:49	11:51
32	56	José Miguel Oliveira Simões Direito	CC Family	Senior Masculino	03:35:22	+01:33:45	11:58
33	53	João Barreto	C. F. Os Marialvas	Senior Masculino	03:37:23	+01:35:45	12:05

Sub 23 Masculino

1	58	João Simões	Centro de Trail Carlos Sá Penacova Team	Sub 23 Masculino	02:14:41	07:29
2	55	Samuel Maria	CAPenafirme	Sub 23 Masculino	02:31:26	+16:44 08:25
3	62	Tomás Andrade Soares	Clube Desportivo Feirense	Sub 23 Masculino	02:36:40	+21:58 08:42

Veterana F35

1	133	Tânia Sofia Henriques Padilha	Individual	Veterana F35	02:20:39	07:49
2	282	Liliana Ferreira	Sport Clube Paradela	Veterana F35	02:29:09	+08:29 08:17
3	260	Célia Outeirinho	Runners do Monte	Veterana F35	03:11:44	+51:05 10:39
4	106	Helena Gonçalves	Helena Gonçalves	Veterana F35	03:21:21	+01:00:42 11:11
5	131	Maguy Graça	Individual	Veterana F35	03:34:29	+01:13:50 11:55
6	35	Soraia Martins	ARCD Venda da Luísa	Veterana F35	03:37:07	+01:16:28 12:04
7	309	DANIELA FIGUEIREDO	TERRANTEZ	Veterana F35	03:38:35	+01:17:56 12:09
8	46	Bruna Pratas	Botão Camp	Veterana F35	03:48:06	+01:27:27 12:40
9	19	Filipa de Sousa Costa	ADABEM Running Team	Veterana F35	03:52:50	+01:32:11 12:56
10	134	Vanessa Martins	Individual	Veterana F35	04:03:32	+01:42:52 13:32
11	132	Patricia isabel martinho Cação	Individual	Veterana F35	04:16:46	+01:56:07 14:16
12	67	Ana Dinis	Diario de Coimbra	Veterana F35	04:26:46	+02:06:07 14:49

Veterana F40

1	82	Alexandra Gomes	Fox running tean	Veterana F40	02:23:47	07:59
2	241	Nádia Silva	Juventude Atlético Clube	Veterana F40	02:34:29	+10:42 08:35
3	138	Florbelá Sá	Individual	Veterana F40	02:58:24	+34:37 09:55
4	137	Daniela Moreira	Individual	Veterana F40	03:08:59	+45:12 10:30
5	61	Marilyn Lourenço	CLTT - Clínica Litoralis Trail Team	Veterana F40	03:12:08	+48:21 10:40
6	135	Ana Malhão	Individual	Veterana F40	03:35:06	+01:11:19 11:57
7	36	ELISABETE cORREIA	ARCD Venda da Luísa	Veterana F40	03:38:19	+01:14:32 12:08
8	310	Alexandra Valinhas	TrepaTrilhos Trail Team	Veterana F40	03:50:53	+01:27:06 12:50
9	311	Andreia Jorge	TrepaTrilhos Trail Team	Veterana F40	03:51:45	+01:27:58 12:53
10	323	Liliana Porto	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	04:08:04	+01:44:16 13:47

Veterana F45

1	97	Fátima Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterana F45	02:24:01		08:00
2	238	ARLETE SANTOS	JOBRA	Veterana F45	02:28:35	+04:33	08:15
3	140	Cristina pedro	Individual	Veterana F45	02:33:11	+09:09	08:31

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Trail Curto

18 KM

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OFFICIAL RESULT

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4	261	Sónia Reis	Runners do Monte	Veterana F45	02:46:13	+22:12	09:14
5	143	Natália Pereira	Individual	Veterana F45	03:07:05	+43:04	10:24
6	139	Cláudia Cordeiro	Individual	Veterana F45	03:14:54	+50:53	10:50
7	59	Magda Alves	Chitas de Alcobaça	Veterana F45	03:17:58	+53:57	11:00
8	147	Sonia Moreira	Individual	Veterana F45	03:28:04	+01:04:03	11:34
9	37	Graça Simões	ARCD Venda da Luísa	Veterana F45	03:29:33	+01:05:32	11:39
10	306	Maria Isabel da Costa Meira	Team El Comandante	Veterana F45	03:33:02	+01:09:01	11:50
11	144	Paula Pedro	Individual	Veterana F45	03:34:40	+01:10:39	11:56
12	38	Silvia Costa	ARCD Venda da Luísa	Veterana F45	03:34:58	+01:10:57	11:57
13	9	Sandra Isabel Mendes dos Reis	Academia de desportos de condeixa	Veterana F45	03:37:54	+01:13:53	12:06
14	86	Sandra Martins	Gou Running Club	Veterana F45	03:45:44	+01:21:43	12:32
15	48	Maria João Pereira	Botão Camp	Veterana F45	03:47:07	+01:23:06	12:37
16	277	Lúcia Maria Teixeira Evaristo	SEW-EURODRIVE Portugal	Veterana F45	03:49:04	+01:25:03	12:44
17	141	Eliana Tavares	Individual	Veterana F45	04:01:35	+01:37:34	13:25
18	142	NATALIA FERNANDES	Individual	Veterana F45	04:03:32	+01:39:31	13:32
19	145	Sandra Lemos	Individual	Veterana F45	04:31:28	+02:07:27	15:05
20	146	Sónia Frade	Individual	Veterana F45	04:31:30	+02:07:28	15:05

Veterana F50

1	150	Maria loureiro	Individual	Veterana F50	02:59:35		09:59
2	264	Celina Dias	RUNNING4FUN TEAM VISEU	Veterana F50	02:59:51	+00:15	10:00
3	88	Eduarda Vinagre	Grupo Desportivo Assempark-Aveiro	Veterana F50	03:08:39	+09:04	10:29
4	292	Celia Oliveira	Tainadas Run Team Somengil	Veterana F50	03:11:14	+11:39	10:37
5	294	Paula Ribeiro	Talentos Team	Veterana F50	03:12:36	+13:00	10:42
6	63	Sandra Ferreira	Clube Desportivo Feirense	Veterana F50	03:16:46	+17:11	10:56
7	40	Luísa Lacerda	ARCD Venda da Luísa	Veterana F50	03:22:57	+23:21	11:16
8	250	Lucia Teles	ORTHIA	Veterana F50	03:29:09	+29:33	11:37
9	39	Judite Duarte	ARCD Venda da Luísa	Veterana F50	03:29:33	+29:58	11:39
10	71	Alzira Sousa	Dois mankos	Veterana F50	03:37:50	+38:14	12:06
11	73	Oriana Dias	Domus Trail	Veterana F50	03:43:52	+44:17	12:26
12	148	Filipa Matias	Amantes Trail & Run	Veterana F50	03:45:00	+45:24	12:30
13	87	Suzete Marco	GRECAS - Vagos	Veterana F50	04:11:59	+01:12:23	14:00
14	84	Rosa Marques	Fox Trail Team	Veterana F50	04:31:24	+01:31:49	15:05
15	149	Maria Graça	Individual	Veterana F50	05:23:10	+02:23:35	17:57

Veterana F55

1	154	Susana Lopes	Individual	Veterana F55	03:12:37		10:42
2	296	Patrícia Santos	Tálenos Team	Veterana F55	03:18:38	+06:01	11:02
3	305	Elvira Pinto	TAYLORS	Veterana F55	03:32:30	+19:53	11:48
4	152	Fatima Malta	Individual	Veterana F55	03:35:49	+23:12	11:59
5	153	Paula cristina Oliveira silva	Individual	Veterana F55	03:41:23	+28:46	12:18
6	295	Maria Graça Gonçalves	Tálenos Team	Veterana F55	04:01:33	+48:56	13:25

Trail Curto

18 KM

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7	25	Cristina Caniço	ADCR Paço Negros Trail Running Team	Veterana F55	04:17:44	+01:05:07	14:19
8	68	Ana Joaquim	Diario de Coimbra	Veterana F55	04:26:46	+01:14:09	14:49

Veterana F60

1	7	Vitorina Mourato	AC PORTALEGRE / UTSM	Veterana F60	02:43:01	09:03
2	96	Rosa Cerveira	Grupo desportivo de Oliveira de Frades	Veterana F60	02:49:14	+06:12 09:24
3	258	Carmo Marinho	Run & Fun	Veterana F60	03:06:19	+23:18 10:21
4	297	Cremilde Raposo	Tálenos Team	Veterana F60	04:01:33	+01:18:31 13:25
5	155	Fernanda Palminha	Individual	Veterana F60	05:00:32	+02:17:31 16:42

Veterana F65

1	11	Fernanda Almeida	ACR DE VALE DE CAMBRA	Veterana F65	03:29:33	11:38
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Veterano M35

1	157	Candido Veloso	Tainadas Run Team Somengil	Veterano M35	01:57:50	06:33
2	170	Rui Rocha	Individual	Veterano M35	02:13:46	+15:56 07:26
3	164	Marco Barbosa	Individual	Veterano M35	02:17:35	+19:45 07:39
4	283	Daniel Alexandre	Sport Clube Paradela	Veterano M35	02:18:53	+21:03 07:43
5	271	Bruno Santos	Saca Trilhos Anadia	Veterano M35	02:19:37	+21:47 07:45
6	161	Gonalo Catarino	Individual	Veterano M35	02:24:01	+26:11 08:00
7	162	Helder Marques	Individual	Veterano M35	02:31:10	+33:20 08:24
8	167	Pedro Castanheira	Individual	Veterano M35	02:32:39	+34:49 08:29
9	262	Mauro Coelho	Runners do Monte	Veterano M35	02:37:13	+39:23 08:44
10	156	Andr� Oliveira	Individual	Veterano M35	02:40:37	+42:47 08:55
11	98	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	02:42:56	+45:06 09:03
12	80	Daniel Vieira	Fat & Furious	Veterano M35	02:45:34	+47:44 09:12
13	163	Lu�s Jesus	Individual	Veterano M35	02:49:36	+51:46 09:25
14	168	Rodrigo Silva	Individual	Veterano M35	02:50:30	+52:39 09:28
15	165	Miguel Mota	Individual	Veterano M35	02:56:03	+58:13 09:47
16	158	Diogo Cust�dio	Individual	Veterano M35	03:01:52	+01:04:02 10:06
17	159	F�bio Jo�o Duarte Coelho	Individual	Veterano M35	03:10:13	+01:12:22 10:34
18	166	Miguel Seca	Individual	Veterano M35	03:14:06	+01:16:15 10:47
19	4	Rui Filipe Caetano Marques	(Com)dores	Veterano M35	03:17:51	+01:20:01 11:00
20	28	Pedro Duarte	Ad�es Trail	Veterano M35	03:21:35	+01:23:44 11:12
21	42	Jos� Santos	ASSSCC - Ar Livre e Aventura	Veterano M35	03:23:05	+01:25:15 11:17
22	171	Tiago Santiago	Individual	Veterano M35	03:32:47	+01:34:57 11:49
23	41	LUIS LAPA	ARCD Venda da Lu�sa	Veterano M35	03:38:19	+01:40:28 12:08
24	169	R�ben Emanuel Azenha Oliveira	Individual	Veterano M35	04:16:46	+02:18:56 14:16

Trail Curto

18 KM

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Veterano M40

1	273	Sérgio Manito	Saca Trilhos Anadia	Veterano M40	01:46:37	05:55
2	20	Óscar Maia	ADCP PEDRALVA	Veterano M40	02:02:57	+16:20 06:50
3	173	Augusto Tavares	Individual	Veterano M40	02:07:54	+21:17 07:06
4	191	Vasco Azenha	Individual	Veterano M40	02:10:36	+23:59 07:15
5	175	Bruno Primo	Individual	Veterano M40	02:12:13	+25:36 07:21
6	318	José Carvalho	Unique Adventure	Veterano M40	02:18:47	+32:10 07:43
7	10	Tiago Simões	ACDRS QUINHENDROS	Veterano M40	02:25:05	+38:28 08:04
8	177	Daniel Gomes	Individual	Veterano M40	02:29:33	+42:56 08:18
9	242	Ângelo Ferreira	Juventude Atlético Clube	Veterano M40	02:34:58	+48:21 08:37
10	176	Carlos Alexandre	Individual	Veterano M40	02:35:43	+49:06 08:39
11	49	Paulo Neves	Botão Camp	Veterano M40	02:37:16	+50:38 08:44
12	181	Luis Pedro Mota	Individual	Veterano M40	02:39:32	+52:55 08:52
13	182	Luís Rocha	Individual	Veterano M40	02:40:41	+54:04 08:56
14	174	Bruno Edgar Ferreira da Silva	Individual	Veterano M40	02:44:58	+58:21 09:10
15	244	Ricardo Santos	Lobitos bike team	Veterano M40	02:46:28	+59:51 09:15
16	172	Alexandre Dias28	Individual	Veterano M40	02:49:35	+01:02:58 09:25
17	30	João Pedro da Silva Dâmaso	Amantes Trail & Run	Veterano M40	02:49:59	+01:03:21 09:27
18	180	Luis Faria	Individual	Veterano M40	02:53:00	+01:06:23 09:37
19	31	Luís Madeira	Amantes Trail & Run	Veterano M40	02:53:30	+01:06:53 09:38
20	256	Ricardo Alves	PCRUNNERS	Veterano M40	02:53:55	+01:07:18 09:40
21	251	Amaro Daniel Ferreira Martins	ORTHIA	Veterano M40	02:56:23	+01:09:46 09:48
22	284	Rafael Pires	Sport Clube Paradela	Veterano M40	02:56:28	+01:09:50 09:48
23	15	Tiago Silva	ActiveLifebyTiagoSilva	Veterano M40	03:02:24	+01:15:47 10:08
24	247	Nelson Marques	Nelson Marques	Veterano M40	03:04:19	+01:17:42 10:14
25	101	Helder Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	03:05:36	+01:18:59 10:19
26	100	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	03:05:37	+01:18:59 10:19
27	70	Hugo Rodrigues	Diario de Coimbra	Veterano M40	03:09:29	+01:22:52 10:32
28	184	Miguel Carreira	Individual	Veterano M40	03:12:10	+01:25:33 10:41
29	189	Telmo Costa	Individual	Veterano M40	03:16:41	+01:30:03 10:56
30	188	Rui Lamego	Individual	Veterano M40	03:21:48	+01:35:11 11:13
31	288	Pedro Miguel Pacheco Tavares	Sporting Clube Povoense - Caracóis de Corrida	Veterano M40	03:22:33	+01:35:56 11:15
32	179	José Rocha	Individual	Veterano M40	03:22:52	+01:36:15 11:16
33	279	Luís Cipriano	SEW-EURODRIVE Portugal	Veterano M40	03:24:52	+01:38:15 11:23
34	190	Tiago Duarte	Individual	Veterano M40	03:38:58	+01:52:21 12:10
35	183	Marco Portela	Individual	Veterano M40	03:43:03	+01:56:26 12:23
36	278	Bruno Alves	SEW-EURODRIVE Portugal	Veterano M40	03:49:04	+02:02:27 12:44
37	78	António Camacho	Evorawodbox	Veterano M40	04:27:03	+02:40:25 14:50

Veterano M45

1	307	Rafa Miranda	Team El Comandante	Veterano M45	02:02:55	06:50
2	203	Rui Mateus	Individual	Veterano M45	02:13:44	+10:48 07:26

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3	99	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	02:13:47	+10:52	07:26
4	21	Carlos Seguel	ADCP PEDRALVA	Veterano M45	02:14:59	+12:04	07:30
5	22	Fernando Silva	ADCP PEDRALVA	Veterano M45	02:16:23	+13:28	07:35
6	192	Bruno Amaro	Individual	Veterano M45	02:17:02	+14:07	07:37
7	286	Ricardo Vidal	Sport Clube Paradela	Veterano M45	02:18:28	+15:33	07:42
8	239	Ricardo Seromenho	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M45	02:22:07	+19:12	07:54
9	24	Sérgio Cruz	ADCP PEDRALVA	Veterano M45	02:23:20	+20:24	07:58
10	285	Eduardo Fonseca	Sport Clube Paradela	Veterano M45	02:24:44	+21:49	08:02
11	8	Jose Serra	AC PORTALEGRE / UTM	Veterano M45	02:31:57	+29:02	08:27
12	102	Jorge Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	02:31:59	+29:04	08:27
13	196	José Fonseca	Individual	Veterano M45	02:34:14	+31:18	08:34
14	289	Miguel Ribeiro João	Sporting Clube Povoense - Caracóis de Corrida	Veterano M45	02:38:04	+35:09	08:47
15	195	Jorge Marques	Individual	Veterano M45	02:39:13	+36:17	08:51
16	27	Nuno Martinho	ADI- Associação Desportiva Ílhavo	Veterano M45	02:41:19	+38:23	08:58
17	237	RUI MOURA	Inter da Mata	Veterano M45	02:42:01	+39:05	09:00
18	280	Nelson Rodrigues	SKYWALKERS	Veterano M45	02:44:37	+41:42	09:09
19	204	Sandro Rodrigues	Individual	Veterano M45	02:45:40	+42:45	09:12
20	243	Duarte Madureira	KemedoTeam ADN	Veterano M45	02:56:26	+53:31	09:48
21	255	Pedro Marques	OS PE NA COVA	Veterano M45	02:56:55	+54:00	09:50
22	199	Maurício Marques	Individual	Veterano M45	03:04:36	+01:01:41	10:15
23	194	João Pereira	Individual	Veterano M45	03:04:45	+01:01:50	10:16
24	320	Nelson Santos	URJ Fernão Ferro	Veterano M45	03:07:13	+01:04:18	10:24
25	64	Marco Costa	ComDores	Veterano M45	03:11:43	+01:08:48	10:39
26	23	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M45	03:17:01	+01:14:06	10:57
27	266	Zé-Tó Marques	RUNNING4FUN TEAM VISEU	Veterano M45	03:23:45	+01:20:50	11:19
28	254	Pedro Craveiro	OS PE NA COVA	Veterano M45	03:32:36	+01:29:41	11:49
29	202	Pedro Bailão	Individual	Veterano M45	03:41:26	+01:38:31	12:18
30	50	Ricardo Firmino	Botão Camp	Veterano M45	03:47:09	+01:44:14	12:37
31	16	Paulo Soares	ActiveLifebyTiagoSilva	Veterano M45	03:52:12	+01:49:16	12:54
32	201	Paulo Fernandes	Individual	Veterano M45	04:03:33	+02:00:37	13:32
33	324	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	04:08:04	+02:05:09	13:47

Veterano M50

1	29	Nelson Ferreira	Adões Trail	Veterano M50	02:02:50		06:49
2	213	Luis Martins	Individual	Veterano M50	02:03:23	+00:32	06:51
3	308	Paulo Mendes	Team El Comandante	Veterano M50	02:08:16	+05:25	07:08
4	214	Nelson Noval	Individual	Veterano M50	02:17:59	+15:09	07:40
5	211	Filipe Marques	Individual	Veterano M50	02:23:57	+21:07	08:00
6	245	Artur Basílio	MATILHA RADICAL	Veterano M50	02:35:04	+32:14	08:37
7	269	Luis Miguel Reis	RUNNING4FUN TEAM VISEU	Veterano M50	02:40:41	+37:51	08:56
8	210	Edgar Lemos	Individual	Veterano M50	02:41:30	+38:40	08:58
9	205	Agostinho Oliveira	Individual	Veterano M50	02:43:47	+40:57	09:06

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18 KM

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10	12	Luís Filipe Carvalho	ACRM Silveirinha Grande e Claras	Veterano M50	02:44:14	+41:23	09:07
11	206	António David Cerveira Mateus	Individual	Veterano M50	02:45:29	+42:39	09:12
12	17	José Capuchinho	ActiveLifebyTiagoSilva	Veterano M50	02:46:08	+43:17	09:14
13	322	Narciso José da Silva Pinho	Vamos a Pé - Taboeira	Veterano M50	02:50:58	+48:07	09:30
14	81	Helder Simões	Figueira Kayak Clube	Veterano M50	02:52:11	+49:21	09:34
15	287	João Saraiva	Sport Clube Paradela	Veterano M50	02:53:27	+50:37	09:38
16	267	Benedito Lemos	RUNNING4FUN TEAM VISEU	Veterano M50	02:54:26	+51:35	09:41
17	218	Rui Vilar	Individual	Veterano M50	02:55:28	+52:38	09:45
18	315	Carlos Jorge	UNIDOS PELOS TRILHOS	Veterano M50	02:56:12	+53:22	09:47
19	316	Paulo Silva	UNIDOS PELOS TRILHOS	Veterano M50	02:56:13	+53:22	09:47
20	290	José Miguel Machado Marques dos Santos	Sporting Clube Povoense - Caracóis de Corrida	Veterano M50	02:59:27	+56:37	09:58
21	314	António Cunha	UNIDOS PELOS TRILHOS	Veterano M50	03:01:39	+58:48	10:05
22	5	Pedro Miguel Camacho de Oliveira Scarlatti Quadrio	(Com)dores	Veterano M50	03:01:52	+59:01	10:06
23	268	Humberto Dias	RUNNING4FUN TEAM VISEU	Veterano M50	03:02:23	+59:33	10:08
24	89	Carlos Ortet	Grupo Desportivo Assempark-Aveiro	Veterano M50	03:11:55	+01:09:04	10:40
25	90	Pedro Marques	Grupo Desportivo Assempark-Aveiro	Veterano M50	03:12:34	+01:09:43	10:42
26	44	Alexandre Pinto	Bairro dos Anjos	Veterano M50	03:21:22	+01:18:31	11:11
27	207	Artur Salvador	Individual	Veterano M50	03:24:55	+01:22:04	11:23
28	275	Miguel Moura	SECAI/Gaiabike/Geoinerte/Forest City	Veterano M50	03:32:30	+01:29:39	11:48
29	217	Pedro Domingues	Individual	Veterano M50	03:36:47	+01:33:56	12:03
30	72	Luís Sousa	Dois mankos	Veterano M50	03:37:50	+01:34:59	12:06
31	312	Elisio Dias	TrepaTrilhos Trail Team	Veterano M50	03:51:24	+01:48:33	12:51
32	216	Nuno Fernandes	Individual	Veterano M50	03:51:37	+01:48:46	12:52
33	32	António Madeira	Amantes Trail & Run	Veterano M50	04:00:39	+01:57:48	13:22
34	208	Carlos Oliveira	Individual	Veterano M50	04:04:40	+02:01:50	13:36
35	26	Rui Baptista	ADCR Paço Negros Trail Running Team	Veterano M50	04:17:47	+02:14:57	14:19
36	85	Luís Santos	Fox Trail Team	Veterano M50	04:31:24	+02:28:34	15:05
37	212	Jorge Seabra	Individual	Veterano M50	04:57:47	+02:54:57	16:33

Veterano M55

1	34	Antonio Nunes	ARADA ATLÉTICO CLUBE	Veterano M55	02:02:48	06:49
2	45	Artur Arromba	Besouros.com	Veterano M55	02:27:14	+24:26 08:11
3	300	Fernando Nascimento	Tálenos Team	Veterano M55	02:36:17	+33:28 08:41
4	52	Joaquim Pereira	C F Oliveira do Douro	Veterano M55	02:52:53	+50:05 09:36
5	302	Paulo Rijo	Tálenos Team	Veterano M55	02:57:00	+54:12 09:50
6	13	Lino Carraco	ACRM Silveirinha Grande e Claras	Veterano M55	03:00:09	+57:21 10:00
7	222	Fernando Pereira	Individual	Veterano M55	03:07:36	+01:04:47 10:25
8	51	Joaquim Baptista	Botão Camp	Veterano M55	03:11:51	+01:09:02 10:39
9	91	Carlos Rodrigues	Grupo Desportivo Assempark-Aveiro	Veterano M55	03:13:23	+01:10:35 10:45
10	561	Antonio Damas	Individual	Veterano M55	03:18:09	+01:15:21 11:01

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11	60	Vasco Beja	Chitas de Alcobaça	Veterano M55	03:24:23	+01:21:34	11:21
12	92	João Dono	Grupo Desportivo Assempark-Aveiro	Veterano M55	03:25:00	+01:22:12	11:23
13	225	Salil Shukla	Individual	Veterano M55	03:27:39	+01:24:51	11:32
14	219	AGOSTINHO PEREIRA	Individual	Veterano M55	03:31:39	+01:28:51	11:45
15	221	Fernando Manuel Carreira Rio Maior	Individual	Veterano M55	04:00:21	+01:57:33	13:21
16	259	Raúl Jorge Matos	RUN 4 FUN	Veterano M55	04:03:08	+02:00:20	13:30
17	301	Miguel Oliveira	Tálenos Team	Veterano M55	04:28:57	+02:26:08	14:56
18	223	Luis Abreu	Individual	Veterano M55	05:17:35	+03:14:47	17:39

Veterano M60

1	240	José Reis	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M60	02:13:40	07:26
2	226	Carlos Duarte	Individual	Veterano M60	02:17:54	+04:13 07:40
3	274	Fernando Morais	Saca Trilhos Anadia	Veterano M60	02:22:57	+09:16 07:56
4	325	Vitor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M60	02:30:46	+17:05 08:23
5	33	João Moreira	Amigos 100 Limites	Veterano M60	02:31:02	+17:21 08:23
6	95	Manuel Machado	Grupo Desportivo Assempark-Aveiro	Veterano M60	02:34:54	+21:13 08:36
7	227	Emilio Santos	Individual	Veterano M60	02:36:29	+22:48 08:42
8	93	Albano Jacinto	Grupo Desportivo Assempark-Aveiro	Veterano M60	02:46:33	+32:52 09:15
9	229	JOÃO ISIDORO DOS SANTOS	Individual	Veterano M60	02:52:16	+38:35 09:34
10	232	Vitor Braz	Individual	Veterano M60	02:59:50	+46:09 09:59
11	246	Firmino Mendes	Montanha Clube Trail Running Efel	Veterano M60	03:21:55	+01:08:14 11:13
12	303	José Joaquim Santos	Tálenos Team	Veterano M60	03:28:01	+01:14:20 11:33
13	230	Paulo Farias Rodrigues	Individual	Veterano M60	04:20:58	+02:07:17 14:30
14	231	Rogério Matos	Individual	Veterano M60	04:36:05	+02:22:24 15:20
15	228	João Infante	Individual	Veterano M60	04:57:48	+02:44:07 16:33

Veterano M65

1	235	Tomaz Jorge Monteiro da Fonseca	Individual	Veterano M65	02:23:30		07:58
2	18	Manuel costa	ACVermoim	Veterano M65	02:40:45	+17:15	08:56
3	236	Vitor Carapinha	Individual	Veterano M65	02:56:30	+33:00	09:48
4	304	José Raposo	Tálenos Team	Veterano M65	02:57:00	+33:30	09:50
5	6	Carlos Macedo	A.D.Amarante	Veterano M65	03:07:12	+43:42	10:24
6	234	Nelson Nogueira	Individual	Veterano M65	03:31:36	+01:08:06	11:45
7	75	Luís Pereira	Evolução vertical	Veterano M65	03:36:20	+01:12:50	12:01
8	54	Rogério de Pinho e Silva	C.D.C. São Martinho da Gândara	Veterano M65	03:38:02	+01:14:32	12:07
9	327	José Manuel Gonçalves	ActiveLifebyTiagoSilva	Veterano M65	03:52:50	+01:29:20	12:56

Trail Curto

18 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:15	10,6°C	75%
End	14:38	10,6°C	75%

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

1	66	INÊS TEIXEIRA	DAR - Desportivo Atlético Recardães	Senior Feminino	02:22:57		07:56
2	109	Márcia Gomes	Individual	Senior Feminino	02:54:53	+31:56	09:43
3	523	Elsa Pires	Individual	Senior Feminino	03:01:39	+38:42	10:06
4	107	Ana Madalena	Individual	Senior Feminino	03:15:20	+52:23	10:51
5	83	Lara Mendes	Fox Trail Team	Senior Feminino	03:48:19	+01:25:22	12:41

Senior Masculino

1	291	Rodrigo Mendes	SPRINT	Senior Masculino	02:01:37		06:45
2	65	Rodrigo Baptista Laranjeira	DAP Trail Team	Senior Masculino	02:02:18	+00:40	06:48
3	114	Bruno Rodrigues	Individual	Senior Masculino	02:14:27	+12:50	07:28
4	74	Ricardo Santos	EU TU E A MONTANHA	Senior Masculino	02:18:09	+16:32	07:41
5	252	Hugo Antunes	Os Estiga	Senior Masculino	02:24:03	+22:26	08:00
6	120	Filipe Silva	Individual	Senior Masculino	02:28:19	+26:42	08:14
7	122	Gonçalo Cardoso	Individual	Senior Masculino	02:32:24	+30:47	08:28
8	123	Hugo Coelho	Individual	Senior Masculino	02:32:56	+31:19	08:30
9	129	Manuel Loureiro dos Santos	Individual	Senior Masculino	02:33:26	+31:49	08:31
10	249	Ricardo Cardoso	ORTHIA	Senior Masculino	02:38:18	+36:40	08:48
11	126	Jorge Reis	Individual	Senior Masculino	02:40:38	+39:00	08:55
12	253	Miguel Santos	Os Estiga	Senior Masculino	02:40:57	+39:20	08:57
13	118	Diogo Salgado	Individual	Senior Masculino	02:43:10	+41:33	09:04
14	79	João Pedro Veleirinho Cardoso	Fat & Furious	Senior Masculino	02:45:34	+43:57	09:12
15	119	Fabio Moreira	Individual	Senior Masculino	02:46:33	+44:56	09:15
16	14	Andre Nunes	ActiveLifebyTiagoSilva	Senior Masculino	02:46:57	+45:20	09:17
17	319	José Rocha	Ups, Trilhei-me!	Senior Masculino	02:47:11	+45:34	09:17
18	117	Diogo Ferreira	Individual	Senior Masculino	02:48:02	+46:24	09:20
19	321	Luís Lopes	vale correr	Senior Masculino	02:49:44	+48:06	09:26
20	116	Davyd Willian Buarque de Macedo	Individual	Senior Masculino	02:57:04	+55:26	09:50
21	124	João Espada	Individual	Senior Masculino	02:57:07	+55:29	09:50
22	103	Francisco Oliveira	Grupo Pavigrés	Senior Masculino	02:59:46	+58:09	09:59
23	130	Tiago Lopes	Individual	Senior Masculino	03:01:27	+59:49	10:05
24	121	Frederico Oliveira	Individual	Senior Masculino	03:08:36	+01:06:59	10:29
25	111	Antonildo Barros	Individual	Senior Masculino	03:10:42	+01:09:04	10:36
26	112	António Cruz	Individual	Senior Masculino	03:13:39	+01:12:02	10:46
27	128	Luís Mendes	Individual	Senior Masculino	03:13:39	+01:12:02	10:46
28	115	Carlos Eduardo	Individual	Senior Masculino	03:15:21	+01:13:43	10:51
29	113	António Figueiredo0	Individual	Senior Masculino	03:16:41	+01:15:04	10:56
30	127	Lucas Machado dos Santos	Individual	Senior Masculino	03:21:23	+01:19:46	11:11

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Trail Curto

18 KM



OFFICIAL RESULT

31	276	Gabriel Alexandre Henriques Barbosa	SEW-EURODRIVE Portugal	Senior Masculino	03:33:26	+01:31:49	11:51
32	56	José Miguel Oliveira Simões Direito	CC Family	Senior Masculino	03:35:22	+01:33:45	11:58
33	53	João Barreto	C. F. Os Marialvas	Senior Masculino	03:37:23	+01:35:45	12:05

Sub 23 Masculino

1	58	João Simões	Centro de Trail Carlos Sá Penacova Team	Sub 23 Masculino	02:14:41		07:29
2	55	Samuel Maria	CAPenafirme	Sub 23 Masculino	02:31:26	+16:44	08:25
3	62	Tomás Andrade Soares	Clube Desportivo Feirense	Sub 23 Masculino	02:36:40	+21:58	08:42

Veterana F35

1	133	Tânia Sofia Henriques Padilha	Individual	Veterana F35	02:20:39		07:49
2	282	Liliana Ferreira	Sport Clube Paradela	Veterana F35	02:29:09	+08:29	08:17
3	260	Célia Outeirinho	Runners do Monte	Veterana F35	03:11:44	+51:05	10:39
4	106	Helena Gonçalves	Helena Gonçalves	Veterana F35	03:21:21	+01:00:42	11:11
5	131	Maguy Graça	Individual	Veterana F35	03:34:29	+01:13:50	11:55
6	35	Soraia Martins	ARCD Venda da Luísa	Veterana F35	03:37:07	+01:16:28	12:04
7	309	DANIELA FIGUEIREDO	TERRANTEZ	Veterana F35	03:38:35	+01:17:56	12:09
8	46	Bruna Pratas	Botão Camp	Veterana F35	03:48:06	+01:27:27	12:40
9	19	Filipa de Sousa Costa	ADABEM Running Team	Veterana F35	03:52:50	+01:32:11	12:56
10	134	Vanessa Martins	Individual	Veterana F35	04:03:32	+01:42:52	13:32
11	132	Patricia isabel martinho Cação	Individual	Veterana F35	04:16:46	+01:56:07	14:16
12	67	Ana Dinis	Diario de Coimbra	Veterana F35	04:26:46	+02:06:07	14:49

Veterana F40

1	82	Alexandra Gomes	Fox running tean	Veterana F40	02:23:47		07:59
2	241	Nádia Silva	Juventude Atlético Clube	Veterana F40	02:34:29	+10:42	08:35
3	138	Florbela Sá	Individual	Veterana F40	02:58:24	+34:37	09:55
4	137	Daniela Moreira	Individual	Veterana F40	03:08:59	+45:12	10:30
5	61	Marilyn Lourenço	CLTT - Clínica Litoral Trail Team	Veterana F40	03:12:08	+48:21	10:40
6	135	Ana Malhão	Individual	Veterana F40	03:35:06	+01:11:19	11:57
7	36	ELISABETE cORREIA	ARCD Venda da Luísa	Veterana F40	03:38:19	+01:14:32	12:08
8	310	Alexandra Valinhas	TrepaTrilhos Trail Team	Veterana F40	03:50:53	+01:27:06	12:50
9	311	Andreia Jorge	TrepaTrilhos Trail Team	Veterana F40	03:51:45	+01:27:58	12:53
10	323	Liliana Porto	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterana F40	04:08:04	+01:44:16	13:47

Veterana F45

1	97	Fátima Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterana F45	02:24:01		08:00
2	238	ARLETE SANTOS	JOBRA	Veterana F45	02:28:35	+04:33	08:15
3	140	Cristina pedro	Individual	Veterana F45	02:33:11	+09:09	08:31

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Trail Curto

18 KM

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4	261	Sónia Reis	Runners do Monte	Veterana F45	02:46:13	+22:12	09:14
5	143	Natália Pereira	Individual	Veterana F45	03:07:05	+43:04	10:24
6	139	Cláudia Cordeiro	Individual	Veterana F45	03:14:54	+50:53	10:50
7	59	Magda Alves	Chitas de Alcobaça	Veterana F45	03:17:58	+53:57	11:00
8	147	Sonia Moreira	Individual	Veterana F45	03:28:04	+01:04:03	11:34
9	37	Graça Simões	ARCD Venda da Luísa	Veterana F45	03:29:33	+01:05:32	11:39
10	306	Maria Isabel da Costa Meira	Team El Comandante	Veterana F45	03:33:02	+01:09:01	11:50
11	144	Paula Pedro	Individual	Veterana F45	03:34:40	+01:10:39	11:56
12	38	Silvia Costa	ARCD Venda da Luísa	Veterana F45	03:34:58	+01:10:57	11:57
13	9	Sandra Isabel Mendes dos Reis	Academia de desportos de condeixa	Veterana F45	03:37:54	+01:13:53	12:06
14	86	Sandra Martins	Gou Running Club	Veterana F45	03:45:44	+01:21:43	12:32
15	48	Maria João Pereira	Botão Camp	Veterana F45	03:47:07	+01:23:06	12:37
16	277	Lúcia Maria Teixeira Evaristo	SEW-EURODRIVE Portugal	Veterana F45	03:49:04	+01:25:03	12:44
17	141	Eliana Tavares	Individual	Veterana F45	04:01:35	+01:37:34	13:25
18	142	NATALIA FERNANDES	Individual	Veterana F45	04:03:32	+01:39:31	13:32
19	145	Sandra Lemos	Individual	Veterana F45	04:31:28	+02:07:27	15:05
20	146	Sónia Frade	Individual	Veterana F45	04:31:30	+02:07:28	15:05

Veterana F50

1	150	Maria loureiro	Individual	Veterana F50	02:59:35		09:59
2	264	Celina Dias	RUNNING4FUN TEAM VISEU	Veterana F50	02:59:51	+00:15	10:00
3	88	Eduarda Vinagre	Grupo Desportivo Assempark-Aveiro	Veterana F50	03:08:39	+09:04	10:29
4	292	Celia Oliveira	Tainadas Run Team Somengil	Veterana F50	03:11:14	+11:39	10:37
5	294	Paula Ribeiro	Talentos Team	Veterana F50	03:12:36	+13:00	10:42
6	63	Sandra Ferreira	Clube Desportivo Feirense	Veterana F50	03:16:46	+17:11	10:56
7	40	Luísa Lacerda	ARCD Venda da Luísa	Veterana F50	03:22:57	+23:21	11:16
8	250	Lucia Teles	ORTHIA	Veterana F50	03:29:09	+29:33	11:37
9	39	Judite Duarte	ARCD Venda da Luísa	Veterana F50	03:29:33	+29:58	11:39
10	71	Alzira Sousa	Dois mankos	Veterana F50	03:37:50	+38:14	12:06
11	73	Oriana Dias	Domus Trail	Veterana F50	03:43:52	+44:17	12:26
12	148	Filipa Matias	Amantes Trail & Run	Veterana F50	03:45:00	+45:24	12:30
13	87	Suzete Marco	GRECAS - Vagos	Veterana F50	04:11:59	+01:12:23	14:00
14	84	Rosa Marques	Fox Trail Team	Veterana F50	04:31:24	+01:31:49	15:05
15	149	Maria Graça	Individual	Veterana F50	05:23:10	+02:23:35	17:57

Veterana F55

1	154	Susana Lopes	Individual	Veterana F55	03:12:37	10:42
2	296	Patrícia Santos	Tálenos Team	Veterana F55	03:18:38	+06:01 11:02
3	305	Elvira Pinto	TAYLORS	Veterana F55	03:32:30	+19:53 11:48
4	152	Fatima Malta	Individual	Veterana F55	03:35:49	+23:12 11:59
5	153	Paula cristina Oliveira silva	Individual	Veterana F55	03:41:23	+28:46 12:18
6	295	Maria Graça Gonçalves	Tálenos Team	Veterana F55	04:01:33	+48:56 13:25

Trail Curto

18 KM



OFFICIAL RESULT

7	25	Cristina Caniço	ADCR Paço Negros Trail Running Team	Veterana F55	04:17:44	+01:05:07	14:19
8	68	Ana Joaquim	Diario de Coimbra	Veterana F55	04:26:46	+01:14:09	14:49

Veterana F60

1	7	Vitorina Mourato	AC PORTALEGRE / UTM	Veterana F60	02:43:01		09:03
2	96	Rosa Cerveira	Grupo desportivo de Oliveira de Frades	Veterana F60	02:49:14	+06:12	09:24
3	258	Carmo Marinho	Run & Fun	Veterana F60	03:06:19	+23:18	10:21
4	297	Cremilde Raposo	Tálenos Team	Veterana F60	04:01:33	+01:18:31	13:25
5	155	Fernanda Palminha	Individual	Veterana F60	05:00:32	+02:17:31	16:42

Veterana F65

1	11	Fernanda Almeida	ACR DE VALE DE CAMBRA	Veterana F65	03:29:33		11:38
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Veterano M35

1	157	Candido Veloso	Tainadas Run Team Somengil	Veterano M35	01:57:50		06:33
2	170	Rui Rocha	Individual	Veterano M35	02:13:46	+15:56	07:26
3	164	Marco Barbosa	Individual	Veterano M35	02:17:35	+19:45	07:39
4	283	Daniel Alexandre	Sport Clube Paradela	Veterano M35	02:18:53	+21:03	07:43
5	271	Bruno Santos	Saca Trilhos Anadia	Veterano M35	02:19:37	+21:47	07:45
6	161	Gonçalo Catarino	Individual	Veterano M35	02:24:01	+26:11	08:00
7	162	Helder Marques	Individual	Veterano M35	02:31:10	+33:20	08:24
8	167	Pedro Castanheira	Individual	Veterano M35	02:32:39	+34:49	08:29
9	262	Mauro Coelho	Runners do Monte	Veterano M35	02:37:13	+39:23	08:44
10	156	André Oliveira	Individual	Veterano M35	02:40:37	+42:47	08:55
11	98	Antonio Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M35	02:42:56	+45:06	09:03
12	80	Daniel Vieira	Fat & Furious	Veterano M35	02:45:34	+47:44	09:12
13	163	Luís Jesus	Individual	Veterano M35	02:49:36	+51:46	09:25
14	168	Rodrigo Silva	Individual	Veterano M35	02:50:30	+52:39	09:28
15	165	Miguel Mota	Individual	Veterano M35	02:56:03	+58:13	09:47
16	158	Diogo Custódio	Individual	Veterano M35	03:01:52	+01:04:02	10:06
17	159	Fábio João Duarte Coelho	Individual	Veterano M35	03:10:13	+01:12:22	10:34
18	166	Miguel Seca	Individual	Veterano M35	03:14:06	+01:16:15	10:47
19	4	Rui Filipe Caetano Marques	(Com)dores	Veterano M35	03:17:51	+01:20:01	11:00
20	28	Pedro Duarte	Adões Trail	Veterano M35	03:21:35	+01:23:44	11:12
21	42	José Santos	ASSSCC - Ar Livre e Aventura	Veterano M35	03:23:05	+01:25:15	11:17
22	171	Tiago Santiago	Individual	Veterano M35	03:32:47	+01:34:57	11:49
23	41	LUIS LAPA	ARCD Venda da Luísa	Veterano M35	03:38:19	+01:40:28	12:08
24	169	Rúben Emanuel Azenha Oliveira	Individual	Veterano M35	04:16:46	+02:18:56	14:16

Trail Curto

18 KM

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Veterano M40

1	273	Sérgio Manito	Saca Trilhos Anadia	Veterano M40	01:46:37	05:55
2	20	Óscar Maia	ADCP PEDRALVA	Veterano M40	02:02:57	+16:20 06:50
3	173	Augusto Tavares	Individual	Veterano M40	02:07:54	+21:17 07:06
4	191	Vasco Azenha	Individual	Veterano M40	02:10:36	+23:59 07:15
5	175	Bruno Primo	Individual	Veterano M40	02:12:13	+25:36 07:21
6	318	José Carvalho	Unique Adventure	Veterano M40	02:18:47	+32:10 07:43
7	10	Tiago Simões	ACDRS QUINHENDROS	Veterano M40	02:25:05	+38:28 08:04
8	177	Daniel Gomes	Individual	Veterano M40	02:29:33	+42:56 08:18
9	242	Ângelo Ferreira	Juventude Atlético Clube	Veterano M40	02:34:58	+48:21 08:37
10	176	Carlos Alexandre	Individual	Veterano M40	02:35:43	+49:06 08:39
11	49	Paulo Neves	Botão Camp	Veterano M40	02:37:16	+50:38 08:44
12	181	Luis Pedro Mota	Individual	Veterano M40	02:39:32	+52:55 08:52
13	182	Luís Rocha	Individual	Veterano M40	02:40:41	+54:04 08:56
14	174	Bruno Edgar Ferreira da Silva	Individual	Veterano M40	02:44:58	+58:21 09:10
15	244	Ricardo Santos	Lobitos bike team	Veterano M40	02:46:28	+59:51 09:15
16	172	Alexandre Dias28	Individual	Veterano M40	02:49:35	+01:02:58 09:25
17	30	João Pedro da Silva Dâmaso	Amantes Trail & Run	Veterano M40	02:49:59	+01:03:21 09:27
18	180	Luis Faria	Individual	Veterano M40	02:53:00	+01:06:23 09:37
19	31	Luís Madeira	Amantes Trail & Run	Veterano M40	02:53:30	+01:06:53 09:38
20	256	Ricardo Alves	PCRUNNERS	Veterano M40	02:53:55	+01:07:18 09:40
21	251	Amaro Daniel Ferreira Martins	ORTHIA	Veterano M40	02:56:23	+01:09:46 09:48
22	284	Rafael Pires	Sport Clube Paradela	Veterano M40	02:56:28	+01:09:50 09:48
23	15	Tiago Silva	ActiveLifebyTiagoSilva	Veterano M40	03:02:24	+01:15:47 10:08
24	247	Nelson Marques	Nelson Marques	Veterano M40	03:04:19	+01:17:42 10:14
25	101	Helder Martins	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	03:05:36	+01:18:59 10:19
26	100	Carlos Teixeira	Grupo Juvenil Pinheiro da Bemposta	Veterano M40	03:05:37	+01:18:59 10:19
27	70	Hugo Rodrigues	Diario de Coimbra	Veterano M40	03:09:29	+01:22:52 10:32
28	184	Miguel Carreira	Individual	Veterano M40	03:12:10	+01:25:33 10:41
29	189	Telmo Costa	Individual	Veterano M40	03:16:41	+01:30:03 10:56
30	188	Rui Lamego	Individual	Veterano M40	03:21:48	+01:35:11 11:13
31	288	Pedro Miguel Pacheco Tavares	Sporting Clube Povoense - Caracóis de Corrida	Veterano M40	03:22:33	+01:35:56 11:15
32	179	José Rocha	Individual	Veterano M40	03:22:52	+01:36:15 11:16
33	279	Luís Cipriano	SEW-EURODRIVE Portugal	Veterano M40	03:24:52	+01:38:15 11:23
34	190	Tiago Duarte	Individual	Veterano M40	03:38:58	+01:52:21 12:10
35	183	Marco Portela	Individual	Veterano M40	03:43:03	+01:56:26 12:23
36	278	Bruno Alves	SEW-EURODRIVE Portugal	Veterano M40	03:49:04	+02:02:27 12:44
37	78	António Camacho	Evorawodbox	Veterano M40	04:27:03	+02:40:25 14:50

Veterano M45

1	307	Rafa Miranda	Team El Comandante	Veterano M45	02:02:55	06:50
2	203	Rui Mateus	Individual	Veterano M45	02:13:44	+10:48 07:26

Official Timekeeper: Lap2Go	5 / 8	generate 14-mai-2025 10:36
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Trail Curto

18 KM

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REVISED

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OFFICIAL RESULT

[illegible]

3	99	Bruno Silva	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	02:13:47	+10:52	07:26
4	21	Carlos Seguel	ADCP PEDRALVA	Veterano M45	02:14:59	+12:04	07:30
5	22	Fernando Silva	ADCP PEDRALVA	Veterano M45	02:16:23	+13:28	07:35
6	192	Bruno Amaro	Individual	Veterano M45	02:17:02	+14:07	07:37
7	286	Ricardo Vidal	Sport Clube Paradelas	Veterano M45	02:18:28	+15:33	07:42
8	239	Ricardo Seromenho	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M45	02:22:07	+19:12	07:54
9	24	Sérgio Cruz	ADCP PEDRALVA	Veterano M45	02:23:20	+20:24	07:58
10	285	Eduardo Fonseca	Sport Clube Paradelas	Veterano M45	02:24:44	+21:49	08:02
11	8	Jose Serra	AC PORTALEGRE / UTM	Veterano M45	02:31:57	+29:02	08:27
12	102	Jorge Tavares	Grupo Juvenil Pinheiro da Bemposta	Veterano M45	02:31:59	+29:04	08:27
13	196	José Fonseca	Individual	Veterano M45	02:34:14	+31:18	08:34
14	289	Miguel Ribeiro João	Sporting Clube Povoense - Caracóis de Corrida	Veterano M45	02:38:04	+35:09	08:47
15	195	Jorge Marques	Individual	Veterano M45	02:39:13	+36:17	08:51
16	27	Nuno Martinho	ADI- Associação Desportiva Ílhavo	Veterano M45	02:41:19	+38:23	08:58
17	237	RUI MOURA	Inter da Mata	Veterano M45	02:42:01	+39:05	09:00
18	280	Nelson Rodrigues	SKYWALKERS	Veterano M45	02:44:37	+41:42	09:09
19	204	Sandro Rodrigues	Individual	Veterano M45	02:45:40	+42:45	09:12
20	243	Duarte Madureira	KemedeoTeam ADN	Veterano M45	02:56:26	+53:31	09:48
21	255	Pedro Marques	OS PE NA COVA	Veterano M45	02:56:55	+54:00	09:50
22	199	Maurício Marques	Individual	Veterano M45	03:04:36	+01:01:41	10:15
23	194	João Pereira	Individual	Veterano M45	03:04:45	+01:01:50	10:16
24	320	Nelson Santos	URJ Fernão Ferro	Veterano M45	03:07:13	+01:04:18	10:24
25	64	Marco Costa	ComDores	Veterano M45	03:11:43	+01:08:48	10:39
26	23	Mário Miguel Ferreira	ADCP PEDRALVA	Veterano M45	03:17:01	+01:14:06	10:57
27	266	Zé-Tó Marques	RUNNING4FUN TEAM VISEU	Veterano M45	03:23:45	+01:20:50	11:19
28	254	Pedro Craveiro	OS PE NA COVA	Veterano M45	03:32:36	+01:29:41	11:49
29	202	Pedro Bailão	Individual	Veterano M45	03:41:26	+01:38:31	12:18
30	50	Ricardo Firmino	Botão Camp	Veterano M45	03:47:09	+01:44:14	12:37
31	16	Paulo Soares	ActiveLifebyTiagoSilva	Veterano M45	03:52:12	+01:49:16	12:54
32	201	Paulo Fernandes	Individual	Veterano M45	04:03:33	+02:00:37	13:32
33	324	Gary Quintal	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	04:08:04	+02:05:09	13:47

Veterano M50

1	29	Nelson Ferreira	Adões Trail	Veterano M50	02:02:50		06:49
2	213	Luis Martins	Individual	Veterano M50	02:03:23	+00:32	06:51
3	308	Paulo Mendes	Team El Comandante	Veterano M50	02:08:16	+05:25	07:08
4	214	Nelson Noval	Individual	Veterano M50	02:17:59	+15:09	07:40
5	211	Filipe Marques	Individual	Veterano M50	02:23:57	+21:07	08:00
6	245	Artur Basílio	MATILHA RADICAL	Veterano M50	02:35:04	+32:14	08:37
7	269	Luis Miguel Reis	RUNNING4FUN TEAM VISEU	Veterano M50	02:40:41	+37:51	08:56
8	210	Edgar Lemos	Individual	Veterano M50	02:41:30	+38:40	08:58
9	205	Agostinho Oliveira	Individual	Veterano M50	02:43:47	+40:57	09:06

Official Timekeeper: Lap2Go	6 / 8	generate 14-mai-2025 10:36
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18 KM

OFFICIAL RESULT

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REVISED

Veterano M55

Official Timekeeper: Lap2Go	7 / 8	generate 14-mai-2025 10:36
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Trail Curto

18 KM

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REVISED

[illegible]

OFFICIAL RESULT

[illegible]

11	60	Vasco Beja	Chitas de Alcobaça	Veterano M55	03:24:23	+01:21:34	11:21
12	92	João Dono	Grupo Desportivo Assempark-Aveiro	Veterano M55	03:25:00	+01:22:12	11:23
13	225	Salil Shukla	Individual	Veterano M55	03:27:39	+01:24:51	11:32
14	219	AGOSTINHO PEREIRA	Individual	Veterano M55	03:31:39	+01:28:51	11:45
15	221	Fernando Manuel Carreira Rio Maior	Individual	Veterano M55	04:00:21	+01:57:33	13:21
16	259	Raúl Jorge Matos	RUN 4 FUN	Veterano M55	04:03:08	+02:00:20	13:30
17	301	Miguel Oliveira	Tálenos Team	Veterano M55	04:28:57	+02:26:08	14:56
18	223	Luis Abreu	Individual	Veterano M55	05:17:35	+03:14:47	17:39

Veterano M60

1	240	José Reis	JUVENTUDE ATLÉTICA MOZELENSE	Veterano M60	02:13:40	07:26
2	226	Carlos Duarte	Individual	Veterano M60	02:17:54	+04:13 07:40
3	274	Fernando Morais	Saca Trilhos Anadia	Veterano M60	02:22:57	+09:16 07:56
4	325	Vitor Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M60	02:30:46	+17:05 08:23
5	33	João Moreira	Amigos 100 Limites	Veterano M60	02:31:02	+17:21 08:23
6	95	Manuel Machado	Grupo Desportivo Assempark- Aveiro	Veterano M60	02:34:54	+21:13 08:36
7	227	Emilio Santos	Individual	Veterano M60	02:36:29	+22:48 08:42
8	93	Albano Jacinto	Grupo Desportivo Assempark- Aveiro	Veterano M60	02:46:33	+32:52 09:15
9	229	JOÃO ISIDORO DOS SANTOS	Individual	Veterano M60	02:52:16	+38:35 09:34
10	232	Vitor Braz	Individual	Veterano M60	02:59:50	+46:09 09:59
11	246	Firmino Mendes	Montanha Clube Trail Running Efapel	Veterano M60	03:21:55	+01:08:14 11:13
12	303	José Joaquim Santos	Tálenos Team	Veterano M60	03:28:01	+01:14:20 11:33
13	230	Paulo Farias Rodrigues	Individual	Veterano M60	04:20:58	+02:07:17 14:30
14	231	Rogério Matos	Individual	Veterano M60	04:36:05	+02:22:24 15:20
15	228	João Infante	Individual	Veterano M60	04:57:48	+02:44:07 16:33

Veterano M65

1	235	Tomaz Jorge Monteiro da Fonseca	Individual	Veterano M65	02:23:30		07:58
2	18	Manuel costa	ACVermoim	Veterano M65	02:40:45	+17:15	08:56
3	236	Vitor Carapinha	Individual	Veterano M65	02:56:30	+33:00	09:48
4	304	José Raposo	Tálenos Team	Veterano M65	02:57:00	+33:30	09:50
5	6	Carlos Macedo	A.D.Amarante	Veterano M65	03:07:12	+43:42	10:24
6	234	Nelson Nogueira	Individual	Veterano M65	03:31:36	+01:08:06	11:45
7	75	Luís Pereira	Evolução vertical	Veterano M65	03:36:20	+01:12:50	12:01
8	54	Rogério de Pinho e Silva	C.D.C. São Martinho da Gândara	Veterano M65	03:38:02	+01:14:32	12:07
9	327	José Manuel Gonçalves	ActiveLifebyTiagoSilva	Veterano M65	03:52:50	+01:29:20	12:56

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Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:41
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[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:41
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Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:40
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MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	13,4°C	71%
End	14:12	13.4°C	71%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	1094	Didier de Jesus	CF Os Marialvas	01:02:20		06:14	
2	1197	Carlos Dias	Individual	01:03:45	+01:25	06:22	
3	1250	diogo carvalho	Montanha Clube Trail Running Efapel	01:03:50	+01:30	06:23	
4	1280	Jorge Manuel Matos dos Santos	Saca Trilhos Anadia	01:04:21	+02:01	06:26	
5	1154	David Mendes	Individual	01:05:52	+03:32	06:35	
6	1198	Daniel Batista	Individual	01:05:54	+03:34	06:35	
7	1120	Simão Ramos	Individual	01:13:25	+11:05	07:20	
8	1285	Ana Rita Ferreira	Team El Comandante	01:13:36	+11:16	07:22	
9	1152	Tiago José Santos Ferreira	Individual	01:14:01	+11:41	07:24	
10	1093	João Marques	Centro de Trail Carlos Sá Penacova Team	01:14:45	+12:25	07:29	
11	1225	Nuno Miguel Martins Lopes	Individual	01:15:43	+13:23	07:34	
12	1282	Paulo Marques	Talentos Objetivos	01:17:05	+14:45	07:43	
13	1205	Beto Rodriguez	Individual	01:17:51	+15:31	07:47	
14	1081	Carlos Santos	Carlos Santos	01:18:16	+15:56	07:50	
15	1278	José Faro	RUNNING4FUN TEAM VISEU	01:18:25	+16:05	07:51	
16	1100	Ivo Leandro pinto Gonçalves	DAR - Desportivo Atlético Recardães	01:20:03	+17:43	08:00	
17	1155	Guilherme Clemente	Individual	01:20:08	+17:48	08:01	
18	1234	Nuno Teixeira	Individual	01:20:33	+18:13	08:03	
19	1264	Helder prazeres	Run domingueiro	01:20:40	+18:20	08:04	
20	1238	António Valdemar Alves da Silva	Individual	01:21:46	+19:26	08:11	
21	1274	Luis Dias	RUNNING4FUN TEAM VISEU	01:21:54	+19:34	08:11	
22	1275	André Santos	RUNNING4FUN TEAM VISEU	01:22:03	+19:43	08:12	
23	1243	Arcanjo Amarante Martins	Individual	01:22:04	+19:44	08:12	
24	1244	João Santos	Individual	01:22:13	+19:53	08:13	
25	1149	Luís Almeida	Individual	01:22:21	+20:01	08:14	
26	1012	André Oliveira	AGGV Vouzela	01:22:21	+20:01	08:14	
27	1273	Lila Simões	RUNNING4FUN TEAM VISEU	01:22:30	+20:10	08:15	
28	1027	Adérito Neves	Ameal trail	01:22:50	+20:30	08:17	
29	1212	Tiago Carvalho	Individual	01:23:14	+20:54	08:19	
30	1221	Leanderson Santos	Individual	01:24:00	+21:40	08:24	
31	1196	Andrés Yepes	Individual	01:24:03	+21:43	08:24	
32	1254	Ana Marisa Fonseca Lopes	ORTHIA	01:25:01	+22:41	08:30	
33	1066	Vitor Rodrigues	Botão Camp	01:25:33	+23:13	08:33	
34	1051	Luís Gonçalves	Botão Camp	01:25:42	+23:22	08:34	
35	1017	Lourenço Baptista Laranjeira	Alandroal a Caminhar	01:25:52	+23:32	08:35	
36	1207	Gonçalo Duarte	Individual	01:26:09	+23:49	08:37	
37	1231	Luís Rocha	Individual	01:26:38	+24:18	08:40	
38	1037	Pedro Santos	Arena Squash Coimbra	01:27:29	+25:09	08:45	
39	1095	Nico van Elkan	Clube de Ancas	01:27:42	+25:22	08:46	
40	1006	Fábio Almeida	Academia de desportos de condeixa	01:27:57	+25:37	08:48	
41	1145	Daniel Tomás	Individual	01:29:31	+27:11	08:57	
42	1007	Mónica Jordão	ACRM Silveirinha Grande e Claras	01:29:50	+27:30	08:59	

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	1082	Cristina Silva	Casa Benfica Bairrada	01:29:50	+27:30	08:59	
44	1226	Paulo Alexandre Pessoa	Individual	01:29:54	+27:34	08:59	
45	1178	Liliana Madeira Rodrigues	Individual	01:29:56	+27:36	09:00	
46	1206	Daniel Pereira Da Rocha	Individual	01:30:21	+28:01	09:02	
47	1005	Rafael Craveiro Mateus	Academia de desportos de condeixa	01:30:31	+28:11	09:03	
48	1118	Flavio Ferrão	Healthy Move	01:30:40	+28:20	09:04	
49	1150	Pedro Henriques	Individual	01:30:43	+28:23	09:04	
50	1200	Jorge Tomé	Individual	01:30:49	+28:29	09:05	
51	1262	Marina Silva	Porto Sentido Runners	01:30:59	+28:39	09:06	
52	1067	Manuel Santos	Botão Camp	01:31:20	+29:00	09:08	
53	1263	Abílio Silva	Porto Sentido Runners	01:31:23	+29:03	09:08	
54	1024	Filipa Rodrigues	Ameal trail	01:31:39	+29:19	09:10	
55	1312	Vagner Marques	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	01:31:52	+29:32	09:11	
56	1110	João Miranda	Grupo Desportivo Assempark-Aveiro	01:32:04	+29:44	09:12	
57	1255	ANA SILVA	ORTHIA	01:32:18	+29:58	09:14	
58	1260	Pedro Miguel Ferreira Gonçalves	ORTHIA	01:32:18	+29:58	09:14	
59	1277	Albino Duarte	RUNNING4FUN TEAM VISEU	01:32:54	+30:34	09:17	
60	1224	Nuno lopes	Individual	01:32:56	+30:36	09:18	
61	1042	Ricardo Silva	Bombeiros Voluntários Pampilhosa	01:33:25	+31:05	09:21	
62	1158	Eunice Silva	Individual	01:33:26	+31:06	09:21	
63	1222	Michel Ferreira Pestana	Individual	01:33:34	+31:14	09:21	
64	1083	Marco Santiago	Casa Benfica Bairrada	01:34:25	+32:05	09:26	
65	1208	Kien Lam	Individual	01:34:31	+32:11	09:27	
66	1249	Sérgio Almeida	Lentidão furiosa freixianda	01:35:18	+32:58	09:32	
67	1004	João Carlos Correia	AC PORTALEGRE / UTSM	01:35:19	+32:59	09:32	
68	1035	Luís Carlos de Almeida e Costa	Arena Squash Coimbra	01:35:21	+33:01	09:32	
69	1069	Ana Pereira	C F Oliveira do Douro	01:35:25	+33:05	09:32	
70	1216	Carlos Alberto lopes Gomes	Individual	01:35:29	+33:09	09:33	
71	1107	Guilherme Fonseca	Fundo Solar	01:35:33	+33:13	09:33	
72	1166	Telma Dinis	Individual	01:35:42	+33:22	09:34	
73	1199	hugo pina	Individual	01:35:42	+33:22	09:34	
74	1165	Tânia Andreia de Jesus Simões	Individual	01:35:44	+33:24	09:34	
75	1315	Rui Mendes	Individual	01:36:26	+34:06	09:39	
76	1141	Valéria Carvalho	Individual	01:36:30	+34:10	09:39	
77	1128	Daniela Matos	Individual	01:36:35	+34:15	09:39	
78	1259	Nuno Miguel Pereira da Silva Silva	ORTHIA	01:36:37	+34:17	09:40	
79	1202	Nuno Filipe Marques Duarte	Individual	01:37:08	+34:48	09:43	
80	1268	Raquel Caracitas	RUNNING4FUN TEAM VISEU	01:37:39	+35:19	09:46	
81	1246	Joaquim Santos	Grupo desportivo de Oliveira de Frades	01:37:40	+35:20	09:46	
82	1092	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	01:38:02	+35:42	09:48	
83	1297	Carlos Eduardo Ferreira Coelho	UDCRS - Silveiro Sport Team	01:38:04	+35:44	09:48	
84	1304	Carine Loureiro	Unidos Run Team / As Oliveirinhas	01:38:15	+35:55	09:49	
85	1215	Bruno Melo	Individual	01:38:23	+36:03	09:50	
86	1290	Márcio Gomes Simões	Transparence	01:38:31	+36:11	09:51	
87	1039	Nuno Ventura	Arena Squash Coimbra	01:38:33	+36:13	09:51	
88	1172	Helena Pires	Individual	01:38:33	+36:13	09:51	

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	1230	Jorge Laranjeiro	Individual	01:38:36	+36:16	09:52	
90	1143	Carlos Bravo	Individual	01:38:42	+36:22	09:52	
91	1287	José Abreu	Team Tortuga	01:38:52	+36:32	09:53	
92	1031	Maria João Deus	ARCD Venda da Luísa	01:39:11	+36:51	09:55	
93	1113	Alvaro Fonseca	Grupo Pavigrés	01:39:18	+36:58	09:56	
94	1151	Sergio Miguel Cravo Patrao	Individual	01:39:28	+37:08	09:57	
95	1126	Cátia Albuquerque	Individual	01:39:40	+37:20	09:58	
96	1163	Susana Homem	Individual	01:39:46	+37:26	09:59	
97	1217	Cláudio Matos	Individual	01:39:47	+37:27	09:59	
98	1002	Lígia Alves	+ baterias	01:40:21	+38:01	10:02	
99	1036	Simão Félix Neves	Arena Squash Coimbra	01:40:29	+38:09	10:03	
100	1241	Manuel Gadelho	Individual	01:40:48	+38:28	10:05	
101	1008	Esther Wiegerink	Aergois trail running	01:40:56	+38:36	10:06	
102	1057	Sónia Pereira	Botão Camp	01:41:05	+38:45	10:07	
103	1003	Daniel Silva	+ baterias	01:41:11	+38:51	10:07	
104	1123	Andreia Rodrigues Fernandes	Individual	01:41:14	+38:54	10:07	
105	1018	Manuela Baptista	Alandroal a Caminhar	01:41:17	+38:57	10:08	
106	1289	Oceana rodrigues simoes	Transparence	01:41:18	+38:58	10:08	
107	1129	Daniela Mendes	Individual	01:41:21	+39:01	10:08	
108	1194	Maria do céu barbosa	Individual	01:41:27	+39:07	10:09	
109	1272	Ana Pereira	RUNNING4FUN TEAM VISEU	01:41:37	+39:17	10:10	
110	1286	Tiago Peixe	Team Tortuga	01:42:19	+39:59	10:14	
111	1233	Miguel Cunha	Individual	01:42:32	+40:12	10:15	
112	1064	João Santos	Botão Camp	01:42:33	+40:14	10:15	
113	1153	Valter Costa	Individual	01:42:37	+40:17	10:16	
114	1161	Mónica Assunção	Individual	01:42:40	+40:20	10:16	
115	1169	Anita Garcia	Individual	01:42:40	+40:20	10:16	
116	1183	Brigite Areias	Individual	01:42:50	+40:30	10:17	
117	1276	Rui Miguel Súcio de Moura	RUNNING4FUN TEAM VISEU	01:42:53	+40:33	10:17	
118	1070	Michael Ferreira	Cabritos	01:43:19	+40:59	10:20	
119	1071	Gabriela Rodrigues	Cabritos	01:43:20	+41:00	10:20	
120	1267	Beatriz Oliveira Dias	RUNNING4FUN TEAM VISEU	01:43:25	+41:05	10:20	
121	1089	Cristiano Estrela	CC Family	01:44:27	+42:07	10:27	
122	1258	João Cerveira	ORTHIA	01:44:28	+42:08	10:27	
123	1111	Valter Jacinto	Grupo Desportivo Assempark-Aveiro	01:44:35	+42:15	10:27	
124	1157	Catarina Granja	Individual	01:44:39	+42:19	10:28	
125	1146	Francisco Cabral	Individual	01:44:43	+42:23	10:28	
126	1210	Mauro José Tomaz	Individual	01:45:02	+42:42	10:30	
127	1211	Ricardo Santos	Individual	01:45:13	+42:53	10:31	
128	1190	Leonor Gomes	Individual	01:45:21	+43:01	10:32	
129	1072	BERNARDO HUGHES PIMENTEL	Calmaria	01:45:37	+43:17	10:34	
130	1168	Ana Pinho	Individual	01:45:52	+43:32	10:35	
131	1232	Luís Soares	Individual	01:45:59	+43:39	10:36	
132	1115	Luis Pato	Grupo Recreativo Eirense	01:46:09	+43:49	10:37	
133	1001	Miguel Rasteiro	(Com)dores	01:46:25	+44:05	10:39	
134	1303	Joaquim Teixeira	UNIDOS PELOS TRILHOS	01:46:31	+44:11	10:39	

Official Timekeeper: Lap2Go	3 / 6	generate 11-mai-2025 14:24
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MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	1041	Emília Arromba	Besouros.com	01:46:45	+44:25	10:41	
136	1170	Elisa Maia	Individual	01:46:47	+44:27	10:41	
137	1162	Sara Sousa Baptista	Individual	01:47:27	+45:07	10:45	
138	1132	Joana Papel	Individual	01:47:35	+45:15	10:45	
139	1180	Magda Tomaz	Individual	01:48:01	+45:41	10:48	
140	1288	Udine Peixe	Team Tortuga	01:48:05	+45:45	10:48	
141	1112	Sandra Correia	Grupo Pavigrés	01:48:15	+45:55	10:49	
142	1116	Sandra Liceia	GRVILAVERDENSE	01:48:26	+46:06	10:51	
143	1044	Patrícia Neves	BoraBora, Vamos Lá!	01:48:31	+46:11	10:51	
144	1045	Ana Dono	BoraBora, Vamos Lá!	01:48:32	+46:12	10:51	
145	1209	Leonel Pinheiro	Individual	01:48:32	+46:12	10:51	
146	1052	Ana Almeida	Botão Camp	01:48:52	+46:32	10:53	
147	1065	Joel Alexandre	Botão Camp	01:48:59	+46:39	10:54	
148	1195	Andre Pires	Individual	01:50:05	+47:45	11:00	
149	1256	Catarina Neves	ORTHIA	01:50:31	+48:11	11:03	
150	1239	João Peixe	Individual	01:50:51	+48:31	11:05	
151	1247	Célia Marques	Lentidão furiosa freixianda	01:50:52	+48:32	11:05	
152	1121	Ana Rita Jesus	Individual	01:51:36	+49:16	11:10	
153	1021	Maria Ribeiro	Amantes Trail & Run	01:52:19	+49:59	11:14	
154	1125	Begaiym Kudainazarova	Individual	01:52:19	+49:59	11:14	
155	1122	Ana Rita Salgado Ribeiro	Individual	01:52:32	+50:12	11:15	
156	1236	António Fonte SAnta	Individual	01:52:32	+50:12	11:15	
157	1087	Sónia Alexandra Sousa Santos	CC Family	01:52:40	+50:20	11:16	
158	1117	Andreia Filipa	Healthy Move	01:52:41	+50:21	11:16	
159	1305	Sarah Loureiro	Unidos Run Team / As Oliveirinhas	01:52:51	+50:31	11:17	
160	1053	Rita Trindade	Botão Camp	01:53:01	+50:41	11:18	
161	1131	Ines Esteves	Individual	01:53:11	+50:51	11:19	
162	1124	Bebiana Marques	Individual	01:53:12	+50:52	11:19	
163	1279	Rafael Bettencourt	RUNNING4FUN TEAM VISEU	01:53:13	+50:53	11:19	
164	1127	Daniela Borges	Individual	01:53:15	+50:55	11:20	
165	1253	Raquel Ruiz	ORTHIA	01:53:17	+50:57	11:20	
166	1266	Esmeralda Matias	Runners do Monte	01:53:25	+51:05	11:21	
167	1040	Filipe Pais	ASICSFrontRunner	01:53:30	+51:10	11:21	
168	1265	Ana Correia	Runners do Monte	01:54:24	+52:04	11:26	
169	1307	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	01:54:37	+52:17	11:28	
170	1237	António Manuel Rodrigues Tavares	Individual	01:54:47	+52:27	11:29	
171	1054	Ana Azêdo	Botão Camp	01:54:53	+52:33	11:29	
172	1140	Tânia Cruz	Individual	01:55:13	+52:53	11:31	
173	1292	Isabel Ventura	Tribo NR	01:55:40	+53:20	11:34	
174	1016	Miguel Rodrigues	AGGV Vouzela	01:55:44	+53:24	11:34	
175	1010	Simon Hodgson	Aergois trail running	01:56:26	+54:06	11:39	
176	1030	Vanessa Almeida	ARCAR Team - Trail do Vale	01:56:58	+54:38	11:42	
177	1029	Paula Moreira	Amigos 100 Limites	01:56:59	+54:39	11:42	
178	1204	Pedro Mesquita	Individual	01:57:29	+55:09	11:45	
179	1130	Filipa Seco	Individual	01:57:53	+55:33	11:47	
180	1105	Filipa Duarte	Ameal trail	01:58:08	+55:48	11:49	

MINI TRAIL - STAGE 1

10 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
181	1063	Bruno Craveiro	Botão Camp	01:58:08	+55:48	11:49	
182	263	Daniela Ferreira	RUNNING4FUN TEAM VISEU	01:58:30	+56:10	11:51	
183	1271	Isabel Mendes	RUNNING4FUN TEAM VISEU	01:58:30	+56:10	11:51	
184	1056	Sandra Poiares	Botão Camp	01:58:46	+56:26	11:53	
185	1060	Sónia Ribeiro	Botão Camp	01:58:47	+56:27	11:53	
186	1059	Luísa Baptista	Botão Camp	01:58:47	+56:27	11:53	
187	1214	Bruno Filipe Guedes Lopes	Individual	01:59:01	+56:41	11:54	
188	1009	Jacqueline Hodgson	Aergois trail running	01:59:16	+56:56	11:56	
189	1201	Luís Pereira	Individual	01:59:32	+57:12	11:57	
190	1103	Vera Manco	Domus Trail	01:59:32	+57:12	11:57	
191	1058	Teresa Santos	Botão Camp	01:59:46	+57:26	11:59	
192	1068	Joaquim Melo	Botão Camp	01:59:54	+57:34	11:59	
193	1248	Dulce Almeida	Lentidão furiosa freixianda	02:02:32	+01:00:12	12:15	
194	1138	Sara Correia	Individual	02:02:55	+01:00:35	12:18	
195	1049	Andreia Ventura	Botão Camp	02:03:12	+01:00:52	12:19	
196	1050	Gabriela Beirão	Botão Camp	02:03:12	+01:00:52	12:19	
197	1133	Márcia Filipa Gonçalves	Individual	02:03:57	+01:01:37	12:24	
198	1193	Ana corina neves silva	Individual	02:05:03	+01:02:43	12:30	
199	1038	Nuno Castro	Arena Squash Coimbra	02:05:04	+01:02:44	12:30	
200	1015	Cátia Raquel Oliveira Rodrigues	AGGV Vouzela	02:05:06	+01:02:46	12:31	
201	1080	Catiane Sousa Carlini	Carlini	02:06:38	+01:04:18	12:40	
202	1079	Henrique Pereira	Carlini	02:06:38	+01:04:18	12:40	
203	1227	Pedro Costa	Individual	02:07:12	+01:04:52	12:43	
204	1011	Leandra Cabral	AGGV Vouzela	02:07:21	+01:05:01	12:44	
205	1020	Diana Barata	Amantes Trail & Run	02:07:24	+01:05:04	12:44	
206	1023	Miguel Pinto	Amantes Trail & Run	02:07:24	+01:05:04	12:44	
207	1293	Sara Lopes	Trilhos & Tremoços	02:08:10	+01:05:50	12:49	
208	1313	Felisbela Monteiro	Viriaths Runners Viseu	02:08:28	+01:06:08	12:51	
209	1026	Helena Afonso	Ameal trail	02:08:34	+01:06:14	12:51	
210	1156	Anabela Cruz Almeida	Individual	02:08:45	+01:06:25	12:53	
211	1174	Mónica Barbosa	Individual	02:09:16	+01:06:56	12:56	
212	1159	Liliana Colaço	Individual	02:09:25	+01:07:05	12:56	
213	1106	Maria Luis Santos	Fox Trail Team	02:09:44	+01:07:24	12:58	
214	1173	Lúcia Maria Maia Simões	Individual	02:09:45	+01:07:25	12:58	
215	1164	Susete Freitas	Individual	02:09:45	+01:07:25	12:59	
216	1028	Manuel Ferreira	Ameal trail	02:11:53	+01:09:33	13:11	
217	1188	Maria Joao santos	Individual	02:12:18	+01:09:58	13:14	
218	1302	Susana Matos	UNIDOS PELOS TRILHOS	02:12:32	+01:10:12	13:15	
219	1062	Fernando Silva	Botão Camp	02:12:32	+01:10:12	13:15	
220	317	Francisco Fonseca	UNIDOS PELOS TRILHOS	02:12:33	+01:10:13	13:15	
221	1114	César Santos	Grupo Pavigrés	02:12:35	+01:10:15	13:16	
222	1142	Alexandre Rodrigues Fernandes	Individual	02:12:41	+01:10:21	13:16	
223	1181	Micaela Pires	Individual	02:12:51	+01:10:31	13:17	
224	1185	Carla Claudino	Individual	02:13:11	+01:10:51	13:19	
225	1191	Lurdes soares	Individual	02:13:11	+01:10:51	13:19	
226	1291	José Dara	TrepaTrilhos Trail Team	02:13:17	+01:10:57	13:20	

MINI TRAIL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
227	1076	Débora Aveiro	Campo Maior Trail Runners	02:14:25	+01:12:05	13:27	
228	1077	Ilídio Moreira	Campo Maior Trail Runners	02:14:26	+01:12:06	13:27	
229	1179	Liliana Mafalda Pedrosa Marques	Individual	02:14:57	+01:12:37	13:30	
230	1119	Soraia Ferrão	Healthy Move	02:16:00	+01:13:40	13:36	
231	1306	Carla Cristina Conceição Santos	Unidos Run Team / As Oliveirinhas	02:16:19	+01:13:59	13:38	
232	1099	Vítor Almeida	CPARMADA	02:16:26	+01:14:06	13:39	
233	1034	Francisco Barão	Arena Squash Coimbra	02:18:26	+01:16:06	13:51	
234	1033	Carolina Parente	Arena Squash Coimbra	02:18:27	+01:16:07	13:51	
235	1078	Susana Bento	Caracois Moniz Pereira	02:21:26	+01:19:06	14:09	
236	1295	Eugénia Félix	Trilhos & Tremoços	02:22:14	+01:19:54	14:13	
237	1184	Carla Bornes	Individual	02:22:30	+01:20:10	14:15	
238	1134	Marlene Santos	Individual	02:23:40	+01:21:20	14:22	
239	1073	Renata Uchoa	Calmaria	02:24:49	+01:22:29	14:29	
240	1074	Edson Pimentel Filho	Calmaria	02:25:06	+01:22:46	14:31	
241	1182	Alexandra Fernandes	Individual	02:25:34	+01:23:14	14:33	
242	1229	Carlos Rocha	Individual	02:27:57	+01:25:37	14:48	
243	1245	João Luís Frade Cajeira	Individual	02:28:31	+01:26:11	14:51	
244	1032	Luísa Simões	ARCD Venda da Luísa	02:30:24	+01:28:04	15:02	
245	1097	Sandra Tomé	ComDores	02:30:45	+01:28:25	15:05	
246	136	Carina Bexiga	Individual	02:32:02	+01:29:42	15:12	
247	1109	Francisco Trindade	GEDA - Campo Maior Trail Runners	02:33:27	+01:31:07	15:21	
248	1108	JOANA ALEIXO	GEDA - Campo Maior Trail Runners	02:33:51	+01:31:31	15:23	
249	1176	Cristina Abrantes	Individual	02:36:11	+01:33:51	15:37	
250	1308	Luis Fernando Pita de Carvalho	Unidos Run Team / As Oliveirinhas	02:36:19	+01:33:59	15:38	
251	1096	Joana Tudela	CMM	02:36:52	+01:34:32	15:41	
252	1098	Aline Nascimento Almeida	CPARMADA	02:38:08	+01:35:48	15:49	
253	1309	Céu Arneiro	URJ Fernão Ferro	02:38:08	+01:35:48	15:49	
254	1192	Paula Fonte Santa	Individual	02:40:41	+01:38:21	16:04	
255	1136	Nara Filipa Rosa Teles Santos	Individual	02:42:09	+01:39:49	16:13	
256	1047	VanessaS da Silva Tavares	BoraBora, Vamos Lá!	02:46:03	+01:43:43	16:36	
257	1048	Rita Nércio	BoraBora, Vamos Lá!	02:47:24	+01:45:04	16:44	
258	1046	Ana Maia	BoraBora, Vamos Lá!	02:47:24	+01:45:04	16:44	
259	1240	José Carlos Barbosa silva	Individual	02:53:51	+01:51:31	17:23	
260	1186	Elisabete Martelo	Individual	03:07:17	+02:04:57	18:44	
261	1022	Filipa Teixeira	Amantes Trail & Run	03:13:06	+02:10:46	19:19	
262	1019	Maria Couto Viana	Amantes Trail & Run	03:13:07	+02:10:47	19:19	
263	1269	Hugo Bastos	RUNNING4FUN TEAM VISEU	04:13:10	+03:10:50	25:19	

Mini Trail

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	13,4°C	71%
End	14:12	13.4°C	71%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	1286	Tiago Peixe	Team Tortuga	Junior Masculino	01:42:19	10:14
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Juvenil Feminino

1	1031	Maria João Deus	ARCD Venda da Luísa	Juvenil Feminino	01:39:11		09:55:11
2	1289	Oceana rodrigues simoes	Transparence	Juvenil Feminino	01:41:18	+02:06	10:08:11
3	1019	Maria Couto Viana	Amantes Trail & Run	Juvenil Feminino	03:13:07	+01:33:55	19:19:11

Juvenil Masculino

1	1120	Simão Ramos	Individual	Juvenil Masculino	01:13:25	07:20
2	1017	Lourenço Baptista Laranjeira	Alandroal a Caminhar	Juvenil Masculino	01:25:52	+12:26 08:35
3	1005	Rafael Craveiro Mateus	Academia de desportos de condeixa	Juvenil Masculino	01:30:31	+17:05 09:03
4	1072	BERNARDO HUGHES PIMENTEL	Calmaria	Juvenil Masculino	01:45:37	+32:12 10:34

Senior Feminino

1	1285	Ana Rita Ferreira	Team El Comandante	Senior Feminino	01:13:36	07:22
2	1141	Valéria Carvalho	Individual	Senior Feminino	01:36:30	+22:53 09:39
3	1128	Daniela Matos	Individual	Senior Feminino	01:36:35	+22:58 09:39
4	1268	Raquel Caracitas	RUNNING4FUN TEAM VISEU	Senior Feminino	01:37:39	+24:02 09:46
5	1126	Cátia Albuquerque	Individual	Senior Feminino	01:39:40	+26:03 09:58
6	1123	Andreia Rodrigues Fernandes	Individual	Senior Feminino	01:41:14	+27:37 10:07
7	1129	Daniela Mendes	Individual	Senior Feminino	01:41:21	+27:44 10:08
8	1267	Beatriz Oliveira Dias	RUNNING4FUN TEAM VISEU	Senior Feminino	01:43:25	+29:48 10:20
9	1132	Joana Papel	Individual	Senior Feminino	01:47:35	+33:58 10:45
10	1044	Patrícia Neves	BoraBora, Vamos Lá!	Senior Feminino	01:48:31	+34:54 10:51
11	1121	Ana Rita Jesus	Individual	Senior Feminino	01:51:36	+38:00 11:10
12	1125	Begaiym Kudainazarova	Individual	Senior Feminino	01:52:19	+38:42 11:14
13	1122	Ana Rita Salgado Ribeiro	Individual	Senior Feminino	01:52:32	+38:55 11:15
14	1087	Sónia Alexandra Sousa Santos	CC Family	Senior Feminino	01:52:40	+39:04 11:16
15	1117	Andreia Filipa	Healthy Move	Senior Feminino	01:52:41	+39:04 11:16
16	1131	Ines Esteves	Individual	Senior Feminino	01:53:11	+39:34 11:19
17	1124	Bebiana Marques	Individual	Senior Feminino	01:53:12	+39:35 11:19
18	1127	Daniela Borges	Individual	Senior Feminino	01:53:15	+39:38 11:20
19	1253	Raquel Ruiz	ORTHIA	Senior Feminino	01:53:17	+39:40 11:20
20	1140	Tânia Cruz	Individual	Senior Feminino	01:55:13	+41:36 11:31

Mini Trail

10 KM

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OFFICIAL RESULT

[illegible]

21	1130	Filipa Seco	Individual	Senior Feminino	01:57:53	+44:16	11:47
22	1138	Sara Correia	Individual	Senior Feminino	02:02:55	+49:18	12:18
23	1049	Andreia Ventura	Botão Camp	Senior Feminino	02:03:12	+49:35	12:19
24	1050	Gabriela Beirão	Botão Camp	Senior Feminino	02:03:12	+49:35	12:19
25	1133	Márcia Filipa Gonçalves	Individual	Senior Feminino	02:03:57	+50:20	12:24
26	1011	Leandra Cabral	AGGV Vouzela	Senior Feminino	02:07:21	+53:44	12:44
27	1293	Sara Lopes	Trilhos & Tremoços	Senior Feminino	02:08:10	+54:33	12:49
28	1106	Maria Luis Santos	Fox Trail Team	Senior Feminino	02:09:44	+56:08	12:58
29	1076	Débora Aveiro	Campo Maior Trail Runners	Senior Feminino	02:14:25	+01:00:48	13:27
30	1033	Carolina Parente	Arena Squash Coimbra	Senior Feminino	02:18:27	+01:04:50	13:51
31	1134	Marlene Santos	Individual	Senior Feminino	02:23:40	+01:10:03	14:22
32	1136	Nara Filipa Rosa Teles Santos	Individual	Senior Feminino	02:42:09	+01:28:32	16:13

Senior Masculino

1	1250	diogo carvalho	Montanha Clube Trail Running Efael	Senior Masculino	01:03:50		06:23
2	1152	Tiago José Santos Ferreira	Individual	Senior Masculino	01:14:01	+10:10	07:24
3	1149	Luís Almeida	Individual	Senior Masculino	01:22:21	+18:30	08:14
4	1012	André Oliveira	AGGV Vouzela	Senior Masculino	01:22:21	+18:30	08:14
5	1051	Luís Gonçalves	Botão Camp	Senior Masculino	01:25:42	+21:51	08:34
6	1095	Nico van Elkan	Clube de Ancas	Senior Masculino	01:27:42	+23:52	08:46
7	1006	Fábio Almeida	Academia de desportos de condeixa	Senior Masculino	01:27:57	+24:06	08:48
8	1145	Daniel Tomás	Individual	Senior Masculino	01:29:31	+25:40	08:57
9	1118	Flavio Ferrão	Healthy Move	Senior Masculino	01:30:40	+26:49	09:04
10	1150	Pedro Henriques	Individual	Senior Masculino	01:30:43	+26:52	09:04
11	1042	Ricardo Silva	Bombeiros Voluntários Pampilhosa	Senior Masculino	01:33:25	+29:35	09:21
12	1035	Luís Carlos de Almeida e Costa	Arena Squash Coimbra	Senior Masculino	01:35:21	+31:30	09:32
13	1143	Carlos Bravo	Individual	Senior Masculino	01:38:42	+34:51	09:52
14	1151	Sergio Miguel Cravo Patrao	Individual	Senior Masculino	01:39:28	+35:37	09:57
15	1036	Simão Félix Neves	Arena Squash Coimbra	Senior Masculino	01:40:29	+36:38	10:03
16	1153	Valter Costa	Individual	Senior Masculino	01:42:37	+38:46	10:16
17	1070	Michael Ferreira	Cabritos	Senior Masculino	01:43:19	+39:28	10:20
18	1146	Francisco Cabral	Individual	Senior Masculino	01:44:43	+40:52	10:28
19	1079	Henrique Pereira	Carlini	Senior Masculino	02:06:38	+01:02:47	12:40
20	1142	Alexandre Rodrigues Fernandes	Individual	Senior Masculino	02:12:41	+01:08:51	13:16
21	1077	Ilídio Moreira	Campo Maior Trail Runners	Senior Masculino	02:14:26	+01:10:35	13:27
22	1034	Francisco Barão	Arena Squash Coimbra	Senior Masculino	02:18:26	+01:14:35	13:51
23	1269	Hugo Bastos	RUNNING4FUN TEAM VISEU	Senior Masculino	04:13:10	+03:09:19	25:19

Sub 23 Feminino

1	1015	Cátia Raquel Oliveira Rodrigues	AGGV Vouzela	Sub 23 Feminino	02:05:06	12:31
2	1295	Eugénia Félix	Trilhos & Tremoços	Sub 23 Feminino	02:22:14	+17:08 14:13

Mini Trail

10 KM

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OFFICIAL RESULT

[illegible]

Sub 23 Masculino

1	1154	David Mendes	Individual	Sub 23 Masculino	01:05:52	06:35
2	1155	Guilherme Clemente	Individual	Sub 23 Masculino	01:20:08	+14:15 08:01

Veterana F35

1	1024	Filipa Rodrigues	Ameal trail	Veterana F35	01:31:39	09:10
2	1158	Eunice Silva	Individual	Veterana F35	01:33:26	+01:47 09:21
3	1166	Telma Dinis	Individual	Veterana F35	01:35:42	+04:02 09:34
4	1165	Tânia Andreia de Jesus Simões	Individual	Veterana F35	01:35:44	+04:04 09:34
5	1092	Sónia Semedo	Centro de Trail Carlos Sá Penacova Team	Veterana F35	01:38:02	+06:22 09:48
6	1163	Susana Homem	Individual	Veterana F35	01:39:46	+08:06 09:59
7	1161	Mónica Assunção	Individual	Veterana F35	01:42:40	+11:00 10:16
8	1071	Gabriela Rodrigues	Cabritos	Veterana F35	01:43:20	+11:41 10:20
9	1157	Catarina Granja	Individual	Veterana F35	01:44:39	+13:00 10:28
10	1162	Sara Sousa Baptista	Individual	Veterana F35	01:47:27	+15:47 10:45
11	1045	Ana Dono	BoraBora, Vamos Lá!	Veterana F35	01:48:32	+16:52 10:51
12	1247	Célia Marques	Lentidão furiosa freixianda	Veterana F35	01:50:52	+19:13 11:05
13	1080	Catiane Sousa Carlini	Carlini	Veterana F35	02:06:38	+34:58 12:40
14	1156	Anabela Cruz Almeida	Individual	Veterana F35	02:08:45	+37:05 12:53
15	1159	Liliana Colaço	Individual	Veterana F35	02:09:25	+37:45 12:56
16	1164	Susete Freitas	Individual	Veterana F35	02:09:45	+38:06 12:59
17	1119	Soraia Ferrão	Healthy Move	Veterana F35	02:16:00	+44:21 13:36
18	1047	VanessaS da Slva Tavares	BoraBora, Vamos Lá!	Veterana F35	02:46:03	+01:14:23 16:36
19	1046	Ana Maia	BoraBora, Vamos Lá!	Veterana F35	02:47:24	+01:15:44 16:44

Veterana F40

1	1082	Cristina Silva	Casa Benfica Bairrada	Veterana F40	01:29:50	08:59
2	1304	Carine Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F40	01:38:15	+08:24 09:49
3	1172	Helena Pires	Individual	Veterana F40	01:38:33	+08:43 09:51
4	1169	Anita Garcia	Individual	Veterana F40	01:42:40	+12:49 10:16
5	1168	Ana Pinho	Individual	Veterana F40	01:45:52	+16:02 10:35
6	1170	Elisa Maia	Individual	Veterana F40	01:46:47	+16:56 10:41
7	1112	Sandra Correia	Grupo Pavigrés	Veterana F40	01:48:15	+18:25 10:49
8	1116	Sandra Liceia	GRVILAVERDENSE	Veterana F40	01:48:26	+18:35 10:51
9	1052	Ana Almeida	Botão Camp	Veterana F40	01:48:52	+19:01 10:53
10	1305	Sarah Loureiro	Unidos Run Team / As Oliveirinhas	Veterana F40	01:52:51	+23:01 11:17
11	1053	Rita Trindade	Botão Camp	Veterana F40	01:53:01	+23:11 11:18
12	1265	Ana Correia	Runners do Monte	Veterana F40	01:54:24	+24:33 11:26
13	1030	Vanessa Almeida	ARCAR Team - Trail do Vale	Veterana F40	01:56:58	+27:07 11:42
14	1105	Filipa Duarte	Ameal trail	Veterana F40	01:58:08	+28:17 11:49
15	1174	Mónica Barbosa	Individual	Veterana F40	02:09:16	+39:25 12:56
16	1173	Lúcia Maria Maia Simões	Individual	Veterana F40	02:09:45	+39:54 12:58

Mini Trail

10 KM

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17	1073	Renata Uchoa	Calmaria	Veterana F40	02:24:49	+54:59	14:29
18	136	Carina Bexiga	Individual	Veterana F40	02:32:02	+01:02:11	15:12
19	1108	JOANA ALEIXO	GEDA - Campo Maior Trail Runners	Veterana F40	02:33:51	+01:04:00	15:23
20	1096	Joana Tudela	CMM	Veterana F40	02:36:52	+01:07:01	15:41
21	1309	Céu Arneiro	URJ Fernão Ferro	Veterana F40	02:38:08	+01:08:18	15:49
22	1048	Rita Nércio	BoraBora, Vamos Lá!	Veterana F40	02:47:24	+01:17:33	16:44

Veterana F45

1	1254	Ana Marisa Fonseca Lopes	ORTHIA	Veterana F45	01:25:01		08:30
2	1007	Mónica Jordão	ACRM Silveirinha Grande e Claras	Veterana F45	01:29:50	+04:49	08:59
3	1178	Liliana Madeira Rodrigues	Individual	Veterana F45	01:29:56	+04:55	09:00
4	1255	ANA SILVA	ORTHIA	Veterana F45	01:32:18	+07:16	09:14
5	1002	Lígia Alves	+ baterias	Veterana F45	01:40:21	+15:20	10:02
6	1057	Sónia Pereira	Botão Camp	Veterana F45	01:41:05	+16:04	10:07
7	1180	Magda Tomaz	Individual	Veterana F45	01:48:01	+23:00	10:48
8	1256	Catarina Neves	ORTHIA	Veterana F45	01:50:31	+25:29	11:03
9	1021	Maria Ribeiro	Amantes Trail & Run	Veterana F45	01:52:19	+27:17	11:14
10	1307	Nohélia Cartaxo	Unidos Run Team / As Oliveirinhas	Veterana F45	01:54:37	+29:36	11:28
11	1054	Ana Azêdo	Botão Camp	Veterana F45	01:54:53	+29:52	11:29
12	263	Daniela Ferreira	RUNNING4FUN TEAM VISEU	Veterana F45	01:58:30	+33:29	11:51
13	1271	Isabel Mendes	RUNNING4FUN TEAM VISEU	Veterana F45	01:58:30	+33:29	11:51
14	1056	Sandra Poiares	Botão Camp	Veterana F45	01:58:46	+33:45	11:53
15	1103	Vera Manco	Domus Trail	Veterana F45	01:59:32	+34:31	11:57
16	1058	Teresa Santos	Botão Camp	Veterana F45	01:59:46	+34:45	11:59
17	1248	Dulce Almeida	Lentidão furiosa freixianda	Veterana F45	02:02:32	+37:30	12:15
18	1020	Diana Barata	Amantes Trail & Run	Veterana F45	02:07:24	+42:23	12:44
19	1181	Micaela Pires	Individual	Veterana F45	02:12:51	+47:50	13:17
20	1179	Liliana Mafalda Pedrosa Marques	Individual	Veterana F45	02:14:57	+49:56	13:30
21	1306	Carla Cristina Conceição Santos	Unidos Run Team / As Oliveirinhas	Veterana F45	02:16:19	+51:18	13:38
22	1078	Susana Bento	Caracois Moniz Pereira	Veterana F45	02:21:26	+56:25	14:09
23	1032	Luísa Simões	ARCD Venda da Luísa	Veterana F45	02:30:24	+01:05:23	15:02
24	1097	Sandra Tomé	ComDores	Veterana F45	02:30:45	+01:05:44	15:05
25	1176	Cristina Abrantes	Individual	Veterana F45	02:36:11	+01:11:10	15:37

Veterana F50

1	1273	Lila Simões	RUNNING4FUN TEAM VISEU	Veterana F50	01:22:30	08:15
2	1262	Marina Silva	Porto Sentido Runners	Veterana F50	01:30:59	+08:28 09:06
3	1018	Manuela Baptista	Alandroal a Caminhar	Veterana F50	01:41:17	+18:46 10:08
4	1272	Ana Pereira	RUNNING4FUN TEAM VISEU	Veterana F50	01:41:37	+19:06 10:10
5	1183	Brigite Areias	Individual	Veterana F50	01:42:50	+20:19 10:17
6	1060	Sónia Ribeiro	Botão Camp	Veterana F50	01:58:47	+36:16 11:53
7	1059	Luísa Baptista	Botão Camp	Veterana F50	01:58:47	+36:16 11:53
8	1313	Felisbela Monteiro	Viriaths Runners Viseu	Veterana F50	02:08:28	+45:58 12:51

Mini Trail

10 KM

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9	1026	Helena Afonso	Ameal trail	Veterana F50	02:08:34	+46:03	12:51
10	1188	Maria Joao santos	Individual	Veterana F50	02:12:18	+49:47	13:14
11	1302	Susana Matos	UNIDOS PELOS TRILHOS	Veterana F50	02:12:32	+50:01	13:15
12	1185	Carla Claudino	Individual	Veterana F50	02:13:11	+50:40	13:19
13	1184	Carla Bornes	Individual	Veterana F50	02:22:30	+59:59	14:15
14	1182	Alexandra Fernandes	Individual	Veterana F50	02:25:34	+01:03:03	14:33
15	1186	Elisabete Martelo	Individual	Veterana F50	03:07:17	+01:44:46	18:44
16	1022	Filipa Teixeira	Amantes Trail & Run	Veterana F50	03:13:06	+01:50:36	19:19

Veterana F55

1	1069	Ana Pereira	C F Oliveira do Douro	Veterana F55	01:35:25		09:32
2	1008	Esther Wiegerink	Aergois trail running	Veterana F55	01:40:56	+05:31	10:06
3	1190	Leonor Gomes	Individual	Veterana F55	01:45:21	+09:56	10:32
4	1009	Jacqueline Hodgson	Aergois trail running	Veterana F55	01:59:16	+23:50	11:56
5	1191	Lurdes soares	Individual	Veterana F55	02:13:11	+37:46	13:19
6	1098	Aline Nascimento Almeida	CPARMADA	Veterana F55	02:38:08	+01:02:42	15:49
7	1192	Paula Fonte Santa	Individual	Veterana F55	02:40:41	+01:05:16	16:04

Veterana F60

1	1194	Maria do céu barbosa	Individual	Veterana F60	01:41:27		10:09
2	1041	Emília Arromba	Besouros.com	Veterana F60	01:46:45	+05:17	10:41
3	1266	Esmeralda Matias	Runners do Monte	Veterana F60	01:53:25	+11:58	11:21
4	1292	Isabel Ventura	Tribo NR	Veterana F60	01:55:40	+14:13	11:34
5	1029	Paula Moreira	Amigos 100 Limites	Veterana F60	01:56:59	+15:31	11:42
6	1193	Ana corina neves silva	Individual	Veterana F60	02:05:03	+23:36	12:30

Veterano M35

1	1197	Carlos Dias	Individual	Veterano M35	01:03:45	06:22
2	1198	Daniel Batista	Individual	Veterano M35	01:05:54	+02:09 06:35
3	1100	Ivo Leandro pinto Gonçalves	DAR - Desportivo Atlético Recardães	Veterano M35	01:20:03	+16:18 08:00
4	1274	Luis Dias	RUNNING4FUN TEAM VISEU	Veterano M35	01:21:54	+18:09 08:11
5	1196	Andrés Yepes	Individual	Veterano M35	01:24:03	+20:18 08:24
6	1200	Jorge Tomé	Individual	Veterano M35	01:30:49	+27:04 09:05
7	1199	hugo pina	Individual	Veterano M35	01:35:42	+31:56 09:34
8	1202	Nuno Filipe Marques Duarte	Individual	Veterano M35	01:37:08	+33:23 09:43
9	1297	Carlos Eduardo Ferreira Coelho	UDCRS - Silveiro Sport Team	Veterano M35	01:38:04	+34:18 09:48
10	1258	João Cerveira	ORTHIA	Veterano M35	01:44:28	+40:43 10:27
11	1001	Miguel Rasteiro	(Com)dores	Veterano M35	01:46:25	+42:40 10:39
12	1195	Andre Pires	Individual	Veterano M35	01:50:05	+46:20 11:00
13	1204	Pedro Mesquita	Individual	Veterano M35	01:57:29	+53:44 11:45

Mini Trail

10 KM

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14	1201	Luís Pereira	Individual	Veterano M35	01:59:32	+55:47	11:57
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Veterano M40

1	1093	João Marques	Centro de Trail Carlos Sá Penacova Team	Veterano M40	01:14:45	07:29
2	1205	Beto Rodriguez	Individual	Veterano M40	01:17:51	+03:05 07:47
3	1275	André Santos	RUNNING4FUN TEAM VISEU	Veterano M40	01:22:03	+07:17 08:11
4	1212	Tiago Carvalho	Individual	Veterano M40	01:23:14	+08:28 08:19
5	1207	Gonçalo Duarte	Individual	Veterano M40	01:26:09	+11:23 08:37
6	1037	Pedro Santos	Arena Squash Coimbra	Veterano M40	01:27:29	+12:43 08:45
7	1206	Daniel Pereira Da Rocha	Individual	Veterano M40	01:30:21	+15:35 09:02
8	1312	Vagner Marques	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M40	01:31:52	+17:06 09:11
9	1208	Kien Lam	Individual	Veterano M40	01:34:31	+19:46 09:27
10	1107	Guilherme Fonseca	Fundo Solar	Veterano M40	01:35:33	+20:47 09:33
11	1259	Nuno Miguel Pereira da Silva Silva	ORTHIA	Veterano M40	01:36:37	+21:51 09:40
12	1089	Cristiano Estrela	CC Family	Veterano M40	01:44:27	+29:41 10:27
13	1210	Mauro José Tomaz	Individual	Veterano M40	01:45:02	+30:16 10:30
14	1211	Ricardo Santos	Individual	Veterano M40	01:45:13	+30:27 10:31
15	1209	Leonel Pinheiro	Individual	Veterano M40	01:48:32	+33:46 10:51
16	1040	Filipe Pais	ASICSFrontRunner	Veterano M40	01:53:30	+38:44 11:21
17	1016	Miguel Rodrigues	AGGV Vouzela	Veterano M40	01:55:44	+40:58 11:34
18	1062	Fernando Silva	Botão Camp	Veterano M40	02:12:32	+57:46 13:15

Veterano M45

1	1094	Didier de jesus	CF Os Marialvas	Veterano M45	01:02:20	06:14
2	1280	Jorge Manuel Matos dos Santos	Saca Trilhos Anadia	Veterano M45	01:04:21	+02:01 06:26
3	1225	Nuno Miguel Martins Lopes	Individual	Veterano M45	01:15:43	+13:22 07:34
4	1221	Leanderson Santos	Individual	Veterano M45	01:24:00	+21:40 08:24
5	1066	Vitor Rodrigues	Botão Camp	Veterano M45	01:25:33	+23:13 08:33
6	1226	Paulo Alexandre Pessoa	Individual	Veterano M45	01:29:54	+27:34 08:59
7	1110	João Miranda	Grupo Desportivo Assempark-Aveiro	Veterano M45	01:32:04	+29:43 09:12
8	1260	Pedro Miguel Ferreira Gonçalves	ORTHIA	Veterano M45	01:32:18	+29:57 09:14
9	1224	Nuno lopes	Individual	Veterano M45	01:32:56	+30:36 09:18
10	1222	Michel Ferreira Pestana	Individual	Veterano M45	01:33:34	+31:13 09:21
11	1083	Marco Santiago	Casa Benfica Bairrada	Veterano M45	01:34:25	+32:04 09:26
12	1249	Sérgio Almeida	Lentidão furiosa freixianda	Veterano M45	01:35:18	+32:57 09:32
13	1216	Carlos Alberto lopes Gomes	Individual	Veterano M45	01:35:29	+33:09 09:33
14	1215	Bruno Melo	Individual	Veterano M45	01:38:23	+36:02 09:50
15	1290	Márcio Gomes Simões	Transparence	Veterano M45	01:38:31	+36:10 09:51
16	1039	Nuno Ventura	Arena Squash Coimbra	Veterano M45	01:38:33	+36:12 09:51
17	1287	José Abreu	Team Tortuga	Veterano M45	01:38:52	+36:32 09:53

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Mini Trail

10 KM

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18	1217	Cláudio Matos	Individual	Veterano M45	01:39:47	+37:27	09:59
19	1003	Daniel Silva	+ baterias	Veterano M45	01:41:11	+38:51	10:07
20	1064	João Santos	Botão Camp	Veterano M45	01:42:33	+40:13	10:15
21	1276	Rui Miguel Súcio de Moura	RUNNING4FUN TEAM VISEU	Veterano M45	01:42:53	+40:32	10:17
22	1115	Luis Pato	Grupo Recreativo Eirense	Veterano M45	01:46:09	+43:48	10:37
23	1288	Udine Peixe	Team Tortuga	Veterano M45	01:48:05	+45:44	10:48
24	1065	Joel Alexandre	Botão Camp	Veterano M45	01:48:59	+46:38	10:54
25	1063	Bruno Craveiro	Botão Camp	Veterano M45	01:58:08	+55:48	11:49
26	1214	Bruno Filipe Guedes Lopes	Individual	Veterano M45	01:59:01	+56:41	11:54
27	1038	Nuno Castro	Arena Squash Coimbra	Veterano M45	02:05:04	+01:02:44	12:30
28	1227	Pedro Costa	Individual	Veterano M45	02:07:12	+01:04:51	12:43

Veterano M50

1	1081	Carlos Santos	Carlos Santos	Veterano M50	01:18:16	07:50
2	1278	José Faro	RUNNING4FUN TEAM VISEU	Veterano M50	01:18:25	+00:09 07:51
3	1234	Nuno Teixeira	Individual	Veterano M50	01:20:33	+02:17 08:03
4	1264	Helder prazeres	Run domingueiro	Veterano M50	01:20:40	+02:24 08:04
5	1231	Luís Rocha	Individual	Veterano M50	01:26:38	+08:22 08:40
6	1067	Manuel Santos	Botão Camp	Veterano M50	01:31:20	+13:03 09:08
7	1277	Albino Duarte	RUNNING4FUN TEAM VISEU	Veterano M50	01:32:54	+14:37 09:17
8	1315	Rui Mendes	Individual	Veterano M50	01:36:26	+18:10 09:39
9	1230	Jorge Laranjeiro	Individual	Veterano M50	01:38:36	+20:20 09:52
10	1233	Miguel Cunha	Individual	Veterano M50	01:42:32	+24:16 10:15
11	1232	Luís Soares	Individual	Veterano M50	01:45:59	+27:43 10:36
12	1279	Rafael Bettencourt	RUNNING4FUN TEAM VISEU	Veterano M50	01:53:13	+34:57 11:19
13	1023	Miguel Pinto	Amantes Trail & Run	Veterano M50	02:07:24	+49:08 12:44
14	1074	Edson Pimentel Filho	Calmaria	Veterano M50	02:25:06	+01:06:50 14:31
15	1229	Carlos Rocha	Individual	Veterano M50	02:27:57	+01:09:40 14:48
16	1109	Francisco Trindade	GEDA - Campo Maior Trail Runners	Veterano M50	02:33:27	+01:15:11 15:21
17	1308	Luis Fernando Pita de Carvalho	Unidos Run Team / As Oliveirinhas	Veterano M50	02:36:19	+01:18:02 15:38

Veterano M55

1	1282	Paulo Marques	Talentos Objetivos	Veterano M55	01:17:05	07:43
2	1238	António Valdemar Alves da Silva	Individual	Veterano M55	01:21:46	+04:40 08:11
3	1027	Adérito Neves	Ameal trail	Veterano M55	01:22:50	+05:44 08:17
4	1263	Abilio Silva	Porto Sentido Runners	Veterano M55	01:31:23	+14:17 09:08
5	1113	Alvaro Fonseca	Grupo Pavigrés	Veterano M55	01:39:18	+22:12 09:56
6	1241	Manuel Gadelho	Individual	Veterano M55	01:40:48	+23:42 10:05
7	1239	João Peixe	Individual	Veterano M55	01:50:51	+33:45 11:05
8	1236	António Fonte Santa	Individual	Veterano M55	01:52:32	+35:26 11:15
9	1237	António Manuel Rodrigues Tavares	Individual	Veterano M55	01:54:47	+37:41 11:29
10	1068	Joaquim Melo	Botão Camp	Veterano M55	01:59:54	+42:48 11:59
11	1028	Manuel Ferreira	Ameal trail	Veterano M55	02:11:53	+54:47 13:11

Mini Trail

10 KM

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12	317	Francisco Fonseca	UNIDOS PELOS TRILHOS	Veterano M55	02:12:33	+55:27	13:15
13	1240	José Carlos Barbosa silva	Individual	Veterano M55	02:53:51	+01:36:45	17:23

Veterano M60

1	1243	Arcanjo Amarante Martins	Individual	Veterano M60	01:22:04	08:12
2	1244	João Santos	Individual	Veterano M60	01:22:13	+00:09 08:13
3	1004	João Carlos Correia	AC PORTALEGRE / UTSM	Veterano M60	01:35:19	+13:14 09:32
4	1303	Joaquim Teixeira	UNIDOS PELOS TRILHOS	Veterano M60	01:46:31	+24:26 10:39
5	1010	Simon Hodgson	Aergois trail running	Veterano M60	01:56:26	+34:22 11:39
6	1114	César Santos	Grupo Pavigrés	Veterano M60	02:12:35	+50:30 13:16

Veterano M65

1	1246	Joaquim Santos	Grupo desportivo de Oliveira de Frades	Veterano M65	01:37:40	09:46
2	1111	Valter Jacinto	Grupo Desportivo Assempark-Aveiro	Veterano M65	01:44:35	+06:55 10:27
3	1291	José Dara	TrepaTrilhos Trail Team	Veterano M65	02:13:17	+35:37 13:20
4	1099	Vítor Almeida	CPARMADA	Veterano M65	02:16:26	+38:46 13:39
5	1245	João Luís Frade Cajeira	Individual	Veterano M65	02:28:31	+50:51 14:51

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RANK	TEAM	DESCRIPTION	POINTS
1	RUNNING4FUN TEAM VISEU	2 + 16 + 31	49
2	ORTHIA	3 + 9 + 50	62
3	BOTÃO CAMP	25 + 49 + 59	133
4	UNIDOS RUN TEAM / AS OLIVEIRINHAS	18 + 58 + 66	142
5	AMEAL TRAIL	8 + 73 + 94	175
6	BORABORA, VAMOS LÁ!	47 + 48 + 127	222
7	AMANTES TRAIL & RUN	53 + 91 + 131	275

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Official Timekeeper: Lap2Go	1 / 1	generate 11-mai-2025 14:24
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