



Douro River Trail



Classificação Geral

Trail Curto

12,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	1079	António Rui Cruz,	SMC Runners	M40	1	1:14:18.45	06:12	
2	1460	PEDRO CASTRO,	AD MARCO 09	SM	1	1:14:33.03	06:13	0:00:15
3	1437	Pedro Gilvaz,		M40	2	1:15:13.85	06:16	0:00:56
4	1454	Rosa Madureira,	AD MARCO 09	F40	1	1:18:37.15	06:33	0:04:19
5	1372	Pedro Monteiro,	Turbo Kings 2.0	SM	2	1:21:41.42	06:48	0:07:23
6	1134	Nuno Sousa,	Kitty team	M40	3	1:24:30.58	07:03	0:10:13
7	1443	Vasco Costa,	Vila Nova de Famalicão	SM	3	1:24:31.57	07:03	0:10:14
8	1424	Hugo Romano Vieira da Rocha	Caça Raposas	M40	4	1:25:01.70	07:05	0:10:44
9	1193	Nuno Silva,	The Newbies	SM	4	1:26:22.19	07:12	0:12:04
10	1315	Valter Correia,	Nova Linha Trail Runners	M40	5	1:26:32.14	07:13	0:12:14
11	1273	Marco Capela,		SM	5	1:27:06.89	07:16	0:12:49
12	1469	Nuno Lemos,	Clube atletismo fafe	M40	6	1:27:08.59	07:16	0:12:51
13	1355	Luciano Pena,	TOP TOP RUNNERS	SM	6	1:27:26.21	07:17	0:13:08
14	1242	Fernando Moreira Moreira,		M40	7	1:28:12.59	07:21	0:13:55
15	1224	Licínio Macário,		SM	7	1:28:31.67	07:23	0:14:14
16	1119	José Duarte,	Nós Acreditamos	M40	8	1:28:46.82	07:24	0:14:29
17	1463	Carlos Pinto,	J A Moreira Runners	SM	8	1:28:51.63	07:24	0:14:34
18	1117	Davide Afonso,	Nós Acreditamos	SM	9	1:29:01.01	07:25	0:14:43
19	1128	José Fernandes,	Nova Linha Trail Runners	M40	9	1:29:23.04	07:27	0:15:05
20	1310	Eurico Magalhães,	000	SM	10	1:30:27.31	07:32	0:16:09
21	1112	Pedro Vieira,	A.D.Amarante Trail Running	SM	11	1:30:56.65	07:35	0:16:39
22	1044	José Pedro Morais,	F.c.Vizela	SM	12	1:30:59.22	07:35	0:16:41
23	1184	Manuel Goncalves,		SM	13	1:31:13.94	07:36	0:16:56
24	1284	Rosa Oliveira,	Guimarães	F40	2	1:31:27.96	07:37	0:17:10
25	1451	Jose Monteiro,	AD MARCO 09	SM	14	1:32:05.01	07:40	0:17:47
26	1194	Joel Pinto,	The Newbies	SM	15	1:33:44.13	07:49	0:19:26
27	1200	João Tavares,	BTT Alegria // TUBANI	M40	10	1:33:59.04	07:50	0:19:41
28	1027	Daniel Marco Gomes Miranda	Os Pastilhas	M40	11	1:34:07.99	07:51	0:19:50
29	1192	Hugo Faria,	The Newbies	SM	16	1:34:51.56	07:54	0:20:34
30	1206	PAULO GRILO,	ARCORUN	M40	12	1:34:57.51	07:55	0:20:40
31	1045	Antonio Oliveira,	S. S. Montepio	M40	13	1:35:33.53	07:58	0:21:16
32	1077	Eugénio Alves,	C. A. Andatrilhos Freamunde	SM	17	1:35:42.37	07:59	0:21:24
33	3309	Jorge Cardoso,		SM	18	1:36:02.48	08:00	0:21:44
34	1028	Mario Lima,	Avesrunners	SM	19	1:36:05.26	08:00	0:21:47
35	1040	Diogo Sousa,	Travassós Running Fafe	SM	20	1:36:08.22	08:01	0:21:50
36	1409	Henrique Magalhães,	Marco Runners	SM	21	1:36:10.23	08:01	0:21:52
37	1092	José Pinto,	Turbo Kings 2.0	M40	14	1:36:11.38	08:01	0:21:53
38	1195	Marcelo Teixeira,	The Newbies	SM	22	1:36:19.35	08:02	0:22:01
39	1185	Flavio Pinto,		SM	23	1:36:25.95	08:02	0:22:08
40	1121	Florindo Pereira,	Nova Linha Trail Runners	M50	1	1:36:32.30	08:03	0:22:14
41	1410	Gil Ribeiro,	Marco Runners	SM	24	1:36:50.89	08:04	0:22:33
42	1088	Eva Carneiro,	Paços Runners	F40	3	1:38:18.44	08:12	0:24:00
43	1373	Antonio Teixeira,	Turbo Kings 2.0	SM	25	1:38:18.66	08:12	0:24:01
44	1000	Fábio Barbosa,		SM	26	1:38:32.31	08:13	0:24:14
45	1069	José Pessoa,	lojasnascente / gaiasaúde	M50	2	1:39:11.75	08:16	0:24:54
46	1020	Orlando Pinto,	Travassós Running Fafe	M50	3	1:39:31.10	08:18	0:25:13
47	1305	Rui Queiros,	000	SM	27	1:39:32.48	08:18	0:25:14
48	1459	José Pereira,	Team Trail Bem Viver	SM	28	1:40:29.60	08:22	0:26:12
49	1337	Albino Sousa,		M40	15	1:41:06.20	08:26	0:26:48
50	1199	Vítor Martins,	Equipotencia Trail Team	SM	29	1:41:07.77	08:26	0:26:50
51	1250	José Cardoso,	Dá corda aos vitorinos	M50	4	1:41:12.90	08:26	0:26:55
52	1154	Ricardo Dias,	Paços Runners	SM	30	1:41:24.00	08:27	0:27:06
53	1133	Sergio Sousa,	Kitty team	M40	16	1:41:29.33	08:27	0:27:11
54	1026	Rosalina Marinho,	Travassós Running Fafe	F50	1	1:41:41.61	08:28	0:27:24
55	1290	Bruno Miguel Martins Delgado	Marco Runners	SM	31	1:41:54.79	08:30	0:27:37



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56	1035	Joaquim Rocha,	Exercise For You	M50	5	1:42:10.75	08:31	0:27:53
57	1081	Ivan Silva,		SM	32	1:43:45.63	08:39	0:29:28
58	1124	Daniel Vieira,	Nova Linha Trail Runners	M40	17	1:44:04.54	08:40	0:29:47
59	1398	Sergio Coelho,	BTT Alegria // TUBANI	SM	33	1:44:32.95	08:43	0:30:15
60	1399	Ricardo Coelho Ricardo Coell	BTT Alegria // TUBANI	SM	34	1:44:33.81	08:43	0:30:16
61	1058	José Dias,		M40	18	1:45:00.85	08:45	0:30:43
62	1132	Joaquim Sousa,	Kitty team	M50	6	1:45:28.10	08:47	0:31:10
63	1425	Pedro Vieira,	Caça Raposas	M40	19	1:45:40.31	08:48	0:31:22
64	1286	Marcos Carreira,	GO RUNNERS SABUGAL	SM	35	1:45:42.22	08:49	0:31:24
65	1262	Luis Neves,	Equipotencia Trail Team	SM	36	1:45:43.69	08:49	0:31:26
66	165	Rogério Batista,	ADM Trail Team	SM	37	1:46:01.51	08:50	0:31:44
67	1380	Paula Soares,	TrepaTrilhos Trail Team	F40	4	1:46:02.53	08:50	0:31:45
68	1382	Bernardino Carvalho,	TrepaTrilhos Trail Team	M40	20	1:46:05.45	08:50	0:31:47
69	1168	Paulo Loureiro,	Gapafit Castro Daire	M40	21	1:46:57.36	08:55	0:32:39
70	1467	ANTÓNIO LOUREIRO,	AUTISTIC RUNNERS	M50	7	1:47:36.25	08:58	0:33:18
71	1275	Eliseu Gomes,	Amigos da borga	M40	22	1:48:16.21	09:01	0:33:58
72	1073	Mafalda Oliveira,	Atlético da Madalena	SF	1	1:48:21.47	09:02	0:34:03
73	1013	Nuno Duarte,	Travassós Running Fafe	SM	38	1:48:22.20	09:02	0:34:04
74	1390	Pedro Magalhães,		SM	39	1:48:28.22	09:02	0:34:10
75	1169	Francisco Rodrigues,	FAMARUNNERS	M50	8	1:48:36.36	09:03	0:34:18
76	1320	Marco Cunha,	LousadaBTT	SM	40	1:48:49.41	09:04	0:34:31
77	164	Nuno Teixeira,	Runners Sabugal	M40	23	1:48:50.00	09:04	0:34:32
78	1226	Diogo Moreira,	Sentir Escariz running	SM	41	1:49:04.31	09:05	0:34:46
79	1106	Amândio Sousa,	Kinkipa	M40	24	1:49:16.25	09:06	0:34:58
80	1022	Maria Silva,	F.c.Vizela	F40	5	1:49:22.46	09:07	0:35:04
81	1107	Paulo Ribeiro,	Paços Runners	M40	25	1:49:24.70	09:07	0:35:07
82	1293	José Andrade,		SM	42	1:49:51.02	09:09	0:35:33
83	1047	Fernando Carvalho,	S. S. Montepio	M50	9	1:49:51.45	09:09	0:35:33
84	1162	Patricia Fernandes,		F40	6	1:49:52.63	09:09	0:35:35
85	1120	Natália Pinto,	Manu's Therapy Trail Running	SF	2	1:49:57.40	09:10	0:35:39
86	1335	Fernando Moreira,		M50	10	1:50:26.07	09:12	0:36:08
87	1135	Bruno Ribeiro,	Kitty team	SM	43	1:50:42.69	09:14	0:36:25
88	1043	Ana Silva,	F.c.Vizela	SF	3	1:50:52.60	09:14	0:36:35
89	1036	José Ferreira,	Exercise For You	M40	26	1:51:00.62	09:15	0:36:43
90	1085	Gaspar Oliveira,	Pés de chumbo runners	M50	11	1:51:07.02	09:16	0:36:49
91	1167	Marlene Martins,	Gapafit Castro Daire	SF	4	1:51:07.09	09:16	0:36:49
92	1393	Bruno Jose Teixeira Gomes,	Lousadarunners	SM	44	1:51:27.74	09:17	0:37:10
93	1457	Joao Pinto,		SM	45	1:52:30.72	09:23	0:38:13
94	1090	Jorge Carneiro,		SM	46	1:52:38.89	09:23	0:38:21
95	1233	SAMUEL QUEIROS,	EQUIPA JOAO FERREIRA	SM	47	1:52:57.00	09:25	0:38:39
96	1228	Hugo Pinto,	TrepaTrilhos Trail Team	M40	27	1:52:59.89	09:25	0:38:42
97	1051	Rui Carvalho,	S. S. Montepio	M40	28	1:53:00.02	09:25	0:38:42
98	1023	Filipe Bento,	Travassós Running Fafe	M40	29	1:53:03.81	09:25	0:38:46
99	1003	António Correia,	Bouça Alta	SM	48	1:53:06.23	09:26	0:38:48
100	1182	Sílvia Gomes,	Clube Desportivo de Leomil	F40	7	1:53:35.71	09:28	0:39:18
101	1181	ruben lopes,	INTERALFENA	SM	49	1:53:42.39	09:29	0:39:24
102	1183	Ricardo Portela,	Turbo Kings 2.0	SM	50	1:54:06.96	09:31	0:39:49
103	1347	André Matos,	Raposas Voadoras	SM	51	1:54:43.63	09:34	0:40:26
104	1348	Carlos Carneiro,		M40	30	1:54:44.45	09:34	0:40:26
105	1255	Carlos Santos,	sabiUs	SM	52	1:54:58.33	09:35	0:40:40
106	1377	Luís Rodrigues,		M40	31	1:54:59.80	09:35	0:40:42
107	1007	Manuela Pinto,	Manu's Therapy Trail Running	SF	5	1:55:37.18	09:38	0:41:19
108	1434	Paulo José Darocha Meireles	Caça Raposas	M50	12	1:55:49.88	09:39	0:41:32
109	1205	Joana Gonçalves,	Vimarunners	SF	6	1:56:10.88	09:41	0:41:53
110	1204	Bruno Fernandes,	Vimarunners	SM	53	1:56:13.07	09:41	0:41:55
111	1280	Pedro Martins,	Amigos da borga	M40	32	1:56:15.28	09:41	0:41:57
112	1415	Maria Dias,	Caça Raposas	F40	8	1:56:20.25	09:42	0:42:02
113	1176	Dominique Lima,		SM	54	1:56:21.22	09:42	0:42:03



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114	1218	Rui Mota,	Factor X / S4L / Medense FC	M40	33	1:57:01.15	09:45	0:42:43
115	1422	António Sérgio Moreira Barr	GTT's on foot	SM	55	1:57:12.64	09:46	0:42:55
116	1220	Mário Ferreira,	Factor X / S4L / Medense FC	M40	34	1:57:21.71	09:47	0:43:04
117	1217	Rómulo Silva,	Factor X / S4L / Medense FC	M40	35	1:57:21.71	09:47	0:43:04
118	1222	Hugo Santos,	Factor X / S4L / Medense FC	M40	36	1:57:21.72	09:47	0:43:04
119	1203	Fernando Marques,	Garças	M50	13	1:57:39.84	09:48	0:43:22
120	1449	José Duarte,	Lamego Tribo Runners	M50	14	1:57:49.45	09:49	0:43:31
121	1012	Ana Oliveira,	Travassós Running Fafe	SF	7	1:57:52.17	09:49	0:43:34
122	1148	Nelson Rosete,	Atletismo Clube da Tocha	SM	56	1:57:56.26	09:50	0:43:38
123	1225	Nazaré Oliveira,	Sentir Escariz running	SF	8	1:57:56.51	09:50	0:43:39
124	1300	Ricardo Barbosa,	Amigos das Curvas	SM	57	1:58:23.20	09:52	0:44:05
125	1059	Maria Sousa,	Paços Runners	F40	9	1:58:42.69	09:54	0:44:25
126	1108	Zélia Carneiro,	Paços Runners	F40	10	1:58:43.75	09:54	0:44:26
127	1386	Antonino Gonçalves,		M50	15	1:58:45.98	09:54	0:44:28
128	1282	Hugo Pinto,	Reccua Runners	SM	58	1:58:58.75	09:55	0:44:41
129	1283	Angelo Paiva,		M40	37	1:59:00.39	09:55	0:44:42
130	1314	Ivo Bras,		SM	59	1:59:29.12	09:57	0:45:11
131	1201	Ana Silva,		F50	2	1:59:47.02	09:59	0:45:29
132	1342	Carla Antunes,		F40	11	1:59:49.34	09:59	0:45:31
133	1343	SERGIO BRAGA,		M40	38	1:59:49.88	09:59	0:45:32
134	1365	Luís Bernardo,	Aroucas	SM	60	1:59:53.14	09:59	0:45:35
135	1420	CARLOS FERREIRA,	AUTISTIC RUNNERS	M50	16	1:59:53.98	09:59	0:45:36
136	1362	Antonio Quaresma,	Aroucas	SM	61	2:00:09.31	10:01	0:45:51
137	1237	ARTUR CARDOSO,	EQUIPA JOAO FERREIRA	M40	39	2:00:50.43	10:04	0:46:32
138	1238	ANTÓNIO CUNHA,	EQUIPA JOAO FERREIRA	M40	40	2:00:51.06	10:04	0:46:33
139	1177	Francisco Ferreira,	Adeca	M40	41	2:02:02.64	10:10	0:47:45
140	1249	Diogo Cardoso,	Dá corda aos vitorinos	SM	62	2:02:08.90	10:11	0:47:51
141	1230	EDGAR SARAIVA,	EQUIPA JOAO FERREIRA	M40	42	2:02:45.01	10:14	0:48:27
142	1462	Nuno Pinto,	J A Moreira Runners	SM	63	2:03:13.51	10:16	0:48:56
143	1452	Belmiro Reis,		M40	43	2:03:30.91	10:18	0:49:13
144	1453	Paulo Silva,		M40	44	2:03:31.34	10:18	0:49:13
145	1114	Natércia Freitas,	Nós Acreditamos	SF	9	2:04:07.52	10:21	0:49:50
146	1389	Mafalda Reis,	FISIO.	SF	10	2:04:27.36	10:22	0:50:09
147	1071	Rui Madureira,	lojasnascente / gaiasaúde	SM	64	2:04:39.33	10:23	0:50:21
148	1076	Ricardo Correia,	lojasnascente / gaiasaúde	M40	45	2:04:43.59	10:24	0:50:26
149	1274	Sergio Melo,	Amigos da borga	SM	65	2:05:02.02	10:25	0:50:44
150	1074	Vítor Cardoso,	Atlético da Madalena	M50	17	2:05:02.33	10:25	0:50:44
151	1311	Rui Gandra,	Patasnegras	M40	46	2:06:23.44	10:32	0:52:05
152	1048	Francisco Moreira,	S. S. Montepio	M40	47	2:06:44.84	10:34	0:52:27
153	1011	Natália Bento,	Travassós Running Fafe	F40	12	2:06:48.51	10:34	0:52:31
154	1376	PEDRO BARBOSA,	Turbo Kings 2.0	SM	66	2:06:51.81	10:34	0:52:34
155	1401	Maria Teixeira,	BTT Alegria // TUBANI	F50	3	2:07:33.56	10:38	0:53:16
156	1450	Eduardo Luis,	Lamego Tribo Runners	M40	48	2:08:18.70	10:42	0:54:01
157	1340	Mário Araújo,	Equipa A	M40	49	2:08:36.23	10:43	0:54:18
158	1096	José Silva,	GDST - GRUPO DESPORTIVO SANTA	M40	50	2:08:38.20	10:43	0:54:20
159	1149	Elzo Gomes,	Grupo Desportivo Santander Totta	SM	67	2:08:38.48	10:43	0:54:20
160	1387	Ricardo Pinho,		SM	68	2:08:48.13	10:44	0:54:30
161	1388	Paulo Ferreira,		SM	69	2:08:48.62	10:44	0:54:31
162	1039	Rita Alves,	Travassós Running Fafe	SF	11	2:09:07.61	10:46	0:54:50
163	1189	Vânia Costa,		SF	12	2:09:52.39	10:49	0:55:34
164	1313	Carlos Carneiro,	Gapafit Castro Daire	SM	70	2:09:54.10	10:50	0:55:36
165	1057	Isabel Fernandes,	ARC Vale S. Cosme	F40	13	2:10:03.51	10:50	0:55:46
166	1118	Álvaro Cardoso,	Nós Acreditamos	M50	18	2:10:10.90	10:51	0:55:53
167	1381	Agostinho Alves,	TrepaTrilhos Trail Team	M40	51	2:10:32.91	10:53	0:56:15
168	1395	Andre Cristiano,	Tesos & Mouraria	SM	71	2:11:17.07	10:56	0:56:59
169	1072	Vasco Vieira,	lojasnascente / gaiasaúde	M40	52	2:11:17.83	10:56	0:57:00
170	1394	Nelo Chapeiro Ou Quim,	Tesos & Mouraria	M40	53	2:11:18.18	10:57	0:57:00
171	1248	Andreia Cardoso,	Dá corda aos vitorinos	SF	13	2:12:12.54	11:01	0:57:55



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172	1349	Madalena Gonçalves,	Dá corda aos vitorinos	F50	4	2:12:14.11	11:01	0:57:56
173	1223	Ligia Freitas,	Factor X / S4L / Medense FC	F40	14	2:13:07.41	11:06	0:58:49
174	1229	Maria Fonseca,	EQUIPA JOAO FERREIRA	F40	15	2:13:20.34	11:07	0:59:02
175	1375	ANDRÉ BARBOSA,	Turbo Kings 2.0	SM	72	2:13:28.08	11:07	0:59:10
176	1266	Nuno Pedrosa,	Sai do sofá	M40	54	2:13:42.11	11:09	0:59:24
177	1267	Angela João,	Sai do sofá	SF	14	2:13:43.41	11:09	0:59:25
178	1015	Sylvie Ribeiro,	Manu's Therapy Trail Running	SF	15	2:13:43.78	11:09	0:59:26
179	1032	Hélder Serdoura,	Turbo Kings 2.0	SM	73	2:13:45.70	11:09	0:59:28
180	1178	Carla Ferreira,	Adeca	F40	16	2:13:56.95	11:10	0:59:39
181	1423	José Fonseca,	B.V.A.	SM	74	2:14:02.27	11:10	0:59:44
182	1014	Raquel Mendes,	Travassós Running Fafe	SF	16	2:14:12.13	11:11	0:59:54
183	1104	Agostinho Silva,	OsFazConta	M50	19	2:14:13.13	11:11	0:59:55
184	1246	Eulália Sousa,	TOP TOP RUNNERS	F50	5	2:14:13.78	11:11	0:59:56
185	1465	Miguel Ferreira,	BTT Alegria // TUBANI	SM	75	2:14:31.71	11:13	1:00:14
186	1366	João Santos,	Aroucas	SM	76	2:14:43.44	11:14	1:00:25
187	1244	Ana Silva,	TrepaTrilhos Trail Team	F40	17	2:14:45.18	11:14	1:00:27
188	1232	SUSANA COSTA,	EQUIPA JOAO FERREIRA	SF	17	2:15:02.34	11:15	1:00:44
189	1359	Nelson Mourão,	CDC Campeã	SM	77	2:15:11.92	11:16	1:00:54
190	1358	Ivo Pinheiro,	CDC Campeã	SM	78	2:15:12.84	11:16	1:00:55
191	1357	Pedro Pereira,	CDC Campeã	SM	79	2:15:29.65	11:17	1:01:12
192	1253	Maria Helena Martins,	Sportarc.running	F40	18	2:15:57.41	11:20	1:01:39
193	1352	Laura Gomes,		F40	19	2:15:57.67	11:20	1:01:40
194	1031	Aurora Cardoso,		F50	6	2:16:35.69	11:23	1:02:18
195	1019	Esmeralda Pinto,	Travassós Running Fafe	F40	20	2:16:53.84	11:24	1:02:36
196	1005	Anabela Carvalho,	Clube Trilheiros & Amigos	F40	21	2:17:40.42	11:28	1:03:22
197	1254	Liliana Teixeira,	Lesmas & Caracóis	SF	18	2:18:46.99	11:34	1:04:29
198	1017	maria jesus,	Nocturnos de Paredes	F40	22	2:19:03.50	11:35	1:04:45
199	1053	Rui Silva,	S. S. Montepio	M40	55	2:19:04.11	11:35	1:04:46
200	1276	Daniel Leitão,	Amigos da borga	SM	80	2:19:14.83	11:36	1:04:57
201	1329	Joaquim Pipa,	Walking Inside Out	M40	56	2:19:15.60	11:36	1:04:58
202	3308	Tiago Pereira,		SM	81	2:19:16.60	11:36	1:04:59
203	1129	Márcia Almeida,	Nova Linha Trail Runners	F40	23	2:19:24.21	11:37	1:05:06
204	1018	Elsa Meireles,	FigueiróFit	F40	24	2:20:00.52	11:40	1:05:43
205	1445	Clara Lima,	Caça Raposas	F50	7	2:20:10.82	11:41	1:05:53
206	1269	Manuel Dias,		M40	57	2:20:43.76	11:44	1:06:26
207	1436	Joana Silva,	vai, tartaruginha vai...	SF	19	2:21:20.06	11:47	1:07:02
208	1413	Nuno Carvalho,		SM	82	2:22:07.13	11:51	1:07:49
209	1421	Sérgio Ferreira,		M40	58	2:22:07.20	11:51	1:07:49
210	1379	Rosa Almeida,	TrepaTrilhos Trail Team	F40	25	2:22:48.72	11:54	1:08:31
211	1331	André Constantino,	Walking Inside Out	SM	83	2:22:50.27	11:54	1:08:32
212	1330	Crsitiana Portal,	Walking Inside Out	SF	20	2:22:50.52	11:54	1:08:33
213	113	Patrícia Lopes,	ARCORUN	F40	26	2:22:55.00	11:55	1:08:37
214	1426	Sónia Morais,	Caça Raposas	F40	27	2:23:06.21	11:56	1:08:48
215	1318	Carla Costa,	Lesmas & Caracóis	F40	28	2:24:00.46	12:00	1:09:42
216	1172	Maria José Correia,		F40	29	2:24:18.62	12:02	1:10:01
217	1173	Augusto Lopes,		M40	59	2:24:18.71	12:02	1:10:01
218	1341	Antónia Tomaz,	Equipa A	F40	30	2:24:26.70	12:02	1:10:09
219	1008	Isabel Pereira,	Maty	SF	21	2:25:16.63	12:06	1:10:59
220	1009	Diana Pereira,	Maty	SF	22	2:25:17.33	12:06	1:10:59
221	1037	Justa Ferreira,	Exercise For You	F40	31	2:25:23.45	12:07	1:11:05
222	1038	Rita Moura,	Exercise For You	SF	23	2:25:24.11	12:07	1:11:06
223	1021	Margarida Brás,	Lesmas & Caracóis	SF	24	2:25:29.58	12:07	1:11:12
224	1346	Henrique Vidal,		M50	20	2:25:31.66	12:08	1:11:14
225	1171	Daniela Marques,	FAMARUNNERS	SF	25	2:25:33.90	12:08	1:11:16
226	3316	Lúcia Rodrigues,	Top Top Runners	F40	32	2:26:34.31	12:13	1:12:16
227	1141	Pedro Dinis,	Colégio do Ave	M40	60	2:27:41.01	12:18	1:13:23
228	1142	Rui Costa,	Colégio do Ave	M40	61	2:28:13.73	12:21	1:13:56
229	1139	Juliana Costa,	Colégio do Ave	SF	26	2:28:14.43	12:21	1:13:56



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230	1140	Odília Esteves,	Colégio do Ave	SF	27	2:28:14.85	12:21	1:13:57
231	1198	florbela martins,		F40	33	2:28:15.94	12:21	1:13:58
232	1197	Alexandre Rodrigues,		M40	62	2:28:17.39	12:21	1:13:59
233	1180	Julieta Araújo,	FAMARUNNERS	SF	28	2:29:03.73	12:25	1:14:46
234	1316	Fernando Rodrigues,	Lamego Tribo Runners	M40	63	2:29:09.91	12:26	1:14:52
235	1338	Carla Silva,	Santo Isidoro Team	SF	29	2:29:10.30	12:26	1:14:52
236	1105	Ricardo Gomes,	OsFazConta	M40	64	2:30:00.74	12:30	1:15:43
237	1067	Andreia Vieira,	Boavista Trail	F40	34	2:30:09.48	12:31	1:15:51
238	1417	António Magalhães,	Caça Raposas	SM	84	2:30:45.49	12:34	1:16:27
239	1416	Manuel Magalhães,	Caça Raposas	M50	21	2:30:46.49	12:34	1:16:28
240	1235	ANA MARGARIDA,	EQUIPA JOAO FERREIRA	F40	35	2:31:07.51	12:36	1:16:50
241	1214	Fatima Barros,		F50	8	2:31:16.35	12:36	1:16:58
242	1247	José Madureira,		M50	22	2:31:16.78	12:36	1:16:59
243	1245	Luisa Sousa Gomes,	TrepaTrilhos Trail Team	F50	9	2:32:29.63	12:42	1:18:12
244	1004	Ana Manuela,		F40	36	2:32:57.57	12:45	1:18:40
245	1068	Guilherme Pessoa,	lojasnascente / gaiasaúde	M50	23	2:32:58.52	12:45	1:18:41
246	1257	José Andrade,	Santo Isidoro Team	M40	65	2:33:40.94	12:48	1:19:23
247	1336	Élia Marina Carvalho,	Clube Trilheiros & Amigos	SF	30	2:33:45.59	12:49	1:19:28
248	1261	Abilio Neves,	Equipotencia Trail Team	M50	24	2:33:53.38	12:49	1:19:35
249	1179	Cristina Cruz,	FAMARUNNERS	SF	31	2:34:46.21	12:54	1:20:28
250	110	Marta Carvalho,	ARCORUN	SF	32	2:34:55.81	12:55	1:20:38
251	1370	Paula Magalhães,	PentaRun	F40	37	2:35:24.43	12:57	1:21:06
252	1281	Daniel Guedes,	Turbo Kings 2.0	M50	25	2:35:31.32	12:58	1:21:13
253	1056	Maria Gonçalves,		F50	10	2:35:36.13	12:58	1:21:18
254	1196	Ana Fonseca,	Garças	F50	11	2:35:36.45	12:58	1:21:18
255	105	Joana Couto,	ARCORUN	F40	38	2:35:50.32	12:59	1:21:32
256	1212	Claudia Costa,	ARCORUN	F40	39	2:35:52.15	12:59	1:21:34
257	1256	Paula Andrade,	Santo Isidoro Team	F40	40	2:35:59.38	13:00	1:21:41
258	1191	Sandra Pinto,	Travassós Running Fafe	SF	33	2:36:08.54	13:01	1:21:51
259	1219	Nuno André Correia,	Factor X / S4L / Medense FC	M40	66	2:36:26.44	13:02	1:22:08
260	1227	Hélder Nogueira,		M40	67	2:37:20.68	13:07	1:23:03
261	1061	Rita Guimarães,		SF	34	2:37:29.49	13:07	1:23:11
262	1060	Manuel Carvalho,		SM	85	2:37:31.84	13:08	1:23:14
263	1354	Isabel Veloso,	TOP TOP RUNNERS	F50	12	2:37:57.92	13:10	1:23:40
264	1353	Filomena Magalhães,	Braguinhas Runners	F50	13	2:37:59.04	13:10	1:23:41
265	1325	Patrícia Gomes,	Walking Inside Out	F40	41	2:39:10.51	13:16	1:24:53
266	1097	Jose Pacheco,	GDST - GRUPO DESPORTIVO SANTA	M40	68	2:39:11.52	13:16	1:24:54
267	1332	Lara Roxo,	Walking Inside Out	SF	35	2:39:13.01	13:16	1:24:55
268	1333	André Vidal,	Walking Inside Out	M40	69	2:39:13.52	13:16	1:24:56
269	1050	Ricardo Resende,	S. S. Montepio	M40	70	2:40:15.30	13:21	1:25:57
270	1131	Ana Soraia Silva,	Kitty team	SF	36	2:40:22.82	13:22	1:26:05
271	1419	Paulo Morais,	Caça Raposas	M40	71	2:44:00.43	13:40	1:29:42
272	1371	Florbela Monteiro,	PentaRun	F40	42	2:44:25.58	13:42	1:30:08
273	1369	Marília Vasconcelos,	PentaRun	SF	37	2:44:45.54	13:44	1:30:28
274	1317	Fátima Sousa,	Factor X / S4L / Medense FC	F40	43	2:46:26.64	13:52	1:32:09
275	1216	Filipe Fonseca,	Factor X / S4L / Medense FC	M40	72	2:46:28.29	13:52	1:32:10
276	1091	Rui Marinho,		SM	86	2:47:02.70	13:55	1:32:45
277	1089	João Silva,	STCP Runners	SM	87	2:47:02.99	13:55	1:32:45
278	1002	Americo Botelho,	Rock and Trail Running	SM	88	2:47:12.11	13:56	1:32:54
279	3301	Maria Coelho,	Lamego Tribo Runners	F50	14	2:47:22.80	13:57	1:33:05
280	1102	Brigida Duarte,	OsFazConta	F40	44	2:48:47.84	14:04	1:34:30
281	1328	Carla Cunha,	Walking Inside Out	F40	45	2:48:48.02	14:04	1:34:30
282	1188	José Coelho,	Adeca	M40	73	2:49:09.90	14:06	1:34:52
283	1101	Adriana Duarte,	OsFazConta	SF	38	2:49:13.25	14:06	1:34:55
284	1292	José Dara,	TrepaTrilhos Trail Team	M50	26	2:49:43.46	14:09	1:35:25
285	1163	Palmira Fontinha,		F50	15	2:49:50.74	14:09	1:35:33
286	1157	Sara Cardoso,	Fire Runners	SF	39	2:50:13.78	14:11	1:35:56
287	1364	Diana Duarte,	Aroucas	SF	40	2:51:21.25	14:17	1:37:03



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288	1363	Sara Duarte,	Aroucas	SF	41	2:51:21.44	14:17	1:37:03
289	1361	Elisabete Gomes,	Aroucas	SF	42	2:51:22.96	14:17	1:37:05
290	1137	Ana Rocha,		SF	43	2:51:29.03	14:17	1:37:11
291	1291	Daniela Pontes,	TURTLE TEAM	SF	44	2:53:34.89	14:28	1:39:17
292	1301	SÓNIA COSTA,	TURTLE TEAM	F40	46	2:53:36.01	14:28	1:39:18
293	1294	Liliana Pinho,	TURTLE TEAM	SF	45	2:53:36.68	14:28	1:39:19
294	1304	Pedro Marques,	TURTLE TEAM	M40	74	2:53:36.96	14:28	1:39:19
295	1339	Patrícia Flores,	TURTLE TEAM	SF	46	2:53:38.48	14:28	1:39:20
296	1298	Filipa Luis,	Vimarunners	SF	47	2:53:40.67	14:28	1:39:23
297	1442	Leandro Soares,	Bouça Alta	SM	89	2:53:43.89	14:29	1:39:26
298	1440	Pedro Cardoso,	Bouça Alta	M40	75	2:53:45.00	14:29	1:39:27
299	1351	Antonio Pinho,	TURTLE TEAM	SM	90	2:53:57.99	14:30	1:39:40
300	1100	Jorge Silva,	OsFazConta	SM	91	2:53:58.51	14:30	1:39:41
301	1010	Anabela Mota,	Travassós Running Fafe	F50	16	2:54:40.80	14:33	1:40:23
302	1042	Sofia Oliveira,	Travassós Running Fafe	SF	48	2:54:42.32	14:34	1:40:24
303	1041	Raquel Monteiro,	Travassós Running Fafe	SF	49	2:54:43.00	14:34	1:40:25
304	1094	Maria Martins,	Clube Trilheiros & Amigos	F40	47	2:54:51.24	14:34	1:40:33
305	1093	Maria Bessa,	Clube Trilheiros & Amigos	F40	48	2:55:01.43	14:35	1:40:43
306	1299	Ana Ribeiro,	Vimarunners	SF	50	2:55:33.31	14:38	1:41:15
307	1297	Sofia Fernandes,	Vimarunners	SF	51	2:55:34.01	14:38	1:41:16
308	1033	Lurdes Sanguedo,	Exercise For You	F40	49	2:55:36.95	14:38	1:41:19
309	1418	Ana Magalhães Magalhães,	Caça Raposas	SF	52	2:57:08.75	14:46	1:42:51
310	1432	Gabriela Mota,	Caça Raposas	F50	17	2:57:13.97	14:46	1:42:56
311	1322	Manuela Costa,	Correrias	F40	50	2:57:38.50	14:48	1:43:21
312	1122	Amália Monteiro,	Nova Linha Trail Runners	F40	51	2:57:59.74	14:50	1:43:42
313	1113	Salomé Sousa,	Nós Acreditamos	F40	52	2:58:32.42	14:53	1:44:14
314	1116	Aurora Maria,	Nós Acreditamos	F40	53	2:58:35.57	14:53	1:44:18
315	1016	Anabela Ribeiro,	FigueiróFit	F40	54	2:58:43.17	14:54	1:44:25
316	1025	Elisabete Camelo,	FigueiróFit	SF	53	2:58:46.24	14:54	1:44:28
317	1397	Nuno Carvalho,	BTT Alegria // TUBANI	SM	92	3:00:43.95	15:04	1:46:26
318	1396	Ricardo Santos,	BTT Alegria // TUBANI	SM	93	3:00:44.19	15:04	1:46:26
319	1231	SUSANA MATOS,	EQUIPA JOAO FERREIRA	F40	55	3:00:57.54	15:05	1:46:40
320	1326	Raquel Castro Lopo,	Walking Inside Out	F40	56	3:01:37.16	15:08	1:47:19
321	1327	Rui Riça,	Walking Inside Out	M40	76	3:01:37.25	15:08	1:47:19
322	1208	Alcina Moura,	ARCORUN	F50	18	3:02:49.80	15:14	1:48:32
323	1207	Sónia Sacras,	ARCORUN	F40	57	3:02:55.87	15:15	1:48:38
324	1403	Tiago Gomes,	BTT Alegria // TUBANI	SM	94	3:02:56.83	15:15	1:48:39
325	1402	Claudia Carmo,	BTT Alegria // TUBANI	F40	58	3:02:58.05	15:15	1:48:40
326	1239	Lúcia Teixeira,		SF	54	3:05:21.03	15:27	1:51:03
327	1152	Vanessa Braziela,		SF	55	3:05:21.32	15:27	1:51:03
328	1344	Regina Carvalho,		F40	59	3:05:25.60	15:27	1:51:08
329	1350	Susana Vieira,		F40	60	3:05:26.19	15:27	1:51:08
330	1211	Rosalina Lemos,	ARCORUN	F50	19	3:06:26.06	15:32	1:52:08
331	1213	Manuela Rouxinol,	ARCORUN	F50	20	3:06:27.83	15:32	1:52:10
332	1210	Regina Melo,	ARCOZELO	F40	61	3:06:50.36	15:34	1:52:32
333	1159	Sofia Silva,	Metralhas Runners	SF	56	3:07:26.66	15:37	1:53:09
334	1430	Sonia Sampaio,	Metralhas Runners	F40	62	3:09:42.02	15:49	1:55:24
335	1209	Carla Leite,	ARCORUN	F40	63	3:10:43.84	15:54	1:56:26
336	1251	Armandina Torres,	GDCT-INCM	F40	64	3:23:06.92	16:56	2:08:49
337	1034	Isabel Rocha,	Exercise For You	F40	65	3:23:09.13	16:56	2:08:51
338	1164	Guilherme Fontinha,		M50	27	3:33:44.06	17:49	2:19:26
339	1404	Liliana Garcês,	BTT Alegria // TUBANI	SF	57	3:33:44.80	17:49	2:19:27
340	1306	Emília Teixeira,		F50	21	3:33:45.62	17:49	2:19:28
341	1385	Manuela Moreira,		SF	58	3:43:50.97	18:39	2:29:33