

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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REVISED

	Time	Temperature	Humidity
Start	09:30	9.4°C	81%
End	15:43	9.4°C	81%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
1	1405	Bruno Silva	oralklass-amigos do trail	Sub 23 Masculino	02:41:26		05:23
2	1473	Leonel Cunha	team trail bifase	Senior Masculino	02:42:13	+00:47	05:24
3	1229	Paulo Conde	individual	Senior Masculino	02:44:37	+03:11	05:29
4	1121	Marco Faria	dá-lhe gás running team fisioduo	Veterano M40	02:45:10	+03:44	05:30
5	1375	Pedro Gomes	monsanto running team	Senior Masculino	02:46:13	+04:47	05:32
6	1132	Roberto Martínez	edv-viana trail	Senior Masculino	02:47:23	+05:57	05:35
7	1088	Nuno Fernandes	clube atletismo fafe	Senior Masculino	02:47:40	+06:13	05:35
8	1446	Diogo Fernandes	sim summit	Senior Masculino	02:48:11	+06:45	05:36
9	1403	Nuno Alves	oralklass-amigos do trail	Senior Masculino	02:50:55	+09:29	05:42
10	1152	Carlos Monteiro	futebol clube de vizela	Veterano M45	02:51:25	+09:59	05:43
11	1059	Pablo Franco Freijanes	boavista trail	Senior Masculino	02:53:50	+12:24	05:48
12	1407	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:54:39	+13:13	05:49
13	1404	Rafael Cruz	oralklass-amigos do trail	Senior Masculino	02:54:50	+13:24	05:50
14	1382	Nuno Rocha	natural force	Veterano M40	02:55:08	+13:42	05:50
15	1474	Tiago Godinho	team trail bifase	Senior Masculino	02:58:22	+16:56	05:57
16	1129	Daniel Dominguez	edv-viana trail	Senior Masculino	02:59:12	+17:46	05:58
17	1391	Joao Gonçalves	olimpico vianense trail	Senior Masculino	02:59:39	+18:12	05:59
18	1112	Miguel Barros	ct jesuitas	Sub 23 Masculino	03:00:42	+19:16	06:01
19	1065	Fernando Alvarez Garcia	boavista trail	Veterano M45	03:00:55	+19:28	06:02
20	1024	ruben veloso	academia desportiva arcos de valdevez	Senior Masculino	03:01:36	+20:09	06:03
21	1471	Hugo Neves	team trail bifase	Senior Masculino	03:01:42	+20:16	06:03
22	1115	Carlos Cunha	dá-lhe gás running team fisioduo	Senior Masculino	03:02:29	+21:03	06:05
23	1159	Pedro Alves	gd castelense	Senior Masculino	03:02:30	+21:04	06:05
24	1027	Joaquim Duarte	dá-lhe gás running team fisioduo	Senior Masculino	03:03:06	+21:40	06:06
25	1194	Marisa Alexandra da Rocha Vieira	individual	Senior Feminino	03:04:33	+23:07	06:09
26	1150	Miguel Neto	furfor	Senior Masculino	03:04:59	+23:33	06:10
27	1280	Nuno Cardoso	individual	Veterano M40	03:06:03	+24:37	06:12
28	1401	Fernando Neves	oralklass-amigos do trail	Senior Masculino	03:08:55	+27:29	06:18
29	1444	Bernardino Pinto	sim summit	Senior Masculino	03:09:11	+27:45	06:18
30	1055	Aitor Montero Buján	boavista trail	Senior Masculino	03:09:39	+28:13	06:19
31	1117	Nuno nunes	dá-lhe gás running team fisioduo	Senior Masculino	03:10:43	+29:17	06:21
32	1458	Joel Pinto	taylors	Senior Masculino	03:10:44	+29:18	06:21
33	1480	Carlos Coelho	trail me	Senior Masculino	03:12:05	+30:39	06:24
34	1392	Nuno Branco	olimpico vianense trail	Senior Masculino	03:12:56	+31:30	06:26
35	1040	Bruno Costa	arca Barcelos runners	Senior Masculino	03:14:50	+33:24	06:30
36	1486	Gonçalo Fonseca	unidos à fresca	Veterano M40	03:14:53	+33:27	06:30
37	1008	Paula Soares	a.d.amarante	Senior Feminino	03:15:49	+34:23	06:32
38	1504	Helder Rodrigues	sc espinho - atletismo / antónio leitão	Veterano M40	03:18:04	+36:38	06:36
39	1146	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	03:18:05	+36:39	06:36
40	1461	Nelson Graça	team goldnutrition runners.pt	Senior Masculino	03:18:06	+36:40	06:36

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1118	Pedro Dias	dá-lhe gás running team fisioduo	Senior Masculino	03:18:38	+37:12	06:37
42	1062	Ricardo Manuel Vieira de Sousa	boavista trail	Senior Masculino	03:18:56	+37:30	06:38
43	1373	Mário Jorge Pereira Martins	moka trail team	Senior Masculino	03:19:10	+37:44	06:38
44	1402	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	03:20:02	+38:36	06:40
45	1086	José Pereira	clube atletismo fafe	Senior Masculino	03:20:55	+39:29	06:42
46	1089	Eusébio Fernandes	clube atletismo fafe	Veterano M40	03:20:55	+39:29	06:42
47	159	Rui Oliveira	individual	Senior Masculino	03:21:37	+40:11	06:43
48	1372	Tiago Soares	moinhos run-adrm	Senior Masculino	03:23:14	+41:48	06:46
49	1445	BRUNO SOUSA	sim summit	Senior Masculino	03:23:23	+41:57	06:47
50	1116	Carlos Prudencio	dá-lhe gás running team fisioduo	Senior Masculino	03:23:37	+42:11	06:47
51	1011	Cristiano Santos	a.d.amarante	Senior Masculino	03:23:41	+42:15	06:47
52	1270	Frank Fritsche	individual	Veterano M40	03:24:15	+42:49	06:49
53	1222	João Pedro Padilha leal	individual	Senior Masculino	03:25:01	+43:35	06:50
54	1122	Abílio Martins	dá-lhe gás running team fisioduo	Veterano M45	03:25:09	+43:43	06:50
55	1233	Ricardo Carmo	individual	Senior Masculino	03:25:17	+43:51	06:51
56	1004	Ricardo Carreira	a.c.s mamede	Senior Masculino	03:25:26	+44:00	06:51
57	1087	Mario Castro	clube atletismo fafe	Senior Masculino	03:26:26	+44:59	06:53
58	1389	Óscar Magolo	ntrilhos	Veterano M40	03:27:01	+45:35	06:54
59	1039	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M50	03:27:42	+46:16	06:55
60	1095	Paulo Castro	clube efacec	Senior Masculino	03:27:50	+46:24	06:56
61	1239	Sergio Torre	individual	Senior Masculino	03:28:05	+46:39	06:56
62	1068	Joaquim Silva	capital douro	Veterano M45	03:28:22	+46:56	06:57
63	1165	Paulo Sarmiento	grupo desportivo de bragança	Senior Masculino	03:28:29	+47:03	06:57
64	1378	jorge filipe	montanha clube trail running/efapel	Sub 23 Masculino	03:28:41	+47:15	06:57
65	1457	Rui Martins	ss cgd	Veterano M40	03:28:47	+47:21	06:58
66	1026	Bruno Pereira	adeca	Senior Masculino	03:29:05	+47:39	06:58
67	1431	RENATO OLIVEIRA	portocargo runners	Veterano M45	03:29:15	+47:48	06:59
68	1374	Miguel Silva	moka trail team	Senior Masculino	03:29:24	+47:58	06:59
69	1108	José Duarte	coronado runners	Veterano M45	03:29:32	+48:05	06:59
70	1377	Joana Esperanço	montanha clube trail running/efapel	Senior Feminino	03:29:41	+48:15	06:59
71	1400	Adriana Dias	oralklass-amigos do trail	Senior Feminino	03:29:41	+48:15	06:59
72	1113	Adérito Oliveira	dá-lhe gás running team fisioduo	Senior Masculino	03:29:57	+48:31	07:00
73	1075	Paulo Jorge da Costa Carvalho	cdmrunning	Veterano M45	03:30:06	+48:39	07:00
74	1237	Rui de Sousa	individual	Senior Masculino	03:30:08	+48:42	07:00
75	1092	Artur Jorge Pereira	clube de pesca de amarante	Veterano M40	03:30:29	+49:03	07:01
76	1142	Andre Filipe Oliveira Almeida	factor x / s4l / medense fc	Senior Masculino	03:30:49	+49:23	07:02
77	1227	Nuno lomba	individual	Senior Masculino	03:30:53	+49:27	07:02
78	1120	Agostinho Costa	dá-lhe gás running team fisioduo	Veterano M40	03:31:01	+49:34	07:02
79	1061	Ricardo Manuel dos Santos Ferreira	boavista trail	Senior Masculino	03:31:52	+50:26	07:04
80	1259	Alexandre Pinto	individual	Veterano M40	03:31:56	+50:30	07:04
81	1350	Ernesto Marques Alves	juventude cortegacense	Veterano M50	03:31:56	+50:30	07:04
82	1018	José Pereira	a.d.amarante	Veterano M40	03:32:31	+51:05	07:05
83	1459	Alexandre Lourenço	taylors	Veterano M40	03:32:35	+51:08	07:05
84	1266	Domingos Teixeira	individual	Veterano M40	03:32:37	+51:11	07:05
85	1301	Alfredo da Silva Moreira	individual	Veterano M45	03:32:45	+51:19	07:06

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30 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
86	1411	Paulo Pinheiro	os lobos trail btt da frente	Veterano M40	03:32:55	+51:29	07:06
87	1426	Henrique Madeira	pickle films	Senior Masculino	03:33:00	+51:34	07:06
88	1336	Paulo Melo	individual	Veterano M50	03:33:17	+51:51	07:07
89	1197	André Filipe Semedo Costa	individual	Senior Masculino	03:33:46	+52:20	07:08
90	1309	Miguel Sá	individual	Veterano M45	03:33:53	+52:27	07:08
91	1264	Bruno Machado	individual	Veterano M40	03:34:07	+52:41	07:08
92	1393	Raul Rodrigues	olimpico vianense trail	Senior Masculino	03:34:47	+53:21	07:10
93	1387	Márcio Quintas	ntrilhos	Senior Masculino	03:35:05	+53:39	07:10
94	1136	Marco Silva	ejali...clube de amigos trailrunners	Senior Masculino	03:36:31	+55:05	07:13
95	1042	Pedro Vale	arca barcelos runners	Senior Masculino	03:36:55	+55:29	07:14
96	1096	Pedro Castro	clube efaced	Senior Masculino	03:37:02	+55:36	07:14
97	1099	Pedro Pinto	clube efaced	Veterano M40	03:37:02	+55:36	07:14
98	1285	Pedro Miguel Barbosa	individual	Veterano M40	03:37:12	+55:46	07:14
99	1020	José Teixeira	a.d.amarante	Veterano M45	03:37:42	+56:16	07:15
100	1287	Ricardo	individual	Veterano M40	03:38:06	+56:40	07:16
101	1069	Joana Lopes Alves	caracol trail team	Senior Feminino	03:38:07	+56:41	07:16
102	1187	Vasco Emanuel Pereira Fonseca de Carvalho	icarus running team	Senior Masculino	03:38:20	+56:54	07:17
103	1477	Nuno Miguel Silva Moreira	team tt	Senior Masculino	03:38:22	+56:56	07:17
104	1230	Paulo Filipe Loureiro Ferreira	individual	Senior Masculino	03:39:12	+57:46	07:18
105	1356	Ricardo Pimenta	ker sport trail running	Veterano M45	03:40:13	+58:47	07:20
106	1281	Nuno Meneses	individual	Veterano M40	03:40:19	+58:53	07:21
107	1293	Saavedra Duarte	individual	Veterano M40	03:40:48	+59:22	07:22
108	1406	José Costa	oralklass-amigos do trail	Veterano M40	03:40:50	+59:23	07:22
109	1390	Carla Pereira	olimpico vianense trail	Senior Feminino	03:40:56	+59:30	07:22
110	1397	Nuno Paredinha	olimpico vianense trail	Veterano M40	03:40:56	+59:30	07:22
111	1475	Ruben Vieira	team trail bifase	Sub 23 Masculino	03:41:09	+59:43	07:22
112	1341	claudio Piedade	inijovem - nisa	Senior Masculino	03:41:12	+59:46	07:22
113	1044	Miguel Soares	arca barcelos runners	Veterano M40	03:41:23	+59:57	07:23
114	1103	FRANCISCO ANTONIO DIAS NOGUEIRA	clube millenniumbcp	Veterano M50	03:41:37	+01:00:11	07:23
115	1131	Pedro Lopes	edv-viana trail	Senior Masculino	03:41:53	+01:00:27	07:24
116	1037	Carlos Pedrinhas	amigos da montanha	Veterano M55	03:42:09	+01:00:42	07:24
117	1143	André Manita	factor x / s4l / medense fc	Senior Masculino	03:42:17	+01:00:51	07:25
118	1343	JOSE BIZARRO	inijovem - nisa	Veterano M40	03:43:02	+01:01:36	07:26
119	1434	Mário Costa	profisio eupago team	Veterano M40	03:43:17	+01:01:51	07:27
120	1450	Fernando Jorge Martins Correia	sportarc.running	Senior Masculino	03:43:18	+01:01:52	07:27
121	1269	Fernando Augusto	individual	Veterano M40	03:43:34	+01:02:07	07:27
122	1415	SILVIA PEREIRA	os santa apolónia	Veterana F40	03:43:39	+01:02:13	07:27
123	1413	Mariana Machado	os santa apolónia	Senior Feminino	03:43:39	+01:02:13	07:27
124	1319	António Baptista	individual	Veterano M50	03:44:11	+01:02:45	07:28
125	1332	Paulo Ferreira	individual	Veterano M50	03:44:32	+01:03:05	07:29
126	1342	Pedro Patrício	inijovem - nisa	Senior Masculino	03:44:32	+01:03:06	07:29
127	1380	Leandro Pacheco	monte dos amigos	Veterano M40	03:44:42	+01:03:16	07:29
128	1454	Luis Carlos Silva Teixeira	sportarc.running	Veterano M45	03:44:54	+01:03:28	07:30

TRAIL LONGO - STAGE 1

30 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	1148	Marcio Manuel de Queiros Teixeira	fridão sem limites	Veterano M40	03:45:33	+01:04:07	07:31
130	1268	Estevao Gonçalves	individual	Veterano M40	03:45:35	+01:04:09	07:31
131	1216	Helder Parracho	individual	Senior Masculino	03:45:37	+01:04:11	07:31
132	1198	Bruno Machado	individual	Senior Masculino	03:46:15	+01:04:49	07:33
133	1151	Sofia Lobo	futebol clube de vizela	Senior Feminino	03:46:16	+01:04:49	07:33
134	1333	Paulo Jorge Rodrigues oliveira	individual	Veterano M50	03:46:36	+01:05:10	07:33
135	1196	Andre Fernandes	individual	Senior Masculino	03:47:12	+01:05:46	07:34
136	1334	Paulo Manuel Costa	individual	Veterano M50	03:47:20	+01:05:54	07:35
137	1126	Jose Lopes	dive into the mountains	Veterano M45	03:47:49	+01:06:23	07:36
138	1260	André Mesquita Guimarães	individual	Veterano M40	03:47:50	+01:06:24	07:36
139	1435	Raul Silva	profisio eupago team	Veterano M45	03:48:04	+01:06:38	07:36
140	1224	José Brito	individual	Senior Masculino	03:48:11	+01:06:45	07:36
141	1014	Tiago Teles	a.d.amarante	Senior Masculino	03:48:49	+01:07:23	07:38
142	1043	Luís Neco	arca barcelos runners	Veterano M40	03:48:51	+01:07:25	07:38
143	1013	Márcio Castro	a.d.amarante	Senior Masculino	03:48:53	+01:07:27	07:38
144	1066	Ricardo Sampaio	brabus runners	Veterano M40	03:48:55	+01:07:29	07:38
145	1351	Pedro Miguel de Ascensão Neves	juventude desportiva de gondomar	Senior Masculino	03:49:21	+01:07:55	07:39
146	150	Carlos Cardoso	individual	Senior Masculino	03:50:10	+01:08:43	07:40
147	1421	José Pereira	phoenix-evorun	Senior Masculino	03:50:41	+01:09:15	07:41
148	1370	Nuno Nabeiro	melgaço alvarinho trail team	Veterano M45	03:50:42	+01:09:16	07:41
149	239	Rui Fernandes	monsanto running team	Veterano M40	03:51:07	+01:09:40	07:42
150	1046	José Carlos Cardoso	arca barcelos runners	Veterano M50	03:51:15	+01:09:48	07:43
151	1149	Duarte Cerqueira	furfor	Senior Masculino	03:51:22	+01:09:56	07:43
152	1098	Miguel Cruz	clube efaced	Veterano M40	03:51:29	+01:10:03	07:43
153	1139	Carlos Azevedo	ejali...clube de amigos trailrunners	Veterano M40	03:51:32	+01:10:06	07:43
154	1111	Paulo Pelicano	crocodilos	Veterano M45	03:51:40	+01:10:14	07:43
155	1177	Bruno Sampaio	habcarpintaria	Senior Masculino	03:51:55	+01:10:28	07:44
156	1041	Nuno Cruz	arca barcelos runners	Senior Masculino	03:51:58	+01:10:32	07:44
157	1481	Miguel Araújo	trail me	Veterano M45	03:52:00	+01:10:33	07:44
158	1482	Elisabete Alves	troggloditas runners	Senior Feminino	03:52:28	+01:11:02	07:45
159	1145	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	03:52:33	+01:11:06	07:45
160	1485	Nuno Granadas	turres trail team	Senior Masculino	03:52:39	+01:11:13	07:45
161	1209	Filipe Miguel Soares Gonçalves	individual	Senior Masculino	03:53:15	+01:11:49	07:47
162	1398	João Passos	olimpico vianense trail	Veterano M50	03:53:16	+01:11:49	07:47
163	1283	Pedro Lopes	individual	Veterano M40	03:53:31	+01:12:05	07:47
164	1399	Paulo Francisco	olimpico vianense trail	Veterano M50	03:54:08	+01:12:42	07:48
165	1348	Lúcia Campos Costa	juventude cortegacense	Veterana F40	03:54:13	+01:12:47	07:48
166	1456	Ricardo Mota	sri chinmoy marathon team	Veterano M40	03:54:16	+01:12:50	07:49
167	1412	Ana Azevedo	os santa apolónia	Senior Feminino	03:54:27	+01:13:01	07:49
168	1140	Filipe Escobar	equipa a	Veterano M40	03:55:27	+01:14:01	07:51
169	1258	Adelio Valente	individual	Veterano M40	03:55:37	+01:14:11	07:51
170	1410	Adelino Pinheiro	os lobos trail btt da frente	Veterano M40	03:55:37	+01:14:11	07:51
171	1453	Jose Teixeira	sportarc.running	Veterano M45	03:55:43	+01:14:16	07:51
172	1448	Cláudia Silva	sportarc.running	Senior Feminino	03:55:43	+01:14:16	07:51

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
173	1025	Amadeu Cardoso Peixoto	ad pedome	Veterano M50	03:56:33	+01:15:07	07:53
174	1297	VITOR CANCELA	individual	Veterano M40	03:56:33	+01:15:07	07:53
175	1060	Pedro Ricardo Oliveira Lourenço	boavista trail	Senior Masculino	03:57:02	+01:15:36	07:54
176	1330	Manu Cruz	individual	Veterano M50	03:57:25	+01:15:59	07:55
177	1487	João Ricardo	vimarunners	Veterano M40	03:57:26	+01:16:00	07:55
178	1425	Hélio D. Silva	phoenix-evorun	Veterano M45	03:57:40	+01:16:14	07:55
179	1006	Cláudia Moreira	a.d.amarante	Senior Feminino	03:57:44	+01:16:18	07:55
180	1316	SERGIO DE ARAUJO CAMPOS	individual	Veterano M45	03:57:49	+01:16:23	07:56
181	1181	Fábio Santos	hospital de santa maria - porto	Senior Masculino	03:57:55	+01:16:28	07:56
182	1217	Helder Rafael Machado da Cunha	individual	Senior Masculino	03:58:25	+01:16:59	07:57
183	1003	Flávio Sampaio	a d esmeriz running	Senior Masculino	03:58:28	+01:17:01	07:57
184	1106	Marco Vieira	clube zupper	Veterano M45	03:59:09	+01:17:43	07:58
185	1021	Virgílio Pinhel	a.d.amarante	Veterano M45	03:59:57	+01:18:31	08:00
186	2634	Carlos Miranda	sc espinho - atletismo / antónio leitão	Veterano M40	03:59:59	+01:18:32	08:00
187	1323	Henrique Santos	individual	Veterano M50	04:00:53	+01:19:27	08:02
188	1433	Nelson Vaz	profisio eupago team	Senior Masculino	04:00:54	+01:19:28	08:02
189	1212	Francisco Fernandes	individual	Senior Masculino	04:01:17	+01:19:51	08:03
190	1250	isabel almeida	individual	Veterana F45	04:01:20	+01:19:54	08:03
191	1318	Alexandre Costa	individual	Veterano M50	04:01:23	+01:19:57	08:03
192	1200	Bruno Teles	individual	Senior Masculino	04:01:33	+01:20:07	08:03
193	1005	Angela Soares	a.d.amarante	Senior Feminino	04:01:42	+01:20:16	08:03
194	1017	Rosa Barros	a.d.amarante	Veterana F50	04:01:42	+01:20:16	08:03
195	1235	Ricardo oliveira	individual	Senior Masculino	04:01:43	+01:20:17	08:03
196	1029	Jorge Ribeiro	afrikarunners	Veterano M45	04:01:44	+01:20:18	08:03
197	1277	Marco Cunha	individual	Veterano M40	04:01:49	+01:20:23	08:04
198	1119	Vitor Nuno	dá-lhe gás running team fisioduo	Senior Masculino	04:02:43	+01:21:17	08:05
199	1355	Helder Gomes	kemedo team	Veterano M40	04:02:47	+01:21:21	08:06
200	1228	Nuno Simões Campos	individual	Senior Masculino	04:03:24	+01:21:58	08:07
201	1383	Daniel silva	nocturnos de paredes	Senior Masculino	04:03:27	+01:22:01	08:07
202	1262	António Pinto	individual	Veterano M40	04:03:28	+01:22:02	08:07
203	1010	António Mendes	a.d.amarante	Senior Masculino	04:03:31	+01:22:05	08:07
204	1337	Pedro Barbosa	individual	Veterano M50	04:03:44	+01:22:18	08:07
205	1386	Bruno Costa	ntrilhos	Senior Masculino	04:03:47	+01:22:20	08:08
206	1388	Filipe Almeida	ntrilhos	Veterano M40	04:03:47	+01:22:21	08:08
207	1376	Carla Santos	montanha clube trail running/efapel	Senior Feminino	04:03:52	+01:22:26	08:08
208	1379	Renato Barros	montanha clube trail running/efapel	Veterano M55	04:03:52	+01:22:26	08:08
209	1188	Manuel Alves	icarus running team	Veterano M50	04:04:00	+01:22:34	08:08
210	1202	Carlos Felgueiras	individual	Senior Masculino	04:05:39	+01:24:13	08:11
211	1310	Nuno Carvalho	individual	Veterano M45	04:06:05	+01:24:39	08:12
212	1295	Sérgio Sá	individual	Veterano M40	04:06:06	+01:24:40	08:12
213	1174	Hugo Alexandre Palmeira Moreira	gtt-armazém do caffe	Veterano M40	04:06:29	+01:25:02	08:13
214	1176	Luis Lucas	gtt-armazém do caffe	Veterano M45	04:06:29	+01:25:03	08:13
215	1279	Mário Oliveira	individual	Veterano M40	04:07:09	+01:25:43	08:14

TRAIL LONGO - STAGE 1

30 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
216	1371	Miguel Rodrigues	miguel rodrigues	Veterano M50	04:07:36	+01:26:10	08:15
217	1271	Joaquim José da Silva Oliveira	individual	Veterano M40	04:07:40	+01:26:14	08:15
218	1288	Ricardo Ferreira	individual	Veterano M40	04:08:05	+01:26:39	08:16
219	1169	Luís Monteiro	grupo desportivo limpeza urbana	Veterano M45	04:08:19	+01:26:53	08:17
220	1438	Gonçalo Tiago Marques do Couto	runners do demo	Senior Masculino	04:08:58	+01:27:32	08:18
221	1455	Carlos Alberto Ferreira	sportarc.running	Veterano M60	04:09:03	+01:27:37	08:18
222	1273	José Ferreira Costa	individual	Veterano M40	04:09:14	+01:27:48	08:18
223	1303	David Ribeiro	individual	Veterano M45	04:09:16	+01:27:49	08:19
224	1160	Tiago Costa	gdc fidelidade	Senior Masculino	04:09:28	+01:28:02	08:19
225	1469	Luís Pereira	team lanthemil	Veterano M40	04:10:16	+01:28:50	08:21
226	1338	MARIO RUI LEITE COSTA	individual	Veterano M55	04:10:29	+01:29:03	08:21
227	1289	Rúben Alves	individual	Veterano M40	04:10:31	+01:29:05	08:21
228	1419	Mary Monção	phoenix-evorun	Senior Feminino	04:10:31	+01:29:05	08:21
229	1226	Mário Encarnação	individual	Senior Masculino	04:11:10	+01:29:44	08:22
230	1251	Sandra Arribança	individual	Veterana F45	04:11:16	+01:29:50	08:23
231	1311	Paulo Ribeiro	individual	Veterano M45	04:11:22	+01:29:56	08:23
232	1242	Belén Vidal	individual	Veterana F40	04:11:38	+01:30:12	08:23
233	1315	Rui Martins	individual	Veterano M45	04:11:57	+01:30:31	08:24
234	1354	Sara rafael	kemedeo team	Veterana F40	04:12:12	+01:30:46	08:24
235	1220	Raquel Guimaraes	individual	Veterana F45	04:12:20	+01:30:54	08:25
236	1267	Eliseu Manuel Conforme Leite	individual	Veterano M40	04:12:22	+01:30:56	08:25
237	1223	Joaquim Araujo	individual	Senior Masculino	04:12:23	+01:30:57	08:25
238	1313	Ricardo Rodrigues	individual	Veterano M45	04:12:28	+01:31:02	08:25
239	1171	Artur Bonfim	glt-armazém do caffè	Veterano M40	04:12:30	+01:31:04	08:25
240	1253	julia sousa	individual	Veterana F50	04:12:31	+01:31:05	08:25
241	1488	Cesar Martins	individual	Veterano M45	04:12:31	+01:31:05	08:25
242	1109	Orlando Costa	correr leça	Veterano M50	04:12:33	+01:31:07	08:25
243	1232	Paulo Neves	individual	Senior Masculino	04:12:39	+01:31:13	08:25
244	1466	Bruno Moreira	team lanthemil	Senior Masculino	04:12:51	+01:31:25	08:26
245	1423	MACHINE	phoenix-evorun	Senior Masculino	04:13:26	+01:32:00	08:27
246	1396	Hugo Paço	olimpico vianense trail	Veterano M40	04:13:26	+01:32:00	08:27
247	1257	Abel Correia	individual	Veterano M40	04:14:23	+01:32:57	08:29
248	1215	Gonçalo Arada Martins	individual	Senior Masculino	04:14:24	+01:32:58	08:29
249	1245	Liliana Aguiar	individual	Veterana F40	04:14:58	+01:33:32	08:30
250	1284	Pedro Mario Batista Lopes 0	individual	Veterano M40	04:15:00	+01:33:34	08:30
251	1097	Helder José da rocha Oliveira	clube efaced	Veterano M40	04:15:20	+01:33:54	08:31
252	1028	Rufino Freitas	afrikanrunners	Senior Masculino	04:15:49	+01:34:23	08:32
253	1195	Sílvia Rafael	individual	Senior Feminino	04:15:54	+01:34:27	08:32
254	1124	Bruno Esteves	desnível positivo	Senior Masculino	04:15:54	+01:34:28	08:32
255	1483	Vitor Gonçalves	troggloditas runners	Senior Masculino	04:16:12	+01:34:46	08:32
256	1084	São Castanheira	clac entroncamento/ondatrinhos	Veterana F55	04:16:29	+01:35:03	08:33
257	1335	Paulo Martins	individual	Veterano M50	04:16:44	+01:35:18	08:33
258	1320	Duarte Paulo Ribeiro	individual	Veterano M50	04:16:45	+01:35:19	08:34
259	1329	Lutz Welling	individual	Veterano M50	04:16:45	+01:35:19	08:34
260	1489	Jorge	tog associação running team	Veterano M40	04:16:52	+01:35:26	08:34

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
261	1443	Paulo Elias	sf2002	Senior Masculino	04:17:03	+01:35:37	08:34
262	1105	Ricardo João Caria Pinheiro	clube portugal telecom zona norte	Veterano M40	04:17:03	+01:35:37	08:34
263	1394	Rui Faria	olimpico vianense trail	Senior Masculino	04:18:22	+01:36:56	08:37
264	1368	Marco Afonso	melgaço alvarinho trail team	Veterano M40	04:18:23	+01:36:57	08:37
265	1286	Pedro Santos	individual	Veterano M40	04:19:13	+01:37:47	08:38
266	1339	rui pereira	individual	Veterano M55	04:19:49	+01:38:23	08:40
267	1081	Quim Araújo	cerveira team running	Veterano M40	04:20:25	+01:38:59	08:41
268	1324	João Couto	individual	Veterano M50	04:20:35	+01:39:09	08:41
269	1153	Rui Oliveira	gaia trail	Veterano M45	04:20:40	+01:39:14	08:41
270	1439	Paulo Marques	sai do sofá- amigos a correr	Veterano M45	04:20:43	+01:39:17	08:41
271	1154	Elisabete Repas	gaia-running	Veterana F50	04:20:44	+01:39:18	08:41
272	1045	Firmino Silva	arca barcelos runners	Veterano M50	04:20:49	+01:39:23	08:42
273	1429	Rui Russo dos Santos	porto runners	Veterano M50	04:20:53	+01:39:27	08:42
274	1052	Ana Saborano	atletismo clube da tocha	Senior Feminino	04:21:22	+01:39:56	08:43
275	1322	Fernando Santos	individual	Veterano M50	04:22:09	+01:40:43	08:44
276	1173	Francisco Lemos	gtt-armazém do caffè	Veterano M40	04:22:09	+01:40:43	08:44
277	1424	Conceição Queiroz	phoenix-evorun	Veterana F60	04:22:09	+01:40:43	08:44
278	1344	Pedro Valente	inijovem - nisa	Veterano M45	04:22:59	+01:41:33	08:46
279	1256	Paula Costa	individual	Veterana F50	04:23:15	+01:41:49	08:47
280	1166	Judy Sousa	grupo desportivo de bragança	Veterana F45	04:23:21	+01:41:54	08:47
281	1038	Sandra Cabral Cunha	amigos do pedal trailagares	Senior Feminino	04:23:35	+01:42:09	08:47
282	1452	Rubens Soares	sportarc.running	Veterano M40	04:24:37	+01:43:11	08:49
283	1083	Pedro Dias	clac entroncamento/ondatrilhos	Senior Masculino	04:24:42	+01:43:16	08:49
284	1294	Sérgio Castro da Costa	individual	Veterano M40	04:25:27	+01:44:01	08:51
285	1210	Filipe Sousa	individual	Senior Masculino	04:25:44	+01:44:18	08:51
286	1432	Luís Carlos Lobo Freixeiro	profisio eupago team	Senior Masculino	04:26:11	+01:44:45	08:52
287	1243	Célia Sousa	individual	Veterana F40	04:26:39	+01:45:13	08:53
288	1172	Dimitri Matos	gtt-armazém do caffè	Veterano M40	04:27:06	+01:45:40	08:54
289	1221	Joao Lima	individual	Senior Masculino	04:27:18	+01:45:52	08:55
290	1460	António Reis	taylors	Veterano M45	04:27:18	+01:45:52	08:55
291	1352	Agostinho da Silva Neves	juventude desportiva de gondomar	Veterano M60	04:27:27	+01:46:01	08:55
292	1199	Bruno Pinto	individual	Senior Masculino	04:29:22	+01:47:56	08:59
293	1252	Sylvie	individual	Veterana F45	04:29:49	+01:48:22	09:00
294	1219	Hugo Ferreira	individual	Senior Masculino	04:30:13	+01:48:47	09:00
295	1161	Daniel Leal	geadas running	Senior Masculino	04:30:32	+01:49:06	09:01
296	1476	Ivo Daniel Azevedo Sampaio	team tt	Senior Masculino	04:30:47	+01:49:21	09:02
297	289	NUNO BOTELHO	portocargo runners	Senior Feminino	04:31:25	+01:49:59	09:03
298	1002	Tiago David da Silva Ferreira	100pressa	Senior Masculino	04:31:31	+01:50:05	09:03
299	1357	Camila Mendes	lion runners - g. d. leões da guarda	Senior Feminino	04:31:38	+01:50:12	09:03
300	1030	Ricardo Bailao	afrikanrunners	Veterano M45	04:31:41	+01:50:15	09:03
301	1214	Gilberto Sousa	individual	Senior Masculino	04:31:49	+01:50:23	09:04
302	1326	Joaquim Caeiro	individual	Veterano M50	04:32:05	+01:50:39	09:04
303	1203	David Teixeira	individual	Senior Masculino	04:32:09	+01:50:43	09:04
304	1420	Sofia Fontes	phoenix-evorun	Senior Feminino	04:32:50	+01:51:24	09:06
305	1208	Filipe Gomes	individual	Senior Masculino	04:33:59	+01:52:33	09:08
306	1127	Ana Rita de Barros Carneiro	edl trail	Sub 23 Feminino	04:34:15	+01:52:49	09:09

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
307	1385	Fátima Vieira	nocturnos de paredes	Veterana F50	04:34:29	+01:53:03	09:09
308	1422	Luis Vaz	phoenix-evorun	Senior Masculino	04:34:43	+01:53:17	09:09
309	1408	Rui Teixeira	os amigos	Veterano M40	04:35:13	+01:53:47	09:10
310	1107	Vitor Manuel Moreira Viana	clube zipper	Veterano M45	04:35:21	+01:53:55	09:11
311	1307	João Ferreira	individual	Veterano M45	04:36:19	+01:54:53	09:13
312	1206	Fernando José dos Santos Sousa	individual	Senior Masculino	04:36:23	+01:54:57	09:13
313	1058	José Pedro Barbosa	boavista trail	Senior Masculino	04:36:40	+01:55:13	09:13
314	1261	António Jorge Gomes Rodrigues Santos	individual	Veterano M40	04:38:22	+01:56:56	09:17
315	1414	RICARDO MENDES	os santa apolónia	Senior Masculino	04:38:22	+01:56:56	09:17
316	1327	José Gaspar Fernandes	individual	Veterano M50	04:38:42	+01:57:16	09:17
317	1183	SERGIO RICARDO	hsantamariart	Senior Masculino	04:38:45	+01:57:19	09:18
318	1185	JOSE AFONSO	hsantamariart	Veterano M40	04:38:45	+01:57:19	09:18
319	1186	PAULO FREITAS	hsantamariart	Veterano M45	04:38:46	+01:57:19	09:18
320	1079	Sandra Araújo	cerveira team running	Veterana F40	04:39:13	+01:57:47	09:18
321	1158	Alcino tavares	gansos	Veterano M45	04:40:55	+01:59:29	09:22
322	1236	Roberto Silva	individual	Senior Masculino	04:41:13	+01:59:47	09:22
323	1417	Hugo Silva	papamilhas	Senior Masculino	04:41:13	+01:59:47	09:22
324	1249	Eduarda Freitas	individual	Veterana F45	04:41:27	+02:00:01	09:23
325	1022	João Gil	a.d.amarante	Veterano M60	04:41:42	+02:00:16	09:23
326	1367	Francisco Esteves	melgaço alvarinho trail team	Senior Masculino	04:42:28	+02:01:02	09:25
327	1369	Miguel Gonçalves	melgaço alvarinho trail team	Veterano M40	04:42:28	+02:01:02	09:25
328	1265	Bruno Silva	individual	Veterano M40	04:42:43	+02:01:17	09:25
329	1128	Sandra dos Santos	edv-viana trail	Senior Feminino	04:42:45	+02:01:19	09:26
330	1047	Elza Cordeiro	arcd venda da luisa	Veterana F45	04:43:13	+02:01:47	09:26
331	1302	António Gaspar Vieira Moreira	individual	Veterano M45	04:43:24	+02:01:58	09:27
332	1468	Tiago Dias	team lanthemil	Senior Masculino	04:43:37	+02:02:11	09:27
333	1016	Luisa Teixeira	a.d.amarante	Veterana F40	04:43:53	+02:02:27	09:28
334	1019	Marco Nunes	a.d.amarante	Veterano M40	04:43:54	+02:02:28	09:28
335	1023	Cláudia Cravo	abutres	Veterana F45	04:44:15	+02:02:49	09:29
336	1291	Rui Miguel Aguiar Rodrigues	individual	Veterano M40	04:44:24	+02:02:58	09:29
337	1331	Paulo Genésio	individual	Veterano M50	04:45:13	+02:03:47	09:30
338	1247	Celia Vital	individual	Veterana F45	04:45:18	+02:03:52	09:31
339	1125	António Almeida	dive into the mountains	Senior Masculino	04:45:18	+02:03:52	09:31
340	1428	Antonio Madeira	pickle films	Veterano M60	04:45:37	+02:04:11	09:31
341	1314	Ricardo Silva	individual	Veterano M45	04:45:46	+02:04:20	09:32
342	1246	Susana Costa	individual	Veterana F40	04:46:12	+02:04:46	09:32
343	1353	Humberto José de Lima Barros	kaninos	Senior Masculino	04:46:23	+02:04:57	09:33
344	1170	Liliana Costa	grupo fontes runnig team	Senior Feminino	04:47:19	+02:05:53	09:35
345	1032	Adelino Aires	alexandra carvalho team	Veterano M45	04:48:03	+02:06:37	09:36
346	1031	Ricardo Rego	alexandra carvalho team	Senior Masculino	04:48:03	+02:06:37	09:36
347	1138	Vitor Fonseca	ejali...clube de amigos trailrunners	Senior Masculino	04:48:32	+02:07:06	09:37
348	1254	Maria Conceição Santos Campos	individual	Veterana F50	04:48:44	+02:07:18	09:37
349	1135	José Alcobia	edv-viana trail	Veterano M45	04:49:01	+02:07:35	09:38
350	1278	Marco Mendes	individual	Veterano M40	04:50:42	+02:09:16	09:41

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

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R

REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
351	1240	Tiago Areias	individual	Senior Masculino	04:51:36	+02:10:10	09:43
352	1054	Nuno Botelho	atr-algarve trail running	Veterano M40	04:52:22	+02:10:56	09:45
353	1231	Paulo Laranjo	individual	Senior Masculino	04:52:47	+02:11:21	09:46
354	1381	José Cardoso	mss contabilidade trail team	Veterano M40	04:52:47	+02:11:21	09:46
355	1306	Hugo Ribeiro	individual	Veterano M45	04:52:56	+02:11:30	09:46
356	1409	João Couto	os finos	Veterano M45	04:53:00	+02:11:34	09:46
357	1053	Cristiano Malhão	atletismo clube da tocha	Veterano M40	04:53:10	+02:11:44	09:46
358	1418	Celso Fernandes	papamilhas	Veterano M40	04:53:43	+02:12:17	09:47
359	1070	Maria José Alves	cb run	Senior Feminino	04:53:44	+02:12:18	09:47
360	1218	Hernâni Veríssimo	individual	Senior Masculino	04:58:20	+02:16:54	09:57
361	1057	Ivo Filipe Costa Ferreira	boavista trail	Senior Masculino	04:58:48	+02:17:22	09:58
362	1175	Manuel Pinto	glt-armazém do caffè	Veterano M40	04:59:00	+02:17:34	09:58
363	1073	Nuno Ferreira	ccd siemens	Senior Masculino	04:59:16	+02:17:49	09:59
364	1074	Adelino Silva	ccd siemens	Veterano M45	04:59:16	+02:17:50	09:59
365	1085	Manuel Julio	clac entroncamento/ondatrilhos	Veterano M55	04:59:28	+02:18:02	09:59
366	1072	Diogo Barros	cb run	Veterano M40	05:00:12	+02:18:46	10:00
367	1328	Jose Sousa	individual	Veterano M50	05:01:28	+02:20:02	10:03
368	1009	Sónia Brás	a.d.amarante	Senior Feminino	05:02:06	+02:20:40	10:04
369	1451	Elisio Brandão	sportarc.running	Veterano M45	05:02:43	+02:21:17	10:05
370	1275	Luis Manuel Ferreira Meireles Brandão Queirós	individual	Veterano M40	05:03:08	+02:21:42	10:06
371	1094	Filipe Daniel Pereira Bessa	clube efacec	Senior Masculino	05:03:14	+02:21:48	10:06
372	1071	Nuno Oliveira	cb run	Senior Masculino	05:03:32	+02:22:06	10:07
373	1012	Luís Mendes	a.d.amarante	Senior Masculino	05:04:57	+02:23:31	10:10
374	1162	Ana Pissarra	ginásio fit4fun	Veterana F45	05:05:32	+02:24:06	10:11
375	1163	LUIS ALMEIDA	ginásio fit4fun	Veterano M45	05:05:32	+02:24:06	10:11
376	1363	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F55	05:05:47	+02:24:21	10:12
377	1345	Paulo Jorge Ferreira Ribeiro	invicta runners team	Veterano M40	05:07:36	+02:26:10	10:15
378	1340	Valdemar Almeida	individual	Veterano M55	05:07:41	+02:26:15	10:15
379	1359	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	05:08:01	+02:26:35	10:16
380	1447	Mónica Ferreira	spin&run esposende	Veterana F40	05:09:32	+02:28:06	10:19
381	1304	Dinis Martins	individual	Veterano M45	05:10:32	+02:29:06	10:21
382	1193	Joana Flores	individual	Senior Feminino	05:10:43	+02:29:17	10:21
383	1137	Pedro Gomes	ejali...clube de amigos trailrunners	Senior Masculino	05:11:54	+02:30:28	10:24
384	1211	Paulo Pereira	individual	Veterano M40	05:13:27	+02:32:01	10:27
385	146	Carmen Santos Lima	individual	Veterana F40	05:13:27	+02:32:01	10:27
386	1167	António Madureira	grupo desportivo limpeza urbana	Veterano M45	05:13:29	+02:32:03	10:27
387	1360	Marlene Ferreira	lion runners - g. d. leões da guarda	Veterana F40	05:13:37	+02:32:11	10:27
388	1168	Vitor Máximo	grupo desportivo limpeza urbana	Veterano M50	05:13:41	+02:32:15	10:27
389	1157	Miguel costa	gansos	Veterano M40	05:13:49	+02:32:23	10:28
390	1358	Tiago Maia	lion runners - g. d. leões da guarda	Sub 23 Masculino	05:15:57	+02:34:31	10:32
391	1001	Ricardo Pereira	#atéchoras!	Senior Masculino	05:16:25	+02:34:59	10:33
392	1308	Jose Moreira	individual	Veterano M45	05:16:46	+02:35:20	10:34
393	1207	Filipe Barosa	individual	Senior Masculino	05:18:02	+02:36:36	10:36
394	1437	Susete Marques	run4eat	Veterana F45	05:18:09	+02:36:43	10:36
395	1238	Rui Dinis	individual	Senior Masculino	05:20:37	+02:39:11	10:41

TRAIL LONGO - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
396	1035	Amélia Moreira	amigos da montanha	Veterana F50	05:21:20	+02:39:54	10:43
397	1290	Rui Fermento	individual	Veterano M40	05:21:20	+02:39:54	10:43
398	1263	Artur Fonseca	individual	Veterano M40	05:21:52	+02:40:26	10:44
399	1077	Sofia Venade	cerveira team running	Senior Feminino	05:23:15	+02:41:49	10:47
400	1427	Francisco Madeira	pickle films	Veterano M55	05:25:33	+02:44:07	10:51
401	1366	Pedro Tavares	los manos	Senior Masculino	05:27:24	+02:45:58	10:55
402	1365	Paulo Oliveira	los manos	Senior Masculino	05:27:25	+02:45:58	10:55
403	1364	Daniela Martins	los manos	Senior Feminino	05:27:25	+02:45:59	10:55
404	1470	Sérgio Bastos	team lantermil	Veterano M40	05:28:10	+02:46:44	10:56
405	1104	RICARDO JOSE MACHADO CABRAL BEIRAO	clube millenniumbcp	Veterano M50	05:29:32	+02:48:06	10:59
406	1361	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F45	05:29:32	+02:48:06	10:59
407	1101	FILIPA ALEXANDRA FREITAS VILAR	clube millenniumbcp	Senior Feminino	05:29:32	+02:48:06	10:59
408	1100	Mário Jorge Ferreira	clube efaced	Veterano M45	05:29:32	+02:48:06	10:59
409	1300	Alexandre Monteiro	individual	Veterano M45	05:31:15	+02:49:49	11:03
410	1156	Alberto rocha	gansos	Senior Masculino	05:33:34	+02:52:08	11:07
411	1036	Isabel Martins	amigos da montanha	Veterana F55	05:36:00	+02:54:34	11:12
412	1078	Nuno Couto	cerveira team running	Senior Masculino	05:37:29	+02:56:03	11:15
413	1484	Maria José Gomes de Oliveira	trogloditas runners	Veterana F40	05:37:46	+02:56:20	11:16
414	1034	Diana Ribeiro	amigos da montanha	Senior Feminino	05:44:57	+03:03:31	11:30
415	1299	Agostinho Pacheco	individual	Veterano M45	05:45:45	+03:04:19	11:32
416	1192	Joana Carolina Teixeira da Silva	individual	Senior Feminino	05:47:36	+03:06:10	11:35
417	1464	Silvia Lima	team lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
418	1462	Carla Araújo	team lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
419	1465	Sofia Alexandra Silva Pereira	team lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
420	1080	Maria Fernandes	cerveira team running	Veterana F45	05:51:24	+03:09:58	11:43
421	1317	Vitor Fonseca	individual	Veterano M45	05:56:00	+03:14:34	11:52
422	1063	Andreia Ribeiro	boavista trail	Veterana F40	05:58:16	+03:16:50	11:57
423	1248	Diana Cancela	individual	Veterana F45	05:59:50	+03:18:24	12:00
424	1441	Ana Cristina Pinto Cabrita	salamandrecos	Veterana F50	06:00:20	+03:18:54	12:01
425	1463	Margarida Dantas	team lantermil	Senior Feminino	06:03:17	+03:21:51	12:07
426	1102	GRACA MARIA COSTA MOREIRA SILVA	clube millenniumbcp	Veterana F50	06:03:18	+03:21:52	12:07
427	1440	Márcia Cabrita Sobral	salamandrecos	Sub 23 Feminino	06:06:47	+03:25:21	12:14
428	1255	Maria José Colaço	individual	Veterana F50	06:08:43	+03:27:17	12:17
429	1436	Helder Pais	run4eat	Senior Masculino	06:08:44	+03:27:18	12:17
430	1298	Abílio Silva	individual	Veterano M45	06:13:14	+03:31:47	12:26

Trail Longo

30 KM

R

REVISED

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	9.4°C	81%
End	15:43	9.4°C	81%

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

1	1194	Marisa Alexandra da Rocha Vieira	Individual	Senior Feminino	03:04:33	+23:07	06:09
2	1008	Paula Soares	A.D.Amarante	Senior Feminino	03:15:49	+34:23	06:32
3	1377	Joana Esperanço	Montanha Clube Trail Running/EFAPEL	Senior Feminino	03:29:41	+48:15	06:59
4	1400	Adriana Dias	ORALKLASS-AMIGOS DO TRAIL	Senior Feminino	03:29:41	+48:15	06:59
5	1069	Joana Lopes Alves	Caracol Trail Team	Senior Feminino	03:38:07	+56:41	07:16
6	1390	Carla Pereira	Olimpico Vianense Trail	Senior Feminino	03:40:56	+59:30	07:22
7	1413	Mariana Machado	Os Santa Apolónia	Senior Feminino	03:43:39	+01:02:13	07:27
8	1151	Sofia Lobo	Futebol Clube de Vizela	Senior Feminino	03:46:16	+01:04:49	07:33
9	1482	Elisabete Alves	TROGLODITAS RUNNERS	Senior Feminino	03:52:28	+01:11:02	07:45
10	1145	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	03:52:33	+01:11:06	07:45
11	1412	Ana Azevedo	Os Santa Apolónia	Senior Feminino	03:54:27	+01:13:01	07:49
12	1448	Cláudia Silva	Sportarc.Running	Senior Feminino	03:55:43	+01:14:16	07:51
13	1006	Cláudia Moreira	A.D.Amarante	Senior Feminino	03:57:44	+01:16:18	07:55
14	1005	Angela Soares	A.D.Amarante	Senior Feminino	04:01:42	+01:20:16	08:03
15	1376	Carla Santos	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Feminino	04:03:52	+01:22:26	08:08
16	1419	Mary Monção	Phoenix-Evurun	Senior Feminino	04:10:31	+01:29:05	08:21
17	1195	Silvia Rafael	Individual	Senior Feminino	04:15:54	+01:34:27	08:32
18	1052	Ana Saborano	Atletismo Clube da Tocha	Senior Feminino	04:21:22	+01:39:56	08:43
19	1038	Sandra Cabral Cunha	Amigos do Pedal TrailLagares	Senior Feminino	04:23:35	+01:42:09	08:47
20	289	NUNO BOTELHO	PORTOCARGO RUNNERS	Senior Feminino	04:31:25	+01:49:59	09:03
21	1357	Camila Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Feminino	04:31:38	+01:50:12	09:03
22	1420	Sofia Fontes	Phoenix-Evurun	Senior Feminino	04:32:50	+01:51:24	09:06
23	1128	Sandra dos Santos	EDV-Viana Trail	Senior Feminino	04:42:45	+02:01:19	09:26
24	1170	Liliana Costa	Grupo Fontes Runnig team	Senior Feminino	04:47:19	+02:05:53	09:35
25	1070	Maria José Alves	CB RUN	Senior Feminino	04:53:44	+02:12:18	09:47
26	1009	Sónia Brás	A.D.Amarante	Senior Feminino	05:02:06	+02:20:40	10:04
27	1193	Joana Flores	Individual	Senior Feminino	05:10:43	+02:29:17	10:21
28	1077	Sofia Venade	Cerveira Team Running	Senior Feminino	05:23:15	+02:41:49	10:47
29	1364	Daniela Martins	Los Manos	Senior Feminino	05:27:25	+02:45:59	10:55
30	1101	FILIPA ALEXANDRA FREITAS VILAR	Clube Millenniumbcp	Senior Feminino	05:29:32	+02:48:06	10:59
31	1034	Diana Ribeiro	Amigos da Montanha	Senior Feminino	05:44:57	+03:03:31	11:30
32	1192	Joana Carolina Teixeira da Silva	Individual	Senior Feminino	05:47:36	+03:06:10	11:35
33	1464	Silvia Lima	Team lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
34	1462	Carla Araújo	Team Lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
35	1465	Sofia Alexandra Silva Pereira	Team Lantermil	Senior Feminino	05:47:36	+03:06:10	11:35
36	1463	Margarida Dantas	Team Lantermil	Senior Feminino	06:03:17	+03:21:51	12:07

Trail Longo

30 KM

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REVISED

Senior Masculino

1	1473	Leonel Cunha	Team Trail Bifase	Senior Masculino	02:42:13	+00:47	05:24
2	1229	Paulo Conde	Individual	Senior Masculino	02:44:37	+03:11	05:29
3	1375	Pedro Gomes	Monsanto Running Team	Senior Masculino	02:46:13	+04:47	05:32
4	1132	Roberto Martínez	EDV-Viana Trail	Senior Masculino	02:47:23	+05:57	05:35
5	1088	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	02:47:40	+06:13	05:35
6	1446	Diogo Fernandes	SiM Summit	Senior Masculino	02:48:11	+06:45	05:36
7	1403	Nuno Alves	ORALKLASS-AMIGOS DO TRAIL	Senior Masculino	02:50:55	+09:29	05:42
8	1059	Pablo Franco Freijanes	BOAVISTA TRAIL	Senior Masculino	02:53:50	+12:24	05:46
9	1404	Rafael Cruz	Oralklass-Amigos do Trail	Senior Masculino	02:54:50	+13:24	05:50
10	1474	Tiago Godinho	Team Trail Bifase	Senior Masculino	02:58:22	+16:56	05:57
11	1129	Daniel Dominguez	EDV-Viana Trail	Senior Masculino	02:59:12	+17:46	05:58
12	1391	Joao Gonçalves	Olimpico Vianense Trail	Senior Masculino	02:59:39	+18:12	05:59
13	1024	ruben veloso	Academia desportiva arcos de valdevez	Senior Masculino	03:01:36	+20:09	06:03
14	1471	Hugo Neves	Team Trail Bifase	Senior Masculino	03:01:42	+20:16	06:03
15	1115	Carlos Cunha	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:02:29	+21:03	06:05
16	1159	Pedro Alves	GD CASTELENSE	Senior Masculino	03:02:30	+21:04	06:05
17	1027	Joaquim Duarte	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:03:06	+21:40	06:06
18	1150	Miguel Neto	Furfor	Senior Masculino	03:04:59	+23:33	06:10
19	1401	Fernando Neves	ORALKLASS-AMIGOS DO TRAIL	Senior Masculino	03:08:55	+27:29	06:18
20	1444	Bernardino Pinto	SiM SUMMIT	Senior Masculino	03:09:11	+27:45	06:18
21	1055	Aitor Montero Buján	BOAVISTA TRAIL	Senior Masculino	03:09:39	+28:13	06:19
22	1117	Nuno nunes	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:10:43	+29:17	06:21
23	1458	Joel Pinto	TAYLORS	Senior Masculino	03:10:44	+29:18	06:21
24	1480	Carlos Coelho	Trail Me	Senior Masculino	03:12:05	+30:39	06:24
25	1392	Nuno Branco	Olimpico Vianense Trail	Senior Masculino	03:12:56	+31:30	06:26
26	1040	Bruno Costa	ARCA BarceloS runners	Senior Masculino	03:14:50	+33:24	06:30
27	1146	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	03:18:05	+36:39	06:36
28	1461	Nelson Graça	TEAM GOLDNUTRITION RUNNERS.PT	Senior Masculino	03:18:06	+36:40	06:36
29	1118	Pedro Dias	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:18:38	+37:12	06:37
30	1062	Ricardo Manuel Vieira de Sousa	BOAVISTA TRAIL	Senior Masculino	03:18:56	+37:30	06:38
31	1373	Mário Jorge Pereira Martins	Moka Trail Team	Senior Masculino	03:19:10	+37:44	06:38
32	1402	Filipe Carneiro	ORALKLASS-AMIGOS DO TRAIL	Senior Masculino	03:20:02	+38:36	06:40
33	1086	José Pereira	Clube Atletismo Fafe	Senior Masculino	03:20:55	+39:29	06:42
34	159	Rui Oliveira	Individual	Senior Masculino	03:21:37	+40:11	06:43
35	1372	Tiago Soares	Moinhos Run-ADRM	Senior Masculino	03:23:14	+41:48	06:46
36	1445	BRUNO SOUSA	SiM Summit	Senior Masculino	03:23:23	+41:57	06:47
37	1116	Carlos Prudencio	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:23:37	+42:11	06:47
38	1011	Cristiano Santos	A.D.Amarante	Senior Masculino	03:23:41	+42:15	06:47
39	1222	João Pedro Padilha leal	Individual	Senior Masculino	03:25:01	+43:35	06:50
40	1233	Ricardo Carmo	Individual	Senior Masculino	03:25:17	+43:51	06:51
41	1004	Ricardo Carreira	A.C.S MAMEDE	Senior Masculino	03:25:26	+44:00	06:51
42	1087	Mario Castro	Clube Atletismo Fafe	Senior Masculino	03:26:26	+44:59	06:53
43	1095	Paulo Castro	Clube Efacec	Senior Masculino	03:27:50	+46:24	06:56

Trail Longo

30 KM

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OFFICIAL RESULT

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44	1239	Sergio Torre	Individual	Senior Masculino	03:28:05	+46:39	06:56
45	1165	Paulo Sarmento	Grupo Desportivo de Bragança	Senior Masculino	03:28:29	+47:03	06:57
46	1026	Bruno Pereira	Adeca	Senior Masculino	03:29:05	+47:39	06:58
47	1374	Miguel Silva	Moka Trail Team	Senior Masculino	03:29:24	+47:58	06:59
48	1113	Adérito Oliveira	Dá-lhe Gás running team Fisioduo	Senior Masculino	03:29:57	+48:31	07:00
49	1237	Rui de Sousa	Individual	Senior Masculino	03:30:08	+48:42	07:00
50	1142	Andre Filipe Oliveira Almeida	Factor X / S4L / Medense FC	Senior Masculino	03:30:49	+49:23	07:02
51	1227	Nuno Iomba	Individual	Senior Masculino	03:30:53	+49:27	07:02
52	1061	Ricardo Manuel dos Santos Ferreira	BOAVISTA TRAIL	Senior Masculino	03:31:52	+50:26	07:04
53	1426	Henrique Madeira	Pickle Films	Senior Masculino	03:33:00	+51:34	07:06
54	1197	André Filipe Semedo Costa	Individual	Senior Masculino	03:33:46	+52:20	07:08
55	1393	Raul Rodrigues	Olimpico Vianense Trail	Senior Masculino	03:34:47	+53:21	07:10
56	1387	Márcio Quintas	NTrilhos	Senior Masculino	03:35:05	+53:39	07:10
57	1136	Marco Silva	ejali...clube de amigos trailrunners	Senior Masculino	03:36:31	+55:05	07:13
58	1042	Pedro Vale	ARCA BarceloS runners	Senior Masculino	03:36:55	+55:29	07:14
59	1096	Pedro Castro	Clube Efacec	Senior Masculino	03:37:02	+55:36	07:14
60	1187	Vasco Emanuel Pereira Fonseca de Carvalho	ICARUS RUNNING TEAM	Senior Masculino	03:38:20	+56:54	07:17
61	1477	Nuno Miguel Silva Moreira	TEAM TT	Senior Masculino	03:38:22	+56:56	07:17
62	1230	Paulo Filipe Loureiro Ferreira	Individual	Senior Masculino	03:39:12	+57:46	07:18
63	1341	claudio Piedade	INIJOVEM - NISA	Senior Masculino	03:41:12	+59:46	07:22
64	1131	Pedro Lopes	EDV-Viana Trail	Senior Masculino	03:41:53	+01:00:27	07:24
65	1143	André Manita	Factor X / S4L / Medense FC	Senior Masculino	03:42:17	+01:00:51	07:25
66	1450	Fernando Jorge Martins Correia	Sportarc.Running	Senior Masculino	03:43:18	+01:01:52	07:27
67	1342	Pedro Patrício	INIJOVEM - NISA	Senior Masculino	03:44:32	+01:03:06	07:29
68	1216	Helder Parracho	Individual	Senior Masculino	03:45:37	+01:04:11	07:31
69	1198	Bruno Machado	Individual	Senior Masculino	03:46:15	+01:04:49	07:33
70	1196	Andre Fernandes	Individual	Senior Masculino	03:47:12	+01:05:46	07:34
71	1224	José Brito	Individual	Senior Masculino	03:48:11	+01:06:45	07:36
72	1014	Tiago Teles	A.D.Amarante	Senior Masculino	03:48:49	+01:07:23	07:38
73	1013	Márcio Castro	A.D.Amarante	Senior Masculino	03:48:53	+01:07:27	07:38
74	1351	Pedro Miguel de Ascensão Neves	Juventude Desportiva de Gondomar	Senior Masculino	03:49:21	+01:07:55	07:39
75	150	Carlos Cardoso	Individual	Senior Masculino	03:50:10	+01:08:43	07:40
76	1421	José Pereira	Phoenix-Evorun	Senior Masculino	03:50:41	+01:09:15	07:41
77	1149	Duarte Cerqueira	Furfor	Senior Masculino	03:51:22	+01:09:56	07:43
78	1177	Bruno Sampaio	Habcarpintaria	Senior Masculino	03:51:55	+01:10:28	07:44
79	1041	Nuno Cruz	ARCA BarceloS runners	Senior Masculino	03:51:58	+01:10:32	07:44
80	1485	Nuno Granadas	Turres Trail Team	Senior Masculino	03:52:39	+01:11:13	07:45
81	1209	Filipe Miguel Soares Gonçalves	Individual	Senior Masculino	03:53:15	+01:11:49	07:47
82	1060	Pedro Ricardo Oliveira Lourenço	BOAVISTA TRAIL	Senior Masculino	03:57:02	+01:15:36	07:54
83	1181	Fábio Santos	Hospital de Santa Maria - Porto	Senior Masculino	03:57:55	+01:16:28	07:56
84	1217	Helder Rafael Machado da Cunha	Individual	Senior Masculino	03:58:25	+01:16:59	07:57
85	1003	Flávio Sampaio	A D Esmeriz Running	Senior Masculino	03:58:28	+01:17:01	07:57
86	1433	Nelson Vaz	ProFisio eupago Team	Senior Masculino	04:00:54	+01:19:28	08:02
87	1212	Francisco Fernandes	Individual	Senior Masculino	04:01:17	+01:19:51	08:03
88	1200	Bruno Teles	Individual	Senior Masculino	04:01:33	+01:20:07	08:03

Official Timekeeper: Lap2Go	3 / 11	generate 21-Feb-2019 15:23
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Trail Longo

30 KM

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OFFICIAL RESULT

[illegible]

89	1235	Ricardo oliveira	Individual	Senior Masculino	04:01:43	+01:20:17	08:03
90	1119	Vitor Nuno	Dá-lhe Gás running team Fisioduo	Senior Masculino	04:02:43	+01:21:17	08:05
91	1228	Nuno Simões Campos	Individual	Senior Masculino	04:03:24	+01:21:58	08:07
92	1383	Daniel silva	Nocturnos de Paredes	Senior Masculino	04:03:27	+01:22:01	08:07
93	1010	António Mendes	A.D.Amarante	Senior Masculino	04:03:31	+01:22:05	08:07
94	1386	Bruno Costa	NTrilhos	Senior Masculino	04:03:47	+01:22:20	08:08
95	1202	Carlos Felgueiras	Individual	Senior Masculino	04:05:39	+01:24:13	08:11
96	1438	Gonçalo Tiago Marques do Couto	RUNNERS DO DEMO	Senior Masculino	04:08:58	+01:27:32	08:18
97	1160	Tiago Costa	GDC Fidelidade	Senior Masculino	04:09:28	+01:28:02	08:19
98	1226	Mário Encarnação	Individual	Senior Masculino	04:11:10	+01:29:44	08:22
99	1223	Joaquim Araujo	Individual	Senior Masculino	04:12:23	+01:30:57	08:25
100	1232	Paulo Neves	Individual	Senior Masculino	04:12:39	+01:31:13	08:25
101	1466	Bruno Moreira	Team Lantemil	Senior Masculino	04:12:51	+01:31:25	08:26
102	1423	MACHINE	Phoenix-EvoRun	Senior Masculino	04:13:26	+01:32:00	08:27
103	1215	Gonçalo Arada Martins	Individual	Senior Masculino	04:14:24	+01:32:58	08:29
104	1028	Rufino Freitas	Afrikanrunners	Senior Masculino	04:15:49	+01:34:23	08:32
105	1124	Bruno Esteves	Desnível Positivo	Senior Masculino	04:15:54	+01:34:28	08:32
106	1483	Vitor Gonçalves	TROGLODITAS RUNNERS	Senior Masculino	04:16:12	+01:34:46	08:32
107	1443	Paulo Elias	SF2002	Senior Masculino	04:17:03	+01:35:37	08:34
108	1394	Rui Faria	Olimpico Vianense Trail	Senior Masculino	04:18:22	+01:36:56	08:37
109	1083	Pedro Dias	CLAC Entroncamento/OndaTrilhos	Senior Masculino	04:24:42	+01:43:16	08:49
110	1210	Filipe Sousa	Individual	Senior Masculino	04:25:44	+01:44:18	08:51
111	1432	Luís Carlos Lobo Freixeiro	ProFisio eupago Team	Senior Masculino	04:26:11	+01:44:45	08:52
112	1221	Joao Lima	Individual	Senior Masculino	04:27:18	+01:45:52	08:55
113	1199	Bruno Pinto	Individual	Senior Masculino	04:29:22	+01:47:56	08:59
114	1219	Hugo Ferreira	Individual	Senior Masculino	04:30:13	+01:48:47	09:00
115	1161	Daniel Leal	Geadas Running	Senior Masculino	04:30:32	+01:49:06	09:01
116	1476	Ivo Daniel Azevedo Sampaio	TEAM TT	Senior Masculino	04:30:47	+01:49:21	09:02
117	1002	Tiago David da Silva Ferreira	100PRESSA	Senior Masculino	04:31:31	+01:50:05	09:03
118	1214	Gilberto Sousa	Individual	Senior Masculino	04:31:49	+01:50:23	09:04
119	1203	David Teixeira	Individual	Senior Masculino	04:32:09	+01:50:43	09:04
120	1208	Filipe Gomes	Individual	Senior Masculino	04:33:59	+01:52:33	09:08
121	1422	Luis Vaz	Phoenix-Evorun	Senior Masculino	04:34:43	+01:53:17	09:09
122	1206	Fernando José dos Santos Sousa	Individual	Senior Masculino	04:36:23	+01:54:57	09:13
123	1058	José Pedro Barbosa	BOAVISTA TRAIL	Senior Masculino	04:36:40	+01:55:13	09:13
124	1414	RICARDO MENDES	Os Santa Apolónia	Senior Masculino	04:38:22	+01:56:56	09:17
125	1183	SERGIO RICARDO	HSANTAMARIART	Senior Masculino	04:38:45	+01:57:19	09:18
126	1236	Roberto Silva	Individual	Senior Masculino	04:41:13	+01:59:47	09:22
127	1417	Hugo Silva	PapaMilhas	Senior Masculino	04:41:13	+01:59:47	09:22
128	1367	Francisco Esteves	Melgaço Alvarinho Trail Team	Senior Masculino	04:42:28	+02:01:02	09:25
129	1468	Tiago Dias	Team Lantemil	Senior Masculino	04:43:37	+02:02:11	09:27
130	1125	António Almeida	Dive Into the Mountains	Senior Masculino	04:45:18	+02:03:52	09:31
131	1353	Humberto José de Lima Barros	Kaninos	Senior Masculino	04:46:23	+02:04:57	09:33
132	1031	Ricardo Rego	Alexandra Carvalho Team	Senior Masculino	04:48:03	+02:06:37	09:36
133	1138	Vitor Fonseca	ejali...clube de amigos trailrunners	Senior Masculino	04:48:32	+02:07:06	09:37
134	1240	Tiago Areias	Individual	Senior Masculino	04:51:36	+02:10:10	09:43

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135	1231	Paulo Laranjo	Individual	Senior Masculino	04:52:47	+02:11:21	09:46
136	1218	Hernâni Veríssimo	Individual	Senior Masculino	04:58:20	+02:16:54	09:57
137	1057	Ivo Filipe Costa Ferreira	BOAVISTA TRAIL	Senior Masculino	04:58:48	+02:17:22	09:58
138	1073	Nuno Ferreira	Ccd Siemens	Senior Masculino	04:59:16	+02:17:49	09:59
139	1094	Filipe Daniel Pereira Bessa	Clube Efacec	Senior Masculino	05:03:14	+02:21:48	10:06
140	1071	Nuno Oliveira	CB RUN	Senior Masculino	05:03:32	+02:22:06	10:07
141	1012	Luís Mendes	A.D.Amarante	Senior Masculino	05:04:57	+02:23:31	10:10
142	1137	Pedro Gomes	ejali...clube de amigos trailrunners	Senior Masculino	05:11:54	+02:30:28	10:24
143	1001	Ricardo Pereira	#atêchoras!	Senior Masculino	05:16:25	+02:34:59	10:33
144	1207	Filipe Barosa	Individual	Senior Masculino	05:18:02	+02:36:36	10:36
145	1238	Rui Dinis	Individual	Senior Masculino	05:20:37	+02:39:11	10:41
146	1366	Pedro Tavares	Los Manos	Senior Masculino	05:27:24	+02:45:58	10:55
147	1365	Paulo Oliveira	Los Manos	Senior Masculino	05:27:25	+02:45:58	10:55
148	1156	Alberto rocha	gansos	Senior Masculino	05:33:34	+02:52:08	11:07
149	1078	Nuno Couto	Cerveira Team Running	Senior Masculino	05:37:29	+02:56:03	11:15
150	1436	Helder Pais	Run4Eat	Senior Masculino	06:08:44	+03:27:18	12:17

Sub 23 Feminino

1	1127	Ana Rita de Barros Carneiro	EDL Trail	Sub 23 Feminino	04:34:15	+01:52:49	09:09
2	1440	Márcia Cabrita Sobral	Salamandrecos	Sub 23 Feminino	06:06:47	+03:25:21	12:14

Sub 23 Masculino

1	1405	Bruno Silva	ORALKLASS-AMIGOS DO TRAIL	Sub 23 Masculino	02:41:26		05:23
2	1112	Miguel Barros	CT Jesuítas	Sub 23 Masculino	03:00:42	+19:16	06:01
3	1378	jorge filipe	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Sub 23 Masculino	03:28:41	+47:15	06:57
4	1475	Ruben Vieira	Team Trail Bifase	Sub 23 Masculino	03:41:09	+59:43	07:22
5	1358	Tiago Maia	LION RUNNERS - G. D. Leões da Guarda	Sub 23 Masculino	05:15:57	+02:34:31	10:32

Veterana F40

1	1415	SILVIA PEREIRA	Os Santa Apolónia	Veterana F40	03:43:39	+01:02:13	07:27
2	1348	Lúcia Campos Costa	Juventude Cortegacense	Veterana F40	03:54:13	+01:12:47	07:48
3	1242	Belén Vidal	Individual	Veterana F40	04:11:38	+01:30:12	08:23
4	1354	Sara rafael	Kemedo team	Veterana F40	04:12:12	+01:30:46	08:24
5	1245	Liliana Aguiar	Individual	Veterana F40	04:14:58	+01:33:32	08:30
6	1243	Célia Sousa	Individual	Veterana F40	04:26:39	+01:45:13	08:53
7	1079	Sandra Araújo	Cerveira Team Running	Veterana F40	04:39:13	+01:57:47	09:18
8	1016	Luisa Teixeira	A.D.Amarante	Veterana F40	04:43:53	+02:02:27	09:28
9	1246	Susana Costa	Individual	Veterana F40	04:46:12	+02:04:46	09:32
10	1359	Isabel Pinto	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	05:08:01	+02:26:35	10:16
11	1447	Mónica Ferreira	Spin&Run Esposende	Veterana F40	05:09:32	+02:28:06	10:19

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Trail Longo

30 KM

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12	146	Carmen Santos Lima	Individual	Veterana F40	05:13:27	+02:32:01	10:27
13	1360	Marlene Ferreira	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	05:13:37	+02:32:11	10:27
14	1484	Maria José Gomes de Oliveira	Trogloditas Runners	Veterana F40	05:37:46	+02:56:20	11:16
15	1063	Andreia Ribeiro	BOAVISTA TRAIL	Veterana F40	05:58:16	+03:16:50	11:57

Veterana F45

1	1250	isabel almeida	Individual	Veterana F45	04:01:20	+01:19:54	08:03
2	1251	Sandra Arribança	Individual	Veterana F45	04:11:16	+01:29:50	08:23
3	1220	Raquel Guimaraes	Individual	Veterana F45	04:12:20	+01:30:54	08:25
4	1166	Judy Sousa	Grupo Desportivo de Bragança	Veterana F45	04:23:21	+01:41:54	08:47
5	1252	Sylvie	Individual	Veterana F45	04:29:49	+01:48:22	09:00
6	1249	Eduarda Freitas	Individual	Veterana F45	04:41:27	+02:00:01	09:23
7	1047	Elza Cordeiro	ARCD Venda da Luisa	Veterana F45	04:43:13	+02:01:47	09:26
8	1023	Cláudia Cravo	Abutres	Veterana F45	04:44:15	+02:02:49	09:29
9	1247	Celia Vital	Individual	Veterana F45	04:45:18	+02:03:52	09:31
10	1162	Ana Pissarra	Ginásio Fit4Fun	Veterana F45	05:05:32	+02:24:06	10:11
11	1437	Susete Marques	Run4Eat	Veterana F45	05:18:09	+02:36:43	10:36
12	1361	Dina Gonçalves	LION RUNNERS - G. D. Leões da Guarda	Veterana F45	05:29:32	+02:48:06	10:59
13	1080	Maria Fernandes	Cerveira Team Running	Veterana F45	05:51:24	+03:09:58	11:43
14	1248	Diana Cancela	Individual	Veterana F45	05:59:50	+03:18:24	12:00

Veterana F50

1	1017	Rosa Barros	A.D.Amarante	Veterana F50	04:01:42	+01:20:16	08:03
2	1253	julia sousa	Individual	Veterana F50	04:12:31	+01:31:05	08:25
3	1154	Elisabete Repas	Gaia-Running	Veterana F50	04:20:44	+01:39:18	08:41
4	1256	Paula Costa	Individual	Veterana F50	04:23:15	+01:41:49	08:47
5	1385	Fátima Vieira	Nocturnos de Paredes	Veterana F50	04:34:29	+01:53:03	09:09
6	1254	Maria Conceição Santos Campos	Individual	Veterana F50	04:48:44	+02:07:18	09:37
7	1035	Amélia Moreira	Amigos da Montanha	Veterana F50	05:21:20	+02:39:54	10:43
8	1441	Ana Cristina Pinto Cabrita	Salamandrecos	Veterana F50	06:00:20	+03:18:54	12:01
9	1102	GRACA MARIA COSTA MOREIRA SILVA	Clube Millenniumbcp	Veterana F50	06:03:18	+03:21:52	12:07
10	1255	Maria José Colaço	Individual	Veterana F50	06:08:43	+03:27:17	12:17

Veterana F55

1	1084	São Castanheira	CLAC Entroncamento/OndaTrilhos	Veterana F55	04:16:29	+01:35:03	08:33
2	1363	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F55	05:05:47	+02:24:21	10:12
3	1036	Isabel Martins	Amigos da Montanha	Veterana F55	05:36:00	+02:54:34	11:12

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30 KM



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Veterana F60

1	1424	Conceição Queiroz	Phoenix-Evorun	Veterana F60	04:22:09	+01:40:43	08:44
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Veterano M40

1	1121	Marco Faria	Dá-lhe Gás running team Fisioduo	Veterano M40	02:45:10	+03:44	05:30
2	1407	Pedro Santos	ORALKLASS-AMIGOS DO TRAIL	Veterano M40	02:54:39	+13:13	05:49
3	1382	Nuno Rocha	Natural Force	Veterano M40	02:55:08	+13:42	05:50
4	1280	Nuno Cardoso	Individual	Veterano M40	03:06:03	+24:37	06:12
5	1486	Gonçalo Fonseca	Unidos à Fresca	Veterano M40	03:14:53	+33:27	06:30
6	1504	Helder Rodrigues	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	03:18:04	+36:38	06:36
7	1089	Eusébio Fernandes	Clube Atletismo Fafe	Veterano M40	03:20:55	+39:29	06:42
8	1270	Frank Fritsche	Individual	Veterano M40	03:24:15	+42:49	06:49
9	1389	Óscar Magolo	NTrilhos	Veterano M40	03:27:01	+45:35	06:54
10	1457	Rui Martins	SS CGD	Veterano M40	03:28:47	+47:21	06:58
11	1092	Artur Jorge Pereira	Clube de Pesca de Amarante	Veterano M40	03:30:29	+49:03	07:01
12	1120	Agostinho Costa	Dá-lhe Gás running team Fisioduo	Veterano M40	03:31:01	+49:34	07:02
13	1259	Alexandre Pinto	Individual	Veterano M40	03:31:56	+50:30	07:04
14	1018	José Pereira	A.D.Amarante	Veterano M40	03:32:31	+51:05	07:05
15	1459	Alexandre Lourenço	TAYLORS	Veterano M40	03:32:35	+51:08	07:05
16	1266	Domingos Teixeira	Individual	Veterano M40	03:32:37	+51:11	07:05
17	1411	Paulo Pinheiro	Os lobos trail btt da frente	Veterano M40	03:32:55	+51:29	07:06
18	1264	Bruno Machado	Individual	Veterano M40	03:34:07	+52:41	07:08
19	1099	Pedro Pinto	Clube Efacec	Veterano M40	03:37:02	+55:36	07:14
20	1285	Pedro Miguel Barbosa	Individual	Veterano M40	03:37:12	+55:46	07:14
21	1287	Ricardo	Individual	Veterano M40	03:38:06	+56:40	07:16
22	1281	Nuno Meneses	Individual	Veterano M40	03:40:19	+58:53	07:21
23	1293	Saavedra Duarte	Individual	Veterano M40	03:40:48	+59:22	07:22
24	1406	José Costa	ORALKLASS-AMIGOS DO TRAIL	Veterano M40	03:40:50	+59:23	07:22
25	1397	Nuno Paredinha	Olimpico Vianense Trail	Veterano M40	03:40:56	+59:30	07:22
26	1044	Miguel Soares	ARCA BarceloS runners	Veterano M40	03:41:23	+59:57	07:23
27	1343	JOSE BIZARRO	INIJOVEM - NISA	Veterano M40	03:43:02	+01:01:36	07:26
28	1434	Mário Costa	ProFisio eupago Team	Veterano M40	03:43:17	+01:01:51	07:27
29	1269	Fernando Augusto	Individual	Veterano M40	03:43:34	+01:02:07	07:27
30	1380	Leandro Pacheco	Monte Dos Amigos	Veterano M40	03:44:42	+01:03:16	07:29
31	1148	Marcio Manuel de Queiros Teixeira	Fridão Sem Limites	Veterano M40	03:45:33	+01:04:07	07:31
32	1268	Estevao Gonçalves	Individual	Veterano M40	03:45:35	+01:04:09	07:31
33	1260	André Mesquita Guimarães	Individual	Veterano M40	03:47:50	+01:06:24	07:36
34	1043	Luís Neco	ARCA BarceloS runners	Veterano M40	03:48:51	+01:07:25	07:38
35	1066	Ricardo Sampaio	Brabus Runners	Veterano M40	03:48:55	+01:07:29	07:38
36	239	Rui Fernandes	Monsanto Running Team	Veterano M40	03:51:07	+01:09:40	07:42
37	1098	Miguel Cruz	Clube Efacec	Veterano M40	03:51:29	+01:10:03	07:43
38	1139	Carlos Azevedo	ejali...clube de amigos trailrunners	Veterano M40	03:51:32	+01:10:06	07:43

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39	1283	Pedro Lopes	Individual	Veterano M40	03:53:31	+01:12:05	07:47
40	1456	Ricardo Mota	Sri Chinmoy Marathon Team	Veterano M40	03:54:16	+01:12:50	07:49
41	1140	Filipe Escobar	Equipa A	Veterano M40	03:55:27	+01:14:01	07:51
42	1258	Adelio Valente	Individual	Veterano M40	03:55:37	+01:14:11	07:51
43	1410	Adelino Pinheiro	Os lobos trail btt da frente	Veterano M40	03:55:37	+01:14:11	07:51
44	1297	VITOR CANCELA	Individual	Veterano M40	03:56:33	+01:15:07	07:53
45	1487	João Ricardo	Vimarunners	Veterano M40	03:57:26	+01:16:00	07:55
46	2634	Carlos Miranda	SC ESPINHO - ATLETISMO / ANTÓNIO LEITÃO	Veterano M40	03:59:59	+01:18:32	08:00
47	1277	Marco Cunha	Individual	Veterano M40	04:01:49	+01:20:23	08:04
48	1355	Helder Gomes	KeMedo Team	Veterano M40	04:02:47	+01:21:21	08:06
49	1262	António Pinto	Individual	Veterano M40	04:03:28	+01:22:02	08:07
50	1388	Filipe Almeida	NTrihos	Veterano M40	04:03:47	+01:22:21	08:08
51	1295	Sérgio Sá	Individual	Veterano M40	04:06:06	+01:24:40	08:12
52	1174	Hugo Alexandre Palmeira Moreira	Gtt-armazém do caffè	Veterano M40	04:06:29	+01:25:02	08:13
53	1279	Mário Oliveira	Individual	Veterano M40	04:07:09	+01:25:43	08:14
54	1271	Joaquim José da Silva Oliveira	Individual	Veterano M40	04:07:40	+01:26:14	08:15
55	1288	Ricardo Ferreira	Individual	Veterano M40	04:08:05	+01:26:39	08:16
56	1273	José Ferreira Costa	Individual	Veterano M40	04:09:14	+01:27:48	08:18
57	1469	Luís Pereira	Team lanternil	Veterano M40	04:10:16	+01:28:50	08:21
58	1289	Rúben Alves	Individual	Veterano M40	04:10:31	+01:29:05	08:21
59	1267	Eliseu Manuel Conforme Leite	Individual	Veterano M40	04:12:22	+01:30:56	08:25
60	1171	Artur Bonfim	Gtt-armazém do caffè	Veterano M40	04:12:30	+01:31:04	08:25
61	1396	Hugo Paço	Olimpico Vianense Trail	Veterano M40	04:13:26	+01:32:00	08:27
62	1257	Abel Correia	Individual	Veterano M40	04:14:23	+01:32:57	08:29
63	1284	Pedro Mario Batista Lopes 0	Individual	Veterano M40	04:15:00	+01:33:34	08:30
64	1097	Helder José da rocha Oliveira	Clube efacec	Veterano M40	04:15:20	+01:33:54	08:31
65	1489	Jorge	TOG Associação Running Team	Veterano M40	04:16:52	+01:35:26	08:34
66	1105	Ricardo João Caria Pinheiro	Clube Portugal Telecom Zona Norte	Veterano M40	04:17:03	+01:35:37	08:34
67	1368	Marco Afonso	Melgaço Alvarinho Trail Team	Veterano M40	04:18:23	+01:36:57	08:37
68	1286	Pedro Santos	Individual	Veterano M40	04:19:13	+01:37:47	08:38
69	1081	Quim Araújo	Cerveira Team Running	Veterano M40	04:20:25	+01:38:59	08:41
70	1173	Francisco Lemos	Gtt-armazém do caffè	Veterano M40	04:22:09	+01:40:43	08:44
71	1452	Rubens Soares	Sportarc.Running	Veterano M40	04:24:37	+01:43:11	08:49
72	1294	Sérgio Castro da Costa	Individual	Veterano M40	04:25:27	+01:44:01	08:51
73	1172	Dimitri Matos	Gtt-armazém do caffè	Veterano M40	04:27:06	+01:45:40	08:54
74	1408	Rui Teixeira	os amigos	Veterano M40	04:35:13	+01:53:47	09:10
75	1261	António Jorge Gomes Rodrigues Santos	Individual	Veterano M40	04:38:22	+01:56:56	09:17
76	1185	JOSE AFONSO	HSANTAMARIART	Veterano M40	04:38:45	+01:57:19	09:18
77	1369	Miguel Gonçalves	Melgaço Alvarinho Trail Team	Veterano M40	04:42:28	+02:01:02	09:25
78	1265	Bruno Silva	Individual	Veterano M40	04:42:43	+02:01:17	09:25
79	1019	Marco Nunes	A.D.Amarante	Veterano M40	04:43:54	+02:02:28	09:28
80	1291	Rui Miguel Aguiar Rodrigues	Individual	Veterano M40	04:44:24	+02:02:58	09:29
81	1278	Marco Mendes	Individual	Veterano M40	04:50:42	+02:09:16	09:41
82	1054	Nuno Botelho	ATR-Algarve Trail Running	Veterano M40	04:52:22	+02:10:56	09:45

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Trail Longo

30 KM

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83	1381	José Cardoso	Mss Contabilidade Trail Team	Veterano M40	04:52:47	+02:11:21	09:46
84	1053	Cristiano Malhão	Atletismo Clube da Tocha	Veterano M40	04:53:10	+02:11:44	09:46
85	1418	Celso Fernandes	Papamilhas	Veterano M40	04:53:43	+02:12:17	09:47
86	1175	Manuel Pinto	Gtt-armazém do caffè	Veterano M40	04:59:00	+02:17:34	09:58
87	1072	Diogo Barros	CB RUN	Veterano M40	05:00:12	+02:18:46	10:00
88	1275	Luis Manuel Ferreira Meireles Brandão Queirós	Individual	Veterano M40	05:03:08	+02:21:42	10:06
89	1345	Paulo Jorge Ferreira Ribeiro	Invicta Runners Team	Veterano M40	05:07:36	+02:26:10	10:15
90	1211	Paulo Pereira	Individual	Veterano M40	05:13:27	+02:32:01	10:27
91	1157	Miguel costa	gansos	Veterano M40	05:13:49	+02:32:23	10:28
92	1290	Rui Fermento	Individual	Veterano M40	05:21:20	+02:39:54	10:43
93	1263	Artur Fonseca	Individual	Veterano M40	05:21:52	+02:40:26	10:44
94	1470	Sérgio Bastos	Team Lantemil	Veterano M40	05:28:10	+02:46:44	10:56

Veterano M45

1	1152	Carlos Monteiro	Futebol Clube de Vizela	Veterano M45	02:51:25	+09:59	05:43
2	1065	Fernando Alvarez Garcia	BOAVISTA TRAIL	Veterano M45	03:00:55	+19:28	06:02
3	1122	Abilio Martins	Dá-lhe Gás running team Fisioduo	Veterano M45	03:25:09	+43:43	06:50
4	1068	Joaquim Silva	Capital Douro	Veterano M45	03:28:22	+46:56	06:57
5	1431	RENATO OLIVEIRA	PORTOCARGO RUNNERS	Veterano M45	03:29:15	+47:48	06:59
6	1108	José Duarte	Coronado runners	Veterano M45	03:29:32	+48:05	06:59
7	1075	Paulo Jorge da Costa Carvalho	CDMrunning	Veterano M45	03:30:06	+48:39	07:00
8	1301	Alfredo da Silva Moreira	Individual	Veterano M45	03:32:45	+51:19	07:06
9	1309	Miguel Sá	Individual	Veterano M45	03:33:53	+52:27	07:08
10	1020	José Teixeira	A.D.Amarante	Veterano M45	03:37:42	+56:16	07:15
11	1356	Ricardo Pimenta	KER SPORT TRAIL RUNNING	Veterano M45	03:40:13	+58:47	07:20
12	1454	Luis Carlos Silva Teixeira	Sportarc.Running	Veterano M45	03:44:54	+01:03:28	07:30
13	1126	Jose Lopes	Dive into the mountains	Veterano M45	03:47:49	+01:06:23	07:36
14	1435	Raul Silva	Profisio eupago Team	Veterano M45	03:48:04	+01:06:38	07:36
15	1370	Nuno Nabeiro	Melgaço Alvarinho Trail Team	Veterano M45	03:50:42	+01:09:16	07:41
16	1111	Paulo Pelicano	Crocodilos	Veterano M45	03:51:40	+01:10:14	07:43
17	1481	Miguel Araújo	Trail me	Veterano M45	03:52:00	+01:10:33	07:44
18	1453	Jose Teixeira	Sportarc.Running	Veterano M45	03:55:43	+01:14:16	07:51
19	1425	Hélio D. Silva	Phoenix-Evorum	Veterano M45	03:57:40	+01:16:14	07:55
20	1316	SERGIO DE ARAUJO CAMPOS	Individual	Veterano M45	03:57:49	+01:16:23	07:56
21	1106	Marco Vieira	Clube Zupper	Veterano M45	03:59:09	+01:17:43	07:58
22	1021	Virgílio Pinhel	A.D.Amarante	Veterano M45	03:59:57	+01:18:31	08:00
23	1029	Jorge Ribeiro	Afrikarunners	Veterano M45	04:01:44	+01:20:18	08:03
24	1310	Nuno Carvalho	Individual	Veterano M45	04:06:05	+01:24:39	08:12
25	1176	Luis Lucas	Gtt-armazém do caffe	Veterano M45	04:06:29	+01:25:03	08:13
26	1169	Luís Monteiro	Grupo Desportivo Limpeza Urbana	Veterano M45	04:08:19	+01:26:53	08:17
27	1303	David Ribeiro	Individual	Veterano M45	04:09:16	+01:27:49	08:19
28	1311	Paulo Ribeiro	Individual	Veterano M45	04:11:22	+01:29:56	08:23
29	1315	Rui Martins	Individual	Veterano M45	04:11:57	+01:30:31	08:24
30	1313	Ricardo Rodrigues	Individual	Veterano M45	04:12:28	+01:31:02	08:25

Trail Longo

30 KM

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OFFICIAL RESULT

31	1488	Cesar Martins	Individual	Veterano M45	04:12:31	+01:31:05	08:25
32	1153	Rui Oliveira	Gaia Trail	Veterano M45	04:20:40	+01:39:14	08:41
33	1439	Paulo Marques	Sai do sofá- amigos a correr	Veterano M45	04:20:43	+01:39:17	08:41
34	1344	Pedro Valente	INIJOVEM - NISA	Veterano M45	04:22:59	+01:41:33	08:46
35	1460	António Reis	TAYLORS	Veterano M45	04:27:18	+01:45:52	08:55
36	1030	Ricardo Bailao	Afrikanrunners	Veterano M45	04:31:41	+01:50:15	09:03
37	1107	Vitor Manuel Moreira Viana	Clube Zupper	Veterano M45	04:35:21	+01:53:55	09:11
38	1307	João Ferreira	Individual	Veterano M45	04:36:19	+01:54:53	09:13
39	1186	PAULO FREITAS	HSANTAMARIART	Veterano M45	04:38:46	+01:57:19	09:18
40	1158	Alcino tavares	gansos	Veterano M45	04:40:55	+01:59:29	09:22
41	1302	António Gaspar Vieira Moreira	Individual	Veterano M45	04:43:24	+02:01:58	09:27
42	1314	Ricardo Silva	Individual	Veterano M45	04:45:46	+02:04:20	09:32
43	1032	Adelino Aires	Alexandra Carvalho Team	Veterano M45	04:48:03	+02:06:37	09:36
44	1135	José Alcobia	EDV-Viana Trail	Veterano M45	04:49:01	+02:07:35	09:38
45	1306	Hugo Ribeiro	Individual	Veterano M45	04:52:56	+02:11:30	09:46
46	1409	João Couto	Os Finos	Veterano M45	04:53:00	+02:11:34	09:46
47	1074	Adelino Silva	Ccd Siemens	Veterano M45	04:59:16	+02:17:50	09:59
48	1451	Elisio Brandão	Sportarc.Running	Veterano M45	05:02:43	+02:21:17	10:05
49	1163	LUIS ALMEIDA	Ginásio Fit4Fun	Veterano M45	05:05:32	+02:24:06	10:11
50	1304	Dinis Martins	Individual	Veterano M45	05:10:32	+02:29:06	10:21
51	1167	António Madureira	Grupo Desportivo Limpeza Urbana	Veterano M45	05:13:29	+02:32:03	10:27
52	1308	Jose Moreira	Individual	Veterano M45	05:16:46	+02:35:20	10:34
53	1100	Mário Jorge Ferreira	Clube Efacec	Veterano M45	05:29:32	+02:48:06	10:59
54	1300	Alexandre Monteiro	Individual	Veterano M45	05:31:15	+02:49:49	11:03
55	1299	Agostinho Pacheco	Individual	Veterano M45	05:45:45	+03:04:19	11:32
56	1317	Vitor Fonseca	Individual	Veterano M45	05:56:00	+03:14:34	11:52
57	1298	Abílio Silva	Individual	Veterano M45	06:13:14	+03:31:47	12:26

Veterano M50

1	1039	Jorge Manuel Barbosa Moreira	Amigos do Pedal Trailagares	Veterano M50	03:27:42	+46:16	06:55
2	1350	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	03:31:56	+50:30	07:04
3	1336	Paulo Melo	Individual	Veterano M50	03:33:17	+51:51	07:07
4	1103	FRANCISCO ANTONIO DIAS NOGUEIRA	Clube Millenniumbcp	Veterano M50	03:41:37	+01:00:11	07:23
5	1319	António Baptista	Individual	Veterano M50	03:44:11	+01:02:45	07:28
6	1332	Paulo Ferreira	Individual	Veterano M50	03:44:32	+01:03:05	07:29
7	1333	Paulo Jorge Rodrigues oliveira	Individual	Veterano M50	03:46:36	+01:05:10	07:33
8	1334	Paulo Manuel Costa	Individual	Veterano M50	03:47:20	+01:05:54	07:35
9	1046	José Carlos Cardoso	ARCA BarceloS runners	Veterano M50	03:51:15	+01:09:48	07:43
10	1398	João Passos	Olimpico Vianense Trail	Veterano M50	03:53:16	+01:11:49	07:47
11	1399	Paulo Francisco	Olimpico Vianense Trail	Veterano M50	03:54:08	+01:12:42	07:48
12	1025	Amadeu Cardoso Peixoto	AD Pedome	Veterano M50	03:56:33	+01:15:07	07:53
13	1330	Manu Cruz	Individual	Veterano M50	03:57:25	+01:15:59	07:55
14	1323	Henrique Santos	Individual	Veterano M50	04:00:53	+01:19:27	08:02
15	1318	Alexandre Costa	Individual	Veterano M50	04:01:23	+01:19:57	08:03

Trail Longo

30 KM

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OFFICIAL RESULT

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16	1337	Pedro Barbosa	Individual	Veterano M50	04:03:44	+01:22:18	08:07
17	1188	Manuel Alves	ICARUS RUNNING TEAM	Veterano M50	04:04:00	+01:22:34	08:08
18	1371	Miguel Rodrigues	Miguel Rodrigues	Veterano M50	04:07:36	+01:26:10	08:15
19	1109	Orlando Costa	CORRER LEÇA	Veterano M50	04:12:33	+01:31:07	08:25
20	1335	Paulo Martins	Individual	Veterano M50	04:16:44	+01:35:18	08:33
21	1320	Duarte Paulo Ribeiro	Individual	Veterano M50	04:16:45	+01:35:19	08:34
22	1329	Lutz Welling	Individual	Veterano M50	04:16:45	+01:35:19	08:34
23	1324	João Couto	Individual	Veterano M50	04:20:35	+01:39:09	08:41
24	1045	Firmino Silva	ARCA BarceloS runners	Veterano M50	04:20:49	+01:39:23	08:42
25	1429	Rui Russo dos Santos	Porto Runners	Veterano M50	04:20:53	+01:39:27	08:42
26	1322	Fernando Santos	Individual	Veterano M50	04:22:09	+01:40:43	08:44
27	1326	Joaquim Caeiro	Individual	Veterano M50	04:32:05	+01:50:39	09:04
28	1327	José Gaspar Fernandes	Individual	Veterano M50	04:38:42	+01:57:16	09:17
29	1331	Paulo Genésio	Individual	Veterano M50	04:45:13	+02:03:47	09:30
30	1328	Jose Sousa	Individual	Veterano M50	05:01:28	+02:20:02	10:03
31	1168	Vitor Máximo	Grupo Desportivo Limpeza Urbana	Veterano M50	05:13:41	+02:32:15	10:27
32	1104	RICARDO JOSE MACHADO CABRAL BEIRAO	Clube Millenniumbcp	Veterano M50	05:29:32	+02:48:06	10:59

Veterano M55

1	1037	Carlos Pedrinhas	Amigos da Montanha	Veterano M55	03:42:09	+01:00:42	07:24
2	1379	Renato Barros	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M55	04:03:52	+01:22:26	08:08
3	1338	MARIO RUI LEITE COSTA	Individual	Veterano M55	04:10:29	+01:29:03	08:21
4	1339	ruí pereira	Individual	Veterano M55	04:19:49	+01:38:23	08:40
5	1085	Manuel Julio	CLAC Entroncamento/OndaTrilhos	Veterano M55	04:59:28	+02:18:02	09:59
6	1340	Valdemar Almeida	Individual	Veterano M55	05:07:41	+02:26:15	10:15
7	1427	Francisco Madeira	Pickle Films	Veterano M55	05:25:33	+02:44:07	10:51

Veterano M60

1	1455	Carlos Alberto Ferreira	Sportarc.Running	Veterano M60	04:09:03	+01:27:37	08:18
2	1352	Agostinho da Silva Neves	Juventude Desportiva de Gondomar	Veterano M60	04:27:27	+01:46:01	08:55
3	1022	João Gil	A.D.Amarante	Veterano M60	04:41:42	+02:00:16	09:23
4	1428	Antonio Madeira	Pickle Films	Veterano M60	04:45:37	+02:04:11	09:31

COLETIVO - TRAIL LONGO

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	ORALKLASS-AMIGOS DO TRAIL	1 + 9 + 12	22
2	TEAM TRAIL BIFASE	2 + 15 + 21	38
3	DÁ-LHE GÁS RUNNING TEAM FISIODUO	4 + 22 + 24	50
4	BOAVISTA TRAIL	11 + 19 + 30	60
5	SIM SUMMIT	8 + 29 + 49	86
6	CLUBE ATLETISMO FAFE	7 + 45 + 46	98
7	EDV-VIANA TRAIL	6 + 16 + 115	137
8	OLIMPICO VIANENSE TRAIL	17 + 34 + 92	143
9	A.D.AMARANTE	37 + 51 + 82	170
10	ARCA BARCELOS RUNNERS	35 + 95 + 113	243
11	CLUBE EFACEC	60 + 96 + 97	253
12	FRIDÃO SEM LIMITES	39 + 129 + 159	327
13	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	64 + 70 + 207	341
14	INIJOVEM - NISA	112 + 118 + 126	356
15	NTRILHOS	58 + 93 + 205	356
16	TAYLORS	32 + 83 + 288	403
17	OS SANTA APOLÓNIA	122 + 123 + 167	412
18	SPORTARC.RUNNING	120 + 128 + 171	419
19	PROFISIO EUPAGO TEAM	119 + 139 + 188	446
20	PHOENIX-EVORUN	147 + 178 + 228	553
21	EJALI...CLUBE DE AMIGOS TRAILRUNNERS	94 + 153 + 345	592
22	GTT-ARMAZÉM DO CAFFE	213 + 214 + 239	666
23	MELGAÇO ALVARINHO TRAIL TEAM	148 + 263 + 324	735
24	TEAM LANTEMIL	225 + 244 + 330	799
25	PICKLE FILMS	87 + 338 + 397	822
26	TROGLODITAS RUNNERS	158 + 254 + 410	822
27	CLAC ENTRONCAMENTO/ONDATRILHOS	255 + 281 + 362	898
28	AMIGOS DA MONTANHA	116 + 393 + 408	917
29	CLUBE MILLENNIUMBGP	114 + 402 + 404	920
30	HSANTAMARIART	315 + 316 + 317	948
31	CERVEIRA TEAM RUNNING	266 + 318 + 396	980
32	GRUPO DESPORTIVO LIMPEZA URBANA	219 + 383 + 385	987
33	LION RUNNERS - G. D. LEÕES DA GUARDA	297 + 373 + 376	1046
34	CB RUN	357 + 363 + 369	1089
35	GANSOS	319 + 386 + 407	1112
36	LOS MANOS	398 + 399 + 400	1197