Amarante Christmas Trail
Amarante
20-December-2015

TRAIL LONGO - STAGE 1 — 28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:15	-99ºC	-99%
End	15:08	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	289	Bruno gazela	satecnosol outdoor	Senior Masculino	02:27:36		05:16
2	292	Pedro Alberto da Costa Sousa	satecnosol outdoor	Senior Masculino	02:27:54	+00:18	05:17
3	288	Bruno Coelho	satecnosol outdoor	Senior Masculino	02:29:39	+02:03	05:21
4	291	Leonel Rodrigues da Cunha	satecnosol outdoor	Senior Masculino	02:30:16	+02:40	05:22
5	69	André Guedes	dr. merino / nutrifit	Veterano M40	02:35:01	+07:25	05:32
6	79	Nuno Fernandes	fafe runners	Senior Masculino	02:36:21	+08:45	05:35
7	31	Bruno Silva	amigos da montanha	Senior Masculino	02:41:20	+13:44	05:46
8	104	Ricardo Miranda	gtt - armazém do caffé	Senior Masculino	02:44:49	+17:13	05:53
9	3	Nuno Silva	berg outdoor	Senior Masculino	02:47:24	+19:48	05:59
10	35	João Paulo Gonçalves	amigos da montanha	Veterano M40	02:47:24	+19:48	05:59
11	315	Sérgio Manuel Moreira Duarte	team duas faces	Senior Masculino	02:48:06	+20:30	06:00
12	33	Nuno Soares	amigos da montanha	Senior Masculino	02:48:23	+20:47	06:01
13	68	Luis Letra	dr. merino / nutrifit	Senior Masculino	02:48:47	+21:11	06:02
14	173	Paulo Oliveira	individual	Senior Masculino	02:49:22	+21:46	06:03
15	189	Vitor Oliveira	individual	Senior Masculino	02:51:04	+23:28	06:07
16	65	Bruno Santos	ctad - trilhos de cinfães	Senior Masculino	02:53:00	+25:24	06:11
17	20	Jose Luis Ferreira Pereira	a.d.amarante trail running	Senior Masculino	02:55:30	+27:54	06:16
18	2	Lucinda Sousa	gondomar futsal clube	Veterana F40	02:55:37	+28:01	06:16
19	75	Manuel Chantre	entre os montes	Veterano M40	02:55:38	+28:02	06:16
20	8	Carlos Peixoto	amigos da montanha	Veterano M40	02:55:59	+28:23	06:17
21	134	César Augusto Teixeira de Oliveira	individual	Senior Masculino	02:57:24	+29:48	06:20
22	137	David Ferreira	dr. merino / nutrifit	Senior Masculino	02:58:56	+31:20	06:23
23	90	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	02:59:35	+31:59	06:25
24	29	Manuel Barbosa	amigo	Veterano M40	02:59:41	+32:05	06:25
25	269	Marco Paulo Alves Brochado	os lobos do saibro	Senior Masculino	03:00:49	+33:13	06:27
26	244	Pedro Costa	kemedo team	Senior Masculino	03:01:11	+33:35	06:28
27	72	Pedro Ferreira	entre os montes	Senior Masculino	03:03:22	+35:46	06:33
28	15	ANDRE QUEIROS AMORIM	individual	Senior Masculino	03:05:20	+37:44	06:37
29	159	Lino Pinto	individual	Senior Masculino	03:06:31	+38:55	06:40
30	89	Ricardo Aires	fridão sem limites	Senior Masculino	03:06:32	+38:56	06:40
31	229	Nuno Paiva	individual	Veterano M40	03:06:46	+39:10	06:40
32	325	ANDRÉ CUNHA	vimarunners	Senior Masculino	03:06:48	+39:12	06:40
33	250	Mario Augusto Silva Soares	marão team	Veterano M40	03:07:34	+39:58	06:42
34	163	Luís Miguel Teixeira Leite Pereira	individual	Senior Masculino	03:07:40	+40:04	06:42
35	293	Tiago Pinheiro	satecnosol outdoor	Senior Masculino	03:07:47	+40:11	06:42
36	92	Manuel Pinheiro	fridão sem limites	Veterano M40	03:08:05	+40:29	06:43
37	91	Alfredo Pinheiro	fridão sem limites	Veterano M40	03:08:54	+41:18	06:45
38	80	Rui Fernandes	fafe runners	Senior Masculino	03:09:15	+41:39	06:46
39	21	Paula Barbosa	afs estofos auto	Senior Feminino	03:09:18	+41:42	06:46
40	272	Pedro Pratas	paredes aventura	Veterano M40	03:09:18	+41:42	06:46
41	209	Hélder Paulo Gonçalves Costa	individual	Veterano M40	03:10:07	+42:31	06:47
42	232	Paulo Ferreira	individual	Veterano M40	03:10:40	+43:04	06:49

TRAIL LONGO - STAGE 1 — 28 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	263	Rogerio Sousa	nocturnos de paredes	Senior Masculino	03:13:11	+45:35	06:54
44	255	Diogo João	multipower | gaia trail	Senior Masculino	03:14:08	+46:32	06:56
45	74	Luis Vieira	entre os montes	Veterano M40	03:14:23	+46:47	06:57
46	314	Rui Andrade	team duas faces	Veterano M40	03:14:36	+47:00	06:57
47	271	Jorge Barbosa	paredes aventura	Veterano M40	03:14:52	+47:16	06:58
48	84	Vasco Brito	fitness club braga	Senior Masculino	03:15:28	+47:52	06:59
49	308	Bruno Loureiro	team duas faces	Senior Masculino	03:15:28	+47:52	06:59
50	210	Henrique Faria	individual	Veterano M40	03:16:00	+48:24	07:00
51	212	Joaquim Gabriel da Cruz a Silva	individual	Veterano M40	03:16:58	+49:22	07:02
52	266	Adelino Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:17:44	+50:08	07:04
53	105	Sérgio Coelho	gtt - armazém do caffé	Senior Masculino	03:18:07	+50:31	07:05
54	260	Gonçalo Mota	nast	Veterano M40	03:18:07	+50:31	07:05
55	257	Fernando Carneiro	nast	Senior Masculino	03:18:07	+50:31	07:05
56	64	Romeu Pereira	crossfit vale do ave	Senior Masculino	03:18:56	+51:20	07:06
57	121	André Gonçalves	individual	Senior Masculino	03:19:26	+51:50	07:07
58	101	Elisabete Vieira	dr. merino / nutrifit	Senior Feminino	03:19:31	+51:55	07:08
59	141	Fernando Jorge da Costa Pereira	individual	Senior Masculino	03:19:41	+52:05	07:08
60	122	André Pereira Dias	individual	Senior Masculino	03:20:14	+52:38	07:09
61	200	Duarte Gil Ribeiro Barbosa	individual	Veterano M40	03:21:10	+53:34	07:11
62	236	Victor Carvalhais	individual	Veterano M40	03:21:17	+53:41	07:11
63	184	Tiago André Moreira Pereira	individual	Senior Masculino	03:21:17	+53:41	07:11
64	243	Filipe Pereira	kemedo team	Senior Masculino	03:21:59	+54:23	07:13
65	143	Flávio Miguel Silva Martins	individual	Senior Masculino	03:22:06	+54:30	07:13
66	261	Fernando Almeida	nocturnos de paredes	Senior Masculino	03:22:07	+54:31	07:13
67	36	Jorge Sousa	amigos da montanha	Veterano M40	03:22:26	+54:50	07:14
68	264	Gil Oliveira	o praticante/equipa larouco trail running vilar perdizes	Veterano M40	03:23:01	+55:25	07:15
69	94	Nélson Rodrigues	galhardos runners	Senior Masculino	03:23:41	+56:05	07:16
70	327	Daniel Fernandes	vimarunners	Senior Masculino	03:23:56	+56:20	07:17
71	24	VITOR DANIEL SILVA PINTO	amcf arrábida trail time	Senior Masculino	03:24:15	+56:39	07:18
72	279	HUGO LOBO	run4all	Senior Masculino	03:24:57	+57:21	07:19
73	258	HELDER FERNANDO VIEIRA AZEVEDO	nast	Senior Masculino	03:25:05	+57:29	07:19
74	205	Fernando Pinheiro Mendes	individual	Veterano M40	03:25:12	+57:36	07:20
75	171	Nuno Sousa	individual	Senior Masculino	03:26:01	+58:25	07:21
76	267	Paulo Fernando Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:27:12	+59:36	07:24
77	157	José Manuel Vidal	individual	Senior Masculino	03:27:30	+59:54	07:25
78	156	José Manuel Costa Pinto	individual	Senior Masculino	03:28:11	+01:00:35	07:26
79	39	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	03:29:21	+01:01:45	07:29
80	168	Nelson Silva	individual	Senior Masculino	03:30:16	+01:02:40	07:31
81	309	João Moutinho	team duas faces	Senior Masculino	03:30:40	+01:03:04	07:31
82	115	Estela Martins	individual	Senior Feminino	03:30:42	+01:03:06	07:31
83	275	virgilio Gomes Lopes Pinhel	pool team	Veterano M40	03:30:42	+01:03:06	07:31
84	67	Liliana Gomes	dr. merino / nutrifit	Senior Feminino	03:30:55	+01:03:19	07:32
85	196	Armando Fontão	individual	Veterano M40	03:31:05	+01:03:29	07:32

TRAIL LONGO - STAGE 1 — 28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	124	António Filipe Sousa Teixeira	individual	Senior Masculino	03:31:16	+01:03:40	07:33
87	218	José leite sousa	individual	Veterano M40	03:31:22	+01:03:46	07:33
88	148	Hugo Silva	individual	Senior Masculino	03:31:23	+01:03:47	07:33
89	78	João Vieira Mendes	fafe runners	Senior Masculino	03:31:26	+01:03:50	07:33
90	216	José Carvalhais	individual	Veterano M40	03:31:32	+01:03:56	07:33
91	329	Filipe Lages	vimarunners	Veterano M40	03:31:35	+01:03:59	07:33
92	145	Germano cardoso	individual	Senior Masculino	03:32:26	+01:04:50	07:35
93	252	Susana Costa Silva Costa	minho aventura	Senior Feminino	03:32:39	+01:05:03	07:36
94	135	Daniel Carvalho	individual	Senior Masculino	03:33:19	+01:05:43	07:37
95	34	Carlos Pedrinhas	amigos da montanha	Veterano M40	03:33:25	+01:05:49	07:37
96	183	Rui Manuel de Brito Machado	individual	Senior Masculino	03:34:27	+01:06:51	07:40
97	317	Elisabete Carvalho	trocopasso runners	Senior Feminino	03:34:48	+01:07:12	07:40
98	25	Fernando Vieira	amigo	Senior Masculino	03:34:50	+01:07:14	07:40
99	86	Vítor Barroso	fontainhas runners	Veterano M40	03:35:19	+01:07:43	07:41
100	85	Cláudio Taveira	fontainhas runners	Senior Masculino	03:35:19	+01:07:43	07:41
101	181	Ricardo Silveira	individual	Senior Masculino	03:35:23	+01:07:47	07:42
102	185	Tiago Cardoso	individual	Senior Masculino	03:35:29	+01:07:53	07:42
103	42	Vitor Castro	brabus runners	Senior Masculino	03:35:39	+01:08:03	07:42
104	312	Ricardo Dantas	team duas faces	Senior Masculino	03:36:15	+01:08:39	07:43
105	311	Pedro Santos	team duas faces	Senior Masculino	03:36:15	+01:08:39	07:43
106	93	Rui Manuel Ramos Costa	g.d.travassós	Senior Masculino	03:36:53	+01:09:17	07:45
107	70	Emidio Quinteira	entre os montes	Senior Masculino	03:38:04	+01:10:28	07:47
108	54	Nuno Mesquita	btt trilhos de penaguião	Senior Masculino	03:38:09	+01:10:33	07:47
109	223	LUIS MGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	03:38:35	+01:10:59	07:48
110	228	Nuno Oliveira e Silva	individual	Veterano M40	03:38:48	+01:11:12	07:49
111	248	Paulo Sérgio Guimarães Brochado	los manos	Veterano M40	03:39:02	+01:11:26	07:49
112	326	Bruno Fernandes	vimarunners	Senior Masculino	03:39:21	+01:11:45	07:50
113	330	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:39:21	+01:11:45	07:50
114	132	Carlos Jorge Marques Ribeiro	individual	Senior Masculino	03:39:24	+01:11:48	07:50
115	324	Luis Leça	trocopasso runners	Veterano M40	03:39:30	+01:11:54	07:50
116	161	Luis filipe salgado teixeira	individual	Senior Masculino	03:39:41	+01:12:05	07:51
117	41	Alexandre Moreira	bodystation runners pro	Veterano M40	03:39:57	+01:12:21	07:51
118	76	Francisco Aragão	eu+ ginásio | lma	Senior Masculino	03:40:00	+01:12:24	07:51
119	202	FAUSTO NEVES	individual	Veterano M40	03:40:57	+01:13:21	07:53
120	182	Ricardo Sousa	individual	Senior Masculino	03:41:11	+01:13:35	07:54
121	170	Nuno Lopes	individual	Senior Masculino	03:41:22	+01:13:46	07:54
122	251	Vitor Daniel Pinto da Cunha	marão team	Veterano M40	03:41:38	+01:14:02	07:55
123	215	José Barros	individual	Veterano M40	03:41:48	+01:14:12	07:55
124	38	JOSÉ SOUSA	associação de atletismo lebres do sado	Veterano M40	03:41:53	+01:14:17	07:55
125	319	Filipe Silva	trocopasso runners	Senior Masculino	03:42:40	+01:15:04	07:57
126	231	Paulo Brás	individual	Veterano M40	03:43:01	+01:15:25	07:58
127	60	PAULO PELICANO	corridas de pernas pro ar	Veterano M40	03:43:14	+01:15:38	07:58
128	176	Pedro Seabra	individual	Senior Masculino	03:43:14	+01:15:38	07:58
129	103	Pedro Costa	gtt - armazém do caffé	Senior Masculino	03:43:16	+01:15:40	07:58
130	73	José Neto	entre os montes	Veterano M40	03:43:42	+01:16:06	07:59

TRAIL LONGO - STAGE 1 — 28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	113	Cristiana Esteves	individual	Senior Feminino	03:44:17	+01:16:41	08:01
132	99	Flor Madureira	grupo desportivo leoes de veneza	Veterana F40	03:44:21	+01:16:45	08:01
133	253	Fernanda Pinho	moreira relax runners	Veterana F40	03:44:27	+01:16:51	08:01
134	245	Alexandre Lourenço	kipsta boys	Senior Masculino	03:44:32	+01:16:56	08:01
135	194	Afonso Sousa Cardoso	individual	Veterano M40	03:45:08	+01:17:32	08:02
136	142	Filipe Cardoso	individual	Senior Masculino	03:45:37	+01:18:01	08:03
137	268	filipe ricardo pinto ferreira	os lobos do saibro	Senior Masculino	03:45:40	+01:18:04	08:04
138	211	Humberto Fontes	individual	Veterano M40	03:45:47	+01:18:11	08:04
139	187	Tomé pinto	individual	Senior Masculino	03:46:32	+01:18:56	08:05
140	235	Pedro Meneses	individual	Veterano M40	03:46:32	+01:18:56	08:05
141	4	Ester Alves	individual	Senior Feminino	03:46:34	+01:18:58	08:06
142	87	António Alves	fridão sem limites	Senior Masculino	03:47:11	+01:19:35	08:07
143	270	Helder Silva	papakms	Veterano M40	03:47:12	+01:19:36	08:07
144	37	Nélson Silva	amigos das sapatilhas	Senior Masculino	03:47:23	+01:19:47	08:07
145	22	Joaquim costa	amarante running team	Veterano M40	03:47:45	+01:20:09	08:08
146	23	Jose Manuel Machado teixeira	amarante running team	Veterano M40	03:47:45	+01:20:09	08:08
147	304	Joao Cardoso	ss montepio	Veterano M40	03:47:45	+01:20:09	08:08
148	328	Rui Miguel Gonçalves Almeida	vimarunners	Senior Masculino	03:48:27	+01:20:51	08:10
149	285	RUI REBELO	run4all	Senior Masculino	03:48:49	+01:21:13	08:10
150	295	Emanuel Almeida	ss montepio	Senior Masculino	03:49:34	+01:21:58	08:12
151	149	João Paulo Serôdio	individual	Senior Masculino	03:50:24	+01:22:48	08:14
152	136	Daniel Santos	individual	Senior Masculino	03:50:29	+01:22:53	08:14
153	53	João Cristovam	btt trilhos de penaguião	Senior Masculino	03:51:21	+01:23:45	08:16
154	120	Andre Brochado	individual	Senior Masculino	03:52:04	+01:24:28	08:17
155	249	Manuel Teixeira	lusos xxi	Senior Masculino	03:53:07	+01:25:31	08:20
156	207	Frank Domingues	individual	Veterano M40	03:53:12	+01:25:36	08:20
157	167	Marco Paulo Ribeiro Nunes	individual	Senior Masculino	03:54:00	+01:26:24	08:21
158	225	Luiz Francisco	individual	Veterano M40	03:54:08	+01:26:32	08:22
159	130	Bruno Filipe Ribeiro Ferreira	individual	Senior Masculino	03:54:34	+01:26:58	08:23
160	174	pedro alexandre silva	individual	Senior Masculino	03:54:44	+01:27:08	08:23
161	82	Fernando Jorge Oliveira	ffit gaia trail	Veterano M40	03:55:01	+01:27:25	08:24
162	262	Jose Correia	nocturnos de paredes	Senior Masculino	03:55:48	+01:28:12	08:25
163	106	Rui Manuel Conde Franco	gtt - armazém do caffé	Veterano M40	03:55:59	+01:28:23	08:26
164	217	Jose Henrique Moutinho Pereira de Barros	individual	Veterano M40	03:57:10	+01:29:34	08:28
165	144	Frederico Pinto	individual	Senior Masculino	03:57:19	+01:29:43	08:29
166	265	Miguel Duarte	o praticante/equipa larouco trail running vilar perdizes	Veterano M40	03:58:00	+01:30:24	08:30
167	133	Carlos pinheiro	individual	Senior Masculino	03:58:06	+01:30:30	08:30
168	180	Ricardo Pinheiro	individual	Senior Masculino	03:58:06	+01:30:30	08:30
169	102	Hugo Edgar Macedo Peixoto Pereira	gtt - armazém do caffé	Senior Masculino	03:58:13	+01:30:37	08:30
170	57	Hélder José de Abreu Vitorino Ribeiro	clube desportivo escola do porto da cruz	Senior Masculino	03:58:34	+01:30:58	08:31
171	150	Jorge Borges	individual	Senior Masculino	03:59:27	+01:31:51	08:33
172	128	Artur Reis	individual	Senior Masculino	04:00:45	+01:33:09	08:36
173	233	Paulo Jorge da Silva Seabra	individual	Veterano M40	04:00:46	+01:33:10	08:36

TRAIL LONGO - STAGE 1 — 28 KM

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
174	208	Gualter R. S. Peixoto	moure trail running	Veterano M40	04:01:09	+01:33:33	08:37
175	287	Diogo Santa	santasrunning	Senior Masculino	04:01:31	+01:33:55	08:38
176	286	Claudio Santa	santasrunning	Senior Masculino	04:01:33	+01:33:57	08:38
177	198	Cândido Silva	individual	Veterano M40	04:01:41	+01:34:05	08:38
178	96	Conceiçao Ferreira	ginasio fit4fun	Veterana F40	04:03:02	+01:35:26	08:41
179	316	Ricardo Sousa	transpousada trail team	Senior Masculino	04:03:37	+01:36:01	08:42
180	88	Filipe Pinheiro	fridão sem limites	Senior Masculino	04:03:55	+01:36:19	08:43
181	273	Paulo Ferreira	ponto zen	Senior Masculino	04:05:23	+01:37:47	08:46
182	227	Nuno Castro	individual	Veterano M40	04:06:37	+01:39:01	08:48
183	117	Luísa Rodrigues	individual	Senior Feminino	04:06:48	+01:39:12	08:49
184	259	ANA CAROLINA LOPES FERREIRA	nast	Veterana F40	04:07:08	+01:39:32	08:50
185	52	Claudio Torres	btt trilhos de penaguião	Senior Masculino	04:07:27	+01:39:51	08:50
186	28	Armando Ribeiro	amigo	Veterano M40	04:08:04	+01:40:28	08:52
187	26	Nelson Nascimento	amigo	Senior Masculino	04:08:04	+01:40:28	08:52
188	97	Durbalino Ferreira	ginasio fit4fun	Veterano M40	04:08:14	+01:40:38	08:52
189	139	Eugenio Afonso Oliveira Goncalves	individual	Senior Masculino	04:09:21	+01:41:45	08:54
190	111	Adelaide Cunha de Sousa	individual	Senior Feminino	04:10:20	+01:42:44	08:56
191	177	Pereira Nuno	individual	Senior Masculino	04:11:01	+01:43:25	08:58
192	247	José Pedro Teixeira Duarte	los manos	Senior Masculino	04:11:01	+01:43:25	08:58
193	169	Nuno de Oliveira	individual	Senior Masculino	04:12:09	+01:44:33	09:00
194	158	José Ricardo Ramalho Sousa	individual	Senior Masculino	04:12:58	+01:45:22	09:02
195	95	Rui Viegas	galhardos runners	Senior Masculino	04:13:02	+01:45:26	09:02
196	213	Joaquim manuel carvalho silva	individual	Veterano M40	04:13:41	+01:46:05	09:04
197	190	Henrique Marques	individual	Veterana F40	04:14:00	+01:46:24	09:04
198	13	Ricardo Manuel Monteiro Teixeira	individual	Senior Masculino	04:15:59	+01:48:23	09:09
199	44	Nuno Miguel Barroso Fernandes	brigada do reumático!	Senior Masculino	04:15:59	+01:48:23	09:09
200	47	Victor Vital	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
201	48	Paulo António Silva Lourenço	brigada do reumático!	Veterano M40	04:16:00	+01:48:24	09:09
202	43	Alexandre Filipe correia Serafim	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
203	46	Sérgio Nuno Soares Alves	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
204	45	Rui Pedro Rodrigues Costa Fraga	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
205	165	Luis Teixeira	individual	Senior Masculino	04:16:15	+01:48:39	09:09
206	221	José Ribeiro	individual	Veterano M40	04:17:17	+01:49:41	09:11
207	320	José Almeida	trocopasso runners	Senior Masculino	04:18:39	+01:51:03	09:14
208	166	Marco Oliveira	individual	Senior Masculino	04:18:51	+01:51:15	09:15
209	77	Manuel Cunha Lima	experienciar - farmácia vila cova / centro recuperação daniel cardoso	Veterano M40	04:19:18	+01:51:42	09:16
210	204	Fernando Cunha	individual	Veterano M40	04:20:07	+01:52:31	09:17
211	175	Pedro Miguel Martins Faria	individual	Senior Masculino	04:20:28	+01:52:52	09:18
212	321	Carla Neves	trocopasso runners	Veterana F40	04:21:36	+01:54:00	09:21
213	116	Joana Azevedo	individual	Senior Feminino	04:23:03	+01:55:27	09:24
214	30	Diana Ribeiro	amigos da montanha	Senior Feminino	04:23:11	+01:55:35	09:24
215	32	Carlos Alberto Peixoto Soares	amigos da montanha	Senior Masculino	04:23:12	+01:55:36	09:24
216	219	Antonio José Machado Loureiro	individual	Veterano M40	04:24:42	+01:57:06	09:27
217	230	Paulo Alves	individual	Veterano M40	04:25:13	+01:57:37	09:28
218	81	António João da Rocha Machado	ffit gaia trail	Veterano M40	04:25:27	+01:57:51	09:29

TRAIL LONGO - STAGE 1 28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	222	Luis Fernando Martins	individual	Veterano M40	04:26:33	+01:58:57	09:31
220	100	FERNANDO ROCHA	grupo desportivo leoes de veneza	Veterano M40	04:28:02	+02:00:26	09:34
221	224	Luís Pedro Nogueira	individual	Veterano M40	04:28:13	+02:00:37	09:35
222	114	Elisabete Araújo	individual	Senior Feminino	04:28:13	+02:00:37	09:35
223	109	Filipe Dias	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
224	110	Floriano Freitas	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
225	108	Emanuel Freitas	gym pura forma lixa	Senior Masculino	04:29:31	+02:01:55	09:38
226	172	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	04:30:54	+02:03:18	09:40
227	129	Bernardino Ramos	individual	Senior Masculino	04:33:21	+02:05:45	09:46
228	56	Tiago Pinto	btt trilhos de penaguião	Senior Masculino	04:36:30	+02:08:54	09:53
229	199	Carlos Manuel Brás Alves	individual	Veterano M40	04:38:27	+02:10:51	09:57
230	195	Aníbal José Martins Felizardo	individual	Veterano M40	04:38:28	+02:10:52	09:57
231	203	Feliciano Ferreira	individual	Veterano M40	04:39:25	+02:11:49	09:59
232	125	Antonio Fonseca	individual	Senior Masculino	04:42:01	+02:14:25	10:04
233	206	Francisco Bartolomeu	individual	Veterano M40	04:42:03	+02:14:27	10:04
234	63	Helena Alexandra Sousa Ferreira	crossfit vale do ave	Senior Feminino	04:42:03	+02:14:27	10:04
235	307	António Pinheiro	team duas faces	Senior Masculino	04:45:17	+02:17:41	10:11
236	298	Nuno Bastos	ss montepio	Senior Masculino	04:47:29	+02:19:53	10:16
237	306	Ricardo Silva	ss montepio	Veterano M40	04:47:29	+02:19:53	10:16
238	118	rita pinto basto	individual	Senior Feminino	04:47:53	+02:20:17	10:17
239	123	Antides Figueiredo	individual	Senior Masculino	04:47:54	+02:20:18	10:17
240	191	Irene Monte	individual	Veterana F40	04:54:46	+02:27:10	10:32
241	246	Filipe Leite	kipsta boys	Senior Masculino	04:54:46	+02:27:10	10:32
242	152	José Carlos Fonseca	individual	Senior Masculino	04:55:59	+02:28:23	10:34
243	83	RUI SÁ	ffit gaia trail	Veterano M40	05:00:14	+02:32:38	10:43
244	50	Alvaro Vieira	btt trilhos de penaguião	Senior Masculino	05:05:48	+02:38:12	10:55
245	197	avelino teixeira	individual	Veterano M40	05:18:08	+02:50:32	11:22
246	112	Ana Luisa Xavier	individual	Senior Feminino	05:31:48	+03:04:12	11:51
247	234	Paulo Lorenzo Soares	individual	Veterano M40	05:31:48	+03:04:12	11:51
248	51	Carlos Gonçalves	btt trilhos de penaguião	Senior Masculino	05:53:26	+03:25:50	12:37
249	55	Paulo Guedes	btt trilhos de penaguião	Senior Masculino	05:53:26	+03:25:50	12:37

Amarante Christmas Trail
Amarante
20-December-2015

Trail Longo — 28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	09:15	-99ºC	-99%
End	15:08	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	21	Paula Barbosa	AFS Estofos Auto	Senior Feminino	03:09:18		06:46
2	101	Elisabete Vieira	Dr. Merino / Nutrifit	Senior Feminino	03:19:31	+10:13	07:08
3	115	Estela Martins	Individual	Senior Feminino	03:30:42	+21:24	07:31
4	67	Liliana Gomes	Dr. Merino / Nutrifit	Senior Feminino	03:30:55	+21:37	07:32
5	252	Susana Costa Silva Costa	MINHO AVENTURA	Senior Feminino	03:32:39	+23:21	07:36
6	317	Elisabete Carvalho	Trocopasso Runners	Senior Feminino	03:34:48	+25:30	07:40
7	113	Cristiana Esteves	Individual	Senior Feminino	03:44:17	+34:59	08:01
8	4	Ester Alves	Individual	Senior Feminino	03:46:34	+37:16	08:06
9	117	Luísa Rodrigues	Individual	Senior Feminino	04:06:48	+57:30	08:49
10	111	Adelaide Cunha de Sousa	Individual	Senior Feminino	04:10:20	+01:01:02	08:56
11	116	Joana Azevedo	Individual	Senior Feminino	04:23:03	+01:13:45	09:24
12	30	Diana Ribeiro	Amigos da Montanha	Senior Feminino	04:23:11	+01:13:53	09:24
13	114	Elisabete Araújo	Individual	Senior Feminino	04:28:13	+01:18:55	09:35
14	63	Helena Alexandra Sousa Ferreira	CrossFit Vale do Ave	Senior Feminino	04:42:03	+01:32:45	10:04
15	118	rita pinto basto	Individual	Senior Feminino	04:47:53	+01:38:35	10:17
16	112	Ana Luisa Xavier	Individual	Senior Feminino	05:31:48	+02:22:30	11:51

Senior Masculino

1	289	Bruno gazela	Satecnosol Outdoor	Senior Masculino	02:27:36		05:16
2	292	Pedro Alberto da Costa Sousa	Satecnosol Outdoor	Senior Masculino	02:27:54	+00:18	05:17
3	288	Bruno Coelho	Satecnosol Outdoor	Senior Masculino	02:29:39	+02:03	05:21
4	291	Leonel Rodrigues da Cunha	Satecnosol Outdoor	Senior Masculino	02:30:16	+02:40	05:22
5	79	Nuno Fernandes	Fafe Runners	Senior Masculino	02:36:21	+08:45	05:35
6	31	Bruno Silva	Amigos da Montanha	Senior Masculino	02:41:20	+13:44	05:46
7	104	Ricardo Miranda	GTT - Armazém do Caffé	Senior Masculino	02:44:49	+17:13	05:53
8	3	Nuno Silva	Berg Outdoor	Senior Masculino	02:47:24	+19:48	05:59
9	315	Sérgio Manuel Moreira Duarte	Team DUAS FACES	Senior Masculino	02:48:06	+20:30	06:00
10	33	Nuno Soares	Amigos da Montanha	Senior Masculino	02:48:23	+20:47	06:01
11	68	Luis Letra	Dr. Merino / Nutrifit	Senior Masculino	02:48:47	+21:11	06:02
12	173	Paulo Oliveira	Individual	Senior Masculino	02:49:22	+21:46	06:03
13	189	Vitor Oliveira	Individual	Senior Masculino	02:51:04	+23:28	06:07
14	65	Bruno Santos	CTAD - Trilhos de Cinfães	Senior Masculino	02:53:00	+25:24	06:11
15	20	Jose Luis Ferreira Pereira	A.D.Amarante trail running	Senior Masculino	02:55:30	+27:54	06:16
16	134	César Augusto Teixeira de Oliveira	Individual	Senior Masculino	02:57:24	+29:48	06:20
17	137	David Ferreira	Dr. Merino / Nutrifit	Senior Masculino	02:58:56	+31:20	06:23
18	90	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	02:59:35	+31:59	06:25
19	269	Marco Paulo Alves Brochado	Os Lobos do Saibro	Senior Masculino	03:00:49	+33:13	06:27
20	244	Pedro Costa	KeMedo Team	Senior Masculino	03:01:11	+33:35	06:28

Trail Longo

28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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21	72	Pedro Ferreira	Entre os Montes	Senior Masculino	03:03:22	+35:46	06:33
22	15	ANDRE QUEIROS AMORIM	Individual	Senior Masculino	03:05:20	+37:44	06:37
23	159	Lino Pinto	Individual	Senior Masculino	03:06:31	+38:55	06:40
24	89	Ricardo Aires	Fridão Sem Limites	Senior Masculino	03:06:32	+38:56	06:40
25	325	ANDRÉ CUNHA	vimarunners	Senior Masculino	03:06:48	+39:12	06:40
26	163	Luís Miguel Teixeira Leite Pereira	Individual	Senior Masculino	03:07:40	+40:04	06:42
27	293	Tiago Pinheiro	Satecnosol Outdoor	Senior Masculino	03:07:47	+40:11	06:42
28	80	Rui Fernandes	Fafe Runners	Senior Masculino	03:09:15	+41:39	06:46
29	263	Rogerio Sousa	Nocturnos de Paredes	Senior Masculino	03:13:11	+45:35	06:54
30	255	Diogo João	MULTIPOWER | GAIA TRAIL	Senior Masculino	03:14:08	+46:32	06:56
31	84	Vasco Brito	Fitness Club Braga	Senior Masculino	03:15:28	+47:52	06:59
32	308	Bruno Loureiro	Team DUAS FACES	Senior Masculino	03:15:28	+47:52	06:59
33	266	Adelino Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:17:44	+50:08	07:04
34	105	Sérgio Coelho	GTT - Armazém do Caffé	Senior Masculino	03:18:07	+50:31	07:05
35	257	Fernando Carneiro	NAST	Senior Masculino	03:18:07	+50:31	07:05
36	64	Romeu Pereira	CrossFit Vale do Ave	Senior Masculino	03:18:56	+51:20	07:06
37	121	André Gonçalves	Individual	Senior Masculino	03:19:26	+51:50	07:07
38	141	Fernando Jorge da Costa Pereira	Individual	Senior Masculino	03:19:41	+52:05	07:08
39	122	André Pereira Dias	Individual	Senior Masculino	03:20:14	+52:38	07:09
40	184	Tiago André Moreira Pereira	Individual	Senior Masculino	03:21:17	+53:41	07:11
41	243	Filipe Pereira	KeMedo Team	Senior Masculino	03:21:59	+54:23	07:13
42	143	Flávio Miguel Silva Martins	Individual	Senior Masculino	03:22:06	+54:30	07:13
43	261	Fernando Almeida	Nocturnos de Paredes	Senior Masculino	03:22:07	+54:31	07:13
44	94	Nélson Rodrigues	GALHARDOS RUNNERS	Senior Masculino	03:23:41	+56:05	07:16
45	327	Daniel Fernandes	vimarunners	Senior Masculino	03:23:56	+56:20	07:17
46	24	VITOR DANIEL SILVA PINTO	AMCF ARRÁBIDA TRAIL TIME	Senior Masculino	03:24:15	+56:39	07:18
47	279	HUGO LOBO	Run4all	Senior Masculino	03:24:57	+57:21	07:19
48	258	HELDER FERNANDO VIEIRA AZEVEDO	NAST	Senior Masculino	03:25:05	+57:29	07:19
49	171	Nuno Sousa	Individual	Senior Masculino	03:26:01	+58:25	07:21
50	267	Paulo Fernando Barbosa Rodrigues Pinheiro	os lebres btt sai da frente	Senior Masculino	03:27:12	+59:36	07:24
51	157	José Manuel Vidal	Individual	Senior Masculino	03:27:30	+59:54	07:25
52	156	José Manuel Costa Pinto	Individual	Senior Masculino	03:28:11	+01:00:35	07:26
53	168	Nelson Silva	Individual	Senior Masculino	03:30:16	+01:02:40	07:31
54	309	João Moutinho	Team DUAS FACES	Senior Masculino	03:30:40	+01:03:04	07:31
55	124	António Filipe Sousa Teixeira	Individual	Senior Masculino	03:31:16	+01:03:40	07:33
56	148	Hugo Silva	Individual	Senior Masculino	03:31:23	+01:03:47	07:33
57	78	João Vieira Mendes	Fafe Runners	Senior Masculino	03:31:26	+01:03:50	07:33
58	145	Germano cardoso	Individual	Senior Masculino	03:32:26	+01:04:50	07:35
59	135	Daniel Carvalho	Individual	Senior Masculino	03:33:19	+01:05:43	07:37
60	183	Rui Manuel de Brito Machado	Individual	Senior Masculino	03:34:27	+01:06:51	07:40
61	25	Fernando Vieira	AMIGO	Senior Masculino	03:34:50	+01:07:14	07:40
62	85	Cláudio Taveira	fontainhas runners	Senior Masculino	03:35:19	+01:07:43	07:41
63	181	Ricardo Silveira	Individual	Senior Masculino	03:35:23	+01:07:47	07:42
64	185	Tiago Cardoso	Individual	Senior Masculino	03:35:29	+01:07:53	07:42
65	42	Vitor Castro	Brabus Runners	Senior Masculino	03:35:39	+01:08:03	07:42

Trail Longo

28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

66	312	Ricardo Dantas	Team DUAS FACES	Senior Masculino	03:36:15	+01:08:39	07:43
67	311	Pedro Santos	Team DUAS FACES	Senior Masculino	03:36:15	+01:08:39	07:43
68	93	Rui Manuel Ramos Costa	G.D.TRAVASSÓS	Senior Masculino	03:36:53	+01:09:17	07:45
69	70	Emidio Quinteira	Entre os Montes	Senior Masculino	03:38:04	+01:10:28	07:47
70	54	Nuno Mesquita	BTT Trilhos de Penaguião	Senior Masculino	03:38:09	+01:10:33	07:47
71	326	Bruno Fernandes	vimarunners	Senior Masculino	03:39:21	+01:11:45	07:50
72	132	Carlos Jorge Marques Ribeiro	Individual	Senior Masculino	03:39:24	+01:11:48	07:50
73	161	Luis filipe salgado teixeira	Individual	Senior Masculino	03:39:41	+01:12:05	07:51
74	76	Francisco Aragão	Eu+ Ginásio | LMA	Senior Masculino	03:40:00	+01:12:24	07:51
75	182	Ricardo Sousa	Individual	Senior Masculino	03:41:11	+01:13:35	07:54
76	170	Nuno Lopes	Individual	Senior Masculino	03:41:22	+01:13:46	07:54
77	319	Filipe Silva	Trocopasso Runners	Senior Masculino	03:42:40	+01:15:04	07:57
78	176	Pedro Seabra	Individual	Senior Masculino	03:43:14	+01:15:38	07:58
79	103	Pedro Costa	GTT - Armazém do Caffé	Senior Masculino	03:43:16	+01:15:40	07:58
80	245	Alexandre Lourenço	Kipsta Boys	Senior Masculino	03:44:32	+01:16:56	08:01
81	142	Filipe Cardoso	Individual	Senior Masculino	03:45:37	+01:18:01	08:03
82	268	filipe ricardo pinto ferreira	Os Lobos do Saibro	Senior Masculino	03:45:40	+01:18:04	08:04
83	187	Tomé pinto	Individual	Senior Masculino	03:46:32	+01:18:56	08:05
84	87	António Alves	Fridão Sem Limites	Senior Masculino	03:47:11	+01:19:35	08:07
85	37	Nélson Silva	Amigos das Sapatilhas	Senior Masculino	03:47:23	+01:19:47	08:07
86	328	Rui Miguel Gonçalves Almeida	vimarunners	Senior Masculino	03:48:27	+01:20:51	08:10
87	285	RUI REBELO	Run4all	Senior Masculino	03:48:49	+01:21:13	08:10
88	295	Emanuel Almeida	SS MONTEPIO	Senior Masculino	03:49:34	+01:21:58	08:12
89	149	João Paulo Serôdio	Individual	Senior Masculino	03:50:24	+01:22:48	08:14
90	136	Daniel Santos	Individual	Senior Masculino	03:50:29	+01:22:53	08:14
91	53	João Cristovam	BTT Trilhos de Penaguião	Senior Masculino	03:51:21	+01:23:45	08:16
92	120	Andre Brochado	Individual	Senior Masculino	03:52:04	+01:24:28	08:17
93	249	Manuel Teixeira	LUSOS XXI	Senior Masculino	03:53:07	+01:25:31	08:20
94	167	Marco Paulo Ribeiro Nunes	Individual	Senior Masculino	03:54:00	+01:26:24	08:21
95	130	Bruno Filipe Ribeiro Ferreira	Individual	Senior Masculino	03:54:34	+01:26:58	08:23
96	174	pedro alexandre silva	Individual	Senior Masculino	03:54:44	+01:27:08	08:23
97	262	Jose Correia	Nocturnos de Paredes	Senior Masculino	03:55:48	+01:28:12	08:25
98	144	Frederico Pinto	Individual	Senior Masculino	03:57:19	+01:29:43	08:29
99	133	Carlos pinheiro	Individual	Senior Masculino	03:58:06	+01:30:30	08:30
100	180	Ricardo Pinheiro	Individual	Senior Masculino	03:58:06	+01:30:30	08:30
101	102	Hugo Edgar Macedo Peixoto Pereira	GTT - Armazém do Caffé	Senior Masculino	03:58:13	+01:30:37	08:30
102	57	Hélder José de Abreu Vitorino Ribeiro	CLUBE DESPORTIVO ESCOLA DO PORTO DA CRUZ	Senior Masculino	03:58:34	+01:30:58	08:31
103	150	Jorge Borges	Individual	Senior Masculino	03:59:27	+01:31:51	08:33
104	128	Artur Reis	Individual	Senior Masculino	04:00:45	+01:33:09	08:36
105	287	Diogo Santa	SantasRunning	Senior Masculino	04:01:31	+01:33:55	08:38
106	286	Claudio Santa	SantasRunning	Senior Masculino	04:01:33	+01:33:57	08:38
107	316	Ricardo Sousa	Transpousada Trail Team	Senior Masculino	04:03:37	+01:36:01	08:42
108	88	Filipe Pinheiro	Fridão Sem Limites	Senior Masculino	04:03:55	+01:36:19	08:43
109	273	Paulo Ferreira	Ponto Zen	Senior Masculino	04:05:23	+01:37:47	08:46
110	52	Claudio Torres	BTT Trilhos de Penaguião	Senior Masculino	04:07:27	+01:39:51	08:50
111	26	Nelson Nascimento	AMIGO	Senior Masculino	04:08:04	+01:40:28	08:52

Trail Longo

28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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112	139	Eugenio Afonso Oliveira Goncalves	Individual	Senior Masculino	04:09:21	+01:41:45	08:54
113	177	Pereira Nuno	Individual	Senior Masculino	04:11:01	+01:43:25	08:58
114	247	José Pedro Teixeira Duarte	Los Manos	Senior Masculino	04:11:01	+01:43:25	08:58
115	169	Nuno de Oliveira	Individual	Senior Masculino	04:12:09	+01:44:33	09:00
116	158	José Ricardo Ramalho Sousa	Individual	Senior Masculino	04:12:58	+01:45:22	09:02
117	95	Rui Viegas	GALHARDOS RUNNERS	Senior Masculino	04:13:02	+01:45:26	09:02
118	13	Ricardo Manuel Monteiro Teixeira	Individual	Senior Masculino	04:15:59	+01:48:23	09:09
119	44	Nuno Miguel Barroso Fernandes	brigada do reumático!	Senior Masculino	04:15:59	+01:48:23	09:09
120	47	Victor Vital	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
121	43	Alexandre Filipe correia Serafim	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
122	46	Sérgio Nuno Soares Alves	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
123	45	Rui Pedro Rodrigues Costa Fraga	brigada do reumático!	Senior Masculino	04:16:00	+01:48:24	09:09
124	165	Luis Teixeira	Individual	Senior Masculino	04:16:15	+01:48:39	09:09
125	320	José Almeida	Trocopasso Runners	Senior Masculino	04:18:39	+01:51:03	09:14
126	166	Marco Oliveira	Individual	Senior Masculino	04:18:51	+01:51:15	09:15
127	175	Pedro Miguel Martins Faria	Individual	Senior Masculino	04:20:28	+01:52:52	09:18
128	32	Carlos Alberto Peixoto Soares	Amigos da Montanha	Senior Masculino	04:23:12	+01:55:36	09:24
129	109	Filipe Dias	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
130	110	Floriano Freitas	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
131	108	Emanuel Freitas	Gym Pura Forma Lixa	Senior Masculino	04:29:31	+02:01:55	09:38
132	172	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	04:30:54	+02:03:18	09:40
133	129	Bernardino Ramos	Individual	Senior Masculino	04:33:21	+02:05:45	09:46
134	56	Tiago Pinto	BTT Trilhos de Penaguião	Senior Masculino	04:36:30	+02:08:54	09:53
135	125	Antonio Fonseca	Individual	Senior Masculino	04:42:01	+02:14:25	10:04
136	307	António Pinheiro	Team DUAS FACES	Senior Masculino	04:45:17	+02:17:41	10:11
137	298	Nuno Bastos	SS MONTEPIO	Senior Masculino	04:47:29	+02:19:53	10:16
138	123	Antides Figueiredo	Individual	Senior Masculino	04:47:54	+02:20:18	10:17
139	246	Filipe Leite	Kipsta Boys	Senior Masculino	04:54:46	+02:27:10	10:32
140	152	José Carlos Fonseca	Individual	Senior Masculino	04:55:59	+02:28:23	10:34
141	50	Alvaro Vieira	BTT Trilhos de Penaguião	Senior Masculino	05:05:48	+02:38:12	10:55
142	51	Carlos Gonçalves	BTT Trilhos de Penaguião	Senior Masculino	05:53:26	+03:25:50	12:37
143	55	Paulo Guedes	BTT Trilhos de Penaguião	Senior Masculino	05:53:26	+03:25:50	12:37

Veterana F40

1	2	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:55:37		06:16
2	39	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	03:29:21	+33:44	07:29
3	99	Flor Madureira	GRUPO DESPORTIVO LEOES DE VENEZA	Veterana F40	03:44:21	+48:44	08:01
4	253	Fernanda Pinho	Moreira Relax Runners	Veterana F40	03:44:27	+48:50	08:01
5	96	Conceiçao Ferreira	Ginasio Fit4Fun	Veterana F40	04:03:02	+01:07:25	08:41
6	259	ANA CAROLINA LOPES FERREIRA	NAST	Veterana F40	04:07:08	+01:11:31	08:50
7	190	Henrique Marques	Individual	Veterana F40	04:14:00	+01:18:23	09:04
8	321	Carla Neves	Trocopasso Runners	Veterana F40	04:21:36	+01:25:59	09:21
9	191	Irene Monte	Individual	Veterana F40	04:54:46	+01:59:09	10:32

Trail Longo

28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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Veterano M40

1	69	André Guedes	Dr. Merino / Nutrifit	Veterano M40	02:35:01		05:32
2	35	João Paulo Gonçalves	Amigos da Montanha	Veterano M40	02:47:24	+12:23	05:59
3	75	Manuel Chantre	Entre os Montes	Veterano M40	02:55:38	+20:37	06:16
4	8	Carlos Peixoto	Amigos da Montanha	Veterano M40	02:55:59	+20:58	06:17
5	29	Manuel Barbosa	AMIGO	Veterano M40	02:59:41	+24:40	06:25
6	229	Nuno Paiva	Individual	Veterano M40	03:06:46	+31:45	06:40
7	250	Mario Augusto Silva Soares	Marão Team	Veterano M40	03:07:34	+32:33	06:42
8	92	Manuel Pinheiro	Fridão Sem Limites	Veterano M40	03:08:05	+33:04	06:43
9	91	Alfredo Pinheiro	Fridão Sem Limites	Veterano M40	03:08:54	+33:53	06:45
10	272	Pedro Pratas	PAREDES AVENTURA	Veterano M40	03:09:18	+34:17	06:46
11	209	Hélder Paulo Gonçalves Costa	Individual	Veterano M40	03:10:07	+35:06	06:47
12	232	Paulo Ferreira	Individual	Veterano M40	03:10:40	+35:39	06:49
13	74	Luis Vieira	Entre os Montes	Veterano M40	03:14:23	+39:22	06:57
14	314	Rui Andrade	Team DUAS FACES	Veterano M40	03:14:36	+39:35	06:57
15	271	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	03:14:52	+39:51	06:58
16	210	Henrique Faria	Individual	Veterano M40	03:16:00	+40:59	07:00
17	212	Joaquim Gabriel da Cruz a Silva	Individual	Veterano M40	03:16:58	+41:57	07:02
18	260	Gonçalo Mota	NAST	Veterano M40	03:18:07	+43:06	07:05
19	200	Duarte Gil Ribeiro Barbosa	Individual	Veterano M40	03:21:10	+46:09	07:11
20	236	Victor Carvalhais	Individual	Veterano M40	03:21:17	+46:16	07:11
21	36	Jorge Sousa	Amigos da Montanha	Veterano M40	03:22:26	+47:25	07:14
22	264	Gil Oliveira	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Veterano M40	03:23:01	+48:00	07:15
23	205	Fernando Pinheiro Mendes	Individual	Veterano M40	03:25:12	+50:11	07:20
24	275	virgilio Gomes Lopes Pinhel	Pool Team	Veterano M40	03:30:42	+55:41	07:31
25	196	Armando Fontão	Individual	Veterano M40	03:31:05	+56:04	07:32
26	218	José leite sousa	Individual	Veterano M40	03:31:22	+56:21	07:33
27	216	José Carvalhais	Individual	Veterano M40	03:31:32	+56:31	07:33
28	329	Filipe Lages	vimarunners	Veterano M40	03:31:35	+56:34	07:33
29	34	Carlos Pedrinhas	Amigos da Montanha	Veterano M40	03:33:25	+58:24	07:37
30	86	Vítor Barroso	fontainhas runners	Veterano M40	03:35:19	+01:00:18	07:41
31	223	LUIS MGUEL ALVES DE FREITAS RIBEIRO	Individual	Veterano M40	03:38:35	+01:03:34	07:48
32	228	Nuno Oliveira e Silva	Individual	Veterano M40	03:38:48	+01:03:47	07:49
33	248	Paulo Sérgio Guimarães Brochado	Los Manos	Veterano M40	03:39:02	+01:04:01	07:49
34	330	Nuno Pedro Abreu Sampaio	vimarunners	Veterano M40	03:39:21	+01:04:20	07:50
35	324	Luis Leça	Trocopasso Runners	Veterano M40	03:39:30	+01:04:29	07:50
36	41	Alexandre Moreira	Bodystation Runners PRO	Veterano M40	03:39:57	+01:04:56	07:51
37	202	FAUSTO NEVES	Individual	Veterano M40	03:40:57	+01:05:56	07:53
38	251	Vitor Daniel Pinto da Cunha	Marão Team	Veterano M40	03:41:38	+01:06:37	07:55
39	215	José Barros	Individual	Veterano M40	03:41:48	+01:06:47	07:55
40	38	JOSÉ SOUSA	Associação de atletismo Lebres do sado	Veterano M40	03:41:53	+01:06:52	07:55
41	231	Paulo Brás	Individual	Veterano M40	03:43:01	+01:08:00	07:58

Trail Longo

28 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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42	60	PAULO PELICANO	Corridas de Pernas Pro Ar	Veterano M40	03:43:14	+01:08:13	07:58
43	73	José Neto	Entre os Montes	Veterano M40	03:43:42	+01:08:41	07:59
44	194	Afonso Sousa Cardoso	Individual	Veterano M40	03:45:08	+01:10:07	08:02
45	211	Humberto Fontes	Individual	Veterano M40	03:45:47	+01:10:46	08:04
46	235	Pedro Meneses	Individual	Veterano M40	03:46:32	+01:11:31	08:05
47	270	Helder Silva	PapaKms	Veterano M40	03:47:12	+01:12:11	08:07
48	22	Joaquim costa	AMARANTE RUNNING TEAM	Veterano M40	03:47:45	+01:12:44	08:08
49	23	Jose Manuel Machado teixeira	AMARANTE RUNNING TEAM	Veterano M40	03:47:45	+01:12:44	08:08
50	304	Joao Cardoso	SS MONTEPIO	Veterano M40	03:47:45	+01:12:44	08:08
51	207	Frank Domingues	Individual	Veterano M40	03:53:12	+01:18:11	08:20
52	225	Luiz Francisco	Individual	Veterano M40	03:54:08	+01:19:07	08:22
53	82	Fernando Jorge Oliveira	FFIT GAIA TRAIL	Veterano M40	03:55:01	+01:20:00	08:24
54	106	Rui Manuel Conde Franco	GTT - Armazém do Caffé	Veterano M40	03:55:59	+01:20:58	08:26
55	217	Jose Henrique Moutinho Pereira de Barros	Individual	Veterano M40	03:57:10	+01:22:09	08:28
56	265	Miguel Duarte	O Praticante/Equipa Larouco Trail Running Vilar Perdizes	Veterano M40	03:58:00	+01:22:59	08:30
57	233	Paulo Jorge da Silva Seabra	Individual	Veterano M40	04:00:46	+01:25:45	08:36
58	208	Gualter R. S. Peixoto	Moure Trail Running	Veterano M40	04:01:09	+01:26:08	08:37
59	198	Cândido Silva	Individual	Veterano M40	04:01:41	+01:26:40	08:38
60	227	Nuno Castro	Individual	Veterano M40	04:06:37	+01:31:36	08:48
61	28	Armando Ribeiro	AMIGO	Veterano M40	04:08:04	+01:33:03	08:52
62	97	Durbalino Ferreira	Ginasio Fit4Fun	Veterano M40	04:08:14	+01:33:13	08:52
63	213	Joaquim manuel carvalho silva	Individual	Veterano M40	04:13:41	+01:38:40	09:04
64	48	Paulo António Silva Lourenço	brigada do reumático!	Veterano M40	04:16:00	+01:40:59	09:09
65	221	José Ribeiro	Individual	Veterano M40	04:17:17	+01:42:16	09:11
66	77	Manuel Cunha Lima	EXPERIENCIAR - Farmácia Vila Cova / Centro Recuperação Daniel Cardoso	Veterano M40	04:19:18	+01:44:17	09:16
67	204	Fernando Cunha	Individual	Veterano M40	04:20:07	+01:45:06	09:17
68	219	Antonio José Machado Loureiro	Individual	Veterano M40	04:24:42	+01:49:41	09:27
69	230	Paulo Alves	Individual	Veterano M40	04:25:13	+01:50:12	09:28
70	81	António João da Rocha Machado	FFIT GAIA TRAIL	Veterano M40	04:25:27	+01:50:26	09:29
71	222	Luis Fernando Martins	Individual	Veterano M40	04:26:33	+01:51:32	09:31
72	100	FERNANDO ROCHA	GRUPO DESPORTIVO LEOES DE VENEZA	Veterano M40	04:28:02	+01:53:01	09:34
73	224	Luís Pedro Nogueira	Individual	Veterano M40	04:28:13	+01:53:12	09:35
74	199	Carlos Manuel Brás Alves	Individual	Veterano M40	04:38:27	+02:03:26	09:57
75	195	Aníbal José Martins Felizardo	Individual	Veterano M40	04:38:28	+02:03:27	09:57
76	203	Feliciano Ferreira	Individual	Veterano M40	04:39:25	+02:04:24	09:59
77	206	Francisco Bartolomeu	Individual	Veterano M40	04:42:03	+02:07:02	10:04
78	306	Ricardo Silva	SS MONTEPIO	Veterano M40	04:47:29	+02:12:28	10:16
79	83	RUI SÁ	FFIT GAIA TRAIL	Veterano M40	05:00:14	+02:25:13	10:43
80	197	avelino teixeira	Individual	Veterano M40	05:18:08	+02:43:07	11:22
81	234	Paulo Lorenzo Soares	Individual	Veterano M40	05:31:48	+02:56:47	11:51