Poço Negro Trail
Penafiel, PT
30-June-2019

TRAIL LONGO - STAGE 1 — 25 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	08:30	16.2ºC	100%
End	14:00	16.2ºC	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	97	Bruno Ferreira	individual	Senior Masculino	02:11:01		05:14
2	103	Pedro Rocha	individual	Senior Masculino	02:16:41	+05:40	05:28
3	22	Mário Pinto	grupo desportivo e cultural castelo de paiva	Senior Masculino	02:18:22	+07:21	05:32
4	7	Carlos Vieira	ad sebolido trail boneca douro	Senior Masculino	02:22:10	+11:08	05:41
5	83	Pedro Moreira	trail santa marta / tristes mas duros	Veterano M40	02:32:04	+21:02	06:05
6	101	Lucinda Sousa	individual	Veterana F40	02:40:44	+29:42	06:26
7	15	Roberto Freitas	boavista trail	Senior Masculino	02:42:40	+31:38	06:30
8	73	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:48:28	+37:27	06:44
9	66	António Borges	porto sentido runners	Veterano M40	02:49:40	+38:39	06:47
10	52	Adriano matias dos santos lima oliveira	hora dos lobos	Veterano M50	02:53:50	+42:48	06:57
11	18	Paulo Silva	clube zupper	Senior Masculino	02:55:08	+44:06	07:00
12	47	Paulo Costa	individual	Veterano M40	02:55:19	+44:18	07:01
13	99	Nuno Pinho	individual	Senior Masculino	02:55:52	+44:50	07:02
14	3	rui Gomes	hora dos lobos	Senior Masculino	02:56:48	+45:47	07:04
15	100	Fernando Almeida	individual	Veterano M40	02:57:48	+46:46	07:07
16	20	Adérito Silva	dive - into the mountains	Senior Masculino	02:59:08	+48:07	07:10
17	36	Vítor Moreira	individual	Senior Masculino	02:59:28	+48:26	07:11
18	49	Ricardo Rocha	individual	Veterano M40	02:59:44	+48:42	07:11
19	14	Flávio Gouveia	boavista trail	Senior Masculino	03:01:49	+50:48	07:16
20	69	Miguel Silva	porto sentido runners	Veterano M40	03:01:54	+50:53	07:17
21	78	Carlos Oliveira	hora dos lobos	Senior Masculino	03:02:00	+50:58	07:17
22	16	Ricardo Coelho	btt alegria // tubani	Senior Masculino	03:03:55	+52:53	07:21
23	56	AGOSTINHO SOUSA	kunalama runners	Veterano M60	03:04:55	+53:54	07:24
24	8	Paulo Araújo	ad sebolido trail boneca douro	Senior Masculino	03:08:51	+57:50	07:33
25	64	Pedro Ferreira	porto sentido runners	Senior Masculino	03:11:10	+01:00:09	07:39
26	102	ana amaral	individual	Veterana F40	03:12:30	+01:01:28	07:42
27	50	Rui Fernandes	individual	Veterano M40	03:13:28	+01:02:27	07:44
28	81	Telmo Oliveira	trail running suil park	Veterano M40	03:15:39	+01:04:37	07:50
29	33	LUÍS GOMES	individual	Senior Masculino	03:16:36	+01:05:35	07:52
30	40	João Paulo Castro	individual	Veterano M40	03:16:51	+01:05:49	07:52
31	2	Leonel Silva	hora dos lobos	Veterano M40	03:17:08	+01:06:06	07:53
32	13	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	03:18:56	+01:07:54	07:57
33	30	Fábio Campos	individual	Senior Masculino	03:19:26	+01:08:25	07:59
34	92	Pedro Domingues	villa running	Veterano M40	03:20:17	+01:09:15	08:01
35	1	Manuel Silva	individual	Senior Masculino	03:20:29	+01:09:28	08:01
36	95	Paulo Campos	hora dos lobos	Veterano M40	03:21:10	+01:10:08	08:03
37	24	Jorge Borges	gtt armazém do caffé	Veterano M40	03:22:08	+01:11:07	08:05
38	23	Rui Samuel Gonçalves	gtt armazém do caffé	Senior Masculino	03:22:09	+01:11:07	08:05
39	89	Artur Ferreira	unidos à fresca	Veterano M40	03:22:11	+01:11:09	08:05
40	88	Daniela Soares	unidos à fresca	Senior Feminino	03:22:12	+01:11:11	08:05
41	6	Bruno Barros	ad sebolido trail boneca douro	Senior Masculino	03:23:59	+01:12:57	08:10

TRAIL LONGO - STAGE 1 — 25 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	4	Jorge Silva	hora dos lobos	Veterano M40	03:24:19	+01:13:18	08:10
43	80	André Oliveira	trail running suil park	Veterano M40	03:25:28	+01:14:27	08:13
44	29	António Silva	individual	Senior Masculino	03:25:37	+01:14:36	08:14
45	53	Paulo Silva	individual	Veterano M50	03:26:08	+01:15:06	08:15
46	82	Nuno Cunha	trail santa marta / tristes mas duros	Senior Masculino	03:30:09	+01:19:08	08:24
47	41	José Rodrigues	individual	Veterano M40	03:32:08	+01:21:07	08:29
48	84	Ricardo Cunha	trail santa marta / tristes mas duros	Veterano M40	03:32:36	+01:21:34	08:30
49	85	Marcos Gandra	trailento	Veterano M40	03:34:07	+01:23:06	08:34
50	79	Miguel Oliveira	trail running suil park	Senior Masculino	03:34:09	+01:23:07	08:34
51	75	Tiago Costa	sk	Senior Masculino	03:35:37	+01:24:35	08:37
52	59	Paulo Azevedo	lusitanos	Veterano M50	03:36:03	+01:25:02	08:39
53	62	Raquel Vasconcelos	no tomorrow running team	Veterana F40	03:36:34	+01:25:33	08:40
54	32	Jorge torrao	individual	Senior Masculino	03:37:15	+01:26:13	08:41
55	34	Nuno Almeida	individual	Senior Masculino	03:39:35	+01:28:34	08:47
56	21	Antonio Azevedo	douro conta	Veterano M50	03:40:24	+01:29:23	08:49
57	17	Rui Airosa	budeguita runners	Veterano M40	03:42:19	+01:31:17	08:54
58	90	Maria Franco	villa running	Senior Feminino	03:42:52	+01:31:50	08:55
59	86	Susana Sousa	trepatrilhos trail team	Veterana F40	03:42:58	+01:31:57	08:55
60	87	Ricardo Mota	trepatrilhos trail team	Veterano M40	03:42:58	+01:31:57	08:55
61	94	Ricardo França	wolves	Senior Masculino	03:43:00	+01:31:59	08:55
62	71	Vasco Luxo	porto sentido runners	Veterano M50	03:43:01	+01:32:00	08:55
63	70	Rui Teixeira	porto sentido runners	Veterano M40	03:43:02	+01:32:00	08:55
64	76	Jose Magalhães	sk	Veterano M40	03:43:32	+01:32:30	08:56
65	67	laurindo gomes	porto sentido runners	Veterano M40	03:44:40	+01:33:39	08:59
66	57	Miguel Mendes	lion runners g. d. leões da guarda	Senior Masculino	03:45:17	+01:34:16	09:01
67	74	Diogo Bessa	sk	Senior Masculino	03:47:30	+01:36:29	09:06
68	5	Tiago Alberto Pinto da Gama Lopes	#cabrasdomonte	Senior Masculino	03:47:31	+01:36:30	09:06
69	98	Marta Ferreira	individual	Senior Feminino	03:48:44	+01:37:43	09:09
70	63	João Couto	os finos	Veterano M40	03:49:43	+01:38:42	09:11
71	48	Paulo Lara	boavista trail	Veterano M40	03:49:47	+01:38:46	09:11
72	38	Carlos Reis	individual	Veterano M40	03:53:28	+01:42:26	09:20
73	37	Palmira Gouveia	individual	Veterana F40	03:54:45	+01:43:43	09:23
74	54	Carlos Correia	individual	Veterano M60	03:54:45	+01:43:43	09:23
75	65	Luisa Marques	porto sentido runners	Veterana F40	03:55:04	+01:44:03	09:24
76	12	Paulo Reis	arcorun	Veterano M40	03:57:32	+01:46:31	09:30
77	9	Joana Silva	arcorun	Senior Feminino	03:57:32	+01:46:31	09:30
78	60	Filipe Correia	melres trail running - ordem para arrear	Veterano M40	03:57:43	+01:46:41	09:31
79	28	Rita Fonseca	individual	Senior Feminino	03:59:23	+01:48:22	09:35
80	96	Margarida Neves	hora dos lobos	Veterana F50	04:08:34	+01:57:33	09:57
81	35	Paulo FERREIRA	individual	Senior Masculino	04:11:45	+02:00:44	10:04
82	26	Beatriz Barbosa	individual	Senior Feminino	04:14:48	+02:03:47	10:12
83	72	David Ferreira	runners team	Senior Masculino	04:18:43	+02:07:41	10:21
84	61	Ana Barroso	no tomorrow running team	Veterana F40	04:18:43	+02:07:42	10:21
85	58	Norberto Aguiar	lion runners g. d. leões da guarda	Senior Masculino	04:22:11	+02:11:10	10:29
86	27	Luisa Mota	individual	Senior Feminino	04:23:56	+02:12:55	10:33

TRAIL LONGO - STAGE 1 — 25 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	91	Sónia Guimarães	villa running	Veterana F40	04:30:09	+02:19:07	10:48
88	93	Sergio Guimarães	villa running	Veterano M40	04:30:09	+02:19:07	10:48
89	42	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	individual	Veterano M40	04:35:26	+02:24:25	11:01
90	19	Pedro Magalhães	cuidado com o urso panda trail runners	Veterano M40	04:37:00	+02:25:58	11:05
91	44	nuno vinha	individual	Veterano M40	05:28:12	+03:17:10	13:08

Poço Negro Trail
Penafiel, PT
30-June-2019

Trail Longo — 25 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

	Time	Temperature	Humidity
Start	08:30	16.2ºC	100%
End	14:00	16.2ºC	100%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	88	Daniela Soares	UNIDOS À FRESCA	Senior Feminino	03:22:12	+01:11:11	08:05
2	90	Maria Franco	Villa Running	Senior Feminino	03:42:52	+01:31:50	08:55
3	98	Marta Ferreira	Individual	Senior Feminino	03:48:44	+01:37:43	09:09
4	9	Joana Silva	ARCORUN	Senior Feminino	03:57:32	+01:46:31	09:30
5	28	Rita Fonseca	Individual	Senior Feminino	03:59:23	+01:48:22	09:35
6	26	Beatriz Barbosa	Individual	Senior Feminino	04:14:48	+02:03:47	10:12
7	27	Luisa Mota	Individual	Senior Feminino	04:23:56	+02:12:55	10:33

Senior Masculino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	97	Bruno Ferreira	Individual	Senior Masculino	02:11:01		05:14
2	103	Pedro Rocha	Individual	Senior Masculino	02:16:41	+05:40	05:28
3	22	Mário Pinto	Grupo Desportivo e Cultural Castelo de Paiva	Senior Masculino	02:18:22	+07:21	05:32
4	7	Carlos Vieira	AD Sebolido Trail Boneca Douro	Senior Masculino	02:22:10	+11:08	05:41
5	15	Roberto Freitas	Boavista Trail	Senior Masculino	02:42:40	+31:38	06:30
6	73	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:48:28	+37:27	06:44
7	18	Paulo Silva	Clube Zupper	Senior Masculino	02:55:08	+44:06	07:00
8	99	Nuno Pinho	Individual	Senior Masculino	02:55:52	+44:50	07:02
9	3	rui Gomes	Hora dos Lobos	Senior Masculino	02:56:48	+45:47	07:04
10	20	Adérito Silva	DIVE - Into The Mountains	Senior Masculino	02:59:08	+48:07	07:10
11	36	Vítor Moreira	Individual	Senior Masculino	02:59:28	+48:26	07:11
12	14	Flávio Gouveia	Boavista Trail	Senior Masculino	03:01:49	+50:48	07:16
13	78	Carlos Oliveira	Hora dos Lobos	Senior Masculino	03:02:00	+50:58	07:17
14	16	Ricardo Coelho	BTT Alegria // TUBANI	Senior Masculino	03:03:55	+52:53	07:21
15	8	Paulo Araújo	AD Sebolido Trail Boneca Douro	Senior Masculino	03:08:51	+57:50	07:33
16	64	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	03:11:10	+01:00:09	07:39
17	33	LUÍS GOMES	Individual	Senior Masculino	03:16:36	+01:05:35	07:52
18	30	Fábio Campos	Individual	Senior Masculino	03:19:26	+01:08:25	07:59
19	1	Manuel Silva	Individual	Senior Masculino	03:20:29	+01:09:28	08:01
20	23	Rui Samuel Gonçalves	GTT Armazém do caffé	Senior Masculino	03:22:09	+01:11:07	08:05
21	6	Bruno Barros	AD Sebolido Trail Boneca Douro	Senior Masculino	03:23:59	+01:12:57	08:10
22	29	António Silva	Individual	Senior Masculino	03:25:37	+01:14:36	08:14
23	82	Nuno Cunha	Trail Santa Marta / Tristes Mas Duros	Senior Masculino	03:30:09	+01:19:08	08:24
24	79	Miguel Oliveira	Trail Running Suil Park	Senior Masculino	03:34:09	+01:23:07	08:34
25	75	Tiago Costa	SK	Senior Masculino	03:35:37	+01:24:35	08:37
26	32	Jorge torrao	Individual	Senior Masculino	03:37:15	+01:26:13	08:41
27	34	Nuno Almeida	Individual	Senior Masculino	03:39:35	+01:28:34	08:47
28	94	Ricardo França	WOLVES	Senior Masculino	03:43:00	+01:31:59	08:55

Trail Longo — 25 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

29	57	Miguel Mendes	Lion Runners G. D. Leões da Guarda	Senior Masculino	03:45:17	+01:34:16	09:01
30	74	Diogo Bessa	SK	Senior Masculino	03:47:30	+01:36:29	09:06
31	5	Tiago Alberto Pinto da Gama Lopes	#cabrasdomonte	Senior Masculino	03:47:31	+01:36:30	09:06
32	35	Paulo FERREIRA	Individual	Senior Masculino	04:11:45	+02:00:44	10:04
33	72	David Ferreira	Runners Team	Senior Masculino	04:18:43	+02:07:41	10:21
34	58	Norberto Aguiar	Lion Runners G. D. Leões da Guarda	Senior Masculino	04:22:11	+02:11:10	10:29

Veterana F40

1	101	Lucinda Sousa	Individual	Veterana F40	02:40:44	+29:42	06:26
2	102	ana amaral	Individual	Veterana F40	03:12:30	+01:01:28	07:42
3	13	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	03:18:56	+01:07:54	07:57
4	62	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	03:36:34	+01:25:33	08:40
5	86	Susana Sousa	TrepaTrilhos Trail Team	Veterana F40	03:42:58	+01:31:57	08:55
6	37	Palmira Gouveia	Individual	Veterana F40	03:54:45	+01:43:43	09:23
7	65	Luisa Marques	PORTO SENTIDO RUNNERS	Veterana F40	03:55:04	+01:44:03	09:24
8	61	Ana Barroso	NO TOMORROW RUNNING TEAM	Veterana F40	04:18:43	+02:07:42	10:21
9	91	Sónia Guimarães	Villa Running	Veterana F40	04:30:09	+02:19:07	10:48

Veterana F50

1	96	Margarida Neves	Hora dos Lobos	Veterana F50	04:08:34	+01:57:33	09:57

Veterano M40

1	83	Pedro Moreira	Trail Santa Marta / Tristes Mas Duros	Veterano M40	02:32:04	+21:02	06:05
2	66	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:49:40	+38:39	06:47
3	47	Paulo Costa	Individual	Veterano M40	02:55:19	+44:18	07:01
4	100	Fernando Almeida	Individual	Veterano M40	02:57:48	+46:46	07:07
5	49	Ricardo Rocha	Individual	Veterano M40	02:59:44	+48:42	07:11
6	69	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	03:01:54	+50:53	07:17
7	50	Rui Fernandes	Individual	Veterano M40	03:13:28	+01:02:27	07:44
8	81	Telmo Oliveira	Trail Running Suil Park	Veterano M40	03:15:39	+01:04:37	07:50
9	40	João Paulo Castro	Individual	Veterano M40	03:16:51	+01:05:49	07:52
10	2	Leonel Silva	Hora dos Lobos	Veterano M40	03:17:08	+01:06:06	07:53
11	92	Pedro Domingues	Villa Running	Veterano M40	03:20:17	+01:09:15	08:01
12	95	Paulo Campos	Hora dos Lobos	Veterano M40	03:21:10	+01:10:08	08:03
13	24	Jorge Borges	GTT Armazém do caffé	Veterano M40	03:22:08	+01:11:07	08:05
14	89	Artur Ferreira	UNIDOS À FRESCA	Veterano M40	03:22:11	+01:11:09	08:05
15	4	Jorge Silva	Hora dos Lobos	Veterano M40	03:24:19	+01:13:18	08:10
16	80	André Oliveira	Trail Running Suil Park	Veterano M40	03:25:28	+01:14:27	08:13

Trail Longo — 25 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

17	41	José Rodrigues	Individual	Veterano M40	03:32:08	+01:21:07	08:29
18	84	Ricardo Cunha	Trail Santa Marta / Tristes Mas Duros	Veterano M40	03:32:36	+01:21:34	08:30
19	85	Marcos Gandra	Trailento	Veterano M40	03:34:07	+01:23:06	08:34
20	17	Rui Airosa	BUDEGUITA RUNNERS	Veterano M40	03:42:19	+01:31:17	08:54
21	87	Ricardo Mota	TrepaTrilhos Trail Team	Veterano M40	03:42:58	+01:31:57	08:55
22	70	Rui Teixeira	PORTO SENTIDO RUNNERS	Veterano M40	03:43:02	+01:32:00	08:55
23	76	Jose Magalhães	SK	Veterano M40	03:43:32	+01:32:30	08:56
24	67	laurindo gomes	PORTO SENTIDO RUNNERS	Veterano M40	03:44:40	+01:33:39	08:59
25	63	João Couto	Os Finos	Veterano M40	03:49:43	+01:38:42	09:11
26	48	Paulo Lara	Boavista Trail	Veterano M40	03:49:47	+01:38:46	09:11
27	38	Carlos Reis	Individual	Veterano M40	03:53:28	+01:42:26	09:20
28	12	Paulo Reis	ARCORUN	Veterano M40	03:57:32	+01:46:31	09:30
29	60	Filipe Correia	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	Veterano M40	03:57:43	+01:46:41	09:31
30	93	Sergio Guimarães	Villa Running	Veterano M40	04:30:09	+02:19:07	10:48
31	42	LINDOLFO JOSÉ TEIXEIRA DA COSTA SOL	Individual	Veterano M40	04:35:26	+02:24:25	11:01
32	19	Pedro Magalhães	Cuidado Com o Urso Panda Trail Runners	Veterano M40	04:37:00	+02:25:58	11:05
33	44	nuno vinha	Individual	Veterano M40	05:28:12	+03:17:10	13:08

Veterano M50

1	52	Adriano matias dos santos lima oliveira	Hora dos Lobos	Veterano M50	02:53:50	+42:48	06:57
2	53	Paulo Silva	Individual	Veterano M50	03:26:08	+01:15:06	08:15
3	59	Paulo Azevedo	Lusitanos	Veterano M50	03:36:03	+01:25:02	08:39
4	21	Antonio Azevedo	Douro Conta	Veterano M50	03:40:24	+01:29:23	08:49
5	71	Vasco Luxo	PORTO SENTIDO RUNNERS	Veterano M50	03:43:01	+01:32:00	08:55

Veterano M60

1	56	AGOSTINHO SOUSA	Kunalama runners	Veterano M60	03:04:55	+53:54	07:24
2	54	Carlos Correia	Individual	Veterano M60	03:54:45	+01:43:43	09:23

Poço Negro Trail
Penafiel, PT
30-June-2019

COLETIVO - TRAIL LONGO

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 - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	HORA DOS LOBOS	10 + 14 + 21	45
2	PORTO SENTIDO RUNNERS	9 + 20 + 25	54
3	AD SEBOLIDO TRAIL BONECA DOURO	4 + 24 + 41	69
4	BOAVISTA TRAIL	7 + 19 + 71	97
5	TRAIL SANTA MARTA / TRISTES MAS DUROS	5 + 46 + 48	99
6	TRAIL RUNNING SUIL PARK	28 + 43 + 50	121
7	VILLA RUNNING	34 + 58 + 87	179
8	SK	51 + 64 + 67	182