

TRAIL LONGO - STAGE 1

30 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:00	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	43	Mário Pinto	oraklass amigos do trail	Senior Masculino	02:28:22		04:57
2	27	Ricardo Sousa	individual	Senior Masculino	02:29:53	+01:31	05:00
3	14	Cristiano José Moreira dos Santos	individual	Senior Masculino	02:38:58	+10:35	05:18
4	17	Francisco Castro	individual	Senior Masculino	02:46:17	+17:54	05:33
5	63	António maia	team trail bem viver	Senior Masculino	02:49:06	+20:43	05:38
6	10	Gilberto Costa	espinho trail	Senior Masculino	02:49:21	+20:59	05:39
7	6	Carlos Silva	clube trilheiros & amigos	Veterano M45	02:56:45	+28:23	05:54
8	64	Bruno Gonçalves	team trail bem viver	Senior Masculino	03:00:02	+31:40	06:00
9	34	Jorge Manuel Barbosa Moreira	individual	Veterano M45	03:00:57	+32:34	06:02
10	48	Sérgio Monteiro	sardonisca runners	Senior Masculino	03:03:19	+34:56	06:07
11	45	Artur Gil	pés de chumbo runners	Senior Masculino	03:08:17	+39:54	06:17
12	18	Helder ricardo veloso moreira	individual	Senior Masculino	03:11:04	+42:42	06:22
13	65	Dionisio Ferreira	team trail bem viver	Senior Masculino	03:11:08	+42:45	06:22
14	19	Henrique Barbosa	individual	Senior Masculino	03:12:06	+43:43	06:24
15	25	Pedro Nogueira	individual	Senior Masculino	03:12:46	+44:24	06:26
16	41	Victor Azevedo	mss contabilidade trail team	Veterano M45	03:14:02	+45:39	06:28
17	67	Mario da Silva	wolves	Senior Masculino	03:14:36	+46:14	06:29
18	73	Mário Rodrigues	individual	Veterano M45	03:17:36	+49:13	06:35
19	16	Flávio Gouveia	individual	Senior Masculino	03:20:33	+52:10	06:41
20	9	Antonio Duarte	espinho trail	Senior Masculino	03:26:01	+57:38	06:52
21	11	Vitor Maia	espinho trail	Senior Masculino	03:26:02	+57:39	06:52
22	47	Rúben Alves	phoenix evorun	Senior Masculino	03:26:38	+58:15	06:53
23	70	Agostinho Carlos Rocha Sousa	individual	Veterano M45	03:27:35	+59:13	06:55
24	2	Gabriela Fonseca	edv viana trail	Senior Feminino	03:29:55	+01:01:32	07:00
25	4	Mario lima	avesrunners	Senior Masculino	03:33:07	+01:04:44	07:06
26	50	José Oliveira	sentir escariz running	Veterano M45	03:36:25	+01:08:02	07:13
27	69	Miguel Leal	yogurtnest	Veterano M45	03:37:02	+01:08:39	07:14
28	31	Filipe Correia	individual	Veterano M45	03:38:54	+01:10:31	07:18
29	3	António Loureiro	autistic runners	Veterano M45	03:41:25	+01:13:03	07:23
30	46	Arnaldo Araújo	pés de chumbo runners	Veterano M45	03:42:26	+01:14:03	07:25
31	28	Silvio Freitas	individual	Senior Masculino	03:43:11	+01:14:49	07:26
32	49	Rui Figueiredo	sentir escariz running	Senior Masculino	03:43:12	+01:14:49	07:26
33	58	Sérgio Cunha	sucupira trail team	Senior Masculino	03:43:16	+01:14:53	07:27
34	1	Maria Loureiro	associação desportiva de cabroelo	Veterana F45	03:44:22	+01:16:00	07:29
35	13	César Gonçalves	individual	Senior Masculino	03:49:37	+01:21:14	07:39
36	68	Ricardo França	wolves	Senior Masculino	03:57:04	+01:28:41	07:54
37	55	Hélder Monteiro	sucupira trail team	Senior Masculino	03:57:22	+01:28:59	07:55
38	8	Carlos Navega	cncbacadapasso	Veterano M45	04:02:07	+01:33:44	08:04
39	62	Mónica Martins	team lantemil	Senior Feminino	04:02:15	+01:33:52	08:05
40	40	António Pinto	monte dos amigos	Senior Masculino	04:02:17	+01:33:54	08:05
41	57	Ricardo Cardoso	sucupira trail team	Senior Masculino	04:03:17	+01:34:54	08:07

30 KM

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Official Timekeeper: Lap2Go	2 / 2	generate 01-mar-2020 14:04
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Trail Longo

30 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:00	-99°C	-99%

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

1	2	Gabriela Fonseca	EDV Viana Trail	Senior Feminino	03:29:55	+01:01:32	07:00
2	62	Mónica Martins	Team Lantermil	Senior Feminino	04:02:15	+01:33:52	08:05
3	7	Susana Neta	Clube Zupper	Senior Feminino	04:17:44	+01:49:21	08:35
4	39	Joana Azevedo	Marco Runners	Senior Feminino	04:23:45	+01:55:22	08:48
5	61	Margarida Dantas	Team Lantermil	Senior Feminino	04:59:46	+02:31:23	10:00
6	60	Cristiana Machado	Team Lantermil	Senior Feminino	04:59:48	+02:31:26	10:00

Senior Masculino

1	43	Mário Pinto	Oralklass Amigos do Trail	Senior Masculino	02:28:22		04:57
2	27	Ricardo Sousa	Individual	Senior Masculino	02:29:53	+01:31	05:00
3	14	Cristiano José Moreira dos Santos	Individual	Senior Masculino	02:38:58	+10:35	05:18
4	17	Francisco Castro	Individual	Senior Masculino	02:46:17	+17:54	05:33
5	63	António maia	Team trail bem viver	Senior Masculino	02:49:06	+20:43	05:38
6	10	Gilberto Costa	Espinho Trail	Senior Masculino	02:49:21	+20:59	05:39
7	64	Bruno Gonçalves	Team trail bem viver	Senior Masculino	03:00:02	+31:40	06:00
8	48	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	03:03:19	+34:56	06:07
9	45	Artur Gil	Pés de Chumbo Runners	Senior Masculino	03:08:17	+39:54	06:17
10	18	Helder ricardo veloso moreira	Individual	Senior Masculino	03:11:04	+42:42	06:22
11	65	Dionisio Ferreira	Team trail bem viver	Senior Masculino	03:11:08	+42:45	06:22
12	19	Henrique Barbosa	Individual	Senior Masculino	03:12:06	+43:43	06:24
13	25	Pedro Nogueira	Individual	Senior Masculino	03:12:46	+44:24	06:26
14	67	Mario da Silva	Wolves	Senior Masculino	03:14:36	+46:14	06:29
15	16	Flávio Gouveia	Individual	Senior Masculino	03:20:33	+52:10	06:41
16	9	Antonio Duarte	Espinho Trail	Senior Masculino	03:26:01	+57:38	06:52
17	11	Vitor Maia	Espinho Trail	Senior Masculino	03:26:02	+57:39	06:52
18	47	Rúben Alves	Phoenix Evorun	Senior Masculino	03:26:38	+58:15	06:53
19	4	Mario lima	Avesrunners	Senior Masculino	03:33:07	+01:04:44	07:06
20	28	Silvio Freitas	Individual	Senior Masculino	03:43:11	+01:14:49	07:26
21	49	Rui Figueiredo	Sentir Escariz running	Senior Masculino	03:43:12	+01:14:49	07:26
22	58	Sérgio Cunha	Sucupira Trail Team	Senior Masculino	03:43:16	+01:14:53	07:27
23	13	César Gonçalves	Individual	Senior Masculino	03:49:37	+01:21:14	07:39
24	68	Ricardo França	Wolves	Senior Masculino	03:57:04	+01:28:41	07:54
25	55	Hélder Monteiro	Sucupira Trail Team	Senior Masculino	03:57:22	+01:28:59	07:55
26	40	António Pinto	Monte Dos Amigos	Senior Masculino	04:02:17	+01:33:54	08:05
27	57	Ricardo Cardoso	Sucupira Trail Team	Senior Masculino	04:03:17	+01:34:54	08:07
28	56	Nuno Costa	Sucupira Trail Team	Senior Masculino	04:03:24	+01:35:01	08:07
29	22	Luís Guedes	Individual	Senior Masculino	04:17:22	+01:48:59	08:35
30	20	Hugo André Soares Alves	Individual	Senior Masculino	04:21:07	+01:52:45	08:42

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[illegible]

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31	15	Eduardo Luís rocha Ferreira	Individual	Senior Masculino	04:21:22	+01:53:00	08:43
32	21	João Monteiro	Individual	Senior Masculino	04:37:06	+02:08:43	09:14
33	26	Ricardo Filipe Silva Cruz	Individual	Senior Masculino	04:37:06	+02:08:43	09:14

Veterana F45

1	1	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F45	03:44:22	+01:16:00	07:29
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Veterano M45

1	6	Carlos Silva	Clube trilheiros & amigos	Veterano M45	02:56:45	+28:23	05:54
2	34	Jorge Manuel Barbosa Moreira	Individual	Veterano M45	03:00:57	+32:34	06:02
3	41	Victor Azevedo	MSS Contabilidade Trail Team	Veterano M45	03:14:02	+45:39	06:28
4	73	Mário Rodrigues	Individual	Veterano M45	03:17:36	+49:13	06:35
5	70	Agostinho Carlos Rocha Sousa	Individual	Veterano M45	03:27:35	+59:13	06:55
6	50	José Oliveira	Sentir Escariz running	Veterano M45	03:36:25	+01:08:02	07:13
7	69	Miguel Leal	YogurtNest	Veterano M45	03:37:02	+01:08:39	07:14
8	31	Filipe Correia	Individual	Veterano M45	03:38:54	+01:10:31	07:18
9	3	António Loureiro	Autistic Runners	Veterano M45	03:41:25	+01:13:03	07:23
10	46	Arnaldo Araújo	Pés de Chumbo Runners	Veterano M45	03:42:26	+01:14:03	07:25
11	8	Carlos Navega	CNCBacadapasso	Veterano M45	04:02:07	+01:33:44	08:04
12	33	Jorge Alves	Individual	Veterano M45	04:11:32	+01:43:10	08:23
13	29	Antero Cunha	Individual	Veterano M45	04:17:52	+01:49:30	08:36
14	35	José Augusto Costa freitas	Individual	Veterano M45	04:21:09	+01:52:46	08:42
15	36	Pedro Pratas	Individual	Veterano M45	04:22:14	+01:53:52	08:44