

TRAIL LONGO - STAGE 1

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

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

	Time	Temperature	Humidity
Start	09:00	11.7°C	90%
End	14:57	11.7°C	90%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	7	Luís Semedo	a portalegre / utsm	Senior Masculino	02:32:54		04:47
2	24	Pedro Ribeiro	caracol trail team	Senior Masculino	02:32:55	+00:01	04:47
3	22	Diogo Baena	u.f. comércio e indústria atletismo	Senior Masculino	02:33:01	+00:07	04:47
4	26	Roberto Baião	amcf - arrábida trail team	Senior Masculino	02:35:33	+02:39	04:52
5	170	Paulo Morais	gdr são francisco da serra	Veterano M40	02:41:34	+08:40	05:03
6	27	Virgílio Martins Gomes	u.f. comércio e indústria atletismo	Veterano M50	02:41:52	+08:58	05:04
7	38	Marcolino Veríssimo	amcf - arrábida trail team	Veterano M45	02:44:21	+11:27	05:08
8	30	Frederico Cerdeira	monsanto running team	Senior Masculino	02:45:18	+12:23	05:10
9	28	João Canelas	u.f. comércio e indústria atletismo	Senior Masculino	02:46:32	+13:38	05:12
10	455	João dos Santos Silva	u.f. comércio e indústria atletismo	Senior Masculino	02:47:54	+14:59	05:15
11	198	Bongers Dimitri	individual	Senior Masculino	02:49:20	+16:25	05:18
12	37	Pedro Veríssimo	amcf - arrábida trail team	Veterano M40	02:50:25	+17:31	05:20
13	456	João Nogueira Caetano	u.f. comércio e indústria atletismo	Senior Masculino	02:52:14	+19:19	05:23
14	325	JOAO HORA FAUSTINO	individual	Veterano M45	02:52:33	+19:39	05:24
15	457	Marcelo Graça	u.f. comércio e indústria atletismo	Senior Masculino	02:53:06	+20:11	05:25
16	244	Ricardo Jorge Soares Masculino Fonseca	individual	Sub 23 Masculino	02:53:40	+20:46	05:26
17	208	Fábio Filipe	individual	Senior Masculino	02:54:21	+21:27	05:27
18	107	Manuel Sousa	clube de praças da armada	Veterano M45	02:54:37	+21:43	05:27
19	9	Luis Fernandes	clube de praças da armada	Senior Masculino	02:54:38	+21:44	05:27
20	462	Luis Almeida	vendasnovastrail	Veterano M45	02:55:35	+22:40	05:29
21	105	Bruno Castro	clube de praças da armada	Senior Masculino	02:55:36	+22:42	05:29
22	464	Bruno Ribeiro	vikings trail runners / ccr alcabideque	Senior Masculino	02:56:43	+23:49	05:31
23	385	Rui Santos	ocs proaventuras	Senior Masculino	02:58:55	+26:01	05:35
24	279	João Pires	individual	Veterano M40	02:59:14	+26:19	05:36
25	40	Luís Levezinho	amigos do atletismo de mafra	Senior Masculino	02:59:43	+26:49	05:37
26	237	Simão Seiça	individual	Senior Masculino	03:00:10	+27:16	05:38
27	71	Marco Lívio Martins Gonçalves	atr-algarve trail running	Veterano M45	03:00:22	+27:28	05:38
28	6	João Costa	ocs proaventuras	Senior Masculino	03:00:31	+27:37	05:38
29	8	Allan Apolónio	ocs proaventuras	Senior Masculino	03:01:16	+28:22	05:40
30	5	Rufino Paiva	ocs proaventuras	Veterano M45	03:01:37	+28:42	05:41
31	162	António Antas	furões do alentejo	Veterano M50	03:03:30	+30:35	05:44
32	382	Luís Narciso	o mundo da corrida	Senior Masculino	03:04:18	+31:23	05:46
33	2	Vytautas Ralys	sietynas racing team	Senior Masculino	03:05:59	+33:04	05:49
34	11	Rui Lóia	8300 wild sports	Veterano M45	03:06:19	+33:25	05:49
35	104	Luís Costa	clube de futebol guadiana	Veterano M40	03:06:44	+33:50	05:50
36	281	José Nogueira	individual	Veterano M40	03:07:18	+34:24	05:51
37	381	Vitor Poço	mr runners	Senior Masculino	03:07:36	+34:41	05:52
38	121	Gonçalo Cruz	clube novo banco	Senior Masculino	03:07:57	+35:03	05:52
39	313	Carlos Taveira	individual	Veterano M45	03:07:58	+35:04	05:52
40	10	Luis Silva	clube de praças da armada	Senior Masculino	03:08:03	+35:09	05:53
41	292	Paulo Ferreira	individual	Veterano M40	03:08:04	+35:09	05:53

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	316	Filipe Lourenço	individual	Veterano M45	03:08:41	+35:46	05:54
43	139	Mathias Hasler	dynafit switzerland	Veterano M40	03:08:46	+35:52	05:54
44	428	Domantas Cibas	sietynas racing team	Senior Masculino	03:09:49	+36:55	05:56
45	99	Nuno Vaz	caracóis de pedra	Senior Masculino	03:10:03	+37:09	05:56
46	100	Samuel Sebastião	caracóis de pedra	Senior Masculino	03:10:03	+37:09	05:56
47	152	Mario silva rodrigues	federação família para a paz mundial e unificação	Veterano M50	03:10:23	+37:28	05:57
48	289	Nuno Paixão	individual	Veterano M40	03:11:40	+38:46	05:59
49	126	Susana Rodriguez Echeverría	coimbra trail running	Veterana F40	03:11:51	+38:57	06:00
50	376	Nuno Oliveira	moinhos da gândara trail	Senior Masculino	03:12:35	+39:41	06:01
51	361	Sylvain Laur	individual	Veterano M50	03:12:35	+39:41	06:01
52	58	Cristiano Reis	atr-algarve trail running	Senior Masculino	03:14:22	+41:28	06:04
53	371	Zo Vieira	ocs proaventuras	Veterano M55	03:14:34	+41:40	06:05
54	424	Rui Dinis Silva	salamandrecos	Veterano M40	03:14:35	+41:41	06:05
55	171	Pedro Miguel Martins dos Santos	gin. qtª do valbom - aaalcochete	Senior Masculino	03:15:05	+42:10	06:06
56	207	David Ventura Gonçalves	individual	Senior Masculino	03:15:06	+42:12	06:06
57	79	ROUSSEAU DAVID	axa team	Veterano M45	03:15:24	+42:30	06:06
58	420	João Pedro da Cunha Pereira	runners da frente ribeirinha da póvoa de santa iria	Veterano M40	03:15:42	+42:48	06:07
59	200	Bruno Canhão	individual	Senior Masculino	03:16:02	+43:07	06:08
60	458	Rogério Guerreiro Costa	u.f. comércio e indústria atletismo	Senior Masculino	03:16:43	+43:49	06:09
61	454	Pedro Granadas	turres trail team	Veterano M40	03:16:45	+43:51	06:09
62	390	Nuno Garrana	ocs proaventuras	Veterano M40	03:16:55	+44:00	06:09
63	449	Vanda Jerónimo	topgym	Senior Feminino	03:17:36	+44:42	06:11
64	392	João Farinhas	ocs proaventuras	Veterano M45	03:18:09	+45:15	06:12
65	54	Vitor faim	atletismo clube da tocha	Veterano M50	03:18:22	+45:27	06:12
66	148	Vitor Gateia	évora night runners	Senior Masculino	03:18:30	+45:36	06:12
67	393	Paulo Osório	ocs proaventuras	Veterano M45	03:18:51	+45:57	06:13
68	108	José Amandio	clube de praças da armada	Veterano M50	03:18:56	+46:02	06:13
69	1	Nelson Graça	individual	Senior Masculino	03:18:58	+46:04	06:13
70	422	Jose Miguel Santos	s c povoense - caracois de corrida	Veterano M45	03:19:07	+46:13	06:13
71	375	Bruno Ribeiro	kaninos	Senior Masculino	03:20:08	+47:14	06:15
72	401	Paulo Raposo	os coxos e o miguel	Veterano M40	03:20:19	+47:25	06:16
73	34	Miguel Silva	amcf - arrábida trail team	Veterano M40	03:20:26	+47:31	06:16
74	224	Nuno Oliveira	individual	Senior Masculino	03:20:52	+47:58	06:17
75	21	Tuxa Negri	gin. qtª do valbom - aaalcochete	Senior Feminino	03:23:01	+50:07	06:21
76	261	Amílcar Ramos	individual	Veterano M40	03:23:01	+50:07	06:21
77	394	João Paulo Oliveira Marques	ocs proaventuras	Veterano M55	03:23:31	+50:37	06:22
78	20	Amélia Costa	ocs proaventuras	Veterana F50	03:23:33	+50:38	06:22
79	400	Nuno Dinis Carlota de Oliveira	os coxos e o miguel	Veterano M40	03:24:04	+51:10	06:23
80	151	João Paulo Maia	falcões selvagens	Veterano M55	03:24:44	+51:49	06:24
81	143	Alípio Trigo	escola de atletismo do montijo-a.f.d.d	Veterano M40	03:25:01	+52:07	06:24
82	146	Rui Simplicio	escola de atletismo do montijo-a.f.d.d	Veterano M45	03:25:01	+52:07	06:24
83	18	António Rafael Santos	adrc mata de benfica	Senior Masculino	03:25:21	+52:27	06:25
84	465	Mauro Martins	vikings trail runners / ccr alcabideque	Senior Masculino	03:25:29	+52:35	06:25

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	322	João Carlos Marques Pinto Granja	individual	Veterano M45	03:26:07	+53:13	06:26
86	473	António Soares	o praticante	Veterano M50	03:26:36	+53:41	06:27
87	94	Patrícia Caldas	caracóis de pedra	Senior Feminino	03:26:36	+53:42	06:27
88	96	Alexandre Lucas	caracóis de pedra	Senior Masculino	03:26:36	+53:42	06:27
89	61	Eunice Fernandes	atr-algarve trail running	Veterana F40	03:27:13	+54:19	06:29
90	287	Nuno Eduardo de Oliveira Lopes	individual	Veterano M40	03:27:18	+54:24	06:29
91	106	Luis Amândio	clube de praças da armada	Senior Masculino	03:27:40	+54:46	06:29
92	109	José Raposo	clube desportivo em movimento	Veterano M40	03:30:17	+57:23	06:34
93	429	Lukas Petrovas	sietynas racing team	Senior Masculino	03:30:29	+57:35	06:35
94	469	Cirilo Formiga	zimbra fox runner	Veterano M60	03:30:43	+57:49	06:35
95	374	Nuno Filipe Lopes Baltazar	juventude vidigalense	Veterano M40	03:30:45	+57:51	06:35
96	272	Helder Onofre	individual	Veterano M40	03:32:05	+59:10	06:38
97	362	alfredo costa	individual	Veterano M55	03:32:17	+59:23	06:38
98	295	Pedro Ferreira	individual	Veterano M40	03:32:38	+59:44	06:39
99	215	João Ricardo Figueiredo	individual	Senior Masculino	03:32:59	+01:00:04	06:39
100	380	Manuel Moreno	morcegos trail	Veterano M60	03:33:01	+01:00:06	06:39
101	265	Aurégio Quiaios	individual	Veterano M40	03:33:05	+01:00:10	06:40
102	240	Vitor Marques	individual	Senior Masculino	03:33:32	+01:00:38	06:40
103	140	Sérgio Ramos	edv-vianatrail	Veterano M40	03:34:27	+01:01:33	06:42
104	332	Miguel Almeida	individual	Veterano M45	03:34:50	+01:01:56	06:43
105	260	Álvaro Santos	individual	Veterano M40	03:34:57	+01:02:02	06:43
106	299	Pedro Miguel Silvério da Cruz	individual	Veterano M40	03:35:25	+01:02:31	06:44
107	168	Cidália Costa Martins	gdm	Veterana F50	03:35:49	+01:02:55	06:45
108	142	Ricardo Jorge Soares Massena Gago	encosta team	Veterano M40	03:36:16	+01:03:22	06:46
109	172	Ruben Dias	gin. qtª do valbom - aaalcochete	Senior Masculino	03:36:22	+01:03:28	06:46
110	138	Rui Miguel Pereira	dublin o' seven	Veterano M40	03:36:35	+01:03:40	06:46
111	438	Joao Sousa	tálenos team	Senior Masculino	03:36:37	+01:03:43	06:46
112	298	Pedro Meneses	individual	Veterano M40	03:36:44	+01:03:50	06:46
113	356	José Francisco Rocha	individual	Veterano M50	03:37:01	+01:04:06	06:47
114	63	Filomena Sabino	atr-algarve trail running	Veterana F45	03:37:19	+01:04:25	06:47
115	25	Mafalda Moniz	amcf - arrábida trail team	Senior Feminino	03:37:26	+01:04:32	06:48
116	137	Luis Boal	dublin o' seven	Senior Masculino	03:37:57	+01:05:02	06:49
117	124	Sofia Areias	coimbra trail running	Senior Feminino	03:37:59	+01:05:05	06:49
118	226	Paulo Venâncio	individual	Senior Masculino	03:38:06	+01:05:12	06:49
119	397	Jorge Pé - Curto	os coxos e o miguel	Veterano M40	03:38:26	+01:05:32	06:50
120	359	Paulo Manuel Costa	individual	Veterano M50	03:38:49	+01:05:55	06:50
121	445	Miguel Oliveira	tálenos team	Veterano M45	03:38:52	+01:05:57	06:50
122	305	Sérgio Castro da Costa	individual	Veterano M40	03:39:00	+01:06:06	06:51
123	12	Inês Marques	99provasgratuitas	Veterana F40	03:39:59	+01:07:04	06:52
124	248	Maria Afonso	individual	Veterana F40	03:40:37	+01:07:43	06:54
125	348	Vitor Manuel Leitão Martins	individual	Veterano M45	03:40:40	+01:07:46	06:54
126	212	João Eduardo da Silva Domingues Mendonça	individual	Senior Masculino	03:41:16	+01:08:21	06:55
127	444	Ismael Antonio Maiato	tálenos team	Veterano M45	03:41:52	+01:08:58	06:56

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
128	343	Ricardo Fernandes	individual	Veterano M45	03:41:54	+01:09:00	06:56
129	447	Luis Batista Carvalho	talentos team	Veterano M50	03:41:58	+01:09:03	06:56
130	181	Silverio Correia	grupo desportivo santander totta	Veterano M50	03:42:17	+01:09:23	06:57
131	222	Nelson Adão	individual	Senior Masculino	03:42:17	+01:09:23	06:57
132	220	Miguel	individual	Senior Masculino	03:42:30	+01:09:36	06:57
133	395	Henrique Pereira	os coxos e o miguel	Senior Masculino	03:42:48	+01:09:53	06:58
134	90	Joaquim Manuel Prates Santos	c.c.d matriz borba trail	Veterano M45	03:43:14	+01:10:19	06:59
135	341	Pedro Cabruto	individual	Veterano M45	03:43:20	+01:10:25	06:59
136	344	Rui Carvalho	individual	Veterano M45	03:43:36	+01:10:42	06:59
137	347	vítor Diniz	individual	Veterano M45	03:43:37	+01:10:43	06:59
138	353	Boonen Olivier	individual	Veterano M50	03:43:39	+01:10:45	06:59
139	398	José Novas	os coxos e o miguel	Veterano M40	03:44:27	+01:11:33	07:01
140	219	Marco Catarro	individual	Senior Masculino	03:44:56	+01:12:02	07:02
141	366	Joaquim Ferreira	individual	Veterano M55	03:45:17	+01:12:23	07:02
142	452	Ivone Saramago Ferreira	trilho perdido eventos / imporlux	Veterana F45	03:45:18	+01:12:24	07:02
143	178	Rui Machinho	grupo desportivo santander totta	Veterano M40	03:45:41	+01:12:46	07:03
144	128	Vasco Morais Pinheiro de Sousa	coimbra trail running	Veterano M50	03:45:53	+01:12:59	07:04
145	87	Pedro Pinheiro	barbaris team	Veterano M40	03:46:07	+01:13:12	07:04
146	379	Vera Reis	morcegos trail	Veterana F40	03:46:08	+01:13:14	07:04
147	427	Diogo Gamito	salamandrecos	Veterano M50	03:46:20	+01:13:26	07:04
148	461	Cidalia Maria Serra Marques Martins	vendasnovastrail	Veterana F45	03:46:37	+01:13:42	07:05
149	95	Adriano Pimentel	caracóis de pedra	Senior Masculino	03:46:49	+01:13:55	07:05
150	127	Álvaro Mano	coimbra trail running	Veterano M45	03:46:57	+01:14:02	07:06
151	125	Catarina Alves	coimbra trail running	Veterana F40	03:46:57	+01:14:02	07:06
152	331	Luis Fidalgo	individual	Veterano M45	03:46:59	+01:14:04	07:06
153	201	Bruno Miguel Pinto Lopes Jorge	individual	Senior Masculino	03:47:47	+01:14:53	07:07
154	167	João Freire	gdctin casa da moeda	Veterano M50	03:47:51	+01:14:57	07:07
155	165	Nuno Gonçalves	gdctin casa da moeda	Veterano M40	03:47:51	+01:14:57	07:07
156	147	Daniel Campaniço	évora night runners	Senior Masculino	03:48:31	+01:15:37	07:08
157	463	Miguel Barnabé	vertical navis	Veterano M50	03:49:14	+01:16:19	07:10
158	158	Carlos Martins	fideldade gdc	Veterano M45	03:49:24	+01:16:30	07:10
159	466	Luis Pedro Dos Santos Caridade	vikings trail runners / ccr alcabideque	Veterano M45	03:49:29	+01:16:35	07:10
160	174	Aida Presa	girls4run	Veterana F40	03:49:34	+01:16:40	07:10
161	346	Vasco Armés	individual	Veterano M45	03:49:37	+01:16:43	07:11
162	213	João Moreira	individual	Senior Masculino	03:49:42	+01:16:48	07:11
163	426	Miguel Pedro	salamandrecos	Veterano M45	03:49:53	+01:16:59	07:11
164	192	Rita de Sousa Teixeira	individual	Senior Feminino	03:51:07	+01:18:13	07:13
165	216	José Duarte	individual	Senior Masculino	03:51:22	+01:18:28	07:14
166	206	David Queiroz	individual	Senior Masculino	03:51:23	+01:18:28	07:14
167	134	Cristóvão Ginja	cristóvão ginja	Veterano M40	03:51:24	+01:18:30	07:14
168	67	Rodrigo Méren	atr-algarve trail running	Veterano M40	03:51:32	+01:18:38	07:14
169	145	Paulo Galveia	escola de atletismo do montijo-a.f.d.d	Veterano M40	03:51:35	+01:18:41	07:14
170	51	Ezequiel de Oliveira	associação de atletismo lebres do sado	Veterano M40	03:51:55	+01:19:01	07:15

TRAIL LONGO - STAGE 1

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

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 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
171	403	Mário Rui Silva Pinheiro	os coxos e o miguel	Veterano M45	03:52:13	+01:19:19	07:15
172	262	Anastácio Neto	individual	Veterano M40	03:52:28	+01:19:34	07:16
173	86	João Carvalho	barbaris team	Veterano M40	03:52:29	+01:19:34	07:16
174	284	Marco Silva	individual	Veterano M40	03:52:54	+01:20:00	07:17
175	191	Patrícia Alexandra Batista da Silva	monsanto running team	Senior Feminino	03:53:51	+01:20:57	07:18
176	111	Miguel Cruz	clube efacec	Veterano M40	03:54:00	+01:21:06	07:19
177	246	Carla Filipa Pólvora Santos	individual	Veterana F40	03:54:15	+01:21:21	07:19
178	290	Nuno Santiago	individual	Veterano M40	03:54:18	+01:21:24	07:19
179	218	Marco Campaniço	individual	Senior Masculino	03:54:41	+01:21:47	07:20
180	475	Ricardo Lobo	individual	Veterano M45	03:54:42	+01:21:48	07:20
181	70	Jorge Filipe Reis	atr-algarve trail running	Veterano M45	03:54:56	+01:22:02	07:21
182	468	José António de Almeida Moreira	virithvs runners viseu	Veterano M50	03:54:58	+01:22:04	07:21
183	304	Sebastien Deleu	individual	Veterano M40	03:55:49	+01:22:55	07:22
184	242	João Barbosa	individual	Sub 23 Masculino	03:55:56	+01:23:02	07:22
185	370	ritor garrido martins	individual	Veterano M55	03:56:18	+01:23:24	07:23
186	251	Ana Lucia Gregorio Duarte	individual	Veterana F45	03:56:20	+01:23:26	07:23
187	291	Paulo Alves	clube desportivo santander totta	Veterano M40	03:56:20	+01:23:26	07:23
188	413	Filomena Silva	run&fun team	Senior Feminino	03:56:34	+01:23:40	07:24
189	328	Joaquim Caeiro	individual	Veterano M45	03:57:32	+01:24:37	07:25
190	339	Paulo Vieira	individual	Veterano M45	03:58:59	+01:26:05	07:28
191	270	Filipe Esteves	individual	Veterano M40	03:59:00	+01:26:05	07:28
192	130	Andreia Parreiras	crístóvão ginja	Senior Feminino	03:59:19	+01:26:24	07:29
193	193	Sara Cartaxo	individual	Senior Feminino	03:59:29	+01:26:35	07:29
194	319	franck saintemarie	individual	Veterano M45	04:00:25	+01:27:31	07:31
195	302	Rafael Monteiro	individual	Veterano M40	04:00:48	+01:27:54	07:32
196	405	José Rosa	os3pernas	Veterano M40	04:00:51	+01:27:57	07:32
197	404	Samuel Nunes	os tolinhos	Veterano M40	04:01:43	+01:28:49	07:33
198	43	Jose Amaro	aminhacorrida/myprotein	Veterano M40	04:01:59	+01:29:05	07:34
199	430	Carla Santos	speedrunners	Veterana F45	04:02:00	+01:29:06	07:34
200	29	Diogo Oliveira	amcf - arrábida trail team	Senior Masculino	04:03:00	+01:30:06	07:36
201	35	Nelson amaral	amcf - arrábida trail team	Veterano M40	04:03:00	+01:30:06	07:36
202	97	João Apolinário	caracóis de pedra	Senior Masculino	04:03:27	+01:30:33	07:36
203	52	Carmen Ferreira	associação vale grande	Veterana F50	04:03:28	+01:30:34	07:37
204	46	Francisco Dias Morgado	arrábida obstacle runners	Senior Masculino	04:03:43	+01:30:49	07:37
205	418	JOão Ferreira	run4eat	Veterano M45	04:03:44	+01:30:50	07:37
206	45	Inês Calvino de Oliveira	arrábida obstacle runners	Senior Feminino	04:03:58	+01:31:04	07:37
207	118	FERNANDO ALCIDES SILVA GONCALVES RODRIGUES	clube millennium bcp	Veterano M50	04:04:04	+01:31:10	07:38
208	355	Joao Bolina	individual	Veterano M50	04:04:07	+01:31:13	07:38
209	410	Rui Marçal	pace.makers	Veterano M45	04:04:29	+01:31:34	07:38
210	114	PEDRO JOSE LOPES FONTINHA	clube millennium bcp	Senior Masculino	04:04:34	+01:31:40	07:39
211	4	João Limpo	100 estrilhos	Senior Masculino	04:04:41	+01:31:47	07:39
212	349	Alberto Martins	individual	Veterano M50	04:04:45	+01:31:50	07:39
213	64	Maria Carlos Góis	atr-algarve trail running	Veterana F45	04:04:45	+01:31:51	07:39

TRAIL LONGO - STAGE 1

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
214	195	André Filipe Cesário Fernandes	individual	Senior Masculino	04:05:01	+01:32:07	07:39
215	369	Peter Fleming	individual	Veterano M55	04:05:05	+01:32:11	07:40
216	44	Paulo Ribeiro	apúlia a correr	Senior Masculino	04:05:12	+01:32:18	07:40
217	448	Carla Mendes	tartarugas solidárias	Veterana F40	04:05:14	+01:32:20	07:40
218	103	Luís Paulo F. A. Carlos	chitas de alcobaça	Veterano M40	04:05:26	+01:32:32	07:40
219	334	nuno lucas	individual	Veterano M45	04:06:15	+01:33:21	07:42
220	407	Ricardo Carvalho	os3pernas	Veterano M40	04:06:22	+01:33:27	07:42
221	180	Rui Cunha	grupo desportivo santander totta	Veterano M50	04:06:30	+01:33:36	07:42
222	62	Marta Faria	atr-algarve trail running	Veterana F40	04:06:48	+01:33:54	07:43
223	414	Vasco Gonçalves	run&fun team	Senior Masculino	04:06:54	+01:33:59	07:43
224	327	João Santos	individual	Veterano M45	04:07:10	+01:34:15	07:43
225	77	CEDRIC LEBON	axa team	Veterano M40	04:07:24	+01:34:29	07:44
226	311	Carlos Cost	individual	Veterano M45	04:07:27	+01:34:33	07:44
227	203	Carlos Almeida	individual	Senior Masculino	04:07:57	+01:35:02	07:45
228	329	José Carlos Vermelhudo Amaral	individual	Veterano M45	04:07:58	+01:35:04	07:45
229	189	Marcia Santos	individual	Senior Feminino	04:08:02	+01:35:08	07:45
230	310	António Manuel Esteves Silva	individual	Veterano M45	04:08:02	+01:35:08	07:45
231	268	Fausto Sá	individual	Veterano M40	04:08:05	+01:35:11	07:45
232	48	Horácio Ferreira	arsm - associação recreativa de s. miguel	Veterano M50	04:08:39	+01:35:45	07:46
233	190	Natascha Spathmann	individual	Senior Feminino	04:08:52	+01:35:58	07:47
234	363	Fernando Vicente	individual	Veterano M55	04:09:27	+01:36:33	07:48
235	320	Jaime Manuel Domingos da Costa	individual	Veterano M45	04:10:12	+01:37:18	07:49
236	166	Rui Correia	gdctin casa da moeda	Veterano M40	04:10:20	+01:37:25	07:49
237	285	Michel Moraes Gomes	individual	Veterano M40	04:11:19	+01:38:24	07:51
238	233	Rui Alves	individual	Senior Masculino	04:11:19	+01:38:24	07:51
239	308	Vasco Fernando Costa Pinheiro Santos Rosário	individual	Veterano M40	04:11:49	+01:38:55	07:52
240	364	Jaime Lamego	individual	Veterano M55	04:12:24	+01:39:29	07:53
241	259	Chantal Xhervelle	individual	Veterana F50	04:12:27	+01:39:33	07:53
242	17	Nuno Veiga	ad ialbax	Veterano M45	04:12:42	+01:39:48	07:54
243	85	Bruno Orrico	barbaris team	Senior Masculino	04:12:42	+01:39:48	07:54
244	91	Ricardo Conde	c.d."os águias" de alpiarça	Senior Masculino	04:13:08	+01:40:14	07:55
245	92	Nuno Paulino	c.d."os águias" de alpiarça	Veterano M40	04:13:08	+01:40:14	07:55
246	278	João Perneco	individual	Veterano M40	04:13:11	+01:40:17	07:55
247	235	Sérgio Simões	individual	Senior Masculino	04:13:27	+01:40:32	07:55
248	209	Frederico de Carvalho Baptista	individual	Senior Masculino	04:13:27	+01:40:33	07:55
249	247	Célia Sousa	individual	Veterana F40	04:13:51	+01:40:57	07:56
250	312	Carlos Sá	individual	Veterano M45	04:15:00	+01:42:06	07:58
251	47	Hugo Caldeira	arsm - associação recreativa de s. miguel	Senior Masculino	04:15:51	+01:42:56	08:00
252	297	Pedro Luís Teixeira Gomes	individual	Veterano M40	04:16:26	+01:43:32	08:01
253	357	Mário Paulo Vidreiro Coxilha	individual	Veterano M50	04:16:26	+01:43:32	08:01
254	238	Simon Scotting	individual	Senior Masculino	04:17:26	+01:44:32	08:03
255	450	Carlos Costa	trailleurs	Veterano M50	04:18:10	+01:45:16	08:04
256	274	Hugo reis	individual	Veterano M40	04:18:11	+01:45:17	08:04

TRAIL LONGO - STAGE 1

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
257	223	Nuno Fontes	individual	Senior Masculino	04:18:56	+01:46:02	08:06
258	264	António Martins	individual	Veterano M40	04:18:57	+01:46:03	08:06
259	317	Flavio Monteiro	individual	Veterano M45	04:19:07	+01:46:13	08:06
260	225	Nuno Pimpão	individual	Senior Masculino	04:19:42	+01:46:47	08:07
261	149	José Barrigó	évora night runners/be running	Veterano M50	04:19:42	+01:46:47	08:07
262	269	Fidel Conde	individual	Veterano M40	04:19:43	+01:46:49	08:07
263	408	Sónia Marçal	pace.makers	Veterana F40	04:20:30	+01:47:36	08:08
264	131	Dulce Lopes	crístóvão ginja	Senior Feminino	04:20:36	+01:47:42	08:09
265	55	Sara Sofia Reis de Sousa	atr-algarve trail running	Senior Feminino	04:20:42	+01:47:48	08:09
266	156	Ricardo Dengue	fidelidade gdc	Veterano M40	04:20:46	+01:47:51	08:09
267	306	Stefan Hunold	individual	Veterano M40	04:20:47	+01:47:53	08:09
268	433	Pedro Gomes	ss cgd	Senior Masculino	04:20:53	+01:47:59	08:09
269	132	Patrícia Rodrigues	crístóvão ginja	Senior Feminino	04:20:54	+01:47:59	08:09
270	133	Benilde Santos	crístóvão ginja	Veterana F45	04:20:54	+01:48:00	08:09
271	315	Eduardo Tavares	individual	Veterano M45	04:20:59	+01:48:05	08:09
272	446	Fernando Nascimento	tálenos team	Veterano M50	04:21:20	+01:48:26	08:10
273	389	Nelson Lopes	ocs proaventuras	Veterano M40	04:21:36	+01:48:41	08:11
274	307	v costa	individual	Veterano M40	04:22:00	+01:49:06	08:11
275	232	Ricardo Pereira	individual	Senior Masculino	04:22:01	+01:49:07	08:11
276	437	Filipe Miguel Matos Garranas	tálenos team	Senior Masculino	04:22:10	+01:49:15	08:12
277	443	Hélder Constantino	tálenos team	Veterano M45	04:22:20	+01:49:26	08:12
278	358	Neville Suzman	individual	Veterano M50	04:22:53	+01:49:58	08:13
279	115	EDUARDO FILIPE AMARO FERREIRA	clube millennium bcp	Veterano M40	04:22:53	+01:49:59	08:13
280	116	PEDRO MIGUEL BATISTA CORDAS	clube millennium bcp	Veterano M40	04:22:53	+01:49:59	08:13
281	277	João Meneses	individual	Veterano M40	04:23:00	+01:50:05	08:13
282	442	Carlos Brito	tálenos team	Veterano M40	04:23:22	+01:50:27	08:14
283	411	Jorge Gonçalves	pupilos trail team	Veterano M45	04:23:39	+01:50:44	08:14
284	467	Catarina Regalo	viriatvhs runners viseu	Senior Feminino	04:24:14	+01:51:20	08:15
285	419	Carlos Figueiredo	runners da frente ribeirinha da póvoa de santa iria	Senior Masculino	04:24:18	+01:51:24	08:16
286	150	Paulo Freitas	factorx / s4l / medense fc	Veterano M40	04:24:55	+01:52:00	08:17
287	436	Paulo Pereira	strendure running team	Veterano M40	04:25:29	+01:52:34	08:18
288	210	Hugo Ferraz	individual	Senior Masculino	04:26:11	+01:53:17	08:19
289	120	David Leite	clube novo banco	Senior Masculino	04:28:26	+01:55:32	08:23
290	42	Ana Amaro	aminhacorrida/myprotein	Veterana F40	04:28:26	+01:55:32	08:23
291	280	Joosep Lippus	individual	Veterano M40	04:28:53	+01:55:59	08:24
292	367	Luis Santana	individual	Veterano M55	04:29:04	+01:56:10	08:25
293	360	Rui Lóio	individual	Veterano M50	04:29:23	+01:56:28	08:25
294	431	Luís Miguel Nogueira Coelho	sportarc	Veterano M45	04:29:43	+01:56:48	08:26
295	256	Leonor Borges	individual	Veterana F45	04:30:45	+01:57:50	08:28
296	185	CRISTINA MARIA FROTA	individual	Senior Feminino	04:31:01	+01:58:07	08:28
297	434	Pedro Lopes	ss cgd	Senior Masculino	04:31:08	+01:58:14	08:28
298	19	Ricardo Louro	adrc mata de benfica	Veterano M45	04:31:17	+01:58:23	08:29
299	119	FRANCISCO ANTONIO RENTE REIS	clube millennium bcp	Veterano M60	04:31:20	+01:58:26	08:29

TRAIL LONGO - STAGE 1

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
300	273	Hugo Almeida	individual	Veterano M40	04:31:22	+01:58:28	08:29
301	3	Joana Pereira	100 estrilhos	Senior Feminino	04:31:51	+01:58:57	08:30
302	157	Tiago Matos	fidelidade gdc	Veterano M40	04:32:35	+01:59:41	08:31
303	252	Ana Martins	individual	Veterana F45	04:32:50	+01:59:56	08:32
304	338	Paulo Silvestre	individual	Veterano M45	04:33:28	+02:00:34	08:33
305	236	Silvio Rodrigues	individual	Senior Masculino	04:34:17	+02:01:23	08:34
306	388	Luis Babau	ocs proaventuras	Veterano M40	04:34:17	+02:01:23	08:34
307	391	Pedro Calado	ocs proaventuras	Veterano M40	04:34:17	+02:01:23	08:34
308	88	Rui Santos	blackbulls / clube de condeixa	Veterano M45	04:34:18	+02:01:23	08:34
309	129	Pedro Nunes	cp secil	Veterano M40	04:35:01	+02:02:06	08:36
310	402	Sergio Rebelo das dores	os coxos e o miguel	Veterano M40	04:35:06	+02:02:12	08:36
311	314	Diogo Leite	individual	Veterano M45	04:35:52	+02:02:58	08:37
312	318	Francisco Gonçalves	individual	Veterano M45	04:36:00	+02:03:05	08:38
313	255	Denise Moraes	individual	Veterana F45	04:36:00	+02:03:06	08:38
314	155	António Lobo	fidelidade gdc	Veterano M40	04:38:35	+02:05:40	08:42
315	82	BALLANT DENIS	axa team	Veterano M55	04:38:48	+02:05:54	08:43
316	337	Paulo pinto	individual	Veterano M45	04:38:49	+02:05:55	08:43
317	229	Pedro Miguel Felgar Ribeiro Pinto	individual	Senior Masculino	04:40:03	+02:07:08	08:45
318	421	Antonio Soares	runners da frente ribeirinha da póvoa de santa iria	Veterano M45	04:40:03	+02:07:08	08:45
319	335	Paulo Domingues	individual	Veterano M45	04:40:22	+02:07:28	08:46
320	368	Luis Santos	individual	Veterano M55	04:40:27	+02:07:33	08:46
321	194	Vanessa Henriques	individual	Senior Feminino	04:40:28	+02:07:33	08:46
322	303	Rui Miguel da Piedade Nunes	individual	Veterano M40	04:40:41	+02:07:47	08:46
323	230	Ricardo Alberto Silva Pato	individual	Senior Masculino	04:40:45	+02:07:51	08:46
324	49	Fausto Carvalho	arsm - associação recreativa de s. miguel	Veterano M60	04:40:47	+02:07:53	08:46
325	101	Cláudio Branco	caramujos	Senior Masculino	04:40:47	+02:07:53	08:46
326	441	Dora Reis	tálenos team	Veterana F45	04:41:24	+02:08:30	08:48
327	161	Francisco Vaz	frufresh runners	Veterano M50	04:42:14	+02:09:19	08:49
328	117	CARLOS BENJAMIM SILVA COSTA	clube millennium bcp	Veterano M50	04:42:53	+02:09:59	08:50
329	186	Diana Monteiro	individual	Senior Feminino	04:47:45	+02:14:51	09:00
330	267	Emanuel Pinho Gomes	individual	Veterano M40	04:47:54	+02:14:59	09:00
331	351	António Jorge Sá	individual	Veterano M50	04:47:54	+02:15:00	09:00
332	159	Alfredo Chambel	fidelidade gdc	Veterano M50	04:48:49	+02:15:54	09:02
333	254	Catarina Teixeira	individual	Veterana F45	04:48:54	+02:16:00	09:02
334	440	Sandra Constantino	tálenos team	Veterana F40	04:48:54	+02:16:00	09:02
335	239	Tiago Magalhães	individual	Senior Masculino	04:50:27	+02:17:32	09:05
336	73	João Silva	atr-algarve trail running	Veterano M55	04:51:02	+02:18:08	09:06
337	333	Nuno Clemente	individual	Veterano M45	04:51:21	+02:18:27	09:06
338	257	Lisa Pinto	individual	Veterana F45	04:52:48	+02:19:54	09:09
339	350	António Iria	individual	Veterano M50	04:53:20	+02:20:26	09:10
340	282	Lino Vaz	individual	Veterano M40	04:53:46	+02:20:52	09:11
341	342	Pedro Rebelo	individual	Veterano M45	04:54:25	+02:21:31	09:12
342	336	Paulo Figueiras	individual	Veterano M45	04:56:53	+02:23:59	09:17
343	50	Nídia Valadares	associação de atletismo lebres do sado	Veterana F40	04:57:51	+02:24:57	09:18

TRAIL LONGO - STAGE 1

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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
344	396	Bruno Perdigao	os coxos e o miguel	Veterano M40	04:59:44	+02:26:50	09:22
345	160	Rui Sá	fit gaia trail	Veterano M55	04:59:44	+02:26:50	09:22
346	323	João Faria	individual	Veterano M45	05:00:18	+02:27:24	09:23
347	435	Álvaro Furtado	ss cgd	Veterano M55	05:00:19	+02:27:25	09:23
348	301	Pedro Santos	individual	Veterano M40	05:04:19	+02:31:25	09:31
349	476	Célia Sampaio	desnível positivo	Veterana F40	05:05:26	+02:32:32	09:33
350	474	Pedro Barbosa	individual	Veterano M45	05:05:27	+02:32:32	09:33
351	13	Ricardo Manuel Monteiro Teixeira	a.d.amarante trail running	Senior Masculino	05:05:28	+02:32:33	09:33
352	197	António Luís Tavares Teixeira Ferreira	individual	Senior Masculino	05:05:34	+02:32:40	09:33
353	324	Joel Jacinto	individual	Veterano M40	05:05:44	+02:32:50	09:33
354	300	Pedro Moisés Benazra Faria	individual	Veterano M40	05:05:48	+02:32:53	09:33
355	83	SERGE VAN-GENECHTEN	axa team	Veterano M55	05:05:55	+02:33:01	09:34
356	249	Maria Luísa	individual	Veterana F40	05:06:05	+02:33:11	09:34
357	417	Maria José Colaco	run4eat	Veterana F50	05:06:05	+02:33:11	09:34
358	253	Ana Mira	individual	Veterana F45	05:06:15	+02:33:21	09:34
359	416	Susete Marques	run4eat	Veterana F45	05:10:37	+02:37:43	09:42
360	205	Carlos Eduardo Ventura de Abreu	individual	Senior Masculino	05:12:41	+02:39:47	09:46
361	65	Ivo Miguel Roque	atr-algarve trail running	Veterano M40	05:13:44	+02:40:50	09:48
362	60	Ana Peixinho	atr-algarve trail running	Veterana F40	05:13:44	+02:40:50	09:48
363	153	Raquel Duarte	fidelidade gdc	Senior Feminino	05:14:43	+02:41:49	09:50
364	154	Helena Vasconcelos	fidelidade gdc	Veterana F45	05:14:44	+02:41:49	09:50
365	409	Anabela Santos	pace.makers	Veterana F45	05:14:54	+02:42:00	09:50
366	102	Sérgio Viçoso	caramujos	Senior Masculino	05:15:06	+02:42:12	09:51
367	309	Andre Quintino	individual	Veterano M45	05:16:23	+02:43:29	09:53
368	74	COUDRAY RACHEL	axa team	Senior Feminino	05:18:50	+02:45:55	09:58
369	80	MONTERO PIERRE	axa team	Veterano M50	05:18:50	+02:45:55	09:58
370	75	FARNIER MARGUERITE	axa team	Veterana F50	05:18:50	+02:45:55	09:58
371	81	OLIVIER GAUSSET	axa team	Veterano M50	05:18:50	+02:45:56	09:58
372	78	LEGROS FREDERIC	axa team	Veterano M45	05:20:06	+02:47:12	10:00
373	84	MOURMAUX Jean-François	axa team	Veterano M60	05:25:16	+02:52:22	10:10
374	241	Márcia Cabrita Sobral	individual	Sub 23 Feminino	05:26:50	+02:53:56	10:13
375	113	CARLA JOAO PEREIRA MIGUEL OLIMPIO	clube millennium bcp	Senior Feminino	05:28:33	+02:55:39	10:16
376	439	Elisabete Azougado	táentos team	Veterana F40	05:28:33	+02:55:39	10:16
377	258	Ana Cristina Pinto Cabrita	individual	Veterana F50	05:33:09	+03:00:14	10:25
378	372	Carlos Ferraz	individual	Veterano M60	05:37:34	+03:04:40	10:33
379	76	VALERIE FLAMAND	axa team	Veterana F50	05:44:00	+03:11:06	10:45
380	354	JAIME TRABUCHO	individual	Veterano M50	05:50:22	+03:17:28	10:57
381	141	Zé Filipe Almeida	edv-vianatrail	Veterano M55	05:55:57	+03:23:03	11:07
382	451	Pedro Monteiro	trailers	Veterano M55	05:57:39	+03:24:45	11:11

Trail Longo

32 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 SOLUTION

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 SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	09:00	11.7°C	90%
End	14:57	11.7°C	90%

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

1	449	Vanda Jerónimo	TopGym	Senior Feminino	03:17:36	+44:42	06:11
2	21	Tuxa Negri	Gin. Qtª do Valbom - AAAlcochete	Senior Feminino	03:23:01	+50:07	06:21
3	94	Patrícia Caldas	Caracóis de Pedra	Senior Feminino	03:26:36	+53:42	06:27
4	25	Mafalda Moniz	AMCF - Arrábida Trail Team	Senior Feminino	03:37:26	+01:04:32	06:48
5	124	Sofia Areias	Coimbra Trail Running	Senior Feminino	03:37:59	+01:05:05	06:49
6	192	Rita de Sousa Teixeira	Individual	Senior Feminino	03:51:07	+01:18:13	07:13
7	191	Patrícia Alexandra Batista da Silva	Monsanto Running Team	Senior Feminino	03:53:51	+01:20:57	07:18
8	413	Filomena Silva	Run&Fun Team	Senior Feminino	03:56:34	+01:23:40	07:24
9	130	Andreia Parreiras	Cristóvão Ginja	Senior Feminino	03:59:19	+01:26:24	07:29
10	193	Sara Cartaxo	Individual	Senior Feminino	03:59:29	+01:26:35	07:29
11	45	Inês Calvino de Oliveira	Arrábida Obstacle Runners	Senior Feminino	04:03:58	+01:31:04	07:37
12	189	Marcia Santos	Individual	Senior Feminino	04:08:02	+01:35:08	07:45
13	190	Natascha Spathmann	Individual	Senior Feminino	04:08:52	+01:35:58	07:47
14	131	Dulce Lopes	Cristóvão Ginja	Senior Feminino	04:20:36	+01:47:42	08:09
15	55	Sara Sofia Reis de Sousa	ATR-Algarve Trail Running	Senior Feminino	04:20:42	+01:47:48	08:09
16	132	Patrícia Rodrigues	Cristóvão Ginja	Senior Feminino	04:20:54	+01:47:59	08:09
17	467	Catarina Regalo	Viriathvs Runners Viseu	Senior Feminino	04:24:14	+01:51:20	08:15
18	185	CRISTINA MARIA FROTA	Individual	Senior Feminino	04:31:01	+01:58:07	08:28
19	3	Joana Pereira	100 esTRILHOS	Senior Feminino	04:31:51	+01:58:57	08:30
20	194	Vanessa Henriques	Individual	Senior Feminino	04:40:28	+02:07:33	08:46
21	186	Diana Monteiro	Individual	Senior Feminino	04:47:45	+02:14:51	09:00
22	153	Raquel Duarte	FIDELIDADE GDC	Senior Feminino	05:14:43	+02:41:49	09:50
23	74	COUDRAY RACHEL	AXA TEAM	Senior Feminino	05:18:50	+02:45:55	09:58
24	113	CARLA JOAO PEREIRA MIGUEL OLIMPIO	Clube Millennium BCP	Senior Feminino	05:28:33	+02:55:39	10:16

Senior Masculino

1	7	Luís Semedo	A Portalegre / UTSM	Senior Masculino	02:32:54		04:47
2	24	Pedro Ribeiro	Caracol Trail Team	Senior Masculino	02:32:55	+00:01	04:47
3	22	Diogo Baena	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:33:01	+00:07	04:47
4	26	Roberto Baião	AMCF - Arrábida Trail Team	Senior Masculino	02:35:33	+02:39	04:52
5	30	Frederico Cerdeira	Monsanto Running Team	Senior Masculino	02:45:18	+12:23	05:10
6	28	João Canelas	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:46:32	+13:38	05:12
7	455	João dos Santos Silva	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:47:54	+14:59	05:15
8	198	Bongers Dimitri	Individual	Senior Masculino	02:49:20	+16:25	05:18

Official Timekeeper: Lap2Go	1 / 10	generate 05-Nov-2018 11:35
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Trail Longo

32 KM

OFFICIAL RESULT

9	456	João Nogueira Caetano	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:52:14	+19:19	05:23
10	457	Marcelo Graça	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:53:06	+20:11	05:25
11	208	Fábio Filipe	Individual	Senior Masculino	02:54:21	+21:27	05:27
12	9	Luis Fernandes	Clube de Praças da Armada	Senior Masculino	02:54:38	+21:44	05:27
13	105	Bruno Castro	Clube de Praças da Armada	Senior Masculino	02:55:36	+22:42	05:29
14	464	Bruno Ribeiro	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	02:56:43	+23:49	05:31
15	385	Rui Santos	OCS PROAVENTURAS	Senior Masculino	02:58:55	+26:01	05:35
16	40	Luís Levezinho	Amigos do Atletismo de Mafra	Senior Masculino	02:59:43	+26:49	05:37
17	237	Simão Seiça	Individual	Senior Masculino	03:00:10	+27:16	05:38
18	6	João Costa	OCS PROAVENTURAS	Senior Masculino	03:00:31	+27:37	05:38
19	8	Allan Apolónio	OCS PROAVENTURAS	Senior Masculino	03:01:16	+28:22	05:40
20	382	Luís Narciso	O Mundo da Corrida	Senior Masculino	03:04:18	+31:23	05:46
21	2	Vytautas Ralys	SIETYNAS RACING TEAM	Senior Masculino	03:05:59	+33:04	05:49
22	381	Vitor Poço	MR Runners	Senior Masculino	03:07:36	+34:41	05:52
23	121	Gonçalo Cruz	CLUBE NOVO BANCO	Senior Masculino	03:07:57	+35:03	05:52
24	10	Luis Silva	Clube de Praças da Armada	Senior Masculino	03:08:03	+35:09	05:53
25	428	Domantas Cibas	SIETYNAS RACING TEAM	Senior Masculino	03:09:49	+36:55	05:56
26	99	Nuno Vaz	Caracóis de Pedra	Senior Masculino	03:10:03	+37:09	05:56
27	100	Samuel Sebastião	Caracóis de Pedra	Senior Masculino	03:10:03	+37:09	05:56
28	376	Nuno Oliveira	Moinhos da Gândara Trail	Senior Masculino	03:12:35	+39:41	06:01
29	58	Cristiano Reis	ATR-Algarve Trail Running	Senior Masculino	03:14:22	+41:28	06:04
30	171	Pedro Miguel Martins dos Santos	Gin. Qtª do Valbom - AAAlcochete	Senior Masculino	03:15:05	+42:10	06:06
31	207	David Ventura Gonçalves	Individual	Senior Masculino	03:15:06	+42:12	06:06
32	200	Bruno Canhão	Individual	Senior Masculino	03:16:02	+43:07	06:08
33	458	Rogério Guerreiro Costa	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:16:43	+43:49	06:09
34	148	Vitor Gateia	Évora Night Runners	Senior Masculino	03:18:30	+45:36	06:12
35	1	Nelson Graça	Individual	Senior Masculino	03:18:58	+46:04	06:13
36	375	Bruno Ribeiro	Kaninos	Senior Masculino	03:20:08	+47:14	06:15
37	224	Nuno Oliveira	Individual	Senior Masculino	03:20:52	+47:58	06:17
38	18	António Rafael Santos	ADRC MATA DE BENFICA	Senior Masculino	03:25:21	+52:27	06:25
39	465	Mauro Martins	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	03:25:29	+52:35	06:25
40	96	Alexandre Lucas	Caracóis de Pedra	Senior Masculino	03:26:36	+53:42	06:27
41	106	Luis Amândio	Clube de Praças da Armada	Senior Masculino	03:27:40	+54:46	06:29
42	429	Lukas Petrovas	SIETYNAS RACING TEAM	Senior Masculino	03:30:29	+57:35	06:35
43	215	João Ricardo Figueiredo	Individual	Senior Masculino	03:32:59	+01:00:04	06:39
44	240	Vitor Marques	Individual	Senior Masculino	03:33:32	+01:00:38	06:40
45	172	Ruben Dias	Gin. Qtª do Valbom - AAAlcochete	Senior Masculino	03:36:22	+01:03:28	06:46
46	438	Joao Sousa	Talentos Team	Senior Masculino	03:36:37	+01:03:43	06:46
47	137	Luis Boal	Dublin O' Seven	Senior Masculino	03:37:57	+01:05:02	06:49
48	226	Paulo Venâncio	Individual	Senior Masculino	03:38:06	+01:05:12	06:49
49	212	João Eduardo da Silva Domingues Mendonça	Individual	Senior Masculino	03:41:16	+01:08:21	06:55
50	222	Nelson Adão	Individual	Senior Masculino	03:42:17	+01:09:23	06:57

Official Timekeeper: Lap2Go	2 / 10	generate 05-Nov-2018 11:35
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Trail Longo

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

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

51	220	Miguel	Individual	Senior Masculino	03:42:30	+01:09:36	06:57
52	395	Henrique Pereira	Os coxos e o Miguel	Senior Masculino	03:42:48	+01:09:53	06:58
53	219	Marco Catarro	Individual	Senior Masculino	03:44:56	+01:12:02	07:02
54	95	Adriano Pimentel	Caracóis de Pedra	Senior Masculino	03:46:49	+01:13:55	07:05
55	201	Bruno Miguel Pinto Lopes Jorge	Individual	Senior Masculino	03:47:47	+01:14:53	07:07
56	147	Daniel Campaniço	Évora Night Runners	Senior Masculino	03:48:31	+01:15:37	07:08
57	213	João Moreira	Individual	Senior Masculino	03:49:42	+01:16:48	07:11
58	216	José Duarte	Individual	Senior Masculino	03:51:22	+01:18:28	07:14
59	206	David Queiroz	Individual	Senior Masculino	03:51:23	+01:18:28	07:14
60	218	Marco Campaniço	Individual	Senior Masculino	03:54:41	+01:21:47	07:20
61	29	Diogo Oliveira	AMCF - Arrábida Trail Team	Senior Masculino	04:03:00	+01:30:06	07:36
62	97	João Apolinário	Caracóis de Pedra	Senior Masculino	04:03:27	+01:30:33	07:36
63	46	Francisco Dias Morgado	Arrábida Obstacle Runners	Senior Masculino	04:03:43	+01:30:49	07:37
64	114	PEDRO JOSE LOPES FONTINHA	Clube Millennium BCP	Senior Masculino	04:04:34	+01:31:40	07:39
65	4	João Limpo	100 esTRILHOS	Senior Masculino	04:04:41	+01:31:47	07:39
66	195	André Filipe Cesário Fernandes	Individual	Senior Masculino	04:05:01	+01:32:07	07:39
67	44	Paulo Ribeiro	Apúlia a Correr	Senior Masculino	04:05:12	+01:32:18	07:40
68	414	Vasco Gonçalves	Run&Fun Team	Senior Masculino	04:06:54	+01:33:59	07:43
69	203	Carlos Almeida	Individual	Senior Masculino	04:07:57	+01:35:02	07:45
70	233	Rui Alves	Individual	Senior Masculino	04:11:19	+01:38:24	07:51
71	85	Bruno Orrico	Barbaris Team	Senior Masculino	04:12:42	+01:39:48	07:54
72	91	Ricardo Conde	C.D."Os Águias" de Alpiarça	Senior Masculino	04:13:08	+01:40:14	07:55
73	235	Sérgio Simões	Individual	Senior Masculino	04:13:27	+01:40:32	07:55
74	209	Frederico de Carvalho Baptista	Individual	Senior Masculino	04:13:27	+01:40:33	07:55
75	47	Hugo Caldeira	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:15:51	+01:42:56	08:00
76	238	Simon Scotting	Individual	Senior Masculino	04:17:26	+01:44:32	08:03
77	223	Nuno Fontes	Individual	Senior Masculino	04:18:56	+01:46:02	08:06
78	225	Nuno Pimpão	Individual	Senior Masculino	04:19:42	+01:46:47	08:07
79	433	Pedro Gomes	SS CGD	Senior Masculino	04:20:53	+01:47:59	08:09
80	232	Ricardo Pereira	Individual	Senior Masculino	04:22:01	+01:49:07	08:11
81	437	Filipe Miguel Matos Garranas	Talentos Team	Senior Masculino	04:22:10	+01:49:15	08:12
82	419	Carlos Figueiredo	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Senior Masculino	04:24:18	+01:51:24	08:16
83	210	Hugo Ferraz	Individual	Senior Masculino	04:26:11	+01:53:17	08:19
84	120	David Leite	CLUBE NOVO BANCO	Senior Masculino	04:28:26	+01:55:32	08:23
85	434	Pedro Lopes	SS CGD	Senior Masculino	04:31:08	+01:58:14	08:28
86	236	Silvio Rodrigues	Individual	Senior Masculino	04:34:17	+02:01:23	08:34
87	229	Pedro Miguel Felgar Ribeiro Pinto	Individual	Senior Masculino	04:40:03	+02:07:08	08:45
88	230	Ricardo Alberto Silva Pato	Individual	Senior Masculino	04:40:45	+02:07:51	08:46
89	101	Cláudio Branco	Caramujos	Senior Masculino	04:40:47	+02:07:53	08:46
90	239	Tiago Magalhães	Individual	Senior Masculino	04:50:27	+02:17:32	09:05
91	13	Ricardo Manuel Monteiro Teixeira	A.D.Amarante trail running	Senior Masculino	05:05:28	+02:32:33	09:33
92	197	António Luís Tavares Teixeira Ferreira	Individual	Senior Masculino	05:05:34	+02:32:40	09:33
93	205	Carlos Eduardo Ventura de Abreu	Individual	Senior Masculino	05:12:41	+02:39:47	09:46
94	102	Sérgio Viçoso	Caramujos	Senior Masculino	05:15:06	+02:42:12	09:51

Trail Longo

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

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

10	255	Denise Morais	Individual	Veterana F45	04:36:00	+02:03:06	08:38
11	441	Dora Reis	Talentos Team	Veterana F45	04:41:24	+02:08:30	08:48
12	254	Catarina Teixeira	Individual	Veterana F45	04:48:54	+02:16:00	09:02
13	257	Lisa Pinto	Individual	Veterana F45	04:52:48	+02:19:54	09:09
14	253	Ana Mira	Individual	Veterana F45	05:06:15	+02:33:21	09:34
15	416	Susete Marques	RUN4EAT	Veterana F45	05:10:37	+02:37:43	09:42
16	154	Helena Vasconcelos	FIDELIDADE GDC	Veterana F45	05:14:44	+02:41:49	09:50
17	409	Anabela Santos	Pace.Makers	Veterana F45	05:14:54	+02:42:00	09:50

Veterana F50

1	20	Amélia Costa	OCS PROAVENTURAS	Veterana F50	03:23:33	+50:38	06:22
2	168	Cidália Costa Martins	GDM	Veterana F50	03:35:49	+01:02:55	06:45
3	52	Carmen Ferreira	Associação Vale Grande	Veterana F50	04:03:28	+01:30:34	07:37
4	259	Chantal Xhervelle	Individual	Veterana F50	04:12:27	+01:39:33	07:53
5	417	Maria José Colaco	RUN4EAT	Veterana F50	05:06:05	+02:33:11	09:34
6	75	FARNIER MARGUERITE	AXA TEAM	Veterana F50	05:18:50	+02:45:55	09:58
7	258	Ana Cristina Pinto Cabrita	Individual	Veterana F50	05:33:09	+03:00:14	10:25
8	76	VALERIE FLAMAND	AXA TEAM	Veterana F50	05:44:00	+03:11:06	10:45

Veterano M40

1	170	Paulo Morais	GDR São Francisco da Serra	Veterano M40	02:41:34	+08:40	05:03
2	37	Pedro Veríssimo	AMCF - Arrábida Trail Team	Veterano M40	02:50:25	+17:31	05:20
3	279	João Pires	Individual	Veterano M40	02:59:14	+26:19	05:36
4	104	Luís Costa	Clube de Futebol Guadiana	Veterano M40	03:06:44	+33:50	05:50
5	281	José Nogueira	Individual	Veterano M40	03:07:18	+34:24	05:51
6	292	Paulo Ferreira	Individual	Veterano M40	03:08:04	+35:09	05:53
7	139	Mathias Hasler	Dynafit Switzerland	Veterano M40	03:08:46	+35:52	05:54
8	289	Nuno Paixão	Individual	Veterano M40	03:11:40	+38:46	05:59
9	424	Rui Dinis Silva	Salamandrecos	Veterano M40	03:14:35	+41:41	06:05
10	420	João Pedro da Cunha Pereira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M40	03:15:42	+42:48	06:07
11	454	Pedro Granadas	Turres Trail Team	Veterano M40	03:16:45	+43:51	06:09
12	390	Nuno Garrana	OCS PROAVENTURAS	Veterano M40	03:16:55	+44:00	06:09
13	401	Paulo Raposo	Os coxos e o Miguel	Veterano M40	03:20:19	+47:25	06:16
14	34	Miguel Silva	AMCF - Arrábida Trail Team	Veterano M40	03:20:26	+47:31	06:16
15	261	Amílcar Ramos	Individual	Veterano M40	03:23:01	+50:07	06:21
16	400	Nuno Dinis Carlota de Oliveira	Os coxos e o Miguel	Veterano M40	03:24:04	+51:10	06:23
17	143	Alípio Trigo	Escola de Atletismo do Montijo-A.F.D.D	Veterano M40	03:25:01	+52:07	06:24
18	287	Nuno Eduardo de Oliveira Lopes	Individual	Veterano M40	03:27:18	+54:24	06:29
19	109	José Raposo	Clube Desportivo em Movimento	Veterano M40	03:30:17	+57:23	06:34
20	374	Nuno Filipe Lopes Baltazar	Juventude Vidigalense	Veterano M40	03:30:45	+57:51	06:35
21	272	Helder Onofre	Individual	Veterano M40	03:32:05	+59:10	06:38
22	295	Pedro Ferreira	Individual	Veterano M40	03:32:38	+59:44	06:39

Trail Longo

32 KM

OFFICIAL RESULT

23	265	Aurélio Quiaios	Individual	Veterano M40	03:33:05	+01:00:10	06:40
24	140	Sérgio Ramos	EDV-VIANATRIL	Veterano M40	03:34:27	+01:01:33	06:42
25	260	Álvaro Santos	Individual	Veterano M40	03:34:57	+01:02:02	06:43
26	299	Pedro Miguel Silvério da Cruz	Individual	Veterano M40	03:35:25	+01:02:31	06:44
27	142	Ricardo Jorge Soares Massena Gago	ENCOSTA TEAM	Veterano M40	03:36:16	+01:03:22	06:46
28	138	Rui Miguel Pereira	Dublin O' Seven	Veterano M40	03:36:35	+01:03:40	06:46
29	298	Pedro Meneses	Individual	Veterano M40	03:36:44	+01:03:50	06:46
30	397	Jorge Pé - Curto	Os coxos e o Miguel	Veterano M40	03:38:26	+01:05:32	06:50
31	305	Sérgio Castro da Costa	Individual	Veterano M40	03:39:00	+01:06:06	06:51
32	398	José Novas	Os coxos e o Miguel	Veterano M40	03:44:27	+01:11:33	07:01
33	178	Rui Machinho	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	03:45:41	+01:12:46	07:03
34	87	Pedro Pinheiro	Barbaris Team	Veterano M40	03:46:07	+01:13:12	07:04
35	165	Nuno Gonçalves	GDCTIN Casa da Moeda	Veterano M40	03:47:51	+01:14:57	07:07
36	134	Cristóvão Ginja	Cristóvão Ginja	Veterano M40	03:51:24	+01:18:30	07:14
37	67	Rodrigo Méren	ATR-Algarve Trail Running	Veterano M40	03:51:32	+01:18:38	07:14
38	145	Paulo Galveia	Escola de Atletismo do Montijo-A.F.D.D	Veterano M40	03:51:35	+01:18:41	07:14
39	51	Ezequiel de Oliveira	Associação de atletismo Lebres do sado	Veterano M40	03:51:55	+01:19:01	07:15
40	262	Anastácio Neto	Individual	Veterano M40	03:52:28	+01:19:34	07:16
41	86	João Carvalho	Barbaris Team	Veterano M40	03:52:29	+01:19:34	07:16
42	284	Marco Silva	Individual	Veterano M40	03:52:54	+01:20:00	07:17
43	111	Miguel Cruz	Clube Efacec	Veterano M40	03:54:00	+01:21:06	07:19
44	290	Nuno Santiago	Individual	Veterano M40	03:54:18	+01:21:24	07:19
45	304	Sebastien Deleu	Individual	Veterano M40	03:55:49	+01:22:55	07:22
46	291	Paulo Alves	Clube desportivo Santander Totta	Veterano M40	03:56:20	+01:23:26	07:23
47	270	Filipe Esteves	Individual	Veterano M40	03:59:00	+01:26:05	07:28
48	302	Rafael Monteiro	Individual	Veterano M40	04:00:48	+01:27:54	07:32
49	405	José Rosa	os3pernas	Veterano M40	04:00:51	+01:27:57	07:32
50	404	Samuel Nunes	Os Tolinhos	Veterano M40	04:01:43	+01:28:49	07:33
51	43	Jose Amaro	Aminhacorrida/Myprotein	Veterano M40	04:01:59	+01:29:05	07:34
52	35	Nelson amaral	AMCF - Arrábida Trail Team	Veterano M40	04:03:00	+01:30:06	07:36
53	103	Luís Paulo F. A. Carlos	Chitas de Alcobaça	Veterano M40	04:05:26	+01:32:32	07:40
54	407	Ricardo Carvalho	os3pernas	Veterano M40	04:06:22	+01:33:27	07:42
55	77	CEDRIC LEBON	AXA TEAM	Veterano M40	04:07:24	+01:34:29	07:44
56	268	Fausto Sá	Individual	Veterano M40	04:08:05	+01:35:11	07:45
57	166	Rui Correia	GDCTIN Casa da Moeda	Veterano M40	04:10:20	+01:37:25	07:49
58	285	Michel Morais Gomes	Individual	Veterano M40	04:11:19	+01:38:24	07:51
59	308	Vasco Fernando Costa Pinheiro Santos Rosário	Individual	Veterano M40	04:11:49	+01:38:55	07:52
60	92	Nuno Paulino	C.D."Os Águias" de Alpiarça	Veterano M40	04:13:08	+01:40:14	07:55
61	278	João Perneco	Individual	Veterano M40	04:13:11	+01:40:17	07:55
62	297	Pedro Luís Teixeira Gomes	Individual	Veterano M40	04:16:26	+01:43:32	08:01
63	274	Hugo reis	Individual	Veterano M40	04:18:11	+01:45:17	08:04
64	264	António Martins	Individual	Veterano M40	04:18:57	+01:46:03	08:06
65	269	Fidel Conde	Individual	Veterano M40	04:19:43	+01:46:49	08:07
66	156	Ricardo Dengue	FIDELIDADE GDC	Veterano M40	04:20:46	+01:47:51	08:09

Trail Longo

32 KM

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67	306	Stefan Hunold	Individual	Veterano M40	04:20:47	+01:47:53	08:09
68	389	Nelson Lopes	OCS PROAVENTURAS	Veterano M40	04:21:36	+01:48:41	08:11
69	307	v costa	Individual	Veterano M40	04:22:00	+01:49:06	08:11
70	115	EDUARDO FILIPE AMARO FERREIRA	Clube Millennium BCP	Veterano M40	04:22:53	+01:49:59	08:13
71	116	PEDRO MIGUEL BATISTA CORDAS	Clube Millennium BCP	Veterano M40	04:22:53	+01:49:59	08:13
72	277	João Meneses	Individual	Veterano M40	04:23:00	+01:50:05	08:13
73	442	Carlos Brito	Talentos Team	Veterano M40	04:23:22	+01:50:27	08:14
74	150	Paulo Freitas	FACTORX / S4L / MEDENSE FC	Veterano M40	04:24:55	+01:52:00	08:17
75	436	Paulo Pereira	STRENDURE Running Team	Veterano M40	04:25:29	+01:52:34	08:18
76	280	Joosep Lippus	Individual	Veterano M40	04:28:53	+01:55:59	08:24
77	273	Hugo Almeida	Individual	Veterano M40	04:31:22	+01:58:28	08:29
78	157	Tiago Matos	FIDELIDADE GDC	Veterano M40	04:32:35	+01:59:41	08:31
79	388	Luis Babau	OCS PROAVENTURAS	Veterano M40	04:34:17	+02:01:23	08:34
80	391	Pedro Calado	OCS PROAVENTURAS	Veterano M40	04:34:17	+02:01:23	08:34
81	129	Pedro Nunes	CP Secil	Veterano M40	04:35:01	+02:02:06	08:36
82	402	Sergio Rebelo das dores	Os coxos e o Miguel	Veterano M40	04:35:06	+02:02:12	08:36
83	155	António Lobo	FIDELIDADE GDC	Veterano M40	04:38:35	+02:05:40	08:42
84	303	Rui Miguel da Piedade Nunes	Individual	Veterano M40	04:40:41	+02:07:47	08:46
85	267	Emanuel Pinho Gomes	Individual	Veterano M40	04:47:54	+02:14:59	09:00
86	282	Lino Vaz	Individual	Veterano M40	04:53:46	+02:20:52	09:11
87	396	Bruno Perdigao	Os coxos e o Miguel	Veterano M40	04:59:44	+02:26:50	09:22
88	301	Pedro Santos	Individual	Veterano M40	05:04:19	+02:31:25	09:31
89	324	Joel Jacinto	Individual	Veterano M40	05:05:44	+02:32:50	09:33
90	300	Pedro Moisés Benazra Faria	Individual	Veterano M40	05:05:48	+02:32:53	09:33
91	65	Ivo Miguel Roque	ATR-Algarve Trail Running	Veterano M40	05:13:44	+02:40:50	09:48

Veterano M45

1	38	Marcolino Veríssimo	AMCF - Arrábida Trail Team	Veterano M45	02:44:21	+11:27	05:08
2	325	JOAO HORA FAUSTINO	Individual	Veterano M45	02:52:33	+19:39	05:24
3	107	Manuel Sousa	Clube de Praças da Armada	Veterano M45	02:54:37	+21:43	05:27
4	462	Luis Almeida	VendasNovasTrail	Veterano M45	02:55:35	+22:40	05:29
5	71	Marco Lívio Martins Gonçalves	ATR-Algarve Trail Running	Veterano M45	03:00:22	+27:28	05:38
6	5	Rufino Paiva	OCS PROAVENTURAS	Veterano M45	03:01:37	+28:42	05:41
7	11	Rui Lóia	8300 Wild Sports	Veterano M45	03:06:19	+33:25	05:49
8	313	Carlos Taveira	Individual	Veterano M45	03:07:58	+35:04	05:52
9	316	Filipe Lourenço	Individual	Veterano M45	03:08:41	+35:46	05:54
10	79	ROUSSEAU DAVID	AXA TEAM	Veterano M45	03:15:24	+42:30	06:06
11	392	João Farinhas	OCS PROAVENTURAS	Veterano M45	03:18:09	+45:15	06:12
12	393	Paulo Osório	OCS PROAVENTURAS	Veterano M45	03:18:51	+45:57	06:13
13	422	Jose Miguel Santos	S C Povoense - Caracois de Corrida	Veterano M45	03:19:07	+46:13	06:13
14	146	Rui Simplicio	Escola de Atletismo do Montijo-A.F.D.D	Veterano M45	03:25:01	+52:07	06:24
15	322	João Carlos Marques Pinto Granja	Individual	Veterano M45	03:26:07	+53:13	06:26
16	332	Miguel Almeida	Individual	Veterano M45	03:34:50	+01:01:56	06:43
17	445	Miguel Oliveira	Talentos Team	Veterano M45	03:38:52	+01:05:57	06:50

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Trail Longo

32 KM

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18	348	Vitor Manuel Leitão Martins	Individual	Veterano M45	03:40:40	+01:07:46	06:54
19	444	Ismael Antonio Maiato	Talentos Team	Veterano M45	03:41:52	+01:08:58	06:56
20	343	Ricardo Fernandes	Individual	Veterano M45	03:41:54	+01:09:00	06:56
21	90	Joaquim Manuel Prates Santos	C.C.D Matriz Borba Trail	Veterano M45	03:43:14	+01:10:19	06:59
22	341	Pedro Cabrito	Individual	Veterano M45	03:43:20	+01:10:25	06:59
23	344	Rui Carvalho	Individual	Veterano M45	03:43:36	+01:10:42	06:59
24	347	vitor Diniz	Individual	Veterano M45	03:43:37	+01:10:43	06:59
25	127	Álvaro Mano	Coimbra Trail Running	Veterano M45	03:46:57	+01:14:02	07:06
26	331	Luis Fidalgo	Individual	Veterano M45	03:46:59	+01:14:04	07:06
27	158	Carlos Martins	FIDELIDADE GDC	Veterano M45	03:49:24	+01:16:30	07:10
28	466	Luis Pedro Dos Santos Caridade	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Veterano M45	03:49:29	+01:16:35	07:10
29	346	Vasco Armés	Individual	Veterano M45	03:49:37	+01:16:43	07:11
30	426	Miguel Pedro	Salamandrecos	Veterano M45	03:49:53	+01:16:59	07:11
31	403	Mário Rui Silva Pinheiro	Os coxos e o Miguel	Veterano M45	03:52:13	+01:19:19	07:15
32	475	Ricardo Lobo	Individual	Veterano M45	03:54:42	+01:21:48	07:20
33	70	Jorge Filipe Reis	ATR-Algarve Trail Running	Veterano M45	03:54:56	+01:22:02	07:21
34	328	Joaquim Caeiro	Individual	Veterano M45	03:57:32	+01:24:37	07:25
35	339	Paulo Vieira	Individual	Veterano M45	03:58:59	+01:26:05	07:28
36	319	franck saintemarie	Individual	Veterano M45	04:00:25	+01:27:31	07:31
37	418	JOão Ferreira	RUN4EAT	Veterano M45	04:03:44	+01:30:50	07:37
38	410	Rui Marçal	Pace.Makers	Veterano M45	04:04:29	+01:31:34	07:38
39	334	nuno lucas	Individual	Veterano M45	04:06:15	+01:33:21	07:42
40	327	João Santos	Individual	Veterano M45	04:07:10	+01:34:15	07:43
41	311	Carlos Cost	Individual	Veterano M45	04:07:27	+01:34:33	07:44
42	329	José Carlos Vermelhudo Amaral	Individual	Veterano M45	04:07:58	+01:35:04	07:45
43	310	António Manuel Esteves Silva	Individual	Veterano M45	04:08:02	+01:35:08	07:45
44	320	Jaime Manuel Domingos da Costa	Individual	Veterano M45	04:10:12	+01:37:18	07:49
45	17	Nuno Veiga	AD Ialbox	Veterano M45	04:12:42	+01:39:48	07:54
46	312	Carlos Sá	Individual	Veterano M45	04:15:00	+01:42:06	07:58
47	317	Flavio Monteiro	Individual	Veterano M45	04:19:07	+01:46:13	08:06
48	315	Eduardo Tavares	Individual	Veterano M45	04:20:59	+01:48:05	08:09
49	443	Hélder Constantino	Talentos Team	Veterano M45	04:22:20	+01:49:26	08:12
50	411	Jorge Gonçalves	Pupilos Trail Team	Veterano M45	04:23:39	+01:50:44	08:14
51	431	Luís Miguel Nogueira Coelho	SPORTARC	Veterano M45	04:29:43	+01:56:48	08:26
52	19	Ricardo Louro	ADRC MATA DE BENFICA	Veterano M45	04:31:17	+01:58:23	08:29
53	338	Paulo Silvestre	Individual	Veterano M45	04:33:28	+02:00:34	08:33
54	88	Rui Santos	BlackBulls / Clube de Condeixa	Veterano M45	04:34:18	+02:01:23	08:34
55	314	Diogo Leite	Individual	Veterano M45	04:35:52	+02:02:58	08:37
56	318	Francisco Gonçalves	Individual	Veterano M45	04:36:00	+02:03:05	08:38
57	337	Paulo pinto	Individual	Veterano M45	04:38:49	+02:05:55	08:43
58	421	Antonio Soares	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Veterano M45	04:40:03	+02:07:08	08:45
59	335	Paulo Domingues	Individual	Veterano M45	04:40:22	+02:07:28	08:46
60	333	Nuno Clemente	Individual	Veterano M45	04:51:21	+02:18:27	09:06
61	342	Pedro Rebelo	Individual	Veterano M45	04:54:25	+02:21:31	09:12
62	336	Paulo Figueiras	Individual	Veterano M45	04:56:53	+02:23:59	09:17

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Trail Longo

32 KM

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63	323	João Faria	Individual	Veterano M45	05:00:18	+02:27:24	09:23
64	474	Pedro Barbosa	Individual	Veterano M45	05:05:27	+02:32:32	09:33
65	309	Andre Quintino	Individual	Veterano M45	05:16:23	+02:43:29	09:53
66	78	LEGROS FREDERIC	AXA TEAM	Veterano M45	05:20:06	+02:47:12	10:00

Veterano M50

1	27	Virgilio Martins Gomes	U.F. Comércio e Indústria Atletismo	Veterano M50	02:41:52	+08:58	05:04
2	162	António Antas	Furões do Alentejo	Veterano M50	03:03:30	+30:35	05:44
3	152	Mario silva rodrigues	Federação família para a paz mundial e unificação	Veterano M50	03:10:23	+37:28	05:57
4	361	Sylvain Laur	Individual	Veterano M50	03:12:35	+39:41	06:01
5	54	Vitor faim	Atletismo Clube da Tocha	Veterano M50	03:18:22	+45:27	06:12
6	108	José Amandio	Clube de Praças da Armada	Veterano M50	03:18:56	+46:02	06:13
7	473	António Soares	O Praticante	Veterano M50	03:26:36	+53:41	06:27
8	356	José Francisco Rocha	Individual	Veterano M50	03:37:01	+01:04:06	06:47
9	359	Paulo Manuel Costa	Individual	Veterano M50	03:38:49	+01:05:55	06:50
10	447	Luis Batista Carvalho	Talentos Team	Veterano M50	03:41:58	+01:09:03	06:56
11	181	Silverio Correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	03:42:17	+01:09:23	06:57
12	353	Boonen Olivier	Individual	Veterano M50	03:43:39	+01:10:45	06:59
13	128	Vasco Morais Pinheiro de Sousa	Coimbra Trail Running	Veterano M50	03:45:53	+01:12:59	07:04
14	427	Diogo Gamito	Salamandrecos	Veterano M50	03:46:20	+01:13:26	07:04
15	167	João Freire	GDCTIN Casa da Moeda	Veterano M50	03:47:51	+01:14:57	07:07
16	463	Miguel Barnabé	Vertical Navis	Veterano M50	03:49:14	+01:16:19	07:10
17	468	José António de Almeida Moreira	Viriathvs Runners Viseu	Veterano M50	03:54:58	+01:22:04	07:21
18	118	FERNANDO ALCIDES SILVA GONCALVES RODRIGUES	Clube Millennium BCP	Veterano M50	04:04:04	+01:31:10	07:38
19	355	Joao Bolina	Individual	Veterano M50	04:04:07	+01:31:13	07:38
20	349	Alberto Martins	Individual	Veterano M50	04:04:45	+01:31:50	07:39
21	180	Rui Cunha	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	04:06:30	+01:33:36	07:42
22	48	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	04:08:39	+01:35:45	07:46
23	357	Mário Paulo Vidreiro Coxilha	Individual	Veterano M50	04:16:26	+01:43:32	08:01
24	450	Carlos Costa	Traillers	Veterano M50	04:18:10	+01:45:16	08:04
25	149	José Barrigó	Évora Night Runners/Be Running	Veterano M50	04:19:42	+01:46:47	08:07
26	446	Fernando Nascimento	Talentos Team	Veterano M50	04:21:20	+01:48:26	08:10
27	358	Neville Suzman	Individual	Veterano M50	04:22:53	+01:49:58	08:13
28	360	Rui Lóio	Individual	Veterano M50	04:29:23	+01:56:28	08:25
29	161	Francisco Vaz	frufresh runners	Veterano M50	04:42:14	+02:09:19	08:49
30	117	CARLOS BENJAMIM SILVA COSTA	Clube Millennium BCP	Veterano M50	04:42:53	+02:09:59	08:50
31	351	António Jorge Sá	Individual	Veterano M50	04:47:54	+02:15:00	09:00
32	159	Alfredo Chambel	FIDELIDADE GDC	Veterano M50	04:48:49	+02:15:54	09:02
33	350	António Iria	Individual	Veterano M50	04:53:20	+02:20:26	09:10
34	80	MONTERO PIERRE	AXA TEAM	Veterano M50	05:18:50	+02:45:55	09:58
35	81	OLIVIER GAUSSET	AXA TEAM	Veterano M50	05:18:50	+02:45:56	09:58

Trail Longo

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

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

36	354	JAI ME TRABUCHO	Individual	Veterano M50	05:50:22	+03:17:28	10:57
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Veterano M55

1	371	Zo Vieira	OCS PROAVENTURAS	Veterano M55	03:14:34	+41:40	06:05
2	394	João Paulo Oliveira Marques	OCS PROAVENTURAS	Veterano M55	03:23:31	+50:37	06:22
3	151	João Paulo Maia	FALCÕES SELVAGENS	Veterano M55	03:24:44	+51:49	06:24
4	362	alfredo costa	Individual	Veterano M55	03:32:17	+59:23	06:38
5	366	Joaquim Ferreira	Individual	Veterano M55	03:45:17	+01:12:23	07:02
6	370	vit0r garrido martins	Individual	Veterano M55	03:56:18	+01:23:24	07:23
7	369	Peter Fleming	Individual	Veterano M55	04:05:05	+01:32:11	07:40
8	363	Fernando Vicente	Individual	Veterano M55	04:09:27	+01:36:33	07:48
9	364	Jaime Lamego	Individual	Veterano M55	04:12:24	+01:39:29	07:53
10	367	Luis Santana	Individual	Veterano M55	04:29:04	+01:56:10	08:25
11	82	BALLANT DENIS	AXA TEAM	Veterano M55	04:38:48	+02:05:54	08:43
12	368	Luis Santos	Individual	Veterano M55	04:40:27	+02:07:33	08:46
13	73	João Silva	ATR-Algarve Trail Running	Veterano M55	04:51:02	+02:18:08	09:06
14	160	Rui Sá	FIT GAIA TRAIL	Veterano M55	04:59:44	+02:26:50	09:22
15	435	Álvaro Furtado	SS CGD	Veterano M55	05:00:19	+02:27:25	09:23
16	83	SERGE VAN-GENECHTEN	AXA TEAM	Veterano M55	05:05:55	+02:33:01	09:34
17	141	Zé Filipe Almeida	EDV-VIANATRIL	Veterano M55	05:55:57	+03:23:03	11:07
18	451	Pedro Monteiro	Traillers	Veterano M55	05:57:39	+03:24:45	11:11

Veterano M60

1	469	Cirilo Formiga	Zimbra Fox Runner	Veterano M60	03:30:43	+57:49	06:35
2	380	Manuel Moreno	Morcegos Trail	Veterano M60	03:33:01	+01:00:06	06:39
3	119	FRANCISCO ANTONIO RENTE REIS	Clube Millennium BCP	Veterano M60	04:31:20	+01:58:26	08:29
4	49	Fausto Carvalho	ARSM - Associação Recreativa de S. Miguel	Veterano M60	04:40:47	+02:07:53	08:46
5	84	MOURMAUX Jean-François	AXA TEAM	Veterano M60	05:25:16	+02:52:22	10:10
6	372	Carlos Ferraz	Individual	Veterano M60	05:37:34	+03:04:40	10:33

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 SOLUTION - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	3 + 6 + 9	18
2	AMCF - ARRÁBIDA TRAIL TEAM	4 + 7 + 12	23
3	CLUBE DE PRAÇAS DA ARMADA	18 + 19 + 21	58
4	OCS PROAVENTURAS	23 + 28 + 29	80
5	ATR-ALGARVE TRAIL RUNNING	27 + 52 + 89	168
6	SIETYNAS RACING TEAM	33 + 44 + 93	170
7	CARACÓIS DE PEDRA	45 + 46 + 87	178
8	GIN. QTª DO VALBOM - AAALCOCHETE	55 + 75 + 109	239
9	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	22 + 84 + 159	265
10	OS COXOS E O MIGUEL	72 + 79 + 119	270
11	COIMBRA TRAIL RUNNING	49 + 117 + 144	310
12	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	81 + 82 + 169	332
13	TÁLENTOS TEAM	111 + 121 + 127	359
14	SALAMANDRECS	54 + 147 + 163	364
15	GRUPO DESPORTIVO SANTANDER TOTTA	130 + 143 + 221	494
16	GDCTIN CASA DA MOEDA	154 + 155 + 236	545
17	BARBARIS TEAM	145 + 173 + 243	561
18	AXA TEAM	57 + 225 + 315	597
19	CRISTÓVÃO GINJA	167 + 192 + 264	623
20	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA DE SANTA IRIA	58 + 285 + 318	661
21	CLUBE MILLENNIUM BCP	207 + 210 + 279	696
22	FIDELIDADE GDC	158 + 266 + 302	726
23	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	232 + 251 + 324	807
24	PACE.MAKERS	209 + 263 + 365	837
25	SS CGD	268 + 297 + 347	912
26	RUN4EAT	205 + 357 + 359	921