

TRAIL LONGO - STAGE 1

25 KM

OFFICIAL RESULT

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

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---|----------------------------|------------------|----------|-----------|-------|
| 85 | 41 | Nuno Vasconcelos | celorico btt team | Veterano M40 | 03:02:59 | +48:04 | 07:19 |
| 86 | 282 | Arnaldo Santos | nocturnos de paredes | Veterano M40 | 03:03:15 | +48:20 | 07:20 |
| 87 | 299 | Cidália Novais | rinus fafe | Senior Feminino | 03:04:30 | +49:35 | 07:23 |
| 88 | 333 | Filipe Lages | vimarunners | Veterano M40 | 03:04:30 | +49:35 | 07:23 |
| 89 | 314 | Susana Lobo Santos | tartarugas do asfalto | Veterana F40 | 03:04:42 | +49:47 | 07:23 |
| 90 | 154 | Marco Sérgio Cunha da Silva | individual | Senior Masculino | 03:05:16 | +50:21 | 07:25 |
| 91 | 160 | Miguel Soares | individual | Senior Masculino | 03:05:20 | +50:25 | 07:25 |
| 92 | 18 | Filipe Gonçalves | afrikanrunners | Senior Masculino | 03:05:37 | +50:42 | 07:25 |
| 93 | 11 | Hélder Manuel da Silva Pinto | a.d.amarante trail running | Senior Masculino | 03:05:46 | +50:51 | 07:26 |
| 94 | 211 | Hélio David Silva | individual | Veterano M40 | 03:06:19 | +51:24 | 07:27 |
| 95 | 91 | Olga Marisa Sousa Martins | individual | Senior Feminino | 03:06:20 | +51:25 | 07:27 |
| 96 | 136 | Jorge António Vieira Gomes | individual | Senior Masculino | 03:06:41 | +51:46 | 07:28 |
| 97 | 304 | Joao Cardoso | s. s. montepio | Veterano M40 | 03:06:47 | +51:52 | 07:28 |
| 98 | 245 | José Cunha | jatapanho | Veterano M40 | 03:07:51 | +52:56 | 07:31 |
| 99 | 319 | Paulo Jorge Sousa | trail dos moinhos | Senior Masculino | 03:07:52 | +52:57 | 07:31 |
| 100 | 203 | ALBINO DE OLIVEIRA RIBEIRO | individual | Veterano M40 | 03:08:23 | +53:28 | 07:32 |
| 101 | 174 | Pedro Nuno Dias Magalhães | individual | Senior Masculino | 03:08:47 | +53:52 | 07:33 |
| 102 | 118 | Fábio Monteiro | individual | Senior Masculino | 03:08:51 | +53:56 | 07:33 |
| 103 | 81 | Cristiana Esteves | individual | Senior Feminino | 03:08:52 | +53:57 | 07:33 |
| 104 | 228 | Paulo Brás | individual | Veterano M40 | 03:09:18 | +54:23 | 07:34 |
| 105 | 179 | Ricardo Gonçalves | individual | Senior Masculino | 03:09:40 | +54:45 | 07:35 |
| 106 | 77 | Pedro Costa | gtt - armazém do caffè | Veterano M40 | 03:09:54 | +54:59 | 07:36 |
| 107 | 141 | Jose Gomes Dias | individual | Senior Masculino | 03:10:36 | +55:41 | 07:37 |
| 108 | 278 | Tiago Moreira | nocturnos de paredes | Senior Masculino | 03:10:37 | +55:42 | 07:37 |
| 109 | 224 | LUIS MIGUEL ALVES DE FREITAS RIBEIRO | individual | Veterano M40 | 03:10:40 | +55:45 | 07:38 |
| 110 | 143 | JOSÉ RUI BASTOS | individual | Senior Masculino | 03:10:50 | +55:55 | 07:38 |
| 111 | 74 | Gustavo Santos | gramidense ifc | Senior Masculino | 03:11:14 | +56:19 | 07:39 |
| 112 | 294 | José Meira Rodrigues | paredes aventura | Veterano M40 | 03:11:34 | +56:39 | 07:40 |
| 113 | 39 | Sérgio Fernandes | brabus runners | Senior Masculino | 03:11:36 | +56:41 | 07:40 |
| 114 | 271 | Antonio Brito | nocturnos de paredes | Senior Masculino | 03:12:03 | +57:08 | 07:41 |
| 115 | 192 | Telmo silva | individual | Senior Masculino | 03:12:45 | +57:50 | 07:43 |
| 116 | 221 | Lina Besada Porto | individual | Veterana F40 | 03:12:46 | +57:51 | 07:43 |
| 117 | 188 | Sergio Filipe Maia de Sousa | individual | Senior Masculino | 03:13:10 | +58:15 | 07:44 |
| 118 | 26 | helder rodrigues | antónio | Veterano M40 | 03:13:37 | +58:42 | 07:45 |
| 119 | 16 | Urbano Filipe de Abreu Vitorino Ribeiro | a.d.amarante trail running | Senior Masculino | 03:13:45 | +58:50 | 07:45 |
| 120 | 137 | Jorge Miguel Abreu Barbosa | individual | Senior Masculino | 03:15:04 | +01:00:09 | 07:48 |
| 121 | 31 | Ricardo Dias | be fitness | Senior Masculino | 03:15:11 | +01:00:16 | 07:48 |
| 122 | 2 | Atleta 2 | individual | Senior Masculino | 03:15:17 | +01:00:22 | 07:49 |
| 123 | 30 | Paulo Pereira Machado | atletismo rúa | Veterano M40 | 03:16:59 | +01:02:04 | 07:53 |
| 124 | 133 | Hugo Samuel de Melo Barreiro | individual | Senior Masculino | 03:17:06 | +01:02:11 | 07:53 |
| 125 | 183 | Rui Miguel Teixeira Mendes | individual | Senior Masculino | 03:17:43 | +01:02:48 | 07:55 |
| 126 | 194 | Tiago Filipe Rodrigues Carvalho | individual | Senior Masculino | 03:17:52 | +01:02:57 | 07:55 |
| 127 | 111 | Cristiano Barbosa | individual | Senior Masculino | 03:18:49 | +01:03:54 | 07:57 |
| 128 | 156 | Mário André Carneiro Rego | individual | Senior Masculino | 03:19:05 | +01:04:10 | 07:58 |
| 129 | 311 | Domingos Manuel Oliveira Peixoto | sparta team | Veterano M40 | 03:19:06 | +01:04:11 | 07:58 |

TRAIL LONGO - STAGE 1

25 KM

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---|---|------------------|----------|-----------|-------|
| 130 | 125 | Frederico Silva Pinto | individual | Senior Masculino | 03:19:12 | +01:04:17 | 07:58 |
| 131 | 321 | Armando Fontão | trail running vilar de perdizes / opraticante | Veterano M40 | 03:19:20 | +01:04:25 | 07:58 |
| 132 | 32 | Ruben Cunha | be fitness | Senior Masculino | 03:19:26 | +01:04:31 | 07:59 |
| 133 | 106 | Carlos Eduardo Oliveira Freitas Novais Teixeira | individual | Senior Masculino | 03:19:51 | +01:04:56 | 08:00 |
| 134 | 324 | Ricardo Sousa | transpousada trail team | Senior Masculino | 03:20:06 | +01:05:11 | 08:00 |
| 135 | 145 | Luis Filipe Rocha | individual | Senior Masculino | 03:20:14 | +01:05:19 | 08:01 |
| 136 | 310 | josé Manuel Rodrigues Costa | sparta team | Senior Masculino | 03:20:19 | +01:05:24 | 08:01 |
| 137 | 230 | PAULO JORGE LOPES FERNANDES | individual | Veterano M40 | 03:20:46 | +01:05:51 | 08:02 |
| 138 | 100 | André Alberto Loureiro dos Santos | individual | Senior Masculino | 03:21:32 | +01:06:37 | 08:04 |
| 139 | 254 | Filipe Carvalho | limitless | Senior Masculino | 03:21:55 | +01:07:00 | 08:05 |
| 140 | 255 | Hugo Miguel Moreira Ribeiro | limitless | Senior Masculino | 03:21:56 | +01:07:01 | 08:05 |
| 141 | 166 | Nuno Sá | individual | Senior Masculino | 03:22:04 | +01:07:09 | 08:05 |
| 142 | 201 | Margarida Magalhães | individual | Veterana F40 | 03:22:20 | +01:07:25 | 08:06 |
| 143 | 71 | Sandra Pera | gondomar futsal clube | Senior Feminino | 03:22:26 | +01:07:31 | 08:06 |
| 144 | 73 | Pedro Matos | gondomar futsal clube | Senior Masculino | 03:22:27 | +01:07:32 | 08:06 |
| 145 | 206 | Camilo Neto | individual | Veterano M40 | 03:22:50 | +01:07:55 | 08:07 |
| 146 | 259 | Antonio Rbeiro | lusitanusteam | Veterano M40 | 03:22:50 | +01:07:55 | 08:07 |
| 147 | 309 | VPinhel | soulmates trail team | Veterano M40 | 03:23:30 | +01:08:35 | 08:08 |
| 148 | 312 | José Augusto Lopes Ferreira | sparta team | Veterano M40 | 03:23:48 | +01:08:53 | 08:09 |
| 149 | 214 | João Alberto Vasconcelos Freitas | individual | Veterano M40 | 03:24:22 | +01:09:27 | 08:10 |
| 150 | 89 | Márcia Raquel Fernandes Meira | individual | Senior Feminino | 03:24:35 | +01:09:40 | 08:11 |
| 151 | 249 | Carmo Marinho | ligirinhos | Veterana F40 | 03:25:05 | +01:10:10 | 08:12 |
| 152 | 186 | Rui Sousa | individual | Senior Masculino | 03:25:23 | +01:10:28 | 08:13 |
| 153 | 68 | JOSÉ DUARTE | familia pereira | Veterano M40 | 03:25:47 | +01:10:52 | 08:14 |
| 154 | 6 | SÉRGIO COSTA | a d esmeriz running | Senior Masculino | 03:25:54 | +01:10:59 | 08:14 |
| 155 | 159 | Miguel Seca | individual | Senior Masculino | 03:25:59 | +01:11:04 | 08:14 |
| 156 | 130 | Hugo André Couto | individual | Senior Masculino | 03:27:24 | +01:12:29 | 08:18 |
| 157 | 327 | Daniel Pinto | trocópasso | Senior Masculino | 03:27:24 | +01:12:29 | 08:18 |
| 158 | 268 | NURIA FERREIRA | nast | Senior Feminino | 03:27:25 | +01:12:30 | 08:18 |
| 159 | 163 | Nuno Maia | individual | Senior Masculino | 03:27:32 | +01:12:37 | 08:18 |
| 160 | 105 | Artur Caetano | individual | Senior Masculino | 03:28:04 | +01:13:09 | 08:19 |
| 161 | 226 | Nuno Cunha | individual | Veterano M40 | 03:28:34 | +01:13:39 | 08:21 |
| 162 | 263 | Nuno de Oliveira | medi lixa | Senior Masculino | 03:28:43 | +01:13:48 | 08:21 |
| 163 | 212 | Henrique Marques | individual | Veterano M40 | 03:29:13 | +01:14:18 | 08:22 |
| 164 | 153 | Marco Paulo Ribeiro Nunes | individual | Senior Masculino | 03:29:28 | +01:14:33 | 08:23 |
| 165 | 287 | Pedro Dias | opticalia running team | Veterano M40 | 03:29:38 | +01:14:43 | 08:23 |
| 166 | 38 | Antonio de Oliveira | brabus runners | Senior Masculino | 03:29:44 | +01:14:49 | 08:23 |
| 167 | 170 | Pedro André Faria | individual | Senior Masculino | 03:30:02 | +01:15:07 | 08:24 |
| 168 | 23 | JOAO OLIVEIRA | amigos atletismo povoense | Veterano M40 | 03:30:08 | +01:15:13 | 08:24 |
| 169 | 22 | ANTONIO LOURENÇO | amigos atletismo povoense | Veterano M40 | 03:30:08 | +01:15:13 | 08:24 |
| 170 | 46 | susana silva rodrigues | corrida da primavera | Senior Feminino | 03:30:15 | +01:15:20 | 08:25 |
| 171 | 36 | Paulo Pereira | bota&sigma | Senior Masculino | 03:30:55 | +01:16:00 | 08:26 |
| 172 | 323 | Paulo Carvalho | trailistas "eu é que sei" | Veterano M40 | 03:31:15 | +01:16:20 | 08:27 |
| 173 | 272 | Daniela Ferreira | nocturnos de paredes | Senior Masculino | 03:31:19 | +01:16:24 | 08:27 |
| 174 | 59 | Telma Duarte | ermidafit runners | Senior Feminino | 03:31:24 | +01:16:29 | 08:27 |

TRAIL LONGO - STAGE 1
25 KM
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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

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| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---------------------------------------|----------------------------|------------------|----------|-----------|-------|
| 220 | 152 | Marco Nicolau | individual | Senior Masculino | 03:50:17 | +01:35:22 | 09:13 |
| 221 | 4 | Atleta Dorsal 4 | individual | Senior Masculino | 03:50:17 | +01:35:22 | 09:13 |
| 222 | 110 | César Pais | individual | Senior Masculino | 03:51:10 | +01:36:15 | 09:15 |
| 223 | 300 | Marisa Novais | rinus fafe | Senior Feminino | 03:51:21 | +01:36:26 | 09:15 |
| 224 | 232 | Raul Macedo | individual | Veterano M40 | 03:52:19 | +01:37:24 | 09:18 |
| 225 | 181 | Rui Filipe Martins Fernandes Cunha | individual | Senior Masculino | 03:52:31 | +01:37:36 | 09:18 |
| 226 | 336 | Pedro Amendoeira | www.schoolembassy.com | Veterano M40 | 03:52:31 | +01:37:36 | 09:18 |
| 227 | 303 | Marcio Silva | s. s. montepio | Senior Masculino | 03:52:32 | +01:37:37 | 09:18 |
| 228 | 185 | Rui Quintão Gomes | individual | Senior Masculino | 03:53:25 | +01:38:30 | 09:20 |
| 229 | 217 | Jorge Aguiar | individual | Veterano M40 | 03:54:08 | +01:39:13 | 09:22 |
| 230 | 200 | elsa carina sousa rodrigues | individual | Veterana F40 | 03:54:17 | +01:39:22 | 09:22 |
| 231 | 222 | luis claudio ferreira marques | individual | Veterano M40 | 03:54:17 | +01:39:22 | 09:22 |
| 232 | 296 | Henrique Velon | petro basto | Senior Masculino | 03:54:54 | +01:39:59 | 09:24 |
| 233 | 19 | Ana Luisa Dolores Ferreira da Silva | all about | Senior Feminino | 03:54:56 | +01:40:01 | 09:24 |
| 234 | 20 | Ricardo Jorge Ferreira Leite Teixeira | all about | Veterano M40 | 03:54:56 | +01:40:01 | 09:24 |
| 235 | 258 | Orlando Rogério Azevedo Henriques | limitless | Senior Masculino | 03:55:54 | +01:40:59 | 09:26 |
| 236 | 292 | Nuno Marques | padelanatural team | Senior Masculino | 03:57:14 | +01:42:19 | 09:29 |
| 237 | 173 | Pedro Miguel Martins Faria | individual | Senior Masculino | 03:58:36 | +01:43:41 | 09:33 |
| 238 | 223 | Luis Martins | individual | Veterano M40 | 04:00:07 | +01:45:12 | 09:36 |
| 239 | 284 | Adélio Lima | opticalia running team | Senior Masculino | 04:00:27 | +01:45:32 | 09:37 |
| 240 | 47 | Carlos Alexandre Macedo | corrida da primavera | Senior Masculino | 04:03:33 | +01:48:38 | 09:45 |
| 241 | 325 | Solange Cabral | trilhando | Senior Feminino | 04:04:29 | +01:49:34 | 09:47 |
| 242 | 262 | Pedro Emanuel Madureira Assis Miranda | marco runners | Senior Masculino | 04:04:57 | +01:50:02 | 09:48 |
| 243 | 260 | Capitão Soares | marco runners | Senior Masculino | 04:05:03 | +01:50:08 | 09:48 |
| 244 | 196 | Zé Luis Lopes | individual | Senior Masculino | 04:05:30 | +01:50:35 | 09:49 |
| 245 | 14 | Miguel Monteiro Pereira | a.d.amarante trail running | Senior Masculino | 04:05:34 | +01:50:39 | 09:49 |
| 246 | 202 | Severine Boiteau | vimarunners | Veterana F40 | 04:06:20 | +01:51:25 | 09:51 |
| 247 | 94 | sonia bras | individual | Senior Feminino | 04:10:22 | +01:55:27 | 10:01 |
| 248 | 308 | João Pena Gil | soulmates trail team | Veterano M40 | 04:10:23 | +01:55:28 | 10:01 |
| 249 | 70 | RUI SÁ | ffit gaia trail | Veterano M40 | 04:13:24 | +01:58:29 | 10:08 |
| 250 | 43 | Pedro Ribeiro | chegamos ao fim | Veterano M40 | 04:13:39 | +01:58:44 | 10:09 |
| 251 | 210 | Feliciano Ferreira | individual | Veterano M40 | 04:13:58 | +01:59:03 | 10:10 |
| 252 | 28 | paulo sousa | antónio | Veterano M40 | 04:15:22 | +02:00:27 | 10:13 |
| 253 | 93 | Solange Sousa | individual | Senior Feminino | 04:15:43 | +02:00:48 | 10:14 |
| 254 | 161 | Nelson Manuel Marques de Sousa | individual | Senior Masculino | 04:15:44 | +02:00:49 | 10:14 |
| 255 | 84 | Gi Bessa | individual | Senior Feminino | 04:16:23 | +02:01:28 | 10:15 |
| 256 | 337 | António Porrão | x5 | Veterano M40 | 04:17:34 | +02:02:39 | 10:18 |
| 257 | 171 | Pedro Ferreira | individual | Senior Masculino | 04:17:39 | +02:02:44 | 10:18 |
| 258 | 34 | Carlos Silva | bota&sigma | Senior Masculino | 04:17:40 | +02:02:45 | 10:18 |
| 259 | 64 | Joana Teixeira | fafe runners | Senior Feminino | 04:18:11 | +02:03:16 | 10:20 |
| 260 | 155 | Marcos Silva | individual | Senior Masculino | 04:18:38 | +02:03:43 | 10:21 |
| 261 | 213 | Humberto Fontes | individual | Veterano M40 | 04:19:27 | +02:04:32 | 10:23 |
| 262 | 261 | Nuno Amorim | marco runners | Senior Masculino | 04:19:32 | +02:04:37 | 10:23 |

TRAIL LONGO - STAGE 1

25 KM

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION · LAP2GO - TIMING SOLUTION

LAP2GO - TIMING SOLUTION · LAP2GO - TIMING SOLUTION

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|---------------------------------|-----------------------|------------------|----------|-----------|-------|
| 263 | 146 | Luis Filipe Salgado Oliveira | individual | Senior Masculino | 04:19:56 | +02:05:01 | 10:24 |
| 264 | 67 | Nuno Miguel Pinto | fama runners | Senior Masculino | 04:21:02 | +02:06:07 | 10:26 |
| 265 | 127 | Gonçalo Antunes | individual | Senior Masculino | 04:22:57 | +02:08:02 | 10:31 |
| 266 | 7 | Rui Parreira | à margem | Senior Masculino | 04:23:22 | +02:08:27 | 10:32 |
| 267 | 281 | Antonio Carvalho | nocturnos de paredes | Veterano M40 | 04:25:04 | +02:10:09 | 10:36 |
| 268 | 87 | Márcia Ferreira | individual | Senior Feminino | 04:29:03 | +02:14:08 | 10:46 |
| 269 | 169 | paulo porfirio felix oliveira | individual | Senior Masculino | 04:29:06 | +02:14:11 | 10:46 |
| 270 | 95 | TÂNIA FILIPA MIRANDA SALGADO | individual | Senior Feminino | 04:29:06 | +02:14:11 | 10:46 |
| 271 | 242 | Jorge Antunes | jatapanho | Senior Masculino | 04:29:51 | +02:14:56 | 10:48 |
| 272 | 241 | Bruno Vale | jatapanho | Senior Masculino | 04:29:53 | +02:14:58 | 10:48 |
| 273 | 244 | Fernando Cunha | jatapanho | Veterano M40 | 04:29:54 | +02:14:59 | 10:48 |
| 274 | 247 | Francisco Magalhaes | legion combat | Senior Masculino | 04:33:18 | +02:18:23 | 10:56 |
| 275 | 246 | Rute Silva | legion combat | Senior Feminino | 04:33:19 | +02:18:24 | 10:56 |
| 276 | 108 | Bruno Pinheiro | individual | Senior Masculino | 04:34:28 | +02:19:33 | 10:59 |
| 277 | 273 | Leandro Ramos | nocturnos de paredes | Senior Masculino | 04:37:52 | +02:22:57 | 11:07 |
| 278 | 193 | Tiago André Cunha Freitas | individual | Senior Masculino | 04:40:36 | +02:25:41 | 11:13 |
| 279 | 240 | Vitor Alberto Fernandes Macedo | individual | Veterano M40 | 04:42:56 | +02:28:01 | 11:19 |
| 280 | 72 | Filipe Leitão | gondomar futsal clube | Senior Masculino | 04:44:42 | +02:29:47 | 11:23 |
| 281 | 88 | Márcia Ferreira | individual | Senior Feminino | 04:45:41 | +02:30:46 | 11:26 |
| 282 | 99 | Amaury Pinho | individual | Senior Masculino | 04:48:35 | +02:33:40 | 11:33 |
| 283 | 113 | Daniel Silva | individual | Senior Masculino | 04:48:44 | +02:33:49 | 11:33 |
| 284 | 338 | José Cunha | zombie runners - fafe | Senior Masculino | 04:54:25 | +02:39:30 | 11:47 |
| 285 | 339 | Nelson Fernandes | zombie runners - fafe | Senior Masculino | 04:54:25 | +02:39:30 | 11:47 |
| 286 | 341 | Vasco Neves | zombie runners - fafe | Senior Masculino | 04:54:26 | +02:39:31 | 11:47 |
| 287 | 328 | Maria da Luz Olivença | trocópasso | Veterana F40 | 05:00:36 | +02:45:41 | 12:01 |
| 288 | 235 | Rui Miguel Oliveira | individual | Veterano M40 | 05:00:40 | +02:45:45 | 12:02 |
| 289 | 82 | Cristina Rocha | individual | Senior Feminino | 05:00:41 | +02:45:46 | 12:02 |
| 290 | 132 | Hugo Marques | individual | Senior Masculino | 05:08:50 | +02:53:55 | 12:21 |
| 291 | 198 | Ana Oliveira | individual | Veterana F40 | 05:09:07 | +02:54:12 | 12:22 |
| 292 | 123 | Francisco Correia | individual | Senior Masculino | 05:41:07 | +03:26:12 | 13:39 |
| 293 | 291 | Paulo Jorge de Sousa Magalhães | ou vai ou racha | Veterano M40 | 06:53:52 | +04:38:57 | 16:33 |
| 294 | 289 | Cátia Sofia Neves Braga | ou vai ou racha | Senior Feminino | 06:54:05 | +04:39:10 | 16:34 |
| 295 | 290 | Ana Rita Barros Neves Magalhães | ou vai ou racha | Veterana F40 | 06:54:05 | +04:39:10 | 16:34 |

Trail Longo

25 KM

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OFFICIAL RESULT

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|----|-----|--|----------------------------|------------------|----------|--------|-------|
| 8 | 17 | Vitor Costa | A.D.Amarante trail running | Senior Masculino | 02:25:20 | +10:25 | 05:49 |
| 9 | 177 | Rafael Brito Abreu Pereira | Individual | Senior Masculino | 02:27:22 | +12:27 | 05:54 |
| 10 | 182 | Rui José Mendes Rodrigues | Individual | Senior Masculino | 02:28:43 | +13:48 | 05:57 |
| 11 | 52 | Bruno Santos | CTAD - Trilhos de Cinfães | Senior Masculino | 02:29:07 | +14:12 | 05:58 |
| 12 | 331 | ANDRÉ CUNHA | vimarunners | Senior Masculino | 02:31:58 | +17:03 | 06:05 |
| 13 | 13 | Jose Luis Ferreira Pereira | A.D.Amarante trail running | Senior Masculino | 02:32:11 | +17:16 | 06:05 |
| 14 | 256 | Ivan rocha | Limitless | Senior Masculino | 02:33:10 | +18:15 | 06:08 |
| 15 | 117 | Eurico Emanuel Miranda Ferreira Moura | Individual | Senior Masculino | 02:33:57 | +19:02 | 06:09 |
| 16 | 264 | Valdir Costa | MINHO AVENTURA | Senior Masculino | 02:34:35 | +19:40 | 06:11 |
| 17 | 175 | Pedro Tiago Dias Pereira | Individual | Senior Masculino | 02:35:37 | +20:42 | 06:13 |
| 18 | 126 | Gabriel Pereira Alves | Individual | Senior Masculino | 02:38:06 | +23:11 | 06:19 |
| 19 | 342 | José Miguel Pinto | team Rede Ambiente | Senior Masculino | 02:42:49 | +27:54 | 06:31 |
| 20 | 120 | Filipe Saraiva Fernandes | Individual | Senior Masculino | 02:43:04 | +28:09 | 06:31 |
| 21 | 167 | Orlando Costa Marques | PAREDES AVENTURA | Senior Masculino | 02:43:52 | +28:57 | 06:33 |
| 22 | 10 | António Daniel Pinto Mendes | A.D.Amarante trail running | Senior Masculino | 02:45:02 | +30:07 | 06:36 |
| 23 | 49 | Romeu Pereira | CrossFit Vale do Ave | Senior Masculino | 02:45:20 | +30:25 | 06:37 |
| 24 | 274 | Mauro Cardoso | NOCTURNOS DE PAREDES | Senior Masculino | 02:46:45 | +31:50 | 06:40 |
| 25 | 107 | Bruno Costa | Individual | Senior Masculino | 02:47:27 | +32:32 | 06:42 |
| 26 | 37 | Ricardo Machado | Bota&Siga | Senior Masculino | 02:48:03 | +33:08 | 06:43 |
| 27 | 162 | Nuno Machado | Individual | Senior Masculino | 02:48:37 | +33:42 | 06:45 |
| 28 | 144 | Lourenço Emanuel Carvalho Pinto Teixeira | Individual | Senior Masculino | 02:49:49 | +34:54 | 06:48 |
| 29 | 178 | Renato Reis | Individual | Senior Masculino | 02:50:16 | +35:21 | 06:49 |
| 30 | 122 | Filipe Teixeira | Individual | Senior Masculino | 02:50:53 | +35:58 | 06:50 |
| 31 | 187 | Sérgio Daniel Costa Peixoto | Individual | Senior Masculino | 02:51:06 | +36:11 | 06:51 |
| 32 | 60 | Ricardo Pais | ERMIDAFIT Runners | Senior Masculino | 02:51:14 | +36:19 | 06:51 |
| 33 | 298 | José Manuel Costa Pinto | Prezinho | Senior Masculino | 02:51:34 | +36:39 | 06:52 |
| 34 | 29 | ricardo pereira | arranca_troços | Senior Masculino | 02:53:45 | +38:50 | 06:57 |
| 35 | 147 | Luis Teixeira | Individual | Senior Masculino | 02:54:03 | +39:08 | 06:58 |
| 36 | 129 | Hélder Emanuel Leite Lemos | Individual | Senior Masculino | 02:54:06 | +39:11 | 06:58 |
| 37 | 65 | Eurico Marinho | FALCÕES SELVAGENS | Senior Masculino | 02:54:16 | +39:21 | 06:58 |
| 38 | 313 | Williams Conceição Rodriguez | STEP BY STEP | Senior Masculino | 02:54:19 | +39:24 | 06:58 |
| 39 | 35 | Hélder Silva | Bota&Siga | Senior Masculino | 02:54:27 | +39:32 | 06:59 |
| 40 | 102 | André Goncalves | Individual | Senior Masculino | 02:54:34 | +39:39 | 06:59 |
| 41 | 329 | Pedro Cunha | VIDAATIVARUNNERS | Senior Masculino | 02:54:59 | +40:04 | 07:00 |
| 42 | 75 | Hélder Ferreira | Gramidense IFC | Senior Masculino | 02:55:00 | +40:05 | 07:00 |
| 43 | 190 | Sérgio Suzano | Individual | Senior Masculino | 02:56:34 | +41:39 | 07:04 |
| 44 | 149 | Manuel Armando Ferreira Alves Novais Freitas | Individual | Senior Masculino | 02:57:16 | +42:21 | 07:05 |
| 45 | 56 | Nuno Angélico | DOLCEFARMA | Senior Masculino | 02:57:16 | +42:21 | 07:05 |
| 46 | 131 | Hugo Fernandes | Individual | Senior Masculino | 02:57:48 | +42:53 | 07:07 |
| 47 | 189 | Sergio Lopes | Individual | Senior Masculino | 02:59:06 | +44:11 | 07:10 |
| 48 | 180 | Ricardo Miguelote | Individual | Senior Masculino | 02:59:15 | +44:20 | 07:10 |
| 49 | 98 | Álvaro Mendes | Individual | Senior Masculino | 02:59:25 | +44:30 | 07:11 |
| 50 | 69 | Paulo Sarmiento | FFit Gaia Trail | Senior Masculino | 03:00:12 | +45:17 | 07:12 |
| 51 | 157 | Mário Miguel Ferreira Barbosa | Individual | Senior Masculino | 03:00:14 | +45:19 | 07:13 |

Trail Longo

25 KM

OFFICIAL RESULT

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|----|-----|--|----------------------------|------------------|----------|-----------|-------|
| 52 | 128 | Helder Cristiano Leite Ribeiro | Individual | Senior Masculino | 03:00:22 | +45:27 | 07:13 |
| 53 | 112 | DA SILVA FERREIRA JORGE | Individual | Senior Masculino | 03:00:24 | +45:29 | 07:13 |
| 54 | 140 | José Ferreira Costa | Individual | Senior Masculino | 03:02:31 | +47:36 | 07:18 |
| 55 | 76 | Emanuel Moreira da Costa | GTT - Armazém do Caffè | Senior Masculino | 03:02:40 | +47:45 | 07:18 |
| 56 | 150 | MARÇAL AVELINO SALAZAR MARQUES MENDES | Individual | Senior Masculino | 03:02:52 | +47:57 | 07:19 |
| 57 | 104 | António Manso | Individual | Senior Masculino | 03:02:58 | +48:03 | 07:19 |
| 58 | 154 | Marco Sérgio Cunha da Silva | Individual | Senior Masculino | 03:05:16 | +50:21 | 07:25 |
| 59 | 160 | Miguel Soares | Individual | Senior Masculino | 03:05:20 | +50:25 | 07:25 |
| 60 | 18 | Filipe Gonçalves | AfrikanRunners | Senior Masculino | 03:05:37 | +50:42 | 07:25 |
| 61 | 11 | Hélder Manuel da Silva Pinto | A.D.Amarante trail running | Senior Masculino | 03:05:46 | +50:51 | 07:26 |
| 62 | 136 | Jorge António Vieira Gomes | Individual | Senior Masculino | 03:06:41 | +51:46 | 07:28 |
| 63 | 319 | Paulo Jorge Sousa | Trail dos Moinhos | Senior Masculino | 03:07:52 | +52:57 | 07:31 |
| 64 | 174 | Pedro Nuno Dias Magalhães | Individual | Senior Masculino | 03:08:47 | +53:52 | 07:33 |
| 65 | 118 | Fábio Monteiro | Individual | Senior Masculino | 03:08:51 | +53:56 | 07:33 |
| 66 | 179 | Ricardo Gonçalves | Individual | Senior Masculino | 03:09:40 | +54:45 | 07:35 |
| 67 | 141 | Jose Gomes Dias | Individual | Senior Masculino | 03:10:36 | +55:41 | 07:37 |
| 68 | 278 | Tiago Moreira | NOCTURNOS DE PAREDES | Senior Masculino | 03:10:37 | +55:42 | 07:37 |
| 69 | 143 | JOSÉ RUI BASTOS | Individual | Senior Masculino | 03:10:50 | +55:55 | 07:38 |
| 70 | 74 | Gustavo Santos | Gramidense IFC | Senior Masculino | 03:11:14 | +56:19 | 07:39 |
| 71 | 39 | Sérgio Fernandes | Brabus Runners | Senior Masculino | 03:11:36 | +56:41 | 07:40 |
| 72 | 271 | Antonio Brito | NOCTURNOS DE PAREDES | Senior Masculino | 03:12:03 | +57:08 | 07:41 |
| 73 | 192 | Telmo silva | Individual | Senior Masculino | 03:12:45 | +57:50 | 07:43 |
| 74 | 188 | Sergio Filipe Maia de Sousa | Individual | Senior Masculino | 03:13:10 | +58:15 | 07:44 |
| 75 | 16 | Urbano Filipe de Abreu Vitorino Ribeiro | A.D.Amarante trail running | Senior Masculino | 03:13:45 | +58:50 | 07:45 |
| 76 | 137 | Jorge Miguel Abreu Barbosa | Individual | Senior Masculino | 03:15:04 | +01:00:09 | 07:48 |
| 77 | 31 | Ricardo Dias | Be Fitness | Senior Masculino | 03:15:11 | +01:00:16 | 07:48 |
| 78 | 2 | Atleta 2 | Individual | Senior Masculino | 03:15:17 | +01:00:22 | 07:49 |
| 79 | 133 | Hugo Samuel de Melo Barreiro | Individual | Senior Masculino | 03:17:06 | +01:02:11 | 07:53 |
| 80 | 183 | Rui Miguel Teixeira Mendes | Individual | Senior Masculino | 03:17:43 | +01:02:48 | 07:55 |
| 81 | 194 | Tiago Filipe Rodrigues Carvalho | Individual | Senior Masculino | 03:17:52 | +01:02:57 | 07:55 |
| 82 | 111 | Cristiano Barbosa | Individual | Senior Masculino | 03:18:49 | +01:03:54 | 07:57 |
| 83 | 156 | Mário André Carneiro Rego | Individual | Senior Masculino | 03:19:05 | +01:04:10 | 07:58 |
| 84 | 125 | Frederico Silva Pinto | Individual | Senior Masculino | 03:19:12 | +01:04:17 | 07:58 |
| 85 | 32 | Ruben Cunha | Be Fitness | Senior Masculino | 03:19:26 | +01:04:31 | 07:59 |
| 86 | 106 | Carlos Eduardo Oliveira Freitas Novais Teixeira | Individual | Senior Masculino | 03:19:51 | +01:04:56 | 08:00 |
| 87 | 324 | Ricardo Sousa | TransPousada Trail Team | Senior Masculino | 03:20:06 | +01:05:11 | 08:00 |
| 88 | 145 | Luis Filipe Rocha | Individual | Senior Masculino | 03:20:14 | +01:05:19 | 08:01 |
| 89 | 310 | josé Manuel Rodrigues Costa | Sparta team | Senior Masculino | 03:20:19 | +01:05:24 | 08:01 |
| 90 | 100 | André Alberto Loureiro dos Santos | Individual | Senior Masculino | 03:21:32 | +01:06:37 | 08:04 |
| 91 | 254 | Filipe Carvalho | Limitless | Senior Masculino | 03:21:55 | +01:07:00 | 08:05 |
| 92 | 255 | Hugo Miguel Moreira Ribeiro | Limitless | Senior Masculino | 03:21:56 | +01:07:01 | 08:05 |
| 93 | 166 | Nuno Sá | Individual | Senior Masculino | 03:22:04 | +01:07:09 | 08:05 |
| 94 | 73 | Pedro Matos | GONDOMAR FUTSAL CLUBE | Senior Masculino | 03:22:27 | +01:07:32 | 08:06 |
| 95 | 186 | Rui Sousa | Individual | Senior Masculino | 03:25:23 | +01:10:28 | 08:13 |
| 96 | 6 | SÉRGIO COSTA | A D ESMERIZ RUNNING | Senior Masculino | 03:25:54 | +01:10:59 | 08:14 |

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| Official Timekeeper: Lap2Go | 3 / 7 | generate 20-Mar-2016 15:21 |
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Trail Longo**25 KM****R**
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|-----|-----|-------------------------------|-----------------------|------------------|----------|-----------|-------|
| 143 | 171 | Pedro Ferreira | Individual | Senior Masculino | 04:17:39 | +02:02:44 | 10:18 |
| 144 | 34 | Carlos Silva | Bota&Siga | Senior Masculino | 04:17:40 | +02:02:45 | 10:18 |
| 145 | 155 | Marcos Silva | Individual | Senior Masculino | 04:18:38 | +02:03:43 | 10:21 |
| 146 | 261 | Nuno Amorim | Marco Runners | Senior Masculino | 04:19:32 | +02:04:37 | 10:23 |
| 147 | 146 | Luis Filipe Salgado Oliveira | Individual | Senior Masculino | 04:19:56 | +02:05:01 | 10:24 |
| 148 | 67 | Nuno Miguel Pinto | FAMA RUNNERS | Senior Masculino | 04:21:02 | +02:06:07 | 10:26 |
| 149 | 127 | Gonçalo Antunes | Individual | Senior Masculino | 04:22:57 | +02:08:02 | 10:31 |
| 150 | 7 | Rui Parreiral | À margem | Senior Masculino | 04:23:22 | +02:08:27 | 10:32 |
| 151 | 169 | paulo porfirio felix oliveira | Individual | Senior Masculino | 04:29:06 | +02:14:11 | 10:46 |
| 152 | 242 | Jorge Antunes | Jatapanho | Senior Masculino | 04:29:51 | +02:14:56 | 10:48 |
| 153 | 241 | Bruno Vale | Jatapanho | Senior Masculino | 04:29:53 | +02:14:58 | 10:48 |
| 154 | 247 | Francisco Magalhaes | Legion Combat | Senior Masculino | 04:33:18 | +02:18:23 | 10:56 |
| 155 | 108 | Bruno Pinheiro | Individual | Senior Masculino | 04:34:28 | +02:19:33 | 10:59 |
| 156 | 273 | Leandro Ramos | NOCTURNOS DE PAREDES | Senior Masculino | 04:37:52 | +02:22:57 | 11:07 |
| 157 | 193 | Tiago André Cunha Freitas | Individual | Senior Masculino | 04:40:36 | +02:25:41 | 11:13 |
| 158 | 72 | Filipe Leitão | GANDOMAR FUTSAL CLUBE | Senior Masculino | 04:44:42 | +02:29:47 | 11:23 |
| 159 | 99 | Amaury Pinho | Individual | Senior Masculino | 04:48:35 | +02:33:40 | 11:33 |
| 160 | 113 | Daniel Silva | Individual | Senior Masculino | 04:48:44 | +02:33:49 | 11:33 |
| 161 | 338 | José Cunha | ZOMBIE RUNNERS - FAFE | Senior Masculino | 04:54:25 | +02:39:30 | 11:47 |
| 162 | 339 | Nelson Fernandes | ZOMBIE RUNNERS - FAFE | Senior Masculino | 04:54:25 | +02:39:30 | 11:47 |
| 163 | 341 | Vasco Neves | ZOMBIE RUNNERS - FAFE | Senior Masculino | 04:54:26 | +02:39:31 | 11:47 |
| 164 | 132 | Hugo Marques | Individual | Senior Masculino | 05:08:50 | +02:53:55 | 12:21 |
| 165 | 123 | Francisco Correia | Individual | Senior Masculino | 05:41:07 | +03:26:12 | 13:39 |

Veterana F40

| | | | | | | | |
|----|-----|---------------------------------|-----------------------|--------------|----------|-----------|-------|
| 1 | 314 | Susana Lobo Santos | Tartarugas do Asfalto | Veterana F40 | 03:04:42 | | 07:23 |
| 2 | 221 | Lina Besada Porto | Individual | Veterana F40 | 03:12:46 | +08:04 | 07:43 |
| 3 | 201 | Margarida Magalhães | Individual | Veterana F40 | 03:22:20 | +17:38 | 08:06 |
| 4 | 249 | Carmo Marinho | Ligirinhos | Veterana F40 | 03:25:05 | +20:23 | 08:12 |
| 5 | 279 | Goreti Rocha | NOCTURNOS DE PAREDES | Veterana F40 | 03:38:50 | +34:08 | 08:45 |
| 6 | 266 | Fernanda Pinho | Moreira Relax Runners | Veterana F40 | 03:39:41 | +34:59 | 08:47 |
| 7 | 251 | Rosa Lídia Silva | Ligirinhos | Veterana F40 | 03:49:24 | +44:42 | 09:11 |
| 8 | 200 | elsa carina sousa rodrigues | Individual | Veterana F40 | 03:54:17 | +49:35 | 09:22 |
| 9 | 202 | Severine Boiteau | Vimarunners | Veterana F40 | 04:06:20 | +01:01:38 | 09:51 |
| 10 | 328 | Maria da Luz Olivença | TROCÓPASSO | Veterana F40 | 05:00:36 | +01:55:54 | 12:01 |
| 11 | 198 | Ana Oliveira | Individual | Veterana F40 | 05:09:07 | +02:04:25 | 12:22 |
| 12 | 290 | Ana Rita Barros Neves Magalhães | Ou vai ou Racha | Veterana F40 | 06:54:05 | +03:49:23 | 16:34 |

Veterano M40

| | | | | | | | |
|---|-----|----------------------------|--------------------------|--------------|----------|--------|-------|
| 1 | 63 | Rui Laranjeira | experiençar | Veterano M40 | 02:18:55 | | 05:33 |
| 2 | 3 | Domingos Jorge Costa Gomes | Individual | Veterano M40 | 02:35:59 | +17:04 | 06:14 |
| 3 | 205 | Amadeu Teixeira | Individual | Veterano M40 | 02:36:40 | +17:45 | 06:16 |
| 4 | 45 | Francisco Lemos | Corre Conosco Felgueiras | Veterano M40 | 02:36:54 | +17:59 | 06:17 |
| 5 | 55 | Arnaldo Rodrigues | DESNIVEL POSITIVO | Veterano M40 | 02:38:23 | +19:28 | 06:20 |

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| Official Timekeeper: Lap2Go | 5 / 7 | generate 20-Mar-2016 15:21 |
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Trail Longo**25 KM****OFFICIAL RESULT****R**
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|----|-----|--------------------------------------|---|--------------|----------|-----------|-------|
| 6 | 297 | Jose Oliveira | PETRO BASTO | Veterano M40 | 02:39:24 | +20:29 | 06:23 |
| 7 | 40 | José Fins | BRAGUINHAS RUNNERS | Veterano M40 | 02:39:59 | +21:04 | 06:24 |
| 8 | 288 | Paulo Ribeiro | Os Santa Apolónia | Veterano M40 | 02:40:57 | +22:02 | 06:26 |
| 9 | 322 | Bruno Dias | Trail Running Vilar de Perdizes / Opraticante | Veterano M40 | 02:43:11 | +24:16 | 06:32 |
| 10 | 225 | Nelson Santos | Individual | Veterano M40 | 02:43:27 | +24:32 | 06:32 |
| 11 | 207 | Domingos Jorge Costa Gomes | Individual | Veterano M40 | 02:45:51 | +26:56 | 06:38 |
| 12 | 227 | Paulo Araújo Costa | Individual | Veterano M40 | 02:45:52 | +26:57 | 06:38 |
| 13 | 215 | João Alexandre Carlos de Almeida | Individual | Veterano M40 | 02:47:41 | +28:46 | 06:42 |
| 14 | 335 | Mario Augusto Silva Soares | Vitor Daniel Pinto da Cunha | Veterano M40 | 02:48:17 | +29:22 | 06:44 |
| 15 | 209 | Ezequiel Fernandes | Individual | Veterano M40 | 02:51:26 | +32:31 | 06:51 |
| 16 | 57 | Sérgio Augusto Pereira Lima | Domplex BTT | Veterano M40 | 02:52:00 | +33:05 | 06:53 |
| 17 | 253 | José Carlos Gomes | Ligirinhos | Veterano M40 | 02:53:51 | +34:56 | 06:57 |
| 18 | 236 | Sérgio Anunciacao | Individual | Veterano M40 | 02:56:34 | +37:39 | 07:04 |
| 19 | 237 | Telmo Manuel Msrtns Cardoso | Individual | Veterano M40 | 02:57:02 | +38:07 | 07:05 |
| 20 | 343 | Heitor Leite | Individual | Veterano M40 | 02:57:16 | +38:21 | 07:05 |
| 21 | 320 | Augusto Ferreira | Trail dos Moinhos | Veterano M40 | 02:58:44 | +39:49 | 07:09 |
| 22 | 208 | EUGENIO CUNHA | Individual | Veterano M40 | 02:59:40 | +40:45 | 07:11 |
| 23 | 306 | A. Joaquim Pereira | Só Trilhos | Veterano M40 | 03:01:56 | +43:01 | 07:17 |
| 24 | 269 | GONÇALO MOTA | NAST | Veterano M40 | 03:02:42 | +43:47 | 07:19 |
| 25 | 270 | José Maria Gouveia Martins | NAST | Veterano M40 | 03:02:43 | +43:48 | 07:19 |
| 26 | 41 | Nuno Vasconcelos | Celorico BTT Team | Veterano M40 | 03:02:59 | +44:04 | 07:19 |
| 27 | 282 | Arnaldo Santos | NOCTURNOS DE PAREDES | Veterano M40 | 03:03:15 | +44:20 | 07:20 |
| 28 | 333 | Filipe Lages | vimarunners | Veterano M40 | 03:04:30 | +45:35 | 07:23 |
| 29 | 211 | Hélio David Silva | Individual | Veterano M40 | 03:06:19 | +47:24 | 07:27 |
| 30 | 304 | Joao Cardoso | S. S. Montepio | Veterano M40 | 03:06:47 | +47:52 | 07:28 |
| 31 | 245 | José Cunha | Jatapanho | Veterano M40 | 03:07:51 | +48:56 | 07:31 |
| 32 | 203 | ALBINO DE OLIVEIRA RIBEIRO | Individual | Veterano M40 | 03:08:23 | +49:28 | 07:32 |
| 33 | 228 | Paulo Brás | Individual | Veterano M40 | 03:09:18 | +50:23 | 07:34 |
| 34 | 77 | Pedro Costa | GTT - Armazém do Caffè | Veterano M40 | 03:09:54 | +50:59 | 07:36 |
| 35 | 224 | LUIS MIGUEL ALVES DE FREITAS RIBEIRO | Individual | Veterano M40 | 03:10:40 | +51:45 | 07:38 |
| 36 | 294 | José Meira Rodrigues | PAREDES AVENTURA | Veterano M40 | 03:11:34 | +52:39 | 07:40 |
| 37 | 26 | helder rodrigues | António | Veterano M40 | 03:13:37 | +54:42 | 07:45 |
| 38 | 30 | Paulo Pereira Machado | Atletismo Rúa | Veterano M40 | 03:16:59 | +58:04 | 07:53 |
| 39 | 311 | Domingos Manuel Oliveira Peixoto | Sparta team | Veterano M40 | 03:19:06 | +01:00:11 | 07:58 |
| 40 | 321 | Armando Fontão | Trail Running Vilar de Perdizes / Opraticante | Veterano M40 | 03:19:20 | +01:00:25 | 07:58 |
| 41 | 230 | PAULO JORGE LOPES FERNANDES | Individual | Veterano M40 | 03:20:46 | +01:01:51 | 08:02 |
| 42 | 206 | Camilo Neto | Individual | Veterano M40 | 03:22:50 | +01:03:55 | 08:07 |
| 43 | 259 | Antonio Rbeiro | lusitanusteam | Veterano M40 | 03:22:50 | +01:03:55 | 08:07 |
| 44 | 309 | VPinhel | Soulmates Trail Team | Veterano M40 | 03:23:30 | +01:04:35 | 08:08 |
| 45 | 312 | José Augusto Lopes Ferreira | Sparta team | Veterano M40 | 03:23:48 | +01:04:53 | 08:09 |
| 46 | 214 | João Alberto Vasconcelos Freitas | Individual | Veterano M40 | 03:24:22 | +01:05:27 | 08:10 |
| 47 | 68 | JOSÉ DUARTE | FAMILIA PEREIRA | Veterano M40 | 03:25:47 | +01:06:52 | 08:14 |
| 48 | 226 | Nuno Cunha | Individual | Veterano M40 | 03:28:34 | +01:09:39 | 08:21 |
| 49 | 212 | Henrique Marques | Individual | Veterano M40 | 03:29:13 | +01:10:18 | 08:22 |

Trail Longo

25 KM

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REVISED**OFFICIAL RESULT**

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|----|-----|---------------------------------------|---------------------------|--------------|----------|-----------|-------|
| 50 | 287 | Pedro Dias | Opticalia Running Team | Veterano M40 | 03:29:38 | +01:10:43 | 08:23 |
| 51 | 23 | JOAO OLIVEIRA | AMIGOS ATLETISMO POVOENSE | Veterano M40 | 03:30:08 | +01:11:13 | 08:24 |
| 52 | 22 | ANTONIO LOURENÇO | AMIGOS ATLETISMO POVOENSE | Veterano M40 | 03:30:08 | +01:11:13 | 08:24 |
| 53 | 323 | Paulo Carvalho | Trailistas "Eu é que sei" | Veterano M40 | 03:31:15 | +01:12:20 | 08:27 |
| 54 | 239 | tony | Individual | Veterano M40 | 03:32:00 | +01:13:05 | 08:29 |
| 55 | 27 | helder rodrigues | António | Veterano M40 | 03:33:18 | +01:14:23 | 08:32 |
| 56 | 24 | alcino araujo | António | Veterano M40 | 03:33:23 | +01:14:28 | 08:32 |
| 57 | 216 | Joaquim Pereira | Individual | Veterano M40 | 03:37:26 | +01:18:31 | 08:42 |
| 58 | 305 | Jose Nuno Costa | S. S. Montepio | Veterano M40 | 03:37:26 | +01:18:31 | 08:42 |
| 59 | 280 | Acacio Teixeira | NOCTURNOS DE PAREDES | Veterano M40 | 03:38:49 | +01:19:54 | 08:45 |
| 60 | 33 | Eurico Mendes | Blocos | Veterano M40 | 03:39:05 | +01:20:10 | 08:46 |
| 61 | 231 | Paulo Seabra | Individual | Veterano M40 | 03:39:51 | +01:20:56 | 08:48 |
| 62 | 248 | Paulo Nunes | Legion Combat | Veterano M40 | 03:40:54 | +01:21:59 | 08:50 |
| 63 | 252 | João Gil da Costa | Ligirinhos | Veterano M40 | 03:42:26 | +01:23:31 | 08:54 |
| 64 | 238 | Tiago João murta Costa Coutinho | Individual | Veterano M40 | 03:43:51 | +01:24:56 | 08:57 |
| 65 | 334 | Rafael Galvão | vimarunners | Veterano M40 | 03:44:12 | +01:25:17 | 08:58 |
| 66 | 220 | José Paulo Gonçalves Jordão | Individual | Veterano M40 | 03:44:13 | +01:25:18 | 08:58 |
| 67 | 58 | António João da Rocha Machado | El Team Trail | Veterano M40 | 03:44:20 | +01:25:25 | 08:58 |
| 68 | 267 | Nuno Albuquerque | NADV.PT Running Team | Veterano M40 | 03:44:32 | +01:25:37 | 08:59 |
| 69 | 302 | Vitor Gabriel marinho alves | RINUS FAFE | Veterano M40 | 03:44:38 | +01:25:43 | 08:59 |
| 70 | 219 | José Alberto Ribeiro Machado | Individual | Veterano M40 | 03:46:41 | +01:27:46 | 09:04 |
| 71 | 51 | Francisco Bartolomeu | CrossFit Vale do Ave | Veterano M40 | 03:48:04 | +01:29:09 | 09:07 |
| 72 | 326 | José Ribeiro | TRILHando | Veterano M40 | 03:49:25 | +01:30:30 | 09:11 |
| 73 | 232 | Raul Macedo | Individual | Veterano M40 | 03:52:19 | +01:33:24 | 09:18 |
| 74 | 336 | Pedro Amendoeira | www.schoolembassy.com | Veterano M40 | 03:52:31 | +01:33:36 | 09:18 |
| 75 | 217 | Jorge Aguiar | Individual | Veterano M40 | 03:54:08 | +01:35:13 | 09:22 |
| 76 | 222 | luis claudio ferreira marques | Individual | Veterano M40 | 03:54:17 | +01:35:22 | 09:22 |
| 77 | 20 | Ricardo Jorge Ferreira Leite Teixeira | All About | Veterano M40 | 03:54:56 | +01:36:01 | 09:24 |
| 78 | 223 | Luis Martins | Individual | Veterano M40 | 04:00:07 | +01:41:12 | 09:36 |
| 79 | 308 | João Pena Gil | Soulmates Trail Team | Veterano M40 | 04:10:23 | +01:51:28 | 10:01 |
| 80 | 70 | RUI SÁ | FFit Gaia Trail | Veterano M40 | 04:13:24 | +01:54:29 | 10:08 |
| 81 | 43 | Pedro Ribeiro | Chegamos ao fim | Veterano M40 | 04:13:39 | +01:54:44 | 10:09 |
| 82 | 210 | Feliciano Ferreira | Individual | Veterano M40 | 04:13:58 | +01:55:03 | 10:10 |
| 83 | 28 | paulo sousa | António | Veterano M40 | 04:15:22 | +01:56:27 | 10:13 |
| 84 | 337 | António Porrão | X5 | Veterano M40 | 04:17:34 | +01:58:39 | 10:18 |
| 85 | 213 | Humberto Fontes | Individual | Veterano M40 | 04:19:27 | +02:00:32 | 10:23 |
| 86 | 281 | Antonio Carvalho | NOCTURNOS DE PAREDES | Veterano M40 | 04:25:04 | +02:06:09 | 10:36 |
| 87 | 244 | Fernando Cunha | Jatapanho | Veterano M40 | 04:29:54 | +02:10:59 | 10:48 |
| 88 | 240 | Vitor Alberto Fernandes Macedo | Individual | Veterano M40 | 04:42:56 | +02:24:01 | 11:19 |
| 89 | 235 | Rui Miguel Oliveira | Individual | Veterano M40 | 05:00:40 | +02:41:45 | 12:02 |
| 90 | 291 | Paulo Jorge de Sousa Magalhães | Ou vai ou Racha | Veterano M40 | 06:53:52 | +04:34:57 | 16:33 |

TRAIL LONGO - CORRIDA DA PRIMAVERA

25 KM

OFFICIAL RESULT

R

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

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REVISE
D

| | Time | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:30 | -99°C | -99% |
| End | 16:24 | -99°C | -99% |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|-------------------------|----------------------|------------------|----------|-----------|-------|
| 1 | 46 | susana silva rodrigues | corrida da primavera | Senior Feminino | 03:30:15 | +01:15:20 | 08:25 |
| 2 | 47 | Carlos Alexandre Macedo | corrida da primavera | Senior Masculino | 04:03:33 | +01:48:38 | 09:45 |