

TRAIL LONGO - STAGE 1

35 KM

OFFICIAL RESULT

**R**  
REVISED

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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	Time	Temperature	Humidity
Start	08:30	8°C	93%
End	15:32	8°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	55	Aite Tamang	amcf - arrábida trail team	Senior Masculino	02:59:08		05:07
2	33	Paulo Costa	a.d.amarante trail running	Senior Masculino	03:04:21	+05:12	05:16
3	363	Carlos Veloso	team sindeq	Veterano M40	03:04:43	+05:34	05:17
4	369	Diogo Baena	u.f. comércio e indústria atletismo	Senior Masculino	03:05:22	+06:13	05:18
5	114	DIOGO FERNANDES	dr. merino/4mooove	Senior Masculino	03:06:46	+07:37	05:20
6	370	Helder Lopes Grosso	u.f. comércio e indústria atletismo	Senior Masculino	03:08:59	+09:51	05:24
7	2	António Braziela	oralklass-amigos do trail	Sub 23 Masculino	03:10:06	+10:58	05:26
8	15	Pedro Santos	oralklass-amigos do trail	Veterano M40	03:10:56	+11:47	05:27
9	117	PAULO CONDE	dr. merino/4mooove	Senior Masculino	03:12:10	+13:01	05:29
10	57	Pedro Varíssimo	amcf - arrábida trail team	Veterano M40	03:15:26	+16:18	05:35
11	372	João Nogueira Caetano	u.f. comércio e indústria atletismo	Senior Masculino	03:16:15	+17:06	05:36
12	4	Nuno Alves	oralklass-amigos do trail	Senior Masculino	03:16:45	+17:36	05:37
13	37	Vítor Costa	a.d.amarante trail running	Veterano M40	03:16:58	+17:49	05:38
14	377	Virgílio Gomes	u.f. comércio e indústria atletismo	Veterano M50	03:18:45	+19:37	05:41
15	10	João Nogueira	oralklass-amigos do trail	Senior Masculino	03:19:20	+20:11	05:42
16	56	Stefan Pequito	amcf - arrábida trail team	Senior Masculino	03:21:59	+22:50	05:46
17	115	Edgar Resende	dr. merino/4mooove	Senior Masculino	03:23:14	+24:05	05:48
18	163	João Lopes	grupo desportivo da parreira	Sub 23 Masculino	03:23:15	+24:06	05:48
19	118	Domingos Freitas	dr. merino/4mooove	Senior Masculino	03:25:19	+26:10	05:52
20	139	Tiago Teixeira	factor x / s4l / medense fc	Senior Masculino	03:25:39	+26:31	05:53
21	116	JOÃO PATRICIO	dr. merino/4mooove	Senior Masculino	03:25:40	+26:31	05:53
22	234	Nuno Cardoso	individual	Veterano M40	03:25:41	+26:33	05:53
23	12	Luís Pedro	oralklass-amigos do trail	Senior Masculino	03:26:27	+27:19	05:54
24	29	Cristiano Santos	a.d.amarante trail running	Senior Masculino	03:26:32	+27:23	05:54
25	16	Rafael Cruz	oralklass-amigos do trail	Senior Masculino	03:27:10	+28:02	05:55
26	371	João Canelas	u.f. comércio e indústria atletismo	Senior Masculino	03:28:19	+29:10	05:57
27	373	João Santos Silva	u.f. comércio e indústria atletismo	Senior Masculino	03:28:24	+29:15	05:57
28	111	Tiago Pinto	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	03:30:46	+31:37	06:01
29	18	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:31:50	+32:41	06:03
30	14	Nuno Pereira	oralklass-amigos do trail	Senior Masculino	03:33:15	+34:07	06:06
31	213	Tiago Gaspar	arsm - associação recreativa de s. miguel	Senior Masculino	03:33:19	+34:10	06:06
32	44	Tiago Marinho Freitas Subtil	affense trail	Senior Masculino	03:35:21	+36:12	06:09
33	6	Fernando Neves	oralklass-amigos do trail	Senior Masculino	03:35:42	+36:33	06:10
34	374	Marcelo Graça	u.f. comércio e indústria atletismo	Senior Masculino	03:36:44	+37:35	06:12
35	319	Miguel Jaques	olímpico vianense trail	Senior Masculino	03:36:44	+37:35	06:12
36	255	Rufino Paiva	ocs proaventuras	Veterano M45	03:37:01	+37:52	06:12
37	132	Andre Filipe Oliveira Almeida	factor x / s4l / medense fc	Senior Masculino	03:38:24	+39:16	06:14
38	298	Alex Tondela	montanha clube trail running/efapel	Veterano M40	03:40:08	+40:59	06:17
39	260	António Amador	individual	Veterano M50	03:41:09	+42:00	06:19
40	231	José Miguel Fernandes da Gama Nogueira	individual	Veterano M40	03:42:33	+43:25	06:22
41	292	Joel Pereira	minho e lima trail	Senior Masculino	03:43:31	+44:23	06:23

**TRAIL LONGO - STAGE 1****35 KM****R**  
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**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	311	Fernando Carvalho	nós acreditamos	Veterano M45	03:44:04	+44:55	06:24
43	112	Helder Rocha	douroconta - gabinete de apoio e contabilidade, lda	Veterano M40	03:44:46	+45:37	06:25
44	345	Miguel Machado	profisio team	Veterano M40	03:44:52	+45:44	06:25
45	36	José Pereira	a.d.amarante trail running	Veterano M40	03:45:31	+46:22	06:27
46	381	André Cunha	vimarunners	Senior Masculino	03:46:05	+46:57	06:28
47	190	João Menezes	individual	Senior Masculino	03:46:56	+47:47	06:29
48	174	António Daniel da Silva Ribeiro	individual	Senior Masculino	03:47:30	+48:21	06:30
49	7	Vitor Pinto	oralklass-amigos do trail	Veterano M40	03:47:33	+48:24	06:30
50	149	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	03:48:07	+48:59	06:31
51	367	Patrick Marques	trail running clube btt sanguedo	Veterano M40	03:48:49	+49:40	06:32
52	327	Miguel Sousa	os santa apolónia	Veterano M40	03:48:56	+49:47	06:32
53	122	Fernando Álvarez Garcia	e. castro trail	Veterano M45	03:48:58	+49:50	06:33
54	22	Inês Moreira	a.d.amarante trail running	Senior Feminino	03:50:05	+50:56	06:34
55	24	Paula Soares	a.d.amarante trail running	Senior Feminino	03:50:05	+50:56	06:34
56	208	Ricardo Boucinha	individual	Senior Masculino	03:51:10	+52:01	06:36
57	302	Pedro Vieira	mountain runners	Senior Masculino	03:51:11	+52:02	06:36
58	69	Ricardo Ribeiro	brabus runners	Senior Masculino	03:51:18	+52:10	06:37
59	365	Bruno Gonçalves	trail bem viver	Senior Masculino	03:51:52	+52:44	06:37
60	214	João Barbosa	individual	Sub 23 Masculino	03:53:02	+53:54	06:39
61	223	carlos barbosa	individual	Veterano M40	03:53:05	+53:56	06:40
62	310	José Pinto	nós acreditamos	Senior Masculino	03:53:07	+53:59	06:40
63	325	Mariana Machado	os santa apolónia	Senior Feminino	03:53:13	+54:04	06:40
64	58	Marcolino Veríssimo	amcf - arrábida trail team	Veterano M45	03:54:40	+55:32	06:42
65	199	Marco Silva	individual	Senior Masculino	03:55:21	+56:13	06:43
66	204	Nuno Oliveira	individual	Senior Masculino	03:55:37	+56:28	06:44
67	364	Vitor Coelho	team sindeq	Veterano M45	03:55:37	+56:29	06:44
68	110	Ricardo Barros	douroconta - gabinete de apoio e contabilidade, lda	Senior Masculino	03:56:28	+57:19	06:45
69	27	Bruno Teixeira	a.d.amarante trail running	Senior Masculino	03:56:28	+57:20	06:45
70	336	Filipe Fernandes	palmeira runners	Senior Masculino	03:57:41	+58:32	06:47
71	291	Filipe Correia	minho e lima trail	Senior Masculino	03:58:45	+59:36	06:49
72	26	Bruno Santos	a.d.amarante trail running	Senior Masculino	03:59:08	+59:59	06:50
73	17	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	03:59:13	+01:00:05	06:50
74	130	Nelson Baptista Andrade	enjoy n go runners	Senior Masculino	03:59:30	+01:00:22	06:51
75	75	José Fins	braguinhas runners	Veterano M45	04:00:14	+01:01:05	06:52
76	8	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	04:00:45	+01:01:36	06:53
77	352	Luís Martins	riofit running	Senior Masculino	04:01:40	+01:02:32	06:54
78	1	Maria Areias	oralklass-amigos do trail	Senior Feminino	04:02:18	+01:03:10	06:55
79	312	Francisco Lemos	nós acreditamos	Veterano M55	04:02:19	+01:03:10	06:55
80	176	Artur Pereira	individual	Senior Masculino	04:02:57	+01:03:48	06:56
81	353	Luís Miguel dos Reis Alves	roladores de basto	Senior Masculino	04:03:35	+01:04:26	06:58
82	136	Gonçalo António Pereira Reis	factor x / s41 / medense fc	Senior Masculino	04:04:35	+01:05:27	06:59
83	141	António Carvalho	factor x / s41 / medense fc	Veterano M40	04:04:36	+01:05:27	06:59
84	241	António Manuel Fraga Miranda	individual	Veterano M45	04:04:40	+01:05:31	06:59
85	346	Raul Silva	profisio team	Veterano M40	04:04:45	+01:05:36	07:00

**TRAIL LONGO - STAGE 1****35 KM****R**  
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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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	87	Ricardo Silva	clube trilheiros & amigos	Senior Masculino	04:05:34	+01:06:25	07:01
87	49	Tiago Portela	alexandra carvalho team	Senior Masculino	04:05:40	+01:06:31	07:01
88	266	Joaquim Fernandes Pinheiro	individual	Veterano M50	04:05:47	+01:06:38	07:01
89	318	Paulo Osório	ocs proaventuras	Veterano M45	04:06:21	+01:07:12	07:02
90	146	António Rocha	factor x / s4l / medense fc	Veterano M60	04:06:24	+01:07:15	07:02
91	349	Narciso Machado	profisio team	Veterano M50	04:07:20	+01:08:12	07:04
92	359	Miguel Silva	sueca italiana	Senior Masculino	04:07:25	+01:08:16	07:04
93	5	Antonio Pinto	oralklass-amigos do trail	Senior Masculino	04:08:49	+01:09:40	07:07
94	164	Rafael Escrivães	gtt - armazem do cafe	Senior Masculino	04:09:23	+01:10:14	07:08
95	151	Manuel Pinheiro	fridão sem limites	Veterano M45	04:09:56	+01:10:48	07:08
96	61	Jorge Alexandre Correia Moita	arsm - associação recreativa de s. miguel	Veterano M40	04:10:05	+01:10:56	07:09
97	131	José António Silva	ermida team	Veterano M45	04:10:09	+01:11:00	07:09
98	175	António Rocha	individual	Senior Masculino	04:10:26	+01:11:17	07:09
99	201	Nuno Correia	individual	Senior Masculino	04:11:08	+01:12:00	07:11
100	90	Carlos Alberto Gomes da Silva	clube trilheiros & amigos	Veterano M45	04:11:23	+01:12:14	07:11
101	3	Nádia Casteleiro	oralklass-amigos do trail	Senior Feminino	04:11:25	+01:12:16	07:11
102	19	Sergio Suzano	oralklass-amigos do trail	Senior Masculino	04:11:25	+01:12:16	07:11
103	227	Filipe TEixeira	individual	Veterano M40	04:12:21	+01:13:13	07:13
104	269	Luís Fontinha	individual	Veterano M50	04:12:23	+01:13:15	07:13
105	308	Jose Moreira Gomes	nocturnos de paredes	Veterano M50	04:12:26	+01:13:17	07:13
106	315	Lícínio Sequeira	o mundo da corrida	Veterano M45	04:12:34	+01:13:26	07:13
107	126	André Príncipe	edv- viana trail	Senior Masculino	04:12:47	+01:13:38	07:13
108	306	António Brito Teixeira	nocturnos de paredes	Veterano M40	04:13:01	+01:13:52	07:14
109	246	jose manuel mendes lopes	individual	Veterano M45	04:13:06	+01:13:58	07:14
110	322	Fernando Jorge da Costa Pereira	os lobos do saibro	Senior Masculino	04:13:38	+01:14:30	07:15
111	323	Norberto Fernandes	os lobos do saibro	Senior Masculino	04:13:38	+01:14:30	07:15
112	79	Marco Jorge	cabritos da montanha	Veterano M40	04:14:22	+01:15:13	07:16
113	70	Ricardo Sampaio	brabus runners	Senior Masculino	04:14:25	+01:15:17	07:16
114	386	Nuno Miguel	individual	Senior Masculino	04:14:27	+01:15:18	07:16
115	362	Joaquim Silva	team lantermil	Veterano M45	04:14:54	+01:15:45	07:17
116	268	Jose Oliveira	individual	Veterano M50	04:15:39	+01:16:30	07:18
117	281	Jorge Domingues	lebres minhotas	Veterano M45	04:17:22	+01:18:14	07:21
118	235	Paulo Machado	individual	Veterano M40	04:18:01	+01:18:52	07:22
119	50	João Guilherme Afonso	alexandra carvalho team	Sub 23 Masculino	04:18:07	+01:18:58	07:22
120	35	Hélder Pinto	a.d.amarante trail running	Veterano M40	04:18:09	+01:19:01	07:23
121	356	José Carlos Coelho	socksby/afacycles	Veterano M40	04:18:31	+01:19:22	07:23
122	183	Carlos Cardoso	individual	Senior Masculino	04:18:58	+01:19:49	07:24
123	211	Rui André Martins	individual	Senior Masculino	04:19:10	+01:20:01	07:24
124	197	LUIS SANTOS	individual	Senior Masculino	04:19:32	+01:20:23	07:25
125	272	alfredo costa	individual	Veterano M55	04:20:06	+01:20:58	07:26
126	288	Lúcia Lourenço	lúcia	Senior Feminino	04:20:12	+01:21:04	07:26
127	83	Ángelo Pereira	centro ciclista de gondomar	Veterano M55	04:20:20	+01:21:11	07:26
128	379	Alcino Santos	vertical navis	Veterano M50	04:20:20	+01:21:12	07:26
129	309	Hélder Ribeiro	nós acreditamos	Senior Masculino	04:20:32	+01:21:23	07:27
130	113	Claudio Monteiro	douroconta - gabinete de apoio e contabilidade, lda	Veterano M50	04:20:51	+01:21:42	07:27

**TRAIL LONGO - STAGE 1**
**35 KM**
**OFFICIAL RESULT**


RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
131	347	Abilio Pereira	profisio team	Veterano M45	04:21:40	+01:22:31	07:29
132	316	César Lobo	o que queremos é monte	Veterano M40	04:21:41	+01:22:32	07:29
133	210	Roberto Filipe Domingos da Silva Pereira	individual	Senior Masculino	04:21:41	+01:22:33	07:29
134	299	Manuel Moreno	morcegos trail	Veterano M60	04:21:43	+01:22:35	07:29
135	295	Filipe Ferreira	team trail bem viver	Senior Masculino	04:21:57	+01:22:48	07:29
136	104	Guilhermino Meireles	ctm vila pouca de aguiar	Veterano M40	04:22:18	+01:23:10	07:30
137	376	João Pereira Pinto	u.f. comércio e indústria atletismo	Veterano M50	04:23:04	+01:23:55	07:31
138	65	PAULO BAPTISTA	atletismo club da tocha	Veterano M45	04:23:34	+01:24:25	07:32
139	198	Marco Aurélio Gonçalves Marques	individual	Senior Masculino	04:24:17	+01:25:08	07:33
140	368	Dionísio Ferreira	team trail bem viver	Senior Masculino	04:25:19	+01:26:10	07:35
141	218	Alexandra Fernandes	individual	Veterana F50	04:25:24	+01:26:16	07:35
142	129	Pedro Lopes	edv- viana trail	Senior Masculino	04:26:04	+01:26:55	07:36
143	62	Horácio Ferreira	arsm - associação recreativa de s. miguel	Veterano M50	04:26:38	+01:27:29	07:37
144	189	Inacio Ribeiro	individual	Senior Masculino	04:26:41	+01:27:32	07:37
145	193	Jose pereira	individual	Senior Masculino	04:27:52	+01:28:43	07:39
146	375	Ana Piedade Grade	u.f. comércio e indústria atletismo	Veterana F40	04:27:53	+01:28:44	07:39
147	53	José Silva	alexandra carvalho team	Veterano M40	04:27:53	+01:28:44	07:39
148	326	José Martins	os santa apolónia	Veterano M40	04:28:19	+01:29:10	07:40
149	124	Domingos Manuel Marques Dias	ecobarcaventura	Veterano M45	04:28:22	+01:29:14	07:40
150	97	Ricardo Dantas	crocodilos / misterpc	Veterano M40	04:29:52	+01:30:43	07:43
151	329	Carlos Ribeiro	os2horas	Senior Masculino	04:29:56	+01:30:47	07:43
152	105	Carlos Sousa	ctm vila pouca de aguiar	Veterano M50	04:31:04	+01:31:55	07:45
153	135	Nuno Teixeira	factor x / s4l / medense fc	Senior Masculino	04:31:09	+01:32:00	07:45
154	148	Andreia Ribeiro Almeida	fridão sem limites	Senior Feminino	04:31:52	+01:32:43	07:46
155	39	Pedro Guimaraes	a+	Veterano M45	04:33:11	+01:34:02	07:48
156	165	Ricardo Ferreira	gtt - armazem do caffe	Senior Masculino	04:33:32	+01:34:23	07:49
157	168	FERNANDO AREZES	gtt - armazem do caffe	Veterano M50	04:33:33	+01:34:24	07:49
158	140	Vitor Moreira	factor x / s4l / medense fc	Senior Masculino	04:33:57	+01:34:48	07:50
159	289	RICARDO PIMENTA	maratonistas do minho	Veterano M45	04:34:23	+01:35:14	07:50
160	13	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	04:34:25	+01:35:16	07:50
161	152	António Carlos da Silva Teixeira	fridão sem limites	Veterano M55	04:34:30	+01:35:21	07:51
162	360	paulo miguel da costa pereira loureiro	team lantermil	Senior Masculino	04:34:42	+01:35:33	07:51
163	68	Edgar Costa	bikermania famalicão	Senior Masculino	04:34:46	+01:35:37	07:51
164	196	Luis Ferreira	individual	Senior Masculino	04:35:21	+01:36:12	07:52
165	41	Bruno Pereira	adeca associação desportiva de castelões	Senior Masculino	04:35:24	+01:36:15	07:52
166	342	Jorge Pereira	profisio team	Senior Masculino	04:35:37	+01:36:28	07:52
167	357	João Cardoso	ss montepio	Veterano M45	04:35:57	+01:36:48	07:53
168	40	João Ramos	ade trail running	Sub 23 Masculino	04:36:32	+01:37:23	07:54
169	225	César Sousa	individual	Veterano M40	04:36:42	+01:37:33	07:54
170	350	Victor Vital	reumáticos da bila	Senior Masculino	04:36:45	+01:37:36	07:54
171	123	Miguel Ângelo Rêgo	ecobarcaventura	Veterano M40	04:36:47	+01:37:39	07:54
172	133	André Manita	factor x / s4l / medense fc	Senior Masculino	04:36:54	+01:37:45	07:55



**TRAIL LONGO - STAGE 1**

**35 KM**

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING 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
219	30	Frederico Pinto	a.d.amarante trail running	Senior Masculino	04:59:17	+02:00:08	08:33
220	380	Miguel Barnabé	vertical navis	Veterano M50	04:59:41	+02:00:33	08:34
221	351	Rui Lobo Castro	rinus fafe	Senior Masculino	05:00:16	+02:01:07	08:35
222	275	Manuel Faria Sampaio	individual	Veterano M60	05:01:11	+02:02:02	08:36
223	296	Joel José GInga	montanha clube trail running/efapel	Senior Masculino	05:01:30	+02:02:22	08:37
224	324	Ana Azevedo	os santa apolónia	Senior Feminino	05:03:17	+02:04:09	08:40
225	328	Ricardo Meira	os santa apolónia	Veterano M40	05:03:18	+02:04:09	08:40
226	42	Marinha Pires	afifense trail	Senior Feminino	05:04:06	+02:04:58	08:41
227	170	Carla Araújo	individual	Senior Feminino	05:05:14	+02:06:06	08:43
228	237	Rui Miguel Aguiar Rodrigues	individual	Veterano M40	05:05:40	+02:06:31	08:44
229	134	Bruno Alexandre Braz Martins	factor x / s4l / medense fc	Senior Masculino	05:05:44	+02:06:36	08:44
230	230	josé Manuel Organista	individual	Veterano M40	05:05:44	+02:06:36	08:44
231	59	Ivo Miguel Lemos Martins	amigos das cubas	Senior Masculino	05:05:46	+02:06:37	08:44
232	226	Fernando	individual	Veterano M40	05:05:46	+02:06:38	08:44
233	341	Vitor Costa	piratas da montanha	Veterano M50	05:07:31	+02:08:23	08:47
234	340	Hugo Santos	piratas da montanha	Veterano M40	05:07:32	+02:08:23	08:47
235	172	Solange Sousa	individual	Senior Feminino	05:07:42	+02:08:33	08:47
236	167	Maria Conceição Queiroz Oliveira	gtt - armazen do caffe	Veterana F55	05:08:06	+02:08:58	08:48
237	229	João Nuno Faria	ocs proaventuras	Veterano M40	05:08:08	+02:08:59	08:48
238	92	Daniel Pinto	comdor runners	Senior Masculino	05:08:09	+02:09:01	08:48
239	244	Helder rodrigues	individual	Veterano M45	05:09:02	+02:09:53	08:50
240	144	Pedro Marques	factor x / s4l / medense fc	Veterano M45	05:09:16	+02:10:07	08:50
241	355	António Pereira	sociedade recreio cepanense	Veterano M45	05:10:07	+02:10:58	08:52
242	283	João Tiago Silva	liz runners	Senior Masculino	05:11:37	+02:12:28	08:54
243	54	Alvaro Nunes	all about	Veterano M45	05:11:50	+02:12:41	08:55
244	106	Andrea Cubha	danados	Senior Feminino	05:11:50	+02:12:41	08:55
245	81	Simão Guimarães	celtic challenge crew	Veterano M40	05:12:31	+02:13:22	08:56
246	317	Rogério Abreu	o que queremos é monte	Veterano M40	05:12:31	+02:13:22	08:56
247	100	César Sousa	ctm vila pouca de aguiar	Senior Masculino	05:13:05	+02:13:57	08:57
248	270	Paulo Ferreira	individual	Veterano M50	05:13:21	+02:14:12	08:57
249	48	Bruno Miguel Pereira Ribeiro	apúlia a correr	Senior Masculino	05:13:30	+02:14:22	08:57
250	290	Paulo Jorge Costa Oliveira	minho aventura	Senior Masculino	05:13:50	+02:14:42	08:58
251	157	Andreia Amorim	gondomar futsal clube	Senior Feminino	05:14:08	+02:14:59	08:59
252	77	José Rui Alves Marinho	c c s d trabalhadores camara municipal de fafe	Veterano M45	05:14:27	+02:15:19	08:59
253	194	Jose vitor campos costa	individual	Senior Masculino	05:14:34	+02:15:25	08:59
254	256	Rui Fernandes	individual	Veterano M45	05:14:51	+02:15:42	09:00
255	96	João Teixeira	crocodilos / misterpc	Veterano M40	05:15:01	+02:15:52	09:00
256	236	Ricardo Castro	individual	Veterano M40	05:15:04	+02:15:55	09:00
257	38	João Gil	a.d.amarante trail running	Veterano M60	05:18:04	+02:18:55	09:05
258	74	Samy Costa	braguinhas runners	Veterana F50	05:18:51	+02:19:42	09:07
259	259	Vitor Viana	individual	Veterano M45	05:20:55	+02:21:47	09:10
260	212	Silvio José Martins de Freitas	individual	Senior Masculino	05:22:02	+02:22:53	09:12
261	187	Helder Cunha	individual	Senior Masculino	05:22:12	+02:23:04	09:12
262	180	Bruno Marques	individual	Senior Masculino	05:22:42	+02:23:33	09:13
263	202	Nuno Gonçalves	individual	Senior Masculino	05:22:42	+02:23:33	09:13



TRAIL LONGO - STAGE 1

35 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



RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
307	147	luis oliveira	felgueiras team trail	Veterano M45	06:13:43	+03:14:35	10:41
308	107	Célia Sampaio	desnível positivo	Veterana F40	06:18:29	+03:19:21	10:49
309	72	Elisabete Borges	braguinhas runners	Veterana F40	06:18:29	+03:19:21	10:49
310	25	Sónia Brás	a.d.amarante trail running	Senior Feminino	06:21:09	+03:22:00	10:53
311	206	Pedro Neves	individual	Senior Masculino	06:22:49	+03:23:40	10:56
312	271	Valdemar Almeida	individual	Veterano M50	06:30:42	+03:31:33	11:10
313	222	Artur Fonseca	individual	Veterano M40	06:33:13	+03:34:04	11:14
314	277	Manuela Matias	braguinhas runners	Veterana F45	07:01:08	+04:01:59	12:02



Trail Longo

35 KM

OFFICIAL RESULT



	Time	Temperature	Humidity
Start	08:30	8°C	93%
End	15:32	8°C	93%

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

1	22	Inês Moreira	A.D.Amarante trail running	Senior Feminino	03:50:05	+50:56	06:34
2	24	Paula Soares	A.D.Amarante trail running	Senior Feminino	03:50:05	+50:56	06:34
3	325	Mariana Machado	Os Santa Apolónia	Senior Feminino	03:53:13	+54:04	06:40
4	17	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	03:59:13	+01:00:05	06:50
5	1	María Areias	Oralklass-Amigos do Trail	Senior Feminino	04:02:18	+01:03:10	06:55
6	3	Nádia Casteleiro	Oralklass-Amigos do Trail	Senior Feminino	04:11:25	+01:12:16	07:11
7	288	Lúcia Lourenço	Lúcia	Senior Feminino	04:20:12	+01:21:04	07:26
8	148	Andreia Ribeiro Almeida	Fridão Sem Limites	Senior Feminino	04:31:52	+01:32:43	07:46
9	13	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	04:34:25	+01:35:16	07:50
10	171	Raquel Andrade	Individual	Senior Feminino	04:37:04	+01:37:55	07:55
11	21	Cláudia Moreira	A.D.Amarante trail running	Senior Feminino	04:38:19	+01:39:10	07:57
12	119	Olalla Castro Seoane	E. Castro Trail	Senior Feminino	04:41:49	+01:42:40	08:03
13	20	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	04:52:33	+01:53:24	08:22
14	300	Patrícia Ribeiro	Mountain Runners	Senior Feminino	04:56:13	+01:57:04	08:28
15	324	Ana Azevedo	Os Santa Apolónia	Senior Feminino	05:03:17	+02:04:09	08:40
16	42	Marinha Pires	AFIFENSE TRAIL	Senior Feminino	05:04:06	+02:04:58	08:41
17	170	Carla Araújo	Individual	Senior Feminino	05:05:14	+02:06:06	08:43
18	172	Solange Sousa	Individual	Senior Feminino	05:07:42	+02:08:33	08:47
19	106	Andrea Cubha	Danados	Senior Feminino	05:11:50	+02:12:41	08:55
20	157	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	05:14:08	+02:14:59	08:59
21	173	Vera Fernandes	Individual	Senior Feminino	05:29:33	+02:30:24	09:25
22	333	Sara Meira	Padela Natural Team - Fisiofreixo	Senior Feminino	05:41:45	+02:42:37	09:46
23	47	Carina Silva	Alexandra Carvalho Team	Senior Feminino	05:48:11	+02:49:02	09:57
24	158	Lucie Trpisovska	GONDOMAR FUTSAL CLUBE	Senior Feminino	05:52:18	+02:53:10	10:04
25	25	Sónia Brás	A.D.Amarante trail running	Senior Feminino	06:21:09	+03:22:00	10:53

Senior Masculino

1	55	Aite Tamang	AMCF - ARRÁBIDA TRAIL TEAM	Senior Masculino	02:59:08		05:07
2	33	Paulo Costa	A.D.Amarante trail running	Senior Masculino	03:04:21	+05:12	05:16
3	369	Diogo Baena	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:05:22	+06:13	05:18
4	114	DIOGO FERNANDES	Dr. Merino/4moove	Senior Masculino	03:06:46	+07:37	05:20
5	370	Helder Lopes Grosso	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:08:59	+09:51	05:24
6	117	PAULO CONDE	Dr. Merino/4moove	Senior Masculino	03:12:10	+13:01	05:29
7	372	João Nogueira Caetano	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:16:15	+17:06	05:36
8	4	Nuno Alves	Oralklass-Amigos do Trail	Senior Masculino	03:16:45	+17:36	05:37
9	10	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:19:20	+20:11	05:42



## Trail Longo

35 KM

### OFFICIAL RESULT



52	87	Ricardo Silva	Clube Trilheiros & amigos	Senior Masculino	04:05:34	+01:06:25	07:01
53	49	Tiago Portela	Alexandra Carvalho Team	Senior Masculino	04:05:40	+01:06:31	07:01
54	359	Miguel Silva	Sueca Italiana	Senior Masculino	04:07:25	+01:08:16	07:04
55	5	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	04:08:49	+01:09:40	07:07
56	164	Rafael Escrivães	GTT - ARMAZEM DO CAFFE	Senior Masculino	04:09:23	+01:10:14	07:08
57	175	António Rocha	Individual	Senior Masculino	04:10:26	+01:11:17	07:09
58	201	Nuno Correia	Individual	Senior Masculino	04:11:08	+01:12:00	07:11
59	19	Sergio Suzano	Oralklass-Amigos do Trail	Senior Masculino	04:11:25	+01:12:16	07:11
60	126	André Príncipe	EDV- VIANA TRAIL	Senior Masculino	04:12:47	+01:13:38	07:13
61	322	Fernando Jorge da Costa Pereira	Os Lobos do Saibro	Senior Masculino	04:13:38	+01:14:30	07:15
62	323	Norberto Fernandes	Os Lobos do Saibro	Senior Masculino	04:13:38	+01:14:30	07:15
63	70	Ricardo Sampaio	Brabus Runners	Senior Masculino	04:14:25	+01:15:17	07:16
64	386	Nuno Miguel	Individual	Senior Masculino	04:14:27	+01:15:18	07:16
65	183	Carlos Cardoso	Individual	Senior Masculino	04:18:58	+01:19:49	07:24
66	211	Rui André Martins	Individual	Senior Masculino	04:19:10	+01:20:01	07:24
67	197	LUIS SANTOS	Individual	Senior Masculino	04:19:32	+01:20:23	07:25
68	309	Hélder Ribeiro	Nós Acreditamos	Senior Masculino	04:20:32	+01:21:23	07:27
69	210	Roberto Filipe Domingos da Silva Pereira	Individual	Senior Masculino	04:21:41	+01:22:33	07:29
70	295	Filipe Ferreira	Team Trail Bem Viver	Senior Masculino	04:21:57	+01:22:48	07:29
71	198	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	04:24:17	+01:25:08	07:33
72	368	Dionísio Ferreira	Team Trail Bem Viver	Senior Masculino	04:25:19	+01:26:10	07:35
73	129	Pedro Lopes	EDV- VIANA TRAIL	Senior Masculino	04:26:04	+01:26:55	07:36
74	189	Inacio Ribeiro	Individual	Senior Masculino	04:26:41	+01:27:32	07:37
75	193	Jose pereira	Individual	Senior Masculino	04:27:52	+01:28:43	07:39
76	329	Carlos Ribeiro	Os2Horas	Senior Masculino	04:29:56	+01:30:47	07:43
77	135	Nuno Teixeira	Factor X / S4L / Medense FC	Senior Masculino	04:31:09	+01:32:00	07:45
78	165	Ricardo Ferreira	GTT - ARMAZEM DO CAFFE	Senior Masculino	04:33:32	+01:34:23	07:49
79	140	Vitor Moreira	Factor X / S4L / Medense FC	Senior Masculino	04:33:57	+01:34:48	07:50
80	360	paulo miguel da costa pereira loureiro	Team Lantermil	Senior Masculino	04:34:42	+01:35:33	07:51
81	68	Edgar Costa	Bikermania Famalicao	Senior Masculino	04:34:46	+01:35:37	07:51
82	196	Luis Ferreira	Individual	Senior Masculino	04:35:21	+01:36:12	07:52
83	41	Bruno Pereira	ADECA Associação desportiva de Castelões	Senior Masculino	04:35:24	+01:36:15	07:52
84	342	Jorge Pereira	Profisio Team	Senior Masculino	04:35:37	+01:36:28	07:52
85	350	Victor Vital	Reumáticos da Bila	Senior Masculino	04:36:45	+01:37:36	07:54
86	133	André Manita	Factor X / S4L / Medense FC	Senior Masculino	04:36:54	+01:37:45	07:55
87	181	Bruno Moura	Individual	Senior Masculino	04:37:03	+01:37:55	07:55
88	205	Nuno Sá	Individual	Senior Masculino	04:37:54	+01:38:46	07:56
89	366	Rui Madureira	Trail Bem Viver	Senior Masculino	04:39:10	+01:40:02	07:59
90	160	Vitor Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:39:26	+01:40:17	07:59
91	43	Gil Pires	AFIFENSE TRAIL	Senior Masculino	04:41:23	+01:42:14	08:02
92	31	Leandro Anjos	A.D.Amarante trail running	Senior Masculino	04:43:52	+01:44:44	08:07
93	344	Nelson Vaz	Profisio Team	Senior Masculino	04:44:39	+01:45:31	08:08
94	343	Nelson Machado	Profisio Team	Senior Masculino	04:44:39	+01:45:31	08:08
95	207	Pedro Nunes	Individual	Senior Masculino	04:45:11	+01:46:03	08:09
96	179	Bruno Machado	Individual	Senior Masculino	04:45:12	+01:46:03	08:09

Official Timekeeper: Lap2Go	3 / 9	generate 05-Mar-2018 11:53
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## Trail Longo

35 KM



### OFFICIAL RESULT

97	82	Valter Gouveia	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	04:45:17	+01:46:09	08:09
98	98	Ângelo Costa	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:47:21	+01:48:13	08:13
99	282	Bruno Monteiro	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	04:49:08	+01:50:00	08:16
100	101	Sérgio Vilela	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:51:08	+01:51:59	08:19
101	89	Adelino Pinto	Clube Trilheiros & amigos	Senior Masculino	04:51:12	+01:52:04	08:19
102	11	José Santos	Oralklass-Amigos do Trail	Senior Masculino	04:52:04	+01:52:56	08:21
103	32	Miguel Pereira	A.D.Amarante trail running	Senior Masculino	04:52:33	+01:53:25	08:22
104	88	Vítor Dias	Clube Trilheiros & amigos	Senior Masculino	04:53:41	+01:54:32	08:23
105	188	Hugo Pinto	Individual	Senior Masculino	04:56:13	+01:57:05	08:28
106	192	João Paulo Castro	Individual	Senior Masculino	04:57:01	+01:57:52	08:29
107	95	Pedro Santos	CROCODILOS / MISTERPC	Senior Masculino	04:57:03	+01:57:54	08:29
108	93	EMANUEL ALMEIDA	ComDor Runners	Senior Masculino	04:57:33	+01:58:25	08:30
109	313	Eduardo Soares	Novo Doce Trail	Senior Masculino	04:57:42	+01:58:33	08:30
110	30	Frederico Pinto	A.D.Amarante trail running	Senior Masculino	04:59:17	+02:00:08	08:33
111	351	Rui Lobo Castro	RINUS FAFE	Senior Masculino	05:00:16	+02:01:07	08:35
112	296	Joel José Gínga	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Masculino	05:01:30	+02:02:22	08:37
113	134	Bruno Alexandre Braz Martins	Factor X / S4L / Medense FC	Senior Masculino	05:05:44	+02:06:36	08:44
114	59	Ivo Miguel Lemos Martins	Amigos das Cubas	Senior Masculino	05:05:46	+02:06:37	08:44
115	92	Daniel Pinto	ComDor Runners	Senior Masculino	05:08:09	+02:09:01	08:48
116	283	João Tiago Silva	LIZ RUNNERS	Senior Masculino	05:11:37	+02:12:28	08:54
117	100	César Sousa	CTM VILA POUCA DE AGUIAR	Senior Masculino	05:13:05	+02:13:57	08:57
118	48	Bruno Miguel Pereira Ribeiro	Apúlia a Correr	Senior Masculino	05:13:30	+02:14:22	08:57
119	290	Paulo Jorge Costa Oliveira	MINHO AVENTURA	Senior Masculino	05:13:50	+02:14:42	08:58
120	194	Jose vitor campos costa	Individual	Senior Masculino	05:14:34	+02:15:25	08:59
121	212	Silvio José Martins de Freitas	Individual	Senior Masculino	05:22:02	+02:22:53	09:12
122	187	Helder Cunha	Individual	Senior Masculino	05:22:12	+02:23:04	09:12
123	180	Bruno Marques	Individual	Senior Masculino	05:22:42	+02:23:33	09:13
124	202	Nuno Gonçalves	Individual	Senior Masculino	05:22:42	+02:23:33	09:13
125	287	Pedro Tavares	Los Manos	Senior Masculino	05:25:39	+02:26:30	09:18
126	99	Bruno Sousa	CTM VILA POUCA DE AGUIAR	Senior Masculino	05:30:36	+02:31:27	09:27
127	334	João Sobreiro	Padela Natural Team - Fisiofreixo	Senior Masculino	05:41:45	+02:42:36	09:46
128	159	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:42:18	+02:43:09	09:47
129	184	Carlos Teixeira	Individual	Senior Masculino	05:47:19	+02:48:11	09:55
130	206	Pedro Neves	Individual	Senior Masculino	06:22:49	+03:23:40	10:56

## Sub 23 Masculino

1	2	António Braziela	Oralklass-Amigos do Trail	Sub 23 Masculino	03:10:06	+10:58	05:26
2	163	João Lopes	GRUPO DESPORTIVO DA PARREIRA	Sub 23 Masculino	03:23:15	+24:06	05:48
3	214	João Barbosa	Individual	Sub 23 Masculino	03:53:02	+53:54	06:39
4	50	João Guilherme Afonso	Alexandra Carvalho Team	Sub 23 Masculino	04:18:07	+01:18:58	07:22
5	40	João Ramos	ADE Trail Running	Sub 23 Masculino	04:36:32	+01:37:23	07:54
6	335	José Luís Gomes Pinto Maciel	Padela Natural Team - Fisiofreixo	Sub 23 Masculino	05:41:45	+02:42:37	09:46

**Trail Longo**
**35 KM**
**R**  
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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
**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

## Veterana F40

1	375	Ana Piedade Grade	U.F. Comércio e Indústria Atletismo	Veterana F40	04:27:53	+01:28:44	07:39
2	120	Belen Rodriguez Vidal	E. Castro Trail	Veterana F40	04:47:03	+01:47:54	08:12
3	67	Elena Domínguez González	Aviva Sport	Veterana F40	05:26:23	+02:27:14	09:20
4	108	Carla Antunes	DIVE   Into The Mountains	Veterana F40	05:35:16	+02:36:07	09:35
5	51	Solange de Jesus Cunha Cabral	Alexandra Carvalho Team	Veterana F40	05:46:25	+02:47:16	09:54
6	307	Gloria Souto	Nocturnos de Paredes	Veterana F40	05:47:24	+02:48:16	09:56
7	215	Beta Fernandes	Individual	Veterana F40	06:13:19	+03:14:11	10:40
8	107	Célia Sampaio	Desnível Positivo	Veterana F40	06:18:29	+03:19:21	10:49
9	72	Elisabete Borges	BRAGUINHAS RUNNERS	Veterana F40	06:18:29	+03:19:21	10:49

## Veterana F45

1	121	Mónica Novoa Barbosa	E. Castro Trail	Veterana F45	04:41:50	+01:42:41	08:03
2	60	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F45	04:45:05	+01:45:57	08:09
3	45	Carolina Pereira	AFIFENSE TRAIL	Veterana F45	05:31:24	+02:32:15	09:28
4	337	Deolinda Brites Antunes	Palmeira Runners	Veterana F45	05:42:59	+02:43:50	09:48
5	276	Elizabeth Ortiz	BRAGUINHAS RUNNERS	Veterana F45	05:52:35	+02:53:27	10:04
6	73	Aurora Silva	BRAGUINHAS RUNNERS	Veterana F45	06:13:18	+03:14:10	10:40
7	277	Manuela Matias	BRAGUINHAS RUNNERS	Veterana F45	07:01:08	+04:01:59	12:02

## Veterana F50

1	218	Alexandra Fernandes	Individual	Veterana F50	04:25:24	+01:26:16	07:35
2	64	Carmen Ferreira	Associação Vale Grande	Veterana F50	04:51:07	+01:51:58	08:19
3	74	Samy Costa	BRAGUINHAS RUNNERS	Veterana F50	05:18:51	+02:19:42	09:07
4	102	Lúcia Lemos	CTM VILA POUCA DE AGUIAR	Veterana F50	05:53:10	+02:54:02	10:05
5	220	Rosa vaz	Individual	Veterana F50	06:13:18	+03:14:10	10:40

## Veterana F55

1	167	Maria Conceição Queiroz Oliveira	GTT - ARMAZEM DO CAFE	Veterana F55	05:08:06	+02:08:58	08:48
2	78	Maria José Machado	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterana F55	06:12:52	+03:13:44	10:39

## Veterano M40

1	363	Carlos Veloso	Team Sindeq	Veterano M40	03:04:43	+05:34	05:17
2	15	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	03:10:56	+11:47	05:27
3	57	Pedro Varíssimo	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M40	03:15:26	+16:18	05:35
4	37	Vítor Costa	A.D.Amarante trail running	Veterano M40	03:16:58	+17:49	05:38

Trail Longo

35 KM



OFFICIAL RESULT

5	234	Nuno Cardoso	Individual	Veterano M40	03:25:41	+26:33	05:53
6	298	Alex Tondela	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Veterano M40	03:40:08	+40:59	06:17
7	231	José Miguel Fernandes da Gama Nogueira	Individual	Veterano M40	03:42:33	+43:25	06:22
8	112	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M40	03:44:46	+45:37	06:25
9	345	Miguel Machado	Profisio Team	Veterano M40	03:44:52	+45:44	06:25
10	36	José Pereira	A.D.Amarante trail running	Veterano M40	03:45:31	+46:22	06:27
11	7	Vitor Pinto	Oralklass-Amigos do Trail	Veterano M40	03:47:33	+48:24	06:30
12	367	Patrick Marques	trail running clube btt sanguedo	Veterano M40	03:48:49	+49:40	06:32
13	327	Miguel Sousa	Os Santa Apolónia	Veterano M40	03:48:56	+49:47	06:32
14	223	carlos barbosa	Individual	Veterano M40	03:53:05	+53:56	06:40
15	141	António Carvalho	Factor X / S4L / Medense FC	Veterano M40	04:04:36	+01:05:27	06:59
16	346	Raul Silva	Profisio Team	Veterano M40	04:04:45	+01:05:36	07:00
17	61	Jorge Alexandre Correia Moita	ARSM - Associação Recreativa de S. Miguel	Veterano M40	04:10:05	+01:10:56	07:09
18	227	Filipe TEixeira	Individual	Veterano M40	04:12:21	+01:13:13	07:13
19	306	António Brito Teixeira	Nocturnos de Paredes	Veterano M40	04:13:01	+01:13:52	07:14
20	79	Marco Jorge	Cabritos da Montanha	Veterano M40	04:14:22	+01:15:13	07:16
21	235	Paulo Machado	Individual	Veterano M40	04:18:01	+01:18:52	07:22
22	35	Hélder Pinto	A.D.Amarante trail running	Veterano M40	04:18:09	+01:19:01	07:23
23	356	José Carlos Coelho	SocksBy/AfaCycles	Veterano M40	04:18:31	+01:19:22	07:23
24	316	César Lobo	o que queremos é monte	Veterano M40	04:21:41	+01:22:32	07:29
25	104	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	Veterano M40	04:22:18	+01:23:10	07:30
26	53	José Silva	Alexandra Carvalho Team	Veterano M40	04:27:53	+01:28:44	07:39
27	326	José Martins	Os Santa Apolónia	Veterano M40	04:28:19	+01:29:10	07:40
28	97	Ricardo Dantas	CROCODILOS / MISTERPC	Veterano M40	04:29:52	+01:30:43	07:43
29	225	César Sousa	Individual	Veterano M40	04:36:42	+01:37:33	07:54
30	123	Miguel Ângelo Rêgo	Ecobarcaventura	Veterano M40	04:36:47	+01:37:39	07:54
31	240	Vitor Manuel VAz Cancela	Individual	Veterano M40	04:38:34	+01:39:25	07:58
32	361	Miguel Araújo	Team Lantermil	Veterano M40	04:42:35	+01:43:26	08:04
33	150	Filipe Pinheiro	Fridão Sem Limites	Veterano M40	04:43:24	+01:44:16	08:06
34	328	Ricardo Meira	Os Santa Apolónia	Veterano M40	05:03:18	+02:04:09	08:40
35	237	Rui Miguel Aguiar Rodrigues	Individual	Veterano M40	05:05:40	+02:06:31	08:44
36	230	josé Manuel Organista	Individual	Veterano M40	05:05:44	+02:06:36	08:44
37	226	Fernando	Individual	Veterano M40	05:05:46	+02:06:38	08:44
38	340	Hugo Santos	Piratas da montanha	Veterano M40	05:07:32	+02:08:23	08:47
39	229	João Nuno Faria	OCS Proaventuras	Veterano M40	05:08:08	+02:08:59	08:48
40	81	Simão Guimarães	Celtic Challenge Crew	Veterano M40	05:12:31	+02:13:22	08:56
41	317	Rogério Abreu	o que queremos é monte	Veterano M40	05:12:31	+02:13:22	08:56
42	96	João Teixeira	CROCODILOS / MISTERPC	Veterano M40	05:15:01	+02:15:52	09:00
43	236	Ricardo Castro	Individual	Veterano M40	05:15:04	+02:15:55	09:00
44	228	Francisco Rebelo	Individual	Veterano M40	05:25:01	+02:25:52	09:17
45	142	Mário Pedro dos Santos Ferreira	Factor X / S4L / Medense FC	Veterano M40	05:26:50	+02:27:42	09:20
46	238	Rui Sérgio Palma Barreto	Individual	Veterano M40	05:27:01	+02:27:52	09:21
47	103	António Campos	CTM VILA POUCA DE AGUIAR	Veterano M40	05:30:34	+02:31:25	09:27
48	143	Paulo Freitas	Factor X / S4L / Medense FC	Veterano M40	05:34:19	+02:35:11	09:33



## Trail Longo

35 KM



### OFFICIAL RESULT

38	254	Ricardo Jose Mendes Ribeiro	Individual	Veterano M45	05:43:43	+02:44:35	09:49
39	253	Pedro costa	Individual	Veterano M45	05:47:49	+02:48:41	09:56
40	155	ADRIANO CARDOSO	GLOBAL TRAIL	Veterano M45	05:48:58	+02:49:50	09:58
41	250	Manuel Araújo	Individual	Veterano M45	05:49:11	+02:50:03	09:59
42	147	luis oliveira	felgueiras team trail	Veterano M45	06:13:43	+03:14:35	10:41

## Veterano M50

1	377	Virgílio Gomes	U.F. Comércio e Indústria Atletismo	Veterano M50	03:18:45	+19:37	05:41
2	260	António Amador	Individual	Veterano M50	03:41:09	+42:00	06:19
3	266	Joaquim Fernandes Pinheiro	Individual	Veterano M50	04:05:47	+01:06:38	07:01
4	349	Narciso Machado	Profisio Team	Veterano M50	04:07:20	+01:08:12	07:04
5	269	Luís Fontinha	Individual	Veterano M50	04:12:23	+01:13:15	07:13
6	308	Jose Moreira Gomes	Nocturnos de Paredes	Veterano M50	04:12:26	+01:13:17	07:13
7	268	Jose Oliveira	Individual	Veterano M50	04:15:39	+01:16:30	07:18
8	379	Alcino Santos	Vertical Navis	Veterano M50	04:20:20	+01:21:12	07:26
9	113	Claudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade, Lda	Veterano M50	04:20:51	+01:21:42	07:27
10	376	João Pereira Pinto	U.F. Comércio e Indústria Atletismo	Veterano M50	04:23:04	+01:23:55	07:31
11	62	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	Veterano M50	04:26:38	+01:27:29	07:37
12	105	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M50	04:31:04	+01:31:55	07:45
13	168	FERNANDO AREZES	GTT - ARMAZEM DO CAFFE	Veterano M50	04:33:33	+01:34:24	07:49
14	267	José Fernandes	Individual	Veterano M50	04:42:21	+01:43:12	08:04
15	263	Henrique Santos	Individual	Veterano M50	04:49:43	+01:50:35	08:17
16	380	Miguel Barnabé	Vertical Navis	Veterano M50	04:59:41	+02:00:33	08:34
17	341	Vitor Costa	Piratas da montanha	Veterano M50	05:07:31	+02:08:23	08:47
18	270	Paulo Ferreira	Individual	Veterano M50	05:13:21	+02:14:12	08:57
19	264	João Alexandre Carlos de Almeida	Individual	Veterano M50	05:33:42	+02:34:33	09:32
20	348	Dinis	Profisio Team	Veterano M50	05:40:42	+02:41:34	09:44
21	262	Francisco Pereira Da Costa	Individual	Veterano M50	05:49:11	+02:50:03	09:59
22	261	Artur Silva	Individual	Veterano M50	05:54:09	+02:55:01	10:07
23	271	Valdemar Almeida	Individual	Veterano M50	06:30:42	+03:31:33	11:10

## Veterano M55

1	312	Francisco Lemos	Nós Acreditamos	Veterano M55	04:02:19	+01:03:10	06:55
2	272	alfredo costa	Individual	Veterano M55	04:20:06	+01:20:58	07:26
3	83	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M55	04:20:20	+01:21:11	07:26
4	152	António Carlos da Silva Teixeira	Fridão Sem Limites	Veterano M55	04:34:30	+01:35:21	07:51
5	339	Vitor Almeida	Paula	Veterano M55	04:43:35	+01:44:26	08:06
6	125	Manuel Cerqueira Pereira	Ecobarcaventura	Veterano M55	04:50:51	+01:51:42	08:19
7	273	Antonio Mendes	Individual	Veterano M55	05:28:40	+02:29:31	09:23
8	279	José António Martins	José	Veterano M55	05:42:18	+02:43:09	09:47





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

<b>RANK</b>	<b>TEAM</b>	<b>DESCRIPTION</b>	<b>POINTS</b>
1	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	4 + 6 + 11	21
2	ORALKLASS-AMIGOS DO TRAIL	7 + 8 + 12	27
3	AMCF - ARRÁBIDA TRAIL TEAM	1 + 10 + 16	27
4	DR. MERINO/4MOOVE	5 + 9 + 17	31
5	A.D.AMARANTE TRAIL RUNNING	2 + 13 + 24	39
6	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE, LDA	28 + 43 + 68	139
7	FACTOR X / S4L / MEDENSE FC	20 + 37 + 82	139
8	NÓS ACREDITAMOS	42 + 62 + 79	183
9	PROFISIO TEAM	44 + 85 + 91	220
10	OS SANTA APOLÓNIA	52 + 63 + 148	263
11	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	31 + 96 + 143	270
12	FRIDÃO SEM LIMITES	50 + 95 + 154	299
13	ALEXANDRA CARVALHO TEAM	87 + 119 + 147	353
14	OCS PROAVENTURAS	36 + 89 + 237	362
15	CLUBE TRILHEIROS & AMIGOS	86 + 100 + 204	390
16	GTT - ARMAZEM DO CAFFE	94 + 156 + 157	407
17	E. CASTRO TRAIL	53 + 182 + 183	418
18	AFIFENSE TRAIL	32 + 181 + 210	423
19	TEAM LANTEMIL	115 + 162 + 186	463
20	CTM VILA POUCA DE AGUIAR	136 + 152 + 197	485
21	NOCTURNOS DE PAREDES	105 + 108 + 291	504
22	ECOBARCAVENTURA	149 + 171 + 201	521
23	CROCODILOS / MISTERPC	150 + 215 + 255	620
24	BRAGUINHAS RUNNERS	75 + 258 + 299	632
25	PALMEIRA RUNNERS	70 + 286 + 287	643
26	GONDOMAR FUTSAL CLUBE	180 + 251 + 285	716
27	PADELA NATURAL TEAM - FISIOFREIXO	281 + 282 + 283	846