

TRAIL LONGO ROSA ALBARDEIRA - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:14	30.5°C	60%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	20	Fábio Mendes	dá-lhe gás team	Senior Masculino	02:41:51		05:47
2	72	Diogo Nunes	montanha clube trail running/ efapel	Senior Masculino	02:41:51	+00:00	05:47
3	76	João Mário Lopes Sacramento	ozxtreme / bv pombal	Senior Masculino	02:53:11	+11:20	06:11
4	24	Henrique Fernandes	fonte nova runners	Veterano M35	02:54:36	+12:45	06:14
5	25	Luis Silva	fonte nova runners	Veterano M35	02:58:19	+16:27	06:22
6	61	Aquilino Ferreira	individual	Veterano M50	03:01:15	+19:24	06:28
7	36	Abel Lopes	individual	Senior Masculino	03:02:42	+20:51	06:32
8	71	Simão Gonçalves Fernandes	monsanto running team	Veterano M35	03:02:45	+20:53	06:32
9	13	Germano Capela	ca barreira	Veterano M50	03:03:11	+21:20	06:33
10	78	Lúcio Alves	papa trilhos do caal	Veterano M40	03:03:21	+21:29	06:33
11	22	João Paulo Oliveira Nepomuceno	dá-lhe gás team	Veterano M40	03:03:31	+21:39	06:33
12	54	ferreira vitor	individual	Veterano M40	03:04:00	+22:09	06:34
13	19	João Sanches	clube de atletismo de ferreira do zêzere	Veterano M50	03:07:29	+25:37	06:42
14	39	Ricardo Neves	individual	Senior Masculino	03:09:17	+27:26	06:46
15	70	Jorge Henriques	lourival bike team	Senior Masculino	03:10:04	+28:12	06:47
16	5	Ricardo Nunes	acrm silveirinha grande claras	Senior Masculino	03:10:04	+28:13	06:47
17	63	JOSE JULIO DA MOTA FERREIRA	individual	Veterano M50	03:10:31	+28:39	06:48
18	46	Milton José Rodrigues Branco	individual	Veterano M35	03:11:53	+30:01	06:51
19	41	Wilson Bastos	individual	Senior Masculino	03:20:01	+38:09	07:09
20	86	Cristóvão Ginja	trolls	Veterano M35	03:23:13	+41:22	07:15
21	23	Nuno Ribeiro	figueira kaiak clube	Veterano M35	03:24:15	+42:23	07:18
22	7	Tiago Claro	associação pombal jovem	Senior Masculino	03:24:20	+42:28	07:18
23	75	José Simões	o mundo da corrida	Veterano M50	03:25:09	+43:17	07:20
24	82	Ricardo Neto	soure mov	Veterano M35	03:25:33	+43:41	07:20
25	6	edgar jose ferreira gomes	amsgc-silveirinha claras atletismo	Veterano M35	03:26:34	+44:42	07:23
26	56	Luís Manuel dos Santos Silva	individual	Veterano M40	03:26:34	+44:42	07:23
27	65	José Paulo Santos	industrial desportivo vierense	Veterano M40	03:26:44	+44:53	07:23
28	60	Vitor Mota	individual	Veterano M40	03:27:10	+45:19	07:24
29	12	Pedro Mendes	bio team run	Veterano M40	03:27:12	+45:20	07:24
30	26	Nuno Ferreira	fonte nova runners	Veterano M40	03:28:07	+46:15	07:26
31	38	Pedro Mendes	individual	Senior Masculino	03:28:19	+46:27	07:26
32	48	Pedro Cardoso	individual	Veterano M35	03:29:39	+47:48	07:29
33	51	CARLOS MANUEL FERREIRA	individual	Veterano M40	03:31:27	+49:36	07:33
34	37	Gonçalo Raminhos	individual	Senior Masculino	03:32:10	+50:18	07:35
35	67	Manuel Gaspar	jástrada	Veterano M50	03:34:40	+52:49	07:40
36	66	Norberto Rosa	jástrada	Veterano M40	03:34:41	+52:49	07:40
37	74	LUIS FILIPE SILVA RODRIGUES	move up team	Veterano M40	03:38:03	+56:12	07:47
38	68	Pedro José Neves Marques	lama solta	Senior Masculino	03:40:24	+58:32	07:52
39	8	Tiago Silva Rodrigues	associação pombal jovem	Senior Masculino	03:40:59	+59:07	07:54

TRAIL LONGO ROSA ALBARDEIRA - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
40	16	GONALO JOO CORREIA FREITAS	ccd cr�dito agricola	Veterano M35	03:41:53	+01:00:01	07:55
41	49	Rui Manuel Pires Ven�ncio	individual	Veterano M35	03:47:27	+01:05:35	08:07
42	80	Gina Domingues	slow runners pombal	Veterana F40	03:47:43	+01:05:51	08:08
43	30	JOO PEDRO SOARES BATISTA	gim running team/in�rcia s.c.	Veterano M35	03:48:38	+01:06:46	08:10
44	44	Iv�nio Martins	individual	Veterano M35	03:50:12	+01:08:20	08:13
45	29	JOEL FILIPE RAMOS OLIVEIRA	gim running team/in�rcia s.c.	Senior Masculino	03:51:10	+01:09:18	08:15
46	45	Lino Manuel Marques Albano Albano	individual	Veterano M35	03:51:31	+01:09:40	08:16
47	17	Hugo Marouvo	ccd cr�dito agricola	Veterano M35	03:52:26	+01:10:35	08:18
48	28	Paulo Fernandes	gdi	Veterano M40	04:04:17	+01:22:25	08:43
49	58	Ricardo Nuno Francisco do Carmo	individual	Veterano M40	04:05:47	+01:23:55	08:47
50	34	Mar�lia Noro	individual	Senior Feminino	04:08:59	+01:27:08	08:54
51	81	Joo Pedro Monteiro	slow runners pombal	Veterano M40	04:12:21	+01:30:29	09:01
52	47	Paulo Gameiro	individual	Veterano M35	04:12:26	+01:30:35	09:01
53	35	N�dia Afonso	individual	Senior Feminino	04:20:42	+01:38:50	09:19
54	79	Ant�nio Jos� Carmo	papa trilhos do caal	Veterano M50	04:20:44	+01:38:52	09:19
55	73	ANDRE JORGE FELIX PINTO	move up team	Senior Masculino	04:21:22	+01:39:30	09:20
56	112	Andreia Manuela Lopes Parreiras	individual	Senior Feminino	04:22:24	+01:40:33	09:22
57	85	Benilde Santos	trolls	Veterana F40	04:22:31	+01:40:39	09:23
58	53	Diogo Reis	individual	Veterano M40	04:24:57	+01:43:05	09:28
59	21	Kevin Gaspar	d�-lhe g�s team	Senior Masculino	04:25:39	+01:43:47	09:29
60	59	Rui Varela Morte	individual	Veterano M40	04:31:03	+01:49:11	09:41
61	64	Alfredo Santos	individual	Veterano M60	04:40:52	+01:59:01	10:02
62	33	Carina Gaspar	individual	Senior Feminino	04:47:08	+02:05:16	10:15
63	15	S�lvia Leonardo	cabritos do mato	Veterana F40	04:48:14	+02:06:23	10:18
64	14	T�nia Ferreira	cabritos do mato	Senior Feminino	04:48:15	+02:06:24	10:18
65	83	Manuel Silva	trepatrilhos trail team	Senior Masculino	04:54:55	+02:13:03	10:32
66	84	Pedro Silva	trepatrilhos trail team	Veterano M40	04:54:57	+02:13:06	10:32
67	42	MARIA LUISA	individual	Veterana F40	04:57:16	+02:15:25	10:37
68	62	Fausto Cardoso	individual	Veterano M50	05:10:10	+02:28:19	11:05
69	69	Joo Paulo Lopes	lama solta	Veterano M40	05:10:13	+02:28:21	11:05
70	10	Jos� Nunes	bau dos bombeios team	Veterano M40	06:04:39	+03:22:48	13:01
71	11	V�tor Nelson Esteves Torres da Silva	bau dos bombeios team	Veterano M40	06:04:40	+03:22:48	13:01

Trail Longo Rosa Albardeira

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:14	30.5°C	60%

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

1	34	Marília Noro	Individual	Senior Feminino	04:08:59	+01:27:08	08:54:07
2	35	Nádia Afonso	Individual	Senior Feminino	04:20:42	+01:38:50	09:19:32
3	112	Andreia Manuela Lopes Parreiras	Individual	Senior Feminino	04:22:24	+01:40:33	09:22:58
4	33	Carina Gaspar	Individual	Senior Feminino	04:47:08	+02:05:16	10:15:24
5	14	Tânia Ferreira	Cabritos do Mato	Senior Feminino	04:48:15	+02:06:24	10:18:39

Senior Masculino

1	20	Fábio Mendes	Dá-lhe Gás team	Senior Masculino	02:41:51	05:47
2	72	Diogo Nunes	MONTANHA CLUBE TRAIL RUNNING/ EFAPEL	Senior Masculino	02:41:51	+00:00 05:47
3	76	João Mário Lopes Sacramento	OzXtreme / BV Pombal	Senior Masculino	02:53:11	+11:20 06:11
4	36	Abel Lopes	Individual	Senior Masculino	03:02:42	+20:51 06:32
5	39	Ricardo Neves	Individual	Senior Masculino	03:09:17	+27:26 06:46
6	70	Jorge Henriques	Lourival Bike Team	Senior Masculino	03:10:04	+28:12 06:47
7	5	Ricardo Nunes	ACRM Silveirinha Grande Claras	Senior Masculino	03:10:04	+28:13 06:47
8	41	Wilson Bastos	Individual	Senior Masculino	03:20:01	+38:09 07:09
9	7	Tiago Claro	Associação Pombal Jovem	Senior Masculino	03:24:20	+42:28 07:18
10	38	Pedro Mendes	Individual	Senior Masculino	03:28:19	+46:27 07:26
11	37	Gonçalo Raminhos	Individual	Senior Masculino	03:32:10	+50:18 07:35
12	68	Pedro José Neves Marques	LAMA SOLTA	Senior Masculino	03:40:24	+58:32 07:52
13	8	Tiago Silva Rodrigues	Associação Pombal Jovem	Senior Masculino	03:40:59	+59:07 07:54
14	29	JOEL FILIPE RAMOS OLIVEIRA	Gim Running Team/Inércia S.C.	Senior Masculino	03:51:10	+01:09:18 08:15
15	73	ANDRE JORGE FELIX PINTO	Move Up Team	Senior Masculino	04:21:22	+01:39:30 09:20
16	21	Kevin Gaspar	Dá-lhe Gás team	Senior Masculino	04:25:39	+01:43:47 09:29
17	83	Manuel Silva	TrepaTrilhos Trail Team	Senior Masculino	04:54:55	+02:13:03 10:32

Veterana F40

1	80	Gina Domingues	Slow Runners Pombal	Veterana F40	03:47:43	+01:05:51	08:08:34
2	85	Benilde Santos	TROLLS	Veterana F40	04:22:31	+01:40:39	09:23:02
3	15	Silvia Leonardo	Cabritos do Mato	Veterana F40	04:48:14	+02:06:23	10:18:11
4	42	MARIA LUISA	Individual	Veterana F40	04:57:16	+02:15:25	10:37:02

Veterano M35

1	24	Henrique Fernandes	Fonte Nova Runners	Veterano M35	02:54:36	+12:45	06:14:45
2	25	Luis Silva	Fonte Nova Runners	Veterano M35	02:58:19	+16:27	06:22:14

Trail Longo Rosa Albardeira

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

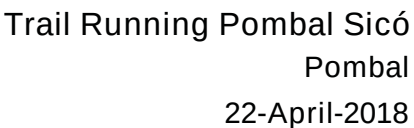
3	71	Simão Gonçalves Fernandes	Monsanto Running Team	Veterano M35	03:02:45	+20:53	06:32
4	46	Milton José Rodrigues Branco	Individual	Veterano M35	03:11:53	+30:01	06:51
5	86	Cristóvão Ginja	TROLLS	Veterano M35	03:23:13	+41:22	07:15
6	23	Nuno Ribeiro	Figueira Kaiak Clube	Veterano M35	03:24:15	+42:23	07:18
7	82	Ricardo Neto	SOURE MOV	Veterano M35	03:25:33	+43:41	07:20
8	6	edgar jose ferreira gomes	amsgc-silveirinha claras atletismo	Veterano M35	03:26:34	+44:42	07:23
9	48	Pedro Cardoso	Individual	Veterano M35	03:29:39	+47:48	07:29
10	16	GONÇALO JOÃO CORREIA FREITAS	CCD CRÉDITO AGRICOLA	Veterano M35	03:41:53	+01:00:01	07:55
11	49	Rui Manuel Pires Venâncio	Individual	Veterano M35	03:47:27	+01:05:35	08:07
12	30	JOÃO PEDRO SOARES BATISTA	Gim Running Team/Inércia S.C.	Veterano M35	03:48:38	+01:06:46	08:10
13	44	Ivónio Martins	Individual	Veterano M35	03:50:12	+01:08:20	08:13
14	45	Lino Manuel Marques Albano Albano	Individual	Veterano M35	03:51:31	+01:09:40	08:16
15	17	Hugo Marouvo	CCD CRÉDITO AGRICOLA	Veterano M35	03:52:26	+01:10:35	08:18
16	47	Paulo Gameiro	Individual	Veterano M35	04:12:26	+01:30:35	09:01

Veterano M40

1	78	Lúcio Alves	Papa Trilhos do CAAL	Veterano M40	03:03:21	+21:29	06:33
2	22	João Paulo Oliveira Nepomuceno	Dá-lhe Gás team	Veterano M40	03:03:31	+21:39	06:33
3	54	ferreira vitor	Individual	Veterano M40	03:04:00	+22:09	06:34
4	56	Luís Manuel dos Santos Silva	Individual	Veterano M40	03:26:34	+44:42	07:23
5	65	José Paulo Santos	Industrial Desportivo Vierense	Veterano M40	03:26:44	+44:53	07:23
6	60	Vitor Mota	Individual	Veterano M40	03:27:10	+45:19	07:24
7	12	Pedro Mendes	Bio Team Run	Veterano M40	03:27:12	+45:20	07:24
8	26	Nuno Ferreira	Fonte Nova Runners	Veterano M40	03:28:07	+46:15	07:26
9	51	CARLOS MANUEL FERREIRA	Individual	Veterano M40	03:31:27	+49:36	07:33
10	66	Norberto Rosa	Jástrada	Veterano M40	03:34:41	+52:49	07:40
11	74	LUIS FILIPE SILVA RODRIGUES	Move Up Team	Veterano M40	03:38:03	+56:12	07:47
12	28	Paulo Fernandes	GDI	Veterano M40	04:04:17	+01:22:25	08:43
13	58	Ricardo Nuno Francisco do Carmo	Individual	Veterano M40	04:05:47	+01:23:55	08:47
14	81	João Pedro Monteiro	Slow Runners Pombal	Veterano M40	04:12:21	+01:30:29	09:01
15	53	Diogo Reis	Individual	Veterano M40	04:24:57	+01:43:05	09:28
16	59	Rui Varela Morte	Individual	Veterano M40	04:31:03	+01:49:11	09:41
17	84	Pedro Silva	TrepaTrilhos Trail Team	Veterano M40	04:54:57	+02:13:06	10:32
18	69	João Paulo Lopes	LAMA SOLTA	Veterano M40	05:10:13	+02:28:21	11:05
19	10	José Nunes	Bau dos Bombeiros Team	Veterano M40	06:04:39	+03:22:48	13:01
20	11	Vitor Nelson Esteves Torres da Silva	Bau dos Bombeiros Team	Veterano M40	06:04:40	+03:22:48	13:01

Veterano M50

1	61	Aquilino Ferreira	Individual	Veterano M50	03:01:15	+19:24	06:28
2	13	Germano Capela	CA Barreira	Veterano M50	03:03:11	+21:20	06:33
3	19	João Sanches	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	03:07:29	+25:37	06:42
4	63	JOSE JULIO DA MOTA FERREIRA	Individual	Veterano M50	03:10:31	+28:39	06:48
5	75	José Simões	O Mundo da Corrida	Veterano M50	03:25:09	+43:17	07:20



28 KM

OFFICIAL RESULT

6	67	Manuel Gaspar	Jástrada	Veterano M50	03:34:40	+52:49	07:40
7	79	António José Carmo	Papa Trilhos do CAAL	Veterano M50	04:20:44	+01:38:52	09:19
8	62	Fausto Cardoso	Individual	Veterano M50	05:10:10	+02:28:19	11:05

1	64	Alfredo Santos	Individual	Veterano M60	04:40:52	+01:59:01	10:02
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