

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:30	6,4°C	100%
End	14:48	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
1	1421	Pedro Alberto da Costa Sousa	satecnosol outdoor / la sportiva	Senior Masculino	02:12:42		04:55
2	1418	Bruno Coelho	satecnosol outdoor / la sportiva	Senior Masculino	02:13:04	+00:22	04:56
3	1007	Amândio Antunes	afifense trail	Senior Masculino	02:15:01	+02:19	05:00
4	1098	José Inácio Rodrigues	experienciar/sportsonfire/barceltécnica	Senior Masculino	02:17:18	+04:36	05:05
5	1422	Rui Santos	satecnosol outdoor / la sportiva	Senior Masculino	02:21:25	+08:43	05:14
6	1099	Ricardo Rego	experienciar/sportsonfire/barceltécnica	Senior Masculino	02:22:55	+10:13	05:18
7	1236	Ricardo André Ramos Miranda	individual	Senior Masculino	02:23:54	+11:12	05:20
8	1171	César Leão	unidade especial de corrida	Senior Masculino	02:30:04	+17:22	05:33
9	1200	Manuel Anselmo Maia	individual	Senior Masculino	02:32:11	+19:29	05:38
10	1082	Paulo Machado	dr merino/ nutritfit	Veterano M40	02:32:26	+19:44	05:39
11	1079	David Ferreira	dr merino/ nutritfit	Senior Masculino	02:33:15	+20:33	05:41
12	1415	Inuo Filipe Melo	run 4 all	Senior Masculino	02:33:33	+20:51	05:41
13	1060	Filipe Nunes	cfa runners	Senior Masculino	02:35:06	+22:24	05:45
14	1241	Ricardo José Azevedo Campos	individual	Senior Masculino	02:35:09	+22:27	05:45
15	1400	Paulo Pereira	papakm	Veterano M40	02:35:20	+22:38	05:45
16	1177	Fernando Leite	individual	Senior Masculino	02:36:50	+24:08	05:49
17	1077	Helder Rocha	douroconta trail team	Senior Masculino	02:37:10	+24:28	05:49
18	1293	José Paulo Pereira Ribeiro	gondomar futsal clube	Veterano M40	02:37:30	+24:48	05:50
19	1133	Duarte Barbosa	individual	Veterano M40	02:37:44	+25:02	05:51
20	1452	Pedro Batista	unidade especial de corrida	Sub 23 Masculino	02:37:56	+25:14	05:51
21	1331	António Amador	individual	Veterano M45	02:38:09	+25:27	05:51
22	1335	ezequiel fernandes	individual	Veterano M45	02:38:18	+25:36	05:52
23	1445	Abilio Marques	unidade especial de corrida	Veterano M50	02:38:20	+25:38	05:52
24	1453	Nuno Paiva	gondomar futsal clube	Veterano M45	02:38:38	+25:56	05:53
25	1075	Sérgio Santos	didáxis trail	Senior Masculino	02:39:59	+27:17	05:56
26	1286	Domingos Jorge Costa Gomes	individual	Veterano M40	02:40:04	+27:22	05:56
27	1155	Miguel Martins	centro ciclista gondomar	Senior Masculino	02:40:25	+27:43	05:56
28	1187	João Tinoco	individual	Senior Masculino	02:42:40	+29:58	06:01
29	1362	Carlos Alberto Pereira Novais Gandra	individual	Veterano M50	02:42:41	+29:59	06:02
30	1397	Marco Brochado	os lobos do saibro	Senior Masculino	02:43:56	+31:14	06:04
31	1315	Pedro Azevedo	individual	Veterano M40	02:44:13	+31:31	06:05
32	1164	Bruno José Melo Corga	individual	Senior Masculino	02:44:30	+31:48	06:06
33	1267	José Luís Fernandes Tavares	intercaimabike	Sub 23 Masculino	02:44:31	+31:49	06:06
34	1104	Nuno Alves	fama runners	Senior Masculino	02:45:36	+32:54	06:08
35	1107	Simão Carneiro	fama runners	Senior Masculino	02:45:36	+32:54	06:08
36	1114	CARLOS FERNANDES	frezite	Veterano M50	02:46:53	+34:11	06:11
37	1045	Ricardo Machado	bota&sig	Senior Masculino	02:47:03	+34:21	06:11
38	1129	Rafael Escrivães	gtt - armazém do caffè	Senior Masculino	02:47:40	+34:58	06:13
39	1043	Carlos Silva	bota&sig	Senior Masculino	02:47:46	+35:04	06:13
40	1431	Ricardo Pais	st trail	Senior Masculino	02:48:36	+35:54	06:15
41	1001	MANUEL GOMES	a.r.de negrelos	Veterano M50	02:49:29	+36:47	06:17

Official Timekeeper: Lap2Go	1 / 8	generate 14-fev-2016 19:40
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TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1115	Ricardo Francisco Sousa Aires	fridão sem limites	Senior Masculino	02:49:54	+37:12	06:18
43	1263	Vítor Paulo Duarte Caldeira	individual	Senior Masculino	02:50:02	+37:20	06:18
44	1367	José Capela	individual	Veterano M50	02:50:05	+37:23	06:18
45	1065	Marco Vieira	clube zipper	Veterano M40	02:50:13	+37:31	06:18
46	1246	Rui Manuel de Brito Machado	individual	Senior Masculino	02:50:39	+37:57	06:19
47	1394	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:51:05	+38:23	06:20
48	1387	Andre Nogueira	oralklass-amigos do trail	Senior Masculino	02:51:05	+38:23	06:20
49	1009	Filipe Gonçalves	afrikanrunners	Senior Masculino	02:51:25	+38:43	06:21
50	1363	Dionísio Manuel Correia Couse	individual	Veterano M50	02:52:44	+40:02	06:24
51	1408	Nuno Silva	pernetas	Senior Masculino	02:52:53	+40:11	06:24
52	1196	LUIS FILIPE SALGADO OLIVEIRA	individual	Senior Masculino	02:53:01	+40:19	06:24
53	1446	fausto teixeira	velozes furiosos	Veterano M40	02:53:17	+40:35	06:25
54	1396	Filipe Pinto	os lobos do saibro	Senior Masculino	02:53:25	+40:43	06:25
55	1165	Bruno Machado	individual	Senior Masculino	02:53:27	+40:45	06:25
56	1261	VITOR FERNANDES	individual	Senior Masculino	02:54:29	+41:47	06:28
57	1072	Joel Carvalho	crossfit vale do ave	Senior Masculino	02:54:52	+42:10	06:29
58	1180	Filipe Teixeira	individual	Senior Masculino	02:54:53	+42:11	06:29
59	1217	Paulino Alves	individual	Senior Masculino	02:54:54	+42:12	06:29
60	1056	Miguel Barros	ginasio clube santo tirso	Sub 23 Masculino	02:54:58	+42:16	06:29
61	1096	Francisco Figueiredo	estamos juntos	Senior Masculino	02:55:52	+43:10	06:31
62	1095	Daniela Russo	estamos juntos	Senior Feminino	02:55:53	+43:11	06:31
63	1036	Rui Lopo	aztrail	Senior Masculino	02:57:01	+44:19	06:33
64	1005	Ricardo Reis	ad quinta - atletismo	Senior Masculino	02:57:07	+44:25	06:34
65	1340	Henrique Santos	individual	Veterano M45	02:57:16	+44:34	06:34
66	1391	José Ferreira	oralklass-amigos do trail	Veterano M40	02:57:45	+45:03	06:35
67	1401	Bruno Saldanha	papamilhas	Senior Masculino	02:57:46	+45:04	06:35
68	1390	João Pinto	oralklass-amigos do trail	Sub 23 Masculino	02:57:53	+45:11	06:35
69	1313	Paulo Pinheiro	individual	Veterano M40	02:58:07	+45:25	06:36
70	1128	Helder Silva	gtt - armazém do caffè	Senior Masculino	02:59:40	+46:58	06:39
71	1118	Joana Cardoso	gondomar futsal clube	Senior Feminino	02:59:48	+47:06	06:40
72	1120	Pedro Matos	gondomar futsal clube	Senior Masculino	02:59:49	+47:07	06:40
73	1050	Alcides Guimarães	ginasio clube santo tirso	Senior Masculino	03:00:16	+47:34	06:41
74	1198	Luis Teixeira	individual	Senior Masculino	03:00:22	+47:40	06:41
75	1037	André Costa	befitness runners	Senior Masculino	03:00:30	+47:48	06:41
76	1268	Simao vilas boas	individual	Sub 23 Masculino	03:01:00	+48:18	06:42
77	1033	Adelino Silva	aztrail	Senior Masculino	03:01:38	+48:56	06:44
78	1438	José Faria	team lanthemil	Senior Masculino	03:01:40	+48:58	06:44
79	1413	Rui Russo dos Santos	porto runners	Veterano M50	03:01:43	+49:01	06:44
80	1265	Filipe Manuel Fernandes Tavares	intercaimabike	Sub 23 Masculino	03:02:28	+49:46	06:45
81	1248	Rui Miguel Aguiar Rodrigues	individual	Senior Masculino	03:02:28	+49:46	06:45
82	1354	Paulo Jorge Loureiro	individual	Veterano M45	03:02:35	+49:53	06:46
83	1285	António Manuel Almeida Santos	individual	Veterano M40	03:02:53	+50:11	06:46
84	1047	Ana Sousa	cf jesuítas	Senior Feminino	03:03:10	+50:28	06:47
85	1064	Joaquim Madureira	clube zipper	Veterano M40	03:03:23	+50:41	06:48
86	1222	Paulo Silva	individual	Senior Masculino	03:03:24	+50:42	06:48
87	1053	Luís Silva	cf jesuítas	Senior Masculino	03:03:49	+51:07	06:48

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	1447	miguel pereira	velozes furiosos	Veterano M40	03:04:09	+51:27	06:49
89	1298	Manuel Fernandes	individual	Veterano M40	03:05:02	+52:20	06:51
90	1432	Nuno Sobral	team duas faces	Senior Masculino	03:05:17	+52:35	06:52
91	1132	Ana Rita Magalhães	individual	Senior Feminino	03:06:18	+53:36	06:54
92	1369	António Fernandes Azevedo	irmandade bike team	Veterano M40	03:06:29	+53:47	06:54
93	1389	José Santos	oralklass-amigos do trail	Senior Masculino	03:06:33	+53:51	06:55
94	1052	Luís Oliveira	ginasio clube santo tirso	Senior Masculino	03:06:37	+53:55	06:55
95	1302	Miguel Mendes	individual	Veterano M40	03:06:47	+54:05	06:55
96	1182	Helder Parracho	individual	Senior Masculino	03:07:31	+54:49	06:57
97	1361	António José da Silva Costa	individual	Veterano M50	03:07:51	+55:09	06:57
98	1419	Jose Luis Sa	satecnosol outdoor / la sportiva	Senior Masculino	03:07:55	+55:13	06:58
99	1020	Eduardo Pinto	all about	Veterano M40	03:07:55	+55:13	06:58
100	1068	Paulo Pelicano	corridas de pernas pro ar	Veterano M45	03:08:08	+55:26	06:58
101	1028	Vitor Silva	arrastassolas	Senior Masculino	03:08:13	+55:31	06:58
102	1080	Tiago Amaral	dr merino/ nutritifit	Senior Masculino	03:08:20	+55:38	06:59
103	1343	José Carlos Saldanha	individual	Veterano M45	03:08:33	+55:51	06:59
104	1226	Pedro Ezequiel Martins Pimenta	individual	Senior Masculino	03:08:45	+56:03	06:59
105	1353	Paulo Brás	individual	Veterano M45	03:08:48	+56:06	07:00
106	1273	Alexandra Fernandes	individual	Veterana F45	03:09:17	+56:35	07:01
107	1414	Hugo Costa	rainha club	Senior Masculino	03:09:28	+56:46	07:01
108	1388	Fernando Grabulho	oralklass-amigos do trail	Senior Masculino	03:10:22	+57:40	07:03
109	1137	Estela Martins	individual	Senior Feminino	03:10:22	+57:40	07:03
110	1244	Rui Lima	individual	Senior Masculino	03:10:30	+57:48	07:03
111	1221	paulo Ricardo Oliveira Miguelote Mendes	individual	Senior Masculino	03:10:38	+57:56	07:04
112	1451	helder rodrigues	individual	Veterano M40	03:10:39	+57:57	07:04
113	1113	EMIDIO MARQUES	frezite	Senior Masculino	03:10:43	+58:01	07:04
114	1015	Jorge Nunes	afrikanrunners	Veterano M40	03:10:48	+58:06	07:04
115	1271	Lina Besada Porto	individual	Veterana F40	03:10:49	+58:07	07:04
116	1034	Hugo Evaristo	aztrail	Senior Masculino	03:11:37	+58:55	07:06
117	1407	Carlos Pinto João	perdi o táxi	Veterano M40	03:12:23	+59:41	07:08
118	1319	Ricardo João Caria Pinheiro	individual	Veterano M40	03:12:24	+59:42	07:08
119	1230	Pedro Machete	individual	Senior Masculino	03:12:25	+59:43	07:08
120	1317	pedro mouro	individual	Veterano M40	03:12:31	+59:49	07:08
121	1429	André Machado	st trail	Senior Masculino	03:13:20	+01:00:38	07:10
122	1116	Rui Manuel Ramos Costa	g.d.travassós	Senior Masculino	03:13:36	+01:00:54	07:10
123	1092	sergio pereira	ermidafit runners	Senior Masculino	03:13:58	+01:01:16	07:11
124	1364	Jean Luc Hasenfratz	individual	Veterano M50	03:14:03	+01:01:21	07:11
125	1078	Liliana Gomes	dr merino/ nutritifit	Senior Feminino	03:14:03	+01:01:21	07:11
126	1350	Nuno Miguel Pinto Carvalho	individual	Veterano M45	03:14:05	+01:01:23	07:11
127	1356	Paulo Martins	individual	Veterano M45	03:14:41	+01:01:59	07:13
128	1212	Nelson Silva	individual	Senior Masculino	03:14:59	+01:02:17	07:13
129	1040	Rúben Cunha	befitness runners	Senior Masculino	03:15:24	+01:02:42	07:14
130	1254	sergio costa	individual	Senior Masculino	03:15:24	+01:02:42	07:14
131	1256	Sergio Fllipe Maia de Sousa	individual	Senior Masculino	03:15:49	+01:03:07	07:15
132	1233	Pedro Miguel Nunes Brandão	individual	Senior Masculino	03:16:07	+01:03:25	07:16

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	1210	Miguel Ângelo	individual	Senior Masculino	03:16:08	+01:03:26	07:16
134	1384	Tiago Frutuoso	nós	Senior Masculino	03:16:11	+01:03:29	07:16
135	1392	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	03:16:18	+01:03:36	07:16
136	1376	Marco Silva	média 10 team	Senior Masculino	03:16:24	+01:03:42	07:16
137	1377	João Pereira	média 10 team	Veterano M40	03:16:25	+01:03:43	07:16
138	1304	Miguel Moura	individual	Veterano M40	03:16:43	+01:04:01	07:17
139	1178	Fernando Sousa	individual	Senior Masculino	03:16:46	+01:04:04	07:17
140	1192	José Coelho	individual	Senior Masculino	03:17:04	+01:04:22	07:18
141	1109	Vitor Teixeira	fama runners	Senior Masculino	03:17:32	+01:04:50	07:19
142	1201	Manuel Morais	individual	Senior Masculino	03:17:39	+01:04:57	07:19
143	1336	Fernando Costa	individual	Veterano M45	03:17:44	+01:05:02	07:19
144	1326	Sérgio Miguel Batista Couto	individual	Veterano M40	03:17:58	+01:05:16	07:20
145	1111	Fernando Jorge Oliveira	ffit gaia trail	Veterano M45	03:18:06	+01:05:24	07:20
146	1003	Hugo Sa	ad quinta - atletismo	Senior Masculino	03:18:11	+01:05:29	07:20
147	1301	Miguel Loureiro	individual	Veterano M40	03:18:32	+01:05:50	07:21
148	1112	Vitor Coelho	fitspot-parque nascente	Veterano M45	03:18:41	+01:05:59	07:22
149	1430	André Magalhães	st trail	Senior Masculino	03:18:41	+01:05:59	07:22
150	1395	André Alberto Loureiro dos Santos	os lobos	Senior Masculino	03:18:45	+01:06:03	07:22
151	1121	José Mendes	gondomar futsal clube	Veterano M50	03:18:46	+01:06:04	07:22
152	1117	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:18:46	+01:06:04	07:22
153	1102	Filipe Oliveira	fama runners	Senior Masculino	03:19:30	+01:06:48	07:23
154	1135	Cristiana Esteves	individual	Senior Feminino	03:19:30	+01:06:48	07:23
155	1359	ALBINO DE OLIVEIRA RIBEIRO	individual	Veterano M50	03:19:30	+01:06:48	07:23
156	1125	Helder Ferreira	gramidense ifc	Senior Masculino	03:19:58	+01:07:16	07:24
157	1170	Carlos manuel lopes teixeira	individual	Senior Masculino	03:20:20	+01:07:38	07:25
158	1399	José Pinho	ozxtreme	Sub 23 Masculino	03:21:24	+01:08:42	07:28
159	1297	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	03:21:47	+01:09:05	07:28
160	1334	Duarte Paulo Ribeiro	individual	Veterano M45	03:21:55	+01:09:13	07:29
161	1183	Helder Vieira	individual	Senior Masculino	03:21:55	+01:09:13	07:29
162	1110	Joaquin Dillen	fama runners	Sub 23 Masculino	03:21:57	+01:09:15	07:29
163	1066	Paulo Neta	clube zipper	Veterano M40	03:22:09	+01:09:27	07:29
164	1063	Susana Neta	clube zipper	Senior Feminino	03:22:09	+01:09:27	07:29
165	1406	António João	perdi o táxi	Veterano M40	03:22:14	+01:09:32	07:29
166	1238	Ricardo Dias	individual	Senior Masculino	03:22:17	+01:09:35	07:30
167	1184	Herberto Simão	individual	Senior Masculino	03:22:42	+01:10:00	07:30
168	1012	Sérgio Ferreira	afrikanrunners	Senior Masculino	03:22:48	+01:10:06	07:31
169	1011	Rufino Freitas	afrikanrunners	Senior Masculino	03:22:48	+01:10:06	07:31
170	1013	Domingos Gonçalves	afrikanrunners	Veterano M40	03:22:48	+01:10:06	07:31
171	1454	Paulo Magano	individual	Senior Masculino	03:23:10	+01:10:28	07:31
172	160	Helio Borges	team lanthemil	Senior Masculino	03:23:34	+01:10:52	07:32
173	1309	Nuno Lima	individual	Veterano M40	03:24:16	+01:11:34	07:34
174	1284	Americo Areias	individual	Veterano M40	03:24:16	+01:11:34	07:34
175	1039	Paulo Elias	befitness runners	Senior Masculino	03:24:38	+01:11:56	07:35
176	1038	Hélder Gonçalves	befitness runners	Senior Masculino	03:24:38	+01:11:56	07:35
177	1314	Paulo Seabra	individual	Veterano M40	03:24:50	+01:12:08	07:35

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1393	Gilberto Orlando	os lebres btt sai da frente	Senior Masculino	03:25:18	+01:12:36	07:36
179	1035	João Gaspar	aztrail	Senior Masculino	03:25:56	+01:13:14	07:38
180	1307	Nuno Ferreira	individual	Veterano M40	03:25:59	+01:13:17	07:38
181	1417	Raquel Ferreira	satecnosol outdoor / la sportiva	Senior Feminino	03:26:00	+01:13:18	07:38
182	1375	Vitor Daniel Pinto da Cunha	marão team	Veterano M40	03:26:23	+01:13:41	07:39
183	1329	Wilson Fonseca	individual	Veterano M40	03:27:03	+01:14:21	07:40
184	1175	Fábio Daniel Arantes Monteiro	individual	Senior Masculino	03:27:23	+01:14:41	07:41
185	1360	Antonio Azevedo Ribeiro	individual	Veterano M50	03:27:28	+01:14:46	07:41
186	1277	Fernanda Pinho	individual	Veterana F45	03:28:08	+01:15:26	07:43
187	1159	André Fernandes	individual	Senior Masculino	03:28:09	+01:15:27	07:43
188	1105	Nuno Oliveira	fama runners	Senior Masculino	03:28:25	+01:15:43	07:43
189	1145	Mariana Machado Ballester	individual	Senior Feminino	03:28:26	+01:15:44	07:43
190	1083	Sonia Parente	edv - viana trail	Senior Feminino	03:28:26	+01:15:44	07:43
191	1215	Nuno Sá	individual	Senior Masculino	03:28:27	+01:15:45	07:43
192	1027	Pedro Magalhães	arrastassolas	Senior Masculino	03:28:30	+01:15:48	07:43
193	1031	Pedro Carvalho	arrastassolas	Veterano M40	03:28:31	+01:15:49	07:43
194	1168	Carlos Alberto Peixoto Soares	amigos da montanha	Senior Masculino	03:28:47	+01:16:05	07:44
195	1004	José Loureiro	ad quinta - atletismo	Senior Masculino	03:28:48	+01:16:06	07:44
196	1090	JOAQUIM TEIXIERA	equipa joao ferreira	Veterano M50	03:29:04	+01:16:22	07:45
197	1089	Francisco Fonseca	equipa joao ferreira	Veterano M45	03:29:04	+01:16:22	07:45
198	1255	SERGIO FILIPE DUARTE MACHADO	individual	Senior Masculino	03:29:19	+01:16:37	07:45
199	1174	Fábio André Martins Alves	individual	Senior Masculino	03:29:21	+01:16:39	07:45
200	1207	Mário Andre Carneiro Rêgo	individual	Senior Masculino	03:29:36	+01:16:54	07:46
201	1382	Filipe Machado	nascidos para correr	Senior Masculino	03:30:08	+01:17:26	07:47
202	1370	Suzana andrade	jobra-associação jovens da branca	Veterana F40	03:30:22	+01:17:40	07:47
203	1410	Carlos Barreto	pernetas	Veterano M40	03:30:47	+01:18:05	07:48
204	1383	João Vitor Ribeiro Moura Pinto	no tomorrow running team	Senior Masculino	03:31:15	+01:18:33	07:49
205	1443	Adriano Rocha	the outsiders running trail team	Veterano M45	03:31:17	+01:18:35	07:50
206	1310	Nuno Miguel Carneiro	individual	Veterano M40	03:31:42	+01:19:00	07:50
207	1076	Pedro Daniel Ferreira Teixeira	doidos do mato	Sub 23 Masculino	03:31:48	+01:19:06	07:51
208	1014	Joel Guimarães	afrikanrunners	Veterano M40	03:31:54	+01:19:12	07:51
209	1321	Ricardo Manuel Festa de Sousa Bailão	individual	Veterano M40	03:31:55	+01:19:13	07:51
210	1223	pedro alexandre silva	individual	Senior Masculino	03:31:55	+01:19:13	07:51
211	1325	Sérgio Esteves	individual	Veterano M40	03:32:13	+01:19:31	07:52
212	1213	Nuno Lima	individual	Senior Masculino	03:32:15	+01:19:33	07:52
213	1149	Sandra Filipa Sampaio Martins	individual	Senior Feminino	03:32:17	+01:19:35	07:52
214	1084	António João da Rocha Machado	ei team trail	Veterano M40	03:32:21	+01:19:39	07:52
215	1381	Domingos José Cepeda Morais	multipower gaia trail	Senior Masculino	03:32:21	+01:19:39	07:52
216	1195	José Ferreira Costa	individual	Senior Masculino	03:32:27	+01:19:45	07:52
217	1306	NELSON RUÃO	individual	Veterano M40	03:32:48	+01:20:06	07:53
218	1385	Joaquim Ferreira	nozes	Senior Masculino	03:33:36	+01:20:54	07:55
219	1295	Licínio Cândido Ferreira Ribeiro	individual	Veterano M40	03:33:39	+01:20:57	07:55
220	1368	José Mario De Oliveira Torres.	individual	Veterano M50	03:33:40	+01:20:58	07:55
221	1211	Nelson Monteiro	individual	Senior Masculino	03:33:42	+01:21:00	07:55
222	1240	Ricardo Jorge Oliveira Torres	individual	Senior Masculino	03:33:44	+01:21:02	07:55

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	1119	Sandra Pera	gondomar futsal clube	Senior Feminino	03:34:02	+01:21:20	07:56
224	1260	Virgílio Maia Teixeira	individual	Senior Masculino	03:34:08	+01:21:26	07:56
225	1433	Mariana Rodrigues	team famalicão	Senior Feminino	03:34:11	+01:21:29	07:56
226	1228	Pedro Filipe de Sá Guimarães Marinho	individual	Senior Masculino	03:34:15	+01:21:33	07:56
227	1181	helder luis nunes pacheco	individual	Senior Masculino	03:34:17	+01:21:35	07:56
228	1042	Júlia Sousa	befitness runners	Veterana F45	03:35:55	+01:23:13	08:00
229	1041	César Martins	befitness runners	Senior Masculino	03:35:55	+01:23:13	08:00
230	1061	Jose Miguel Cruz Pinto	ciclistas cosmicos - gislotica	Veterano M50	03:36:16	+01:23:34	08:01
231	1073	Sandro Filipe Sampaio de Oliveira	crossfit vale do ave	Senior Masculino	03:36:17	+01:23:35	08:01
232	1227	Pedro Ferreirinha	ctad-trilhos de confães	Senior Masculino	03:36:22	+01:23:40	08:01
233	1372	Jose Pereira	kemedo team	Senior Masculino	03:37:11	+01:24:29	08:03
234	1274	Carla Gonçalves	individual	Veterana F45	03:37:15	+01:24:33	08:03
235	1091	Telma Duarte	ermidafit runners	Senior Feminino	03:37:28	+01:24:46	08:03
236	1276	Donzilia Silva	individual	Veterana F45	03:37:41	+01:24:59	08:04
237	1152	Silvia Tomaz	individual	Senior Feminino	03:37:41	+01:24:59	08:04
238	1442	Nelson Duarte	the outsiders running trail team	Veterano M40	03:38:39	+01:25:57	08:06
239	1088	RUI GOMES	equipa joao ferreira	Senior Masculino	03:39:14	+01:26:32	08:07
240	1380	Alexandre MPR Rodrigues	monçãotrail	Senior Masculino	03:43:39	+01:30:57	08:17
241	1252	Rui Samuel Sousa Carvalho Costa Gonçalves	individual	Senior Masculino	03:43:40	+01:30:58	08:17
242	1412	Jorge Bernardino	pernetas	Veterano M40	03:44:27	+01:31:45	08:19
243	1332	carlos alberto	individual	Veterano M45	03:45:06	+01:32:24	08:20
244	1019	Augusto José Candoso Tavares	alive runners	Veterano M50	03:45:30	+01:32:48	08:21
245	1288	Francisco Bartolomeu	individual	Veterano M40	03:45:30	+01:32:48	08:21
246	1146	Marlene Oliveira Barbosa	individual	Senior Feminino	03:45:49	+01:33:07	08:22
247	1320	Ricardo Jorge Araujo Lima	individual	Veterano M40	03:45:49	+01:33:07	08:22
248	1259	Urbano Leal	individual	Senior Masculino	03:47:33	+01:34:51	08:26
249	1199	Luis Teixeira	individual	Senior Masculino	03:48:15	+01:35:33	08:27
250	1191	José Alberto Beira	individual	Senior Masculino	03:48:23	+01:35:41	08:28
251	1205	Marco Paulo Ribeiro Nunes	individual	Senior Masculino	03:48:37	+01:35:55	08:28
252	137	Joao Couto	os finos	Veterano M40	03:49:58	+01:37:16	08:31
253	1203	Márcio Castro	individual	Senior Masculino	03:50:09	+01:37:27	08:31
254	1243	Rui Lázaro	individual	Senior Masculino	03:50:28	+01:37:46	08:32
255	1478	Alvaro Pinho	individual	Veterano M45	03:50:28	+01:37:46	08:32
256	1290	Hugo Fernando Rocha Ribeiro	individual	Veterano M40	03:50:41	+01:37:59	08:33
257	1345	José Moreira	individual	Veterano M45	03:50:49	+01:38:07	08:33
258	1349	Miguel Rodrigues	individual	Veterano M45	03:50:49	+01:38:07	08:33
259	1324	Rui Martins	individual	Veterano M40	03:50:49	+01:38:07	08:33
260	1126	helder rodrigues	groupama trail	Veterano M40	03:51:08	+01:38:26	08:34
261	1026	Pedro Lopes	arrastassolas	Senior Masculino	03:51:08	+01:38:26	08:34
262	1480	Atleta 1480	individual	Senior Masculino	03:51:08	+01:38:26	08:34
263	1189	Jorge Miguel Abreu Barbosa	individual	Senior Masculino	03:51:39	+01:38:57	08:35
264	1322	Ricardo Meireles	individual	Veterano M40	03:52:00	+01:39:18	08:36
265	1348	Manuel Costa	individual	Veterano M45	03:52:38	+01:39:56	08:37
266	1409	Sérgio Matos	pernetas	Senior Masculino	03:52:52	+01:40:10	08:37
267	1411	Joel Santos	pernetas	Veterano M40	03:52:52	+01:40:10	08:37

TRAIL LONGO 27K - STAGE 1

27 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
268	1292	JOSE MIGUEL COSTA GOUVEIA DA SILVA	individual	Veterano M40	03:53:07	+01:40:25	08:38
269	1437	Hugo Pereira	team lantermil	Senior Masculino	03:53:08	+01:40:26	08:38
270	1355	Paulo Jorge Silva	individual	Veterano M45	03:53:09	+01:40:27	08:38
271	1209	Michel Rolo	individual	Senior Masculino	03:53:10	+01:40:28	08:38
272	1257	Simão Cardoso	individual	Senior Masculino	03:53:11	+01:40:29	08:38
273	1316	Pedro Miguel Cristovão Próspero	individual	Veterano M40	03:53:44	+01:41:02	08:39
274	1357	Paulo Próspero	individual	Veterano M45	03:53:44	+01:41:02	08:39
275	1281	Maria Noémia Silva Rolla	individual	Veterana F50	03:53:47	+01:41:05	08:40
276	1194	José Fernando Xavier Soares	individual	Senior Masculino	03:53:47	+01:41:05	08:40
277	1158	Alexandre Pereira	individual	Senior Masculino	03:53:47	+01:41:05	08:40
278	1270	elsa carina sousa rodrigues	individual	Veterana F40	03:53:52	+01:41:10	08:40
279	1296	luis claudio ferreira marques	individual	Veterano M40	03:53:52	+01:41:10	08:40
280	1136	Cristina Isabel Mendes Oliveira Dias	individual	Senior Feminino	03:54:01	+01:41:19	08:40
281	1141	Manuela Tavares	individual	Senior Feminino	03:54:01	+01:41:19	08:40
282	1144	margarida figueiroa	individual	Senior Feminino	03:54:01	+01:41:19	08:40
283	1188	Jorge Carneiro	individual	Senior Masculino	03:54:23	+01:41:41	08:41
284	1074	Alberto Silvério	crossfit vale do ave	Veterano M40	03:56:56	+01:44:14	08:47
285	1134	Andreia Susana da Costa Maia	individual	Senior Feminino	03:57:20	+01:44:38	08:47
286	1169	Carlos Lopes de Sousa Menezes Monteiro	individual	Senior Masculino	03:57:22	+01:44:40	08:47
287	1258	Tiago Soeiro	individual	Senior Masculino	03:58:05	+01:45:23	08:49
288	1142	Marcia Cristina Mateus Lopes	individual	Senior Feminino	03:58:29	+01:45:47	08:50
289	1426	Sérgio Santiago	shots international runners	Senior Masculino	03:58:30	+01:45:48	08:50
290	1006	Patrícia Daniela da Cunha Amorim	afifense trail	Senior Feminino	03:59:24	+01:46:42	08:52
291	1147	Natália Patrícia Carvalho Leite da Cunha	individual	Senior Feminino	03:59:36	+01:46:54	08:52
292	1405	Helder Camilo	paredes aventura	Senior Masculino	03:59:38	+01:46:56	08:53
293	1386	Pedro Ferreira	nozes	Senior Masculino	04:00:07	+01:47:25	08:54
294	1138	Gi Bessa	individual	Senior Feminino	04:01:25	+01:48:43	08:56
295	1404	Manuel Santos	papamilhas	Veterano M40	04:01:25	+01:48:43	08:56
296	1402	Celso Fernandes	papamilhas	Senior Masculino	04:01:26	+01:48:44	08:57
297	1197	Luís Silva	individual	Senior Masculino	04:02:02	+01:49:20	08:58
298	1160	Antonio Almeida	individual	Senior Masculino	04:02:02	+01:49:20	08:58
299	1185	Hugo Silva Marques	individual	Senior Masculino	04:03:09	+01:50:27	09:00
300	1333	domingos pedro moreira rocha	individual	Veterano M45	04:03:10	+01:50:28	09:00
301	1262	Vitor Manuel Pereira Oliveira	individual	Senior Masculino	04:04:43	+01:52:01	09:04
302	1365	João Manuel Santos Lopes Silva	individual	Veterano M50	04:05:18	+01:52:36	09:05
303	1029	Carla Moreira	arrastassolas	Veterana F40	04:05:38	+01:52:56	09:06
304	1130	Adriana Mirra	individual	Senior Feminino	04:07:35	+01:54:53	09:10
305	1148	Patrícia Grilo	individual	Senior Feminino	04:07:36	+01:54:54	09:10
306	1358	ricardo beirao	individual	Veterano M45	04:07:49	+01:55:07	09:11
307	1067	Vera Manuela Cardoso da Silva	companhia do bazófias	Senior Feminino	04:07:49	+01:55:07	09:11
308	1272	Marina Pinheiro	individual	Veterana F40	04:08:40	+01:55:58	09:13
309	1204	Márcio Costa	individual	Senior Masculino	04:08:40	+01:55:58	09:13
310	1337	Fernando Cunha	individual	Veterano M45	04:10:26	+01:57:44	09:17

TRAIL LONGO 27K - STAGE 1

27 KM

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REVISED

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
311	1283	Álvaro augusto pais dias da silva nunes	individual	Veterano M40	04:10:53	+01:58:11	09:18
312	1069	Ana Luísa Dolores Ferreira da Silva	crazy trailers	Senior Feminino	04:12:41	+01:59:59	09:22
313	1070	Ricardo Jorge Ferreira Leite Teixeira	crazy trailers	Veterano M40	04:12:41	+01:59:59	09:22
314	1143	Márcia Ferreira	individual	Senior Feminino	04:13:34	+02:00:52	09:23
315	1291	João Filipe Morais	individual	Veterano M40	04:17:49	+02:05:07	09:33
316	1398	amelia moreira	os selvagens	Veterana F50	04:18:31	+02:05:49	09:34
317	1018	Rui Fernandes	alive runners	Senior Masculino	04:18:48	+02:06:06	09:35
318	1017	Rui Carneiro	alive runners	Senior Masculino	04:18:48	+02:06:06	09:35
319	1450	Susana Ribeiro	ccd - siemens	Senior Feminino	04:18:51	+02:06:09	09:35
320	1046	Claudio Gomes	ccd - siemens	Senior Masculino	04:18:51	+02:06:09	09:35
321	1032	Manuel Silva	arrastassolas	Veterano M45	04:19:03	+02:06:21	09:36
322	1030	Helena Cunha	arrastassolas	Veterana F40	04:19:03	+02:06:21	09:36
323	1237	Ricardo Andre Vale Monteiro	individual	Senior Masculino	04:20:18	+02:07:36	09:38
324	1278	ISABEL ARAÚJO	individual	Veterana F45	04:20:50	+02:08:08	09:40
325	1341	Humberto Fontes	individual	Veterano M45	04:20:50	+02:08:08	09:40
326	1312	Paulo Jorge Ferreira Ribeiro	individual	Veterano M40	04:25:00	+02:12:18	09:49
327	1216	Orlando Rogério Azevedo Henriques	individual	Senior Masculino	04:25:34	+02:12:52	09:50
328	1059	Liliana Ribeiro	cfa runners	Senior Feminino	04:25:34	+02:12:52	09:50
329	1010	Ricardo Fernandes	afrikanrunners	Senior Masculino	04:25:53	+02:13:11	09:51
330	1008	Patrícia Machado	afrikanrunners	Senior Feminino	04:25:53	+02:13:11	09:51
331	1440	José Carlos Araújo	team lanthemil	Veterano M45	04:26:06	+02:13:24	09:51
332	1062	João Vasco Ferreira	clube do pessoal edp - delegação de gaia	Veterano M40	04:26:14	+02:13:32	09:52
333	1131	Ana Carvalho	individual	Senior Feminino	04:26:54	+02:14:12	09:53
334	1280	Isaura de Almeida	individual	Veterana F45	04:27:12	+02:14:30	09:54
335	1193	Jose Faria	individual	Senior Masculino	04:27:41	+02:14:59	09:55
336	1163	Artur Silva	individual	Senior Masculino	04:30:09	+02:17:27	10:00
337	1055	André Gouveia	ginasio clube santo tirso	Sub 23 Masculino	04:30:09	+02:17:27	10:00
338	1299	Marcelo Dinis Sousa	individual	Veterano M40	04:30:10	+02:17:28	10:00
339	1022	Isabel Maria Silva Martins	amigos da montanha	Veterana F50	04:33:56	+02:21:14	10:09
340	1425	Pedro Machado	shots international runners	Senior Masculino	04:41:03	+02:28:21	10:25
341	1424	Sofia Ferreira	shots international runners	Senior Feminino	04:41:03	+02:28:21	10:25
342	1058	Ricardo Carneiro	ginasio clube santo tirso	Veterano M45	04:43:44	+02:31:02	10:31
343	1219	Paulo Jorge Rio Fernandes Silva	individual	Senior Masculino	04:52:14	+02:39:32	10:49
344	1303	Miguel Moreira	individual	Veterano M40	04:52:15	+02:39:33	10:49
345	1225	PEDRO AZEVEDO	individual	Senior Masculino	04:52:15	+02:39:33	10:49
346	1279	Isabel Fazenda	individual	Veterana F45	05:10:08	+02:57:26	11:29
347	1179	Filipe Medeiros Guedes Fonseca	individual	Senior Masculino	05:10:08	+02:57:26	11:29
348	1416	alexandra oliveira	running team maia	Senior Feminino	05:17:37	+03:04:55	11:46

Trail Longo 27K

27 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	6,4°C	100%
End	14:48	-99°C	-99%

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

1	1095	Daniela Russo	ESTAMOS JUNTOS	Senior Feminino	02:55:53		06:31
2	1118	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:59:48	+03:55	06:40
3	1047	Ana Sousa	CF Jesuítas	Senior Feminino	03:03:10	+07:17	06:47
4	1132	Ana Rita Magalhães	Individual	Senior Feminino	03:06:18	+10:25	06:54
5	1137	Estela Martins	Individual	Senior Feminino	03:10:22	+14:29	07:03
6	1078	Liliana Gomes	Dr Merino/ Nutrifit	Senior Feminino	03:14:03	+18:10	07:11
7	1117	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:18:46	+22:53	07:22
8	1135	Cristiana Esteves	Individual	Senior Feminino	03:19:30	+23:37	07:23
9	1063	Susana Neta	Clube Zupper	Senior Feminino	03:22:09	+26:16	07:29
10	1417	Raquel Ferreira	Satecnosol Outdoor / La Sportiva	Senior Feminino	03:26:00	+30:07	07:38
11	1145	Mariana Machado Ballester	Individual	Senior Feminino	03:28:26	+32:33	07:43
12	1083	Sonia Parente	EDV - Viana Trail	Senior Feminino	03:28:26	+32:33	07:43
13	1149	Sandra Filipa Sampaio Martins	Individual	Senior Feminino	03:32:17	+36:24	07:52
14	1119	Sandra Pera	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:34:02	+38:09	07:56
15	1433	Mariana Rodrigues	TEAM FAMALICÃO	Senior Feminino	03:34:11	+38:18	07:56
16	1091	Telma Duarte	ERMIDAFIT Runners	Senior Feminino	03:37:28	+41:35	08:03
17	1152	Silvia Tomaz	Individual	Senior Feminino	03:37:41	+41:48	08:04
18	1146	Marlene Oliveira Barbosa	Individual	Senior Feminino	03:45:49	+49:56	08:22
19	1136	Cristina Isabel Mendes Oliveira Dias	Individual	Senior Feminino	03:54:01	+58:08	08:40
20	1141	Manuela Tavares	Individual	Senior Feminino	03:54:01	+58:08	08:40
21	1144	margarida figueiroa	Individual	Senior Feminino	03:54:01	+58:08	08:40
22	1134	Andreia Susana da Costa Maia	Individual	Senior Feminino	03:57:20	+01:01:27	08:47
23	1142	Marcia Cristina Mateus Lopes	Individual	Senior Feminino	03:58:29	+01:02:36	08:50
24	1006	Patrícia Daniela da Cunha Amorim	Afifense Trail	Senior Feminino	03:59:24	+01:03:31	08:52
25	1147	Natália Patrícia Carvalho Leite da Cunha	Individual	Senior Feminino	03:59:36	+01:03:43	08:52
26	1138	Gi Bessa	Individual	Senior Feminino	04:01:25	+01:05:32	08:56
27	1130	Adriana Mirra	Individual	Senior Feminino	04:07:35	+01:11:42	09:10
28	1148	Patrícia Grilo	Individual	Senior Feminino	04:07:36	+01:11:43	09:10
29	1067	Vera Manuela Cardoso da Silva	Companhia do Bazófiás	Senior Feminino	04:07:49	+01:11:56	09:11
30	1069	Ana Luísa Dolores Ferreira da Silva	Crazy Trailers	Senior Feminino	04:12:41	+01:16:48	09:22
31	1143	Márcia Ferreira	Individual	Senior Feminino	04:13:34	+01:17:41	09:23
32	1450	Susana Ribeiro	CCD - SIEMENS	Senior Feminino	04:18:51	+01:22:58	09:35
33	1059	Liliana Ribeiro	CFA Runners	Senior Feminino	04:25:34	+01:29:41	09:50
34	1008	Patrícia Machado	AfrikanRunners	Senior Feminino	04:25:53	+01:30:00	09:51
35	1131	Ana Carvalho	Individual	Senior Feminino	04:26:54	+01:31:01	09:53
36	1424	Sofia Ferreira	Shots International Runners	Senior Feminino	04:41:03	+01:45:10	10:25
37	1416	alexandra oliveira	RUNNING TEAM MAIA	Senior Feminino	05:17:37	+02:21:44	11:46

Trail Longo 27K

27 KM

LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION - LAP2G0 - TIMING SOLUTION

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OFFICIAL RESULT

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REVISED

Senior Masculino

1	1421	Pedro Alberto da Costa Sousa	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:12:42	04:55
2	1418	Bruno Coelho	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:13:04	+00:22 04:56
3	1007	Amândio Antunes	Afifense Trail	Senior Masculino	02:15:01	+02:19 05:00
4	1098	José Inácio Rodrigues	Experienciar/Sportsonfire/Barceltécnica	Senior Masculino	02:17:18	+04:36 05:05
5	1422	Rui Santos	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:21:25	+08:43 05:14
6	1099	Ricardo Rego	Experienciar/Sportsonfire/Barceltécnica	Senior Masculino	02:22:55	+10:13 05:18
7	1236	Ricardo André Ramos Miranda	Individual	Senior Masculino	02:23:54	+11:12 05:20
8	1171	César Leão	Unidade Especial de Corrida	Senior Masculino	02:30:04	+17:22 05:33
9	1200	Manuel Anselmo Maia	Individual	Senior Masculino	02:32:11	+19:29 05:38
10	1079	David Ferreira	Dr Merino/ Nutrifit	Senior Masculino	02:33:15	+20:33 05:41
11	1415	Inuo Filipe Melo	Run 4 All	Senior Masculino	02:33:33	+20:51 05:41
12	1060	Filipe Nunes	CFA Runners	Senior Masculino	02:35:06	+22:24 05:45
13	1241	Ricardo José Azevedo Campos	Individual	Senior Masculino	02:35:09	+22:27 05:45
14	1177	Fernando Leite	Individual	Senior Masculino	02:36:50	+24:08 05:49
15	1077	Helder Rocha	DOUROCONTA TRAIL TEAM	Senior Masculino	02:37:10	+24:28 05:49
16	1075	Sérgio Santos	Didáxis Trail	Senior Masculino	02:39:59	+27:17 05:56
17	1155	Miguel Martins	CENTRO CICLISTA GONDOMAR	Senior Masculino	02:40:25	+27:43 05:56
18	1187	João Tinoco	Individual	Senior Masculino	02:42:40	+29:58 06:01
19	1397	Marco Brochado	Os Lobos do Saibro	Senior Masculino	02:43:56	+31:14 06:04
20	1164	Bruno José Melo Corga	Individual	Senior Masculino	02:44:30	+31:48 06:06
21	1104	Nuno Alves	FAMA RUNNERS	Senior Masculino	02:45:36	+32:54 06:08
22	1107	Simão Carneiro	FAMA RUNNERS	Senior Masculino	02:45:36	+32:54 06:08
23	1045	Ricardo Machado	Bota&Siga	Senior Masculino	02:47:03	+34:21 06:11
24	1129	Rafael Escrivães	GTT - Armazém do Caffè	Senior Masculino	02:47:40	+34:58 06:13
25	1043	Carlos Silva	Bota&Siga	Senior Masculino	02:47:46	+35:04 06:13
26	1431	Ricardo Pais	ST TRAIL	Senior Masculino	02:48:36	+35:54 06:15
27	1115	Ricardo Francisco Sousa Aires	Fridão Sem Limites	Senior Masculino	02:49:54	+37:12 06:18
28	1263	Vítor Paulo Duarte Caldeira	Individual	Senior Masculino	02:50:02	+37:20 06:18
29	1246	Rui Manuel de Brito Machado	Individual	Senior Masculino	02:50:39	+37:57 06:19
30	1394	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:51:05	+38:23 06:20
31	1387	Andre Nogueira	Oralklass-Amigos do Trail	Senior Masculino	02:51:05	+38:23 06:20
32	1009	Filipe Gonçalves	AfrikanRunners	Senior Masculino	02:51:25	+38:43 06:21
33	1408	Nuno Silva	Pernetas	Senior Masculino	02:52:53	+40:11 06:24
34	1196	LUIS FILIPE SALGADO OLIVEIRA	Individual	Senior Masculino	02:53:01	+40:19 06:24
35	1396	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	02:53:25	+40:43 06:25
36	1165	Bruno Machado	Individual	Senior Masculino	02:53:27	+40:45 06:25
37	1261	VITOR FERNANDES	Individual	Senior Masculino	02:54:29	+41:47 06:28
38	1072	Joel Carvalho	CrossFit Vale do Ave	Senior Masculino	02:54:52	+42:10 06:29
39	1180	Filipe Teixeira	Individual	Senior Masculino	02:54:53	+42:11 06:29
40	1217	Paulino Alves	Individual	Senior Masculino	02:54:54	+42:12 06:29
41	1096	Francisco Figueiredo	ESTAMOS JUNTOS	Senior Masculino	02:55:52	+43:10 06:31
42	1036	Rui Lopo	AZTrail	Senior Masculino	02:57:01	+44:19 06:33
43	1005	Ricardo Reis	AD Quinta - Atletismo	Senior Masculino	02:57:07	+44:25 06:34

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Trail Longo 27K

27 KM

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44	1401	Bruno Saldanha	papamilhas	Senior Masculino	02:57:46	+45:04	06:35
45	1128	Helder Silva	GTT - Armazém do Caffè	Senior Masculino	02:59:40	+46:58	06:39
46	1120	Pedro Matos	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:59:49	+47:07	06:40
47	1050	Alcides Guimarães	Ginasio Clube Santo Tirso	Senior Masculino	03:00:16	+47:34	06:41
48	1198	Luis Teixeira	Individual	Senior Masculino	03:00:22	+47:40	06:41
49	1037	André Costa	Befitness Runners	Senior Masculino	03:00:30	+47:48	06:41
50	1033	Adelino Silva	AZTrail	Senior Masculino	03:01:38	+48:56	06:44
51	1438	José Faria	TEAM LANTEMIL	Senior Masculino	03:01:40	+48:58	06:44
52	1248	Rui Miguel Aguiar Rodrigues	Individual	Senior Masculino	03:02:28	+49:46	06:45
53	1222	Paulo Silva	Individual	Senior Masculino	03:03:24	+50:42	06:48
54	1053	Luís Silva	CF Jesuítas	Senior Masculino	03:03:49	+51:07	06:48
55	1432	Nuno Sobral	Team DUAS FACES	Senior Masculino	03:05:17	+52:35	06:52
56	1389	José Santos	Oralklass-Amigos do Trail	Senior Masculino	03:06:33	+53:51	06:55
57	1052	Luís Oliveira	Ginasio Clube Santo Tirso	Senior Masculino	03:06:37	+53:55	06:55
58	1182	Helder Parracho	Individual	Senior Masculino	03:07:31	+54:49	06:57
59	1419	Jose Luis Sa	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:07:55	+55:13	06:58
60	1028	Vitor Silva	ARRASTASSOLAS	Senior Masculino	03:08:13	+55:31	06:58
61	1080	Tiago Amaral	Dr Merino/ Nutrifit	Senior Masculino	03:08:20	+55:38	06:59
62	1226	Pedro Ezequiel Martins Pimenta	Individual	Senior Masculino	03:08:45	+56:03	06:59
63	1414	Hugo Costa	Rainha Club	Senior Masculino	03:09:28	+56:46	07:01
64	1388	Fernando Grabulho	Oralklass-Amigos do Trail	Senior Masculino	03:10:22	+57:40	07:03
65	1244	Rui Lima	Individual	Senior Masculino	03:10:30	+57:48	07:03
66	1221	paulo Ricardo Oliveira Miguelote Mendes	Individual	Senior Masculino	03:10:38	+57:56	07:04
67	1113	EMIDIO MARQUES	FREZITE	Senior Masculino	03:10:43	+58:01	07:04
68	1034	Hugo Evaristo	AZTrail	Senior Masculino	03:11:37	+58:55	07:06
69	1230	Pedro Machete	Individual	Senior Masculino	03:12:25	+59:43	07:08
70	1429	André Machado	ST TRAIL	Senior Masculino	03:13:20	+01:00:38	07:10
71	1116	Rui Manuel Ramos Costa	G.D.TRAVASSÓS	Senior Masculino	03:13:36	+01:00:54	07:10
72	1092	sergio pereira	ERMIDAFIT Runners	Senior Masculino	03:13:58	+01:01:16	07:11
73	1212	Nelson Silva	Individual	Senior Masculino	03:14:59	+01:02:17	07:13
74	1040	Rúben Cunha	Befitness Runners	Senior Masculino	03:15:24	+01:02:42	07:14
75	1254	sergio costa	Individual	Senior Masculino	03:15:24	+01:02:42	07:14
76	1256	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	03:15:49	+01:03:07	07:15
77	1233	Pedro Miguel Nunes Brandão	Individual	Senior Masculino	03:16:07	+01:03:25	07:16
78	1210	Miguel Ângelo	Individual	Senior Masculino	03:16:08	+01:03:26	07:16
79	1384	Tiago Frutuoso	Nós	Senior Masculino	03:16:11	+01:03:29	07:16
80	1392	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	03:16:18	+01:03:36	07:16
81	1376	Marco Silva	Média 10 Team	Senior Masculino	03:16:24	+01:03:42	07:16
82	1178	Fernando Sousa	Individual	Senior Masculino	03:16:46	+01:04:04	07:17
83	1192	José Coelho	Individual	Senior Masculino	03:17:04	+01:04:22	07:18
84	1109	Vitor Teixeira	FAMA RUNNERS	Senior Masculino	03:17:32	+01:04:50	07:19
85	1201	Manuel Morais	Individual	Senior Masculino	03:17:39	+01:04:57	07:19
86	1003	Hugo Sa	AD Quinta - Atletismo	Senior Masculino	03:18:11	+01:05:29	07:20
87	1430	André Magalhães	ST TRAIL	Senior Masculino	03:18:41	+01:05:59	07:22
88	1395	André Alberto Loureiro dos Santos	Os Lobos	Senior Masculino	03:18:45	+01:06:03	07:22
89	1102	Filipe Oliveira	FAMA RUNNERS	Senior Masculino	03:19:30	+01:06:48	07:23

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90	1125	Helder Ferreira	Gramidense IFC	Senior Masculino	03:19:58	+01:07:16	07:24
91	1170	Carlos manuel lopes teixeira	Individual	Senior Masculino	03:20:20	+01:07:38	07:25
92	1183	Helder Vieira	Individual	Senior Masculino	03:21:55	+01:09:13	07:29
93	1238	Ricardo Dias	Individual	Senior Masculino	03:22:17	+01:09:35	07:30
94	1184	Herberto Simão	Individual	Senior Masculino	03:22:42	+01:10:00	07:30
95	1012	Sérgio Ferreira	AfrikanRunners	Senior Masculino	03:22:48	+01:10:06	07:31
96	1011	Rufino Freitas	AfrikanRunners	Senior Masculino	03:22:48	+01:10:06	07:31
97	1454	Paulo Magano	Individual	Senior Masculino	03:23:10	+01:10:28	07:31
98	160	Helio Borges	TEAM LANTEMIL	Senior Masculino	03:23:34	+01:10:52	07:32
99	1039	Paulo Elias	Befitness Runners	Senior Masculino	03:24:38	+01:11:56	07:35
100	1038	Hélder Gonçalves	Befitness Runners	Senior Masculino	03:24:38	+01:11:56	07:35
101	1393	Gilberto Orlando	os lebres btt sai da frente	Senior Masculino	03:25:18	+01:12:36	07:36
102	1035	João Gaspar	AZTrail	Senior Masculino	03:25:56	+01:13:14	07:38
103	1175	Fábio Daniel Arantes Monteiro	Individual	Senior Masculino	03:27:23	+01:14:41	07:41
104	1159	André Fernandes	Individual	Senior Masculino	03:28:09	+01:15:27	07:43
105	1105	Nuno Oliveira	FAMA RUNNERS	Senior Masculino	03:28:25	+01:15:43	07:43
106	1215	Nuno Sá	Individual	Senior Masculino	03:28:27	+01:15:45	07:43
107	1027	Pedro Magalhães	ARRASTASSOLAS	Senior Masculino	03:28:30	+01:15:48	07:43
108	1168	Carlos Alberto Peixoto Soares	Amigos da Montanha	Senior Masculino	03:28:47	+01:16:05	07:44
109	1004	José Loureiro	AD Quinta - Atletismo	Senior Masculino	03:28:48	+01:16:06	07:44
110	1255	SERGIO FILIPE DUARTE MACHADO	Individual	Senior Masculino	03:29:19	+01:16:37	07:45
111	1174	Fábio André Martins Alves	Individual	Senior Masculino	03:29:21	+01:16:39	07:45
112	1207	Mário Andre Carneiro Rêgo	Individual	Senior Masculino	03:29:36	+01:16:54	07:46
113	1382	Filipe Machado	Nascidos para Correr	Senior Masculino	03:30:08	+01:17:26	07:47
114	1383	João Vítor Ribeiro Moura Pinto	NO TOMORROW RUNNING TEAM	Senior Masculino	03:31:15	+01:18:33	07:49
115	1223	pedro alexandre silva	Individual	Senior Masculino	03:31:55	+01:19:13	07:51
116	1213	Nuno Lima	Individual	Senior Masculino	03:32:15	+01:19:33	07:52
117	1381	Domingos José Cepeda Morais	MULTIPOWER GAIA TRAIL	Senior Masculino	03:32:21	+01:19:39	07:52
118	1195	José Ferreira Costa	Individual	Senior Masculino	03:32:27	+01:19:45	07:52
119	1385	Joaquim Ferreira	Nozes	Senior Masculino	03:33:36	+01:20:54	07:55
120	1211	Nelson Monteiro	Individual	Senior Masculino	03:33:42	+01:21:00	07:55
121	1240	Ricardo Jorge Oliveira Torres	Individual	Senior Masculino	03:33:44	+01:21:02	07:55
122	1260	Virgílio Maia Teixeira	Individual	Senior Masculino	03:34:08	+01:21:26	07:56
123	1228	Pedro Filipe de Sá Guimarães Marinho	Individual	Senior Masculino	03:34:15	+01:21:33	07:56
124	1181	helder luis nunes pacheco	Individual	Senior Masculino	03:34:17	+01:21:35	07:56
125	1041	César Martins	Befitness Runners	Senior Masculino	03:35:55	+01:23:13	08:00
126	1073	Sandro Filipe Sampaio de Oliveira	CrossFit Vale do Ave	Senior Masculino	03:36:17	+01:23:35	08:01
127	1227	Pedro Ferreirinha	CTAD-Trilhos de Confães	Senior Masculino	03:36:22	+01:23:40	08:01
128	1372	Jose Pereira	KeMedo Team	Senior Masculino	03:37:11	+01:24:29	08:03
129	1088	RUI GOMES	EQUIPA JOAO FERREIRA	Senior Masculino	03:39:14	+01:26:32	08:07
130	1380	Alexandre MPR Rodrigues	MonçãoTrail	Senior Masculino	03:43:39	+01:30:57	08:17
131	1252	Rui Samuel Sousa Carvalho Costa GonÇalves	Individual	Senior Masculino	03:43:40	+01:30:58	08:17
132	1259	Urbano Leal	Individual	Senior Masculino	03:47:33	+01:34:51	08:26
133	1199	Luis Teixeira	Individual	Senior Masculino	03:48:15	+01:35:33	08:27
134	1191	José Alberto Beira	Individual	Senior Masculino	03:48:23	+01:35:41	08:28

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135	1205	Marco Paulo Ribeiro Nunes	Individual	Senior Masculino	03:48:37	+01:35:55	08:28
136	1203	Márcio Castro	Individual	Senior Masculino	03:50:09	+01:37:27	08:31
137	1243	Rui Lázaro	Individual	Senior Masculino	03:50:28	+01:37:46	08:32
138	1026	Pedro Lopes	ARRASTASSOLAS	Senior Masculino	03:51:08	+01:38:26	08:34
139	1480	Atleta 1480	Individual	Senior Masculino	03:51:08	+01:38:26	08:34
140	1189	Jorge Miguel Abreu Barbosa	Individual	Senior Masculino	03:51:39	+01:38:57	08:35
141	1409	Sérgio Matos	Pernetas	Senior Masculino	03:52:52	+01:40:10	08:37
142	1437	Hugo Pereira	TEAM LANTEMIL	Senior Masculino	03:53:08	+01:40:26	08:38
143	1209	Michel Rolo	Individual	Senior Masculino	03:53:10	+01:40:28	08:38
144	1257	Simão Cardoso	Individual	Senior Masculino	03:53:11	+01:40:29	08:38
145	1194	José Fernando Xavier Soares	Individual	Senior Masculino	03:53:47	+01:41:05	08:40
146	1158	Alexandre Pereira	Individual	Senior Masculino	03:53:47	+01:41:05	08:40
147	1188	Jorge Carneiro	Individual	Senior Masculino	03:54:23	+01:41:41	08:41
148	1169	Carlos Lopes de Sousa Menezes Monteiro	Individual	Senior Masculino	03:57:22	+01:44:40	08:47
149	1258	Tiago Soeiro	Individual	Senior Masculino	03:58:05	+01:45:23	08:49
150	1426	Sérgio Santiago	Shots International Runners	Senior Masculino	03:58:30	+01:45:48	08:50
151	1405	Helder Camilo	PAREDES AVENTURA	Senior Masculino	03:59:38	+01:46:56	08:53
152	1386	Pedro Ferreira	Nozes	Senior Masculino	04:00:07	+01:47:25	08:54
153	1402	Celso Fernandes	papamilhas	Senior Masculino	04:01:26	+01:48:44	08:57
154	1197	Luís Silva	Individual	Senior Masculino	04:02:02	+01:49:20	08:58
155	1160	Antonio Almeida	Individual	Senior Masculino	04:02:02	+01:49:20	08:58
156	1185	Hugo Silva Marques	Individual	Senior Masculino	04:03:09	+01:50:27	09:00
157	1262	Vitor Manuel Pereira Oliveira	Individual	Senior Masculino	04:04:43	+01:52:01	09:04
158	1204	Márcio Costa	Individual	Senior Masculino	04:08:40	+01:55:58	09:13
159	1018	Rui Fernandes	Alive Runners	Senior Masculino	04:18:48	+02:06:06	09:35
160	1017	Rui Carneiro	Alive Runners	Senior Masculino	04:18:48	+02:06:06	09:35
161	1046	Claudio Gomes	CCD - SIEMENS	Senior Masculino	04:18:51	+02:06:09	09:35
162	1237	Ricardo Andre Vale Monteiro	Individual	Senior Masculino	04:20:18	+02:07:36	09:38
163	1216	Orlando Rogério Azevedo Henriques	Individual	Senior Masculino	04:25:34	+02:12:52	09:50
164	1010	Ricardo Fernandes	AfrikanRunners	Senior Masculino	04:25:53	+02:13:11	09:51
165	1193	Jose Faria	Individual	Senior Masculino	04:27:41	+02:14:59	09:55
166	1163	Artur Silva	Individual	Senior Masculino	04:30:09	+02:17:27	10:00
167	1425	Pedro Machado	Shots International Runners	Senior Masculino	04:41:03	+02:28:21	10:25
168	1219	Paulo Jorge Rio Fernandes Silva	Individual	Senior Masculino	04:52:14	+02:39:32	10:49
169	1225	PEDRO AZEVEDO	Individual	Senior Masculino	04:52:15	+02:39:33	10:49
170	1179	Filipe Medeiros Guedes Fonseca	Individual	Senior Masculino	05:10:08	+02:57:26	11:29

Sub 23 Masculino

1	1452	Pedro Batista	Unidade Especial de Corrida	Sub 23 Masculino	02:37:56		05:51
2	1267	José Luís Fernandes Tavares	Intercaimabike	Sub 23 Masculino	02:44:31	+06:35	06:06
3	1056	Miguel Barros	Ginasio Clube Santo Tirso	Sub 23 Masculino	02:54:58	+17:02	06:29
4	1390	João Pinto	Oralklass-Amigos do Trail	Sub 23 Masculino	02:57:53	+19:57	06:35
5	1268	Simao vilas boas	Individual	Sub 23 Masculino	03:01:00	+23:04	06:42
6	1265	Filipe Manuel Fernandes Tavares	Intercaimabike	Sub 23 Masculino	03:02:28	+24:32	06:45

Trail Longo 27K

27 KM

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7	1399	José Pinho	OZXTREME	Sub 23 Masculino	03:21:24	+43:28	07:28
8	1110	Joaquin Dillen	FAMA RUNNERS	Sub 23 Masculino	03:21:57	+44:01	07:29
9	1076	Pedro Daniel Ferreira Teixeira	Doidos do Mato	Sub 23 Masculino	03:31:48	+53:52	07:51
10	1055	André Gouveia	Ginasio Clube Santo Tirso	Sub 23 Masculino	04:30:09	+01:52:13	10:00

Veterana F40

1	1271	Lina Besada Porto	Individual	Veterana F40	03:10:49	07:04
2	1370	Suzana andrade	JOBRA-ASSOCIAÇÃO JOVENS DA BRANCA	Veterana F40	03:30:22	+19:33 07:47
3	1270	elsa carina sousa rodrigues	Individual	Veterana F40	03:53:52	+43:03 08:40
4	1029	Carla Moreira	ARRASTASSOLAS	Veterana F40	04:05:38	+54:49 09:06
5	1272	Marina Pinheiro	Individual	Veterana F40	04:08:40	+57:51 09:13
6	1030	Helena Cunha	ARRASTASSOLAS	Veterana F40	04:19:03	+01:08:14 09:36

Veterana F45

1	1273	Alexandra Fernandes	Individual	Veterana F45	03:09:17	07:01
2	1277	Fernanda Pinho	Individual	Veterana F45	03:28:08	+18:51 07:43
3	1042	Júlia Sousa	Befitness Runners	Veterana F45	03:35:55	+26:38 08:00
4	1274	Carla Gonçalves	Individual	Veterana F45	03:37:15	+27:58 08:03
5	1276	Donzilia Silva	Individual	Veterana F45	03:37:41	+28:24 08:04
6	1278	ISABEL ARAÚJO	Individual	Veterana F45	04:20:50	+01:11:33 09:40
7	1280	Isaura de Almeida	Individual	Veterana F45	04:27:12	+01:17:55 09:54
8	1279	Isabel Fazenda	Individual	Veterana F45	05:10:08	+02:00:51 11:29

Veterana F50

1	1281	Maria Noémia Silva Rolla	Individual	Veterana F50	03:53:47	08:40
2	1398	amelia moreira	os selvagens	Veterana F50	04:18:31	+24:44 09:34
3	1022	Isabel Maria Silva Martins	Amigos da Montanha	Veterana F50	04:33:56	+40:09 10:09

Veterano M40

1	1082	Paulo Machado	Dr Merino/ Nutrifit	Veterano M40	02:32:26	05:39
2	1400	Paulo Pereira	PAPAKM	Veterano M40	02:35:20	+02:54 05:45
3	1293	José Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:37:30	+05:04 05:50
4	1133	Duarte Barbosa	Individual	Veterano M40	02:37:44	+05:18 05:51
5	1286	Domingos Jorge Costa Gomes	Individual	Veterano M40	02:40:04	+07:38 05:56
6	1315	Pedro Azevedo	Individual	Veterano M40	02:44:13	+11:47 06:05
7	1065	Marco Vieira	Clube Zupper	Veterano M40	02:50:13	+17:47 06:18
8	1446	fausto teixeira	velozes furiosos	Veterano M40	02:53:17	+20:51 06:25
9	1391	José Ferreira	Oralklass-Amigos do Trail	Veterano M40	02:57:45	+25:19 06:35
10	1313	Paulo Pinheiro	Individual	Veterano M40	02:58:07	+25:41 06:36
11	1285	António Manuel Almeida Santos	Individual	Veterano M40	03:02:53	+30:27 06:46

Trail Longo 27K

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12	1064	Joaquim Madureira	Clube Zupper	Veterano M40	03:03:23	+30:57	06:48
13	1447	miguel pereira	velozes furiosos	Veterano M40	03:04:09	+31:43	06:49
14	1298	Manuel Fernandes	Individual	Veterano M40	03:05:02	+32:36	06:51
15	1369	António Fernandes Azevedo	Irmandade Bike Team	Veterano M40	03:06:29	+34:03	06:54
16	1302	Miguel Mendes	Individual	Veterano M40	03:06:47	+34:21	06:55
17	1020	Eduardo Pinto	All About	Veterano M40	03:07:55	+35:29	06:58
18	1451	helder rodrigues	Individual	Veterano M40	03:10:39	+38:13	07:04
19	1015	Jorge Nunes	AfrikanRunners	Veterano M40	03:10:48	+38:22	07:04
20	1407	Carlos Pinto João	Perdi o Táxi	Veterano M40	03:12:23	+39:57	07:08
21	1319	Ricardo João Caria Pinheiro	Individual	Veterano M40	03:12:24	+39:58	07:08
22	1317	pedro mouro	Individual	Veterano M40	03:12:31	+40:05	07:08
23	1377	João Pereira	Média 10 Team	Veterano M40	03:16:25	+43:59	07:16
24	1304	Miguel Moura	Individual	Veterano M40	03:16:43	+44:17	07:17
25	1326	Sérgio Miguel Batista Couto	Individual	Veterano M40	03:17:58	+45:32	07:20
26	1301	Miguel Loureiro	Individual	Veterano M40	03:18:32	+46:06	07:21
27	1297	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	Individual	Veterano M40	03:21:47	+49:21	07:28
28	1066	Paulo Neta	Clube Zupper	Veterano M40	03:22:09	+49:43	07:29
29	1406	António João	Perdi o Táxi	Veterano M40	03:22:14	+49:48	07:29
30	1013	Domingos Gonçalves	AfrikanRunners	Veterano M40	03:22:48	+50:22	07:31
31	1309	Nuno Lima	Individual	Veterano M40	03:24:16	+51:50	07:34
32	1284	Americo Areias	Individual	Veterano M40	03:24:16	+51:50	07:34
33	1314	Paulo Seabra	Individual	Veterano M40	03:24:50	+52:24	07:35
34	1307	Nuno Ferreira	Individual	Veterano M40	03:25:59	+53:33	07:38
35	1375	Vitor Daniel Pinto da Cunha	Marão Team	Veterano M40	03:26:23	+53:57	07:39
36	1329	Wilson Fonseca	Individual	Veterano M40	03:27:03	+54:37	07:40
37	1031	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	03:28:31	+56:05	07:43
38	1410	Carlos Barreto	Pernetas	Veterano M40	03:30:47	+58:21	07:48
39	1310	Nuno Miguel Carneiro	Individual	Veterano M40	03:31:42	+59:16	07:50
40	1014	Joel Guimarães	AfrikanRunners	Veterano M40	03:31:54	+59:28	07:51
41	1321	Ricardo Manuel Festa de Sousa Bailão	Individual	Veterano M40	03:31:55	+59:29	07:51
42	1325	Sérgio Esteves	Individual	Veterano M40	03:32:13	+59:47	07:52
43	1084	António João da Rocha Machado	EI Team Trail	Veterano M40	03:32:21	+59:55	07:52
44	1306	NELSON RUÃO	Individual	Veterano M40	03:32:48	+01:00:22	07:53
45	1295	Licínio Cândido Ferreira Ribeiro	Individual	Veterano M40	03:33:39	+01:01:13	07:55
46	1442	Nelson Duarte	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	03:38:39	+01:06:13	08:06
47	1412	Jorge Bernardino	Pernetas	Veterano M40	03:44:27	+01:12:01	08:19
48	1288	Francisco Bartolomeu	Individual	Veterano M40	03:45:30	+01:13:04	08:21
49	1320	Ricardo Jorge Araujo Lima	Individual	Veterano M40	03:45:49	+01:13:23	08:22
50	137	Joao Couto	Os Finos	Veterano M40	03:49:58	+01:17:32	08:31
51	1290	Hugo Fernando Rocha Ribeiro	Individual	Veterano M40	03:50:41	+01:18:15	08:33
52	1324	Rui Martins	Individual	Veterano M40	03:50:49	+01:18:23	08:33
53	1126	helder rodrigues	groupama trail	Veterano M40	03:51:08	+01:18:42	08:34
54	1322	Ricardo Meireles	Individual	Veterano M40	03:52:00	+01:19:34	08:36
55	1411	Joel Santos	Pernetas	Veterano M40	03:52:52	+01:20:26	08:37

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56	1292	JOSE MIGUEL COSTA GOUVEIA DA SILVA	Individual	Veterano M40	03:53:07	+01:20:41	08:38
57	1316	Pedro Miguel Cristovão Próspero	Individual	Veterano M40	03:53:44	+01:21:18	08:39
58	1296	luis claudio ferreira marques	Individual	Veterano M40	03:53:52	+01:21:26	08:40
59	1074	Alberto Silvério	CrossFit Vale do Ave	Veterano M40	03:56:56	+01:24:30	08:47
60	1404	Manuel Santos	papamilhas	Veterano M40	04:01:25	+01:28:59	08:56
61	1283	Álvaro augusto pais dias da silva nunes	Individual	Veterano M40	04:10:53	+01:38:27	09:18
62	1070	Ricardo Jorge Ferreira Leite Teixeira	Crazy Trailers	Veterano M40	04:12:41	+01:40:15	09:22
63	1291	João Filipe Morais	Individual	Veterano M40	04:17:49	+01:45:23	09:33
64	1312	Paulo Jorge Ferreira Ribeiro	Individual	Veterano M40	04:25:00	+01:52:34	09:49
65	1062	João Vasco Ferreira	Clube do Pessoal EDP - Delegação de Gaia	Veterano M40	04:26:14	+01:53:48	09:52
66	1299	Marcelo Dinis Sousa	Individual	Veterano M40	04:30:10	+01:57:44	10:00
67	1303	Miguel Moreira	Individual	Veterano M40	04:52:15	+02:19:49	10:49

Veterano M45

1	1331	António Amador	Individual	Veterano M45	02:38:09		05:51
2	1335	ezequiel fernandes	Individual	Veterano M45	02:38:18	+00:09	05:52
3	1453	Nuno Paiva	GONDOMAR FUTSAL CLUBE	Veterano M45	02:38:38	+00:29	05:53
4	1340	Henrique Santos	Individual	Veterano M45	02:57:16	+19:07	06:34
5	1354	Paulo Jorge Loureiro	Individual	Veterano M45	03:02:35	+24:26	06:46
6	1068	Paulo Pelicano	Corridas De Pernas Pro Ar	Veterano M45	03:08:08	+29:59	06:58
7	1343	José Carlos Saldanha	Individual	Veterano M45	03:08:33	+30:24	06:59
8	1353	Paulo Brás	Individual	Veterano M45	03:08:48	+30:39	07:00
9	1350	Nuno Miguel Pinto Carvalho	Individual	Veterano M45	03:14:05	+35:56	07:11
10	1356	Paulo Martins	Individual	Veterano M45	03:14:41	+36:32	07:13
11	1336	Fernando Costa	Individual	Veterano M45	03:17:44	+39:35	07:19
12	1111	Fernando Jorge Oliveira	FFit Gaia Trail	Veterano M45	03:18:06	+39:57	07:20
13	1112	Vitor Coelho	FITSPOT-Parque Nascente	Veterano M45	03:18:41	+40:32	07:22
14	1334	Duarte Paulo Ribeiro	Individual	Veterano M45	03:21:55	+43:46	07:29
15	1089	Francisco Fonseca	EQUIPA JOAO FERREIRA	Veterano M45	03:29:04	+50:55	07:45
16	1443	Adriano Rocha	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M45	03:31:17	+53:08	07:50
17	1332	carlos alberto	Individual	Veterano M45	03:45:06	+01:06:57	08:20
18	1478	Alvaro Pinho	Individual	Veterano M45	03:50:28	+01:12:19	08:32
19	1345	José Moreira	Individual	Veterano M45	03:50:49	+01:12:40	08:33
20	1349	Miguel Rodrigues	Individual	Veterano M45	03:50:49	+01:12:40	08:33
21	1348	Manuel Costa	Individual	Veterano M45	03:52:38	+01:14:29	08:37
22	1355	Paulo Jorge Silva	Individual	Veterano M45	03:53:09	+01:15:00	08:38
23	1357	Paulo Próspero	Individual	Veterano M45	03:53:44	+01:15:35	08:39
24	1333	domingos pedro moreira rocha	Individual	Veterano M45	04:03:10	+01:25:01	09:00
25	1358	ricardo beirao	Individual	Veterano M45	04:07:49	+01:29:40	09:11
26	1337	Fernando Cunha	Individual	Veterano M45	04:10:26	+01:32:17	09:17
27	1032	Manuel Silva	ARRASTASSOLAS	Veterano M45	04:19:03	+01:40:54	09:36
28	1341	Humberto Fontes	Individual	Veterano M45	04:20:50	+01:42:41	09:40

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29	1440	José Carlos Araújo	TEAM LANTEMIL	Veterano M45	04:26:06	+01:47:57	09:51
30	1058	Ricardo Carneiro	Ginasio Clube Santo Tirso	Veterano M45	04:43:44	+02:05:35	10:31

Veterano M50

1	1445	Abilio Marques	Unidade Especial de Corrida	Veterano M50	02:38:20	05:52
2	1362	Carlos Alberto Pereira Novais Gandra	Individual	Veterano M50	02:42:41	+04:21 06:02
3	1114	CARLOS FERNANDES	FREZITE	Veterano M50	02:46:53	+08:33 06:11
4	1001	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	02:49:29	+11:09 06:17
5	1367	José Capela	Individual	Veterano M50	02:50:05	+11:45 06:18
6	1363	Dionísio Manuel Correia Cousa	Individual	Veterano M50	02:52:44	+14:24 06:24
7	1413	Rui Russo dos Santos	Porto Runners	Veterano M50	03:01:43	+23:23 06:44
8	1361	António José da Silva Costa	Individual	Veterano M50	03:07:51	+29:31 06:57
9	1364	Jean Luc Hasenfratz	Individual	Veterano M50	03:14:03	+35:43 07:11
10	1121	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	03:18:46	+40:26 07:22
11	1359	ALBINO DE OLIVEIRA RIBEIRO	Individual	Veterano M50	03:19:30	+41:10 07:23
12	1360	Antonio Azevedo Ribeiro	Individual	Veterano M50	03:27:28	+49:08 07:41
13	1090	JOAQUIM TEIXIERA	EQUIPA JOAO FERREIRA	Veterano M50	03:29:04	+50:44 07:45
14	1368	José Mario De Oliveira Torres.	Individual	Veterano M50	03:33:40	+55:20 07:55
15	1061	Jose Miguel Cruz Pinto	CICLISTAS COSMICOS - GISLOTICA	Veterano M50	03:36:16	+57:56 08:01
16	1019	Augusto José Candoso Tavares	Alive Runners	Veterano M50	03:45:30	+01:07:10 08:21
17	1365	João Manuel Santos Lopes Silva	Individual	Veterano M50	04:05:18	+01:26:58 09:05

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