

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:15	9°C	87%
End	15:27	9°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1421	Bruno silva	satecnosol outdoor - raidlight portugal	Sub 23 Masculino	02:27:49		05:17
2	1092	Victor Fernandes	ctad - trilhos de cinfães	Senior Masculino	02:28:09	+00:20	05:17
3	1158	HÉLDER SILVA	gtt - armazém do caffè	Senior Masculino	02:29:25	+01:36	05:20
4	1085	NUNO CARNEIRO	clube zipper	Senior Masculino	02:30:42	+02:53	05:23
5	1159	Luís Pedro Ferreira de Sousa Martins	gtt - armazém do caffè	Senior Masculino	02:31:15	+03:26	05:24
6	1149	Luis gil	gaia trail	Veterano M40	02:31:55	+04:06	05:26
7	1101	Pedro Marques	dr. merino/4moove	Veterano M50	02:33:04	+05:15	05:28
8	1148	Dinis Gonçalves	gaia trail	Veterano M40	02:34:34	+06:45	05:31
9	1161	Nuno Figueiredo	gtt - armazém do caffè	Senior Masculino	02:37:03	+09:14	05:37
10	1294	Filipe Jorge Mrais Braz	individual	Veterano M40	02:37:38	+09:49	05:38
11	1138	Pedro Santos	fugitivos urbanos - clínica + saúde	Veterano M40	02:37:56	+10:07	05:38
12	1414	João Nunes	runners clinic	Senior Masculino	02:39:46	+11:57	05:42
13	1142	Carlos Alves	gaia trail	Senior Masculino	02:40:20	+12:31	05:44
14	1419	Rui Santos	satecnosol outdoor - raidlight portugal	Senior Masculino	02:40:50	+13:01	05:45
15	206	Joaquim Manuel Martins de Freitas	satecnosol outdoor - raidlight portugal	Veterano M40	02:41:15	+13:26	05:46
16	1194	Antonio dos reis maia	individual	Senior Masculino	02:41:33	+13:44	05:46
17	1143	Ivo Peko	gaia trail	Senior Masculino	02:42:15	+14:26	05:48
18	1018	Ricardo Rego	amigos da montanha	Senior Masculino	02:42:48	+14:59	05:49
19	1356	Abilio Ribeiro	juventude cortegacense	Veterano M45	02:43:03	+15:14	05:49
20	1425	Vitor Rio	ss montepio	Senior Masculino	02:43:33	+15:44	05:50
21	1442	Ezequiel Fernandes	team lantemil	Veterano M45	02:45:36	+17:47	05:55
22	1115	RUI LARANJEIRA	experienciar/barceltécnica/sportsonfire	Veterano M40	02:46:15	+18:26	05:56
23	1040	Humberto Silva	aztrail	Senior Masculino	02:46:31	+18:42	05:57
24	1022	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M45	02:49:15	+21:26	06:03
25	1232	José Miguel Nogueira	individual	Senior Masculino	02:49:38	+21:49	06:04
26	1245	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:50:19	+22:30	06:05
27	1420	Tiago Pinheiro	satecnosol outdoor - raidlight portugal	Senior Masculino	02:51:58	+24:09	06:09
28	1462	Luis Filipe Salgado Oliveira	vimarunners	Senior Masculino	02:53:21	+25:32	06:11
29	1160	MARCELO TELES	gtt - armazém do caffè	Senior Masculino	02:54:24	+26:35	06:14
30	1459	Marco Silva	vilaverdeacorrer	Senior Masculino	02:55:14	+27:25	06:16
31	1066	Nuno Nunes	brabus runners	Senior Masculino	02:57:01	+29:12	06:19
32	1231	Jose Daniel	individual	Senior Masculino	02:57:01	+29:12	06:19
33	1253	Pedro Costa 2	individual	Senior Masculino	02:57:18	+29:29	06:20
34	1120	Nuno Alves	fama runners	Senior Masculino	02:57:59	+30:10	06:21
35	1273	Davide Pedrinha Fontes	individual	Sub 23 Masculino	02:58:19	+30:30	06:22
36	1274	Miguel Barros	cf jesuitas	Sub 23 Masculino	02:58:40	+30:51	06:23
37	1023	Carlos Coelho	amigos parque vizela	Senior Masculino	02:58:47	+30:58	06:23
38	1403	Marco Paulo Alves Brochado	os lobos do saibro	Senior Masculino	02:59:26	+31:37	06:25
39	1393	Paulo Ferreira	nocturnos de paredes	Veterano M40	02:59:43	+31:54	06:25
40	1305	Miguel Catarino	caes da avenida	Veterano M40	03:00:38	+32:49	06:27
41	1348	Jorge Catarino	insane trail team	Senior Masculino	03:00:43	+32:54	06:27

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	1026	Carlos Fernandes	as belas e eles	Veterano M40	03:02:39	+34:50	06:31
43	1335	Tiago Vidal Leal	individual	Veterano M45	03:04:18	+36:29	06:35
44	1338	Abilio José Leite Marques	individual	Veterano M50	03:04:20	+36:31	06:35
45	1263	Ricardo Sousa	individual	Senior Masculino	03:04:36	+36:47	06:36
46	1367	Miguel Alves	leões de tardariz trail	Senior Masculino	03:04:36	+36:47	06:36
47	1234	LUIS MIGUEL DA CUNHA SANTOS	individual	Senior Masculino	03:05:36	+37:47	06:38
48	1320	telmo manel martins cardoso	individual	Veterano M40	03:05:40	+37:51	06:38
49	1329	Hugo Brito	individual	Veterano M40	03:05:47	+37:58	06:38
50	1034	Tiago Lima	aves runners	Senior Masculino	03:06:20	+38:31	06:39
51	1077	SANDRO MIGUEL SANTOS JORDAO	clube millennium bcp	Senior Masculino	03:06:25	+38:36	06:39
52	1360	Marco Botelho	juventude cortegacense	Veterano M40	03:06:25	+38:36	06:39
53	1430	Alberto Bertão	team agente meireles	Veterano M45	03:06:29	+38:40	06:40
54	1395	Daniela Russo	oralklass-amigos do trail	Senior Feminino	03:06:51	+39:02	06:40
55	1396	Francisco Figueiredo	oralklass-amigos do trail	Senior Masculino	03:07:00	+39:11	06:41
56	1007	Pedro Hugo Dourado	águias de alvelos	Senior Masculino	03:07:21	+39:32	06:41
57	1002	MANUEL GOMES	a.r.de negrelos	Veterano M50	03:07:43	+39:54	06:42
58	1235	Luís Teixeira	individual	Senior Masculino	03:07:58	+40:09	06:43
59	1041	Jorge Brites	aztrail	Veterano M45	03:08:04	+40:15	06:43
60	1144	Paulo Madeira	gaia trail	Senior Masculino	03:08:07	+40:18	06:43
61	1399	Bruno Cunha	os lobos do saibro	Senior Masculino	03:08:41	+40:52	06:44
62	1035	Afonso Torres	aves runners	Veterano M40	03:08:59	+41:10	06:45
63	1227	Jorge Silva	individual	Senior Masculino	03:09:10	+41:21	06:45
64	1287	Antonio Pereira	individual	Veterano M40	03:09:23	+41:34	06:46
65	1061	Carlos Silva	bota&sig	Senior Masculino	03:10:10	+42:21	06:48
66	1124	Rui Mota	fama runners	Senior Masculino	03:10:13	+42:24	06:48
67	1247	Pablo Reguera Ferreira	individual	Senior Masculino	03:10:21	+42:32	06:48
68	1013	Jose Bento Moraes	all about	Veterano M50	03:10:58	+43:09	06:49
69	1145	Paulo Pinho	gaia trail	Senior Masculino	03:11:59	+44:10	06:51
70	1113	Ricardo Pais	ermidafit	Senior Masculino	03:12:37	+44:48	06:53
71	1455	Filipe Teixeira	unidade especial de corrida	Senior Masculino	03:12:51	+45:02	06:53
72	1382	André Lopes	moloni running team	Senior Masculino	03:13:04	+45:15	06:54
73	1383	Nuno Angelico	moloni running team	Senior Masculino	03:13:04	+45:15	06:54
74	1404	Norberto Fernando Sampaio Teixeira Fernandes	os lobos do saibro	Senior Masculino	03:13:14	+45:25	06:54
75	1164	Pedro Pereira	glt - armazém do caffè	Veterano M40	03:13:24	+45:35	06:54
76	1154	Joaquim Silva	gdp - grupo desportivo da pesqueira	Veterano M40	03:14:01	+46:12	06:56
77	1116	David Gonçalves	factor x / s4l / medensefc	Senior Masculino	03:14:38	+46:49	06:57
78	1134	Carlos Lopes	frezite	Veterano M50	03:14:50	+47:01	06:58
79	1440	Joaquim Silva	team lantemil	Veterano M40	03:15:00	+47:11	06:58
80	1386	Carlos Pinto João	moloni running team	Veterano M40	03:15:23	+47:34	06:59
81	1236	Marçal Avelino Salazar Marques Mendes	individual	Senior Masculino	03:15:24	+47:35	06:59
82	1398	Paulo Pinheiro	os lobos btt sai da frente	Senior Masculino	03:15:36	+47:47	06:59
83	1137	António Carlos Silva Teixeira	fridão sem limites	Veterano M50	03:16:02	+48:13	07:00
84	1402	Lourenço Teixeira	os lobos do saibro	Senior Masculino	03:16:06	+48:17	07:00

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28 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	1453	CARLOS SOUSA	tutlar class runners	Veterano M50	03:16:10	+48:21	07:00
86	1064	Adriano Fernando lopes Mendes	brabus runners	Senior Masculino	03:16:28	+48:39	07:01
87	1102	Tome pinto	edv-viana trail	Senior Masculino	03:17:01	+49:12	07:02
88	1165	FERNANDO AREZES	glt - amazém do caffè	Veterano M45	03:17:11	+49:22	07:03
89	1001	Pedro Guimaraes	#letsrunazores	Veterano M45	03:17:34	+49:45	07:03
90	1008	Ricardo Sousa	águias de alvelos	Senior Masculino	03:17:37	+49:48	07:03
91	1346	Mário Lima	individual	Veterano M50	03:17:42	+49:53	07:04
92	1334	Rui Fernandes	individual	Veterano M45	03:18:04	+50:15	07:04
93	1413	Rui R. Santos	porto runners	Veterano M50	03:18:10	+50:21	07:05
94	1103	Joaquim Coelho	ei team trail	Veterano M40	03:18:25	+50:36	07:05
95	1389	FILIPE BARBOSA	nocturnos de paredes	Senior Masculino	03:18:59	+51:10	07:06
96	1439	elisabete santos	team lanthemil	Veterana F40	03:19:00	+51:11	07:06
97	1461	Oscar Sousa	vilaverdeacorrer	Veterano M40	03:19:54	+52:05	07:08
98	1150	Paulo Sousa	gaia trail	Veterano M40	03:20:23	+52:34	07:09
99	1224	Joao Pereira	individual	Senior Masculino	03:20:51	+53:02	07:10
100	1065	Cesário Leite	brabus runners	Senior Masculino	03:21:06	+53:17	07:11
101	1024	Paulo Freitas	amigos parque vizela	Veterano M40	03:21:31	+53:42	07:12
102	1221	Joao Lima	individual	Senior Masculino	03:21:34	+53:45	07:12
103	1400	Filipe Pinto	os lobos do saibro	Senior Masculino	03:21:38	+53:49	07:12
104	1377	Tânia Filipa Miranda Salgado	minho aventura	Senior Feminino	03:21:42	+53:53	07:12
105	1210	Helder Cunha	individual	Senior Masculino	03:22:10	+54:21	07:13
106	1140	Inês Pinto	gafanhori	Senior Feminino	03:22:29	+54:40	07:14
107	1141	Domingos Martins	gafanhori	Senior Masculino	03:22:29	+54:40	07:14
108	1376	Rafael Almeida	miguel guimarães	Senior Masculino	03:22:48	+54:59	07:15
109	1147	Micael Cunha	gaia trail	Sub 23 Masculino	03:23:07	+55:18	07:15
110	1009	António Gomes	águias de alvelos	Veterano M45	03:23:51	+56:02	07:17
111	1156	Pedro Matos	gondomar futsal clube	Veterano M40	03:23:53	+56:04	07:17
112	1059	Duarte Paulo Ribeiro	bf	Veterano M45	03:24:22	+56:33	07:18
113	1060	Paulo Martins	bf	Veterano M45	03:24:22	+56:33	07:18
114	1214	Helder Parracho	individual	Senior Masculino	03:24:25	+56:36	07:18
115	1039	Álvaro Pereira	aves runners	Veterano M50	03:24:33	+56:44	07:18
116	1318	Rui Miguel Aguiar Rodrigues	individual	Veterano M40	03:24:36	+56:47	07:18
117	1410	Adelino Pinheiro	paulo pinheiro	Veterano M40	03:24:40	+56:51	07:19
118	1434	João Nogueira	team lanthemil	Senior Masculino	03:25:36	+57:47	07:21
119	1466	Sérgio Moreira	individual	Senior Masculino	03:25:54	+58:05	07:21
120	1432	José Janela	team famalicão	Veterano M50	03:26:17	+58:28	07:22
121	1322	francisco manuel de oliveira capitão garoto	individual	Veterano M45	03:27:25	+59:36	07:24
122	1417	Mariana Vilela Machado	santa apolónia	Senior Feminino	03:27:54	+01:00:05	07:26
123	1385	Álvaro Saraiva	moloni running team	Veterano M40	03:28:07	+01:00:18	07:26
124	1255	Pedro Nogueira	individual	Senior Masculino	03:28:20	+01:00:31	07:26
125	1372	Alexandra Fernandes	maisfit runners	Veterana F45	03:28:23	+01:00:34	07:27
126	1197	Bruno Moura	individual	Senior Masculino	03:28:49	+01:01:00	07:27
127	1189	Raquel Andrade	individual	Senior Feminino	03:28:49	+01:01:00	07:27
128	1166	Albino Campos	glt - armazém do caffè	Veterano M50	03:29:07	+01:01:18	07:28
129	1107	RICARDO CRESPO	equipa joao ferreira	Senior Masculino	03:29:30	+01:01:41	07:29

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
130	1230	Jose Antonio Pereira Alves	individual	Senior Masculino	03:29:41	+01:01:52	07:29
131	1025	Ricardo Magalhães	as belas e eles	Senior Masculino	03:29:44	+01:01:55	07:29
132	1062	Paulo Gomes	bota&sig	Senior Masculino	03:29:47	+01:01:58	07:30
133	1192	Vera Fernandes	individual	Senior Feminino	03:30:14	+01:02:25	07:31
134	1153	Fausto Neves	gdp - grupo desportivo da pesqueira	Veterano M40	03:30:16	+01:02:27	07:31
135	1449	Manuel Joaquim Martins da Silva	trepatrihos trail team	Senior Masculino	03:30:21	+01:02:32	07:31
136	1229	José Andrade	individual	Senior Masculino	03:30:47	+01:02:58	07:32
137	1428	Júlio Santos	ss montepio	Veterano M40	03:30:47	+01:02:58	07:32
138	1392	José Luís Pinto	nocturnos de paredes	Veterano M40	03:31:15	+01:03:26	07:33
139	1394	Nelson Leite	nortrail rt	Senior Masculino	03:31:32	+01:03:43	07:33
140	1258	RICARDO FERNANDES	individual	Senior Masculino	03:31:51	+01:04:02	07:34
141	1264	RUFINO FREITAS	individual	Senior Masculino	03:31:51	+01:04:02	07:34
142	1448	André Sarmento	trepatrihos trail team	Senior Masculino	03:31:53	+01:04:04	07:34
143	1314	pedro sousa	individual	Veterano M40	03:31:57	+01:04:08	07:34
144	1119	José Costa	fama runners	Senior Masculino	03:31:59	+01:04:10	07:34
145	1216	Hernâni Veríssimo	individual	Senior Masculino	03:32:01	+01:04:12	07:34
146	1313	Pedro Augusto da Silva loureiro	individual	Veterano M40	03:33:02	+01:05:13	07:37
147	1058	Paulo Elias	befitness runners	Senior Masculino	03:33:06	+01:05:17	07:37
148	1110	Eric Carvalho	ermida team	Senior Masculino	03:33:30	+01:05:41	07:38
149	1350	Luis Santos	insane trail team	Veterano M45	03:33:43	+01:05:54	07:38
150	1388	Leonel Silva	neighbors run	Veterano M40	03:33:47	+01:05:58	07:38
151	1240	Marco Silva	individual	Senior Masculino	03:33:50	+01:06:01	07:38
152	1114	Carlos Manuel Barros FREIXO	experenci	Veterano M45	03:33:53	+01:06:04	07:38
153	1095	Joel Gomes	dá-lhe gás	Senior Masculino	03:34:00	+01:06:11	07:39
154	1296	Jeronimo Silva	individual	Veterano M40	03:34:02	+01:06:13	07:39
155	1452	Fernando Vieira Lopes	trepatrihos trail team	Veterano M50	03:34:27	+01:06:38	07:40
156	1099	Nelson Ferreira	domoweb	Senior Masculino	03:34:34	+01:06:45	07:40
157	1427	João Nuno Cardoso	ss montepio	Veterano M40	03:34:34	+01:06:45	07:40
158	1291	Daniel Alves	individual	Veterano M40	03:34:42	+01:06:53	07:40
159	1170	Bruno Silva	h2co3 team	Senior Masculino	03:34:52	+01:07:03	07:40
160	1265	Rui da Silva Santos	individual	Senior Masculino	03:34:53	+01:07:04	07:40
161	1441	Luis Vale	team lanthemil	Veterano M40	03:35:17	+01:07:28	07:41
162	1104	Pedro Alves	enjoyandgorunners	Senior Masculino	03:35:25	+01:07:36	07:42
163	1463	Filipe Lages	vimarunners	Veterano M45	03:35:28	+01:07:39	07:42
164	1262	Ricardo Peixoto	individual	Senior Masculino	03:35:35	+01:07:46	07:42
165	1112	Telma Duarte	ermidafit	Senior Feminino	03:35:38	+01:07:49	07:42
166	1345	Manuel Faria Sampaio	individual	Veterano M50	03:35:41	+01:07:52	07:42
167	1300	Licínio Ribeiro	individual	Veterano M40	03:35:43	+01:07:54	07:42
168	1295	francisco moreira	individual	Veterano M40	03:35:44	+01:07:55	07:42
169	1193	André Filipe Alves Ferreira	individual	Senior Masculino	03:35:47	+01:07:58	07:42
170	1364	Bruno Cardoso Araujo	kemedo team	Veterano M40	03:35:49	+01:08:00	07:42
171	1362	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M45	03:35:55	+01:08:06	07:43
172	1357	Luis Silva	juventude cortegacense	Senior Masculino	03:35:55	+01:08:06	07:43
173	1358	Ricardo Mamchado	juventude cortegacense	Senior Masculino	03:35:55	+01:08:06	07:43
174	1444	Paulo Renato Leça Barbosa	team lanthemil	Veterano M45	03:36:06	+01:08:17	07:43
175	1203	Eduardo Trigo	individual	Senior Masculino	03:36:27	+01:08:38	07:44

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
176	1208	Fernando Silva	individual	Senior Masculino	03:36:27	+01:08:38	07:44
177	1409	Gilberto Orlando uuu	paulo pinheiro	Senior Masculino	03:36:32	+01:08:43	07:44
178	1190	Raquel Campos	individual	Senior Feminino	03:36:43	+01:08:54	07:44
179	1422	Mario Oliveira	shots international runners	Senior Masculino	03:36:44	+01:08:55	07:44
180	1317	Ricardo João Pinheiro	individual	Veterano M40	03:37:41	+01:09:52	07:46
181	1106	HUGO COUTO	equipa joao ferreira	Senior Masculino	03:38:29	+01:10:40	07:48
182	1374	Bruno Vigario	metralhas runners	Senior Masculino	03:38:29	+01:10:40	07:48
183	1201	Daniel Cruz Fernandes	individual	Senior Masculino	03:39:18	+01:11:29	07:50
184	1330	LUIS COSTA	individual	Veterano M45	03:39:21	+01:11:32	07:50
185	1319	Sérgio Miguel Batista Couto	individual	Veterano M40	03:39:21	+01:11:32	07:50
186	1237	Marcelo pinto	individual	Senior Masculino	03:39:55	+01:12:06	07:51
187	1280	Sofia Coelho	individual	Veterana F40	03:39:56	+01:12:07	07:51
188	1342	João Paulo Rocha	caes da avenida	Veterano M50	03:40:14	+01:12:25	07:52
189	1155	Manuel Silva	gondomar futsal clube	Senior Masculino	03:40:32	+01:12:43	07:53
190	1222	João Miguel dos Santos Neves de Oliveira	individual	Senior Masculino	03:40:39	+01:12:50	07:53
191	1349	Joel Silva	insane trail team	Veterano M40	03:40:46	+01:12:57	07:53
192	1163	Luis Miguel Lucas	gtt - armazém do caffè	Veterano M40	03:40:58	+01:13:09	07:54
193	1257	Pedro Pimenta	individual	Senior Masculino	03:41:09	+01:13:20	07:54
194	1111	Tiago Costa	ermida team	Senior Masculino	03:41:40	+01:13:51	07:55
195	1323	Henrique Borges	individual	Veterano M45	03:41:41	+01:13:52	07:55
196	1359	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M40	03:41:42	+01:13:53	07:55
197	1213	Helder Pacheco	individual	Senior Masculino	03:41:59	+01:14:10	07:56
198	1252	pedro alexandre domingos branco da silva	individual	Senior Masculino	03:42:00	+01:14:11	07:56
199	1206	Felisberto Arcipreste	individual	Senior Masculino	03:43:22	+01:15:33	07:59
200	1321	Carlos Passos	individual	Veterano M45	03:44:05	+01:16:16	08:00
201	1199	Carlos Monteiro	individual	Senior Masculino	03:44:05	+01:16:16	08:00
202	1347	Vítor Manuel Alves Fernandes	individual	Veterano M50	03:44:06	+01:16:17	08:00
203	1128	Luis António Freitas Teixeira	felgueiras runners	Veterano M40	03:44:23	+01:16:34	08:01
204	1127	José Miguel Freitas Teixeira	felgueiras runners	Senior Masculino	03:44:23	+01:16:34	08:01
205	1429	José Nuno Costa	ss montepio	Veterano M45	03:44:23	+01:16:34	08:01
206	1082	VITOR MANUEL COELHO ALMEIDA	clube millennium bcp	Veterano M50	03:44:38	+01:16:49	08:01
207	1451	Ricardo Mota	trepatrihos trail team	Veterano M40	03:44:42	+01:16:53	08:02
208	1450	Pedro Silva	trepatrihos trail team	Veterano M40	03:44:42	+01:16:53	08:02
209	82	Filipe Neves	individual	Senior Masculino	03:45:09	+01:17:20	08:02
210	1223	João Moreira	individual	Senior Masculino	03:45:15	+01:17:26	08:03
211	1246	Nuno Ricardo Soares de Sá	individual	Senior Masculino	03:45:53	+01:18:04	08:04
212	1048	Pedro Figueiredo	bardinos dos montes	Senior Masculino	03:46:22	+01:18:33	08:05
213	1381	Alexandra Oliveira	minho aventura	Veterana F40	03:46:40	+01:18:51	08:06
214	1387	Leonardo Brito	neighbors run	Sub 23 Masculino	03:47:14	+01:19:25	08:07
215	1171	Marco Sérgio Leal da Cunha	h2co3 team	Senior Masculino	03:47:27	+01:19:38	08:07
216	1218	Hugo Ferreira	individual	Senior Masculino	03:47:53	+01:20:04	08:08
217	1109	ORLANDO COSTA	equipa joao ferreira	Veterano M45	03:47:54	+01:20:05	08:08
218	1369	Joaquim Leite	leões de tardariz trail	Veterano M50	03:48:03	+01:20:14	08:09
219	1157	ONDINA MORIM	gtt - armazém do caffè	Senior Feminino	03:48:41	+01:20:52	08:10

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
220	1044	Miguel Rodrigues	barbatanas trail team	Veterano M45	03:48:47	+01:20:58	08:10
221	1043	Rui Martins	barbatanas trail team	Veterano M40	03:48:48	+01:20:59	08:10
222	1091	Miguel Vinga da Quinta	correio de albergaria?	Senior Masculino	03:49:08	+01:21:19	08:11
223	1241	Miguel Moreira	individual	Senior Masculino	03:49:11	+01:21:22	08:11
224	1174	HENRIQUE MATOS	halp	Senior Masculino	03:49:12	+01:21:23	08:11
225	1309	Paulo Fernandes	individual	Veterano M40	03:49:29	+01:21:40	08:12
226	1354	Joao Miguel Almeida da Silva	juões	Senior Masculino	03:50:27	+01:22:38	08:14
227	1355	Joao Manuel Santos Silva	juões	Veterano M50	03:50:27	+01:22:38	08:14
228	1436	Miguel Jorge Ferreira Araujo	team lanthemil	Senior Masculino	03:50:34	+01:22:45	08:14
229	1244	Nuno Campos	clube zipper	Senior Masculino	03:50:59	+01:23:10	08:15
230	1057	Sandra Silva	befitness runners	Senior Feminino	03:51:06	+01:23:17	08:15
231	1063	Rui Telmo Gomes	bota&sigla	Senior Masculino	03:51:21	+01:23:32	08:16
232	1014	Álvaro Nunes	all about spirit team	Veterano M40	03:51:40	+01:23:51	08:16
233	1021	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:51:42	+01:23:53	08:17
234	1290	Carlos Mota	individual	Veterano M40	03:51:55	+01:24:06	08:17
235	1401	Joaquim Ventura	os lobos do saibro	Senior Masculino	03:52:32	+01:24:43	08:18
236	1179	Carla Gonçalves	individual	Senior Feminino	03:53:32	+01:25:43	08:20
237	1098	Luis Barreiro	domoweb	Senior Masculino	03:53:38	+01:25:49	08:21
238	1012	Rui Lima	alive runners	Senior Masculino	03:53:53	+01:26:04	08:21
239	1302	Luís Miguel de Oliveira Martins	individual	Veterano M40	03:53:55	+01:26:06	08:21
240	1435	Marco Filipe Silva Moreira	team lanthemil	Senior Masculino	03:54:08	+01:26:19	08:22
241	1378	César Ricardo Reis da Costa	minho aventura	Senior Masculino	03:54:13	+01:26:24	08:22
242	1379	Luís Filipe Barros de Vasconcelos Guimarães	minho aventura	Senior Masculino	03:54:13	+01:26:24	08:22
243	1167	Ricardo Castro	guimarães trail	Veterano M40	03:54:34	+01:26:45	08:23
244	1225	Jorge Carneiro	individual	Senior Masculino	03:54:52	+01:27:03	08:23
245	1303	Mauro Lourenço	individual	Veterano M40	03:55:11	+01:27:22	08:24
246	1288	Artur Ferreira	individual	Veterano M40	03:55:12	+01:27:23	08:24
247	1337	vitor coelho	individual	Veterano M45	03:55:28	+01:27:39	08:25
248	1209	Flávio José Costa Pereira	individual	Senior Masculino	03:55:33	+01:27:44	08:25
249	1205	Fabio alves	individual	Senior Masculino	03:55:39	+01:27:50	08:25
250	1312	Paulo Vilarinho	individual	Veterano M40	03:55:40	+01:27:51	08:25
251	1090	Luis Miguel Torres	comdor runners	Veterano M40	03:55:40	+01:27:51	08:25
252	1122	Paulinho Carvalho	fama runners	Senior Masculino	03:55:51	+01:28:02	08:25
253	1118	Daniel Vieira	fama runners	Senior Masculino	03:55:51	+01:28:02	08:25
254	1135	Andreia Sofia Santos Mota	fridão sem limites	Senior Feminino	03:56:00	+01:28:11	08:26
255	1051	Henrique Bruno	bardinós dos montes	Veterano M40	03:56:23	+01:28:34	08:27
256	1184	Daniela Soares	individual	Senior Feminino	03:56:23	+01:28:34	08:27
257	1105	david paulo pereira pinto	enjoyclimb	Veterano M45	03:56:24	+01:28:35	08:27
258	1152	Álvaro Marques	gcst	Veterano M50	03:56:51	+01:29:02	08:28
259	1005	André Amorim	águias de alvelos	Senior Masculino	03:57:00	+01:29:11	08:28
260	1037	Filipe Pedrosa	aves runners	Veterano M40	03:57:21	+01:29:32	08:29
261	1121	Nuno Oliveira	fama runners	Senior Masculino	03:58:06	+01:30:17	08:30
262	1438	Rogério torres	team lanthemil	Senior Masculino	03:58:09	+01:30:20	08:30
263	1130	Helder Renato	frezite	Senior Masculino	03:58:09	+01:30:20	08:30
264	1433	Hugo Pereira	team lanthemil	Senior Masculino	03:58:09	+01:30:20	08:30

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
265	1055	Helena Castro	befitness runners	Senior Feminino	03:58:24	+01:30:35	08:31
266	1088	Hugo André Couto	comdor runners	Senior Masculino	04:00:30	+01:32:41	08:35
267	1384	Pedro Correia	moloni running team	Senior Masculino	04:01:07	+01:33:18	08:37
268	1096	André Magalhães	dc health club	Senior Masculino	04:01:56	+01:34:07	08:38
269	1196	Bruno Machado	individual	Senior Masculino	04:03:25	+01:35:36	08:42
270	1248	Paulo Alves	individual	Senior Masculino	04:03:25	+01:35:36	08:42
271	1211	Helder Fernandes	individual	Senior Masculino	04:03:25	+01:35:36	08:42
272	1207	fernando alves	individual	Senior Masculino	04:03:26	+01:35:37	08:42
273	1250	Paulo Filipe Loureiro Ferreira	individual	Senior Masculino	04:03:37	+01:35:48	08:42
274	1269	Sérgio Filipe Duarte Machado	individual	Senior Masculino	04:04:08	+01:36:19	08:43
275	1028	Filipe Bessa	associação desportiva da efacec	Senior Masculino	04:04:15	+01:36:26	08:43
276	1423	Rui Pereira	shots international runners	Senior Masculino	04:04:15	+01:36:26	08:43
277	1371	PAULO BRÁS	lion runners - g. d. leões da guarda	Veterano M45	04:04:16	+01:36:27	08:43
278	1307	Nuno Carneiro	individual	Veterano M40	04:05:06	+01:37:17	08:45
279	1038	Helder Costa	aves runners	Veterano M40	04:05:32	+01:37:43	08:46
280	1117	Daniel Oliveira	fama runners	Senior Masculino	04:05:46	+01:37:57	08:47
281	1076	Rui Manuel Ramos Costa	clube de atletismo de fafe - fafe runners	Senior Masculino	04:06:19	+01:38:30	08:48
282	1175	PEDRO MARQUES	halp	Senior Masculino	04:06:24	+01:38:35	08:48
283	1173	LILIANA NETO	halp	Senior Feminino	04:06:24	+01:38:35	08:48
284	1011	Rui Fernandes	alive runners	Senior Masculino	04:06:36	+01:38:47	08:48
285	1239	Marcio castro	individual	Senior Masculino	04:06:56	+01:39:07	08:49
286	1053	Ricardo Cabral	bardinos dos montes	Veterano M45	04:07:14	+01:39:25	08:50
287	1365	Bruno Andrade	lacraus	Senior Masculino	04:07:26	+01:39:37	08:50
288	1200	carlos teixeira	individual	Senior Masculino	04:07:26	+01:39:37	08:50
289	1299	José Pedro Silva	individual	Veterano M40	04:07:27	+01:39:38	08:50
290	1310	Paulo Nunes	individual	Veterano M40	04:08:06	+01:40:17	08:52
291	1187	Margaux Tjoeng	individual	Senior Feminino	04:08:50	+01:41:01	08:53
292	1281	Cristina Maria Fundevila Teixeira	individual	Veterana F45	04:09:05	+01:41:16	08:54
293	1069	Zé Luis	casa benfica santo tirso	Senior Masculino	04:09:12	+01:41:23	08:54
294	1033	Jorge Costa	aves runners	Senior Masculino	04:09:18	+01:41:29	08:54
295	1180	Carla Sofia Gonçalves Pinto	individual	Senior Feminino	04:09:18	+01:41:29	08:54
296	1333	RUI AZEVEDO	individual	Veterano M45	04:09:50	+01:42:01	08:55
297	1183	Daniela Mendes gomes Ferreira	individual	Senior Feminino	04:09:50	+01:42:01	08:55
298	1326	José Loureiro	individual	Veterano M45	04:10:23	+01:42:34	08:57
299	1390	Jose cunha	nocturnos de paredes	Senior Masculino	04:11:26	+01:43:37	08:59
300	1071	Ricardo Duarte	cerveira team running/clube celtas do minho	Senior Masculino	04:13:33	+01:45:44	09:03
301	1070	Nuno Ribeiro	ccd - siemens	Senior Masculino	04:13:57	+01:46:08	09:04
302	1286	Antonio	individual	Veterano M40	04:14:05	+01:46:16	09:04
303	1457	Luis Silva	vaicomcalma	Senior Masculino	04:14:05	+01:46:16	09:04
304	1087	Pedro Arlindo Vieira Madureira	comdor runners	Senior Masculino	04:14:47	+01:46:58	09:06
305	1308	Óscar Manuel Fonseca Figueiredo	individual	Veterano M40	04:15:15	+01:47:26	09:07
306	1151	Rui Vicente	gaia trail	Veterano M40	04:16:59	+01:49:10	09:11
307	1325	JOSE CORREIA	individual	Veterano M45	04:17:34	+01:49:45	09:12
308	1411	Raquel Lobão	pés troikados - cscs	Senior Feminino	04:18:25	+01:50:36	09:14
309	1202	Domingos Teixeira	individual	Senior Masculino	04:20:28	+01:52:39	09:18

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
310	1004	SÉRGIO FERREIRA	afrikanrunners	Senior Masculino	04:20:43	+01:52:54	09:19
311	1454	FRANCISCO NETO	tutilar class runners	Veterano M50	04:21:03	+01:53:14	09:19
312	1266	Rui Dinis	individual	Senior Masculino	04:21:15	+01:53:26	09:20
313	1324	Hugo Ribeiro	individual	Veterano M45	04:21:51	+01:54:02	09:21
314	1327	José Moreira	individual	Veterano M45	04:21:52	+01:54:03	09:21
315	1285	Alexandre Sousa	individual	Veterano M40	04:21:58	+01:54:09	09:21
316	1125	Ana Paula Simões	fama runners	Veterana F50	04:22:08	+01:54:19	09:22
317	1054	Helder Fernando Ferreira Saraiva Santos25	beer club runnnig	Veterano M40	04:22:28	+01:54:39	09:22
318	1181	Carolina Torres	individual	Senior Feminino	04:23:19	+01:55:30	09:24
319	1366	Luís Pinheiro	lacraus	Senior Masculino	04:23:19	+01:55:30	09:24
320	1443	Jorge Marques	team lantemil	Veterano M45	04:24:59	+01:57:10	09:28
321	1301	Luís Cláudio Ferreira Marques	individual	Veterano M40	04:25:48	+01:57:59	09:30
322	1020	Ana Borges	amigos da onça	Senior Feminino	04:29:06	+02:01:17	09:37
323	1029	Hugo Barroso	associação desportiva da efacec	Senior Masculino	04:29:32	+02:01:43	09:38
324	1177	Ana Luisa Xavier	individual	Senior Feminino	04:29:32	+02:01:43	09:38
325	1027	Lara Santos	associação desportiva da efacec	Senior Feminino	04:29:32	+02:01:43	09:38
326	1030	Vitor Matos	associação desportiva da efacec	Senior Masculino	04:29:33	+02:01:44	09:38
327	1279	Liseta Pinto	individual	Veterana F40	04:29:33	+02:01:44	09:38
328	1032	Luis Loureiro	associação desportiva da efacec	Veterano M50	04:29:33	+02:01:44	09:38
329	1031	Mário Ferreira	associação desportiva da efacec	Veterano M40	04:29:34	+02:01:45	09:38
330	1331	Manuel Teixeira	individual	Veterano M45	04:29:34	+02:01:45	09:38
331	1131	Rafael Silva	frezite	Senior Masculino	04:29:38	+02:01:49	09:38
332	1278	Elsa carina Sousa Rodrigues	individual	Veterana F40	04:29:38	+02:01:49	09:38
333	1056	Rita Cruz	befitness runners	Senior Feminino	04:31:33	+02:03:44	09:42
334	1260	Ricardo jorge tavares correia	individual	Senior Masculino	04:31:42	+02:03:53	09:42
335	1075	JOSE MIGUEL CRUZ PINTO	ciclistas cósmicos - gislótica	Veterano M50	04:31:44	+02:03:55	09:42
336	1168	Alexandre Cunha Ribeiro	guimatrilhos-trail runner	Senior Masculino	04:31:56	+02:04:07	09:43
337	1178	Andreia Maia	individual	Senior Feminino	04:32:06	+02:04:17	09:43
338	1073	Simão Araújo	cf jesuítas	Senior Masculino	04:32:16	+02:04:27	09:43
339	1424	João Campos	ss montepio	Senior Masculino	04:32:28	+02:04:39	09:44
340	1256	Pedro Oliveira	individual	Senior Masculino	04:32:28	+02:04:39	09:44
341	1198	Carlos André Costa Fernandes	individual	Senior Masculino	04:32:42	+02:04:53	09:44
342	1261	Ricardo Moreira	individual	Senior Masculino	04:32:42	+02:04:53	09:44
343	1251	Paulo Jorge Romão Campos	individual	Senior Masculino	04:32:42	+02:04:53	09:44
344	1019	José Carlos Araújo	amigos da montanha	Veterano M40	04:33:43	+02:05:54	09:47
345	1426	André Antunes	ss montepio	Veterano M40	04:33:52	+02:06:03	09:47
346	1328	jose rodrigues costa	individual	Veterano M45	04:35:05	+02:07:16	09:49
347	1412	Adolfo Almeida	piratas running team	Senior Masculino	04:35:24	+02:07:35	09:50
348	1267	Rui Pedro Dias Botelho	individual	Senior Masculino	04:36:40	+02:08:51	09:53
349	1046	Catia Ribeiro	bardinos dos montes	Senior Feminino	04:38:39	+02:10:50	09:57
350	1083	Hélder Vieira	clube zipper	Senior Masculino	04:39:03	+02:11:14	09:58
351	1084	Marco Ferreira	clube zipper	Senior Masculino	04:39:03	+02:11:14	09:58
352	1380	Paulo Jorge Costa Oliveira	minho aventura	Senior Masculino	04:39:10	+02:11:21	09:58
353	1344	Justino Gonçalves	individual	Veterano M50	04:39:10	+02:11:21	09:58
354	1464	António Porrão	x5	Veterano M50	04:39:21	+02:11:32	09:59

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
355	1465	José Riba	x5	Veterano M50	04:39:24	+02:11:35	09:59
356	1340	Álvaro Brandão	individual	Veterano M50	04:39:28	+02:11:39	09:59
357	1341	Joao Gil	individual	Veterano M50	04:39:54	+02:12:05	10:00
358	1191	Sónia Alexandra Dias Brás	individual	Senior Feminino	04:39:55	+02:12:06	10:00
359	1017	Diana Patrícia Teixeira Ribeiro	amigos da montanha	Senior Feminino	04:40:11	+02:12:22	10:00
360	1283	Isabel Martins	amigos da montanha	Veterana F50	04:40:15	+02:12:26	10:01
361	1277	CLÁUDIA PINTO	individual	Veterana F40	04:40:16	+02:12:27	10:01
362	1045	Andrea Pereira	bardinos dos montes	Senior Feminino	04:41:50	+02:14:01	10:04
363	1445	Telmo John Soares	prius synergy drive trail runnig	Veterano M40	04:43:31	+02:15:42	10:08
364	1408	Paulo Macedo	pari passu	Veterano M50	04:43:46	+02:15:57	10:08
365	1276	Ana Rito	individual	Veterana F40	04:44:45	+02:16:56	10:10
366	1447	Paulo Rio	trail tasco	Senior Masculino	04:46:20	+02:18:31	10:14
367	1370	ORLANDO ROGÉRIO DE AZEVEDO HENRIQUES	limitless	Senior Masculino	04:48:21	+02:20:32	10:18
368	1086	Candida Vilas Boas	clube zipper	Veterana F40	04:50:55	+02:23:06	10:23
369	1072	Fernanda Esteves	cerveira team running/clube celtas do minho	Veterana F50	04:50:56	+02:23:07	10:23
370	1042	Julio Terra	aztrail	Veterano M50	04:53:28	+02:25:39	10:29
371	1306	Miguel Moreira17	individual	Veterano M40	04:55:29	+02:27:40	10:33
372	1407	Pedro Santos	pari passu	Veterano M40	04:55:30	+02:27:41	10:33
373	1195	Artur Fonseca	individual	Senior Masculino	04:56:36	+02:28:47	10:36
374	1050	Carla Santos	bardinos dos montes	Veterana F40	04:58:49	+02:31:00	10:40
375	1052	ruí	bardinos dos montes	Veterano M40	04:58:49	+02:31:00	10:40
376	1272	Tiago Miguel dos Santos Barbosa	individual	Senior Masculino	04:59:22	+02:31:33	10:42
377	1297	Joaquim Agostinho de Sousa Pacheco10	individual	Veterano M40	05:03:45	+02:35:56	10:51
378	1047	Paulo Jorge Oliveira Ferreira	bardinos dos montes	Senior Masculino	05:04:21	+02:36:32	10:52
379	1049	Alexandra Madureira	bardinos dos montes	Veterana F40	05:04:21	+02:36:32	10:52
380	1081	ARTUR SILVA	clube millennium bcp	Veterano M50	05:07:54	+02:40:05	11:00
381	1133	José Lima	frezite	Sub 23 Masculino	05:12:37	+02:44:48	11:10
382	1169	Helder Manuel Magalhães Costa	guimatrilhos-trail runner	Senior Masculino	05:20:14	+02:52:25	11:26
383	1271	Tiago Costa	individual	Senior Masculino	05:21:18	+02:53:29	11:29
384	1284	Isaura Almeida	individual	Veterana F50	05:21:18	+02:53:29	11:29
385	1353	Paulo Jorge Ferreira Ribeiro	invicta runners team	Veterano M40	05:25:34	+02:57:45	11:38
386	1373	Joana Silva	metralhas runners	Senior Feminino	05:25:35	+02:57:46	11:38
387	1078	GRACA MARIA COSTA MOREIRA SILVA	clube millennium bcp	Veterana F50	05:26:51	+02:59:02	11:40
388	1185	Elisabete Araújo	individual	Senior Feminino	05:46:11	+03:18:22	12:22
389	1182	Daniela Marques	individual	Senior Feminino	05:46:11	+03:18:22	12:22
390	1351	JORGE ROCHA	invicta runners team	Senior Masculino	06:12:35	+03:44:46	13:18
391	1352	CARLA SANTOS	invicta runners team	Veterana F45	06:12:35	+03:44:46	13:18

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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1	1395	Daniela Russo	Oralklass-Amigos do Trail	Senior Feminino	03:06:51	06:40
2	1377	Tânia Filipa Miranda Salgado	MINHO AVENTURA	Senior Feminino	03:21:42	+14:51 07:12
3	1140	Inês Pinto	Gafanhori	Senior Feminino	03:22:29	+15:38 07:14
4	1417	Mariana Vilela Machado	Santa Apolónia	Senior Feminino	03:27:54	+21:03 07:26
5	1189	Raquel Andrade	Individual	Senior Feminino	03:28:49	+21:58 07:27
6	1192	Vera Fernandes	Individual	Senior Feminino	03:30:14	+23:23 07:31
7	1112	Telma Duarte	ErmidaFit	Senior Feminino	03:35:38	+28:47 07:42
8	1190	Raquel Campos	Individual	Senior Feminino	03:36:43	+29:52 07:44
9	1157	ONDINA MORIM	GTT - Armazém do Caffè	Senior Feminino	03:48:41	+41:50 08:10
10	1057	Sandra Silva	Befitness Runners	Senior Feminino	03:51:06	+44:15 08:15
11	1021	Maria José Pereira Leão	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	03:51:42	+44:51 08:17
12	1179	Carla Gonçalves	Individual	Senior Feminino	03:53:32	+46:41 08:20
13	1135	Andreia Sofia Santos Mota	Fridão Sem Limites	Senior Feminino	03:56:00	+49:09 08:26
14	1184	Daniela Soares	Individual	Senior Feminino	03:56:23	+49:32 08:27
15	1055	Helena Castro	Befitness Runners	Senior Feminino	03:58:24	+51:33 08:31
16	1173	LILIANA NETO	HALP	Senior Feminino	04:06:24	+59:33 08:48
17	1187	Margaux Tjoeng	Individual	Senior Feminino	04:08:50	+01:01:59 08:53
18	1180	Carla Sofia Gonçalves Pinto	Individual	Senior Feminino	04:09:18	+01:02:27 08:54
19	1183	Daniela Mendes gomes Ferreira	Individual	Senior Feminino	04:09:50	+01:02:59 08:55
20	1411	Raquel Lobão	PÉS TROIKADOS - CSCS	Senior Feminino	04:18:25	+01:11:34 09:14
21	1181	Carolina Torres	Individual	Senior Feminino	04:23:19	+01:16:28 09:24
22	1020	Ana Borges	Amigos da Onça	Senior Feminino	04:29:06	+01:22:15 09:37
23	1177	Ana Luisa Xavier	Individual	Senior Feminino	04:29:32	+01:22:41 09:38
24	1027	Lara Santos	Associação Desportiva da Efacec	Senior Feminino	04:29:32	+01:22:41 09:38
25	1056	Rita Cruz	Befitness Runners	Senior Feminino	04:31:33	+01:24:42 09:42
26	1178	Andreia Maia	Individual	Senior Feminino	04:32:06	+01:25:15 09:43
27	1046	Catia Ribeiro	Bardinos dos Montes	Senior Feminino	04:38:39	+01:31:48 09:57
28	1191	Sónia Alexandra Dias Brás	Individual	Senior Feminino	04:39:55	+01:33:04 10:00
29	1017	Diana Patrícia Teixeira Ribeiro	Amigos da Montanha	Senior Feminino	04:40:11	+01:33:20 10:00
30	1045	Andrea Pereira	Bardinos dos Montes	Senior Feminino	04:41:50	+01:34:59 10:04
31	1373	Joana Silva	Metralhas Runners	Senior Feminino	05:25:35	+02:18:44 11:38
32	1185	Elisabete Araújo	Individual	Senior Feminino	05:46:11	+02:39:20 12:22
33	1182	Daniela Marques	Individual	Senior Feminino	05:46:11	+02:39:20 12:22

1	1092	Victor Fernandes	CTAD - Trilhos de Cinfaes	Senior Masculino	02:28:09	05:17
2	1158	HÉLDER SILVA	GTT - Armazém do Caffè	Senior Masculino	02:29:25	+01:16 05:20

Trail Longo

28 KM

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3	1085	NUNO CARNEIRO	Clube Zupper	Senior Masculino	02:30:42	+02:33	05:23
4	1159	Luís Pedro Ferreira de Sousa Martins	GTT - Armazém do Caffè	Senior Masculino	02:31:15	+03:06	05:24
5	1161	Nuno Figueiredo	GTT - Armazém do Caffè	Senior Masculino	02:37:03	+08:54	05:37
6	1414	João Nunes	RUNNERS CLINIC	Senior Masculino	02:39:46	+11:37	05:42
7	1142	Carlos Alves	Gaia Trail	Senior Masculino	02:40:20	+12:11	05:44
8	1419	Rui Santos	Satecnosol Outdoor - RaidLight Portugal	Senior Masculino	02:40:50	+12:41	05:45
9	1194	Antonio dos reis maia	Individual	Senior Masculino	02:41:33	+13:24	05:46
10	1143	Ivo Peko	Gaia Trail	Senior Masculino	02:42:15	+14:06	05:48
11	1018	Ricardo Rego	Amigos da Montanha	Senior Masculino	02:42:48	+14:39	05:49
12	1425	Vitor Rio	SS MONTEPIO	Senior Masculino	02:43:33	+15:24	05:50
13	1040	Humberto Silva	AZTrail	Senior Masculino	02:46:31	+18:22	05:57
14	1232	José Miguel Nogueira	Individual	Senior Masculino	02:49:38	+21:29	06:04
15	1245	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:50:19	+22:10	06:05
16	1420	Tiago Pinheiro	Satecnosol outdoor - raidlight portugal	Senior Masculino	02:51:58	+23:49	06:09
17	1462	Luis Filipe Salgado Oliveira	vimarunners	Senior Masculino	02:53:21	+25:12	06:11
18	1160	MARCELO TELES	GTT - Armazém do Caffè	Senior Masculino	02:54:24	+26:15	06:14
19	1459	Marco Silva	VilaVerdeaCorrer	Senior Masculino	02:55:14	+27:05	06:16
20	1066	Nuno Nunes	Brabus Runners	Senior Masculino	02:57:01	+28:52	06:19
21	1231	Jose Daniel	Individual	Senior Masculino	02:57:01	+28:52	06:19
22	1253	Pedro Costa 2	Individual	Senior Masculino	02:57:18	+29:09	06:20
23	1120	Nuno Alves	FAMA RUNNERS	Senior Masculino	02:57:59	+29:50	06:21
24	1023	Carlos Coelho	AMIGOS PARQUE VIZELA	Senior Masculino	02:58:47	+30:38	06:23
25	1403	Marco Paulo Alves Brochado	Os Lobos do Saibro	Senior Masculino	02:59:26	+31:17	06:25
26	1348	Jorge Catarino	INSANE TRAIL TEAM	Senior Masculino	03:00:43	+32:34	06:27
27	1263	Ricardo Sousa	Individual	Senior Masculino	03:04:36	+36:27	06:36
28	1367	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	03:04:36	+36:27	06:36
29	1234	LUIS MIGUEL DA CUNHA SANTOS	Individual	Senior Masculino	03:05:36	+37:27	06:38
30	1034	Tiago Lima	Aves Runners	Senior Masculino	03:06:20	+38:11	06:39
31	1077	SANDRO MIGUEL SANTOS JORDAO	Clube Millennium BCP	Senior Masculino	03:06:25	+38:16	06:39
32	1396	Francisco Figueiredo	Oralklass-Amigos do Trail	Senior Masculino	03:07:00	+38:51	06:4
33	1007	Pedro Hugo Dourado	ÁGUIAS DE ALVELOS	Senior Masculino	03:07:21	+39:12	06:41
34	1235	Luís Teixeira	Individual	Senior Masculino	03:07:58	+39:49	06:43
35	1144	Paulo Madeira	Gaia Trail	Senior Masculino	03:08:07	+39:58	06:43
36	1399	Bruno Cunha	Os Lobos do Saibro	Senior Masculino	03:08:41	+40:32	06:44
37	1227	Jorge Silva	Individual	Senior Masculino	03:09:10	+41:01	06:45
38	1061	Carlos Silva	Bota&Siga	Senior Masculino	03:10:10	+42:01	06:48
39	1124	Rui Mota	FAMA RUNNERS	Senior Masculino	03:10:13	+42:04	06:48
40	1247	Pablo Reguera Ferreira	Individual	Senior Masculino	03:10:21	+42:12	06:48
41	1145	Paulo Pinho	Gaia Trail	Senior Masculino	03:11:59	+43:50	06:51
42	1113	Ricardo Pais	ErmidaFit	Senior Masculino	03:12:37	+44:28	06:53
43	1455	Filipe Teixeira	Unidade Especial de Corrida	Senior Masculino	03:12:51	+44:42	06:53
44	1382	André Lopes	Moloni Running Team	Senior Masculino	03:13:04	+44:55	06:54
45	1383	Nuno Angelico	Moloni Running Team	Senior Masculino	03:13:04	+44:55	06:54
46	1404	Norberto Fernando Sampaio Teixeira Fernandes	Os Lobos do Saibro	Senior Masculino	03:13:14	+45:05	06:54

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Trail Longo

28 KM

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47	1116	David Gonçalves	Factor X / S4L / MedenseFC	Senior Masculino	03:14:38	+46:29	06:57
48	1236	Marçal Avelino Salazar Marques Mendes	Individual	Senior Masculino	03:15:24	+47:15	06:59
49	1398	Paulo Pinheiro	Os lobos btt sai da frente	Senior Masculino	03:15:36	+47:27	06:59
50	1402	Lourenço Teixeira	Os Lobos do Saibro	Senior Masculino	03:16:06	+47:57	07:00
51	1064	Adriano Fernando lopes Mendes	Brabus Runners	Senior Masculino	03:16:28	+48:19	07:01
52	1102	Tome pinto	EDV-VIANA TRAIL	Senior Masculino	03:17:01	+48:52	07:02
53	1008	Ricardo Sousa	ÁGUIAS DE ALVELOS	Senior Masculino	03:17:37	+49:28	07:03
54	1389	FILIPE BARBOSA	NOCTURNOS DE PAREDES	Senior Masculino	03:18:59	+50:50	07:06
55	1224	Joao Pereira	Individual	Senior Masculino	03:20:51	+52:42	07:10
56	1065	Cesário Leite	Brabus Runners	Senior Masculino	03:21:06	+52:57	07:11
57	1221	Joao Lima	Individual	Senior Masculino	03:21:34	+53:25	07:12
58	1400	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	03:21:38	+53:29	07:12
59	1210	Helder Cunha	Individual	Senior Masculino	03:22:10	+54:01	07:13
60	1141	Domingos Martins	Gafanhori	Senior Masculino	03:22:29	+54:20	07:14
61	1376	Rafael Almeida	Miguel Guimarães	Senior Masculino	03:22:48	+54:39	07:15
62	1214	Helder Parracho	Individual	Senior Masculino	03:24:25	+56:16	07:18
63	1434	João Nogueira	TEAM LANTEMIL	Senior Masculino	03:25:36	+57:27	07:21
64	1466	Sérgio Moreira	Individual	Senior Masculino	03:25:54	+57:45	07:21
65	1255	Pedro Nogueira	Individual	Senior Masculino	03:28:20	+01:00:11	07:26
66	1197	Bruno Moura	Individual	Senior Masculino	03:28:49	+01:00:40	07:27
67	1107	RICARDO CRESPO	EQUIPA JOAO FERREIRA	Senior Masculino	03:29:30	+01:01:21	07:29
68	1230	Jose Antonio Pereira Alves	Individual	Senior Masculino	03:29:41	+01:01:32	07:29
69	1025	Ricardo Magalhães	As Belas e Eles	Senior Masculino	03:29:44	+01:01:35	07:29
70	1062	Paulo Gomes	Bota&Siga	Senior Masculino	03:29:47	+01:01:38	07:30
71	1449	Manuel Joaquim Martins da Silva	TrepaTrilhos Trail Team	Senior Masculino	03:30:21	+01:02:12	07:31
72	1229	José Andrade	Individual	Senior Masculino	03:30:47	+01:02:38	07:32
73	1394	Nelson Leite	NorTrail RT	Senior Masculino	03:31:32	+01:03:23	07:33
74	1258	RICARDO FERNANDES	Individual	Senior Masculino	03:31:51	+01:03:42	07:34
75	1264	RUFINO FREITAS	Individual	Senior Masculino	03:31:51	+01:03:42	07:34
76	1448	André Sarmiento	TrepaTrilhos Trail Team	Senior Masculino	03:31:53	+01:03:44	07:34
77	1119	José Costa	FAMA RUNNERS	Senior Masculino	03:31:59	+01:03:50	07:34
78	1216	Hernâni Veríssimo	Individual	Senior Masculino	03:32:01	+01:03:52	07:34
79	1058	Paulo Elias	Befitness Runners	Senior Masculino	03:33:06	+01:04:57	07:37
80	1110	Eric Carvalho	Ermida Team	Senior Masculino	03:33:30	+01:05:21	07:38
81	1240	Marco Silva	Individual	Senior Masculino	03:33:50	+01:05:41	07:38
82	1095	Joel Gomes	Dá-Lhe Gás	Senior Masculino	03:34:00	+01:05:51	07:39
83	1099	Nelson Ferreira	Domoweb	Senior Masculino	03:34:34	+01:06:25	07:40
84	1170	Bruno Silva	H2CO3 TEAM	Senior Masculino	03:34:52	+01:06:43	07:40
85	1265	Rui da Silva Santos	Individual	Senior Masculino	03:34:53	+01:06:44	07:40
86	1104	Pedro Alves	EnjoyandgoRunners	Senior Masculino	03:35:25	+01:07:16	07:42
87	1262	Ricardo Peixoto	Individual	Senior Masculino	03:35:35	+01:07:26	07:42
88	1193	André Filipe Alves Ferreira	Individual	Senior Masculino	03:35:47	+01:07:38	07:42
89	1357	Luis Silva	Juventude Cortegacense	Senior Masculino	03:35:55	+01:07:46	07:43
90	1358	Ricardo Mamchado	Juventude Cortegacense	Senior Masculino	03:35:55	+01:07:46	07:43
91	1203	Eduardo Trigo	Individual	Senior Masculino	03:36:27	+01:08:18	07:44
92	1208	Fernando Silva	Individual	Senior Masculino	03:36:27	+01:08:18	07:44

Official Timekeeper: Lap2Go	3 / 10	generate 13-Feb-2017 18:30
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Trail Longo

28 KM

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93	1409	Gilberto Orlando uuu	Paulo Pinheiro	Senior Masculino	03:36:32	+01:08:23	07:44
94	1422	Mario Oliveira	Shots International Runners	Senior Masculino	03:36:44	+01:08:35	07:44
95	1106	HUGO COUTO	EQUIPA JOAO FERREIRA	Senior Masculino	03:38:29	+01:10:20	07:48
96	1374	Bruno Vigario	Metralhas Runners	Senior Masculino	03:38:29	+01:10:20	07:48
97	1201	Daniel Cruz Fernandes	Individual	Senior Masculino	03:39:18	+01:11:09	07:50
98	1237	Marcelo pinto	Individual	Senior Masculino	03:39:55	+01:11:46	07:51
99	1155	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:40:32	+01:12:23	07:53
100	1222	João Miguel dos Santos Neves de Oliveira	Individual	Senior Masculino	03:40:39	+01:12:30	07:53
101	1257	Pedro Pimenta	Individual	Senior Masculino	03:41:09	+01:13:00	07:54
102	1111	Tiago Costa	Ermida Team	Senior Masculino	03:41:40	+01:13:31	07:55
103	1213	Helder Pacheco	Individual	Senior Masculino	03:41:59	+01:13:50	07:56
104	1252	pedro alexandre domingos branco da silva	Individual	Senior Masculino	03:42:00	+01:13:51	07:56
105	1206	Felisberto Arcipreste	Individual	Senior Masculino	03:43:22	+01:15:13	07:59
106	1199	Carlos Monteiro	Individual	Senior Masculino	03:44:05	+01:15:56	08:00
107	1127	José Miguel Freitas Teixeira	Felgueiras Runners	Senior Masculino	03:44:23	+01:16:14	08:01
108	82	Filipe Neves	Individual	Senior Masculino	03:45:09	+01:17:00	08:02
109	1223	João Moreira	Individual	Senior Masculino	03:45:15	+01:17:06	08:03
110	1246	Nuno Ricardo Soares de Sá	Individual	Senior Masculino	03:45:53	+01:17:44	08:04
111	1048	Pedro Figueiredo	Bardinos dos Montes	Senior Masculino	03:46:22	+01:18:13	08:05
112	1171	Marco Sérgio Leal da Cunha	H2CO3 TEAM	Senior Masculino	03:47:27	+01:19:18	08:07
113	1218	Hugo Ferreira	Individual	Senior Masculino	03:47:53	+01:19:44	08:08
114	1091	Miguel Vinga da Quinta	Correio de Albergaria?	Senior Masculino	03:49:08	+01:20:59	08:11
115	1241	Miguel Moreira	Individual	Senior Masculino	03:49:11	+01:21:02	08:11
116	1174	HENRIQUE MATOS	HALP	Senior Masculino	03:49:12	+01:21:03	08:11
117	1354	Joao Miguel Almeida da Silva	JUÕES	Senior Masculino	03:50:27	+01:22:18	08:14
118	1436	Miguel Jorge Ferreira Araujo	TEAM LANTEMIL	Senior Masculino	03:50:34	+01:22:25	08:14
119	1244	Nuno Campos	Clube Zupper	Senior Masculino	03:50:59	+01:22:50	08:15
120	1063	Rui Telmo Gomes	Bota&Siga	Senior Masculino	03:51:21	+01:23:12	08:16
121	1401	Joaquim Ventura	Os Lobos do Saibro	Senior Masculino	03:52:32	+01:24:23	08:18
122	1098	Luis Barreiro	Domoweb	Senior Masculino	03:53:38	+01:25:29	08:21
123	1012	Rui Lima	Alive Runners	Senior Masculino	03:53:53	+01:25:44	08:21
124	1435	Marco Filipe Silva Moreira	TEAM LANTEMIL	Senior Masculino	03:54:08	+01:25:59	08:22
125	1378	César Ricardo Reis da Costa	MINHO AVENTURA	Senior Masculino	03:54:13	+01:26:04	08:22
126	1379	Luís Filipe Barros de Vasconcelos Guimarães	MINHO AVENTURA	Senior Masculino	03:54:13	+01:26:04	08:22
127	1225	Jorge Carneiro	Individual	Senior Masculino	03:54:52	+01:26:43	08:23
128	1209	Flávio José Costa Pereira	Individual	Senior Masculino	03:55:33	+01:27:24	08:25
129	1205	Fabio alves	Individual	Senior Masculino	03:55:39	+01:27:30	08:25
130	1122	Paulinho Carvalho	FAMA RUNNERS	Senior Masculino	03:55:51	+01:27:42	08:25
131	1118	Daniel Vieira	FAMA RUNNERS	Senior Masculino	03:55:51	+01:27:42	08:25
132	1005	André Amorim	ÁGUIAS DE ALVELOS	Senior Masculino	03:57:00	+01:28:51	08:28
133	1121	Nuno Oliveira	FAMA RUNNERS	Senior Masculino	03:58:06	+01:29:57	08:30
134	1438	Rogério torres	TEAM LANTEMIL	Senior Masculino	03:58:09	+01:30:00	08:30
135	1130	Helder Renato	FREZITE	Senior Masculino	03:58:09	+01:30:00	08:30
136	1433	Hugo Pereira	TEAM LANTEMIL	Senior Masculino	03:58:09	+01:30:00	08:30

Trail Longo

28 KM

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137	1088	Hugo André Couto	ComDor Runners	Senior Masculino	04:00:30	+01:32:21	08:35
138	1384	Pedro Correia	Moloni Running Team	Senior Masculino	04:01:07	+01:32:58	08:37
139	1096	André Magalhães	DC HEALTH CLUB	Senior Masculino	04:01:56	+01:33:47	08:38
140	1196	Bruno Machado	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
141	1248	Paulo Alves	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
142	1211	Helder Fernandes	Individual	Senior Masculino	04:03:25	+01:35:16	08:42
143	1207	fernando alves	Individual	Senior Masculino	04:03:26	+01:35:17	08:42
144	1250	Paulo Filipe Loureiro Ferreira	Individual	Senior Masculino	04:03:37	+01:35:28	08:42
145	1269	Sérgio Filipe Duarte Machado	Individual	Senior Masculino	04:04:08	+01:35:59	08:43
146	1028	Filipe Bessa	Associação Desportiva da Efacec	Senior Masculino	04:04:15	+01:36:06	08:43
147	1423	Rui Pereira	Shots International Runners	Senior Masculino	04:04:15	+01:36:06	08:43
148	1117	Daniel Oliveira	FAMA RUNNERS	Senior Masculino	04:05:46	+01:37:37	08:47
149	1076	Rui Manuel Ramos Costa	Clube de Atletismo de Fafe - Fafe Runners	Senior Masculino	04:06:19	+01:38:10	08:48
150	1175	PEDRO MARQUES	HALP	Senior Masculino	04:06:24	+01:38:15	08:48
151	1011	Rui Fernandes	Alive Runners	Senior Masculino	04:06:36	+01:38:27	08:48
152	1239	Marcio castro	Individual	Senior Masculino	04:06:56	+01:38:47	08:49
153	1365	Bruno Andrade	LACRAUS	Senior Masculino	04:07:26	+01:39:17	08:50
154	1200	carlos teixeira	Individual	Senior Masculino	04:07:26	+01:39:17	08:50
155	1069	Zé Luis	Casa Benfica Santo Tirso	Senior Masculino	04:09:12	+01:41:03	08:54
156	1033	Jorge Costa	Aves Runners	Senior Masculino	04:09:18	+01:41:09	08:54
157	1390	Jose cunha	NOCTURNOS DE PAREDES	Senior Masculino	04:11:26	+01:43:17	08:59
158	1071	Ricardo Duarte	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	04:13:33	+01:45:24	09:03
159	1070	Nuno Ribeiro	CCD - SIEMENS	Senior Masculino	04:13:57	+01:45:48	09:04
160	1457	Luis Silva	Vaicomcalma	Senior Masculino	04:14:05	+01:45:56	09:04
161	1087	Pedro Arlindo Vieira Madureira	ComDor Runners	Senior Masculino	04:14:47	+01:46:38	09:06
162	1202	Domingos Teixeira	Individual	Senior Masculino	04:20:28	+01:52:19	09:18
163	1004	SÉRGIO FERREIRA	AfrikanRunners	Senior Masculino	04:20:43	+01:52:34	09:19
164	1266	Rui Dinis	Individual	Senior Masculino	04:21:15	+01:53:06	09:20
165	1366	Luís Pinheiro	LACRAUS	Senior Masculino	04:23:19	+01:55:10	09:24
166	1029	Hugo Barroso	Associação Desportiva da Efacec	Senior Masculino	04:29:32	+02:01:23	09:38
167	1030	Vitor Matos	Associação Desportiva da Efacec	Senior Masculino	04:29:33	+02:01:24	09:38
168	1131	Rafael Silva	FREZITE	Senior Masculino	04:29:38	+02:01:29	09:38
169	1260	Ricardo jorge tavares correia	Individual	Senior Masculino	04:31:42	+02:03:33	09:42
170	1168	Alexandre Cunha Ribeiro	GuimaTrilhos-Trail Runner	Senior Masculino	04:31:56	+02:03:47	09:43
171	1073	Simão Araújo	CF Jesuítas	Senior Masculino	04:32:16	+02:04:07	09:43
172	1424	João Campos	SS MONTEPIO	Senior Masculino	04:32:28	+02:04:19	09:44
173	1256	Pedro Oliveira	Individual	Senior Masculino	04:32:28	+02:04:19	09:44
174	1198	Carlos André Costa Fernandes	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
175	1261	Ricardo Moreira	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
176	1251	Paulo Jorge Romão Campos	Individual	Senior Masculino	04:32:42	+02:04:33	09:44
177	1412	Adolfo Almeida	Piratas Running Team	Senior Masculino	04:35:24	+02:07:15	09:50
178	1267	Rui Pedro Dias Botelho	Individual	Senior Masculino	04:36:40	+02:08:31	09:53
179	1083	Hélder Vieira	Clube Zupper	Senior Masculino	04:39:03	+02:10:54	09:58
180	1084	Marco Ferreira	Clube Zupper	Senior Masculino	04:39:03	+02:10:54	09:58
181	1380	Paulo Jorge Costa Oliveira	MINHO AVENTURA	Senior Masculino	04:39:10	+02:11:01	09:58

Trail Longo

28 KM

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182	1447	Paulo Rio	Trail Tasco	Senior Masculino	04:46:20	+02:18:11	10:14
183	1370	ORLANDO ROGÉRIO DE AZEVEDO HENRIQUES	Limitless	Senior Masculino	04:48:21	+02:20:12	10:18
184	1195	Artur Fonseca	Individual	Senior Masculino	04:56:36	+02:28:27	10:36
185	1272	Tiago Miguel dos Santos Barbosa	Individual	Senior Masculino	04:59:22	+02:31:13	10:42
186	1047	Paulo Jorge Oliveira Ferreira	Bardinos dos Montes	Senior Masculino	05:04:21	+02:36:12	10:52
187	1169	Helder Manuel Magalhães Costa	GuimaTrilhos-Trail Runner	Senior Masculino	05:20:14	+02:52:05	11:26
188	1271	Tiago Costa	Individual	Senior Masculino	05:21:18	+02:53:09	11:29
189	1351	JORGE ROCHA	Invicta Runners Team	Senior Masculino	06:12:35	+03:44:26	13:18

Sub 23 Masculino

1	1421	Bruno silva	Satecnosol Outdoor - RaidLight Portugal	Sub 23 Masculino	02:27:49		05:17:49
2	1273	Davide Pedrinha Fontes	Individual	Sub 23 Masculino	02:58:19	+30:30	06:22:49
3	1274	Miguel Barros	CF JESUITAS	Sub 23 Masculino	02:58:40	+30:51	06:23:31
4	1147	Micael Cunha	Gaia Trail	Sub 23 Masculino	03:23:07	+55:18	07:15:45
5	1387	Leonardo Brito	Neighbors Run	Sub 23 Masculino	03:47:14	+01:19:25	08:07:49
6	1133	José Lima	FREZITE	Sub 23 Masculino	05:12:37	+02:44:48	11:10:25

Veterana F40

1	1439	elisabete santos	TEAM LANTEMIL	Veterana F40	03:19:00	07:06
2	1280	Sofia Coelho	Individual	Veterana F40	03:39:56	+20:56 07:51
3	1381	Alexandra Oliveira	MINHO AVENTURA	Veterana F40	03:46:40	+27:40 08:06
4	1279	Liseta Pinto	Individual	Veterana F40	04:29:33	+01:10:33 09:38
5	1278	Elsa carina Sousa Rodrigues	Individual	Veterana F40	04:29:38	+01:10:38 09:38
6	1277	CLÁUDIA PINTO	Individual	Veterana F40	04:40:16	+01:21:16 10:01
7	1276	Ana Rito	Individual	Veterana F40	04:44:45	+01:25:45 10:10
8	1086	Candida Vilas Boas	Clube Zupper	Veterana F40	04:50:55	+01:31:55 10:23
9	1050	Carla Santos	Bardinos dos Montes	Veterana F40	04:58:49	+01:39:49 10:40
10	1049	Alexandra Madureira	Bardinos dos Montes	Veterana F40	05:04:21	+01:45:21 10:52

Veterana F45

1	1372	Alexandra Fernandes	Maisfit Runners	Veterana F45	03:28:23	07:27
2	1281	Cristina Maria Fundevila Teixeira	Individual	Veterana F45	04:09:05	+40:42 08:54
3	1352	CARLA SANTOS	Invicta Runners Team	Veterana F45	06:12:35	+02:44:12 13:18

Veterana F50

1	1125	Ana Paula Simões	FAMA RUNNERS	Veterana F50	04:22:08	09:22
2	1283	Isabel Martins	Amigos da Montanha	Veterana F50	04:40:15	+18:07 10:01
3	1072	Fernanda Esteves	Cerveira Team Running/Clube Celtas do Minho	Veterana F50	04:50:56	+28:48 10:23
4	1284	Isaura Almeida	Individual	Veterana F50	05:21:18	+59:10 11:29

Official Timekeeper: Lap2Go	6 / 10	generate 13-Feb-2017 18:30
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Trail Longo

28 KM

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5	1078	GRACA MARIA COSTA MOREIRA SILVA	Clube Millennium BCP	Veterana F50	05:26:51	+01:04:43	11:40
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Veterano M40

1	1149	Luis gil	Gaia Trail	Veterano M40	02:31:55		05:26
2	1148	Dinis Gonçalves	Gaia Trail	Veterano M40	02:34:34	+02:39	05:31
3	1294	Filipe Jorge Mrais Braz	Individual	Veterano M40	02:37:38	+05:43	05:38
4	1138	Pedro Santos	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	02:37:56	+06:01	05:38
5	206	Joaquim Manuel Martins de Freitas	Satecnosol Outdoor - RaidLight Portugal	Veterano M40	02:41:15	+09:20	05:46
6	1115	RUI LARANJEIRA	Experienciar/Barceltécnica/Sportsonfire	Veterano M40	02:46:15	+14:20	05:56
7	1393	Paulo Ferreira	NOCTURNOS DE PAREDES	Veterano M40	02:59:43	+27:48	06:25
8	1305	Miguel Catarino	CAES DA AVENIDA	Veterano M40	03:00:38	+28:43	06:27
9	1026	Carlos Fernandes	As Belas e Eles	Veterano M40	03:02:39	+30:44	06:31
10	1320	telmo manel martins cardoso	Individual	Veterano M40	03:05:40	+33:45	06:38
11	1329	Hugo Brito	Individual	Veterano M40	03:05:47	+33:52	06:38
12	1360	Marco Botelho	Juventude Cortegacense	Veterano M40	03:06:25	+34:30	06:39
13	1035	Afonso Torres	Aves Runners	Veterano M40	03:08:59	+37:04	06:45
14	1287	Antonio Pereira	Individual	Veterano M40	03:09:23	+37:28	06:46
15	1164	Pedro Pereira	GTT - Armazém do Caffè	Veterano M40	03:13:24	+41:29	06:54
16	1154	Joaquim Silva	GDP - Grupo Desportivo da Pesqueira	Veterano M40	03:14:01	+42:06	06:56
17	1440	Joaquim Silva	TEAM LANTEMIL	Veterano M40	03:15:00	+43:05	06:58
18	1386	Carlos Pinto João	Moloni Running Team	Veterano M40	03:15:23	+43:28	06:59
19	1103	Joaquim Coelho	EI Team Trail	Veterano M40	03:18:25	+46:30	07:05
20	1461	Oscar Sousa	VilaVerdeaCorrer	Veterano M40	03:19:54	+47:59	07:08
21	1150	Paulo Sousa	Gaia Trail	Veterano M40	03:20:23	+48:28	07:09
22	1024	Paulo Freitas	AMIGOS PARQUE VIZELA	Veterano M40	03:21:31	+49:36	07:12
23	1156	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	03:23:53	+51:58	07:17
24	1318	Rui Miguel Aguiar Rodrigues	Individual	Veterano M40	03:24:36	+52:41	07:18
25	1410	Adelino Pinheiro	Paulo Pinheiro	Veterano M40	03:24:40	+52:45	07:19
26	1385	Álvaro Saraiva	Moloni Running Team	Veterano M40	03:28:07	+56:12	07:26
27	1153	Fausto Neves	GDP - Grupo Desportivo da Pesqueira	Veterano M40	03:30:16	+58:21	07:31
28	1428	Júlio Santos	SS MONTEPIO	Veterano M40	03:30:47	+58:52	07:32
29	1392	José Luís Pinto	NOCTURNOS DE PAREDES	Veterano M40	03:31:15	+59:20	07:33
30	1314	pedro sousa	Individual	Veterano M40	03:31:57	+01:00:02	07:34
31	1313	Pedro Augusto da Silva loureiro	Individual	Veterano M40	03:33:02	+01:01:07	07:37
32	1388	Leonel Silva	Neighbors Run	Veterano M40	03:33:47	+01:01:52	07:38
33	1296	Jeronimo Silva	Individual	Veterano M40	03:34:02	+01:02:07	07:39
34	1427	João Nuno Cardoso	SS MONTEPIO	Veterano M40	03:34:34	+01:02:39	07:40
35	1291	Daniel Alves	Individual	Veterano M40	03:34:42	+01:02:47	07:40
36	1441	Luis Vale	TEAM LANTEMIL	Veterano M40	03:35:17	+01:03:22	07:41
37	1300	Licinio Ribeiro	Individual	Veterano M40	03:35:43	+01:03:48	07:42

Official Timekeeper: Lap2Go	7 / 10	generate 13-Feb-2017 18:30
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Trail Longo

28 KM

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38	1295	francisco moreira	Individual	Veterano M40	03:35:44	+01:03:49	07:42
39	1364	Bruno Cardoso Araujo	KeMedo Team	Veterano M40	03:35:49	+01:03:54	07:42
40	1317	Ricardo João Pinheiro	Individual	Veterano M40	03:37:41	+01:05:46	07:46
41	1319	Sérgio Miguel Batista Couto	Individual	Veterano M40	03:39:21	+01:07:26	07:50
42	1349	Joel Silva	INSANE TRAIL TEAM	Veterano M40	03:40:46	+01:08:51	07:53
43	1163	Luis Miguel Lucas	GTT - Armazém do Caffè	Veterano M40	03:40:58	+01:09:03	07:54
44	1359	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	03:41:42	+01:09:47	07:55
45	1128	Luis António Freitas Teixeira	Felgueiras Runners	Veterano M40	03:44:23	+01:12:28	08:0
46	1451	Ricardo Mota	TrepaTrilhos Trail Team	Veterano M40	03:44:42	+01:12:47	08:02
47	1450	Pedro Silva	TrepaTrilhos Trail Team	Veterano M40	03:44:42	+01:12:47	08:02
48	1043	Rui Martins	Barbatanas trail team	Veterano M40	03:48:48	+01:16:53	08:10
49	1309	Paulo Fernandes	Individual	Veterano M40	03:49:29	+01:17:34	08:12
50	1014	Álvaro Nunes	All About Spirit Team	Veterano M40	03:51:40	+01:19:45	08:16
51	1290	Carlos Mota	Individual	Veterano M40	03:51:55	+01:20:00	08:17
52	1302	Luís Miguel de Oliveira Martins	Individual	Veterano M40	03:53:55	+01:22:00	08:21
53	1167	Ricardo Castro	Guimarães Trail	Veterano M40	03:54:34	+01:22:39	08:23
54	1303	Mauro Lourenço	Individual	Veterano M40	03:55:11	+01:23:16	08:24
55	1288	Artur Ferreira	Individual	Veterano M40	03:55:12	+01:23:17	08:24
56	1312	Paulo Vilarinho	Individual	Veterano M40	03:55:40	+01:23:45	08:25
57	1090	Luis Miguel Torres	ComDor Runners	Veterano M40	03:55:40	+01:23:45	08:25
58	1051	Henrique Bruno	Bardinos dos Montes	Veterano M40	03:56:23	+01:24:28	08:27
59	1037	Filipe Pedrosa	Aves Runners	Veterano M40	03:57:21	+01:25:26	08:29
60	1307	Nuno Carneiro	Individual	Veterano M40	04:05:06	+01:33:11	08:45
61	1038	Helder Costa	Aves Runners	Veterano M40	04:05:32	+01:33:37	08:46
62	1299	José Pedro Silva	Individual	Veterano M40	04:07:27	+01:35:32	08:50
63	1310	Paulo Nunes	Individual	Veterano M40	04:08:06	+01:36:11	08:52
64	1286	Antonio	Individual	Veterano M40	04:14:05	+01:42:10	09:04
65	1308	Óscar Manuel Fonseca Figueiredo	Individual	Veterano M40	04:15:15	+01:43:20	09:07
66	1151	Rui Vicente	Gaia Trail	Veterano M40	04:16:59	+01:45:04	09:11
67	1285	Alexandre Sousa	Individual	Veterano M40	04:21:58	+01:50:03	09:21
68	1054	Helder Fernando Ferreira Saraiva Santos25	Beer Club Runnnig	Veterano M40	04:22:28	+01:50:33	09:22
69	1301	Luís Cláudio Ferreira Marques	Individual	Veterano M40	04:25:48	+01:53:53	09:30
70	1031	Mário Ferreira	Associação Desportiva da Efacec	Veterano M40	04:29:34	+01:57:39	09:38
71	1019	José Carlos Araújo	Amigos da Montanha	Veterano M40	04:33:43	+02:01:48	09:47
72	1426	André Antunes	SS MONTEPIO	Veterano M40	04:33:52	+02:01:57	09:47
73	1445	Telmo John Soares	Prius Synergy Drive Trail Runnig	Veterano M40	04:43:31	+02:11:36	10:08
74	1306	Miguel Moreira17	Individual	Veterano M40	04:55:29	+02:23:34	10:33
75	1407	Pedro Santos	Pari Passu	Veterano M40	04:55:30	+02:23:35	10:33
76	1052	ruí	Bardinos dos Montes	Veterano M40	04:58:49	+02:26:54	10:40
77	1297	Joaquim Agostinho de Sousa Pacheco10	Individual	Veterano M40	05:03:45	+02:31:50	10:51
78	1353	Paulo Jorge Ferreira Ribeiro	Invicta Runners Team	Veterano M40	05:25:34	+02:53:39	11:38

Veterano M45

1	1356	Abilio Ribeiro	Juventude Cortegacense	Veterano M45	02:43:03	05:49
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Official Timekeeper: Lap2Go	8 / 10	generate 13-Feb-2017 18:30
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Trail Longo

28 KM

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2	1442	Ezequiel Fernandes	TEAM LANTEMIL	Veterano M45	02:45:36	+02:33	05:55
3	1022	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRILAGARES	Veterano M45	02:49:15	+06:12	06:03
4	1335	Tiago Vidal Leal	Individual	Veterano M45	03:04:18	+21:15	06:35
5	1430	Alberto Bertão	Team Agente Meireles	Veterano M45	03:06:29	+23:26	06:40
6	1041	Jorge Brites	AZTrail	Veterano M45	03:08:04	+25:01	06:43
7	1165	FERNANDO AREZES	GTT - Armazém do Caffè	Veterano M45	03:17:11	+34:08	07:03
8	1001	Pedro Guimaraes	#LETSRUNAZORES	Veterano M45	03:17:34	+34:31	07:03
9	1334	Rui Fernandes	Individual	Veterano M45	03:18:04	+35:01	07:04
10	1009	António Gomes	ÁGUIAS DE ALVELOS	Veterano M45	03:23:51	+40:48	07:17
11	1059	Duarte Paulo Ribeiro	BF	Veterano M45	03:24:22	+41:19	07:18
12	1060	Paulo Martins	BF	Veterano M45	03:24:22	+41:19	07:18
13	1322	francisco manuel de oliveira capitão garoto	Individual	Veterano M45	03:27:25	+44:22	07:24
14	1350	Luis Santos	INSANE TRAIL TEAM	Veterano M45	03:33:43	+50:40	07:38
15	1114	Carlos Manuel Barros FREIXO	experiençar	Veterano M45	03:33:53	+50:50	07:38
16	1463	Filipe Lages	vimarunners	Veterano M45	03:35:28	+52:25	07:42
17	1362	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M45	03:35:55	+52:52	07:43
18	1444	Paulo Renato Leça Barbosa	TEAM LANTEMIL	Veterano M45	03:36:06	+53:03	07:43
19	1330	LUIS COSTA	Individual	Veterano M45	03:39:21	+56:18	07:50
20	1323	Henrique Borges	Individual	Veterano M45	03:41:41	+58:38	07:55
21	1321	Carlos Passos	Individual	Veterano M45	03:44:05	+01:01:02	08:00
22	1429	José Nuno Costa	SS MONTEPIO	Veterano M45	03:44:23	+01:01:20	08:01
23	1109	ORLANDO COSTA	EQUIPA JOAO FERREIRA	Veterano M45	03:47:54	+01:04:51	08:08
24	1044	Miguel Rodrigues	Barbatanas trail team	Veterano M45	03:48:47	+01:05:44	08:10
25	1337	vitoe Coelho	Individual	Veterano M45	03:55:28	+01:12:25	08:25
26	1105	david paulo pereira pinto	enjoyclimb	Veterano M45	03:56:24	+01:13:21	08:27
27	1371	PAULO BRÁS	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M45	04:04:16	+01:21:13	08:43
28	1053	Ricardo Cabral	Bardinos dos Montes	Veterano M45	04:07:14	+01:24:11	08:50
29	1333	RUI AZEVEDO	Individual	Veterano M45	04:09:50	+01:26:47	08:55
30	1326	José Loureiro	Individual	Veterano M45	04:10:23	+01:27:20	08:57
31	1325	JOSE CORREIA	Individual	Veterano M45	04:17:34	+01:34:31	09:12
32	1324	Hugo Ribeiro	Individual	Veterano M45	04:21:51	+01:38:48	09:21
33	1327	José Moreira	Individual	Veterano M45	04:21:52	+01:38:49	09:21
34	1443	Jorge Marques	TEAM LANTEMIL	Veterano M45	04:24:59	+01:41:56	09:28
35	1331	Manuel Teixeira	Individual	Veterano M45	04:29:34	+01:46:31	09:38
36	1328	jose rodrigues costa	Individual	Veterano M45	04:35:05	+01:52:02	09:49

Veterano M50

1	1101	Pedro Marques	Dr. Merino/4moove	Veterano M50	02:33:04	05:28
2	1338	Abilio José Leite Marques	Individual	Veterano M50	03:04:20	+31:16 06:35
3	1002	MANUEL GOMES	A.R.DE NEGRELOS	Veterano M50	03:07:43	+34:39 06:42
4	1013	Jose Bento Morais	All About	Veterano M50	03:10:58	+37:54 06:49
5	1134	Carlos Lopes	FREZITE	Veterano M50	03:14:50	+41:46 06:58
6	1137	António Carlos Silva Teixeira	Fridão Sem Limites	Veterano M50	03:16:02	+42:58 07:00

Official Timekeeper: Lap2Go	9 / 10	generate 13-Feb-2017 18:30
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Trail Longo

28 KM

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7	1453	CARLOS SOUSA	TUTILAR CLASS RUNNERS	Veterano M50	03:16:10	+43:06	07:00
8	1346	Mário Lima	Individual	Veterano M50	03:17:42	+44:38	07:04
9	1413	Rui R. Santos	Porto Runners	Veterano M50	03:18:10	+45:06	07:05
10	1039	Álvaro Pereira	Aves Runners	Veterano M50	03:24:33	+51:29	07:18
11	1432	José Janela	TEAM FAMALICÃO	Veterano M50	03:26:17	+53:13	07:22
12	1166	Albino Campos	GTT - Armazém do Caffè	Veterano M50	03:29:07	+56:03	07:28
13	1452	Fernando Vieira Lopes	TrepaTrilhos Trail Team	Veterano M50	03:34:27	+01:01:23	07:40
14	1345	Manuel Faria Sampaio	Individual	Veterano M50	03:35:41	+01:02:37	07:42
15	1342	João Paulo Rocha	CAES DA AVENIDA	Veterano M50	03:40:14	+01:07:10	07:52
16	1347	Vítor Manuel Alves Fernandes	Individual	Veterano M50	03:44:06	+01:11:02	08:00
17	1082	VITOR MANUEL COELHO ALMEIDA	Clube Millennium BCP	Veterano M50	03:44:38	+01:11:34	08:01
18	1369	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	03:48:03	+01:14:59	08:09
19	1355	Joao Manuel Santos Silva	JUÕES	Veterano M50	03:50:27	+01:17:23	08:14
20	1152	Álvaro Marques	GCST	Veterano M50	03:56:51	+01:23:47	08:28
21	1454	FRANCISCO NETO	TUTILAR CLASS RUNNERS	Veterano M50	04:21:03	+01:47:59	09:19
22	1032	Luis Loureiro	Associação Desportiva da Efacec	Veterano M50	04:29:33	+01:56:29	09:38
23	1075	JOSE MIGUEL CRUZ PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M50	04:31:44	+01:58:40	09:42
24	1344	Justino Gonçalves	Individual	Veterano M50	04:39:10	+02:06:06	09:58
25	1464	António Porrão	X5	Veterano M50	04:39:21	+02:06:17	09:59
26	1465	José Riba	X5	Veterano M50	04:39:24	+02:06:20	09:59
27	1340	Álvaro Brandão	Individual	Veterano M50	04:39:28	+02:06:24	09:59
28	1341	Joao Gil	Individual	Veterano M50	04:39:54	+02:06:50	10:00
29	1408	Paulo Macedo	Pari Passu	Veterano M50	04:43:46	+02:10:42	10:08
30	1042	Julio Terra	AZTrail	Veterano M50	04:53:28	+02:20:24	10:29
31	1081	ARTUR SILVA	Clube Millennium BCP	Veterano M50	05:07:54	+02:34:50	11:00

COLETIVA 28K[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	GTT - Armazém do Caffè	3 + 5 + 9	17
2	Gaia Trail	6 + 8 + 13	27
3	Satecnosol Outdoor - RaidLight Portugal	1 + 14 + 15	30
4	Os Lobos do Saibro	38 + 61 + 74	173
5	TEAM LANTEMIL	21 + 79 + 96	196
6	Brabus Runners	31 + 86 + 100	217
7	Moloni Running Team	72 + 73 + 80	225
8	Aves Runners	50 + 62 + 115	227
9	Juventude Cortegacense	19 + 52 + 171	242
10	FAMA RUNNERS	34 + 66 + 144	244
11	ÁGUIAS DE ALVELOS	56 + 90 + 110	256
12	NOCTURNOS DE PAREDES	39 + 95 + 138	272
13	SS MONTEPIO	20 + 137 + 157	314
14	INSANE TRAIL TEAM	41 + 149 + 191	381
15	Bota&Siga	65 + 132 + 231	428
16	TrepaTrilhos Trail Team	135 + 142 + 155	432
17	AZTrail	23 + 59 + 370	452
18	EQUIPA JOAO FERREIRA	129 + 181 + 217	527
19	MINHO AVENTURA	104 + 213 + 241	558
20	Clube Zupper	4 + 229 + 350	583
21	Clube Millennium BCP	51 + 206 + 380	637
22	Befitness Runners	147 + 230 + 265	642
23	FREZITE	78 + 263 + 331	672
24	Amigos da Montanha	18 + 344 + 359	721
25	Bardinos dos Montes	212 + 255 + 286	753
26	HALP	224 + 282 + 283	789
27	ComDor Runners	251 + 266 + 304	821
28	Associação Desportiva da Efacec	275 + 323 + 325	923
29	Invicta Runners Team	385 + 390 + 391	1166