

TRAIL LONGO 28K - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	6.5°C	75%
End	15:48	6.5°C	75%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1024	LUIS DUARTE CASACA SEMEDO	ac portalegre / utsm	Senior Masculino	02:42:19		05:48
2	1166	Diogo Fernandes	dr. merino/4moove	Senior Masculino	02:45:59	+03:40	05:56
3	1494	António Braziela	oralklass-amigos do trail	Sub 23 Masculino	02:46:57	+04:38	05:58
4	1571	Bruno Silva	trail team bifase	Sub 23 Masculino	02:47:37	+05:18	05:59
5	1561	Carlos Veloso	team sindeq	Veterano M40	02:48:31	+06:12	06:01
6	1566	Leonel Cunha	trail team bifase	Senior Masculino	02:53:19	+11:00	06:11
7	1113	Nuno Fernandes	clube atletismo fafe	Senior Masculino	02:54:17	+11:58	06:14
8	1499	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:55:03	+12:44	06:15
9	1564	Hugo Bia	trail team bifase	Senior Masculino	02:55:51	+13:32	06:17
10	1057	João Paulo Lima Rodrigues	amigos da montanha	Veterano M40	02:56:12	+13:53	06:18
11	1009	Fábio Pinto	a.d.amarante trail running	Senior Masculino	02:57:19	+15:00	06:20
12	1017	Vítor Costa	a.d.amarante trail running	Veterano M40	03:00:44	+18:25	06:27
13	1167	Edgar Resende	dr. merino/4moove	Senior Masculino	03:02:03	+19:44	06:30
14	1488	Luís Pedro	oralklass-amigos do trail	Senior Masculino	03:03:49	+21:30	06:34
15	1189	Miguel Pires	escola de atletismo de coimbra / intermarché condeixa	Veterano M40	03:03:51	+21:32	06:34
16	1203	Rui Manuel Mendes Azevedo	fridão sem limites	Senior Masculino	03:04:37	+22:18	06:36
17	1568	Pedro Sousa	trail team bifase	Senior Masculino	03:05:34	+23:15	06:38
18	1490	Nuno Pereira	oralklass-amigos do trail	Senior Masculino	03:06:09	+23:50	06:39
19	1008	Cristiano Santos	a.d.amarante trail running	Senior Masculino	03:06:16	+23:57	06:39
20	1486	João Nogueira	oralklass-amigos do trail	Senior Masculino	03:06:27	+24:08	06:40
21	1160	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	03:07:03	+24:43	06:41
22	1162	Helder Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	03:10:21	+28:02	06:48
23	1168	JOÃO PATRICIO	dr. merino/4moove	Senior Masculino	03:10:41	+28:22	06:49
24	1007	Bruno Santos	a.d.amarante trail running	Senior Masculino	03:10:54	+28:34	06:49
25	1489	Nuno Alves	oralklass-amigos do trail	Senior Masculino	03:12:18	+29:59	06:52
26	1482	Fernando Neves	oralklass-amigos do trail	Senior Masculino	03:12:44	+30:25	06:53
27	1492	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:13:05	+30:46	06:54
28	1171	ANDRÉ GUEDES	dr. merino/4moove	Veterano M40	03:13:05	+30:46	06:54
29	1190	Andre Filipe Oliveira Almeida	factorx / s4l / medense fc	Senior Masculino	03:13:33	+31:14	06:55
30	1305	Nelson Gonçalves Costa	escola de atletismo de coimbra / intermarché condeixa	Senior Masculino	03:15:28	+33:09	06:59
31	1473	Miguel jaques	olímpico vianense trail	Senior Masculino	03:15:43	+33:24	06:59
32	1512	Ivo Inácio	pace.makers	Senior Masculino	03:15:52	+33:33	07:00
33	1169	Paulo Conde	dr. merino/4moove	Senior Masculino	03:16:20	+34:01	07:01
34	1453	Alex Tondela	montanha clube trail running/efapel	Veterano M40	03:16:43	+34:24	07:02
35	1294	João Menezes	individual	Senior Masculino	03:18:57	+36:38	07:06
36	1033	Tiago Marinho Freitas Subtil	afifense trail	Senior Masculino	03:20:26	+38:07	07:10
37	1165	Dino Pinto	dr. merino/4moove	Senior Masculino	03:20:30	+38:11	07:10
38	1011	Hélio Filipe Nunes Dias	a.d.amarante trail running	Senior Masculino	03:21:51	+39:32	07:13
39	1188	João Pimentel	escola de atletismo de coimbra / intermarché condeixa	Senior Masculino	03:22:30	+40:11	07:14

TRAIL LONGO 28K - STAGE 1

28 KM

[illegible]

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[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
40	1448	luis Magalhães	minho e lima trail	Veterano M45	03:23:11	+40:52	07:15
41	1596	Artur Matos	edv-viana trail	Veterano M45	03:23:36	+41:17	07:16
42	1590	João Fernandes	zona alta trail	Senior Masculino	03:24:48	+42:29	07:19
43	1062	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M50	03:25:37	+43:18	07:21
44	1450	Tiago Soares	moinhos run-adrm	Senior Masculino	03:25:43	+43:24	07:21
45	1163	Rui Gomes	douroconta - gabinete de apoio e contabilidade	Veterano M40	03:25:53	+43:34	07:21
46	1591	João Plácido	zona alta trail	Senior Masculino	03:26:08	+43:49	07:22
47	1006	Paula Soares	a.d.amarante trail running	Senior Feminino	03:26:22	+44:03	07:22
48	1470	Rufino Paiva	ocs-proaventuras	Veterano M45	03:26:37	+44:18	07:23
49	1067	Tiago Gaspar	arsm - associação recreativa são miguel	Senior Masculino	03:27:07	+44:48	07:24
50	1043	Nuno Monteiro	aliança de gandra	Veterano M40	03:27:30	+45:11	07:25
51	1285	Filipe Teixeira	individual	Senior Masculino	03:27:44	+45:25	07:25
52	1202	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	03:28:05	+45:46	07:26
53	1540	Ricardo Cruz Aguiar	sc povoense - caracois de corrida	Veterano M45	03:28:17	+45:58	07:26
54	1172	Paulo Machado	dr. merino/4moove	Veterano M40	03:28:22	+46:03	07:27
55	1484	Francisco Figueiredo	oralklass-amigos do trail	Senior Masculino	03:28:24	+46:05	07:27
56	1562	Vitor Coelho	team sindeq	Veterano M45	03:28:36	+46:17	07:27
57	1281	David Ventura Gonçalves	individual	Senior Masculino	03:28:50	+46:31	07:28
58	1587	Nuno Maia	vegango - suplementos naturais	Veterano M40	03:30:24	+48:05	07:31
59	1175	Marcelo Ramos Martins	edl trail	Senior Masculino	03:30:31	+48:12	07:31
60	1099	Eurico Miguel Borges Pereira	brabus runners	Sub 23 Masculino	03:31:00	+48:41	07:32
61	1270	António Daniel da Silva Ribeiro	individual	Senior Masculino	03:31:13	+48:54	07:33
62	1021	FILIPE MIGUEL SALVADO AFONSO	ac portalegre / utsm	Senior Masculino	03:31:14	+48:55	07:33
63	1463	Paulo Colaço	nocturnos paredes	Veterano M40	03:31:45	+49:26	07:34
64	1159	José Fortuna	douroconta - gabinete de apoio e contabilidade	Senior Masculino	03:31:50	+49:31	07:34
65	1039	joão Guilherme Pinho Fontainhas Lopes Afonso	alexandra carvalho team	Sub 23 Masculino	03:31:58	+49:39	07:34
66	1199	Paulo Sarmento	fit gaia trail	Senior Masculino	03:33:32	+51:13	07:38
67	1069	Jose Zananar	atletismo clube da tocha	Veterano M50	03:34:51	+52:32	07:40
68	1266	Alcides José da Silva Barbosa	individual	Senior Masculino	03:35:03	+52:44	07:41
69	1070	Vitor faim	atletismo clube da tocha	Veterano M50	03:35:40	+53:21	07:42
70	1218	Mário Melo	galhardos runners	Senior Masculino	03:35:42	+53:23	07:42
71	1477	Daniela Russo	oralklass-amigos do trail	Senior Feminino	03:36:02	+53:43	07:43
72	1580	Sergio Rodrigues	trinca orelhas de gato	Senior Masculino	03:36:07	+53:48	07:43
73	1141	Carlos Prudêncio	dá-lhe gás	Senior Masculino	03:36:22	+54:03	07:44
74	1170	Paula Lage	dr. merino/4moove	Veterana F40	03:36:33	+54:14	07:44
75	1158	Hugo Moreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	03:36:51	+54:32	07:45
76	1132	Sérgio Lourenço	ctad - trilhos de cinfães	Veterano M45	03:36:53	+54:34	07:45
77	1308	Nuno Guimarães	individual	Senior Masculino	03:37:20	+55:01	07:46
78	1480	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	03:38:10	+55:51	07:48
79	1506	Miguel Sousa	os santa apolónia	Veterano M40	03:38:11	+55:52	07:48
80	1496	Fernando Taborda	oralklass-amigos do trail	Veterano M40	03:39:42	+57:23	07:51
81	1198	António Rocha	factorx / s4l / medense fc	Veterano M60	03:39:58	+57:39	07:51

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	1398	David Coutinho	jobra	Veterano M40	03:40:20	+58:01	07:52
83	1409	Fernando Gomes	kemedo team	Veterano M45	03:40:30	+58:11	07:53
84	1461	Sérgio Vale	nocturnos paredes	Senior Masculino	03:40:52	+58:33	07:53
85	1402	Ernesto Marques Alves	juventude cortegacense	Veterano M50	03:41:34	+59:14	07:55
86	1236	Sérgio André da Silva Coelho	gtt armazém do caffè	Veterano M40	03:41:56	+59:37	07:56
87	1531	Abilio Pereira	profisio team	Veterano M45	03:42:14	+59:55	07:56
88	1530	Raul Silva	profisio team	Veterano M40	03:42:16	+59:57	07:56
89	1403	Ricardo Sousa	kandimba runners	Senior Masculino	03:42:30	+01:00:10	07:57
90	1049	Luis Miguel Fernandes	alive fitness club	Senior Masculino	03:43:25	+01:01:06	07:59
91	1098	Vítor Manuel Dias Alves	brabus runners	Senior Masculino	03:43:48	+01:01:29	08:00
92	1582	João Oliveira	trinca orelhas de gato	Senior Masculino	03:43:57	+01:01:38	08:00
93	1121	Carlos Alberto Gomes da Silva	clube trilheiros & amigos	Veterano M45	03:44:06	+01:01:47	08:00
94	1536	Luís ricardo Fontes Martins	riofit running	Senior Masculino	03:44:29	+01:02:10	08:01
95	1455	Nelson Manuel Rodrigues Serra	montanha clube trail running/efapel	Veterano M40	03:44:45	+01:02:26	08:02
96	1502	Filipe Pinto	os lobos do saibro	Veterano M40	03:45:03	+01:02:44	08:02
97	1271	António Ferreira	individual	Senior Masculino	03:45:17	+01:02:58	08:03
98	1469	Paulo Osório	ocs-proaventuras	Veterano M45	03:45:18	+01:02:59	08:03
99	1447	José Carlos Roque da Costa	minho e lima trail	Veterano M45	03:45:37	+01:03:17	08:03
100	1180	JOSÉ CARLOS ALCOBIA	edv-viana trail	Veterano M45	03:45:57	+01:03:38	08:04
101	1572	António Teles	trilheiros&amigos	Senior Masculino	03:46:51	+01:04:32	08:06
102	1410	Mário Ferreira	leões de tardariz trail	Senior Masculino	03:46:53	+01:04:34	08:06
103	1601	José Sá	lion runners - g. d. leões da guarda	Senior Feminino	03:47:32	+01:05:13	08:08
104	1201	Márcio Teixeira	fridão sem limites	Senior Masculino	03:47:39	+01:05:20	08:08
105	1462	António Brito	nocturnos paredes	Veterano M40	03:47:50	+01:05:31	08:08
106	1460	José Correia	nocturnos paredes	Senior Masculino	03:47:50	+01:05:31	08:08
107	1012	José Barros	a.d.amarante trail running	Senior Masculino	03:48:05	+01:05:46	08:09
108	1338	Marco Nascimento Rodrigues	individual	Veterano M40	03:48:41	+01:06:22	08:10
109	1451	Fernando Manuel Simões Bastos	montanha clube trail running/efapel	Senior Masculino	03:48:41	+01:06:22	08:10
110	1339	Miguel Ângelo Gomes	individual	Veterano M40	03:48:45	+01:06:26	08:10
111	1539	Eduardo da Silva Moreira	sc povoense - caracois de corrida	Senior Masculino	03:48:56	+01:06:37	08:11
112	1541	Rui Martins	ss cgd	Senior Masculino	03:49:09	+01:06:50	08:11
113	1306	Nuno Correia	individual	Senior Masculino	03:49:29	+01:07:10	08:12
114	1036	José Carlos Mendes Leitão Ribeiro	airão trail team	Senior Masculino	03:49:30	+01:07:11	08:12
115	1485	Gilberto Pimenta	oralklass-amigos do trail	Senior Masculino	03:49:34	+01:07:15	08:12
116	1497	José Costa	oralklass-amigos do trail	Veterano M40	03:50:00	+01:07:41	08:13
117	1232	Ricardo Ferreira	gtt armazém do caffè	Senior Masculino	03:50:01	+01:07:42	08:13
118	1192	Gonçalo António Pereira Reis	factorx / s4l / medense fc	Senior Masculino	03:50:30	+01:08:11	08:14
119	1044	Fernando Oliveira	aliança de gandra	Veterano M45	03:50:45	+01:08:26	08:14
120	1500	Manuel Ferreira	oralklass-amigos do trail	Veterano M55	03:51:02	+01:08:43	08:15
121	1177	André Manuel Martins Príncipe	edv-viana trail	Senior Masculino	03:51:11	+01:08:52	08:15
122	1300	Luís Teixeira	individual	Senior Masculino	03:51:26	+01:09:07	08:16
123	1501	Fernando Jorge da Costa Pereira	os lobos do saibro	Senior Masculino	03:51:32	+01:09:13	08:16
124	1330	alexandra Fernandes	individual	Veterana F50	03:51:43	+01:09:24	08:17

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28 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
125	1464	Pedro Pereira	nocturnos paredes	Veterano M40	03:51:50	+01:09:31	08:17
126	1191	David Gonçalves	factorx / s4l / medense fc	Senior Masculino	03:52:33	+01:10:14	08:18
127	1535	Agostinho Costa	da lhe gas	Veterano M40	03:52:49	+01:10:30	08:19
128	1077	Alcino Sampaio	aves runners	Veterano M40	03:53:10	+01:10:51	08:20
129	1019	Pedro Guimaraes	a+	Veterano M45	03:53:32	+01:11:13	08:20
130	1076	Afonso Torres	aves runners	Veterano M40	03:53:41	+01:11:22	08:21
131	1479	Nádia Casteleiro	oralklass-amigos do trail	Senior Feminino	03:54:29	+01:12:10	08:22
132	1493	Sergio Suzano	oralklass-amigos do trail	Senior Masculino	03:54:30	+01:12:11	08:23
133	1320	Ricardo	individual	Senior Masculino	03:55:24	+01:13:05	08:24
134	1005	Marisa Rodrigues	a.d.amarante trail running	Senior Feminino	03:55:32	+01:13:13	08:25
135	1038	Tiago Gonçalves Portela	alexandra carvalho team	Senior Masculino	03:55:37	+01:13:18	08:25
136	1560	Nuno Oliveira	team sindeq	Senior Masculino	03:55:40	+01:13:20	08:25
137	1525	RENATO OLIVEIRA	portocargo	Veterano M45	03:56:34	+01:14:15	08:27
138	1018	MANUEL GOMES	a.r de negrelos	Veterano M50	03:57:24	+01:15:05	08:29
139	1105	Ângelo Pereira	centro ciclista de gondomar	Veterano M55	03:57:27	+01:15:07	08:29
140	1387	alfredo costa	individual	Veterano M55	03:58:06	+01:15:47	08:30
141	1290	Hélder Rafael Machado da Cunha	individual	Senior Masculino	03:58:23	+01:16:04	08:31
142	1446	Luís Paulo	minho e lima trail	Veterano M40	03:58:54	+01:16:35	08:32
143	1401	Joao Oliveira	juventude cortegacense	Veterano M40	03:59:24	+01:17:05	08:33
144	1583	Sergio Gomes	trinca orelhas de gato	Veterano M40	03:59:38	+01:17:19	08:34
145	1068	Ricardo Silva	atletismo clube da tocha	Senior Masculino	03:59:45	+01:17:26	08:34
146	1353	vit0r neto	individual	Veterano M40	04:01:07	+01:18:48	08:37
147	1537	Jose Antonio de Oliveira Ribeiro da Silva	running espinho	Veterano M40	04:01:40	+01:19:21	08:38
148	1384	Sérgio Anunciação	oralklass-amigos do trail	Veterano M50	04:01:44	+01:19:25	08:38
149	1117	Miguel Cruz	clube efacec	Veterano M40	04:01:47	+01:19:28	08:38
150	1089	Ivo Silva	beat your limit!	Senior Masculino	04:01:47	+01:19:28	08:38
151	1088	Filipe Oliveira	beat your limit!	Senior Masculino	04:02:20	+01:20:01	08:39
152	1491	Eusébio Fernandes	clube atletismo fafe	Veterano M40	04:02:40	+01:20:21	08:40
153	1029	Bruno machado	afacycles	Senior Masculino	04:03:06	+01:20:47	08:41
154	1248	JOSÉ AFONSO	hsantamariart	Senior Masculino	04:03:24	+01:21:05	08:42
155	1080	Joao Paralvas	b.t.m.	Senior Masculino	04:03:38	+01:21:19	08:42
156	1348	Ricardo Bailao	individual	Veterano M40	04:03:46	+01:21:27	08:42
157	1351	Sérgio Paulo de Almeida e Silva	individual	Veterano M40	04:03:57	+01:21:38	08:43
158	1588	Pedro Miguel Da Costa Vieira Miranda	vidaativarunners	Veterano M40	04:04:19	+01:22:00	08:44
159	1559	Renato Veron	team lanthemil	Veterano M45	04:04:19	+01:22:00	08:44
160	1299	José Lopes	individual	Senior Masculino	04:04:19	+01:22:00	08:44
161	1227	Paulo Gama	gondomar futsal clube	Veterano M50	04:04:28	+01:22:09	08:44
162	1544	João Cardoso	ss montepio	Veterano M45	04:04:31	+01:22:12	08:44
163	1379	João Eduardo Pinto	união futebol comercio industria	Veterano M50	04:04:45	+01:22:26	08:44
164	1570	Tiago Pinheiro	trail team bifase	Senior Masculino	04:04:47	+01:22:28	08:45
165	1584	Vicente Sousa	trinca orelhas de gato	Veterano M40	04:04:49	+01:22:30	08:45
166	1527	Jorge Pereira	profisio team	Senior Masculino	04:05:05	+01:22:46	08:45
167	1327	Ana Luísa Grade	u. f. comercio e industria atletismo	Veterana F40	04:05:09	+01:22:50	08:45

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
168	1258	Cristiana Ferreira	individual	Senior Feminino	04:05:11	+01:22:52	08:45
169	1478	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	04:05:17	+01:22:58	08:46
170	1411	Miguel Alves	leões de tardariz trail	Senior Masculino	04:05:49	+01:23:30	08:47
171	1276	Bruno Rodrigues	individual	Senior Masculino	04:06:19	+01:24:00	08:48
172	1193	Pedro Alves	factorx / s4l / medense fc	Senior Masculino	04:06:24	+01:24:05	08:48
173	1143	Daniel Grenha Fonseca	desnivel positivo	Veterano M40	04:06:25	+01:24:06	08:48
174	1362	jose domingos duarte nogueira	individual	Veterano M45	04:06:50	+01:24:31	08:49
175	1589	Ricardo Santos	vimarunners	Senior Masculino	04:06:54	+01:24:35	08:49
176	1082	Vitor Ramalho	b.t.m.	Senior Masculino	04:07:06	+01:24:47	08:50
177	1487	José Santos	oralklass-amigos do trail	Senior Masculino	04:07:07	+01:24:48	08:50
178	1366	Pedro Barbosa	individual	Veterano M45	04:07:47	+01:25:28	08:51
179	1586	Nelson Teixeira	tua saúde	Senior Masculino	04:08:00	+01:25:41	08:51
180	1231	Rafael Escrivães	gtt armazém do caffè	Senior Masculino	04:08:03	+01:25:44	08:52
181	1027	João Ramos	ade trail running	Sub 23 Masculino	04:08:03	+01:25:44	08:52
182	1337	Eliseu leite	individual	Veterano M40	04:08:07	+01:25:48	08:52
183	1397	Joaquim Pinto	clube trilheiros & amigos	Veterano M45	04:08:13	+01:25:54	08:52
184	1142	Vitor Silva	dá-lhe gás	Senior Masculino	04:08:36	+01:26:17	08:53
185	1289	Helder Parracho	individual	Senior Masculino	04:08:39	+01:26:20	08:53
186	1155	RUI FRANCO	dive into the mountains	Veterano M40	04:09:07	+01:26:48	08:54
187	1154	PEDRO COSTA	dive into the mountains	Veterano M40	04:09:07	+01:26:48	08:54
188	1041	Carlos Costa	aliança de gandra	Senior Masculino	04:09:20	+01:27:00	08:54
189	1529	Nelson Vaz	profisio team	Senior Masculino	04:09:57	+01:27:38	08:56
190	1045	Pedro Silva	aliança de gandra	Veterano M45	04:10:10	+01:27:51	08:56
191	1003	Cláudia Moreira	a.d.amarante trail running	Senior Feminino	04:10:18	+01:27:59	08:56
192	1495	Paula Barbosa	oralklass-amigos do trail	Veterana F40	04:11:18	+01:28:59	08:59
193	1518	Delfim nunes	kemedo team	Veterano M45	04:12:01	+01:29:42	09:00
194	1237	Luis Lucas	gtt armazém do caffè	Veterano M45	04:12:11	+01:29:52	09:00
195	1249	pedro fernandes	hsantamariart	Senior Masculino	04:12:22	+01:30:03	09:01
196	1246	Fábio Santos	hsantamariart	Senior Masculino	04:12:22	+01:30:03	09:01
197	1174	Susana Dantas alves	edl trail	Senior Feminino	04:12:37	+01:30:18	09:01
198	1533	Jorge Pinheiro	ribeiras trail	Veterano M40	04:13:08	+01:30:49	09:02
199	1211	Ligia Mendes	gaia-running	Veterana F45	04:13:15	+01:30:56	09:03
200	1196	Miguel Moura	factorx / s4l / medense fc	Veterano M45	04:13:51	+01:31:32	09:04
201	1206	António Carlos Silva Teixeira	fridão sem limites	Veterano M55	04:14:36	+01:32:17	09:06
202	1302	Marco Aurélio Gonçalves Marques	individual	Senior Masculino	04:14:43	+01:32:24	09:06
203	1023	HUGO SEQUEIRA	ac portalegre / utsm	Senior Masculino	04:15:04	+01:32:45	09:07
204	1334	César Sousa	individual	Veterano M40	04:15:12	+01:32:53	09:07
205	1157	JOSÉ LOPES	dive into the mountains	Veterano M45	04:15:14	+01:32:55	09:07
206	1139	Guilhermino Meireles	ctm vila pouca de aguiar	Veterano M40	04:15:24	+01:33:05	09:07
207	1016	Rosa Barros	a.d.amarante trail running	Veterana F50	04:15:30	+01:33:11	09:08
208	1319	Renato Martins	individual	Senior Masculino	04:15:40	+01:33:21	09:08
209	1053	Vitor Almeida	all about	Veterano M55	04:15:43	+01:33:24	09:08
210	1298	José Carlos Sousa	individual	Senior Masculino	04:15:55	+01:33:36	09:08
211	1347	Pedro Manuel da Costa Batista	individual	Veterano M40	04:16:24	+01:34:05	09:09
212	1335	Daniel António Neto Alves	individual	Veterano M40	04:16:26	+01:34:07	09:10

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
213	1315	Pedro Gonçalves	individual	Senior Masculino	04:16:31	+01:34:12	09:10
214	1438	Luciano Manuel Pires	melgaço alvarinho trail	Senior Masculino	04:16:36	+01:34:17	09:10
215	1380	José Carlos Rodrigues de Carvalho	individual	Veterano M50	04:17:07	+01:34:48	09:11
216	1551	Rogério Torres	team lantemil	Senior Masculino	04:17:57	+01:35:38	09:13
217	1161	Vitor Rio	douroconta - gabinete de apoio e contabilidade	Senior Masculino	04:18:02	+01:35:43	09:13
218	1164	Cláudio Monteiro	douroconta - gabinete de apoio e contabilidade	Veterano M50	04:18:03	+01:35:44	09:13
219	1498	Orlando Nogueira	oralklass-amigos do trail	Veterano M40	04:18:08	+01:35:49	09:13
220	1483	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	04:18:08	+01:35:49	09:13
221	1028	Bruno Pereira	adeca associação desportiva de castelões	Senior Masculino	04:18:19	+01:36:00	09:14
222	1140	Carlos Sousa	ctm vila pouca de aguiar	Veterano M50	04:18:36	+01:36:16	09:14
223	1412	Joaquim Leite	leões de tardariz trail	Veterano M55	04:18:56	+01:36:37	09:15
224	1458	Patricia Ribeiro	mountain runners	Senior Feminino	04:19:11	+01:36:52	09:15
225	1251	Paulo Freitas	hsantamariart	Veterano M45	04:20:18	+01:37:59	09:18
226	1437	PEDRO NOGUEIRA	marco runners	Senior Masculino	04:20:53	+01:38:34	09:19
227	1052	Rui Fernandes	alive fitness club	Veterano M40	04:20:57	+01:38:38	09:19
228	1228	José Mendes	gondomar futsal clube	Veterano M55	04:21:00	+01:38:41	09:19
229	1452	Pedro Polónio	montanha clube trail running/efapel	Senior Masculino	04:21:09	+01:38:50	09:20
230	1101	Miguel Pessanha Moreira	cães d'avenida	Veterano M40	04:21:22	+01:39:03	09:20
231	1407	Carlos Leal	kemedo team	Senior Masculino	04:21:36	+01:39:17	09:21
232	1026	Gonçalo Nazaré	acr casais das boiças	Senior Masculino	04:21:49	+01:39:30	09:21
233	1457	Manuel Moreno	morcegos trail	Veterano M60	04:21:53	+01:39:34	09:21
234	1523	Rui Russo dos Santos	porto runners	Veterano M50	04:21:59	+01:39:40	09:21
235	1413	Tiago Almeida	lion runners - g. d. leões da guarda	Junior Masculino	04:22:10	+01:39:51	09:22
236	1376	Vitor sousa	individual	Veterano M45	04:22:16	+01:39:57	09:22
237	1273	Bruno Moura	individual	Senior Masculino	04:22:29	+01:40:10	09:22
238	1259	Raquel Andrade	individual	Senior Feminino	04:22:29	+01:40:10	09:22
239	1511	NELSON DUARTE	outsiders trail team	Veterano M40	04:22:30	+01:40:11	09:23
240	1342	Nuno Carvalho	individual	Veterano M40	04:22:41	+01:40:22	09:23
241	1542	Emanuel Costa	ss montepio	Veterano M40	04:22:42	+01:40:23	09:23
242	1205	Filipe Pinheiro	fridão sem limites	Veterano M40	04:22:47	+01:40:28	09:23
243	1238	Albino Campos	gtt armazém do caffè	Veterano M50	04:23:11	+01:40:52	09:24
244	1430	Fernando Sampaio	lion runners - g. d. leões da guarda	Veterano M40	04:23:12	+01:40:53	09:24
245	1440	Nuno Miguel Gomes Nabeiro	melgaço alvarinho trail	Veterano M40	04:23:35	+01:41:16	09:25
246	1120	José Manuel Gonçalves Correia	clube portugal telecom zona norte	Veterano M45	04:24:47	+01:42:28	09:27
247	1182	Zé Filipe Almeida	edv-viana trail	Veterano M55	04:24:52	+01:42:33	09:28
248	1035	Carlos Pereira	afifense trail	Veterano M45	04:24:53	+01:42:34	09:28
249	1331	Carmen Ferreira	individual	Veterana F50	04:25:37	+01:43:18	09:29
250	1585	Victor Cardoso	trinca orelhas de gato	Veterano M40	04:25:54	+01:43:35	09:30
251	1579	Ricardo Machado	trinca orelhas de gato	Senior Masculino	04:25:55	+01:43:36	09:30
252	1297	JORGE PEREIRA	individual	Senior Masculino	04:26:09	+01:43:50	09:30
253	1368	RICARDO LEMOS	individual	Veterano M45	04:26:09	+01:43:50	09:30
254	1250	SÉRGIO RICARDO	hsantamariart	Veterano M40	04:26:37	+01:44:18	09:31
255	1310	Nuno Saavedra Duarte	individual	Senior Masculino	04:26:38	+01:44:19	09:31

TRAIL LONGO 28K - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
256	1194	Pedro Viana	factorx / s4l / medense fc	Senior Masculino	04:26:40	+01:44:21	09:31
257	1475	António Borges	olímpico vianense trail	Veterano M40	04:26:40	+01:44:21	09:31
258	1124	Ana Margarida Pascoal Dourado	coimbra trail running	Veterana F40	04:27:13	+01:44:54	09:33
259	1133	Ângelo Costa	ctm vila pouca de aguiar	Senior Masculino	04:27:58	+01:45:39	09:34
260	1465	Nelson Leite	nortrail	Senior Masculino	04:28:00	+01:45:41	09:34
261	1040	Luís Silva	aliança de gandra	Senior Masculino	04:28:00	+01:45:41	09:34
262	1173	Ana Rita de Barros Carneiro	edl trail	Junior Feminino	04:28:05	+01:45:46	09:34
263	1119	Ricardo João Caria Pinheiro	clube portugal telecom zona norte	Veterano M40	04:29:00	+01:46:40	09:36
264	1556	Rodrigo Silva	team lantemil	Veterano M40	04:29:01	+01:46:42	09:36
265	1046	Luisa Azevedo	team lantemil	Senior Feminino	04:29:01	+01:46:42	09:36
266	1184	Carlos Azevedo	éjáli...clube de amigos trailrunners	Veterano M40	04:29:21	+01:47:02	09:37
267	1183	Vitor Fonseca	éjáli...clube de amigos trailrunners	Senior Masculino	04:29:21	+01:47:02	09:37
268	1147	EMANUEL COSTA	dive into the mountains	Senior Masculino	04:29:36	+01:47:17	09:38
269	1481	Bruno Pinto	oralklass-amigos do trail	Senior Masculino	04:29:53	+01:47:34	09:38
270	1378	FERNANDO AREZES	individual	Veterano M50	04:30:09	+01:47:50	09:39
271	1356	CARLOS CARDOSO	individual	Veterano M45	04:30:09	+01:47:50	09:39
272	1234	gabriela fonseca	gtt armazém do caffè	Sub 23 Feminino	04:30:11	+01:47:52	09:39
273	1214	Rui Pereira	gaia-running	Veterano M40	04:30:11	+01:47:52	09:39
274	1393	Manuel Faria Sampaio	individual	Veterano M60	04:30:33	+01:48:14	09:40
275	1264	Adriano Ferreira	individual	Senior Masculino	04:30:35	+01:48:16	09:40
276	1002	Ana Ferreira	a.d.amarante trail running	Senior Feminino	04:31:51	+01:49:32	09:43
277	1015	Miguel Pereira	a.d.amarante trail running	Senior Masculino	04:31:53	+01:49:34	09:43
278	1267	André Fernandes	individual	Senior Masculino	04:31:54	+01:49:35	09:43
279	1371	Rui Fernandes	individual	Veterano M45	04:32:06	+01:49:47	09:43
280	1602	Joao Ferreira	individual	Senior Masculino	04:32:12	+01:49:53	09:43
281	1296	Jorge ferreira	individual	Senior Masculino	04:32:18	+01:49:59	09:44
282	1084	Miguel Rodrigues	barbatanas trail team	Veterano M45	04:32:29	+01:50:10	09:44
283	1056	Márcia Vilas Boas Bandeira	amigos da montanha	Veterana F40	04:32:30	+01:50:11	09:44
284	1435	Serafim Ramos	lion runners - g. d. leões da guarda	Veterano M60	04:32:35	+01:50:16	09:44
285	1415	Camila Mendes	lion runners - g. d. leões da guarda	Senior Feminino	04:32:35	+01:50:16	09:44
286	1223	Vitor Fernandes	gondomar futsal clube	Senior Masculino	04:32:41	+01:50:21	09:44
287	1364	Luís Barata da Rocha	individual	Veterano M45	04:32:54	+01:50:34	09:45
288	1292	Ivo Daniel Azevedo Sampsio	individual	Senior Masculino	04:33:29	+01:51:10	09:46
289	1309	Nuno Miguel Silva Moreira	individual	Senior Masculino	04:33:30	+01:51:10	09:46
290	1261	Solange Sousa	individual	Senior Feminino	04:33:44	+01:51:25	09:47
291	1399	Marco Botelho	juventude cortegacense	Veterano M40	04:33:50	+01:51:31	09:47
292	1063	PAULO FERNANDO BARBOSA FREITAS	amigos parque vizela	Veterano M40	04:34:08	+01:51:49	09:47
293	1091	Sandra Silva	befitness runners	Senior Feminino	04:34:16	+01:51:57	09:48
294	1275	Bruno Ramiro	individual	Senior Masculino	04:34:20	+01:52:01	09:48
295	1230	MARCELO TELES	gtt armazém do caffè	Senior Masculino	04:34:24	+01:52:05	09:48
296	1395	José Pedro Ferreira	ironmen	Senior Masculino	04:34:33	+01:52:14	09:48
297	1094	Paulo Martins	bosch	Veterano M50	04:34:40	+01:52:21	09:49
298	1095	Paulo Ribeiro	bosch	Veterano M50	04:34:40	+01:52:21	09:49
299	1093	Lutz Welling	bosch	Veterano M50	04:34:40	+01:52:21	09:49
300	1442	Hernani da Silva Costa Correia	minho aventura	Veterano M40	04:34:40	+01:52:21	09:49

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
301	1311	Paulo Alves	individual	Senior Masculino	04:34:53	+01:52:34	09:49
302	1510	Jorge Machado	os santa apolónia	Veterano M50	04:35:13	+01:52:54	09:50
303	1111	PAULO JORGE GONÇALVES SOARES	ciclistas cósmicos - gislótica	Veterano M45	04:35:21	+01:53:02	09:50
304	1528	Nelson Machado	profisio team	Senior Masculino	04:35:49	+01:53:30	09:51
305	1520	manuel barbosa	paredes running	Veterano M40	04:35:52	+01:53:33	09:51
306	1144	FATIMA OLIVEIRA	dive into the mountains	Senior Feminino	04:36:03	+01:53:44	09:52
307	1151	KETA BATISTA	dive into the mountains	Veterana F40	04:36:03	+01:53:44	09:52
308	1090	Tiago Reitor	beat your limit!	Senior Masculino	04:36:06	+01:53:47	09:52
309	1391	João Gil	a.d.amarante trail running	Veterano M60	04:36:11	+01:53:52	09:52
310	1436	Manuel Antonio Ferreira Pinto Teixeira	manuel antonio ferreira	Veterano M45	04:36:49	+01:54:29	09:53
311	1454	Hugo Rodrigues	montanha clube trail running/efapel	Veterano M40	04:36:53	+01:54:34	09:53
312	1352	Vitor Cancela	individual	Veterano M40	04:37:04	+01:54:45	09:54
313	1550	Hugo Pereira	team lantemil	Senior Masculino	04:37:04	+01:54:45	09:54
314	1336	Domingos Teixeira 2905	individual	Veterano M40	04:37:11	+01:54:52	09:54
315	1284	Filipe Fernandes	individual	Senior Masculino	04:37:23	+01:55:04	09:54
316	1102	André Cardoso	caldas corre +	Senior Masculino	04:38:19	+01:56:00	09:56
317	1400	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	04:38:28	+01:56:09	09:57
318	1301	Manuel pinto	individual	Senior Masculino	04:38:31	+01:56:12	09:57
319	1079	Helder Costa	aves runners	Veterano M40	04:38:44	+01:56:25	09:57
320	1372	Rui Martins	individual	Veterano M45	04:39:21	+01:57:02	09:59
321	1283	Filipe Faria	individual	Senior Masculino	04:39:35	+01:57:16	09:59
322	1277	Carlos A. Fernandes	individual	Senior Masculino	04:39:35	+01:57:16	09:59
323	1032	Marinha Pires	afifense trail	Senior Feminino	04:39:40	+01:57:21	09:59
324	1449	SILVIO MIGUEL ALVES FERREIRA	mocidade sangemil ac	Veterano M40	04:40:00	+01:57:41	10:00
325	1280	Daniel Soares	individual	Senior Masculino	04:40:25	+01:58:06	10:01
326	1595	José Costa	fama runners	Veterano M40	04:41:18	+01:58:59	10:03
327	1365	Paulo Quintas	individual	Veterano M45	04:41:23	+01:59:04	10:03
328	1593	Ana Tomé	zona alta trail	Veterana F45	04:42:09	+01:59:50	10:05
329	1389	José Martins	individual	Veterano M55	04:42:10	+01:59:51	10:05
330	1239	Cristina Machado	guimarunning	Senior Feminino	04:42:20	+02:00:01	10:05
331	1146	Carlos Ribeiro	dive into the mountains	Senior Masculino	04:42:40	+02:00:21	10:06
332	1210	Catarina Figueiredo	gaia-running	Veterana F40	04:43:31	+02:01:12	10:08
333	1059	Ivo Miguel Lemos Martins	amigos das cubas	Senior Masculino	04:44:08	+02:01:49	10:09
334	1390	Luis Carvalho	individual	Veterano M55	04:44:20	+02:02:01	10:09
335	1349	Ricardo Castro	individual	Veterano M40	04:44:23	+02:02:04	10:09
336	1343	Nuno Pina	individual	Veterano M40	04:44:41	+02:02:22	10:10
337	1373	Sérgio Osório	individual	Veterano M45	04:45:45	+02:03:26	10:12
338	1263	virginia bezzi	individual	Senior Feminino	04:46:01	+02:03:42	10:13
339	1073	Jorge Costa	aves runners	Senior Masculino	04:46:01	+02:03:42	10:13
340	1001	Nuno Neves	100meta	Senior Masculino	04:46:43	+02:04:24	10:14
341	1235	Maria Conceição Queiroz Oliveira	gtt armazém do caffè	Veterana F55	04:47:19	+02:05:00	10:16
342	1405	Hugo Ferreira	kandimba runners	Veterano M40	04:47:21	+02:05:02	10:16
343	1061	Vitor Vieira	amigos do pedal trailagares	Senior Masculino	04:47:22	+02:05:03	10:16

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
344	1197	Pedro Marques	factorx / s4l / medense fc	Veterano M45	04:47:23	+02:05:04	10:16
345	1406	Jorge Durães	kandimba runners	Veterano M40	04:47:40	+02:05:21	10:16
346	1578	Carlos Silva	trinca orelhas de gato	Senior Masculino	04:47:50	+02:05:31	10:17
347	1149	CARLA ANTUNES	dive into the mountains	Veterana F40	04:48:36	+02:06:17	10:18
348	1374	Toze	individual	Veterano M45	04:48:51	+02:06:32	10:19
349	1408	Gerson Alves	kemedo team	Senior Masculino	04:49:05	+02:06:46	10:19
350	1136	Sérgio Vilela	ctm vila pouca de aguiar	Senior Masculino	04:49:06	+02:06:47	10:20
351	1135	César Sousas	ctm vila pouca de aguiar	Senior Masculino	04:49:06	+02:06:47	10:20
352	1375	Vitor Manuel Moreira Viana	individual	Veterano M45	04:49:31	+02:07:12	10:20
353	1272	Artur Bonfim	individual	Senior Masculino	04:50:21	+02:08:02	10:22
354	1286	Francisco Lemos	individual	Senior Masculino	04:50:21	+02:08:02	10:22
355	1369	Ricardo Silva	individual	Veterano M45	04:50:23	+02:08:04	10:22
356	1439	Marco Paulo Rodrigues Afonso	melgaço alvarinho trail	Veterano M40	04:50:24	+02:08:05	10:22
357	1304	NELSON FRIAS AMARAL	individual	Senior Masculino	04:50:58	+02:08:39	10:24
358	1200	Francisco Rebelo	francisco	Veterano M40	04:51:57	+02:09:38	10:26
359	1517	Mário Cunha	pace.makers	Veterano M45	04:52:05	+02:09:46	10:26
360	1186	Pedro Alves	enjoy and go runners	Veterano M40	04:52:11	+02:09:52	10:26
361	1456	Paulo Graça	monte dos amigos	Veterano M50	04:52:32	+02:10:13	10:27
362	1392	José Carlos Pereira Gomes	individual	Veterano M60	04:52:44	+02:10:25	10:27
363	1503	Ana Azevedo	os santa apolónia	Senior Feminino	04:52:47	+02:10:28	10:27
364	1507	Ricardo Meira	os santa apolónia	Veterano M40	04:52:48	+02:10:29	10:27
365	1521	Célio Pereira	piratas running team	Veterano M40	04:53:12	+02:10:53	10:28
366	1468	Pedro Calado	ocs-proaventuras	Veterano M40	04:53:21	+02:11:02	10:29
367	1505	José Martins	os santa apolónia	Veterano M40	04:53:34	+02:11:15	10:29
368	1508	Vitor Santos	os santa apolónia	Veterano M40	04:53:34	+02:11:15	10:29
369	1324	Valdemar Mota	individual	Senior Masculino	04:53:43	+02:11:23	10:29
370	1087	Francisco Santos	barc	Veterano M40	04:54:28	+02:12:09	10:31
371	1086	Paulo Abrantes	barc	Senior Masculino	04:54:29	+02:12:10	10:31
372	1176	Sandra Pereira dos Santos	edv-viana trail	Senior Feminino	04:54:43	+02:12:24	10:32
373	1108	Ricardo Duarte	ceveira team running	Senior Masculino	04:55:02	+02:12:43	10:32
374	1233	Tiago Sampaio	gtt armazém do caffè	Senior Masculino	04:55:08	+02:12:49	10:32
375	1467	Nuno Sérgio Neto Capela	núcleo de montanha de espinho	Veterano M40	04:55:18	+02:12:59	10:33
376	1208	Ana Gomes	gaia-running	Senior Feminino	04:55:43	+02:13:24	10:34
377	1558	Francisco Bartolomeu	team lantemil	Veterano M45	04:56:20	+02:14:01	10:35
378	1367	Ricardo Ceia	individual	Veterano M45	04:57:10	+02:14:51	10:37
379	1034	Carolina Pereira	afifense trail	Veterana F45	04:57:31	+02:15:12	10:38
380	1287	Gabriel	individual	Senior Masculino	04:58:24	+02:16:05	10:39
381	1226	Rui Teixeira	gondomar futsal clube	Veterano M40	04:58:32	+02:16:13	10:40
382	1282	Fernando Alves	individual	Senior Masculino	04:58:50	+02:16:31	10:40
383	1071	Carlos Gabriel Carneiro	aves runners	Senior Masculino	05:00:02	+02:17:43	10:43
384	1078	Filipe Pedrosa	aves runners	Veterano M40	05:00:02	+02:17:43	10:43
385	1421	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	05:00:42	+02:18:23	10:44
386	1195	Paulo Freitas	factorx / s4l / medense fc	Veterano M40	05:00:43	+02:18:24	10:44
387	1037	Joana Sofia Macedo Maia	alexandra carvalho team	Senior Feminino	05:02:17	+02:19:58	10:48
388	1185	Luis Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	05:03:17	+02:20:58	10:50

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
389	1256	Luís Maria Pinto Carvalho Lisboa de Paiva	individual	Junior Masculino	05:03:31	+02:21:12	10:50
390	1433	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M55	05:03:48	+02:21:29	10:51
391	1419	João Soares	lion runners - g. d. leões da guarda	Senior Masculino	05:03:48	+02:21:29	10:51
392	1519	Rui Marçal	pace.makers	Veterano M45	05:05:24	+02:23:05	10:54
393	1340	Nuno Araujo	individual	Veterano M40	05:05:31	+02:23:12	10:55
394	1549	Bruno Moreira	team lantemil	Senior Masculino	05:05:31	+02:23:12	10:55
395	1212	Orlanda Rego	gaia-running	Veterana F45	05:06:24	+02:24:04	10:57
396	1524	Aida Presa	porto sentido runners	Veterana F40	05:06:25	+02:24:06	10:57
397	1432	Jorge Cruz	lion runners - g. d. leões da guarda	Veterano M40	05:06:25	+02:24:06	10:57
398	1434	Luís de Almeida	lion runners - g. d. leões da guarda	Veterano M55	05:06:26	+02:24:07	10:57
399	1242	PEDRO BARROS	happyrun	Veterano M40	05:06:26	+02:24:07	10:57
400	1118	Mário Ferreira	clube efacec	Veterano M45	05:06:26	+02:24:07	10:57
401	1116	Miguel Barbosa	clube efacec	Veterano M40	05:06:26	+02:24:07	10:57
402	1459	Liseta Pinto	mrr/nice runners	Veterana F45	05:06:41	+02:24:22	10:57
403	1422	Norberto Aguiar	lion runners - g. d. leões da guarda	Senior Masculino	05:07:50	+02:25:31	11:00
404	1126	Paula Silva	comdor runners	Veterana F45	05:08:19	+02:26:00	11:01
405	1265	Adriano Reis	individual	Senior Masculino	05:08:23	+02:26:04	11:01
406	1291	Hernâni Veríssimo	individual	Senior Masculino	05:08:38	+02:26:19	11:01
407	1247	JORGE MOREIRA	hsantamariart	Senior Masculino	05:09:13	+02:26:54	11:03
408	1145	RAQUEL OLIVEIRA	dive into the mountains	Senior Feminino	05:09:24	+02:27:05	11:03
409	1148	HERNANI PINTO	dive into the mountains	Senior Masculino	05:09:24	+02:27:05	11:03
410	1060	Helder Manuel Moreira Teles	amigos do pedal trailagares	Senior Masculino	05:10:23	+02:28:04	11:05
411	1224	Cristina Loureiro	gondomar futsal clube	Veterana F45	05:11:51	+02:29:32	11:08
412	1213	Elisabete Repas	gaia-running	Veterana F50	05:12:58	+02:30:39	11:11
413	1125	Daniel Pinto	comdor runners	Senior Masculino	05:13:00	+02:30:40	11:11
414	1013	Luis Mendes	a.d.amarante trail running	Senior Masculino	05:13:48	+02:31:29	11:12
415	1010	Gil Magalhães	a.d.amarante trail running	Senior Masculino	05:13:48	+02:31:29	11:12
416	1100	Elisabete Ortiz	braguinhas runners	Veterana F45	05:13:55	+02:31:36	11:13
417	1382	Paulo genesio	individual	Veterano M50	05:14:17	+02:31:58	11:13
418	1414	Ana Isabel Oliveira	lion runners - g. d. leões da guarda	Senior Feminino	05:14:17	+02:31:58	11:13
419	1423	Pedro Bernardes	lion runners - g. d. leões da guarda	Senior Masculino	05:14:17	+02:31:58	11:13
420	1221	Filipe Leitão	gondomar futsal clube	Senior Masculino	05:15:16	+02:32:57	11:16
421	1083	Ricardo Rocha	b.t.m.	Veterano M40	05:15:21	+02:33:02	11:16
422	1534	Vítor Costa	ribeiras trail	Veterano M40	05:16:08	+02:33:48	11:17
423	1020	Cláudia Cristina Simões Cravo	abutres	Veterana F40	05:17:11	+02:34:52	11:20
424	1474	Alexandra Oliveira	olímpico vianense trail	Veterana F40	05:17:13	+02:34:54	11:20
425	1553	Tiago Dias	team lantemil	Senior Masculino	05:17:26	+02:35:07	11:20
426	1066	João Ramalho	arc vale são cosme	Veterano M45	05:18:09	+02:35:50	11:22
427	1532	Dinis	profisio team	Veterano M50	05:19:14	+02:36:55	11:24
428	1404	Alexandre Sousa	kandimba runners	Veterano M40	05:20:04	+02:37:45	11:26
429	1153	PAULO RIBEIRO	dive into the mountains	Veterano M40	05:20:39	+02:38:20	11:27
430	1522	Carlos Passos	piratas running team	Veterano M45	05:21:46	+02:39:27	11:30
431	1150	JOANA MORAIS	dive into the mountains	Veterana F40	05:22:22	+02:40:03	11:31
432	1152	MARIA SÁ	dive into the mountains	Veterana F45	05:22:22	+02:40:03	11:31
433	1357	Carlos Pereira	individual	Veterano M45	05:25:03	+02:42:44	11:37

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
434	1385	Valdemar Manuel Pinto de Almeida	individual	Veterano M50	05:25:22	+02:43:03	11:37
435	1515	Sónia Marçal	pace.makers	Veterana F40	05:25:27	+02:43:08	11:37
436	1358	Henrique Silva	individual	Veterano M45	05:25:33	+02:43:14	11:38
437	1241	Pedro Pereira	guimarunning	Senior Masculino	05:25:35	+02:43:16	11:38
438	1565	José Sá	trail team bifase	Senior Masculino	05:27:32	+02:45:13	11:42
439	1318	Rafael Silva	individual	Senior Masculino	05:27:49	+02:45:30	11:42
440	1129	Sara Quinta	correio de albergaria trail running	Senior Feminino	05:28:49	+02:46:30	11:45
441	1130	Carlos Silva	correio de albergaria trail running	Veterano M40	05:28:49	+02:46:30	11:45
442	1245	CÉSAR LISBOA	hsantamariart	Senior Masculino	05:29:08	+02:46:49	11:45
443	1509	Luis Melo	os santa apolónia	Senior Masculino	05:32:19	+02:50:00	11:52
444	1504	Sandra Mesquita	os santa apolónia	Veterana F40	05:32:19	+02:50:00	11:52
445	1156	DAVID RIBEIRO	dive into the mountains	Veterano M45	05:33:09	+02:50:50	11:54
446	1058	José Loureiro	amigos da montanha	Veterano M50	05:33:39	+02:51:20	11:55
447	1055	Carlos Alberto Peixoto Soares	amigos da montanha	Senior Masculino	05:33:39	+02:51:20	11:55
448	1209	Gabriel Rodrigues	gaia-running	Senior Masculino	05:34:21	+02:52:02	11:56
449	1262	Sónia Brás	a.d.amarante trail running	Senior Feminino	05:34:21	+02:52:02	11:56
450	1361	José	individual	Veterano M45	05:35:29	+02:53:10	11:59
451	1359	Hugo Ribeiro	individual	Veterano M45	05:35:29	+02:53:10	11:59
452	1123	Maria Fátima Marques Ribeiro	clube zipper	Veterana F50	05:38:00	+02:55:41	12:04
453	1137	Lúcia Lemos	ctm vila pouca de aguiar	Veterana F50	05:38:26	+02:56:07	12:05
454	1072	Dinis Soares	aves runners	Senior Masculino	05:38:32	+02:56:13	12:05
455	1424	Ricardo Freitas	lion runners - g. d. leões da guarda	Senior Masculino	05:39:08	+02:56:49	12:07
456	1538	Carlos Pinheiro	cerveira team running	Veterano M40	05:39:52	+02:57:33	12:08
457	1110	Quim Araujo	cerveira team running	Veterano M40	05:39:52	+02:57:33	12:08
458	1317	Pedro Santos	individual	Senior Masculino	05:43:42	+03:01:23	12:17
459	1081	Ricardo Magalhaes	b.t.m.	Senior Masculino	05:46:15	+03:03:56	12:22
460	1128	Rui Oliveira	comdor runners	Veterano M45	05:46:57	+03:04:38	12:23
461	1431	Filipe Pereira	lion runners - g. d. leões da guarda	Veterano M40	05:48:27	+03:06:08	12:27
462	1355	Alvaro Reis	individual	Veterano M45	05:50:26	+03:08:07	12:31
463	1316	Pedro Lourenço	individual	Senior Masculino	05:52:09	+03:09:50	12:35
464	1295	Joao Novo	individual	Senior Masculino	05:52:10	+03:09:51	12:35
465	1257	Cátia Patrícia Arcado Roque	individual	Senior Feminino	05:54:00	+03:11:41	12:39
466	1383	Paulo Macedo	individual	Veterano M50	05:55:01	+03:12:42	12:41
467	1346	Pedro Lima	individual	Veterano M40	05:55:33	+03:13:14	12:42
468	1354	Agostinho Pacheco	individual	Veterano M45	05:58:03	+03:15:44	12:47
469	1428	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F45	05:58:44	+03:16:25	12:49
470	1429	Susana Luis	lion runners - g. d. leões da guarda	Veterana F45	05:58:44	+03:16:25	12:49
471	1425	Cristina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	05:58:44	+03:16:25	12:49
472	1426	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	05:58:44	+03:16:25	12:49
473	2166	Sandra mendes	clube zipper	Veterana F40	05:59:24	+03:17:05	12:50
474	1042	José Carneiro	aliança de gandra	Veterano M40	06:03:32	+03:21:13	12:59
475	1054	Diana Patrícia Teixeira Ribeiro	amigos da montanha	Senior Feminino	06:03:53	+03:21:34	13:00
476	1103	Isabel Martins	amigos da montanha	Veterana F50	06:03:53	+03:21:34	13:00
477	1109	Maria José Figueiredo	cerveira team running	Veterana F45	06:11:05	+03:28:46	13:15
478	1244	SUSANA PINTO	hsantamariart	Senior Feminino	06:13:12	+03:30:53	13:20

TRAIL LONGO 28K - STAGE 1

28 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
479	1243	MARTA MARTINS	hsantamariart	Senior Feminino	06:13:13	+03:30:54	13:20
480	1516	Anabela Santos	pace.makers	Veterana F45	06:14:37	+03:32:18	13:23
481	1554	Ana Dias	team lantemil	Sub 23 Feminino	06:21:01	+03:38:42	13:36
482	1552	Sérgio Bastos	team lantemil	Senior Masculino	06:21:01	+03:38:42	13:36
483	1557	Rogério Filipe Dias Lopes	team lantemil	Veterano M40	06:21:03	+03:38:44	13:37
484	1333	Artur Fonseca	individual	Veterano M40	06:23:51	+03:41:32	13:43
485	1332	Lenita Lemos	individual	Veterana F50	06:23:51	+03:41:32	13:43
486	1394	Paula Pereira	ironladies	Senior Feminino	06:24:42	+03:42:23	13:44
487	1396	Tiago Cláudio Pinto Furtado Mendonça	ironmen	Veterano M40	06:25:00	+03:42:41	13:45
488	1122	Cândida Vilas-Boas	clube zipper	Veterana F45	06:26:43	+03:44:24	13:49
489	1548	Margarida Dantas	team lantemil	Senior Feminino	06:28:30	+03:46:11	13:53
490	1131	Cristiana Machado	cristiana	Senior Feminino	06:28:31	+03:46:12	13:53
491	1107	Sofia Venade	ceveira team running	Senior Feminino	06:28:43	+03:46:24	13:53
492	1219	Alberto Rocha	gansos	Senior Masculino	06:35:34	+03:53:15	14:08
493	1577	Paulo Rio	trilho tasco	Veterano M40	06:40:39	+03:58:20	14:19
494	1350	Rui Fernandes	individual	Veterano M40	06:40:39	+03:58:20	14:19
495	1427	Joana Martins	lion runners - g. d. leões da guarda	Veterana F40	06:41:43	+03:59:24	14:21
496	1386	Abílio silva	individual	Veterano M55	06:45:54	+04:03:35	14:30
497	1329	Isabel Santos	individual	Veterana F40	06:55:23	+04:13:04	14:50
498	1047	André Carvalho	alive fitness club	Senior Masculino	06:57:45	+04:15:26	14:55
499	1573	Antonio Soares	trilho tasco	Senior Masculino	06:58:15	+04:15:56	14:56
500	1576	Augusto Silva	trilho tasco	Veterano M40	06:58:16	+04:15:57	14:56
501	1575	Marcio Silva	trilho tasco	Senior Masculino	06:58:16	+04:15:57	14:56
502	1574	Eduardo Machado	trilho tasco	Senior Masculino	06:58:17	+04:15:58	14:56
503	1416	Raquel Santos	lion runners - g. d. leões da guarda	Senior Feminino	07:07:29	+04:25:09	15:16
504	1417	Susana Faria	lion runners - g. d. leões da guarda	Senior Feminino	07:18:54	+04:36:35	15:41

Trail Longo 28K

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	6.5°C	75%
End	15:48	6.5°C	75%

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

1	1173	Ana Rita de Barros Carneiro	EDL Trail	Junior Feminino	04:28:05	+01:45:46	09:34
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Junior Masculino

1	1413	Tiago Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Junior Masculino	04:22:10	+01:39:51	09:22
2	1256	Luís Maria Pinto Carvalho Lisboa de Paiva	Individual	Junior Masculino	05:03:31	+02:21:12	10:50

Senior Feminino

1	1006	Paula Soares	A.D.Amarante trail running	Senior Feminino	03:26:22	+44:03	07:22
2	1477	Daniela Russo	Oralklass-Amigos do Trail	Senior Feminino	03:36:02	+53:43	07:43
3	1480	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	03:38:10	+55:51	07:48
4	1601	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	03:47:32	+01:05:13	08:08
5	1479	Nádia Casteleiro	Oralklass-Amigos do Trail	Senior Feminino	03:54:29	+01:12:10	08:22
6	1005	Marisa Rodrigues	A.D.Amarante trail running	Senior Feminino	03:55:32	+01:13:13	08:25
7	1258	Cristiana Ferreira	Individual	Senior Feminino	04:05:11	+01:22:52	08:45
8	1478	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	04:05:17	+01:22:58	08:46
9	1003	Cláudia Moreira	A.D.Amarante trail running	Senior Feminino	04:10:18	+01:27:59	08:56
10	1174	Susana Dantas alves	Edl trail	Senior Feminino	04:12:37	+01:30:18	09:01
11	1458	Patricia Ribeiro	Mountain Runners	Senior Feminino	04:19:11	+01:36:52	09:15
12	1259	Raquel Andrade	Individual	Senior Feminino	04:22:29	+01:40:10	09:22
13	1046	Luisa Azevedo	TEAM LANTEMIL	Senior Feminino	04:29:01	+01:46:42	09:36
14	1002	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	04:31:51	+01:49:32	09:43
15	1415	Camila Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	04:32:35	+01:50:16	09:44
16	1261	Solange Sousa	Individual	Senior Feminino	04:33:44	+01:51:25	09:47
17	1091	Sandra Silva	Befitness Runners	Senior Feminino	04:34:16	+01:51:57	09:48
18	1144	FATIMA OLIVEIRA	DiVe Into The Mountains	Senior Feminino	04:36:03	+01:53:44	09:52
19	1032	Marinha Pires	Afifense Trail	Senior Feminino	04:39:40	+01:57:21	09:59
20	1239	Cristina Machado	GUIMARUNNING	Senior Feminino	04:42:20	+02:00:01	10:05
21	1263	virginia bezzi	Individual	Senior Feminino	04:46:01	+02:03:42	10:13
22	1503	Ana Azevedo	Os Santa Apolónia	Senior Feminino	04:52:47	+02:10:28	10:27
23	1176	Sandra Pereira dos Santos	EDV-VIANA TRAIL	Senior Feminino	04:54:43	+02:12:24	10:32
24	1208	Ana Gomes	GAIA-RUNNING	Senior Feminino	04:55:43	+02:13:24	10:34
25	1037	Joana Sofia Macedo Maia	Alexandra Carvalho Team	Senior Feminino	05:02:17	+02:19:58	10:48
26	1145	RAQUEL OLIVEIRA	DiVe Into The Mountains	Senior Feminino	05:09:24	+02:27:05	11:03

Trail Longo 28K

28 KM

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OFFICIAL RESULT

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27	1414	Ana Isabel Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	05:14:17	+02:31:58	11:13
28	1129	Sara Quinta	Correio de Albergaria Trail Running	Senior Feminino	05:28:49	+02:46:30	11:45
29	1262	Sónia Brás	A.D.Amarante trail running	Senior Feminino	05:34:21	+02:52:02	11:56
30	1257	Cátia Patrícia Arcado Roque	Individual	Senior Feminino	05:54:00	+03:11:41	12:39
31	1054	Diana Patrícia Teixeira Ribeiro	Amigos da Montanha	Senior Feminino	06:03:53	+03:21:34	13:00
32	1244	SUSANA PINTO	hSantamariaRT	Senior Feminino	06:13:12	+03:30:53	13:20
33	1243	MARTA MARTINS	hSantamariaRT	Senior Feminino	06:13:13	+03:30:54	13:20
34	1394	Paula Pereira	IronLadies	Senior Feminino	06:24:42	+03:42:23	13:44
35	1548	Margarida Dantas	TEAM LANTEMIL	Senior Feminino	06:28:30	+03:46:11	13:53
36	1131	Cristiana Machado	Cristiana	Senior Feminino	06:28:31	+03:46:12	13:53
37	1107	Sofia Venade	Cerveira Team Running	Senior Feminino	06:28:43	+03:46:24	13:53
38	1416	Raquel Santos	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	07:07:29	+04:25:09	15:16
39	1417	Susana Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	07:18:54	+04:36:35	15:41

Senior Masculino

1	1024	LUIS DUARTE CASACA SEMEDO	AC PORTALEGRE / UTM	Senior Masculino	02:42:19		05:48
2	1166	Diogo Fernandes	Dr. Merino/4moove	Senior Masculino	02:45:59	+03:40	05:56
3	1566	Leonel Cunha	Trail Team Bifase	Senior Masculino	02:53:19	+11:00	06:11
4	1113	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	02:54:17	+11:58	06:14
5	1564	Hugo Bia	Trail Team Bifase	Senior Masculino	02:55:51	+13:32	06:17
6	1009	Fábio Pinto	A.D.Amarante trail running	Senior Masculino	02:57:19	+15:00	06:20
7	1167	Edgar Resende	Dr. Merino/4moove	Senior Masculino	03:02:03	+19:44	06:30
8	1488	Luís Pedro	Oralklass-Amigos do Trail	Senior Masculino	03:03:49	+21:30	06:34
9	1203	Rui Manuel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	03:04:37	+22:18	06:36
10	1568	Pedro Sousa	Trail Team Bifase	Senior Masculino	03:05:34	+23:15	06:38
11	1490	Nuno Pereira	Oralklass-Amigos do Trail	Senior Masculino	03:06:09	+23:50	06:39
12	1008	Cristiano Santos	A.D.Amarante trail running	Senior Masculino	03:06:16	+23:57	06:39
13	1486	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:06:27	+24:08	06:40
14	1160	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	03:07:03	+24:43	06:41
15	1168	JOÃO PATRICIO	Dr. Merino/4moove	Senior Masculino	03:10:41	+28:22	06:49
16	1007	Bruno Santos	A.D.Amarante trail running	Senior Masculino	03:10:54	+28:34	06:49
17	1489	Nuno Alves	Oralklass-Amigos do Trail	Senior Masculino	03:12:18	+29:59	06:52
18	1482	Fernando Neves	Oralklass-Amigos do Trail	Senior Masculino	03:12:44	+30:25	06:53
19	1492	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:13:05	+30:46	06:54
20	1190	Andre Filipe Oliveira Almeida	FactorX / S4L / Medense FC	Senior Masculino	03:13:33	+31:14	06:55
21	1305	Nelson Gonçalves Costa	Escola de Atletismo de Coimbra / Intermarché Condeixa	Senior Masculino	03:15:28	+33:09	06:59
22	1473	Miguel jaques	OLÍMPICO VIANENSE TRAIL	Senior Masculino	03:15:43	+33:24	06:59
23	1512	Ivo Inácio	Pace.Makers	Senior Masculino	03:15:52	+33:33	07:00
24	1169	Paulo Conde	Dr. Merino/4moove	Senior Masculino	03:16:20	+34:01	07:01
25	1294	João Menezes	Individual	Senior Masculino	03:18:57	+36:38	07:06
26	1033	Tiago Marinho Freitas Subtil	Afifense Trail	Senior Masculino	03:20:26	+38:07	07:10
27	1165	Dino Pinto	Dr. Merino/4moove	Senior Masculino	03:20:30	+38:11	07:10

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Trail Longo 28K

28 KM

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28	1011	Hélio Filipe Nunes Dias	A.D.Amarante trail running	Senior Masculino	03:21:51	+39:32	07:13
29	1188	João Pimentel	Escola de Atletismo de Coimbra / Intermarché Condeixa	Senior Masculino	03:22:30	+40:11	07:14
30	1590	João Fernandes	ZONA ALTA TRAIL	Senior Masculino	03:24:48	+42:29	07:19
31	1450	Tiago Soares	Moinhos Run-ADRM	Senior Masculino	03:25:43	+43:24	07:21
32	1591	João Plácido	ZONA ALTA TRAIL	Senior Masculino	03:26:08	+43:49	07:22
33	1067	Tiago Gaspar	ARSM - Associação Recreativa São Miguel	Senior Masculino	03:27:07	+44:48	07:24
34	1285	Filipe Teixeira	Individual	Senior Masculino	03:27:44	+45:25	07:25
35	1202	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	03:28:05	+45:46	07:26
36	1484	Francisco Figueiredo	Oralklass-Amigos do Trail	Senior Masculino	03:28:24	+46:05	07:27
37	1281	David Ventura Gonçalves	Individual	Senior Masculino	03:28:50	+46:31	07:28
38	1175	Marcelo Ramos Martins	EDL Trail	Senior Masculino	03:30:31	+48:12	07:31
39	1270	António Daniel da Silva Ribeiro	Individual	Senior Masculino	03:31:13	+48:54	07:33
40	1021	FILIPE MIGUEL SALVADO AFONSO	AC PORTALEGRE / UTM	Senior Masculino	03:31:14	+48:55	07:33
41	1159	José Fortuna	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	03:31:50	+49:31	07:34
42	1199	Paulo Sarmento	FIT GAIA TRAIL	Senior Masculino	03:33:32	+51:13	07:38
43	1266	Alcides José da Silva Barbosa	Individual	Senior Masculino	03:35:03	+52:44	07:41
44	1218	Mário Melo	GALHARDOS RUNNERS	Senior Masculino	03:35:42	+53:23	07:42
45	1580	Sergio Rodrigues	Trinca Orelhas de Gato	Senior Masculino	03:36:07	+53:48	07:43
46	1141	Carlos Prudêncio	Dá-Lhe Gás	Senior Masculino	03:36:22	+54:03	07:44
47	1158	Hugo Moreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	03:36:51	+54:32	07:45
48	1308	Nuno Guimarães	Individual	Senior Masculino	03:37:20	+55:01	07:46
49	1461	Sérgio Vale	NOCTURNOS PAREDES	Senior Masculino	03:40:52	+58:33	07:53
50	1403	Ricardo Sousa	KANDIMBA RUNNERS	Senior Masculino	03:42:30	+01:00:10	07:57
51	1049	Luis Miguel Fernandes	Alive Fitness Club	Senior Masculino	03:43:25	+01:01:06	07:59
52	1098	Vítor Manuel Dias Alves	Brabus Runners	Senior Masculino	03:43:48	+01:01:29	08:00
53	1582	João Oliveira	Trinca Orelhas de Gato	Senior Masculino	03:43:57	+01:01:38	08:00
54	1536	Luís ricardo Fontes Martins	RIOFIT RUNNING	Senior Masculino	03:44:29	+01:02:10	08:01
55	1271	António Ferreira	Individual	Senior Masculino	03:45:17	+01:02:58	08:03
56	1572	António Teles	Trilheiros&Amigos	Senior Masculino	03:46:51	+01:04:32	08:06
57	1410	Mário Ferreira	Leões de Tardariz Trail	Senior Masculino	03:46:53	+01:04:34	08:06
58	1201	Márcio Teixeira	Fridão Sem Limites	Senior Masculino	03:47:39	+01:05:20	08:08
59	1460	José Correia	NOCTURNOS PAREDES	Senior Masculino	03:47:50	+01:05:31	08:08
60	1012	José Barros	A.D.Amarante trail running	Senior Masculino	03:48:05	+01:05:46	08:09
61	1451	Fernando Manuel Simões Bastos	Montanha Clube Trail Running/Efapel	Senior Masculino	03:48:41	+01:06:22	08:10
62	1539	Eduardo da Silva Moreira	SC Povoense - Caracois de Corrida	Senior Masculino	03:48:56	+01:06:37	08:11
63	1541	Rui Martins	SS CGD	Senior Masculino	03:49:09	+01:06:50	08:11
64	1306	Nuno Correia	Individual	Senior Masculino	03:49:29	+01:07:10	08:12
65	1036	José Carlos Mendes Leitão Ribeiro	Airão Trail Team	Senior Masculino	03:49:30	+01:07:11	08:12
66	1485	Gilberto Pimenta	Oralklass-Amigos do Trail	Senior Masculino	03:49:34	+01:07:15	08:12
67	1232	Ricardo Ferreira	Gtt armazém do Caffè	Senior Masculino	03:50:01	+01:07:42	08:13
68	1192	Gonçalo António Pereira Reis	FactorX / S4L / Medense FC	Senior Masculino	03:50:30	+01:08:11	08:14
69	1177	André Manuel Martins Príncipe	EDV-VIANA TRAIL	Senior Masculino	03:51:11	+01:08:52	08:15

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Trail Longo 28K

28 KM

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70	1300	Luís Teixeira	Individual	Senior Masculino	03:51:26	+01:09:07	08:16
71	1501	Fernando Jorge da Costa Pereira	Os Lobos do Saibro	Senior Masculino	03:51:32	+01:09:13	08:16
72	1191	David Gonçalves	FactorX / S4L / Medense FC	Senior Masculino	03:52:33	+01:10:14	08:18
73	1493	Sergio Suzano	Oralklass-Amigos do Trail	Senior Masculino	03:54:30	+01:12:11	08:23
74	1320	Ricardo	Individual	Senior Masculino	03:55:24	+01:13:05	08:24
75	1038	Tiago Gonçalves Portela	Alexandra Carvalho Team	Senior Masculino	03:55:37	+01:13:18	08:25
76	1560	Nuno Oliveira	Team Sindeq	Senior Masculino	03:55:40	+01:13:20	08:25
77	1290	Hélder Rafael Machado da Cunha	Individual	Senior Masculino	03:58:23	+01:16:04	08:31
78	1068	Ricardo Silva	Atletismo Clube da Tocha	Senior Masculino	03:59:45	+01:17:26	08:34
79	1089	Ivo Silva	Beat Your Limit!	Senior Masculino	04:01:47	+01:19:28	08:38
80	1088	Filipe Oliveira	Beat Your Limit!	Senior Masculino	04:02:20	+01:20:01	08:39
81	1029	Bruno machado	Afacycles	Senior Masculino	04:03:06	+01:20:47	08:41
82	1248	JOSÉ AFONSO	hSantamariaRT	Senior Masculino	04:03:24	+01:21:05	08:42
83	1080	Joao Paralvas	B.T.M.	Senior Masculino	04:03:38	+01:21:19	08:42
84	1299	José Lopes	Individual	Senior Masculino	04:04:19	+01:22:00	08:44
85	1570	Tiago Pinheiro	Trail Team Bifase	Senior Masculino	04:04:47	+01:22:28	08:45
86	1527	Jorge Pereira	Profisio Team	Senior Masculino	04:05:05	+01:22:46	08:45
87	1411	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	04:05:49	+01:23:30	08:47
88	1276	Bruno Rodrigues	Individual	Senior Masculino	04:06:19	+01:24:00	08:48
89	1193	Pedro Alves	FactorX / S4L / Medense FC	Senior Masculino	04:06:24	+01:24:05	08:48
90	1589	Ricardo Santos	vimarunners	Senior Masculino	04:06:54	+01:24:35	08:49
91	1082	Vitor Ramalho	B.T.M.	Senior Masculino	04:07:06	+01:24:47	08:50
92	1487	José Santos	Oralklass-Amigos do Trail	Senior Masculino	04:07:07	+01:24:48	08:50
93	1586	Nelson Teixeira	Tua Saúde	Senior Masculino	04:08:00	+01:25:41	08:51
94	1231	Rafael Escrivães	Gtt armazém do Caffè	Senior Masculino	04:08:03	+01:25:44	08:52
95	1142	Vitor Silva	Dá-Lhe Gás	Senior Masculino	04:08:36	+01:26:17	08:53
96	1289	Helder Parracho	Individual	Senior Masculino	04:08:39	+01:26:20	08:53
97	1041	Carlos Costa	ALIANÇA DE GANDRA	Senior Masculino	04:09:20	+01:27:00	08:54
98	1529	Nelson Vaz	Profisio Team	Senior Masculino	04:09:57	+01:27:38	08:56
99	1249	pedro fernandes	hSantamariaRT	Senior Masculino	04:12:22	+01:30:03	09:01
100	1246	Fábio Santos	hSantamariaRT	Senior Masculino	04:12:22	+01:30:03	09:01
101	1302	Marco Aurélio Gonçalves Marques	Individual	Senior Masculino	04:14:43	+01:32:24	09:06
102	1023	HUGO SEQUEIRA	AC PORTALEGRE / UTSM	Senior Masculino	04:15:04	+01:32:45	09:07
103	1319	Renato Martins	Individual	Senior Masculino	04:15:40	+01:33:21	09:08
104	1298	José Carlos Sousa	Individual	Senior Masculino	04:15:55	+01:33:36	09:08
105	1315	Pedro Gonçalves	Individual	Senior Masculino	04:16:31	+01:34:12	09:10
106	1438	Luciano Manuel Pires	Melgaço Alvarinho Trail	Senior Masculino	04:16:36	+01:34:17	09:10
107	1551	Rogério Torres	TEAM LANTEMIL	Senior Masculino	04:17:57	+01:35:38	09:13
108	1161	Vitor Rio	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	04:18:02	+01:35:43	09:13
109	1483	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	04:18:08	+01:35:49	09:13
110	1028	Bruno Pereira	Adeca Associação desportiva de Castelões	Senior Masculino	04:18:19	+01:36:00	09:14
111	1437	PEDRO NOGUEIRA	Marco Runners	Senior Masculino	04:20:53	+01:38:34	09:19
112	1452	Pedro Polónio	Montanha Clube Trail Running/Efapel	Senior Masculino	04:21:09	+01:38:50	09:20
113	1407	Carlos Leal	KeMedo Team	Senior Masculino	04:21:36	+01:39:17	09:21

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Trail Longo 28K

28 KM

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114	1026	Gonalo Nazar�	ACR CASAIS DAS BOIAS	Senior Masculino	04:21:49	+01:39:30	09:21
115	1273	Bruno Moura	Individual	Senior Masculino	04:22:29	+01:40:10	09:22
116	1579	Ricardo Machado	Trinca Orelhas de Gato	Senior Masculino	04:25:55	+01:43:36	09:30
117	1297	JORGE PEREIRA	Individual	Senior Masculino	04:26:09	+01:43:50	09:30
118	1310	Nuno Saavedra Duarte	Individual	Senior Masculino	04:26:38	+01:44:19	09:31
119	1194	Pedro Viana	FactorX / S4L / Medense FC	Senior Masculino	04:26:40	+01:44:21	09:31
120	1133	�ngelo Costa	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:27:58	+01:45:39	09:34
121	1465	Nelson Leite	NorTrail	Senior Masculino	04:28:00	+01:45:41	09:34
122	1040	Lu�s Silva	ALIANA DE GANDRA	Senior Masculino	04:28:00	+01:45:41	09:34
123	1183	V�tor Fonseca	�j�li...clube de amigos trailrunners	Senior Masculino	04:29:21	+01:47:02	09:37
124	1147	EMANUEL COSTA	DiVE Into The Mountains	Senior Masculino	04:29:36	+01:47:17	09:38
125	1481	Bruno Pinto	Oralklass-Amigos do Trail	Senior Masculino	04:29:53	+01:47:34	09:38
126	1264	Adriano Ferreira	Individual	Senior Masculino	04:30:35	+01:48:16	09:40
127	1015	Miguel Pereira	A.D.Amarante trail running	Senior Masculino	04:31:53	+01:49:34	09:43
128	1267	Andr� Fernandes	Individual	Senior Masculino	04:31:54	+01:49:35	09:43
129	1602	Joao Ferreira	Individual	Senior Masculino	04:32:12	+01:49:53	09:43
130	1296	Jorge ferreira	Individual	Senior Masculino	04:32:18	+01:49:59	09:44
131	1223	V�tor Fernandes	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:32:41	+01:50:21	09:44
132	1292	Ivo Daniel Azevedo Sampsio	Individual	Senior Masculino	04:33:29	+01:51:10	09:46
133	1309	Nuno Miguel Silva Moreira	Individual	Senior Masculino	04:33:30	+01:51:10	09:46
134	1275	Bruno Ramiro	Individual	Senior Masculino	04:34:20	+01:52:01	09:48
135	1230	MARCELO TELES	Gtt armaz�m do Caff�	Senior Masculino	04:34:24	+01:52:05	09:48
136	1395	Jos� Pedro Ferreira	IronMen	Senior Masculino	04:34:33	+01:52:14	09:48
137	1311	Paulo Alves	Individual	Senior Masculino	04:34:53	+01:52:34	09:49
138	1528	Nelson Machado	Profisio Team	Senior Masculino	04:35:49	+01:53:30	09:51
139	1090	Tiago Reitor	Beat Your Limit!	Senior Masculino	04:36:06	+01:53:47	09:52
140	1550	Hugo Pereira	TEAM LANTEMIL	Senior Masculino	04:37:04	+01:54:45	09:54
141	1284	Filipe Fernandes	Individual	Senior Masculino	04:37:23	+01:55:04	09:54
142	1102	Andr� Cardoso	Caldas Corre +	Senior Masculino	04:38:19	+01:56:00	09:56
143	1301	Manuel pinto	Individual	Senior Masculino	04:38:31	+01:56:12	09:57
144	1283	Filipe Faria	Individual	Senior Masculino	04:39:35	+01:57:16	09:59
145	1277	Carlos A. Fernandes	Individual	Senior Masculino	04:39:35	+01:57:16	09:59
146	1280	Daniel Soares	Individual	Senior Masculino	04:40:25	+01:58:06	10:01
147	1146	Carlos Ribeiro	DiVE Into The Mountains	Senior Masculino	04:42:40	+02:00:21	10:06
148	1059	Ivo Miguel Lemos Martins	Amigos das Cubas	Senior Masculino	04:44:08	+02:01:49	10:09
149	1073	Jorge Costa	Aves Runners	Senior Masculino	04:46:01	+02:03:42	10:13
150	1001	Nuno Neves	100meta	Senior Masculino	04:46:43	+02:04:24	10:14
151	1061	V�tor Vieira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	04:47:22	+02:05:03	10:16
152	1578	Carlos Silva	Trinca Orelhas de Gato	Senior Masculino	04:47:50	+02:05:31	10:17
153	1408	Gerson Alves	KeMedo Team	Senior Masculino	04:49:05	+02:06:46	10:19
154	1136	S�rgio Vilela	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:49:06	+02:06:47	10:20
155	1135	C�sar Sousas	CTM VILA POUCA DE AGUIAR	Senior Masculino	04:49:06	+02:06:47	10:20
156	1272	Artur Bonfim	Individual	Senior Masculino	04:50:21	+02:08:02	10:22
157	1286	Francisco Lemos	Individual	Senior Masculino	04:50:21	+02:08:02	10:22
158	1304	NELSON FRIAS AMARAL	Individual	Senior Masculino	04:50:58	+02:08:39	10:24
159	1324	Valdemar Mota	Individual	Senior Masculino	04:53:43	+02:11:23	10:29

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160	1086	Paulo Abrantes	Barc	Senior Masculino	04:54:29	+02:12:10	10:31
161	1108	Ricardo Duarte	Cerveira Team Running	Senior Masculino	04:55:02	+02:12:43	10:32
162	1233	Tiago Sampaio	Gtt armazém do Caffè	Senior Masculino	04:55:08	+02:12:49	10:32
163	1287	Gabriel	Individual	Senior Masculino	04:58:24	+02:16:05	10:39
164	1282	Fernando Alves	Individual	Senior Masculino	04:58:50	+02:16:31	10:40
165	1071	Carlos Gabriel Carneiro	Aves Runners	Senior Masculino	05:00:02	+02:17:43	10:43
166	1421	Miguel Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:00:42	+02:18:23	10:44
167	1419	João Soares	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:03:48	+02:21:29	10:51
168	1549	Bruno Moreira	TEAM LANTEMIL	Senior Masculino	05:05:31	+02:23:12	10:55
169	1422	Norberto Aguiar	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:07:50	+02:25:31	11:00
170	1265	Adriano Reis	Individual	Senior Masculino	05:08:23	+02:26:04	11:01
171	1291	Hernâni Veríssimo	Individual	Senior Masculino	05:08:38	+02:26:19	11:01
172	1247	JORGE MOREIRA	hSantamariaRT	Senior Masculino	05:09:13	+02:26:54	11:03
173	1148	HERNANI PINTO	DiVE Into The Mountains	Senior Masculino	05:09:24	+02:27:05	11:03
174	1060	Helder Manuel Moreira Teles	AMIGOS DO PEDAL TRILLAGARES	Senior Masculino	05:10:23	+02:28:04	11:05
175	1125	Daniel Pinto	ComDor Runners	Senior Masculino	05:13:00	+02:30:40	11:11
176	1013	Luis Mendes	A.D.Amarante trail running	Senior Masculino	05:13:48	+02:31:29	11:12
177	1010	Gil Magalhães	A.D.Amarante trail running	Senior Masculino	05:13:48	+02:31:29	11:12
178	1423	Pedro Bernardes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:14:17	+02:31:58	11:13
179	1221	Filipe Leitão	GONDOMAR FUTSAL CLUBE	Senior Masculino	05:15:16	+02:32:57	11:16
180	1553	Tiago Dias	TEAM LANTEMIL	Senior Masculino	05:17:26	+02:35:07	11:20
181	1241	Pedro Pereira	GUIMARUNNING	Senior Masculino	05:25:35	+02:43:16	11:38
182	1565	José Sá	Trail Team Bifase	Senior Masculino	05:27:32	+02:45:13	11:42
183	1318	Rafael Silva	Individual	Senior Masculino	05:27:49	+02:45:30	11:42
184	1245	CÉSAR LISBOA	hSantamariaRT	Senior Masculino	05:29:08	+02:46:49	11:45
185	1509	Luis Melo	Os Santa Apolónia	Senior Masculino	05:32:19	+02:50:00	11:52
186	1055	Carlos Alberto Peixoto Soares	Amigos da Montanha	Senior Masculino	05:33:39	+02:51:20	11:55
187	1209	Gabriel Rodrigues	GAIA-RUNNING	Senior Masculino	05:34:21	+02:52:02	11:56
188	1072	Dinis Soares	Aves Runners	Senior Masculino	05:38:32	+02:56:13	12:05
189	1424	Ricardo Freitas	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	05:39:08	+02:56:49	12:07
190	1317	Pedro Santos	Individual	Senior Masculino	05:43:42	+03:01:23	12:17
191	1081	Ricardo Magalhaes	B.T.M.	Senior Masculino	05:46:15	+03:03:56	12:22
192	1316	Pedro Lourenço	Individual	Senior Masculino	05:52:09	+03:09:50	12:35
193	1295	Joao Novo	Individual	Senior Masculino	05:52:10	+03:09:51	12:35
194	1552	Sérgio Bastos	TEAM LANTEMIL	Senior Masculino	06:21:01	+03:38:42	13:36
195	1219	Alberto Rocha	Gansos	Senior Masculino	06:35:34	+03:53:15	14:08
196	1047	André Carvalho	Alive Fitness Club	Senior Masculino	06:57:45	+04:15:26	14:55
197	1573	Antonio Soares	Trilho Tasco	Senior Masculino	06:58:15	+04:15:56	14:56
198	1575	Marcio Silva	Trilho Tasco	Senior Masculino	06:58:16	+04:15:57	14:56
199	1574	Eduardo Machado	Trilho Tasco	Senior Masculino	06:58:17	+04:15:58	14:56

Official Timekeeper: Lap2Go	6 / 13	generate 18-Feb-2018 16:37
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Trail Longo 28K

28 KM

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OFFICIAL RESULT

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Sub 23 Feminino

1	1234	gabriela fonseca	Gtt armazém do Caffè	Sub 23 Feminino	04:30:11	+01:47:52	09:39:43
2	1554	Ana Dias	TEAM LANTEMIL	Sub 23 Feminino	06:21:01	+03:38:42	13:36:23

Sub 23 Masculino

1	1494	António Braziela	Oraklass-Amigos do Trail	Sub 23 Masculino	02:46:57	+04:38	05:58
2	1571	Bruno Silva	Trail Team Bifase	Sub 23 Masculino	02:47:37	+05:18	05:59
3	1099	Eurico Miguel Borges Pereira	Brabus Runners	Sub 23 Masculino	03:31:00	+48:41	07:32
4	1039	João Guilherme Pinho Fontainhas Lopes Afonso	Alexandra Carvalho Team	Sub 23 Masculino	03:31:58	+49:39	07:34
5	1027	João Ramos	ADE Trail Running	Sub 23 Masculino	04:08:03	+01:25:44	08:52

Veterana F40

1	1170	Paula Lage	Dr. Merino/4moove	Veterana F40	03:36:33	+54:14	07:44
2	1327	Ana Luísa Grade	U. F. Comercio e Industria Atletismo	Veterana F40	04:05:09	+01:22:50	08:45
3	1495	Paula Barbosa	Oralklass-Amigos do Trail	Veterana F40	04:11:18	+01:28:59	08:59
4	1124	Ana Margarida Pascoal Dourado	Coimbra Trail Running	Veterana F40	04:27:13	+01:44:54	09:33
5	1056	Márcia Vilas Boas Bandeira	Amigos da Montanha	Veterana F40	04:32:30	+01:50:11	09:44
6	1151	KETA BATISTA	DiVE Into The Mountains	Veterana F40	04:36:03	+01:53:44	09:52
7	1210	Catarina Figueiredo	GAIA-RUNNING	Veterana F40	04:43:31	+02:01:12	10:08
8	1149	CARLA ANTUNES	DiVE Into The Mountains	Veterana F40	04:48:36	+02:06:17	10:18
9	1524	Aida Presa	PORTO SENTIDO RUNNERS	Veterana F40	05:06:25	+02:24:06	10:57
10	1020	Cláudia Cristina Simões Cravo	Abutres	Veterana F40	05:17:11	+02:34:52	11:20
11	1474	Alexandra Oliveira	OLÍMPICO VIANENSE TRAIL	Veterana F40	05:17:13	+02:34:54	11:20
12	1150	JOANA MORAIS	DiVE Into The Mountains	Veterana F40	05:22:22	+02:40:03	11:31
13	1515	Sónia Marçal	Pace.Makers	Veterana F40	05:25:27	+02:43:08	11:37
14	1504	Sandra Mesquita	Os Santa Apolónia	Veterana F40	05:32:19	+02:50:00	11:52
15	1425	Cristina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	05:58:44	+03:16:25	12:49
16	1426	Isabel Pinto	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	05:58:44	+03:16:25	12:49
17	2166	Sandra mendes	Clube Zupper	Veterana F40	05:59:24	+03:17:05	12:50
18	1427	Joana Martins	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	06:41:43	+03:59:24	14:21
19	1329	Isabel Santos	Individual	Veterana F40	06:55:23	+04:13:04	14:50

Veterana F45

1	1211	Ligia Mendes	GAIA-RUNNING	Veterana F45	04:13:15	+01:30:56	09:03
2	1593	Ana Tomé	ZONA ALTA TRAIL	Veterana F45	04:42:09	+01:59:50	10:05
3	1034	Carolina Pereira	Affense Trail	Veterana F45	04:57:31	+02:15:12	10:38
4	1212	Orlanda Rego	GAIA-RUNNING	Veterana F45	05:06:24	+02:24:04	10:57

Trail Longo 28K

28 KM

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OFFICIAL RESULT

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5	1459	Liseta Pinto	MRR/Nice Runners	Veterana F45	05:06:41	+02:24:22	10:57
6	1126	Paula Silva	ComDor Runners	Veterana F45	05:08:19	+02:26:00	11:01
7	1224	Cristina Loureiro	GONDOMAR FUTSAL CLUBE	Veterana F45	05:11:51	+02:29:32	11:08
8	1100	Elizabete Ortiz	Braguinhas Runners	Veterana F45	05:13:55	+02:31:36	11:13
9	1152	MARIA SÁ	DiVE Into The Mountains	Veterana F45	05:22:22	+02:40:03	11:31
10	1428	Dina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F45	05:58:44	+03:16:25	12:49
11	1429	Susana Luis	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F45	05:58:44	+03:16:25	12:49
12	1109	Maria José Figueiredo	Cerveira Team Running	Veterana F45	06:11:05	+03:28:46	13:15
13	1516	Anabela Santos	Pace.Makers	Veterana F45	06:14:37	+03:32:18	13:23
14	1122	Cândida Vilas-Boas	Clube Zupper	Veterana F45	06:26:43	+03:44:24	13:49

Veterana F50

1	1330	alexandra Fernandes	Individual	Veterana F50	03:51:43	+01:09:24	08:17
2	1016	Rosa Barros	A.D.Amarante trail running	Veterana F50	04:15:30	+01:33:11	09:08
3	1331	Carmen Ferreira	Individual	Veterana F50	04:25:37	+01:43:18	09:29
4	1213	Elisabete Repas	GAIA-RUNNING	Veterana F50	05:12:58	+02:30:39	11:11
5	1123	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	05:38:00	+02:55:41	12:04
6	1137	Lúcia Lemos	CTM VILA POUCA DE AGUIAR	Veterana F50	05:38:26	+02:56:07	12:05
7	1103	Isabel Martins	Amigos da Montanha	Veterana F50	06:03:53	+03:21:34	13:00
8	1332	Lenita Lemos	Individual	Veterana F50	06:23:51	+03:41:32	13:43

Veterana F55

1	1235	Maria Conceição Queiroz Oliveira	Gtt armazém do Caffè	Veterana F55	04:47:19	+02:05:00	10:16
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Veterano M40

1	1561	Carlos Veloso	Team Sindeq	Veterano M40	02:48:31	+06:12	06:01
2	1499	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	02:55:03	+12:44	06:15
3	1057	João Paulo Lima Rodrigues	Amigos da Montanha	Veterano M40	02:56:12	+13:53	06:18
4	1017	Vítor Costa	A.D.Amarante trail running	Veterano M40	03:00:44	+18:25	06:27
5	1189	Miguel Pires	Escola de Atletismo de Coimbra / Intermarché Condeixa	Veterano M40	03:03:51	+21:32	06:34
6	1162	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	03:10:21	+28:02	06:48
7	1171	ANDRÉ GUEDES	Dr. Merino/4moove	Veterano M40	03:13:05	+30:46	06:54
8	1453	Alex Tondela	Montanha Clube Trail Running/Efapel	Veterano M40	03:16:43	+34:24	07:02
9	1163	Rui Gomes	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	03:25:53	+43:34	07:21
10	1043	Nuno Monteiro	ALIANÇA DE GANDRA	Veterano M40	03:27:30	+45:11	07:25
11	1172	Paulo Machado	Dr. Merino/4moove	Veterano M40	03:28:22	+46:03	07:27
12	1587	Nuno Maia	Vegangoo - Suplementos Naturais	Veterano M40	03:30:24	+48:05	07:31
13	1463	Paulo Colaco	NOCTURNOS PAREDES	Veterano M40	03:31:45	+49:26	07:34

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Trail Longo 28K

28 KM

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14	1506	Miguel Sousa	Os Santa Apolónia	Veterano M40	03:38:11	+55:52	07:48
15	1496	Fernando Taborda	Oralklass-Amigos do Trail	Veterano M40	03:39:42	+57:23	07:51
16	1398	David Coutinho	JOBRA	Veterano M40	03:40:20	+58:01	07:52
17	1236	Sérgio André da Silva Coelho	Gtt armazém do Caffè	Veterano M40	03:41:56	+59:37	07:56
18	1530	Raul Silva	Profisio Team	Veterano M40	03:42:16	+59:57	07:56
19	1455	Nelson Manuel Rodrigues Serra	Montanha Clube Trail Running/Efapel	Veterano M40	03:44:45	+01:02:26	08:02
20	1502	Filipe Pinto	Os Lobos do Saibro	Veterano M40	03:45:03	+01:02:44	08:02
21	1462	António Brito	NOCTURNOS PAREDES	Veterano M40	03:47:50	+01:05:31	08:08
22	1338	Marco Nascimento Rodrigues	Individual	Veterano M40	03:48:41	+01:06:22	08:10
23	1339	Miguel Ângelo Gomes	Individual	Veterano M40	03:48:45	+01:06:26	08:10
24	1497	José Costa	Oralklass-Amigos do Trail	Veterano M40	03:50:00	+01:07:41	08:13
25	1464	Pedro Pereira	NOCTURNOS PAREDES	Veterano M40	03:51:50	+01:09:31	08:17
26	1535	Agostinho Costa	Da lhe Gas	Veterano M40	03:52:49	+01:10:30	08:19
27	1077	Alcino Sampaio	Aves Runners	Veterano M40	03:53:10	+01:10:51	08:20
28	1076	Afonso Torres	Aves Runners	Veterano M40	03:53:41	+01:11:22	08:21
29	1446	Luís Paulo	Minho e Lima Trail	Veterano M40	03:58:54	+01:16:35	08:32
30	1401	Joao Oliveira	Juventude Cortegacense	Veterano M40	03:59:24	+01:17:05	08:33
31	1583	Sergio Gomes	Trinca Orelhas de Gato	Veterano M40	03:59:38	+01:17:19	08:34
32	1353	vitoe neto	Individual	Veterano M40	04:01:07	+01:18:48	08:37
33	1537	Jose Antonio de Oliveira Ribeiro da Silva	RUNNING ESPINHO	Veterano M40	04:01:40	+01:19:21	08:38
34	1117	Miguel Cruz	Clube Efacec	Veterano M40	04:01:47	+01:19:28	08:38
35	1491	Eusébio Fernandes	Clube Atletismo Fafe	Veterano M40	04:02:40	+01:20:21	08:40
36	1348	Ricardo Bailao	Individual	Veterano M40	04:03:46	+01:21:27	08:42
37	1351	Sérgio Paulo de Almeida e Silva	Individual	Veterano M40	04:03:57	+01:21:38	08:43
38	1588	Pedro Miguel Da Costa Vieira Miranda	VIDAATIVARUNNERS	Veterano M40	04:04:19	+01:22:00	08:44
39	1584	Vicente Sousa	Trinca Orelhas de Gato	Veterano M40	04:04:49	+01:22:30	08:45
40	1143	Daniel Grenha Fonseca	DESNIVEL POSITIVO	Veterano M40	04:06:25	+01:24:06	08:48
41	1337	Eliseu leite	Individual	Veterano M40	04:08:07	+01:25:48	08:52
42	1155	RUI FRANCO	DiVe Into The Mountains	Veterano M40	04:09:07	+01:26:48	08:54
43	1154	PEDRO COSTA	DiVe Into The Mountains	Veterano M40	04:09:07	+01:26:48	08:54
44	1533	Jorge Pinheiro	Ribeiras Trail	Veterano M40	04:13:08	+01:30:49	09:02
45	1334	César Sousa	Individual	Veterano M40	04:15:12	+01:32:53	09:07
46	1139	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	Veterano M40	04:15:24	+01:33:05	09:07
47	1347	Pedro Manuel da Costa Batista	Individual	Veterano M40	04:16:24	+01:34:05	09:09
48	1335	Daniel António Neto Alves	Individual	Veterano M40	04:16:26	+01:34:07	09:10
49	1498	Orlando Nogueira	Oralklass-Amigos do Trail	Veterano M40	04:18:08	+01:35:49	09:13
50	1052	Rui Fernandes	Alive Fitness Club	Veterano M40	04:20:57	+01:38:38	09:19
51	1101	Miguel Pessanha Moreira	Cães D'Avenida	Veterano M40	04:21:22	+01:39:03	09:20
52	1511	NELSON DUARTE	Outsiders trail team	Veterano M40	04:22:30	+01:40:11	09:23
53	1342	Nuno Carvalho	Individual	Veterano M40	04:22:41	+01:40:22	09:23
54	1542	Emanuel Costa	SS MONTEPIO	Veterano M40	04:22:42	+01:40:23	09:23
55	1205	Filipe Pinheiro	Fridão Sem Limites	Veterano M40	04:22:47	+01:40:28	09:23
56	1430	Fernando Sampaio	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	04:23:12	+01:40:53	09:24
57	1440	Nuno Miguel Gomes Nabeiro	Melgaço Alvarinho Trail	Veterano M40	04:23:35	+01:41:16	09:25

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Trail Longo 28K

28 KM

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58	1585	Victor Cardoso	Trinca Orelhas de Gato	Veterano M40	04:25:54	+01:43:35	09:30
59	1250	SÉRGIO RICARDO	hSantamariaRT	Veterano M40	04:26:37	+01:44:18	09:31
60	1475	António Borges	OLÍMPICO VIANENSE TRAIL	Veterano M40	04:26:40	+01:44:21	09:31
61	1119	Ricardo João Caria Pinheiro	Clube Portugal Telecom Zona Norte	Veterano M40	04:29:00	+01:46:40	09:36
62	1556	Rodrigo Silva	TEAM LANTEMIL	Veterano M40	04:29:01	+01:46:42	09:36
63	1184	Carlos Azevedo	éjáli...clube de amigos trailrunners	Veterano M40	04:29:21	+01:47:02	09:37
64	1214	Rui Pereira	GAIA-RUNNING	Veterano M40	04:30:11	+01:47:52	09:39
65	1399	Marco Botelho	Juventude Cortegacense	Veterano M40	04:33:50	+01:51:31	09:4
66	1063	PAULO FERNANDO BARBOSA FREITAS	AMIGOS PARQUE VIZELA	Veterano M40	04:34:08	+01:51:49	09:47
67	1442	Hernani da Silva Costa Correia	MINHO AVENTURA	Veterano M40	04:34:40	+01:52:21	09:49
68	1520	manuel barbosa	Paredes Running	Veterano M40	04:35:52	+01:53:33	09:51
69	1454	Hugo Rodrigues	Montanha Clube Trail Running/Efapel	Veterano M40	04:36:53	+01:54:34	09:53
70	1352	Vitor Cancela	Individual	Veterano M40	04:37:04	+01:54:45	09:54
71	1336	Domingos Teixeira 2905	Individual	Veterano M40	04:37:11	+01:54:52	09:54
72	1400	Cecilio Maunel Silva Ferreira	Juventude Cortegacense	Veterano M40	04:38:28	+01:56:09	09:57
73	1079	Helder Costa	Aves Runners	Veterano M40	04:38:44	+01:56:25	09:57
74	1449	SILVIO MIGUEL ALVES FERREIRA	Mocidade Sangemil AC	Veterano M40	04:40:00	+01:57:41	10:00
75	1595	José Costa	FAMA RUNNERS	Veterano M40	04:41:18	+01:58:59	10:03
76	1349	Ricardo Castro	Individual	Veterano M40	04:44:23	+02:02:04	10:09
77	1343	Nuno Pina	Individual	Veterano M40	04:44:41	+02:02:22	10:10
78	1405	Hugo Ferreira	KANDIMBA RUNNERS	Veterano M40	04:47:21	+02:05:02	10:16
79	1406	Jorge Durães	KANDIMBA RUNNERS	Veterano M40	04:47:40	+02:05:21	10:16
80	1439	Marco Paulo Rodrigues Afonso	Melgaço Alvarinho Trail	Veterano M40	04:50:24	+02:08:05	10:22
81	1200	Francisco Rebelo	Francisco	Veterano M40	04:51:57	+02:09:38	10:26
82	1186	Pedro Alves	Enjoy and Go Runners	Veterano M40	04:52:11	+02:09:52	10:26
83	1507	Ricardo Meira	Os Santa Apolónia	Veterano M40	04:52:48	+02:10:29	10:27
84	1521	Célio Pereira	Piratas Running Team	Veterano M40	04:53:12	+02:10:53	10:28
85	1468	Pedro Calado	OCS-Proaventuras	Veterano M40	04:53:21	+02:11:02	10:29
86	1505	José Martins	Os Santa Apolónia	Veterano M40	04:53:34	+02:11:15	10:29
87	1508	Vitor Santos	Os Santa Apolónia	Veterano M40	04:53:34	+02:11:15	10:29
88	1087	Francisco Santos	Barc	Veterano M40	04:54:28	+02:12:09	10:31
89	1467	Nuno Sérgio Neto Capela	Núcleo de Montanha de Espinho	Veterano M40	04:55:18	+02:12:59	10:33
90	1226	Rui Teixeira	GONDOMAR FUTSAL CLUBE	Veterano M40	04:58:32	+02:16:13	10:40
91	1078	Filipe Pedrosa	Aves Runners	Veterano M40	05:00:02	+02:17:43	10:43
92	1195	Paulo Freitas	FactorX / S4L / Medense FC	Veterano M40	05:00:43	+02:18:24	10:44
93	1185	Luis Terêncio	éjáli...clube de amigos trailrunners	Veterano M40	05:03:17	+02:20:58	10:50
94	1340	Nuno Araujo	Individual	Veterano M40	05:05:31	+02:23:12	10:55
95	1432	Jorge Cruz	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	05:06:25	+02:24:06	10:57
96	1242	PEDRO BARROS	HappyRun	Veterano M40	05:06:26	+02:24:07	10:57
97	1116	Miguel Barbosa	Clube Efacec	Veterano M40	05:06:26	+02:24:07	10:57
98	1083	Ricardo Rocha	B.T.M.	Veterano M40	05:15:21	+02:33:02	11:16
99	1534	Vítor Costa	Ribeiras Trail	Veterano M40	05:16:08	+02:33:48	11:17
100	1404	Alexandre Sousa	KANDIMBA RUNNERS	Veterano M40	05:20:04	+02:37:45	11:26
101	1153	PAULO RIBEIRO	DiVE Into The Mountains	Veterano M40	05:20:39	+02:38:20	11:27

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Trail Longo 28K

28 KM

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102	1130	Carlos Silva	Correio de Albergaria Trail Running	Veterano M40	05:28:49	+02:46:30	11:45
103	1538	Carlos Pinheiro	Cerveira Team Running	Veterano M40	05:39:52	+02:57:33	12:08
104	1110	Quim Araujo	Cerveira Team Running	Veterano M40	05:39:52	+02:57:33	12:08
105	1431	Filipe Pereira	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	05:48:27	+03:06:08	12:27
106	1346	Pedro Lima	Individual	Veterano M40	05:55:33	+03:13:14	12:42
107	1042	José Carneiro	ALIANÇA DE GANDRA	Veterano M40	06:03:32	+03:21:13	12:59
108	1557	Rogério Filipe Dias Lopes	TEAM LANTEMIL	Veterano M40	06:21:03	+03:38:44	13:37
109	1333	Artur Fonseca	Individual	Veterano M40	06:23:51	+03:41:32	13:43
110	1396	Tiago Cláudio Pinto Furtado Mendonça	IronMen	Veterano M40	06:25:00	+03:42:41	13:45
111	1577	Paulo Rio	Trilho Tasco	Veterano M40	06:40:39	+03:58:20	14:19
112	1350	Rui Fernandes	Individual	Veterano M40	06:40:39	+03:58:20	14:19
113	1576	Augusto Silva	Trilho Tasco	Veterano M40	06:58:16	+04:15:57	14:56

Veterano M45

1	1448	luis Magalhães	Minho e Lima Trail	Veterano M45	03:23:11	+40:52	07:15
2	1596	Artur Matos	EDV-VIANA TRAIL	Veterano M45	03:23:36	+41:17	07:16
3	1470	Rufino Paiva	OCS-Proaventuras	Veterano M45	03:26:37	+44:18	07:23
4	1540	Ricardo Cruz Aguiar	SC Povoense - Caracois de Corrida	Veterano M45	03:28:17	+45:58	07:26
5	1562	Vitor Coelho	Team Sindeq	Veterano M45	03:28:36	+46:17	07:27
6	1132	Sérgio Lourenço	CTAD - Trilhos de Cinfães	Veterano M45	03:36:53	+54:34	07:45
7	1409	Fernando Gomes	KeMedo Team	Veterano M45	03:40:30	+58:11	07:53
8	1531	Abilio Pereira	Profisio Team	Veterano M45	03:42:14	+59:55	07:56
9	1121	Carlos Alberto Gomes da Silva	Clube Trilheiros & Amigos	Veterano M45	03:44:06	+01:01:47	08:00
10	1469	Paulo Osório	OCS-Proaventuras	Veterano M45	03:45:18	+01:02:59	08:03
11	1447	José Carlos Roque da Costa	Minho e Lima Trail	Veterano M45	03:45:37	+01:03:17	08:03
12	1180	JOSÉ CARLOS ALCOBIA	EDV-VIANA TRAIL	Veterano M45	03:45:57	+01:03:38	08:04
13	1044	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M45	03:50:45	+01:08:26	08:14
14	1019	Pedro Guimaraes	A+	Veterano M45	03:53:32	+01:11:13	08:20
15	1525	RENATO OLIVEIRA	PORTOCARGO	Veterano M45	03:56:34	+01:14:15	08:27
16	1559	Renato Veron	TEAM LANTEMIL	Veterano M45	04:04:19	+01:22:00	08:44
17	1544	João Cardoso	SS MONTEPIO	Veterano M45	04:04:31	+01:22:12	08:44
18	1362	jose domingos duarte nogueira	Individual	Veterano M45	04:06:50	+01:24:31	08:49
19	1366	Pedro Barbosa	Individual	Veterano M45	04:07:47	+01:25:28	08:51
20	1397	Joaquim Pinto	Clube Trilheiros & Amigos	Veterano M45	04:08:13	+01:25:54	08:52
21	1045	Pedro Silva	ALIANÇA DE GANDRA	Veterano M45	04:10:10	+01:27:51	08:56
22	1518	Delfim nunes	KeMedo Team	Veterano M45	04:12:01	+01:29:42	09:00
23	1237	Luis Lucas	Gtt armazém do Caffè	Veterano M45	04:12:11	+01:29:52	09:00
24	1196	Miguel Moura	FactorX / S4L / Medense FC	Veterano M45	04:13:51	+01:31:32	09:04
25	1157	JOSÉ LOPES	DiVe Into The Mountains	Veterano M45	04:15:14	+01:32:55	09:07
26	1251	Paulo Freitas	hSantamariaRT	Veterano M45	04:20:18	+01:37:59	09:18
27	1376	Vitor sousa	Individual	Veterano M45	04:22:16	+01:39:57	09:22
28	1120	José Manuel Gonçalves Correia	Clube Portugal Telecom Zona Norte	Veterano M45	04:24:47	+01:42:28	09:27
29	1035	Carlos Pereira	Affense Trail	Veterano M45	04:24:53	+01:42:34	09:28

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Trail Longo 28K

28 KM

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OFFICIAL RESULT

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30	1368	RICARDO LEMOS	Individual	Veterano M45	04:26:09	+01:43:50	09:30
31	1356	CARLOS CARDOSO	Individual	Veterano M45	04:30:09	+01:47:50	09:39
32	1371	Rui Fernandes	Individual	Veterano M45	04:32:06	+01:49:47	09:43
33	1084	Miguel Rodrigues	Barbatanas trail team	Veterano M45	04:32:29	+01:50:10	09:44
34	1364	Luís Barata da Rocha	Individual	Veterano M45	04:32:54	+01:50:34	09:45
35	1111	PAULO JORGE GONÇALVES SOARES	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M45	04:35:21	+01:53:02	09:50
36	1436	Manuel Antonio Ferreira Pinto Teixeira	manuel antonio ferreira	Veterano M45	04:36:49	+01:54:29	09:53
37	1372	Rui Martins	Individual	Veterano M45	04:39:21	+01:57:02	09:59
38	1365	Paulo Quintas	Individual	Veterano M45	04:41:23	+01:59:04	10:03
39	1373	Sérgio Osório	Individual	Veterano M45	04:45:45	+02:03:26	10:12
40	1197	Pedro Marques	FactorX / S4L / Medense FC	Veterano M45	04:47:23	+02:05:04	10:16
41	1374	Toze	Individual	Veterano M45	04:48:51	+02:06:32	10:19
42	1375	Vitor Manuel Moreira Viana	Individual	Veterano M45	04:49:31	+02:07:12	10:20
43	1369	Ricardo Silva	Individual	Veterano M45	04:50:23	+02:08:04	10:22
44	1517	Mário Cunha	Pace.Makers	Veterano M45	04:52:05	+02:09:46	10:26
45	1558	Francisco Bartolomeu	TEAM LANTEMIL	Veterano M45	04:56:20	+02:14:01	10:35
46	1367	Ricardo Ceia	Individual	Veterano M45	04:57:10	+02:14:51	10:37
47	1519	Rui Marçal	Pace.Makers	Veterano M45	05:05:24	+02:23:05	10:54
48	1118	Mário Ferreira	Clube Efacec	Veterano M45	05:06:26	+02:24:07	10:57
49	1066	João Ramalho	ARC Vale São Cosme	Veterano M45	05:18:09	+02:35:50	11:22
50	1522	Carlos Passos	Piratas Running Team	Veterano M45	05:21:46	+02:39:27	11:30
51	1357	Carlos Pereira	Individual	Veterano M45	05:25:03	+02:42:44	11:37
52	1358	Henrique Silva	Individual	Veterano M45	05:25:33	+02:43:14	11:38
53	1156	DAVID RIBEIRO	DiVE Into The Mountains	Veterano M45	05:33:09	+02:50:50	11:54
54	1361	José	Individual	Veterano M45	05:35:29	+02:53:10	11:59
55	1359	Hugo Ribeiro	Individual	Veterano M45	05:35:29	+02:53:10	11:59
56	1128	Rui Oliveira	ComDor Runners	Veterano M45	05:46:57	+03:04:38	12:23
57	1355	Alvaro Reis	Individual	Veterano M45	05:50:26	+03:08:07	12:31
58	1354	Agostinho Pacheco	Individual	Veterano M45	05:58:03	+03:15:44	12:47

Veterano M50

1	1062	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M50	03:25:37	+43:18	07:21
2	1069	Jose Zananar	Atletismo Clube da Tocha	Veterano M50	03:34:51	+52:32	07:40
3	1070	Vitor faim	Atletismo Clube da Tocha	Veterano M50	03:35:40	+53:21	07:42
4	1402	Ernesto Marques Alves	Juventude Cortegacense	Veterano M50	03:41:34	+59:14	07:55
5	1018	MANUEL GOMES	A.R DE NEGRELOS	Veterano M50	03:57:24	+01:15:05	08:29
6	1384	Sérgio Anunciação	Oralklass-Amigos do Trail	Veterano M50	04:01:44	+01:19:25	08:38
7	1227	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M50	04:04:28	+01:22:09	08:44
8	1379	João Eduardo Pinto	União Futebol Comercio Industria	Veterano M50	04:04:45	+01:22:26	08:44
9	1380	José Carlos Rodrigues de Carvalho	Individual	Veterano M50	04:17:07	+01:34:48	09:11
10	1164	Cláudio Monteiro	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	04:18:03	+01:35:44	09:13
11	1140	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M50	04:18:36	+01:36:16	09:14
12	1523	Rui Russo dos Santos	Porto Runners	Veterano M50	04:21:59	+01:39:40	09:21

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Trail Longo 28K

28 KM

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13	1238	Albino Campos	Gtt armazém do Caffè	Veterano M50	04:23:11	+01:40:52	09:24
14	1378	FERNANDO AREZES	Individual	Veterano M50	04:30:09	+01:47:50	09:39
15	1094	Paulo Martins	Bosch	Veterano M50	04:34:40	+01:52:21	09:49
16	1095	Paulo Ribeiro	Bosch	Veterano M50	04:34:40	+01:52:21	09:49
17	1093	Lutz Welling	Bosch	Veterano M50	04:34:40	+01:52:21	09:49
18	1510	Jorge Machado	Os Santa Apolónia	Veterano M50	04:35:13	+01:52:54	09:50
19	1456	Paulo Graça	Monte dos Amigos	Veterano M50	04:52:32	+02:10:13	10:27
20	1382	Paulo genesio	Individual	Veterano M50	05:14:17	+02:31:58	11:13
21	1532	Dinis	Profisio Team	Veterano M50	05:19:14	+02:36:55	11:24
22	1385	Valdemar Manuel Pinto de Almeida	Individual	Veterano M50	05:25:22	+02:43:03	11:37
23	1058	José Loureiro	Amigos da Montanha	Veterano M50	05:33:39	+02:51:20	11:55
24	1383	Paulo Macedo	Individual	Veterano M50	05:55:01	+03:12:42	12:41

Veterano M55

1	1500	Manuel Ferreira	Oralklass-Amigos do Trail	Veterano M55	03:51:02	+01:08:43	08:15
2	1105	Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M55	03:57:27	+01:15:07	08:29
3	1387	alfredo costa	Individual	Veterano M55	03:58:06	+01:15:47	08:30
4	1206	António Carlos Silva Teixeira	Fridão Sem Limites	Veterano M55	04:14:36	+01:32:17	09:06
5	1053	Vítor Almeida	All About	Veterano M55	04:15:43	+01:33:24	09:08
6	1412	Joaquim Leite	Leões de Tardariz Trail	Veterano M55	04:18:56	+01:36:37	09:15
7	1228	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M55	04:21:00	+01:38:41	09:19
8	1182	Zé Filipe Almeida	EDV-VIANA TRAIL	Veterano M55	04:24:52	+01:42:33	09:28
9	1389	José Martins	Individual	Veterano M55	04:42:10	+01:59:51	10:05
10	1390	Luis Carvalho	Individual	Veterano M55	04:44:20	+02:02:01	10:09
11	1433	Ernesto Martins	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	05:03:48	+02:21:29	10:51
12	1434	Luís de Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M55	05:06:26	+02:24:07	10:57
13	1386	Abílio silva	Individual	Veterano M55	06:45:54	+04:03:35	14:30

Veterano M60

1	1198	António Rocha	FactorX / S4L / Medense FC	Veterano M60	03:39:58	+57:39	07:51
2	1457	Manuel Moreno	MORCEGOS TRAIL	Veterano M60	04:21:53	+01:39:34	09:21
3	1393	Manuel Faria Sampaio	Individual	Veterano M60	04:30:33	+01:48:14	09:40
4	1435	Serafim Ramos	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M60	04:32:35	+01:50:16	09:44
5	1391	João Gil	A.D.Amarante trail running	Veterano M60	04:36:11	+01:53:52	09:52
6	1392	José Carlos Pereira Gomes	Individual	Veterano M60	04:52:44	+02:10:25	10:27

COLETIVO - TRAIL LONGO 28K

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RANK	TEAM	DESCRIPTION	POINTS
1	Trail Team Bifase	4 + 6 + 9	19
2	Oralklass-Amigos do Trail	3 + 8 + 14	25
3	Dr. Merino/4moove	2 + 13 + 23	38
4	A.D.Amarante trail running	11 + 12 + 19	42
5	Escola de Atletismo de Coimbra / Intermarché Condeixa	15 + 30 + 39	84
6	Douroconta - Gabinete de Apoio e Contabilidade	21 + 22 + 45	88
7	Fridão Sem Limites	16 + 52 + 104	172
8	Team Sindeq	5 + 56 + 136	197
9	FactorX / S4L / Medense FC	29 + 81 + 118	228
10	Montanha Clube Trail Running/Efapel	34 + 95 + 109	238
11	NOCTURNOS PAREDES	63 + 84 + 105	252
12	EDV-VIANA TRAIL	41 + 100 + 121	262
13	AC PORTALEGRE / UTSM	1 + 62 + 203	266
14	Minho e Lima Trail	40 + 99 + 142	281
15	Atletismo Clube da Tocha	67 + 69 + 145	281
16	Trinca Orelhas de Gato	72 + 92 + 144	308
17	Profisio Team	87 + 88 + 166	341
18	ALIANÇA DE GANDRA	50 + 119 + 188	357
19	Gtt armazém do Caffè	86 + 117 + 180	383
20	ZONA ALTA TRAIL	42 + 46 + 328	416
21	Leões de Tardariz Trail	102 + 170 + 223	495
22	KeMedo Team	83 + 193 + 231	507
23	OCS-Proaventuras	48 + 98 + 366	512
24	Juventude Cortegacense	85 + 143 + 291	519
25	hSantamariaRT	154 + 195 + 196	545
26	Aves Runners	128 + 130 + 319	577
27	DiVe Into The Mountains	186 + 187 + 205	578
28	LION RUNNERS - G. D. LEÕES DA GUARDA	103 + 235 + 244	582
29	Alexandra Carvalho Team	65 + 135 + 387	587
30	Afifense Trail	36 + 248 + 323	607
31	Beat Your Limit!	150 + 151 + 308	609
32	TEAM LANTEMIL	159 + 216 + 264	639
33	GONDOMAR FUTSAL CLUBE	161 + 228 + 286	675
34	CTM VILA POUCA DE AGUIAR	206 + 222 + 259	687
35	OLÍMPICO VIANENSE TRAIL	31 + 257 + 424	712
36	Amigos da Montanha	10 + 283 + 446	739
37	Os Santa Apolónia	79 + 302 + 363	744
38	B.T.M.	155 + 176 + 421	752

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