

TRAIL LONGO - STAGE 1

30 KM

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

OFFICIAL RESULT

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

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
361	1310	Sandra Ferreira	Individual	04:52:39	+02:12:03	09:45	
362	1239	Tiago Costa	GDC Fidelidade	04:52:45	+02:12:09	09:45	
363	1047	Carlos Pedrinhas	Amigos da Montanha	04:53:20	+02:12:44	09:47	
364	1100	Flávio Soares	CAL - Clube Atletismo de Lamas	04:56:30	+02:15:54	09:53	
365	1382	Antero Cunha	Individual	04:56:40	+02:16:04	09:53	
366	1063	Maria Fernandes	ARCORUN	04:56:51	+02:16:15	09:54	
367	1064	Nuno Fernandes	ARCORUN	04:56:51	+02:16:15	09:54	
368	1303	Marlene oliveira	Individual	04:56:52	+02:16:16	09:54	
369	1469	Rodolfo Monteiro	Pó Reforço Trail Team	04:56:54	+02:16:18	09:54	
370	1465	Jorge Alves	Phoenix Evorun	04:56:57	+02:16:21	09:54	
371	1125	miguel ferraz	Clube Desportivo Cepssa	04:56:57	+02:16:21	09:54	
372	1180	António Gonçalves	DIVE Into the Mountains	04:57:12	+02:16:36	09:54	
373	1199	Nelson Jorge Marques Vieira Almeida	Equipa A	04:57:48	+02:17:13	09:56	
374	1219	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	04:57:52	+02:17:16	09:56	
375	1356	Sergio Tavares	Individual	04:58:27	+02:17:51	09:57	
376	1415	Lucinda Gomes	Lion Runners	04:59:03	+02:18:27	09:58	
377	1544	Patrícia Rocha	Individual	04:59:15	+02:18:39	09:59	
378	1299	Vitor Mota	Individual	04:59:40	+02:19:04	09:59	
379	1503	Tiago Dias	TEAM LANTEMIL	04:59:43	+02:19:07	09:59	
380	1280	José Laranjeira	Individual	04:59:59	+02:19:23	10:00	
381	1389	Paulo Genésio	Individual	05:00:20	+02:19:44	10:01	
382	1220	Paulo Freitas	FACTOR X / S4L / MEDENSE FC	05:00:25	+02:19:49	10:01	
383	1209	Carla Neves	FACTOR X / S4L / MEDENSE FC	05:00:25	+02:19:49	10:01	
384	1206	Jorge Duarte	ESPINHO TRAIL	05:00:58	+02:20:22	10:02	
385	1204	Bruno Duarte	ESPINHO TRAIL	05:01:00	+02:20:24	10:02	
386	1205	Ricardo Duarte	ESPINHO TRAIL	05:01:01	+02:20:25	10:02	
387	1334	Manuel Rocha	Individual	05:01:48	+02:21:12	10:04	
388	1364	António Ribeiro	Individual	05:02:08	+02:21:32	10:04	
389	1347	Ricardo Gonçalves	Individual	05:02:09	+02:21:33	10:04	
390	1287	Pedro Borges	Individual	05:02:56	+02:22:20	10:06	
391	1333	Luís Queirós	Individual	05:02:56	+02:22:20	10:06	
392	1025	Pedro Madureira	ADC SANTA ISABEL	05:02:57	+02:22:21	10:06	
393	1325	Gilberto Sousa	Individual	05:03:39	+02:23:03	10:07	
394	1148	Maria Fernanda Ferreira	CORRER LEÇA	05:04:46	+02:24:10	10:10	
395	1423	Óscar Martins	Melgaço Alvarinho Trail Team/Quintas de Melgaço	05:05:08	+02:24:32	10:10	
396	1228	Paulo Vilarinho	GAIA-RUNNING	05:05:41	+02:25:05	10:11	
397	1221	pedro Marques	FACTOR X / S4L / MEDENSE FC	05:05:47	+02:25:11	10:12	
398	1145	Carla Ferreira	CORRER LEÇA	05:05:48	+02:25:12	10:12	
399	1301	Célia Sousa	Individual	05:06:43	+02:26:07	10:13	
400	1005	Vitor Manuel Gonçalves Osório	#atêchoras	05:06:44	+02:26:08	10:13	
401	1338	Mário Araújo	Individual	05:07:29	+02:26:53	10:15	
402	1330	José Lopes	Individual	05:08:34	+02:27:58	10:17	
403	1373	jose ferreira	Individual	05:08:42	+02:28:06	10:17	
404	1317	Antonio Almeida	Individual	05:08:48	+02:28:12	10:18	
405	1292	Ricardo Coelho	Individual	05:13:03	+02:32:27	10:26	

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
406	1431	Miguel Pinto	Monte dos Amigos	05:13:05	+02:32:29	10:26	
407	1432	Paulo Graça	Monte dos Amigos	05:13:07	+02:32:31	10:26	
408	1430	Bruno Ferreira	Monte dos Amigos	05:13:08	+02:32:32	10:26	
409	1183	Andreia Sofia Santos Mota	EDV-VIANA TRAIL	05:13:37	+02:33:01	10:27	
410	1101	Gabriel Carneiro	Cansados	05:17:07	+02:36:31	10:34	
411	1102	Vitor Silva	Cansados	05:17:07	+02:36:31	10:34	
412	1118	Manuel Julio	CLAC Entroncamento	05:17:58	+02:37:22	10:36	
413	1318	Artur Fonseca	Individual	05:18:33	+02:37:57	10:37	
414	1312	Catarina Teixeira	Individual	05:18:42	+02:38:06	10:37	
415	1314	ISABEL ARAUJO	Individual	05:18:44	+02:38:08	10:37	
416	1215	Pedro Soares	FACTOR X / S4L / MEDENSE FC	05:18:54	+02:38:18	10:38	
417	1448	Nuno Capela	Núcleo de Montanha de Espinho	05:18:55	+02:38:19	10:38	
418	1477	Graça Costa	Runners do Demo	05:19:24	+02:38:48	10:39	
419	1104	Carlos Cachulo	CATR - Correio de Albergaria Trail Running	05:19:29	+02:38:53	10:39	
420	1154	João Rocha	CORRER LEÇA	05:21:00	+02:40:24	10:42	
421	1143	João Pedro Rocha	CORRER LEÇA	05:21:00	+02:40:24	10:42	
422	1144	Nuno Lopes	CORRER LEÇA	05:21:00	+02:40:24	10:42	
423	1396	Valdemar Almeida	Individual	05:22:13	+02:41:37	10:44	
424	1461	Beatriz Loureiro	Pernetas	05:22:52	+02:42:17	10:46	
425	1071	Sónia Almeida	Aventureiros	05:26:39	+02:46:03	10:53	
426	1008	Sónia Alexandra Dias Brás	A.D.Amarante	05:26:39	+02:46:03	10:53	
427	1499	carla sofia Araujo	TEAM LANTEMIL	05:27:09	+02:46:33	10:54	
428	1508	Francisco Bartolomeu	TEAM LANTEMIL	05:27:09	+02:46:33	10:54	
429	1232	João Soares	GD Leões da Guarda - Lion Runners	05:27:46	+02:47:10	10:56	
430	1498	Joel Jacinto	Talentos Objectivos	05:27:48	+02:47:12	10:56	
431	1240	Cláudia coelho	GENEROSOS RUNNERS	05:29:33	+02:48:57	10:59	
432	1141	Cândida Bento	CORRER LEÇA	05:29:39	+02:49:03	10:59	
433	1108	Adelino Silva	CCD - SIEMENS	05:31:40	+02:51:04	11:03	
434	1315	Margarida Pinto	Individual	05:32:08	+02:51:32	11:04	
435	1297	Rui Marante	Individual	05:33:26	+02:52:50	11:07	
436	1410	Luis Gomes	KeMedo Team	05:37:08	+02:56:32	11:14	
437	1142	Dulce Neves	CORRER LEÇA	05:39:20	+02:58:44	11:19	
438	1153	António Barros	CORRER LEÇA	05:39:20	+02:58:44	11:19	
439	1077	Andreia Ribeiro	Boavista Trail	05:39:33	+02:58:57	11:19	
440	1046	Isabel Martins	Amigos da Montanha	05:40:14	+02:59:38	11:20	
441	1428	Paulo André Pereira Martins	Moka Trail Team	05:40:56	+03:00:20	11:22	
442	1438	Micaela Brito	Devasta Trilhos	05:41:08	+03:00:32	11:22	
443	1437	Margarida Silva	NOCTURNOS DE PAREDES	05:41:08	+03:00:32	11:22	
444	1523	Maria José Gomes Oliveira	Trogloditas runners	05:41:39	+03:01:03	11:23	
445	1306	Sandra Pereira	Individual	05:43:02	+03:02:26	11:26	
446	1152	Valter Silva	CORRER LEÇA	05:43:23	+03:02:47	11:27	
447	1234	Norberto Aguiar	GD Leões da Guarda - Lion Runners	05:43:38	+03:03:02	11:27	
448	1504	Margarida Dantas	TEAM LANTEMIL	05:43:42	+03:03:06	11:27	
449	1500	Cristiana	TEAM LANTEMIL	05:43:43	+03:03:07	11:27	
450	1201	Jorge Vasconcelos	Equipa A	05:48:44	+03:08:08	11:37	
451	1026	Rosmery Silva	ADC SANTA ISABEL	05:48:53	+03:08:17	11:38	

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30 KM

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

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RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
452	1147	Cláudia Cunha	CORRER LEÇA	05:49:24	+03:08:48	11:39	
453	1150	Nuno Morgado	CORRER LEÇA	05:49:24	+03:08:48	11:39	
454	1545	Maria Rosa Costa		05:49:57	+03:09:21	11:40	
455	1359	Abilio Silva	Individual	05:56:25	+03:15:49	11:53	
456	1313	Helena Nogueira	Individual	05:57:14	+03:16:38	11:54	
457	1255	Carina Meneses	Individual	05:59:27	+03:18:51	11:59	
458	1171	Renata Almeida	DiVE Into the Mountains	06:13:40	+03:33:04	12:27	
459	1174	Diana Moura	DiVE Into the Mountains	06:13:40	+03:33:04	12:27	
460	1284	Marcos Carvalho	Individual	06:20:28	+03:39:52	12:41	
461	1305	Sandra Martins	Individual	06:20:30	+03:39:54	12:41	
462	1146	Marisa Silva	CORRER LEÇA	06:20:45	+03:40:09	12:42	
463	1307	Ana Rangel	Individual	06:33:38	+03:53:02	13:07	
464	1377	Pedro Nunes	Individual	06:33:39	+03:53:03	13:07	
465	1257	Ingrid Rocha	Individual	06:46:16	+04:05:40	13:33	

Trail Longo

30 KM

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

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

	Time	Temperature	Humidity
Start	09:45	13.8°C	87%
End	16:31	13.8°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
Senior Feminino							
1	1226	Andreia Almeida	Furfor Running Project	Senior Feminino	03:36:37	+56:01	07:13
2	1429	Bárbara Fernandes	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	Senior Feminino	03:39:48	+59:12	07:20
3	1416	Fatima Amoinha	Lobos do Brunheiro de Chaves / Crossbox	Senior Feminino	03:48:01	+01:07:25	07:36
4	1031	Joana Fernandes	Akuafit	Senior Feminino	03:50:34	+01:09:58	07:41
5	1119	Susana Rodrigues	Clube Atletismo Fafe	Senior Feminino	03:57:14	+01:16:38	07:54
6	1259	Raquel Andrade	Individual	Senior Feminino	03:58:26	+01:17:51	07:57
7	1184	Patricia Palma	EDV-VIANA TRAIL	Senior Feminino	04:03:09	+01:22:34	08:06
8	1256	Cristina Teixeira	Individual	Senior Feminino	04:13:42	+01:33:07	08:27
9	1521	Elisabete Alves	Trogloditas runners	Senior Feminino	04:16:04	+01:35:29	08:32
10	1182	susana dantas alves	EDL Trail	Senior Feminino	04:17:50	+01:37:14	08:36
11	1181	Daniela Vilas Boas	Dragon Club	Senior Feminino	04:21:58	+01:41:22	08:44
12	1078	Diana martins	Boavista Trail	Senior Feminino	04:27:45	+01:47:09	08:56
13	1079	Neuza Caridade	Boavista Trail	Senior Feminino	04:33:52	+01:53:16	09:08
14	1254	Ana Águas	Individual	Senior Feminino	04:33:56	+01:53:20	09:08
15	1230	Camila Mendes	GD Leões da Guarda - Lion Runners	Senior Feminino	04:37:04	+01:56:28	09:14
16	1476	Sónia Gomes	Runners do Demo	Senior Feminino	04:41:38	+02:01:03	09:23
17	1245	Patricia Ramos	Grupo Desportivo Banco de Portugal	Senior Feminino	04:42:11	+02:01:36	09:24
18	1258	Mafalda Resende	Individual	Senior Feminino	04:50:58	+02:10:23	09:42
19	1260	Rita Freitas	Individual	Senior Feminino	04:52:25	+02:11:50	09:45
20	1209	Carla Neves	FACTOR X / S4L / MEDENSE FC	Senior Feminino	05:00:24	+02:19:49	10:01
21	1183	Andreia Sofia Santos Mota	EDV-VIANA TRAIL	Senior Feminino	05:13:37	+02:33:01	10:27
22	1461	Beatriz Loureiro	Pernetas	Senior Feminino	05:22:52	+02:42:16	10:46
23	1071	Sónia Almeida	Aventureiros	Senior Feminino	05:26:39	+02:46:03	10:53
24	1008	Sónia Alexandra Dias Brás	A.D.Amarante	Senior Feminino	05:26:39	+02:46:03	10:53
25	1499	carla sofia Araujo	TEAM LANTEMIL	Senior Feminino	05:27:09	+02:46:33	10:54
26	1240	Cláudia coelho	GENEROSOS RUNNERS	Senior Feminino	05:29:32	+02:48:57	10:59
27	1141	Cândida Bento	CORRER LEÇA	Senior Feminino	05:29:38	+02:49:03	10:59
28	1142	Dulce Neves	CORRER LEÇA	Senior Feminino	05:39:19	+02:58:44	11:19
29	1438	Micaela Brito	Devasta Trilhos	Senior Feminino	05:41:07	+03:00:31	11:22
30	1437	Margarida Silva	NOCTURNOS DE PAREDES	Senior Feminino	05:41:07	+03:00:32	11:22
31	1500	Cristiana	TEAM LANTEMIL	Senior Feminino	05:43:42	+03:03:06	11:27
32	1255	Carina Meneses	Individual	Senior Feminino	05:59:26	+03:18:51	11:59
33	1171	Renata Almeida	DIVE Into the Mountains	Senior Feminino	06:13:39	+03:33:04	12:27
34	1257	Ingrid Rocha	Individual	Senior Feminino	06:46:15	+04:05:40	13:33

Trail Longo

30 KM

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

OFFICIAL RESULT

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Senior Masculino

1	1285	MARIO FONSECA	Individual	Senior Masculino	02:40:35		05:21
2	1487	Carlos Miguel da Costa Ferreira	SiM Summit	Senior Masculino	02:45:06	+04:31	05:30
3	1082	Francisco Gesteira	Boavista Trail	Senior Masculino	02:48:17	+07:42	05:37
4	1050	Marco Pinheiro	ARC Vale S. Cosme	Senior Masculino	02:50:49	+10:13	05:42
5	1084	Marcos António Fidalgo Pascual	Boavista Trail	Senior Masculino	02:53:42	+13:06	05:47
6	1414	Joel Pereira	Minho e Lima Trail	Senior Masculino	02:54:35	+14:00	05:49
7	1051	Ricardo Campos	ARC Vale S. Cosme	Senior Masculino	02:57:20	+16:44	05:55
8	1227	Fábio Pinto	Furfor Running Project	Senior Masculino	02:57:36	+17:00	05:55
9	1518	Carlos Coelho	TRAIL ME	Senior Masculino	02:58:22	+17:47	05:57
10	1120	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	03:00:02	+19:26	06:00
11	1167	Joaquim Duarte	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:01:34	+20:58	06:03
12	1048	Bruno André Teixeira Pereira	Amigossemilimites	Senior Masculino	03:05:32	+24:56	06:11
13	1053	Bruno Costa	ARCA BarceloS runners	Senior Masculino	03:06:51	+26:15	06:14
14	1055	Ricardo Miranda	ARCA BarceloS runners	Senior Masculino	03:06:51	+26:16	06:14
15	1052	Vasco costa	ARC Vale S. Cosme	Senior Masculino	03:11:57	+31:22	06:24
16	1049	José Leitão	ARC Vale S. Cosme	Senior Masculino	03:11:57	+31:22	06:24
17	1162	PEDRO DIAS	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:12:54	+32:18	06:26
18	1187	Emanuel Machado	EDV-VIANA TRAIL	Senior Masculino	03:14:06	+33:30	06:28
19	1159	ADERITO OLIVEIRA	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:16:17	+35:41	06:33
20	1081	Francisco Fidalgo Pascual	Boavista Trail	Senior Masculino	03:17:14	+36:39	06:34
21	1160	CARLOS PRUDENCIO	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	03:17:40	+37:05	06:35
22	1486	Bruno Sousa	SiM Summit	Senior Masculino	03:19:12	+38:36	06:38
23	1211	David Gonçalves	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:19:52	+39:16	06:40
24	1296	ricardo rodrigues	Individual	Senior Masculino	03:20:27	+39:51	06:41
25	1453	Miguel Jaques	OLIMPICO VIANENSE	Senior Masculino	03:21:20	+40:44	06:43
26	1194	Ricardo Silva	EDV-VIANA TRAIL	Senior Masculino	03:21:49	+41:13	06:44
27	1080	Fábio Rodrigues	Boavista Trail	Senior Masculino	03:21:56	+41:20	06:44
28	1127	Fábio Vasconcelos	Clube Efacec	Senior Masculino	03:22:14	+41:38	06:44
29	1298	Tiago Araújo	Individual	Senior Masculino	03:22:27	+41:51	06:45
30	1442	JOSE MANUEL PINTO	Nos Acreditamos	Senior Masculino	03:22:27	+41:52	06:45
31	1278	Jorge Ribeiro	Individual	Senior Masculino	03:25:01	+44:26	06:50
32	1009	António Daniel Pinto Mendes	A.D.Amarante	Senior Masculino	03:25:32	+44:56	06:51
33	1488	Rui Araujo	SiM Summit	Senior Masculino	03:26:08	+45:33	06:52
34	1288	Pedro Ferreira	Individual	Senior Masculino	03:26:30	+45:55	06:53
35	1186	Amaro Costa	EDV-VIANA TRAIL	Senior Masculino	03:26:45	+46:10	06:54
36	1040	Paulo Machado	Aliados Trail Running Team	Senior Masculino	03:26:55	+46:20	06:54
37	1172	Nuno Figueiredo	DIVE Into the Mountains	Senior Masculino	03:27:47	+47:11	06:56
38	1054	Pedro Vale	ARCA BarceloS runners	Senior Masculino	03:28:00	+47:24	06:56
39	1279	José Faria	Individual	Senior Masculino	03:29:11	+48:35	06:58
40	1450	Sérgio Rodrigues	OCS - Arrábida Trail Team	Senior Masculino	03:29:44	+49:09	06:59
41	1086	João Cruz	Boavista Trail	Senior Masculino	03:29:45	+49:09	07:00
42	1417	Bruno Canto	Lobos do Brunheiro de Chaves / Crossbox	Senior Masculino	03:31:49	+51:14	07:04
43	1267	Daniel Vasconcelos	Individual	Senior Masculino	03:33:17	+52:42	07:07
44	1263	Carlos Cardoso	Individual	Senior Masculino	03:35:21	+54:45	07:11

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Trail Longo
30 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
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45	1210	Daniel Terra	FACTOR X / S4L / MEDENSE FC	Senior Masculino	03:35:45	+55:10	07:12
46	1109	Filipe Pinho	CIDEP Fornos Lusavouga	Senior Masculino	03:36:14	+55:38	07:12
47	1524	Bru Ferreira	Turbo kings 2.0/ AD Ancede	Senior Masculino	03:36:17	+55:41	07:13
48	1007	Marco Barejão Pinto	100 Treino	Senior Masculino	03:37:38	+57:03	07:15
49	1085	Roberto Freitas	Boavista Trail	Senior Masculino	03:38:03	+57:28	07:16
50	1484	Paulo Elias	SF2002	Senior Masculino	03:38:11	+57:35	07:16
51	1445	Márcio Quintas	Ntrilhos- Trail Medieval	Senior Masculino	03:42:54	+01:02:18	07:26
52	1097	Marcos Ribeiro	C. A. Andatrilhos Freamunde	Senior Masculino	03:43:12	+01:02:36	07:26
53	1261	Bruno Teles	Individual	Senior Masculino	03:43:23	+01:02:47	07:27
54	1418	Diogo de Oliveira Machado	Lobos do Brunheiro de Chaves / Crossbox	Senior Masculino	03:45:04	+01:04:29	07:30
55	1289	Pedro Gonçalves	Individual	Senior Masculino	03:46:08	+01:05:32	07:32
56	1293	Ricardo Costa	Individual	Senior Masculino	03:46:20	+01:05:44	07:33
57	1105	Vasco	CB RUN	Senior Masculino	03:46:32	+01:05:56	07:33
58	1452	Miguel Barbosa	OLIMPICO VIANENSE	Senior Masculino	03:47:09	+01:06:33	07:34
59	1490	Tiago Amaral	SiM Summit	Senior Masculino	03:49:16	+01:08:41	07:39
60	1433	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:49:48	+01:09:13	07:40
61	1018	Filipe Afonso	AC Portalegre/UTSM	Senior Masculino	03:52:20	+01:11:44	07:45
62	1496	Andre Silva	Sporting Clube de Espinho- Atletismo/Antonio Leitão	Senior Masculino	03:52:30	+01:11:54	07:45
63	1266	Daniel Pereira	Individual	Senior Masculino	03:52:58	+01:12:22	07:46
64	1286	Nelson Frias Amaral	Individual	Senior Masculino	03:53:01	+01:12:25	07:46
65	1264	Carlos Cruz	Individual	Senior Masculino	03:54:45	+01:14:10	07:50
66	1076	Ivo Silva	Beat Your Limit	Senior Masculino	03:55:17	+01:14:41	07:51
67	1401	Diogo Aguiar	Inquipa	Senior Masculino	03:55:41	+01:15:06	07:51
68	1513	Nuno Moreira	TEAM TT	Senior Masculino	03:55:48	+01:15:13	07:52
69	1475	Rui Lobo Castro	Rinus Fafe	Senior Masculino	03:55:56	+01:15:20	07:52
70	1501	Emanuel Freitas	TEAM LANTEMIL	Senior Masculino	03:56:40	+01:16:05	07:53
71	1022	Diogo Resende	ADC SANTA ISABEL	Senior Masculino	03:57:00	+01:16:25	07:54
72	1024	Hugo Couto	ADC SANTA ISABEL	Senior Masculino	03:57:00	+01:16:25	07:54
73	1519	Bruno Miguel Afonso Pinheiro	TRAIL TEAM MONTARIA	Senior Masculino	03:57:32	+01:16:56	07:55
74	1262	Bruno Moura	Individual	Senior Masculino	03:58:27	+01:17:52	07:57
75	1138	Paulo Silva	Clube Zupper	Senior Masculino	03:59:03	+01:18:27	07:58
76	1526	Pedro Rocha	Turbo kings 2.0/ AD Ancede	Senior Masculino	03:59:43	+01:19:07	07:59
77	1525	Pedro Monteiro	Turbo kings 2.0/ AD Ancede	Senior Masculino	03:59:43	+01:19:08	07:59
78	1271	Filipe Faria	Individual	Senior Masculino	04:01:41	+01:21:06	08:03
79	1404	Andre Lopes	KeMedo Team	Senior Masculino	04:02:04	+01:21:29	08:04
80	1224	Nelson vilela	FigueiróFIT	Senior Masculino	04:02:48	+01:22:12	08:06
81	1467	José Nunes	Pó Reforço Trail Team	Senior Masculino	04:03:19	+01:22:43	08:07
82	1268	Daniel vieira	Individual	Senior Masculino	04:03:20	+01:22:44	08:07
83	1099	Jil Coelho	C.D.C. PARADELA	Senior Masculino	04:03:53	+01:23:18	08:08
84	1163	Ricardo Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	04:05:08	+01:24:32	08:10
85	1502	Pedro Coelho	TEAM LANTEMIL	Senior Masculino	04:06:36	+01:26:00	08:13
86	1494	RICARDO LIRIO	skandinavian.project	Senior Masculino	04:06:47	+01:26:12	08:14
87	109	Hélder Campos	Individual	Senior Masculino	04:07:14	+01:26:39	08:15
88	1017	Bruno Manuel Oliveira Paiva	Abutres	Senior Masculino	04:07:53	+01:27:17	08:16

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Trail Longo

30 KM

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

OFFICIAL RESULT

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89	1083	José Pedro Barbosa	Boavista Trail	Senior Masculino	04:08:39	+01:28:04	08:17
90	1472	Pedro Fonseca	Ribeiras Trail	Senior Masculino	04:10:28	+01:29:53	08:21
91	1265	Carlos emanuel leal ferreira	Individual	Senior Masculino	04:11:07	+01:30:31	08:22
92	1207	Pedro neto	Eu&tu	Senior Masculino	04:12:17	+01:31:42	08:25
93	1512	Ivo Sampaio	TEAM TT	Senior Masculino	04:12:21	+01:31:45	08:25
94	1530	Gabriel F. S. Sousa	Individual	Senior Masculino	04:13:42	+01:33:07	08:27
95	1281	José Sá	Individual	Senior Masculino	04:13:48	+01:33:13	08:28
96	1291	Pedro Sérgio Moreira Santos	Individual	Senior Masculino	04:13:49	+01:33:13	08:28
97	1427	Mário Jorge Pereira Martins	Moka Trail Team	Senior Masculino	04:14:23	+01:33:47	08:29
98	1229	Jorge Beliago	Gansos	Senior Masculino	04:16:48	+01:36:12	08:34
99	1275	JOÃO ALEIXO	Individual	Senior Masculino	04:17:37	+01:37:01	08:35
100	1023	Francisco Zenha	ADC SANTA ISABEL	Senior Masculino	04:22:18	+01:41:43	08:45
101	1402	Paulo Nobre	Inquipa	Senior Masculino	04:23:28	+01:42:52	08:47
102	1272	Filipe Sousa	Individual	Senior Masculino	04:23:53	+01:43:18	08:48
103	1034	Carlos Campinha	Alexandra Carvalho Team	Senior Masculino	04:24:35	+01:43:59	08:49
104	1451	Francisco Novoa	OLIMPICO VIANENSE	Senior Masculino	04:24:40	+01:44:04	08:49
105	1004	Ricardo pereira	#atêchoras	Senior Masculino	04:25:36	+01:45:01	08:51
106	1075	Filipe Tavares	Aztrail/Mercentro	Senior Masculino	04:25:41	+01:45:06	08:51
107	1283	Marco André Costa Ferreira	Individual	Senior Masculino	04:28:37	+01:48:02	08:57
108	1030	Rufino Freitas	AfrikanRunners	Senior Masculino	04:28:42	+01:48:06	08:57
109	1233	Miguel Mendes	GD Leões da Guarda - Lion Runners	Senior Masculino	04:28:59	+01:48:24	08:58
110	1212	Nuno Amorim	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:29:12	+01:48:36	08:58
111	1113	Isidro Almeida	Cinfães a Correr	Senior Masculino	04:29:53	+01:49:17	09:00
112	1035	Ricardo Rego	Alexandra Carvalho Team	Senior Masculino	04:30:56	+01:50:20	09:02
113	1468	Luis Alves	Pó Reforço Trail Team	Senior Masculino	04:32:03	+01:51:28	09:04
114	1282	Luis Filipe Veloso da Silva	Individual	Senior Masculino	04:32:49	+01:52:14	09:06
115	1213	Rui Oliveira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:32:57	+01:52:22	09:06
116	1246	Daniel Silva	Grupo Desportivo Banco de Portugal	Senior Masculino	04:34:50	+01:54:14	09:10
117	1403	Humberto Barros	Kaninos	Senior Masculino	04:35:44	+01:55:08	09:11
118	1277	Jorge Mendes	Individual	Senior Masculino	04:36:25	+01:55:49	09:13
119	1458	Bruno Ferreira	Osteo Performance 360°	Senior Masculino	04:36:35	+01:56:00	09:13
120	1251	Helder Marques	Hora do Lobo Trail CF Perosinho	Senior Masculino	04:37:02	+01:56:26	09:14
121	1295	Ricardo Novais	Individual	Senior Masculino	04:39:28	+01:58:53	09:19
122	1515	Hélder de Oliveira	Terror dos Montes	Senior Masculino	04:39:31	+01:58:56	09:19
123	1214	Sandro Pinheiro	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:41:42	+02:01:06	09:23
124	1405	David Carvalho	KeMedo Team	Senior Masculino	04:42:07	+02:01:31	09:24
125	1459	Vitor Carneiro	Paços runners	Senior Masculino	04:42:20	+02:01:45	09:25
126	1300	Vitor Pereira	Individual	Senior Masculino	04:42:31	+02:01:56	09:25
127	1128	Paulo Borges	Clube Efacec	Senior Masculino	04:43:09	+02:02:34	09:26
128	1470	Rui Miguel Coelho	Pó Reforço Trail Team	Senior Masculino	04:45:19	+02:04:43	09:31
129	1522	Vitor Gonçalves	Trogloditas runners	Senior Masculino	04:49:25	+02:08:49	09:39
130	1269	Diogo Silva	Individual	Senior Masculino	04:51:24	+02:10:48	09:43
131	1239	Tiago Costa	GDC Fidelidade	Senior Masculino	04:52:44	+02:12:09	09:45
132	1469	Rodolfo Monteiro	Pó Reforço Trail Team	Senior Masculino	04:56:54	+02:16:18	09:54
133	1465	Jorge Alves	Phoenix Evorun	Senior Masculino	04:56:56	+02:16:20	09:54

Trail Longo

30 KM

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

OFFICIAL RESULT

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134	1199	Nelson Jorge Marques Vieira Almeida	Equipa A	Senior Masculino	04:57:48	+02:17:12	09:56
135	1299	Vitor Mota	Individual	Senior Masculino	04:59:39	+02:19:04	09:59
136	1503	Tiago Dias	TEAM LANTEMIL	Senior Masculino	04:59:42	+02:19:07	09:59
137	1280	José Laranjeira	Individual	Senior Masculino	04:59:58	+02:19:23	10:00
138	1204	Bruno Duarte	ESPINHO TRAIL	Senior Masculino	05:01:00	+02:20:24	10:02
139	1205	Ricardo Duarte	ESPINHO TRAIL	Senior Masculino	05:01:00	+02:20:25	10:02
140	1287	Pedro Borges	Individual	Senior Masculino	05:02:55	+02:22:20	10:06
141	1025	Pedro Madureira	ADC SANTA ISABEL	Senior Masculino	05:02:57	+02:22:21	10:06
142	1423	Óscar Martins	Melgaço Alvarinho Trail Team/Quintas de Melgaço	Senior Masculino	05:05:07	+02:24:31	10:10
143	1292	Ricardo Coelho	Individual	Senior Masculino	05:13:02	+02:32:27	10:26
144	1431	Miguel Pinto	Monte dos Amigos	Senior Masculino	05:13:04	+02:32:29	10:26
145	1430	Bruno Ferreira	Monte dos Amigos	Senior Masculino	05:13:07	+02:32:32	10:26
146	1101	Gabriel Carneiro	Cansados	Senior Masculino	05:17:07	+02:36:31	10:34
147	1102	Vitor Silva	Cansados	Senior Masculino	05:17:07	+02:36:31	10:34
148	1143	João Pedro Rocha	CORRER LEÇA	Senior Masculino	05:21:00	+02:40:24	10:42
149	1144	Nuno Lopes	CORRER LEÇA	Senior Masculino	05:21:00	+02:40:24	10:42
150	1232	João Soares	GD Leões da Guarda - Lion Runners	Senior Masculino	05:27:45	+02:47:10	10:56
151	1297	Rui Marante	Individual	Senior Masculino	05:33:25	+02:52:50	11:07
152	1428	Paulo André Pereira Martins	Moka Trail Team	Senior Masculino	05:40:56	+03:00:20	11:22
153	1234	Norberto Aguiar	GD Leões da Guarda - Lion Runners	Senior Masculino	05:43:38	+03:03:02	11:27
154	1284	Marcos Carvalho	Individual	Senior Masculino	06:20:28	+03:39:52	12:41

Sub 23 Masculino

1	1206	Jorge Duarte	ESPINHO TRAIL	Sub 23 Masculino	05:00:58	+02:20:22	10:02
2	1215	Pedro Soares	FACTOR X / S4L / MEDENSE FC	Sub 23 Masculino	05:18:53	+02:38:17	10:38

Veterana F40

1	1029	SILVIA PEREIRA	Adosa-OS Santa Apolónia	Veterana F40	03:44:53	+01:04:17	07:30
2	1020	Gisela Sousa	AD Marco 09	Veterana F40	04:05:10	+01:24:35	08:10
3	1506	Sandra Dias	TEAM LANTEMIL	Veterana F40	04:11:13	+01:30:37	08:22
4	1028	Belém Marques	Adosa-OS Santa Apolónia	Veterana F40	04:14:38	+01:34:02	08:29
5	1173	Carla Antunes	DIVE Into the Mountains	Veterana F40	04:16:57	+01:36:21	08:34
6	1045	Márcia Vilas Boas Bandeira	Amigos da Montanha	Veterana F40	04:19:16	+01:38:41	08:39
7	1036	Eliana Pereira	Alexandra Carvalho Team	Veterana F40	04:24:35	+01:43:59	08:49
8	1505	Mónica Martins	TEAM LANTEMIL	Veterana F40	04:31:01	+01:50:25	09:02
9	1170	Cristina Oliveira	Desnível Positivo - ADR Luso Galaica	Veterana F40	04:33:54	+01:53:19	09:08
10	1447	Susana Claudia Matias de Sousa Silva	Núcleo de Montanha de Espinho	Veterana F40	04:42:25	+02:01:50	09:25
11	1249	Andra Julio	GTT-Armazém do Caffè	Veterana F40	04:43:10	+02:02:34	09:26
12	1302	Elisabete Borges	Individual	Veterana F40	04:46:17	+02:05:42	09:33
13	1063	Maria Fernandes	ARCORUN	Veterana F40	04:56:51	+02:16:15	09:54
14	1303	Marlene oliveira	Individual	Veterana F40	04:56:52	+02:16:16	09:54

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Trail Longo

30 KM

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15	1145	Carla Ferreira	CORRER LEÇA	Veterana F40	05:05:47	+02:25:12	10:12
16	1301	Célia Sousa	Individual	Veterana F40	05:06:43	+02:26:07	10:13
17	1077	Andreia Ribeiro	Boavista Trail	Veterana F40	05:39:33	+02:58:57	11:19
18	1523	Maria José Gomes Oliveira	Trogloditas runners	Veterana F40	05:41:39	+03:01:03	11:23
19	1306	Sandra Pereira	Individual	Veterana F40	05:43:02	+03:02:26	11:26
20	1504	Margarida Dantas	TEAM LANTEMIL	Veterana F40	05:43:41	+03:03:06	11:27
21	1026	Rosmery Silva	ADC SANTA ISABEL	Veterana F40	05:48:53	+03:08:17	11:38
22	1174	Diana Moura	DiVE Into the Mountains	Veterana F40	06:13:39	+03:33:04	12:27
23	1305	Sandra Martins	Individual	Veterana F40	06:20:29	+03:39:54	12:41
24	1146	Marisa Silva	CORRER LEÇA	Veterana F40	06:20:45	+03:40:09	12:42

Veterana F45

1	1021	Margarida Sousa	AD Marco 09	Veterana F45	04:05:10	+01:24:35	08:10
2	1200	Olga Alexandra dos Santos Branquinho	Equipa A	Veterana F45	04:08:37	+01:28:02	08:17
3	1528	Helena Gomes	WOLVES	Veterana F45	04:15:55	+01:35:19	08:32
4	1019	Claudia Cálix	EDV-VIANA TRAIL	Veterana F45	04:20:34	+01:39:58	08:41
5	1309	Paula Cristina Pereira Silva	Individual	Veterana F45	04:31:33	+01:50:57	09:03
6	1129	Liseta Pinto	Clube Efacec	Veterana F45	04:39:35	+01:58:59	09:19
7	1248	Maria Carmo Loureiro	GRUPO DESPORTIVO SANTANDER TOTTA	Veterana F45	04:40:30	+01:59:55	09:21
8	1454	Carla Cruz	OLIMPICO VIANENSE	Veterana F45	04:43:10	+02:02:34	09:26
9	1311	Sónia Mota	Individual	Veterana F45	04:46:49	+02:06:13	09:34
10	1092	Ana Dias	BUDEGUITA RUNNERS	Veterana F45	04:48:42	+02:08:06	09:37
11	1093	Helena Isabel Moreira Dias	BUDEGUITA RUNNERS	Veterana F45	04:48:44	+02:08:09	09:37
12	1310	Sandra Ferreira	Individual	Veterana F45	04:52:39	+02:12:03	09:45
13	1544	Patrícia Rocha	Individual	Veterana F45	04:59:15	+02:18:39	09:59
14	1148	Maria Fernanda Ferreira	CORRER LEÇA	Veterana F45	05:04:46	+02:24:10	10:10
15	1147	Cláudia Cunha	CORRER LEÇA	Veterana F45	05:49:24	+03:08:48	11:39
16	1307	Ana Rangel	Individual	Veterana F45	06:33:37	+03:53:01	13:07

Veterana F50

1	1011	LAURINDA ROSA DA SILVA BARROS	A.D.Amarante	Veterana F50	04:10:48	+01:30:12	08:22
2	1406	Laura Mendes	KeMedo Team	Veterana F50	04:21:14	+01:40:38	08:42
3	1252	Rosa Maria Freitas Teixeira	Hora do Lobo Trail CF Perosinho	Veterana F50	04:23:49	+01:43:13	08:48
4	1175	Maria Sá	DiVE Into the Mountains	Veterana F50	04:24:45	+01:44:09	08:50
5	1473	Rosa Gama	Ribeiras Trail	Veterana F50	04:40:30	+01:59:55	09:21
6	1439	Maria Costa	NOCTURNOS DE PAREDES	Veterana F50	04:41:38	+02:01:02	09:23
7	1312	Catarina Teixeira	Individual	Veterana F50	05:18:42	+02:38:06	10:37
8	1314	ISABEL ARAUJO	Individual	Veterana F50	05:18:43	+02:38:08	10:37
9	1477	Graça Costa	Runners do Demo	Veterana F50	05:19:24	+02:38:48	10:39
10	1315	Margarida Pinto	Individual	Veterana F50	05:32:07	+02:51:32	11:04
11	1313	Helena Nogueira	Individual	Veterana F50	05:57:13	+03:16:37	11:54

Trail Longo

30 KM

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

OFFICIAL RESULT

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

Veterana F55

1	1415	Lucinda Gomes	Lion Runners	Veterana F55	04:59:02	+02:18:27	09:58
2	1046	Isabel Martins	Amigos da Montanha	Veterana F55	05:40:14	+02:59:38	11:20
3	1545	Maria Rosa Costa		Veterana F55	05:49:57	+03:09:21	11:40

Veterano M40

1	1166	MARCO FARIA	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	02:48:31	+07:56	05:37
2	1491	Inuo Melo	SiM Summit	Veterano M40	03:10:51	+30:16	06:22
3	1122	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	03:13:25	+32:49	06:27
4	1332	José Miguel F. Gama Nogueira	Individual	Veterano M40	03:15:45	+35:09	06:32
5	1191	Pedro Pinho	EDV-VIANA TRAIL	Veterano M40	03:16:13	+35:37	06:32
6	1134	Paulo Castro	Clube Efacec	Veterano M40	03:18:17	+37:41	06:37
7	1121	Eusebio Fernandes	Clube Atletismo Fafe	Veterano M40	03:18:33	+37:57	06:37
8	1225	Ruben Barbosa	FISIO	Veterano M40	03:19:48	+39:12	06:40
9	1247	Paulo Sarmento	Grupo Desportivo de Bragança - GDB Atletismo	Veterano M40	03:22:47	+42:12	06:46
10	1123	Rui Fernandes	Clube Atletismo Fafe	Veterano M40	03:23:04	+42:28	06:46
11	1165	JOAQUIM LEAL	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:25:18	+44:42	06:51
12	1441	Filipe Lemos	NorTrail	Veterano M40	03:26:48	+46:12	06:54
13	1344	Paulo Almiro Borges Sampaio	Individual	Veterano M40	03:28:23	+47:47	06:57
14	1087	Dário Daniel Freitas Vieira Ferreira Silva	Boavista Trail	Veterano M40	03:28:55	+48:19	06:58
15	1012	Cristiano Santos	A.D.Amarante	Veterano M40	03:29:50	+49:14	07:00
16	1349	Ricardo Silva	Individual	Veterano M40	03:30:09	+49:33	07:00
17	1161	António Teles	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:30:59	+50:23	07:02
18	1135	Pedro Castro	Clube Efacec	Veterano M40	03:32:20	+51:44	07:05
19	1192	Sergio Ramos	EDV-VIANA TRAIL	Veterano M40	03:33:20	+52:45	07:07
20	1462	Arsénio Batata	Pés de Chumbo Runners	Veterano M40	03:34:51	+54:15	07:10
21	1357	Sergio Torre	Individual	Veterano M40	03:35:38	+55:03	07:11
22	1480	Márcio Silva	S. S. Montepio	Veterano M40	03:38:29	+57:53	07:17
23	1517	Amílcar Ramos	TOCER	Veterano M40	03:39:35	+58:59	07:19
24	1235	José Sá	GD Leões da Guarda - Lion Runners	Veterano M40	03:41:10	+01:00:34	07:22
25	1193	Stephane Simões	EDV-VIANA TRAIL	Veterano M40	03:42:45	+01:02:10	07:26
26	1130	Gabriel Coutinho	Clube Efacec	Veterano M40	03:44:15	+01:03:40	07:29
27	1353	Rui Orlando Neto	Individual	Veterano M40	03:46:20	+01:05:44	07:33
28	1326	Henrique Barbosa	Individual	Veterano M40	03:47:35	+01:07:00	07:35
29	1466	Nuno Duarte	Pimentinhas	Veterano M40	03:47:40	+01:07:04	07:35
30	1419	Carlos Afonso Borges	Lobos do Brunheiro de Chaves / Crossbox	Veterano M40	03:47:59	+01:07:24	07:36
31	1168	RICARDO PIRES	Dá-lhe Gás Trail Team Fisioduo	Veterano M40	03:49:52	+01:09:16	07:40
32	1328	Joao Ricardo	Individual	Veterano M40	03:50:09	+01:09:34	07:40
33	1033	Rui Pinho	Akuafit	Veterano M40	03:50:34	+01:09:58	07:41
34	1527	Rui Faria	vimarunners	Veterano M40	03:51:03	+01:10:27	07:42
35	1323	Edgar Ganhao Tavares	Individual	Veterano M40	03:52:54	+01:12:18	07:46

Official Timekeeper: Lap2Go	7 / 12	generate 16-Feb-2020 17:06
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Trail Longo

30 KM

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

OFFICIAL RESULT

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36	254	Tiago Vilas boas		Veterano M40	03:53:34	+01:12:58	07:47
37	1151	Tiago Montalvão	CORRER LEÇA	Veterano M40	03:55:15	+01:14:39	07:51
38	1133	Miguel Cruz	Clube Efacec	Veterano M40	03:55:16	+01:14:41	07:51
39	1324	Felisberto Arcipreste	Individual	Veterano M40	03:55:19	+01:14:44	07:51
40	1343	Nuno Meneses	Individual	Veterano M40	03:55:22	+01:14:46	07:51
41	1217	Joaquim Carvalho	FACTOR X / S4L / MEDENSE FC	Veterano M40	03:56:22	+01:15:46	07:53
42	1342	Nelson Pinto	Individual	Veterano M40	03:56:42	+01:16:06	07:53
43	1411	Emanuel Maio	KOM - Keep on Move	Veterano M40	03:56:51	+01:16:16	07:54
44	1044	João Coelho	AMC TRAIL	Veterano M40	03:58:23	+01:17:48	07:57
45	1321	Daniel Miranda	Individual	Veterano M40	04:01:27	+01:20:52	08:03
46	1345	Paulo Costa	Individual	Veterano M40	04:02:33	+01:21:58	08:05
47	1098	Marco Cunha	C.D. MEXE AS PERNAS	Veterano M40	04:05:23	+01:24:47	08:11
48	1474	Emanuel Fundo	Ribeiras Trail	Veterano M40	04:05:56	+01:25:20	08:12
49	1331	José Manuel Quaresma Teixeira da Silva Vilela	Individual	Veterano M40	04:06:21	+01:25:46	08:13
50	1341	Miguel Lopes	Individual	Veterano M40	04:07:23	+01:26:47	08:15
51	1149	Carlos Paiva	CORRER LEÇA	Veterano M40	04:07:42	+01:27:06	08:15
52	1497	Ricardo Trigo	STEP BY STEP	Veterano M40	04:09:25	+01:28:49	08:19
53	1042	Nuno Mariz	AllforOne	Veterano M40	04:13:15	+01:32:40	08:27
54	1346	Pedro Teixeira	Individual	Veterano M40	04:13:21	+01:32:46	08:27
55	1339	Mario Costa	Individual	Veterano M40	04:13:39	+01:33:03	08:27
56	1208	Paulo Freitas	F C Vizela	Veterano M40	04:15:38	+01:35:03	08:31
57	1241	Alberto carlos	GENEROSOS RUNNERS	Veterano M40	04:18:14	+01:37:38	08:36
58	1351	Rui Cruz	Individual	Veterano M40	04:19:47	+01:39:12	08:40
59	1157	Guilhermino Meireles	CTM VILA POUCA DE AGUIAR	Veterano M40	04:21:24	+01:40:48	08:43
60	1089	Nuno Teixeira	Boavista Trail	Veterano M40	04:21:38	+01:41:03	08:43
61	1037	Rui Maciel	Alexandra Carvalho Team	Veterano M40	04:24:35	+01:43:59	08:49
62	1478	Eduardo Bastos	S. S. Montepio	Veterano M40	04:26:00	+01:45:24	08:52
63	1350	Rolando Paulo	Individual	Veterano M40	04:26:21	+01:45:46	08:53
64	1425	Marco Afonso	Melgaço Alvarinho Trail Team/Quintas de Melgaço	Veterano M40	04:26:49	+01:46:14	08:54
65	1088	Filipe Abreu	Boavista Trail	Veterano M40	04:27:45	+01:47:09	08:56
66	1032	Carlos rodrigues	Akuafit	Veterano M40	04:28:27	+01:47:52	08:57
67	1250	Hugo Alexandre Palmeira Moreira	GTT-Armazém do Caffè	Veterano M40	04:29:05	+01:48:29	08:58
68	1354	Sérgio Moreira	Individual	Veterano M40	04:30:24	+01:49:48	09:01
69	1131	Helder Oliveira	Clube Efacec	Veterano M40	04:31:16	+01:50:41	09:03
70	1319	Bruno José Rodrigues Leite	Individual	Veterano M40	04:31:42	+01:51:06	09:03
71	1320	Daniel Ferreira	Individual	Veterano M40	04:32:35	+01:52:00	09:05
72	1067	Nuno Miguel Costa Ribeiro	Arribas	Veterano M40	04:32:58	+01:52:22	09:06
73	1329	Joaquim José da Silva Oliveira	Individual	Veterano M40	04:33:59	+01:53:23	09:08
74	1355	Sérgio Moura	ADC SANTA ISABEL	Veterano M40	04:36:42	+01:56:06	09:13
75	1348	Ricardo lento	Individual	Veterano M40	04:39:02	+01:58:27	09:18
76	1117	Pedro Carmo	CLAC Entroncamento	Veterano M40	04:42:26	+02:01:50	09:25
77	1337	Marco paulo martins lopes	Individual	Veterano M40	04:43:03	+02:02:28	09:26
78	1412	Paulo Pinto	KOM - Keep on Move	Veterano M40	04:43:05	+02:02:29	09:26
79	1114	Vasco Cardos0	Cinfães a Correr	Veterano M40	04:44:10	+02:03:34	09:28
80	1197	luis ramos	El Team Trail	Veterano M40	04:44:18	+02:03:43	09:29

Trail Longo
30 KM
OFFICIAL RESULT

81	1132	Miguel Barbosa	Clube Efacec	Veterano M40	04:46:48	+02:06:13	09:34
82	1336	Márcio Mendes	Individual	Veterano M40	04:46:56	+02:06:20	09:34
83	1056	João Paulo Cruz	ARCA BarceloS runners	Veterano M40	04:48:51	+02:08:15	09:38
84	1100	Flávio Soares	CAL - Clube Atletismo de Lamas	Veterano M40	04:56:29	+02:15:54	09:53
85	1064	Nuno Fernandes	ARCORUN	Veterano M40	04:56:51	+02:16:15	09:54
86	1356	Sergio Tavares	Individual	Veterano M40	04:58:26	+02:17:51	09:57
87	1334	Manuel Rocha	Individual	Veterano M40	05:01:47	+02:21:12	10:04
88	1347	Ricardo Gonçalves	Individual	Veterano M40	05:02:08	+02:21:33	10:04
89	1333	Luís Queirós	Individual	Veterano M40	05:02:55	+02:22:20	10:06
90	1325	Gilberto Sousa	Individual	Veterano M40	05:03:39	+02:23:03	10:07
91	1005	Vitor Manuel Gonçalves Osório	#atéchoras	Veterano M40	05:06:44	+02:26:08	10:13
92	1338	Mário Araújo	Individual	Veterano M40	05:07:28	+02:26:53	10:15
93	1330	José Lopes	Individual	Veterano M40	05:08:34	+02:27:58	10:17
94	1317	Antonio Almeida	Individual	Veterano M40	05:08:47	+02:28:11	10:18
95	1318	Artur Fonseca	Individual	Veterano M40	05:18:32	+02:37:57	10:37
96	1448	Nuno Capela	Núcleo de Montanha de Espinho	Veterano M40	05:18:54	+02:38:19	10:38
97	1104	Carlos Cachulo	CATR - Correio de Albergaria Trail Running	Veterano M40	05:19:29	+02:38:53	10:39
98	1498	Joel Jacinto	Talentos Objectivos	Veterano M40	05:27:47	+02:47:12	10:56
99	1152	Valter Silva	CORRER LEÇA	Veterano M40	05:43:23	+03:02:47	11:27
100	1201	Jorge Vasconcelos	Equipa A	Veterano M40	05:48:44	+03:08:08	11:37
101	1150	Nuno Morgado	CORRER LEÇA	Veterano M40	05:49:24	+03:08:48	11:39

Veterano M45

1	1195	Telmo Veloso	EDV-VIANA TRAIL	Veterano M45	03:01:14	+20:38	06:02
2	1196	Victor Correia	EDV-VIANA TRAIL	Veterano M45	03:02:23	+21:47	06:05
3	1041	Patrick Marques	Aliados Trail Running Team	Veterano M45	03:12:49	+32:13	06:26
4	1103	Joaquim Silva	Capital Douro	Veterano M45	03:13:08	+32:33	06:26
5	1493	André Guedes	SiM Summit	Veterano M45	03:21:57	+41:21	06:44
6	1038	Adelino Aires	Alexandra Carvalho Team	Veterano M45	03:25:56	+45:21	06:52
7	1443	FERNANDO CARVALHO	Nos Acreditamos	Veterano M45	03:27:28	+46:53	06:55
8	1290	Paulo Pereira	Individual	Veterano M45	03:29:28	+48:52	06:59
9	1363	António Cunha	Individual	Veterano M45	03:30:09	+49:33	07:00
10	1169	ABILIO MARTINS	Dá-lhe Gás Trail Team Fisioduo	Veterano M45	03:33:05	+52:29	07:06
11	1111	João Tavares	CIDEP Fornos Lusavouga	Veterano M45	03:33:50	+53:14	07:08
12	1027	Fernando Augusto	ADC SANTA ISABEL	Veterano M45	03:37:04	+56:29	07:14
13	1369	Hilário Louro	Individual	Veterano M45	03:38:19	+57:44	07:17
14	1218	Fernando Rodrigues	FACTOR X / S4L / MEDENSE FC	Veterano M45	03:40:52	+01:00:17	07:22
15	1137	José Antonio Alves de Sousa	Clube Trilheiros & Amigos	Veterano M45	03:43:27	+01:02:51	07:27
16	1096	Luís Mesquita	Bustos Runners	Veterano M45	03:46:11	+01:05:36	07:32
17	1140	José Duarte	Coronado runners	Veterano M45	03:46:45	+01:06:09	07:34
18	1059	Luís Neco	ARCA BarceloS runners	Veterano M45	03:47:19	+01:06:44	07:35
19	1370	Ivo Almeida	Individual	Veterano M45	03:48:03	+01:07:27	07:36
20	1013	Eduardo Ribeiro	A.D.Amarante	Veterano M45	03:56:33	+01:15:57	07:53
21	1510	Luís Pereira	TEAM LANTEMIL	Veterano M45	03:56:40	+01:16:05	07:53

Trail Longo

30 KM

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

OFFICIAL RESULT

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

22	1361	Américo Figueiredo	Individual	Veterano M45	03:56:50	+01:16:14	07:54
23	1094	João Carvalho	BUDEGUITA RUNNERS	Veterano M45	03:57:07	+01:16:31	07:54
24	1139	Marco Vieira	Clube Zupper	Veterano M45	03:59:02	+01:18:27	07:58
25	1413	Paulo Soarez	LETHES TRAIL TEAM	Veterano M45	04:00:46	+01:20:11	08:02
26	1434	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M45	04:02:13	+01:21:38	08:04
27	1374	José Organista	Individual	Veterano M45	04:02:34	+01:21:58	08:05
28	1514	Pedro Lima	TEAM TT	Veterano M45	04:03:47	+01:23:11	08:08
29	1065	Paulo Res	ARCORUN	Veterano M45	04:05:07	+01:24:32	08:10
30	1365	César Sousa	Individual	Veterano M45	04:07:45	+01:27:09	08:16
31	1463	Antonio Vilaça	Pés de Chumbo Runners	Veterano M45	04:09:27	+01:28:51	08:19
32	1440	Arnaldo Santos	NOCTURNOS DE PAREDES	Veterano M45	04:11:07	+01:30:32	08:22
33	1176	David Nuno Lopes Ribeiro	DIVE Into the Mountains	Veterano M45	04:12:06	+01:31:30	08:24
34	1464	José Alberto Ribeiro	Pés de Chumbo Runners	Veterano M45	04:13:18	+01:32:42	08:27
35	1058	Jorge Ribeiro	ARCA BarceloS runners	Veterano M45	04:13:51	+01:33:16	08:28
36	1371	Joao Batista	Individual	Veterano M45	04:17:45	+01:37:10	08:36
37	1375	Luís Miguel de Oliveira Martins	Individual	Veterano M45	04:19:54	+01:39:19	08:40
38	1381	Vasco Rodrigues Silva	Individual	Veterano M45	04:24:55	+01:44:20	08:50
39	1107	Rogério Ribeiro	CB RUN	Veterano M45	04:26:05	+01:45:29	08:52
40	1136	NUNO FREITAS	CLUBE NOVO BANCO	Veterano M45	04:31:19	+01:50:43	09:03
41	1202	Alexandre Pereira	Equipa A	Veterano M45	04:32:33	+01:51:58	09:05
42	1177	Miguel Machado	DIVE Into the Mountains	Veterano M45	04:33:26	+01:52:50	09:07
43	1368	Helder	Individual	Veterano M45	04:33:57	+01:53:22	09:08
44	1366	Eduardo Pinto	Individual	Veterano M45	04:36:35	+01:55:59	09:13
45	1378	Rafael Almeida	Individual	Veterano M45	04:39:28	+01:58:52	09:19
46	1509	Jorge Marques	TEAM LANTEMIL	Veterano M45	04:41:17	+02:00:42	09:23
47	1126	vitoe coelho	Clube Desportivo Cepssa	Veterano M45	04:44:19	+02:03:43	09:29
48	1426	Mário Rodrigues	Metralhas Runners	Veterano M45	04:45:37	+02:05:02	09:31
49	1090	Paulo Lara	Boavista Trail	Veterano M45	04:47:21	+02:06:45	09:35
50	1069	Pedro Neta	Arribas	Veterano M45	04:47:47	+02:07:11	09:36
51	1006	Rui Manuel Costa Teixeira	#atêchoras	Veterano M45	04:47:49	+02:07:14	09:36
52	1068	João Ramos	Arribas	Veterano M45	04:48:35	+02:08:00	09:37
53	163	Paulo Lagoa	Individual	Veterano M45	04:48:42	+02:08:07	09:37
54	1095	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M45	04:48:45	+02:08:10	09:38
55	1380	Rui Miguel Silva Almeida Teixeira	Individual	Veterano M45	04:51:24	+02:10:48	09:43
56	1125	miguel ferraz	Clube Desportivo Cepssa	Veterano M45	04:56:57	+02:16:21	09:54
57	1219	Jorge Almeida	FACTOR X / S4L / MEDENSE FC	Veterano M45	04:57:52	+02:17:16	09:56
58	1220	Paulo Freitas	FACTOR X / S4L / MEDENSE FC	Veterano M45	05:00:24	+02:19:49	10:01
59	1364	António Ribeiro	Individual	Veterano M45	05:02:08	+02:21:32	10:04
60	1228	Paulo Vilarinho	GAIA-RUNNING	Veterano M45	05:05:41	+02:25:05	10:11
61	1221	pedro Marques	FACTOR X / S4L / MEDENSE FC	Veterano M45	05:05:47	+02:25:11	10:12
62	1373	jose ferreira	Individual	Veterano M45	05:08:41	+02:28:06	10:17
63	1508	Francisco Bartolomeu	TEAM LANTEMIL	Veterano M45	05:27:09	+02:46:33	10:54
64	1153	António Barros	CORRER LEÇA	Veterano M45	05:39:20	+02:58:44	11:19
65	1359	Abílio Silva	Individual	Veterano M45	05:56:24	+03:15:49	11:53

Trail Longo
30 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
OFFICIAL RESULT
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66	1377	Pedro Nunes	Individual	Veterano M45	06:33:38	+03:53:03	13:07
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Veterano M50

1	1014	Miguel Fernando da Silva Barros	A.D.Amarante	Veterano M50	03:20:30	+39:55	06:41
2	1178	Dário Coelho	DIVE Into the Mountains	Veterano M50	03:28:49	+48:14	06:58
3	1060	Eduardo Silva	ARCA BarceloS runners	Veterano M50	03:34:34	+53:58	07:09
4	1070	Paulo Braga	Arribas	Veterano M50	03:52:49	+01:12:13	07:46
5	1455	João Passsos	OLIMPICO VIANENSE	Veterano M50	03:54:20	+01:13:45	07:49
6	1158	Carlos Sousa	CTM VILA POUCA DE AGUIAR	Veterano M50	03:54:27	+01:13:51	07:49
7	1179	Jose Lopes	DIVE Into the Mountains	Veterano M50	03:56:43	+01:16:08	07:53
8	1061	José Carlos Cardoso	ARCA BarceloS runners	Veterano M50	04:00:13	+01:19:37	08:00
9	1156	Paulo Alexandre Lema Pelicano	Crocótilos / Mister PC	Veterano M50	04:01:36	+01:21:00	08:03
10	1408	Fernando Gomes	KeMedo Team	Veterano M50	04:02:04	+01:21:29	08:04
11	1386	Jorge Azevedo	Individual	Veterano M50	04:03:04	+01:22:29	08:06
12	1446	Adriano Matias	Ntrilhos- Trail Medieval	Veterano M50	04:05:06	+01:24:31	08:10
13	1460	José Dias	Paços runners	Veterano M50	04:05:32	+01:24:56	08:11
14	1115	Vitor Manuel Rocha Jesus	Cinfães a Correr	Veterano M50	04:07:45	+01:27:09	08:16
15	1243	Amadeu peixoto	Global Trail	Veterano M50	04:08:43	+01:28:07	08:17
16	1390	Paulo Sergio C Martins	Individual	Veterano M50	04:15:31	+01:34:55	08:31
17	1384	Duarte Paulo Ribeiro	Individual	Veterano M50	04:15:31	+01:34:55	08:31
18	1483	José Nuno Costa	S. S. Montepio	Veterano M50	04:20:34	+01:39:58	08:41
19	1520	Avelino Faria	Trailistas "Eu é que sei!"	Veterano M50	04:23:50	+01:43:14	08:48
20	1391	Pedro Barbosa	Individual	Veterano M50	04:25:23	+01:44:47	08:51
21	1387	Lutz Welling	Individual	Veterano M50	04:28:39	+01:48:04	08:57
22	1409	Jorge Esteves	KeMedo Team	Veterano M50	04:32:56	+01:52:21	09:06
23	1222	Eugénio Soares	FACTOR X / S4L / MEDENSE FC	Veterano M50	04:37:29	+01:56:53	09:15
24	1382	Antero Cunha	Individual	Veterano M50	04:56:40	+02:16:04	09:53
25	1389	Paulo Genésio	Individual	Veterano M50	05:00:20	+02:19:44	10:01
26	1108	Adelino Silva	CCD - SIEMENS	Veterano M50	05:31:40	+02:51:04	11:03
27	1410	Luis Gomes	KeMedo Team	Veterano M50	05:37:07	+02:56:32	11:14

Veterano M55

1	1444	FRANCISCO LEMOS	Nos Acreditamos	Veterano M55	03:27:33	+46:57	06:55
2	1420	Cândido Augusto Sá Morais	Lobos do Brunheiro de Chaves / Crossbox	Veterano M55	03:41:10	+01:00:34	07:22
3	1421	Manuel Carriço	LOBOS DO MONTE RUN	Veterano M55	03:45:16	+01:04:40	07:31
4	1435	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M55	03:47:21	+01:06:46	07:35
5	1203	José Pereira	Equipa A	Veterano M55	04:02:47	+01:22:11	08:06
6	1394	José Ferreira	Individual	Veterano M55	04:08:39	+01:28:04	08:17
7	1392	António Baptista	Individual	Veterano M55	04:13:16	+01:32:40	08:27
8	1062	Firmino Silva	ARCA BarceloS runners	Veterano M55	04:31:44	+01:51:09	09:03
9	1456	Fernando Alves	OLIMPICO VIANENSE	Veterano M55	04:38:52	+01:58:17	09:18

Trail Longo**30 KM****OFFICIAL RESULT**

10	1516	Fernando Lopes	Terror dos Montes	Veterano M55	04:39:27	+01:58:52	09:19
11	1116	João Bernardo	Cinfães a Correr	Veterano M55	04:44:10	+02:03:35	09:28
12	1395	MARIO RUI LEITE COSTA	Individual	Veterano M55	04:46:49	+02:06:14	09:34
13	1047	Carlos Pedrinhas	Amigos da Montanha	Veterano M55	04:53:19	+02:12:44	09:47
14	1180	António Gonçalves	DIVE Into the Mountains	Veterano M55	04:57:11	+02:16:36	09:54
15	1432	Paulo Graça	Monte dos Amigos	Veterano M55	05:13:07	+02:32:31	10:26
16	1154	João Rocha	CORRER LEÇA	Veterano M55	05:20:59	+02:40:24	10:42
17	1396	Valdemar Almeida	Individual	Veterano M55	05:22:13	+02:41:37	10:44

Veterano M60

1	1436	Agostinho Costa	NAC TRAIL	Veterano M60	03:20:40	+40:04	06:41
2	1223	António Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	03:37:48	+57:12	07:16
3	1066	Manuel Rodrigues	ARCORUN	Veterano M60	04:09:21	+01:28:45	08:19
4	1397	António Carlos Silva Teixeira	Individual	Veterano M60	04:22:26	+01:41:50	08:45
5	1016	João Fernando Relvas Pena Gil	A.D.Amarante	Veterano M60	04:23:32	+01:42:56	08:47
6	1238	Serafim Ramos	GD Leões da Guarda - Lion Runners	Veterano M60	04:37:04	+01:56:28	09:14
7	1399	Manuel Faria Sampaio	Individual	Veterano M60	04:45:52	+02:05:17	09:32
8	1155	Manuel Rodrigues	CORRER LEÇA	Veterano M60	04:46:50	+02:06:14	09:34
9	1398	Domingos Machado	Individual	Veterano M60	04:51:46	+02:11:11	09:44
10	1118	Manuel Julio	CLAC Entroncamento	Veterano M60	05:17:58	+02:37:22	10:36

COLETIVO - TRAIL LONGO F

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

RANK	TEAM	DESCRIPTION	POINTS
1	EDV-VIANA TRAIL	8 + 21 + 58	87
2	TEAM LANTEMIL	13 + 28 + 65	106
3	BOAVISTA TRAIL	27 + 30 + 70	127
4	DIVE INTO THE MOUNTAINS	18 + 26 + 83	127
5	CORRER LEÇA	55 + 56 + 67	178