

GRANDE TRAILLAGARES - STAGE 1

37 KM

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REVISED

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	15°C	62%
End	15:47	15°C	62%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	1	Nuno Silva	satecnosoloutdoor	Senior Masculino	03:29:52		05:40
2	3	Bruno Coelho Sousa	satecnosoloutdoor	Senior Masculino	03:40:01	+10:09	05:57
3	8	Ricardo Jorge Gonçalves da Silva	edv-viana trail	Senior Masculino	03:41:02	+11:11	05:58
4	4	João Nogueira	oralklass-amigos do trail	Senior Masculino	03:44:33	+14:42	06:04
5	1108	Hugo Gonçalves	individual	Senior Masculino	03:45:35	+15:43	06:06
6	33	Hugo Miguel Martins Sousa	edv-viana trail	Senior Masculino	03:53:06	+23:15	06:18
7	29	Pedro Marques	dr. merino/4moove	Veterano M50	03:57:02	+27:11	06:24
8	99	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	04:01:46	+31:54	06:32
9	113	Joaquim Freitas	satecnosoloutdoor	Veterano M40	04:11:10	+41:18	06:47
10	55	António dos Reis Maia	individual	Senior Masculino	04:16:31	+46:39	06:56
11	100	Vitor Pinto	oralklass-amigos do trail	Veterano M40	04:19:33	+49:42	07:01
12	97	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	04:23:38	+53:46	07:08
13	102	José Afonso	os mi-migos	Veterano M40	04:25:30	+55:38	07:11
14	27	Nuno Nunes	dá-lhe gás	Senior Masculino	04:26:21	+56:29	07:12
15	96	Amadeu Teixeira	nós acreditamos	Veterano M50	04:26:31	+56:40	07:12
16	115	Ana Rocha Gonçalves	alive fitness club	Senior Feminino	04:28:48	+58:57	07:16
17	2631	Sérgio Suzano	oralklass-amigos do trail	Senior Masculino	04:38:34	+01:08:43	07:32
18	116	Joel Pinto	marco trail	Senior Masculino	04:43:33	+01:13:42	07:40
19	14	Luís Carlos Teixeira Martins	associação desportiva de cabroelo	Senior Masculino	04:45:53	+01:16:01	07:44
20	114	António Daniel Silva Ribeiro	individual	Senior Masculino	04:45:56	+01:16:04	07:44
21	79	Nuno Paiva	individual	Veterano M50	04:46:11	+01:16:20	07:44
22	9	Jérôme Rocha Rodrigues	edv-viana trail	Senior Masculino	04:46:58	+01:17:07	07:45
23	101	Marco Brochado	os lobos do saibro	Senior Masculino	04:49:10	+01:19:18	07:49
24	50	Sérgio André da silva Coelho	gtt - armazém do caffè	Senior Masculino	04:51:06	+01:21:14	07:52
25	25	Joaquim Duarte	dá-lhe gás	Senior Masculino	04:54:34	+01:24:43	07:58
26	26	Joaquim Leal	dá-lhe gás	Senior Masculino	04:54:38	+01:24:47	07:58
27	51	Duarte Bruno da Silva Conceição	hora do lobo trail	Senior Masculino	04:55:19	+01:25:27	07:59
28	60	Helder Rocha	individual	Senior Masculino	04:58:14	+01:28:23	08:04
29	44	José Miguel Pinto	fivami	Senior Masculino	04:58:15	+01:28:23	08:04
30	11	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	04:59:33	+01:29:42	08:06
31	28	Pedro Dias	dá-lhe gás	Senior Masculino	05:00:30	+01:30:38	08:07
32	18	João Pedro Carvalho	budeguita runners	Veterano M40	05:00:38	+01:30:46	08:08
33	86	Miguel Alves	leões de tardariz trail	Senior Masculino	05:02:09	+01:32:18	08:10
34	38	José Carlos Nunes Saldanha	edv-viana trail	Veterano M40	05:04:47	+01:34:56	08:14
35	16	Paulo Jorge Freitas Ferreira	associação desportiva de cabroelo	Veterano M40	05:04:56	+01:35:04	08:14
36	45	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	05:06:25	+01:36:33	08:17
37	35	Rodolfo Alexandre Brito da Silva	edv-viana trail	Senior Masculino	05:06:51	+01:36:59	08:18
38	90	Luís Teixeira	limitless	Senior Masculino	05:07:52	+01:38:01	08:19
39	91	Marta Silva	lourencoadventures	Veterana F40	05:11:34	+01:41:43	08:25
40	76	Lino Pinto	individual	Veterano M40	05:11:36	+01:41:44	08:25
41	54	Juliana Rodrigues	individual	Senior Feminino	05:14:36	+01:44:45	08:30
42	95	Filipe Barbosa	nocturnos de paredes	Senior Masculino	05:15:49	+01:45:57	08:32

GRANDE TRAILLAGARES - STAGE 1

37 KM

[illegible]

OFFICIAL RESULT

[illegible]

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	117	Afonso bonifácio	pernetas	Senior Masculino	05:17:20	+01:47:28	08:35
44	73	Carlos Fonseca	individual	Veterano M40	05:17:32	+01:47:41	08:35
45	46	António Carlos S.Teixeira	fridão sem limites	Veterano M50	05:21:21	+01:51:30	08:41
46	68	Telmo Lages	individual	Senior Masculino	05:21:52	+01:52:00	08:42
47	104	Fernando Costa	pernetas	Veterano M40	05:23:41	+01:53:49	08:45
48	56	Antonio Rocha	individual	Senior Masculino	05:27:18	+01:57:26	08:51
49	106	Eduardo Pinto	porto sentido runners	Veterano M40	05:27:18	+01:57:27	08:51
50	42	FRANCISCO FONSECA	equipa joão ferreira	Veterano M40	05:29:28	+01:59:36	08:54
51	15	Luís Fernando Castro Ferreira	associação desportiva de cabroelo	Senior Masculino	05:32:43	+02:02:52	09:00
52	103	Jorge Bastos	pernetas	Senior Masculino	05:37:05	+02:07:14	09:07
53	23	Pedro Nogueira	clube vodafone	Senior Masculino	05:39:31	+02:09:39	09:11
54	30	Ana Miranda	edv-viana trail	Senior Feminino	05:40:52	+02:11:00	09:13
55	111	Daniel Silva	trepatrihos trail team	Senior Masculino	05:48:38	+02:18:46	09:25
56	78	Pedro Azevedo	individual	Veterano M40	05:53:37	+02:23:46	09:33
57	87	Joaquim Leite	leões de tardariz trail	Veterano M50	05:53:38	+02:23:46	09:33
58	67	Ricardo Manuel Azevedo Boucinha	individual	Senior Masculino	05:59:05	+02:29:13	09:42
59	93	Nelson Castro	magical mushrooms	Veterano M40	05:59:17	+02:29:25	09:43
60	81	Hélder Jorge Ferreira de Castro	kemedo team	Senior Masculino	05:59:27	+02:29:35	09:43
61	80	Paulo Ferreira	individual	Veterano M50	06:12:39	+02:42:48	10:04
62	85	Hugo Martins	la zinco	Senior Masculino	06:14:58	+02:45:06	10:08
63	47	Ricardo Ribeiro	ginásio fit4fun	Senior Masculino	06:15:10	+02:45:18	10:08
64	12	Roberto Daniel Alves Freitas	a. d. sebolido trail boneca douro	Senior Masculino	06:15:13	+02:45:21	10:08
65	105	Sergio paulo Da rocha soares	portadas de valdeorras trail	Veterano M40	06:15:21	+02:45:30	10:09
66	43	Manuel Cunha Lima	experienciar	Veterano M50	06:39:31	+03:09:40	10:48
67	19	Rui Airosa	budeguita runners	Veterano M40	06:44:11	+03:14:19	10:55
68	58	Carlos Teixeira	individual	Senior Masculino	06:44:11	+03:14:19	10:55
69	41	Filipe Escobar	ei team trail	Veterano M40	06:44:21	+03:14:30	10:56
70	72	Noémia Rolla	individual	Veterana F50	07:01:18	+03:31:27	11:23
71	82	Helena Cerqueda	la zinco	Senior Feminino	07:08:22	+03:38:30	11:35
72	77	Paolo Pozzan	individual	Veterano M40	07:08:40	+03:38:49	11:35
73	94	Joana Babo	marco runners	Senior Feminino	07:09:43	+03:39:52	11:37
74	64	Paulo Carvalho	individual	Senior Masculino	07:14:12	+03:44:21	11:44
75	61	Hugo Pacheco	individual	Senior Masculino	07:14:37	+03:44:45	11:45

Grande TrailLagares

37 KM



OFFICIAL RESULT

	Time	Temperature	Humidity
Start	08:30	15°C	62%
End	15:47	15°C	62%

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

1	115	Ana Rocha Gonçalves	Alive Fitness Club	Senior Feminino	04:28:49		07:16
2	54	Juliana Rodrigues	Individual	Senior Feminino	05:14:37	+45:48	08:30
3	30	Ana Miranda	EDV-VIANA TRAIL	Senior Feminino	05:40:52	+01:12:03	09:13
4	82	Helena Cerqueda	LA Zinco	Senior Feminino	07:08:22	+02:39:33	11:35
5	94	Joana Babo	Marco Runners	Senior Feminino	07:09:44	+02:40:55	11:37

Senior Masculino

1	1	Nuno Silva	SatecnosolOutdoor	Senior Masculino	03:29:52		05:40
2	3	Bruno Coelho Sousa	SatecnosolOutdoor	Senior Masculino	03:40:01	+10:09	05:57
3	8	Ricardo Jorge Gonçalves da Silva	EDV-VIANA TRAIL	Senior Masculino	03:41:03	+11:11	05:58
4	4	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:44:34	+14:42	06:04
5	1108	Hugo Gonçalves	Individual	Senior Masculino	03:45:35	+15:43	06:06
6	33	Hugo Miguel Martins Sousa	EDV-VIANA TRAIL	Senior Masculino	03:53:07	+23:15	06:18
7	99	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	04:01:46	+31:54	06:32
8	55	António dos Reis Maia	Individual	Senior Masculino	04:16:31	+46:39	06:56
9	97	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	04:23:38	+53:46	07:08
10	27	Nuno Nunes	Dá-Lhe Gás	Senior Masculino	04:26:21	+56:29	07:12
11	2631	Sérgio Suzano	Oralklass-Amigos do Trail	Senior Masculino	04:38:35	+01:08:43	07:32
12	116	Joel Pinto	MARCO TRAIL	Senior Masculino	04:43:34	+01:13:42	07:40
13	14	Luís Carlos Teixeira Martins	Associação Desportiva de Cabroelo	Senior Masculino	04:45:53	+01:16:01	07:44
14	114	António Daniel Silva Ribeiro	Individual	Senior Masculino	04:45:56	+01:16:04	07:44
15	9	Jérôme Rocha Rodrigues	EDV-VIANA TRAIL	Senior Masculino	04:46:59	+01:17:07	07:45
16	101	Marco Brochado	Os Lobos do Saibro	Senior Masculino	04:49:10	+01:19:18	07:49
17	50	Sérgio André da Silva Coelho	GTT - Armazém do Caffè	Senior Masculino	04:51:06	+01:21:14	07:52
18	25	Joaquim Duarte	Dá-Lhe Gás	Senior Masculino	04:54:35	+01:24:43	07:58
19	26	Joaquim Leal	Dá-Lhe Gás	Senior Masculino	04:54:39	+01:24:47	07:58
20	51	Duarte Bruno da Silva Conceição	Hora do Lobo Trail	Senior Masculino	04:55:19	+01:25:27	07:59
21	60	Helder Rocha	Individual	Senior Masculino	04:58:15	+01:28:23	08:04
22	44	José Miguel Pinto	Fivami	Senior Masculino	04:58:15	+01:28:23	08:04
23	28	Pedro Dias	Dá-Lhe Gás	Senior Masculino	05:00:30	+01:30:38	08:07
24	86	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	05:02:10	+01:32:18	08:10
25	35	Rodolfo Alexandre Brito da Silva	EDV-VIANA TRAIL	Senior Masculino	05:06:51	+01:36:59	08:18
26	90	Luís Teixeira	Limitless	Senior Masculino	05:07:53	+01:38:01	08:19
27	95	Filipe Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	05:15:49	+01:45:57	08:32
28	117	Afonso bonifácio	Pernetas	Senior Masculino	05:17:20	+01:47:28	08:35
29	68	Telmo Lages	Individual	Senior Masculino	05:21:52	+01:52:00	08:42
30	56	Antonio Rocha	Individual	Senior Masculino	05:27:18	+01:57:26	08:51

Grande TrailLagares

37 KM

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31	15	Luís Fernando Castro Ferreira	Associação Desportiva de Cabroelo	Senior Masculino	05:32:44	+02:02:52	09:00
32	103	Jorge Bastos	Pernetas	Senior Masculino	05:37:06	+02:07:14	09:07
33	23	Pedro Nogueira	Clube Vodafone	Senior Masculino	05:39:31	+02:09:39	09:11
34	111	Daniel Silva	TrepaTrilhos Trail Team	Senior Masculino	05:48:38	+02:18:46	09:25
35	67	Ricardo Manuel Azevedo Boucinha	Individual	Senior Masculino	05:59:05	+02:29:13	09:42
36	81	Hélder Jorge Ferreira de Castro	KeMedo Team	Senior Masculino	05:59:27	+02:29:35	09:43
37	85	Hugo Martins	LA Zinco	Senior Masculino	06:14:58	+02:45:06	10:08
38	47	Ricardo Ribeiro	Ginásio Fit4Fun	Senior Masculino	06:15:10	+02:45:18	10:08
39	12	Roberto Daniel Alves Freitas	A. D. Sebolido Trail Boneca Douro	Senior Masculino	06:15:13	+02:45:21	10:08
40	58	Carlos Teixeira	Individual	Senior Masculino	06:44:11	+03:14:19	10:55
41	64	Paulo Carvalho	Individual	Senior Masculino	07:14:13	+03:44:21	11:44
42	61	Hugo Pacheco	Individual	Senior Masculino	07:14:37	+03:44:45	11:45

Veterana F40

1	11	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	04:59:34	08:06
2	91	Marta Silva	Lourencoadventures	Veterana F40	05:11:35	+12:01 08:25

Veterana F50

1	72	Noémia Rolla	Individual	Veterana F50	07:01:19	11:23
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Veterano M40

1	113	Joaquim Freitas	SatecnosolOutdoor	Veterano M40	04:11:10	06:47
2	100	Vitor Pinto	Oralklass-Amigos do Trail	Veterano M40	04:19:34	+08:24 07:01
3	102	José Afonso	os Mi-Migos	Veterano M40	04:25:30	+14:20 07:11
4	18	João Pedro Carvalho	BUDEGUITA RUNNERS	Veterano M40	05:00:38	+49:28 08:08
5	38	José Carlos Nunes Saldanha	EDV-VIANA TRAIL	Veterano M40	05:04:48	+53:38 08:14
6	16	Paulo Jorge Freitas Ferreira	Associação Desportiva de Cabroelo	Veterano M40	05:04:56	+53:46 08:14
7	45	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	05:06:25	+55:15 08:17
8	76	Lino Pinto	Individual	Veterano M40	05:11:36	+01:00:26 08:25
9	73	Carlos Fonseca	Individual	Veterano M40	05:17:33	+01:06:23 08:35
10	104	Fernando Costa	Pernetas	Veterano M40	05:23:41	+01:12:31 08:45
11	106	Eduardo Pinto	PORTO SENTIDO RUNNERS	Veterano M40	05:27:19	+01:16:09 08:51
12	42	FRANCISCO FONSECA	Equipa João Ferreira	Veterano M40	05:29:28	+01:18:18 08:54
13	78	Pedro Azevedo	Individual	Veterano M40	05:53:38	+01:42:28 09:33
14	93	Nelson Castro	Magical Mushrooms	Veterano M40	05:59:17	+01:48:07 09:43
15	105	Sergio paulo Da rocha soares	Portadas de Valdeorras Trail	Veterano M40	06:15:22	+02:04:12 10:09
16	19	Rui Airosa	BUDEGUITA RUNNERS	Veterano M40	06:44:11	+02:33:01 10:55
17	41	Filipe Escobar	El Team Trail	Veterano M40	06:44:22	+02:33:12 10:56
18	77	Paolo Pozzan	Individual	Veterano M40	07:08:41	+02:57:31 11:35

37 KM

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1	29	Pedro Marques	Dr. Merino/4moove	Veterano M50	03:57:03	06:24
2	96	Amadeu Teixeira	Nós Acreditamos	Veterano M50	04:26:32	+29:29 07:12
3	79	Nuno Paiva	Individual	Veterano M50	04:46:12	+49:09 07:44
4	46	António Carlos S.Teixeira	Fridão Sem Limites	Veterano M50	05:21:22	+01:24:19 08:41
5	87	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	05:53:38	+01:56:35 09:33
6	80	Paulo Ferreira	Individual	Veterano M50	06:12:40	+02:15:37 10:04
7	43	Manuel Cunha Lima	experiençar	Veterano M50	06:39:32	+02:42:29 10:48