

TRAIL LONGO 25K

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	12,5°C	74,1%
End	17:00	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1406	Armandino Taborda	oralklass-aliança-amigosdotrail	Veterano M40	02:20:24		05:37
2	1407	Paulo Pinto	centro ciclista de gondomar	Veterano M40	02:25:22	+04:58	05:49
3	1258	Antonio Martins	centro ciclista de gondomar	Veterano M40	02:25:27	+05:03	05:49
4	1284	Paulo César Ferreira	gondomar futsal clube	Senior Masculino	02:34:00	+13:36	06:10
5	1001	Pedro Marques	paredes aventura	Veterano M40	02:36:31	+16:07	06:16
6	1146	David António Correia Ferreira	dr merino clínica médica	Senior Masculino	02:38:31	+18:07	06:20
7	1214	Abilio Ribeiro	lusitanos	Veterano M40	02:39:08	+18:44	06:22
8	1083	Fernando Taborda	oralklass-aliança-amigos do trail	Senior Masculino	02:40:30	+20:06	06:25
9	1394	Hélder Melo	ac portalegre/utsm	Senior Masculino	02:40:50	+20:26	06:26
10	1002	Tiago Aragão	ctad tiagoaragao.com	Senior Masculino	02:42:21	+21:57	06:30
11	1193	Filipe Teixeira	unidade especial de corrida	Senior Masculino	02:43:49	+23:25	06:33
12	1042	Pedro Rocha	gondomar futsal clube	Senior Masculino	02:44:15	+23:51	06:34
13	1020	Ricardo Soares	individual	Senior Masculino	02:44:25	+24:01	06:35
14	1217	Jose Cabral	lusitanos	Veterano M50	02:45:01	+24:37	06:36
15	1404	Lucinda Sousa	gondomar futsal clube	Veterana F40	02:45:13	+24:49	06:37
16	1054	Modesto Pereira Vieira	individual	Veterano M50	02:45:19	+24:55	06:37
17	1059	Fernando Noronha	ginásio factor x	Veterano M50	02:49:19	+28:55	06:46
18	1215	Adriano Oliveira	lusitanos	Veterano M40	02:51:07	+30:43	06:51
19	1369	António José Oliveira marques de Sousa	individual	Senior Masculino	02:54:21	+33:57	06:58
20	1141	Helder Augusto Ferreira Camilo	paredes aventura	Senior Masculino	02:55:00	+34:36	07:00
21	1285	Pedro Ferrás da Silva Fernandes	ctad - trilhos de cinfães	Senior Masculino	02:55:17	+34:53	07:01
22	1189	Paulo Rodrigues	galaicus trail runners - boticas	Senior Masculino	02:57:44	+37:20	07:07
23	1355	Pedro Pratas	paredes aventura	Veterano M40	02:58:20	+37:56	07:08
24	1113	Dionisio Manuel Correia Sousa	individual	Veterano M40	02:59:12	+38:48	07:10
25	1119	antonio pereira	individual	Veterano M50	02:59:26	+39:02	07:11
26	1160	ROGERIO SOUSA	nocturnos paredes	Senior Masculino	02:59:35	+39:11	07:11
27	1360	Sérgio Durães	nocturnos paredes	Senior Masculino	02:59:38	+39:14	07:11
28	1313	José Carlos Ferreira Dias	individual	Veterano M40	03:01:04	+40:40	07:15
29	1055	Aurélio Vieira	individual	Veterano M40	03:01:09	+40:45	07:15
30	1383	Pedro Jorge Ferreira Borges Da Costa	individual	Senior Masculino	03:01:21	+40:57	07:15
31	1007	Filipe Sousa	kemedo team	Senior Masculino	03:01:22	+40:58	07:15
32	1331	Clemente Teixeira	shots international runners	Veterano M40	03:01:33	+41:09	07:16
33	1259	Filipe Sousa	centro ciclista de gondomar	Senior Masculino	03:02:15	+41:51	07:17
34	1089	Carlos Silva	oralklass-aliança-amigos do trail	Veterano M40	03:02:41	+42:17	07:18
35	1147	Casimira Ferreira de Moura	dr merino clínica médica	Senior Feminino	03:02:53	+42:29	07:19
36	1294	Micael Cunha	individual	Senior Masculino	03:03:31	+43:07	07:20
37	1202	Helder Gomes	kemedo team	Senior Masculino	03:05:05	+44:41	07:24
38	1162	Antonio Azevedo	individual	Veterano M50	03:05:20	+44:56	07:25
39	1290	João Pedro Leal	ofrunning	Senior Masculino	03:06:46	+46:22	07:28
40	1298	Sérgio André Da Silva Coelho	individual	Senior Masculino	03:07:09	+46:45	07:29

TRAIL LONGO 25K

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
41	1335	Fernando Pecegueiro	individual	Senior Masculino	03:07:11	+46:47	07:29
42	1015	Paula lage	paredes aventura	Senior Feminino	03:07:11	+46:47	07:29
43	1109	Andre Casimiro Alves Soares	boavista fc	Senior Masculino	03:07:18	+46:54	07:30
44	1057	José Paulo Pereira Ribeiro	ginásio factor x	Senior Masculino	03:07:47	+47:23	07:31
45	1238	Antonio Coelho	sapadores invicta	Veterano M40	03:07:54	+47:30	07:31
46	1006	Helder Martins	individual	Senior Masculino	03:08:40	+48:16	07:33
47	1145	Nuno Miguel da rocha nunes	individual	Senior Masculino	03:10:50	+50:26	07:38
48	1396	João Carolo	clube zipper	Senior Masculino	03:11:28	+51:04	07:41
49	1297	António Loureiro	individual	Veterano M40	03:11:33	+51:09	07:40
50	1262	Tiago Silva	s. s. montepio	Senior Masculino	03:11:35	+51:11	07:40
51	1157	SERGIO VALE	nocturnos paredes	Senior Masculino	03:11:39	+51:15	07:40
52	1086	Leonel Neves	oralklass-aliança-amigos do trail	Senior Masculino	03:12:21	+51:57	07:42
53	1068	António Teixeira	clínica dentária-dr.rui couto e dra sofia a lves	Veterano M50	03:12:31	+52:07	07:42
54	1386	Óscar Maximino	delta	Senior Masculino	03:12:36	+52:12	07:42
55	1306	Fernando Jorge da Costa Pereira	individual	Senior Masculino	03:12:53	+52:29	07:43
56	1175	Hélder Manuel Deveza	individual	Veterano M40	03:13:15	+52:51	07:44
57	1071	Vitor Santos	individual	Senior Masculino	03:15:49	+55:25	07:50
58	1399	Rui Andrade	team duas faces	Senior Masculino	03:15:56	+55:32	07:50
59	1133	Rui Matos	individual	Senior Masculino	03:16:24	+56:00	07:51
60	1022	Hugo Teixeira	kemedo team	Senior Masculino	03:16:36	+56:12	07:52
61	1305	Pedro Costa	solmaia runners	Senior Masculino	03:16:36	+56:12	07:52
62	1125	Ricardo Rocha	fast ao km	Senior Masculino	03:17:15	+56:51	07:53
63	1153	MAURO CARDOSO	nocturnos paredes	Senior Masculino	03:17:23	+56:59	07:54
64	1408	Jorge Azevedo	individual	Veterano M40	03:17:24	+57:00	07:54
65	1062	Daniel Ribeiro	bitrunners	Senior Masculino	03:19:31	+59:07	07:59
66	1395	Paulo Silva	clube zipper	Senior Masculino	03:20:20	+59:56	08:01
67	1088	Rita Loureiro	oralklass-aliança-amigos do trail	Senior Feminino	03:20:25	+01:00:01	08:01
68	1229	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	03:20:45	+01:00:21	08:02
69	1185	Márcio Sérgio Rocha Sousa	tecla 3 runners	Senior Masculino	03:20:48	+01:00:24	08:02
70	1303	Domingos Barros	os selvagens	Veterano M40	03:21:30	+01:01:06	08:04
71	1210	joao fernando silva ribeiro	individual	Senior Masculino	03:21:33	+01:01:09	08:04
72	1004	José Conceição	engomadoria l&t team/sportlast	Senior Masculino	03:21:49	+01:01:25	08:04
73	1039	António Pereira	amigos quinta das freiras	Veterano M50	03:22:08	+01:01:44	08:05
74	1183	Paulo Alexandre Lema Pelicano	individual	Veterano M40	03:22:55	+01:02:31	08:07
75	1149	ARNALDO SANTOS	nocturnos paredes	Veterano M40	03:23:01	+01:02:37	08:07
76	1158	TIAGO MOREIRA	nocturnos paredes	Senior Masculino	03:23:01	+01:02:37	08:07
77	1058	Nuno Teixeira	ginásio factor x	Senior Masculino	03:23:08	+01:02:44	08:08
78	1289	Rui Pereira	ofrunning	Senior Masculino	03:23:44	+01:03:20	08:09
79	1180	Ricardo Carvalho	individual	Senior Masculino	03:23:52	+01:03:28	08:09
80	1301	José Sousa	individual	Senior Masculino	03:27:07	+01:06:43	08:17
81	1170	Miguel Alves	uma vez perdi-me no monte	Senior Masculino	03:27:23	+01:06:59	08:18
82	1341	Armando Ribeiro	amigo	Veterano M40	03:27:37	+01:07:13	08:18
83	1230	Paulino Alves	corrida de pernas pro ar	Senior Masculino	03:27:47	+01:07:23	08:19
84	1236	joaquim nunes	sapadores invicta	Veterano M50	03:27:52	+01:07:28	08:19
85	1257	ANDRÉ RIBEIRO ALMEIDA	vaindo	Senior Masculino	03:27:53	+01:07:29	08:19
86	1051	Joana Cardoso	ginásio factor x	Senior Feminino	03:27:55	+01:07:31	08:19

TRAIL LONGO 25K

25 KM

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
87	1014	Pedro matos	individual	Senior Masculino	03:27:55	+01:07:31	08:19
88	1011	ANTÓNIO PINTO	individual	Veterano M40	03:28:26	+01:08:02	08:20
89	1070	Filipe Lemos	individual	Veterano M40	03:28:32	+01:08:08	08:20
90	1309	Joao Lima	blip.pt	Senior Masculino	03:28:41	+01:08:17	08:21
91	1028	Jorge Fonseca	lousada runners	Veterano M50	03:29:54	+01:09:30	08:24
92	1112	Bruno Pinto	oralklass-aliança-amigos do trail	Senior Masculino	03:29:58	+01:09:34	08:24
93	1016	Mariana Figueiredo Delgado	individual	Senior Feminino	03:30:02	+01:09:38	08:24
94	1124	Carlos Carvalho	blip.pt	Senior Masculino	03:30:31	+01:10:07	08:25
95	1069	Paulo Sérgio Matos Sousa	individual	Senior Masculino	03:30:33	+01:10:09	08:25
96	1276	helder rodrigues	individual	Veterano M40	03:31:36	+01:11:12	08:28
97	1077	Daniela Alves	associação desportiva de cabroelo	Senior Feminino	03:31:36	+01:11:12	08:28
98	1150	ANTONIO BRITO	nocturnos paredes	Senior Masculino	03:33:26	+01:13:02	08:32
99	1207	Nuno Marques	kemedo team	Senior Masculino	03:33:38	+01:13:14	08:33
100	1401	Rui Pedro Moreira de Sousa	individual	Senior Masculino	03:34:41	+01:14:17	08:35
101	1027	Luís Carvalho	lousada runners	Senior Masculino	03:34:44	+01:14:20	08:35
102	1378	Estela Martins	individual	Senior Feminino	03:36:02	+01:15:38	08:38
103	1241	Alexandra Fernandes	boavista fc	Veterana F40	03:36:02	+01:15:38	08:38
104	1382	Carlos Manuel Lapa Ferreira	individual	Veterano M40	03:36:02	+01:15:38	08:38
105	1415	Nuno Miguel Pais Neto Moreira Coelho	paisneto.com	Senior Masculino	03:36:09	+01:15:45	08:39
106	1131	Sarina Carneiro Guimarães	individual	Senior Feminino	03:36:25	+01:16:01	08:39
107	1098	Lícinio Ferreira	associação desportiva de cabroelo	Veterano M40	03:36:57	+01:16:33	08:41
108	1343	Sérgio Albuquerque Moreira Pinto	a.d. cabroelo	Senior Masculino	03:36:58	+01:16:34	08:41
109	1392	Carlos Carreira	academia fernanda ribeiro	Senior Masculino	03:37:06	+01:16:42	08:41
110	1166	José Ferreira Costa	individual	Senior Masculino	03:37:07	+01:16:43	08:41
111	1233	Pedro Teixeira	vaindo	Senior Masculino	03:37:19	+01:16:55	08:42
112	1114	António Martins	individual	Veterano M40	03:37:21	+01:16:57	08:42
113	1190	Mario Gonçalves	individual	Senior Masculino	03:37:49	+01:17:25	08:43
114	1224	Óscar Manuel Fonseca Figueiredo	individual	Senior Masculino	03:37:49	+01:17:25	08:43
115	1234	Manuela Teixeira	vaindo	Senior Feminino	03:38:14	+01:17:50	08:44
116	1094	DANIEL RAMALHAO	portocargo	Senior Masculino	03:38:21	+01:17:57	08:44
117	1336	Fernando Oliveira	individual	Veterano M50	03:38:22	+01:17:58	08:44
118	1043	Agostinho Sousa	individual	Veterano M50	03:38:22	+01:17:58	08:44
119	1187	Hugo Filipe Fernandes Sousa	tecla 3 runners	Senior Masculino	03:38:23	+01:17:59	08:44
120	1186	Lucilia Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	03:38:23	+01:17:59	08:44
121	1188	Alexandre Gomes Silva Soares	tecla 3 runners	Senior Masculino	03:38:23	+01:17:59	08:44
122	1248	Flávia Vieira	quinta das arcas / interdesign / xarão	Senior Feminino	03:38:32	+01:18:08	08:44
123	1047	flavio azevedo	individual	Senior Masculino	03:38:51	+01:18:27	08:45
124	1029	ANABELA FREITAS	factor x	Senior Feminino	03:38:51	+01:18:27	08:45
125	1204	Helder marques	kemedo team	Senior Masculino	03:38:56	+01:18:32	08:45
126	1388	Marco Antonio Marques Ferreira Vasconcelos Monteiro	individual	Veterano M40	03:39:16	+01:18:52	08:46
127	1353	Paula Moreira	paredes aventura	Veterano M40	03:39:30	+01:19:06	08:47
128	1400	Helder Jorge Ferreira de Castro	individual	Senior Masculino	03:39:32	+01:19:08	08:47
129	1201	NELSON AMARAL	individual	Senior Masculino	03:39:40	+01:19:16	08:47
130	1135	Paula Silva	individual	Veterana F40	03:40:08	+01:19:44	08:48
131	1144	Pedro Leandro Nogueira	clube vodafone	Senior Masculino	03:40:26	+01:20:02	08:49

TRAIL LONGO 25K

25 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
132	1411	José Silva	individual	Veterano M50	03:40:37	+01:20:13	08:49
133	1107	Abel Rodrigues	ordins runners	Senior Masculino	03:41:18	+01:20:54	08:51
134	1084	Rui Costa	oralklass-aliança-amigos do trail	Senior Masculino	03:42:02	+01:21:38	08:53
135	1008	Fernando Barata	kemedo team	Veterano M50	03:42:57	+01:22:33	08:55
136	1380	Sergio Rocha Soares	individual	Senior Masculino	03:43:07	+01:22:43	08:55
137	1205	Manuel Costa	kemedo team	Senior Masculino	03:43:07	+01:22:43	08:55
138	1293	João Pinto	individual	Senior Masculino	03:43:38	+01:23:14	08:57
139	1364	Vítor Manuel Ferreira da mota	individual	Senior Masculino	03:43:38	+01:23:14	08:57
140	1130	Paulo Jorge Ferreira Oliveira	individual	Veterano M40	03:44:04	+01:23:40	08:58
141	1209	Maria João Gonçalves Silva	individual	Senior Feminino	03:44:36	+01:24:12	08:59
142	1227	António Freitas	run to be alive	Veterano M40	03:44:37	+01:24:13	08:59
143	1116	Rúben Alves	individual	Senior Masculino	03:44:55	+01:24:31	09:00
144	1340	Fernando Vieira	amigo	Senior Masculino	03:45:01	+01:24:37	09:00
145	1325	Manuel Moraes	nunca mais team	Senior Masculino	03:45:04	+01:24:40	09:00
146	1085	Mario Almeida	oralklass-aliança-amigos do trail	Senior Masculino	03:45:33	+01:25:09	09:01
147	1320	José Migue Neves	voleibol runners	Veterano M40	03:45:47	+01:25:23	09:02
148	1041	Paulo Teixeira	bitrunners	Senior Masculino	03:46:24	+01:26:00	09:03
149	1359	Pedro Santos	team duas faces	Senior Masculino	03:46:54	+01:26:30	09:05
150	1046	Luís Fernando Castro Ferreira	associação desportiva de cabroelo	Senior Masculino	03:47:42	+01:27:18	09:06
151	1173	José Luís Martins Pinto	individual	Senior Masculino	03:47:44	+01:27:20	09:07
152	1254	Paulo Ferreira Moraes	individual	Veterano M40	03:47:50	+01:27:26	09:07
153	1250	Anabela Castro Cordeiro	individual	Senior Feminino	03:47:56	+01:27:32	09:07
154	1132	Luis Carlos Lopes	oralklass-aliança-amigos do trail	Senior Masculino	03:48:19	+01:27:55	09:08
155	1352	André Teixeira	paredes aventura	Senior Masculino	03:49:29	+01:29:05	09:11
156	1354	Rui Moreira	paredes aventura	Veterano M40	03:49:30	+01:29:06	09:11
157	1154	NUNO SALGADO	nocturnos paredes	Veterano M40	03:49:43	+01:29:19	09:11
158	1247	Antonio Fernandes	boavista fc	Veterano M40	03:50:31	+01:30:07	09:13
159	1219	Paulo Azevedo	lusitanos	Veterano M40	03:51:06	+01:30:42	09:15
160	1391	Joaquim Paulo Madureira Queirós	individual	Senior Masculino	03:52:08	+01:31:44	09:17
161	1197	Hugo Azevedo	beat your limit (byl)	Senior Masculino	03:52:48	+01:32:24	09:19
162	1151	JOSE CORREIA	nocturnos paredes	Senior Masculino	03:53:38	+01:33:14	09:21
163	1052	João Pedro Felix Costa	individual	Senior Masculino	03:53:42	+01:33:18	09:21
164	1103	Pedro Meireles	solmaia runners	Senior Masculino	03:54:18	+01:33:54	09:22
165	1064	Pedro Magalhaes	arrastassolas	Senior Masculino	03:54:18	+01:33:54	09:22
166	1216	Fernando Rodrigues	lusitanos	Veterano M50	03:54:56	+01:34:32	09:24
167	1079	Rui Manuel Soares do Rêgo	nast	Senior Masculino	03:54:58	+01:34:34	09:24
168	1194	Joaquim Manuel Andrade dos Santos	nast	Veterano M40	03:54:58	+01:34:34	09:24
169	1108	Jose Maria Dias Leal	individual	Veterano M40	03:55:21	+01:34:57	09:25
170	1349	Joaquim Moutinho	individual	Senior Masculino	03:55:37	+01:35:13	09:25
171	1332	Nuno Filipe Monteiro Moreira Silva	individual	Senior Masculino	03:55:37	+01:35:13	09:25
172	1156	PEDRO NOGUEIRA	nocturnos paredes	Senior Masculino	03:56:26	+01:36:02	09:27
173	1171	Daniel Casanova	individual	Senior Masculino	03:56:37	+01:36:13	09:28
174	1269	Jose Nuno Costa	s. s. montepio	Veterano M40	03:57:41	+01:37:17	09:30
175	1034	Helena Gomes	individual	Veterana F40	03:57:55	+01:37:31	09:31
176	1038	Nuno Alexandre Costa Almeida	ccdfpjp	Veterano M40	03:58:38	+01:38:14	09:33

TRAIL LONGO 25K

25 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
177	1076	André Silva	associação desportiva de cabroelo	Senior Masculino	03:58:55	+01:38:31	09:33
178	1295	jorge rodrigues	individual	Veterano M40	03:59:10	+01:38:46	09:34
179	1228	António Pais	individual	Veterano M40	04:00:03	+01:39:39	09:36
180	1373	paulo gama	individual	Veterano M40	04:00:51	+01:40:27	09:38
181	1345	Hélder Agostinho	individual	Senior Masculino	04:00:55	+01:40:31	09:38
182	1195	Bruno José Silva Moura	individual	Senior Masculino	04:01:33	+01:41:09	09:40
183	1196	Raquel Sofia Freitas Andrade	individual	Senior Feminino	04:01:34	+01:41:10	09:40
184	1299	Goreti Rocha	nocturnos paredes	Veterana F40	04:02:01	+01:41:37	09:4
185	1377	Fernando Almeida	individual	Senior Masculino	04:02:04	+01:41:40	09:41
186	1255	Andreia Sofia Silva Morais	individual	Senior Feminino	04:02:06	+01:41:42	09:41
187	1199	Vítor Silva	pernetas	Senior Masculino	04:02:10	+01:41:46	09:41
188	1120	Andreia Amorim	gondomar futsal clube	Senior Feminino	04:02:14	+01:41:50	09:41
189	1253	Joao Martins	shots international runners	Senior Masculino	04:02:46	+01:42:22	09:43
190	1363	raul viana	individual	Senior Masculino	04:04:03	+01:43:39	09:46
191	1174	Miguel Pereira	individual	Senior Masculino	04:04:19	+01:43:55	09:46
192	1115	Pedro Bastos	individual	Veterano M40	04:04:19	+01:43:55	09:46
193	1138	Marco Paulo Costa e Sousa Sousa	individual	Senior Masculino	04:05:40	+01:45:16	09:50
194	1273	Emanuel Costa	s. s. montepio	Senior Masculino	04:05:51	+01:45:27	09:50
195	1308	Manuel Rodrigues	individual	Veterano M40	04:06:53	+01:46:29	09:53
196	1307	Francisco Nogueira	individual	Veterano M40	04:06:54	+01:46:30	09:53
197	1159	IRINA OLIVEIRA	nocturnos paredes	Senior Feminino	04:07:04	+01:46:40	09:53
198	1328	José António Leite Rodrigues	not run alone	Veterano M50	04:09:08	+01:48:44	09:58
199	1203	Pedro Marques	kemedo team	Senior Masculino	04:09:08	+01:48:44	09:58
200	1017	Paulo Marçal	individual	Veterano M40	04:09:13	+01:48:49	09:58
201	1143	Vania Raposo	eu+ ginásio - lma	Senior Feminino	04:09:21	+01:48:57	09:58
202	1136	Bruno Rodrigues	eu+ ginásio - lma	Senior Masculino	04:09:22	+01:48:58	09:58
203	1256	António Mota	individual	Senior Masculino	04:10:12	+01:49:48	10:00
204	1282	Helder Rodrigues	individual	Veterano M40	04:10:23	+01:49:59	10:01
205	1416	Samuel Teixeira	parjovem	Senior Masculino	04:10:26	+01:50:02	10:01
206	1334	Rui Balbeira	individual	Senior Masculino	04:11:50	+01:51:26	10:04
207	1023	Jorge Borges	individual	Senior Masculino	04:12:34	+01:52:10	10:06
208	1389	António Souto	individual	Veterano M50	04:13:09	+01:52:45	10:08
209	1010	MONICA CARVALHAIS	factor x	Senior Feminino	04:13:38	+01:53:14	10:09
210	1358	Tiago Luís Moreira de Barros	associação desportiva de cabroelo	Senior Masculino	04:14:45	+01:54:21	10:11
211	1402	Andre Manuel Gonçalves	associação desportiva de cabroelo	Senior Masculino	04:14:49	+01:54:25	10:12
212	1213	Rui Rosas	lusitanos	Senior Masculino	04:15:12	+01:54:48	10:12
213	1260	Joao Cardoso	s. s. montepio	Veterano M40	04:15:32	+01:55:08	10:13
214	1172	Cristiana Cardoso Rodrigues	individual	Senior Feminino	04:15:33	+01:55:09	10:13
215	1161	ANTONIO CARVALHO	nocturnos paredes	Veterano M50	04:15:49	+01:55:25	10:14
216	1357	Rui Silva	paredes aventura	Senior Masculino	04:16:12	+01:55:48	10:15
217	1078	Paulo Jorge Santos	ffit gaia trail	Senior Masculino	04:16:12	+01:55:48	10:15
218	1330	Gustavo Santos	individual	Senior Masculino	04:17:05	+01:56:41	10:17
219	1223	Ligia Dias	individual	Veterana F40	04:17:16	+01:56:52	10:17
220	1315	rui miguel morais couto	individual	Veterano M40	04:17:16	+01:56:52	10:17
221	1111	Manuel Brabosa	individual	Senior Masculino	04:17:54	+01:57:30	10:19
222	1240	ANTONIO MIRANDA	nocturnos paredes	Veterano M50	04:18:58	+01:58:34	10:22

TRAIL LONGO 25K

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
223	1200	Joaquim Vidal	individual	Senior Masculino	04:19:37	+01:59:13	10:23
224	1322	João Reis	blip.pt	Senior Masculino	04:20:42	+02:00:18	10:26
225	1300	antonio carneiro	individual	Veterano M40	04:22:20	+02:01:56	10:30
226	1286	HUGO PALMEIRA	individual	Senior Masculino	04:23:29	+02:03:05	10:32
227	1287	Liliana Araujo	individual	Senior Feminino	04:23:32	+02:03:08	10:32
228	1176	Susana Canhola	individual	Veterana F40	04:24:11	+02:03:47	10:34
229	1384	João Couto	os finos	Veterano M40	04:24:12	+02:03:48	10:34
230	1220	Pedro Miguel Costa Leite	dr merino clínica médica	Senior Masculino	04:24:27	+02:04:03	10:35
231	1413	Paulo Magano	ctad - trilhos de cinfães	Senior Masculino	04:25:16	+02:04:52	10:37
232	1338	PEDRO LUIS CARVALHO	run4all	Senior Masculino	04:25:52	+02:05:28	10:38
233	1379	Ricardo Miguel Ferreira da Silva	individual	Senior Masculino	04:26:27	+02:06:03	10:39
234	1005	Manuel Cunha Lima	experenciarr	Veterano M50	04:28:06	+02:07:42	10:43
235	1081	Emanuel Vieira	associação s4l	Senior Masculino	04:28:09	+02:07:45	10:44
236	1073	Nuno André Correia	associação s4l	Senior Masculino	04:28:10	+02:07:46	10:44
237	1208	Marcos Quintas	individual	Veterano M40	04:28:23	+02:07:59	10:44
238	1381	PAULO FILIPE LOUREIRO MOREIRA	individual	Senior Masculino	04:28:43	+02:08:19	10:45
239	1096	PEDRO VIEIRA	run4all	Senior Masculino	04:29:32	+02:09:08	10:47
240	1097	JOSE SILVA	run4all	Senior Masculino	04:29:32	+02:09:08	10:47
241	1184	wilson fonseca	individual	Senior Masculino	04:30:07	+02:09:43	10:48
242	1288	Mariana Duarte de Magalhães	individual	Senior Feminino	04:30:11	+02:09:47	10:48
243	1319	Sérgio alexandre oliveira soares	individual	Senior Masculino	04:30:44	+02:10:20	10:50
244	1035	ISABEL CARVALHO	individual	Veterana F40	04:30:57	+02:10:33	10:50
245	1048	Rui Sá	ffit gaia trail	Veterano M50	04:31:09	+02:10:45	10:51
246	1327	nelson domingues	nunca mais team	Veterano M40	04:32:02	+02:11:38	10:53
247	1324	jose martinez	nunca mais team	Senior Masculino	04:32:04	+02:11:40	10:53
248	1347	Pedro Miguel Gavina	individual	Veterano M40	04:32:48	+02:12:24	10:55
249	1348	João Luís Guerra e Graça	individual	Senior Masculino	04:32:49	+02:12:25	10:55
250	1152	NUNO ALEXANDRE	nocturnos paredes	Senior Masculino	04:34:06	+02:13:42	10:58
251	1323	Jorge Mosqueira	individual	Senior Masculino	04:35:49	+02:15:25	11:02
252	1292	Mário Rui Carvalho	ofrunning	Senior Masculino	04:36:29	+02:16:05	11:04
253	1274	João Cardoso	individual	Senior Masculino	04:36:30	+02:16:06	11:04
254	1326	Sergio Chacim	nunca mais team	Senior Masculino	04:36:39	+02:16:15	11:04
255	1105	António Cardoso	solmaia runners	Veterano M40	04:37:33	+02:17:09	11:06
256	1244	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	04:37:56	+02:17:32	11:07
257	1118	Susana Moreira	individual	Senior Feminino	04:38:43	+02:18:19	11:09
258	1344	CELESTINO MIGUEL CASTRO	run4all	Senior Masculino	04:39:22	+02:18:58	11:10
259	1266	Hugo Silva	s. s. montepio	Senior Masculino	04:41:17	+02:20:53	11:15
260	1291	Manuel Moreira	ofrunning	Senior Masculino	04:41:22	+02:20:58	11:15
261	1387	Carlos Afonso Teixeira	delta	Veterano M40	04:41:46	+02:21:22	11:16
262	1127	Elisabete Araujo	individual	Senior Feminino	04:41:46	+02:21:22	11:16
263	1126	Frederico Rocha	individual	Senior Masculino	04:41:46	+02:21:22	11:16
264	1346	Gil Ferreira da Silva	eu+ ginásio - lma	Senior Masculino	04:42:03	+02:21:39	11:17
265	1123	António Jorge Gonçalves Teixeira	individual	Veterano M40	04:43:20	+02:22:56	11:20
266	1053	Helder Manuel C A Magalhães	individual	Senior Masculino	04:43:20	+02:22:56	11:20
267	1018	Gil Benido	individual	Senior Masculino	04:43:20	+02:22:56	11:20

TRAIL LONGO 25K

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	1410	Ivo Santos	bikes & friends	Senior Masculino	04:43:23	+02:22:59	11:20
269	1235	Mafalda Pinho	vaindo	Senior Feminino	04:44:10	+02:23:46	11:22
270	1074	Joao Neves	individual	Senior Masculino	04:46:42	+02:26:18	11:28
271	1092	JOSE CARVALHO	portocargo	Senior Masculino	04:46:47	+02:26:23	11:28
272	1261	Emanuel Almeida	s. s. montepio	Senior Masculino	04:47:23	+02:26:59	11:30
273	1251	Pedro Ramos	shots international runners	Veterano M40	04:47:29	+02:27:05	11:30
274	1263	Bruno Esteves	s. s. montepio	Senior Masculino	04:47:33	+02:27:09	11:30
275	1012	JOÃO BARBOSA	individual	Senior Masculino	04:48:06	+02:27:42	11:3
276	1390	Ricardo Manuel Vasconcelos Carvalho	individual	Senior Masculino	04:48:41	+02:28:17	11:33
277	1249	Tiago Rocha	individual	Senior Masculino	04:49:11	+02:28:47	11:34
278	1365	paulo leite	lotus&lirios	Veterano M50	04:49:48	+02:29:24	11:36
279	1036	António Barros	ccdfpjp	Senior Masculino	04:51:15	+02:30:51	11:39
280	1065	Manuel Silva	arrastassolas	Veterano M40	04:52:43	+02:32:19	11:43
281	1222	Lucinda Alves	quinta da picua	Veterana F50	04:52:43	+02:32:19	11:43
282	1272	Hugo Lopes	s. s. montepio	Senior Masculino	04:52:53	+02:32:29	11:43
283	1376	FILOMENA NETO	individual	Veterana F40	04:53:10	+02:32:46	11:44
284	1013	João Carvalho	individual	Senior Masculino	04:53:33	+02:33:09	11:45
285	1366	antonio kirsch ferreira	lotus&lirios	Veterano M50	04:54:23	+02:33:59	11:47
286	1221	Abílio Alves	quinta da picua	Veterano M50	04:54:25	+02:34:01	11:47
287	1333	Daniel	nunca mais team	Senior Masculino	04:57:41	+02:37:17	11:54
288	1037	Hermínio Pinho	ccdfpjp	Veterano M40	04:59:51	+02:39:27	12:00
289	1265	Julio Santos	s. s. montepio	Senior Masculino	05:04:18	+02:43:54	12:10
290	1375	Marisa pinto	individual	Senior Feminino	05:04:51	+02:44:27	12:12
291	1063	Helena Cunha	arrastassolas	Senior Feminino	05:05:33	+02:45:09	12:13
292	1140	Ana Raquel	solmaia runners	Senior Feminino	05:09:58	+02:49:34	12:24
293	1117	Maria da Luz Olivença	individual	Veterana F40	05:10:30	+02:50:06	12:25
294	1030	Rui Jorge Moreira da Silva Lopes	individual	Veterano M40	05:10:34	+02:50:10	12:25
295	1361	Bruno Jose Nunes Vale	individual	Senior Masculino	05:10:46	+02:50:22	12:26
296	1362	Daniel Alberto da Silva Sousa Lopes	individual	Senior Masculino	05:11:25	+02:51:01	12:27
297	1024	pedro m.s.matos	pjn-gaia	Veterano M40	05:11:39	+02:51:15	12:28
298	1339	Sílvia Margarida Teixeira da Silva	individual	Senior Feminino	05:12:52	+02:52:28	12:31
299	1095	NUNO SOUSA	run4all	Senior Masculino	05:12:53	+02:52:29	12:31
300	1025	JOSE H.S.S.MATOS	pjn-gaia	Veterano M40	05:14:06	+02:53:42	12:34
301	1026	NELSON V.F.CAMPOS	pjn-gaia	Veterano M40	05:14:06	+02:53:42	12:34
302	1072	Fernando Delindro	associação s4l	Senior Masculino	05:16:14	+02:55:50	12:39
303	1075	João Morais	individual	Senior Masculino	05:18:05	+02:57:41	12:43
304	1061	Rui Silva	bitrunners	Senior Masculino	05:18:09	+02:57:45	12:44
305	1040	Jorge Sousa	bitrunners	Senior Masculino	05:24:01	+03:03:37	12:58
306	1317	Ricardo Dias	individual	Senior Masculino	05:24:01	+03:03:37	12:58
307	1246	Filipe Silva	individual	Senior Masculino	05:24:26	+03:04:02	12:59
308	1356	João Paulo Silva	paredes aventura	Senior Masculino	05:24:27	+03:04:03	12:59
309	1398	Filipe Daniel Pereira Bessa	individual	Senior Masculino	05:32:50	+03:12:26	13:19
310	1409	Pedro Pereira	bikes & friends	Veterano M40	05:34:10	+03:13:46	13:22
311	1090	ANDRE REBELO	portocargo	Senior Masculino	05:47:17	+03:26:53	13:53
312	1093	PAULO FERREIRA	portocargo	Veterano M40	06:05:58	+03:45:34	14:38

25 KM

[illegible][illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
313	1091	ANTONIO MARTINS	portocargo	Veterano M40	06:05:58	+03:45:34	14:38
314	1019	FRANCISCO PACHECO	individual	Senior Masculino	06:18:36	+03:58:12	15:09
315	1182	Sérgio Brochado	individual	Senior Masculino	06:18:37	+03:58:13	15:09
316	1164	filipe pinto	sexta a fundo runners	Veterano M40	06:21:08	+04:00:44	15:15
317	1277	José Lopes	os feras	Senior Masculino	06:45:28	+04:25:04	16:13
318	1278	Sandra Lopes	os feras	Senior Feminino	06:45:29	+04:25:05	16:13
319	1280	Ana Rita Ribeiro	os feras	Senior Feminino	06:45:35	+04:25:11	16:13
320	1281	Jorge Ferreirinha	os feras	Senior Masculino	06:45:55	+04:25:31	16:14
321	1279	Patricia Vieira	os feras	Senior Feminino	06:45:56	+04:25:32	16:14
322	1165	francisco xavier mota	sexta a fundo runners	Veterano M40	07:29:20	+05:08:56	17:58
323	1163	jose fernando moreira da silva	sexta a fundo runners	Veterano M40	07:29:24	+05:09:00	17:59
324	1169	paulo aguiar	individual	Senior Masculino	07:29:25	+05:09:01	17:59
325	1168	sandra ferreira	filipe pinto automoveis	Veterana F40	07:29:36	+05:09:12	17:59

Trail Longo 25K

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:30	12,5°C	74,1%
End	17:00	-99°C	-99%

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

1	1147	Casimira Ferreira de Moura	Dr Merino Clínica Médica	Senior Feminino	03:02:53	07:19:00
2	1015	Paula lage	PAREDES AVENTURA	Senior Feminino	03:07:11	+04:18 07:29:00
3	1088	Rita Loureiro	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Feminino	03:20:25	+17:32 08:01:00
4	1051	Joana Cardoso	Ginásio Factor X	Senior Feminino	03:27:55	+25:02 08:19:00
5	1016	Mariana Figueiredo Delgado	Individual	Senior Feminino	03:30:02	+27:09 08:24:00
6	1077	Daniela Alves	Associação Desportiva de Cabroelo	Senior Feminino	03:31:36	+28:43 08:28:00
7	1378	Estela Martins	Individual	Senior Feminino	03:36:02	+33:09 08:38:00
8	1131	Sarina Carneiro Guimarães	Individual	Senior Feminino	03:36:25	+33:32 08:39:00
9	1234	Manuela Teixeira	VAINDO	Senior Feminino	03:38:14	+35:21 08:44:00
10	1186	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	03:38:23	+35:30 08:44:00
11	1248	Flávia Vieira	Quinta das Arcas / Interdesign / Xarão	Senior Feminino	03:38:32	+35:39 08:44:00
12	1029	ANABELA FREITAS	Factor X	Senior Feminino	03:38:51	+35:58 08:45:00
13	1209	Maria João Gonçalves Silva	Individual	Senior Feminino	03:44:36	+41:43 08:59:00
14	1250	Anabela Castro Cordeiro	Individual	Senior Feminino	03:47:56	+45:03 09:07:00
15	1196	Raquel Sofia Freitas Andrade	Individual	Senior Feminino	04:01:34	+58:41 09:40:00
16	1255	Andreia Sofia Silva Morais	Individual	Senior Feminino	04:02:06	+59:13 09:41:00
17	1120	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	04:02:14	+59:21 09:41:00
18	1159	IRINA OLIVEIRA	NOCTURNOS PAREDES	Senior Feminino	04:07:04	+01:04:11 09:53:00
19	1143	Vania Raposo	Eu+ Ginásio - LMA	Senior Feminino	04:09:21	+01:06:28 09:58:00
20	1010	MONICA CARVALHAIS	Factor X	Senior Feminino	04:13:38	+01:10:45 10:09:00
21	1172	Cristiana Cardoso Rodrigues	Individual	Senior Feminino	04:15:33	+01:12:40 10:13:00
22	1287	Liliana Araujo	Individual	Senior Feminino	04:23:32	+01:20:39 10:32:00
23	1288	Mariana Duarte de Magalhães	Individual	Senior Feminino	04:30:11	+01:27:18 10:48:00
24	1118	Susana Moreira	Individual	Senior Feminino	04:38:43	+01:35:50 11:09:00
25	1127	Elisabete Araujo	Individual	Senior Feminino	04:41:46	+01:38:53 11:16:00
26	1235	Mafalda Pinho	VAINDO	Senior Feminino	04:44:10	+01:41:17 11:22:00
27	1375	Marisa pinto	Individual	Senior Feminino	05:04:51	+02:01:58 12:12:00
28	1063	Helena Cunha	ARRASTASSOLAS	Senior Feminino	05:05:33	+02:02:40 12:13:00
29	1140	Ana Raquel	Solmaia Runners	Senior Feminino	05:09:58	+02:07:05 12:24:00
30	1339	Sílvia Margarida Teixeira da Silva	Individual	Senior Feminino	05:12:52	+02:09:59 12:31:00
31	1278	Sandra Lopes	OS FERAS	Senior Feminino	06:45:29	+03:42:36 16:13:00
32	1280	Ana Rita Ribeiro	OS FERAS	Senior Feminino	06:45:35	+03:42:42 16:13:00
33	1279	Patricia Vieira	OS FERAS	Senior Feminino	06:45:56	+03:43:03 16:14:00

Senior Masculino

1	1284	Paulo César Ferreira	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:34:00	06:10
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Official Timekeeper: Lap2Go	1 / 8	generate 19-abr-2015 17:44
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Trail Longo 25K

25 KM

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OFFICIAL RESULT

[illegible]

2	1146	David António Correia Ferreira	Dr Merino Clínica Médica	Senior Masculino	02:38:31	+04:31	06:20
3	1083	Fernando Taborda	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	02:40:30	+06:30	06:25
4	1394	Hélder Melo	AC Portalegre/UTSM	Senior Masculino	02:40:50	+06:50	06:26
5	1002	Tiago Aragão	CTAD tiagoaragao.com	Senior Masculino	02:42:21	+08:21	06:30
6	1193	Filipe Teixeira	Unidade Especial de Corrida	Senior Masculino	02:43:49	+09:49	06:33
7	1042	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:44:15	+10:15	06:34
8	1020	Ricardo Soares	Individual	Senior Masculino	02:44:25	+10:25	06:35
9	1369	António José Oliveira marques de Sousa	Individual	Senior Masculino	02:54:21	+20:21	06:58
10	1141	Helder Augusto Ferreira Camilo	PAREDES AVENTURA	Senior Masculino	02:55:00	+21:00	07:00
11	1285	Pedro Ferrás da Silva Fernandes	CTAD - Trilhos de Cinfães	Senior Masculino	02:55:17	+21:17	07:01
12	1189	Paulo Rodrigues	Galaicus Trail Runners - Boticas	Senior Masculino	02:57:44	+23:44	07:07
13	1160	ROGERIO SOUSA	NOCTURNOS PAREDES	Senior Masculino	02:59:35	+25:35	07:11
14	1360	Sérgio Durães	NOCTURNOS PAREDES	Senior Masculino	02:59:38	+25:38	07:11
15	1383	Pedro Jorge Ferreira Borges Da Costa	Individual	Senior Masculino	03:01:21	+27:21	07:15
16	1007	Filipe Sousa	KeMedo Team	Senior Masculino	03:01:22	+27:22	07:15
17	1259	Filipe Sousa	CENTRO CICLISTA DE GONDOMAR	Senior Masculino	03:02:15	+28:15	07:17
18	1294	Micael Cunha	Individual	Senior Masculino	03:03:31	+29:31	07:20
19	1202	Helder Gomes	KeMedo Team	Senior Masculino	03:05:05	+31:05	07:24
20	1290	João Pedro Leal	OFRunning	Senior Masculino	03:06:46	+32:46	07:28
21	1298	Sérgio André Da Silva Coelho	Individual	Senior Masculino	03:07:09	+33:09	07:29
22	1335	Fernando Pecegheiro	Individual	Senior Masculino	03:07:11	+33:11	07:29
23	1109	Andre Casimiro Alves Soares	BOAVISTA FC	Senior Masculino	03:07:18	+33:18	07:30
24	1057	José Paulo Pereira Ribeiro	Ginásio Factor X	Senior Masculino	03:07:47	+33:47	07:31
25	1006	Helder Martins	Individual	Senior Masculino	03:08:40	+34:40	07:33
26	1145	Nuno Miguel da rocha nunes	Individual	Senior Masculino	03:10:50	+36:50	07:38
27	1396	João Carolo	Clube Zupper	Senior Masculino	03:11:28	+37:28	07:40
28	1262	Tiago Silva	S. S. Montepio	Senior Masculino	03:11:35	+37:35	07:40
29	1157	SERGIO VALE	NOCTURNOS PAREDES	Senior Masculino	03:11:39	+37:39	07:40
30	1086	Leonel Neves	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:12:21	+38:21	07:42
31	1386	Óscar Maximino	Delta	Senior Masculino	03:12:36	+38:36	07:42
32	1306	Fernando Jorge da Costa Pereira	Individual	Senior Masculino	03:12:53	+38:53	07:43
33	1071	Vitor Santos	Individual	Senior Masculino	03:15:49	+41:49	07:50
34	1399	Rui Andrade	Team DUAS FACES	Senior Masculino	03:15:56	+41:56	07:50
35	1133	Rui Matos	Individual	Senior Masculino	03:16:24	+42:24	07:51
36	1022	Hugo Teixeira	KeMedo Team	Senior Masculino	03:16:36	+42:36	07:52
37	1305	Pedro Costa	Solmaia Runners	Senior Masculino	03:16:36	+42:36	07:52
38	1125	Ricardo Rocha	FAST AO KM	Senior Masculino	03:17:15	+43:15	07:53
39	1153	MAURO CARDOSO	NOCTURNOS PAREDES	Senior Masculino	03:17:23	+43:23	07:54
40	1062	Daniel Ribeiro	BitRunners	Senior Masculino	03:19:31	+45:31	07:59
41	1395	Paulo Silva	Clube Zupper	Senior Masculino	03:20:20	+46:20	08:01
42	1229	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	03:20:45	+46:45	08:02
43	1185	Márcio Sérgio Rocha Sousa	Tecla 3 Runners	Senior Masculino	03:20:48	+46:48	08:02
44	1210	joao fernando silva ribeiro	Individual	Senior Masculino	03:21:33	+47:33	08:04
45	1004	José Conceição	Engomadoria L&T Team/Sportlast	Senior Masculino	03:21:49	+47:49	08:04

Official Timekeeper: Lap2Go	2 / 8	generate 19-abr-2015 17:44
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Trail Longo 25K

25 KM

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46	1158	TIAGO MOREIRA	NOCTURNOS PAREDES	Senior Masculino	03:23:01	+49:01	08:07
47	1058	Nuno Teixeira	Ginásio Factor X	Senior Masculino	03:23:08	+49:08	08:08
48	1289	Rui Pereira	OFRunning	Senior Masculino	03:23:44	+49:44	08:09
49	1180	Ricardo Carvalho	Individual	Senior Masculino	03:23:52	+49:52	08:09
50	1301	José Sousa	Individual	Senior Masculino	03:27:07	+53:07	08:17
51	1170	Miguel Alves	Uma Vez Perdi-me no Monte	Senior Masculino	03:27:23	+53:23	08:18
52	1230	Paulino Alves	Corrida de pernas pro ar	Senior Masculino	03:27:47	+53:47	08:19
53	1257	ANDRÉ RIBEIRO ALMEIDA	VAINDO	Senior Masculino	03:27:53	+53:53	08:19
54	1014	Pedro matos	Individual	Senior Masculino	03:27:55	+53:55	08:19
55	1309	Joao Lima	Blip.pt	Senior Masculino	03:28:41	+54:41	08:21
56	1112	Bruno Pinto	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:29:58	+55:58	08:24
57	1124	Carlos Carvalho	Blip.pt	Senior Masculino	03:30:31	+56:31	08:25
58	1069	Paulo Sérgio Matos Sousa	Individual	Senior Masculino	03:30:33	+56:33	08:25
59	1150	ANTONIO BRITO	NOCTURNOS PAREDES	Senior Masculino	03:33:26	+59:26	08:32
60	1207	Nuno Marques	KeMedo Team	Senior Masculino	03:33:38	+59:38	08:33
61	1401	Rui Pedro Moreira de Sousa	Individual	Senior Masculino	03:34:41	+01:00:41	08:35
62	1027	Luís Carvalho	LOUSADA RUNNERS	Senior Masculino	03:34:44	+01:00:44	08:35
63	1415	Nuno Miguel Pais Neto Moreira Coelho	PAISNETO.COM	Senior Masculino	03:36:09	+01:02:09	08:39
64	1343	Sérgio Albuquerque Moreira Pinto	A.D. Cabroelo	Senior Masculino	03:36:58	+01:02:58	08:41
65	1392	Carlos Carreira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	03:37:06	+01:03:06	08:41
66	1166	José Ferreira Costa	Individual	Senior Masculino	03:37:07	+01:03:07	08:41
67	1233	Pedro Teixeira	VAINDO	Senior Masculino	03:37:19	+01:03:19	08:42
68	1190	Mario Gonçalves	Individual	Senior Masculino	03:37:49	+01:03:49	08:43
69	1224	Óscar Manuel Fonseca Figueiredo	Individual	Senior Masculino	03:37:49	+01:03:49	08:43
70	1094	DANIEL RAMALHAO	PORTOCARGO	Senior Masculino	03:38:21	+01:04:21	08:44
71	1187	Hugo Filipe Fernandes Sousa	Tecla 3 Runners	Senior Masculino	03:38:23	+01:04:23	08:44
72	1188	Alexandre Gomes Silva Soares	Tecla 3 Runners	Senior Masculino	03:38:23	+01:04:23	08:44
73	1047	flavio azevedo	Individual	Senior Masculino	03:38:51	+01:04:51	08:45
74	1204	Helder marques	KeMedo Team	Senior Masculino	03:38:56	+01:04:56	08:45
75	1400	Helder Jorge Ferreira de Castro	Individual	Senior Masculino	03:39:32	+01:05:32	08:47
76	1201	NELSON AMARAL	Individual	Senior Masculino	03:39:40	+01:05:40	08:47
77	1144	Pedro Leandro Nogueira	Clube Vodafone	Senior Masculino	03:40:26	+01:06:26	08:49
78	1107	Abel Rodrigues	Ordins Runners	Senior Masculino	03:41:18	+01:07:18	08:51
79	1084	Rui Costa	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:42:02	+01:08:02	08:53
80	1380	Sergio Rocha Soares	Individual	Senior Masculino	03:43:07	+01:09:07	08:55
81	1205	Manuel Costa	KeMedo Team	Senior Masculino	03:43:07	+01:09:07	08:55
82	1293	João Pinto	Individual	Senior Masculino	03:43:38	+01:09:38	08:57
83	1364	Vitor Manuel Ferreira da mota	Individual	Senior Masculino	03:43:38	+01:09:38	08:57
84	1116	Rúben Alves	Individual	Senior Masculino	03:44:55	+01:10:55	09:00
85	1340	Fernando Vieira	Amigo	Senior Masculino	03:45:01	+01:11:01	09:00
86	1325	Manuel Morais	Nunca mais team	Senior Masculino	03:45:04	+01:11:04	09:00
87	1085	Mario Almeida	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:45:33	+01:11:33	09:01
88	1041	Paulo Teixeira	BitRunners	Senior Masculino	03:46:24	+01:12:24	09:03
89	1359	Pedro Santos	Team DUAS FACES	Senior Masculino	03:46:54	+01:12:54	09:05

Official Timekeeper: Lap2Go	3 / 8	generate 19-abr-2015 17:44
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Trail Longo 25K

25 KM

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90	1046	Luís Fernando Castro Ferreira	Associação Desportiva de Cabroelo	Senior Masculino	03:47:42	+01:13:42	09:06
91	1173	José Luís Martins Pinto	Individual	Senior Masculino	03:47:44	+01:13:44	09:07
92	1132	Luis Carlos Lopes	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Senior Masculino	03:48:19	+01:14:19	09:08
93	1352	André Teixeira	PAREDES AVENTURA	Senior Masculino	03:49:29	+01:15:29	09:11
94	1391	Joaquim Paulo Madureira Queirós	Individual	Senior Masculino	03:52:08	+01:18:08	09:17
95	1197	Hugo Azevedo	Beat Your Limit (BYL)	Senior Masculino	03:52:48	+01:18:48	09:19
96	1151	JOSE CORREIA	NOCTURNOS PAREDES	Senior Masculino	03:53:38	+01:19:38	09:21
97	1052	João Pedro Felix Costa	Individual	Senior Masculino	03:53:42	+01:19:42	09:21
98	1103	Pedro Meireles	Solmaia Runners	Senior Masculino	03:54:18	+01:20:18	09:22
99	1064	Pedro Magalhaes	ARRASTASSOLAS	Senior Masculino	03:54:18	+01:20:18	09:22
100	1079	Rui Manuel Soares do Rêgo	NAST	Senior Masculino	03:54:58	+01:20:58	09:24
101	1349	Joaquim Moutinho	Individual	Senior Masculino	03:55:37	+01:21:37	09:25
102	1332	Nuno Filipe Monteiro Moreira Silva	Individual	Senior Masculino	03:55:37	+01:21:37	09:25
103	1156	PEDRO NOGUEIRA	NOCTURNOS PAREDES	Senior Masculino	03:56:26	+01:22:26	09:27
104	1171	Daniel Casanova	Individual	Senior Masculino	03:56:37	+01:22:37	09:28
105	1076	André Silva	Associação Desportiva de Cabroelo	Senior Masculino	03:58:55	+01:24:55	09:33
106	1345	Hélder Agostinho	Individual	Senior Masculino	04:00:55	+01:26:55	09:38
107	1195	Bruno José Silva Moura	Individual	Senior Masculino	04:01:33	+01:27:33	09:40
108	1377	Fernando Almeida	Individual	Senior Masculino	04:02:04	+01:28:04	09:41
109	1199	Vitor Silva	Pernetas	Senior Masculino	04:02:10	+01:28:10	09:41
110	1253	Joao Martins	Shots International Runners	Senior Masculino	04:02:46	+01:28:46	09:43
111	1363	raul viana	Individual	Senior Masculino	04:04:03	+01:30:03	09:46
112	1174	Miguel Pereira	Individual	Senior Masculino	04:04:19	+01:30:19	09:46
113	1138	Marco Paulo Costa e Sousa Sousa	Individual	Senior Masculino	04:05:40	+01:31:40	09:50
114	1273	Emanuel Costa	S. S. Montepio	Senior Masculino	04:05:51	+01:31:51	09:50
115	1203	Pedro Marques	KeMedo Team	Senior Masculino	04:09:08	+01:35:08	09:58
116	1136	Bruno Rodrigues	Eu+ Ginásio - LMA	Senior Masculino	04:09:22	+01:35:22	09:58
117	1256	António Mota	Individual	Senior Masculino	04:10:12	+01:36:12	10:00
118	1416	Samuel Teixeira	Parjovem	Senior Masculino	04:10:26	+01:36:26	10:01
119	1334	Rui Balbeira	Individual	Senior Masculino	04:11:50	+01:37:50	10:04
120	1023	Jorge Borges	Individual	Senior Masculino	04:12:34	+01:38:34	10:06
121	1358	Tiago Luís Moreira de Barros	Associação Desportiva de Cabroelo	Senior Masculino	04:14:45	+01:40:45	10:11
122	1402	Andre Manuel Gonçalves	Associação Desportiva de Cabroelo	Senior Masculino	04:14:49	+01:40:49	10:12
123	1213	Rui Rosas	Lusitanos	Senior Masculino	04:15:12	+01:41:12	10:12
124	1357	Rui Silva	PAREDES AVENTURA	Senior Masculino	04:16:12	+01:42:12	10:15
125	1078	Paulo Jorge Santos	FFit Gaia Trail	Senior Masculino	04:16:12	+01:42:12	10:15
126	1330	Gustavo Santos	Individual	Senior Masculino	04:17:05	+01:43:05	10:17
127	1111	Manuel Brabosa	Individual	Senior Masculino	04:17:54	+01:43:54	10:19
128	1200	Joaquim Vidal	Individual	Senior Masculino	04:19:37	+01:45:37	10:23
129	1322	João Reis	Blip.pt	Senior Masculino	04:20:42	+01:46:42	10:26
130	1286	HUGO PALMEIRA	Individual	Senior Masculino	04:23:29	+01:49:29	10:32
131	1220	Pedro Miguel Costa Leite	Dr Merino Clínica Médica	Senior Masculino	04:24:27	+01:50:27	10:35
132	1413	Paulo Magano	CTAD - Trilhos de Cinfães	Senior Masculino	04:25:16	+01:51:16	10:37

Official Timekeeper: Lap2Go	4 / 8	generate 19-abr-2015 17:44
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Trail Longo 25K

25 KM

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133	1338	PEDRO LUIS CARVALHO	Run4all	Senior Masculino	04:25:52	+01:51:52	10:38
134	1379	Ricardo Miguel Ferreira da Silva	Individual	Senior Masculino	04:26:27	+01:52:27	10:39
135	1081	Emanuel Vieira	Associação S4L	Senior Masculino	04:28:09	+01:54:09	10:44
136	1073	Nuno André Correia	Associação S4L	Senior Masculino	04:28:10	+01:54:10	10:44
137	1381	PAULO FILIPE LOUREIRO MOREIRA	Individual	Senior Masculino	04:28:43	+01:54:43	10:45
138	1096	PEDRO VIEIRA	Run4all	Senior Masculino	04:29:32	+01:55:32	10:47
139	1097	JOSE SILVA	Run4all	Senior Masculino	04:29:32	+01:55:32	10:47
140	1184	wilson fonseca	Individual	Senior Masculino	04:30:07	+01:56:07	10:48
141	1319	Sérgio alexandre oliveira soares	Individual	Senior Masculino	04:30:44	+01:56:44	10:50
142	1324	jose martinez	Nunca mais team	Senior Masculino	04:32:04	+01:58:04	10:53
143	1348	João luís Guerra e Graça	Individual	Senior Masculino	04:32:49	+01:58:49	10:55
144	1152	NUNO ALEXANDRE	NOCTURNOS PAREDES	Senior Masculino	04:34:06	+02:00:06	10:58
145	1323	Jorge Mosqueira	Individual	Senior Masculino	04:35:49	+02:01:49	11:02
146	1292	Mário Rui Carvalho	OFRunning	Senior Masculino	04:36:29	+02:02:29	11:04
147	1274	João Cardoso	Individual	Senior Masculino	04:36:30	+02:02:30	11:04
148	1326	Sergio Chacim	Nunca mais team	Senior Masculino	04:36:39	+02:02:39	11:04
149	1244	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	04:37:56	+02:03:56	11:07
150	1344	CELESTINO MIGUEL CASTRO	Run4all	Senior Masculino	04:39:22	+02:05:22	11:10
151	1266	Hugo Silva	S. S. Montepio	Senior Masculino	04:41:17	+02:07:17	11:15
152	1291	Manuel Moreira	OFRunning	Senior Masculino	04:41:22	+02:07:22	11:15
153	1126	Frederico Rocha	Individual	Senior Masculino	04:41:46	+02:07:46	11:16
154	1346	Gil Ferreira da Silva	Eu+ Ginásio - LMA	Senior Masculino	04:42:03	+02:08:03	11:17
155	1053	Helder Manuel C A Magalhães	Individual	Senior Masculino	04:43:20	+02:09:20	11:20
156	1018	Gil Benido	Individual	Senior Masculino	04:43:20	+02:09:20	11:20
157	1410	Ivo Santos	Bikes & Friends	Senior Masculino	04:43:23	+02:09:23	11:20
158	1074	Joao Neves	Individual	Senior Masculino	04:46:42	+02:12:42	11:28
159	1092	JOSE CARVALHO	PORTOCARGO	Senior Masculino	04:46:47	+02:12:47	11:28
160	1261	Emanuel Almeida	S. S. Montepio	Senior Masculino	04:47:23	+02:13:23	11:30
161	1263	Bruno Esteves	S. S. Montepio	Senior Masculino	04:47:33	+02:13:33	11:30
162	1012	JOÃO BARBOSA	Individual	Senior Masculino	04:48:06	+02:14:06	11:31
163	1390	Ricardo Manuel Vasconcelos Carvalho	Individual	Senior Masculino	04:48:41	+02:14:41	11:33
164	1249	Tiago Rocha	Individual	Senior Masculino	04:49:11	+02:15:11	11:34
165	1036	António Barros	CCDFPJP	Senior Masculino	04:51:15	+02:17:15	11:39
166	1272	Hugo Lopes	S. S. Montepio	Senior Masculino	04:52:53	+02:18:53	11:43
167	1013	João Carvalho	Individual	Senior Masculino	04:53:33	+02:19:33	11:45
168	1333	Daniel	Nunca mais team	Senior Masculino	04:57:41	+02:23:41	11:54
169	1265	Julio Santos	S. S. Montepio	Senior Masculino	05:04:18	+02:30:18	12:10
170	1361	Bruno Jose Nunes Vale	Individual	Senior Masculino	05:10:46	+02:36:46	12:26
171	1362	Daniel Alberto da Silva Sousa Lopes	Individual	Senior Masculino	05:11:25	+02:37:25	12:27
172	1095	NUNO SOUSA	Run4all	Senior Masculino	05:12:53	+02:38:53	12:31
173	1072	Fernando Delindro	Associação S4L	Senior Masculino	05:16:14	+02:42:14	12:39
174	1075	João Morais	Individual	Senior Masculino	05:18:05	+02:44:05	12:43
175	1061	Rui Silva	BitRunners	Senior Masculino	05:18:09	+02:44:09	12:44
176	1040	Jorge Sousa	BitRunners	Senior Masculino	05:24:01	+02:50:01	12:58
177	1317	Ricardo Dias	Individual	Senior Masculino	05:24:01	+02:50:01	12:58
178	1246	Filipe Silva	Individual	Senior Masculino	05:24:26	+02:50:26	12:59

Official Timekeeper: Lap2Go	5 / 8	generate 19-abr-2015 17:44
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Trail Longo 25K

25 KM

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179	1356	João Paulo Silva	PAREDES AVENTURA	Senior Masculino	05:24:27	+02:50:27	12:59
180	1398	Filipe Daniel Pereira Bessa	Individual	Senior Masculino	05:32:50	+02:58:50	13:19
181	1090	ANDRE REBELO	PORTOCARGO	Senior Masculino	05:47:17	+03:13:17	13:53
182	1019	FRANCISCO PACHECO	Individual	Senior Masculino	06:18:36	+03:44:36	15:09
183	1182	Sérgio Brochado	Individual	Senior Masculino	06:18:37	+03:44:37	15:09
184	1277	José Lopes	OS FERAS	Senior Masculino	06:45:28	+04:11:28	16:13
185	1281	Jorge Ferreirinha	OS FERAS	Senior Masculino	06:45:55	+04:11:55	16:14
186	1169	paulo aguiar	Individual	Senior Masculino	07:29:25	+04:55:25	17:59

Veterana F40

1	1404	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:45:13	06:37
2	1241	Alexandra Fernandes	BOAVISTA FC	Veterana F40	03:36:02	+50:49 08:38
3	1135	Paula Silva	Individual	Veterana F40	03:40:08	+54:55 08:48
4	1034	Helena Gomes	Individual	Veterana F40	03:57:55	+01:12:42 09:31
5	1299	Goreti Rocha	NOCTURNOS PAREDES	Veterana F40	04:02:01	+01:16:48 09:41
6	1223	Ligia Dias	Individual	Veterana F40	04:17:16	+01:32:03 10:17
7	1176	Susana Canhola	Individual	Veterana F40	04:24:11	+01:38:58 10:34
8	1035	ISABEL CARVALHO	Individual	Veterana F40	04:30:57	+01:45:44 10:50
9	1376	FILOMENA NETO	Individual	Veterana F40	04:53:10	+02:07:57 11:44
10	1117	Maria da Luz Olivença	Individual	Veterana F40	05:10:30	+02:25:17 12:25
11	1168	sandra ferreira	filipe pinto automoveis	Veterana F40	07:29:36	+04:44:23 17:59

Veterana F50

1	1222	Lucinda Alves	Quinta da picua	Veterana F50	04:52:43	11:43
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Veterano M40

1	1406	Armandino Taborda	ORALKLASS-ALIANÇA-AMIGOSDOTRAIL	Veterano M40	02:20:24	05:37
2	1407	Paulo Pinto	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:25:22	+04:58 05:49
3	1258	Antonio Martins	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:25:27	+05:03 05:49
4	1001	Pedro Marques	PAREDES AVENTURA	Veterano M40	02:36:31	+16:07 06:16
5	1214	Abilio Ribeiro	Lusitanos	Veterano M40	02:39:08	+18:44 06:22
6	1215	Adriano Oliveira	Lusitanos	Veterano M40	02:51:07	+30:43 06:51
7	1355	Pedro Pratas	PAREDES AVENTURA	Veterano M40	02:58:20	+37:56 07:08
8	1113	Dionisio Manuel Correia Sousa	Individual	Veterano M40	02:59:12	+38:48 07:10
9	1313	José Carlos Ferreira Dias	Individual	Veterano M40	03:01:04	+40:40 07:15
10	1055	Aurélío Vieira	Individual	Veterano M40	03:01:09	+40:45 07:15
11	1331	Clemente Teixeira	Shots International Runners	Veterano M40	03:01:33	+41:09 07:16
12	1089	Carlos Silva	ORALKLASS-ALIANÇA-AMIGOS DO TRAIL	Veterano M40	03:02:41	+42:17 07:18
13	1238	Antonio Coelho	SAPADORES INVICTA	Veterano M40	03:07:54	+47:30 07:31

Trail Longo 25K

25 KM

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14	1297	António Loureiro	Individual	Veterano M40	03:11:33	+51:09	07:40
15	1175	Hélder Manuel Deveza	Individual	Veterano M40	03:13:15	+52:51	07:44
16	1408	Jorge Azevedo	Individual	Veterano M40	03:17:24	+57:00	07:54
17	1303	Domingos Barros	os selvagens	Veterano M40	03:21:30	+01:01:06	08:04
18	1183	Paulo Alexandre Lema Pelicano	Individual	Veterano M40	03:22:55	+01:02:31	08:07
19	1149	ARNALDO SANTOS	NOCTURNOS PAREDES	Veterano M40	03:23:01	+01:02:37	08:07
20	1341	Armando Ribeiro	Amigo	Veterano M40	03:27:37	+01:07:13	08:18
21	1011	ANTÓNIO PINTO	Individual	Veterano M40	03:28:26	+01:08:02	08:20
22	1070	Filipe Lemos	Individual	Veterano M40	03:28:32	+01:08:08	08:20
23	1276	helder rodrigues	Individual	Veterano M40	03:31:36	+01:11:12	08:28
24	1382	Carlos Manuel Lapa Ferreira	Individual	Veterano M40	03:36:02	+01:15:38	08:38
25	1098	Licínio Ferreira	Associação Desportiva de Cabroelo	Veterano M40	03:36:57	+01:16:33	08:41
26	1114	António Martins	Individual	Veterano M40	03:37:21	+01:16:57	08:42
27	1388	Marco Antonio Marques Ferreira Vasconcelos Monteiro	Individual	Veterano M40	03:39:16	+01:18:52	08:46
28	1353	Paula Moreira	PAREDES AVENTURA	Veterano M40	03:39:30	+01:19:06	08:47
29	1130	Paulo Jorge Ferreira Oliveira	Individual	Veterano M40	03:44:04	+01:23:40	08:58
30	1227	António Freitas	RUN TO BE ALIVE	Veterano M40	03:44:37	+01:24:13	08:59
31	1320	José Migue Neves	Voleibol Runners	Veterano M40	03:45:47	+01:25:23	09:02
32	1254	Paulo Ferreira Morais	Individual	Veterano M40	03:47:50	+01:27:26	09:07
33	1354	Rui Moreira	PAREDES AVENTURA	Veterano M40	03:49:30	+01:29:06	09:11
34	1154	NUNO SALGADO	NOCTURNOS PAREDES	Veterano M40	03:49:43	+01:29:19	09:11
35	1247	Antonio Fernandes	BOAVISTA FC	Veterano M40	03:50:31	+01:30:07	09:13
36	1219	Paulo Azevedo	Lusitanos	Veterano M40	03:51:06	+01:30:42	09:15
37	1194	Joaquim Manuel Andrade dos Santos	NAST	Veterano M40	03:54:58	+01:34:34	09:24
38	1108	Jose Maria Dias Leal	Individual	Veterano M40	03:55:21	+01:34:57	09:25
39	1269	Jose Nuno Costa	S. S. Montepio	Veterano M40	03:57:41	+01:37:17	09:30
40	1038	Nuno Alexandre Costa Almeida	CCDFPJP	Veterano M40	03:58:38	+01:38:14	09:33
41	1295	jorge rodrigues	Individual	Veterano M40	03:59:10	+01:38:46	09:34
42	1228	António Pais	Individual	Veterano M40	04:00:03	+01:39:39	09:36
43	1373	paulo gama	Individual	Veterano M40	04:00:51	+01:40:27	09:38
44	1115	Pedro Bastos	Individual	Veterano M40	04:04:19	+01:43:55	09:46
45	1308	Manuel Rodrigues	Individual	Veterano M40	04:06:53	+01:46:29	09:53
46	1307	Francisco Nogueira	Individual	Veterano M40	04:06:54	+01:46:30	09:53
47	1017	Paulo Marçal	Individual	Veterano M40	04:09:13	+01:48:49	09:58
48	1282	Helder Rodrigues	Individual	Veterano M40	04:10:23	+01:49:59	10:01
49	1260	Joao Cardoso	S. S. Montepio	Veterano M40	04:15:32	+01:55:08	10:13
50	1315	rui miguel morais couto	Individual	Veterano M40	04:17:16	+01:56:52	10:17
51	1300	antonio carneiro	Individual	Veterano M40	04:22:20	+02:01:56	10:30
52	1384	João Couto	Os Finos	Veterano M40	04:24:12	+02:03:48	10:34
53	1208	Marcos Quintas	Individual	Veterano M40	04:28:23	+02:07:59	10:44
54	1327	nelson domingues	Nunca mais team	Veterano M40	04:32:02	+02:11:38	10:53
55	1347	Pedro Miguel Gavina	Individual	Veterano M40	04:32:48	+02:12:24	10:55
56	1105	António Cardoso	Solmaia Runners	Veterano M40	04:37:33	+02:17:09	11:06
57	1387	Carlos Afonso Teixeira	Delta	Veterano M40	04:41:46	+02:21:22	11:16
58	1123	António Jorge Gonçalves Teixeira	Individual	Veterano M40	04:43:20	+02:22:56	11:20

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Trail Longo 25K

25 KM

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OFFICIAL RESULT

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59	1251	Pedro Ramos	Shots International Runners	Veterano M40	04:47:29	+02:27:05	11:30
60	1065	Manuel Silva	ARRASTASSOLAS	Veterano M40	04:52:43	+02:32:19	11:43
61	1037	Hermínio Pinho	CCDFPJP	Veterano M40	04:59:51	+02:39:27	12:00
62	1030	Rui Jorge Moreira da Silva Lopes	Individual	Veterano M40	05:10:34	+02:50:10	12:25
63	1024	pedro m.s.matos	PJN-GAIA	Veterano M40	05:11:39	+02:51:15	12:28
64	1025	JOSE H.S.S.MATOS	PJN-GAIA	Veterano M40	05:14:06	+02:53:42	12:34
65	1026	NELSON V.F.CAMPOS	PJN-GAIA	Veterano M40	05:14:06	+02:53:42	12:34
66	1409	Pedro Pereira	Bikes & Friends	Veterano M40	05:34:10	+03:13:46	13:22
67	1093	PAULO FERREIRA	PORTOCARGO	Veterano M40	06:05:58	+03:45:34	14:38
68	1091	ANTONIO MARTINS	PORTOCARGO	Veterano M40	06:05:58	+03:45:34	14:38
69	1164	filipe pinto	sexta a fundo runners	Veterano M40	06:21:08	+04:00:44	15:15
70	1165	francisco xavier mota	sexta a fundo runners	Veterano M40	07:29:20	+05:08:56	17:58
71	1163	jose fernando moreira da silva	sexta a fundo runners	Veterano M40	07:29:24	+05:09:00	17:59

Veterano M50

1	1217	Jose Cabral	Lusitanos	Veterano M50	02:45:01	06:36
2	1054	Modesto Pereira Vieira	Individual	Veterano M50	02:45:19	+00:18 06:37
3	1059	Fernando Noronha	Ginásio Factor X	Veterano M50	02:49:19	+04:18 06:46
4	1119	antonio pereira	Individual	Veterano M50	02:59:26	+14:25 07:11
5	1162	Antonio Azevedo	Individual	Veterano M50	03:05:20	+20:19 07:25
6	1068	António Teixeira	Clínica Dentária-Dr.Rui Couto e Dra Sofia A Ives	Veterano M50	03:12:31	+27:30 07:42
7	1039	António Pereira	AMIGOS QUINTA DAS FREIRAS	Veterano M50	03:22:08	+37:07 08:05
8	1236	joaquim nunes	SAPADORES INVICTA	Veterano M50	03:27:52	+42:51 08:19
9	1028	Jorge Fonseca	LOUSADA RUNNERS	Veterano M50	03:29:54	+44:53 08:24
10	1336	Fernando Oliveira	Individual	Veterano M50	03:38:22	+53:21 08:44
11	1043	Agostinho Sousa	Individual	Veterano M50	03:38:22	+53:21 08:44
12	1411	José Silva	Individual	Veterano M50	03:40:37	+55:36 08:49
13	1008	Fernando Barata	KeMedo Team	Veterano M50	03:42:57	+57:56 08:55
14	1216	Fernando Rodrigues	Lusitanos	Veterano M50	03:54:56	+01:09:55 09:24
15	1328	José António Leite Rodrigues	Not Run Alone	Veterano M50	04:09:08	+01:24:07 09:58
16	1389	António Souto	Individual	Veterano M50	04:13:09	+01:28:08 10:08
17	1161	ANTONIO CARVALHO	NOCTURNOS PAREDES	Veterano M50	04:15:49	+01:30:48 10:14
18	1240	ANTONIO MIRANDA	NOCTURNOS PAREDES	Veterano M50	04:18:58	+01:33:57 10:22
19	1005	Manuel Cunha Lima	experiençar	Veterano M50	04:28:06	+01:43:05 10:43
20	1048	Rui Sá	FFit Gaia Trail	Veterano M50	04:31:09	+01:46:08 10:51
21	1365	paulo leite	Lotus&Lirios	Veterano M50	04:49:48	+02:04:47 11:36
22	1366	antonio kirsch ferreira	Lotus&Lirios	Veterano M50	04:54:23	+02:09:22 11:47
23	1221	Abílio Alves	Quinta da picua	Veterano M50	04:54:25	+02:09:24 11:47

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