

TRAIL LONGO 28KM - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:30	8,3°C	100%
End	15:07	8,3°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1466	Bertrand Brochot	team optisport-uglow	Senior Masculino	02:29:48		05:21
2	1451	Pedro Alberto da Costa Sousa	satecnosol outdoor / la sportiva	Senior Masculino	02:43:08	+13:21	05:50
3	1011	Paulo Costa	a.d.amarante trail running	Senior Masculino	02:44:08	+14:20	05:52
4	1355	Abílio Ribeiro	lusitanos	Veterano M40	02:45:49	+16:01	05:55
5	1005	Nelson Davide Pimenta da Graça	team goldnutrition/run.pt	Senior Masculino	02:46:48	+17:01	05:57
6	1013	Vitor Costa	a.d.amarante trail running	Senior Masculino	02:47:45	+17:57	05:59
7	1134	Luís Pedro Ferreira de Sousa Martins	gtt - armazém do caffè	Senior Masculino	02:51:30	+21:43	06:08
8	1030	Manuel Barbosa	amigo	Veterano M40	02:51:32	+21:45	06:08
9	1214	luis filipe figueira novais	individual	Senior Masculino	02:58:47	+29:00	06:23
10	1481	Cesar Leão	unidade especial de corrida	Senior Masculino	03:00:15	+30:27	06:26
11	1413	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:02:38	+32:51	06:31
12	1406	Antonio Pinto	oralklass-amigos do trail	Senior Masculino	03:03:29	+33:42	06:33
13	1159	Adelino Sousa	individual	Senior Masculino	03:04:00	+34:13	06:34
14	1483	José Silva	unidade especial de corrida	Senior Masculino	03:06:34	+36:46	06:40
15	1010	Jose Luis Ferreira Pereira	a.d.amarante trail running	Senior Masculino	03:07:03	+37:16	06:41
16	1113	Ricardo Miguel Magalhães Nunes	fridão sem limites	Senior Masculino	03:11:06	+41:18	06:50
17	1402	João Leal	ofrunning	Senior Masculino	03:13:03	+43:16	06:54
18	1212	Iino pinto	individual	Senior Masculino	03:13:07	+43:20	06:54
19	1129	Nuno Paiva	gondomar futsal clube	Veterano M40	03:13:36	+43:49	06:55
20	1484	Pedro Batista	unidade especial de corrida	Senior Masculino	03:14:04	+44:17	06:56
21	1352	Telmo Reis	lousada runners	Senior Masculino	03:14:22	+44:35	06:57
22	1136	Cesar Canito	gtt - armazém do caffè	Veterano M40	03:14:43	+44:55	06:57
23	1141	Miguel Barros	helder optica team	Veterano M40	03:15:22	+45:34	06:59
24	1196	Ivo Pereira	individual	Senior Masculino	03:15:35	+45:47	06:59
25	1135	Pedro Pereira	gtt - armazém do caffè	Senior Masculino	03:15:47	+46:00	07:00
26	1001	Lucinda Sousa	gondomar futsal clube	Veterana F40	03:17:02	+47:15	07:02
27	1131	António Rocha	gondomar futsal clube	Veterano M50	03:17:06	+47:18	07:02
28	1173	César Gonçalves	individual	Senior Masculino	03:17:19	+47:32	07:03
29	1353	Nelson Pires	lusitanos	Senior Masculino	03:17:30	+47:43	07:03
30	1140	Jorge Oliveira	helder optica team	Veterano M40	03:17:42	+47:55	07:04
31	1235	Pedro Dias Sabugueiro	individual	Senior Masculino	03:18:12	+48:24	07:05
32	1137	Carlos Alberto Pereira Novais Gandra	gtt - armazém do caffè	Veterano M50	03:18:30	+48:42	07:05
33	1356	Adriano Oliveira	lusitanos	Veterano M40	03:20:29	+50:41	07:10
34	1459	Helder Barbosa	sweet runners	Senior Masculino	03:20:30	+50:43	07:10
35	1138	Bruno Teixeira	helder optica team	Senior Masculino	03:20:42	+50:55	07:10
36	1007	Tiago Silva	a.d.sebolido trail boneca d´ouro	Senior Masculino	03:21:49	+52:02	07:12
37	1482	Filipe Teixeira	unidade especial de corrida	Senior Masculino	03:21:54	+52:06	07:13
38	1388	Antonio Azevedo	nascidos para correr	Veterano M50	03:22:11	+52:23	07:13
39	1064	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:16	+52:28	07:13
40	1439	Inuo Melo	run 4 all	Senior Masculino	03:22:19	+52:32	07:14

TRAIL LONGO 28KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
41	1083	Bernardino Pinto	dr merino/ nutrifit	Senior Masculino	03:22:19	+52:32	07:14
42	1084	David Ferreira	dr merino/ nutrifit	Senior Masculino	03:22:21	+52:34	07:14
43	1405	Andre Nogueira	oralklass-amigos do trail	Senior Masculino	03:23:54	+54:07	07:17
44	1410	Manuel Ferreira	oralklass-amigos do trail	Veterano M50	03:24:01	+54:13	07:17
45	1452	Tiago Pinheiro	satecnosol outdoor / la sportiva	Senior Masculino	03:24:12	+54:25	07:18
46	1115	Manuel Avelino Reis Pinheiro	fridão sem limites	Veterano M40	03:25:59	+56:12	07:21
47	1065	Antonio Gomes	cfrit freamunde	Veterano M40	03:27:08	+57:21	07:24
48	1371	leandro pacheco	monte dos amigos	Senior Masculino	03:27:17	+57:30	07:24
49	1102	Ricardo Rocha	fast ao km	Senior Masculino	03:27:17	+57:30	07:24
50	1398	paulino Daniel Azevedo Maia Alves	nós	Senior Masculino	03:27:18	+57:30	07:24
51	1293	Henrique Santos	individual	Veterano M40	03:27:25	+57:37	07:24
52	1118	Nelson Marques	gaia trail	Senior Masculino	03:27:43	+57:55	07:25
53	1336	José Joaquim A. Ferreira	individual	Veterano M50	03:27:50	+58:02	07:25
54	1117	Micael Cunha	gaia trail	Senior Masculino	03:28:01	+58:14	07:26
55	1321	Sérgio Albuquerque Moreira Pinto	individual	Veterano M40	03:29:49	+01:00:01	07:30
56	1485	Ricardo Costa	unidade especial de corrida	Senior Masculino	03:30:32	+01:00:45	07:31
57	1404	Paula Barbosa	oralklass-amigos do trail	Senior Feminino	03:30:46	+01:00:58	07:32
58	1060	Jorge Maia	budeguita runners	Veterano M40	03:30:55	+01:01:07	07:32
59	1244	Ricardo Ferreira	individual	Senior Masculino	03:31:04	+01:01:16	07:32
60	1419	Jorge Barbosa	paredes aventura	Veterano M40	03:31:08	+01:01:20	07:32
61	1486	Abílio Marques	unidade especial de corrida	Veterano M50	03:31:14	+01:01:27	07:33
62	1255	Rúben Miguel Mendes Alves	individual	Senior Masculino	03:31:17	+01:01:29	07:33
63	1027	José Madureira	amigo	Senior Masculino	03:31:34	+01:01:46	07:33
64	1322	Sérgio Anunciação	individual	Veterano M40	03:31:36	+01:01:49	07:33
65	1307	Paulo Baltasar Silveira Martins	individual	Veterano M40	03:31:40	+01:01:52	07:34
66	1008	Tiago Sousa	a.d sebolido trail boneca d'ouro	Senior Masculino	03:32:05	+01:02:17	07:34
67	1279	Alcino Gomes	individual	Veterano M40	03:32:55	+01:03:07	07:36
68	1092	Romeu Machado	ei team trail	Senior Masculino	03:32:59	+01:03:12	07:36
69	1160	Agostinho Reis	individual	Senior Masculino	03:33:17	+01:03:29	07:37
70	1217	Marçal Avelino Salazar Marques Mendes	individual	Senior Masculino	03:33:18	+01:03:30	07:37
71	1191	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	03:36:18	+01:06:31	07:44
72	1070	antonio pereira	clube praças da armada	Veterano M50	03:36:40	+01:06:53	07:44
73	1087	Tiago Sousa	dr merino/ nutrifit	Senior Masculino	03:36:46	+01:06:59	07:45
74	1122	Cláudio André oliveira Trigais	gondomar futsal clube	Senior Masculino	03:36:48	+01:07:00	07:45
75	1208	José Barroso	individual	Senior Masculino	03:36:48	+01:07:01	07:45
76	1373	jorge pinheiro	monte dos amigos	Veterano M40	03:36:53	+01:07:05	07:45
77	1	Fernando Leal Neves	amigos do pedal	Veterano M50	03:37:02	+01:07:14	07:45
78	1309	PAULO BRÁS	individual	Veterano M40	03:37:04	+01:07:16	07:45
79	1269	Vitor Cruz	individual	Senior Masculino	03:37:07	+01:07:20	07:45
80	1480	Geraldo gomes	casa do povo de soalhões	Veterano M40	03:37:16	+01:07:28	07:46
81	1098	Francisco Figueiredo	estamos juntos	Senior Masculino	03:39:04	+01:09:16	07:49
82	1097	Daniela Russo	estamos juntos	Senior Feminino	03:39:04	+01:09:16	07:49
83	1435	Pedro Moreira	prosel team	Senior Masculino	03:39:05	+01:09:17	07:49
84	1414	José António Teixeira Ferreira	oralklass-amigos do trail	Veterano M40	03:39:13	+01:09:26	07:50
85	1006	Rui Teixeira	a.d sebolido trail boneca d'ouro	Senior Masculino	03:39:22	+01:09:35	07:50

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
86	1221	Mario Gonçalves	individual	Senior Masculino	03:39:29	+01:09:42	07:50
87	1080	Tiago Pinto	douroconta trail team	Senior Masculino	03:39:51	+01:10:03	07:51
88	1081	Vítor Emanuel Oliveira Rio	douroconta trail team	Senior Masculino	03:39:51	+01:10:03	07:51
89	1050	Bruno Macieira	bikes & friends	Senior Masculino	03:41:17	+01:11:29	07:54
90	1361	Alexandre Moreira	marco trail running	Veterano M40	03:41:28	+01:11:41	07:55
91	1120	Joana Cardoso	gondomar futsal clube	Senior Feminino	03:41:41	+01:11:53	07:55
92	1125	paulo jorge	gondomar futsal clube	Senior Masculino	03:41:41	+01:11:53	07:55
93	1035	António Conceição Silva Pereira	amigos quinta das freiras	Veterano M50	03:45:52	+01:16:04	08:04
94	1026	Fernando Vieira	amigo	Senior Masculino	03:47:02	+01:17:15	08:07
95	1458	Paulo Morais	somos nós team	Veterano M40	03:47:34	+01:17:46	08:08
96	79	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	03:47:53	+01:18:06	08:08
97	1265	Simão sousa	individual	Senior Masculino	03:48:45	+01:18:57	08:10
98	1362	Antonio coelho	mete h2o	Veterano M40	03:48:51	+01:19:04	08:10
99	1224	Miguel Seca	individual	Senior Masculino	03:48:56	+01:19:09	08:11
100	1093	Joaquim Coelho	ei team trail	Veterano M40	03:49:03	+01:19:15	08:11
101	1029	Armando Ribeiro	amigo	Veterano M40	03:49:12	+01:19:24	08:11
102	1368	Miguel Santos	moinhos run - adrm	Senior Masculino	03:49:13	+01:19:25	08:11
103	99	José Luís Sá	satecnosol outdoor / la sportiva	Senior Masculino	03:49:56	+01:20:09	08:13
104	1337	jose luis machado loureiro	individual	Veterano M50	03:50:02	+01:20:15	08:13
105	1110	António Joaquim Teixeira ALves	fridão sem limites	Senior Masculino	03:50:12	+01:20:25	08:13
106	1382	Filipe Machado	nascidos para correr	Senior Masculino	03:50:45	+01:20:57	08:14
107	1324	vitoe coelho	individual	Veterano M40	03:50:46	+01:20:59	08:15
108	76	Fernando Carneiro	nast	Senior Masculino	03:50:54	+01:21:07	08:15
109	1119	Andreia Amorim	gondomar futsal clube	Senior Feminino	03:51:15	+01:21:27	08:16
110	1086	Nuno Pinho	dr merino/ nutritfit	Senior Masculino	03:51:57	+01:22:09	08:17
111	1239	Pedro Leandro Guedes Nogueira	individual	Senior Masculino	03:54:22	+01:24:34	08:22
112	1369	José Coelho da Silva	moinhos run - adrm	Veterano M50	03:55:55	+01:26:07	08:26
113	1407	David Morais	oralklass-amigos do trail	Senior Masculino	03:56:08	+01:26:21	08:26
114	1206	Jorge Ribeiro	individual	Senior Masculino	03:56:29	+01:26:41	08:27
115	1012	Urbano Ribeiro	a.d.amarante trail running	Senior Masculino	03:56:33	+01:26:45	08:27
116	1364	Paulo António Cunha Ferreira	minions	Senior Masculino	03:56:43	+01:26:55	08:27
117	1363	Nuno Rafael Ribeiro Rodrigues	minions	Senior Masculino	03:56:43	+01:26:55	08:27
118	1242	Pedro rocha	individual	Senior Masculino	03:56:50	+01:27:02	08:28
119	1075	João Cardoso	ctad - trilhos de cinfães	Senior Masculino	03:57:12	+01:27:24	08:28
120	1254	Ricardo Rios	individual	Senior Masculino	03:57:12	+01:27:25	08:28
121	1164	André Rocha	individual	Senior Masculino	03:57:23	+01:27:36	08:29
122	1139	Ricardo Pinheiro	helder optica team	Senior Masculino	03:57:27	+01:27:39	08:29
123	1456	Nelson Ferreira	somos nós team	Senior Masculino	03:57:42	+01:27:55	08:29
124	1379	Estela Martins	nascidos para correr	Senior Feminino	03:58:05	+01:28:18	08:30
125	1384	Alexandra Fernandes	nascidos para correr	Veterana F40	03:58:05	+01:28:18	08:30
126	1385	Carlos Ferreira	nascidos para correr	Veterano M40	03:58:06	+01:28:18	08:30
127	1207	Jorge Silva	individual	Senior Masculino	03:58:19	+01:28:32	08:31
128	1203	João Rafael Marques	individual	Senior Masculino	03:58:49	+01:29:02	08:32
129	1394	Tiago Moreira	nocturnos de paredes	Senior Masculino	03:59:06	+01:29:19	08:32
130	1189	helder luis nunes pacheco	individual	Senior Masculino	03:59:19	+01:29:31	08:33
131	1455	Andreia Morais	somos nós team	Senior Feminino	03:59:29	+01:29:42	08:33

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	/KM
132	1308	PAULO BARBOSA	individual	Veterano M40	03:59:35	+01:29:48	08:33
133	1232	pedro alexandre silva	individual	Senior Masculino	03:59:40	+01:29:53	08:34
134	1266	Telmo Mendonça	individual	Senior Masculino	03:59:56	+01:30:08	08:34
135	1039	Vitor Silva	arrastassolas	Senior Masculino	04:00:07	+01:30:20	08:35
136	1292	helder Rodrigues	individual	Veterano M40	04:00:10	+01:30:22	08:35
137	1116	Anabela Freitas	gaia trail	Senior Feminino	04:00:27	+01:30:39	08:35
138	1436	Sérgio Soares	prosel team	Senior Masculino	04:01:19	+01:31:32	08:37
139	1209	José Ferreira Costa	individual	Senior Masculino	04:01:24	+01:31:37	08:37
140	1316	Pedro Reis	individual	Veterano M40	04:01:28	+01:31:41	08:37
141	1411	José Santos	oralklass-amigos do trail	Senior Masculino	04:01:43	+01:31:55	08:38
142	1412	Pedro Duarte	oralklass-amigos do trail	Senior Masculino	04:01:43	+01:31:55	08:38
143	1479	Carlos Silva	turres trail clube	Senior Masculino	04:02:09	+01:32:21	08:39
144	1188	Hélder Castro	individual	Senior Masculino	04:03:16	+01:33:28	08:41
145	1124	Manuel Silva	gondomar futsal clube	Senior Masculino	04:03:27	+01:33:40	08:42
146	1179	Filipe Barbosa	individual	Senior Masculino	04:03:38	+01:33:50	08:42
147	1043	Pedro Carvalho	arrastassolas	Veterano M40	04:04:06	+01:34:19	08:43
148	1357	Paulo Azevedo	lusitanos	Veterano M40	04:04:12	+01:34:24	08:43
149	8	Joaquim Freitas	individual	Veterano M40	04:04:24	+01:34:36	08:44
150	1286	António Martins	individual	Veterano M40	04:05:13	+01:35:26	08:45
151	1044	Pedro Magalhães	arrastassolas	Veterano M40	04:05:33	+01:35:45	08:46
152	1392	Daniela Patrícia Soares Ferreira	nocturnos de paredes	Senior Feminino	04:05:33	+01:35:46	08:46
153	1299	Licínio Cândido Ferreira Ribeiro	individual	Veterano M40	04:05:50	+01:36:03	08:47
154	1421	Manuel Barbosa	paredes running	Senior Masculino	04:06:08	+01:36:21	08:47
155	1393	Pedro Nogueira	nocturnos de paredes	Senior Masculino	04:06:46	+01:36:59	08:49
156	1009	Ana Ferreira	a.d.amarante trail running	Senior Feminino	04:07:39	+01:37:51	08:51
157	1347	Mário Santos	kunalama runners	Senior Masculino	04:08:04	+01:38:16	08:52
158	1215	Manuel Moraes	individual	Senior Masculino	04:09:13	+01:39:25	08:54
159	1408	Élvio Ornelas	oralklass-amigos do trail	Senior Masculino	04:10:18	+01:40:31	08:56
160	1046	Pedro Miguel Oliveira da Silva	associação desportiva de cabroelo	Senior Masculino	04:10:20	+01:40:33	08:56
161	1277	Adriano Rocha	individual	Veterano M40	04:10:22	+01:40:35	08:57
162	1314	Pedro Meneses	individual	Veterano M40	04:10:45	+01:40:57	08:57
163	1268	Tome pinto	individual	Senior Masculino	04:10:46	+01:40:58	08:57
164	1211	José Luís Pinto	individual	Senior Masculino	04:10:46	+01:40:59	08:57
165	1290	Hélder Agostinho	individual	Veterano M40	04:10:55	+01:41:07	08:58
166	1448	Jose Costa	s. s. montepio	Veterano M40	04:11:13	+01:41:26	08:58
167	1201	JOÃO PEDRO COSTA	individual	Senior Masculino	04:11:27	+01:41:39	08:59
168	1285	Antonio Manuel Oliveira Marques	individual	Veterano M40	04:11:37	+01:41:50	08:59
169	1434	Jorge Moreira	prosel team	Senior Masculino	04:11:50	+01:42:02	09:00
170	1091	Ricardo Carvalho	ei team trail	Senior Masculino	04:11:50	+01:42:02	09:00
171	1488	Armando Pinho	wtf	Veterano M40	04:12:05	+01:42:18	09:00
172	1470	NELSON DUARTE	the outsiders running trail team	Veterano M40	04:12:06	+01:42:18	09:00
173	1226	Nelson Silva	individual	Senior Masculino	04:12:06	+01:42:19	09:00
174	1017	António Oliveira	aliança de gandra	Veterano M40	04:12:07	+01:42:20	09:00
175	1275	maria gerardo	individual	Veterana F40	04:12:14	+01:42:26	09:01
176	139	Mark Faria	individual	Senior Masculino	04:13:25	+01:43:37	09:03
177	1476	Filipe Silva	trocopasso runners	Senior Masculino	04:13:29	+01:43:41	09:03

TRAIL LONGO 28KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
178	1475	Elisabete Carvalho	trocopasso runners	Senior Feminino	04:13:29	+01:43:42	09:03
179	1425	Rui Gomes	pena team	Senior Masculino	04:13:45	+01:43:57	09:04
180	1317	Ricardo Meireles	individual	Veterano M40	04:13:58	+01:44:11	09:04
181	1259	Rui Pedro Mendes Gomes	individual	Senior Masculino	04:14:18	+01:44:31	09:05
182	1291	Helder Rodrigues	individual	Veterano M40	04:14:37	+01:44:50	09:06
183	1389	Manuel Sampaio	nascidos para correr	Veterano M50	04:15:56	+01:46:08	09:08
184	1415	Daniel Santos	os lobos do saibro	Senior Masculino	04:16:07	+01:46:19	09:09
185	1261	Samuel José Carvalho Silva	individual	Senior Masculino	04:16:07	+01:46:20	09:09
186	1168	Bruno Gonçalves	individual	Senior Masculino	04:16:15	+01:46:28	09:09
187	1489	Fernando Oliveira	individual	Veterano M50	04:16:27	+01:46:40	09:10
188	1360	Vítor Queirós	marco trail running	Senior Masculino	04:16:49	+01:47:01	09:10
189	1096	Francisco Fonseca	equipa joão ferreira	Veterano M40	04:18:05	+01:48:18	09:13
190	1334	JOAQUIM BENTO TEIXEIRA	individual	Veterano M50	04:18:05	+01:48:18	09:13
191	1182	FILIPE MENDES	individual	Senior Masculino	04:18:07	+01:48:19	09:13
192	1192	HELDER VIEIRA	individual	Senior Masculino	04:18:10	+01:48:22	09:13
193	1161	André cavadas	individual	Senior Masculino	04:18:11	+01:48:24	09:13
194	1066	Susana Lobo Santos	chegamos ao fim	Veterana F40	04:18:31	+01:48:44	09:14
195	1132	José Mendes	gondomar futsal clube	Veterano M50	04:18:36	+01:48:48	09:14
196	1327	António Pais	individual	Veterano M50	04:19:13	+01:49:26	09:15
197	1387	wilson fonseca	nascidos para correr	Veterano M40	04:19:27	+01:49:40	09:16
198	1326	Alcino Araújo	individual	Veterano M50	04:20:34	+01:50:46	09:18
199	1348	Helder Silva	la zinco	Senior Masculino	04:20:44	+01:50:56	09:19
200	1395	Luis Filipe Lopes dos Santos	nocturnos de paredes	Veterano M40	04:21:08	+01:51:21	09:20
201	1197	Jaime Soares	individual	Senior Masculino	04:22:46	+01:52:58	09:23
202	1447	Joao Cardoso	s. s. montepio	Veterano M40	04:23:42	+01:53:54	09:25
203	1130	Pedro Sousa	gondomar futsal clube	Veterano M40	04:23:57	+01:54:09	09:26
204	1205	Jorge Carneiro	individual	Senior Masculino	04:24:29	+01:54:41	09:27
205	1445	Emanuel Almeida	s. s. montepio	Senior Masculino	04:24:36	+01:54:49	09:27
206	1315	Pedro Pereira	individual	Veterano M40	04:24:59	+01:55:12	09:28
207	1468	Lucília Silva	tecla 3 runners	Senior Feminino	04:25:37	+01:55:50	09:29
208	1469	Hugo Sousa	tecla 3 runners	Senior Masculino	04:25:37	+01:55:50	09:29
209	1289	Filipe Miguel Lopes Miranda	individual	Veterano M40	04:26:37	+01:56:49	09:31
210	1051	Daniel Ribeiro	bitrunners	Senior Masculino	04:26:37	+01:56:50	09:31
211	1025	Fábio Miranda	amigo	Senior Masculino	04:26:51	+01:57:03	09:32
212	1380	Raquel Andrade	nascidos para correr	Senior Feminino	04:27:22	+01:57:34	09:33
213	1381	Bruno Moura	nascidos para correr	Senior Masculino	04:27:25	+01:57:38	09:33
214	1367	Jorge Miguel Abreu Barbosa	moinhos run - adrm	Senior Masculino	04:27:40	+01:57:53	09:34
215	1330	Francisco Costa	individual	Veterano M50	04:28:07	+01:58:19	09:35
216	1210	Jose Jesus	individual	Senior Masculino	04:28:10	+01:58:23	09:35
217	1094	Celso Santos	engomadoria l&a team	Senior Masculino	04:30:09	+02:00:21	09:39
218	1454	Artur Pereira	shots international runners	Senior Masculino	04:30:30	+02:00:42	09:40
219	1342	Rui Santos	k2 run	Veterano M40	04:30:44	+02:00:57	09:40
220	1298	JOSÉ MARIA DIAS LEAL	individual	Veterano M40	04:30:46	+02:00:58	09:40
221	1311	Paulo Jorge Ferreira Oliveira	individual	Veterano M40	04:30:47	+02:00:59	09:40
222	1312	Paulo Queirós	individual	Veterano M40	04:31:08	+02:01:20	09:41

TRAIL LONGO 28KM - STAGE 1

28 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
223	1204	Joaquim Filipe Mendes Pereira Sala	individual	Senior Masculino	04:31:33	+02:01:46	09:42
224	1245	Ricardo André Vale Monteiro	individual	Senior Masculino	04:32:40	+02:02:53	09:44
225	1383	Jorge Rocha	nascidos para correr	Senior Masculino	04:32:53	+02:03:05	09:45
226	1296	Jorge Nunes	individual	Veterano M40	04:33:11	+02:03:23	09:45
227	1181	Filipe Machado	individual	Senior Masculino	04:33:50	+02:04:03	09:47
228	1260	Rui Pedro Pinto	individual	Senior Masculino	04:34:04	+02:04:17	09:47
229	1457	Fátima Vieira	somos nós team	Veterana F40	04:34:47	+02:04:59	09:49
230	1111	kiko bento	fridão sem limites	Senior Masculino	04:35:07	+02:05:19	09:50
231	1396	Nuno Salgado	nocturnos de paredes	Veterano M40	04:35:21	+02:05:33	09:50
232	1251	Ricardo Neves	individual	Senior Masculino	04:35:31	+02:05:44	09:50
233	1142	Helena Gomes	moinhos run - adrm	Veterana F40	04:36:02	+02:06:15	09:52
234	1109	SERGIO FONSECA	feltrail	Veterano M40	04:37:53	+02:08:05	09:55
235	1420	Rui Agostinho Almeida Moreira	paredes aventura	Veterano M40	04:38:08	+02:08:21	09:56
236	1107	JOSE LEMOS	feltrail	Senior Masculino	04:38:25	+02:08:38	09:57
237	1067	Pedro Ribeiro	chegamos ao fim	Veterano M40	04:38:32	+02:08:44	09:57
238	1104	ANTONIO FONSECA	feltrail	Senior Masculino	04:38:33	+02:08:46	09:57
239	1358	Fernando Rodrigues	lusitanos	Veterano M50	04:38:39	+02:08:52	09:57
240	1095	Fernando Oliveira	engomadoria l&a team	Veterano M40	04:39:09	+02:09:21	09:58
241	1038	Pedro Lopes	arrastassolas	Senior Masculino	04:39:43	+02:09:56	09:59
242	2475	Francisco Luís Costa Teixeira	individual	Senior Masculino	04:39:55	+02:10:08	10:00
243	1305	Luís Sousa	individual	Veterano M40	04:40:27	+02:10:39	10:01
244	1228	Nuno André da Rocha Ferreira	individual	Senior Masculino	04:42:07	+02:12:19	10:05
245	1100	Gil Ferreira da Silva	eu+ run	Senior Masculino	04:42:20	+02:12:32	10:05
246	1014	Bruno Rocha	ad quinta - atletismo	Senior Masculino	04:42:30	+02:12:42	10:05
247	1077	Nuno Ribeiro	dbearth	Veterano M40	04:43:22	+02:13:35	10:07
248	1431	José Magalhaes	portocargo	Veterano M50	04:43:28	+02:13:41	10:07
249	1101	Jorge Costa	eu+ run	Veterano M40	04:43:43	+02:13:56	10:08
250	1424	Hugo Cruz	pena team	Senior Masculino	04:43:54	+02:14:07	10:08
251	1453	Liliana Pereira	shots international runners	Senior Feminino	04:43:55	+02:14:08	10:08
252	1417	Paula Manuela da Silva Rodrigues Moreira	paredes aventura	Veterana F40	04:44:07	+02:14:20	10:09
253	1218	Marcos Silva	individual	Senior Masculino	04:44:09	+02:14:22	10:09
254	1150	Joana Azevedo	individual	Senior Feminino	04:45:38	+02:15:50	10:12
255	1178	Fabio Silva	individual	Senior Masculino	04:45:42	+02:15:54	10:12
256	1328	Antonio Vasconcelos Carvalho	individual	Veterano M50	04:46:23	+02:16:36	10:14
257	1487	Pedro Manuel Leão Bastos	via verde team	Veterano M40	04:46:26	+02:16:38	10:14
258	1020	Ricardo Oliveira	all about	Senior Masculino	04:46:35	+02:16:47	10:14
259	1022	Paulo Melo	all about	Veterano M40	04:46:35	+02:16:47	10:14
260	1399	Tiago Frutuoso	nós	Veterano M40	04:46:43	+02:16:55	10:14
261	1076	Pedro Ferreirinha	ctad - trilhos de cinfães	Senior Masculino	04:47:03	+02:17:16	10:15
262	1354	Rui Rosas	lusitanos	Senior Masculino	04:47:15	+02:17:28	10:16
263	1223	Mário Rui Carvalho	individual	Senior Masculino	04:47:40	+02:17:53	10:16
264	1341	Celia Pereira	k2 run	Veterana F40	04:48:04	+02:18:16	10:17
265	1319	Rui Trindade	individual	Veterano M40	04:48:15	+02:18:28	10:18
266	1187	Gonçalo José Santos Correia	individual	Senior Masculino	04:49:47	+02:19:59	10:21
267	1430	RICARDO PEREIRA	portocargo	Senior Masculino	04:49:57	+02:20:09	10:21

TRAIL LONGO 28KM - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	1433	Pedro lourenço	portocargo	Senior Masculino	04:50:00	+02:20:13	10:21
269	1366	Helder Camilo	moinhos run - adrm	Senior Masculino	04:50:23	+02:20:36	10:22
270	1365	Patrícia Carvalho Leite da Cunha	moinhos run - adrm	Senior Feminino	04:50:23	+02:20:36	10:22
271	1339	Helena Passos	intensos	Senior Feminino	04:50:33	+02:20:46	10:23
272	1378	Pedro Dias	muita'tração running tribe	Veterano M40	04:52:56	+02:23:09	10:28
273	1377	Adélio Lima	muita'tração running tribe	Senior Masculino	04:52:57	+02:23:09	10:28
274	1052	antonio carneiro	blocos	Veterano M40	04:53:29	+02:23:41	10:29
275	1174	Daniel Filipe Torres Santos Peres	individual	Senior Masculino	04:53:29	+02:23:41	10:29
276	1240	PEDRO MIGUEL ARAÚJO OLIVEIRA	individual	Senior Masculino	04:53:31	+02:23:43	10:29
277	1332	Henrique Pinhão Martns	individual	Veterano M50	04:53:58	+02:24:10	10:30
278	1304	Luís Nuno Santos	individual	Veterano M40	04:53:58	+02:24:10	10:30
279	1248	Ricardo Filipe Pereira Peixoto	individual	Senior Masculino	04:54:08	+02:24:20	10:30
280	1171	Carlos Alexandre Resende	individual	Senior Masculino	04:54:09	+02:24:21	10:30
281	1246	Ricardo Carvalho	individual	Senior Masculino	04:54:52	+02:25:04	10:32
282	1127	Rosa Mendes	gondomar futsal clube	Veterana F50	04:55:57	+02:26:09	10:34
283	1061	Nuno Dias	budeguita runners	Veterano M40	04:56:02	+02:26:15	10:34
284	1472	Carlos Daniel Carvalho	trilhos d'aventura	Senior Masculino	04:56:06	+02:26:18	10:35
285	1473	Nelson Filipe Moreira	trilhos d'aventura	Senior Masculino	04:56:25	+02:26:38	10:35
286	1474	Ricardo Penedo	trilhos d'aventura	Senior Masculino	04:56:25	+02:26:38	10:35
287	1230	Paulo Ferreira	individual	Senior Masculino	04:56:57	+02:27:10	10:36
288	1257	Rui Manuel Soares do Rêgo	nast	Senior Masculino	04:57:24	+02:27:36	10:37
289	1146	Ana Borges	amigos da onça	Senior Feminino	04:57:24	+02:27:36	10:37
290	1241	Pedro Miguel Martins Faria	individual	Senior Masculino	04:57:24	+02:27:36	10:37
291	1231	Paulo pinto	individual	Senior Masculino	05:01:39	+02:31:52	10:46
292	1234	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	05:01:40	+02:31:52	10:46
293	1297	José Carlos Bago	individual	Veterano M40	05:03:45	+02:33:57	10:51
294	1068	João Vasco Gil da Silva Gomes Ferreira	clube do pessoal edp - delegação de gaia	Veterano M40	05:04:06	+02:34:18	10:52
295	1036	OSVALDO OLIVEIRA	arcorun	Veterano M40	05:04:10	+02:34:22	10:52
296	1198	João Carvalho	individual	Senior Masculino	05:04:37	+02:34:50	10:53
297	1359	PAULO AGUIAR	marco runners	Senior Masculino	05:04:51	+02:35:04	10:53
298	1375	Michel Rolo	moreira relax runners	Senior Masculino	05:06:02	+02:36:14	10:56
299	1372	ritor costa	monte dos amigos	Senior Masculino	05:07:54	+02:38:06	11:00
300	1108	JOSE MAIAS	feltrail	Veterano M40	05:08:11	+02:38:24	11:00
301	1300	Luís Gomes	individual	Veterano M40	05:08:56	+02:39:09	11:02
302	1397	António Carvalho	nocturnos de paredes	Veterano M50	05:09:31	+02:39:44	11:03
303	1288	David Paulo Vieira Costa	individual	Veterano M40	05:10:14	+02:40:26	11:05
304	1222	Mário Rodrigues	individual	Senior Masculino	05:12:36	+02:42:48	11:10
305	1427	Álvaro Rodríguez Raimundez	portadas de valdeorras trail	Senior Masculino	05:14:03	+02:44:16	11:13
306	1429	María Esther garnelo Faba	portadas de valdeorras trail	Veterana F40	05:14:03	+02:44:16	11:13
307	1428	Javier Fernández Alvarez	portadas de valdeorras trail	Senior Masculino	05:14:04	+02:44:16	11:13
308	1426	Ana Martínez Alfonso	portadas de valdeorras trail	Senior Feminino	05:14:04	+02:44:16	11:13
309	1477	Carla Neves	trocopasso runners	Veterana F40	05:17:16	+02:47:29	11:20
310	1478	M. João Ricardo	trocopasso runners	Veterana F40	05:17:16	+02:47:29	11:20
311	1306	Paolo Pozzan	individual	Veterano M40	05:17:43	+02:47:56	11:21
312	1175	DAVID TEIXEIRA	individual	Senior Masculino	05:18:30	+02:48:42	11:23

TRAIL LONGO 28KM - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
313	1333	joao pedro silva	individual	Veterano M50	05:18:53	+02:49:05	11:23
314	1167	Antonio Santos	individual	Senior Masculino	05:18:53	+02:49:05	11:23
315	1403	Manuel Moreira	ofrunning	Senior Masculino	05:18:58	+02:49:11	11:24
316	1128	José Carlos Lascasas	gondomar futsal clube	Veterano M40	05:20:52	+02:51:04	11:28
317	1271	Ana Rito	individual	Veterana F40	05:20:52	+02:51:04	11:28
318	1105	CARLOS MOREIRA	feltrail	Senior Masculino	05:21:25	+02:51:37	11:29
319	1216	Manuel Moura	individual	Senior Masculino	05:21:47	+02:52:00	11:30
320	1250	Ricardo José Rodrigues Alves Dias	individual	Senior Masculino	05:22:20	+02:52:32	11:31
321	1042	Manuel Silva	arrastassolas	Veterano M40	05:23:15	+02:53:28	11:33
322	1199	João Fontoura de Oliveira	individual	Senior Masculino	05:32:41	+03:02:54	11:53
323	1040	Carla Moreira	arrastassolas	Veterana F40	05:33:55	+03:04:08	11:56
324	1037	Mario Santos	arrastassolas	Senior Masculino	05:33:55	+03:04:08	11:56
325	1443	Nelson Campos	running mates	Veterano M40	05:35:14	+03:05:26	11:58
326	1442	Orlando Magalhães	running mates	Senior Masculino	05:35:14	+03:05:27	11:58
327	1444	Pedro Miguel Santos Matos	running mates	Veterano M40	05:35:14	+03:05:27	11:58
328	1432	PAULO FERREIRA	portocargo	Veterano M40	05:35:19	+03:05:32	11:59
329	1090	Sergio Miguel Mesquita Ramos	edv-viana trail	Senior Masculino	05:36:33	+03:06:45	12:01
330	1270	Adelaide Sousa	individual	Veterana F40	05:36:56	+03:07:08	12:02
331	1194	Hernâni Dias	individual	Senior Masculino	05:38:17	+03:08:30	12:05
332	1149	Elisabete Almeida	individual	Senior Feminino	05:38:58	+03:09:11	12:06
333	1048	Solange Sousa	bia team 2016	Senior Feminino	05:40:08	+03:10:21	12:09
334	1049	Nelson Manuel Marques de Sousa	bia team 2016	Senior Masculino	05:40:09	+03:10:21	12:09
335	1143	Cédric Silva	índios de btt	Senior Masculino	05:40:28	+03:10:40	12:10
336	1145	Flávio Cardoso	índios de btt	Senior Masculino	05:40:28	+03:10:40	12:10
337	1144	Filipe Gonçalves	índios de btt	Senior Masculino	05:40:29	+03:10:41	12:10
338	1274	ISABEL ARAÚJO	individual	Veterana F40	05:40:31	+03:10:44	12:10
339	1158	Vera Lúcia Moreira Lima da Silva Martins	individual	Senior Feminino	05:40:31	+03:10:44	12:10
340	1186	Frederico Rocha	individual	Senior Masculino	05:40:32	+03:10:44	12:10
341	1461	Vitor Silva	sweet runners	Senior Masculino	05:42:35	+03:12:48	12:14
342	1460	Luis Alves	sweet runners	Senior Masculino	05:42:36	+03:12:48	12:14
343	1462	Giselle Carneiro	sweet runners	Veterana F40	05:45:03	+03:15:15	12:19
344	1464	Paulo Ferreira	sweet runners	Veterano M50	05:45:03	+03:15:15	12:19
345	1057	Isabel Lima	budeguita runners	Senior Feminino	05:46:07	+03:16:19	12:22
346	1318	Rui Jorge Moreira da Silva Lopes	individual	Veterano M40	05:46:55	+03:17:08	12:23
347	1089	Neuza catarina caridade	edv-viana trail	Senior Feminino	05:52:37	+03:22:49	12:36
348	1041	Helena Cunha	arrastassolas	Veterana F40	06:08:10	+03:38:23	13:09
349	1019	Susana Faria	all about	Senior Feminino	06:17:25	+03:47:38	13:29
350	1045	Luís Carlos Teixeira Martins	associação desportiva de cabroelo	Senior Masculino	06:24:04	+03:54:16	13:43
351	1418	Raquel Ferreira	paredes aventura	Veterana F40	06:33:50	+04:04:03	14:04
352	1280	Alcino Oliveira	individual	Veterano M40	06:33:52	+04:04:05	14:04
353	1278	Agostinho Pinheiro	individual	Veterano M40	06:33:53	+04:04:05	14:04
354	1153	Mariana Costa Queirós	individual	Senior Feminino	06:33:53	+04:04:06	14:04

trail longo 28km

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	8,3°C	100%
End	15:07	8,3°C	100%

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

1	1404	Paula Barbosa	Oralklass-Amigos do Trail	Senior Feminino	03:30:46	07:32
2	1097	Daniela Russo	ESTAMOS JUNTOS	Senior Feminino	03:39:04	+08:18 07:49
3	1120	Joana Cardoso	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:41:41	+10:55 07:55
4	1119	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	03:51:15	+20:29 08:16
5	1379	Estela Martins	Nascidos para Correr	Senior Feminino	03:58:06	+27:20 08:30
6	1455	Andreia Morais	Somos Nós Team	Senior Feminino	03:59:30	+28:44 08:33
7	1116	Anabela Freitas	Gaia Trail	Senior Feminino	04:00:27	+29:41 08:35
8	1392	Daniela Patrícia Soares Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	04:05:34	+34:48 08:46
9	1009	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	04:07:39	+36:53 08:51
10	1475	Elisabete Carvalho	Trocopasso Runners	Senior Feminino	04:13:30	+42:44 09:03
11	1468	Lucília Silva	Tecla 3 Runners	Senior Feminino	04:25:38	+54:52 09:29
12	1380	Raquel Andrade	Nascidos para Correr	Senior Feminino	04:27:22	+56:36 09:33
13	1453	Liliana Pereira	Shots International Runners	Senior Feminino	04:43:56	+01:13:10 10:08
14	1150	Joana Azevedo	Individual	Senior Feminino	04:45:38	+01:14:52 10:12
15	1365	Patrícia Carvalho Leite da Cunha	Moinhos Run - ADRM	Senior Feminino	04:50:24	+01:19:38 10:22
16	1339	Helena Passos	INTENSOS	Senior Feminino	04:50:34	+01:19:48 10:23
17	1146	Ana Borges	Amigos da Onça	Senior Feminino	04:57:24	+01:26:38 10:37
18	1426	Ana Martínez Alfonso	Portadas de Valdeorras Trail	Senior Feminino	05:14:04	+01:43:18 11:13
19	1149	Elisabete Almeida	Individual	Senior Feminino	05:38:59	+02:08:13 12:06
20	1048	Solange Sousa	Bia Team 2016	Senior Feminino	05:40:09	+02:09:23 12:09
21	1158	Vera Lúcia Moreira Lima da Silva Martins	Individual	Senior Feminino	05:40:32	+02:09:46 12:10
22	1057	Isabel Lima	BUDEGUITA RUNNERS	Senior Feminino	05:46:07	+02:15:21 12:22
23	1089	Neuza catarina caridade	EDV-VIANA TRAIL	Senior Feminino	05:52:37	+02:21:51 12:36
24	1019	Susana Faria	All About	Senior Feminino	06:17:26	+02:46:40 13:29
25	1153	Mariana Costa Queirós	Individual	Senior Feminino	06:33:54	+03:03:08 14:04

Senior Masculino

1	1466	Bertrand Brochot	Team OPTISPORT-UGLOW	Senior Masculino	02:29:48	05:21
2	1451	Pedro Alberto da Costa Sousa	Satecnosol Outdoor / La Sportiva	Senior Masculino	02:43:09	+13:21 05:50
3	1011	Paulo Costa	A.D.Amarante trail running	Senior Masculino	02:44:08	+14:20 05:52
4	1005	Nelson Davide Pimenta da Graça	Team GoldNutrition/RUN.PT	Senior Masculino	02:46:49	+17:01 05:57
5	1013	Vitor Costa	A.D.Amarante trail running	Senior Masculino	02:47:45	+17:57 05:59
6	1134	Luís Pedro Ferreira de Sousa Martins	GTT - Armazém do Caffè	Senior Masculino	02:51:31	+21:43 06:08
7	1214	luis filipe figueira novais	Individual	Senior Masculino	02:58:48	+29:00 06:23
8	1481	Cesar Leão	Unidade Especial de Corrida	Senior Masculino	03:00:15	+30:27 06:26
9	1413	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:02:39	+32:51 06:31
10	1406	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:03:30	+33:42 06:33

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trail longo 28km

28 KM

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OFFICIAL RESULT

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11	1159	Adelino Sousa	Individual	Senior Masculino	03:04:01	+34:13	06:34
12	1483	José Silva	Unidade Especial de Corrida	Senior Masculino	03:06:34	+36:46	06:40
13	1010	Jose Luis Ferreira Pereira	A.D.Amarante trail running	Senior Masculino	03:07:04	+37:16	06:41
14	1113	Ricardo Miguel Magalhães Nunes	Fridão Sem Limites	Senior Masculino	03:11:06	+41:18	06:50
15	1402	João Leal	OFRunning	Senior Masculino	03:13:04	+43:16	06:54
16	1212	Iino pinto	Individual	Senior Masculino	03:13:08	+43:20	06:54
17	1484	Pedro Batista	Unidade Especial de Corrida	Senior Masculino	03:14:05	+44:17	06:56
18	1352	Telmo Reis	LOUSADA RUNNERS	Senior Masculino	03:14:23	+44:35	06:57
19	1196	Ivo Pereira	Individual	Senior Masculino	03:15:35	+45:47	06:59
20	1135	Pedro Pereira	GTT - Armazém do Caffè	Senior Masculino	03:15:48	+46:00	07:00
21	1173	César Gonçalves	Individual	Senior Masculino	03:17:20	+47:32	07:03
22	1353	Nelson Pires	Lusitanos	Senior Masculino	03:17:31	+47:43	07:03
23	1235	Pedro Dias Sabugueiro	Individual	Senior Masculino	03:18:12	+48:24	07:05
24	1459	Helder Barbosa	Sweet Runners	Senior Masculino	03:20:31	+50:43	07:10
25	1138	Bruno Teixeira	Helder Optica TEAM	Senior Masculino	03:20:43	+50:55	07:10
26	1007	Tiago Silva	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:21:50	+52:02	07:12
27	1482	Filipe Teixeira	Unidade Especial de Corrida	Senior Masculino	03:21:54	+52:06	07:13
28	1064	Bruno Ramiro	casadotear.com	Senior Masculino	03:22:16	+52:28	07:13
29	1439	Inuo Melo	Run 4 All	Senior Masculino	03:22:20	+52:32	07:14
30	1083	Bernardino Pinto	Dr Merino/ Nutrifit	Senior Masculino	03:22:20	+52:32	07:14
31	1084	David Ferreira	Dr Merino/ Nutrifit	Senior Masculino	03:22:22	+52:34	07:14
32	1405	Andre Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:23:55	+54:07	07:17
33	1452	Tiago Pinheiro	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:24:13	+54:25	07:18
34	1371	Ieandro pacheco	Monte dos Amigos	Senior Masculino	03:27:18	+57:30	07:24
35	1102	Ricardo Rocha	FAST AO KM	Senior Masculino	03:27:18	+57:30	07:24
36	1398	paulino Daniel Azevedo Maia Alves	Nós	Senior Masculino	03:27:18	+57:30	07:24
37	1118	Nelson Marques	Gaia Trail	Senior Masculino	03:27:43	+57:55	07:25
38	1117	Micael Cunha	Gaia Trail	Senior Masculino	03:28:02	+58:14	07:26
39	1485	Ricardo Costa	Unidade Especial de Corrida	Senior Masculino	03:30:33	+01:00:45	07:31
40	1244	Ricardo Ferreira	Individual	Senior Masculino	03:31:04	+01:01:16	07:32
41	1255	Rúben Miguel Mendes Alves	Individual	Senior Masculino	03:31:17	+01:01:29	07:33
42	1027	José Madureira	Amigo	Senior Masculino	03:31:34	+01:01:46	07:33
43	1008	Tiago Sousa	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:32:05	+01:02:17	07:34
44	1092	Romeu Machado	EI Team Trail	Senior Masculino	03:33:00	+01:03:12	07:36
45	1160	Agostinho Reis	Individual	Senior Masculino	03:33:17	+01:03:29	07:37
46	1217	Marçal Avelino Salazar Marques Mendes	Individual	Senior Masculino	03:33:18	+01:03:30	07:37
47	1191	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	03:36:19	+01:06:31	07:44
48	1087	Tiago Sousa	Dr Merino/ Nutrifit	Senior Masculino	03:36:47	+01:06:59	07:45
49	1122	Cláudio André oliveira Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:36:48	+01:07:00	07:45
50	1208	José Barroso	Individual	Senior Masculino	03:36:49	+01:07:01	07:45
51	1269	Vitor Cruz	Individual	Senior Masculino	03:37:08	+01:07:20	07:45
52	1098	Francisco Figueiredo	ESTAMOS JUNTOS	Senior Masculino	03:39:04	+01:09:16	07:49
53	1435	Pedro Moreira	Prosel TEAM	Senior Masculino	03:39:05	+01:09:17	07:49
54	1006	Rui Teixeira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	03:39:23	+01:09:35	07:50
55	1221	Mario Gonçalves	Individual	Senior Masculino	03:39:30	+01:09:42	07:50
56	1080	Tiago Pinto	DOUROCONTA TRAIL TEAM	Senior Masculino	03:39:51	+01:10:03	07:51

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trail longo 28km

28 KM

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57	1081	Vitor Emanuel Oliveira Rio	DOUROCONTA TRAIL TEAM	Senior Masculino	03:39:51	+01:10:03	07:51
58	1050	Bruno Macieira	Bikes & Friends	Senior Masculino	03:41:17	+01:11:29	07:54
59	1125	paulo jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:41:41	+01:11:53	07:55
60	1026	Fernando Vieira	Amigo	Senior Masculino	03:47:03	+01:17:15	08:07
61	79	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	03:47:54	+01:18:06	08:08
62	1265	Simão sousa	Individual	Senior Masculino	03:48:45	+01:18:57	08:10
63	1224	Miguel Seca	Individual	Senior Masculino	03:48:57	+01:19:09	08:11
64	1368	Miguel Santos	Moinhos Run - ADRM	Senior Masculino	03:49:13	+01:19:25	08:11
65	99	José Luís Sá	Satecnosol Outdoor / La Sportiva	Senior Masculino	03:49:57	+01:20:09	08:13
66	1110	António Joaquim Teixeira ALves	Fridão Sem Limites	Senior Masculino	03:50:13	+01:20:25	08:13
67	1382	Filipe Machado	Nascidos para Correr	Senior Masculino	03:50:45	+01:20:57	08:14
68	76	Fernando Carneiro	NAST	Senior Masculino	03:50:55	+01:21:07	08:15
69	1086	Nuno Pinho	Dr Merino/ Nutrifit	Senior Masculino	03:51:57	+01:22:09	08:17
70	1239	Pedro Leandro Guedes Nogueira	Individual	Senior Masculino	03:54:22	+01:24:34	08:22
71	1407	David Morais	Oralklass-Amigos do Trail	Senior Masculino	03:56:09	+01:26:21	08:26
72	1206	Jorge Ribeiro	Individual	Senior Masculino	03:56:29	+01:26:41	08:27
73	1012	Urbano Ribeiro	A.D.Amarante trail running	Senior Masculino	03:56:33	+01:26:45	08:27
74	1364	Paulo António Cunha Ferreira	Minions	Senior Masculino	03:56:43	+01:26:55	08:27
75	1363	Nuno Rafael Ribeiro Rodrigues	Minions	Senior Masculino	03:56:43	+01:26:55	08:27
76	1242	Pedro rocha	Individual	Senior Masculino	03:56:50	+01:27:02	08:28
77	1075	João Cardoso	CTAD - Trilhos de Cinfães	Senior Masculino	03:57:12	+01:27:24	08:28
78	1254	Ricardo Rios	Individual	Senior Masculino	03:57:13	+01:27:25	08:28
79	1164	André Rocha	Individual	Senior Masculino	03:57:24	+01:27:36	08:29
80	1139	Ricardo Pinheiro	Helder Optica TEAM	Senior Masculino	03:57:27	+01:27:39	08:29
81	1456	Nelson Ferreira	Somos Nós Team	Senior Masculino	03:57:43	+01:27:55	08:29
82	1207	Jorge Silva	Individual	Senior Masculino	03:58:20	+01:28:32	08:31
83	1203	João Rafael Marques	Individual	Senior Masculino	03:58:50	+01:29:02	08:32
84	1394	Tiago Moreira	NOCTURNOS DE PAREDES	Senior Masculino	03:59:07	+01:29:19	08:32
85	1189	helder luis nunes pacheco	Individual	Senior Masculino	03:59:19	+01:29:31	08:33
86	1232	pedro alexandre silva	Individual	Senior Masculino	03:59:41	+01:29:53	08:34
87	1266	Telmo Mendonça	Individual	Senior Masculino	03:59:56	+01:30:08	08:34
88	1039	Vitor Silva	ARRASTASSOLAS	Senior Masculino	04:00:08	+01:30:20	08:35
89	1436	Sérgio Soares	Prosel TEAM	Senior Masculino	04:01:20	+01:31:32	08:37
90	1209	José Ferreira Costa	Individual	Senior Masculino	04:01:25	+01:31:37	08:37
91	1411	José Santos	Oralklass-Amigos do Trail	Senior Masculino	04:01:43	+01:31:55	08:38
92	1412	Pedro Duarte	Oralklass-Amigos do Trail	Senior Masculino	04:01:43	+01:31:55	08:38
93	1479	Carlos Silva	Turres Trail Clube	Senior Masculino	04:02:09	+01:32:21	08:39
94	1188	Hélder Castro	Individual	Senior Masculino	04:03:16	+01:33:28	08:41
95	1124	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:03:28	+01:33:40	08:42
96	1179	Filipe Barbosa	Individual	Senior Masculino	04:03:38	+01:33:50	08:42
97	1421	Manuel Barbosa	Paredes Running	Senior Masculino	04:06:09	+01:36:21	08:47
98	1393	Pedro Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	04:06:47	+01:36:59	08:49
99	1347	Mário Santos	Kunalama runners	Senior Masculino	04:08:04	+01:38:16	08:52
100	1215	Manuel Morais	Individual	Senior Masculino	04:09:13	+01:39:25	08:54
101	1408	Élvio Ornelas	Oralklass-Amigos do Trail	Senior Masculino	04:10:19	+01:40:31	08:56
102	1046	Pedro Miguel Oliveira da Silva	Associação Desportiva de Cabroelo	Senior Masculino	04:10:21	+01:40:33	08:56

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trail longo 28km

28 KM

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103	1268	Tome pinto	Individual	Senior Masculino	04:10:46	+01:40:58	08:57
104	1211	José Luís Pinto	Individual	Senior Masculino	04:10:47	+01:40:59	08:57
105	1201	JOÃO PEDRO COSTA	Individual	Senior Masculino	04:11:27	+01:41:39	08:59
106	1434	Jorge Moreira	Prosel TEAM	Senior Masculino	04:11:50	+01:42:02	09:00
107	1091	Ricardo Carvalho	EI Team Trail	Senior Masculino	04:11:50	+01:42:02	09:00
108	1226	Nelson Silva	Individual	Senior Masculino	04:12:07	+01:42:19	09:00
109	139	Mark Faria	Individual	Senior Masculino	04:13:25	+01:43:37	09:03
110	1476	Filipe Silva	Trocopasso Runners	Senior Masculino	04:13:29	+01:43:41	09:03
111	1425	Rui Gomes	Pena Team	Senior Masculino	04:13:45	+01:43:57	09:04
112	1259	Rui Pedro Mendes Gomes	Individual	Senior Masculino	04:14:19	+01:44:31	09:05
113	1415	Daniel Santos	Os Lobos do Saibro	Senior Masculino	04:16:07	+01:46:19	09:09
114	1261	Samuel José Carvalho Silva	Individual	Senior Masculino	04:16:08	+01:46:20	09:09
115	1168	Bruno Gonçalves	Individual	Senior Masculino	04:16:16	+01:46:28	09:09
116	1360	Vítor Queirós	Marco Trail Running	Senior Masculino	04:16:49	+01:47:01	09:10
117	1182	FILIPE MENDES	Individual	Senior Masculino	04:18:07	+01:48:19	09:13
118	1192	HELDER VIEIRA	Individual	Senior Masculino	04:18:10	+01:48:22	09:13
119	1161	André cavadas	Individual	Senior Masculino	04:18:12	+01:48:24	09:13
120	1348	Helder Silva	LA Zinco	Senior Masculino	04:20:44	+01:50:56	09:19
121	1197	Jaime Soares	Individual	Senior Masculino	04:22:46	+01:52:58	09:23
122	1205	Jorge Carneiro	Individual	Senior Masculino	04:24:29	+01:54:41	09:27
123	1445	Emanuel Almeida	S. S. Montepio	Senior Masculino	04:24:37	+01:54:49	09:27
124	1469	Hugo Sousa	Tecla 3 Runners	Senior Masculino	04:25:38	+01:55:50	09:29
125	1051	Daniel Ribeiro	BitRunners	Senior Masculino	04:26:38	+01:56:50	09:31
126	1025	Fábio Miranda	Amigo	Senior Masculino	04:26:51	+01:57:03	09:32
127	1381	Bruno Moura	Nascidos para Correr	Senior Masculino	04:27:26	+01:57:38	09:33
128	1367	Jorge Miguel Abreu Barbosa	Moinhos Run - ADRM	Senior Masculino	04:27:41	+01:57:53	09:34
129	1210	Jose Jesus	Individual	Senior Masculino	04:28:11	+01:58:23	09:35
130	1094	Celso Santos	Engomadoria L&A Team	Senior Masculino	04:30:09	+02:00:21	09:39
131	1454	Artur Pereira	Shots International Runners	Senior Masculino	04:30:30	+02:00:42	09:40
132	1204	Joaquim Filipe Mendes Pereira Sala	Individual	Senior Masculino	04:31:34	+02:01:46	09:42
133	1245	Ricardo André Vale Monteiro	Individual	Senior Masculino	04:32:41	+02:02:53	09:44
134	1383	Jorge Rocha	Nascidos para Correr	Senior Masculino	04:32:53	+02:03:05	09:45
135	1181	Filipe Machado	Individual	Senior Masculino	04:33:51	+02:04:03	09:47
136	1260	Rui Pedro Pinto	Individual	Senior Masculino	04:34:05	+02:04:17	09:47
137	1111	kiko bento	Fridão Sem Limites	Senior Masculino	04:35:07	+02:05:19	09:50
138	1251	Ricardo Neves	Individual	Senior Masculino	04:35:32	+02:05:44	09:50
139	1107	JOSE LEMOS	Feltrail	Senior Masculino	04:38:26	+02:08:38	09:57
140	1104	ANTONIO FONSECA	Feltrail	Senior Masculino	04:38:34	+02:08:46	09:57
141	1038	Pedro Lopes	ARRASTASSOLAS	Senior Masculino	04:39:44	+02:09:56	09:59
142	2475	Francisco Luís Costa Teixeira	Individual	Senior Masculino	04:39:56	+02:10:08	10:00
143	1228	Nuno André da Rocha Ferreira	Individual	Senior Masculino	04:42:07	+02:12:19	10:05
144	1100	Giļ Ferreira da Silva	EU+ Run	Senior Masculino	04:42:20	+02:12:32	10:05
145	1014	Bruno Rocha	AD Quinta - Atletismo	Senior Masculino	04:42:30	+02:12:42	10:05
146	1424	Hugo Cruz	Pena Team	Senior Masculino	04:43:55	+02:14:07	10:08
147	1218	Marcos Silva	Individual	Senior Masculino	04:44:10	+02:14:22	10:09
148	1178	Fabio Silva	Individual	Senior Masculino	04:45:42	+02:15:54	10:12

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trail longo 28km

28 KM

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149	1020	Ricardo Oliveira	All About	Senior Masculino	04:46:35	+02:16:47	10:14
150	1076	Pedro Ferreirinha	CTAD - Trilhos de Cinfães	Senior Masculino	04:47:04	+02:17:16	10:15
151	1354	Rui Rosas	Lusitanos	Senior Masculino	04:47:16	+02:17:28	10:16
152	1223	Mário Rui Carvalho	Individual	Senior Masculino	04:47:41	+02:17:53	10:16
153	1187	Gonçalo José Santos Correia	Individual	Senior Masculino	04:49:47	+02:19:59	10:21
154	1430	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	04:49:57	+02:20:09	10:21
155	1433	Pedro lourenço	PORTOCARGO	Senior Masculino	04:50:01	+02:20:13	10:21
156	1366	Helder Camilo	Moinhos Run - ADRM	Senior Masculino	04:50:24	+02:20:36	10:22
157	1377	Adélio Lima	MUITA'TRAÇÃO RUNNING TRIBE	Senior Masculino	04:52:57	+02:23:09	10:28
158	1174	Daniel Filipe Torres Santos Peres	Individual	Senior Masculino	04:53:29	+02:23:41	10:29
159	1240	PEDRO MIGUEL ARAÚJO OLIVEIRA	Individual	Senior Masculino	04:53:31	+02:23:43	10:29
160	1248	Ricardo Filipe Pereira Peixoto	Individual	Senior Masculino	04:54:08	+02:24:20	10:30
161	1171	Carlos Alexandre Resende	Individual	Senior Masculino	04:54:09	+02:24:21	10:30
162	1246	Ricardo Carvalho	Individual	Senior Masculino	04:54:52	+02:25:04	10:32
163	1472	Carlos Daniel Carvalho	Trilhos D'Aventura	Senior Masculino	04:56:06	+02:26:18	10:35
164	1473	Nelson Filipe Moreira	Trilhos D'Aventura	Senior Masculino	04:56:26	+02:26:38	10:35
165	1474	Ricardo Penedo	Trilhos D'Aventura	Senior Masculino	04:56:26	+02:26:38	10:35
166	1230	Paulo Ferreira	Individual	Senior Masculino	04:56:58	+02:27:10	10:36
167	1257	Rui Manuel Soares do Rêgo	NAST	Senior Masculino	04:57:24	+02:27:36	10:37
168	1241	Pedro Miguel Martins Faria	Individual	Senior Masculino	04:57:24	+02:27:36	10:37
169	1231	Paulo pinto	Individual	Senior Masculino	05:01:40	+02:31:52	10:46
170	1234	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	05:01:40	+02:31:52	10:46
171	1198	João Carvalho	Individual	Senior Masculino	05:04:38	+02:34:50	10:53
172	1359	PAULO AGUIAR	Marco Runners	Senior Masculino	05:04:52	+02:35:04	10:53
173	1375	Michel Rolo	Moreira Relax Runners	Senior Masculino	05:06:02	+02:36:14	10:56
174	1372	vitoe costa	Monte dos Amigos	Senior Masculino	05:07:54	+02:38:06	11:00
175	1222	Mário Rodrigues	Individual	Senior Masculino	05:12:36	+02:42:48	11:10
176	1427	Álvaro Rodríguez Raimundez	Portadas de Valdeorras Trail	Senior Masculino	05:14:04	+02:44:16	11:13
177	1428	Javier Fernández Alvarez	Portadas de Valdeorras Trail	Senior Masculino	05:14:04	+02:44:16	11:13
178	1175	DAVID TEIXEIRA	Individual	Senior Masculino	05:18:30	+02:48:42	11:23
179	1167	Antonio Santos	Individual	Senior Masculino	05:18:53	+02:49:05	11:23
180	1403	Manuel Moreira	OFRunning	Senior Masculino	05:18:59	+02:49:11	11:24
181	1105	CARLOS MOREIRA	Feltrail	Senior Masculino	05:21:25	+02:51:37	11:29
182	1216	Manuel Moura	Individual	Senior Masculino	05:21:48	+02:52:00	11:30
183	1250	Ricardo José Rodrigues Alves Dias	Individual	Senior Masculino	05:22:20	+02:52:32	11:31
184	1199	João Fontoura de Oliveira	Individual	Senior Masculino	05:32:42	+03:02:54	11:53
185	1037	Mario Santos	ARRASTASSOLAS	Senior Masculino	05:33:56	+03:04:08	11:56
186	1442	Orlando Magalhães	Running Mates	Senior Masculino	05:35:15	+03:05:27	11:58
187	1090	Sergio Miguel Mesquita Ramos	EDV-VIANA TRAIL	Senior Masculino	05:36:33	+03:06:45	12:01
188	1194	Hernâni Dias	Individual	Senior Masculino	05:38:18	+03:08:30	12:05
189	1049	Nelson Manuel Marques de Sousa	Bia Team 2016	Senior Masculino	05:40:09	+03:10:21	12:09
190	1143	Cédric Silva	Índios de BTT	Senior Masculino	05:40:28	+03:10:40	12:10
191	1145	Flávio Cardoso	Índios de BTT	Senior Masculino	05:40:28	+03:10:40	12:10
192	1144	Filipe Gonçalves	Índios de BTT	Senior Masculino	05:40:29	+03:10:41	12:10
193	1186	Frederico Rocha	Individual	Senior Masculino	05:40:32	+03:10:44	12:10
194	1461	Vitor Silva	Sweet Runners	Senior Masculino	05:42:36	+03:12:48	12:14

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trail longo 28km

28 KM

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195	1460	Luis Alves	Sweet Runners	Senior Masculino	05:42:36	+03:12:48	12:14
196	1045	Luís Carlos Teixeira Martins	Associação Desportiva de Cabroelo	Senior Masculino	06:24:04	+03:54:16	13:43

Veterana F40

1	1001	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	03:17:03	07:02
2	1384	Alexandra Fernandes	Nascidos para Correr	Veterana F40	03:58:06	+41:03 08:30
3	1275	maria gerardo	Individual	Veterana F40	04:12:14	+55:11 09:01
4	1066	Susana Lobo Santos	Chegamos ao fim	Veterana F40	04:18:32	+01:01:29 09:14
5	1457	Fátima Vieira	Somos Nós Team	Veterana F40	04:34:47	+01:17:44 09:49
6	1142	Helena Gomes	Moinhos Run - ADRM	Veterana F40	04:36:03	+01:19:00 09:52
7	1417	Paula Manuela da Silva Rodrigues Moreira	PAREDES AVENTURA	Veterana F40	04:44:08	+01:27:05 10:09
8	1341	Celia Pereira	K2 RUN	Veterana F40	04:48:04	+01:31:01 10:17
9	1429	María Esther garnelo Faba	Portadas de Valdeorras Trail	Veterana F40	05:14:04	+01:57:01 11:13
10	1477	Carla Neves	Trocopasso Runners	Veterana F40	05:17:17	+02:00:14 11:20
11	1478	M. João Ricardo	Trocopasso Runners	Veterana F40	05:17:17	+02:00:14 11:20
12	1271	Ana Rito	Individual	Veterana F40	05:20:52	+02:03:49 11:28
13	1040	Carla Moreira	ARRASTASSOLAS	Veterana F40	05:33:56	+02:16:53 11:56
14	1270	Adelaide Sousa	Individual	Veterana F40	05:36:56	+02:19:53 12:02
15	1274	ISABEL ARAÚJO	Individual	Veterana F40	05:40:32	+02:23:29 12:10
16	1462	Giselle Carneiro	Sweet Runners	Veterana F40	05:45:03	+02:28:00 12:19
17	1041	Helena Cunha	ARRASTASSOLAS	Veterana F40	06:08:11	+02:51:08 13:09
18	1418	Raquel Ferreira	PAREDES AVENTURA	Veterana F40	06:33:51	+03:16:48 14:04

Veterana F50

1	1127	Rosa Mendes	GONDOMAR FUTSAL CLUBE	Veterana F50	04:55:57	10:34
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Veterano M40

1	1355	Abílio Ribeiro	Lusitanos	Veterano M40	02:45:49	05:55
2	1030	Manuel Barbosa	Amigo	Veterano M40	02:51:33	+05:44 06:08
3	1129	Nuno Paiva	GONDOMAR FUTSAL CLUBE	Veterano M40	03:13:37	+27:48 06:55
4	1136	Cesar Canito	GTT - Armazém do Caffè	Veterano M40	03:14:43	+28:54 06:57
5	1141	Miguel Barros	Helder Optica TEAM	Veterano M40	03:15:22	+29:33 06:59
6	1140	Jorge Oliveira	Helder Optica TEAM	Veterano M40	03:17:43	+31:54 07:04
7	1356	Adriano Oliveira	Lusitanos	Veterano M40	03:20:29	+34:40 07:10
8	1115	Manuel Avelino Reis Pinheiro	Fridão Sem Limites	Veterano M40	03:26:00	+40:11 07:21
9	1065	Antonio Gomes	CFit Freamunde	Veterano M40	03:27:09	+41:20 07:24
10	1293	Henrique Santos	Individual	Veterano M40	03:27:25	+41:36 07:24
11	1321	Sérgio Albuquerque Moreira Pinto	Individual	Veterano M40	03:29:49	+44:00 07:30
12	1060	Jorge Maia	BUDEGUITA RUNNERS	Veterano M40	03:30:55	+45:06 07:32
13	1419	Jorge Barbosa	PAREDES AVENTURA	Veterano M40	03:31:08	+45:19 07:32
14	1322	Sérgio Anunciação	Individual	Veterano M40	03:31:37	+45:48 07:33

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trail longo 28km

28 KM

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15	1307	Paulo Baltasar Silveira Martins	Individual	Veterano M40	03:31:40	+45:51	07:34
16	1279	Alcino Gomes	Individual	Veterano M40	03:32:55	+47:06	07:36
17	1373	jorge pinheiro	Monte dos Amigos	Veterano M40	03:36:53	+51:04	07:45
18	1309	PAULO BRÁS	Individual	Veterano M40	03:37:04	+51:15	07:45
19	1480	Geraldo gomes	CASA DO POVO DE SOALHÃES	Veterano M40	03:37:16	+51:27	07:46
20	1414	José António Teixeira Ferreira	Oralklass-Amigos do Trail	Veterano M40	03:39:14	+53:25	07:50
21	1361	Alexandre Moreira	Marco Trail Running	Veterano M40	03:41:29	+55:40	07:55
22	1458	Paulo Morais	Somos Nós Team	Veterano M40	03:47:34	+01:01:45	08:08
23	1362	Antonio coelho	mete H2O	Veterano M40	03:48:52	+01:03:03	08:10
24	1093	Joaquim Coelho	EI Team Trail	Veterano M40	03:49:03	+01:03:14	08:11
25	1029	Armando Ribeiro	Amigo	Veterano M40	03:49:12	+01:03:23	08:11
26	1324	vitoe coelho	Individual	Veterano M40	03:50:47	+01:04:58	08:15
27	1385	Carlos Ferreira	Nascidos para Correr	Veterano M40	03:58:06	+01:12:17	08:30
28	1308	PAULO BARBOSA	Individual	Veterano M40	03:59:36	+01:13:47	08:33
29	1292	helder Rodrigues	Individual	Veterano M40	04:00:10	+01:14:21	08:35
30	1316	Pedro Reis	Individual	Veterano M40	04:01:29	+01:15:40	08:37
31	1043	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	04:04:07	+01:18:18	08:43
32	1357	Paulo Azevedo	Lusitanos	Veterano M40	04:04:12	+01:18:23	08:43
33	8	Joaquim Freitas	Individual	Veterano M40	04:04:24	+01:18:35	08:44
34	1286	António Martins	Individual	Veterano M40	04:05:14	+01:19:25	08:45
35	1044	Pedro Magalhães	ARRASTASSOLAS	Veterano M40	04:05:33	+01:19:44	08:46
36	1299	Licínio Cândido Ferreira Ribeiro	Individual	Veterano M40	04:05:51	+01:20:02	08:47
37	1277	Adriano Rocha	Individual	Veterano M40	04:10:23	+01:24:34	08:57
38	1314	Pedro Meneses	Individual	Veterano M40	04:10:45	+01:24:56	08:57
39	1290	Hélder Agostinho	Individual	Veterano M40	04:10:55	+01:25:06	08:58
40	1448	Jose Costa	S. S. Montepio	Veterano M40	04:11:14	+01:25:25	08:58
41	1285	Antonio Manuel Oliveira Marques	Individual	Veterano M40	04:11:38	+01:25:49	08:59
42	1488	Armando Pinho	WTF	Veterano M40	04:12:06	+01:26:17	09:00
43	1470	NELSON DUARTE	THE OUTSIDERS RUNNING TRAIL TEAM	Veterano M40	04:12:06	+01:26:17	09:00
44	1017	António Oliveira	ALIANÇA DE GANDRA	Veterano M40	04:12:08	+01:26:19	09:00
45	1317	Ricardo Meireles	Individual	Veterano M40	04:13:59	+01:28:10	09:04
46	1291	Helder Rodrigues	Individual	Veterano M40	04:14:38	+01:28:49	09:06
47	1096	Francisco Fonseca	Equipa João Ferreira	Veterano M40	04:18:06	+01:32:17	09:13
48	1387	wilson fonseca	Nascidos para Correr	Veterano M40	04:19:28	+01:33:39	09:16
49	1395	Luis Filipe Lopes dos Santos	NOCTURNOS DE PAREDES	Veterano M40	04:21:09	+01:35:20	09:20
50	1447	Joao Cardoso	S. S. Montepio	Veterano M40	04:23:42	+01:37:53	09:25
51	1130	Pedro Sousa	GONDOMAR FUTSAL CLUBE	Veterano M40	04:23:57	+01:38:08	09:26
52	1315	Pedro Pereira	Individual	Veterano M40	04:25:00	+01:39:11	09:28
53	1289	Filipe Miguel Lopes Miranda	Individual	Veterano M40	04:26:37	+01:40:48	09:31
54	1342	Rui Santos	K2 RUN	Veterano M40	04:30:45	+01:44:56	09:40
55	1298	JOSÉ MARIA DIAS LEAL	Individual	Veterano M40	04:30:46	+01:44:57	09:40
56	1311	Paulo Jorge Ferreira Oliveira	Individual	Veterano M40	04:30:47	+01:44:58	09:40
57	1312	Paulo Queirós	Individual	Veterano M40	04:31:08	+01:45:19	09:41
58	1296	Jorge Nunes	Individual	Veterano M40	04:33:11	+01:47:22	09:45
59	1396	Nuno Salgado	NOCTURNOS DE PAREDES	Veterano M40	04:35:21	+01:49:32	09:50
60	1109	SERGIO FONSECA	Feltrail	Veterano M40	04:37:53	+01:52:04	09:55

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trail longo 28km

28 KM

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61	1420	Rui Agostinho Almeida Moreira	PAREDES AVENTURA	Veterano M40	04:38:09	+01:52:20	09:56
62	1067	Pedro Ribeiro	Chegamos ao fim	Veterano M40	04:38:32	+01:52:43	09:57
63	1095	Fernando Oliveira	Engomadoria L&A Team	Veterano M40	04:39:09	+01:53:20	09:58
64	1305	Luís Sousa	Individual	Veterano M40	04:40:27	+01:54:38	10:01
65	1077	Nuno Ribeiro	dbearth	Veterano M40	04:43:23	+01:57:34	10:07
66	1101	Jorge Costa	EU+ Run	Veterano M40	04:43:44	+01:57:55	10:08
67	1487	Pedro Manuel Leão Bastos	Via Verde Team	Veterano M40	04:46:26	+02:00:37	10:14
68	1022	Paulo Melo	All About	Veterano M40	04:46:35	+02:00:46	10:14
69	1399	Tiago Frutuoso	Nós	Veterano M40	04:46:43	+02:00:54	10:14
70	1319	Rui Trindade	Individual	Veterano M40	04:48:16	+02:02:27	10:18
71	1378	Pedro Dias	MUITA TRAÇÃO RUNNING TRIBE	Veterano M40	04:52:57	+02:07:08	10:28
72	1052	antonio carneiro	Blocos	Veterano M40	04:53:29	+02:07:40	10:29
73	1304	Luís Nuno Santos	Individual	Veterano M40	04:53:58	+02:08:09	10:30
74	1061	Nuno Dias	BUDEGUITA RUNNERS	Veterano M40	04:56:03	+02:10:14	10:34
75	1297	José Carlos Bago	Individual	Veterano M40	05:03:45	+02:17:56	10:51
76	1068	João Vasco Gil da Silva Gomes Ferreira	Clube do Pessoal EDP - Delegação de Gaia	Veterano M40	05:04:06	+02:18:17	10:52
77	1036	OSVALDO OLIVEIRA	ARCORUN	Veterano M40	05:04:10	+02:18:21	10:52
78	1108	JOSE MAIAS	Feltrail	Veterano M40	05:08:12	+02:22:23	11:00
79	1300	Luís Gomes	Individual	Veterano M40	05:08:57	+02:23:08	11:02
80	1288	David Paulo Vieira Costa	Individual	Veterano M40	05:10:14	+02:24:25	11:05
81	1306	Paolo Pozzan	Individual	Veterano M40	05:17:44	+02:31:55	11:21
82	1128	José Carlos Lascasas	GONDOMAR FUTSAL CLUBE	Veterano M40	05:20:52	+02:35:03	11:28
83	1042	Manuel Silva	ARRASTASSOLAS	Veterano M40	05:23:16	+02:37:27	11:33
84	1443	Nelson Campos	Running Mates	Veterano M40	05:35:14	+02:49:25	11:58
85	1444	Pedro Miguel Santos Matos	Running Mates	Veterano M40	05:35:15	+02:49:26	11:58
86	1432	PAULO FERREIRA	PORTOCARGO	Veterano M40	05:35:20	+02:49:31	11:59
87	1318	Rui Jorge Moreira da Silva Lopes	Individual	Veterano M40	05:46:56	+03:01:07	12:23
88	1280	Alcino Oliveira	Individual	Veterano M40	06:33:53	+03:48:04	14:04
89	1278	Agostinho Pinheiro	Individual	Veterano M40	06:33:53	+03:48:04	14:04

Veterano M50

1	1131	António Rocha	GONDOMAR FUTSAL CLUBE	Veterano M50	03:17:06	07:02
2	1137	Carlos Alberto Pereira Novais Gandra	GTT - Armazém do Caffè	Veterano M50	03:18:30	+01:24 07:05
3	1388	Antonio Azevedo	Nascidos para Correr	Veterano M50	03:22:11	+05:05 07:13
4	1410	Manuel Ferreira	Oralklass-Amigos do Trail	Veterano M50	03:24:01	+06:55 07:17
5	1336	José Joaquim A. Ferreira	Individual	Veterano M50	03:27:50	+10:44 07:25
6	1486	Abilio Marques	Unidade Especial de Corrida	Veterano M50	03:31:15	+14:09 07:33
7	1070	antonio pereira	Clube Praças da Armada	Veterano M50	03:36:41	+19:35 07:44
8	1	Fernando Leal Neves	AMIGOS DO PEDAL	Veterano M50	03:37:02	+19:56 07:45
9	1035	António Conceição Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterano M50	03:45:52	+28:46 08:04
10	1337	jose luis machado loureiro	Individual	Veterano M50	03:50:03	+32:57 08:13
11	1369	José Coelho da Silva	Moinhos Run - ADRM	Veterano M50	03:55:55	+38:49 08:26
12	1389	Manuel Sampaio	Nascidos para Correr	Veterano M50	04:15:56	+58:50 09:08
13	1489	Fernando Oliveira	Individual	Veterano M50	04:16:28	+59:22 09:10

trail longo 28km

28 KM

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OFFICIAL RESULT

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14	1334	JOAQUIM BENTO TEIXEIRA	Individual	Veterano M50	04:18:06	+01:01:00	09:13
15	1132	José Mendes	GONDOMAR FUTSAL CLUBE	Veterano M50	04:18:36	+01:01:30	09:14
16	1327	António Pais	Individual	Veterano M50	04:19:14	+01:02:08	09:15
17	1326	Alcino Araújo	Individual	Veterano M50	04:20:34	+01:03:28	09:18
18	1330	Francisco Costa	Individual	Veterano M50	04:28:07	+01:11:01	09:35
19	1358	Fernando Rodrigues	Lusitanos	Veterano M50	04:38:40	+01:21:34	09:57
20	1431	José Magalhaes	PORTOCARGO	Veterano M50	04:43:29	+01:26:23	10:07
21	1328	Antonio Vasconcelos Carvalho	Individual	Veterano M50	04:46:24	+01:29:18	10:14
22	1332	Henrique Pinhão Martns	Individual	Veterano M50	04:53:58	+01:36:52	10:30
23	1397	António Carvalho	NOCTURNOS DE PAREDES	Veterano M50	05:09:32	+01:52:26	11:03
24	1333	joao pedro silva	Individual	Veterano M50	05:18:53	+02:01:47	11:23
25	1464	Paulo Ferreira	Sweet Runners	Veterano M50	05:45:03	+02:27:57	12:19