

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	99%
End	15:43	14.2°C	99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	151	António Filipe Braziela Rocha	oralklass-amigos do trail	Sub 23 Masculino	02:46:54		05:58
2	147	Rafael Cruz	oralklass-amigos do trail	Senior Masculino	02:49:51	+02:57	06:04
3	3	Pedro Santos	oralklass-amigos do trail	Veterano M40	02:55:18	+08:23	06:16
4	146	João Nogueira	oralklass-amigos do trail	Senior Masculino	02:56:21	+09:26	06:18
5	42	Marcelo Araújo	focoteam24	Senior Masculino	03:01:19	+14:24	06:29
6	148	Seninho Ribeiro	oralklass-amigos do trail	Senior Masculino	03:03:30	+16:35	06:33
7	28	Helder Rocha	douroconta _ gabinete de apoio e contabilidade, lda	Veterano M40	03:09:24	+22:30	06:46
8	110	José Meneses	nocturnos de paredes	Veterano M40	03:12:45	+25:50	06:53
9	21	Lino Pinto	btt alegria // tubani	Veterano M40	03:13:58	+27:04	06:56
10	1	Tiago Teixeira	edv-viana trail	Senior Masculino	03:16:29	+29:35	07:01
11	70	Joel Sousa Pinto	individual	Senior Masculino	03:18:13	+31:18	07:05
12	145	Fernando Taborda	oralklass-amigos do trail	Veterano M40	03:18:14	+31:19	07:05
13	131	ANTONIO MAIA	team trail bem viver	Senior Masculino	03:22:44	+35:49	07:14
14	4	Fernando Neves Benjamim	centro ciclista de gondomar	Veterano M50	03:25:23	+38:28	07:20
15	104	Tiago Soares	moinhos run - adrm	Senior Masculino	03:25:23	+38:28	07:20
16	140	Pedro Moreira	trail santa marta / tristes mas duros	Veterano M40	03:26:10	+39:15	07:22
17	114	Fernando Jorge Ribeiro de Sousa Carvalho	nós acreditamos	Veterano M40	03:26:15	+39:20	07:22
18	59	Rogério Vicente	gtt-armazem do caffè	Veterano M40	03:28:16	+41:21	07:26
19	82	Frank Fritsche	individual	Veterano M40	03:28:43	+41:48	07:27
20	57	César Canito	gtt-armazem do caffè	Veterano M40	03:28:57	+42:02	07:28
21	154	João Pedro Costa Ribeiro	oralklass-amigos do trail	Senior Masculino	03:30:30	+43:36	07:31
22	78	Vítor cruz	individual	Senior Masculino	03:31:12	+44:18	07:33
23	116	Francisco da Silva Lemos	nós acreditamos	Veterano M50	03:31:42	+44:47	07:34
24	113	José Manuel da Costa Pinto	nós acreditamos	Senior Masculino	03:33:53	+46:59	07:38
25	112	José Moreira Gomes	nocturnos de paredes	Veterano M50	03:36:43	+49:48	07:44
26	120	Sandro Marcos Mendes da Silva	pêssegos	Senior Masculino	03:37:49	+50:54	07:47
27	109	Filipe André Barbosa	nocturnos de paredes	Senior Masculino	03:39:10	+52:15	07:50
28	132	BRUNO GONCALVES	team trail bem viver	Senior Masculino	03:39:17	+52:23	07:50
29	159	Pedro Silva	individual	Sub 23 Masculino	03:39:58	+53:03	07:51
30	44	Ivo Peko	gaia trail	Senior Masculino	03:40:33	+53:39	07:53
31	20	Filipe Pinto	btt alegria // tubani	Senior Masculino	03:43:02	+56:08	07:58
32	115	Amadeu Teixeira	nós acreditamos	Veterano M50	03:43:10	+56:16	07:58
33	7	Carlos Costa	aliança de gandra	Senior Masculino	03:44:59	+58:04	08:02
34	53	Maximiano Rodrigues	gaia trail	Veterano M50	03:47:20	+01:00:25	08:07
35	141	Ruben Daniel Soares Vieira	trail team bifase	Sub 23 Masculino	03:47:24	+01:00:30	08:07
36	111	Pedro Pereira	nocturnos de paredes	Veterano M40	03:47:44	+01:00:49	08:08
37	46	Nelson Marques	gaia trail	Senior Masculino	03:49:17	+01:02:22	08:11
38	2	Paula Lage	sim summit	Veterana F40	03:49:27	+01:02:33	08:12
39	133	dionisio ferreira	team trail bem viver	Senior Masculino	03:50:15	+01:03:20	08:13
40	60	Sérgio André da Silva Coelho	gtt-armazem do caffè	Veterano M40	03:51:36	+01:04:42	08:16

TRAIL LONGO - STAGE 1

28 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	124	Emanuel Costa	s. s. montepio	Veterano M40	03:51:37	+01:04:42	08:16
42	108	Manuel Faria	mss contabilidade trail team	Veterano M50	03:51:43	+01:04:49	08:17
43	54	Silvério correia	grupo desportivo santander totta	Veterano M50	03:53:15	+01:06:20	08:20
44	26	Miguel Alves	devasta trilhos	Senior Masculino	03:54:09	+01:07:14	08:22
45	35	José Pinto	equipaa	Veterano M40	03:54:24	+01:07:29	08:22
46	34	Jorge Lopes	equipaa	Veterano M40	03:54:24	+01:07:29	08:22
47	105	Filipe Póvoas	mss contabilidade trail team	Senior Masculino	03:54:52	+01:07:58	08:23
48	106	Sérgio Silva	mss contabilidade trail team	Senior Masculino	03:54:53	+01:07:58	08:23
49	51	Joaquim Pereira	gaia trail	Veterano M50	03:57:13	+01:10:19	08:28
50	15	Marta Silva	boavista trail	Veterana F40	03:57:27	+01:10:32	08:29
51	161	Fernando Almeida	nocturnos de paredes	Veterano M40	03:57:33	+01:10:38	08:29
52	9	Tiago Costa	associação desportiva de cabroelo	Sub 23 Masculino	03:59:36	+01:12:42	08:33
53	24	Fernando Remelgado	ccd - siemens	Veterano M40	04:00:10	+01:13:15	08:35
54	47	Paulo Madeira	gaia trail	Senior Masculino	04:00:40	+01:13:46	08:36
55	88	Rúben Alves	individual	Veterano M40	04:02:51	+01:15:56	08:40
56	100	Agostinho Sousa	kunalama runners	Veterano M50	04:03:09	+01:16:15	08:41
57	128	Antonio Coelho	sabius	Veterano M40	04:04:05	+01:17:10	08:43
58	13	António Augusto dos Reis Pinto	bitrunners	Veterano M50	04:05:22	+01:18:27	08:46
59	5	Carlos Vieira	a.d.sebolido trail boneca douro	Senior Masculino	04:08:02	+01:21:07	08:52
60	117	Ana Vieira	oralklass-amigos do trail	Senior Feminino	04:09:49	+01:22:55	08:55
61	135	RUI MADUREIRA	team trail bem viver	Senior Masculino	04:09:52	+01:22:58	08:55
62	27	Joaquim Leite	devasta trilhos	Veterano M50	04:12:27	+01:25:32	09:01
63	134	FILIPE FERREIRA	team trail bem viver	Senior Masculino	04:13:13	+01:26:18	09:03
64	10	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	04:14:31	+01:27:36	09:05
65	73	Mário da Silva	individual	Senior Masculino	04:15:43	+01:28:49	09:08
66	79	António Morais	individual	Veterano M40	04:16:24	+01:29:29	09:09
67	96	Pedro Barbosa	individual	Veterano M50	04:16:25	+01:29:30	09:09
68	91	Vitor neto	individual	Veterano M40	04:16:27	+01:29:33	09:10
69	12	Carlos Cardoso	bitrunners	Senior Masculino	04:17:57	+01:31:02	09:13
70	58	Jorge Borges	gtt-armazem do caffè	Veterano M40	04:18:42	+01:31:47	09:14
71	14	Pedro Ricardo Oliveira Lourenço	boavista trail	Senior Masculino	04:19:02	+01:32:07	09:15
72	32	Olga Branquinho	equipaa	Veterana F40	04:20:08	+01:33:13	09:17
73	90	SILVIO FERREIRA	individual	Veterano M40	04:20:12	+01:33:17	09:18
74	39	Pedro Ricardo Cravo Viana	factor x / s4l / medense fc	Senior Masculino	04:20:52	+01:33:57	09:19
75	48	Paulo Pinho	gaia trail	Senior Masculino	04:23:17	+01:36:23	09:24
76	74	Paulo Jorge Costa das Neves	individual	Senior Masculino	04:23:48	+01:36:53	09:25
77	121	Pedro Miguel Duarte Ferreira	porto sentido runners	Senior Masculino	04:23:48	+01:36:53	09:25
78	25	Ricardo Carvalho	ctad - consumo zero	Senior Masculino	04:25:56	+01:39:01	09:30
79	56	Rui Samuel Gonçalves	gtt-armazem do caffè	Senior Masculino	04:27:08	+01:40:13	09:32
80	52	José Morais	gaia trail	Veterano M50	04:27:30	+01:40:35	09:33
81	50	Rui Oliveira	gaia trail	Veterano M40	04:27:30	+01:40:35	09:33
82	38	Daniel Terra	factor x / s4l / medense fc	Senior Masculino	04:28:47	+01:41:52	09:36
83	87	Paulo Fernandes	individual	Veterano M40	04:30:07	+01:43:12	09:39
84	86	Miguel Loureiro	individual	Veterano M40	04:30:08	+01:43:13	09:39
85	93	Armando Moreno	individual	Veterano M50	04:31:13	+01:44:19	09:41

TRAIL LONGO - STAGE 1

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
86	119	Manuel Barbosa	paredes running	Veterano M40	04:32:32	+01:45:38	09:44
87	41	Hélder Ribeiro	focoteam24	Senior Masculino	04:34:27	+01:47:32	09:48
88	122	Nelson Vaz	profisioeupagoteam	Senior Masculino	04:35:18	+01:48:24	09:50
89	23	Adelino Silva	ccd - siemens	Veterano M40	04:36:52	+01:49:57	09:53
90	130	Tiago Costa	sk	Senior Masculino	04:37:45	+01:50:50	09:55
91	6	Carlos Carreira	ade trail running	Senior Masculino	04:37:49	+01:50:55	09:55
92	64	Antonio Silva	individual	Senior Masculino	04:37:59	+01:51:04	09:56
93	85	Marcos Gandra	individual	Veterano M40	04:41:47	+01:54:53	10:04
94	139	Sérgio Moreira	togart	Veterano M40	04:44:03	+01:57:08	10:09
95	16	Fernando Jorge da Rocha Camelo	boavista trail	Veterano M40	04:47:23	+02:00:28	10:16
96	18	Nuno Filipe Carmo Almeida Teixeira	boavista trail	Veterano M40	04:47:23	+02:00:28	10:16
97	101	Lúcio Santos	los vagabundos	Senior Masculino	04:48:27	+02:01:32	10:18
98	19	Carlos Vieira	btt alegria // tubani	Senior Masculino	04:48:28	+02:01:33	10:18
99	40	Rómulo Silva	factor x / s4l / medense fc	Veterano M40	04:50:02	+02:03:07	10:22
100	98	Helder Gomes	kemedo team	Veterano M40	04:50:04	+02:03:09	10:22
101	97	Pedro Marques	kemedo team	Senior Masculino	04:50:04	+02:03:10	10:22
102	29	António Azevedo	douroconta _ gabinete de apoio e contabilidade, lda	Veterano M50	04:50:08	+02:03:14	10:22
103	68	João Daniel Gaioso Fernandes	individual	Senior Masculino	04:51:48	+02:04:53	10:25
104	99	Luís Azevedo	konta trilhos	Veterano M40	04:53:40	+02:06:45	10:29
105	75	RICARDO FRANÇA	individual	Senior Masculino	04:55:20	+02:08:25	10:33
106	149	Maria Fernanda Freitas Ferreira	correr leça	Veterana F40	04:56:07	+02:09:12	10:35
107	94	Arnaldo Marinho	individual	Veterano M50	05:00:31	+02:13:36	10:44
108	62	Marta Sousa	hora do lobo trail /cf perosinho atletismo	Veterana F40	05:02:30	+02:15:35	10:48
109	81	Eduardo Nascimento	individual	Veterano M40	05:04:35	+02:17:40	10:53
110	17	José Paulo Lara da Silva	boavista trail	Veterano M40	05:05:10	+02:18:15	10:54
111	84	Jose alberto Abreu Lage	individual	Veterano M40	05:05:16	+02:18:21	10:54
112	144	HELENA GOMES	wolves	Veterana F40	05:06:30	+02:19:35	10:57
113	45	Micael Cunha	gaia trail	Senior Masculino	05:10:24	+02:23:29	11:05
114	80	Antonio Santos	individual	Veterano M40	05:10:54	+02:23:59	11:06
115	36	Nuno Santos	equipaa	Veterano M40	05:10:58	+02:24:03	11:06
116	31	Diana	equipaa	Veterana F40	05:10:58	+02:24:04	11:06
117	63	David Nogueira	hora do lobo trail /cf perosinho atletismo	Veterano M50	05:14:58	+02:28:03	11:15
118	55	Nuno Costa	gtt-armazem do caffè	Senior Masculino	05:15:36	+02:28:41	11:16
119	22	Nuno Ferreira	ccd - siemens	Senior Masculino	05:16:29	+02:29:34	11:18
120	143	PAULO VALENTE	trailistas "eu é que sei!"	Veterano M50	05:16:29	+02:29:34	11:18
121	142	Avelvino Faria	trailistas "eu é que sei!"	Veterano M50	05:16:30	+02:29:35	11:18
122	33	RosaMaria Oliveira Guedes Sousa Ferreera	equipaa	Veterana F50	05:20:36	+02:33:41	11:27
123	150	Helder Silva	equipaa	Senior Masculino	05:20:37	+02:33:42	11:27
124	92	Antero Cunha	individual	Veterano M50	05:25:39	+02:38:44	11:38
125	102	Joana Azevedo	marco runners	Senior Feminino	05:26:06	+02:39:12	11:39
126	72	Manuel Ruivo	individual	Senior Masculino	05:28:54	+02:41:59	11:45
127	89	Rui Fernandes	individual	Veterano M40	05:28:54	+02:41:59	11:45
128	158	Esmeralda Fiuza	individual	Veterana F50	05:31:20	+02:44:25	11:50



28 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
129	138	Bruno Santos	togart	Veterano M40	05:35:28	+02:48:34	11:59
130	137	Carla Santos	togart	Veterana F40	05:35:29	+02:48:34	11:59
131	125	Joao Campos	s. s. montepio	Veterano M40	05:47:25	+03:00:30	12:24
132	1335	Alberto Martins	wolves	Veterano M50	06:05:45	+03:18:50	13:04
133	155	Maria Iracema Costa	wolves	Veterana F50	06:05:45	+03:18:50	13:04
134	37	Manuel Cunha Lima	experienciar	Veterano M50	06:42:25	+03:55:30	14:22

Trail Longo

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	14.2°C	99%
End	15:43	14.2°C	99%

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

1	117	Ana Vieira	Oralklass-Amigos do Trail	Senior Feminino	04:09:49	+01:22:55	08:55:54
2	102	Joana Azevedo	Marco Runners	Senior Feminino	05:26:06	+02:39:12	11:39:58

Senior Masculino

1	147	Rafael Cruz	Oralklass-Amigos do Trail	Senior Masculino	02:49:51	+02:57	06:04
2	146	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	02:56:21	+09:26	06:18
3	42	Marcelo Araújo	Focoteam24	Senior Masculino	03:01:19	+14:24	06:29
4	148	Seninho Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:03:30	+16:35	06:33
5	1	Tiago Teixeira	EDV-VIANA TRAIL	Senior Masculino	03:16:29	+29:35	07:01
6	70	Joel Sousa Pinto	Individual	Senior Masculino	03:18:13	+31:18	07:05
7	131	ANTONIO MAIA	Team Trail Bem Viver	Senior Masculino	03:22:44	+35:49	07:14
8	104	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	03:25:23	+38:28	07:20
9	154	João Pedro Costa Ribeiro	Oralklass-Amigos do Trail	Senior Masculino	03:30:30	+43:36	07:31
10	78	Vítor cruz	Individual	Senior Masculino	03:31:12	+44:18	07:33
11	113	José Manuel da Costa Pinto	Nós Acreditamos	Senior Masculino	03:33:53	+46:59	07:38
12	120	Sandro Marcos Mendes da Silva	Pêssegos	Senior Masculino	03:37:49	+50:54	07:47
13	109	Filipe André Barbosa	NOCTURNOS DE PAREDES	Senior Masculino	03:39:10	+52:15	07:50
14	132	BRUNO GONCALVES	Team Trail Bem Viver	Senior Masculino	03:39:17	+52:23	07:50
15	44	Ivo Peko	Gaia Trail	Senior Masculino	03:40:33	+53:39	07:53
16	20	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	03:43:02	+56:08	07:58
17	7	Carlos Costa	ALIANÇA DE GANDRA	Senior Masculino	03:44:59	+58:04	08:02
18	46	Nelson Marques	Gaia Trail	Senior Masculino	03:49:17	+01:02:22	08:11
19	133	dionisio ferreira	Team Trail Bem Viver	Senior Masculino	03:50:15	+01:03:20	08:13
20	26	Miguel Alves	Devasta Trilhos	Senior Masculino	03:54:09	+01:07:14	08:22
21	105	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:54:52	+01:07:58	08:23
22	106	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:54:53	+01:07:58	08:23
23	47	Paulo Madeira	Gaia Trail	Senior Masculino	04:00:40	+01:13:46	08:36
24	5	Carlos Vieira	A.D.Sebolido Trail Boneca Douro	Senior Masculino	04:08:02	+01:21:07	08:52
25	135	RUI MADUREIRA	Team Trail Bem Viver	Senior Masculino	04:09:52	+01:22:58	08:55
26	134	FILIFE FERREIRA	Team Trail Bem Viver	Senior Masculino	04:13:13	+01:26:18	09:03
27	73	Mário da Silva	Individual	Senior Masculino	04:15:43	+01:28:49	09:08
28	12	Carlos Cardoso	BitRunners	Senior Masculino	04:17:57	+01:31:02	09:13
29	14	Pedro Ricardo Oliveira Lourenço	Boavista Trail	Senior Masculino	04:19:02	+01:32:07	09:15
30	39	Pedro Ricardo Cravo Viana	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:20:52	+01:33:57	09:19
31	48	Paulo Pinho	Gaia Trail	Senior Masculino	04:23:17	+01:36:23	09:24
32	74	Paulo Jorge Costa das Neves	Individual	Senior Masculino	04:23:48	+01:36:53	09:25
33	121	Pedro Miquel Duarte Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	04:23:48	+01:36:53	09:25

Trail Longo

28 KM

[illegible]

OFFICIAL RESULT

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34	25	Ricardo Carvalho	CTAD - Consumo Zero	Senior Masculino	04:25:56	+01:39:01	09:30
35	56	Rui Samuel Gonçalves	GTT-ARMAZEM DO CAFFÉ	Senior Masculino	04:27:08	+01:40:13	09:32
36	38	Daniel Terra	FACTOR X / S4L / MEDENSE FC	Senior Masculino	04:28:47	+01:41:52	09:36
37	41	Hélder Ribeiro	Focoteam24	Senior Masculino	04:34:27	+01:47:32	09:48
38	122	Nelson Vaz	ProFisioeupagoTeam	Senior Masculino	04:35:18	+01:48:24	09:50
39	130	Tiago Costa	SK	Senior Masculino	04:37:45	+01:50:50	09:55
40	6	Carlos Carreira	ADE Trail Running	Senior Masculino	04:37:49	+01:50:55	09:55
41	64	Antonio Silva	Individual	Senior Masculino	04:37:59	+01:51:04	09:56
42	101	Lúcio Santos	Los Vagabundos	Senior Masculino	04:48:27	+02:01:32	10:18
43	19	Carlos Vieira	BTT Alegria // TUBANI	Senior Masculino	04:48:28	+02:01:33	10:18
44	97	Pedro Marques	KeMedo Team	Senior Masculino	04:50:04	+02:03:10	10:22
45	68	João Daniel Gaioso Fernandes	Individual	Senior Masculino	04:51:48	+02:04:53	10:25
46	75	RICARDO FRANÇA	Individual	Senior Masculino	04:55:20	+02:08:25	10:33
47	45	Micael Cunha	Gaia Trail	Senior Masculino	05:10:24	+02:23:29	11:05
48	55	Nuno Costa	GTT-ARMAZEM DO CAFFÉ	Senior Masculino	05:15:36	+02:28:41	11:16
49	22	Nuno Ferreira	CCD - SIEMENS	Senior Masculino	05:16:29	+02:29:34	11:18
50	150	Helder Silva	Equipaa	Senior Masculino	05:20:37	+02:33:42	11:27
51	72	Manuel Ruivo	Individual	Senior Masculino	05:28:54	+02:41:59	11:45

Sub 23 Masculino

1	151	António Filipe Braziela Rocha	Oralklass-Amigos do Trail	Sub 23 Masculino	02:46:54	05:58
2	159	Pedro Silva	Individual	Sub 23 Masculino	03:39:58	+53:03 07:51
3	141	Ruben Daniel Soares Vieira	Trail Team Bifase	Sub 23 Masculino	03:47:24	+01:00:30 08:07
4	9	Tiago Costa	Associação Desportiva de Cabroelo	Sub 23 Masculino	03:59:36	+01:12:42 08:33

Veterana F40

1	2	Paula Lage	SiM Summit	Veterana F40	03:49:27	+01:02:33	08:12
2	15	Marta Silva	Boavista Trail	Veterana F40	03:57:27	+01:10:32	08:29
3	10	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	04:14:31	+01:27:36	09:05
4	32	Olga Branquinho	EquipaA	Veterana F40	04:20:08	+01:33:13	09:17
5	149	Maria Fernanda Freitas Ferreira	CORRER LEÇA	Veterana F40	04:56:07	+02:09:12	10:35
6	62	Marta Sousa	Hora do Lobo Trail /CF Perosinho Atletismo	Veterana F40	05:02:30	+02:15:35	10:48
7	144	HELENA GOMES	WOLVES	Veterana F40	05:06:30	+02:19:35	10:57
8	31	Diana	EquipaA	Veterana F40	05:10:58	+02:24:04	11:06
9	137	Carla Santos	TOGART	Veterana F40	05:35:29	+02:48:34	11:59

Veterana F50

1	33	RosaMaria Oliveira Guedes Sousa Ferreera	EquipaA	Veterana F50	05:20:36	+02:33:41	11:27
2	158	Esmeralda Fiuza	Individual	Veterana F50	05:31:20	+02:44:25	11:50

Trail Longo

28 KM

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3	155	Maria Iracema Costa	WOLVES	Veterana F50	06:05:45	+03:18:50	13:04
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Veterano M40

1	3	Pedro Santos	Oralklass-Amigos do Trail	Veterano M40	02:55:18	+08:23	06:16
2	28	Helder Rocha	Douroconta _ Gabinete de Apoio e Contabilidade, Lda	Veterano M40	03:09:24	+22:30	06:46
3	110	José Meneses	NOCTURNOS DE PAREDES	Veterano M40	03:12:45	+25:50	06:53
4	21	Lino Pinto	BTT Alegria // TUBANI	Veterano M40	03:13:58	+27:04	06:56
5	145	Fernando Taborda	Oralklass-Amigos do Trail	Veterano M40	03:18:14	+31:19	07:05
6	140	Pedro Moreira	Trail Santa Marta / Tristes Mas Duros	Veterano M40	03:26:10	+39:15	07:22
7	114	Fernando Jorge Ribeiro de Sousa Carvalho	Nós Acreditamos	Veterano M40	03:26:15	+39:20	07:22
8	59	Rogério Vicente	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:28:16	+41:21	07:26
9	82	Frank Fritsche	Individual	Veterano M40	03:28:43	+41:48	07:27
10	57	César Canito	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:28:57	+42:02	07:28
11	111	Pedro Pereira	NOCTURNOS DE PAREDES	Veterano M40	03:47:44	+01:00:49	08:08
12	60	Sérgio André da Silva Coelho	GTT-ARMAZEM DO CAFFÉ	Veterano M40	03:51:36	+01:04:42	08:16
13	124	Emanuel Costa	S. S. Montepio	Veterano M40	03:51:37	+01:04:42	08:16
14	35	José Pinto	EquipaA	Veterano M40	03:54:24	+01:07:29	08:22
15	34	Jorge Lopes	EquipaA	Veterano M40	03:54:24	+01:07:29	08:22
16	161	Fernando Almeida	NOCTURNOS DE PAREDES	Veterano M40	03:57:33	+01:10:38	08:29
17	24	Fernando Remelgado	CCD - SIEMENS	Veterano M40	04:00:10	+01:13:15	08:35
18	88	Rúben Alves	Individual	Veterano M40	04:02:51	+01:15:56	08:40
19	128	Antonio Coelho	sabiUs	Veterano M40	04:04:05	+01:17:10	08:43
20	79	António Morais	Individual	Veterano M40	04:16:24	+01:29:29	09:09
21	91	Vitor neto	Individual	Veterano M40	04:16:27	+01:29:33	09:10
22	58	Jorge Borges	GTT-ARMAZEM DO CAFFÉ	Veterano M40	04:18:42	+01:31:47	09:14
23	90	SILVIO FERREIRA	Individual	Veterano M40	04:20:12	+01:33:17	09:18
24	50	Rui Oliveira	Gaia Trail	Veterano M40	04:27:30	+01:40:35	09:33
25	87	Paulo Fernandes	Individual	Veterano M40	04:30:07	+01:43:12	09:39
26	86	Miguel Loureiro	Individual	Veterano M40	04:30:08	+01:43:13	09:39
27	119	Manuel Barbosa	Paredes Running	Veterano M40	04:32:32	+01:45:38	09:44
28	23	Adelino Silva	CCD - SIEMENS	Veterano M40	04:36:52	+01:49:57	09:53
29	85	Marcos Gandra	Individual	Veterano M40	04:41:47	+01:54:53	10:04
30	139	Sérgio Moreira	TOGART	Veterano M40	04:44:03	+01:57:08	10:09
31	16	Fernando Jorge da Rocha Camelo	Boavista Trail	Veterano M40	04:47:23	+02:00:28	10:16
32	18	Nuno Filipe Carmo Almeida Teixeira	Boavista Trail	Veterano M40	04:47:23	+02:00:28	10:16
33	40	Rómulo Silva	FACTOR X / S4L / MEDENSE FC	Veterano M40	04:50:02	+02:03:07	10:22
34	98	Helder Gomes	KeMedo Team	Veterano M40	04:50:04	+02:03:09	10:22
35	99	Luís Azevedo	Konta trilhos	Veterano M40	04:53:40	+02:06:45	10:29
36	81	Eduardo Nascimento	Individual	Veterano M40	05:04:35	+02:17:40	10:53
37	17	José Paulo Lara da Silva	Boavista Trail	Veterano M40	05:05:10	+02:18:15	10:54
38	84	Jose alberto Abreu Lage	Individual	Veterano M40	05:05:16	+02:18:21	10:54
39	80	Antonio Santos	Individual	Veterano M40	05:10:54	+02:23:59	11:00

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Trail Longo

28 KM

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40	36	Nuno Santos	EquipaA	Veterano M40	05:10:58	+02:24:03	11:06
41	89	Rui Fernandes	Individual	Veterano M40	05:28:54	+02:41:59	11:45
42	138	Bruno Santos	TOGART	Veterano M40	05:35:28	+02:48:34	11:59
43	125	Joao Campos	S. S. Montepio	Veterano M40	05:47:25	+03:00:30	12:24

Veterano M50

1	4	Fernando Neves Benjamim	CENTRO CICLISTA DE GONDOMAR	Veterano M50	03:25:23	+38:28	07:20
2	116	Francisco da Silva Lemos	Nós Acreditamos	Veterano M50	03:31:42	+44:47	07:34
3	112	José Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M50	03:36:43	+49:48	07:44
4	115	Amadeu Teixeira	Nós Acreditamos	Veterano M50	03:43:10	+56:16	07:58
5	53	Maximiano Rodrigues	Gaia Trail	Veterano M50	03:47:20	+01:00:25	08:07
6	108	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:51:43	+01:04:49	08:17
7	54	Silvério correia	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M50	03:53:15	+01:06:20	08:20
8	51	Joaquim Pereira	Gaia Trail	Veterano M50	03:57:13	+01:10:19	08:28
9	100	Agostinho Sousa	Kunalama runners	Veterano M50	04:03:09	+01:16:15	08:41
10	13	António Augusto dos Reis Pinto	BitRunners	Veterano M50	04:05:22	+01:18:27	08:46
11	27	Joaquim Leite	Devasta Trilhos	Veterano M50	04:12:27	+01:25:32	09:01
12	96	Pedro Barbosa	Individual	Veterano M50	04:16:25	+01:29:30	09:09
13	52	José Morais	Gaia Trail	Veterano M50	04:27:30	+01:40:35	09:33
14	93	Armando Moreno	Individual	Veterano M50	04:31:13	+01:44:19	09:41
15	29	António Azevedo	Douroconta _ Gabinete de Apoio e Contabilidade, Lda	Veterano M50	04:50:08	+02:03:14	10:22
16	94	Arnaldo Marinho	Individual	Veterano M50	05:00:31	+02:13:36	10:44
17	63	David Nogueira	Hora do Lobo Trail /CF Perosinho Atletismo	Veterano M50	05:14:58	+02:28:03	11:15
18	143	PAULO VALENTE	Trailistas "Eu é que sei!"	Veterano M50	05:16:29	+02:29:34	11:18
19	142	Avelvino Faria	Trailistas "Eu é que sei!"	Veterano M50	05:16:30	+02:29:35	11:18
20	92	Antero Cunha	Individual	Veterano M50	05:25:39	+02:38:44	11:38
21	1335	Alberto Martins	WOLVES	Veterano M50	06:05:45	+03:18:50	13:04
22	37	Manuel Cunha Lima	experiençar	Veterano M50	06:42:25	+03:55:30	14:22

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