

## TRAIL LONGO - STAGE 1

**25 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | 0°C         | 82%      |
| End   | 12:36 | 0°C         | 82%      |

| RANK | BIB | NAME                           | TEAM                                | CAT              | RESULT   | DIFF      | T/KM  |
|------|-----|--------------------------------|-------------------------------------|------------------|----------|-----------|-------|
| 1    | 26  | Marcelo Pereira                | individual                          | Senior Masculino | 02:03:24 |           | 04:56 |
| 2    | 7   | Paulo Jorge Dionísio Fernandes | blackbulls                          | Veterano M40     | 02:06:01 | +02:37    | 05:02 |
| 3    | 11  | Paulo Jorge Gomes Duarte       | clube ca barreira                   | Veterano M40     | 02:07:52 | +04:28    | 05:07 |
| 4    | 22  | Bruno Simões                   | trail bela bela                     | Senior Masculino | 02:13:22 | +09:58    | 05:20 |
| 5    | 30  | MIGUEL NETO GONÇALVES          | individual                          | Senior Masculino | 02:13:36 | +10:12    | 05:21 |
| 6    | 48  | João Filipe Tomás Amândio      | montanha clube trail running/etapel | Senior Masculino | 02:15:34 | +12:10    | 05:25 |
| 7    | 14  | Tony Graça                     | dci/trilhos luso bussaco            | Veterano M50     | 02:16:35 | +13:10    | 05:28 |
| 8    | 13  | Carlos Cunha                   | dci/trilhos luso bussaco            | Veterano M50     | 02:17:09 | +13:45    | 05:29 |
| 9    | 6   | Carlos Arsenio                 | adt travasso                        | Veterano M50     | 02:19:59 | +16:35    | 05:36 |
| 10   | 33  | Elisio Gonçalves               | individual                          | Veterano M40     | 02:20:19 | +16:54    | 05:37 |
| 11   | 8   | Fábio Ferreira                 | casa jovase                         | Senior Masculino | 02:20:20 | +16:55    | 05:37 |
| 12   | 15  | Antonio Moreira                | decatlon                            | Veterano M40     | 02:20:58 | +17:33    | 05:38 |
| 13   | 36  | Filipe Silva Fonseca           | individual                          | Veterano M40     | 02:22:02 | +18:37    | 05:41 |
| 14   | 44  | RICARDO HENRIQUES              | laac - bike & sport                 | Senior Masculino | 02:22:49 | +19:24    | 05:43 |
| 15   | 28  | Mauro Sousa                    | dci/trilhos luso bussaco            | Senior Masculino | 02:23:29 | +20:05    | 05:44 |
| 16   | 47  | LUIS SOARES                    | laac - bike & sport                 | Veterano M40     | 02:27:13 | +23:49    | 05:53 |
| 17   | 49  | Eugénio Santos                 | out 2 run/miro                      | Senior Masculino | 02:28:13 | +24:49    | 05:56 |
| 18   | 25  | Luis carlos lemos Ferreira     | individual                          | Senior Masculino | 02:30:09 | +26:44    | 06:00 |
| 19   | 52  | Arsenio Santos                 | pascoalitos                         | Veterano M50     | 02:33:48 | +30:23    | 06:09 |
| 20   | 50  | David Jesus                    | pascoalitos                         | Senior Masculino | 02:33:48 | +30:23    | 06:09 |
| 21   | 5   | Vitor Pereira                  | actib - águeda action club          | Senior Masculino | 02:36:02 | +32:38    | 06:15 |
| 22   | 21  | Bruno Cardoso                  | trail bela bela                     | Senior Masculino | 02:37:27 | +34:03    | 06:18 |
| 23   | 54  | João Saraiva                   | sport clube paradela                | Veterano M40     | 02:39:35 | +36:11    | 06:23 |
| 24   | 34  | Faustino Lança                 | individual                          | Veterano M40     | 02:40:48 | +37:23    | 06:26 |
| 25   | 37  | Mario Coutinho                 | individual                          | Veterano M40     | 02:41:57 | +38:33    | 06:29 |
| 26   | 42  | DANIEL ALEXANDRE               | laac - bike & sport                 | Senior Masculino | 02:42:49 | +39:24    | 06:31 |
| 27   | 51  | Heber Pires                    | pascoalitos                         | Senior Masculino | 02:42:56 | +39:31    | 06:31 |
| 28   | 20  | Ana Luísa de Oliveira Melo     | individual                          | Senior Feminino  | 02:45:17 | +41:53    | 06:37 |
| 29   | 46  | JACINTO SILVA                  | laac - bike & sport                 | Veterano M40     | 02:47:43 | +44:19    | 06:43 |
| 30   | 39  | Ricardo Carneiro               | individual                          | Veterano M40     | 02:50:53 | +47:29    | 06:50 |
| 31   | 12  | Eunice Magalhães               | dci/trilhos luso bussaco            | Senior Feminino  | 02:51:23 | +47:59    | 06:51 |
| 32   | 35  | Fernando Banca                 | individual                          | Veterano M40     | 02:52:41 | +49:16    | 06:54 |
| 33   | 43  | PEDRO HENRIQUES                | laac - bike & sport                 | Senior Masculino | 02:56:16 | +52:51    | 07:03 |
| 34   | 38  | Pedro Pinto Carvalho           | individual                          | Veterano M40     | 02:57:49 | +54:25    | 07:07 |
| 35   | 29  | MIGUEL COSTA                   | individual                          | Senior Masculino | 02:58:27 | +55:03    | 07:08 |
| 36   | 27  | Márcio Silva                   | individual                          | Senior Masculino | 03:03:28 | +01:00:03 | 07:20 |
| 37   | 45  | HERNANI SILA                   | laac - bike & sport                 | Veterano M40     | 03:06:11 | +01:02:46 | 07:27 |
| 38   | 10  | Mário Sequeira                 | casa jovase                         | Veterano M40     | 03:06:26 | +01:03:02 | 07:27 |
| 39   | 16  | Joana dos Santos Ferreira      | esgalhada trail team                | Senior Feminino  | 03:17:29 | +01:14:05 | 07:54 |
| 40   | 17  | Carla Rosa                     | guerreiros da manhã                 | Veterana F40     | 03:19:24 | +01:15:59 | 07:59 |
| 41   | 18  | Nelson Vieira                  | guerreiros da manhã                 | Veterano M40     | 03:19:24 | +01:15:59 | 07:59 |



## Trail Longo

25 KM

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | 0°C         | 82%      |
| End   | 12:36 | 0°C         | 82%      |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | 1/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|   |    |                            |                          |                 |          |           |          |
|---|----|----------------------------|--------------------------|-----------------|----------|-----------|----------|
| 1 | 20 | Ana Luísa de Oliveira Melo | Individual               | Senior Feminino | 02:45:17 | +41:53    | 06:37:14 |
| 2 | 12 | Eunice Magalhães           | DCI/Trilhos Luso Bussaco | Senior Feminino | 02:51:23 | +47:59    | 06:51:14 |
| 3 | 16 | Joana dos Santos Ferreira  | Esgalhada trail team     | Senior Feminino | 03:17:29 | +01:14:05 | 07:54:14 |

## Senior Masculino

|    |    |                            |                                     |                  |          |                 |
|----|----|----------------------------|-------------------------------------|------------------|----------|-----------------|
| 1  | 26 | Marcelo Pereira            | Individual                          | Senior Masculino | 02:03:24 | 04:56           |
| 2  | 22 | Bruno Simões               | Trail bela bela                     | Senior Masculino | 02:13:22 | +09:58 05:20    |
| 3  | 30 | MIGUEL NETO GONÇALVES      | Individual                          | Senior Masculino | 02:13:36 | +10:12 05:21    |
| 4  | 48 | João Filipe Tomás Amândio  | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | Senior Masculino | 02:15:34 | +12:10 05:25    |
| 5  | 8  | Fábio Ferreira             | Casa JOVASE                         | Senior Masculino | 02:20:20 | +16:55 05:37    |
| 6  | 44 | RICARDO HENRIQUES          | LAAC - BIKE & SPORT                 | Senior Masculino | 02:22:49 | +19:24 05:43    |
| 7  | 28 | Mauro Sousa                | DCI/Trilhos Luso Bussaco            | Senior Masculino | 02:23:29 | +20:05 05:44    |
| 8  | 49 | Eugénio Santos             | Out 2 Run/Miro                      | Senior Masculino | 02:28:13 | +24:49 05:56    |
| 9  | 25 | Luis carlos lemos Ferreira | Individual                          | Senior Masculino | 02:30:09 | +26:44 06:00    |
| 10 | 50 | David Jesus                | Pascoalitos                         | Senior Masculino | 02:33:48 | +30:23 06:09    |
| 11 | 5  | Vitor Pereira              | ACTIB - Águeda Action Club          | Senior Masculino | 02:36:02 | +32:38 06:15    |
| 12 | 21 | Bruno Cardoso              | Trail bela bela                     | Senior Masculino | 02:37:27 | +34:03 06:18    |
| 13 | 42 | DANIEL ALEXANDRE           | LAAC - BIKE & SPORT                 | Senior Masculino | 02:42:49 | +39:24 06:31    |
| 14 | 51 | Heber Pires                | Pascoalitos                         | Senior Masculino | 02:42:56 | +39:31 06:31    |
| 15 | 43 | PEDRO HENRIQUES            | LAAC - BIKE & SPORT                 | Senior Masculino | 02:56:16 | +52:51 07:03    |
| 16 | 29 | MIGUEL COSTA               | Individual                          | Senior Masculino | 02:58:27 | +55:03 07:08    |
| 17 | 27 | Márcio Silva               | Individual                          | Senior Masculino | 03:03:28 | +01:00:03 07:20 |
| 18 | 31 | Rui Estima                 | Individual                          | Senior Masculino | 03:19:27 | +01:16:02 07:59 |

## Veterana F40

|   |     |                 |                     |              |          |           |       |
|---|-----|-----------------|---------------------|--------------|----------|-----------|-------|
| 1 | 17  | Carla Rosa      | Guerreiros da Manhã | Veterana F40 | 03:19:24 | +01:15:59 | 07:59 |
| 2 | 547 | Catarina Mónica | Guerreiros da Manhã | Veterana F40 | 03:19:24 | +01:16:00 | 07:59 |

## Veterano M40

|   |    |                                |                   |              |          |        |       |
|---|----|--------------------------------|-------------------|--------------|----------|--------|-------|
| 1 | 7  | Paulo Jorge Dionísio Fernandes | Blackbulls        | Veterano M40 | 02:06:01 | +02:37 | 05:02 |
| 2 | 11 | Paulo Jorge Gomes Duarte       | Clube Ca Barreira | Veterano M40 | 02:07:52 | +04:28 | 05:07 |
| 3 | 33 | Elisio Gonçalves               | Individual        | Veterano M40 | 02:20:19 | +16:54 | 05:37 |
| 4 | 15 | Antonio Moreira                | decatlon          | Veterano M40 | 02:20:58 | +17:33 | 05:38 |
| 5 | 36 | Filipe Silva Fonseca           | Individual        | Veterano M40 | 02:22:02 | +18:37 | 05:41 |

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25 KM

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## OFFICIAL RESULT

[illegible]

|    |    |                      |                      |              |          |           |       |
|----|----|----------------------|----------------------|--------------|----------|-----------|-------|
| 6  | 47 | LUIS SOARES          | LAAC - BIKE & SPORT  | Veterano M40 | 02:27:13 | +23:49    | 05:53 |
| 7  | 54 | João Saraiva         | Sport Clube Paradela | Veterano M40 | 02:39:35 | +36:11    | 06:23 |
| 8  | 34 | Faustino Lança       | Individual           | Veterano M40 | 02:40:48 | +37:23    | 06:26 |
| 9  | 37 | Mario Coutinho       | Individual           | Veterano M40 | 02:41:57 | +38:33    | 06:29 |
| 10 | 46 | JACINTO SILVA        | LAAC - BIKE & SPORT  | Veterano M40 | 02:47:43 | +44:19    | 06:43 |
| 11 | 39 | Ricardo Carneiro     | Individual           | Veterano M40 | 02:50:53 | +47:29    | 06:50 |
| 12 | 35 | Fernando Banca       | Individual           | Veterano M40 | 02:52:41 | +49:16    | 06:54 |
| 13 | 38 | Pedro Pinto Carvalho | Individual           | Veterano M40 | 02:57:49 | +54:25    | 07:07 |
| 14 | 45 | HERNANI SILA         | LAAC - BIKE & SPORT  | Veterano M40 | 03:06:11 | +01:02:46 | 07:27 |
| 15 | 10 | Mário Sequeira       | Casa JOVASE          | Veterano M40 | 03:06:26 | +01:03:02 | 07:27 |
| 16 | 18 | Nelson Vieira        | Guerreiros da Manhã  | Veterano M40 | 03:19:24 | +01:15:59 | 07:59 |
| 17 | 19 | Ricardo Gonçalves    | Guerreiros da Manhã  | Veterano M40 | 03:19:24 | +01:16:00 | 07:59 |
| 18 | 53 | João Gabriel         | Saca Trilhos Anadia  | Veterano M40 | 03:30:18 | +01:26:54 | 08:25 |
| 19 | 55 | Marcos Alves         | Tribo NR             | Veterano M40 | 03:34:00 | +01:30:35 | 08:34 |
| 20 | 32 | Artur Fonseca        | Individual           | Veterano M40 | 03:35:13 | +01:31:49 | 08:37 |

## Veterano M50

|   |    |                |                          |              |          |           |       |
|---|----|----------------|--------------------------|--------------|----------|-----------|-------|
| 1 | 14 | Tony Graça     | DCI/Trilhos Luso Bussaco | Veterano M50 | 02:16:35 | +13:10    | 05:28 |
| 2 | 13 | Carlos Cunha   | DCI/Trilhos Luso Bussaco | Veterano M50 | 02:17:09 | +13:45    | 05:29 |
| 3 | 6  | Carlos Arsenio | ADT TRAVASSO             | Veterano M50 | 02:19:59 | +16:35    | 05:36 |
| 4 | 52 | Arsenio Santos | Pascoalitos              | Veterano M50 | 02:33:48 | +30:23    | 06:09 |
| 5 | 56 | José Fernandes | Tribo NR                 | Veterano M50 | 03:34:03 | +01:30:39 | 08:34 |