

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	17.3°C	83%
End	13:43	17.3°C	83%

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
1	64	Luis Gil	Gaia Trail	02:12:35		05:18	
2	71	Fernando Lemos	Gaia Trail	02:13:47	+01:12	05:21	
3	63	Paulo Madeira	Gaia Trail	02:33:20	+20:45	06:08	
4	66	Bruno Santiago	Gaia Trail	02:36:44	+24:09	06:16	
5	68	Igor Paiva	FACTOR X / S4L / MEDENSE FC	02:37:21	+24:46	06:18	
6	44	Ricardo	Dá-Lhe Gas Trail Team Fisioduo	02:38:13	+25:38	06:20	
7	60	José Rosario	Sporting Club Santacruzense	02:41:31	+28:56	06:28	
8	46	Luís Teixeira	Limitless	02:46:21	+33:46	06:39	
9	49	Vitor Barroso	Fontainhas runners	02:46:39	+34:04	06:40	
10	56	Ricardo Rocha	Vila Nova de Gaia	02:48:28	+35:53	06:44	
11	52	José Organista	Individual	02:49:29	+36:54	06:47	
12	30	Vitor	ARRASTASSOLAS	02:49:57	+37:22	06:48	
13	59	Antero Roque	Sporting Club Santacruzense	02:51:01	+38:26	06:50	
14	57	Joaquim Lobato	RUNNING ESPINHO	02:52:06	+39:31	06:53	
15	55	João André Oliveira	Cookie&Toneca	02:52:06	+39:31	06:53	
16	36	Rodrigo	Gang da Areosa	02:52:16	+39:41	06:53	
17	25	Pedro Magalhaes	ARRASTASSOLAS	02:53:03	+40:28	06:55	
18	31	Pedro Carvalho	ARRASTASSOLAS	02:53:04	+40:29	06:55	
19	72	Pedro Monteiro	Gaia Running	02:53:20	+40:45	06:56	
20	29	Gordicho	ARRASTASSOLAS	02:56:14	+43:39	07:03	
21	18	Hélder	Elefantes runners	02:58:16	+45:41	07:08	
22	51	Ivo Couto	Outlaw runners	02:58:16	+45:41	07:08	
23	58	Rodrigo Oliveira	Individual	03:01:04	+48:29	07:15	
24	14	Nelson Almeida	Individual	03:01:34	+48:59	07:16	
25	12	Cesar Sousa	Individual	03:02:19	+49:44	07:18	
26	54	Hugo Leite Leite	Individual	03:02:48	+50:13	07:19	
27	76	Catarina Figueirdo	Individual	03:02:56	+50:21	07:19	
28	41	Carlos Carvalho	Individual	03:03:26	+50:51	07:20	
29	35	ARMANDO MORENO	Individual	03:03:37	+51:02	07:21	
30	50	Miguel Moreira	Individual	03:04:42	+52:07	07:23	
31	17	Alcídio Moreira	Elefantes runners	03:07:52	+55:17	07:31	
32	42	Marcos Gandra	MCCB Running	03:08:15	+55:40	07:32	
33	16	Carlos KTM Paiva	CORRER LEÇA	03:09:40	+57:05	07:35	
34	19	Miguel Silva	PORTO SENTIDO RUNNERS	03:13:55	+01:01:20	07:45	
35	47	João Hortênsio	Gang Mê Primo	03:16:58	+01:04:23	07:53	
36	4	José Lopes	Individual	03:21:07	+01:08:32	08:03	
37	39	Dora Dias	NO TOMORROW RUNNING TEAM	03:24:23	+01:11:48	08:11	
38	6	Maria Vilar	Individual	03:25:20	+01:12:45	08:13	
39	13	Paulo Ribeiro	Individual	03:27:07	+01:14:32	08:17	
40	65	Micael	Gaia Trail	03:33:24	+01:20:49	08:32	
41	26	Carla	ARRASTASSOLAS	03:34:24	+01:21:49	08:35	
42	505	Flavio Soares	CLUBE ATLETISMO DE LAMAS	03:36:07	+01:23:32	08:39	

Trail Longo

25 KM

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OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	17.3°C	83%
End	13:43	17.3°C	83%

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

1	76	Catarina Figueirido	Individual	Senior Feminino	03:02:55	+50:20	07:19
2	39	Dora Dias	NO TOMORROW RUNNING TEAM	Senior Feminino	03:24:23	+01:11:48	08:11
3	67	CARLA	Aliança Gandra	Senior Feminino	03:36:08	+01:23:33	08:39
4	70	Claudia Moura	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Feminino	04:43:09	+02:30:34	11:20

Senior Masculino

1	71	Fernando Lemos	Gaia Trail	Senior Masculino	02:13:46	+01:12	05:21
2	63	Paulo Madeira	Gaia Trail	Senior Masculino	02:33:19	+20:44	06:08
3	66	Bruno Santiago	Gaia Trail	Senior Masculino	02:36:44	+24:09	06:16
4	68	Igor Paiva	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:37:21	+24:46	06:18
5	46	Luís Teixeira	Limitless	Senior Masculino	02:46:20	+33:45	06:39
6	59	Antero Roque	Sporting Club Santacruzense	Senior Masculino	02:51:01	+38:26	06:50
7	55	João André Oliveira	Cookie&Toneca	Senior Masculino	02:52:05	+39:31	06:53
8	36	Rodrigo	Gang da Areosa	Senior Masculino	02:52:15	+39:40	06:53
9	72	Pedro Monteiro	Gaia Running	Senior Masculino	02:53:19	+40:44	06:56
10	18	Hélder	Elefantes runners	Senior Masculino	02:58:15	+45:40	07:08
11	14	Nelson Almeida	Individual	Senior Masculino	03:01:33	+48:59	07:16
12	54	Hugo Leite Leite	Individual	Senior Masculino	03:02:48	+50:13	07:19
13	41	Carlos Carvalho	Individual	Senior Masculino	03:03:26	+50:51	07:20
14	65	Micael	Gaia Trail	Senior Masculino	03:33:24	+01:20:49	08:32
15	74	vitlor fernandes	Gaia Running	Senior Masculino	03:56:24	+01:43:50	09:27
16	21	Tiago Correia	União Académica de Avintes	Senior Masculino	04:04:33	+01:51:58	09:47
17	22	Tiago Teixeira	União Académica de Avintes	Senior Masculino	04:05:46	+01:53:12	09:50

Veterana F40

1	6	Maria Vilar	Individual	Veterana F40	03:25:19	+01:12:45	08:13:45
2	26	Carla	ARRASTASSOLAS	Veterana F40	03:34:24	+01:21:49	08:35:43
3	9	Telma Silva	Individual	Veterana F40	04:32:00	+02:19:25	10:53:25

Veterana F50

1	69	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	03:44:22	+01:31:47	08:58
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Veterano M40

1	64	Luis Gil	Gaia Trail	Veterano M40	02:12:34	05:18
2	44	Ricardo	Dá-Lhe Gas Trail Team Fisioduo	Veterano M40	02:38:12	+25:37 06:20
3	60	José Rosario	Sporting Club Santacruzense	Veterano M40	02:41:31	+28:56 06:28
4	49	Vitor Barroso	Fontainhas runners	Veterano M40	02:46:38	+34:04 06:40
5	56	Ricardo Rocha	Vila Nova de Gaia	Veterano M40	02:48:28	+35:53 06:44
6	52	José Organista	Individual	Veterano M40	02:49:28	+36:54 06:47
7	30	Vitor	ARRASTASSOLAS	Veterano M40	02:49:56	+37:21 06:48
8	25	Pedro Magalhaes	ARRASTASSOLAS	Veterano M40	02:53:03	+40:28 06:55
9	31	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	02:53:04	+40:29 06:55
10	29	Gordicho	ARRASTASSOLAS	Veterano M40	02:56:13	+43:39 07:03
11	51	Ivo Couto	Outlaw runners	Veterano M40	02:58:16	+45:41 07:08
12	58	Rodrigo Oliveira	Individual	Veterano M40	03:01:03	+48:29 07:15
13	12	Cesar Sousa	Individual	Veterano M40	03:02:18	+49:43 07:18
14	50	Miguel Moreira	Individual	Veterano M40	03:04:41	+52:06 07:23
15	17	Alcídio Moreira	Elefantes runners	Veterano M40	03:07:52	+55:17 07:31
16	42	Marcos Gandra	MCCB Running	Veterano M40	03:08:15	+55:40 07:32
17	16	Carlos KTM Paiva	CORRER LEÇA	Veterano M40	03:09:39	+57:04 07:35
18	19	Miguel Silva	PORTO SENTIDO RUNNERS	Veterano M40	03:13:54	+01:01:20 07:45
19	47	João Hortênsio	Gang Mê Primo	Veterano M40	03:16:58	+01:04:23 07:53
20	4	José Lopes	Individual	Veterano M40	03:21:06	+01:08:31 08:03
21	13	Paulo Ribeiro	Individual	Veterano M40	03:27:06	+01:14:32 08:17
22	505	Flavio Soares	CLUBE ATLETISMO DE LAMAS	Veterano M40	03:36:07	+01:23:32 08:39
23	77	José Ferreira	Individual	Veterano M40	03:50:10	+01:37:35 09:12
24	15	Artur Fonseca	Ruptura Total	Veterano M40	03:51:05	+01:38:30 09:15
25	73	Paulo Vilarinho	Gaia Running	Veterano M40	03:56:23	+01:43:49 09:27
26	10	Miguel Oliveira	Individual	Veterano M40	04:32:00	+02:19:25 10:53

Veterano M50

1	57	Joaquim Lobato	RUNNING ESPINHO	Veterano M50	02:52:05	+39:30	06:53
2	35	ARMANDO MORENO	Individual	Veterano M50	03:03:36	+51:01	07:21
3	75	Luis Duarte	Gaia Running	Veterano M50	03:56:24	+01:43:49	09:27

