

TRAIL LONGO - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	14,4°C	100%
End	12:31	14.4°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	15	NELSON MAGALHÃES	fisioperformance-lixá	Senior Masculino	02:09:40		06:29
2	5	Jorge Oliveira	a.d.amarante trail running	Senior Masculino	02:16:32	+06:51	06:50
3	9	Vitor Alves	brabus runners	Senior Masculino	02:17:10	+07:29	06:52
4	64	Fernando Carvalho	nós acreditamos	Senior Masculino	02:17:52	+08:11	06:54
5	66	José Pinto	nós acreditamos	Senior Masculino	02:23:09	+13:28	07:09
6	65	Francisco Lemos	nós acreditamos	Senior Masculino	02:28:03	+18:22	07:24
7	16	Paulo Sousa	friendsrun	Senior Masculino	02:29:40	+19:59	07:29
8	19	Bruno Filipe Ribeiro Teixeira	individual	Senior Masculino	02:30:57	+21:16	07:33
9	40	Paulo Baltasar Martins	individual	Senior Masculino	02:32:18	+22:37	07:37
10	33	José Ribeiro	individual	Senior Masculino	02:37:52	+28:11	07:54
11	41	Paulo Costa	individual	Senior Masculino	02:40:51	+31:10	08:03
12	1	Filipe Pinto	individual	Senior Masculino	02:44:50	+35:09	08:15
13	53	Sérgio Sorte	individual	Senior Masculino	02:46:05	+36:24	08:18
14	59	Micael Babo	indomitus	Senior Masculino	02:47:40	+37:59	08:23
15	69	Hugo lobo	run4all	Senior Masculino	02:48:00	+38:19	08:24
16	71	dionisio antonio marinho ferreira	team trail bem viver	Senior Masculino	02:50:20	+40:39	08:31
17	63	António Pereira	nós acreditamos	Senior Masculino	02:55:17	+45:36	08:46
18	46	Pedro Manuel Martins Borges	individual	Senior Masculino	02:55:45	+46:04	08:47
19	29	José Amor	individual	Senior Masculino	02:55:47	+46:06	08:47
20	51	Rui Fontes	individual	Senior Masculino	02:56:07	+46:26	08:48
21	35	Luis Miguel Dias Carneiro	individual	Senior Masculino	02:57:18	+47:37	08:52
22	36	luis oliveira	individual	Senior Masculino	02:57:18	+47:37	08:52
23	8	LUIS SILVA	brabus runners	Senior Masculino	03:01:33	+51:52	09:05
24	6	Inácio Ribeiro	amigos das sapatilhas	Senior Masculino	03:01:50	+52:09	09:06
25	55	Zé Artur	individual	Senior Masculino	03:07:16	+57:35	09:22
26	26	Hugo Carvalho	individual	Senior Masculino	03:07:18	+57:37	09:22
27	28	Joaquim Pereira	individual	Senior Masculino	03:07:27	+57:46	09:22
28	18	andrea cunha	individual	Senior Feminino	03:08:39	+58:58	09:26
29	25	Helder costa	individual	Senior Masculino	03:13:42	+01:04:01	09:41
30	11	Vitor Ribeiro	brabus runners	Senior Masculino	03:13:54	+01:04:13	09:42
31	52	RUI PEDRO MARINHO PINTO	individual	Senior Masculino	03:14:20	+01:04:39	09:43
32	42	Paulo Costa	individual	Senior Masculino	03:16:17	+01:06:36	09:49
33	17	Alice Barbosa Pereira - A.D.AmaranteTrailRunning	grupo fal	Senior Feminino	03:16:28	+01:06:47	09:49
34	54	Tiago Mendes	individual	Senior Masculino	03:20:13	+01:10:32	10:01
35	30	José António Teixeira Sousa	individual	Senior Masculino	03:20:14	+01:10:33	10:01
36	44	pedro brizado	individual	Senior Masculino	03:20:34	+01:10:53	10:02
37	23	Claudio Jorge Maia Pinto	individual	Senior Masculino	03:20:34	+01:10:53	10:02
38	12	Silvia Estrela	estilhaços	Senior Feminino	03:27:45	+01:18:04	10:23
39	49	Ricardo Teixeira	individual	Senior Masculino	03:28:37	+01:18:56	10:26
40	72	Pedro Marinho	team trail bem viver	Senior Masculino	03:28:51	+01:19:10	10:27

Trail Longo

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	08:30	14,4°C	100%
End	12:31	14.4°C	100%

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

Senior Feminino

1	18	andrea cunha	Individual	Senior Feminino	03:08:39	+58:58	09:26:37
2	17	Alice Barbosa Pereira - A.D.AmaranteTrailRunning	Grupo FAL	Senior Feminino	03:16:28	+01:06:47	09:49:59
3	12	Silvia Estrela	Estilhaços	Senior Feminino	03:27:45	+01:18:04	10:23:33
4	56	Patrícia Faria	Indomitus	Senior Feminino	03:29:37	+01:19:56	10:29:50

Senior Masculino

1	15	NELSON MAGALHÃES	FISIOPERFORMANCE-LIXA	Senior Masculino	02:09:40	06:29
2	5	Jorge Oliveira	A.D.Amarante trail running	Senior Masculino	02:16:32	+06:51 06:50
3	9	Vítor Alves	Brabus Runners	Senior Masculino	02:17:10	+07:29 06:52
4	64	Fernando Carvalho	Nós Acreditamos	Senior Masculino	02:17:52	+08:11 06:54
5	66	José Pinto	Nós Acreditamos	Senior Masculino	02:23:09	+13:28 07:09
6	65	Francisco Lemos	Nós Acreditamos	Senior Masculino	02:28:03	+18:22 07:24
7	16	Paulo Sousa	FriendsRun	Senior Masculino	02:29:40	+19:59 07:29
8	19	Bruno Filipe Ribeiro Teixeira	Individual	Senior Masculino	02:30:57	+21:16 07:33
9	40	Paulo Baltasar Martins	Individual	Senior Masculino	02:32:18	+22:37 07:37
10	33	José Ribeiro	Individual	Senior Masculino	02:37:52	+28:11 07:54
11	41	Paulo Costa	Individual	Senior Masculino	02:40:51	+31:10 08:03
12	1	Filipe Pinto	Individual	Senior Masculino	02:44:50	+35:09 08:15
13	53	Sérgio Sorte	Individual	Senior Masculino	02:46:05	+36:24 08:18
14	59	Micael Babo	Indomitus	Senior Masculino	02:47:40	+37:59 08:23
15	69	Hugo lobo	Run4all	Senior Masculino	02:48:00	+38:19 08:24
16	71	dionisio antonio marinho ferreira	Team Trail Bem Viver	Senior Masculino	02:50:20	+40:39 08:31
17	63	António Pereira	Nós Acreditamos	Senior Masculino	02:55:17	+45:36 08:46
18	46	Pedro Manuel Martins Borges	Individual	Senior Masculino	02:55:45	+46:04 08:47
19	29	José Amor	Individual	Senior Masculino	02:55:47	+46:06 08:47
20	51	Rui Fontes	Individual	Senior Masculino	02:56:07	+46:26 08:48
21	35	Luis Miguel Dias Carneiro	Individual	Senior Masculino	02:57:18	+47:37 08:52
22	36	luis oliveira	Individual	Senior Masculino	02:57:18	+47:37 08:52
23	8	LUIS SILVA	Brabus Runners	Senior Masculino	03:01:33	+51:52 09:05
24	6	Inácio Ribeiro	Amigos das Sapatilhas	Senior Masculino	03:01:50	+52:09 09:06
25	55	Zé Artur	Individual	Senior Masculino	03:07:16	+57:35 09:22
26	26	Hugo Carvalho	Individual	Senior Masculino	03:07:18	+57:37 09:22
27	28	Joaquim Pereira	Individual	Senior Masculino	03:07:27	+57:46 09:22
28	25	Helder costa	Individual	Senior Masculino	03:13:42	+01:04:01 09:41
29	11	Vítor Ribeiro	Brabus Runners	Senior Masculino	03:13:54	+01:04:13 09:42
30	52	RUI PEDRO MARINHO PINTO	Individual	Senior Masculino	03:14:20	+01:04:39 09:43
31	42	Paulo Costa	Individual	Senior Masculino	03:16:17	+01:06:36 09:49

Trail Longo

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

32	54	Tiago Mendes	Individual	Senior Masculino	03:20:13	+01:10:32	10:01
33	30	José António Teixeira Sousa	Individual	Senior Masculino	03:20:14	+01:10:33	10:01
34	44	pedro brizado	Individual	Senior Masculino	03:20:34	+01:10:53	10:02
35	23	Claudio Jorge Maia Pinto	Individual	Senior Masculino	03:20:34	+01:10:53	10:02
36	49	Ricardo Teixeira	Individual	Senior Masculino	03:28:37	+01:18:56	10:26
37	72	Pedro Marinho	Team Trail Bem Viver	Senior Masculino	03:28:51	+01:19:10	10:27
38	57	Carlos Sousa	Indomitus	Senior Masculino	03:29:37	+01:19:56	10:29
39	70	Joaquim silva	Speedequip	Senior Masculino	03:31:59	+01:22:18	10:36
40	10	Vitor coutinho	Brabus Runners	Senior Masculino	03:32:28	+01:22:47	10:37
41	45	Pedro Castro	Individual	Senior Masculino	03:34:33	+01:24:52	10:44
42	14	Joaquim Santos	Estilhaços	Senior Masculino	03:40:24	+01:30:43	11:01
43	47	Pedro Miguel Ferreira	Individual	Senior Masculino	03:40:36	+01:30:55	11:02
44	7	Pedro Silveira	Amigos das Sapatilhas	Senior Masculino	03:42:49	+01:33:08	11:08
45	20	Bruno Pinheiro	Individual	Senior Masculino	03:47:53	+01:38:12	11:24
46	24	Eduardo Nascimento	Individual	Senior Masculino	03:50:30	+01:40:49	11:32
47	50	rui filipe queirós teixeira	Individual	Senior Masculino	03:51:27	+01:41:46	11:34
48	38	Miguel Alonso	Individual	Senior Masculino	03:53:14	+01:43:34	11:40
49	73	Miguel Silva	Brabus Runners	Senior Masculino	03:55:28	+01:45:47	11:46
50	13	David Estrela	Estilhaços	Senior Masculino	04:00:07	+01:50:26	12:00
51	27	ISIDRO SILVA	Individual	Senior Masculino	04:00:18	+01:50:37	12:01

COLETIVO DO TRAIL LONGO

Lugar	Clube	DescriçãoPontos	Pontos
1	BRABUS RUNNERS	3 + 23 + 30	56