

TRAIL LONGO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:30	37,9°C	17%
End	00:39	37,9°C	17%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	37	Joel Couto	grupo alegre unido bajouca	Veterano M40	01:42:10		05:23
2	9	Diogo Alves	dá-lhe gás team	Sub 23 Masculino	01:55:59	+13:48	06:06
3	40	Rui Cadete	individual	Veterano M40	01:56:05	+13:54	06:07
4	14	André Fernandes	grupo alegre unido bajouca	Veterano M40	01:56:56	+14:46	06:09
5	61	Otelo Domingues Pereira	otelo domingues pereira	Veterano M40	01:57:40	+15:29	06:12
6	50	Filipe carvalho	grupo alegre unido bajouca	Veterano M55	01:59:29	+17:18	06:17
7	46	Rui da Silva	individual	Veterano M45	01:59:39	+17:28	06:18
8	48	Martinho Joaquim da Silva Pedrosa	individual	Veterano M50	02:03:53	+21:42	06:31
9	69	Renato carvalho	vilaventura - trail running team	Senior Masculino	02:04:03	+21:52	06:32
10	13	Ricardo Pedrosa Carreira	grupo alegre unido bajouca	Senior Masculino	02:04:10	+21:59	06:32
11	25	Russo	individual	Senior Masculino	02:04:41	+22:30	06:34
12	21	Milton José Rodrigues Branco	individual	Senior Masculino	02:04:51	+22:40	06:34
13	5	Marco Mendes	apjtrail	Senior Masculino	02:13:22	+31:11	07:01
14	42	Vitor Caçador	individual	Veterano M40	02:15:33	+33:22	07:08
15	12	Paulo do Couto Fernandes	gdi	Veterano M45	02:18:01	+35:50	07:16
16	64	YVO FERNANDES MATIAS	rocket team	Senior Masculino	02:19:29	+37:18	07:21
17	44	Henrique Lavaredas	individual	Veterano M45	02:19:37	+37:27	07:21
18	6	Henrique Carvalho	ccdr matas e cipreste	Senior Masculino	02:19:50	+37:39	07:22
19	7	João Rato	ccdr matas e cipreste	Senior Masculino	02:19:50	+37:39	07:22
20	43	Fernando Neves	individual	Veterano M45	02:20:18	+38:07	07:23
21	33	DAVID CUNHA	individual	Veterano M40	02:21:01	+38:50	07:25
22	38	Leonel	individual	Veterano M40	02:21:59	+39:48	07:28
23	15	João Pedro da Silva Dâmaso	grupo maravilha	Senior Masculino	02:24:52	+42:41	07:38
24	100	Valerio Silva	individual	Veterano M45	02:25:47	+43:36	07:40
25	51	Joao sintra marques	individual	Veterano M60	02:30:29	+48:18	07:55
26	57	David Marques	los caribeños	Senior Masculino	02:30:35	+48:24	07:56
27	41	Tomé Fernandes	grupo alegre unido bajouca	Veterano M40	02:30:41	+48:30	07:56
28	45	Pedro Veríssimo	individual	Veterano M45	02:31:00	+48:49	07:57
29	60	Vitor Ribeiro	los caribeños	Senior Masculino	02:31:42	+49:31	07:59
30	34	Eduardo Figueiredo	individual	Veterano M40	02:32:57	+50:46	08:03
31	36	João Dinis Graça Fernandes	individual	Veterano M40	02:33:50	+51:39	08:06
32	32	Celso Fernandes	individual	Veterano M40	02:34:53	+52:43	08:09
33	31	BRUNO GRILO	individual	Veterano M40	02:35:35	+53:24	08:11
34	20	Luís Pascoal	individual	Senior Masculino	02:36:24	+54:13	08:14
35	70	Daniela Silva	vilaventura - trail running team	Sub 23 Feminino	02:36:52	+54:41	08:15
36	66	NELSON MATIAS	rocket team	Veterano M40	02:47:13	+01:05:02	08:48
37	68	MARCO PASCOAL	vilaventura - trail running team	Senior Masculino	02:49:06	+01:06:55	08:54
38	67	Ana Raquel Carvalho	vilaventura - trail running team	Senior Feminino	02:49:06	+01:06:55	08:54
39	63	TÂNIA PEREIRA PEDROSA	rocket team	Senior Feminino	02:52:39	+01:10:29	09:05
40	65	LILIANA PEDROSA	rocket team	Veterana F40	02:52:40	+01:10:29	09:05
41	8	Rodrigo Nunes	ccdr matas e cipreste	Senior Masculino	02:53:05	+01:10:54	09:07

TRAIL LONGO - STAGE 1

19 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	49	Aníbal Pisco	individual	Veterano M55	02:53:10	+01:10:59	09:07
43	58	Dino Marques	los caribeños	Senior Masculino	02:55:40	+01:13:29	09:15
44	59	Tiago Bastos	los caribeños	Senior Masculino	02:57:04	+01:14:53	09:19
45	39	Nuno Silva	individual	Veterano M40	02:58:19	+01:16:09	09:23
46	22	Pedro Dias	individual	Senior Masculino	02:59:16	+01:17:05	09:26
47	28	Cláudia Mota	individual	Veterana F45	03:15:27	+01:33:16	10:17
48	47	Jorge Santos	individual	Veterano M50	03:15:27	+01:33:16	10:17
49	55	Ana Filipa Ribeiro	los caribeños	Senior Feminino	03:20:14	+01:38:03	10:32
50	56	Daniela Melo	los caribeños	Senior Feminino	03:20:14	+01:38:04	10:32
51	18	Daniel Bernardes da Costa	individual	Senior Masculino	03:30:25	+01:48:14	11:05
52	17	Susana do Carmo Fernandes	individual	Senior Feminino	03:30:25	+01:48:15	11:05
53	16	Alexandra Ramos	individual	Senior Feminino	03:30:26	+01:48:15	11:05
54	72	David Silva	opraticante.pt	Veterano M55	03:32:16	+01:50:06	11:10
55	27	Rita Branco	individual	Veterana F40	03:32:17	+01:50:06	11:10
56	54	Judite Gonçalves Roque	lama solta	Veterana F40	03:34:33	+01:52:22	11:18
57	19	Dany Grilo	grupo alegre unido bajouca	Senior Masculino	03:46:13	+02:04:02	11:54
58	62	Sílvia Pedro	out 2 run/miro	Veterana F50	03:46:13	+02:04:02	11:54
59	71	Zina Fernandes	opraticante.pt	Veterana F40	04:08:32	+02:26:22	13:05
60	73	Nuno Fernandes	opraticante.pt	Veterano M45	04:08:32	+02:26:22	13:05
61	74	Miguel Silva	opraticante.pt	Sub 23 Masculino	04:08:32	+02:26:22	13:05

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	Time	Temperature	Humidity
Start	20:30	37,9°C	17%
End	00:39	37,9°C	17%

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

1	67	Ana Raquel Carvalho	VILAVENTURA - Trail Running Team	Senior Feminino	02:49:06	+01:06:55	08:54:01
2	63	TÂNIA PEREIRA PEDROSA	ROCKET TEAM	Senior Feminino	02:52:39	+01:10:29	09:05:01
3	55	Ana Filipa Ribeiro	Los Caribeños	Senior Feminino	03:20:14	+01:38:03	10:32:01
4	56	Daniela Melo	Los Caribeños	Senior Feminino	03:20:14	+01:38:04	10:32:01
5	17	Susana do Carmo Fernandes	Individual	Senior Feminino	03:30:25	+01:48:15	11:05:01
6	16	Alexandra Ramos	Individual	Senior Feminino	03:30:26	+01:48:15	11:05:01

Senior Masculino

1	69	Renato carvalho	VILAVENTURA - TRAIL RUNNING TEAM	Senior Masculino	02:04:03	+21:52	06:32
2	13	Ricardo Pedrosa Carreira	Grupo Alegre Unido Bajouca	Senior Masculino	02:04:10	+21:59	06:32
3	25	Russo	Individual	Senior Masculino	02:04:41	+22:30	06:34
4	21	Milton José Rodrigues Branco	Individual	Senior Masculino	02:04:51	+22:40	06:34
5	5	Marco Mendes	Apjtrail	Senior Masculino	02:13:22	+31:11	07:01
6	64	YVO FERNANDES MATIAS	ROCKET TEAM	Senior Masculino	02:19:29	+37:18	07:21
7	6	Henrique Carvalho	CCDR Matas e Cipreste	Senior Masculino	02:19:50	+37:39	07:22
8	7	João Rato	CCDR Matas e Cipreste	Senior Masculino	02:19:50	+37:39	07:22
9	15	João Pedro da Silva Dâmaso	Grupo Maravilha	Senior Masculino	02:24:52	+42:41	07:38
10	57	David Marques	Los Caribeños	Senior Masculino	02:30:35	+48:24	07:56
11	60	Vítor Ribeiro	Los Caribeños	Senior Masculino	02:31:42	+49:31	07:59
12	20	Luís Pascoal	Individual	Senior Masculino	02:36:24	+54:13	08:14
13	68	MARCO PASCOAL	VILAVENTURA - TRAIL RUNNING TEAM	Senior Masculino	02:49:06	+01:06:55	08:54
14	8	Rodrigo Nunes	CCDR Matas e Cipreste	Senior Masculino	02:53:05	+01:10:54	09:07
15	58	Dino Marques	Los Caribeños	Senior Masculino	02:55:40	+01:13:29	09:15
16	59	Tiago Bastos	Los Caribeños	Senior Masculino	02:57:04	+01:14:53	09:19
17	22	Pedro Dias	Individual	Senior Masculino	02:59:16	+01:17:05	09:26
18	18	Daniel Bernardes da Costa	Individual	Senior Masculino	03:30:25	+01:48:14	11:05
19	19	Dany Grilo	Grupo Alegre Unido Bajouca	Senior Masculino	03:46:13	+02:04:02	11:54

Sub 23 Feminino

1	70	Daniela Silva	VILAVENTURA - TRAIL RUNNING TEAM	Sub 23 Feminino	02:36:52	+54:41	08:15
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Trail Longo

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Sub 23 Masculino

1	9	Diogo Alves	Dá-lhe Gás Team	Sub 23 Masculino	01:55:59	+13:48	06:06
2	74	Miguel Silva	OPraticante.pt	Sub 23 Masculino	04:08:32	+02:26:22	13:05

Veterana F40

1	65	LILIANA PEDROSA	ROCKET TEAM	Veterana F40	02:52:40	+01:10:29	09:05
2	27	Rita Branco	Individual	Veterana F40	03:32:17	+01:50:06	11:10
3	54	Judite Gonçalves Roque	Lama Solta	Veterana F40	03:34:33	+01:52:22	11:18
4	71	Zina Fernandes	OPraticante.pt	Veterana F40	04:08:32	+02:26:22	13:05

Veterana F45

1	28	Cláudia Mota	Individual	Veterana F45	03:15:27	+01:33:16	10:17
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Veterana F50

1	62	Sílvia Pedro	out 2 run/Miro	Veterana F50	03:46:13	+02:04:02	11:54
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Veterano M40

1	37	Joel Couto	Grupo Alegre Unido Bajouca	Veterano M40	01:42:10	05:23
2	40	Rui Cadete	Individual	Veterano M40	01:56:05	+13:54 06:07
3	14	André Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	01:56:56	+14:46 06:09
4	61	Otelo Domingues Pereira	Otelo Domingues Pereira	Veterano M40	01:57:40	+15:29 06:12
5	42	Vítor Caçador	Individual	Veterano M40	02:15:33	+33:22 07:08
6	33	DAVID CUNHA	Individual	Veterano M40	02:21:01	+38:50 07:25
7	38	Leonel	Individual	Veterano M40	02:21:59	+39:48 07:28
8	41	Tomé Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	02:30:41	+48:30 07:56
9	34	Eduardo Figueiredo	Individual	Veterano M40	02:32:57	+50:46 08:03
10	36	João Dinis Graça Fernandes	Individual	Veterano M40	02:33:50	+51:39 08:06
11	32	Celso Fernandes	Individual	Veterano M40	02:34:53	+52:43 08:09
12	31	BRUNO GRILO	Individual	Veterano M40	02:35:35	+53:24 08:11
13	66	NELSON MATIAS	ROCKET TEAM	Veterano M40	02:47:13	+01:05:02 08:48
14	39	Nuno Silva	Individual	Veterano M40	02:58:19	+01:16:09 09:23

Veterano M45

1	46	Rui da Silva	Individual	Veterano M45	01:59:39	+17:28	06:18:07
2	12	Paulo do Couto Fernandes	GDI	Veterano M45	02:18:01	+35:50	07:16:07
3	44	Henrique Lavaredas	Individual	Veterano M45	02:19:37	+37:27	07:21:07
4	43	Fernando Neves	Individual	Veterano M45	02:20:18	+38:07	07:23:07
5	100	Valerio Silva	Individual	Veterano M45	02:25:47	+43:36	07:40:07

Trail Longo

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[illegible]

OFFICIAL RESULT

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6	45	Pedro Veríssimo	Individual	Veterano M45	02:31:00	+48:49	07:57
7	73	Nuno Fernandes	OPraticante.pt	Veterano M45	04:08:32	+02:26:22	13:05

Veterano M50

1	48	Martinho Joaquim da Silva Pedrosa	Individual	Veterano M50	02:03:53	+21:42	06:31
2	47	Jorge Santos	Individual	Veterano M50	03:15:27	+01:33:16	10:17

Veterano M55

1	50	Filipe carvalho	Grupo Alegre Unido Bajouca	Veterano M55	01:59:29	+17:18	06:17
2	49	Aníbal Pisco	Individual	Veterano M55	02:53:10	+01:10:59	09:07
3	72	David Silva	OPraticante.pt	Veterano M55	03:32:16	+01:50:06	11:10

Veterano M60

1	51	Joao sintra marques	Individual	Veterano M60	02:30:29	+48:18	07:55
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RANK	TEAM	DESCRIPTION	POINTS
1	GRUPO ALEGRE UNIDO BAJOUCA	1 + 4 + 6 + 10	21
2	VILAVENTURA - TRAIL RUNNING TEAM	9 + 35 + 37 + 38	119
3	ROCKET TEAM	16 + 36 + 39 + 40	131
4	LOS CARIBEÑOS	26 + 29 + 43 + 44	142
5	OPRATICANTE.PT	54 + 59 + 60 + 61	234