

TRAIL LONGO - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	14:02	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	24	Fernando Carvalho	clube dos atletas tortos	Veterano M40	02:19:16		04:39
2	60	Marco Carlos Correia Carvalho	individual	Veterano M40	02:25:02	+05:45	04:50
3	14	PEDRO SIMÕES	arsm - associação recreativa de s. miguel	Veterano M40	02:25:06	+05:50	04:50
4	89	Miguel Ferreira	ccd porto mendo	Senior Masculino	02:28:17	+09:01	04:57
5	11	André Miguel Lameiro Monteiro	arcd venda da luisa	Senior Masculino	02:28:50	+09:34	04:58
6	21	Germano Capela	clube de atletismo da barreira	Veterano M40	02:31:54	+12:38	05:04
7	81	Vasco Silva	santiago restaurante	Senior Masculino	02:35:13	+15:56	05:10
8	52	Tiago Gaspar	individual	Senior Masculino	02:37:24	+18:07	05:15
9	90	António Simões	individual	Veterano M50	02:38:59	+19:43	05:18
10	51	Sandro Jordão	individual	Senior Masculino	02:40:12	+20:56	05:20
11	49	Ricardo Ferreira	individual	Senior Masculino	02:40:22	+21:05	05:21
12	38	ABEL DE JESUS VALENTE	individual	Senior Masculino	02:40:34	+21:17	05:21
13	83	José Anjos	santiago restaurante	Veterano M40	02:45:52	+26:35	05:32
14	82	Fernando Catarino	santiago restaurante	Veterano M40	02:45:52	+26:36	05:32
15	17	MÁRIO MENDES	bora bora runner's leiria	Veterano M40	02:50:08	+30:52	05:40
16	7	Paulo Freire	alnetos	Veterano M40	02:50:16	+30:59	05:41
17	16	Frederico Miguel da Silva Carreira	atletico clube da batalha	Senior Masculino	02:50:20	+31:03	05:41
18	71	Jorge Henriques	lourival bike team	Senior Masculino	02:50:33	+31:16	05:41
19	22	João Sanches	clube de atletismo de ferreira do zêzere	Veterano M50	02:52:11	+32:55	05:44
20	44	João Reis	individual	Senior Masculino	02:52:34	+33:18	05:45
21	30	Ricardo Coelho	da-lhe gaz	Senior Masculino	02:53:08	+33:52	05:46
22	29	Pedro Jesus	da-lhe gaz	Senior Masculino	02:54:30	+35:13	05:49
23	31	João Nepomuceno	da-lhe gaz	Veterano M40	02:54:30	+35:13	05:49
24	6	Pedro Caetano	abutres	Veterano M40	02:56:07	+36:51	05:52
25	84	Leonardo José Rodrigues Araújo	slow runners pombal	Senior Masculino	02:56:58	+37:41	05:54
26	34	Nuno Ferreira	fonte nova runners	Veterano M40	02:58:42	+39:26	05:57
27	43	João Pedro da Cunha Pereira	individual	Senior Masculino	02:58:45	+39:28	05:58
28	50	Ricardo Valverde	individual	Senior Masculino	02:59:10	+39:53	05:58
29	64	alfredo valente	individual	Veterano M50	02:59:34	+40:17	05:59
30	76	Júlio de Almeida Rodrigues Marques	montanha clube trail running/efapel	Veterano M50	03:00:15	+40:59	06:01
31	87	Vítor Mota	slow runners pombal	Veterano M40	03:02:26	+43:09	06:05
32	10	VERA BERNARDO	arcd venda da luisa	Senior Feminino	03:04:24	+45:07	06:09
33	88	José Antunes	trail bombeiros ansião team	Veterano M40	03:06:57	+47:40	06:14
34	39	Alexandre Marcelo	individual	Senior Masculino	03:08:23	+49:06	06:17
35	25	Glória Serrazina	crp ribafria	Veterana F50	03:08:51	+49:35	06:18
36	40	Daniel Gomes Pereira	individual	Senior Masculino	03:11:11	+51:54	06:22
37	20	Filipe Carrão	ccd porto mendo	Senior Masculino	03:13:03	+53:46	06:26
38	70	Frederico Crasto	lizrunners	Senior Masculino	03:14:15	+54:59	06:29
39	42	fidel conde	individual	Senior Masculino	03:14:15	+54:59	06:29
40	75	Luis viela	montanha clube trail running/efapel	Veterano M40	03:15:39	+56:22	06:31
41	66	Manuel Gaspar	individual	Veterano M50	03:17:17	+58:00	06:35

TRAIL LONGO - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	61	Norberto Rosa	individual	Veterano M40	03:17:17	+58:00	06:35
43	35	carla santos	individual	Senior Feminino	03:18:16	+59:00	06:37
44	57	José Coelho	individual	Veterano M40	03:18:21	+59:04	06:37
45	13	Lígia Coelho	arsm - associação recreativa de s. miguel	Veterana F40	03:18:30	+59:14	06:37
46	15	Arsénio Fernandes	arsm - associação recreativa de s. miguel	Veterano M60	03:18:30	+59:14	06:37
47	37	Sara Carvalho	individual	Senior Feminino	03:18:39	+59:23	06:37
48	23	André Ferro	clube de condeixa	Senior Masculino	03:21:46	+01:02:30	06:44
49	85	Gina Domingues	slow runners pombal	Veterana F40	03:23:02	+01:03:45	06:46
50	79	João Batista	os iindomáveis	Senior Masculino	03:23:13	+01:03:56	06:46
51	80	Duarte Ferreira	rabugem	Senior Masculino	03:26:24	+01:07:08	06:53
52	48	Renato Miguel da Mota Santos	individual	Senior Masculino	03:26:45	+01:07:29	06:54
53	86	João Pedro Monteiro	slow runners pombal	Veterano M40	03:29:01	+01:09:44	06:58
54	9	jaime henrique zuzarte de sousa	ansibikers	Veterano M50	03:31:45	+01:12:28	07:04
55	45	Jorge Rosa	individual	Senior Masculino	03:31:45	+01:12:29	07:04
56	27	Hugo Godinho	cumibroa bike`s running team	Senior Masculino	03:35:46	+01:16:30	07:12
57	46	Miguel Midões	individual	Senior Masculino	03:38:20	+01:19:03	07:17
58	65	fernando manuel cação costa	individual	Veterano M50	03:38:39	+01:19:22	07:17
59	72	Maria Inês Caetano	mira q corredores	Senior Feminino	03:40:35	+01:21:19	07:21
60	73	Pedro Silva	mira q corredores	Senior Masculino	03:40:49	+01:21:33	07:22
61	19	Tânia Ferreira	cabritos do mato	Senior Feminino	03:41:05	+01:21:49	07:22
62	18	Carina Gaspar	cabritos do mato	Senior Feminino	03:41:06	+01:21:49	07:22
63	74	Luísa Maria da Conceição Baptista	montanha clube trail running/efapel	Veterana F50	03:46:24	+01:27:07	07:33
64	62	Pedro Monteiro	individual	Veterano M40	03:51:04	+01:31:48	07:42
65	28	Jorge Faria	cumibroa bike`s running team	Veterano M40	03:51:28	+01:32:12	07:43
66	26	Carlos Mendes	cumibroa bike`s running team	Senior Masculino	03:51:31	+01:32:15	07:43
67	32	Mélanie Duarte	farmácia luciano e matos	Senior Feminino	03:54:08	+01:34:51	07:48
68	33	David Cunha da Silva	farmácia luciano e matos	Senior Masculino	03:54:08	+01:34:52	07:48
69	8	PEDRO NATARIO	alnetos	Veterano M40	03:57:43	+01:38:26	07:55
70	63	Pedro Ricardo Correia Henriques	individual	Veterano M40	03:57:43	+01:38:27	07:55
71	56	MARIA LUÍSA	individual	Veterana F40	04:00:27	+01:41:10	08:01
72	77	Céu Santos	omundodacorrida	Veterana F50	04:22:57	+02:03:40	08:46
73	78	Fernando Fonseca	omundodacorrida	Veterano M50	04:25:30	+02:06:14	08:51
74	68	Vitorino Coragem	individual	Veterano M60	04:33:12	+02:13:55	09:06

Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:30	-99°C	-99%
End	14:02	-99°C	-99%

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

1	10	VERA BERNARDO	ARCD Venda da Luisa	Senior Feminino	03:04:24	06:09
2	35	carla santos	Individual	Senior Feminino	03:18:17	+13:53 06:37
3	37	Sara Carvalho	Individual	Senior Feminino	03:18:40	+14:16 06:37
4	72	Maria Inês Caetano	Mira Q Corredores	Senior Feminino	03:40:36	+36:12 07:21
5	19	Tânia Ferreira	Cabritos do Mato	Senior Feminino	03:41:06	+36:42 07:22
6	18	Carina Gaspar	Cabritos do Mato	Senior Feminino	03:41:06	+36:42 07:22
7	32	Mélanie Duarte	Farmácia Luciano e Matos	Senior Feminino	03:54:08	+49:44 07:48

Senior Masculino

1	89	Miguel Ferreira	CCD Porto Mendo	Senior Masculino	02:28:18		04:57
2	11	André Miguel Lameiro Monteiro	ARCD Venda da Luisa	Senior Masculino	02:28:51	+00:33	04:58
3	81	Vasco Silva	Santiago Restaurante	Senior Masculino	02:35:13	+06:55	05:10
4	52	Tiago Gaspar	Individual	Senior Masculino	02:37:24	+09:06	05:15
5	51	Sandro Jordão	Individual	Senior Masculino	02:40:13	+11:55	05:20
6	49	Ricardo Ferreira	Individual	Senior Masculino	02:40:22	+12:04	05:21
7	38	ABEL DE JESUS VALENTE	Individual	Senior Masculino	02:40:34	+12:16	05:21
8	16	Frederico Miguel da Silva Carreira	Atlético Clube da Batalha	Senior Masculino	02:50:20	+22:02	05:41
9	71	Jorge Henriques	Lourival Bike Team	Senior Masculino	02:50:33	+22:15	05:41
10	44	João Reis	Individual	Senior Masculino	02:52:35	+24:17	05:45
11	30	Ricardo Coelho	Da-lhe Gaz	Senior Masculino	02:53:09	+24:51	05:46
12	29	Pedro Jesus	Da-lhe Gaz	Senior Masculino	02:54:30	+26:12	05:49
13	84	Leonardo José Rodrigues Araújo	Slow Runners Pombal	Senior Masculino	02:56:58	+28:40	05:54
14	43	João Pedro da Cunha Pereira	Individual	Senior Masculino	02:58:45	+30:27	05:58
15	50	Ricardo Valverde	Individual	Senior Masculino	02:59:10	+30:52	05:58
16	39	Alexandre Marcelo	Individual	Senior Masculino	03:08:23	+40:05	06:17
17	40	Daniel Gomes Pereira	Individual	Senior Masculino	03:11:11	+42:53	06:22
18	20	Filipe Carrão	CCD Porto Mendo	Senior Masculino	03:13:03	+44:45	06:26
19	70	Frederico Crasto	LizRunners	Senior Masculino	03:14:16	+45:58	06:29
20	42	fidel conde	Individual	Senior Masculino	03:14:16	+45:58	06:29
21	23	André Ferro	Clube de Condeixa	Senior Masculino	03:21:47	+53:29	06:44
22	79	João Batista	Os lindomáveis	Senior Masculino	03:23:13	+54:55	06:46
23	80	Duarte Ferreira	Rabugem	Senior Masculino	03:26:25	+58:07	06:53
24	48	Renato Miguel da Mota Santos	Individual	Senior Masculino	03:26:46	+58:28	06:54
25	45	Jorge Rosa	Individual	Senior Masculino	03:31:46	+01:03:28	07:04
26	27	Hugo Godinho	CUMIBROA BIKE`S RUNNING TEAM	Senior Masculino	03:35:47	+01:07:29	07:12
27	46	Miguel Midões	Individual	Senior Masculino	03:38:20	+01:10:02	07:17
28	73	Pedro Silva	Mira Q Corredores	Senior Masculino	03:40:50	+01:12:32	07:22

Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

29	26	Carlos Mendes	CUMIBROA BIKE`S RUNNING TEAM	Senior Masculino	03:51:32	+01:23:14	07:43
30	33	David Cunha da Silva	Farmácia Luciano e Matos	Senior Masculino	03:54:09	+01:25:51	07:48

Veterana F40

1	13	Lígia Coelho	ARSM - Associação Recreativa de S. Miguel	Veterana F40	03:18:31	06:37
2	85	Gina Domingues	Slow Runners Pombal	Veterana F40	03:23:02	+04:31 06:46
3	56	MARIA LUÍSA	Individual	Veterana F40	04:00:27	+41:56 08:01

Veterana F50

1	25	Glória Serrazina	CRP RIBAFRIA	Veterana F50	03:08:52	06:18
2	74	Luísa Maria da Conceição Baptista	Montanha Clube Trail Running/Efapel	Veterana F50	03:46:24	+37:32 07:33
3	77	Céu Santos	OMUNDODACORRIDA	Veterana F50	04:22:57	+01:14:05 08:46

Veterano M40

1	24	Fernando Carvalho	Clube dos Atletas Tortos	Veterano M40	02:19:17	04:39
2	60	Marco Carlos Correia Carvalho	Individual	Veterano M40	02:25:02	+05:45 04:50
3	14	PEDRO SIMÕES	ARSM - Associação Recreativa de S. Miguel	Veterano M40	02:25:07	+05:50 04:50
4	21	Germano Capela	Clube de Atletismo da Barreira	Veterano M40	02:31:55	+12:38 05:04
5	83	José Anjos	Santiago Restaurante	Veterano M40	02:45:52	+26:35 05:32
6	82	Fernando Catarino	Santiago Restaurante	Veterano M40	02:45:53	+26:36 05:32
7	17	MÁRIO MENDES	BORA BORA RUNNER`S LEIRIA	Veterano M40	02:50:09	+30:52 05:40
8	7	Paulo Freire	ALNETOS	Veterano M40	02:50:16	+30:59 05:41
9	31	João Nepomuceno	Da-lhe Gaz	Veterano M40	02:54:30	+35:13 05:49
10	6	Pedro Caetano	Abutres	Veterano M40	02:56:08	+36:51 05:52
11	34	Nuno Ferreira	Fonte Nova Runners	Veterano M40	02:58:43	+39:26 05:57
12	87	Vítor Mota	Slow Runners Pombal	Veterano M40	03:02:26	+43:09 06:05
13	88	José Antunes	Trail Bombeiros Ansião team	Veterano M40	03:06:57	+47:40 06:14
14	75	Luis viela	Montanha Clube Trail Running/Efapel	Veterano M40	03:15:39	+56:22 06:31
15	61	Norberto Rosa	Individual	Veterano M40	03:17:17	+58:00 06:35
16	57	José Coelho	Individual	Veterano M40	03:18:21	+59:04 06:37
17	86	João Pedro Monteiro	Slow Runners Pombal	Veterano M40	03:29:01	+01:09:44 06:58
18	62	Pedro Monteiro	Individual	Veterano M40	03:51:05	+01:31:48 07:42
19	28	Jorge Faria	CUMIBROA BIKE`S RUNNING TEAM	Veterano M40	03:51:29	+01:32:12 07:43
20	8	PEDRO NATARIO	ALNETOS	Veterano M40	03:57:43	+01:38:26 07:55
21	63	Pedro Ricardo Correia Henriques	Individual	Veterano M40	03:57:44	+01:38:27 07:55

Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M50

1	90	António Simões	Individual	Veterano M50	02:39:00	05:18
2	22	João Sanches	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	02:52:12	+13:12 05:44
3	64	alfredo valente	Individual	Veterano M50	02:59:34	+20:34 05:59
4	76	Júlio de Almeida Rodrigues Marques	Montanha Clube Trail Running/Efapel	Veterano M50	03:00:16	+21:16 06:01
5	66	Manuel Gaspar	Individual	Veterano M50	03:17:17	+38:17 06:35
6	9	jaime henrique zuzarte de sousa	Ansibikers	Veterano M50	03:31:45	+52:45 07:04
7	65	fernando manuel cação costa	Individual	Veterano M50	03:38:39	+59:39 07:17
8	78	Fernando Fonseca	OMUNDODACORRIDA	Veterano M50	04:25:31	+01:46:31 08:51

Veterano M60

1	15	Arsénio Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	03:18:31	06:37
2	68	Vitorino Coragem	Individual	Veterano M60	04:33:12	+01:14:41 09:06