

TRAIL 20KM - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:30	-99°C	-99%
End	00:15	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	1	Diogo Fernandes	sim summit	Senior Masculino	01:31:05		04:33
2	22	Carlos veloso	airorun	Veterano M40	01:31:49	+00:44	04:35
3	20	Bruno Ribeiro	águias de alvelos	Senior Masculino	01:32:38	+01:33	04:38
4	13	Paulo Costa	a.d.amarante	Veterano M40	01:35:30	+04:25	04:47
5	81	Pedro Santos	oralklass - amigos do trail	Veterano M40	01:36:24	+05:19	04:49
6	14	Vitor Costa	a.d.amarante	Veterano M40	01:37:40	+06:34	04:53
7	80	Luís Pedro Martins	oralklass - amigos do trail	Veterano M40	01:38:25	+07:20	04:55
8	3	Estivel Martinez	equipo objetivo trail	Senior Masculino	01:38:56	+07:51	04:57
9	15	Andre Machado	adosa - os santa apolonia	Senior Masculino	01:40:19	+09:14	05:01
10	94	Carlos Ferreira	sim summit	Senior Masculino	01:41:17	+10:12	05:04
11	76	Fernando Neves	oralklass - amigos do trail	Senior Masculino	01:47:08	+16:03	05:21
12	11	António Mendes	a.d.amarante	Senior Masculino	01:48:37	+17:31	05:26
13	78	Gilberto Pimenta	oralklass - amigos do trail	Senior Masculino	01:51:14	+20:08	05:34
14	19	Manuel Carvalho	adosa - os santa apolonia	Veterano M40	01:53:13	+22:07	05:40
15	109	Heder Ribeiro	airorun	Senior Masculino	01:54:22	+23:16	05:43
16	44	Miguel Neto	furfor	Senior Masculino	01:54:34	+23:29	05:44
17	2	Nuno Pereira	oralklass - amigos do trail	Senior Masculino	01:56:26	+25:21	05:49
18	70	Bruno Gonçalves	montanha clube trail running	Senior Masculino	01:56:27	+25:22	05:49
19	108	András Herczog	wheel nuts cyclotouring - portugalsportholidays.com	Senior Masculino	01:57:00	+25:55	05:51
20	63	Isaac Costa	individual	Veterano M40	01:57:55	+26:50	05:54
21	12	Leonel Ferreira	a.d.amarante	Senior Masculino	01:59:07	+28:02	05:57
22	8	Carla Moreira	a.d.amarante	Senior Feminino	01:59:17	+28:12	05:58
23	77	Filipe Carneiro	oralklass - amigos do trail	Senior Masculino	01:59:49	+28:44	05:59
24	103	Marco Filipe Silva Moreira	team lanthemil	Veterano M40	02:00:48	+29:42	06:02
25	40	Ricardo Costa	figueiró fit	Senior Masculino	02:00:53	+29:48	06:03
26	6	Rita Loureiro	oralklass - amigos do trail	Senior Feminino	02:01:06	+30:01	06:03
27	100	Humberto Reis	team lanthemil	Veterano M40	02:01:53	+30:47	06:06
28	30	Antonio Goncalves	cabritos do monte	Senior Masculino	02:03:52	+32:47	06:12
29	17	Nuno Batista	adosa - os santa apolonia	Sub 23 Masculino	02:03:57	+32:52	06:12
30	10	Cristiano Santos	a.d.amarante	Senior Masculino	02:04:07	+33:02	06:12
31	102	Manuel Costa	team lanthemil	Veterano M40	02:04:39	+33:34	06:14
32	9	Claudia Moreira	a.d.amarante	Senior Feminino	02:05:18	+34:13	06:16
33	104	Rodrigo Silva	team lanthemil	Veterano M40	02:05:52	+34:47	06:18
34	41	Rui Orlando Neto	figueiró fit	Veterano M40	02:06:20	+35:15	06:19
35	96	Rosalia Silva	team lanthemil	Senior Feminino	02:06:34	+35:29	06:20
36	43	Duarte Cerqueira	furfor	Senior Masculino	02:06:53	+35:48	06:21
37	56	Francisco Castro	individual	Senior Masculino	02:07:37	+36:32	06:23
38	112	Marco Silva	individual	Senior Masculino	02:08:31	+37:26	06:26
39	98	Pedro Coelho	team lanthemil	Senior Masculino	02:11:02	+39:57	06:33
40	34	Pablo Sio Otero	equipo objetivo trail	Veterano M40	02:11:15	+40:10	06:34
41	53	Bruno Moura	individual	Senior Masculino	02:11:48	+40:43	06:35

TRAIL 20KM - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
42	52	Raquel Andrade	individual	Senior Feminino	02:11:49	+40:44	06:35
43	72	Paulo Pereira	moreira runners	Veterano M40	02:13:05	+42:00	06:39
44	69	Luis Rodrigues	marco runners	Senior Masculino	02:13:30	+42:25	06:41
45	99	Rogério Torres	team lanthemil	Senior Masculino	02:13:39	+42:33	06:41
46	35	Roberto Salgado	equipo objetivo trail	Veterano M40	02:14:07	+43:02	06:42
47	101	Joaquim Silva	team lanthemil	Veterano M40	02:14:36	+43:31	06:44
48	21	Pedro Cerqueira	airorun	Senior Masculino	02:14:49	+43:44	06:44
49	105	Raffael Martins	tesco team running	Senior Masculino	02:15:00	+43:55	06:45
50	107	Vitor Gonçalves	trogloditas runners	Senior Masculino	02:15:13	+44:08	06:46
51	106	Elisabete Alves	trogloditas runners	Senior Feminino	02:15:19	+44:14	06:46
52	86	Manuela Faria	portocargo runners	Veterana F40	02:16:13	+45:07	06:49
53	88	NUNO TEIXEIRA	portocargo runners	Veterano M40	02:16:13	+45:08	06:49
54	87	Luis	portocargo runners	Veterano M40	02:16:13	+45:08	06:49
55	62	Adriano Pinto	individual	Veterano M40	02:16:44	+45:39	06:50
56	23	GONÇALO FREITAS	amc trail	Sub 23 Masculino	02:17:44	+46:38	06:53
57	25	António Martins	aztrail/mercentro	Senior Masculino	02:18:43	+47:38	06:56
58	36	Jose Angel Marquez	equipo objetivo trail	Veterano M60	02:20:31	+49:25	07:02
59	32	Nuno Pina	equipa joão ferreira	Veterano M40	02:22:30	+51:24	07:08
60	7	Angela Soares	a.d.amarante	Senior Feminino	02:22:46	+51:41	07:08
61	110	Diogo Oliveira	individual	Senior Masculino	02:23:18	+52:13	07:10
62	26	Conceição Ferreira	aztrail/mercentro	Veterana F50	02:23:20	+52:15	07:10
63	31	António Carlos Tavares De Paiva	correr leça	Veterano M40	02:23:46	+52:40	07:11
64	75	Maria Gonçalves	oralklass - amigos do trail	Senior Feminino	02:23:55	+52:50	07:12
65	65	Paulo Moreira	individual	Veterano M40	02:24:09	+53:04	07:12
66	50	Mariana Machado Ballester	individual	Senior Feminino	02:26:19	+55:14	07:19
67	61	Tiago Guimarães	individual	Senior Masculino	02:30:30	+59:25	07:32
68	38	Cesar martins	escola de atletismo trofa	Veterano M40	02:30:34	+59:28	07:32
69	37	Julia sousa	escola de atletismo trofa	Veterana F50	02:30:34	+59:29	07:32
70	97	Hélio Borges	team lanthemil	Senior Masculino	02:30:49	+59:44	07:32
71	82	Lino Moreira	os turbomula	Veterano M60	02:31:27	+01:00:21	07:34
72	39	Nelson Pinto	figueiró fit	Senior Masculino	02:32:15	+01:01:10	07:37
73	57	João Botelho	individual	Senior Masculino	02:32:42	+01:01:37	07:38
74	33	Gabriel Ledo Freire	equipo objetivo trail	Senior Masculino	02:33:21	+01:02:16	07:40
75	54	Ernesto Guimarães	individual	Senior Masculino	02:34:06	+01:03:01	07:42
76	64	JORGE GONÇALVES	individual	Veterano M40	02:34:06	+01:03:01	07:42
77	84	Arlindo Ferreira	piratas da montanha	Veterano M40	02:34:09	+01:03:03	07:42
78	85	Hugo Santos	piratas da montanha	Veterano M40	02:34:09	+01:03:04	07:42
79	16	Ricardo Mendes	adosa - os santa apolonia	Senior Masculino	02:36:58	+01:05:52	07:51
80	18	Silvia Pereira	adosa - os santa apolonia	Veterana F40	02:36:59	+01:05:53	07:51
81	60	Nuno Monteiro	individual	Senior Masculino	02:39:11	+01:08:06	07:58
82	66	Sergio Sousa	individual	Veterano M40	02:41:11	+01:10:06	08:04
83	4	Ângelo Pinho	ginásio fit4fun	Veterano M40	02:43:09	+01:12:04	08:09
84	73	Raquel Vasconcelos	no tomorrow running team	Veterana F40	02:43:10	+01:12:05	08:10
85	47	Ana Pissarra	ginásio fit4fun	Veterana F40	02:43:14	+01:12:09	08:10
86	74	Paulo Gomes	no tomorrow running team	Veterano M40	02:43:21	+01:12:15	08:10

TRAIL 20KM - STAGE 1

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	92	Carmen Almeida	serviços sociais do montepio	Senior Feminino	02:46:57	+01:15:51	08:21
88	83	Rui Marante	pastilhas team	Senior Masculino	02:47:46	+01:16:41	08:23
89	55	Filipe Bessa	individual	Senior Masculino	02:48:13	+01:17:08	08:25
90	91	Pedro Cerqueira	quenianos do paço	Senior Masculino	02:56:08	+01:25:03	08:48
91	90	Nuno Costa	quenianos do paço	Senior Masculino	03:06:00	+01:34:55	09:18
92	59	Miguel Cruz	individual	Senior Masculino	03:14:48	+01:43:43	09:44
93	89	Paulo Ferreira	portocargo runners	Veterano M40	03:22:11	+01:51:05	10:07
94	49	Catarina Assoreira	individual	Senior Feminino	03:46:10	+02:15:05	11:19
95	51	Morgana Almeida	individual	Senior Feminino	03:46:12	+02:15:07	11:19

Trail 20Km

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	20:30	-99°C	-99%
End	00:15	-99°C	-99%

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

Senior Feminino

1	8	Carla Moreira	A.D.Amarante	Senior Feminino	01:59:17	+28:12	05:58:12
2	6	Rita Loureiro	Oralklass - Amigos Do Trail	Senior Feminino	02:01:06	+30:01	06:03:12
3	9	Claudia Moreira	A.D.Amarante	Senior Feminino	02:05:18	+34:13	06:16:12
4	96	Rosalia Silva	TEAM LANTEMIL	Senior Feminino	02:06:34	+35:29	06:20:12
5	52	Raquel Andrade	Individual	Senior Feminino	02:11:49	+40:44	06:35:12
6	106	Elisabete Alves	Trogloditas runners	Senior Feminino	02:15:19	+44:14	06:46:12
7	7	Angela Soares	A.D.Amarante	Senior Feminino	02:22:46	+51:41	07:08:12
8	75	Maria Gonçalves	Oralklass - Amigos Do Trail	Senior Feminino	02:23:55	+52:50	07:12:12
9	50	Mariana Machado Ballester	Individual	Senior Feminino	02:26:19	+55:14	07:19:12
10	92	Carmen Almeida	Serviços Sociais do Montepio	Senior Feminino	02:46:57	+01:15:51	08:21:12
11	49	Catarina Assoreira	Individual	Senior Feminino	03:46:10	+02:15:05	11:19:12
12	51	Morgana Almeida	Individual	Senior Feminino	03:46:12	+02:15:07	11:19:12

Senior Masculino

1	1	Diogo Fernandes	SiM Summit	Senior Masculino	01:31:05	04:33:30
2	20	Bruno Ribeiro	ÁGUIAS DE ALVELOS	Senior Masculino	01:32:38	+01:33 04:38:03
3	3	Estivel Martinez	Equipo Objetivo Trail	Senior Masculino	01:38:56	+07:51 04:57:59
4	15	Andre Machado	ADOSA - OS SANTA APOLONIA	Senior Masculino	01:40:19	+09:14 05:01:18
5	94	Carlos Ferreira	SiM Summit	Senior Masculino	01:41:17	+10:12 05:04:36
6	76	Fernando Neves	Oralklass - Amigos Do Trail	Senior Masculino	01:47:08	+16:03 05:21:21
7	11	António Mendes	A.D.Amarante	Senior Masculino	01:48:37	+17:31 05:26:08
8	78	Gilberto Pimenta	Oralklass - Amigos Do Trail	Senior Masculino	01:51:14	+20:08 05:34:12
9	109	Heder Ribeiro	AIRORUN	Senior Masculino	01:54:22	+23:16 05:43:28
10	44	Miguel Neto	Furfor	Senior Masculino	01:54:34	+23:29 05:44:02
11	2	Nuno Pereira	Oralklass - Amigos Do Trail	Senior Masculino	01:56:26	+25:21 05:49:09
12	70	Bruno Gonçalves	Montanha Clube Trail Running	Senior Masculino	01:56:27	+25:22 05:49:10
13	108	András Herczog	Wheel Nuts Cyclotouring - portugalsportholidays.com	Senior Masculino	01:57:00	+25:55 05:51:05
14	12	Leonel Ferreira	A.D.Amarante	Senior Masculino	01:59:07	+28:02 05:57:12
15	77	Filipe Carneiro	Oralklass - Amigos Do Trail	Senior Masculino	01:59:49	+28:44 05:59:01
16	40	Ricardo Costa	Figueiró Fit	Senior Masculino	02:00:53	+29:48 06:03:05
17	30	Antonio Goncalves	Cabritos do Monte	Senior Masculino	02:03:52	+32:47 06:12:02
18	10	Cristiano Santos	A.D.Amarante	Senior Masculino	02:04:07	+33:02 06:12:09
19	43	Duarte Cerqueira	Furfor	Senior Masculino	02:06:53	+35:48 06:21:02
20	56	Francisco Castro	Individual	Senior Masculino	02:07:37	+36:32 06:23:39
21	112	Marco Silva	Individual	Senior Masculino	02:08:31	+37:26 06:26:10
22	98	Pedro Coelho	TEAM LANTEMIL	Senior Masculino	02:11:02	+39:57 06:33:07
23	53	Bruno Moura	Individual	Senior Masculino	02:11:48	+40:43 06:35:05

Official Timekeeper: Lap2Go	1 / 3	generate 20-Apr-2019 00:29
-----------------------------	-------	----------------------------

Trail 20Km

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

24	69	Luis Rodrigues	Marco Runners	Senior Masculino	02:13:30	+42:25	06:41
25	99	Rogério Torres	TEAM LANTEMIL	Senior Masculino	02:13:39	+42:33	06:41
26	21	Pedro Cerqueira	AIRORUN	Senior Masculino	02:14:49	+43:44	06:44
27	105	Raffael Martins	Tesco Team Running	Senior Masculino	02:15:00	+43:55	06:45
28	107	Vitor Gonçalves	Trogloditas runners	Senior Masculino	02:15:13	+44:08	06:46
29	25	António Martins	Aztrail/Mercentro	Senior Masculino	02:18:43	+47:38	06:56
30	110	Diogo Oliveira	Individual	Senior Masculino	02:23:18	+52:13	07:10
31	61	Tiago Guimarães	Individual	Senior Masculino	02:30:30	+59:25	07:32
32	97	Hélio Borges	TEAM LANTEMIL	Senior Masculino	02:30:49	+59:44	07:32
33	39	Nelson Pinto	Figueiró Fit	Senior Masculino	02:32:15	+01:01:10	07:37
34	57	João Botelho	Individual	Senior Masculino	02:32:42	+01:01:37	07:38
35	33	Gabriel Ledo Freire	Equipo Objetivo Trail	Senior Masculino	02:33:21	+01:02:16	07:40
36	54	Ernesto Guimarães	Individual	Senior Masculino	02:34:06	+01:03:01	07:42
37	16	Ricardo Mendes	ADOSA - OS SANTA APOLONIA	Senior Masculino	02:36:58	+01:05:52	07:51
38	60	Nuno Monteiro	Individual	Senior Masculino	02:39:11	+01:08:06	07:58
39	83	Rui Marante	Pastilhas Team	Senior Masculino	02:47:46	+01:16:41	08:23
40	55	Filipe Bessa	Individual	Senior Masculino	02:48:13	+01:17:08	08:25
41	91	Pedro Cerqueira	Quenianos do Paço	Senior Masculino	02:56:08	+01:25:03	08:48
42	90	Nuno Costa	Quenianos do Paço	Senior Masculino	03:06:00	+01:34:55	09:18
43	59	Miguel Cruz	Individual	Senior Masculino	03:14:48	+01:43:43	09:44

Sub 23 Masculino

1	17	Nuno Batista	ADOSA - OS SANTA APOLONIA	Sub 23 Masculino	02:03:57	+32:52	06:12
2	23	GONALO FREITAS	AMC TRAIL	Sub 23 Masculino	02:17:44	+46:38	06:53

Veterana F40

1	86	Manuela Faria	PORTOCARGO RUNNERS	Veterana F40	02:16:13	+45:07	06:49
2	18	Silvia Pereira	ADOSA - OS SANTA APOLONIA	Veterana F40	02:36:59	+01:05:53	07:51
3	73	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	02:43:10	+01:12:05	08:10
4	47	Ana Pissarra	Ginásio Fit4Fun	Veterana F40	02:43:14	+01:12:09	08:10

Veterana F50

1	26	Conceição Ferreira	Aztrail/Mercentro	Veterana F50	02:23:20	+52:15	07:10
2	37	Julia sousa	Escola de atletismo Trofa	Veterana F50	02:30:34	+59:29	07:32

Veterano M40

1	22	Carlos veloso	AIRORUN	Veterano M40	01:31:49	+00:44	04:35
2	13	Paulo Costa	A.D.Amarante	Veterano M40	01:35:30	+04:25	04:47
3	81	Pedro Santos	Oralklass - Amigos Do Trail	Veterano M40	01:36:24	+05:19	04:49
4	14	Vitor Costa	A.D.Amarante	Veterano M40	01:37:40	+06:34	04:53

Official Timekeeper: Lap2Go	2 / 3	generate 20-Apr-2019 00:29
-----------------------------	-------	----------------------------

Trail 20Km

20 KM

[illegible]

OFFICIAL RESULT

[illegible]

5	80	Luís Pedro Martins	Oralklass - Amigos Do Trail	Veterano M40	01:38:25	+07:20	04:55
6	19	Manuel Carvalho	ADOSA - OS SANTA APOLONIA	Veterano M40	01:53:13	+22:07	05:40
7	63	Isaac Costa	Individual	Veterano M40	01:57:55	+26:50	05:54
8	103	Marco Filipe Silva Moreira	TEAM LANTEMIL	Veterano M40	02:00:48	+29:42	06:02
9	100	Humberto Reis	TEAM LANTEMIL	Veterano M40	02:01:53	+30:47	06:06
10	102	Manuel Costa	TEAM LANTEMIL	Veterano M40	02:04:39	+33:34	06:14
11	104	Rodrigo Silva	TEAM LANTEMIL	Veterano M40	02:05:52	+34:47	06:18
12	41	Rui Orlando Neto	Figueiró Fit	Veterano M40	02:06:20	+35:15	06:19
13	34	Pablo Sio Otero	Equipo Objetivo Trail	Veterano M40	02:11:15	+40:10	06:34
14	72	Paulo Pereira	Moreira Runners	Veterano M40	02:13:05	+42:00	06:39
15	35	Roberto Salgado	Equipo Objetivo Trail	Veterano M40	02:14:07	+43:02	06:42
16	101	Joaquim Silva	TEAM LANTEMIL	Veterano M40	02:14:36	+43:31	06:44
17	88	NUNO TEIXEIRA	PORTOCARGO RUNNERS	Veterano M40	02:16:13	+45:08	06:49
18	87	Luis	PORTOCARGO RUNNERS	Veterano M40	02:16:13	+45:08	06:49
19	62	Adriano Pinto	Individual	Veterano M40	02:16:44	+45:39	06:50
20	32	Nuno Pina	Equipa João Ferreira	Veterano M40	02:22:30	+51:24	07:08
21	31	António Carlos Tavares De Paiva	CORRER LEÇA	Veterano M40	02:23:46	+52:40	07:11
22	65	Paulo Moreira	Individual	Veterano M40	02:24:09	+53:04	07:12
23	38	Cesar martins	Escola de atletismo Trofa	Veterano M40	02:30:34	+59:28	07:32
24	64	JORGE GONÇALVES	Individual	Veterano M40	02:34:06	+01:03:01	07:42
25	84	Arlindo Ferreira	Piratas da Montanha	Veterano M40	02:34:09	+01:03:03	07:42
26	85	Hugo Santos	Piratas da Montanha	Veterano M40	02:34:09	+01:03:04	07:42
27	66	Sergio Sousa	Individual	Veterano M40	02:41:11	+01:10:06	08:04
28	4	Ângelo Pinho	Ginásio Fit4Fun	Veterano M40	02:43:09	+01:12:04	08:09
29	74	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	02:43:21	+01:12:15	08:10
30	89	Paulo Ferreira	PORTOCARGO RUNNERS	Veterano M40	03:22:11	+01:51:05	10:07

Veterano M60

1	36	Jose Angel Marquez	Equipo Objetivo Trail	Veterano M60	02:20:31	+49:25	07:02
2	82	Lino Moreira	Os TurboMula	Veterano M60	02:31:27	+01:00:21	07:34

[illegible]

Official Timekeeper: Lap2Go	1 / 1	generate 20-Apr-2019 00:30
-----------------------------	-------	----------------------------