

TRAIL LONGO - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9,4°C	87%
End	13:41	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	177	Joao amorim	fcpenafiel	Veterano M45	02:02:02		05:05
2	17	Eurico Pereira	individual	Sub 23 Masculino	02:02:48	+00:46	05:07
3	100	Joel Pereira	minho e lima trail	Senior Masculino	02:05:19	+03:16	05:13
4	96	Amândio Ferreira	rumo à aventura	Senior Masculino	02:06:55	+04:53	05:17
5	83	André Machado	adosa - os santa apolónia	Senior Masculino	02:07:11	+05:09	05:18
6	53	Alex Tondela	montanha clube trail running/efapel	Veterano M40	02:09:17	+07:14	05:23
7	103	João Narciso Gonçalves	olímpico vianense	Senior Masculino	02:10:20	+08:18	05:26
8	5	Vitor Silva	vimarunners	Senior Masculino	02:11:12	+09:09	05:28
9	167	Nuno Lemos	clube atletismo fafe	Veterano M40	02:11:43	+09:40	05:29
10	178	Mark macedo	fcpenafiel	Senior Masculino	02:15:05	+13:03	05:38
11	102	Lucinda Sousa	prozis	Veterana F45	02:17:50	+15:48	05:45
12	86	António Oliveira Oliveira	individual	Veterano M40	02:18:25	+16:23	05:46
13	161	Pedro oliveira	riofit	Senior Masculino	02:19:18	+17:16	05:48
14	124	Pedro Dias	dá-lhe gás trail team fisioduo	Senior Masculino	02:19:24	+17:22	05:49
15	109	João Henrique da Cruz	cb run	Senior Masculino	02:19:27	+17:25	05:49
16	50	Miguel Machado	profisio eupago team	Veterano M40	02:20:55	+18:52	05:52
17	125	Manuel Machado	individual	Veterano M50	02:22:23	+20:21	05:56
18	126	Américo Machado	individual	Veterano M50	02:22:24	+20:21	05:56
19	127	Alfredo Oliveira	individual	Veterano M55	02:22:24	+20:22	05:56
20	136	Juan Castro	club atletismo cambados - seguros noval	Veterano M50	02:22:35	+20:32	05:56
21	68	João Barbosa	scespinho-atletismo/antonio leitão	Veterano M45	02:22:54	+20:52	05:57
22	95	Mariana Machado	oraklass - amigos do trail	Senior Feminino	02:24:28	+22:25	06:01
23	3	Jorge Melo	individual	Senior Masculino	02:25:56	+23:53	06:05
24	147	Sérgio Sampaio	fisiopedro trail	Veterano M45	02:26:39	+24:37	06:07
25	75	José Costa	arpo	Veterano M40	02:28:35	+26:33	06:11
26	25	Tiago Pereira	pastilhas team	Junior Masculino	02:28:41	+26:39	06:12
27	33	Jorge Pinheiro	ribeiras trail	Veterano M40	02:28:55	+26:53	06:12
28	28	Bruno Pereira	o que queremos é monte	Senior Masculino	02:29:50	+27:48	06:15
29	38	Rafael Costa	clube atletismo fafe	Senior Masculino	02:30:46	+28:44	06:17
30	64	SERGIO SILVA	clube atletismo de brito	Senior Masculino	02:30:48	+28:46	06:17
31	132	Helder Bruno Ribeiro Silva	paredes aventura	Veterano M40	02:30:50	+28:48	06:17
32	30	Amadeu Teixeira	individual	Veterano M60	02:31:40	+29:38	06:19
33	74	Nuno Silva	the newbies	Senior Masculino	02:33:16	+31:14	06:23
34	122	Claudio Teixeira	paredes aventura	Senior Masculino	02:33:20	+31:18	06:23
35	46	Sergio Torre	individual	Veterano M40	02:33:24	+31:22	06:24
36	56	Torcato Silva	individual	Veterano M45	02:33:30	+31:28	06:24
37	77	David Gonçalves	factor x / s4l / medense fc	Senior Masculino	02:33:45	+31:43	06:24
38	23	Luis Miguel Santos	vimarunners	Senior Masculino	02:33:54	+31:52	06:25
39	32	Armando Moreira	ribeiras trail	Veterano M45	02:35:12	+33:10	06:28
40	87	Vitor Andrade	paredes aventura	Veterano M45	02:35:18	+33:16	06:28
41	16	João Ricardo	vimarunners	Veterano M40	02:39:11	+37:08	06:38
42	129	Rui Moreira	paredes aventura	Veterano M45	02:39:19	+37:16	06:38

TRAIL LONGO - STAGE 1

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	146	Nuno Gomes	fisiopedro trail	Senior Masculino	02:40:39	+38:37	06:42
44	15	Ricardo Lemos	individual	Veterano M45	02:40:42	+38:39	06:42
45	158	João Meira	riofit	Veterano M45	02:40:53	+38:50	06:42
46	39	Miguel Angelo	guimarães	Veterano M50	02:40:58	+38:56	06:42
47	13	Paulo Coelho	clube atletismo fafe	Veterano M50	02:41:06	+39:04	06:43
48	98	Rui Faria	vimarunners	Veterano M40	02:41:07	+39:05	06:43
49	180	Julia conceição	fcpenafiel	Veterana F50	02:41:08	+39:05	06:43
50	97	Márcio Silva	vimarunners	Veterano M40	02:41:08	+39:06	06:43
51	104	Vasco Faria	cb run	Senior Masculino	02:41:16	+39:14	06:43
52	9	José Fernandes	individual	Veterano M45	02:41:46	+39:43	06:44
53	133	Tiago Amaral	sim summit	Senior Masculino	02:42:17	+40:15	06:46
54	107	Albino Vieira	cb run	Veterano M60	02:43:41	+41:39	06:49
55	145	João Pedro Silva	fisiopedro trail	Senior Masculino	02:44:27	+42:25	06:51
56	40	Manuel costa	núcleo do sporting clube de portugal de v. n. de famalicão	Veterano M60	02:45:23	+43:21	06:53
57	26	Mario Lima	avesrunners	Veterano M40	02:45:48	+43:45	06:55
58	89	Rui Heliodoro Sousa	turbotrilhos	Senior Masculino	02:46:53	+44:51	06:57
59	88	Nelson Lopes	turbotrilhos	Senior Masculino	02:46:53	+44:51	06:57
60	93	Hélder Soares	bruxos runners	Veterano M40	02:46:59	+44:56	06:57
61	94	Orlando Campos	fisio.	Veterano M40	02:47:52	+45:50	07:00
62	59	Jorge Alves	villa de basto trail	Veterano M40	02:47:55	+45:53	07:00
63	131	Paulo França	morcegos trail	Veterano M45	02:47:58	+45:56	07:00
64	120	Adélio Valente	individual	Veterano M40	02:49:17	+47:15	07:03
65	24	Daniel Marco Gomes Miranda	pastilhas team	Veterano M40	02:49:26	+47:24	07:04
66	138	Susana Rodrigues	clube atletismo fafe	Senior Feminino	02:49:26	+47:24	07:04
67	144	Daniel Neto	fisiopedro trail	Senior Masculino	02:50:50	+48:48	07:07
68	157	Micael Gonçalves	riofit	Senior Masculino	02:51:48	+49:46	07:10
69	159	Filipe Freitas	riofit	Veterano M40	02:51:50	+49:47	07:10
70	62	Tomás Pereira	cr candoso	Veterano M55	02:52:42	+50:40	07:12
71	1	Vítor Rodrigues	guimarães	Senior Masculino	02:53:34	+51:32	07:14
72	67	RICARDO FREITAS	riofit	Senior Masculino	02:53:36	+51:33	07:14
73	55	Ricardo Soares	individual	Veterano M55	02:53:48	+51:46	07:15
74	84	Fernando Pinheiro	individual	Veterano M40	02:53:59	+51:57	07:15
75	54	Rui Fernandes	individual	Senior Masculino	02:54:09	+52:07	07:15
76	91	RICARDO MEIRA	vermoim v n famalicao	Veterano M40	02:55:03	+53:01	07:18
77	80	Ana Azevedo	individual	Senior Feminino	02:55:04	+53:01	07:18
78	105	Fernando Faria	adpedome	Senior Masculino	02:56:06	+54:04	07:20
79	121	Daniel Ferreira	individual	Veterano M40	02:56:06	+54:04	07:20
80	11	António Caldas	individual	Veterano M50	02:56:19	+54:17	07:21
81	162	Eduardo Ferreira	riofit	Senior Masculino	02:59:10	+57:08	07:28
82	117	Manuel Lopes	riofit	Veterano M50	02:59:10	+57:08	07:28
83	168	Daniel Martinho	riofit	Senior Masculino	02:59:53	+57:51	07:30
84	82	Leandro Oliveira	cb run	Senior Masculino	02:59:57	+57:54	07:30
85	34	José Meira Rodrigues	paredes aventura	Veterano M45	03:00:27	+58:25	07:31
86	41	João Silva	liz runners	Senior Masculino	03:00:29	+58:26	07:31
87	48	Jorge Pereira	profisio eupago team	Senior Masculino	03:01:17	+59:14	07:33

TRAIL LONGO - STAGE 1

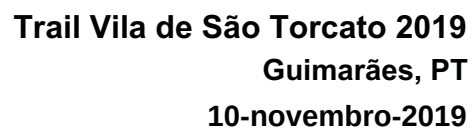
24 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
88	52	Alberto Leite	correr com c'alma	Veterano M60	03:01:41	+59:39	07:34
89	43	André Araújo	individual	Senior Masculino	03:04:01	+01:01:59	07:40
90	135	Susana Ribeiro	mouquim running	Veterana F45	03:04:18	+01:02:16	07:41
91	110	José Carlos Morais	fotões do hsog	Veterano M50	03:04:18	+01:02:16	07:41
92	51	Bruno Rafael	individual	Veterano M40	03:04:44	+01:02:42	07:42
93	2	João Paulo Castro	individual	Veterano M40	03:04:53	+01:02:51	07:42
94	99	Hélder Oliveira	terror dos montes	Senior Masculino	03:06:35	+01:04:33	07:46
95	172	Mário Mendes	riofit	Senior Masculino	03:06:44	+01:04:41	07:47
96	140	João Machado	squadra di potenza	Senior Masculino	03:07:22	+01:05:20	07:48
97	90	Anselmo Pinto	vimarunners	Veterano M45	03:09:05	+01:07:03	07:53
98	35	Jorge Silva	no pain no gain	Veterano M40	03:10:35	+01:08:33	07:56
99	176	Sofia Cristina Rodrigues Peixoto	clube atletismo de brito	Senior Feminino	03:11:41	+01:09:39	07:59
100	29	Fernando Lopes	terror dos montes	Veterano M55	03:12:20	+01:10:18	08:01
101	106	Miguel Silva	cse hools	Senior Masculino	03:13:15	+01:11:13	08:03
102	60	Vasco Oliveira	4 magníficos	Veterano M40	03:16:28	+01:14:26	08:11
103	72	Marcelo Teixeira	the newbies	Senior Masculino	03:17:15	+01:15:13	08:13
104	128	Domingos Machado	braga	Veterano M60	03:17:20	+01:15:18	08:13
105	31	Rosa Gama	ribeiras trail	Veterana F50	03:17:53	+01:15:51	08:15
106	20	Filipe Sousa	maissaúde - fisioterapia e osteopatia	Senior Masculino	03:18:39	+01:16:36	08:17
107	65	Joao Martins	mm atletismo	Senior Masculino	03:18:48	+01:16:45	08:17
108	134	José Duarte	sscgd	Veterano M60	03:19:08	+01:17:06	08:18
109	37	Daniel Filipe Fernandes	vimarunners	Senior Masculino	03:19:37	+01:17:35	08:19
110	108	Tânia Machado	aventureiros	Senior Feminino	03:19:39	+01:17:37	08:19
111	111	Sergio Rocha	cse hools	Veterano M50	03:22:36	+01:20:34	08:27
112	78	Silvio Freitas	individual	Veterano M40	03:22:38	+01:20:36	08:27
113	61	Ricardo S.	individual	Veterano M40	03:22:39	+01:20:37	08:27
114	63	António Oliveira	individual	Veterano M50	03:22:46	+01:20:44	08:27
115	119	Pedro Vidal	os finos	Veterano M45	03:22:55	+01:20:53	08:27
116	112	Joao Couto	os finos	Veterano M45	03:24:32	+01:22:30	08:31
117	70	Marco Mendes	guimarães	Veterano M40	03:25:55	+01:23:53	08:35
118	116	António Gonçalves	dive into the mountains	Veterano M55	03:26:39	+01:24:37	08:37
119	169	Iracema Costa	vilela bikestore	Veterana F50	03:26:45	+01:24:43	08:37
120	113	Pedro Magalhães	matosinhos	Veterano M45	03:29:16	+01:27:14	08:43
121	7	Jorge Mendes	individual	Senior Masculino	03:31:55	+01:29:53	08:50
122	22	Helder Costa	os amigos do trail running	Veterano M40	03:31:57	+01:29:55	08:50
123	18	Valdemar Almeida	invicta runners team	Veterano M55	03:33:13	+01:31:11	08:53
124	139	Carla Manuela Ferreira	vila verde	Veterana F40	03:38:52	+01:36:50	09:07
125	92	Vitor Alves	eramosamigosparacorrer	Senior Masculino	03:42:18	+01:40:16	09:16
126	6	Claudia Moura	individual	Senior Feminino	03:42:43	+01:40:41	09:17
127	101	Mario Vilaca	eramosamigosparacorrer	Senior Masculino	03:43:26	+01:41:24	09:19
128	47	Eduarda Barros	individual	Veterana F40	03:43:58	+01:41:56	09:20
129	170	Alberto Martins	vilela bikestore	Veterano M55	03:58:56	+01:56:54	09:57
130	45	António Cabral	vila pouca de aguiar	Veterano M45	04:06:00	+02:03:58	10:15
131	44	Marta Saraiva Cabral	individual	Veterana F40	04:06:02	+02:04:00	10:15
132	137	Sara Gomes	clube atletismo fafe	Sub 23 Feminino	04:41:20	+02:39:18	11:43



24 KM

OFFICIAL RESULT

[illegible]

Trail Longo

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	9,4°C	87%
End	13:41	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Junior Masculino

1	25	Tiago Pereira	Pastilhas Team	Junior Masculino	02:28:41	+26:39	06:12
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Senior Feminino

1	95	Mariana Machado	Oraklass - Amigos do Trail	Senior Feminino	02:24:28	+22:25	06:01
2	138	Susana Rodrigues	Clube Atletismo Fafe	Senior Feminino	02:49:26	+47:24	07:04
3	80	Ana Azevedo	Individual	Senior Feminino	02:55:04	+53:01	07:18
4	176	Sofia Cristina Rodrigues Peixoto	CLUBE ATLETISMO DE BRITO	Senior Feminino	03:11:41	+01:09:39	07:59
5	108	Tânia Machado	Aventureiros	Senior Feminino	03:19:39	+01:17:37	08:19
6	6	Claudia Moura	Individual	Senior Feminino	03:42:43	+01:40:41	09:17

Senior Masculino

1	100	Joel Pereira	Minho e Lima Trail	Senior Masculino	02:05:19	+03:16	05:13
2	96	Amândio Ferreira	Rumo À Aventura	Senior Masculino	02:06:55	+04:53	05:17
3	83	André Machado	ADOSA - Os Santa Apolónia	Senior Masculino	02:07:11	+05:09	05:18
4	103	João Narciso Gonçalves	Olímpico Vianense	Senior Masculino	02:10:20	+08:18	05:26
5	5	Vítor Silva	vimarunners	Senior Masculino	02:11:12	+09:09	05:28
6	178	Mark macedo	fcpenafiel	Senior Masculino	02:15:05	+13:03	05:38
7	161	Pedro oliveira	Riofit	Senior Masculino	02:19:18	+17:16	05:48
8	124	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:19:24	+17:22	05:49
9	109	João Henrique da Cruz	CB RUN	Senior Masculino	02:19:27	+17:25	05:49
10	3	Jorge Melo	Individual	Senior Masculino	02:25:56	+23:53	06:05
11	28	Bruno Pereira	O Que Queremos é Monte	Senior Masculino	02:29:50	+27:48	06:15
12	38	Rafael Costa	Clube Atletismo Fafe	Senior Masculino	02:30:46	+28:44	06:17
13	64	SERGIO SILVA	CLUBE ATLETISMO DE BRITO	Senior Masculino	02:30:48	+28:46	06:17
14	74	Nuno Silva	The Newbies	Senior Masculino	02:33:16	+31:14	06:23
15	122	Claudio Teixeira	PAREDES AVENTURA	Senior Masculino	02:33:20	+31:18	06:23
16	77	David Gonçalves	Factor X / S4L / Medense FC	Senior Masculino	02:33:45	+31:43	06:24
17	23	Luis Miguel Santos	vimarunners	Senior Masculino	02:33:54	+31:52	06:25
18	146	Nuno Gomes	FisioPedro Trail	Senior Masculino	02:40:39	+38:37	06:42
19	104	Vasco Faria	CB RUN	Senior Masculino	02:41:16	+39:14	06:43
20	133	Tiago Amaral	SiM Summit	Senior Masculino	02:42:17	+40:15	06:46
21	145	João Pedro Silva	FisioPedro Trail	Senior Masculino	02:44:27	+42:25	06:51
22	89	Rui Heliodoro Sousa	TurboTrilhos	Senior Masculino	02:46:53	+44:51	06:57
23	88	Nelson Lopes	TurboTrilhos	Senior Masculino	02:46:53	+44:51	06:57
24	144	Daniel Neto	FisioPedro Trail	Senior Masculino	02:50:50	+48:48	07:07
25	157	Micael Gonçalves	Riofit	Senior Masculino	02:51:48	+49:46	07:10

Trail Longo

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

26	1	Vitor Rodrigues	GUIMARÃES	Senior Masculino	02:53:34	+51:32	07:14
27	67	RICARDO FREITAS	Riofit	Senior Masculino	02:53:36	+51:33	07:14
28	54	Rui Fernandes	Individual	Senior Masculino	02:54:09	+52:07	07:15
29	105	Fernando Faria	ADPedome	Senior Masculino	02:56:06	+54:04	07:20
30	162	Eduardo Ferreira	Riofit	Senior Masculino	02:59:10	+57:08	07:28
31	168	Daniel Martinho	Riofit	Senior Masculino	02:59:53	+57:51	07:30
32	82	Leandro Oliveira	CB RUN	Senior Masculino	02:59:57	+57:54	07:30
33	41	João Silva	LIZ RUNNERS	Senior Masculino	03:00:29	+58:26	07:31
34	48	Jorge Pereira	ProFisio euPago Team	Senior Masculino	03:01:17	+59:14	07:33
35	43	André Araújo	Individual	Senior Masculino	03:04:01	+01:01:59	07:40
36	99	Hélder Oliveira	Terror dos Montes	Senior Masculino	03:06:35	+01:04:33	07:46
37	172	Mário Mendes	Riofit	Senior Masculino	03:06:44	+01:04:41	07:47
38	140	João Machado	Squadra Di Potenza	Senior Masculino	03:07:22	+01:05:20	07:48
39	106	Miguel Silva	CSE HOOLS	Senior Masculino	03:13:15	+01:11:13	08:03
40	72	Marcelo Teixeira	The Newbies	Senior Masculino	03:17:15	+01:15:13	08:13
41	20	Filipe Sousa	MaisSaúde - Fisioterapia e Osteopatia	Senior Masculino	03:18:39	+01:16:36	08:17
42	65	Joao Martins	MM Atletismo	Senior Masculino	03:18:48	+01:16:45	08:17
43	37	Daniel Filipe Fernandes	vimarunners	Senior Masculino	03:19:37	+01:17:35	08:19
44	7	Jorge Mendes	Individual	Senior Masculino	03:31:55	+01:29:53	08:50
45	92	Vitor Alves	eramosamigosparacorrer	Senior Masculino	03:42:18	+01:40:16	09:16
46	101	Mario Vilaca	Eramosamigosparacorrer	Senior Masculino	03:43:26	+01:41:24	09:19

Sub 23 Feminino

1	137	Sara Gomes	Clube Atletismo Fafe	Sub 23 Feminino	04:41:20	+02:39:18	11:43
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Sub 23 Masculino

1	17	Eurico Pereira	Individual	Sub 23 Masculino	02:02:48	+00:46	05:07
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Veterana F40

1	139	Carla Manuela Ferreira	VILA VERDE	Veterana F40	03:38:52	+01:36:50	09:07
2	47	Eduarda Barros	Individual	Veterana F40	03:43:58	+01:41:56	09:20
3	44	Marta Saraiva Cabral	Individual	Veterana F40	04:06:02	+02:04:00	10:15

Veterana F45

1	102	Lucinda Sousa	Prozis	Veterana F45	02:17:50	+15:48	05:45
2	135	Susana Ribeiro	Mouquim running	Veterana F45	03:04:18	+01:02:16	07:41

Trail Longo

24 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterana F50

1	180	Julia conceição	fcpenafiel	Veterana F50	02:41:08	+39:05	06:43
2	31	Rosa Gama	Ribeiras Trail	Veterana F50	03:17:53	+01:15:51	08:15
3	169	Iracema Costa	Vilela Bikestore	Veterana F50	03:26:45	+01:24:43	08:37

Veterano M40

1	53	Alex Tondela	Montanha Clube Trail Running/Efapel	Veterano M40	02:09:17	+07:14	05:23
2	167	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	02:11:43	+09:40	05:29
3	86	António Oliveira Oliveira	Individual	Veterano M40	02:18:25	+16:23	05:46
4	50	Miguel Machado	ProFisio euPago Team	Veterano M40	02:20:55	+18:52	05:52
5	75	José Costa	ARPO	Veterano M40	02:28:35	+26:33	06:11
6	33	Jorge Pinheiro	Ribeiras Trail	Veterano M40	02:28:55	+26:53	06:12
7	132	Helder Bruno Ribeiro Silva	PAREDES AVENTURA	Veterano M40	02:30:50	+28:48	06:17
8	46	Sergio Torre	Individual	Veterano M40	02:33:24	+31:22	06:24
9	16	João Ricardo	vimarunners	Veterano M40	02:39:11	+37:08	06:38
10	98	Rui Faria	vimarunners	Veterano M40	02:41:07	+39:05	06:43
11	97	Márcio Silva	vimarunners	Veterano M40	02:41:08	+39:06	06:43
12	26	Mário Lima	Avesrunners	Veterano M40	02:45:48	+43:45	06:55
13	93	Hélder Soares	Bruxos Runners	Veterano M40	02:46:59	+44:56	06:57
14	94	Orlando Campos	FISIO.	Veterano M40	02:47:52	+45:50	07:00
15	59	Jorge Alves	Villa de Basto trail	Veterano M40	02:47:55	+45:53	07:00
16	120	Adélio Valente	Individual	Veterano M40	02:49:17	+47:15	07:03
17	24	Daniel Marco Gomes Miranda	Pastilhas Team	Veterano M40	02:49:26	+47:24	07:04
18	159	Filipe Freitas	Riofit	Veterano M40	02:51:50	+49:47	07:10
19	84	Fernando Pinheiro	Individual	Veterano M40	02:53:59	+51:57	07:15
20	91	RICARDO MEIRA	VERMOIM V N FAMALICAO	Veterano M40	02:55:03	+53:01	07:18
21	121	Daniel Ferreira	Individual	Veterano M40	02:56:06	+54:04	07:20
22	51	Bruno Rafael	Individual	Veterano M40	03:04:44	+01:02:42	07:42
23	2	João Paulo Castro	Individual	Veterano M40	03:04:53	+01:02:51	07:42
24	35	Jorge Silva	No pain no gain	Veterano M40	03:10:35	+01:08:33	07:56
25	60	Vasco Oliveira	4 magníficos	Veterano M40	03:16:28	+01:14:26	08:11
26	78	Silvio Freitas	Individual	Veterano M40	03:22:38	+01:20:36	08:27
27	61	Ricardo S.	Individual	Veterano M40	03:22:39	+01:20:37	08:27
28	70	Marco Mendes	GUIMARÃES	Veterano M40	03:25:55	+01:23:53	08:35
29	22	Helder Costa	Os Amigos do Trail Running	Veterano M40	03:31:57	+01:29:55	08:50

Veterano M45

1	177	Joao amorim	fcpenafiel	Veterano M45	02:02:02	05:05
2	68	João Barbosa	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterano M45	02:22:54	+20:52 05:57
3	147	Sérgio Sampaio	FisioPedro Trail	Veterano M45	02:26:39	+24:37 06:07
4	56	Torcato Silva	Individual	Veterano M45	02:33:30	+31:28 06:24

Trail Longo

24 KM

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5	32	Armando Moreira	Ribeiras Trail	Veterano M45	02:35:12	+33:10	06:28
6	87	Vitor Andrade	PAREDES AVENTURA	Veterano M45	02:35:18	+33:16	06:28
7	129	Rui Moreira	PAREDES AVENTURA	Veterano M45	02:39:19	+37:16	06:38
8	15	Ricardo Lemos	Individual	Veterano M45	02:40:42	+38:39	06:42
9	158	João Meira	Riofit	Veterano M45	02:40:53	+38:50	06:42
10	9	José Fernandes	Individual	Veterano M45	02:41:46	+39:43	06:44
11	131	Paulo França	Morcegos Trail	Veterano M45	02:47:58	+45:56	07:00
12	34	José Meira Rodrigues	PAREDES AVENTURA	Veterano M45	03:00:27	+58:25	07:31
13	90	Anselmo Pinto	vimarunners	Veterano M45	03:09:05	+01:07:03	07:53
14	119	Pedro Vidal	Os Finos	Veterano M45	03:22:55	+01:20:53	08:27
15	112	Joao Couto	Os Finos	Veterano M45	03:24:32	+01:22:30	08:31
16	113	Pedro Magalhães	Matosinhos	Veterano M45	03:29:16	+01:27:14	08:43
17	45	António Cabral	Vila Pouca de Aguiar	Veterano M45	04:06:00	+02:03:58	10:15

Veterano M50

1	125	Manuel Machado	Individual	Veterano M50	02:22:23	+20:21	05:56
2	126	Américo Machado	Individual	Veterano M50	02:22:24	+20:21	05:56
3	136	Juan Castro	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	Veterano M50	02:22:35	+20:32	05:56
4	39	Miguel Angelo	GUIMARÃES	Veterano M50	02:40:58	+38:56	06:42
5	13	Paulo Coelho	Clube Atletismo Fafe	Veterano M50	02:41:06	+39:04	06:43
6	11	António Caldas	Individual	Veterano M50	02:56:19	+54:17	07:21
7	117	Manuel Lopes	Riofit	Veterano M50	02:59:10	+57:08	07:28
8	110	José Carlos Morais	Fotões do HSOG	Veterano M50	03:04:18	+01:02:16	07:41
9	111	Sergio Rocha	CSE HOOLS	Veterano M50	03:22:36	+01:20:34	08:27
10	63	António Oliveira	Individual	Veterano M50	03:22:46	+01:20:44	08:27

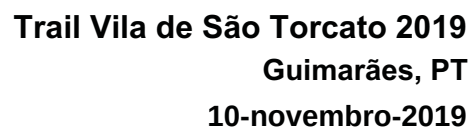
Veterano M55

1	127	Alfredo Oliveira	Individual	Veterano M55	02:22:24	+20:22	05:56
2	62	Tomás Pereira	cr candoso	Veterano M55	02:52:42	+50:40	07:12
3	55	Ricardo Soares	Individual	Veterano M55	02:53:48	+51:46	07:15
4	29	Fernando Lopes	Terror dos Montes	Veterano M55	03:12:20	+01:10:18	08:01
5	116	António Gonçalves	DIVE INTO THE MOUNTAINS	Veterano M55	03:26:39	+01:24:37	08:37
6	18	Valdemar Almeida	Invicta Runners Team	Veterano M55	03:33:13	+01:31:11	08:53
7	170	Alberto Martins	Vilela Bikestore	Veterano M55	03:58:56	+01:56:54	09:57

Veterano M60

1	30	Amadeu Teixeira	Individual	Veterano M60	02:31:40	+29:38	06:19
2	107	Albino Vieira	CB RUN	Veterano M60	02:43:41	+41:39	06:49
3	40	Manuel costa	Núcleo do Sporting clube de Portugal de v. n. de Famalicão	Veterano M60	02:45:23	+43:21	06:53
4	52	Alberto Leite	Correr com c'Alma	Veterano M60	03:01:41	+59:39	07:34
5	128	Domingos Machado	Braga	Veterano M60	03:17:20	+01:15:18	08:13

Official Timekeeper: Lap2Go	4 / 5	generate 10-nov-2019 14:36
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24 KM

OFFICIAL RESULT

6	134	José Duarte	SSCGD	Veterano M60	03:19:08	+01:17:06	08:18
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