

## TRAIL LONGO - STAGE 1

**30 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | -99°C       | -99%     |
| End   | 14:07 | -99°C       | -99%     |

| RANK | BIB | NAME                                 | TEAM                 | CAT              | RESULT   | DIFF      | T/KM  |
|------|-----|--------------------------------------|----------------------|------------------|----------|-----------|-------|
| 1    | 32  | César Barros                         | individual           | Senior Masculino | 02:45:05 |           | 05:30 |
| 2    | 34  | Luis Novais                          | individual           | Senior Masculino | 02:45:38 | +00:33    | 05:31 |
| 3    | 39  | Vítor Hugo Ribeiro Andrade           | individual           | Senior Masculino | 03:08:56 | +23:50    | 06:18 |
| 4    | 38  | Tiago Sousa                          | individual           | Senior Masculino | 03:21:26 | +36:20    | 06:43 |
| 5    | 31  | Bruno Filipe Cardoso Pereira         | individual           | Senior Masculino | 03:41:12 | +56:06    | 07:22 |
| 6    | 47  | MANUEL PINHEIRO                      | fridão sem limites   | Veterano M40     | 03:50:29 | +01:05:24 | 07:41 |
| 7    | 56  | NUNO MIGUEL LOPES SANTOS             | villa de basto trail | Senior Masculino | 03:52:20 | +01:07:14 | 07:45 |
| 8    | 28  | Ângela Costa                         | guimarunning moscada | Veterana F40     | 03:55:15 | +01:10:09 | 07:51 |
| 9    | 48  | Paulo Azevedo                        | individual           | Veterano M40     | 04:06:42 | +01:21:37 | 08:13 |
| 10   | 33  | Luis Ferreira                        | individual           | Senior Masculino | 04:10:33 | +01:25:28 | 08:21 |
| 11   | 46  | Luis Miguel Alves de Freitas Ribeiro | individual           | Veterano M40     | 04:10:49 | +01:25:44 | 08:22 |
| 12   | 80  | Rui Pedro Fraga                      | individual           | Senior Masculino | 04:11:08 | +01:26:02 | 08:22 |
| 13   | 43  | Cândido Silva                        | individual           | Veterano M40     | 04:13:58 | +01:28:53 | 08:28 |
| 14   | 45  | Jorge Anjos                          | individual           | Veterano M40     | 04:17:33 | +01:32:28 | 08:35 |
| 15   | 44  | Carlos Alves                         | individual           | Veterano M40     | 04:17:34 | +01:32:28 | 08:35 |
| 16   | 42  | Maria do Carmo Marinho               | individual           | Veterana F50     | 04:39:42 | +01:54:36 | 09:19 |
| 17   | 40  | Patrícia Nunes                       | individual           | Veterana F40     | 04:44:29 | +01:59:24 | 09:29 |
| 18   | 21  | PAULA COSTA                          | c. r. candoso        | Veterana F40     | 04:44:29 | +01:59:24 | 09:29 |
| 19   | 30  | Angelo Costa                         | individual           | Senior Masculino | 04:51:31 | +02:06:25 | 09:43 |
| 20   | 52  | Filipe Ferreira                      | marco trail          | Senior Masculino | 04:53:45 | +02:08:39 | 09:48 |
| 21   | 51  | dionisio ferreira                    | marco trail          | Senior Masculino | 04:53:45 | +02:08:39 | 09:48 |
| 22   | 41  | Lúcia Isabel Teixeira Lemos          | individual           | Veterana F50     | 04:59:17 | +02:14:11 | 09:59 |
| 23   | 50  | João Gil                             | individual           | Veterano M50     | 05:04:53 | +02:19:48 | 10:10 |
| 24   | 29  | Sónia Brás                           | individual           | Senior Feminino  | 05:07:03 | +02:21:57 | 10:14 |

## Trail Longo

**30 KM**

[illegible]

## OFFICIAL RESULT

[illegible]

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | -99°C       | -99%     |
| End   | 14:07 | -99°C       | -99%     |

| RANK | BIB | NAME | TEAM | CAT | RESULT | DIFF | t/KM |
|------|-----|------|------|-----|--------|------|------|
|------|-----|------|------|-----|--------|------|------|

## Senior Feminino

|   |    |            |            |                 |          |       |
|---|----|------------|------------|-----------------|----------|-------|
| 1 | 29 | Sónia Brás | Individual | Senior Feminino | 05:07:03 | 10:14 |
|---|----|------------|------------|-----------------|----------|-------|

## Senior Masculino

|    |    |                              |                      |                  |          |                 |
|----|----|------------------------------|----------------------|------------------|----------|-----------------|
| 1  | 32 | César Barros                 | Individual           | Senior Masculino | 02:45:06 | 05:30           |
| 2  | 34 | Luis Novais                  | Individual           | Senior Masculino | 02:45:39 | +00:33 05:31    |
| 3  | 39 | Vítor Hugo Ribeiro Andrade   | Individual           | Senior Masculino | 03:08:56 | +23:50 06:18    |
| 4  | 38 | Tiago Sousa                  | Individual           | Senior Masculino | 03:21:26 | +36:20 06:43    |
| 5  | 31 | Bruno Filipe Cardoso Pereira | Individual           | Senior Masculino | 03:41:12 | +56:06 07:22    |
| 6  | 56 | NUNO MIGUEL LOPES SANTOS     | Villa de Basto trail | Senior Masculino | 03:52:20 | +01:07:14 07:45 |
| 7  | 33 | Luis Ferreira                | Individual           | Senior Masculino | 04:10:34 | +01:25:28 08:21 |
| 8  | 80 | Rui Pedro Fraga              | Individual           | Senior Masculino | 04:11:08 | +01:26:02 08:22 |
| 9  | 30 | Angelo Costa                 | Individual           | Senior Masculino | 04:51:31 | +02:06:25 09:43 |
| 10 | 52 | Filipe Ferreira              | MARCO TRAIL          | Senior Masculino | 04:53:45 | +02:08:39 09:48 |
| 11 | 51 | dionisio ferreira            | MARCO TRAIL          | Senior Masculino | 04:53:45 | +02:08:39 09:48 |

## Veterana F40

|   |    |                |                      |              |          |              |
|---|----|----------------|----------------------|--------------|----------|--------------|
| 1 | 28 | Ângela Costa   | Guimarunning Moscada | Veterana F40 | 03:55:15 | 07:51        |
| 2 | 40 | Patrícia Nunes | Individual           | Veterana F40 | 04:44:30 | +49:15 09:29 |
| 3 | 21 | PAULA COSTA    | C. R. CANDOSO        | Veterana F40 | 04:44:30 | +49:15 09:29 |

## Veterana F50

|   |    |                             |            |              |          |                 |
|---|----|-----------------------------|------------|--------------|----------|-----------------|
| 1 | 42 | Maria do Carmo Marinho      | Individual | Veterana F50 | 04:39:42 | 09:19:59        |
| 2 | 41 | Lúcia Isabel Teixeira Lemos | Individual | Veterana F50 | 04:59:17 | +19:35 09:59:59 |

## Veterano M40

|   |    |                                      |                    |              |          |              |
|---|----|--------------------------------------|--------------------|--------------|----------|--------------|
| 1 | 47 | MANUEL PINHEIRO                      | Fridão Sem Limites | Veterano M40 | 03:50:30 | 07:41        |
| 2 | 48 | Paulo Azevedo                        | Individual         | Veterano M40 | 04:06:43 | +16:13 08:13 |
| 3 | 46 | Luis Miguel Alves de Freitas Ribeiro | Individual         | Veterano M40 | 04:10:50 | +20:20 08:22 |
| 4 | 43 | Cândido Silva                        | Individual         | Veterano M40 | 04:13:59 | +23:29 08:28 |
| 5 | 45 | Jorge Anjos                          | Individual         | Veterano M40 | 04:17:34 | +27:04 08:35 |
| 6 | 44 | Carlos Alves                         | Individual         | Veterano M40 | 04:17:34 | +27:04 08:35 |



**30 KM**

## OFFICIAL RESULT

|   |    |          |            |              |          |       |
|---|----|----------|------------|--------------|----------|-------|
| 1 | 50 | João Gil | Individual | Veterano M50 | 05:04:54 | 10:10 |
|---|----|----------|------------|--------------|----------|-------|