

## TRAIL LONGO - STAGE 1

**22 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | -99°C       | -99%     |
| End   | 14:28 | -99°C       | -99%     |

| RANK | BIB | NAME                              | TEAM                                           | CAT              | RESULT   | DIFF   | T/KM  |
|------|-----|-----------------------------------|------------------------------------------------|------------------|----------|--------|-------|
| 1    | 40  | Antonio Martins                   | centro ciclista de gondomar                    | Veterano M40     | 01:59:02 |        | 05:25 |
| 2    | 98  | César duarte                      | individual                                     | Senior Masculino | 02:01:46 | +02:43 | 05:32 |
| 3    | 76  | Ivo Peko                          | gaia trail                                     | Senior Masculino | 02:09:29 | +10:26 | 05:53 |
| 4    | 61  | Hélder Rocha                      | douroconta - gabinete de apoio e contabilidade | Senior Masculino | 02:12:49 | +13:47 | 06:02 |
| 5    | 233 | Marcelo Pinho Araújo              | team trail 3pro15                              | Senior Masculino | 02:13:21 | +14:19 | 06:04 |
| 6    | 234 | Nuno Faria                        | team trail 3pro15                              | Senior Masculino | 02:17:25 | +18:23 | 06:15 |
| 7    | 253 | José Cabral                       | um igual a dois                                | Veterano M50     | 02:17:26 | +18:24 | 06:15 |
| 8    | 38  | AGOSTINHO COSTA                   | ccdr fundo vila s.joao da madeira              | Veterano M50     | 02:19:03 | +20:01 | 06:19 |
| 9    | 63  | José Afonso Ferreira              | douroconta - gabinete de apoio e contabilidade | Veterano M40     | 02:20:45 | +21:43 | 06:24 |
| 10   | 20  | Jorge Gomes                       | arcorun                                        | Senior Masculino | 02:21:11 | +22:08 | 06:25 |
| 11   | 218 | Hugo Figueiredo                   | pm                                             | Veterano M40     | 02:22:13 | +23:11 | 06:28 |
| 12   | 44  | Vitor Sousa                       | centro ciclista de gondomar                    | Veterano M50     | 02:22:41 | +23:38 | 06:29 |
| 13   | 11  | Filipe Sousa                      | all about                                      | Senior Masculino | 02:22:42 | +23:40 | 06:29 |
| 14   | 180 | Sérgio Pereira                    | magical mushrooms                              | Senior Masculino | 02:24:06 | +25:03 | 06:33 |
| 15   | 79  | Mário Melo                        | galhardos                                      | Senior Masculino | 02:24:41 | +25:38 | 06:35 |
| 16   | 32  | Alcino Gouveia                    | ascários escariz l                             | Veterano M40     | 02:27:46 | +28:43 | 06:43 |
| 17   | 242 | André Sarmento                    | trepatrihos trail team                         | Senior Masculino | 02:27:49 | +28:47 | 06:43 |
| 18   | 174 | Ricardo Sousa                     | kandimba runners                               | Senior Masculino | 02:27:51 | +28:49 | 06:43 |
| 19   | 81  | Rui Pedro Reis                    | hsantamariart                                  | Senior Masculino | 02:27:58 | +28:55 | 06:44 |
| 20   | 197 | José Lopes                        | not run alone                                  | Veterano M40     | 02:29:18 | +30:16 | 06:47 |
| 21   | 77  | Micael Cunha                      | gaia trail                                     | Senior Masculino | 02:30:15 | +31:12 | 06:50 |
| 22   | 78  | Paulo Madeira                     | gaia trail                                     | Senior Masculino | 02:30:16 | +31:13 | 06:50 |
| 23   | 196 | Pedro Barbosa                     | not run alone                                  | Senior Masculino | 02:30:21 | +31:19 | 06:50 |
| 24   | 43  | David Tavares                     | centro ciclista de gondomar                    | Veterano M50     | 02:30:42 | +31:40 | 06:51 |
| 25   | 170 | Antonio Fernando Vieira Rocha     | individual                                     | Veterano M60     | 02:32:16 | +33:13 | 06:55 |
| 26   | 94  | Bruno Monteiro                    | individual                                     | Senior Masculino | 02:32:17 | +33:15 | 06:55 |
| 27   | 185 | António Pinto                     | mocidade sangemil ac                           | Senior Masculino | 02:33:04 | +34:02 | 06:57 |
| 28   | 42  | Ângelo Pereira                    | centro ciclista de gondomar                    | Veterano M50     | 02:34:17 | +35:15 | 07:01 |
| 29   | 8   | Sérgio Almeida                    | afrikanrunners                                 | Senior Masculino | 02:34:36 | +35:33 | 07:02 |
| 30   | 189 | Vitor Azevedo                     | mss contabilidade                              | Veterano M40     | 02:35:49 | +36:47 | 07:05 |
| 31   | 16  | Luis Carlos Ferreira Campos Lobo  | all-titudes trail team                         | Veterano M40     | 02:36:55 | +37:52 | 07:08 |
| 32   | 248 | José Andrade                      | trilheiros e amigos                            | Senior Masculino | 02:36:58 | +37:56 | 07:08 |
| 33   | 199 | Joel Ferreira                     | os aventureiros                                | Senior Masculino | 02:36:59 | +37:57 | 07:08 |
| 34   | 140 | David Ferreira                    | individual                                     | Veterano M40     | 02:37:49 | +38:47 | 07:10 |
| 35   | 162 | Fernando Martins                  | individual                                     | Veterano M50     | 02:37:49 | +38:47 | 07:10 |
| 36   | 99  | Cláudio Roberto Marques Gonçalves | individual                                     | Senior Masculino | 02:38:25 | +39:23 | 07:12 |
| 37   | 178 | AGOSTINHO SOUSA                   | kunalama runners                               | Veterano M60     | 02:40:09 | +41:06 | 07:17 |
| 38   | 265 | Delfim Nunes                      | kemedo team                                    | Veterano M40     | 02:40:43 | +41:40 | 07:18 |
| 39   | 241 | PATRICIO AFONSO                   | trail running greci gaia                       | Veterano M40     | 02:40:46 | +41:43 | 07:18 |
| 40   | 168 | Mário LIMA                        | individual                                     | Veterano M50     | 02:41:10 | +42:08 | 07:20 |

## TRAIL LONGO - STAGE 1

**22 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                           | TEAM                                           | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|--------------------------------|------------------------------------------------|------------------|----------|-----------|-------|
| 41   | 24  | Ricardo Paiva                  | arcorun                                        | Senior Masculino | 02:41:16 | +42:14    | 07:20 |
| 42   | 176 | Bruno Araujo                   | kemedo team                                    | Veterano M40     | 02:41:25 | +42:22    | 07:20 |
| 43   | 187 | Carlos Duarte                  | mss contabilidade                              | Veterano M40     | 02:42:12 | +43:10    | 07:22 |
| 44   | 157 | alipio lopes                   | individual                                     | Veterano M50     | 02:42:21 | +43:18    | 07:23 |
| 45   | 26  | Carlos Couto                   | arcorun                                        | Veterano M40     | 02:45:04 | +46:02    | 07:30 |
| 46   | 143 | jorge pacheco                  | individual                                     | Veterano M40     | 02:45:27 | +46:24    | 07:31 |
| 47   | 19  | Paulo Lima                     | alto relevo clube de montanhismo               | Veterano M40     | 02:45:27 | +46:24    | 07:31 |
| 48   | 236 | BRUNO CAVADAS                  | trail running greci gaia                       | Senior Masculino | 02:45:29 | +46:26    | 07:3  |
| 49   | 25  | Amílcar Ferreira               | arcorun                                        | Veterano M40     | 02:45:46 | +46:44    | 07:32 |
| 50   | 267 | Jorge Nunes                    | afrikanrunners                                 | Veterano M40     | 02:46:15 | +47:12    | 07:33 |
| 51   | 154 | Samuel Soares                  | individual                                     | Veterano M40     | 02:46:31 | +47:29    | 07:34 |
| 52   | 53  | João Cardoso                   | comdor runners                                 | Veterano M40     | 02:46:42 | +47:39    | 07:35 |
| 53   | 33  | José Oliveira                  | ascários escariz I                             | Veterano M40     | 02:47:33 | +48:31    | 07:37 |
| 54   | 111 | JOSE ANTONIO PEREIRA LOPES     | individual                                     | Senior Masculino | 02:48:06 | +49:03    | 07:38 |
| 55   | 184 | Tiago Bragança                 | maisfit runners                                | Senior Masculino | 02:48:06 | +49:03    | 07:38 |
| 56   | 118 | Paulo Mesquita                 | individual                                     | Senior Masculino | 02:48:06 | +49:04    | 07:38 |
| 57   | 258 | Miguel Moura                   | individual                                     | Veterano M40     | 02:48:23 | +49:20    | 07:39 |
| 58   | 64  | Telmo Ferreira                 | douroconta - gabinete de apoio e contabilidade | Veterano M40     | 02:48:28 | +49:25    | 07:39 |
| 59   | 195 | Leonel Silva                   | neighbors run                                  | Veterano M40     | 02:48:38 | +49:36    | 07:40 |
| 60   | 131 | Vitor Teixeira                 | individual                                     | Senior Masculino | 02:48:50 | +49:47    | 07:40 |
| 61   | 35  | Jorge Brites                   | aztrail                                        | Veterano M40     | 02:48:57 | +49:55    | 07:41 |
| 62   | 264 | Henrique Borges                | individual                                     | Veterano M50     | 02:49:21 | +50:19    | 07:42 |
| 63   | 23  | Nuno Fernandes                 | arcorun                                        | Senior Masculino | 02:49:29 | +50:26    | 07:42 |
| 64   | 62  | José Rocha                     | douroconta - gabinete de apoio e contabilidade | Senior Masculino | 02:49:34 | +50:32    | 07:42 |
| 65   | 263 | Alexandra Fernandes            | individual                                     | Veterana F40     | 02:50:21 | +51:18    | 07:45 |
| 66   | 112 | José Manuel Gonçalves Barbosa  | individual                                     | Senior Masculino | 02:50:48 | +51:45    | 07:46 |
| 67   | 97  | Carlos Filipe Neves dos Santos | individual                                     | Senior Masculino | 02:51:00 | +51:57    | 07:46 |
| 68   | 73  | Fernando Jorge Oliveira        | ffit gaia trail                                | Veterano M40     | 02:51:21 | +52:19    | 07:47 |
| 69   | 260 | Orlando Costa                  | equipa joão ferreira                           | Veterano M40     | 02:52:43 | +53:41    | 07:51 |
| 70   | 2   | Paulo Araujo                   | a.d sebolido                                   | Senior Masculino | 02:53:11 | +54:09    | 07:52 |
| 71   | 4   | Tiago Sousa                    | a.d sebolido                                   | Senior Masculino | 02:53:12 | +54:09    | 07:52 |
| 72   | 266 | Vitor Coelho                   | individual                                     | Veterano M40     | 02:53:15 | +54:12    | 07:53 |
| 73   | 14  | Lino Moreira                   | all about                                      | Veterano M60     | 02:53:55 | +54:53    | 07:54 |
| 74   | 72  | Bruno Rocha                    | ffit gaia trail                                | Senior Masculino | 02:56:46 | +57:43    | 08:02 |
| 75   | 88  | Raquel Andrade                 | individual                                     | Senior Feminino  | 02:57:01 | +57:59    | 08:03 |
| 76   | 95  | Bruno Moura                    | individual                                     | Senior Masculino | 02:57:48 | +58:46    | 08:05 |
| 77   | 21  | Jorge Ramos                    | arcorun                                        | Senior Masculino | 02:58:29 | +59:27    | 08:07 |
| 78   | 141 | Fernando Ferreira              | individual                                     | Veterano M40     | 02:58:47 | +59:44    | 08:08 |
| 79   | 116 | Nuno Silva                     | individual                                     | Senior Masculino | 03:00:10 | +01:01:08 | 08:11 |
| 80   | 18  | Sara Gonçalves                 | alto relevo clube de montanhismo               | Senior Feminino  | 03:00:11 | +01:01:08 | 08:11 |
| 81   | 172 | David J S Sousa                | invicta runners team                           | Veterano M40     | 03:00:53 | +01:01:50 | 08:13 |
| 82   | 188 | Francisco Silva                | mss contabilidade                              | Veterano M40     | 03:01:07 | +01:02:05 | 08:14 |
| 83   | 159 | Armando Moreira                | clube zipper                                   | Veterano M50     | 03:02:25 | +01:03:23 | 08:18 |
| 84   | 161 | Fernando Eloi dos Santos Sousa | individual                                     | Veterano M50     | 03:03:12 | +01:04:10 | 08:20 |
| 85   | 194 | Leonardo Brito                 | neighbors run                                  | Senior Masculino | 03:03:33 | +01:04:31 | 08:21 |

## TRAIL LONGO - STAGE 1

**22 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                                  | TEAM                        | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|---------------------------------------|-----------------------------|------------------|----------|-----------|-------|
| 86   | 10  | Ricardo Fernandes                     | afrikanrunners              | Veterano M40     | 03:03:57 | +01:04:54 | 08:22 |
| 87   | 102 | David Camelo                          | individual                  | Senior Masculino | 03:04:12 | +01:05:09 | 08:22 |
| 88   | 121 | Pedro Lopes                           | individual                  | Senior Masculino | 03:04:33 | +01:05:30 | 08:23 |
| 89   | 164 | Manuel Carriço                        | individual                  | Veterano M50     | 03:04:44 | +01:05:41 | 08:24 |
| 90   | 54  | Luis Torres                           | comdor runners              | Veterano M40     | 03:05:56 | +01:06:54 | 08:27 |
| 91   | 165 | Manuel Cunha Povoas                   | individual                  | Veterano M50     | 03:07:20 | +01:08:17 | 08:31 |
| 92   | 138 | ARTUR FERREIRA                        | individual                  | Veterano M40     | 03:07:37 | +01:08:34 | 08:32 |
| 93   | 139 | Baltazar Ferreira                     | individual                  | Veterano M40     | 03:07:51 | +01:08:49 | 08:32 |
| 94   | 219 | Miguel Teixeira                       | pm                          | Veterano M40     | 03:08:10 | +01:09:07 | 08:33 |
| 95   | 167 | Manuel Silva                          | individual                  | Veterano M50     | 03:08:36 | +01:09:33 | 08:34 |
| 96   | 6   | Marco Machado                         | afrikanrunners              | Senior Masculino | 03:08:55 | +01:09:52 | 08:35 |
| 97   | 7   | Nelson Freitas                        | afrikanrunners              | Senior Masculino | 03:08:55 | +01:09:52 | 08:35 |
| 98   | 183 | Nélson Castro                         | magical mushrooms           | Veterano M40     | 03:09:47 | +01:10:44 | 08:38 |
| 99   | 41  | Henrique Matos                        | centro ciclista de gondomar | Veterano M40     | 03:10:00 | +01:10:57 | 08:38 |
| 100  | 22  | José Correia                          | arcorun                     | Senior Masculino | 03:10:08 | +01:11:06 | 08:39 |
| 101  | 103 | Elói Sousa                            | individual                  | Senior Masculino | 03:10:40 | +01:11:38 | 08:40 |
| 102  | 213 | Camila Moura                          | pari passu                  | Senior Feminino  | 03:11:27 | +01:12:25 | 08:42 |
| 103  | 190 | Nuno Ribeiro                          | nascidos para correr        | Senior Masculino | 03:11:36 | +01:12:33 | 08:43 |
| 104  | 191 | Patricia Fernandes                    | nascidos para correr        | Veterana F40     | 03:11:36 | +01:12:34 | 08:43 |
| 105  | 9   | Domingos Gonçalves                    | afrikanrunners              | Veterano M40     | 03:12:12 | +01:13:09 | 08:44 |
| 106  | 158 | António Pais                          | individual                  | Veterano M50     | 03:12:23 | +01:13:21 | 08:45 |
| 107  | 130 | Vitor Fonseca                         | individual                  | Senior Masculino | 03:12:48 | +01:13:45 | 08:46 |
| 108  | 152 | Pedro Azevedo                         | individual                  | Veterano M40     | 03:13:10 | +01:14:08 | 08:47 |
| 109  | 160 | Fernando Carvalho                     | individual                  | Veterano M50     | 03:13:12 | +01:14:09 | 08:47 |
| 110  | 30  | Vitor Folgado                         | arcorun                     | Veterano M40     | 03:13:19 | +01:14:16 | 08:47 |
| 111  | 192 | Susana Coelho                         | nascidos para correr        | Veterana F40     | 03:14:08 | +01:15:06 | 08:49 |
| 112  | 122 | Pedro nogueira                        | individual                  | Senior Masculino | 03:15:01 | +01:15:58 | 08:52 |
| 113  | 127 | Rui Pereira                           | individual                  | Senior Masculino | 03:15:01 | +01:15:59 | 08:52 |
| 114  | 13  | Vitor Almeida                         | all about                   | Veterano M50     | 03:15:23 | +01:16:21 | 08:53 |
| 115  | 87  | liliana maria santos cardoso          | individual                  | Senior Feminino  | 03:15:35 | +01:16:32 | 08:53 |
| 116  | 89  | Sara rafael                           | individual                  | Senior Feminino  | 03:15:41 | +01:16:39 | 08:54 |
| 117  | 17  | Mário Manuel Taveira Cardoso Sequeira | all-titudes trail team      | Veterano M50     | 03:16:11 | +01:17:08 | 08:55 |
| 118  | 101 | Dario Sanguedo                        | individual                  | Senior Masculino | 03:16:30 | +01:17:28 | 08:56 |
| 119  | 173 | Hugo Ferreira                         | kandimba runners            | Senior Masculino | 03:19:44 | +01:20:42 | 09:05 |
| 120  | 114 | Luís Filipe Silva Rodrigues           | individual                  | Senior Masculino | 03:19:50 | +01:20:48 | 09:05 |
| 121  | 221 | Fernando Reis                         | running team maia           | Senior Masculino | 03:20:19 | +01:21:16 | 09:06 |
| 122  | 29  | Miguel Barros                         | arcorun                     | Veterano M40     | 03:21:42 | +01:22:40 | 09:10 |
| 123  | 142 | Helder Rodrigues                      | individual                  | Veterano M40     | 03:21:51 | +01:22:48 | 09:11 |
| 124  | 156 | Alcino Araújo                         | individual                  | Veterano M50     | 03:21:51 | +01:22:48 | 09:11 |
| 125  | 246 | Paulo Tavares                         | trepatrinhos trail team     | Veterano M40     | 03:21:56 | +01:22:54 | 09:11 |
| 126  | 146 | Luís Sousa                            | individual                  | Veterano M40     | 03:22:32 | +01:23:30 | 09:12 |
| 127  | 67  | Nuno Pina                             | equipa João Ferreira        | Senior Masculino | 03:22:33 | +01:23:31 | 09:12 |
| 128  | 175 | Alexandre Sousa                       | kandimba runners            | Veterano M40     | 03:22:44 | +01:23:41 | 09:13 |
| 129  | 257 | Adalberto Figueiredo                  | individual                  | Veterano M40     | 03:23:14 | +01:24:12 | 09:14 |
| 130  | 186 | Paulo Pires                           | moreira relax runners       | Senior Masculino | 03:23:17 | +01:24:14 | 09:14 |

## TRAIL LONGO - STAGE 1

**22 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                                    | TEAM                        | CAT              | RESULT   | DIFF      | T/KM  |
|------|-----|-----------------------------------------|-----------------------------|------------------|----------|-----------|-------|
| 131  | 171 | JORGE ROCHA                             | invicta runners team        | Senior Masculino | 03:24:04 | +01:25:02 | 09:17 |
| 132  | 181 | Cristina Loureiro                       | magical mushrooms           | Veterana F40     | 03:25:13 | +01:26:11 | 09:20 |
| 133  | 85  | Daniela Soares                          | individual                  | Senior Feminino  | 03:25:31 | +01:26:28 | 09:21 |
| 134  | 255 | João Paulo Oliveira                     | voleibolrunners             | Veterano M50     | 03:25:32 | +01:26:29 | 09:21 |
| 135  | 80  | Jorge Oliveira e Silva                  | gd bpi                      | Veterano M40     | 03:25:39 | +01:26:37 | 09:21 |
| 136  | 51  | Paula Silva                             | comdor runners              | Veterana F40     | 03:25:46 | +01:26:43 | 09:21 |
| 137  | 193 | Armenio Ferreira                        | nascidos para correr        | Veterano M60     | 03:26:00 | +01:26:57 | 09:22 |
| 138  | 48  | Hugo André Couto                        | comdor runners              | Senior Masculino | 03:27:19 | +01:28:17 | 09:25 |
| 139  | 126 | RobbyBarbosa                            | individual                  | Senior Masculino | 03:27:20 | +01:28:18 | 09:25 |
| 140  | 31  | Pedro Melo                              | arcorun                     | Veterano M50     | 03:27:44 | +01:28:42 | 09:27 |
| 141  | 96  | carlos fardilha                         | individual                  | Senior Masculino | 03:28:46 | +01:29:43 | 09:29 |
| 142  | 169 | paulo genesio                           | individual                  | Veterano M50     | 03:28:46 | +01:29:44 | 09:29 |
| 143  | 177 | Henrique Pereira                        | kemedo team                 | Veterano M50     | 03:29:33 | +01:30:30 | 09:32 |
| 144  | 147 | Marcos Quintas                          | individual                  | Veterano M40     | 03:29:39 | +01:30:36 | 09:32 |
| 145  | 15  | Carlos Manuel Carvalho Guedes           | all-titudes trail team      | Veterano M40     | 03:31:02 | +01:31:59 | 09:36 |
| 146  | 108 | Pedro Gonçalves                         | individual                  | Senior Masculino | 03:31:13 | +01:32:10 | 09:36 |
| 147  | 91  | Susana Machado                          | individual                  | Senior Feminino  | 03:31:13 | +01:32:10 | 09:36 |
| 148  | 124 | Raul                                    | individual                  | Senior Masculino | 03:31:42 | +01:32:39 | 09:37 |
| 149  | 117 | Paulo Figueiredo                        | individual                  | Senior Masculino | 03:32:13 | +01:33:11 | 09:39 |
| 150  | 39  | Sandra Matos                            | centro ciclista de gondomar | Veterana F40     | 03:33:30 | +01:34:28 | 09:42 |
| 151  | 104 | Filipe Moreira                          | individual                  | Senior Masculino | 03:33:54 | +01:34:52 | 09:43 |
| 152  | 229 | SERGIO CUNHA                            | sucupira on tour            | Veterano M40     | 03:33:54 | +01:34:52 | 09:43 |
| 153  | 225 | NUNO COSTA                              | sucupira on tour            | Senior Masculino | 03:33:55 | +01:34:52 | 09:43 |
| 154  | 228 | HELDER MONTEIRO                         | sucupira on tour            | Veterano M40     | 03:33:55 | +01:34:52 | 09:43 |
| 155  | 66  | António rafael                          | emforca                     | Senior Masculino | 03:36:30 | +01:37:28 | 09:50 |
| 156  | 222 | Marcelo Madureira                       | running team maia           | Senior Masculino | 03:36:31 | +01:37:29 | 09:51 |
| 157  | 60  | Sara Pinheiro                           | desliza team                | Veterana F40     | 03:36:37 | +01:37:34 | 09:51 |
| 158  | 244 | Pedro Silva                             | trepatrilhos trail team     | Senior Masculino | 03:37:51 | +01:38:48 | 09:54 |
| 159  | 109 | Hugo Manuel Silva Santos Costa Ferreira | individual                  | Senior Masculino | 03:40:59 | +01:41:56 | 10:03 |
| 160  | 201 | josé moura sousa                        | os barriguitas              | Veterano M60     | 03:41:18 | +01:42:15 | 10:04 |
| 161  | 200 | Ricardo Sousa                           | os barriguitas              | Senior Masculino | 03:41:18 | +01:42:16 | 10:04 |
| 162  | 129 | Vitor Correia                           | individual                  | Senior Masculino | 03:41:24 | +01:42:22 | 10:04 |
| 163  | 34  | Paulo Jorge Romão de Campos             | atalanta runners            | Veterano M40     | 03:41:31 | +01:42:29 | 10:04 |
| 164  | 106 | Gilberto sousa                          | individual                  | Senior Masculino | 03:45:04 | +01:46:01 | 10:14 |
| 165  | 107 | Helder Oliveira                         | individual                  | Senior Masculino | 03:45:04 | +01:46:01 | 10:14 |
| 166  | 27  | Ivo Machado                             | arcorun                     | Veterano M40     | 03:45:44 | +01:46:41 | 10:16 |
| 167  | 247 | Manuel Moura                            | trepatrilhos trail team     | Veterano M50     | 03:45:46 | +01:46:44 | 10:16 |
| 168  | 243 | Helder Rodrigues                        | trepatrilhos trail team     | Senior Masculino | 03:45:46 | +01:46:44 | 10:16 |
| 169  | 214 | Paulo Macedo                            | pari passu                  | Veterano M50     | 03:47:33 | +01:48:30 | 10:21 |
| 170  | 145 | José Araújo                             | individual                  | Veterano M40     | 03:47:51 | +01:48:49 | 10:21 |
| 171  | 45  | Hélder Antonio de Oliveira Mendes       | clube zipper                | Senior Masculino | 03:48:07 | +01:49:04 | 10:22 |
| 172  | 74  | Gabriel Pires                           | ffit gaia trail             | Veterano M50     | 03:48:21 | +01:49:19 | 10:23 |
| 173  | 232 | Susana Sousa                            | team trail 3pros15          | Senior Feminino  | 03:49:02 | +01:49:59 | 10:25 |
| 174  | 28  | Jorge Oliveira                          | arcorun                     | Veterano M40     | 03:50:10 | +01:51:07 | 10:28 |
| 175  | 70  | Rui Oliveira                            | factor x / s4l / medense fc | Senior Masculino | 03:50:12 | +01:51:09 | 10:28 |

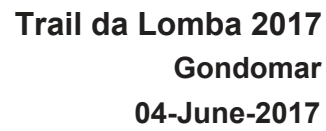
## TRAIL LONGO - STAGE 1

**22 KM**

[illegible]

## OFFICIAL RESULT

| RANK | BIB | NAME                                         | TEAM                     | CAT              | RESULT   | DIFF      | t/KM  |
|------|-----|----------------------------------------------|--------------------------|------------------|----------|-----------|-------|
| 176  | 252 | Paula Oliveira                               | um igual a dois          | Veterana F40     | 03:50:20 | +01:51:18 | 10:28 |
| 177  | 209 | Jose Xavier                                  | os turbomula             | Veterano M40     | 03:52:28 | +01:53:26 | 10:34 |
| 178  | 115 | Nuno Daniel da Silva Santos                  | individual               | Senior Masculino | 03:53:11 | +01:54:09 | 10:36 |
| 179  | 205 | Marta Mota                                   | os turbomula             | Senior Feminino  | 03:53:41 | +01:54:38 | 10:37 |
| 180  | 52  | Sandra Pina                                  | comdor runners           | Veterana F40     | 03:54:32 | +01:55:29 | 10:40 |
| 181  | 46  | Cristina Rocha                               | comdor runners           | Senior Feminino  | 03:54:32 | +01:55:29 | 10:40 |
| 182  | 224 | Sérgio Oliveira                              | running team maia        | Veterano M40     | 03:54:50 | +01:55:47 | 10:40 |
| 183  | 208 | Alcides Freire                               | os turbomula             | Veterano M40     | 03:56:26 | +01:57:23 | 10:45 |
| 184  | 57  | José Teixeira                                | correr leça              | Senior Masculino | 03:57:04 | +01:58:01 | 10:47 |
| 185  | 84  | Ana Luisa Correia da Silva Xavier Soares     | individual               | Senior Feminino  | 03:57:47 | +01:58:44 | 10:49 |
| 186  | 153 | Pedro José Oliveira da Silva                 | individual               | Veterano M40     | 04:00:09 | +02:01:06 | 10:55 |
| 187  | 58  | Inês Mendonça                                | desliza team             | Senior Feminino  | 04:01:32 | +02:02:29 | 10:59 |
| 188  | 59  | Inês Peres                                   | desliza team             | Senior Feminino  | 04:01:32 | +02:02:29 | 10:59 |
| 189  | 204 | Rui Assunção                                 | os manos running team    | Veterano M40     | 04:02:20 | +02:03:17 | 11:01 |
| 190  | 202 | António Osório                               | os manos running team    | Senior Masculino | 04:02:21 | +02:03:18 | 11:01 |
| 191  | 203 | Paulo Osório                                 | os manos running team    | Senior Masculino | 04:02:21 | +02:03:19 | 11:01 |
| 192  | 235 | ANDRÉ CARVALHO                               | trail running greci gaia | Senior Masculino | 04:02:56 | +02:03:53 | 11:03 |
| 193  | 237 | Nelson Pinto                                 | trail running greci gaia | Senior Masculino | 04:02:56 | +02:03:53 | 11:03 |
| 194  | 128 | Sergio Moura                                 | individual               | Senior Masculino | 04:03:37 | +02:04:34 | 11:04 |
| 195  | 148 | Nelson Moura                                 | individual               | Veterano M40     | 04:03:38 | +02:04:36 | 11:04 |
| 196  | 136 | Sónia Ferreira Alves                         | individual               | Veterana F40     | 04:03:40 | +02:04:37 | 11:05 |
| 197  | 65  | António Pinheiro                             | dr. merino / 4moove      | Senior Masculino | 04:04:02 | +02:05:00 | 11:06 |
| 198  | 49  | Andreia Sa                                   | comdor runners           | Veterana F40     | 04:06:14 | +02:07:12 | 11:12 |
| 199  | 55  | Rui Oliveira                                 | comdor runners           | Veterano M40     | 04:06:14 | +02:07:12 | 11:12 |
| 200  | 134 | Cláudia Pinto                                | individual               | Veterana F40     | 04:06:16 | +02:07:14 | 11:12 |
| 201  | 182 | Celso Mota                                   | magical mushrooms        | Veterano M40     | 04:07:26 | +02:08:24 | 11:15 |
| 202  | 179 | Rogério Henriques                            | limitless                | Senior Masculino | 04:10:06 | +02:11:04 | 11:22 |
| 203  | 211 | Nuno Marques                                 | os turbomula             | Veterano M40     | 04:11:50 | +02:12:48 | 11:27 |
| 204  | 207 | Paula Moreira                                | os turbomula             | Veterana F40     | 04:11:51 | +02:12:48 | 11:27 |
| 205  | 56  | Dina Leitão                                  | confraria trotamontes    | Veterana F50     | 04:14:05 | +02:15:02 | 11:33 |
| 206  | 1   | José Moutinho                                | confraria trotamontes    | Veterano M50     | 04:14:05 | +02:15:03 | 11:33 |
| 207  | 135 | Maria Portugal                               | individual               | Veterana F40     | 04:16:16 | +02:17:14 | 11:39 |
| 208  | 113 | José Pedro Sistelo                           | individual               | Senior Masculino | 04:16:16 | +02:17:14 | 11:39 |
| 209  | 151 | Paulo Manuel Lorenzo Vieira Fernandes Soares | individual               | Veterano M40     | 04:16:39 | +02:17:37 | 11:40 |
| 210  | 210 | Nelson Montalvão                             | os turbomula             | Veterano M40     | 04:19:18 | +02:20:16 | 11:47 |
| 211  | 150 | PAULO JORGE                                  | team shark               | Veterano M40     | 04:21:58 | +02:22:55 | 11:54 |
| 212  | 82  | Ana Carvalho                                 | individual               | Senior Feminino  | 04:33:27 | +02:34:24 | 12:26 |
| 213  | 86  | Elisabete Ferreira                           | individual               | Senior Feminino  | 04:33:27 | +02:34:24 | 12:26 |
| 214  | 90  | Silvia Azevedo                               | individual               | Senior Feminino  | 04:33:28 | +02:34:26 | 12:26 |
| 215  | 231 | Graça Silva                                  | team shark               | Veterana F50     | 04:43:25 | +02:44:23 | 12:53 |
| 216  | 206 | Sérgio Rodrigues                             | os turbomula             | Senior Masculino | 04:51:30 | +02:52:28 | 13:15 |
| 217  | 36  | Miguel Ferreira                              | bardinos dos montes      | Senior Masculino | 05:27:08 | +03:28:05 | 14:52 |
| 218  | 37  | Isabel Santos                                | bardinos dos montes      | Veterana F40     | 05:27:08 | +03:28:05 | 14:52 |
| 219  | 254 | Filipe Medeiros                              | vassoura                 | Senior Masculino | 05:27:08 | +03:28:06 | 14:52 |



**22 KM**

## OFFICIAL RESULT

[illegible]

## Trail Longo

**22 KM**

[illegible]

## OFFICIAL RESULT

|       | Time  | Temperature | Humidity |
|-------|-------|-------------|----------|
| Start | 09:00 | -99°C       | -99%     |
| End   | 14:28 | -99°C       | -99%     |

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

## Senior Feminino

|    |     |                                          |                                  |                 |          |           |          |
|----|-----|------------------------------------------|----------------------------------|-----------------|----------|-----------|----------|
| 1  | 88  | Raquel Andrade                           | Individual                       | Senior Feminino | 02:57:01 |           | 08:03:00 |
| 2  | 18  | Sara Gonçalves                           | Alto Relevo Clube de Montanhismo | Senior Feminino | 03:00:11 | +03:09    | 08:11:00 |
| 3  | 213 | Camila Moura                             | Pari Passu                       | Senior Feminino | 03:11:27 | +14:26    | 08:42:00 |
| 4  | 87  | liliana maria santos cardoso             | Individual                       | Senior Feminino | 03:15:35 | +18:33    | 08:53:00 |
| 5  | 89  | Sara rafael                              | Individual                       | Senior Feminino | 03:15:41 | +18:40    | 08:54:00 |
| 6  | 85  | Daniela Soares                           | Individual                       | Senior Feminino | 03:25:31 | +28:29    | 09:21:00 |
| 7  | 91  | Susana Machado                           | Individual                       | Senior Feminino | 03:31:13 | +34:11    | 09:36:00 |
| 8  | 232 | Susana Sousa                             | Team Trail 3pros15               | Senior Feminino | 03:49:02 | +52:00    | 10:25:00 |
| 9  | 205 | Marta Mota                               | Os TurboMula                     | Senior Feminino | 03:53:41 | +56:39    | 10:37:00 |
| 10 | 46  | Cristina Rocha                           | ComDor Runners                   | Senior Feminino | 03:54:32 | +57:30    | 10:40:00 |
| 11 | 84  | Ana Luisa Correia da Silva Xavier Soares | Individual                       | Senior Feminino | 03:57:47 | +01:00:45 | 10:49:00 |
| 12 | 58  | Inês Mendonça                            | Desliza Team                     | Senior Feminino | 04:01:32 | +01:04:30 | 10:59:00 |
| 13 | 59  | Inês Peres                               | Desliza Team                     | Senior Feminino | 04:01:32 | +01:04:30 | 10:59:00 |
| 14 | 82  | Ana Carvalho                             | Individual                       | Senior Feminino | 04:33:27 | +01:36:25 | 12:26:00 |
| 15 | 86  | Elisabete Ferreira                       | Individual                       | Senior Feminino | 04:33:27 | +01:36:25 | 12:26:00 |
| 16 | 90  | Silvia Azevedo                           | Individual                       | Senior Feminino | 04:33:28 | +01:36:27 | 12:26:00 |

## Senior Masculino

|    |     |                      |                                                |                  |          |              |
|----|-----|----------------------|------------------------------------------------|------------------|----------|--------------|
| 1  | 98  | César duarte         | Individual                                     | Senior Masculino | 02:01:46 | 05:32        |
| 2  | 76  | Ivo Peko             | Gaia Trail                                     | Senior Masculino | 02:09:29 | +07:43 05:53 |
| 3  | 61  | Hélder Rocha         | Douroconta - Gabinete de Apoio e Contabilidade | Senior Masculino | 02:12:49 | +11:04 06:02 |
| 4  | 233 | Marcelo Pinho Araújo | Team Trail 3pros15                             | Senior Masculino | 02:13:21 | +11:36 06:04 |
| 5  | 234 | Nuno Faria           | Team Trail 3pros15                             | Senior Masculino | 02:17:25 | +15:40 06:15 |
| 6  | 20  | Jorge Gomes          | ARCORUN                                        | Senior Masculino | 02:21:11 | +19:25 06:25 |
| 7  | 11  | Filipe Sousa         | All About                                      | Senior Masculino | 02:22:42 | +20:57 06:29 |
| 8  | 180 | Sérgio Pereira       | Magical Mushrooms                              | Senior Masculino | 02:24:06 | +22:20 06:33 |
| 9  | 79  | Mário Melo           | Galhardos                                      | Senior Masculino | 02:24:41 | +22:55 06:35 |
| 10 | 242 | André Sarmento       | TrepaTrilhos Trail Team                        | Senior Masculino | 02:27:49 | +26:04 06:43 |
| 11 | 174 | Ricardo Sousa        | Kandimba Runners                               | Senior Masculino | 02:27:51 | +26:06 06:43 |
| 12 | 81  | Rui Pedro Reis       | Hsantamariart                                  | Senior Masculino | 02:27:58 | +26:12 06:44 |
| 13 | 77  | Micael Cunha         | Gaia Trail                                     | Senior Masculino | 02:30:15 | +28:29 06:50 |
| 14 | 78  | Paulo Madeira        | Gaia Trail                                     | Senior Masculino | 02:30:16 | +28:30 06:50 |
| 15 | 196 | Pedro Barbosa        | Not Run Alone                                  | Senior Masculino | 02:30:21 | +28:36 06:50 |
| 16 | 94  | Bruno Monteiro       | Individual                                     | Senior Masculino | 02:32:17 | +30:32 06:55 |
| 17 | 185 | António Pinto        | Mocidade SanGemil AC                           | Senior Masculino | 02:33:04 | +31:19 06:57 |
| 18 | 8   | Sérgio Almeida       | Afrikanrunners                                 | Senior Masculino | 02:34:36 | +32:50 07:02 |
| 19 | 248 | José Andrade         | Trilheiros e amigos                            | Senior Masculino | 02:36:58 | +35:13 07:08 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 1 / 6 | generate 04-Jun-2017 14:31 |
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## Trail Longo

22 KM

[illegible]

## OFFICIAL RESULT

|    |     |                                   |                                                |                  |          |           |       |
|----|-----|-----------------------------------|------------------------------------------------|------------------|----------|-----------|-------|
| 20 | 199 | Joel Ferreira                     | os aventureiros                                | Senior Masculino | 02:36:59 | +35:14    | 07:08 |
| 21 | 99  | Cláudio Roberto Marques Gonçalves | Individual                                     | Senior Masculino | 02:38:25 | +36:40    | 07:12 |
| 22 | 24  | Ricardo Paiva                     | ARCORUN                                        | Senior Masculino | 02:41:16 | +39:31    | 07:20 |
| 23 | 236 | BRUNO CAVADAS                     | Trail Running Greci Gaia                       | Senior Masculino | 02:45:29 | +43:43    | 07:31 |
| 24 | 111 | JOSE ANTONIO PEREIRA LOPES        | Individual                                     | Senior Masculino | 02:48:06 | +46:20    | 07:38 |
| 25 | 184 | Tiago Bragança                    | MAISFIT RUNNERS                                | Senior Masculino | 02:48:06 | +46:20    | 07:38 |
| 26 | 118 | Paulo Mesquita                    | Individual                                     | Senior Masculino | 02:48:06 | +46:21    | 07:38 |
| 27 | 131 | Vitor Teixeira                    | Individual                                     | Senior Masculino | 02:48:50 | +47:04    | 07:40 |
| 28 | 23  | Nuno Fernandes                    | ARCORUN                                        | Senior Masculino | 02:49:29 | +47:43    | 07:42 |
| 29 | 62  | José Rocha                        | Douroconta - Gabinete de Apoio e Contabilidade | Senior Masculino | 02:49:34 | +47:49    | 07:42 |
| 30 | 112 | José Manuel Gonçalves Barbosa     | Individual                                     | Senior Masculino | 02:50:48 | +49:02    | 07:46 |
| 31 | 97  | Carlos Filipe Neves dos Santos    | Individual                                     | Senior Masculino | 02:51:00 | +49:14    | 07:46 |
| 32 | 2   | Paulo Araujo                      | A.D Sebolido                                   | Senior Masculino | 02:53:11 | +51:26    | 07:52 |
| 33 | 4   | Tiago Sousa                       | A.D Sebolido                                   | Senior Masculino | 02:53:12 | +51:26    | 07:52 |
| 34 | 72  | Bruno Rocha                       | FFIT GAIA TRAIL                                | Senior Masculino | 02:56:46 | +55:00    | 08:02 |
| 35 | 95  | Bruno Moura                       | Individual                                     | Senior Masculino | 02:57:48 | +56:03    | 08:05 |
| 36 | 21  | Jorge Ramos                       | ARCORUN                                        | Senior Masculino | 02:58:29 | +56:44    | 08:07 |
| 37 | 116 | Nuno Silva                        | Individual                                     | Senior Masculino | 03:00:10 | +58:25    | 08:11 |
| 38 | 194 | Leonardo Brito                    | Neighbors Run                                  | Senior Masculino | 03:03:33 | +01:01:48 | 08:21 |
| 39 | 102 | David Camelo                      | Individual                                     | Senior Masculino | 03:04:12 | +01:02:26 | 08:22 |
| 40 | 121 | Pedro Lopes                       | Individual                                     | Senior Masculino | 03:04:33 | +01:02:47 | 08:23 |
| 41 | 6   | Marco Machado                     | Afrikanrunners                                 | Senior Masculino | 03:08:55 | +01:07:09 | 08:35 |
| 42 | 7   | Nelson Freitas                    | Afrikanrunners                                 | Senior Masculino | 03:08:55 | +01:07:09 | 08:35 |
| 43 | 22  | José Correia                      | ARCORUN                                        | Senior Masculino | 03:10:08 | +01:08:23 | 08:39 |
| 44 | 103 | Elói Sousa                        | Individual                                     | Senior Masculino | 03:10:40 | +01:08:55 | 08:40 |
| 45 | 190 | Nuno Ribeiro                      | Nascidos Para Correr                           | Senior Masculino | 03:11:36 | +01:09:50 | 08:43 |
| 46 | 130 | Vitor Fonseca                     | Individual                                     | Senior Masculino | 03:12:48 | +01:11:02 | 08:46 |
| 47 | 122 | Pedro nogueira                    | Individual                                     | Senior Masculino | 03:15:01 | +01:13:15 | 08:52 |
| 48 | 127 | Rui Pereira                       | Individual                                     | Senior Masculino | 03:15:01 | +01:13:16 | 08:52 |
| 49 | 101 | Dario Sanguedo                    | Individual                                     | Senior Masculino | 03:16:30 | +01:14:45 | 08:56 |
| 50 | 173 | Hugo Ferreira                     | Kandimba Runners                               | Senior Masculino | 03:19:44 | +01:17:59 | 09:05 |
| 51 | 114 | Luís Filipe Silva Rodrigues       | Individual                                     | Senior Masculino | 03:19:50 | +01:18:05 | 09:05 |
| 52 | 221 | Fernando Reis                     | RUNNING TEAM MAIA                              | Senior Masculino | 03:20:19 | +01:18:33 | 09:06 |
| 53 | 67  | Nuno Pina                         | Equipa João Ferreira                           | Senior Masculino | 03:22:33 | +01:20:48 | 09:12 |
| 54 | 186 | Paulo Pires                       | Moreira Relax Runners                          | Senior Masculino | 03:23:17 | +01:21:31 | 09:14 |
| 55 | 171 | JORGE ROCHA                       | Invicta Runners Team                           | Senior Masculino | 03:24:04 | +01:22:19 | 09:17 |
| 56 | 48  | Hugo André Couto                  | ComDor Runners                                 | Senior Masculino | 03:27:19 | +01:25:34 | 09:25 |
| 57 | 126 | RobbyBarbosa                      | Individual                                     | Senior Masculino | 03:27:20 | +01:25:35 | 09:25 |
| 58 | 96  | carlos fardilha                   | Individual                                     | Senior Masculino | 03:28:46 | +01:27:00 | 09:29 |
| 59 | 108 | Pedro Gonçalves                   | Individual                                     | Senior Masculino | 03:31:13 | +01:29:27 | 09:36 |
| 60 | 124 | Raul                              | Individual                                     | Senior Masculino | 03:31:42 | +01:29:56 | 09:37 |
| 61 | 117 | Paulo Figueiredo                  | Individual                                     | Senior Masculino | 03:32:13 | +01:30:28 | 09:39 |
| 62 | 104 | Filipe Moreira                    | Individual                                     | Senior Masculino | 03:33:54 | +01:32:09 | 09:43 |
| 63 | 225 | NUNO COSTA                        | SUCUPIRA ON TOUR                               | Senior Masculino | 03:33:55 | +01:32:09 | 09:43 |
| 64 | 66  | António rafael                    | EMforca                                        | Senior Masculino | 03:36:30 | +01:34:45 | 09:50 |
| 65 | 222 | Marcelo Madureira                 | RUNNING TEAM MAIA                              | Senior Masculino | 03:36:31 | +01:34:46 | 09:51 |

|                             |       |                            |
|-----------------------------|-------|----------------------------|
| Official Timekeeper: Lap2Go | 2 / 6 | generate 04-Jun-2017 14:31 |
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## Trail Longo

**22 KM**

[illegible]

## OFFICIAL RESULT

|    |     |                                         |                             |                  |          |           |       |
|----|-----|-----------------------------------------|-----------------------------|------------------|----------|-----------|-------|
| 66 | 244 | Pedro Silva                             | TrepaTrilhos Trail Team     | Senior Masculino | 03:37:51 | +01:36:05 | 09:54 |
| 67 | 109 | Hugo Manuel Silva Santos Costa Ferreira | Individual                  | Senior Masculino | 03:40:59 | +01:39:13 | 10:03 |
| 68 | 200 | Ricardo Sousa                           | OS BARRIGUITAS              | Senior Masculino | 03:41:18 | +01:39:33 | 10:04 |
| 69 | 129 | Vitor Correia                           | Individual                  | Senior Masculino | 03:41:24 | +01:39:39 | 10:04 |
| 70 | 106 | Gilberto sousa                          | Individual                  | Senior Masculino | 03:45:04 | +01:43:18 | 10:14 |
| 71 | 107 | Helder Oliveira                         | Individual                  | Senior Masculino | 03:45:04 | +01:43:18 | 10:14 |
| 72 | 243 | Helder Rodrigues                        | TrepaTrilhos Trail Team     | Senior Masculino | 03:45:46 | +01:44:01 | 10:16 |
| 73 | 45  | Hélder Antonio de Oliveira Mendes       | Clube Zupper                | Senior Masculino | 03:48:07 | +01:46:21 | 10:22 |
| 74 | 70  | Rui Oliveira                            | Factor X / S4L / Medense FC | Senior Masculino | 03:50:12 | +01:48:26 | 10:28 |
| 75 | 115 | Nuno Daniel da Silva Santos             | Individual                  | Senior Masculino | 03:53:11 | +01:51:26 | 10:36 |
| 76 | 57  | José Teixeira                           | CORRER LEÇA                 | Senior Masculino | 03:57:04 | +01:55:18 | 10:47 |
| 77 | 202 | António Osório                          | Os Manos Running Team       | Senior Masculino | 04:02:21 | +02:00:35 | 11:01 |
| 78 | 203 | Paulo Osório                            | Os Manos Running Team       | Senior Masculino | 04:02:21 | +02:00:36 | 11:01 |
| 79 | 235 | ANDRÉ CARVALHO                          | Trail Running Greci Gaia    | Senior Masculino | 04:02:56 | +02:01:10 | 11:03 |
| 80 | 237 | Nelson Pinto                            | Trail Running Greci Gaia    | Senior Masculino | 04:02:56 | +02:01:10 | 11:03 |
| 81 | 128 | Sergio Moura                            | Individual                  | Senior Masculino | 04:03:37 | +02:01:51 | 11:04 |
| 82 | 65  | António Pinheiro                        | Dr. Merino / 4moove         | Senior Masculino | 04:04:02 | +02:02:17 | 11:06 |
| 83 | 179 | Rogério Henriques                       | Limitless                   | Senior Masculino | 04:10:06 | +02:08:21 | 11:22 |
| 84 | 113 | José Pedro Sistelo                      | Individual                  | Senior Masculino | 04:16:16 | +02:14:31 | 11:39 |
| 85 | 206 | Sérgio Rodrigues                        | Os TurboMula                | Senior Masculino | 04:51:30 | +02:49:45 | 13:15 |
| 86 | 36  | Miguel Ferreira                         | Bardinos dos Montes         | Senior Masculino | 05:27:08 | +03:25:22 | 14:52 |
| 87 | 254 | Filipe Medeiros                         | VASSOURA                    | Senior Masculino | 05:27:08 | +03:25:23 | 14:52 |

## Veterana F40

|    |     |                      |                             |              |          |           |       |
|----|-----|----------------------|-----------------------------|--------------|----------|-----------|-------|
| 1  | 263 | Alexandra Fernandes  | Individual                  | Veterana F40 | 02:50:21 |           | 07:45 |
| 2  | 191 | Patricia Fernandes   | Nascidos Para Correr        | Veterana F40 | 03:11:36 | +21:16    | 08:43 |
| 3  | 192 | Susana Coelho        | Nascidos Para Correr        | Veterana F40 | 03:14:08 | +23:48    | 08:44 |
| 4  | 181 | Cristina Loureiro    | Magical Mushrooms           | Veterana F40 | 03:25:13 | +34:53    | 09:20 |
| 5  | 51  | Paula Silva          | ComDor Runners              | Veterana F40 | 03:25:46 | +35:25    | 09:21 |
| 6  | 39  | Sandra Matos         | CENTRO CICLISTA DE GONDOMAR | Veterana F40 | 03:33:30 | +43:10    | 09:42 |
| 7  | 60  | Sara Pinheiro        | Desliza Team                | Veterana F40 | 03:36:37 | +46:16    | 09:51 |
| 8  | 252 | Paula Oliveira       | Um Igual a Dois             | Veterana F40 | 03:50:20 | +01:00:00 | 10:28 |
| 9  | 52  | Sandra Pina          | ComDor Runners              | Veterana F40 | 03:54:32 | +01:04:11 | 10:40 |
| 10 | 136 | Sónia Ferreira Alves | Individual                  | Veterana F40 | 04:03:40 | +01:13:19 | 11:05 |
| 11 | 49  | Andreia Sa           | ComDor Runners              | Veterana F40 | 04:06:14 | +01:15:54 | 11:12 |
| 12 | 134 | Cláudia Pinto        | Individual                  | Veterana F40 | 04:06:16 | +01:15:56 | 11:12 |
| 13 | 207 | Paula Moreira        | Os TurboMula                | Veterana F40 | 04:11:51 | +01:21:30 | 11:27 |
| 14 | 135 | Maria Portugal       | Individual                  | Veterana F40 | 04:16:16 | +01:25:56 | 11:39 |
| 15 | 37  | Isabel Santos        | Bardinos dos Montes         | Veterana F40 | 05:27:08 | +02:36:47 | 14:52 |

## Veterana F50

|   |    |             |                       |              |          |       |
|---|----|-------------|-----------------------|--------------|----------|-------|
| 1 | 56 | Dina Leitão | Confraria Trotamontes | Veterana F50 | 04:14:05 | 11:33 |
|---|----|-------------|-----------------------|--------------|----------|-------|

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| Official Timekeeper: Lap2Go | 3 / 6 | generate 04-Jun-2017 14:31 |
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## Trail Longo

**22 KM**

[illegible]

## OFFICIAL RESULT

|   |     |             |            |              |          |        |       |
|---|-----|-------------|------------|--------------|----------|--------|-------|
| 2 | 231 | Graça Silva | Team Shark | Veterana F50 | 04:43:25 | +29:21 | 12:53 |
|---|-----|-------------|------------|--------------|----------|--------|-------|

## Veterano M40

|    |     |                                  |                                                |              |          |                 |
|----|-----|----------------------------------|------------------------------------------------|--------------|----------|-----------------|
| 1  | 40  | Antonio Martins                  | CENTRO CICLISTA DE GONDOMAR                    | Veterano M40 | 01:59:02 | 05:25           |
| 2  | 63  | José Afonso Ferreira             | Douroconta - Gabinete de Apoio e Contabilidade | Veterano M40 | 02:20:45 | +21:43 06:24    |
| 3  | 218 | Hugo Figueiredo                  | PM                                             | Veterano M40 | 02:22:13 | +23:11 06:28    |
| 4  | 32  | Alcino Gouveia                   | Ascários Escariz I                             | Veterano M40 | 02:27:46 | +28:43 06:43    |
| 5  | 197 | José Lopes                       | Not Run Alone                                  | Veterano M40 | 02:29:18 | +30:16 06:47    |
| 6  | 189 | Vitor Azevedo                    | MSS CONTABILIDADE                              | Veterano M40 | 02:35:49 | +36:47 07:05    |
| 7  | 16  | Luis Carlos Ferreira Campos Lobo | ALL-Titudes Trail Team                         | Veterano M40 | 02:36:55 | +37:52 07:08    |
| 8  | 140 | David Ferreira                   | Individual                                     | Veterano M40 | 02:37:49 | +38:47 07:10    |
| 9  | 265 | Delfim Nunes                     | KeMedo Team                                    | Veterano M40 | 02:40:43 | +41:40 07:18    |
| 10 | 241 | PATRICIO AFONSO                  | Trail Running Greci Gaia                       | Veterano M40 | 02:40:46 | +41:43 07:18    |
| 11 | 176 | Bruno Araujo                     | KeMedo Team                                    | Veterano M40 | 02:41:25 | +42:22 07:20    |
| 12 | 187 | Carlos Duarte                    | MSS CONTABILIDADE                              | Veterano M40 | 02:42:12 | +43:10 07:22    |
| 13 | 26  | Carlos Couto                     | ARCORUN                                        | Veterano M40 | 02:45:04 | +46:02 07:30    |
| 14 | 143 | jorge pacheco                    | Individual                                     | Veterano M40 | 02:45:27 | +46:24 07:31    |
| 15 | 19  | Paulo Lima                       | Alto Relevo Clube de Montanhismo               | Veterano M40 | 02:45:27 | +46:24 07:31    |
| 16 | 25  | Amílcar Ferreira                 | ARCORUN                                        | Veterano M40 | 02:45:46 | +46:44 07:32    |
| 17 | 267 | Jorge Nunes                      | Afrikanrunners                                 | Veterano M40 | 02:46:15 | +47:12 07:33    |
| 18 | 154 | Samuel Soares                    | Individual                                     | Veterano M40 | 02:46:31 | +47:29 07:34    |
| 19 | 53  | João Cardoso                     | ComDor Runners                                 | Veterano M40 | 02:46:42 | +47:39 07:35    |
| 20 | 33  | José Oliveira                    | Ascários Escariz I                             | Veterano M40 | 02:47:33 | +48:31 07:37    |
| 21 | 258 | Miguel Moura                     | Individual                                     | Veterano M40 | 02:48:23 | +49:20 07:39    |
| 22 | 64  | Telmo Ferreira                   | Douroconta - Gabinete de Apoio e Contabilidade | Veterano M40 | 02:48:28 | +49:25 07:39    |
| 23 | 195 | Leonel Silva                     | Neighbors Run                                  | Veterano M40 | 02:48:38 | +49:36 07:40    |
| 24 | 35  | Jorge Brites                     | AZTrail                                        | Veterano M40 | 02:48:57 | +49:55 07:41    |
| 25 | 73  | Fernando Jorge Oliveira          | FFIT GAIA TRAIL                                | Veterano M40 | 02:51:21 | +52:19 07:47    |
| 26 | 260 | Orlando Costa                    | Equipa João Ferreira                           | Veterano M40 | 02:52:43 | +53:41 07:51    |
| 27 | 266 | Vitor Coelho                     | Individual                                     | Veterano M40 | 02:53:15 | +54:12 07:53    |
| 28 | 141 | Fernando Ferreira                | Individual                                     | Veterano M40 | 02:58:47 | +59:44 08:08    |
| 29 | 172 | David J S Sousa                  | Invicta Runners Team                           | Veterano M40 | 03:00:53 | +01:01:50 08:13 |
| 30 | 188 | Francisco Silva                  | MSS CONTABILIDADE                              | Veterano M40 | 03:01:07 | +01:02:05 08:14 |
| 31 | 10  | Ricardo Fernandes                | Afrikanrunners                                 | Veterano M40 | 03:03:57 | +01:04:54 08:22 |
| 32 | 54  | Luis Torres                      | ComDor Runners                                 | Veterano M40 | 03:05:56 | +01:06:54 08:27 |
| 33 | 138 | ARTUR FERREIRA                   | Individual                                     | Veterano M40 | 03:07:37 | +01:08:34 08:32 |
| 34 | 139 | Baltazar Ferreira                | Individual                                     | Veterano M40 | 03:07:51 | +01:08:49 08:32 |
| 35 | 219 | Miguel Teixeira                  | PM                                             | Veterano M40 | 03:08:10 | +01:09:07 08:33 |
| 36 | 183 | Nélson Castro                    | Magical Mushrooms                              | Veterano M40 | 03:09:47 | +01:10:44 08:38 |
| 37 | 41  | Henrique Matos                   | CENTRO CICLISTA DE GONDOMAR                    | Veterano M40 | 03:10:00 | +01:10:57 08:38 |
| 38 | 9   | Domingos Gonçalves               | Afrikanrunners                                 | Veterano M40 | 03:12:12 | +01:13:09 08:44 |

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## Trail Longo

**22 KM**

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## OFFICIAL RESULT

|    |     |                                                 |                         |              |          |           |       |
|----|-----|-------------------------------------------------|-------------------------|--------------|----------|-----------|-------|
| 39 | 152 | Pedro Azevedo                                   | Individual              | Veterano M40 | 03:13:10 | +01:14:08 | 08:47 |
| 40 | 30  | Vitor Folgado                                   | ARCORUN                 | Veterano M40 | 03:13:19 | +01:14:16 | 08:47 |
| 41 | 29  | Miguel Barros                                   | ARCORUN                 | Veterano M40 | 03:21:42 | +01:22:40 | 09:10 |
| 42 | 142 | Helder Rodrigues                                | Individual              | Veterano M40 | 03:21:51 | +01:22:48 | 09:11 |
| 43 | 246 | Paulo Tavares                                   | TrepaTrilhos Trail Team | Veterano M40 | 03:21:56 | +01:22:54 | 09:11 |
| 44 | 146 | Luís Sousa                                      | Individual              | Veterano M40 | 03:22:32 | +01:23:30 | 09:12 |
| 45 | 175 | Alexandre Sousa                                 | Kandimba Runners        | Veterano M40 | 03:22:44 | +01:23:41 | 09:13 |
| 46 | 257 | Adalberto Figueiredo                            | Individual              | Veterano M40 | 03:23:14 | +01:24:12 | 09:14 |
| 47 | 80  | Jorge Oliveira e Silva                          | GD BPI                  | Veterano M40 | 03:25:39 | +01:26:37 | 09:21 |
| 48 | 147 | Marcos Quintas                                  | Individual              | Veterano M40 | 03:29:39 | +01:30:36 | 09:32 |
| 49 | 15  | Carlos Manuel Carvalho Guedes                   | ALL-Titudes Trail Team  | Veterano M40 | 03:31:02 | +01:31:59 | 09:36 |
| 50 | 229 | SERGIO CUNHA                                    | SUCUPIRA ON TOUR        | Veterano M40 | 03:33:54 | +01:34:52 | 09:43 |
| 51 | 228 | HELDER MONTEIRO                                 | SUCUPIRA ON TOUR        | Veterano M40 | 03:33:55 | +01:34:52 | 09:43 |
| 52 | 34  | Paulo Jorge Romão de Campos                     | ATALANTA runners        | Veterano M40 | 03:41:31 | +01:42:29 | 10:04 |
| 53 | 27  | Ivo Machado                                     | ARCORUN                 | Veterano M40 | 03:45:44 | +01:46:41 | 10:16 |
| 54 | 145 | José Araújo                                     | Individual              | Veterano M40 | 03:47:51 | +01:48:49 | 10:21 |
| 55 | 28  | Jorge Oliveira                                  | ARCORUN                 | Veterano M40 | 03:50:10 | +01:51:07 | 10:28 |
| 56 | 209 | Jose Xavier                                     | Os TurboMula            | Veterano M40 | 03:52:28 | +01:53:26 | 10:34 |
| 57 | 224 | Sérgio Oliveira                                 | RUNNING TEAM MAIA       | Veterano M40 | 03:54:50 | +01:55:47 | 10:40 |
| 58 | 208 | Alcides Freire                                  | Os TurboMula            | Veterano M40 | 03:56:26 | +01:57:23 | 10:45 |
| 59 | 153 | Pedro José Oliveira da Silva                    | Individual              | Veterano M40 | 04:00:09 | +02:01:06 | 10:55 |
| 60 | 204 | Rui Assunção                                    | Os Manos Running Team   | Veterano M40 | 04:02:20 | +02:03:17 | 11:01 |
| 61 | 148 | Nelson Moura                                    | Individual              | Veterano M40 | 04:03:38 | +02:04:36 | 11:04 |
| 62 | 55  | Rui Oliveira                                    | ComDor Runners          | Veterano M40 | 04:06:14 | +02:07:12 | 11:12 |
| 63 | 182 | Celso Mota                                      | Magical Mushrooms       | Veterano M40 | 04:07:26 | +02:08:24 | 11:15 |
| 64 | 211 | Nuno Marques                                    | Os TurboMula            | Veterano M40 | 04:11:50 | +02:12:48 | 11:27 |
| 65 | 151 | Paulo Manuel Lorenzo Vieira<br>Fernandes Soares | Individual              | Veterano M40 | 04:16:39 | +02:17:37 | 11:40 |
| 66 | 210 | Nelson Montalvão                                | Os TurboMula            | Veterano M40 | 04:19:18 | +02:20:16 | 11:47 |
| 67 | 150 | PAULO JORGE                                     | Team Shark              | Veterano M40 | 04:21:58 | +02:22:55 | 11:54 |

## Veterano M50

|    |     |                                |                                   |              |          |              |
|----|-----|--------------------------------|-----------------------------------|--------------|----------|--------------|
| 1  | 253 | José Cabral                    | Um Igual a Dois                   | Veterano M50 | 02:17:26 | 06:15        |
| 2  | 38  | AGOSTINHO COSTA                | CCDR FUNDO VILA S.JOAO DA MADEIRA | Veterano M50 | 02:19:03 | +01:37 06:19 |
| 3  | 44  | Vitor Sousa                    | CENTRO CICLISTA DE GONDOMAR       | Veterano M50 | 02:22:41 | +05:14 06:29 |
| 4  | 43  | David Tavares                  | CENTRO CICLISTA DE GONDOMAR       | Veterano M50 | 02:30:42 | +13:16 06:51 |
| 5  | 42  | Ângelo Pereira                 | CENTRO CICLISTA DE GONDOMAR       | Veterano M50 | 02:34:17 | +16:51 07:01 |
| 6  | 162 | Fernando Martins               | Individual                        | Veterano M50 | 02:37:49 | +20:23 07:10 |
| 7  | 168 | Mário LIMA                     | Individual                        | Veterano M50 | 02:41:10 | +23:44 07:20 |
| 8  | 157 | alipio lopes                   | Individual                        | Veterano M50 | 02:42:21 | +24:54 07:23 |
| 9  | 264 | Henrique Borges                | Individual                        | Veterano M50 | 02:49:21 | +31:55 07:42 |
| 10 | 159 | Armando Moreira                | Clube Zupper                      | Veterano M50 | 03:02:25 | +44:59 08:18 |
| 11 | 161 | Fernando Eloi dos Santos Sousa | Individual                        | Veterano M50 | 03:03:12 | +45:46 08:20 |

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## Trail Longo

**22 KM**

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## OFFICIAL RESULT

|    |     |                                       |                         |              |          |           |       |
|----|-----|---------------------------------------|-------------------------|--------------|----------|-----------|-------|
| 12 | 164 | Manuel Carriço                        | Individual              | Veterano M50 | 03:04:44 | +47:17    | 08:24 |
| 13 | 165 | Manuel Cunha Povoas                   | Individual              | Veterano M50 | 03:07:20 | +49:53    | 08:31 |
| 14 | 167 | Manuel Silva                          | Individual              | Veterano M50 | 03:08:36 | +51:09    | 08:34 |
| 15 | 158 | António Pais                          | Individual              | Veterano M50 | 03:12:23 | +54:57    | 08:45 |
| 16 | 160 | Fernando Carvalho                     | Individual              | Veterano M50 | 03:13:12 | +55:45    | 08:47 |
| 17 | 13  | Vitor Almeida                         | All About               | Veterano M50 | 03:15:23 | +57:57    | 08:53 |
| 18 | 17  | Mário Manuel Taveira Cardoso Sequeira | ALL-Titudes Trail Team  | Veterano M50 | 03:16:11 | +58:44    | 08:55 |
| 19 | 156 | Alcino Araújo                         | Individual              | Veterano M50 | 03:21:51 | +01:04:24 | 09:11 |
| 20 | 255 | João Paulo Oliveira                   | Voleibolrunners         | Veterano M50 | 03:25:32 | +01:08:05 | 09:21 |
| 21 | 31  | Pedro Melo                            | ARCORUN                 | Veterano M50 | 03:27:44 | +01:10:18 | 09:27 |
| 22 | 169 | paulo genesio                         | Individual              | Veterano M50 | 03:28:46 | +01:11:20 | 09:29 |
| 23 | 177 | Henrique Pereira                      | KeMedo Team             | Veterano M50 | 03:29:33 | +01:12:06 | 09:32 |
| 24 | 247 | Manuel Moura                          | TrepaTrilhos Trail Team | Veterano M50 | 03:45:46 | +01:28:20 | 10:16 |
| 25 | 214 | Paulo Macedo                          | Pari Passu              | Veterano M50 | 03:47:33 | +01:30:06 | 10:21 |
| 26 | 74  | Gabriel Pires                         | FFIT GAIA TRAIL         | Veterano M50 | 03:48:21 | +01:30:55 | 10:23 |
| 27 | 1   | José Moutinho                         | Confraria Trotamontes   | Veterano M50 | 04:14:05 | +01:56:39 | 11:33 |

## Veterano M60

|   |     |                               |                      |              |          |                 |
|---|-----|-------------------------------|----------------------|--------------|----------|-----------------|
| 1 | 170 | Antonio Fernando Vieira Rocha | Individual           | Veterano M60 | 02:32:16 | 06:55           |
| 2 | 178 | AGOSTINHO SOUSA               | Kunalama Runners     | Veterano M60 | 02:40:09 | +07:53 07:17    |
| 3 | 14  | Lino Moreira                  | All About            | Veterano M60 | 02:53:55 | +21:40 07:54    |
| 4 | 193 | Armenio Ferreira              | Nascidos Para Correr | Veterano M60 | 03:26:00 | +53:44 09:22    |
| 5 | 201 | josé moura sousa              | OS BARRIGUITAS       | Veterano M60 | 03:41:18 | +01:09:02 10:04 |

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