

TRAIL LONGO - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	19°C	88%
End	13:38	19°C	88%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	281	André Machado	os santa apolónia	Senior Masculino	01:51:18		05:04
2	81	Nuno Fernandes	clube atletismo fafe	Senior Masculino	01:52:42	+01:23	05:07
3	28	Vitor Costa	a.d.amarante trail running	Veterano M40	01:53:15	+01:57	05:09
4	272	Pedro Santos	oralklass	Veterano M40	01:56:02	+04:44	05:17
5	149	Agostinho Reis	individual	Senior Masculino	01:57:47	+06:29	05:21
6	206	Paulo Pinto	individual	Veterano M40	01:58:29	+07:11	05:23
7	20	Cristiano Santos	a.d.amarante trail running	Senior Masculino	01:58:51	+07:32	05:24
8	139	Hélio Dias	hsantamariart	Senior Masculino	02:01:46	+10:28	05:32
9	324	Nuno Cardoso	individual	Veterano M40	02:02:41	+11:23	05:35
10	99	Tiago Pinto	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:03:15	+11:57	05:36
11	54	Carlos Ferreira	btt alegria // tubani	Veterano M40	02:04:28	+13:09	05:39
12	100	Hélder Rocha	douroconta - gabinete de apoio e contabilidade	Veterano M40	02:04:28	+13:10	05:39
13	325	Filipe Carneiro	oralklass	Senior Masculino	02:04:31	+13:13	05:40
14	83	Rui Povo	clube atletismo fafe	Veterano M40	02:05:28	+14:09	05:42
15	172	Nelson Teixeira	individual	Senior Masculino	02:05:40	+14:21	05:43
16	89	Joaquim Duarte	dá-lhe gás running team	Senior Masculino	02:07:35	+16:17	05:48
17	116	Tiago Teixeira	factor x / s4l / medense fc	Senior Masculino	02:09:08	+17:49	05:52
18	72	FERNANDO NEVES	centro ciclista de gondomar	Veterano M50	02:09:42	+18:23	05:54
19	80	Mario Castro	clube atletismo fafe	Senior Masculino	02:11:37	+20:18	05:59
20	56	Paulo Nunes	btt alegria // tubani	Veterano M40	02:11:59	+20:40	06:00
21	233	GILBERTO COSTA	intermarche canedo	Veterano M40	02:12:45	+21:27	06:02
22	266	Tiago Soares	moinhos run - adrm	Senior Masculino	02:13:02	+21:44	06:03
23	19	António Daniel Mendes	a.d.amarante trail running	Senior Masculino	02:13:42	+22:24	06:05
24	23	Paulo Costa	a.d.amarante trail running	Senior Masculino	02:13:43	+22:24	06:05
25	91	Nuno Nunes	dá-lhe gás running team	Senior Masculino	02:15:58	+24:39	06:11
26	122	Ricardo Nunes	fridão sem limites	Senior Masculino	02:16:02	+24:43	06:11
27	37	Jorge Moreira	amigos do pedal trailagares	Veterano M50	02:16:10	+24:51	06:11
28	52	Filipe Pinto	btt alegria // tubani	Senior Masculino	02:16:15	+24:57	06:12
29	317	Fábio Reis	trilhados	Senior Masculino	02:16:42	+25:23	06:13
30	140	Rui Reis	hsantamariart	Senior Masculino	02:16:52	+25:33	06:13
31	88	Carlos Prudêncio	dá-lhe gás running team	Senior Masculino	02:17:06	+25:48	06:14
32	182	Rui Santos	individual	Sub 23 Masculino	02:18:25	+27:07	06:18
33	26	Miguel Barros	a.d.amarante trail running	Veterano M40	02:19:43	+28:25	06:21
34	289	Sérgio Miguel Lopes Monteiro	sardonisca runners	Senior Masculino	02:20:04	+28:46	06:22
35	18	Paula Soares	a.d.amarante trail running	Senior Feminino	02:20:35	+29:16	06:23
36	27	Telmo Silva	a.d.amarante trail running	Veterano M40	02:20:46	+29:27	06:24
37	267	Alfredo Moreira	moinhos run - adrm	Veterano M40	02:20:59	+29:41	06:25
38	293	Alcino Gouveia	sentir escariz running	Veterano M40	02:21:53	+30:35	06:27
39	166	João Silva	individual	Senior Masculino	02:22:08	+30:49	06:28
40	68	ANTÓNIO JESUS	centro ciclista de gondomar	Veterano M40	02:22:17	+30:59	06:28
41	105	Marco Vasconcelos	equipa a	Senior Masculino	02:23:24	+32:06	06:31

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22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	222	FILIPÉ COUTO	intermarche canedo	Senior Masculino	02:23:46	+32:28	06:32
43	73	VITOR SOUSA	centro ciclista de gondomar	Veterano M50	02:24:07	+32:49	06:33
44	201	LUIS ALMEIDA	individual	Veterano M40	02:24:30	+33:12	06:34
45	142	Manuel Alves	icarus/nokarol	Veterano M50	02:24:40	+33:22	06:35
46	210	Adriano oliveira	individual	Veterano M50	02:24:42	+33:24	06:35
47	118	António Rocha	factor x / s4l / medense fc	Veterano M60	02:24:47	+33:29	06:35
48	163	Gabriel Coutinho	individual	Senior Masculino	02:24:49	+33:30	06:35
49	162	Francisco Castro	individual	Senior Masculino	02:24:52	+33:33	06:35
50	260	Luís Sá	lion runners - g. d. leões da guarda	Veterano M40	02:25:14	+33:56	06:36
51	263	Fernando Nunes Nunes	lousada btt	Veterano M40	02:25:27	+34:09	06:37
52	90	José Pedro Dias	dá-lhe gás running team	Senior Masculino	02:26:11	+34:53	06:39
53	124	João Moreira	g.d.ronda	Veterano M40	02:26:20	+35:01	06:39
54	55	Manuel Teixeira	btt alegria // tubani	Veterano M40	02:26:23	+35:05	06:39
55	58	Nuno Mesquita	btt trilhos de penaguão	Senior Masculino	02:26:32	+35:13	06:40
56	67	Mário Alves Oliveira	ccdr fundo vila,s.joao da madeira	Veterano M50	02:27:07	+35:48	06:41
57	292	Abel Vieira	sentir escariz running	Senior Masculino	02:27:20	+36:02	06:42
58	174	Pedro Nunes	individual	Senior Masculino	02:27:21	+36:02	06:42
59	301	Rosalia Silva	team lantermil	Senior Feminino	02:27:25	+36:06	06:42
60	277	Bruno Macedo	os caga tacos running team	Senior Masculino	02:27:51	+36:32	06:43
61	168	José Armando Duarte Do Rosário	individual	Senior Masculino	02:28:07	+36:48	06:44
62	302	Elisabete Santos	team lantermil	Veterana F40	02:28:19	+37:01	06:45
63	294	José Oliveira	sentir escariz running	Veterano M40	02:28:20	+37:01	06:45
64	303	Paulo Gomes	team lantermil	Veterano M40	02:28:51	+37:33	06:46
65	151	Andre Soares	individual	Senior Masculino	02:29:24	+38:05	06:47
66	22	Miguel Pereira	a.d.amarante trail running	Senior Masculino	02:29:52	+38:34	06:49
67	175	Roberto Da Silva Ferreira	individual	Senior Masculino	02:30:14	+38:55	06:50
68	123	Manuel Pinheiro	fridão sem limites	Veterano M40	02:30:23	+39:04	06:50
69	308	Nuno Faria	teamtrail3pros15	Senior Masculino	02:30:25	+39:07	06:50
70	231	EDUARDO PINTO	intermarche canedo	Veterano M40	02:30:37	+39:19	06:51
71	326	Maria Gonçalves	oralklass	Senior Feminino	02:30:38	+39:19	06:51
72	103	Vitor Fonseca	éjáli...clube de amigos trailrunners	Senior Masculino	02:31:29	+40:11	06:53
73	132	Rui Gomes	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:32:01	+40:42	06:55
74	101	José Fortuna	douroconta - gabinete de apoio e contabilidade	Veterano M50	02:32:14	+40:55	06:55
75	86	Paulo Neta	clube zipper	Veterano M40	02:33:01	+41:42	06:57
76	141	Vasco Carvalho	icarus running team	Senior Masculino	02:34:21	+43:02	07:01
77	186	Alexandra Fernandes	individual	Veterana F50	02:34:34	+43:15	07:02
78	199	Joao Correia	individual	Veterano M40	02:34:44	+43:25	07:02
79	318	Bruno Monteiro	trinca orelhas gato	Senior Masculino	02:34:48	+43:29	07:02
80	106	Paulo Mesquita	equipa a	Senior Masculino	02:35:25	+44:07	07:04
81	227	VITOR MAIA	intermarche canedo	Senior Masculino	02:35:53	+44:34	07:05
82	121	Andreia Almeida	fridão sem limites	Senior Feminino	02:35:54	+44:36	07:05
83	76	José Barbosa	centro de união da juventude da lomba	Senior Masculino	02:36:17	+44:59	07:06
84	217	Agostinho Sousa	individual	Veterano M60	02:36:19	+45:01	07:06
85	288	Vitor Santos Santos	rio tinto	Veterano M40	02:36:37	+45:19	07:07
86	71	DAVID TAVARES	centro ciclista de gondomar	Veterano M50	02:36:54	+45:35	07:08

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	97	Hugo Moreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:38:15	+46:57	07:12
88	113	Carlos Azevedo	factor x / s4l / medense fc	Senior Masculino	02:38:43	+47:24	07:13
89	234	JORGE PACHECO	intermarche canedo	Veterano M40	02:39:22	+48:04	07:15
90	161	Francisco Aragão	individual	Senior Masculino	02:39:25	+48:06	07:15
91	287	Marta Silva	ribeirosbikeshop	Veterana F40	02:39:31	+48:12	07:15
92	25	Rosa Barros	a.d.amarante trail running	Veterana F40	02:39:53	+48:35	07:16
93	270	Manuel Póvoas	mss contabilidade trail team	Veterano M50	02:39:59	+48:40	07:16
94	39	Pedro Carvalho	arrastassolas	Veterano M40	02:40:02	+48:44	07:16
95	42	Luis Ribeiro	arrastassolas	Veterano M40	02:40:02	+48:44	07:16
96	84	FERNANDO OLIVEIRA SOARES	clube campismo s. joão da madeira	Veterano M40	02:40:35	+49:17	07:18
97	300	Pedro Magalhães	tartarugas do asfalto	Veterano M40	02:40:48	+49:30	07:19
98	46	JOSÉ AFONSO	brasinhas	Senior Masculino	02:40:58	+49:39	07:19
99	143	Cristiana Ferreira	individual	Senior Feminino	02:41:44	+50:26	07:21
100	133	Leonel Silva	hora do lobo trail - cf perosinho atletismo	Senior Masculino	02:41:52	+50:34	07:21
101	13	Ricardo Pereira	11938736	Senior Masculino	02:42:39	+51:20	07:24
102	271	Vera Barbosa	nova linha trail runners	Senior Feminino	02:42:52	+51:33	07:24
103	16	Angela Soares	a.d.amarante trail running	Senior Feminino	02:42:59	+51:41	07:25
104	268	Carlos Duarte	mss contabilidade trail team	Veterano M40	02:43:07	+51:49	07:25
105	296	Rui Bessa	sob efeito trail	Senior Masculino	02:43:38	+52:19	07:26
106	253	Tiago Almeida	lion runners - g. d. leões da guarda	Sub 23 Masculino	02:44:14	+52:56	07:28
107	165	Helder Oliveira	individual	Senior Masculino	02:44:20	+53:01	07:28
108	215	Paulo Dias	individual	Veterano M50	02:44:34	+53:16	07:29
109	21	Marco Nunes	a.d.amarante trail running	Senior Masculino	02:44:36	+53:18	07:29
110	51	Carlos Vieira	btt alegria // tubani	Senior Masculino	02:44:41	+53:22	07:29
111	191	André Figueiredo	individual	Veterano M40	02:44:51	+53:33	07:30
112	196	Fernando Mendes	individual	Veterano M40	02:45:10	+53:51	07:30
113	195	Domingos Teixeira	individual	Veterano M40	02:45:45	+54:26	07:32
114	70	Henrique Matos	centro ciclista de gondomar	Veterano M40	02:46:05	+54:46	07:33
115	125	Andreia Amorim	gondomar futsal clube	Senior Feminino	02:46:06	+54:48	07:33
116	63	Ricardo Oliveira	cães do trail	Senior Masculino	02:46:23	+55:04	07:34
117	224	PEDRO SILVA	intermarche canedo	Senior Masculino	02:46:28	+55:09	07:34
118	15	José Silva	a.c.r.d.escapães	Veterano M50	02:46:53	+55:35	07:35
119	243	Jorje Durães	kandimba runners	Veterano M40	02:47:04	+55:45	07:36
120	171	Márcio Castro	individual	Senior Masculino	02:47:06	+55:48	07:36
121	24	Ricardo Sousa	a.d.amarante trail running	Senior Masculino	02:47:07	+55:48	07:36
122	92	Ricardo Pires	dá-lhe gás running team	Senior Masculino	02:47:53	+56:34	07:38
123	241	Ricardo Sousa	kandimba runners	Senior Masculino	02:48:45	+57:27	07:40
124	310	Adelino Silva	trailistas "eu é que sei!"	Veterano M40	02:49:06	+57:48	07:41
125	32	Issac costa	addicted to trail	Veterano M40	02:49:07	+57:48	07:41
126	31	Blandine ramires	addicted to trail	Veterana F40	02:49:07	+57:48	07:41
127	102	Sérgio Rodrigues	dr. merino/4moove	Senior Masculino	02:49:09	+57:50	07:41
128	269	Victor Azevedo	mss contabilidade trail team	Veterano M40	02:49:21	+58:03	07:42
129	136	Helder Santos	hora do lobo trail - cf perosinho atletismo	Veterano M40	02:50:54	+59:35	07:46
130	181	José Carlos Garrido Pereira	individual	Sub 23 Masculino	02:50:54	+59:35	07:46
131	286	João Oliveira	power run team	Senior Masculino	02:50:57	+59:38	07:46

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	87	Pedro Santos	crocodilos / mister pc	Senior Masculino	02:52:57	+01:01:38	07:52
133	207	Pedro Santos	individual	Veterano M40	02:53:03	+01:01:45	07:52
134	156	Bruno Moura	individual	Senior Masculino	02:53:06	+01:01:48	07:52
135	147	Raquel Andrade	individual	Senior Feminino	02:53:07	+01:01:49	07:52
136	247	Bruno Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	02:53:08	+01:01:50	07:52
137	321	Mário Ibarra	vaz ibarra	Senior Masculino	02:53:25	+01:02:07	07:53
138	259	Domingos Faria	lion runners - g. d. leões da guarda	Veterano M40	02:53:32	+01:02:14	07:53
139	57	Tony Mendes	btt alegria // tubani	Veterano M40	02:53:34	+01:02:15	07:53
140	164	Gilberto Sousa	individual	Senior Masculino	02:53:37	+01:02:19	07:54
141	322	Igor Paiva	individual	Senior Masculino	02:53:40	+01:02:21	07:54
142	180	Manel Martins	individual	Veterano M40	02:54:01	+01:02:42	07:55
143	117	Miguel Moura	factor x / s4l / medense fc	Veterano M40	02:54:07	+01:02:48	07:55
144	115	Nuno Teixeira	factor x / s4l / medense fc	Senior Masculino	02:54:07	+01:02:48	07:55
145	177	Sandro Pinheiro	individual	Senior Masculino	02:54:07	+01:02:49	07:55
146	240	Hugo Ferreira	kandimba runners	Senior Masculino	02:54:07	+01:02:49	07:55
147	309	Vitor Ribeiro	the mountains are calling	Veterano M40	02:54:29	+01:03:10	07:56
148	77	José Santos	centro de união da juventude da lomba	Sub 23 Masculino	02:54:55	+01:03:37	07:57
149	49	Liliana cardoso Cardoso	bravos & bravitas	Senior Feminino	02:55:48	+01:04:30	07:59
150	6	Helder Domingues	100mera	Senior Masculino	02:56:22	+01:05:03	08:01
151	33	Sara Ferreira	águias de alvelos	Senior Feminino	02:56:58	+01:05:40	08:03
152	14	PAULO SANTOS	a.c.r.d.escapães	Veterano M40	02:58:22	+01:07:04	08:06
153	228	MANUEL Duarte	intermarche canedo	Sub 23 Masculino	02:58:28	+01:07:10	08:07
154	283	Lino Moreira	os turbomula	Veterano M60	02:58:50	+01:07:32	08:08
155	244	Sara Rafael	kemedo team	Veterana F40	02:58:57	+01:07:39	08:08
156	62	César Costa	cães do trail	Senior Masculino	02:59:44	+01:08:25	08:10
157	278	Joao Couto	os finos	Veterano M40	03:00:47	+01:09:28	08:13
158	223	MARCIO MOREIRA	intermarche canedo	Senior Masculino	03:00:54	+01:09:36	08:13
159	216	Paulo Ferreira	individual	Veterano M50	03:01:00	+01:09:42	08:14
160	11	Paulo Costa	100pernas team	Veterano M40	03:01:49	+01:10:30	08:16
161	8	Fernando Reis	100pernas team	Senior Masculino	03:01:49	+01:10:30	08:16
162	225	RICARDO Duarte	intermarche canedo	Senior Masculino	03:01:57	+01:10:39	08:16
163	256	Isabel Pinto	lion runners - g. d. leões da guarda	Veterana F40	03:02:33	+01:11:15	08:18
164	249	Celso Oliveira	lion runners - g. d. leões da guarda	Senior Masculino	03:02:33	+01:11:15	08:18
165	65	Daniel Rocha	caroochos dopados	Senior Masculino	03:02:57	+01:11:38	08:19
166	111	Eurico Mendes	exerciceforyou	Veterano M40	03:03:22	+01:12:04	08:20
167	211	Alcino Araujo	individual	Veterano M50	03:03:31	+01:12:12	08:21
168	135	Duarte Barbosa	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:03:48	+01:12:29	08:21
169	183	Cristina Carvalho	individual	Veterana F40	03:03:49	+01:12:30	08:21
170	229	RICARDO Duarte	intermarche canedo	Sub 23 Masculino	03:04:45	+01:13:26	08:24
171	205	Paulo Duarte	individual	Veterano M40	03:04:58	+01:13:40	08:24
172	60	Tiago Almeida	budeguita runners	Veterano M40	03:05:39	+01:14:21	08:26
173	59	Paulo Lagoa	budeguita runners	Veterano M40	03:05:40	+01:14:21	08:26
174	137	Wilson Fonseca	hora do lobo trail - cf perosinho atletismo	Veterano M40	03:05:49	+01:14:30	08:27
175	74	Dario Sanguedo	centro de união da juventude da lomba	Senior Masculino	03:07:14	+01:15:56	08:31
176	295	Pedro Oliveira	sob efeito trail	Senior Masculino	03:08:06	+01:16:48	08:33
177	144	Joana Silva	individual	Senior Feminino	03:08:18	+01:17:00	08:34

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	212	Baltazar Ferreira	individual	Veterano M50	03:08:26	+01:17:08	08:34
179	38	Mario Santos	arrastassolas	Senior Masculino	03:08:27	+01:17:08	08:34
180	274	Joaquim Manuel Vieira	os cachos	Veterano M50	03:08:46	+01:17:27	08:35
181	273	Carlos Vieira	os cachos	Veterano M50	03:08:46	+01:17:28	08:35
182	150	André Leite	individual	Senior Masculino	03:09:14	+01:17:55	08:36
183	192	António Pinheiro	individual	Veterano M40	03:09:59	+01:18:41	08:38
184	232	Filipe Abreu	intermarche canedo	Veterano M40	03:10:04	+01:18:46	08:38
185	154	Bruno Loureiro	individual	Senior Masculino	03:10:04	+01:18:46	08:38
186	134	Cristina Saraiva	hora do lobo trail - cf perosinho atletismo	Veterana F50	03:10:30	+01:19:11	08:40
187	47	SERGIO RICARDO	brasinhas	Senior Masculino	03:10:30	+01:19:12	08:40
188	48	Paulo freitas	brasinhas	Veterano M40	03:10:30	+01:19:12	08:40
189	245	Luís Vieira	kunalama runners	Senior Masculino	03:10:58	+01:19:39	08:41
190	61	Bruno Moreira	cães do trail	Senior Masculino	03:13:30	+01:22:12	08:48
191	194	Carlos Pereira	individual	Veterano M40	03:13:44	+01:22:26	08:48
192	178	Tiago Moreira	individual	Senior Masculino	03:14:10	+01:22:51	08:50
193	262	Luís Almeida	lion runners - g. d. leões da guarda	Veterano M50	03:15:47	+01:24:28	08:54
194	255	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	03:15:47	+01:24:29	08:54
195	316	Raul Cancela	trepatrilhos trail team	Veterano M50	03:16:05	+01:24:47	08:55
196	315	Paulo Tavares	trepatrilhos trail team	Veterano M50	03:16:05	+01:24:47	08:55
197	12	Sérgio Oliveira	100pernas team	Veterano M40	03:16:26	+01:25:08	08:56
198	311	André Sarmento	trepatrilhos trail team	Senior Masculino	03:16:34	+01:25:16	08:56
199	314	António Fernandes	trepatrilhos trail team	Veterano M50	03:16:35	+01:25:16	08:56
200	108	Sergio Chacim	exerciceforyou	Senior Masculino	03:16:57	+01:25:38	08:57
201	53	Jorge Cruz	btt alegria // tubani	Senior Masculino	03:19:01	+01:27:43	09:03
202	104	Luis Terencio	éjáli...clube de amigos trailrunners	Veterano M40	03:19:44	+01:28:26	09:05
203	66	Nuno Ferreira	ccd- siemens	Senior Masculino	03:20:12	+01:28:54	09:06
204	34	Artur Silva	all about spirit team	Veterano M50	03:20:51	+01:29:32	09:08
205	208	Richard Gustavo Nogueira Silva	individual	Veterano M40	03:22:06	+01:30:48	09:11
206	5	Gabriela Madeira	#mirras	Senior Feminino	03:22:30	+01:31:11	09:12
207	313	Rui Familiar	trepatrilhos trail team	Veterano M40	03:22:31	+01:31:12	09:12
208	202	Manuel Domingues	individual	Veterano M40	03:23:56	+01:32:37	09:16
209	7	Fernando Oliveira	100pernas team	Senior Masculino	03:29:24	+01:38:06	09:31
210	50	Sara Rocha	btt alegria // tubani	Senior Feminino	03:30:02	+01:38:44	09:33
211	285	Paulo Lima	porto run team	Senior Masculino	03:32:21	+01:41:02	09:39
212	237	Carlos mendes	i-run	Veterano M50	03:33:13	+01:41:55	09:42
213	220	ROSA RODRIGUES	intermarche canedo	Senior Feminino	03:33:14	+01:41:55	09:42
214	323	Filipe Lima	individual	Senior Masculino	03:33:14	+01:41:56	09:42
215	264	Cândido Gomes	maia	Senior Masculino	03:33:27	+01:42:09	09:42
216	167	Jorge Torrao	individual	Senior Masculino	03:33:42	+01:42:23	09:43
217	188	Manuela Sousa	individual	Veterana F50	03:34:20	+01:43:01	09:45
218	275	Manuel Carneiro	os cachos	Veterano M50	03:35:15	+01:43:57	09:47
219	10	Nelson Santos	100pernas team	Veterano M40	03:36:44	+01:45:25	09:51
220	170	José Teixeira	individual	Senior Masculino	03:37:04	+01:45:45	09:52
221	112	Carla Neves	factor x / s4l / medense fc	Senior Feminino	03:37:16	+01:45:58	09:53
222	203	Miguel Oliveira	individual	Veterano M40	03:37:30	+01:46:12	09:53

TRAIL LONGO - STAGE 1

22 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
223	279	Pedro Magalhães	os finos	Veterano M40	03:38:05	+01:46:47	09:55
224	126	Ilídio Freitas	gondomar futsal clube	Veterano M50	03:39:50	+01:48:31	10:00
225	254	Cristina Gonçalves	lion runners - g. d. leões da guarda	Veterana F40	03:40:05	+01:48:47	10:00
226	40	Carla Moreira	arrastassolas	Veterana F40	03:42:22	+01:51:03	10:06
227	75	Hugo Ferreira	centro de união da juventude da lomba	Senior Masculino	03:42:32	+01:51:14	10:07
228	9	Nuno Ferreira	100pernas team	Senior Masculino	03:42:57	+01:51:39	10:08
229	120	Victor Sousa	fit arena ginásio	Veterano M40	03:43:53	+01:52:34	10:11
230	119	Anthony Silva	fit arena ginásio	Senior Masculino	03:43:53	+01:52:35	10:11
231	78	Nuno Santos	centro de união da juventude da lomba	Sub 23 Masculino	03:46:00	+01:54:42	10:16
232	298	Filipe Martinho	super lesmas	Veterano M40	03:49:20	+01:58:01	10:25
233	299	Filipe Rodrigues	super lesmas	Veterano M40	03:49:20	+01:58:01	10:25
234	297	Patricia Lage	super lesmas	Senior Feminino	03:49:20	+01:58:01	10:25
235	35	Emidio pontes	amigos de s.pedro da cova	Veterano M50	03:52:22	+02:01:04	10:34
236	230	Charly duarte	intermarche canedo	Veterana F40	03:55:11	+02:03:52	10:41
237	219	PATRICIA GOMES	intermarche canedo	Senior Feminino	03:55:11	+02:03:52	10:41
238	226	RICARDO SOUSA	intermarche canedo	Senior Masculino	03:55:12	+02:03:53	10:41
239	221	Bruno Duarte	intermarche canedo	Senior Masculino	03:55:12	+02:03:53	10:41
240	197	Fernando Resende Rodrigues	individual	Veterano M40	03:59:21	+02:08:02	10:53
241	236	Manuel Teixeira	i-run	Veterano M40	04:00:57	+02:09:38	10:57
242	190	Abilio Silva	individual	Veterano M40	04:02:04	+02:10:46	11:00
243	184	Diana Cancela	individual	Veterana F40	04:02:28	+02:11:10	11:01
244	153	Bruno Cavadas	individual	Senior Masculino	04:02:35	+02:11:17	11:02
245	157	Carlos Guilherme	individual	Senior Masculino	04:02:35	+02:11:17	11:02
246	284	CLAUDIA CARVALHO	pernetas	Senior Feminino	04:02:36	+02:11:17	11:02
247	158	Daniel Neves	individual	Senior Masculino	04:02:36	+02:11:18	11:02
248	290	Bruno Sá	semnome	Senior Masculino	04:04:04	+02:12:46	11:06
249	291	Edgar Mota	semnome	Senior Masculino	04:04:05	+02:12:46	11:06
250	43	Manuel Silva	arrastassolas	Veterano M40	04:09:07	+02:17:49	11:19
251	41	Helena Cunha	arrastassolas	Veterana F40	04:09:07	+02:17:49	11:19
252	276	Andreia Valente	os caga tacos running team	Senior Feminino	04:10:00	+02:18:41	11:22
253	327	Norberto Aguiar	lion runners - g. d. leões da guarda	Senior Masculino	04:10:19	+02:19:01	11:23
254	185	Márcia Lima	individual	Veterana F40	04:13:44	+02:22:25	11:32
255	152	António Freitas	individual	Senior Masculino	04:17:03	+02:25:45	11:41
256	176	Rui Viegas	individual	Senior Masculino	04:17:04	+02:25:45	11:41
257	319	Bruno Pinho	tutu team	Senior Masculino	04:20:12	+02:28:54	11:50
258	251	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	04:20:12	+02:28:54	11:50
259	95	MAGDA ARAUJO	desliza team	Senior Feminino	04:26:39	+02:35:21	12:07
260	94	INES PERES	desliza team	Senior Feminino	04:26:39	+02:35:21	12:07
261	93	Inês Mendonça	desliza team	Senior Feminino	04:26:40	+02:35:21	12:07
262	96	SARA PINHEIRO	desliza team	Veterana F40	04:26:40	+02:35:21	12:07
263	45	Lindolfo Sol Sol	bora l'andar	Veterano M40	04:27:15	+02:35:56	12:09
264	146	Patrícia Moreira	individual	Senior Feminino	04:31:34	+02:40:16	12:21
265	179	Ana Filipa Barbosa Silva Santos	individual	Sub 23 Feminino	04:31:34	+02:40:16	12:21
266	306	Graça Silva	team shark	Veterana F50	04:34:01	+02:42:42	12:27
267	218	Jose Afonso	individual	Veterano M60	04:35:47	+02:44:28	12:32



22 KM

OFFICIAL RESULT

[illegible]

Trail Longo

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	19°C	88%
End	13:38	19°C	88%

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

1	18	Paula Soares	A.D.Amarante trail running	Senior Feminino	02:20:35	+29:16	06:23:16
2	301	Rosalia Silva	TEAM LANTEMIL	Senior Feminino	02:27:25	+36:06	06:42:16
3	326	Maria Gonçalves	ORALKLASS	Senior Feminino	02:30:38	+39:19	06:51:16
4	121	Andreia Almeida	Fridão Sem Limites	Senior Feminino	02:35:54	+44:36	07:05:16
5	143	Cristiana Ferreira	Individual	Senior Feminino	02:41:44	+50:26	07:21:16
6	271	Vera Barbosa	Nova Linha Trail Runners	Senior Feminino	02:42:52	+51:33	07:24:16
7	16	Angela Soares	A.D.Amarante trail running	Senior Feminino	02:42:59	+51:41	07:25:16
8	125	Andreia Amorim	GONDOMAR FUTSAL CLUBE	Senior Feminino	02:46:06	+54:48	07:33:16
9	147	Raquel Andrade	Individual	Senior Feminino	02:53:07	+01:01:49	07:52:16
10	49	Liliana cardoso Cardoso	Bravos & Bravitas	Senior Feminino	02:55:48	+01:04:30	07:59:16
11	33	Sara Ferreira	ÁGUIAS DE ALVELOS	Senior Feminino	02:56:58	+01:05:40	08:03:16
12	144	Joana Silva	Individual	Senior Feminino	03:08:18	+01:17:00	08:34:16
13	5	Gabriela Madeira	#MIRRAS	Senior Feminino	03:22:30	+01:31:11	09:12:16
14	50	Sara Rocha	BTT Alegria // TUBANI	Senior Feminino	03:30:02	+01:38:44	09:33:16
15	220	ROSA RODRIGUES	INTERMARCHE CANEDO	Senior Feminino	03:33:14	+01:41:55	09:42:16
16	112	Carla Neves	FACTOR X / S4L / MEDENSE FC	Senior Feminino	03:37:16	+01:45:58	09:53:16
17	297	Patricia Lage	Super Lesmas	Senior Feminino	03:49:20	+01:58:01	10:25:16
18	219	PATRICIA GOMES	INTERMARCHE CANEDO	Senior Feminino	03:55:11	+02:03:52	10:41:16
19	284	CLAUDIA CARVALHO	Pernetas	Senior Feminino	04:02:36	+02:11:17	11:02:16
20	276	Andreia Valente	os caga tacos running team	Senior Feminino	04:10:00	+02:18:41	11:22:16
21	95	MAGDA ARAUJO	Desliza Team	Senior Feminino	04:26:39	+02:35:21	12:07:16
22	94	INES PERES	Desliza Team	Senior Feminino	04:26:39	+02:35:21	12:07:16
23	93	Inês Mendonça	Desliza Team	Senior Feminino	04:26:40	+02:35:21	12:07:16
24	146	Patrícia Moreira	Individual	Senior Feminino	04:31:34	+02:40:16	12:21:16

Senior Masculino

1	281	André Machado	Os Santa Apolónia	Senior Masculino	01:51:18	05:04
2	81	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	01:52:42	+01:23 05:07
3	149	Agostinho Reis	Individual	Senior Masculino	01:57:47	+06:29 05:21
4	20	Cristiano Santos	A.D.Amarante trail running	Senior Masculino	01:58:51	+07:32 05:24
5	139	Hélio Dias	HSantaMariaRT	Senior Masculino	02:01:46	+10:28 05:32
6	99	Tiago Pinto	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:03:15	+11:57 05:36
7	325	Filipe Carneiro	ORALKLASS	Senior Masculino	02:04:31	+13:13 05:40
8	172	Nelson Teixeira	Individual	Senior Masculino	02:05:40	+14:21 05:43
9	89	Joaquim Duarte	Dá-Lhe Gás Running Team	Senior Masculino	02:07:35	+16:17 05:48
10	116	Tiago Teixeira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:09:08	+17:49 05:52
11	80	Mario Castro	Clube Atletismo Fafe	Senior Masculino	02:11:37	+20:18 05:59

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Trail Longo

22 KM

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OFFICIAL RESULT

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12	266	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	02:13:02	+21:44	06:03
13	19	António Daniel Mendes	A.D.Amarante trail running	Senior Masculino	02:13:42	+22:24	06:05
14	23	Paulo Costa	A.D.Amarante trail running	Senior Masculino	02:13:43	+22:24	06:05
15	91	Nuno Nunes	Dá-Lhe Gás Running Team	Senior Masculino	02:15:58	+24:39	06:11
16	122	Ricardo Nunes	Fridão Sem Limites	Senior Masculino	02:16:02	+24:43	06:11
17	52	Filipe Pinto	BTT Alegria // TUBANI	Senior Masculino	02:16:15	+24:57	06:12
18	317	Fábio Reis	Trilhados	Senior Masculino	02:16:42	+25:23	06:13
19	140	Rui Reis	HSantaMariaRT	Senior Masculino	02:16:52	+25:33	06:13
20	88	Carlos Prudêncio	Dá-Lhe Gás Running Team	Senior Masculino	02:17:06	+25:48	06:14
21	289	Sérgio Miguel Lopes Monteiro	Sardonisca Runners	Senior Masculino	02:20:04	+28:46	06:22
22	166	João Silva	Individual	Senior Masculino	02:22:08	+30:49	06:28
23	105	Marco Vasconcelos	Equipa A	Senior Masculino	02:23:24	+32:06	06:31
24	222	FILIPE COUTO	INTERMARCHE CANEDO	Senior Masculino	02:23:46	+32:28	06:32
25	163	Gabriel Coutinho	Individual	Senior Masculino	02:24:49	+33:30	06:35
26	162	Francisco Castro	Individual	Senior Masculino	02:24:52	+33:33	06:35
27	90	José Pedro Dias	Dá-Lhe Gás Running Team	Senior Masculino	02:26:11	+34:53	06:39
28	58	Nuno Mesquita	BTT Trilhos de Penaguião	Senior Masculino	02:26:32	+35:13	06:40
29	292	Abel Vieira	Sentir Escariz running	Senior Masculino	02:27:20	+36:02	06:42
30	174	Pedro Nunes	Individual	Senior Masculino	02:27:21	+36:02	06:42
31	277	Bruno Macedo	os caga tacos running team	Senior Masculino	02:27:51	+36:32	06:43
32	168	José Armando Duarte Do Rosário	Individual	Senior Masculino	02:28:07	+36:48	06:44
33	151	Andre Soares	Individual	Senior Masculino	02:29:24	+38:05	06:47
34	22	Miguel Pereira	A.D.Amarante trail running	Senior Masculino	02:29:52	+38:34	06:49
35	175	Roberto Da Silva Ferreira	Individual	Senior Masculino	02:30:14	+38:55	06:50
36	308	Nuno Faria	TeamTrail3pros15	Senior Masculino	02:30:25	+39:07	06:50
37	103	Vitor Fonseca	éjáli...clube de amigos trailrunners	Senior Masculino	02:31:29	+40:11	06:53
38	132	Rui Gomes	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:32:01	+40:42	06:55
39	141	Vasco Carvalho	Icarus Running Team	Senior Masculino	02:34:21	+43:02	07:01
40	318	Bruno Monteiro	Trinca Orelhas Gato	Senior Masculino	02:34:48	+43:29	07:02
41	106	Paulo Mesquita	Equipa A	Senior Masculino	02:35:25	+44:07	07:04
42	227	VITOR MAIA	INTERMARCHE CANEDO	Senior Masculino	02:35:53	+44:34	07:05
43	76	José Barbosa	Centro de União da Juventude da Lomba	Senior Masculino	02:36:17	+44:59	07:06
44	97	Hugo Moreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:38:15	+46:57	07:12
45	113	Carlos Azevedo	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:38:43	+47:24	07:13
46	161	Francisco Aragão	Individual	Senior Masculino	02:39:25	+48:06	07:15
47	46	JOSÉ AFONSO	BRASINHAS	Senior Masculino	02:40:58	+49:39	07:19
48	133	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	02:41:52	+50:34	07:21
49	13	Ricardo Pereira	11938736	Senior Masculino	02:42:39	+51:20	07:24
50	296	Rui Bessa	Sob Efeito Trail	Senior Masculino	02:43:38	+52:19	07:26
51	165	Helder Oliveira	Individual	Senior Masculino	02:44:20	+53:01	07:28
52	21	Marco Nunes	A.D.Amarante trail running	Senior Masculino	02:44:36	+53:18	07:29
53	51	Carlos Vieira	BTT Alegria // TUBANI	Senior Masculino	02:44:41	+53:22	07:29
54	63	Ricardo Oliveira	Cães do trail	Senior Masculino	02:46:23	+55:04	07:34
55	224	PEDRO SILVA	INTERMARCHE CANEDO	Senior Masculino	02:46:28	+55:09	07:34

Official Timekeeper: Lap2Go	2 / 8	generate 15-Jul-2018 13:41
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Trail Longo

22 KM

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OFFICIAL RESULT

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56	171	Márcio Castro	Individual	Senior Masculino	02:47:06	+55:48	07:36
57	24	Ricardo Sousa	A.D.Amarante trail running	Senior Masculino	02:47:07	+55:48	07:36
58	92	Ricardo Pires	Dá-Lhe Gás Running Team	Senior Masculino	02:47:53	+56:34	07:38
59	241	Ricardo Sousa	Kandimba Runners	Senior Masculino	02:48:45	+57:27	07:40
60	102	Sérgio Rodrigues	Dr. Merino/4moove	Senior Masculino	02:49:09	+57:50	07:41
61	286	João Oliveira	Power Run Team	Senior Masculino	02:50:57	+59:38	07:46
62	87	Pedro Santos	Crocodilos / Mister PC	Senior Masculino	02:52:57	+01:01:38	07:52
63	156	Bruno Moura	Individual	Senior Masculino	02:53:06	+01:01:48	07:52
64	247	Bruno Monteiro	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	02:53:08	+01:01:50	07:52
65	321	Mário Ibarra	Vaz Ibarra	Senior Masculino	02:53:25	+01:02:07	07:53
66	164	Gilberto Sousa	Individual	Senior Masculino	02:53:37	+01:02:19	07:54
67	322	Igor Paiva	Individual	Senior Masculino	02:53:40	+01:02:21	07:54
68	115	Nuno Teixeira	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:54:07	+01:02:48	07:55
69	177	Sandro Pinheiro	Individual	Senior Masculino	02:54:07	+01:02:49	07:55
70	240	Hugo Ferreira	Kandimba Runners	Senior Masculino	02:54:07	+01:02:49	07:55
71	6	Helder Domingues	100mera	Senior Masculino	02:56:22	+01:05:03	08:01
72	62	César Costa	Cães do trail	Senior Masculino	02:59:44	+01:08:25	08:10
73	223	MARCIO MOREIRA	INTERMARCHE CANEDO	Senior Masculino	03:00:54	+01:09:36	08:13
74	8	Fernando Reis	100Pernas Team	Senior Masculino	03:01:49	+01:10:30	08:16
75	225	RICARDO Duarte	INTERMARCHE CANEDO	Senior Masculino	03:01:57	+01:10:39	08:16
76	249	Celso Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	03:02:33	+01:11:15	08:18
77	65	Daniel Rocha	Caroochos Dopados	Senior Masculino	03:02:57	+01:11:38	08:19
78	74	Dario Sanguedo	Centro de União da Juventude da Lomba	Senior Masculino	03:07:14	+01:15:56	08:31
79	295	Pedro Oliveira	Sob Efeito Trail	Senior Masculino	03:08:06	+01:16:48	08:33
80	38	Mario Santos	ARRASTASSOLAS	Senior Masculino	03:08:27	+01:17:08	08:34
81	150	André Leite	Individual	Senior Masculino	03:09:14	+01:17:55	08:36
82	154	Bruno Loureiro	Individual	Senior Masculino	03:10:04	+01:18:46	08:38
83	47	SERGIO RICARDO	BRASINHAS	Senior Masculino	03:10:30	+01:19:12	08:40
84	245	Luís Vieira	Kunalama runners	Senior Masculino	03:10:58	+01:19:39	08:41
85	61	Bruno Moreira	Cães do trail	Senior Masculino	03:13:30	+01:22:12	08:48
86	178	Tiago Moreira	Individual	Senior Masculino	03:14:10	+01:22:51	08:50
87	311	André Sarmento	TrepaTrilhos Trail Team	Senior Masculino	03:16:34	+01:25:16	08:56
88	108	Sergio Chacim	exerciceforyou	Senior Masculino	03:16:57	+01:25:38	08:57
89	53	Jorge Cruz	BTT Alegria // TUBANI	Senior Masculino	03:19:01	+01:27:43	09:03
90	66	Nuno Ferreira	CCD- Siemens	Senior Masculino	03:20:12	+01:28:54	09:06
91	7	Fernando Oliveira	100Pernas Team	Senior Masculino	03:29:24	+01:38:06	09:31
92	285	Paulo Lima	PORTO RUN TEAM	Senior Masculino	03:32:21	+01:41:02	09:39
93	323	Filipe Lima	Individual	Senior Masculino	03:33:14	+01:41:56	09:42
94	264	Cândido Gomes	Maia	Senior Masculino	03:33:27	+01:42:09	09:42
95	167	Jorge Torrao	Individual	Senior Masculino	03:33:42	+01:42:23	09:43
96	170	José Teixeira	Individual	Senior Masculino	03:37:04	+01:45:45	09:52
97	75	Hugo Ferreira	Centro de União da Juventude da Lomba	Senior Masculino	03:42:32	+01:51:14	10:07
98	9	Nuno Ferreira	100Pernas Team	Senior Masculino	03:42:57	+01:51:39	10:08
99	119	Anthony Silva	Fit Arena Ginásio	Senior Masculino	03:43:53	+01:52:35	10:11

Official Timekeeper: Lap2Go	3 / 8	generate 15-Jul-2018 13:41
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Trail Longo

22 KM

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OFFICIAL RESULT

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100	226	RICARDO SOUSA	INTERMARCHE CANEDO	Senior Masculino	03:55:12	+02:03:53	10:41
101	221	Bruno Duarte	INTERMARCHE CANEDO	Senior Masculino	03:55:12	+02:03:53	10:41
102	153	Bruno Cavadas	Individual	Senior Masculino	04:02:35	+02:11:17	11:02
103	157	Carlos Guilherme	Individual	Senior Masculino	04:02:35	+02:11:17	11:02
104	158	Daniel Neves	Individual	Senior Masculino	04:02:36	+02:11:18	11:02
105	290	Bruno Sá	SEMNOME	Senior Masculino	04:04:04	+02:12:46	11:06
106	291	Edgar Mota	SEMNOME	Senior Masculino	04:04:05	+02:12:46	11:06
107	327	Norberto Aguiar	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:10:19	+02:19:01	11:23
108	152	António Freitas	Individual	Senior Masculino	04:17:03	+02:25:45	11:41
109	176	Rui Viegas	Individual	Senior Masculino	04:17:04	+02:25:45	11:41
110	319	Bruno Pinho	TuTu Team	Senior Masculino	04:20:12	+02:28:54	11:50
111	251	Miguel Mendes	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:20:12	+02:28:54	11:50

Sub 23 Feminino

1	179	Ana Filipa Barbosa Silva Santos	Individual	Sub 23 Feminino	04:31:34	+02:40:16	12:21
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Sub 23 Masculino

1	182	Rui Santos	Individual	Sub 23 Masculino	02:18:25	+27:07	06:18
2	253	Tiago Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Sub 23 Masculino	02:44:14	+52:56	07:28
3	181	José Carlos Garrido Pereira	Individual	Sub 23 Masculino	02:50:54	+59:35	07:46
4	77	José Santos	Centro de União da Juventude da Lomba	Sub 23 Masculino	02:54:55	+01:03:37	07:57
5	228	MANUEL Duarte	INTERMARCHE CANEDO	Sub 23 Masculino	02:58:28	+01:07:10	08:07
6	229	RICARDO Duarte	INTERMARCHE CANEDO	Sub 23 Masculino	03:04:45	+01:13:26	08:24
7	78	Nuno Santos	Centro de União da Juventude da Lomba	Sub 23 Masculino	03:46:00	+01:54:42	10:16

Veterana F40

1	302	Elisabete Santos	TEAM LANTEMIL	Veterana F40	02:28:19	+37:01	06:45
2	287	Marta Silva	Ribeirosbikeshop	Veterana F40	02:39:31	+48:12	07:15
3	25	Rosa Barros	A.D.Amarante trail running	Veterana F40	02:39:53	+48:35	07:16
4	31	Blandine ramires	Addicted to trail	Veterana F40	02:49:07	+57:48	07:41
5	244	Sara Rafael	KeMedo Team	Veterana F40	02:58:57	+01:07:39	08:08
6	256	Isabel Pinto	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	03:02:33	+01:11:15	08:18
7	183	Cristina Carvalho	Individual	Veterana F40	03:03:49	+01:12:30	08:21
8	255	Dina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	03:15:47	+01:24:29	08:54
9	254	Cristina Gonçalves	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterana F40	03:40:05	+01:48:47	10:00
10	40	Carla Moreira	ARRASTASSOLAS	Veterana F40	03:42:22	+01:51:03	10:06
11	230	Charly duarte	INTERMARCHE CANEDO	Veterana F40	03:55:11	+02:03:52	10:41

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Trail Longo

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12	184	Diana Cancela	Individual	Veterana F40	04:02:28	+02:11:10	11:01
13	41	Helena Cunha	ARRASTASSOLAS	Veterana F40	04:09:07	+02:17:49	11:19
14	185	Márcia Lima	Individual	Veterana F40	04:13:44	+02:22:25	11:32
15	96	SARA PINHEIRO	Desliza Team	Veterana F40	04:26:40	+02:35:21	12:07

Veterana F50

1	186	Alexandra Fernandes	Individual	Veterana F50	02:34:34	+43:15	07:02
2	134	Cristina Saraiva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	03:10:30	+01:19:11	08:40
3	188	Manuela Sousa	Individual	Veterana F50	03:34:20	+01:43:01	09:45
4	306	Graça Silva	Team Shark	Veterana F50	04:34:01	+02:42:42	12:27

Veterano M40

1	28	Vitor Costa	A.D.Amarante trail running	Veterano M40	01:53:15	+01:57	05:09
2	272	Pedro Santos	ORALKLASS	Veterano M40	01:56:02	+04:44	05:17
3	206	Paulo Pinto	Individual	Veterano M40	01:58:29	+07:11	05:23
4	324	Nuno Cardoso	Individual	Veterano M40	02:02:41	+11:23	05:35
5	54	Carlos Ferreira	BTT Alegria // TUBANI	Veterano M40	02:04:28	+13:09	05:39
6	100	Hélder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	02:04:28	+13:10	05:39
7	83	Rui Povo	Clube Atletismo Fafe	Veterano M40	02:05:28	+14:09	05:42
8	56	Paulo Nunes	BTT Alegria // TUBANI	Veterano M40	02:11:59	+20:40	06:00
9	233	GILBERTO COSTA	INTERMARCHE CANEDO	Veterano M40	02:12:45	+21:27	06:02
10	26	Miguel Barros	A.D.Amarante trail running	Veterano M40	02:19:43	+28:25	06:21
11	27	Telmo Silva	A.D.Amarante trail running	Veterano M40	02:20:46	+29:27	06:24
12	267	Alfredo Moreira	Moinhos Run - ADRM	Veterano M40	02:20:59	+29:41	06:25
13	293	Alcino Gouveia	Sentir Escariz running	Veterano M40	02:21:53	+30:35	06:27
14	68	ANTÓNIO JESUS	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:22:17	+30:59	06:28
15	201	LUIS ALMEIDA	Individual	Veterano M40	02:24:30	+33:12	06:34
16	260	Luís Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:25:14	+33:56	06:36
17	263	Fernando Nunes Nunes	Lousada Btt	Veterano M40	02:25:27	+34:09	06:37
18	124	João Moreira	G.D.Ronda	Veterano M40	02:26:20	+35:01	06:39
19	55	Manuel Teixeira	BTT Alegria // TUBANI	Veterano M40	02:26:23	+35:05	06:39
20	294	José Oliveira	Sentir Escariz running	Veterano M40	02:28:20	+37:01	06:45
21	303	Paulo Gomes	TEAM LANTEMIL	Veterano M40	02:28:51	+37:33	06:46
22	123	Manuel Pinheiro	Fridão Sem Limites	Veterano M40	02:30:23	+39:04	06:50
23	231	EDUARDO PINTO	INTERMARCHE CANEDO	Veterano M40	02:30:37	+39:19	06:51
24	86	Paulo Neta	Clube Zupper	Veterano M40	02:33:01	+41:42	06:57
25	199	Joao Correia	Individual	Veterano M40	02:34:44	+43:25	07:02
26	288	Vitor Santos Santos	rio tinto	Veterano M40	02:36:37	+45:19	07:07
27	234	JORGE PACHECO	INTERMARCHE CANEDO	Veterano M40	02:39:22	+48:04	07:15
28	39	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	02:40:02	+48:44	07:16
29	42	Luis Ribeiro	ARRASTASSOLAS	Veterano M40	02:40:02	+48:44	07:16

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30	84	FERNANDO OLIVEIRA SOARES	Clube Campismo S. João da Madeira	Veterano M40	02:40:35	+49:17	07:18
31	300	Pedro Magalhães	Tartarugas do Asfalto	Veterano M40	02:40:48	+49:30	07:19
32	268	Carlos Duarte	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:43:07	+51:49	07:25
33	191	André Figueiredo	Individual	Veterano M40	02:44:51	+53:33	07:30
34	196	Fernando Mendes	Individual	Veterano M40	02:45:10	+53:51	07:30
35	195	Domingos Teixeira	Individual	Veterano M40	02:45:45	+54:26	07:32
36	70	Henrique Matos	CENTRO CICLISTA DE GONDOMAR	Veterano M40	02:46:05	+54:46	07:33
37	243	Jorje Durães	Kandimba Runners	Veterano M40	02:47:04	+55:45	07:36
38	310	Adelino Silva	Trailistas "Eu é que sei!"	Veterano M40	02:49:06	+57:48	07:41
39	32	Issac costa	Addicted to trail	Veterano M40	02:49:07	+57:48	07:41
40	269	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:49:21	+58:03	07:42
41	136	Helder Santos	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	02:50:54	+59:35	07:46
42	207	Pedro Santos	Individual	Veterano M40	02:53:03	+01:01:45	07:52
43	259	Domingos Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	02:53:32	+01:02:14	07:53
44	57	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	02:53:34	+01:02:15	07:53
45	180	Manel Martins	Individual	Veterano M40	02:54:01	+01:02:42	07:55
46	117	Miguel Moura	FACTOR X / S4L / MEDENSE FC	Veterano M40	02:54:07	+01:02:48	07:55
47	309	Vitor Ribeiro	The Mountains are calling	Veterano M40	02:54:29	+01:03:10	07:56
48	14	PAULO SANTOS	A.C.R.D.ESCAPÃES	Veterano M40	02:58:22	+01:07:04	08:06
49	278	Joao Couto	Os Finos	Veterano M40	03:00:47	+01:09:28	08:13
50	11	Paulo Costa	100Pernas Team	Veterano M40	03:01:49	+01:10:30	08:16
51	111	Eurico Mendes	exerciceforyou	Veterano M40	03:03:22	+01:12:04	08:20
52	135	Duarte Barbosa	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:03:48	+01:12:29	08:21
53	205	Paulo Duarte	Individual	Veterano M40	03:04:58	+01:13:40	08:24
54	60	Tiago Almeida	BUDEGUITA RUNNERS	Veterano M40	03:05:39	+01:14:21	08:26
55	59	Paulo Lagoa	BUDEGUITA RUNNERS	Veterano M40	03:05:40	+01:14:21	08:26
56	137	Wilson Fonseca	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:05:49	+01:14:30	08:27
57	192	António Pinheiro	Individual	Veterano M40	03:09:59	+01:18:41	08:38
58	232	Filipe Abreu	INTERMARCHE CANEDO	Veterano M40	03:10:04	+01:18:46	08:38
59	48	Paulo freitas	BRASINHAS	Veterano M40	03:10:30	+01:19:12	08:40
60	194	Carlos Pereira	Individual	Veterano M40	03:13:44	+01:22:26	08:48
61	12	Sérgio Oliveira	100Pernas Team	Veterano M40	03:16:26	+01:25:08	08:56
62	104	Luis Terencio	éjáli...clube de amigos trailrunners	Veterano M40	03:19:44	+01:28:26	09:05
63	208	Richard Gustavo Nogueira Silva	Individual	Veterano M40	03:22:06	+01:30:48	09:11
64	313	Rui Familiar	TrepaTrilhos Trail Team	Veterano M40	03:22:31	+01:31:12	09:12
65	202	Manuel Domingues	Individual	Veterano M40	03:23:56	+01:32:37	09:16
66	10	Nelson Santos	100Pernas Team	Veterano M40	03:36:44	+01:45:25	09:51
67	203	Miguel Oliveira	Individual	Veterano M40	03:37:30	+01:46:12	09:53
68	279	Pedro Magalhães	Os Finos	Veterano M40	03:38:05	+01:46:47	09:55
69	120	Victor Sousa	Fit Arena Ginásio	Veterano M40	03:43:53	+01:52:34	10:11
70	298	Filipe Martinho	Super Lesmas	Veterano M40	03:49:20	+01:58:01	10:22

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Trail Longo

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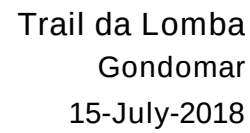
71	299	Filipe Rodrigues	Super Lesmas	Veterano M40	03:49:20	+01:58:01	10:25
72	197	Fernando Resende Rodrigues	Individual	Veterano M40	03:59:21	+02:08:02	10:53
73	236	Manuel Teixeira	I-Run	Veterano M40	04:00:57	+02:09:38	10:57
74	190	Abilio Silva	Individual	Veterano M40	04:02:04	+02:10:46	11:00
75	43	Manuel Silva	ARRASTASSOLAS	Veterano M40	04:09:07	+02:17:49	11:19
76	45	Lindolfo Sol Sol	Bora L'andar	Veterano M40	04:27:15	+02:35:56	12:09

Veterano M50

1	72	FERNANDO NEVES	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:09:42	+18:23	05:54
2	37	Jorge Moreira	AMIGOS DO PEDAL TRILLAGARES	Veterano M50	02:16:10	+24:51	06:11
3	73	VITOR SOUSA	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:24:07	+32:49	06:33
4	142	Manuel Alves	Icarus/nokarol	Veterano M50	02:24:40	+33:22	06:35
5	210	Adriano oliveira	Individual	Veterano M50	02:24:42	+33:24	06:35
6	67	Mário Alves Oliveira	CCDR FUNDO VILA,S.Joao da Madeira	Veterano M50	02:27:07	+35:48	06:41
7	101	José Fortuna	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M50	02:32:14	+40:55	06:55
8	71	DAVID TAVARES	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:36:54	+45:35	07:08
9	270	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:39:59	+48:40	07:16
10	215	Paulo Dias	Individual	Veterano M50	02:44:34	+53:16	07:29
11	15	José Silva	A.C.R.D.ESCAPÃES	Veterano M50	02:46:53	+55:35	07:35
12	216	Paulo Ferreira	Individual	Veterano M50	03:01:00	+01:09:42	08:14
13	211	Alcino Araujo	Individual	Veterano M50	03:03:31	+01:12:12	08:21
14	212	Baltazar Ferreira	Individual	Veterano M50	03:08:26	+01:17:08	08:34
15	274	Joaquim Manuel Vieira	OS CACHOS	Veterano M50	03:08:46	+01:17:27	08:35
16	273	Carlos Vieira	OS CACHOS	Veterano M50	03:08:46	+01:17:28	08:35
17	262	Luís Almeida	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M50	03:15:47	+01:24:28	08:54
18	316	Raul Cancela	TrepaTrilhos Trail Team	Veterano M50	03:16:05	+01:24:47	08:55
19	315	Paulo Tavares	TrepaTrilhos Trail Team	Veterano M50	03:16:05	+01:24:47	08:55
20	314	António Fernandes	TrepaTrilhos Trail Team	Veterano M50	03:16:35	+01:25:16	08:56
21	34	Artur Silva	All About Spirit Team	Veterano M50	03:20:51	+01:29:32	09:08
22	237	Carlos mendes	I-Run	Veterano M50	03:33:13	+01:41:55	09:42
23	275	Manuel Carneiro	OS CACHOS	Veterano M50	03:35:15	+01:43:57	09:47
24	126	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	03:39:50	+01:48:31	10:00
25	35	Emidio pontes	amigos de s.pedro da cova	Veterano M50	03:52:22	+02:01:04	10:34

Veterano M60

1	118	António Rocha	FACTOR X / S4L / MEDENSE FC	Veterano M60	02:24:47	+33:29	06:35
2	217	Agostinho Sousa	Individual	Veterano M60	02:36:19	+45:01	07:06
3	283	Lino Moreira	Os TurboMula	Veterano M60	02:58:50	+01:07:32	08:08



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OFFICIAL RESULT

4	218	Jose Afonso	Individual	Veterano M60	04:35:47	+02:44:28	12:32
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