

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15°C	77%
End	13:46	15°C	77%

RANK	BIB	NAME	TEAM	RESULT	DIFF	T/KM	CARD
1	161	Pedro santos	Oralklass - Amigos Do Trail	02:06:41		05:04	
2	23	João Henrique da Cruz	CB RUN	02:06:43	+00:02	05:04	
3	143	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	02:12:20	+05:39	05:18	
4	182	João Gomes	TOG - Trinca Orelhas de Gato	02:17:06	+10:25	05:29	
5	179	TOZE AMORIM	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	02:17:48	+11:07	05:31	
6	158	Fernando Neves	Oralklass - Amigos Do Trail	02:19:28	+12:47	05:35	
7	40	Victor Correia	EDV - Viana Trail	02:20:06	+13:25	05:36	
8	52	GILBERTO COSTA	ESPINHO TRAIL	02:21:54	+15:13	05:41	
9	175	Armando Teixeira	Salomon Suunto Portugal	02:22:02	+15:21	05:41	
10	33	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	02:28:19	+21:38	05:56	
11	170	Lucinda Sousa	Prozis	02:29:34	+22:53	05:59	
12	39	Pedro Pinho	EDV - Viana Trail	02:33:54	+27:13	06:09	
13	112	Pedro Barbosa	Individual	02:35:35	+28:54	06:13	
14	155	Agostinho Jesus Costa	Nac Trail	02:38:04	+31:23	06:19	
15	94	Marcos Ribeiro	Individual	02:38:29	+31:48	06:20	
16	38	Ricardo Silva	EDV - Viana Trail	02:39:40	+32:59	06:23	
17	58	Daniel Terra	Factor X / S4L / Medense FC	02:39:41	+33:00	06:23	
18	92	Luís Magalhães	Individual	02:40:09	+33:28	06:24	
19	173	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	02:41:53	+35:12	06:29	
20	188	Rui Reis	Hospital Santa Maria RT	02:41:53	+35:12	06:29	
21	49	VITOR MAIA	ESPINHO TRAIL	02:43:06	+36:25	06:31	
22	181	Bruno Monteiro	TOG - Trinca Orelhas de Gato	02:44:41	+38:00	06:35	
23	59	Rui Oliveira	Factor X / S4L / Medense FC	02:46:25	+39:44	06:39	
24	159	Sérgio Suzano	Oralklass - Amigos Do Trail	02:46:39	+39:58	06:40	
25	186	Sergio Moreira	100Meta	02:46:56	+40:15	06:41	
26	26	Manuel Sousa	Clube Atletismo Gaienses/Toyota	02:47:13	+40:32	06:41	
27	192	Jose Loureiro	Individual	02:47:14	+40:33	06:41	
28	153	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	02:50:41	+44:00	06:50	
29	152	Zeferino Fernandes	MSS CONTABILIDADE TRAIL TEAM	02:51:10	+44:29	06:51	
30	99	Tiago Pinheiro	Individual	02:51:31	+44:50	06:52	
31	118	José Lopes	Individual	02:51:36	+44:55	06:52	
32	11	Paulo Reis	ARCORUN	02:51:51	+45:10	06:52	
33	32	Francisco Pinheiro	CTAD-Consumo Zero	02:52:10	+45:29	06:53	
34	125	Pedro Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	02:52:32	+45:51	06:54	
35	183	José Sousa	Trilheiros e amigos	02:52:48	+46:07	06:55	
36	126	Agostinho Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	02:53:08	+46:27	06:56	
37	160	Alexandra Fernandes	Oralklass - Amigos Do Trail	02:53:23	+46:42	06:56	
38	63	António Rocha	Factor X / S4L / Medense FC	02:53:45	+47:04	06:57	
39	177	BRUNO FREITAS	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	02:54:01	+47:20	06:58	
40	29	Orlando Costa	CORRER LEÇA	02:54:02	+47:21	06:58	
41	42	Helder Rvm	Elefantes runners	02:54:47	+48:06	06:59	
42	114	Adriano Oliveira	Individual	02:55:22	+48:41	07:01	

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
43	162	ANDRE LOPES	Os Sarrotes	02:56:05	+49:24	07:03	
44	176	MONICA OLIVEIRA	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	02:56:10	+49:29	07:03	
45	145	Adriano França	MSS CONTABILIDADE TRAIL TEAM	02:56:21	+49:40	07:03	
46	47	Filipe couto	ESPINHO TRAIL	02:56:56	+50:15	07:05	
47	24	Vasco Faria	CB RUN	02:57:56	+51:15	07:07	
48	141	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	02:58:02	+51:21	07:07	
49	120	Pedro Barbosa	Individual	02:58:18	+51:37	07:08	
50	16	Flávio Gouveia	Boavista Trail	02:58:48	+52:07	07:09	
51	27	Marco Vieira	Clube Zupper	02:58:55	+52:14	07:09	
52	169	Eduardo Pinto	PIRATAS RUNNING TEAM	02:58:56	+52:15	07:09	
53	108	Jorge Silva	Individual	02:59:01	+52:20	07:10	
54	168	Nuno Duarte	Pimentinhas	03:00:19	+53:38	07:13	
55	7	Claudia Moreira	A.D.Amarante	03:00:20	+53:39	07:13	
56	154	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	03:01:34	+54:53	07:16	
57	140	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	03:01:56	+55:15	07:17	
58	151	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	03:02:07	+55:26	07:17	
59	51	JORGE DUARTE	ESPINHO TRAIL	03:02:21	+55:40	07:18	
60	149	Ibrahim Sousa	MSS CONTABILIDADE TRAIL TEAM	03:03:43	+57:02	07:21	
61	95	Marcos Silva	Individual	03:04:22	+57:41	07:22	
62	57	Carlos Azevedo	Factor X / S4L / Medense FC	03:05:09	+58:28	07:24	
63	56	Bruno Neves	Factor X / S4L / Medense FC	03:05:09	+58:28	07:24	
64	96	Marinho Duarte	Individual	03:06:40	+59:59	07:28	
65	163	Bruno Gaio	Os Sarrotes	03:06:43	+01:00:02	07:28	
66	87	Hugo José Ferreira Silva	Individual	03:07:19	+01:00:38	07:30	
67	106	Fernando Rodrigues	Individual	03:09:00	+01:02:19	07:34	
68	119	Marco Dias	Individual	03:09:08	+01:02:27	07:34	
69	41	Helder moreira	Elefantes runners	03:09:11	+01:02:30	07:34	
70	21	Eduardo Carvalho	C+ RUNNERS	03:11:08	+01:04:27	07:39	
71	13	Vitor Cardoso	Baguim runners	03:13:06	+01:06:25	07:43	
72	139	Bruno Neves	MSS CONTABILIDADE TRAIL TEAM	03:15:04	+01:08:23	07:48	
73	61	Miguel Moura	Factor X / S4L / Medense FC	03:16:04	+01:09:23	07:51	
74	28	Armando Moreira	Clube Zupper	03:16:08	+01:09:27	07:51	
75	81	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	03:16:21	+01:09:40	07:51	
76	19	Alfonso Costas Fernandez	C.A.R. MARISQUEIRO	03:18:07	+01:11:26	07:55	
77	18	Jorge Villanueva	C.A.R. MARISQUEIRO	03:18:08	+01:11:27	07:56	
78	20	Ramiro Alvarez Nores	C.A.R. MARISQUEIRO	03:18:09	+01:11:28	07:56	
79	17	César Martínez González	C.A.R. MARISQUEIRO	03:18:09	+01:11:28	07:56	
80	78	Rosa Teixeira	Hora do Lobo Trail - CF Perosinho Atletismo	03:18:18	+01:11:37	07:56	
81	76	Filipe Silva	Hora do Lobo Trail - CF Perosinho Atletismo	03:18:19	+01:11:38	07:56	
82	135	JOÃO ALEIXO	Lobo do Mar	03:18:30	+01:11:49	07:56	
83	82	Diana Martins	Individual	03:18:35	+01:11:54	07:57	
84	15	Bruno Loureiro	Boavista Trail	03:19:16	+01:12:35	07:58	
85	133	Miguel Mendes	LION RUNNERS - G. D. Leões da Guarda	03:20:27	+01:13:46	08:01	
86	185	Silvio Ferreira	Viseu Running Team	03:20:29	+01:13:48	08:01	
87	50	ANTONIO DUARTE	ESPINHO TRAIL	03:20:39	+01:13:58	08:02	
88	73	Tiago Magalhães	Grupo de Corrida de Argoncilhe	03:21:12	+01:14:31	08:03	

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[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
89	10	Joana Macedo Silva	ARCORUN	03:21:13	+01:14:32	08:03	
90	127	Laura Mendes	KeMedo Team	03:21:48	+01:15:07	08:04	
91	142	Pedro Leal	MSS CONTABILIDADE TRAIL TEAM	03:22:38	+01:15:57	08:06	
92	129	Dario Cardoso	LEões DE TARDARIZ TRAIL	03:23:00	+01:16:19	08:07	
93	91	LUÍS GOMES	Individual	03:23:44	+01:17:03	08:09	
94	35	Carlos Bento	Douroconta Trail Team	03:24:38	+01:17:57	08:11	
95	12	Maria Loureiro	Associação Desportiva de Cabroelo	03:25:53	+01:19:12	08:14	
96	132	António Pinto	LEões DE TARDARIZ TRAIL	03:25:59	+01:19:18	08:14	
97	67	Rui Moreira	Geocrosstrail	03:26:51	+01:20:10	08:16	
98	107	Joao Azevedo	Individual	03:26:54	+01:20:13	08:17	
99	124	Manuel Faria Sampaio	Individual	03:26:57	+01:20:16	08:17	
100	66	Mafalda Valente	Geocrosstrail	03:28:08	+01:21:27	08:20	
101	60	Sandro Pinheiro	Factor X / S4L / Medense FC	03:28:22	+01:21:41	08:20	
102	93	Marco Marques	Individual	03:28:30	+01:21:49	08:20	
103	97	Micael Domingues	Individual	03:28:38	+01:21:57	08:21	
104	147	Aurégio Salas	MSS CONTABILIDADE TRAIL TEAM	03:29:26	+01:22:45	08:23	
105	86	Fernando Faria	Individual	03:29:28	+01:22:47	08:23	
106	150	Ricardo Moreira	MSS CONTABILIDADE TRAIL TEAM	03:29:30	+01:22:49	08:23	
107	180	António Simões	Sem equipa	03:29:35	+01:22:54	08:23	
108	137	Patrícia Moreira	MONTE DOS AMIGOS	03:30:25	+01:23:44	08:25	
109	138	Antonio Pinto	MONTE DOS AMIGOS	03:30:26	+01:23:45	08:25	
110	62	Eugenio Soares	Factor X / S4L / Medense FC	03:30:52	+01:24:11	08:26	
111	8	Patrícia Conceição	Amigos 100 Limites	03:31:01	+01:24:20	08:26	
112	187	Tiago Costa	Individual	03:31:27	+01:24:46	08:27	
113	101	Ligia Mendes	Individual	03:31:29	+01:24:48	08:28	
114	44	Márcio Mendes	Equipa Boot	03:32:12	+01:25:31	08:29	
115	117	Fernando Vieira	Individual	03:32:37	+01:25:56	08:30	
116	37	Paulo Pinheiro	Dragões do Mato	03:33:14	+01:26:33	08:32	
117	100	Ricardo Santos	Individual	03:34:06	+01:27:25	08:34	
118	46	Bruno Duarte	ESPINHO TRAIL	03:35:07	+01:28:26	08:36	
119	48	RICARDO DUARTE	ESPINHO TRAIL	03:35:07	+01:28:26	08:36	
120	136	Filipe Sousa	MaisSaúde - Fisioterapia e Osteopatia	03:35:08	+01:28:27	08:36	
121	55	Bruno Martins	Factor X / S4L / Medense FC	03:35:53	+01:29:12	08:38	
122	191	Jorge Pinto	Individual	03:36:03	+01:29:22	08:39	
123	131	Pedro Ferreira	LEões DE TARDARIZ TRAIL	03:36:36	+01:29:55	08:40	
124	190	Joao Soares	LION RUNNERS - G. D. Leões da Guarda	03:36:39	+01:29:58	08:40	
125	45	Patrícia Gomes	ESPINHO TRAIL	03:40:11	+01:33:30	08:48	
126	167	Liliana Carvalho	Pimentinhas	03:44:00	+01:37:19	08:58	
127	128	Alda Cordeiro	ladecasa	03:44:22	+01:37:41	08:58	
128	53	Carla Neves	Factor X / S4L / Medense FC	03:44:48	+01:38:07	09:00	
129	54	Susana Silva	Factor X / S4L / Medense FC	03:44:48	+01:38:07	09:00	
130	113	Rui Carmo	Individual	03:47:13	+01:40:32	09:05	
131	9	António Gonçalves	Amigos 100 Limites	03:48:51	+01:42:10	09:09	
132	64	Luís Guedes	Forest Runners	03:51:39	+01:44:58	09:16	
133	34	José Conceição	Douroconta Trail Team	03:52:04	+01:45:23	09:17	
134	146	António Rocha	MSS CONTABILIDADE TRAIL TEAM	03:54:18	+01:47:37	09:22	

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	RESULT	DIFF	t/KM	CARD
135	122	Valdemar Almeida	Individual	03:55:35	+01:48:54	09:25	
136	43	Cândido Januario Gomes	ELISA CORREIA	03:57:29	+01:50:48	09:30	
137	79	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	03:59:16	+01:52:35	09:34	
138	102	Patricia Fernandes	Individual	03:59:23	+01:52:42	09:35	
139	89	José Andrade	Individual	03:59:23	+01:52:42	09:35	
140	83	Rita Freitas	Individual	04:01:44	+01:55:03	09:40	
141	189	Jose Ricardo	Individual	04:03:01	+01:56:20	09:43	
142	134	Lucinda Gomes	LION RUNNERS - G. D. Leões da Guarda	04:03:30	+01:56:49	09:44	
143	31	Nelson Fernandes	Correr para o Sucesso	04:04:41	+01:58:00	09:47	
144	30	Regina Silva	Correr para o Sucesso	04:04:41	+01:58:00	09:47	
145	68	Silvina Gama	GONDOMAR FUTSAL CLUBE	04:05:53	+01:59:12	09:50	
146	70	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	04:05:54	+01:59:13	09:50	
147	90	Lara Silva	Individual	04:07:40	+02:00:59	09:54	
148	14	Clotilde Santos	Batalhão Crossgym	04:07:40	+02:00:59	09:54	
149	174	Artur Fonseca	Ruptura Total	04:07:40	+02:00:59	09:54	
150	184	Carlos Bastos	Vale dos duros	04:07:44	+02:01:03	09:55	
151	84	Bruno Rocha	Individual	04:07:57	+02:01:16	09:55	
152	105	Adalberto Figueiredo	Individual	04:07:59	+02:01:18	09:55	
153	116	Carlos Taveira	Individual	04:07:59	+02:01:18	09:55	
154	36	Tiago Pinto	Dragões do Mato	04:08:01	+02:01:20	09:55	
155	148	Eduardo Loureiro	MSS CONTABILIDADE TRAIL TEAM	04:17:14	+02:10:33	10:17	
156	69	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	04:18:44	+02:12:03	10:21	
157	165	Tiago Soeiro	PEAK TRAIL TEAM	04:20:40	+02:13:59	10:26	
158	71	Patricia Martins	Grupo 46 "Lavra Run"	04:24:39	+02:17:58	10:35	
159	72	Pedro Justo	Grupo 46 "Lavra Run"	04:24:40	+02:17:59	10:35	
160	178	RUI OLIVEIRA	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	04:25:22	+02:18:41	10:37	
161	115	Alcídio Figueiredo	Individual	04:30:41	+02:24:00	10:50	
162	164	Pedro Leite	Pápa-Léguas	04:44:37	+02:37:56	11:23	
163	130	Manuel Alvarino	LEões DE TARDARIZ TRAIL	04:46:55	+02:40:14	11:29	

Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15°C	77%
End	13:46	15°C	77%

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

1	7	Claudia Moreira	A.D.Amarante	Senior Feminino	03:00:19	+53:38	07:13:38
2	82	Diana Martins	Individual	Senior Feminino	03:18:34	+01:11:54	07:57:22
3	10	Joana Macedo Silva	ARCORUN	Senior Feminino	03:21:13	+01:14:32	08:03:55
4	66	Mafalda Valente	Geocrosstrail	Senior Feminino	03:28:07	+01:21:26	08:20:03
5	137	Patrícia Moreira	MONTE DOS AMIGOS	Senior Feminino	03:30:25	+01:23:44	08:25:59
6	8	Patrícia Conceição	Amigos 100 Limites	Senior Feminino	03:31:00	+01:24:20	08:26:35
7	45	Patrícia Gomes	ESPINHO TRAIL	Senior Feminino	03:40:11	+01:33:30	08:48:11
8	167	Liliana Carvalho	Pimentinhas	Senior Feminino	03:43:59	+01:37:19	08:58:58
9	53	Carla Neves	Factor X / S4L / Medense FC	Senior Feminino	03:44:47	+01:38:07	09:00:54
10	54	Susana Silva	Factor X / S4L / Medense FC	Senior Feminino	03:44:48	+01:38:07	09:00:55
11	83	Rita Freitas	Individual	Senior Feminino	04:01:43	+01:55:03	09:40:26
12	30	Regina Silva	Correr para o Sucesso	Senior Feminino	04:04:41	+01:58:00	09:47:21
13	90	Lara Silva	Individual	Senior Feminino	04:07:40	+02:00:59	09:54:19

Senior Masculino

1	23	João Henrique da Cruz	CB RUN	Senior Masculino	02:06:42	+00:02	05:04
2	143	Sérgio Silva	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:12:20	+05:39	05:18
3	182	João Gomes	TOG - Trinca Orelhas de Gato	Senior Masculino	02:17:06	+10:25	05:29
4	158	Fernando Neves	Oralklass - Amigos Do Trail	Senior Masculino	02:19:27	+12:46	05:35
5	33	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:28:18	+21:38	05:56
6	94	Marcos Ribeiro	Individual	Senior Masculino	02:38:28	+31:48	06:20
7	38	Ricardo Silva	EDV - Viana Trail	Senior Masculino	02:39:40	+32:59	06:23
8	58	Daniel Terra	Factor X / S4L / Medense FC	Senior Masculino	02:39:40	+33:00	06:23
9	92	Luís Magalhães	Individual	Senior Masculino	02:40:09	+33:28	06:24
10	188	Rui Reis	Hospital Santa Maria RT	Senior Masculino	02:41:52	+35:12	06:29
11	49	VITOR MAIA	ESPINHO TRAIL	Senior Masculino	02:43:05	+36:25	06:31
12	181	Bruno Monteiro	TOG - Trinca Orelhas de Gato	Senior Masculino	02:44:40	+38:00	06:35
13	59	Rui Oliveira	Factor X / S4L / Medense FC	Senior Masculino	02:46:25	+39:44	06:39
14	159	Sérgio Suzano	Oralklass - Amigos Do Trail	Senior Masculino	02:46:38	+39:57	06:40
15	99	Tiago Pinheiro	Individual	Senior Masculino	02:51:30	+44:50	06:52
16	125	Pedro Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	Senior Masculino	02:52:32	+45:51	06:54
17	42	Helder Rvm	Elefantes runners	Senior Masculino	02:54:46	+48:05	06:59
18	162	ANDRE LOPES	Os Sarrotes	Senior Masculino	02:56:05	+49:24	07:03
19	47	Filipe couto	ESPINHO TRAIL	Senior Masculino	02:56:55	+50:15	07:05
20	24	Vasco Faria	CB RUN	Senior Masculino	02:57:56	+51:15	07:07
21	141	Filipe Póvoas	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	02:58:02	+51:21	07:07

Official Timekeeper: Lap2Go	1 / 5	generate 27-Oct-2019 13:48
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Trail Longo

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

22	16	Flávio Gouveia	Boavista Trail	Senior Masculino	02:58:48	+52:07	07:09
23	140	Fábio Sousa	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:01:56	+55:15	07:17
24	95	Marcos Silva	Individual	Senior Masculino	03:04:22	+57:41	07:22
25	57	Carlos Azevedo	Factor X / S4L / Medense FC	Senior Masculino	03:05:08	+58:27	07:24
26	56	Bruno Neves	Factor X / S4L / Medense FC	Senior Masculino	03:05:08	+58:27	07:24
27	96	Marinho Duarte	Individual	Senior Masculino	03:06:39	+59:58	07:28
28	163	Bruno Gaio	Os Sarrotes	Senior Masculino	03:06:42	+01:00:01	07:28
29	87	Hugo José Ferreira Silva	Individual	Senior Masculino	03:07:19	+01:00:38	07:30
30	41	Helder moreira	Elefantes runners	Senior Masculino	03:09:10	+01:02:30	07:34
31	21	Eduardo Carvalho	C+ RUNNERS	Senior Masculino	03:11:07	+01:04:26	07:39
32	139	Bruno Neves	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:15:04	+01:08:23	07:48
33	76	Filipe Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Senior Masculino	03:18:18	+01:11:38	07:56
34	135	JOÃO ALEIXO	Lobo do Mar	Senior Masculino	03:18:30	+01:11:49	07:56
35	15	Bruno Loureiro	Boavista Trail	Senior Masculino	03:19:16	+01:12:35	07:58
36	133	Miguel Mendes	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:20:26	+01:13:45	08:01
37	73	Tiago Magalhães	Grupo de Corrida de Argoncilhe	Senior Masculino	03:21:11	+01:14:30	08:03
38	142	Pedro Leal	MSS CONTABILIDADE TRAIL TEAM	Senior Masculino	03:22:38	+01:15:57	08:06
39	91	LUÍS GOMES	Individual	Senior Masculino	03:23:44	+01:17:03	08:09
40	60	Sandro Pinheiro	Factor X / S4L / Medense FC	Senior Masculino	03:28:22	+01:21:41	08:20
41	93	Marco Marques	Individual	Senior Masculino	03:28:30	+01:21:49	08:20
42	97	Micael Domingues	Individual	Senior Masculino	03:28:37	+01:21:56	08:21
43	86	Fernando Faria	Individual	Senior Masculino	03:29:27	+01:22:46	08:23
44	138	Antonio Pinto	MONTE DOS AMIGOS	Senior Masculino	03:30:26	+01:23:45	08:25
45	187	Tiago Costa	Individual	Senior Masculino	03:31:26	+01:24:45	08:27
46	44	Márcio Mendes	Equipa Boot	Senior Masculino	03:32:11	+01:25:30	08:29
47	46	Bruno Duarte	ESPINHO TRAIL	Senior Masculino	03:35:07	+01:28:26	08:36
48	48	RICARDO DUARTE	ESPINHO TRAIL	Senior Masculino	03:35:07	+01:28:26	08:36
49	136	Filipe Sousa	MaisSaúde - Fisioterapia e Osteopatia	Senior Masculino	03:35:08	+01:28:27	08:36
50	55	Bruno Martins	Factor X / S4L / Medense FC	Senior Masculino	03:35:52	+01:29:12	08:38
51	190	Joao Soares	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	03:36:38	+01:29:58	08:40
52	34	José Conceição	Douroconta Trail Team	Senior Masculino	03:52:03	+01:45:23	09:17
53	43	Cândido Januario Gomes	ELISA CORREIA	Senior Masculino	03:57:28	+01:50:48	09:30
54	89	José Andrade	Individual	Senior Masculino	03:59:22	+01:52:42	09:35
55	31	Nelson Fernandes	Correr para o Sucesso	Senior Masculino	04:04:40	+01:58:00	09:47
56	184	Carlos Bastos	Vale dos duros	Senior Masculino	04:07:44	+02:01:03	09:55
57	84	Bruno Rocha	Individual	Senior Masculino	04:07:56	+02:01:15	09:55
58	36	Tiago Pinto	Dragões do Mato	Senior Masculino	04:08:00	+02:01:20	09:55

Sub 23 Masculino

1	51	JORGE DUARTE	ESPINHO TRAIL	Sub 23 Masculino	03:02:20	+55:39	07:18
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Trail Longo

25 KM

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2	50	ANTONIO DUARTE	ESPINHO TRAIL	Sub 23 Masculino	03:20:38	+01:13:58	08:02
3	100	Ricardo Santos	Individual	Sub 23 Masculino	03:34:06	+01:27:25	08:34
4	9	António Gonçalves	Amigos 100 Limites	Sub 23 Masculino	03:48:51	+01:42:10	09:09

Veterana F40

1	170	Lucinda Sousa	Prozis	Veterana F40	02:29:34	+22:53	05:59
2	176	MONICA OLIVEIRA	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterana F40	02:56:09	+49:29	07:03
3	78	Rosa Teixeira	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F40	03:18:17	+01:11:37	07:56
4	127	Laura Mendes	KeMedo Team	Veterana F40	03:21:47	+01:15:07	08:04
5	12	Maria Loureiro	Associação Desportiva de Cabroelo	Veterana F40	03:25:53	+01:19:12	08:14
6	101	Ligia Mendes	Individual	Veterana F40	03:31:29	+01:24:48	08:28
7	102	Patricia Fernandes	Individual	Veterana F40	03:59:22	+01:52:41	09:35
8	68	Silvina Gama	GONDOMAR FUTSAL CLUBE	Veterana F40	04:05:53	+01:59:12	09:50
9	14	Clotilde Santos	Batalhão Crossgym	Veterana F40	04:07:40	+02:00:59	09:54
10	71	Patrícia Martins	Grupo 46 "Lavra Run"	Veterana F40	04:24:39	+02:17:58	10:35

Veterana F50

1	160	Alexandra Fernandes	Oralklass - Amigos Do Trail	Veterana F50	02:53:22	+46:41	06:56
2	128	Alda Cordeiro	ladecasa	Veterana F50	03:44:22	+01:37:41	08:58
3	79	Margarida Neves	Hora do Lobo Trail - CF Perosinho Atletismo	Veterana F50	03:59:16	+01:52:35	09:34
4	134	Lucinda Gomes	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	04:03:30	+01:56:49	09:44

Veterano M40

1	161	Pedro santos	Oralklass - Amigos Do Trail	Veterano M40	02:06:40	05:04
2	179	TOZE AMORIM	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterano M40	02:17:48	+11:07 05:31
3	40	Victor Correia	EDV - Viana Trail	Veterano M40	02:20:06	+13:25 05:36
4	52	GILBERTO COSTA	ESPINHO TRAIL	Veterano M40	02:21:53	+15:12 05:41
5	175	Armando Teixeira	Salomon Suunto Portugal	Veterano M40	02:22:02	+15:21 05:41
6	39	Pedro Pinho	EDV - Viana Trail	Veterano M40	02:33:53	+27:12 06:09
7	112	Pedro Barbosa	Individual	Veterano M40	02:35:34	+28:54 06:13
8	186	Sergio Moreira	100Meta	Veterano M40	02:46:56	+40:15 06:41
9	192	Jose Loureiro	Individual	Veterano M40	02:47:14	+40:33 06:41
10	152	Zeferino Fernandes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:51:10	+44:29 06:51
11	11	Paulo Reis	ARCORUN	Veterano M40	02:51:50	+45:10 06:52
12	32	Francisco Pinheiro	CTAD-Consumo Zero	Veterano M40	02:52:09	+45:29 06:53
13	183	José Sousa	Trilheiros e amigos	Veterano M40	02:52:48	+46:07 06:55
14	177	BRUNO FREITAS	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterano M40	02:54:00	+47:20 06:58

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Trail Longo

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15	145	Adriano França	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:56:20	+49:40	07:03
16	27	Marco Vieira	Clube Zupper	Veterano M40	02:58:54	+52:13	07:09
17	169	Eduardo Pinto	PIRATAS RUNNING TEAM	Veterano M40	02:58:56	+52:15	07:09
18	108	Jorge Silva	Individual	Veterano M40	02:59:01	+52:20	07:10
19	168	Nuno Duarte	Pimentinhas	Veterano M40	03:00:19	+53:38	07:13
20	151	Victor Azevedo	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:02:06	+55:26	07:17
21	149	Ibraim Sousa	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:03:43	+57:02	07:21
22	106	Fernando Rodrigues	Individual	Veterano M40	03:08:59	+01:02:19	07:34
23	13	Vitor Cardoso	Baguim runners	Veterano M40	03:13:05	+01:06:24	07:43
24	61	Miguel Moura	Factor X / S4L / Medense FC	Veterano M40	03:16:03	+01:09:22	07:51
25	81	Leonel Silva	Hora do Lobo Trail - CF Perosinho Atletismo	Veterano M40	03:16:21	+01:09:40	07:51
26	18	Jorge Villanueva	C.A.R. MARISQUEIRO	Veterano M40	03:18:07	+01:11:27	07:56
27	17	César Martínez González	C.A.R. MARISQUEIRO	Veterano M40	03:18:09	+01:11:28	07:56
28	185	Silvio Ferreira	Viseu Running Team	Veterano M40	03:20:28	+01:13:47	08:01
29	129	Dario Cardoso	LEões DE TARDARIZ TRAIL	Veterano M40	03:23:00	+01:16:19	08:07
30	67	Rui Moreira	Geocrosstrail	Veterano M40	03:26:50	+01:20:10	08:16
31	107	Joao Azevedo	Individual	Veterano M40	03:26:54	+01:20:13	08:17
32	147	Aurégio Salas	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:29:25	+01:22:45	08:23
33	150	Ricardo Moreira	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:29:29	+01:22:49	08:23
34	191	Jorge Pinto	Individual	Veterano M40	03:36:03	+01:29:22	08:39
35	131	Pedro Ferreira	LEões DE TARDARIZ TRAIL	Veterano M40	03:36:36	+01:29:55	08:40
36	113	Rui Carmo	Individual	Veterano M40	03:47:12	+01:40:31	09:05
37	64	Luís Guedes	Forest Runners	Veterano M40	03:51:38	+01:44:58	09:16
38	146	António Rocha	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	03:54:17	+01:47:36	09:22
39	189	Jose Ricardo	Individual	Veterano M40	04:03:00	+01:56:19	09:43
40	174	Artur Fonseca	Ruptura Total	Veterano M40	04:07:40	+02:00:59	09:54
41	105	Adalberto Figueiredo	Individual	Veterano M40	04:07:59	+02:01:18	09:55
42	148	Eduardo Loureiro	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	04:17:13	+02:10:32	10:17
43	69	Sérgio Pereira	GONDOMAR FUTSAL CLUBE	Veterano M40	04:18:44	+02:12:03	10:21
44	165	Tiago Soeiro	PEAK TRAIL TEAM	Veterano M40	04:20:39	+02:13:58	10:26
45	72	Pedro Justo	Grupo 46 "Lavra Run"	Veterano M40	04:24:39	+02:17:58	10:35
46	178	RUI OLIVEIRA	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterano M40	04:25:21	+02:18:41	10:37
47	164	Pedro Leite	Pápa-Léguas	Veterano M40	04:44:37	+02:37:56	11:23
48	130	Manuel Alvarino	LEões DE TARDARIZ TRAIL	Veterano M40	04:46:54	+02:40:14	11:29

Veterano M50

1	155	Agostinho Jesus Costa	Nac Trail	Veterano M50	02:38:03	+31:22	06:19
2	173	David Tavares	RunRiver - Escola Atletismo de Rio Tinto	Veterano M50	02:41:52	+35:12	06:29

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Trail Longo

25 KM

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3	153	Manuel Faria	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	02:50:40	+44:00	06:50
4	118	José Lopes	Individual	Veterano M50	02:51:35	+44:54	06:52
5	29	Orlando Costa	CORRER LEÇA	Veterano M50	02:54:02	+47:21	06:58
6	114	Adriano Oliveira	Individual	Veterano M50	02:55:22	+48:41	07:01
7	120	Pedro Barbosa	Individual	Veterano M50	02:58:17	+51:36	07:08
8	154	Manuel Póvoas	MSS CONTABILIDADE TRAIL TEAM	Veterano M50	03:01:33	+54:53	07:16
9	119	Marco Dias	Individual	Veterano M50	03:09:07	+01:02:26	07:34
10	28	Armando Moreira	Clube Zupper	Veterano M50	03:16:08	+01:09:27	07:51
11	19	Alfonso Costas Fernandez	C.A.R. MARISQUEIRO	Veterano M50	03:18:07	+01:11:26	07:55
12	20	Ramiro Alvarez Nores	C.A.R. MARISQUEIRO	Veterano M50	03:18:09	+01:11:28	07:56
13	132	António Pinto	LEÕES DE TARDARIZ TRAIL	Veterano M50	03:25:58	+01:19:18	08:14
14	180	António Simões	Sem equipa	Veterano M50	03:29:35	+01:22:54	08:23
15	62	Eugenio Soares	Factor X / S4L / Medense FC	Veterano M50	03:30:52	+01:24:11	08:26
16	117	Fernando Vieira	Individual	Veterano M50	03:32:36	+01:25:55	08:30
17	37	Paulo Pinheiro	Dragões do Mato	Veterano M50	03:33:14	+01:26:33	08:32
18	122	Valdemar Almeida	Individual	Veterano M50	03:55:35	+01:48:54	09:25
19	70	Ilídio Freitas	GONDOMAR FUTSAL CLUBE	Veterano M50	04:05:54	+01:59:13	09:50
20	116	Carlos Taveira	Individual	Veterano M50	04:07:59	+02:01:18	09:55
21	115	Alcídio Figueiredo	Individual	Veterano M50	04:30:40	+02:24:00	10:50

Veterano M60

1	26	Manuel Sousa	Clube Atletismo Gaienses/Toyota	Veterano M60	02:47:13	+40:32	06:41
2	126	Agostinho Neves	JUVENTUDE DESPORTIVA DE GONDOMAR	Veterano M60	02:53:07	+46:27	06:56
3	63	António Rocha	Factor X / S4L / Medense FC	Veterano M60	02:53:45	+47:04	06:57
4	35	Carlos Bento	Douroconta Trail Team	Veterano M60	03:24:38	+01:17:57	08:11
5	124	Manuel Faria Sampaio	Individual	Veterano M60	03:26:56	+01:20:16	08:17

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RANK	TEAM	DESCRIPTION	POINTS
1	ORALKLASS - AMIGOS DO TRAIL	1 + 6 + 24	31
2	EDV - VIANA TRAIL	7 + 12 + 16	35
3	MSS CONTABILIDADE TRAIL TEAM	3 + 28 + 29	60
4	ESPINHO TRAIL	8 + 21 + 46	75
5	FACTOR X / S4L / MEDENSE FC	17 + 23 + 38	78
6	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	5 + 39 + 44	88
7	C.A.R. MARISQUEIRO	76 + 77 + 78	231
8	HORA DO LOBO TRAIL - CF PEROSINHO ATLETISMO	75 + 80 + 81	236
9	LEÕES DE TARDARIZ TRAIL	92 + 96 + 123	311
10	LION RUNNERS - G. D. LEÕES DA GUARDA	85 + 124 + 142	351
11	GONDOMAR FUTSAL CLUBE	145 + 146 + 156	447