

TRAIL LONGO - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	7.3°C	87%
End	13:37	7.3°C	87%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	41	Tiago Pereira	futebol clube de penafiel	Senior Masculino	01:46:45		04:51
2	11	Paulo Costa	a.d.amarante trail running	Senior Masculino	01:49:54	+03:09	05:00
3	15	Victor Costa	a.d.amarante trail running	Veterano M40	01:50:30	+03:44	05:01
4	51	César Barros	individual	Senior Masculino	01:52:38	+05:52	05:07
5	31	Ricardo Vieira	brabus runners	Senior Masculino	02:04:15	+17:29	05:39
6	26	Adriano mendes	brabus runners	Senior Masculino	02:04:15	+17:30	05:39
7	49	Carlos Coelho	individual	Senior Masculino	02:04:47	+18:02	05:40
8	91	Tiago Soares	moinhos run - adrm	Senior Masculino	02:05:55	+19:10	05:43
9	67	Alfredo da Silva Moreira	individual	Veterano M40	02:06:32	+19:47	05:45
10	95	Pedro Vieira	mountain runners	Senior Masculino	02:07:16	+20:30	05:47
11	52	Eurico Miguel Borges Pereira	individual	Senior Masculino	02:09:16	+22:30	05:53
12	120	Sérgio Monteiro	sardonisca runners	Senior Masculino	02:09:46	+23:01	05:54
13	20	Amadeu Teixeira	amigos do pedal trail de lagares	Veterano M50	02:09:56	+23:11	05:54
14	110	António Borges	porto sentido runners	Veterano M40	02:10:03	+23:18	05:55
15	14	Miguel Barros	a.d.amarante trail running	Veterano M40	02:10:17	+23:31	05:55
16	22	Paula Soares Coutinho	autistic runners	Senior Feminino	02:11:39	+24:54	05:59
17	30	Ricardo Sampaio	brabus runners	Senior Masculino	02:11:41	+24:55	05:59
18	86	Adriano Paulo Oliveira	lusitanos	Veterano M40	02:12:48	+26:02	06:02
19	71	Frank Fritsche	individual	Veterano M40	02:13:09	+26:24	06:03
20	10	Miguel Pereira	a.d.amarante trail running	Senior Masculino	02:13:51	+27:06	06:05
21	119	antonio coelho	sai dai	Veterano M40	02:14:49	+28:04	06:08
22	37	Manuel Barbosa	copos e trilhos	Senior Masculino	02:15:32	+28:46	06:10
23	7	António Mendes	a.d.amarante trail running	Senior Masculino	02:15:37	+28:52	06:10
24	53	Gabriel Coutinho	individual	Senior Masculino	02:15:50	+29:04	06:10
25	55	João Manuel Maciel Linhares	individual	Senior Masculino	02:16:10	+29:25	06:11
26	27	Cesário Leite	brabus runners	Senior Masculino	02:16:33	+29:47	06:12
27	97	Bruno Moreira	nocturnos de paredes	Senior Masculino	02:16:49	+30:03	06:13
28	58	Marcio Teixeira	individual	Senior Masculino	02:18:12	+31:26	06:17
29	100	Carlos Monteiro	nova linha trail runners	Senior Masculino	02:19:25	+32:40	06:20
30	72	José Álvaro da Silva Ribeiro	individual	Veterano M40	02:21:24	+34:38	06:26
31	24	António Loureiro	autistic runners	Veterano M50	02:23:56	+37:10	06:33
32	35	Abilio Paulo	bttenros	Veterano M40	02:24:44	+37:59	06:35
33	34	Marcio Barreto	bttenros	Senior Masculino	02:24:44	+37:59	06:35
34	50	Carlos Teixeira	individual	Senior Masculino	02:24:57	+38:12	06:35
35	69	António Salgueiredo	individual	Veterano M40	02:25:22	+38:37	06:36
36	84	Nelson Pires	lusitanos	Senior Masculino	02:25:26	+38:40	06:37
37	81	João Ribeiro	individual	Veterano M50	02:25:27	+38:41	06:37
38	45	Marisa Rodrigues	individual	Senior Feminino	02:25:27	+38:42	06:37
39	13	António Nuno Castro	a.d.amarante trail running	Veterano M40	02:25:50	+39:05	06:38
40	83	AGOSTINHO SOUSA	kunalama runners	Veterano M50	02:26:20	+39:35	06:39
41	101	Alberto Freitas	nova linha trail runners	Veterano M40	02:26:53	+40:07	06:41
42	92	Paulo Cardoso	motobikerebelos	Veterano M40	02:29:42	+42:56	06:48

TRAIL LONGO - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
43	18	Nuno Pereira	amigo trail run	Veterano M40	02:29:43	+42:58	06:48
44	32	Sandro Davide Sousa Afonso	brabus runners	Senior Masculino	02:30:26	+43:41	06:50
45	90	Rui Madureira	marco trail	Senior Masculino	02:31:13	+44:28	06:52
46	48	Bruno Moura	individual	Senior Masculino	02:36:07	+49:21	07:06
47	46	Raquel Andrade	individual	Senior Feminino	02:36:07	+49:22	07:06
48	98	Arnaldo Santos	nocturnos de paredes	Veterano M40	02:37:06	+50:21	07:08
49	21	José Oliveira	ascários escariz	Veterano M40	02:37:10	+50:24	07:09
50	60	Pedro Lopes	individual	Senior Masculino	02:38:26	+51:41	07:12
51	89	Pedro Nogueira	marco runners	Senior Masculino	02:39:27	+52:41	07:15
52	6	Ana Ferreira	a.d.amarante trail running	Senior Feminino	02:41:01	+54:16	07:19
53	88	Luis Aguiar	marco runners	Senior Masculino	02:41:04	+54:19	07:19
54	94	Patricia Ribeiro	mountain runners	Senior Feminino	02:42:00	+55:15	07:22
55	115	Hugo Pereira	redline	Senior Masculino	02:42:33	+55:48	07:23
56	116	José Carlos Sousa	redline	Senior Masculino	02:42:43	+55:58	07:24
57	19	Joaquim Ferreira	amigo trail run	Veterano M50	02:43:38	+56:53	07:26
58	118	Victor Vital	reumáticos da bila	Senior Masculino	02:43:50	+57:05	07:27
59	59	Nuno Fernandes	individual	Senior Masculino	02:43:50	+57:05	07:27
60	117	Alexandre Serafim	reumáticos da bila	Senior Masculino	02:43:51	+57:05	07:27
61	99	Rui Almeida	nocturnos de paredes	Veterano M40	02:45:32	+58:47	07:31
62	57	José António Ribeiro de Matos	individual	Senior Masculino	02:45:58	+59:12	07:33
63	93	Agostinho Matos	motomarretas	Senior Masculino	02:45:58	+59:13	07:33
64	111	Filipe Ferreira	porto sentido runners	Veterano M40	02:46:08	+59:23	07:33
65	114	Carlos Martins	porto sentido runners	Veterano M50	02:49:10	+01:02:25	07:41
66	65	Carmo Marinho	individual	Veterana F50	02:49:38	+01:02:53	07:43
67	66	Albano Cunha	individual	Veterano M40	02:50:17	+01:03:32	07:44
68	12	Clara Carvalho	a.d.amarante trail running	Veterana F40	02:50:47	+01:04:02	07:46
69	63	Ana Silva	individual	Veterana F40	02:50:47	+01:04:02	07:46
70	17	José Azevedo	a.d.amarante trail running	Veterano M50	02:51:12	+01:04:27	07:47
71	23	Carlos Ferreira	autistic runners	Veterano M40	02:56:12	+01:09:27	08:01
72	33	Vitor Ribeiro	brabus runners	Senior Masculino	02:59:56	+01:13:11	08:11
73	102	Lino Moreira	os turbomula	Veterano M50	03:05:28	+01:18:42	08:26
74	80	eduardo medeiros	individual	Veterano M50	03:06:30	+01:19:44	08:29
75	36	Heitor Cardoso	casa benfica em cinfães	Veterano M50	03:06:39	+01:19:54	08:29
76	108	Paula Coutinho	porto sentido runners	Veterana F40	03:06:52	+01:20:06	08:30
77	96	Jose Miguel Torres Pereira	nights team	Senior Masculino	03:07:00	+01:20:15	08:30
78	105	Elizabete Loureiro	porto sentido runners	Veterana F40	03:07:58	+01:21:13	08:33
79	106	Fernanda Pinto	porto sentido runners	Veterana F40	03:10:23	+01:23:37	08:39
80	16	Fernando Cerqueira	a.d.amarante trail running	Veterano M50	03:10:23	+01:23:38	08:39
81	42	Ana Virgínia da Silva Gonçalves Pereira Lirio	individual	Senior Feminino	03:11:46	+01:25:00	08:43
82	54	Henrique Ferreira	individual	Senior Masculino	03:12:10	+01:25:24	08:44
83	87	Fernando Manuel Bastos Rodrigues	lusitanos	Veterano M50	03:13:10	+01:26:24	08:47
84	73	Manuel Guedes	individual	Veterano M40	03:15:59	+01:29:14	08:55
85	112	Marco Caldas	porto sentido runners	Veterano M40	03:17:42	+01:30:57	08:59
86	104	Pedro Ferreira	porto sentido runners	Senior Masculino	03:17:43	+01:30:57	08:59
87	107	Luísa Marques	porto sentido runners	Veterana F40	03:17:44	+01:30:58	08:59

TRAIL LONGO - STAGE 1

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	76	Robert da costa Tavares	individual	Veterano M40	03:21:48	+01:35:03	09:10
89	75	Nuno Carvalhal	individual	Veterano M40	03:26:15	+01:39:29	09:23
90	795	Miguel Angelo Araujo Silva	brabus runners	Senior Masculino	03:33:08	+01:46:22	09:41
91	109	Sandra Mascarenhas	porto sentido runners	Veterana F40	03:34:10	+01:47:24	09:44
92	44	Eunice Quintas	individual	Senior Feminino	03:34:22	+01:47:37	09:45
93	121	Maria Carla Moreira Pacheco	sem limites	Veterana F40	03:36:50	+01:50:04	09:51
94	122	José Fernando Ferreira Gonçalves	sem limites	Veterano M40	03:36:50	+01:50:05	09:51
95	64	Elisabete Costa	individual	Veterana F40	04:36:51	+02:50:05	12:35
96	79	Vitor sousa	individual	Veterano M40	04:36:53	+02:50:07	12:35

Trail Longo

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	7.3°C	87%
End	13:37	7.3°C	87%

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

Senior Feminino

1	22	Paula Soares Coutinho	Autistic Runners	Senior Feminino	02:11:39	+24:54	05:59
2	45	Marisa Rodrigues	Individual	Senior Feminino	02:25:27	+38:42	06:37
3	46	Raquel Andrade	Individual	Senior Feminino	02:36:07	+49:22	07:06
4	6	Ana Ferreira	A.D.Amarante trail running	Senior Feminino	02:41:01	+54:16	07:19
5	94	Patricia Ribeiro	Mountain Runners	Senior Feminino	02:42:00	+55:15	07:22
6	42	Ana Virgínia da Silva Gonçalves Pereira Lório	Individual	Senior Feminino	03:11:46	+01:25:00	08:43
7	44	Eunice Quintas	Individual	Senior Feminino	03:34:22	+01:47:37	09:45

Senior Masculino

1	41	Tiago Pereira	Futebol Clube de Penafiel	Senior Masculino	01:46:45	04:51
2	11	Paulo Costa	A.D.Amarante trail running	Senior Masculino	01:49:54	+03:09 05:00
3	51	César Barros	Individual	Senior Masculino	01:52:38	+05:52 05:07
4	31	Ricardo Vieira	Brabus Runners	Senior Masculino	02:04:15	+17:29 05:39
5	26	Adriano mendes	Brabus Runners	Senior Masculino	02:04:15	+17:30 05:39
6	49	Carlos Coelho	Individual	Senior Masculino	02:04:47	+18:02 05:40
7	91	Tiago Soares	Moinhos Run - ADRM	Senior Masculino	02:05:55	+19:10 05:43
8	95	Pedro Vieira	Mountain Runners	Senior Masculino	02:07:16	+20:30 05:47
9	52	Eurico Miguel Borges Pereira	Individual	Senior Masculino	02:09:16	+22:30 05:53
10	120	Sérgio Monteiro	Sardonisca Runners	Senior Masculino	02:09:46	+23:01 05:54
11	30	Ricardo Sampaio	Brabus Runners	Senior Masculino	02:11:41	+24:55 05:59
12	10	Miguel Pereira	A.D.Amarante trail running	Senior Masculino	02:13:51	+27:06 06:05
13	37	Manuel Barbosa	Copos e trilhos	Senior Masculino	02:15:32	+28:46 06:10
14	7	António Mendes	A.D.Amarante trail running	Senior Masculino	02:15:37	+28:52 06:10
15	53	Gabriel Coutinho	Individual	Senior Masculino	02:15:50	+29:04 06:10
16	55	João Manuel Maciel Linhares	Individual	Senior Masculino	02:16:10	+29:25 06:11
17	27	Cesário Leite	Brabus Runners	Senior Masculino	02:16:33	+29:47 06:12
18	97	Bruno Moreira	NOCTURNOS DE PAREDES	Senior Masculino	02:16:49	+30:03 06:13
19	58	Marcio Teixeira	Individual	Senior Masculino	02:18:12	+31:26 06:17
20	100	Carlos Monteiro	Nova Linha Trail Runners	Senior Masculino	02:19:25	+32:40 06:20
21	34	Marcio Barreto	BTENROS	Senior Masculino	02:24:44	+37:59 06:35
22	50	Carlos Teixeira	Individual	Senior Masculino	02:24:57	+38:12 06:35
23	84	Nelson Pires	Lusitanos	Senior Masculino	02:25:26	+38:40 06:37
24	32	Sandro Davide Sousa Afonso	Brabus Runners	Senior Masculino	02:30:26	+43:41 06:50
25	90	Rui Madureira	MARCO TRAIL	Senior Masculino	02:31:13	+44:28 06:52
26	48	Bruno Moura	Individual	Senior Masculino	02:36:07	+49:21 07:06
27	60	Pedro Lopes	Individual	Senior Masculino	02:38:26	+51:41 07:12
28	89	Pedro Nogueira	Marco Runners	Senior Masculino	02:39:27	+52:41 07:15

Trail Longo

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

29	88	Luis Aguiar	Marco Runners	Senior Masculino	02:41:04	+54:19	07:19
30	115	Hugo Pereira	RedLine	Senior Masculino	02:42:33	+55:48	07:23
31	116	José Carlos Sousa	RedLine	Senior Masculino	02:42:43	+55:58	07:24
32	118	Victor Vital	Reumáticos da Bila	Senior Masculino	02:43:50	+57:05	07:27
33	59	Nuno Fernandes	Individual	Senior Masculino	02:43:50	+57:05	07:27
34	117	Alexandre Serafim	Reumáticos da Bila	Senior Masculino	02:43:51	+57:05	07:27
35	57	José António Ribeiro de Matos	Individual	Senior Masculino	02:45:58	+59:12	07:33
36	93	Agostinho Matos	MotoMarretas	Senior Masculino	02:45:58	+59:13	07:33
37	33	Vitor Ribeiro	Brabus Runners	Senior Masculino	02:59:56	+01:13:11	08:11
38	96	Jose Miguel Torres Pereira	Nights Team	Senior Masculino	03:07:00	+01:20:15	08:30
39	54	Henrique Ferreira	Individual	Senior Masculino	03:12:10	+01:25:24	08:44
40	104	Pedro Ferreira	PORTO SENTIDO RUNNERS	Senior Masculino	03:17:43	+01:30:57	08:59
41	795	Miguel Angelo Araujo Silva	Brabus Runners	Senior Masculino	03:33:08	+01:46:22	09:41

Veterana F40

1	12	Clara Carvalho	A.D.Amarante trail running	Veterana F40	02:50:47	+01:04:02	07:46
2	63	Ana Silva	Individual	Veterana F40	02:50:47	+01:04:02	07:46
3	108	Paula Coutinho	PORTO SENTIDO RUNNERS	Veterana F40	03:06:52	+01:20:06	08:30
4	105	Elizabete Loureiro	PORTO SENTIDO RUNNERS	Veterana F40	03:07:58	+01:21:13	08:33
5	106	Fernanda Pinto	PORTO SENTIDO RUNNERS	Veterana F40	03:10:23	+01:23:37	08:39
6	107	Luísa Marques	PORTO SENTIDO RUNNERS	Veterana F40	03:17:44	+01:30:58	08:59
7	109	Sandra Mascarenhas	PORTO SENTIDO RUNNERS	Veterana F40	03:34:10	+01:47:24	09:44
8	121	Maria Carla Moreira Pacheco	Sem limites	Veterana F40	03:36:50	+01:50:04	09:51
9	64	Elisabete Costa	Individual	Veterana F40	04:36:51	+02:50:05	12:35

Veterana F50

1	65	Carmo Marinho	Individual	Veterana F50	02:49:38	+01:02:53	07:43
---	----	---------------	------------	--------------	----------	-----------	-------

Veterano M40

1	15	Victor Costa	A.D.Amarante trail running	Veterano M40	01:50:30	+03:44	05:01
2	67	Alfredo da Silva Moreira	Individual	Veterano M40	02:06:32	+19:47	05:45
3	110	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:10:03	+23:18	05:55
4	14	Miguel Barros	A.D.Amarante trail running	Veterano M40	02:10:17	+23:31	05:55
5	86	Adriano Paulo Oliveira	Lusitanos	Veterano M40	02:12:48	+26:02	06:02
6	71	Frank Fritsche	Individual	Veterano M40	02:13:09	+26:24	06:03
7	119	antonio coelho	sai dai	Veterano M40	02:14:49	+28:04	06:08
8	72	José Álvaro da Silva Ribeiro	Individual	Veterano M40	02:21:24	+34:38	06:26
9	35	Abilio Paulo	BTENROS	Veterano M40	02:24:44	+37:59	06:35
10	69	António Salgueiredo	Individual	Veterano M40	02:25:22	+38:37	06:36
11	13	António Nuno Castro	A.D.Amarante trail running	Veterano M40	02:25:50	+39:05	06:38
12	101	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	02:26:53	+40:07	06:41
13	92	Paulo Cardoso	MOTOBIKEREBELOS	Veterano M40	02:29:42	+42:56	06:48

Trail Longo

22 KM

[illegible]

OFFICIAL RESULT

[illegible]

14	18	Nuno Pereira	AMIGO Trail Run	Veterano M40	02:29:43	+42:58	06:48
15	98	Arnaldo Santos	NOCTURNOS DE PAREDES	Veterano M40	02:37:06	+50:21	07:08
16	21	José Oliveira	Ascários Escariz	Veterano M40	02:37:10	+50:24	07:09
17	99	Rui Almeida	NOCTURNOS DE PAREDES	Veterano M40	02:45:32	+58:47	07:31
18	111	Filipe Ferreira	PORTO SENTIDO RUNNERS	Veterano M40	02:46:08	+59:23	07:33
19	66	Albano Cunha	Individual	Veterano M40	02:50:17	+01:03:32	07:44
20	23	Carlos Ferreira	Autistic Runners	Veterano M40	02:56:12	+01:09:27	08:01
21	73	Manuel Guedes	Individual	Veterano M40	03:15:59	+01:29:14	08:55
22	112	Marco Caldas	PORTO SENTIDO RUNNERS	Veterano M40	03:17:42	+01:30:57	08:59
23	76	Robert da costa Tavares	Individual	Veterano M40	03:21:48	+01:35:03	09:10
24	75	Nuno Carvalhal	Individual	Veterano M40	03:26:15	+01:39:29	09:23
25	122	José Fernando Ferreira Gonçalves	Sem limites	Veterano M40	03:36:50	+01:50:05	09:51
26	79	Vitor sousa	Individual	Veterano M40	04:36:53	+02:50:07	12:35

Veterano M50

1	20	Amadeu Teixeira	Amigos do Pedal Trail de Lagares	Veterano M50	02:09:56	+23:11	05:54
2	24	António Loureiro	Autistic Runners	Veterano M50	02:23:56	+37:10	06:33
3	81	João Ribeiro	Individual	Veterano M50	02:25:27	+38:41	06:37
4	83	AGOSTINHO SOUSA	Kunalama runners	Veterano M50	02:26:20	+39:35	06:39
5	19	Joaquim Ferreira	AMIGO Trail Run	Veterano M50	02:43:38	+56:53	07:26
6	114	Carlos Martins	PORTO SENTIDO RUNNERS	Veterano M50	02:49:10	+01:02:25	07:41
7	17	José Azevedo	A.D.Amarante trail running	Veterano M50	02:51:12	+01:04:27	07:47
8	102	Lino Moreira	Os TurboMula	Veterano M50	03:05:28	+01:18:42	08:26
9	80	eduardo medeiros	Individual	Veterano M50	03:06:30	+01:19:44	08:29
10	36	Heitor Cardoso	Casa Benfica em Cinfães	Veterano M50	03:06:39	+01:19:54	08:29
11	16	Fernando Cerqueira	A.D.Amarante trail running	Veterano M50	03:10:23	+01:23:38	08:39
12	87	Fernando Manuel Bastos Rodrigues	Lusitanos	Veterano M50	03:13:10	+01:26:24	08:47

COLETIVO - TRAIL LONGO

[illegible]

RANK	TEAM	DESCRIPTION	POINTS
1	A.D.Amarante trail running	2 + 3 + 15	20
2	Brabus Runners	5 + 6 + 17	28
3	Autistic Runners	16 + 31 + 71	118
4	NOCTURNOS DE PAREDES	27 + 48 + 61	136
5	Lusitanos	18 + 36 + 83	137
6	PORTO SENTIDO RUNNERS	14 + 64 + 65	143