

TRAIL LONGO 23KM - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	09:00	13,9°C	89%
End	14:13	20°C	65%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	321	Fernando Lemos	multipower gaia trail	Senior Masculino	02:00:55		05:15
2	376	Armandino Taborda	satecnosol outdoor / lasportiva	Veterano M40	02:03:17	+02:21	05:22
3	378	César Barros	sport club beira-mar	Senior Masculino	02:09:38	+08:43	05:38
4	1	João Oliveira	individual	Senior Masculino	02:12:03	+11:08	05:45
5	300	Joel Filipe Alves Pereira	ker sports ponte de lima	Senior Masculino	02:12:03	+11:08	05:45
6	333	Luis Gil	multipower gaia trail	Veterano M40	02:15:05	+14:09	05:52
7	134	Fabio Daniel Lopes Coelho	individual	Senior Masculino	02:16:40	+15:45	05:57
8	330	Dinis Gonçalves	multipower gaia trail	Veterano M40	02:19:22	+18:27	06:04
9	323	João Nunes	multipower gaia trail	Senior Masculino	02:20:48	+19:52	06:07
10	41	JOSÉ MOTA	ciclistas cósmicos gislótica	Veterano M50	02:21:52	+20:56	06:10
11	164	José Pereira	individual	Senior Masculino	02:22:14	+21:19	06:11
12	349	Antonio Pinto	oralklass-amigos do trail	Senior Masculino	02:24:17	+23:22	06:16
13	345	José Cabral	nomeiodonada	Veterano M50	02:24:49	+23:53	06:18
14	319	Bruno Santiago	multipower gaia trail	Senior Masculino	02:25:00	+24:05	06:18
15	47	Gonçalo Torres	caes d avenida	Senior Masculino	02:26:03	+25:08	06:21
16	332	Joaquim Pereira	multipower gaia trail	Veterano M40	02:26:23	+25:27	06:22
17	40	Américo Pinto	ccdtc.m.gondomar	Veterano M50	02:28:15	+27:20	06:27
18	92	HUGO ARAUJO	gtt - armazém do caffè	Senior Masculino	02:28:32	+27:36	06:27
19	325	Nuno Miguel Maia	multipower gaia trail	Senior Masculino	02:28:34	+27:39	06:28
20	329	Zé Bruno Soares	multipower gaia trail	Senior Masculino	02:28:48	+27:53	06:28
21	123	Bruno José Melo Corga	individual	Senior Masculino	02:29:03	+28:08	06:29
22	328	Pedro Sabugueiro	multipower gaia trail	Senior Masculino	02:29:33	+28:38	06:30
23	174	Nuno Miguel Carvalho da Silva	individual	Senior Masculino	02:30:08	+29:13	06:32
24	212	António Amador	individual	Veterano M40	02:30:23	+29:28	06:32
25	88	Filipe Lima	grupo desportivo santander totta	Senior Masculino	02:32:28	+31:32	06:38
26	91	Emanuel Costa	gtt - armazém do caffè	Senior Masculino	02:32:28	+31:32	06:38
27	27	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M40	02:33:59	+33:03	06:42
28	165	Luis Filipe Rego Lemos	individual	Senior Masculino	02:34:15	+33:19	06:42
29	239	José Paulo Pereira Ribeiro	gondomar futsal clube	Veterano M40	02:36:18	+35:22	06:48
30	96	Carlos Alberto Pereira Novais Gandra	gtt - armazém do caffè	Veterano M50	02:36:58	+36:03	06:50
31	59	Marco Vieira	clube zipper	Veterano M40	02:37:02	+36:07	06:50
32	144	Henrique Barbosa	individual	Senior Masculino	02:37:58	+37:03	06:52
33	39	Miguel Pereira	ccdtc.m.gondomar	Veterano M40	02:38:10	+37:14	06:53
34	227	Henrique Santos	individual	Veterano M40	02:40:07	+39:12	06:58
35	64	Paulo Machado	dr. merino nutritifit	Veterano M40	02:40:59	+40:04	07:00
36	20	Carlos Silva	aliança de gandra	Veterano M40	02:41:57	+41:01	07:02
37	80	Rafael Valente	gangue das maçãs	Senior Masculino	02:41:59	+41:04	07:03
38	138	Filipe Saraiva Fernandes	individual	Senior Masculino	02:42:36	+41:41	07:04
39	58	Madureira Rodrigues	clube zipper	Veterano M40	02:42:45	+41:49	07:05
40	260	Nelson Santos	individual	Veterano M40	02:44:21	+43:25	07:09
41	67	DANIELA RUSSO	estamos juntos	Senior Feminino	02:45:07	+44:12	07:11

Official Timekeeper: Lap2Go	1 / 8	generate 05-jun-2016 14:18
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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	68	FRANCISCO FIGUEIREDO	estamos juntos	Senior Masculino	02:45:09	+44:14	07:11
43	248	Luis Miguel Alves Monteiro	individual	Veterano M40	02:45:10	+44:14	07:11
44	126	Bruno Ramiro	individual	Senior Masculino	02:45:33	+44:37	07:12
45	13	Hugo Barroso Pinto	adega tia micas	Senior Masculino	02:45:53	+44:57	07:13
46	393	José Rodrigues	trocopasso runners	Veterano M40	02:46:12	+45:17	07:14
47	394	Luis Leça	trocopasso runners	Veterano M40	02:46:13	+45:17	07:14
48	255	MARTINHO JORGE DA SILVA COSTA	individual	Veterano M40	02:46:23	+45:28	07:14
49	309	Josué Moreira	leões de tardariz trail	Senior Masculino	02:46:46	+45:51	07:15
50	197	Vitor Caldeira	individual	Senior Masculino	02:46:49	+45:53	07:15
51	365	António Borges	porto sentido runners	Veterano M40	02:46:52	+45:56	07:15
52	241	Laurindo Osório	kemedo team	Veterano M40	02:47:51	+46:55	07:18
53	172	Miguel Torres	individual	Senior Masculino	02:47:52	+46:56	07:18
54	287	Vasco Figueiredo	individual	Veterano M50	02:47:54	+46:58	07:18
55	299	Hélder Gomes	kemedo team	Veterano M40	02:47:57	+47:01	07:18
56	281	Vitor manuel ribeiro coelho	individual	Veterano M40	02:48:08	+47:13	07:19
57	29	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	02:48:13	+47:18	07:19
58	23	Leonel Neves	aliança de gandra	Veterano M40	02:48:21	+47:26	07:19
59	32	José Luis Machado Loureiro	autistic runners	Veterano M50	02:48:48	+47:52	07:20
60	356	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:49:04	+48:09	07:21
61	190	Rui Pereira	individual	Senior Masculino	02:49:21	+48:26	07:22
62	320	Carlos Daniel Alves	multipower gaia trail	Senior Masculino	02:49:26	+48:30	07:22
63	127	Carlos Azevedo	individual	Senior Masculino	02:49:28	+48:33	07:22
64	296	jose magalhaes	jose magalhaes	Veterano M60	02:49:31	+48:36	07:22
65	324	Micael Cunha	multipower gaia trail	Senior Masculino	02:50:20	+49:24	07:24
66	312	Manuel Oliveira	leões de tardariz trail	Veterano M40	02:50:20	+49:24	07:24
67	327	Paulo Madeira	multipower gaia trail	Senior Masculino	02:50:26	+49:30	07:25
68	219	Fernando Abilio Santos Vieira	individual	Veterano M40	02:50:33	+49:37	07:25
69	288	Vitor Manuel Barbosa Moreira	individual	Veterano M50	02:50:46	+49:50	07:25
70	222	Fernando Martins	individual	Veterano M40	02:50:57	+50:01	07:26
71	275	Rui Azevedo	individual	Veterano M40	02:51:18	+50:22	07:27
72	187	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	02:51:39	+50:44	07:28
73	258	Miguel Moura	individual	Veterano M40	02:52:00	+51:05	07:29
74	169	Mário Galhano	individual	Senior Masculino	02:52:16	+51:21	07:29
75	347	Rolando Santos	olha eu trail running team	Veterano M40	02:52:18	+51:22	07:29
76	213	António Maria Moreira Gomes	individual	Veterano M40	02:52:27	+51:32	07:30
77	310	Miguel Alves	leões de tardariz trail	Senior Masculino	02:53:42	+52:46	07:33
78	331	Diogo João	multipower gaia trail	Veterano M40	02:54:04	+53:08	07:34
79	326	Paulo Amadeu	multipower gaia trail	Senior Masculino	02:54:06	+53:10	07:34
80	385	Ivo Almeida	step by step	Veterano M40	02:54:54	+53:58	07:36
81	272	Ricardo Alexandre Gonçalves Moreira	individual	Veterano M40	02:54:58	+54:02	07:36
82	102	Bruno Rafael marrucho lemos	iat imobiliária esposende	Senior Masculino	02:54:58	+54:03	07:36
83	19	António Oliveira	aliança de gandra	Veterano M40	02:55:00	+54:05	07:37
84	343	Antonio Azevedo	nascidos para correr	Veterano M50	02:55:01	+54:06	07:37
85	339	Nuno Ribeiro	nascidos para correr	Senior Masculino	02:55:01	+54:06	07:37
86	295	António Morais	ela corre com eles	Veterano M40	02:55:22	+54:27	07:38

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	337	Rosa Oliveira	nascidos para correr	Senior Feminino	02:55:27	+54:31	07:38
88	158	Jorge Ribeiro	individual	Senior Masculino	02:56:01	+55:06	07:39
89	355	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	02:56:08	+55:12	07:39
90	155	Joao Pereira	individual	Senior Masculino	02:56:23	+55:28	07:40
91	400	miguel pereira	velozes e furiosos	Veterano M40	02:56:32	+55:36	07:41
92	215	Arsénio Barros	individual	Veterano M40	02:56:38	+55:43	07:41
93	186	Ricardo Fernandes	individual	Senior Masculino	02:56:42	+55:47	07:41
94	76	Cláudio Fernando de Almeida Taveira	fontainhas runners	Senior Masculino	02:56:54	+55:58	07:41
95	77	Vitor Armando Gonçalves Barroso	fontainhas runners	Veterano M40	02:56:54	+55:58	07:41
96	252	manuel antonio ferreira pinto teixeira	individual	Veterano M40	02:57:28	+56:33	07:43
97	161	José Ferreira Costa	individual	Senior Masculino	02:58:14	+57:19	07:45
98	84	VITOR COELHO	gdc	Veterano M40	02:58:48	+57:53	07:46
99	75	Alcino Vieira	fitspot - parque nascente	Veterano M50	02:59:10	+58:14	07:47
100	38	Albino Dias	budeguita runners	Veterano M40	02:59:10	+58:15	07:47
101	74	Rui Silva	fitspot - parque nascente	Veterano M40	02:59:27	+58:31	07:48
102	156	João Pereira	individual	Senior Masculino	02:59:28	+58:32	07:48
103	235	José Maria Leal	individual	Veterano M40	02:59:40	+58:45	07:49
104	389	Elisabete Carvalho	trocopasso runners	Senior Feminino	02:59:43	+58:48	07:49
105	243	LUIS ALMEIDA	individual	Veterano M40	02:59:46	+58:50	07:49
106	265	Paulo Jorge Jaquel Pinto	individual	Veterano M40	02:59:54	+58:58	07:49
107	189	Rodrigo Oliveira	individual	Senior Masculino	02:59:54	+58:58	07:49
108	401	Pedro Leandro Nogueira	vodafone	Senior Masculino	02:59:54	+58:58	07:49
109	238	José Paulo Mesquita	individual	Veterano M40	03:00:11	+59:15	07:50
110	399	fausto teixeira	velozes e furiosos	Veterano M40	03:00:15	+59:19	07:50
111	128	Carlos Silva	individual	Senior Masculino	03:00:48	+59:53	07:52
112	159	José António R Sousa	individual	Senior Masculino	03:01:18	+01:00:23	07:53
113	362	Jorge Bastos	pernetas	Senior Masculino	03:01:36	+01:00:40	07:54
114	361	Juliana Rodrigues	pernetas	Senior Feminino	03:01:36	+01:00:40	07:54
115	181	Pedro Cruz	individual	Senior Masculino	03:01:48	+01:00:53	07:54
116	14	Leandro Ricardo Oliveira Pinto Simões	adeaga tia micas	Senior Masculino	03:01:50	+01:00:54	07:54
117	279	Rui Pinto	individual	Veterano M40	03:01:59	+01:01:03	07:55
118	51	Aureliano Valente	clube zipper	Senior Masculino	03:02:02	+01:01:06	07:55
119	301	Agostinho Sousa	kunalama runners	Veterano M60	03:02:31	+01:01:35	07:56
120	242	Licínio Cândido Ferreira Ribeiro	individual	Veterano M40	03:03:09	+01:02:14	07:58
121	372	RUI PEDRO REIS	runriver - escola de atletismo de rio tinto	Senior Masculino	03:03:10	+01:02:14	07:58
122	121	André Costa	individual	Senior Masculino	03:03:26	+01:02:31	07:59
123	196	Vasco Fernandes	individual	Senior Masculino	03:03:33	+01:02:37	07:59
124	35	Bruno Graça	bando dos trilhos e tralhos, associação betetista	Veterano M40	03:04:47	+01:03:52	08:02
125	31	António José Machado Loureiro	autistic runners	Veterano M50	03:05:15	+01:04:19	08:03
126	149	Hugo Miguel Sousa da Silva	individual	Senior Masculino	03:05:15	+01:04:19	08:03
127	4	Nuno Martins	individual	Senior Masculino	03:05:33	+01:04:37	08:04
128	146	Hugo Duarte Teixeira	individual	Senior Masculino	03:05:33	+01:04:37	08:04
129	257	Miguel Dias	individual	Veterano M40	03:06:41	+01:05:45	08:07

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	269	pedro mouro	individual	Veterano M40	03:06:57	+01:06:01	08:08
131	28	António Conceição Silva Pereira	amigos quinta das freiras	Veterano M50	03:06:57	+01:06:02	08:08
132	60	Paulo Neta	clube zipper	Veterano M40	03:07:00	+01:06:05	08:08
133	93	HUGO PALMEIRA	gtt - armazém do caffè	Senior Masculino	03:07:28	+01:06:32	08:09
134	382	Jose Costa	ss montepio	Veterano M40	03:07:37	+01:06:41	08:09
135	298	Nuno Marques	kemedo team	Senior Masculino	03:07:54	+01:06:58	08:10
136	66	Francisco Fonseca	equipa joão ferreira	Veterano M40	03:08:07	+01:07:11	08:11
137	132	DELFIN ANTONIO FERREIRA NUNES	individual	Senior Masculino	03:08:39	+01:07:43	08:12
138	12	Carlos Carreira	academia fernanda ribeiro	Senior Masculino	03:08:40	+01:07:44	08:12
139	65	Vasco Escobar	ei team trail	Senior Masculino	03:08:41	+01:07:46	08:12
140	62	Ricardo Estevão Ribeiro Carvalho	ctad - trilhos de cinfães	Senior Masculino	03:08:41	+01:07:46	08:12
141	264	PAULO JORGE BARBOSA	individual	Veterano M40	03:09:11	+01:08:16	08:14
142	86	arnaldo marinho	grupo desportivo leoes de veneza	Veterano M50	03:09:22	+01:08:26	08:14
143	254	Mário Jorge Ferreira	individual	Veterano M40	03:09:43	+01:08:48	08:15
144	170	Miguel Cruz	individual	Senior Masculino	03:09:44	+01:08:48	08:15
145	160	José Carlos Branco	individual	Senior Masculino	03:10:06	+01:09:11	08:16
146	110	Cristina Coutinho	individual	Senior Feminino	03:10:59	+01:10:03	08:18
147	237	JOSE MARTINS	individual	Veterano M40	03:11:27	+01:10:31	08:19
148	297	Jose Pereira	kemedo team	Senior Masculino	03:11:33	+01:10:37	08:20
149	262	nuno freitas	individual	Veterano M40	03:11:39	+01:10:44	08:20
150	335	Rui Vicente de Andrade Mendes	multipower gaia trail	Veterano M40	03:12:25	+01:11:29	08:22
151	380	Carlos Silva	ss montepio	Veterano M40	03:12:45	+01:11:49	08:23
152	208	Adriano Rocha	individual	Veterano M40	03:14:33	+01:13:38	08:28
153	194	Tiago Rocha	individual	Senior Masculino	03:14:34	+01:13:38	08:28
154	290	José Carlos pereira Gomes	individual	Veterano M60	03:15:24	+01:14:29	08:30
155	246	Luis Manuel da Silva Medeiros Pereira	individual	Veterano M40	03:15:26	+01:14:31	08:30
156	367	RICARDO PEREIRA	portocargo	Senior Masculino	03:15:39	+01:14:44	08:30
157	85	Paulo Gama	gondomar futsal clube	Veterano M40	03:16:00	+01:15:05	08:31
158	122	António Carlos Tavares de Paiva	individual	Senior Masculino	03:16:15	+01:15:20	08:32
159	98	António Matos	halp	Senior Masculino	03:16:41	+01:15:45	08:33
160	366	TANIA BATEIRA	portocargo	Senior Feminino	03:16:54	+01:15:58	08:34
161	368	MANUELA FARIA	portocargo	Veterana F40	03:16:54	+01:15:58	08:34
162	370	RUI MIRANDA	rumo à aventura	Senior Masculino	03:17:33	+01:16:37	08:35
163	371	GABRIEL MIRANDA	rumo à aventura	Veterano M40	03:17:33	+01:16:37	08:35
164	37	Armando Pinho	brandão pinho	Veterano M40	03:17:38	+01:16:42	08:36
165	33	Nuno Castro	aventura marão clube - amarante	Veterano M40	03:17:52	+01:16:56	08:36
166	334	Miguel Furtado	multipower gaia trail	Veterano M40	03:17:58	+01:17:02	08:36
167	163	José Miguel Pinheiro Rocha	individual	Senior Masculino	03:17:58	+01:17:02	08:36
168	151	Javier Molina	individual	Senior Masculino	03:18:07	+01:17:12	08:37
169	317	Anabela Freitas	multipower gaia trail	Senior Feminino	03:18:27	+01:17:31	08:38
170	136	Fernando Azevedo	kemedo team	Senior Masculino	03:20:07	+01:19:12	08:42
171	90	Demétrio Matos	gtt - armazém do caffè	Senior Masculino	03:20:24	+01:19:28	08:43
172	271	Pedro Vidal	individual	Veterano M40	03:20:26	+01:19:31	08:43
173	267	Paulo Seabra	individual	Veterano M40	03:20:38	+01:19:43	08:43
174	83	Bernardino Andrade	gd4c	Veterano M40	03:20:58	+01:20:03	08:44

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	209	Americo Areias	individual	Veterano M40	03:21:01	+01:20:06	08:44
176	253	Marco Pinto	individual	Veterano M40	03:21:20	+01:20:25	08:45
177	42	Rui Miguel Moreira Dias	clube galp energia norte	Senior Masculino	03:21:58	+01:21:03	08:47
178	95	Keta Batista	gtt - armazém do caffè	Veterana F40	03:22:09	+01:21:14	08:47
179	353	Sónia Mota	oralklass-amigos do trail	Veterana F40	03:22:10	+01:21:14	08:47
180	168	Marcos Silva	individual	Senior Masculino	03:22:29	+01:21:33	08:48
181	284	António Pais	individual	Veterano M50	03:24:28	+01:23:33	08:53
182	133	Eurico Mateus	individual	Senior Masculino	03:24:28	+01:23:33	08:53
183	318	Andre Peixoto	multipower gaia trail	Senior Masculino	03:25:13	+01:24:17	08:55
184	82	Luis Oliveira	gd santander totta	Veterano M40	03:25:14	+01:24:18	08:55
185	217	Eduardo Nascimento	individual	Veterano M40	03:28:50	+01:27:54	09:05
186	216	Cândido Silva	individual	Veterano M40	03:29:08	+01:28:13	09:06
187	354	Pedro Seixas	oralklass-amigos do trail	Veterano M40	03:29:17	+01:28:21	09:06
188	289	EDUARDO MEDEIROS	individual	Veterano M60	03:29:19	+01:28:24	09:06
189	70	Filipe Cunha	faurecia runners	Senior Masculino	03:29:19	+01:28:24	09:06
190	30	Pedro Policiano	atletico clube alfenense	Senior Masculino	03:29:26	+01:28:30	09:06
191	99	Henrique Matos	halp	Senior Masculino	03:29:44	+01:28:49	09:07
192	381	Joao Cardoso	ss montepio	Veterano M40	03:29:58	+01:29:02	09:08
193	205	Paula Silva	individual	Veterana F40	03:29:59	+01:29:04	09:08
194	282	Wilson Fonseca	individual	Veterano M40	03:30:05	+01:29:10	09:08
195	251	Luis Terencio	individual	Veterano M40	03:30:35	+01:29:39	09:09
196	316	Vítor Queirós	marco trail	Senior Masculino	03:30:45	+01:29:50	09:10
197	71	Miguel Guimarães	fitspot - parque nascente	Senior Masculino	03:30:54	+01:29:59	09:10
198	87	PAULO RODRIGUES	grupo desportivo leoes de veneza	Veterano M50	03:30:54	+01:29:59	09:10
199	180	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	03:31:14	+01:30:19	09:11
200	285	Fernando Oliveira	individual	Veterano M50	03:31:36	+01:30:41	09:12
201	131	Daniel Silva	individual	Senior Masculino	03:34:13	+01:33:17	09:19
202	200	Isabel Gonçalves	individual	Veterana F40	03:34:20	+01:33:25	09:19
203	147	Hugo fernandes	individual	Senior Masculino	03:34:38	+01:33:43	09:20
204	233	jose alberto jesus mendes	individual	Veterano M40	03:35:09	+01:34:13	09:21
205	15	Vitor Matos	adeqa tia micas	Senior Masculino	03:35:10	+01:34:15	09:21
206	11	GABRIELA MADEIRA	#mirras	Senior Feminino	03:35:56	+01:35:01	09:23
207	26	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	03:36:01	+01:35:05	09:24
208	191	Sergio Filipe Maia de Sousa	individual	Senior Masculino	03:36:35	+01:35:40	09:25
209	369	Arlindo PEREIRA	portocargo	Veterano M60	03:36:45	+01:35:50	09:25
210	203	Marta Silva	individual	Veterana F40	03:36:46	+01:35:51	09:26
211	171	Miguel Pessanha Moreira	caes d avenida	Senior Masculino	03:37:01	+01:36:05	09:26
212	244	Luís Barata da Rocha	caes d avenida	Veterano M40	03:37:01	+01:36:05	09:26
213	226	Francisco Gonçalves	caes d avenida	Veterano M40	03:37:01	+01:36:06	09:26
214	286	João Paulo Rocha	caes d avenida	Veterano M50	03:37:02	+01:36:06	09:26
215	308	José Santos	leões de tardariz trail	Senior Masculino	03:37:08	+01:36:13	09:26
216	274	Ricardo Ribeiro	individual	Veterano M40	03:37:39	+01:36:43	09:28
217	89	LILIANA ARAUJO	gtt - armazém do caffè	Senior Feminino	03:38:25	+01:37:29	09:30
218	346	Natalia Silva	olha eu trail running team	Senior Feminino	03:39:18	+01:38:23	09:32
219	225	Filipe Duarte Castro	individual	Veterano M40	03:39:48	+01:38:52	09:33
220	125	Bruno Miguel da Costa Fontao	individual	Senior Masculino	03:39:49	+01:38:53	09:33

TRAIL LONGO 23KM - STAGE 1

23 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
221	386	Luis Miguel Araujo Pedrosa	team 2	Senior Masculino	03:39:49	+01:38:54	09:33
222	211	Antero Cunha	individual	Veterano M40	03:41:10	+01:40:15	09:37
223	303	Helder Silva	la zinco	Senior Masculino	03:41:14	+01:40:18	09:37
224	304	Nuno Oliveira	la zinco	Senior Masculino	03:41:14	+01:40:19	09:37
225	261	Nuno Almeida	individual	Veterano M40	03:41:15	+01:40:20	09:37
226	50	André Cavadas	clube zipper	Senior Masculino	03:41:15	+01:40:20	09:37
227	392	M. João Ricardo	trocopasso runners	Veterana F40	03:41:30	+01:40:35	09:38
228	273	Ricardo Neves	individual	Veterano M40	03:41:33	+01:40:38	09:38
229	314	Pedro Lourenço	lourenços adventures	Senior Masculino	03:41:39	+01:40:44	09:38
230	388	Tiago Borges	team lanthemil	Senior Masculino	03:42:31	+01:41:35	09:40
231	139	Filipe Silva	individual	Senior Masculino	03:42:31	+01:41:36	09:41
232	55	Helena Barbosa	clube zipper	Veterana F40	03:42:32	+01:41:36	09:41
233	52	Fernando Leite	clube zipper	Senior Masculino	03:42:33	+01:41:38	09:41
234	313	Joaquim Leite	leões de tardariz trail	Veterano M50	03:42:52	+01:41:57	09:41
235	259	Mike Dias	individual	Veterano M40	03:42:52	+01:41:57	09:41
236	185	Pedro Tiago Oliveira Nunes	individual	Senior Masculino	03:44:03	+01:43:08	09:45
237	135	FÁBIO RODRIGUES	individual	Senior Masculino	03:44:04	+01:43:08	09:45
238	291	Manuel Emidio	individual	Veterano M60	03:44:34	+01:43:39	09:46
239	78	Alexandre XANGO Tibet	free tibete/ vira lata/ husse	Senior Masculino	03:45:37	+01:44:42	09:49
240	384	Fernando Carvalho	ss montepio	Veterano M50	03:46:13	+01:45:17	09:50
241	236	José Mário da Silva Costa	individual	Veterano M40	03:46:19	+01:45:23	09:50
242	202	Maria de Fátima Marques Ribeiro	individual	Veterana F40	03:46:38	+01:45:42	09:51
243	277	Rui Freitas	individual	Veterano M40	03:49:09	+01:48:14	09:58
244	119	Alexandre Lourenco	individual	Senior Masculino	03:49:48	+01:48:53	10:00
245	111	Filipa Pinheiro	individual	Senior Feminino	03:49:48	+01:48:53	10:00
246	250	Luís Sousa	individual	Veterano M40	03:50:15	+01:49:19	10:01
247	178	PAULO FERREIRA	individual	Senior Masculino	03:50:20	+01:49:24	10:01
248	117	sofia fernandes	individual	Senior Feminino	03:50:54	+01:49:58	10:02
249	195	Valério Saleiro	individual	Senior Masculino	03:51:40	+01:50:45	10:04
250	145	Antonio Pereira	individual	Veterano M60	03:51:43	+01:50:47	10:04
251	294	fernando jorge	invicta runners team	Veterano M40	03:51:43	+01:50:47	10:04
252	173	Nuno Filipe C A Teixeira	individual	Senior Masculino	03:51:43	+01:50:47	10:04
253	293	Paulo Festa	invicta runners team	Senior Masculino	03:51:44	+01:50:48	10:05
254	154	João Pedro Monteiro	individual	Senior Masculino	03:52:35	+01:51:40	10:07
255	397	Márcia Cardoso	urbanfit runners	Senior Masculino	03:53:44	+01:52:48	10:10
256	398	Mário Moreira	urbanfit runners	Senior Masculino	03:53:45	+01:52:49	10:10
257	69	Manuel Cunha Lima	experienciar	Veterano M50	03:54:22	+01:53:26	10:11
258	214	ARMANDO MANUEL COELHO DE LIMA	individual	Veterano M40	03:54:57	+01:54:01	10:13
259	377	Fátima Vieira	somos nós team	Veterana F40	03:55:13	+01:54:18	10:14
260	240	JOSE RODRIGUES COSTA	individual	Veterano M40	03:55:29	+01:54:33	10:14
261	106	Andreia Costa	individual	Senior Feminino	03:55:36	+01:54:41	10:15
262	24	Ana Luisa Dolores Silva	all about spirit team	Senior Feminino	03:56:05	+01:55:09	10:16
263	25	Ricardo Jorge Teixeira	all about spirit team	Veterano M40	03:56:05	+01:55:09	10:16
264	43	sonia pereira	clube galp energia norte	Veterana F40	03:57:38	+01:56:43	10:20
265	44	Pedro Miguel Fernandes Oliveira	clube galp energia norte	Veterano M40	03:57:38	+01:56:43	10:20

TRAIL LONGO 23KM - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
266	153	João Miguel Cerqueira de Brito	individual	Senior Masculino	04:00:18	+01:59:22	10:27
267	374	Elói SOusa	salta pocinhas	Senior Masculino	04:00:18	+01:59:23	10:27
268	280	Rui Schumacher	individual	Veterano M40	04:00:29	+01:59:34	10:27
269	234	José Luís Marques	individual	Veterano M40	04:00:29	+01:59:34	10:27
270	230	João Graça	individual	Veterano M40	04:01:34	+02:00:39	10:30
271	176	Osvaldo Dias Ferreira	individual	Senior Masculino	04:01:34	+02:00:39	10:30
272	268	Pedro Costelha	individual	Veterano M40	04:01:56	+02:01:00	10:31
273	344	Paula Oliveira	nomeiodonada	Veterana F40	04:04:20	+02:03:25	10:37
274	97	Liliana Neto	halp	Senior Feminino	04:05:08	+02:04:12	10:39
275	100	Pedro Marques	halp	Senior Masculino	04:05:09	+02:04:13	10:40
276	183	Pedro Manuel Santos Ribeiro	individual	Senior Masculino	04:05:24	+02:04:29	10:40
277	148	Hugo Mendes	individual	Senior Masculino	04:05:24	+02:04:29	10:40
278	221	Fernando Henrique Almeida Soares	individual	Veterano M40	04:05:41	+02:04:46	10:41
279	150	Hugo Ricardo de Oliveira Ventura	individual	Senior Masculino	04:05:42	+02:04:47	10:41
280	338	Nuno Ferreira	nascidos para correr	Senior Masculino	04:07:22	+02:06:27	10:45
281	57	José Pinto	clubes zipper	Veterano M40	04:08:42	+02:07:47	10:49
282	54	Jorge Gonçalves	clubes zipper	Senior Masculino	04:08:42	+02:07:47	10:49
283	218	Estefânio pinto	individual	Veterano M40	04:09:55	+02:09:00	10:52
284	120	Alvaro Saraiva	individual	Senior Masculino	04:10:28	+02:09:33	10:53
285	210	Angelo Manuel Senra	individual	Veterano M40	04:11:10	+02:10:14	10:55
286	101	PEDRO BARROS	happyrun	Veterano M40	04:12:10	+02:11:14	10:58
287	94	Jorge Borges	gtr - armazém do caffè	Senior Masculino	04:12:10	+02:11:15	10:58
288	115	Monica Borges	individual	Senior Feminino	04:12:12	+02:11:16	10:58
289	292	José Ferreira	inimigos do podium	Veterano M40	04:15:47	+02:14:51	11:07
290	61	Silvio Barbosa	clubes zipper	Veterano M40	04:18:50	+02:17:54	11:15
291	56	António Silva	clubes zipper	Veterano M40	04:18:50	+02:17:55	11:15
292	116	Rute Silva	individual	Senior Feminino	04:23:52	+02:22:56	11:28
293	34	Lúcia Lourenço	avf auto	Senior Feminino	04:23:53	+02:22:57	11:28
294	112	Joana Magalhães	individual	Senior Feminino	04:23:53	+02:22:57	11:28
295	266	Paulo Manuel Soares	individual	Veterano M40	04:27:14	+02:26:19	11:37
296	105	Ana Xavier	individual	Senior Feminino	04:27:14	+02:26:19	11:37
297	256	Miguel Catarino	individual	Veterano M40	04:27:36	+02:26:40	11:38
298	342	Antonio Angelino	nascidos para correr	Veterano M40	04:27:41	+02:26:46	11:38
299	336	Patricia Cavaleiro	nascidos para correr	Senior Feminino	04:27:42	+02:26:46	11:38
300	223	Fernando Miguel Pereira	individual	Veterano M40	04:30:52	+02:29:56	11:47
301	162	José Manuel Fernandes Ferreira	individual	Senior Masculino	04:43:40	+02:42:45	12:20
302	175	Nuno Morais	individual	Senior Masculino	04:43:42	+02:42:46	12:20
303	104	Ana Silva	individual	Senior Feminino	04:43:42	+02:42:47	12:20
304	18	Álvaro Cunha	aliança de gandra	Veterano M40	04:43:52	+02:42:56	12:21
305	22	Juvenal Cardoso	aliança de gandra	Veterano M40	04:43:53	+02:42:57	12:21
306	108	Carla Lopes	individual	Senior Feminino	04:45:55	+02:44:59	12:26
307	188	Ricardo Pinto	individual	Senior Masculino	04:45:56	+02:45:01	12:26
308	364	Diogo	porto sentido runners	Senior Masculino	04:45:56	+02:45:01	12:26
309	199	Eugénia Monteiro	individual	Veterana F40	04:45:57	+02:45:01	12:26
310	363	Sara Magalhães	porto sentido runners	Senior Feminino	04:45:57	+02:45:02	12:26
311	249	Luis Schumacher	individual	Veterano M40	05:07:41	+03:06:46	13:23

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OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
312	184	Pedro Miguel Afonseca Goncalves	individual	Senior Masculino	05:07:44	+03:06:49	13:23
313	359	paulo jorge sousa magalhaes	ou vai ou racha	Veterano M40	05:07:57	+03:07:01	13:23
314	358	jose gentilf almeida ferreira	ou vai ou racha	Veterano M40	05:07:57	+03:07:02	13:23
315	220	Fernando Antonio Resende Rodrigues	individual	Veterano M40	05:09:12	+03:08:16	13:27
316	402	Jorge Pinheiro	wild sultans	Veterano M40	05:09:48	+03:08:52	13:28
317	403	nuno morgado	wild sultans	Veterano M40	05:09:48	+03:08:53	13:28
318	114	Marilene Freitas	individual	Senior Feminino	05:13:29	+03:12:34	13:38
319	204	Natacha freitas	individual	Veterana F40	05:13:29	+03:12:34	13:38

Trail Longo 23Km

23 KM

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OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	13,9°C	89%
End	14:13	20°C	65%

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

1	67	DANIELA RUSSO	ESTAMOS JUNTOS	Senior Feminino	02:45:08	07:11
2	337	Rosa Oliveira	Nascidos para Correr	Senior Feminino	02:55:27	+10:19 07:38
3	389	Elisabete Carvalho	Trocopasso Runners	Senior Feminino	02:59:44	+14:36 07:49
4	361	Juliana Rodrigues	Pernetas	Senior Feminino	03:01:36	+16:28 07:54
5	110	Cristina Coutinho	Individual	Senior Feminino	03:10:59	+25:51 08:18
6	366	TANIA BATEIRA	PORTOCARGO	Senior Feminino	03:16:54	+31:46 08:34
7	317	Anabela Freitas	MULTIPOWER GAIA TRAIL	Senior Feminino	03:18:27	+33:19 08:38
8	11	GABRIELA MADEIRA	#MIRRAS	Senior Feminino	03:35:57	+50:49 09:23
9	89	LILIANA ARAUJO	GTT - Armazém do Caffè	Senior Feminino	03:38:25	+53:17 09:30
10	346	Natalia Silva	Olha eu trail running team	Senior Feminino	03:39:19	+54:11 09:32
11	111	Filipa Pinheiro	Individual	Senior Feminino	03:49:49	+01:04:41 10:00
12	117	sofia fernandes	Individual	Senior Feminino	03:50:54	+01:05:46 10:02
13	106	Andreia Costa	Individual	Senior Feminino	03:55:37	+01:10:29 10:15
14	24	Ana Luisa Dolores Silva	All About Spirit Team	Senior Feminino	03:56:05	+01:10:57 10:16
15	97	Liliana Neto	HALP	Senior Feminino	04:05:08	+01:20:00 10:39
16	115	Monica Borges	Individual	Senior Feminino	04:12:12	+01:27:04 10:58
17	116	Rute Silva	Individual	Senior Feminino	04:23:52	+01:38:44 11:28
18	34	Lúcia Lourenço	AVF auto	Senior Feminino	04:23:53	+01:38:45 11:28
19	112	Joana Magalhães	Individual	Senior Feminino	04:23:53	+01:38:45 11:28
20	105	Ana Xavier	Individual	Senior Feminino	04:27:15	+01:42:07 11:37
21	336	Patricia Cavaleiro	Nascidos para Correr	Senior Feminino	04:27:42	+01:42:34 11:38
22	104	Ana Silva	Individual	Senior Feminino	04:43:43	+01:58:35 12:20
23	108	Carla Lopes	Individual	Senior Feminino	04:45:55	+02:00:47 12:26
24	363	Sara Magalhães	PORTO SENTIDO RUNNERS	Senior Feminino	04:45:58	+02:00:50 12:26
25	114	Marilene Freitas	Individual	Senior Feminino	05:13:30	+02:28:22 13:38

Senior Masculino

1	321	Fernando Lemos	MULTIPOWER GAIA TRAIL	Senior Masculino	02:00:56	05:15
2	378	César Barros	Sport Club Beira-Mar	Senior Masculino	02:09:39	+08:43 05:38
3	1	João Oliveira	Individual	Senior Masculino	02:12:04	+11:08 05:45
4	300	Joel Filipe Alves Pereira	KER SPORTS PONTE DE LIMA	Senior Masculino	02:12:04	+11:08 05:45
5	134	Fabio Daniel Lopes Coelho	Individual	Senior Masculino	02:16:41	+15:45 05:57
6	323	João Nunes	MULTIPOWER GAIA TRAIL	Senior Masculino	02:20:48	+19:52 06:07
7	164	José Pereira	Individual	Senior Masculino	02:22:15	+21:19 06:11
8	349	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	02:24:18	+23:22 06:16
9	319	Bruno Santiago	MULTIPOWER GAIA TRAIL	Senior Masculino	02:25:01	+24:05 06:18
10	47	Gonçalo Torres	CAES D AVENIDA	Senior Masculino	02:26:04	+25:08 06:21
11	92	HUGO ARAUJO	GTT - Armazém do Caffè	Senior Masculino	02:28:32	+27:36 06:27

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Trail Longo 23Km

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OFFICIAL RESULT

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12	325	Nuno Miguel Maia	MULTIPOWER GAIA TRAIL	Senior Masculino	02:28:35	+27:39	06:28
13	329	Zé Bruno Soares	MULTIPOWER GAIA TRAIL	Senior Masculino	02:28:49	+27:53	06:28
14	123	Bruno José Melo Corga	Individual	Senior Masculino	02:29:04	+28:08	06:29
15	328	Pedro Sabugueiro	MULTIPOWER GAIA TRAIL	Senior Masculino	02:29:34	+28:38	06:30
16	174	Nuno Miguel Carvalho da Silva	Individual	Senior Masculino	02:30:09	+29:13	06:32
17	88	Filipe Lima	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	02:32:28	+31:32	06:38
18	91	Emanuel Costa	GTT - Armazém do Caffè	Senior Masculino	02:32:28	+31:32	06:38
19	165	Luis Filipe Rego Lemos	Individual	Senior Masculino	02:34:15	+33:19	06:4
20	144	Henrique Barbosa	Individual	Senior Masculino	02:37:59	+37:03	06:52
21	80	Rafael Valente	Gangue das Maças	Senior Masculino	02:42:00	+41:04	07:03
22	138	Filipe Saraiva Fernandes	Individual	Senior Masculino	02:42:37	+41:41	07:04
23	68	FRANCISCO FIGUEIREDO	ESTAMOS JUNTOS	Senior Masculino	02:45:10	+44:14	07:11
24	126	Bruno Ramiro	Individual	Senior Masculino	02:45:33	+44:37	07:12
25	13	Hugo Barroso Pinto	Adega Tia Micas	Senior Masculino	02:45:53	+44:57	07:13
26	309	Josué Moreira	Leões de Tardariz Trail	Senior Masculino	02:46:47	+45:51	07:15
27	197	Vitor Caldeira	Individual	Senior Masculino	02:46:49	+45:53	07:15
28	172	Miguel Torres	Individual	Senior Masculino	02:47:52	+46:56	07:18
29	356	Paulo Pinheiro	os lebres btt sai da frente	Senior Masculino	02:49:05	+48:09	07:21
30	190	Rui Pereira	Individual	Senior Masculino	02:49:22	+48:26	07:22
31	320	Carlos Daniel Alves	MULTIPOWER GAIA TRAIL	Senior Masculino	02:49:26	+48:30	07:22
32	127	Carlos Azevedo	Individual	Senior Masculino	02:49:29	+48:33	07:22
33	324	Micael Cunha	MULTIPOWER GAIA TRAIL	Senior Masculino	02:50:20	+49:24	07:24
34	327	Paulo Madeira	MULTIPOWER GAIA TRAIL	Senior Masculino	02:50:26	+49:30	07:25
35	187	Ricardo Jorge Teixeira Duarte	Individual	Senior Masculino	02:51:40	+50:44	07:28
36	169	Mário Galhano	Individual	Senior Masculino	02:52:17	+51:21	07:29
37	310	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	02:53:42	+52:46	07:33
38	326	Paulo Amadeu	MULTIPOWER GAIA TRAIL	Senior Masculino	02:54:06	+53:10	07:34
39	102	Bruno Rafael marrucho lemos	IAT Imobiliária Esposende	Senior Masculino	02:54:59	+54:03	07:36
40	339	Nuno Ribeiro	Nascidos para Correr	Senior Masculino	02:55:02	+54:06	07:37
41	158	Jorge Ribeiro	Individual	Senior Masculino	02:56:02	+55:06	07:39
42	355	Adelino Pinheiro	os lebres btt sai da frente	Senior Masculino	02:56:08	+55:12	07:39
43	155	Joao Pereira	Individual	Senior Masculino	02:56:24	+55:28	07:40
44	186	Ricardo Fernandes	Individual	Senior Masculino	02:56:43	+55:47	07:41
45	76	Cláudio Fernando de Almeida Taveira	Fontainhas runners	Senior Masculino	02:56:54	+55:58	07:41
46	161	José Ferreira Costa	Individual	Senior Masculino	02:58:15	+57:19	07:45
47	156	João Pereira	Individual	Senior Masculino	02:59:28	+58:32	07:48
48	189	Rodrigo Oliveira	Individual	Senior Masculino	02:59:54	+58:58	07:49
49	401	Pedro Leandro Nogueira	VODAFONE	Senior Masculino	02:59:54	+58:58	07:49
50	128	Carlos Silva	Individual	Senior Masculino	03:00:49	+59:53	07:52
51	159	José António R Sousa	Individual	Senior Masculino	03:01:19	+01:00:23	07:53
52	362	Jorge Bastos	Pernetas	Senior Masculino	03:01:36	+01:00:40	07:54
53	181	Pedro Cruz	Individual	Senior Masculino	03:01:49	+01:00:53	07:54
54	14	Leandro Ricardo Oliveira Pinto Simões	Adega Tia Micas	Senior Masculino	03:01:50	+01:00:54	07:54
55	51	Aureliano Valente	Clube Zupper	Senior Masculino	03:02:02	+01:01:06	07:55
56	372	RUI PEDRO REIS	RUNRIVER - Escola de Atletismo de Rio Tinto	Senior Masculino	03:03:10	+01:02:14	07:58

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Trail Longo 23Km

23 KM

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OFFICIAL RESULT

[illegible]

57	121	André Costa	Individual	Senior Masculino	03:03:27	+01:02:31	07:59
58	196	Vasco Fernandes	Individual	Senior Masculino	03:03:33	+01:02:37	07:59
59	149	Hugo Miguel Sousa da Silva	Individual	Senior Masculino	03:05:15	+01:04:19	08:03
60	4	Nuno Martins	Individual	Senior Masculino	03:05:33	+01:04:37	08:04
61	146	Hugo Duarte Teixeira	Individual	Senior Masculino	03:05:33	+01:04:37	08:04
62	93	HUGO PALMEIRA	GTT - Armazém do Caffè	Senior Masculino	03:07:28	+01:06:32	08:09
63	298	Nuno Marques	KeMedo Team	Senior Masculino	03:07:54	+01:06:58	08:10
64	132	DELFIN ANTONIO FERREIRA NUNES	Individual	Senior Masculino	03:08:39	+01:07:43	08:12
65	12	Carlos Carreira	ACADEMIA FERNANDA RIBEIRO	Senior Masculino	03:08:40	+01:07:44	08:12
66	65	Vasco Escobar	EI Team Trail	Senior Masculino	03:08:42	+01:07:46	08:12
67	62	Ricardo Estevão Ribeiro Carvalho	CTAD - Trilhos de Cinfães	Senior Masculino	03:08:42	+01:07:46	08:12
68	170	Miguel Cruz	Individual	Senior Masculino	03:09:44	+01:08:48	08:15
69	160	José Carlos Branco	Individual	Senior Masculino	03:10:07	+01:09:11	08:16
70	297	Jose Pereira	KeMedo Team	Senior Masculino	03:11:33	+01:10:37	08:20
71	194	Tiago Rocha	Individual	Senior Masculino	03:14:34	+01:13:38	08:28
72	367	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	03:15:40	+01:14:44	08:30
73	122	António Carlos Tavares de Paiva	Individual	Senior Masculino	03:16:16	+01:15:20	08:32
74	98	António Matos	HALP	Senior Masculino	03:16:41	+01:15:45	08:33
75	370	RUI MIRANDA	Rumo à Aventura	Senior Masculino	03:17:33	+01:16:37	08:35
76	163	José Miguel Pinheiro Rocha	Individual	Senior Masculino	03:17:58	+01:17:02	08:36
77	151	Javier Molina	Individual	Senior Masculino	03:18:08	+01:17:12	08:37
78	136	Fernando Azevedo	KeMedo Team	Senior Masculino	03:20:08	+01:19:12	08:42
79	90	Demétrio Matos	GTT - Armazém do Caffè	Senior Masculino	03:20:24	+01:19:28	08:43
80	42	Rui Miguel Moreira Dias	Clube Galp Energia Norte	Senior Masculino	03:21:59	+01:21:03	08:47
81	168	Marcos Silva	Individual	Senior Masculino	03:22:29	+01:21:33	08:48
82	133	Eurico Mateus	Individual	Senior Masculino	03:24:29	+01:23:33	08:53
83	318	Andre Peixoto	MULTIPOWER GAIA TRAIL	Senior Masculino	03:25:13	+01:24:17	08:55
84	70	Filipe Cunha	Faurecia runners	Senior Masculino	03:29:20	+01:28:24	09:06
85	30	Pedro Policiano	Atletico Clube Alfenense	Senior Masculino	03:29:26	+01:28:30	09:06
86	99	Henrique Matos	HALP	Senior Masculino	03:29:45	+01:28:49	09:07
87	316	Vítor Queirós	Marco Trail	Senior Masculino	03:30:46	+01:29:50	09:10
88	71	Miguel Guimarães	Fitspot - Parque Nascente	Senior Masculino	03:30:55	+01:29:59	09:10
89	180	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	03:31:15	+01:30:19	09:11
90	131	Daniel Silva	Individual	Senior Masculino	03:34:13	+01:33:17	09:19
91	147	Hugo fernandes	Individual	Senior Masculino	03:34:39	+01:33:43	09:20
92	15	Vitor Matos	Adega Tia Micas	Senior Masculino	03:35:11	+01:34:15	09:21
93	26	Fernando Ismael Oliveira Nogueira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	03:36:01	+01:35:05	09:24
94	191	Sergio Filipe Maia de Sousa	Individual	Senior Masculino	03:36:36	+01:35:40	09:25
95	171	Miguel Pessanha Moreira	CAES D AVENIDA	Senior Masculino	03:37:01	+01:36:05	09:26
96	308	José Santos	Leões de Tardariz Trail	Senior Masculino	03:37:09	+01:36:13	09:26
97	125	Bruno Miguel da Costa Fontao	Individual	Senior Masculino	03:39:49	+01:38:53	09:33
98	386	Luis Miguel Araujo Pedrosa	Team 2	Senior Masculino	03:39:50	+01:38:54	09:33
99	303	Helder Silva	LA Zinco	Senior Masculino	03:41:14	+01:40:18	09:37
100	304	Nuno Oliveira	LA Zinco	Senior Masculino	03:41:15	+01:40:19	09:37
101	50	André Cavadas	Clube Zupper	Senior Masculino	03:41:16	+01:40:20	09:37
102	314	Pedro Lourenço	Lourenços Adventures	Senior Masculino	03:41:40	+01:40:44	09:38

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103	388	Tiago Borges	TEAM LANTEMIL	Senior Masculino	03:42:31	+01:41:35	09:40
104	139	Filipe Silva	Individual	Senior Masculino	03:42:32	+01:41:36	09:41
105	52	Fernando Leite	Clube Zupper	Senior Masculino	03:42:34	+01:41:38	09:41
106	185	Pedro Tiago Oliveira Nunes	Individual	Senior Masculino	03:44:04	+01:43:08	09:45
107	135	FÁBIO RODRIGUES	Individual	Senior Masculino	03:44:04	+01:43:08	09:45
108	78	Alexandre XANGO Tibet	Free Tibete/ Vira Lata/ Husse	Senior Masculino	03:45:38	+01:44:42	09:49
109	119	Alexandre Lourenco	Individual	Senior Masculino	03:49:49	+01:48:53	10:00
110	178	PAULO FERREIRA	Individual	Senior Masculino	03:50:20	+01:49:24	10:01
111	195	Valério Saleiro	Individual	Senior Masculino	03:51:41	+01:50:45	10:04
112	173	Nuno Filipe C A Teixeira	Individual	Senior Masculino	03:51:43	+01:50:47	10:04
113	293	Paulo Festa	Invicta Runners Team	Senior Masculino	03:51:44	+01:50:48	10:05
114	154	João Pedro Monteiro	Individual	Senior Masculino	03:52:36	+01:51:40	10:07
115	397	Márcia Cardoso	urbanfit runners	Senior Masculino	03:53:44	+01:52:48	10:10
116	398	Mário Moreira	urbanfit runners	Senior Masculino	03:53:45	+01:52:49	10:10
117	153	João Miguel Cerqueira de Brito	Individual	Senior Masculino	04:00:18	+01:59:22	10:27
118	374	Elói SOusa	Salta Pocinhas	Senior Masculino	04:00:19	+01:59:23	10:27
119	176	Oswaldo Dias Ferreira	Individual	Senior Masculino	04:01:35	+02:00:39	10:30
120	100	Pedro Marques	HALP	Senior Masculino	04:05:09	+02:04:13	10:40
121	183	Pedro Manuel Santos Ribeiro	Individual	Senior Masculino	04:05:25	+02:04:29	10:40
122	148	Hugo Mendes	Individual	Senior Masculino	04:05:25	+02:04:29	10:40
123	150	Hugo Ricardo de Oliveira Ventura	Individual	Senior Masculino	04:05:43	+02:04:47	10:41
124	338	Nuno Ferreira	Nascidos para Correr	Senior Masculino	04:07:23	+02:06:27	10:45
125	54	Jorge Gonçalves	Clube Zupper	Senior Masculino	04:08:43	+02:07:47	10:49
126	120	Alvaro Saraiva	Individual	Senior Masculino	04:10:29	+02:09:33	10:53
127	94	Jorge Borges	GTT - Armazém do Caffè	Senior Masculino	04:12:11	+02:11:15	10:58
128	162	José Manuel Fernandes Ferreira	Individual	Senior Masculino	04:43:41	+02:42:45	12:20
129	175	Nuno Morais	Individual	Senior Masculino	04:43:42	+02:42:46	12:20
130	188	Ricardo Pinto	Individual	Senior Masculino	04:45:57	+02:45:01	12:26
131	364	Diogo	PORTO SENTIDO RUNNERS	Senior Masculino	04:45:57	+02:45:01	12:26
132	184	Pedro Miguel Afonseca Goncalves	Individual	Senior Masculino	05:07:45	+03:06:49	13:23

Veterana F40

1	29	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	02:48:14		07:19
2	368	MANUELA FARIA	PORTOCARGO	Veterana F40	03:16:54	+28:40	08:34
3	95	Keta Batista	GTT - Armazém do Caffè	Veterana F40	03:22:10	+33:56	08:47
4	353	Sónia Mota	Oralklass-Amigos do Trail	Veterana F40	03:22:10	+33:56	08:47
5	205	Paula Silva	Individual	Veterana F40	03:30:00	+41:46	09:08
6	200	Isabel Gonçalves	Individual	Veterana F40	03:34:21	+46:07	09:19
7	203	Marta Silva	Individual	Veterana F40	03:36:47	+48:33	09:26
8	392	M. João Ricardo	Trocopasso Runners	Veterana F40	03:41:31	+53:17	09:38
9	55	Helena Barbosa	Clube Zupper	Veterana F40	03:42:32	+54:18	09:41
10	202	Maria de Fátima Marques Ribeiro	Individual	Veterana F40	03:46:38	+58:24	09:51
11	377	Fátima Vieira	Somos Nós Team	Veterana F40	03:55:14	+01:07:00	10:14
12	43	sonia pereira	Clube Galp Energia Norte	Veterana F40	03:57:39	+01:09:25	10:20

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13	344	Paula Oliveira	NOMEI DONADA	Veterana F40	04:04:21	+01:16:07	10:37
14	199	Eugénia Monteiro	Individual	Veterana F40	04:45:57	+01:57:43	12:26
15	204	Natacha freitas	Individual	Veterana F40	05:13:30	+02:25:16	13:38

Veterano M40

1	376	Armandino Tabora	Satecnosol Outdoor / LaSportiva	Veterano M40	02:03:17	05:22
2	333	Luis Gil	MULTIPOWER GAIA TRAIL	Veterano M40	02:15:05	+11:48 05:52
3	330	Dinis Gonçalves	MULTIPOWER GAIA TRAIL	Veterano M40	02:19:23	+16:06 06:04
4	332	Joaquim Pereira	MULTIPOWER GAIA TRAIL	Veterano M40	02:26:23	+23:06 06:22
5	212	António Amador	Individual	Veterano M40	02:30:24	+27:07 06:32
6	27	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M40	02:33:59	+30:42 06:42
7	239	José Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:36:18	+33:01 06:48
8	59	Marco Vieira	Clube Zupper	Veterano M40	02:37:03	+33:46 06:50
9	39	Miguel Pereira	CCDTC.M.GONDOMAR	Veterano M40	02:38:10	+34:53 06:53
10	227	Henrique Santos	Individual	Veterano M40	02:40:08	+36:51 06:58
11	64	Paulo Machado	Dr. Merino Nutrifit	Veterano M40	02:41:00	+37:43 07:00
12	20	Carlos Silva	ALIANÇA DE GANDRA	Veterano M40	02:41:57	+38:40 07:02
13	58	Madureira Rodrigues	Clube Zupper	Veterano M40	02:42:45	+39:28 07:05
14	260	Nelson Santos	Individual	Veterano M40	02:44:21	+41:04 07:09
15	248	Luis Miguel Alves Monteiro	Individual	Veterano M40	02:45:10	+41:53 07:11
16	393	José Rodrigues	Trocopasso Runners	Veterano M40	02:46:13	+42:56 07:14
17	394	Luis Leça	Trocopasso Runners	Veterano M40	02:46:13	+42:56 07:14
18	255	MARTINHO JORGE DA SILVA COSTA	Individual	Veterano M40	02:46:24	+43:07 07:14
19	365	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:46:52	+43:35 07:15
20	241	Laurindo Osório	KeMedo Team	Veterano M40	02:47:51	+44:34 07:18
21	299	Hélder Gomes	KeMedo Team	Veterano M40	02:47:57	+44:40 07:18
22	281	Vitor manuel ribeiro coelho	Individual	Veterano M40	02:48:09	+44:52 07:19
23	23	Leonel Neves	ALIANÇA DE GANDRA	Veterano M40	02:48:22	+45:05 07:19
24	312	Manuel Oliveira	Leões de Tardariz Trail	Veterano M40	02:50:20	+47:03 07:24
25	219	Fernando Abilio Santos Vieira	Individual	Veterano M40	02:50:33	+47:16 07:25
26	222	Fernando Martins	Individual	Veterano M40	02:50:57	+47:40 07:26
27	275	Rui Azevedo	Individual	Veterano M40	02:51:18	+48:01 07:27
28	258	Miguel Moura	Individual	Veterano M40	02:52:01	+48:44 07:29
29	347	Rolando Santos	Olha eu trail running team	Veterano M40	02:52:18	+49:01 07:29
30	213	António Maria Moreira Gomes	Individual	Veterano M40	02:52:28	+49:11 07:30
31	331	Diogo João	MULTIPOWER GAIA TRAIL	Veterano M40	02:54:04	+50:47 07:34
32	385	Ivo Almeida	STEP BY STEP	Veterano M40	02:54:54	+51:37 07:36
33	272	Ricardo Alexandre Gonçalves Moreira	Individual	Veterano M40	02:54:58	+51:41 07:36
34	19	António Oliveira	ALIANÇA DE GANDRA	Veterano M40	02:55:01	+51:44 07:37
35	295	António Morais	Ela corre com eles	Veterano M40	02:55:23	+52:06 07:38
36	400	miguel pereira	velozes e furiosos	Veterano M40	02:56:32	+53:15 07:41
37	215	Arsénio Barros	Individual	Veterano M40	02:56:39	+53:22 07:41
38	77	Vitor Armando Gonçalves Barroso	Fontainhas runners	Veterano M40	02:56:54	+53:37 07:41
39	252	manuel antonio ferreira pinto teixeira	Individual	Veterano M40	02:57:29	+54:12 07:43

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40	84	VITOR COELHO	GDC	Veterano M40	02:58:49	+55:32	07:46
41	38	Albino Dias	BUDEGUITA RUNNERS	Veterano M40	02:59:11	+55:54	07:47
42	74	Rui Silva	Fitspot - Parque Nascente	Veterano M40	02:59:27	+56:10	07:48
43	235	José Maria Leal	Individual	Veterano M40	02:59:41	+56:24	07:49
44	243	LUIS ALMEIDA	Individual	Veterano M40	02:59:46	+56:29	07:49
45	265	Paulo Jorge Jaquel Pinto	Individual	Veterano M40	02:59:54	+56:37	07:49
46	238	José Paulo Mesquita	Individual	Veterano M40	03:00:11	+56:54	07:50
47	399	fausto teixeira	velozes e furiosos	Veterano M40	03:00:15	+56:58	07:50
48	279	Rui Pinto	Individual	Veterano M40	03:01:59	+58:42	07:55
49	242	Licínio Cândido Ferreira Ribeiro	Individual	Veterano M40	03:03:10	+59:53	07:58
50	35	Bruno Graça	Bando dos Trilhos e Tralhos, Associação Betetista	Veterano M40	03:04:48	+01:01:31	08:02
51	257	Miguel Dias	Individual	Veterano M40	03:06:41	+01:03:24	08:07
52	269	pedro mouro	Individual	Veterano M40	03:06:57	+01:03:40	08:08
53	60	Paulo Neta	Clube Zupper	Veterano M40	03:07:01	+01:03:44	08:08
54	382	Jose Costa	SS MONTEPIO	Veterano M40	03:07:37	+01:04:20	08:09
55	66	Francisco Fonseca	Equipa João Ferreira	Veterano M40	03:08:07	+01:04:50	08:11
56	264	PAULO JORGE BARBOSA	Individual	Veterano M40	03:09:12	+01:05:55	08:14
57	254	Mário Jorge Ferreira	Individual	Veterano M40	03:09:44	+01:06:27	08:15
58	237	JOSE MARTINS	Individual	Veterano M40	03:11:27	+01:08:10	08:19
59	262	nuno freitas	Individual	Veterano M40	03:11:40	+01:08:23	08:20
60	335	Rui Vicente de Andrade Mendes	MULTIPOWER GAIA TRAIL	Veterano M40	03:12:25	+01:09:08	08:22
61	380	Carlos Silva	SS MONTEPIO	Veterano M40	03:12:45	+01:09:28	08:23
62	208	Adriano Rocha	Individual	Veterano M40	03:14:34	+01:11:17	08:28
63	246	Luis Manuel da Silva Medeiros Pereira	Individual	Veterano M40	03:15:27	+01:12:10	08:30
64	85	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	03:16:01	+01:12:44	08:31
65	371	GABRIEL MIRANDA	Rumo à Aventura	Veterano M40	03:17:33	+01:14:16	08:35
66	37	Armando Pinho	Brandão Pinho	Veterano M40	03:17:38	+01:14:21	08:36
67	33	Nuno Castro	Aventura Marão Clube - Amarante	Veterano M40	03:17:52	+01:14:35	08:36
68	334	Miguel Furtado	MULTIPOWER GAIA TRAIL	Veterano M40	03:17:58	+01:14:41	08:36
69	271	Pedro Vidal	Individual	Veterano M40	03:20:27	+01:17:10	08:43
70	267	Paulo Seabra	Individual	Veterano M40	03:20:39	+01:17:22	08:43
71	83	Bernardino Andrade	GD4C	Veterano M40	03:20:59	+01:17:42	08:44
72	209	Americo Areias	Individual	Veterano M40	03:21:02	+01:17:45	08:44
73	253	Marco Pinto	Individual	Veterano M40	03:21:21	+01:18:04	08:45
74	82	Luis Oliveira	GD santander totta	Veterano M40	03:25:14	+01:21:57	08:55
75	217	Eduardo Nascimento	Individual	Veterano M40	03:28:50	+01:25:33	09:05
76	216	Cândido Silva	Individual	Veterano M40	03:29:09	+01:25:52	09:06
77	354	Pedro Seixas	Oralklass-Amigos do Trail	Veterano M40	03:29:17	+01:26:00	09:06
78	381	Joao Cardoso	SS MONTEPIO	Veterano M40	03:29:58	+01:26:41	09:08
79	282	Wilson Fonseca	Individual	Veterano M40	03:30:06	+01:26:49	09:08
80	251	Luis Terencio	Individual	Veterano M40	03:30:35	+01:27:18	09:09
81	233	jose alberto jesus mendes	Individual	Veterano M40	03:35:09	+01:31:52	09:21
82	244	Luís Barata da Rocha	CAES D AVENIDA	Veterano M40	03:37:01	+01:33:44	09:26
83	226	Francisco Gonçalves	CAES D AVENIDA	Veterano M40	03:37:02	+01:33:45	09:26
84	274	Ricardo Ribeiro	Individual	Veterano M40	03:37:39	+01:34:22	09:28
85	225	Filipe Duarte Castro	Individual	Veterano M40	03:39:48	+01:36:31	09:33

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86	211	Antero Cunha	Individual	Veterano M40	03:41:11	+01:37:54	09:37
87	261	Nuno Almeida	Individual	Veterano M40	03:41:16	+01:37:59	09:37
88	273	Ricardo Neves	Individual	Veterano M40	03:41:34	+01:38:17	09:38
89	259	Mike Dias	Individual	Veterano M40	03:42:53	+01:39:36	09:41
90	236	José Mário da Silva Costa	Individual	Veterano M40	03:46:19	+01:43:02	09:50
91	277	Rui Freitas	Individual	Veterano M40	03:49:10	+01:45:53	09:58
92	250	Luís Sousa	Individual	Veterano M40	03:50:15	+01:46:58	10:01
93	294	fernando jorge	Invicta Runners Team	Veterano M40	03:51:43	+01:48:26	10:04
94	214	ARMANDO MANUEL COELHO DE LIMA	Individual	Veterano M40	03:54:57	+01:51:40	10:13
95	240	JOSE RODRIGUES COSTA	Individual	Veterano M40	03:55:29	+01:52:12	10:14
96	25	Ricardo Jorge Teixeira	All About Spirit Team	Veterano M40	03:56:05	+01:52:48	10:16
97	44	Pedro Miguel Fernandes Oliveira	Clube Galp Energia Norte	Veterano M40	03:57:39	+01:54:22	10:20
98	280	Rui Schumacher	Individual	Veterano M40	04:00:30	+01:57:13	10:27
99	234	José Luís Marques	Individual	Veterano M40	04:00:30	+01:57:13	10:27
100	230	João Graça	Individual	Veterano M40	04:01:35	+01:58:18	10:30
101	268	Pedro Costelha	Individual	Veterano M40	04:01:56	+01:58:39	10:31
102	221	Fernando Henrique Almeida Soares	Individual	Veterano M40	04:05:42	+02:02:25	10:41
103	57	José Pinto	Clube Zupper	Veterano M40	04:08:43	+02:05:26	10:49
104	218	Estefânio pinto	Individual	Veterano M40	04:09:56	+02:06:39	10:52
105	210	Angelo Manuel Senra	Individual	Veterano M40	04:11:10	+02:07:53	10:55
106	101	PEDRO BARROS	HappyRun	Veterano M40	04:12:10	+02:08:53	10:58
107	292	José Ferreira	Inimigos do Podium	Veterano M40	04:15:47	+02:12:30	11:07
108	61	Silvio Barbosa	Clube Zupper	Veterano M40	04:18:50	+02:15:33	11:15
109	56	António Silva	Clube Zupper	Veterano M40	04:18:51	+02:15:34	11:15
110	266	Paulo Manuel Soares	Individual	Veterano M40	04:27:15	+02:23:58	11:37
111	256	Miguel Catarino	Individual	Veterano M40	04:27:36	+02:24:19	11:38
112	342	Antonio Angelino	Nascidos para Correr	Veterano M40	04:27:42	+02:24:25	11:38
113	223	Fernando Miguel Pereira	Individual	Veterano M40	04:30:52	+02:27:35	11:47
114	18	Álvaro Cunha	ALIANÇA DE GANDRA	Veterano M40	04:43:52	+02:40:35	12:21
115	22	Juvenal Cardoso	ALIANÇA DE GANDRA	Veterano M40	04:43:53	+02:40:36	12:21
116	249	Luis Schumacher	Individual	Veterano M40	05:07:42	+03:04:25	13:23
117	359	paulo jorge sousa magalhaes	Ou vai ou racha	Veterano M40	05:07:57	+03:04:40	13:23
118	358	jose gentilh almeida ferreira	Ou vai ou racha	Veterano M40	05:07:58	+03:04:41	13:23
119	220	Fernando Antonio Resende Rodrigues	Individual	Veterano M40	05:09:12	+03:05:55	13:27
120	402	Jorge Pinheiro	WILD Sultans	Veterano M40	05:09:48	+03:06:31	13:28
121	403	nuno morgado	WILD Sultans	Veterano M40	05:09:49	+03:06:32	13:28

Veterano M50

1	41	JOSÉ MOTA	CICLISTAS CÓSMICOS GISLÓTICA	Veterano M50	02:21:52	06:10
2	345	José Cabral	NOMEIODONADA	Veterano M50	02:24:49	+02:57 06:18
3	40	Américo Pinto	CCDTC.M.GONDOMAR	Veterano M50	02:28:16	+06:24 06:27
4	96	Carlos Alberto Pereira Novais Gandra	GTT - Armazém do Caffè	Veterano M50	02:36:59	+15:07 06:50
5	287	Vasco Figueiredo	Individual	Veterano M50	02:47:54	+26:02 07:18
6	32	José Luis Machado Loureiro	Autistic Runners	Veterano M50	02:48:48	+26:56 07:20

Official Timekeeper: Lap2Go	7 / 8	generate 05-jun-2016 14:18
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Trail Longo 23Km

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

7	288	Vitor Manuel Barbosa Moreira	Individual	Veterano M50	02:50:46	+28:54	07:25
8	343	Antonio Azevedo	Nascidos para Correr	Veterano M50	02:55:02	+33:10	07:37
9	75	Alcino Vieira	Fitspot - Parque Nascente	Veterano M50	02:59:10	+37:18	07:47
10	31	António José Machado Loureiro	Autistic Runners	Veterano M50	03:05:15	+43:23	08:03
11	28	António Conceição Silva Pereira	AMIGOS QUINTA DAS FREIRAS	Veterano M50	03:06:58	+45:06	08:08
12	86	arnaldo marinho	grupo desportivo leoes de veneza	Veterano M50	03:09:22	+47:30	08:14
13	284	António Pais	Individual	Veterano M50	03:24:29	+01:02:37	08:53
14	87	PAULO RODRIGUES	grupo desportivo leoes de veneza	Veterano M50	03:30:55	+01:09:03	09:10
15	285	Fernando Oliveira	Individual	Veterano M50	03:31:37	+01:09:45	09:12
16	286	João Paulo Rocha	CAES D AVENIDA	Veterano M50	03:37:02	+01:15:10	09:26
17	313	Joaquim Leite	Leões de Tardariz Trail	Veterano M50	03:42:53	+01:21:01	09:41
18	384	Fernando Carvalho	SS MONTEPIO	Veterano M50	03:46:13	+01:24:21	09:50
19	69	Manuel Cunha Lima	experianciar	Veterano M50	03:54:22	+01:32:30	10:11

Veterano M60

1	296	jose magalhaes	jose magalhaes	Veterano M60	02:49:32		07:22
2	301	Agostinho Sousa	Kunalama runners	Veterano M60	03:02:31	+12:59	07:56
3	290	José Carlos pereira Gomes	Individual	Veterano M60	03:15:25	+25:53	08:30
4	289	EDUARDO MEDEIROS	Individual	Veterano M60	03:29:20	+39:48	09:06
5	369	Arlindo PEREIRA	PORTOCARGO	Veterano M60	03:36:46	+47:14	09:25
6	291	Manuel Emidio	Individual	Veterano M60	03:44:35	+55:03	09:46
7	145	Antonio Pereira	Individual	Veterano M60	03:51:43	+01:02:11	10:04

RANK	TEAM	DESCRIPTION	POINTS
1	MULTIPOWER GAIA TRAIL	06:35:23 [1 + 6 + 8]	0
2	GTT - Armazém do Caffè	07:37:58 [18 + 26 + 30]	0
3	Clube Zupper	08:21:49 [31 + 39 + 118]	0
4	ALIANÇA DE GANDRA	08:25:19 [36 + 58 + 83]	0
5	Leões de Tardariz Trail	08:30:49 [49 + 66 + 77]	0
6	Trocopasso Runners	08:32:09 [46 + 47 + 104]	0
7	KeMedo Team	08:43:42 [52 + 55 + 135]	0
8	Nascidos para Correr	08:45:30 [84 + 85 + 87]	0
9	Oralklass-Amigos do Trail	09:15:44 [12 + 179 + 187]	0
10	Adega Tia Micas	09:22:54 [45 + 116 + 205]	0
11	Fitspot - Parque Nascente	09:29:32 [99 + 101 + 197]	0
12	CAES D AVENIDA	09:40:06 [15 + 211 + 212]	0
13	PORTOCARGO	09:49:27 [156 + 160 + 161]	0
14	SS MONTEPIO	09:50:20 [134 + 151 + 192]	0
15	HALP	10:51:34 [159 + 191 + 274]	0
16	Clube Galp Energia Norte	11:17:15 [177 + 264 + 265]	0
17	PORTO SENTIDO RUNNERS	12:18:46 [51 + 308 + 310]	0