

TRAIL LONGO - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	12,6°C	93%
End	14:25	12,6°C	93%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	37	Fernando Lemos	gaia trail	Senior Masculino	02:07:18		05:32
2	194	Antonio Martins	boavista fc	Veterano M40	02:11:12	+03:54	05:42
3	70	Márcio Castro	individual	Senior Masculino	02:11:38	+04:20	05:43
4	111	João Paulo Dias Gonçalves	individual	Veterano M40	02:12:21	+05:02	05:45
5	195	Fabio Pinto	satecnosol outdoor - la sportiva	Senior Masculino	02:14:41	+07:23	05:51
6	154	Fernando Taborda	oralklass - amigos do trail	Veterano M40	02:16:16	+08:58	05:55
7	40	Luis Gil	gaia trail	Veterano M40	02:16:16	+08:58	05:55
8	34	Pedro Barros	factor x / s4l / medense fc	Senior Masculino	02:21:12	+13:53	06:08
9	150	Filipe Lemos	nortrail	Senior Masculino	02:25:17	+17:58	06:19
10	36	Carlos Alves	gaia trail	Senior Masculino	02:25:27	+18:09	06:19
11	73	Nuno Ferreira	individual	Senior Masculino	02:29:32	+22:13	06:30
12	81	Pedro Osório	individual	Senior Masculino	02:30:35	+23:16	06:33
13	170	José Faria	salming	Senior Masculino	02:30:40	+23:22	06:33
14	22	Joao barbosa	copos e trilhos	Senior Masculino	02:31:08	+23:50	06:34
15	109	Frank Fritsche	individual	Veterano M40	02:31:17	+23:59	06:35
16	165	António Borges	porto sentido runners	Veterano M40	02:32:22	+25:04	06:38
17	31	Sérgio Ramos	edv-vianatrail	Veterano M40	02:32:27	+25:09	06:38
18	16	Américo Pinto	ccdtc.m.gondomar	Veterano M50	02:33:33	+26:15	06:41
19	32	stephane simoes	edv-vianatrail	Veterano M40	02:36:13	+28:54	06:48
20	146	António Pinto	mocidade sangemil ac	Senior Masculino	02:37:23	+30:05	06:51
21	134	Paulo Baltasar Martins	individual	Veterano M50	02:37:25	+30:07	06:51
22	102	André Figueiredo	individual	Veterano M40	02:37:45	+30:26	06:52
23	53	Bruno Filipe Cardoso Pereira	individual	Senior Masculino	02:38:01	+30:43	06:52
24	39	Paulo Madeira	gaia trail	Senior Masculino	02:38:03	+30:45	06:52
25	24	Nelson Teixeira	crocodilos / misterpc	Senior Masculino	02:38:43	+31:24	06:54
26	105	Carlos Pereira	individual	Veterano M40	02:38:50	+31:32	06:54
27	153	Gilberto Pimenta	oralklass - amigos do trail	Senior Masculino	02:39:34	+32:16	06:56
28	75	Nuno Sá	individual	Senior Masculino	02:40:00	+32:41	06:57
29	26	Ricardo Dantas	crocodilos / misterpc	Senior Masculino	02:40:40	+33:21	06:59
30	174	Emanuel Costa	ss montepio	Senior Masculino	02:41:07	+33:48	07:00
31	29	paulo ribeiro	edv-vianatrail	Veterano M40	02:41:36	+34:18	07:02
32	84	Ricardo Sousa	individual	Senior Masculino	02:42:27	+35:09	07:04
33	106	David Ferreira	individual	Veterano M40	02:43:59	+36:41	07:08
34	190	Raquel Campos	individual	Senior Feminino	02:44:01	+36:43	07:08
35	129	Abilio Marques	individual	Veterano M50	02:44:04	+36:46	07:08
36	185	Luis Leça	trocopasso runners	Veterano M40	02:44:30	+37:12	07:09
37	184	José Rodrigues	trocopasso runners	Veterano M40	02:44:32	+37:14	07:09
38	187	Luis Carlos Ferreira Campos Lobo	individual	Veterano M40	02:46:39	+39:21	07:15
39	141	Agostinho Sousa	kunalama runners	Veterano M60	02:46:57	+39:39	07:16
40	132	Fernando Abilio Santos Vieira	individual	Veterano M50	02:47:01	+39:43	07:16
41	98	Paula Barbosa	oralklass - amigos do trail	Veterana F40	02:47:33	+40:15	07:17

TRAIL LONGO - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	60	Filipe Rocha	individual	Senior Masculino	02:48:18	+41:00	07:19
43	12	Sérgio Miguel Batista Couto	budeguitas runners	Veterano M40	02:49:36	+42:18	07:22
44	94	Vitor Paulo Duarte Caldeira	individual	Senior Masculino	02:49:56	+42:37	07:23
45	33	João Araújo	ermentão	Senior Masculino	02:50:00	+42:41	07:23
46	44	Jorge Borges	glt -armazém do caffè	Senior Masculino	02:51:31	+44:13	07:27
47	149	José Moreira Gomes	nocturnos de paredes	Veterano M40	02:53:28	+46:10	07:33
48	27	Paulo Pelicano	crocodilos / misterpc	Veterano M40	02:54:34	+47:15	07:35
49	131	António Serafim Cunha	individual	Veterano M50	02:55:08	+47:49	07:37
50	116	Luis Rodrigues	individual	Veterano M40	02:55:18	+47:59	07:37
51	7	Carlos Manuel Moreira Silva	aliança de gandra	Veterano M50	02:55:42	+48:23	07:38
52	71	Marinho	individual	Senior Masculino	02:55:43	+48:25	07:38
53	126	Samuel Soares	individual	Veterano M40	02:55:44	+48:25	07:38
54	151	Carlos Monteiro	nova linha trail runners	Senior Masculino	02:57:38	+50:19	07:43
55	152	Alberto Freitas	nova linha trail runners	Veterano M40	02:57:38	+50:20	07:43
56	62	Hugo fernandes	individual	Senior Masculino	02:57:54	+50:35	07:44
57	64	Joao Pereira	individual	Senior Masculino	02:57:56	+50:38	07:44
58	163	Manuel Barbosa	paredes running	Veterano M40	02:58:25	+51:06	07:45
59	181	Sergio Gomes	trinca orelhas de gato	Veterano M40	02:58:25	+51:06	07:45
60	9	José Rodrigo Sousa Magalhães	atlético clube alfenense	Veterano M60	02:59:11	+51:53	07:47
61	197	Bernardino Andrade	individual	Veterano M40	03:01:28	+54:09	07:53
62	25	Pedro Santos	crocodilos / misterpc	Senior Masculino	03:01:51	+54:33	07:54
63	171	Andreia Morais	somos nós team	Senior Feminino	03:02:48	+55:30	07:57
64	148	José Correia	nocturnos de paredes	Senior Masculino	03:03:23	+56:05	07:58
65	72	NELSON FRIAS AMARAL	individual	Senior Masculino	03:03:35	+56:16	07:59
66	173	Jonatan Ribeiro	sportarc.running	Senior Masculino	03:04:13	+56:55	08:01
67	114	Luis Ribeiro	individual	Veterano M40	03:04:17	+56:59	08:01
68	41	José Morais	gaia trail	Veterano M50	03:05:13	+57:55	08:03
69	21	António Teixeira	clube zipper	Veterano M50	03:05:34	+58:16	08:04
70	167	MANUELA FARIA	portocargo	Veterana F40	03:07:02	+59:44	08:08
71	50	Tânia Bateira	individual	Senior Feminino	03:07:02	+59:44	08:08
72	52	António Cruz	individual	Senior Masculino	03:07:57	+01:00:39	08:10
73	93	VITOR FONSECA	individual	Senior Masculino	03:07:59	+01:00:41	08:10
74	104	Carlos Azevedo	individual	Veterano M40	03:08:00	+01:00:41	08:10
75	30	pedro caldas	edv-vianatrail	Veterano M40	03:08:28	+01:01:10	08:12
76	57	Carlos Filipe Santos	hospitalsantamariart	Senior Masculino	03:08:56	+01:01:38	08:13
77	113	Luis Almeida	individual	Veterano M40	03:09:51	+01:02:33	08:15
78	61	Gil Ricardo Vieira Rocha	individual	Senior Masculino	03:10:34	+01:03:16	08:17
79	164	André Santos	pequerruchos	Senior Masculino	03:10:44	+01:03:26	08:18
80	91	Tomé pinto	edv-vianatrail	Senior Masculino	03:11:01	+01:03:43	08:18
81	99	Sandra Arribança	individual	Veterana F40	03:11:01	+01:03:43	08:18
82	45	Fábio Santos	hospitalsantamariart	Senior Masculino	03:12:58	+01:05:39	08:23
83	175	Vasco Silva	ss montepio	Veterano M40	03:13:01	+01:05:42	08:24
84	51	Andre Costa	individual	Senior Masculino	03:14:38	+01:07:20	08:28
85	128	vitor coelho	individual	Veterano M40	03:14:41	+01:07:23	08:28
86	47	Andrea Cunha	individual	Senior Feminino	03:14:44	+01:07:26	08:28

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23 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	87	Rui Manuel Tavares Fernandes	individual	Senior Masculino	03:15:23	+01:08:05	08:30
88	54	Bruno Filipe Jesus Pinto Loureiro	individual	Senior Masculino	03:15:45	+01:08:27	08:31
89	140	GERSON ALVES	kemedo team	Senior Masculino	03:15:56	+01:08:38	08:31
90	133	José Paulo Mesquita	individual	Veterano M50	03:17:01	+01:09:42	08:34
91	76	Nuno Sérgio Neto Capela	individual	Senior Masculino	03:17:03	+01:09:45	08:34
92	192	Paulo Jorge Gama	gondomar futsal clube	Veterano M40	03:17:32	+01:10:13	08:35
93	8	Pedro Nuno Gonçalves Policiano	atletico clube alfenense	Senior Masculino	03:17:42	+01:10:23	08:36
94	147	SILVIO FERREIRA	mocidade sangemil ac	Senior Masculino	03:18:35	+01:11:17	08:38
95	49	Mariana Ballester	individual	Senior Feminino	03:18:53	+01:11:35	08:39
96	142	Nuno Miguel Lima de Carvalho	lourengo's adventures	Senior Masculino	03:19:23	+01:12:05	08:40
97	178	Luís Peixoto	tricotar trails ivone	Veterano M40	03:19:52	+01:12:34	08:41
98	77	PAULO FERREIRA	individual	Senior Masculino	03:20:26	+01:13:08	08:43
99	66	José Carlos Machado	individual	Senior Masculino	03:20:44	+01:13:26	08:44
100	85	Rodrigo Oliveira	individual	Senior Masculino	03:20:56	+01:13:37	08:44
101	38	Micael Cunha	gaia trail	Senior Masculino	03:21:37	+01:14:19	08:46
102	136	José Carlos Pereira Gomes	individual	Veterano M60	03:23:07	+01:15:48	08:50
103	158	Lino Moreira	os turbomula	Veterano M60	03:23:57	+01:16:39	08:52
104	6	António Gonçalves	acsp	Veterano M40	03:24:21	+01:17:03	08:53
105	112	Jorge Ribeiro	individual	Veterano M40	03:24:26	+01:17:08	08:53
106	48	Eliana Pereira	individual	Senior Feminino	03:24:32	+01:17:14	08:54
107	68	Luís Filipe Freitas da Silva	individual	Senior Masculino	03:25:20	+01:18:02	08:56
108	130	Antonio Santos	individual	Veterano M50	03:25:44	+01:18:26	08:57
109	56	Carlos Carvalho	individual	Senior Masculino	03:25:44	+01:18:26	08:57
110	138	Manuel Faria Sampaio	individual	Veterano M60	03:26:49	+01:19:31	09:00
111	159	Rui Sousa	palmeira runners	Senior Masculino	03:27:48	+01:20:30	09:02
112	59	Fernando Reis	individual	Senior Masculino	03:28:12	+01:20:54	09:03
113	117	Luis Terencio	individual	Veterano M40	03:29:18	+01:22:00	09:06
114	115	Luis Ribeiro	individual	Veterano M40	03:30:08	+01:22:50	09:08
115	135	EDUARDO MEDEIROS	individual	Veterano M60	03:30:37	+01:23:19	09:09
116	97	ivone ferreira	individual	Veterana F40	03:31:13	+01:23:55	09:11
117	180	Vicente Sousa	trinca orelhas de gato	Senior Masculino	03:32:41	+01:25:23	09:15
118	13	PAULA COSTA	c.r. candoso	Veterana F50	03:33:56	+01:26:38	09:18
119	103	Antero Cunha	individual	Veterano M40	03:34:48	+01:27:29	09:20
120	122	Paulo Vilarinho	individual	Veterano M40	03:38:36	+01:31:18	09:30
121	107	Diogo Trindade	individual	Veterano M40	03:38:37	+01:31:19	09:30
122	143	Ana Monteiro	lusitanus_team	Senior Feminino	03:38:49	+01:31:31	09:31
123	145	António Ribeiro	lusitanus_team	Veterano M50	03:38:49	+01:31:31	09:31
124	88	Rui Rocha	individual	Senior Masculino	03:39:08	+01:31:50	09:32
125	108	Eduardo Esteves	individual	Veterano M40	03:39:20	+01:32:01	09:32
126	80	Pedro Neves	individual	Senior Masculino	03:40:26	+01:33:08	09:35
127	123	Pedro Miguel Cristóvão Próspero	individual	Veterano M40	03:40:27	+01:33:08	09:35
128	125	Ricardo Silva	individual	Veterano M40	03:41:51	+01:34:33	09:39
129	172	Fátima Vieira	somos nós team	Veterana F50	03:42:03	+01:34:44	09:39

TRAIL LONGO - STAGE 1

23 KM

[illegible]

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
130	69	Marcelo Domingues	individual	Senior Masculino	03:44:00	+01:36:42	09:44
131	83	Ricardo Lourenço Jorge	individual	Senior Masculino	03:44:00	+01:36:42	09:44
132	90	Tiago Soeiro	individual	Senior Masculino	03:45:28	+01:38:10	09:48
133	101	Maria Iracema Costa	individual	Veterana F50	03:45:46	+01:38:28	09:49
134	17	Ricardo Duarte	cerveira team running/clube celtas do minho	Senior Masculino	03:46:09	+01:38:50	09:50
135	14	João Miguel Almeida da Silva	carapaus	Senior Masculino	03:48:56	+01:41:38	09:57
136	15	João Manuel Santos Silva	carapaus	Veterano M50	03:48:56	+01:41:38	09:57
137	191	Bruno Ricardo Marques Guedes	porto sentido runners	Senior Masculino	03:49:27	+01:42:08	09:59
138	183	Carla Neves	trocopasso runners	Veterana F40	03:49:45	+01:42:26	09:59
139	28	salome cerqueira	edv-vianatrail	Veterana F40	03:52:06	+01:44:48	10:06
140	42	Nuno Duarte	gdct unice	Veterano M40	03:52:37	+01:45:19	10:07
141	23	José Teixeira	correr leça	Senior Masculino	03:53:02	+01:45:43	10:08
142	188	Ana Patrícia Ricardo	individual	Senior Feminino	03:57:02	+01:49:44	10:18
143	110	João Antunes	individual	Veterano M40	04:04:22	+01:57:04	10:37
144	127	Sérgio Oliveira	individual	Veterano M40	04:10:32	+02:03:13	10:54
145	20	Maria Fátima Marques Ribeiro	clube zupper	Veterana F50	04:14:33	+02:07:15	11:04
146	67	José Pedro Freitas	individual	Senior Masculino	04:14:36	+02:07:18	11:04
147	139	Paula Oliveira	juntos somos um	Veterana F40	04:15:54	+02:08:35	11:08
148	120	Paulo Nuno Barbosa Sampaio	individual	Veterano M40	04:16:08	+02:08:50	11:08
149	86	Rui Dinis	individual	Senior Masculino	04:17:14	+02:09:56	11:11
150	79	Pedro Manuel Mendes Correia	hospitalsantamariart	Senior Masculino	04:22:59	+02:15:41	11:26
151	144	António Gonçalves	lusitanus_team	Senior Masculino	04:23:00	+02:15:41	11:26
152	196	Manuel Rodrigues	correr leça	Veterano M50	04:27:42	+02:20:23	11:38
153	100	Sandra Miranda	individual	Veterana F40	04:27:42	+02:20:24	11:38
154	121	Paulo Seabra	individual	Veterano M40	04:27:43	+02:20:25	11:38
155	96	Dina Gonçalves	individual	Veterana F40	04:27:43	+02:20:25	11:38
156	177	Ivone Pardal	tricotar trails ivone	Veterana F40	04:46:46	+02:39:27	12:28
157	179	Cid Monteiro	trinca orelhas de gato	Senior Masculino	04:46:47	+02:39:28	12:28
158	160	Sonia Silva	paredes running	Senior Feminino	04:49:56	+02:42:38	12:36
159	161	Antonio Barbosa	paredes running	Senior Masculino	04:49:58	+02:42:40	12:36
160	162	Ricardo Picó	paredes running	Senior Masculino	04:49:58	+02:42:40	12:36
161	65	Jorge Anselmo Pimenta Ramalho	individual	Senior Masculino	04:50:51	+02:43:32	12:39
162	82	Raul Viana	individual	Senior Masculino	04:50:51	+02:43:33	12:39
163	92	Vasco Oliveira	individual	Senior Masculino	04:58:04	+02:50:46	12:58
164	119	Paulo Lorenzo Soares	individual	Veterano M40	05:23:46	+03:16:27	14:05
165	156	Ricas Almeida	os atletas	Senior Masculino	05:25:01	+03:17:42	14:08

Trail Longo

23 KM

[illegible]

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	12,6°C	93%
End	14:25	12,6°C	93%

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

1	190	Raquel Campos	Individual	Senior Feminino	02:44:01	+36:43	07:08:42
2	171	Andreia Morais	Somos Nós Team	Senior Feminino	03:02:48	+55:30	07:57:18
3	50	Tânia Bateira	Individual	Senior Feminino	03:07:02	+59:44	08:08:06
4	47	Andrea Cunha	Individual	Senior Feminino	03:14:44	+01:07:26	08:28:10
5	49	Mariana Ballester	Individual	Senior Feminino	03:18:53	+01:11:35	08:39:48
6	48	Eliana Pereira	Individual	Senior Feminino	03:24:32	+01:17:14	08:54:06
7	143	Ana Monteiro	Lusitanus_Team	Senior Feminino	03:38:49	+01:31:31	09:31:00
8	188	Ana Patrícia Ricardo	Individual	Senior Feminino	03:57:02	+01:49:44	10:18:14
9	160	Sonia Silva	Paredes Running	Senior Feminino	04:49:56	+02:42:38	12:36:52

Senior Masculino

1	37	Fernando Lemos	Gaia Trail	Senior Masculino	02:07:18	05:32
2	70	Márcio Castro	Individual	Senior Masculino	02:11:38	+04:20 05:43
3	195	Fabio Pinto	Satecnosol Outdoor - La Sportiva	Senior Masculino	02:14:41	+07:23 05:51
4	34	Pedro Barros	FACTOR X / S4L / MEDENSE FC	Senior Masculino	02:21:12	+13:53 06:08
5	150	Filipe Lemos	NorTrail	Senior Masculino	02:25:17	+17:58 06:19
6	36	Carlos Alves	Gaia Trail	Senior Masculino	02:25:27	+18:09 06:19
7	73	Nuno Ferreira	Individual	Senior Masculino	02:29:32	+22:13 06:30
8	81	Pedro Osório	Individual	Senior Masculino	02:30:35	+23:16 06:33
9	170	José Faria	Salming	Senior Masculino	02:30:40	+23:22 06:33
10	22	Joao barbosa	Copos e trilhos	Senior Masculino	02:31:08	+23:50 06:34
11	146	António Pinto	Mocidade Sangemil AC	Senior Masculino	02:37:23	+30:05 06:51
12	53	Bruno Filipe Cardoso Pereira	Individual	Senior Masculino	02:38:01	+30:43 06:52
13	39	Paulo Madeira	Gaia Trail	Senior Masculino	02:38:03	+30:45 06:52
14	24	Nelson Teixeira	CROCODILOS / MISTERPC	Senior Masculino	02:38:43	+31:24 06:54
15	153	Gilberto Pimenta	Oralklass - Amigos Do Trail	Senior Masculino	02:39:34	+32:16 06:56
16	75	Nuno Sá	Individual	Senior Masculino	02:40:00	+32:41 06:57
17	26	Ricardo Dantas	CROCODILOS / MISTERPC	Senior Masculino	02:40:40	+33:21 06:59
18	174	Emanuel Costa	SS MONTEPIO	Senior Masculino	02:41:07	+33:48 07:00
19	84	Ricardo Sousa	Individual	Senior Masculino	02:42:27	+35:09 07:04
20	60	Filipe Rocha	Individual	Senior Masculino	02:48:18	+41:00 07:19
21	94	Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	02:49:56	+42:37 07:23
22	33	João Araújo	Ermentão	Senior Masculino	02:50:00	+42:41 07:23
23	44	Jorge Borges	GTT -armazém do caffè	Senior Masculino	02:51:31	+44:13 07:27
24	71	Marinho	Individual	Senior Masculino	02:55:43	+48:25 07:38
25	151	Carlos Monteiro	Nova Linha Trail Runners	Senior Masculino	02:57:38	+50:19 07:43
26	62	Hugo fernandes	Individual	Senior Masculino	02:57:54	+50:35 07:44
27	64	Joao Pereira	Individual	Senior Masculino	02:57:56	+50:38 07:44

Official Timekeeper: Lap2Go	1 / 5	generate 03-set-2017 14:27
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Trail Longo

23 KM

[illegible]

OFFICIAL RESULT

[illegible]

28	25	Pedro Santos	CROCODILOS / MISTERPC	Senior Masculino	03:01:51	+54:33	07:54
29	148	José Correia	NOCTURNOS DE PAREDES	Senior Masculino	03:03:23	+56:05	07:58
30	72	NELSON FRIAS AMARAL	Individual	Senior Masculino	03:03:35	+56:16	07:59
31	173	Jonatan Ribeiro	Sportarc.Running	Senior Masculino	03:04:13	+56:55	08:01
32	52	António Cruz	Individual	Senior Masculino	03:07:57	+01:00:39	08:10
33	93	VITOR FONSECA	Individual	Senior Masculino	03:07:59	+01:00:41	08:10
34	57	Carlos Filipe Santos	HOSPITALSANTAMARIART	Senior Masculino	03:08:56	+01:01:38	08:13
35	61	Gil Ricardo Vieira Rocha	Individual	Senior Masculino	03:10:34	+01:03:16	08:17
36	164	André Santos	Pequerruchos	Senior Masculino	03:10:44	+01:03:26	08:18
37	91	Tomé pinto	EDV-VIANATRAIL	Senior Masculino	03:11:01	+01:03:43	08:18
38	45	Fábio Santos	HOSPITALSANTAMARIART	Senior Masculino	03:12:58	+01:05:39	08:23
39	51	Andre Costa	Individual	Senior Masculino	03:14:38	+01:07:20	08:28
40	87	Rui Manuel Tavares Fernandes	Individual	Senior Masculino	03:15:23	+01:08:05	08:30
41	54	Bruno Filipe Jesus Pinto Loureiro	Individual	Senior Masculino	03:15:45	+01:08:27	08:31
42	140	GERSON ALVES	KeMedo Team	Senior Masculino	03:15:56	+01:08:38	08:31
43	76	Nuno Sérgio Neto Capela	Individual	Senior Masculino	03:17:03	+01:09:45	08:34
44	8	Pedro Nuno Gonçalves Policiano	Atlético Clube Alfenense	Senior Masculino	03:17:42	+01:10:23	08:36
45	147	SILVIO FERREIRA	Mocidade Sangemil AC	Senior Masculino	03:18:35	+01:11:17	08:38
46	142	Nuno Miguel Lima de Carvalho	Lourenço's Adventures	Senior Masculino	03:19:23	+01:12:05	08:40
47	77	PAULO FERREIRA	Individual	Senior Masculino	03:20:26	+01:13:08	08:43
48	66	José Carlos Machado	Individual	Senior Masculino	03:20:44	+01:13:26	08:44
49	85	Rodrigo Oliveira	Individual	Senior Masculino	03:20:56	+01:13:37	08:44
50	38	Micael Cunha	Gaia Trail	Senior Masculino	03:21:37	+01:14:19	08:46
51	68	Luís Filipe Freitas da Silva	Individual	Senior Masculino	03:25:20	+01:18:02	08:56
52	56	Carlos Carvalho	Individual	Senior Masculino	03:25:44	+01:18:26	08:57
53	159	Rui Sousa	Palmeira Runners	Senior Masculino	03:27:48	+01:20:30	09:02
54	59	Fernando Reis	Individual	Senior Masculino	03:28:12	+01:20:54	09:03
55	180	Vicente Sousa	Trinca Orelhas de Gato	Senior Masculino	03:32:41	+01:25:23	09:15
56	88	Rui Rocha	Individual	Senior Masculino	03:39:08	+01:31:50	09:32
57	80	Pedro Neves	Individual	Senior Masculino	03:40:26	+01:33:08	09:35
58	69	Marcelo Domingues	Individual	Senior Masculino	03:44:00	+01:36:42	09:44
59	83	Ricardo Lourenço Jorge	Individual	Senior Masculino	03:44:00	+01:36:42	09:44
60	90	Tiago Soeiro	Individual	Senior Masculino	03:45:28	+01:38:10	09:48
61	17	Ricardo Duarte	Cerveira Team Running/Clube Celtas do Minho	Senior Masculino	03:46:09	+01:38:50	09:50
62	14	João Miguel Almeida da Silva	Carapaus	Senior Masculino	03:48:56	+01:41:38	09:57
63	191	Bruno Ricardo Marques Guedes	PORTO SENTIDO RUNNERS	Senior Masculino	03:49:27	+01:42:08	09:59
64	23	José Teixeira	CORRER LEÇA	Senior Masculino	03:53:02	+01:45:43	10:08
65	67	José Pedro Freitas	Individual	Senior Masculino	04:14:36	+02:07:18	11:04
66	86	Rui Dinis	Individual	Senior Masculino	04:17:14	+02:09:56	11:11
67	79	Pedro Manuel Mendes Correia	HOSPITALSANTAMARIART	Senior Masculino	04:22:59	+02:15:41	11:26
68	144	António Gonçalves	Lusitanus_Team	Senior Masculino	04:23:00	+02:15:41	11:26
69	179	Cid Monteiro	Trinca Orelhas de Gato	Senior Masculino	04:46:47	+02:39:28	12:28
70	161	Antonio Barbosa	Paredes Running	Senior Masculino	04:49:58	+02:42:40	12:36
71	162	Ricardo Picó	Paredes Running	Senior Masculino	04:49:58	+02:42:40	12:36
72	65	Jorge Anselmo Pimenta Ramalho	Individual	Senior Masculino	04:50:51	+02:43:32	12:39
73	82	Raul Viana	Individual	Senior Masculino	04:50:51	+02:43:33	12:39

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Trail Longo

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OFFICIAL RESULT

74	92	Vasco Oliveira	Individual	Senior Masculino	04:58:04	+02:50:46	12:58
75	156	Ricas Almeida	Os Atletas	Senior Masculino	05:25:01	+03:17:42	14:08

Veterana F40

1	98	Paula Barbosa	Oralklass - Amigos Do Trail	Veterana F40	02:47:33	+40:15	07:17
2	167	MANUELA FARIA	PORTOCARGO	Veterana F40	03:07:02	+59:44	08:08
3	99	Sandra Arribança	Individual	Veterana F40	03:11:01	+01:03:43	08:18
4	97	ivone ferreira	Individual	Veterana F40	03:31:13	+01:23:55	09:11
5	183	Carla Neves	Trocopasso Runners	Veterana F40	03:49:45	+01:42:26	09:59
6	28	salome cerqueira	EDV-VIANATRAIL	Veterana F40	03:52:06	+01:44:48	10:06
7	139	Paula Oliveira	Juntos somos um	Veterana F40	04:15:54	+02:08:35	11:08
8	100	Sandra Miranda	Individual	Veterana F40	04:27:42	+02:20:24	11:38
9	96	Dina Gonçalves	Individual	Veterana F40	04:27:43	+02:20:25	11:38
10	177	Ivone Pardal	Tricotar Trails Ivone	Veterana F40	04:46:46	+02:39:27	12:28

Veterana F50

1	13	PAULA COSTA	C.R. Candoso	Veterana F50	03:33:56	+01:26:38	09:18
2	172	Fátima Vieira	Somos Nós Team	Veterana F50	03:42:03	+01:34:44	09:39
3	101	Maria Iracema Costa	Individual	Veterana F50	03:45:46	+01:38:28	09:49
4	20	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	04:14:33	+02:07:15	11:04

Veterano M40

1	194	Antonio Martins	Boavista FC	Veterano M40	02:11:12	+03:54	05:42
2	111	João Paulo Dias Gonçalves	Individual	Veterano M40	02:12:21	+05:02	05:45
3	154	Fernando Taborda	Oralklass - Amigos Do Trail	Veterano M40	02:16:16	+08:58	05:55
4	40	Luis Gil	Gaia Trail	Veterano M40	02:16:16	+08:58	05:55
5	109	Frank Fritsche	Individual	Veterano M40	02:31:17	+23:59	06:35
6	165	António Borges	PORTO SENTIDO RUNNERS	Veterano M40	02:32:22	+25:04	06:38
7	31	Sérgio Ramos	EDV-VIANATRAIL	Veterano M40	02:32:27	+25:09	06:38
8	32	stephane simoes	EDV-VIANATRAIL	Veterano M40	02:36:13	+28:54	06:48
9	102	André Figueiredo	Individual	Veterano M40	02:37:45	+30:26	06:52
10	105	Carlos Pereira	Individual	Veterano M40	02:38:50	+31:32	06:54
11	29	paulo ribeiro	EDV-VIANATRAIL	Veterano M40	02:41:36	+34:18	07:02
12	106	David Ferreira	Individual	Veterano M40	02:43:59	+36:41	07:08
13	185	Luis Leça	Trocopasso Runners	Veterano M40	02:44:30	+37:12	07:09
14	184	José Rodrigues	Trocopasso Runners	Veterano M40	02:44:32	+37:14	07:09
15	187	Luis Carlos Ferreira Campos Lobo	Individual	Veterano M40	02:46:39	+39:21	07:15
16	12	Sérgio Miguel Batista Couto	Budeguitas Runners	Veterano M40	02:49:36	+42:18	07:22
17	149	José Moreira Gomes	NOCTURNOS DE PAREDES	Veterano M40	02:53:28	+46:10	07:33
18	27	Paulo Pelicano	CROCODILOS / MISTERPC	Veterano M40	02:54:34	+47:15	07:35
19	116	Luis Rodrigues	Individual	Veterano M40	02:55:18	+47:59	07:37
20	126	Samuel Soares	Individual	Veterano M40	02:55:44	+48:25	07:38

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Trail Longo

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OFFICIAL RESULT

21	152	Alberto Freitas	Nova Linha Trail Runners	Veterano M40	02:57:38	+50:20	07:43
22	163	Manuel Barbosa	Paredes Running	Veterano M40	02:58:25	+51:06	07:45
23	181	Sergio Gomes	Trinca Orelhas de Gato	Veterano M40	02:58:25	+51:06	07:45
24	197	Bernardino Andrade	Individual	Veterano M40	03:01:28	+54:09	07:53
25	114	Luis Ribeiro	Individual	Veterano M40	03:04:17	+56:59	08:00
26	104	Carlos Azevedo	Individual	Veterano M40	03:08:00	+01:00:41	08:10
27	30	pedro caldas	EDV-VIANATRAIL	Veterano M40	03:08:28	+01:01:10	08:12
28	113	Luis Almeida	Individual	Veterano M40	03:09:51	+01:02:33	08:15
29	175	Vasco Silva	SS MONTEPIO	Veterano M40	03:13:01	+01:05:42	08:24
30	128	vitoeoelho	Individual	Veterano M40	03:14:41	+01:07:23	08:28
31	192	Paulo Jorge Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	03:17:32	+01:10:13	08:35
32	178	Luís Peixoto	Tricotar Trails Ivone	Veterano M40	03:19:52	+01:12:34	08:41
33	6	António Gonçalves	acsp	Veterano M40	03:24:21	+01:17:03	08:53
34	112	Jorge Ribeiro	Individual	Veterano M40	03:24:26	+01:17:08	08:53
35	117	Luis Terencio	Individual	Veterano M40	03:29:18	+01:22:00	09:06
36	115	Luis Ribeiro	Individual	Veterano M40	03:30:08	+01:22:50	09:08
37	103	Antero Cunha	Individual	Veterano M40	03:34:48	+01:27:29	09:20
38	122	Paulo Vilarinho	Individual	Veterano M40	03:38:36	+01:31:18	09:30
39	107	Diogo Trindade	Individual	Veterano M40	03:38:37	+01:31:19	09:30
40	108	Eduardo Esteves	Individual	Veterano M40	03:39:20	+01:32:01	09:32
41	123	Pedro Miguel Cristóvão Próspero	Individual	Veterano M40	03:40:27	+01:33:08	09:35
42	125	Ricardo Silva	Individual	Veterano M40	03:41:51	+01:34:33	09:39
43	42	Nuno Duarte	GDCT UNICRE	Veterano M40	03:52:37	+01:45:19	10:07
44	110	João Antunes	Individual	Veterano M40	04:04:22	+01:57:04	10:37
45	127	Sérgio Oliveira	Individual	Veterano M40	04:10:32	+02:03:13	10:54
46	120	Paulo Nuno Barbosa Sampaio	Individual	Veterano M40	04:16:08	+02:08:50	11:08
47	121	Paulo Seabra	Individual	Veterano M40	04:27:43	+02:20:25	11:38
48	119	Paulo Lorenzo Soares	Individual	Veterano M40	05:23:46	+03:16:27	14:05

Veterano M50

1	16	Américo Pinto	CCDTC.M.GONDOMAR	Veterano M50	02:33:33	+26:15	06:41
2	134	Paulo Baltasar Martins	Individual	Veterano M50	02:37:25	+30:07	06:51
3	129	Abilio Marques	Individual	Veterano M50	02:44:04	+36:46	07:08
4	132	Fernando Abilio Santos Vieira	Individual	Veterano M50	02:47:01	+39:43	07:16
5	131	António Serafim Cunha	Individual	Veterano M50	02:55:08	+47:49	07:37
6	7	Carlos Manuel Moreira Silva	ALIANÇA DE GANDRA	Veterano M50	02:55:42	+48:23	07:38
7	41	José Morais	Gaia Trail	Veterano M50	03:05:13	+57:55	08:03
8	21	António Teixeira	Clube Zupper	Veterano M50	03:05:34	+58:16	08:04
9	133	José Paulo Mesquita	Individual	Veterano M50	03:17:01	+01:09:42	08:34
10	130	Antonio Santos	Individual	Veterano M50	03:25:44	+01:18:26	08:57
11	145	António Ribeiro	Lusitanus_ Team	Veterano M50	03:38:49	+01:31:31	09:31
12	15	João Manuel Santos Silva	Carapaus	Veterano M50	03:48:56	+01:41:38	09:57
13	196	Manuel Rodrigues	CORRER LEÇA	Veterano M50	04:27:42	+02:20:23	11:38

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OFFICIAL RESULT

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1	141	Agostinho Sousa	Kunalama runners	Veterano M60	02:46:57	+39:39	07:16
2	9	José Rodrigo Sousa Magalhães	Atlético Clube Alfenense	Veterano M60	02:59:11	+51:53	07:47
3	136	José Carlos Pereira Gomes	Individual	Veterano M60	03:23:07	+01:15:48	08:50
4	158	Lino Moreira	Os TurboMula	Veterano M60	03:23:57	+01:16:39	08:52
5	138	Manuel Faria Sampaio	Individual	Veterano M60	03:26:49	+01:19:31	09:00
6	135	EDUARDO MEDEIROS	Individual	Veterano M60	03:30:37	+01:23:19	09:09

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