

30 KM

OFFICIAL RESULT

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:04	-99°C	-99%

Official Timekeeper: Lap2Go	1 / 3	generate 01-May-2019 15:04
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TRAIL LONGO - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	63	Adriano Pinto	individual	Senior Masculino	04:04:28	+01:21:58	08:09
42	66	Bruno silva	individual	Senior Masculino	04:05:45	+01:23:15	08:12
43	50	RICARDO TRIGO	ginásio fit4fun	Veterano M40	04:06:02	+01:23:32	08:12
44	28	PAULO SILVA	cdc são martinho da gândara	Veterano M40	04:08:24	+01:25:54	08:17
45	27	BRUNO BARGE	cdc são martinho da gândara	Senior Masculino	04:08:24	+01:25:54	08:17
46	79	Miguel Santos	individual	Veterano M40	04:11:02	+01:28:32	08:22
47	111	Vitor Folgado	outlaw runners team	Veterano M40	04:11:09	+01:28:39	08:22
48	13	Mario Santos	arrastassolas	Senior Masculino	04:11:13	+01:28:43	08:22
49	130	César Sousa	sporting clube de espinho / antónio leitão	Veterano M40	04:13:53	+01:31:23	08:28
50	26	Nuno Mariz	ccfamily	Veterano M40	04:14:21	+01:31:51	08:29
51	128	Liliana Cardoso	sporting clube de espinho / antónio leitão	Senior Feminino	04:14:44	+01:32:14	08:29
52	25	Bruno Rei	ccfamily	Senior Masculino	04:14:48	+01:32:18	08:30
53	113	Afonso Bonifacio	pernetas	Senior Masculino	04:16:04	+01:33:34	08:32
54	68	JOAO OLIVEIRA	individual	Senior Masculino	04:19:56	+01:37:26	08:40
55	71	Ricardo Gama	individual	Senior Masculino	04:21:37	+01:39:07	08:43
56	35	Jorge Duarte	espinho trail	Senior Masculino	04:23:25	+01:40:55	08:47
57	21	Nuno teixeira	bravos & bravitas	Senior Masculino	04:23:52	+01:41:22	08:48
58	133	Rolando Paulo	trail running clube btt sanguedo	Veterano M40	04:24:32	+01:42:02	08:49
59	109	António Oliveira	os finos	Veterano M40	04:24:34	+01:42:04	08:49
60	97	Dora Dias	no tomorrow running team	Senior Feminino	04:25:52	+01:43:22	08:52
61	103	António Magalhães	núcleo de montanha de espinho	Veterano M40	04:26:08	+01:43:38	08:52
62	51	Rui Ferreira	ginásio fit4fun	Veterano M40	04:26:15	+01:43:45	08:53
63	49	LUÍS GUERRA	ginásio fit4fun	Veterano M40	04:26:15	+01:43:45	08:53
64	148	Ricardo Duarte	espinho trail	Senior Masculino	04:27:18	+01:44:48	08:55
65	33	Bruno Duarte	espinho trail	Senior Masculino	04:27:19	+01:44:49	08:55
66	98	Raquel Vasconcelos	no tomorrow running team	Veterana F40	04:28:10	+01:45:40	08:56
67	99	Paulo Gomes	no tomorrow running team	Veterano M40	04:28:11	+01:45:41	08:56
68	78	Marcos Gandra	individual	Veterano M40	04:28:48	+01:46:18	08:58
69	102	Sofia Coelho	núcleo de montanha de espinho	Veterana F40	04:31:36	+01:49:06	09:03
70	85	sérgio pinto almeida	individual	Veterano M40	04:31:56	+01:49:26	09:04
71	112	Vitor santos	outlaw runners team	Veterano M40	04:32:59	+01:50:29	09:06
72	18	Mi conceição Alves Couto	boavista trail	Senior Feminino	04:33:15	+01:50:45	09:07
73	70	Óscar Teixeira	individual	Senior Masculino	04:35:06	+01:52:36	09:10
74	75	Jorge Alves	individual	Veterano M40	04:36:30	+01:54:00	09:13
75	52	Bruno Andrade	grupo de corrida de argoncilhe	Senior Masculino	04:40:40	+01:58:10	09:21
76	53	Tiago Oliveira	grupo de corrida de argoncilhe	Senior Masculino	04:40:41	+01:58:11	09:21
77	23	Miguel Ferreira	bravos & bravitas	Veterano M40	04:41:17	+01:58:47	09:23
78	57	Maria Franco	hora do lobo trail	Senior Feminino	04:42:03	+01:59:33	09:24
79	106	João Graça	núcleo de montanha de espinho	Veterano M40	04:43:49	+02:01:19	09:28
80	101	Rui André Martins	núcleo de montanha de espinho	Senior Masculino	04:43:50	+02:01:20	09:28
81	61	Luis Morais	hora do lobo trail	Veterano M40	04:44:36	+02:02:06	09:29
82	19	Paulo Nunes	boavista trail	Veterano M40	04:47:15	+02:04:45	09:35
83	12	Manuel Rodrigues	arcorun	Veterano M50	04:47:16	+02:04:46	09:35
84	120	Ricardo Pais	running espinho	Senior Masculino	04:50:35	+02:08:05	09:41
85	56	Liliana Costa	grupo fontes running team	Senior Feminino	04:52:19	+02:09:49	09:45
86	67	Frederico Santos	individual	Senior Masculino	04:52:19	+02:09:49	09:45

30 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	10	Miguel Barros	arcorun	Veterano M40	04:53:37	+02:11:07	09:47
88	62	Banita	individual	Senior Feminino	04:54:52	+02:12:22	09:50
89	100	Carla Sofia Neves Monteiro	núcleo de montanha de espinho	Senior Feminino	04:54:52	+02:12:22	09:50
90	60	Cristina Saraiva	hora do lobo trail	Veterana F50	04:54:52	+02:12:22	09:50
91	36	Márcio Moreira	espinho trail	Senior Masculino	04:59:15	+02:16:45	09:59
92	73	Abel Correia	individual	Veterano M40	05:02:09	+02:19:39	10:04
93	30	Carlos Navega	cncbacadapasso	Veterano M50	05:05:18	+02:22:48	10:11
94	72	Sandro Pinheiro	individual	Senior Masculino	05:05:59	+02:23:29	10:12
95	110	Ivo Couto	outlaw runners team	Veterano M40	05:08:00	+02:25:30	10:16
96	64	Bruno Ribeiro	individual	Senior Masculino	05:12:39	+02:30:09	10:25
97	124	Manuel Abreu	running espinho	Veterano M40	05:12:40	+02:30:10	10:25
98	47	PEDRO MAGALHAES	ginásio fit4fun	Senior Masculino	05:14:04	+02:31:34	10:28
99	46	CARLOS MAGALHAES	ginásio fit4fun	Senior Masculino	05:14:04	+02:31:34	10:28
100	80	Paulo Duarte	individual	Veterano M40	05:21:37	+02:39:07	10:43
101	44	Susana Sousa	focoteam24	Senior Feminino	05:31:25	+02:48:55	11:03
102	59	Sónia Guimarães	hora do lobo trail	Veterana F40	05:34:40	+02:52:10	11:09
103	83	Pedro Oliveira	individual	Veterano M40	05:44:44	+03:02:14	11:29
104	69	Márcio	individual	Senior Masculino	05:45:59	+03:03:29	11:32
105	7	Maria João Fernandes	arcorun	Veterana F40	05:46:00	+03:03:30	11:32
106	6	Nuno Filipe Fernandes	arcorun	Senior Masculino	05:46:00	+03:03:30	11:32
107	8	Sandra Ferreira	arcorun	Veterana F40	05:46:12	+03:03:42	11:32
108	9	José Correia	arcorun	Veterano M40	05:46:13	+03:03:43	11:32
109	3	Paulo Reis	arcorun	Veterano M40	05:46:13	+03:03:43	11:32
110	136	José Costa	vassouras pernetas f.c.	Veterano M50	06:00:00	+03:17:30	12:00

Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	15:04	-99°C	-99%

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

1	45	Carina Pinho	Ginásio Fit4Fun	Senior Feminino	03:45:39	+01:03:09	07:31:48
2	128	Liliana Cardoso	Sporting Clube de Espinho / António Leitão	Senior Feminino	04:14:44	+01:32:14	08:29:58
3	97	Dora Dias	NO TOMORROW RUNNING TEAM	Senior Feminino	04:25:52	+01:43:22	08:52:04
4	18	Mi conceição Alves Couto	Boavista Trail	Senior Feminino	04:33:15	+01:50:45	09:07:00
5	57	Maria Franco	Hora do Lobo Trail	Senior Feminino	04:42:03	+01:59:33	09:24:36
6	56	Liliana Costa	Grupo Fontes Running Team	Senior Feminino	04:52:19	+02:09:49	09:45:08
7	62	Banita	Individual	Senior Feminino	04:54:52	+02:12:22	09:50:14
8	100	Carla Sofia Neves Monteiro	Núcleo de Montanha de Espinho	Senior Feminino	04:54:52	+02:12:22	09:50:14
9	44	Susana Sousa	Focoteam24	Senior Feminino	05:31:25	+02:48:55	11:03:00

Senior Masculino

1	11	Hélio Fumo	Individual	Senior Masculino	02:42:30	05:25
2	137	Pedro Bastos	VcbikeBtt	Senior Masculino	03:07:15	+24:45 06:15
3	31	Ivan Silva	EDV Viana Trail	Senior Masculino	03:14:24	+31:54 06:29
4	20	Bruno Silva	Bravos & Bravitas	Senior Masculino	03:15:22	+32:52 06:31
5	5	Filipe Miguel Salvado Afonso	AC Portalegre/UTSM	Senior Masculino	03:22:53	+40:23 06:46
6	95	Fábio Almeida	NAC TRAIL	Senior Masculino	03:35:11	+52:41 07:10
7	39	Vitor Maia	ESPINHO TRAIL	Senior Masculino	03:40:14	+57:44 07:20
8	90	Alexandre Leite	Juventude Cortegacense	Senior Masculino	03:44:01	+01:01:31 07:28
9	91	Joao Valente	Juventude Cortegacense	Senior Masculino	03:45:09	+01:02:39 07:30
10	34	Filipe Couto	ESPINHO TRAIL	Senior Masculino	03:50:50	+01:08:20 07:42
11	24	Bruno Macedo	Caga Tacos Running Team	Senior Masculino	03:51:07	+01:08:37 07:42
12	58	Rui Gomes	Hora do Lobo Trail	Senior Masculino	03:54:17	+01:11:47 07:49
13	121	Vitor Rito	RUNNING ESPINHO	Senior Masculino	03:56:39	+01:14:09 07:53
14	65	Bruno Ribeiro	Individual	Senior Masculino	04:01:53	+01:19:23 08:04
15	32	António Duarte	ESPINHO TRAIL	Senior Masculino	04:02:36	+01:20:06 08:05
16	63	Adriano Pinto	Individual	Senior Masculino	04:04:28	+01:21:58 08:09
17	66	Bruno Silva	Individual	Senior Masculino	04:05:45	+01:23:15 08:12
18	27	BRUNO BARGE	CDC SÃO MARTINHO DA GÂNDARA	Senior Masculino	04:08:24	+01:25:54 08:17
19	13	Mario Santos	ARRASTASSOLAS	Senior Masculino	04:11:13	+01:28:43 08:22
20	25	Bruno Rei	CCFAMILY	Senior Masculino	04:14:48	+01:32:18 08:30
21	113	Afonso Bonifacio	Pernetas	Senior Masculino	04:16:04	+01:33:34 08:32
22	68	JOAO OLIVEIRA	Individual	Senior Masculino	04:19:56	+01:37:26 08:40
23	71	Ricardo Gama	Individual	Senior Masculino	04:21:37	+01:39:07 08:43
24	35	Jorge Duarte	ESPINHO TRAIL	Senior Masculino	04:23:25	+01:40:55 08:47
25	21	Nuno teixeira	Bravos & Bravitas	Senior Masculino	04:23:52	+01:41:22 08:48

Official Timekeeper: Lap2Go	1 / 4	generate 01-May-2019 15:05
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Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

26	148	Ricardo Duarte	ESPINHO TRAIL	Senior Masculino	04:27:18	+01:44:48	08:55
27	33	Bruno Duarte	ESPINHO TRAIL	Senior Masculino	04:27:19	+01:44:49	08:55
28	70	Óscar Teixeira	Individual	Senior Masculino	04:35:06	+01:52:36	09:10
29	52	Bruno Andrade	Grupo de Corrida de Argoncilhe	Senior Masculino	04:40:40	+01:58:10	09:21
30	53	Tiago Oliveira	Grupo de Corrida de Argoncilhe	Senior Masculino	04:40:41	+01:58:11	09:21
31	101	Rui André Martins	Núcleo de Montanha de Espinho	Senior Masculino	04:43:50	+02:01:20	09:28
32	120	Ricardo Pais	RUNNING ESPINHO	Senior Masculino	04:50:35	+02:08:05	09:41
33	67	Frederico Santos	Individual	Senior Masculino	04:52:19	+02:09:49	09:45
34	36	Márcio Moreira	ESPINHO TRAIL	Senior Masculino	04:59:15	+02:16:45	09:59
35	72	Sandro Pinheiro	Individual	Senior Masculino	05:05:59	+02:23:29	10:12
36	64	Bruno Ribeiro	Individual	Senior Masculino	05:12:39	+02:30:09	10:25
37	47	PEDRO MAGALHAES	Ginásio Fit4Fun	Senior Masculino	05:14:04	+02:31:34	10:28
38	46	CARLOS MAGALHAES	Ginásio Fit4Fun	Senior Masculino	05:14:04	+02:31:34	10:28
39	69	Márcio	Individual	Senior Masculino	05:45:59	+03:03:29	11:32
40	6	Nuno Filipe Fernandes	ARCORUN	Senior Masculino	05:46:00	+03:03:30	11:32

Veterana F40

1	48	ALICE LOPES	Ginásio Fit4Fun	Veterana F40	03:45:41	+01:03:11	07:31
2	122	Cristina Passos	RUNNING ESPINHO	Veterana F40	03:52:52	+01:10:22	07:46
3	98	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Veterana F40	04:28:10	+01:45:40	08:56
4	102	Sofia Coelho	Núcleo de Montanha de Espinho	Veterana F40	04:31:36	+01:49:06	09:03
5	59	Sónia Guimarães	Hora do Lobo Trail	Veterana F40	05:34:40	+02:52:10	11:09
6	7	Maria João Fernandes	ARCORUN	Veterana F40	05:46:00	+03:03:30	11:32
7	8	Sandra Ferreira	ARCORUN	Veterana F40	05:46:12	+03:03:42	11:32

Veterana F50

1	17	Conceição Ferreira	Aztrail/Mercentro	Veterana F50	04:03:18	+01:20:48	08:07
2	60	Cristina Saraiva	Hora do Lobo Trail	Veterana F50	04:54:52	+02:12:22	09:50

Veterano M40

1	126	Antonio Amorim	Serviços Sociais Câmara Santa Maria da Feira	Veterano M40	02:57:36	+15:06	05:55
2	43	Gilberto Costa	ESPINHO TRAIL	Veterano M40	03:03:28	+20:58	06:07
3	74	Domingos Jorge Costa Gomes	Individual	Veterano M40	03:07:34	+25:04	06:15
4	104	Fernando Santos	Núcleo de Montanha de Espinho	Veterano M40	03:33:04	+50:34	07:06
5	105	Fofoni	Núcleo de Montanha de Espinho	Veterano M40	03:33:04	+50:34	07:06
6	82	Paulo Sá	Individual	Veterano M40	03:34:38	+52:08	07:09
7	55	Sérgio	Grupo de Corrida de Argoncilhe	Veterano M40	03:40:15	+57:45	07:21
8	107	José Silva	Núcleo de Montanha de Espinho	Veterano M40	03:47:49	+01:05:19	07:36
9	54	Bruno Tavares	Grupo de Corrida de Argoncilhe	Veterano M40	03:47:49	+01:05:19	07:36
10	123	Jose Antonio de Oliveira Ribeiro da Silva	RUNNING ESPINHO	Veterano M40	03:47:49	+01:05:19	07:36

Trail Longo

30 KM

[illegible]

OFFICIAL RESULT

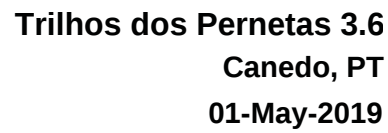
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11	15	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	03:55:15	+01:12:45	07:51
12	108	Marco Botelho	OS FALTA D´AR	Veterano M40	04:02:16	+01:19:46	08:05
13	77	José Organista	Individual	Veterano M40	04:02:40	+01:20:10	08:05
14	42	Eduardo Pinto	ESPINHO TRAIL	Veterano M40	04:02:58	+01:20:28	08:06
15	14	Luis Ribeiro	ARRASTASSOLAS	Veterano M40	04:03:03	+01:20:33	08:06
16	22	Jorge Querós	Bravos & Bravitas	Veterano M40	04:03:58	+01:21:28	08:08
17	50	RICARDO TRIGO	Ginásio Fit4Fun	Veterano M40	04:06:02	+01:23:32	08:12
18	28	PAULO SILVA	CDC SÃO MARTINHO DA GÂNDARA	Veterano M40	04:08:24	+01:25:54	08:17
19	79	Miguel Santos	Individual	Veterano M40	04:11:02	+01:28:32	08:22
20	111	Vitor Folgado	Outlaw Runners Team	Veterano M40	04:11:09	+01:28:39	08:22
21	130	César Sousa	Sporting Clube de Espinho / António Leitão	Veterano M40	04:13:53	+01:31:23	08:28
22	26	Nuno Mariz	CCFAMILY	Veterano M40	04:14:21	+01:31:51	08:29
23	133	Rolando Paulo	Trail Running Clube Btt Sanguedo	Veterano M40	04:24:32	+01:42:02	08:49
24	109	António Oliveira	Os Finos	Veterano M40	04:24:34	+01:42:04	08:49
25	103	António Magalhães	Núcleo de Montanha de Espinho	Veterano M40	04:26:08	+01:43:38	08:52
26	51	Rui Ferreira	Ginásio Fit4Fun	Veterano M40	04:26:15	+01:43:45	08:53
27	49	LUÍS GUERRA	Ginásio Fit4Fun	Veterano M40	04:26:15	+01:43:45	08:53
28	99	Paulo Gomes	NO TOMORROW RUNNING TEAM	Veterano M40	04:28:11	+01:45:41	08:56
29	78	Marcos Gandra	Individual	Veterano M40	04:28:48	+01:46:18	08:58
30	85	sérgio pinto almeida	Individual	Veterano M40	04:31:56	+01:49:26	09:04
31	112	Vitor santos	Outlaw Runners Team	Veterano M40	04:32:59	+01:50:29	09:06
32	75	Jorge Alves	Individual	Veterano M40	04:36:30	+01:54:00	09:13
33	23	Miguel Ferreira	Bravos & Bravitas	Veterano M40	04:41:17	+01:58:47	09:23
34	106	João Graça	Núcleo de Montanha de Espinho	Veterano M40	04:43:49	+02:01:19	09:28
35	61	Luis Morais	Hora do Lobo Trail	Veterano M40	04:44:36	+02:02:06	09:29
36	19	Paulo Nunes	Boavista Trail	Veterano M40	04:47:15	+02:04:45	09:35
37	10	Miguel Barros	ARCORUN	Veterano M40	04:53:37	+02:11:07	09:47
38	73	Abel Correia	Individual	Veterano M40	05:02:09	+02:19:39	10:04
39	110	Ivo Couto	Outlaw Runners Team	Veterano M40	05:08:00	+02:25:30	10:16
40	124	Manuel Abreu	RUNNING ESPINHO	Veterano M40	05:12:40	+02:30:10	10:25
41	80	Paulo Duarte	Individual	Veterano M40	05:21:37	+02:39:07	10:43
42	83	Pedro Oliveira	Individual	Veterano M40	05:44:44	+03:02:14	11:29
43	9	José Correia	ARCORUN	Veterano M40	05:46:13	+03:03:43	11:32
44	3	Paulo Reis	ARCORUN	Veterano M40	05:46:13	+03:03:43	11:32

Veterano M50

1	88	António Pinto	Individual	Veterano M50	03:12:15	+29:45	06:25
2	96	AGOSTINHO COSTA	NAC TRAIL	Veterano M50	03:16:23	+33:53	06:33
3	89	Jorge Ferreira	Individual	Veterano M50	03:37:48	+55:18	07:16
4	119	Manuel Zola	Pupilos do Zé Tó	Veterano M50	03:40:53	+58:23	07:22
5	86	Adriano matias dos santos lima oliveira	Individual	Veterano M50	03:42:15	+59:45	07:25
6	12	Manuel Rodrigues	ARCORUN	Veterano M50	04:47:16	+02:04:46	09:35
7	30	Carlos Navega	CNCBacadapasso	Veterano M50	05:05:18	+02:22:48	10:11

Official Timekeeper: Lap2Go	3 / 4	generate 01-May-2019 15:05
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30 KM

OFFICIAL RESULT

8	136	José Costa	Vassouras Pernetas F.C.	Veterano M50	06:00:00	+03:17:30	12:00
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Official Timekeeper: Lap2Go	1 / 1	generate 01-May-2019 15:05
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