

TRAIL LONGO

30 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	08:00	20,2°C	73,7%
End	17:45	20.2°C	73.7%

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
1	236	paulo César	ctad - tiagoaragao.com	Senior Masculino	03:51:07	03:51:06	07:42
2	390	Vitor Ferreira	oralklass-amigos do trail	Senior Masculino	03:51:51	03:51:50	07:44
3	317	Pedro Alberto da Costa Sousa	individual	Senior Masculino	04:03:52	04:03:50	08:08
4	239	Tiago Aragão	ctad - tiagoaragao.com	Senior Masculino	04:04:30	04:04:26	08:09
5	337	ADOLFO GARRIDO FERNANDEZ	individual	Veterano M40	04:07:00	04:06:59	08:14
6	240	Victor Fernandes	ctad - tiagoaragao.com	Senior Masculino	04:07:01	04:07:00	08:14
7	255	Esteveny	fredinho	Senior Masculino	04:10:16	04:10:13	08:21
8	325	Sergio Duarte	individual	Senior Masculino	04:13:29	04:13:28	08:27
9	204	daniel ferreira	associação desportiva de cabroelo	Senior Masculino	04:15:14	04:15:07	08:30
10	328	Tiago Teixeira	individual	Senior Masculino	04:15:20	04:15:19	08:31
11	376	Carlos Correia	o mundo da corrida	Senior Masculino	04:24:59	04:24:55	08:50
12	423	Rogério Vicente	starolas	Senior Masculino	04:25:27	04:25:25	08:51
13	238	Pedro Miguel Moreira Mouta	ctad - tiagoaragao.com	Senior Masculino	04:27:22	04:27:17	08:55
14	266	Lucinda Santos Sousa	gondomar futsal	Veterana F40	04:27:32	04:27:30	08:55
15	201	Gabriel Coutinho	asociação desportiva da efaced	Senior Masculino	04:28:20	04:28:03	08:57
16	241	Vitor André Silva Cardoso	ctad - tiagoaragao.com	Senior Masculino	04:30:02	04:29:56	09:00
17	378	Tiago Salgueiro	o mundo da corrida	Senior Masculino	04:33:25	04:33:21	09:07
18	628	Miguel Pires	individual	Senior Masculino	04:40:09	04:40:07	09:20
19	393	Manuel Ferreira	oralklass-amigos do trail	Veterano M50	04:45:19	04:45:17	09:31
20	235	Bruno Santos	ctad - tiagoaragao.com	Senior Masculino	04:52:56	04:52:51	09:46
21	321	Rúben Miguel Mendes Alves	individual	Senior Masculino	04:53:20	04:53:17	09:47
22	348	Paulo Ferreira	individual	Veterano M40	04:53:56	04:53:51	09:48
23	298	Hélder Miguel Vieira da Silva	individual	Senior Masculino	04:56:54	04:56:44	09:54
24	219	Luís Filipe da Rocha Gonçalves	centro municipal de marcha e corrida de s. joão da pescaieira	Senior Masculino	04:57:09	04:56:57	09:54
25	257	Bruno Dias	free trail vilar de perdizes 6 setembro 2014	Veterano M40	04:58:13	04:57:56	09:56
26	436	Jorge Silva	gondomar futsal	Veterano M50	04:59:05	04:59:03	09:58
27	207	António Loureiro	blade runners	Veterano M40	05:01:03	05:00:58	10:02
28	623	Marco Paulo Alves Brochado	individual	Senior Masculino	05:01:06	05:01:04	10:02
29	208	José Luis Machado Loureiro	blade runners	Veterano M50	05:01:38	05:01:36	10:03
30	212	Joaquim Pedro Oliveira	budeguita runners	Veterano M40	05:02:51	05:02:36	10:06
31	213	Jorge Manuel de Jesus Maia	budeguita runners	Veterano M40	05:02:52	05:02:37	10:06
32	332	Augusta Loureiro	individual	Veterana F40	05:03:40	05:03:40	10:07
33	558	Ricardo Rocha	fast ao km	Senior Masculino	05:04:21	05:04:19	10:09
34	381	Filipe Primitivo	offtel runners	Senior Masculino	05:04:27	05:04:18	10:09
35	262	NELSON RODRIGUES	galhardos runners	Senior Masculino	05:05:22	05:05:11	10:11
36	388	Rui Pereira	oralklass-amigos do trail	Senior Masculino	05:06:17	05:06:13	10:13
37	384	Fernando Grabulho	oralklass-amigos do trail	Senior Masculino	05:06:17	05:06:13	10:13
38	389	Sérgio Suzano	oralklass-amigos do trail	Senior Masculino	05:08:01	05:07:58	10:16
39	313	Nuno Abreu	individual	Senior Masculino	05:13:42	05:13:40	10:27
40	379	Jorge Tiago	o mundo da corrida	Veterano M40	05:14:47	05:14:42	10:30
41	347	Paulo Davide Lourenço	individual	Veterano M40	05:16:15	05:16:12	10:32

Official Timekeeper: Lap2Go	1 / 5	generate 17-jul-2014 12:18
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TRAIL LONGO

30 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	T/KM
42	380	Bárbara de Carvalho Fernandes	offtel runners	Senior Feminino	05:16:41	05:16:32	10:33
43	365	José Carlos Gomes	ligeirinhos	Veterano M50	05:16:54	05:16:34	10:34
44	349	Paulo Jorge Pinho Ferreira	individual	Veterano M40	05:17:30	05:17:22	10:35
45	222	Sérgio Monteiro	cia alpendorada	Senior Masculino	05:17:52	05:17:51	10:36
46	242	Viriato Dias	ctad - tiagoaragao.com	Veterano M40	05:20:47	05:20:39	10:42
47	202	Tiago André Sousa	asociação desportiva da efacec	Senior Masculino	05:20:56	05:20:39	10:42
48	402	Hugo Sa	prt/ad quinta	Senior Masculino	05:22:06	05:21:59	10:44
49	304	Jorge alves	individual	Senior Masculino	05:23:00	05:22:48	10:46
50	292	Francisco Pacheco	individual	Senior Masculino	05:23:00	05:22:49	10:46
51	422	Antonio Azevedo	só eu	Veterano M50	05:23:18	05:23:13	10:47
52	419	Mario Oliveira	shots international runners	Senior Masculino	05:23:53	05:23:44	10:48
53	400	Carlos Lourenço	pinhal total - oleiros aventura	Veterano M40	05:24:44	05:24:43	10:49
54	435	Brigida Pinto	oralklass-amigos do trail	Senior Feminino	05:31:21	05:31:20	11:03
55	215	Alexandre Neves2	c.c.d.t.c.m.gondomar	Senior Masculino	05:32:09	05:32:05	11:04
56	267	Rosario Martins	gondomar futsal	Veterana F40	05:32:09	05:32:05	11:04
57	352	Alipio Lopes	individual	Veterano M50	05:32:56	05:32:54	11:06
58	370	Leonardo Maia	minho aventura	Senior Masculino	05:34:26	05:34:08	11:09
59	360	Rui Serafim Valente Santos	k2 run	Veterano M40	05:36:45	05:36:43	11:13
60	408	Luis Vieira	realtintas / cyber café	Veterano M40	05:37:10	05:37:03	11:14
61	383	David Morais	oralklass-amigos do trail	Senior Masculino	05:38:48	05:38:45	11:18
62	359	Maria Gerardo	k2 run	Veterana F40	05:39:40	05:39:38	11:19
63	353	António Carlos Silva Teixeira	individual	Veterano M50	05:41:00	05:40:43	11:22
64	411	Helio Borges	running team lanthemil	Senior Masculino	05:44:11	05:43:49	11:28
65	387	Ruben Martins	oralklass-amigos do trail	Senior Masculino	05:44:12	05:44:10	11:28
66	297	Helder Ferreira	individual	Senior Masculino	05:44:12	05:44:00	11:28
67	205	Luís Carvalhais	bilarunners	Veterano M40	05:44:13	05:44:08	11:28
68	412	Pedro Oliveira	running team lanthemil	Senior Masculino	05:44:14	05:43:52	11:28
69	273	Ana Ferreira	individual	Senior Feminino	05:45:26	05:45:20	11:31
70	243	Viriato Gil Tavares Almeida	d´ouro & moments	Veterano M40	05:45:29	05:45:22	11:31
71	416	Artur Pereira	shots international runners	Senior Masculino	05:48:42	05:48:32	11:37
72	323	Rui Jorge Pereira Marinho Ribeiro	individual	Senior Masculino	05:48:42	05:48:26	11:37
73	223	RICHARD GUSTAVO NOGUEIRA DA SILVA	clube btt sanguedo	Veterano M40	05:49:31	05:49:16	11:39
74	355	Francisco José Gomes da Costa	individual	Veterano M50	05:50:54	05:50:30	11:42
75	281	Mariana Delgado	individual	Senior Feminino	05:50:54	05:50:31	11:42
76	200	Lieven Verraest	all among&together team	Veterano M40	05:51:45	05:51:39	11:44
77	432	Paulo José Moreira	turbulentos	Veterano M50	05:51:53	05:51:45	11:44
78	621	jose rodrigues	individual	Senior Masculino	05:52:51	05:52:32	11:46
79	431	Nuno Filipe Amorim da Silva	turbulentos	Senior Masculino	05:52:53	05:52:45	11:46
80	256	Mauro Fernandes	free trail vilar de perdizes 6 setembro 2014	Senior Masculino	05:53:56	05:53:38	11:48
81	338	António Paulo da Silva Jardim Martins	individual	Veterano M40	05:54:05	05:53:59	11:48
82	343	José Carlos da Silva Jardim Martins	individual	Veterano M40	05:54:12	05:54:07	11:48
83	237	Paulo Magano	ctad - tiagoaragao.com	Senior Masculino	05:55:14	05:55:10	11:50
84	16	JOSE COELHO	clube atletismo lamas	Senior Masculino	05:56:53	05:56:37	11:54
85	274	Daniela Ferreira Fernandes	individual	Senior Feminino	05:57:55	05:57:43	11:56
86	330	Vítor Paulo Duarte Caldeira	individual	Senior Masculino	05:57:55	05:57:38	11:56

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30 KM

[illegible]

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
87	420	Ricardo Henriques	shots international runners	Senior Masculino	05:58:26	05:58:17	11:57
88	429	Pedro Santos	team duas faces	Senior Masculino	05:59:56	05:59:45	12:00
89	289	Bruno Dias	individual	Senior Masculino	06:00:23	06:00:16	12:01
90	350	Paulo Machado	individual	Veterano M40	06:00:50	06:00:43	12:02
91	259	Hugo Sousa	funky runners	Senior Masculino	06:00:55	06:00:37	12:02
92	203	Tiago Joaquim Sousa	asociação desportiva da efaced	Senior Masculino	06:02:11	06:02:07	12:04
93	284	Tito André Moreira Gomes	individual	Senior Feminino	06:02:21	06:02:02	12:05
94	382	Rita Loureiro	oralklass-amigos do trail	Senior Feminino	06:02:23	06:02:21	12:05
95	430	Sandra Maria Finisterra Travessas	turbulentos	Senior Feminino	06:02:26	06:02:19	12:05
96	308	LUIS MAROCO	individual	Senior Masculino	06:05:49	06:05:30	12:12
97	303	joao fonseca	individual	Senior Masculino	06:05:49	06:05:30	12:12
98	351	Paulo Manuel Martins	individual	Veterano M40	06:05:49	06:05:30	12:12
99	336	Sara santos silva	individual	Veterana F40	06:08:16	06:08:02	12:17
100	354	António Fonseca	individual	Veterano M50	06:08:16	06:08:01	12:17
101	334	isabel almeida	individual	Veterana F40	06:08:19	06:08:11	12:17
102	310	Marco Rodrigues	individual	Senior Masculino	06:08:20	06:08:10	12:17
103	209	Eurico Fernando Portela Mendes	blocos	Veterano M40	06:08:20	06:08:07	12:17
104	395	Pedro Gil Alves	os carros vassoura	Senior Masculino	06:08:49	06:08:36	12:18
105	331	Anabela Pombeiro	individual	Veterana F40	06:09:00	06:08:54	12:18
106	249	Jorge Joaquim Montenegro Silveira	extreme academy	Senior Masculino	06:10:14	06:10:02	12:20
107	263	RUI VIEGAS	galhardos runners	Senior Masculino	06:11:38	06:11:27	12:23
108	218	Fausto José Pereira Neve	centro municipal de marcha e corrida de s. joão da pesca	Senior Masculino	06:11:51	06:11:39	12:24
109	340	Gil Megre	individual	Veterano M40	06:15:58	06:15:40	12:32
110	358	Célia Cristina Dias Valente Pereira	k2 run	Veterana F40	06:16:02	06:16:00	12:32
111	392	Pedro Seixas	oralklass-amigos do trail	Veterano M40	06:16:08	06:16:04	12:32
112	399	Antonio Madeira	pickle films	Veterano M50	06:21:02	06:20:56	12:42
113	86	jose camelo	individual	Veterano M40	06:21:51	06:21:49	12:44
114	339	Francisco Brito	individual	Veterano M40	06:28:41	06:28:41	12:57
115	246	Miguel Oliveira	desportivo atlético recardães	Senior Masculino	06:29:03	06:28:54	12:58
116	276	Elisabete costa	individual	Senior Feminino	06:29:40	06:29:40	12:59
117	270	Paulo Alves	gondomar futsal	Veterano M40	06:29:45	06:29:41	13:00
118	265	Ana Maria Amaral	gondomar futsal	Veterana F40	06:29:45	06:29:41	13:00
119	258	Goreti Rocha	funky runners	Senior Feminino	06:29:56	06:29:40	13:00
120	261	Rodrigo Ferraz	funky runners	Veterano M40	06:29:56	06:29:39	13:00
121	271	Antonio Carneiro	groupama trail team	Veterano M40	06:31:03	06:30:51	13:02
122	397	Fernanda Pinho	parque health club	Veterana F40	06:32:17	06:32:04	13:05
123	221	Júlia helen	chaves running team	Senior Feminino	06:34:10	06:34:04	13:08
124	234	Luis Fernandes	correr viseu	Senior Masculino	06:37:25	06:37:22	13:15
125	230	Fernando Carneiro	club zupper	Veterano M40	06:38:53	06:38:39	13:18
126	312	Mika Magalhaes	nucleo de montanha espinho	Senior Masculino	06:38:58	06:38:43	13:18
127	229	Pedro Cancelo	club zupper	Senior Masculino	06:39:09	06:38:55	13:18
128	413	Ana Costa	running team maia	Senior Feminino	06:40:45	06:40:29	13:21
129	314	nuno marques	individual	Senior Masculino	06:40:45	06:40:24	13:21
130	293	Gabriel Mateus	individual	Senior Masculino	06:41:12	06:41:12	13:22
131	425	Carlos Brito	talentos team	Senior Masculino	06:43:54	06:43:39	13:28

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30 KM

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OFFICIAL RESULT

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REVISED

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
132	220	Custódio Paulo Tavares Alves	centro municipal de marcha e corrida de s. joão da pesca	Veterano M40	06:44:17	06:44:05	13:29
133	283	Susana Moreira	individual	Senior Feminino	06:44:30	06:44:25	13:29
134	346	Paulo Correia Alves	individual	Veterano M40	06:44:30	06:44:19	13:29
135	369	ANA LUIS	minho aventura	Senior Feminino	06:45:23	06:45:03	13:31
136	269	Jose Amaro	gondomar futsal	Veterano M40	06:46:58	06:46:54	13:34
137	275	Daniela Pereira	caes d avenida	Senior Feminino	06:49:47	06:49:40	13:40
138	366	Rui da Silva Santos	liketomove.com	Senior Masculino	06:49:47	06:49:41	13:40
139	296	Helder F. Silva	individual	Senior Masculino	06:50:02	06:49:45	13:40
140	316	Paulo Fernando Figueiredo Pires	individual	Senior Masculino	06:50:05	06:49:48	13:40
141	342	Jorge Pinto	individual	Veterano M40	06:50:19	06:50:13	13:41
142	305	Jorge Louro	individual	Senior Masculino	06:57:16	06:57:05	13:55
143	272	Ana Chande	individual	Senior Feminino	06:57:59	06:57:47	13:56
144	315	Nuno Ribeiro	individual	Senior Masculino	06:57:59	06:57:46	13:56
145	394	Susana Santos	os carros vassoura	Senior Feminino	07:01:02	07:00:48	14:02
146	326	Tiago Miguel Soeiro	individual	Senior Masculino	07:02:38	07:02:25	14:05
147	418	João Martins	shots international runners	Senior Masculino	07:04:46	07:04:37	14:10
148	417	Ivo Lopes	shots international runners	Senior Masculino	07:04:46	07:04:36	14:10
149	409	Maria Manuela Machado	run 4 fun	Veterana F50	07:08:40	07:08:21	14:17
150	253	Sónia Mota	extreme academy	Veterana F40	07:10:49	07:10:36	14:22
151	248	Marta Lopes	extreme academy	Senior Feminino	07:10:49	07:10:36	14:22
152	254	Pedro Nuno Milheiro Silva Maia	extreme academy	Veterano M40	07:10:51	07:10:38	14:22
153	250	Luís Miguel Monteiro Gonçalves	extreme academy	Senior Masculino	07:10:51	07:10:39	14:22
154	333	Claudia Pargana	individual	Veterana F40	07:14:52	07:14:32	14:30
155	428	VASCO MAGALHÃES	tartarugas solidárias	Senior Masculino	07:14:56	07:14:46	14:30
156	299	Hervé Marrinhas	individual	Senior Masculino	07:14:56	07:14:46	14:30
157	356	Manuel Faria Sampaio	individual	Veterano M50	07:18:31	07:18:21	14:37
158	226	Rui Meireles	clube portugal telecom - zona norte	Senior Masculino	07:19:20	07:19:13	14:39
159	210	António Santos Pereira	born to be wild	Veterano M50	07:19:52	07:19:44	14:40
160	291	Fernando Silva	individual	Senior Masculino	07:19:57	07:19:41	14:40
161	375	Rui Almeida	norteface	Veterano M40	07:21:38	07:21:30	14:43
162	225	José Correia	clube portugal telecom - zona norte	Senior Masculino	07:21:45	07:21:37	14:44
163	345	Paulo António Ribeiro de Sousa	individual	Veterano M40	07:22:48	07:22:36	14:46
164	374	João Pinto	no tomorrow running team	Senior Masculino	07:23:06	07:22:49	14:46
165	280	margarida figueiroa	individual	Senior Feminino	07:24:23	07:24:08	14:49
166	1009	João Fonseca	individual	Senior Masculino	07:24:24	07:24:09	14:49
167	396	Ivete Carneiro	os carros vassoura	Veterana F40	07:26:38	07:26:25	14:53
168	427	Joao Miranda	tãlentos team	Veterano M40	07:26:43	07:26:29	14:53
169	426	Francisco Oliveira	tãlentos team	Senior Masculino	07:26:43	07:26:28	14:53
170	373	Raquel Vasconcelos	no tomorrow running team	Senior Feminino	07:26:59	07:26:43	14:54
171	361	Pedro Lobo	lap2go	Senior Masculino	07:31:43	07:31:25	15:03
172	362	Miguel Guimaraes	lap2go	Veterano M40	07:31:43	07:31:25	15:03
173	228	Francisco Manuel Magalhães Teotónio	clube via metro	Veterano M40	07:32:30	07:32:12	15:05
174	227	Nuno Machado	clube via metro	Senior Masculino	07:32:50	07:32:32	15:06
175	224	Carla Maria Gonçalves de Macedo Moreira	clube na roda da ana rocha	Veterana F40	07:32:53	07:32:32	15:06

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30 KM

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REVISED

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	CHIP TIME	t/KM
176	300	Hugo Edgar Pereira	individual	Senior Masculino	07:34:14	07:34:06	15:08
177	301	Hugo Filipe Noronha	individual	Senior Masculino	07:34:56	07:34:55	15:10
178	306	jose costa	individual	Senior Masculino	07:36:07	07:36:00	15:12
179	1010	Isabel Figueiredo	individual	Veterana F50	07:38:51	07:38:24	15:18
180	357	Ruben Costa	individual	Veterano M50	07:49:25	07:49:06	15:39
181	363	Rosa Lúdia Silva	ligeirinhos	Veterana F40	07:51:45	07:51:23	15:43
182	364	Deolinda Silva	ligeirinhos	Veterana F50	07:51:45	07:51:24	15:44
183	324	Sérgio Brochado	individual	Senior Masculino	07:53:59	07:53:48	15:48
184	415	Sandra Faria	shots international runners	Senior Feminino	08:01:10	08:00:55	16:02
185	414	Liliana Pereira	shots international runners	Senior Feminino	08:01:10	08:00:54	16:02
186	307	José Pedro Mendes Caetano Matos Prego	individual	Senior Masculino	08:13:35	08:13:26	16:27
187	217	Rui Leite	cabalus	Senior Masculino	08:28:29	08:28:06	16:57
188	295	Gil Ferreira da Silva	individual	Senior Masculino	08:31:58	08:31:40	17:04
189	288	Bruno Costa	individual	Senior Masculino	08:31:58	08:31:57	17:04
190	434	Diogo Moutinho	zé nando runners	Senior Masculino	08:40:16	08:39:56	17:21
191	344	José Miguens	individual	Veterano M40	08:44:27	08:44:20	17:29
192	211	José Carlos Lamego Costa	born to be wild	Veterano M50	09:17:29	09:17:22	18:35
193	232	Tiago Rodrigues	correr lisboa	Senior Masculino	09:30:49	09:30:28	19:02
194	534	Sandro Nunes	correr lisboa	Senior Masculino	09:30:52	09:30:30	19:02
195	231	Bruno Manuel Rodrigues Claro	correr lisboa	Senior Masculino	09:30:52	09:30:31	19:02
196	233	Heitor Cardoso	correr lisboa	Veterano M40	09:30:52	09:30:32	19:02

Trail Longo

30 KM

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	08:00	20,2°C	73,7%
End	17:45	20,2°C	73,7%

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

1	380	Bárbara de Carvalho Fernandes	OFFtel Runners	Senior Feminino	05:16:41	10:33
2	435	Brigida Pinto	Oralklass-Amigos do Trail	Senior Feminino	05:31:21	+14:40 11:03
3	273	Ana Ferreira	Individual	Senior Feminino	05:45:26	+28:45 11:31
4	281	Mariana Delgado	Individual	Senior Feminino	05:50:54	+34:13 11:42
5	274	Daniela Ferreira Fernandes	Individual	Senior Feminino	05:57:55	+41:14 11:56
6	284	Tito André Moreira Gomes	Individual	Senior Feminino	06:02:21	+45:40 12:05
7	382	Rita Loureiro	Oralklass-Amigos do Trail	Senior Feminino	06:02:23	+45:42 12:05
8	430	Sandra Maria Finisterra Travessas	TURBULENTOS	Senior Feminino	06:02:26	+45:45 12:05
9	276	Elisabete costa	Individual	Senior Feminino	06:29:40	+01:12:59 12:59
10	258	Goreti Rocha	Funky Runners	Senior Feminino	06:29:56	+01:13:15 13:00
11	221	Júlia helena Silva	chaves running team	Senior Feminino	06:34:10	+01:17:29 13:08
12	413	Ana Costa	RUNNING TEAM MAIA	Senior Feminino	06:40:45	+01:24:04 13:21
13	283	Susana Moreira	Individual	Senior Feminino	06:44:30	+01:27:49 13:29
14	369	ANA LUIS	MINHO AVENTURA	Senior Feminino	06:45:23	+01:28:42 13:31
15	275	Daniela Pereira	CAES D AVENIDA	Senior Feminino	06:49:47	+01:33:06 13:40
16	272	Ana Chande	Individual	Senior Feminino	06:57:59	+01:41:18 13:56
17	394	Susana Santos	OS CARROS VASSOURA	Senior Feminino	07:01:02	+01:44:21 14:02
18	248	Marta Lopes	Extreme Academy	Senior Feminino	07:10:49	+01:54:08 14:22
19	280	margarida figueiroa	Individual	Senior Feminino	07:24:23	+02:07:42 14:49
20	373	Raquel Vasconcelos	NO TOMORROW RUNNING TEAM	Senior Feminino	07:26:59	+02:10:18 14:54
21	415	Sandra Faria	Shots International Runners	Senior Feminino	08:01:10	+02:44:29 16:02
22	414	Liliana Pereira	Shots International Runners	Senior Feminino	08:01:10	+02:44:29 16:02

Senior Masculino

1	236	paulo César	CTAD - Tiagoaragao.com	Senior Masculino	03:51:07		
2	390	Vitor Ferreira	Oralklass-Amigos do Trail	Senior Masculino	03:51:51	+00:44	07:44
3	317	Pedro Alberto da Costa Sousa	Individual	Senior Masculino	04:03:52	+12:45	08:08
4	239	Tiago Aragão	CTAD - Tiagoaragao.com	Senior Masculino	04:04:30	+13:23	08:09
5	240	Victor Fernandes	CTAD - Tiagoaragao.com	Senior Masculino	04:07:01	+15:54	08:14
6	255	Esteveny	Fredinho	Senior Masculino	04:10:16	+19:09	08:21
7	325	Sergio Duarte	Individual	Senior Masculino	04:13:29	+22:22	08:27
8	204	daniel ferreira	Associação Desportiva de Cabroelo	Senior Masculino	04:15:14	+24:07	08:30
9	328	Tiago Teixeira	Individual	Senior Masculino	04:15:20	+24:13	08:31
10	376	Carlos Correia	O Mundo da Corrida	Senior Masculino	04:24:59	+33:52	08:50
11	423	Rogério Vicente	STAROLAS	Senior Masculino	04:25:27	+34:20	08:51
12	238	Pedro Miguel Moreira Mouta	CTAD - Tiagoaragao.com	Senior Masculino	04:27:22	+36:15	08:55
13	201	Gabriel Coutinho	Associação Desportiva da Efaced	Senior Masculino	04:28:20	+37:13	08:57

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Trail Longo

30 KM

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OFFICIAL RESULT

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14	241	Vitor André Silva Cardoso	CTAD - Tiagoaragao.com	Senior Masculino	04:30:02	+38:55	09:00
15	378	Tiago Salgueiro	O Mundo da Corrida	Senior Masculino	04:33:25	+42:18	09:07
16	628	Miguel Pires	Individual	Senior Masculino	04:40:09	+49:02	09:20
17	235	Bruno Santos	CTAD - Tiagoaragao.com	Senior Masculino	04:52:56	+01:01:49	09:46
18	321	Rúben Miguel Mendes Alves	Individual	Senior Masculino	04:53:20	+01:02:13	09:47
19	298	Hélder Miguel Vieira da Silva	Individual	Senior Masculino	04:56:54	+01:05:47	09:54
20	219	Luís Filipe da Rocha Gonçalves	Centro Municipal de Marcha e Corrida de S. João da Pesqueira	Senior Masculino	04:57:09	+01:06:02	09:54
21	623	Marco Paulo Alves Brochado	Individual	Senior Masculino	05:01:06	+01:09:59	10:00
22	558	Ricardo Rocha	FAST AO KM	Senior Masculino	05:04:21	+01:13:14	10:09
23	381	Filipe Primitivo	OFFtel Runners	Senior Masculino	05:04:27	+01:13:20	10:09
24	262	NELSON RODRIGUES	GALHARDOS RUNNERS	Senior Masculino	05:05:22	+01:14:15	10:11
25	388	Rui Pereira	Oralklass-Amigos do Trail	Senior Masculino	05:06:17	+01:15:10	10:13
26	384	Fernando Grabulho	Oralklass-Amigos do Trail	Senior Masculino	05:06:17	+01:15:10	10:13
27	389	Sérgio Suzano	Oralklass-Amigos do Trail	Senior Masculino	05:08:01	+01:16:54	10:16
28	313	Nuno Abreu	Individual	Senior Masculino	05:13:42	+01:22:35	10:27
29	222	Sérgio Monteiro	CIA ALPENDORADA	Senior Masculino	05:17:52	+01:26:45	10:36
30	202	Tiago André Sousa	Associação Desportiva da Efaced	Senior Masculino	05:20:56	+01:29:49	10:42
31	402	Hugo Sa	PRT/AD QUINTA	Senior Masculino	05:22:06	+01:30:59	10:44
32	304	Jorge alves	Individual	Senior Masculino	05:23:00	+01:31:53	10:46
33	292	Francisco Pacheco	Individual	Senior Masculino	05:23:00	+01:31:53	10:46
34	419	Mario Oliveira	Shots International Runners	Senior Masculino	05:23:53	+01:32:46	10:48
35	215	Alexandre Neves2	C.C.D.T.C.M.Gondomar	Senior Masculino	05:32:09	+01:41:02	11:04
36	370	Leonardo Maia	MINHO AVENTURA	Senior Masculino	05:34:26	+01:43:19	11:09
37	383	David Morais	Oralklass-Amigos do Trail	Senior Masculino	05:38:48	+01:47:41	11:18
38	411	Helio Borges	Running Team Lantemil	Senior Masculino	05:44:11	+01:53:04	11:28
39	387	Ruben Martins	Oralklass-Amigos do Trail	Senior Masculino	05:44:12	+01:53:05	11:28
40	297	Helder Ferreira	Individual	Senior Masculino	05:44:12	+01:53:05	11:28
41	412	Pedro Oliveira	Running Team Lantemil	Senior Masculino	05:44:14	+01:53:07	11:28
42	416	Artur Pereira	Shots International Runners	Senior Masculino	05:48:42	+01:57:35	11:37
43	323	Rui Jorge Pereira Marinho Ribeiro	Individual	Senior Masculino	05:48:42	+01:57:35	11:37
44	621	jose rodrigues	Individual	Senior Masculino	05:52:51	+02:01:44	11:46
45	431	Nuno Filipe Amorim da Silva	TURBULENTOS	Senior Masculino	05:52:53	+02:01:46	11:46
46	256	Mauro Fernandes	Free Trail Vilar de Perdizes 6 Setembro 2014	Senior Masculino	05:53:56	+02:02:49	11:48
47	237	Paulo Magano	CTAD - Tiagoaragao.com	Senior Masculino	05:55:14	+02:04:07	11:50
48	16	JOSE COELHO	CLUBE ATLETISMO LAMAS	Senior Masculino	05:56:53	+02:05:46	11:54
49	330	Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	05:57:55	+02:06:48	11:56
50	420	Ricardo Henriques	Shots International Runners	Senior Masculino	05:58:26	+02:07:19	11:57
51	429	Pedro Santos	Team DUAS FACES	Senior Masculino	05:59:56	+02:08:49	12:00
52	289	Bruno Dias	Individual	Senior Masculino	06:00:23	+02:09:16	12:01
53	259	Hugo Sousa	Funky Runners	Senior Masculino	06:00:55	+02:09:48	12:02
54	203	Tiago Joaquim Sousa	Associação Desportiva da Efaced	Senior Masculino	06:02:11	+02:11:04	12:04
55	308	LUIS MAROCO	Individual	Senior Masculino	06:05:49	+02:14:42	12:12
56	303	joao fonseca	Individual	Senior Masculino	06:05:49	+02:14:42	12:12
57	310	Marco Rodrigues	Individual	Senior Masculino	06:08:20	+02:17:13	12:17
58	395	Pedro Gil Alves	OS CARROS VASSOURA	Senior Masculino	06:08:49	+02:17:42	12:18

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Trail Longo

30 KM

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59	249	Jorge Joaquim Montenegro Silveira	Extreme Academy	Senior Masculino	06:10:14	+02:19:07	12:20
60	263	RUI VIEGAS	GALHARDOS RUNNERS	Senior Masculino	06:11:38	+02:20:31	12:23
61	218	Fausto José Pereira Neve	Centro Municipal de Marcha e Corrida de S. João da Pesqueira	Senior Masculino	06:11:51	+02:20:44	12:24
62	246	Miguel Oliveira	Desportivo Atlético Recardães	Senior Masculino	06:29:03	+02:37:56	12:58
63	234	Luis Fernandes	CORRER VISEU	Senior Masculino	06:37:25	+02:46:18	13:15
64	312	Mika Magalhaes	Nucleo de Montanha Espinho	Senior Masculino	06:38:58	+02:47:51	13:18
65	229	Pedro Cancelo	Clube Zupper	Senior Masculino	06:39:09	+02:48:02	13:18
66	314	nuno marques	Individual	Senior Masculino	06:40:45	+02:49:38	13:21
67	293	Gabriel Mateus	Individual	Senior Masculino	06:41:12	+02:50:05	13:22
68	425	Carlos Brito	Tálenos Team	Senior Masculino	06:43:54	+02:52:47	13:28
69	366	Rui da Silva Santos	liketomove.com	Senior Masculino	06:49:47	+02:58:40	13:40
70	296	Helder F. Silva	Individual	Senior Masculino	06:50:02	+02:58:55	13:40
71	316	Paulo Fernando Figueiredo Pires	Individual	Senior Masculino	06:50:05	+02:58:58	13:40
72	305	Jorge Louro	Individual	Senior Masculino	06:57:16	+03:06:09	13:55
73	315	Nuno Ribeiro	Individual	Senior Masculino	06:57:59	+03:06:52	13:56
74	326	Tiago Miguel Soeiro	Individual	Senior Masculino	07:02:38	+03:11:31	14:05
75	418	João Martins	Shots International Runners	Senior Masculino	07:04:46	+03:13:39	14:10
76	417	Ivo Lopes	Shots International Runners	Senior Masculino	07:04:46	+03:13:39	14:10
77	250	Luís Miguel Monteiro Gonçalves	Extreme Academy	Senior Masculino	07:10:51	+03:19:44	14:22
78	428	VASCO MAGALHÃES	Tartarugas Solidárias	Senior Masculino	07:14:56	+03:23:49	14:30
79	299	Hervé Marrinhas	Individual	Senior Masculino	07:14:56	+03:23:49	14:30
80	226	Rui Meireles	CLUBE PORTUGAL TELECOM - ZONA NORTE	Senior Masculino	07:19:20	+03:28:13	14:39
81	291	Fernando Silva	Individual	Senior Masculino	07:19:57	+03:28:50	14:40
82	225	José Correia	CLUBE PORTUGAL TELECOM - ZONA NORTE	Senior Masculino	07:21:45	+03:30:38	14:44
83	374	João Pinto	NO TOMORROW RUNNING TEAM	Senior Masculino	07:23:06	+03:31:59	14:46
84	1009	João Fonseca	Individual	Senior Masculino	07:24:24	+03:33:17	14:49
85	426	Francisco Oliveira	Tálenos Team	Senior Masculino	07:26:43	+03:35:36	14:53
86	361	Pedro Lobo	Lap2Go	Senior Masculino	07:31:43	+03:40:36	15:03
87	227	Nuno Machado	Clube Via Metro	Senior Masculino	07:32:50	+03:41:43	15:06
88	300	Hugo Edgar Pereira	Individual	Senior Masculino	07:34:14	+03:43:07	15:08
89	301	Hugo Filipe Noronha	Individual	Senior Masculino	07:34:56	+03:43:49	15:10
90	306	jose costa	Individual	Senior Masculino	07:36:07	+03:45:00	15:12
91	324	Sérgio Brochado	Individual	Senior Masculino	07:53:59	+04:02:52	15:48
92	307	José Pedro Mendes Caetano Matos Prego	Individual	Senior Masculino	08:13:35	+04:22:28	16:27
93	217	Rui Leite	CABALUS	Senior Masculino	08:28:29	+04:37:22	16:57
94	295	Gil Ferreira da Silva	Individual	Senior Masculino	08:31:58	+04:40:51	17:04
95	288	Bruno Costa	Individual	Senior Masculino	08:31:58	+04:40:51	17:04
96	434	Diogo Moutinho	Zé Nando Runners	Senior Masculino	08:40:16	+04:49:09	17:21
97	232	Tiago Rodrigues	CORRER LISBOA	Senior Masculino	09:30:49	+05:39:42	19:02
98	534	Sandro Nunes	CORRER LISBOA	Senior Masculino	09:30:52	+05:39:45	19:02
99	231	Bruno Manuel Rodrigues Claro	CORRER LISBOA	Senior Masculino	09:30:52	+05:39:45	19:02

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Trail Longo

30 KM

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Veterana F40

1	266	Lucinda Santos Sousa	Gondomar Futsal	Veterana F40	04:27:32	08:55
2	332	Augusta Loureiro	Individual	Veterana F40	05:03:40	+36:08 10:07
3	267	Rosario Martins	Gondomar Futsal	Veterana F40	05:32:09	+01:04:37 11:04
4	359	Maria Gerardo	K2 RUN	Veterana F40	05:39:40	+01:12:08 11:19
5	336	Sara santos silva	Individual	Veterana F40	06:08:16	+01:40:44 12:17
6	334	isabel almeida	Individual	Veterana F40	06:08:19	+01:40:47 12:17
7	331	Anabela Pombeiro	Individual	Veterana F40	06:09:00	+01:41:28 12:18
8	358	Célia Cristina Dias Valente Pereira	K2 RUN	Veterana F40	06:16:02	+01:48:30 12:32
9	265	Ana Maria Amaral	Gondomar Futsal	Veterana F40	06:29:45	+02:02:13 13:00
10	397	Fernanda Pinho	PARQUE HEALTH CLUB	Veterana F40	06:32:17	+02:04:45 13:05
11	253	Sónia Mota	Extreme Academy	Veterana F40	07:10:49	+02:43:17 14:22
12	333	Claudia Pargana	Individual	Veterana F40	07:14:52	+02:47:20 14:30
13	396	Ivete Carneiro	OS CARROS VASSOURA	Veterana F40	07:26:38	+02:59:06 14:53
14	224	Carla Maria Gonçalves de Macedo Moreira	Clube na Roda da Ana Rocha	Veterana F40	07:32:53	+03:05:21 15:06
15	363	Rosa Lúdia Silva	Ligeirinhos	Veterana F40	07:51:45	+03:24:13 15:43

Veterana F50

1	409	Maria Manuela Machado	RUN 4 FUN	Veterana F50	07:08:40	14:17
2	1010	Isabel Figueiredo	Individual	Veterana F50	07:38:51	+30:11 15:18
3	364	Deolinda Silva	Ligeirinhos	Veterana F50	07:51:45	+43:05 15:44

Veterano M40

1	337	ADOLFO GARRIDO FERNANDEZ	Individual	Veterano M40	04:07:00	08:14
2	348	Paulo Ferreira	Individual	Veterano M40	04:53:56	+46:56 09:48
3	257	Bruno Dias	Free Trail Vilar de Perdizes 6 Setembro 2014	Veterano M40	04:58:13	+51:13 09:56
4	207	António Loureiro	Blade Runners	Veterano M40	05:01:03	+54:03 10:02
5	212	Joaquim Pedro Oliveira	BUDEGUITA RUNNERS	Veterano M40	05:02:51	+55:51 10:06
6	213	Jorge Manuel de Jesus Maia	BUDEGUITA RUNNERS	Veterano M40	05:02:52	+55:52 10:06
7	379	Jorge Tiago	O Mundo da Corrida	Veterano M40	05:14:47	+01:07:47 10:30
8	347	Paulo Davide Lourenço	Individual	Veterano M40	05:16:15	+01:09:15 10:32
9	349	Paulo Jorge Pinho Ferreira	Individual	Veterano M40	05:17:30	+01:10:30 10:35
10	242	Viriato Dias	CTAD - Tiagoaragao.com	Veterano M40	05:20:47	+01:13:47 10:42
11	400	Carlos Lourenço	Pinhal Total - Oleiros Aventura	Veterano M40	05:24:44	+01:17:44 10:49
12	360	Rui Serafim Valente Santos	K2 RUN	Veterano M40	05:36:45	+01:29:45 11:13
13	408	Luis Vieira	REALTINTAS / CYBER CAFÉ	Veterano M40	05:37:10	+01:30:10 11:14
14	205	Luís Carvalhais	BilaRunners	Veterano M40	05:44:13	+01:37:13 11:28
15	243	Viriato Gil Tavares Almeida	D'Ouro & moments	Veterano M40	05:45:29	+01:38:29 11:31
16	223	RICHARD GUSTAVO NOGUEIRA DA SILVA	CLUBE BTT SANGUEDO	Veterano M40	05:49:31	+01:42:31 11:39
17	200	Lieven Verraest	All Among&Together Team	Veterano M40	05:51:45	+01:44:45 11:44

Trail Longo

30 KM

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18	338	António Paulo da Silva Jardim Martins	Individual	Veterano M40	05:54:05	+01:47:05	11:48
19	343	José Carlos da Silva Jardim Martins	Individual	Veterano M40	05:54:12	+01:47:12	11:48
20	350	Paulo Machado	Individual	Veterano M40	06:00:50	+01:53:50	12:02
21	351	Paulo Manuel Martins	Individual	Veterano M40	06:05:49	+01:58:49	12:12
22	209	Eurico Fernando Portela Mendes	Blocos	Veterano M40	06:08:20	+02:01:20	12:1
23	340	Gil Megre	Individual	Veterano M40	06:15:58	+02:08:58	12:32
24	392	Pedro Seixas	Oralklass-Amigos do Trail	Veterano M40	06:16:08	+02:09:08	12:32
25	86	jose camelo	Individual	Veterano M40	06:21:51	+02:14:51	12:44
26	339	Francisco Brito	Individual	Veterano M40	06:28:41	+02:21:41	12:57
27	270	Paulo Alves	Gondomar Futsal	Veterano M40	06:29:45	+02:22:45	13:00
28	261	Rodrigo Ferraz	Funky Runners	Veterano M40	06:29:56	+02:22:56	13:00
29	271	Antonio Carneiro	groupama trail team	Veterano M40	06:31:03	+02:24:03	13:02
30	230	Fernando Carneiro	Clube Zupper	Veterano M40	06:38:53	+02:31:53	13:18
31	220	Custódio Paulo Tavares Alves	Centro Municipal de Marcha e Corrida de S. João da Pesqueira	Veterano M40	06:44:17	+02:37:17	13:29
32	346	Paulo Correia Alves	Individual	Veterano M40	06:44:30	+02:37:30	13:29
33	269	Jose Amaro	Gondomar Futsal	Veterano M40	06:46:58	+02:39:58	13:34
34	342	Jorge Pinto	Individual	Veterano M40	06:50:19	+02:43:19	13:41
35	254	Pedro Nuno Milheiro Silva Maia	Extreme Academy	Veterano M40	07:10:51	+03:03:51	14:22
36	375	Rui Almeida	NorteFace	Veterano M40	07:21:38	+03:14:38	14:43
37	345	Paulo António Ribeiro de Sousa	Individual	Veterano M40	07:22:48	+03:15:48	14:46
38	427	Joao Miranda	Talentos Team	Veterano M40	07:26:43	+03:19:43	14:53
39	362	Miguel Guimaraes	Lap2Go	Veterano M40	07:31:43	+03:24:43	15:03
40	228	Francisco Manuel Magalhães Teotónio	Clube Via Metro	Veterano M40	07:32:30	+03:25:30	15:05
41	344	José Miguens	Individual	Veterano M40	08:44:27	+04:37:27	17:29
42	233	Heitor Cardoso	CORRER LISBOA	Veterano M40	09:30:52	+05:23:52	19:02

Veterano M50

1	393	Manuel Ferreira	Oralklass-Amigos do Trail	Veterano M50	04:45:19		09:31
2	436	Jorge Silva	Gondomar Futsal	Veterano M50	04:59:05	+13:46	09:58
3	208	José Luis Machado Loureiro	Blade Runners	Veterano M50	05:01:38	+16:19	10:03
4	365	José Carlos Gomes	Ligeirinhos	Veterano M50	05:16:54	+31:35	10:34
5	422	Antonio Azevedo	Só Eu	Veterano M50	05:23:18	+37:59	10:47
6	352	Alipio Lopes	Individual	Veterano M50	05:32:56	+47:37	11:06
7	353	António Carlos Silva Teixeira	Individual	Veterano M50	05:41:00	+55:41	11:22
8	355	Francisco José Gomes da Costa	Individual	Veterano M50	05:50:54	+01:05:35	11:42
9	432	Paulo José Moreira	TURBULENTOS	Veterano M50	05:51:53	+01:06:34	11:44
10	354	António Fonseca	Individual	Veterano M50	06:08:16	+01:22:57	12:17
11	399	Antonio Madeira	Pickle Films	Veterano M50	06:21:02	+01:35:43	12:42
12	356	Manuel Faria Sampaio	Individual	Veterano M50	07:18:31	+02:33:12	14:37
13	210	António Santos Pereira	Born to be wild	Veterano M50	07:19:52	+02:34:33	14:40
14	357	Ruben Costa	Individual	Veterano M50	07:49:25	+03:04:06	15:39
15	211	José Carlos Lamego Costa	Born to be wild	Veterano M50	09:17:29	+04:32:10	18:35