

TRAIL LONGO - STAGE 1

30 KM

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

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	Time	Temperature	Humidity
Start	08:00	16,1°C	97%
End	15:13	23,3°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	124	Armandino Taborda	individual	Veterano M40	02:58:40		05:57
2	15	Bruno Miguel Rodrigues Moreira	amigos do pedal trailagares	Senior Masculino	02:59:20	+00:41	05:59
3	257	Antonio Martins	individual	Veterano M40	02:59:47	+01:08	06:00
4	6	Paulo Costa	a.d.amarante trail running	Senior Masculino	03:00:49	+02:10	06:02
5	200	Fernando Lemos	multipower gaia trail	Senior Masculino	03:06:26	+07:47	06:13
6	212	Luis Gil	multipower gaia trail	Veterano M40	03:15:30	+16:50	06:31
7	58	Joaquim Manuel Martins De Freitas	gdr retorta	Veterano M40	03:16:04	+17:25	06:32
8	75	Agostinho Barbosa Reis	individual	Senior Masculino	03:17:07	+18:27	06:34
9	199	Bruno Santiago	multipower gaia trail	Senior Masculino	03:19:22	+20:42	06:39
10	209	Dinis Gonçalves	multipower gaia trail	Veterano M40	03:19:26	+20:47	06:39
11	208	Pedro Ferreira	multipower gaia trail	Senior Masculino	03:20:01	+21:21	06:40
12	132	Fernando alvarez garcia	individual	Veterano M40	03:20:31	+21:52	06:41
13	35	JOSÉ MOTA	ciclistas cósmicos - gislótica	Veterano M50	03:20:37	+21:58	06:41
14	216	Carlos Ferreira	nast	Senior Masculino	03:21:07	+22:27	06:42
15	202	João Trigueiros	multipower gaia trail	Senior Masculino	03:22:01	+23:22	06:44
16	167	Humberto Vara	individual	Veterano M50	03:22:21	+23:41	06:45
17	20	Francisco Lemos	amigos do pedal trailagares	Veterano M50	03:23:27	+24:47	06:47
18	211	Joaquim Pereira	multipower gaia trail	Veterano M40	03:27:28	+28:49	06:55
19	201	Ivo Peko	multipower gaia trail	Senior Masculino	03:28:06	+29:27	06:56
20	178	Flávio Pastor	kemedo team	Senior Masculino	03:33:17	+34:37	07:07
21	235	Miguel Carvalho	ozxtreme/gdcr	Senior Masculino	03:34:53	+36:14	07:10
22	182	Marco Marques	kemedo team	Senior Masculino	03:35:38	+36:58	07:11
23	19	Amadeu Teixeira	amigos do pedal trailagares	Veterano M50	03:35:43	+37:03	07:11
24	65	Filipe Lima	grupo desportivo santander totta	Senior Masculino	03:37:24	+38:44	07:15
25	254	Hugo Ferreira	white running team	Senior Masculino	03:37:43	+39:03	07:15
26	226	Luís Lemos	nortrail rt	Senior Masculino	03:38:20	+39:41	07:17
27	204	Nelson Marques	multipower gaia trail	Senior Masculino	03:39:01	+40:22	07:18
28	156	PAULO BALTASAR SILVEIRA MARTINS	individual	Veterano M40	03:40:26	+41:47	07:21
29	151	Luís Miguel Mendes Sá	individual	Veterano M40	03:40:29	+41:50	07:21
30	205	Nuno Miguel Maia	multipower gaia trail	Senior Masculino	03:41:13	+42:34	07:22
31	31	Américo Pinto	ccdtc:m.gondomar	Veterano M50	03:41:27	+42:47	07:23
32	105	José Miguel Pinto	individual	Senior Masculino	03:43:34	+44:55	07:27
33	40	Luís Miguel Azevedo da Silva	ctad - trilhos de cinfães	Senior Masculino	03:43:42	+45:02	07:27
34	9	Fernando Pacheco	aliança de gandra	Veterano M40	03:45:03	+46:24	07:30
35	17	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M40	03:45:06	+46:27	07:30
36	43	Daniela Russo	estamos juntos	Senior Feminino	03:45:18	+46:39	07:31
37	44	Francisco Figueiredo	estamos juntos	Senior Masculino	03:45:19	+46:40	07:31
38	91	Henrique Barbosa	individual	Senior Masculino	03:45:28	+46:49	07:31
39	56	Luis Pinto	fridão sem limites	Senior Masculino	03:45:48	+47:08	07:32
40	152	Marco Vieira	clube zupper	Veterano M40	03:45:53	+47:14	07:32
41	229	João Pedro Leal	ofrrunning	Senior Masculino	03:45:59	+47:20	07:32

TRAIL LONGO - STAGE 1**30 KM****OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	8	Carlos Silva	aliança de gandra	Veterano M40	03:48:05	+49:25	07:36
43	165	Carlos Alberto Pereira Novais Gandra	individual	Veterano M50	03:48:22	+49:42	07:37
44	135	Francisco Pinheiro	individual	Veterano M40	03:51:33	+52:54	07:43
45	186	Iaurindo Osório	kemedo team	Veterano M40	03:52:57	+54:18	07:46
46	184	Fernando Gomes	kemedo team	Veterano M40	03:52:58	+54:18	07:46
47	227	Pedro Barbosa	not run alone	Senior Masculino	03:52:59	+54:20	07:46
48	198	leandro marco roxo Pacheco	monte dos amigos	Veterano M40	03:53:11	+54:31	07:46
49	32	Ângelo Pereira	centro ciclista de gondomar	Veterano M50	03:53:17	+54:38	07:47
50	133	fernando Moreira	individual	Veterano M40	03:54:05	+55:26	07:48
51	194	André Fraga	locomotiva de paranhos	Senior Masculino	03:54:43	+56:04	07:49
52	66	Hugo Araujo	gtt-armazém do caffè	Senior Masculino	03:56:16	+57:36	07:53
53	25	Maria Loureiro	associação desportiva de cabroelo	Veterana F40	03:58:29	+59:50	07:57
54	161	Pedro meneses	individual	Veterano M40	04:01:25	+01:02:46	08:03
55	237	Paula Lage	quintas feiras bravas	Senior Feminino	04:02:04	+01:03:25	08:04
56	99	João Pereira	individual	Senior Masculino	04:02:50	+01:04:10	08:06
57	138	Henrique Santos	individual	Veterano M40	04:02:55	+01:04:15	08:06
58	102	Jorge Borges	individual	Senior Masculino	04:03:22	+01:04:42	08:07
59	164	Vitor Armando Gonçalves Barroso	individual	Veterano M40	04:03:37	+01:04:58	08:07
60	230	Ricardo Silva	ofrunning	Senior Masculino	04:03:53	+01:05:14	08:08
61	181	Manuel Costa	kemedo team	Senior Masculino	04:05:58	+01:07:19	08:12
62	231	Rui Pereira	ofrunning	Senior Masculino	04:06:30	+01:07:50	08:13
63	119	Rui Oliveira	individual	Senior Masculino	04:06:45	+01:08:05	08:14
64	139	Jerome Schonfeld	individual	Veterano M40	04:06:53	+01:08:14	08:14
65	255	Ricardo Costa	individual	Senior Masculino	04:07:16	+01:08:37	08:15
66	113	Paulo Almiro Borges Sampaio	individual	Senior Masculino	04:08:14	+01:09:35	08:16
67	249	Nuno Sobral	team duas faces	Senior Masculino	04:09:03	+01:10:23	08:18
68	39	Paulo Neta	clube zupper	Veterano M40	04:10:37	+01:11:57	08:21
69	98	João Dinis	individual	Senior Masculino	04:10:52	+01:12:12	08:22
70	18	Rui Pedro Moreira Lopes	amigos do pedal trailagares	Veterano M40	04:11:56	+01:13:17	08:24
71	62	Paulo Jorge	gondomar futsal clube	Senior Masculino	04:12:14	+01:13:34	08:24
72	162	pedro mouro	individual	Veterano M40	04:12:42	+01:14:03	08:25
73	275	Ricardo Ferreira	individual	Senior Masculino	04:13:14	+01:14:35	08:26
74	88	Helder Campos	individual	Senior Masculino	04:13:17	+01:14:37	08:27
75	131	EUGENIO CUNHA	individual	Veterano M40	04:13:22	+01:14:42	08:27
76	215	Alexandra Fernandes	nascidos para correr	Veterana F40	04:14:11	+01:15:32	08:28
77	158	Paulo Jorge loureiro	individual	Veterano M40	04:14:31	+01:15:51	08:29
78	256	Angelo Neto	satecnosol outdoor / la sportiva	Veterano M40	04:14:32	+01:15:52	08:29
79	84	Filipe Barbosa	individual	Senior Masculino	04:14:32	+01:15:53	08:29
80	217	António Pedro Macedo de Sousa Coelho	nice runners	Veterano M40	04:14:34	+01:15:55	08:29
81	27	Bruno Miguel Reis Barge	c.d.c são martinho da gândara	Senior Masculino	04:15:05	+01:16:25	08:30
82	103	Jorge Ribeiro	individual	Senior Masculino	04:15:11	+01:16:32	08:30
83	236	Liliana Gomes	quintas feiras bravas	Senior Feminino	04:15:13	+01:16:34	08:30
84	238	Inuo Filipe Melo	quintas feiras bravas	Senior Masculino	04:15:57	+01:17:18	08:32
85	223	Helder Paulo Gonçalves Costa	no tomorrow running team	Veterano M40	04:16:23	+01:17:44	08:33
86	241	Jose Nuno Costa	s. s. montepio	Veterano M40	04:17:56	+01:19:16	08:36

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	171	José Magalhães	individual	Veterano M60	04:18:13	+01:19:34	08:36
88	170	Vitor Manuel Barbosa Moreira	individual	Veterano M50	04:18:15	+01:19:35	08:37
89	128	Daniel Mota	individual	Veterano M40	04:18:43	+01:20:04	08:37
90	46	André Almeida	factor x / s4l / medensefc	Senior Masculino	04:19:16	+01:20:36	08:39
91	127	Carlos pereir	individual	Veterano M40	04:19:22	+01:20:42	08:39
92	72	Cristiana Esteves	individual	Senior Feminino	04:19:29	+01:20:49	08:39
93	153	Mário Jorge Ferreira	individual	Veterano M40	04:19:30	+01:20:51	08:39
94	52	Rafael Almeida	fitspot-parque nascente	Senior Masculino	04:20:27	+01:21:48	08:41
95	148	Licínio Cândido Ferreira Ribeiro	individual	Veterano M40	04:20:44	+01:22:04	08:41
96	203	Micael Cunha	multipower gaia trail	Senior Masculino	04:21:00	+01:22:21	08:42
97	41	Ricardo Carvalho	ctad - trilhos de cinfães	Senior Masculino	04:21:22	+01:22:43	08:43
98	28	FERNANDO LOPES	c.d.c são martinho da gândara	Veterano M40	04:22:12	+01:23:33	08:44
99	90	Helder Parracho	individual	Senior Masculino	04:22:33	+01:23:54	08:45
100	106	Luís Filipe Neves Magalhães	individual	Senior Masculino	04:23:02	+01:24:23	08:46
101	220	Mira Matias	no pain no gain povia team	Veterana F40	04:23:05	+01:24:25	08:46
102	157	PAULO BARBOSA	individual	Veterano M40	04:26:05	+01:27:26	08:52
103	146	José Pedro Conde Pinto da Silva	individual	Veterano M40	04:26:49	+01:28:09	08:54
104	192	Miguel Alves	leões de tardariz trail	Senior Masculino	04:27:53	+01:29:13	08:56
105	147	JULIAC	individual	Veterano M40	04:28:43	+01:30:04	08:57
106	30	Miguel Pereira	ccdtc:m.gondomar	Veterano M40	04:28:58	+01:30:19	08:58
107	50	Juliana Rodrigues	fitspot-parque nascente	Senior Feminino	04:30:04	+01:31:25	09:00
108	109	mario gonçaves	individual	Senior Masculino	04:30:37	+01:31:58	09:01
109	234	Adriano Rocha	outsiders running trail team	Veterano M40	04:30:58	+01:32:18	09:02
110	95	Hugo Miguel Sousa da Silva	individual	Senior Masculino	04:31:01	+01:32:22	09:02
111	174	Fernando conceicao	invicta runners	Veterano M50	04:31:27	+01:32:47	09:03
112	145	José Manuel da Silva Ferreira	individual	Veterano M40	04:31:35	+01:32:56	09:03
113	29	Claudio Gomes	ccd siemens	Senior Masculino	04:32:05	+01:33:25	09:04
114	247	Pedro Magalhães	tartarugas do asfalto	Senior Masculino	04:32:24	+01:33:44	09:05
115	252	NELSON DUARTE	the outsiders running trail team	Veterano M40	04:32:37	+01:33:58	09:05
116	100	Joao Silva	individual	Senior Masculino	04:32:44	+01:34:04	09:05
117	242	Miguel Seca	shots international runners	Senior Masculino	04:33:09	+01:34:29	09:06
118	53	Duarte Barbosa	fitspot-parque nascente	Veterano M40	04:33:18	+01:34:38	09:07
119	213	Estela Martins	nascidos para correr	Senior Feminino	04:33:18	+01:34:38	09:07
120	177	Fernando Azevedo	kemedo team	Senior Masculino	04:34:04	+01:35:24	09:08
121	185	Hélder Gomes	kemedo team	Veterano M40	04:35:27	+01:36:47	09:11
122	207	Paulo Pinho	multipower gaia trail	Senior Masculino	04:35:28	+01:36:48	09:11
123	179	Helder Castro	kemedo team	Senior Masculino	04:36:36	+01:37:56	09:13
124	112	Nuno Sá	individual	Senior Masculino	04:37:39	+01:38:59	09:15
125	232	Nuno Rodrigues	ofrunning	Veterano M40	04:38:03	+01:39:23	09:16
126	33	PAULO JORGE GONÇALVES SOARES	ciclistas cósmicos - gislótica	Veterano M40	04:39:08	+01:40:29	09:18
127	34	JOSÉ MIGUEL CRUZ PINTO	ciclistas cósmicos - gislótica	Veterano M50	04:39:16	+01:40:37	09:19
128	137	Hélder Agostinho	individual	Veterano M40	04:39:22	+01:40:42	09:19
129	125	Armando Pinho	individual	Veterano M40	04:39:51	+01:41:12	09:20
130	233	Lino Moreira	os turbomula	Veterano M60	04:40:27	+01:41:48	09:21
131	77	António Fonseca	individual	Senior Masculino	04:40:28	+01:41:48	09:21

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	225	Pedro Moreira	no tomorrow running team	Veterano M40	04:40:35	+01:41:56	09:21
133	224	Paulo Gomes	no tomorrow running team	Veterano M40	04:40:35	+01:41:56	09:21
134	154	Miguel Moura	individual	Veterano M40	04:42:17	+01:43:37	09:25
135	57	António Carlos Teixeira	fridão sem limites	Veterano M50	04:43:59	+01:45:19	09:28
136	45	Gil Ferreira da Silva	eu+ run	Senior Masculino	04:44:16	+01:45:37	09:29
137	26	Carlos silva	aventura	Veterano M40	04:44:39	+01:46:00	09:29
138	74	Mafalda Luís	individual	Senior Feminino	04:45:28	+01:46:49	09:31
139	60	Bruno Macieira	gondomar futsal clube	Senior Masculino	04:45:29	+01:46:50	09:31
140	104	José Elvio Jesus	individual	Senior Masculino	04:46:48	+01:48:08	09:34
141	7	André Silva	ad quinta atletismo	Senior Masculino	04:47:37	+01:48:58	09:35
142	150	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	04:50:19	+01:51:40	09:41
143	180	Jose Pereira	kemedo team	Senior Masculino	04:50:20	+01:51:41	09:41
144	85	Filipe Daniel Carvalho Pereira Feijó Amorim	individual	Senior Masculino	04:50:22	+01:51:42	09:41
145	143	Jorge Silva	individual	Veterano M40	04:50:48	+01:52:08	09:42
146	63	Paulo Gama	gondomar futsal clube	Veterano M40	04:51:18	+01:52:39	09:43
147	243	Marco Fernandes	smip	Senior Masculino	04:51:26	+01:52:46	09:43
148	191	Josué Moreira	leões de tardariz trail	Senior Masculino	04:51:35	+01:52:56	09:43
149	96	Hugo Sousa	individual	Senior Masculino	04:51:37	+01:52:57	09:43
150	86	Geraldo Santos	individual	Senior Masculino	04:52:20	+01:53:41	09:45
151	221	Virgílio Palmeiro	no pain no gain povia team	Veterano M60	04:53:48	+01:55:09	09:48
152	64	Nuno Santos	grupo desportivo do bairro dos pescadores de matosinhos	Senior Masculino	04:54:36	+01:55:57	09:49
153	97	Humberto Barros	individual	Senior Masculino	04:55:14	+01:56:35	09:50
154	193	Joaquim Leite	leões de tardariz trail	Veterano M50	04:55:14	+01:56:35	09:50
155	108	Marcos Silva	individual	Senior Masculino	04:55:47	+01:57:08	09:52
156	54	Alexandre XANGO	free tibet	Senior Masculino	04:56:21	+01:57:41	09:53
157	189	Helder Silva	la zinco	Senior Masculino	04:56:49	+01:58:10	09:54
158	78	Bruno Vilaça	individual	Senior Masculino	04:57:46	+01:59:07	09:56
159	129	Diamantino Catarino	individual	Veterano M40	04:58:29	+01:59:49	09:57
160	149	Luis Manuel da Silva Medeiros Pereira	individual	Veterano M40	04:58:35	+01:59:55	09:57
161	67	Manuel Dias Oliveira	handrunners	Senior Masculino	05:00:49	+02:02:10	10:02
162	14	Alvaro Nunes	all about sport events	Veterano M40	05:01:05	+02:02:26	10:02
163	16	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	05:01:16	+02:02:36	10:03
164	219	Rui Jorge Freitas	nice runners	Veterano M40	05:01:36	+02:02:57	10:03
165	12	Pedro Santos	all about spirit team	Veterano M40	05:02:45	+02:04:05	10:06
166	107	Luis Teixeira	individual	Senior Masculino	05:03:11	+02:04:32	10:06
167	111	Nelson Silva	individual	Senior Masculino	05:03:28	+02:04:49	10:07
168	71	Andreia Sofia Santos Mota	individual	Senior Feminino	05:04:38	+02:05:58	10:09
169	214	Jorge Rocha	nascidos para correr	Senior Masculino	05:04:45	+02:06:05	10:10
170	76	António CarlosTavares de Paiva	individual	Senior Masculino	05:04:50	+02:06:11	10:10
171	110	Micael Domingues	individual	Senior Masculino	05:04:53	+02:06:13	10:10
172	175	Diogo Oliveira	kemedo team	Senior Masculino	05:04:56	+02:06:17	10:10
173	70	Helena Gomes	helena gomes	Veterana F40	05:04:57	+02:06:17	10:10
174	253	Pedro Manuel Leão Bastos	via verde team	Veterano M40	05:04:59	+02:06:19	10:10

TRAIL LONGO - STAGE 1**30 KM**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION**OFFICIAL RESULT**LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	82	Daniel Silva	individual	Senior Masculino	05:05:00	+02:06:21	10:10
176	126	Carlos Navega	individual	Veterano M40	05:05:26	+02:06:47	10:11
177	120	Sergio Filipe Maia de Sousa	individual	Senior Masculino	05:05:49	+02:07:10	10:12
178	195	JOAO DUARTE	locomotiva de paranhos	Senior Masculino	05:06:09	+02:07:29	10:12
179	51	Olga Almeida	fitspot-parque nascente	Senior Feminino	05:11:05	+02:12:25	10:22
180	136	Gil	individual	Veterano M40	05:11:21	+02:12:41	10:23
181	258	Eduardo Pinto	all about spirit team	Veterano M40	05:11:30	+02:12:51	10:23
182	239	Paulo Correia Alves	quintas feiras bravas	Veterano M40	05:12:41	+02:14:02	10:25
183	93	Hugo Angelo Ferraz Duarte	individual	Senior Masculino	05:12:41	+02:14:02	10:25
184	49	Isabel Santos	fitspot-parque nascente	Senior Feminino	05:13:29	+02:14:50	10:27
185	246	João Poças	tartarugas do asfalto	Senior Masculino	05:13:31	+02:14:52	10:27
186	187	Antonio souto	kemedo team	Veterano M50	05:13:33	+02:14:54	10:27
187	42	Ricardo Pires	da-lhe gas	Senior Masculino	05:15:06	+02:16:26	10:30
188	160	PAULO SILVA	individual	Veterano M40	05:15:13	+02:16:33	10:30
189	81	César Vidal	individual	Senior Masculino	05:15:21	+02:16:41	10:31
190	190	José Santos	leões de tardariz trail	Senior Masculino	05:16:44	+02:18:04	10:33
191	210	Domingos Morais	multipower gaia trail	Veterano M40	05:16:58	+02:18:18	10:34
192	13	Ricardo Jorge Ferreira Leite Teixeira	all about spirit team	Veterano M40	05:22:44	+02:24:04	10:45
193	11	Ana Luisa Dolores Ferreira da Silva	all about spirit team	Senior Feminino	05:22:45	+02:24:05	10:46
194	69	PEDRO BARROS	happyrun	Veterano M40	05:22:53	+02:24:13	10:46
195	121	Simão Jorge Lima Ribeiro	individual	Senior Masculino	05:28:53	+02:30:14	10:58
196	68	Pedro Mendes Pinto	handrunners	Veterano M40	05:29:44	+02:31:04	10:59
197	155	Nuno Cunha	individual	Veterano M40	05:34:13	+02:35:34	11:08
198	55	André Alberto Loureiro dos Santos	freeletics porto	Senior Masculino	05:37:58	+02:39:18	11:16
199	142	jorge paulino	individual	Veterano M40	05:38:45	+02:40:05	11:18
200	134	Flavio Simão Monteiro	individual	Veterano M40	05:38:47	+02:40:07	11:18
201	166	Henrique Pereira	individual	Veterano M50	05:41:49	+02:43:09	11:24
202	123	Alberto César	individual	Veterano M40	05:42:38	+02:43:59	11:25
203	245	Lúcio Ribeiro	smip	Veterano M40	05:57:07	+02:58:27	11:54
204	244	Tiago Silva	smip	Senior Masculino	05:57:13	+02:58:33	11:54
205	48	Carlos Leal	familia patanisca	Senior Masculino	06:00:16	+03:01:36	12:01
206	140	João Cardoso	individual	Veterano M40	06:03:11	+03:04:31	12:06
207	115	Ricardo Conceição	individual	Senior Masculino	06:04:10	+03:05:30	12:08
208	122	Maria de Fátima da silva lopes	individual	Veterana F40	06:13:40	+03:15:00	12:27
209	163	Ricardo Beirão	individual	Veterano M40	06:16:24	+03:17:45	12:33
210	197	Paula Fernanda Chaves dos Santos	locomotiva de paranhos	Veterana F40	06:26:17	+03:27:37	12:53
211	196	Sérgio Santos	locomotiva de paranhos	Senior Masculino	06:26:22	+03:27:43	12:53
212	61	Filipe Leitão	gondomar futsal clube	Senior Masculino	06:31:09	+03:32:30	13:02
213	92	henrique teixeira	individual	Senior Masculino	06:37:35	+03:38:56	13:15
214	218	Pedro Alves	nice runners	Veterano M40	06:38:58	+03:40:18	13:18
215	94	Hugo Daniel da Silva Magalhães	individual	Senior Masculino	06:59:03	+04:00:24	13:58
216	248	Maria Portugal	tartarugas do asfalto	Veterana F40	06:59:14	+04:00:34	13:58
217	240	Pedro Pereira	roadrunners	Veterano M40	06:59:16	+04:00:36	13:59
218	172	Eduardo Ferreira	inimigos do podium	Veterano M40	07:12:57	+04:14:18	14:26
219	173	José Ferreira	inimigos do podium	Veterano M40	07:13:03	+04:14:24	14:26

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Trail Longo

30 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

	Time	Temperature	Humidity
Start	08:00	16,1°C	97%
End	15:13	23,3°C	68%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
Senior Feminino							
1	43	Daniela Russo	ESTAMOS JUNTOS	Senior Feminino	03:45:18		07:31
2	237	Paula Lage	Quintas Feiras Bravas	Senior Feminino	04:02:04	+16:46	08:04
3	236	Liliana Gomes	Quintas Feiras Bravas	Senior Feminino	04:15:13	+29:55	08:30
4	72	Cristiana Esteves	Individual	Senior Feminino	04:19:29	+34:10	08:39
5	50	Juliana Rodrigues	FITSPOT-Parque Nascente	Senior Feminino	04:30:04	+44:46	09:00
6	213	Estela Martins	Nascidos para Correr	Senior Feminino	04:33:18	+47:59	09:07
7	74	Mafalda Luís	Individual	Senior Feminino	04:45:28	+01:00:10	09:31
8	71	Andreia Sofia Santos Mota	Individual	Senior Feminino	05:04:38	+01:19:19	10:09
9	51	Olga Almeida	FITSPOT-Parque Nascente	Senior Feminino	05:11:05	+01:25:46	10:22
10	49	Isabel Santos	FITSPOT-Parque Nascente	Senior Feminino	05:13:29	+01:28:11	10:27
11	11	Ana Luisa Dolores Ferreira da Silva	All About Spirit Team	Senior Feminino	05:22:45	+01:37:26	10:46

Senior Masculino

1	15	Bruno Miguel Rodrigues Moreira	AMIGOS DO PEDAL TRAILAGARES	Senior Masculino	02:59:20		05:59
2	6	Paulo Costa	A.D.Amarante trail running	Senior Masculino	03:00:49	+01:29	06:02
3	200	Fernando Lemos	MULTIPOWER GAIA TRAIL	Senior Masculino	03:06:26	+07:06	06:13
4	75	Agostinho Barbosa Reis	Individual	Senior Masculino	03:17:07	+17:46	06:34
5	199	Bruno Santiago	MULTIPOWER GAIA TRAIL	Senior Masculino	03:19:22	+20:01	06:39
6	208	Pedro Ferreira	MULTIPOWER GAIA TRAIL	Senior Masculino	03:20:01	+20:40	06:40
7	216	Carlos Ferreira	NAST	Senior Masculino	03:21:07	+21:46	06:42
8	202	João Trigueiros	MULTIPOWER GAIA TRAIL	Senior Masculino	03:22:01	+22:41	06:44
9	201	Ivo Peko	MULTIPOWER GAIA TRAIL	Senior Masculino	03:28:06	+28:46	06:56
10	178	Flávio Pastor	KeMedo Team	Senior Masculino	03:33:17	+33:56	07:07
11	235	Miguel Carvalho	ozXtreme/GDCR	Senior Masculino	03:34:53	+35:33	07:10
12	182	Marco Marques	KeMedo Team	Senior Masculino	03:35:38	+36:17	07:11
13	65	Filipe Lima	GRUPO DESPORTIVO SANTANDER TOTTA	Senior Masculino	03:37:24	+38:03	07:15
14	254	Hugo Ferreira	WHITE RUNNING TEAM	Senior Masculino	03:37:43	+38:22	07:15
15	226	Luís Lemos	NorTrail RT	Senior Masculino	03:38:20	+39:00	07:17
16	204	Nelson Marques	MULTIPOWER GAIA TRAIL	Senior Masculino	03:39:01	+39:41	07:18
17	205	Nuno Miguel Maia	MULTIPOWER GAIA TRAIL	Senior Masculino	03:41:13	+41:53	07:22
18	105	José Miguel Pinto	Individual	Senior Masculino	03:43:34	+44:14	07:27
19	40	Luís Miguel Azevedo da Silva	CTAD - Trilhos de Cinfães	Senior Masculino	03:43:42	+44:21	07:27
20	44	Francisco Figueiredo	ESTAMOS JUNTOS	Senior Masculino	03:45:19	+45:59	07:31
21	91	Henrique Barbosa	Individual	Senior Masculino	03:45:28	+46:08	07:31
22	56	Luís Pinto	Fridão Sem Limites	Senior Masculino	03:45:48	+46:27	07:32
23	229	João Pedro Leal	OFRrunning	Senior Masculino	03:45:59	+46:39	07:32
24	227	Pedro Barbosa	Not Run Alone	Senior Masculino	03:52:59	+53:39	07:46

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Trail Longo
30 KM
LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION
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25	194	André Fraga	LOCOMOTIVA DE PARANHOS	Senior Masculino	03:54:43	+55:23	07:49
26	66	Hugo Araujo	GTT-ARMAZÉM DO CAFFÉ	Senior Masculino	03:56:16	+56:55	07:53
27	99	João Pereira	Individual	Senior Masculino	04:02:50	+01:03:29	08:06
28	102	Jorge Borges	Individual	Senior Masculino	04:03:22	+01:04:01	08:07
29	230	Ricardo Silva	OFRunning	Senior Masculino	04:03:53	+01:04:33	08:08
30	181	Manuel Costa	KeMedo Team	Senior Masculino	04:05:58	+01:06:38	08:12
31	231	Rui Pereira	OFRunning	Senior Masculino	04:06:30	+01:07:09	08:13
32	119	Rui Oliveira	Individual	Senior Masculino	04:06:45	+01:07:24	08:14
33	255	Ricardo Costa	Individual	Senior Masculino	04:07:16	+01:07:56	08:15
34	113	Paulo Almiro Borges Sampaio	Individual	Senior Masculino	04:08:14	+01:08:54	08:16
35	249	Nuno Sobral	Team DUAS FACES	Senior Masculino	04:09:03	+01:09:42	08:18
36	98	João Dinis	Individual	Senior Masculino	04:10:52	+01:11:31	08:22
37	62	Paulo Jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:12:14	+01:12:53	08:24
38	275	Ricardo Ferreira	Individual	Senior Masculino	04:13:14	+01:13:54	08:26
39	88	Helder Campos	Individual	Senior Masculino	04:13:17	+01:13:56	08:27
40	84	Filipe Barbosa	Individual	Senior Masculino	04:14:32	+01:15:12	08:29
41	27	Bruno Miguel Reis Barge	C.D.C SÃO MARTINHO DA GÂNDARA	Senior Masculino	04:15:05	+01:15:44	08:30
42	103	Jorge Ribeiro	Individual	Senior Masculino	04:15:11	+01:15:51	08:30
43	238	Inuo Filipe Melo	Quintas Feiras Bravas	Senior Masculino	04:15:57	+01:16:37	08:32
44	46	André Almeida	Factor X / S4L / MedenseFC	Senior Masculino	04:19:16	+01:19:55	08:39
45	52	Rafael Almeida	FITSPOT-Parque Nascente	Senior Masculino	04:20:27	+01:21:07	08:41
46	203	Micael Cunha	MULTIPOWER GAIA TRAIL	Senior Masculino	04:21:00	+01:21:40	08:42
47	41	Ricardo Carvalho	CTAD - Trilhos de Cinfães	Senior Masculino	04:21:22	+01:22:02	08:43
48	90	Helder Parracho	Individual	Senior Masculino	04:22:33	+01:23:13	08:45
49	106	Luís Filipe Neves Magalhães	Individual	Senior Masculino	04:23:02	+01:23:42	08:46
50	192	Miguel Alves	Leões de Tardariz Trail	Senior Masculino	04:27:53	+01:28:32	08:56
51	109	mario gonçalves	Individual	Senior Masculino	04:30:37	+01:31:17	09:01
52	95	Hugo Miguel Sousa da Silva	Individual	Senior Masculino	04:31:01	+01:31:41	09:02
53	29	Claudio Gomes	CCD Siemens	Senior Masculino	04:32:05	+01:32:44	09:04
54	247	Pedro Magalhães	Tartarugas do Asfalto	Senior Masculino	04:32:24	+01:33:03	09:05
55	100	Joao Silva	Individual	Senior Masculino	04:32:44	+01:33:23	09:05
56	242	Miguel Seca	Shots International Runners	Senior Masculino	04:33:09	+01:33:48	09:06
57	177	Fernando Azevedo	KeMedo Team	Senior Masculino	04:34:04	+01:34:43	09:08
58	207	Paulo Pinho	MULTIPOWER GAIA TRAIL	Senior Masculino	04:35:28	+01:36:07	09:11
59	179	Helder Castro	KeMedo Team	Senior Masculino	04:36:36	+01:37:15	09:13
60	112	Nuno Sá	Individual	Senior Masculino	04:37:39	+01:38:18	09:15
61	77	António Fonseca	Individual	Senior Masculino	04:40:28	+01:41:07	09:21
62	45	Gil Ferreira da Silva	EU+ Run	Senior Masculino	04:44:16	+01:44:56	09:29
63	60	Bruno Macieira	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:45:29	+01:46:09	09:31
64	104	José Elvio Jesus	Individual	Senior Masculino	04:46:48	+01:47:27	09:34
65	7	André Silva	AD QUINTA ATLETISMO	Senior Masculino	04:47:37	+01:48:17	09:35
66	180	Jose Pereira	KeMedo Team	Senior Masculino	04:50:20	+01:51:00	09:41
67	85	Filipe Daniel Carvalho Pereira Feijó Amorim	Individual	Senior Masculino	04:50:22	+01:51:01	09:41
68	243	Marco Fernandes	SMIP	Senior Masculino	04:51:26	+01:52:05	09:43
69	191	Josué Moreira	Leões de Tardariz Trail	Senior Masculino	04:51:35	+01:52:15	09:43

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