





**TRAIL LONGO - STAGE 1**

**44 KM**

**R**  
**REVISED**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	263	Joaquim Almeida	os trinca espinhas	Veterano M40	05:41:58	+01:43:02	07:46
89	205	Hugo Nalha	lobos da atela	Veterano M40	05:43:15	+01:44:19	07:48
90	414	Elisio Goncalves	individual	Veterano M45	05:43:23	+01:44:27	07:48
91	224	José Manuel Sena Serrano	monsanto running team	Veterano M45	05:44:12	+01:45:15	07:49
92	183	Álvaro Mendonça	gáfeterunners	Senior Masculino	05:44:41	+01:45:45	07:50
93	182	Pedro Jesus	gáfeterunners	Senior Masculino	05:44:43	+01:45:46	07:50
94	314	Fernando Carvalho	tarahumara	Senior Masculino	05:44:46	+01:45:49	07:50
95	186	Paulo Mavioso	gd piranhas do alqueva	Veterano M45	05:45:15	+01:46:18	07:51
96	198	Jocelina Ferreira	juventude vidigalense	Veterana F40	05:45:22	+01:46:26	07:51
97	40	Sérgio Matos6	edv-viana trail	Senior Masculino	05:45:40	+01:46:44	07:51
98	44	Duarte Nuno Nascimento Oliveira	edv-viana trail	Senior Masculino	05:45:45	+01:46:49	07:51
99	403	Luis Candeias	individual	Senior Masculino	05:45:52	+01:46:56	07:52
100	259	Luis David	os trinca espinhas	Veterano M40	05:45:53	+01:46:57	07:52
101	1091	António Fernandes	montanha clube trail running/efapel	Veterano M45	05:46:15	+01:47:19	07:52
102	230	Rui Manuel Pereira Gaspar	montanha clube trail running/efapel	Veterano M45	05:46:15	+01:47:19	07:52
103	438	JAVIER GARCÍA	individual	Veterano M40	05:47:33	+01:48:37	07:54
104	413	Carlos Paulino	individual	Veterano M45	05:47:54	+01:48:58	07:54
105	433	JOAO JOSÉ CRUZ DE ALMEIDA DE OLIVEIRA	individual	Veterano M40	05:48:19	+01:49:23	07:55
106	97	Fernando Homem	c.a.s.p.a. - clube amador só para atletismo	Senior Masculino	05:48:21	+01:49:25	07:55
107	241	Rui Nascimento	ocs - proaventuras	Veterano M45	05:48:31	+01:49:35	07:55
108	328	José Antonio Azevedo Faria	team lanthemil	Senior Masculino	05:49:11	+01:50:14	07:56
109	318	vitormanuel ferreira coelho	team lanthemil	Veterano M40	05:49:11	+01:50:14	07:56
110	310	João Farinhas	tá lentos team	Veterano M40	05:50:25	+01:51:29	07:58
111	248	Alexandre Cantiga	ocs - proaventuras	Veterano M40	05:51:21	+01:52:25	07:59
112	463	Jorge Mamede Abrantes	individual	Veterano M45	05:51:39	+01:52:43	08:00
113	131	Pedro Anjos	clac entroncamento	Veterano M40	05:52:08	+01:53:11	08:00
114	477	Hugo Daniel Fernandes da Silva	individual	Veterano M40	05:53:00	+01:54:04	08:01
115	353	Pedro Miguel Lopes Brito	individual	Veterano M45	05:53:05	+01:54:08	08:01
116	481	Joaquim Capela	kaninos	Veterano M45	05:53:13	+01:54:16	08:02
117	213	Rui Menas	matilha running	Veterano M40	05:53:28	+01:54:31	08:02
118	57	Tiago Ramos	clube de atletismo de ferreira do zêzere	Senior Masculino	05:54:06	+01:55:09	08:03
119	77	Cláudia Batalha	amigos do atletismo de mafra	Veterana F40	05:54:51	+01:55:55	08:04
120	305	Bruno MELO	spotcriativo viseu running team	Senior Masculino	05:54:51	+01:55:55	08:04
121	49	Vitor Pinto	amcf - arrábida trail team	Veterano M40	05:55:04	+01:56:07	08:04
122	449	Rute Isabel Mendes Martins	individual	Senior Feminino	05:56:33	+01:57:37	08:06
123	351	Emanuel Oliveira	individual	Veterano M40	05:56:42	+01:57:45	08:06
124	245	Ricardo Cunha	ocs - proaventuras	Senior Masculino	05:56:43	+01:57:47	08:06
125	16	Elisabete Vieira	dr. merino/4moove	Senior Feminino	05:57:19	+01:58:22	08:07
126	340	Virgínia Pereira	trilho perdido eventos / importlux	Veterana F50	05:57:19	+01:58:23	08:07
127	26	Nelson Caldeira	acportalegre/utsm	Senior Masculino	05:57:53	+01:58:57	08:08
128	52	Bruno Safara	amcf - arrábida trail team	Senior Masculino	05:57:55	+01:58:59	08:08
129	459	Laurentino Piteira	individual	Veterano M45	05:58:05	+01:59:08	08:08
130	190	vasco lopes	grupo desportivo da parreira	Veterano M40	05:58:28	+01:59:31	08:09
131	379	José Manuel Guerra Vizuete	individual	Veterano M40	05:58:48	+01:59:51	08:09
132	290	Nuno Ricardo Santos Alves Lage Oliveira	runner's do demo	Senior Masculino	05:59:04	+02:00:08	08:10

**TRAIL LONGO - STAGE 1**
**44 KM**
**OFFICIAL RESULT**
**R**  
REVISED
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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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
133	291	Nuno Miguel Miranda	runner's do demo	Veterano M40	05:59:04	+02:00:08	08:10
134	148	Rui Filipe Serrano Mauricio	correr em évora	Senior Masculino	05:59:12	+02:00:16	08:10
135	417	Pedro Neves	individual	Veterano M40	05:59:14	+02:00:18	08:10
136	203	Nuno Alves	letsrunazores	Veterano M40	05:59:50	+02:00:53	08:11
137	98	Francisco Primo	c.a.s.p.a. - clube amador só para atletismo	Veterano M45	06:00:20	+02:01:23	08:11
138	99	Mário Salgueiro	c.a.s.p.a. - clube amador só para atletismo	Veterano M40	06:00:20	+02:01:23	08:11
139	348	João Artur Tomaz	individual	Senior Masculino	06:00:48	+02:01:51	08:12
140	110	Jorge Serrazina	ca óbidos	Veterano M60	06:02:33	+02:03:36	08:14
141	302	Gil Morgado	serviços sociais montepio	Senior Masculino	06:03:13	+02:04:16	08:15
142	39	José Carlos Saldanha	edv-viana trail	Veterano M45	06:04:52	+02:05:56	08:18
143	338	Luis Silva	trilho perdido eventos / importlux	Veterano M45	06:05:02	+02:06:05	08:18
144	174	João Paulo Pires da Maia	falcões selvagens	Veterano M55	06:05:54	+02:06:57	08:19
145	464	Ricardo Ferrão	individual	Senior Masculino	06:05:57	+02:07:00	08:19
146	411	Raquel Costa	juventude vidigalense	Senior Feminino	06:08:41	+02:09:45	08:23
147	275	João Ferreira	porto de mós a correr	Senior Masculino	06:10:07	+02:11:10	08:25
148	78	Ricardo Homem Sousa	arriba trail runners	Veterano M40	06:10:16	+02:11:19	08:25
149	104	Michael Granadeiro	c.d. "os águias" trail/running	Senior Masculino	06:11:27	+02:12:31	08:27
150	465	Aires Miguel Barata	individual	Veterano M40	06:11:47	+02:12:50	08:27
151	271	Julián Custodio vizcano	pasito a pasito	Veterano M50	06:12:37	+02:13:40	08:28
152	135	Luís Amândio	clube de praças da armada	Senior Masculino	06:12:45	+02:13:48	08:28
153	240	antonio soares	o praticante.pt	Veterano M50	06:13:06	+02:14:09	08:29
154	471	Fausto Alberto Brites Ferreira Pereira	individual	Senior Masculino	06:13:26	+02:14:30	08:29
155	43	Rodolfo Brito da Silva	edv-viana trail	Senior Masculino	06:13:54	+02:14:58	08:30
156	407	Jorge Carapeta	individual	Veterano M40	06:14:37	+02:15:40	08:31
157	226	paulo nogueira	montanha clube trail running/efapel	Senior Masculino	06:14:45	+02:15:48	08:31
158	276	Nuno Henriques	primestar	Veterano M40	06:14:49	+02:15:53	08:31
159	231	Luís Godinho	morcegos trail	Veterano M40	06:15:12	+02:16:15	08:32
160	431	José Serra	individual	Veterano M40	06:15:49	+02:16:53	08:32
161	251	NUNO SOUSA	oralklass-amigos do trail	Veterano M40	06:15:54	+02:16:57	08:33
162	106	Miguel Saraiva	ca barreira	Veterano M45	06:16:07	+02:17:10	08:33
163	219	Alexandre Kellen	matilha running	Veterano M45	06:16:33	+02:17:37	08:33
164	59	João Sanches	clube de atletismo de ferreira do zêzere	Veterano M50	06:20:22	+02:21:26	08:39
165	260	Antonio Caldeira	os trinca espinhas	Veterano M45	06:20:57	+02:22:01	08:39
166	256	Vitor Marques	kaninos	Senior Masculino	06:21:04	+02:22:07	08:40
167	452	José Andrade	individual	Senior Masculino	06:21:19	+02:22:22	08:40
168	199	Carla Cristina	kangaroo runners	Veterana F40	06:21:21	+02:22:25	08:40
169	20	Almerinda Velez	acportalegre/utsm	Veterana F50	06:21:38	+02:22:41	08:40
170	382	Angel Luis cantillo Gallardo	individual	Veterano M40	06:21:56	+02:23:00	08:41
171	211	Ivone Saramago	It	Veterana F45	06:22:54	+02:23:57	08:42
172	278	Luisa Espirito Santo	salamandrecos	Veterana F45	06:22:54	+02:23:57	08:42
173	48	Margarida Roque Amaro	amcf - arrábida trail team	Veterana F40	06:22:54	+02:23:57	08:42
174	279	Gustavo Filipe de Mil-Homens Pessa	puxa por ti	Veterano M40	06:23:28	+02:24:32	08:43
175	405	Pedro Cordas	individual	Veterano M40	06:24:31	+02:25:34	08:44
176	176	EDUARD PANTELIMON IRIMIA	filipe	Veterano M45	06:25:07	+02:26:11	08:45
177	238	Luís Álvaro	o mundo da corrida	Veterano M50	06:25:44	+02:26:48	08:46

Official Timekeeper: Lap2Go	4 / 9	generate 18-Jan-2017 10:29
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**TRAIL LONGO - STAGE 1**

**44 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
269	418	Miguel Viitorino	caracol trail team	Veterano M40	07:11:40	+03:12:43	09:49
270	156	Su Raposo	correr lisboa	Veterana F40	07:12:48	+03:13:52	09:50
271	324	Nuno Filipe Cardoso Maia	team lantermil	Senior Masculino	07:13:06	+03:14:10	09:51
272	349	Gonçalo Valente	individual	Veterano M45	07:13:18	+03:14:22	09:51
273	393	Francisco Cid	individual	Veterano M50	07:13:23	+03:14:26	09:51
274	179	Nuno Pimpão	furões do alentejo	Senior Masculino	07:16:16	+03:17:19	09:55
275	456	Luis Miguel Guillén Prieto	individual	Senior Masculino	07:16:40	+03:17:43	09:55
276	362	PAULOL CALHA	individual	Veterano M40	07:17:16	+03:18:20	09:56
277	487	Joaquim Caeiro	individual	Veterano M45	07:17:56	+03:18:59	09:57
278	316	Marco Santos	tarahumara	Veterano M40	07:18:28	+03:19:32	09:58
279	315	Ricardo Pocinho Silva	tarahumara	Senior Masculino	07:18:29	+03:19:32	09:58
280	208	Jorge Sousa	It	Veterano M40	07:18:52	+03:19:56	09:58
281	149	Antonio grou	correr em Évora	Veterano M40	07:18:54	+03:19:57	09:59
282	376	Ana Vieira Lopes	individual	Veterana F45	07:19:03	+03:20:07	09:59
283	192	Paulo Jorge Rodrigues Alves	grupo desportivo santander totta	Veterano M40	07:19:16	+03:20:20	09:59
284	346	João Alves	volkswagen autoeuropa	Veterano M50	07:20:10	+03:21:13	10:00
285	478	alfredo costa	individual	Veterano M55	07:20:39	+03:21:42	10:01
286	441	Prudencio Berrocal	individual	Veterano M45	07:21:39	+03:22:42	10:02
287	237	João Martins	caracol trail team	Veterano M45	07:21:49	+03:22:52	10:02
288	204	Pedro Foguetreiro	lobos da atela	Veterano M40	07:22:17	+03:23:20	10:03
289	320	Mónica Martins	team lantermil	Veterana F40	07:22:22	+03:23:25	10:03
290	319	Pedro Coelho	team lantermil	Senior Masculino	07:22:25	+03:23:28	10:03
291	327	Daniela Araújo	team lantermil	Senior Feminino	07:22:25	+03:23:29	10:03
292	321	Miguel Teixeira	team lantermil	Veterano M40	07:22:26	+03:23:29	10:03
293	326	Rui Pinto	team lantermil	Senior Masculino	07:22:26	+03:23:30	10:03
294	322	Sandra Dias	team lantermil	Senior Feminino	07:22:26	+03:23:30	10:03
295	152	Carlos oliveira	correr em giesta	Veterano M40	07:23:17	+03:24:20	10:04
296	381	António Iria	individual	Veterano M45	07:24:03	+03:25:07	10:06
297	153	Adelino Trindade	correr lisboa	Veterano M45	07:24:03	+03:25:07	10:06
298	67	David Silva Clemente	a20km	Senior Masculino	07:24:11	+03:25:14	10:06
299	355	Maria Adelaide Pereira	individual	Veterana F45	07:24:49	+03:25:52	10:07
300	331	Orlando Gabriel Da Silva Ferreira	tough trails alenquer	Veterano M60	07:25:06	+03:26:10	10:07
301	130	Nelson Pereira	clac entroncamento	Veterano M45	07:25:23	+03:26:27	10:07
302	129	Pedro Carmo	clac entroncamento	Veterano M40	07:25:26	+03:26:30	10:07
303	296	João Prisal	salamandrecos	Veterano M45	07:30:35	+03:31:39	10:14
304	294	Carlos Bruno Grade	salamandrecos	Veterano M40	07:30:36	+03:31:39	10:14
305	295	Romão Santos	salamandrecos	Veterano M40	07:30:36	+03:31:39	10:14
306	383	Marco Miguel Vaz Oliveira	salamandrecos	Veterano M40	07:30:37	+03:31:40	10:14
307	300	João Lourenço	salamandrecos	Veterano M55	07:30:37	+03:31:40	10:14
308	301	Bernardo de Castro Zoio	salamandrecos	Veterano M40	07:30:37	+03:31:40	10:14
309	428	Rui Calado	individual	Veterano M45	07:30:46	+03:31:49	10:15
310	469	Carlos Costa	individual	Veterano M50	07:31:17	+03:32:21	10:15
311	270	José María Hormigo Barrena	pasito a pasito	Veterano M45	07:31:51	+03:32:54	10:16
312	437	Luís Miguel	individual	Veterano M45	07:32:20	+03:33:24	10:17
313	93	Jorge Atalaia	bpi runners	Senior Masculino	07:33:27	+03:34:31	10:18
314	394	Rui Manuel Pires Dias	individual	Veterano M40	07:33:48	+03:34:51	10:19







## Trail Longo

44 KM

**R**  
REVISED

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

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	Time	Temperature	Humidity
Start	09:00	-2°C	92%
End	17:58	10°C	57%

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

1	15	Mary Vieira	Dr. Merino/4moove	Senior Feminino	05:13:36		07:08
2	32	Carla Sofia Torres de Sousa	EDV-VIANA TRAIL	Senior Feminino	05:21:54	+08:17	07:19
3	196	Joana Esperanço	Juventude Vidigalense	Senior Feminino	05:36:33	+22:57	07:39
4	449	Rute Isabel Mendes Martins	Individual	Senior Feminino	05:56:33	+42:57	08:06
5	16	Elisabete Vieira	Dr. Merino/4moove	Senior Feminino	05:57:19	+43:42	08:07
6	411	Raquel Costa	Juventude Vidigalense	Senior Feminino	06:08:41	+55:05	08:23
7	347	Ana Cristina Alves de Miranda	XL&S TRAIL	Senior Feminino	06:44:47	+01:31:11	09:12
8	139	Tânia Batista	Coimbra Trail Running	Senior Feminino	06:56:24	+01:42:47	09:28
9	327	Daniela Araújo	Team Lantemil	Senior Feminino	07:22:25	+02:08:49	10:03
10	322	Sandra Dias	Team Lantemil	Senior Feminino	07:22:26	+02:08:50	10:03
11	41	Susana Machado	EDV-VIANA TRAIL	Senior Feminino	07:36:23	+02:22:47	10:22
12	147	Tânia Patrícia	Correr em Évora	Senior Feminino	07:38:46	+02:25:10	10:26
13	171	Mafalda Faria	Évora Night Runners	Senior Feminino	07:57:23	+02:43:46	10:51
14	334	Mónica Simaura Martins Vital	Trail Runners da Ponte	Senior Feminino	08:01:25	+02:47:48	10:56
15	155	Rita Alexandra Afonso	CORRER LISBOA	Senior Feminino	08:05:34	+02:51:58	11:02
16	164	Andreia Lemos	Delta Cafés	Senior Feminino	08:20:27	+03:06:50	11:22
17	474	Vanessa de Araújo Simões Antunes	Individual	Senior Feminino	08:21:31	+03:07:54	11:24
18	473	Rafaela Alexandra Pereira Oliveira	Individual	Senior Feminino	08:21:31	+03:07:55	11:24
19	158	Viviana Ribeiro	CRP - Ribafria	Senior Feminino	08:42:13	+03:28:37	11:52

### Senior Masculino

1	2	Andre Rodrigues	Dr. Merino/4moove	Senior Masculino	03:58:57		05:26
2	342	Tiago Romão	U.F. Comércio e Indústria Atletismo	Senior Masculino	04:01:59	+03:02	05:30
3	34	Ricardo Jorge Gonçalves da Silva	EDV-VIANA TRAIL	Senior Masculino	04:02:24	+03:27	05:31
4	17	MARIO ELSON FONSECA	Dr. Merino/4moove	Senior Masculino	04:10:24	+11:28	05:41
5	5	Luís Semedo	ACPportalegre/UTSM	Senior Masculino	04:14:58	+16:01	05:48
6	10	Nuno Manuel Mendes da Silva	Berg Outdoor	Senior Masculino	04:19:46	+20:49	05:54
7	442	Jose Silverio	ACPportalegre/UTSM	Senior Masculino	04:20:58	+22:02	05:56
8	58	Fernando Gomes	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	04:31:31	+32:35	06:10
9	31	Pedro Rodrigues	EDV-VIANA TRAIL	Senior Masculino	04:31:36	+32:40	06:10
10	344	Pedro Mendes	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Senior Masculino	04:32:10	+33:13	06:11
11	11	Diogo Fernandes	Dr. Merino/4moove	Senior Masculino	04:32:39	+33:43	06:12
12	361	Pedro Ribeiro	Caracol Trail Team	Senior Masculino	04:36:43	+37:47	06:17
13	50	Rodrigo Noivo	AMCF - ARRÁBIDA TRAIL TEAM	Senior Masculino	04:36:58	+38:02	06:18
14	371	Stefan Pequito	Individual	Senior Masculino	04:37:27	+38:31	06:18
15	74	Miguel Baptista	ABCansado Trail	Senior Masculino	04:38:40	+39:43	06:20

Official Timekeeper: Lap2Go	1 / 10	generate 18-Jan-2017 10:30
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## Trail Longo

**44 KM**



**OFFICIAL RESULT**

7	376	Ana Vieira Lopes	Individual	Veterana F45	07:19:03	+01:44:00	09:59
8	355	Maria Adelaide Pereira	Individual	Veterana F45	07:24:49	+01:49:45	10:07
9	298	Natasha Planas	SALAMANDRECOS	Veterana F45	07:57:23	+02:22:20	10:51
10	366	Sandra Simões	Individual	Veterana F45	08:05:48	+02:30:44	11:02

## Veterana F50

1	340	Virgínia Pereira	Trilho Perdido Eventos / Importlux	Veterana F50	05:57:19		08:07
2	20	Almerinda Velez	ACPortalegre/UTSM	Veterana F50	06:21:38	+24:18	08:40
3	419	Cidália Costa Martins	Individual	Veterana F50	06:56:28	+59:08	09:28
4	264	Fátima Pereira Gonçalves	OS TUGAS	Veterana F50	08:21:31	+02:24:12	11:24

## Veterano M40

1	9	Bének Morais	Clube de Atletismo de Ferreira do Zézere	Veterano M40	04:30:29		06:09
2	145	Telmo Veloso	CORREMOS.PT	Veterano M40	04:31:43	+01:15	06:11
3	54	Rui Luz	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M40	04:36:58	+06:29	06:18
4	422	Nelson Amaral	Individual	Veterano M40	04:36:59	+06:31	06:18
5	51	Paulo Lopes	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M40	04:38:33	+08:05	06:20
6	212	Luís Filipe Amaral de Oliveira	Luís Filipe	Veterano M40	04:42:23	+11:55	06:25
7	488	Omar Valle Sanchez	Individual	Veterano M40	04:43:04	+12:36	06:26
8	180	Paulo Morais	G.D.R. São Francisco da Serra	Veterano M40	04:55:36	+25:07	06:43
9	83	Pedro Batista	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Veterano M40	05:02:31	+32:03	06:53
10	162	Nelson Santos	Dão Nelas Runners	Veterano M40	05:09:04	+38:36	07:01
11	380	francisco rodrigues	Individual	Veterano M40	05:09:46	+39:17	07:02
12	53	Sérgio Pereira	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M40	05:13:29	+43:00	07:07
13	287	Pedro Nuno Serra Pires	Runner's do Demo	Veterano M40	05:17:42	+47:14	07:13
14	45	STEPHANE SIMOES	EDV-VIANA TRAIL	Veterano M40	05:21:53	+51:25	07:19
15	46	PEDRO CALDAS116	EDV-VIANA TRAIL	Veterano M40	05:21:53	+51:25	07:19
16	109	Rui Santos	CA Barreira	Veterano M40	05:23:23	+52:55	07:21
17	123	Gil Afonso Vicente	Caracol Trail Team	Veterano M40	05:25:23	+54:54	07:24
18	72	Moisés Matos Barroso	ABCansado Trail	Veterano M40	05:32:24	+01:01:56	07:33
19	289	José Manuel Gomes Nunes	Runner's do Demo	Veterano M40	05:38:30	+01:08:01	07:42
20	263	Joaquim Almeida	Os Trinca Espinhas	Veterano M40	05:41:58	+01:11:30	07:46
21	205	Hugo Nalha	Lobos da Atela	Veterano M40	05:43:15	+01:12:47	07:48
22	259	Luis David	Os Trinca Espinhas	Veterano M40	05:45:53	+01:15:25	07:52
23	438	JAVIER GARCÍA	Individual	Veterano M40	05:47:33	+01:17:05	07:54
24	433	JOAO JOSÉ CRUZ DE ALMEIDA DE OLIVEIRA	Individual	Veterano M40	05:48:19	+01:17:51	07:55
25	318	vitormmanuel ferreira coelho	Team Lantermil	Veterano M40	05:49:11	+01:18:42	07:56
26	310	João Farinhas	Talentos Team	Veterano M40	05:50:25	+01:19:57	07:58
27	248	Alexandre Cantiga	OCS - PROAVENTURAS	Veterano M40	05:51:21	+01:20:53	07:59
28	131	Pedro Anjos	CLAC ENTRONCAMENTO	Veterano M40	05:52:08	+01:21:39	08:00
29	477	Hugo Daniel Fernandes da Silva	Individual	Veterano M40	05:53:00	+01:22:32	08:01



## Trail Longo

**44 KM**

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**OFFICIAL RESULT**

73	303	Artur Soares	SpeedRunners	Veterano M40	07:09:19	+02:38:50	09:45
74	246	João Vicente Rosa	OCS - PROAVENTURAS	Veterano M40	07:09:24	+02:38:55	09:46
75	268	José Fernández Álvarez	Pasito a Pasito	Veterano M40	07:11:30	+02:41:02	09:48
76	418	Miguel Viitorino	Caracol Trail Team	Veterano M40	07:11:40	+02:41:11	09:49
77	362	PAULOL CALHA	Individual	Veterano M40	07:17:16	+02:46:48	09:56
78	316	Marco Santos	Tarahumara	Veterano M40	07:18:28	+02:48:00	09:58
79	208	Jorge Sousa	LT	Veterano M40	07:18:52	+02:48:24	09:58
80	149	Antonio grou	Correr em Évora	Veterano M40	07:18:54	+02:48:25	09:59
81	192	Paulo Jorge Rodrigues Alves	GRUPO DESPORTIVO SANTANDER TOTTA	Veterano M40	07:19:16	+02:48:48	09:59
82	204	Pedro Foguetheiro	Lobos da Atela	Veterano M40	07:22:17	+02:51:48	10:03
83	321	Miguel Teixeira	Team Lantermil	Veterano M40	07:22:26	+02:51:57	10:03
84	152	Carlos oliveira	Correr em Giesta	Veterano M40	07:23:17	+02:52:48	10:04
85	129	Pedro Carmo	CLAC ENTRONCAMENTO	Veterano M40	07:25:26	+02:54:58	10:07
86	294	Carlos Bruno Grade	SALAMANDRECOS	Veterano M40	07:30:36	+03:00:07	10:14
87	295	Romão Santos	SALAMANDRECOS	Veterano M40	07:30:36	+03:00:07	10:14
88	383	Marco Miguel Vaz Oliveira	SALAMANDRECOS	Veterano M40	07:30:37	+03:00:08	10:14
89	301	Bernardo de Castro Zoio	SALAMANDRECOS	Veterano M40	07:30:37	+03:00:08	10:14
90	394	Rui Manuel Pires Dias	Individual	Veterano M40	07:33:48	+03:03:19	10:19
91	412	nuno pinoia	Individual	Veterano M40	07:34:19	+03:03:51	10:20
92	63	Humberto Pestana	A D IALBAX	Veterano M40	07:35:28	+03:05:00	10:21
93	62	Marco Santos	A D IALBAX	Veterano M40	07:35:30	+03:05:01	10:21
94	169	João Simona	Évora Night Runners	Veterano M40	07:38:48	+03:08:19	10:26
95	115	Carlos Alberto de Sousa Fortio	Campo Maior Trail Team	Veterano M40	07:42:53	+03:12:24	10:31
96	207	leonel viegas	loucos e furiosos	Veterano M40	07:50:36	+03:20:07	10:42
97	350	João Ricardo Duarte	Individual	Veterano M40	07:51:17	+03:20:49	10:43
98	312	Luis Miguel Mendes Rasteiro	Tálenos Team	Veterano M40	07:51:19	+03:20:50	10:43
99	184	TIAGO CORREIA	GD piranhas do Alqueva	Veterano M40	07:56:03	+03:25:34	10:49
100	444	Roberto Gonçalves	SALAMANDRECOS	Veterano M40	07:56:16	+03:25:47	10:49
101	498	Rui Barbosa	MATILHA RUNNING	Veterano M40	08:04:49	+03:34:21	11:01
102	168	José Garcez	Évora Night Runners	Veterano M40	08:08:21	+03:37:53	11:06
103	92	Ricardo Martins	BPI RUNNERS	Veterano M40	08:08:22	+03:37:53	11:06
104	201	antonio duarte	Kaninos	Veterano M40	08:16:06	+03:45:38	11:17
105	365	Nuno José Batista Costa	Individual	Veterano M40	08:17:15	+03:46:46	11:18
106	216	Mauro Gonçalves	MATILHA RUNNING	Veterano M40	08:21:06	+03:50:37	11:23
107	163	Fernando Ferreira	Delta Cafés	Veterano M40	08:25:47	+03:55:18	11:30

## Veterano M45

1	6	Marcolino Veríssimo	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M45	04:37:23		06:18
2	8	Luiz Mota	Individual	Veterano M45	04:37:52	+00:30	06:19
3	37	Victor Emanuel de Castro Correia	EDV-VIANA TRAIL	Veterano M45	05:00:37	+23:15	06:50
4	36	Artur Matos	EDV-VIANA TRAIL	Veterano M45	05:04:44	+27:22	06:56
5	500	José António dos Prazeres Ferreira	Runner's do Demo	Veterano M45	05:17:40	+40:18	07:13
6	82	PEDRO SIMÕES	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Veterano M45	05:19:25	+42:02	07:16
7	232	Paulo Manuel Ramos Santos	Mountain Trails	Veterano M45	05:19:34	+42:11	07:16

Official Timekeeper: Lap2Go	7 / 10	generate 18-Jan-2017 10:30
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**Trail Longo**

**44 KM**

**OFFICIAL RESULT**

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52	296	João Prisal	SALAMANDRECOS	Veterano M45	07:30:35	+02:53:13	10:14
53	428	Rui Calado	Individual	Veterano M45	07:30:46	+02:53:23	10:15
54	270	José María Hormigo Barrena	Pasito a Pasito	Veterano M45	07:31:51	+02:54:28	10:16
55	437	Luis Miguel	Individual	Veterano M45	07:32:20	+02:54:58	10:17
56	151	António Pimpão	Correr em Évora	Veterano M45	07:38:47	+03:01:24	10:26
57	220	Gonzalo González Rubio	Mérida Trail	Veterano M45	07:38:50	+03:01:28	10:26
58	421	Vitor Venda	Individual	Veterano M45	07:40:23	+03:03:00	10:28
59	277	Nuno Almeida	PRIMESTAR	Veterano M45	07:52:10	+03:14:47	10:44
60	462	Rui Faria	Individual	Veterano M45	07:56:28	+03:19:06	10:50
61	87	JOAQUIM GUERREIRO	Associação de atletismo Lebres do sado	Veterano M45	08:14:49	+03:37:27	11:15
62	188	Luis Afonso	Georunners	Veterano M45	08:16:25	+03:39:03	11:17
63	165	Rui Alves	Delta Cafés	Veterano M45	08:20:27	+03:43:05	11:22

**Veterano M50**

1	4	Vitor Cordeiro	EDV-VIANA TRAIL	Veterano M50	04:28:32		06:06
2	453	MANUEL PEROZO MOSQUERO	Individual	Veterano M50	04:45:18	+16:45	06:29
3	119	Francisco José Mira Gaio	Caracol Trail Team	Veterano M50	05:05:34	+37:02	06:57
4	28	José Domingos Santos	EDV-VIANA TRAIL	Veterano M50	05:21:53	+53:21	07:19
5	358	HÉLDER FERREIRA	Individual	Veterano M50	05:28:36	+01:00:03	07:28
6	68	paulo alexandre correia	A20KM	Veterano M50	05:34:32	+01:06:00	07:36
7	271	Julián Custodio vizcano	Pasito a Pasito	Veterano M50	06:12:37	+01:44:04	08:28
8	240	antonio soares	o praticante.pt	Veterano M50	06:13:06	+01:44:33	08:29
9	59	João Sanches	Clube de Atletismo de Ferreira do Zézere	Veterano M50	06:20:22	+01:51:50	08:39
10	238	Luis Álvaro	O Mundo da Corrida	Veterano M50	06:25:44	+01:57:12	08:46
11	482	Paulo Jorge de Matos Aleixo	Individual	Veterano M50	06:26:25	+01:57:52	08:47
12	134	José Amândio	Clube de Praças da Armada	Veterano M50	06:26:58	+01:58:25	08:48
13	242	Paulo Manuel Martins	OCS - PROAVENTURAS	Veterano M50	06:29:01	+02:00:29	08:50
14	409	Rui Batista	Individual	Veterano M50	06:35:23	+02:06:50	08:59
15	143	João Coroado	Coimbra Trail Running	Veterano M50	06:56:24	+02:27:51	09:28
16	91	David Sanches Gonçalves	Individual	Veterano M50	07:07:01	+02:38:29	09:42
17	390	Rui Pedro Juliao	Individual	Veterano M50	07:11:01	+02:42:28	09:48
18	393	Francisco Cid	Individual	Veterano M50	07:13:23	+02:44:50	09:51
19	346	João Alves	Volkswagen Autoeuropa	Veterano M50	07:20:10	+02:51:37	10:00
20	469	Carlos Costa	Individual	Veterano M50	07:31:17	+03:02:45	10:15
21	136	Eduardo Mendes	Clube Vodafone	Veterano M50	07:35:44	+03:07:11	10:21
22	85	MÁRIO COELHO	Associação de atletismo Lebres do sado	Veterano M50	07:56:10	+03:27:37	10:49
23	299	Miguel Baptista	ABCansado Trail	Veterano M50	07:57:23	+03:28:51	10:51
24	372	Gonçalo Fontes de Melo	Individual	Veterano M50	08:05:47	+03:37:14	11:02
25	285	Jorge Esteves	RUN 4 FUN	Veterano M50	08:05:48	+03:37:16	11:02
26	200	joao paulo almeida	Kaninos	Veterano M50	08:16:05	+03:47:33	11:16
27	286	RUBEN COSTA	RUN 4 FUN	Veterano M50	08:19:42	+03:51:10	11:21





**TRAIL CURTO - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:45	0°C	70%
End	16:20	10°C	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	3	Helio Fumo	edv-viana trail	Senior Masculino	01:54:21		05:27
2	1001	Alvaro Garcia Hernandez	individual	Senior Masculino	01:55:27	+01:06	05:30
3	1000	Fábio Fontoura	u.f. comércio e indústria atletismo	Senior Masculino	02:00:06	+05:45	05:43
4	1695	Luis Mário Fernandes	u.f. comércio e indústria atletismo	Senior Masculino	02:03:52	+09:31	05:54
5	1002	LUCIANO GORDO	ccd municipio de portalegre	Veterano M45	02:04:44	+10:23	05:56
6	1086	Rui Pacheco	amcf - arrábida trail team	Veterano M40	02:05:30	+11:09	05:59
7	1697	Manuel Horta	u.f. comércio e indústria atletismo	Senior Masculino	02:05:53	+11:32	06:00
8	1062	joao Paulo da Silva Pereira	acportalegre/utsm	Senior Masculino	02:06:03	+11:42	06:00
9	1691	Pedro Pinheiro	trilho perdido eventos / importlux	Veterano M40	02:06:21	+12:00	06:01
10	1083	Rui Sequeira	amcf - arrábida trail team	Veterano M40	02:09:04	+14:43	06:09
11	1552	João Nogueira	oralklass-amigos do trail	Senior Masculino	02:09:18	+14:57	06:09
12	1556	Paulo Conde	oralklass-amigos do trail	Senior Masculino	02:09:31	+15:10	06:10
13	1700	Virgilio Alexandre Gomes	u.f. comércio e indústria atletismo	Veterano M45	02:09:36	+15:15	06:10
14	1047	Pedro Salvador Trindade Azinhaga	acportalegre/utsm	Senior Masculino	02:11:15	+16:54	06:15
15	1043	Marco Nabais	acportalegre/utsm	Senior Masculino	02:12:02	+17:40	06:17
16	1040	Diogo Vieira	acportalegre/utsm	Senior Masculino	02:13:45	+19:23	06:22
17	1003	Nelson Graça	team goldnutrition / run.pt	Senior Masculino	02:15:13	+20:51	06:26
18	1454	Nuno Salvador	individual	Senior Masculino	02:15:19	+20:57	06:27
19	1084	Nelson Diogo	amcf - arrábida trail team	Senior Masculino	02:15:44	+21:22	06:28
20	1551	Filipe Carneiro	oralklass-amigos do trail	Senior Masculino	02:15:54	+21:32	06:28
21	1165	António Araújo	coa - clube de orientação e aventura	Senior Masculino	02:16:18	+21:56	06:29
22	1392	gervasio paloma garcia	individual	Veterano M40	02:16:51	+22:30	06:31
23	1699	Rogério Costa	u.f. comércio e indústria atletismo	Senior Masculino	02:17:18	+22:56	06:32
24	493	Andrea Gil Fernández	andrea gil fernández	Senior Feminino	02:17:42	+23:21	06:33
25	1059	Tiago Filipe Valerio	acportalegre/utsm	Senior Masculino	02:17:53	+23:31	06:34
26	1496	jorge carola	jotacês	Senior Masculino	02:18:34	+24:13	06:36
27	1610	Paulo Jorge Morais Pires	runner's do demo	Senior Masculino	02:19:02	+24:41	06:37
28	1068	Paulo Pernes	adcv - associação desportiva de castelo de vide	Senior Masculino	02:20:36	+26:15	06:42
29	1143	Rui Parrano	ccd municipio de portalegre	Senior Masculino	02:20:37	+26:15	06:42
30	1534	gonçalo henriques	montanha clube trail running/efapel	Senior Masculino	02:20:59	+26:38	06:43
31	1153	Hélder Pereira	clube de atletismo de ferreira do zêzere	Veterano M40	02:21:36	+27:15	06:45
32	1663	Joao Branco	team goldnutrition / run.pt	Senior Masculino	02:22:24	+28:03	06:47
33	1088	Luis Martins	amcf - arrábida trail team	Veterano M40	02:22:27	+28:06	06:47
34	1085	Paulo Fialho	amcf - arrábida trail team	Veterano M45	02:22:27	+28:06	06:47
35	1098	Pedro Daniel de Oliveira Veríssimo	arsm - associação recreativa de são miguel	Veterano M40	02:22:35	+28:14	06:47
36	1014	Nuno Massaneiro	a d ialbax	Veterano M40	02:23:41	+29:20	06:51
37	1441	João Canelas	individual	Senior Masculino	02:23:57	+29:36	06:51
38	1694	Milton Silva	u.f. comércio e indústria atletismo	Senior Masculino	02:24:39	+30:18	06:53
39	1156	João Patrício	cmm- escaravelhos team	Sub 23 Masculino	02:25:00	+30:39	06:54
40	1558	Sergio Suzano	oralklass-amigos do trail	Senior Masculino	02:25:05	+30:44	06:55
41	1361	Luís Miranda	individual	Senior Masculino	02:25:29	+31:07	06:56



**TRAIL CURTO - STAGE 1**

**21 KM**

**R**  
**REVISED**

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
87	1678	FRANCISCO JAVIER FERNANDEZ GARCIA	trail gurus	Veterano M40	02:41:31	+47:10	07:42
88	1412	Carlos Miguel Antunes Rodrigues	individual	Veterano M40	02:41:57	+47:36	07:43
89	1679	RAULMENDEZ SANCHEZ	trail gurus	Veterano M40	02:42:47	+48:25	07:45
90	1688	João Silva	trilho perdido eventos / importlux	Senior Masculino	02:42:48	+48:27	07:45
91	1537	Lícinio Sequeira	o mundo da corrida	Veterano M45	02:42:56	+48:35	07:46
92	1089	Manuel Silva	amcf - arrábida trail team	Veterano M40	02:43:05	+48:44	07:46
93	1442	Daniel Rosário	individual	Senior Masculino	02:43:47	+49:26	07:48
94	1345	Hugo matos	individual	Senior Masculino	02:43:51	+49:29	07:48
95	1181	Vitor Fonseca	coimbra trail running	Senior Masculino	02:43:56	+49:34	07:48
96	1081	ALEXANDRE LEAL	alexandre leal	Veterano M40	02:44:12	+49:51	07:49
97	1554	Maria Gonçalves	oralklass-amigos do trail	Senior Feminino	02:44:30	+50:08	07:50
98	1555	Nádia Casteleiro	oralklass-amigos do trail	Senior Feminino	02:44:32	+50:11	07:50
99	1452	Valdo José Candeias Pato	individual	Senior Masculino	02:44:40	+50:18	07:50
100	1681	FERNANDO BUENO CAÑAMERO	trail gurus	Veterano M40	02:44:46	+50:24	07:51
101	1037	JOSE MOISES	acportalegre/utsm	Veterano M45	02:45:18	+50:56	07:52
102	1060	Luis Miguel Cruz Rodrigues	acportalegre/utsm	Veterano M45	02:45:49	+51:28	07:54
103	1233	Pedro Semião	gd piranhas do alqueva	Veterano M40	02:46:43	+52:21	07:56
104	1095	Telmo Carvalho	arsm - associação recreativa de são miguel	Senior Masculino	02:47:07	+52:45	07:57
105	1157	Jorge Nabais	coa - clube de orientação e aventura	Senior Masculino	02:47:11	+52:49	07:58
106	1521	JOÃO MATA	monbiketeam - monforte bike team	Veterano M40	02:47:13	+52:51	07:58
107	1548	Sérgio Anunciação	oralklass-amigos do trail	Veterano M50	02:47:19	+52:58	07:58
108	1581	João Santos	os trinca espinhas	Veterano M45	02:47:23	+53:02	07:58
109	1596	Carlos Manuel Ricardo Parente	os trinca espinhas	Veterano M45	02:48:26	+54:05	08:01
110	1150	Hélio José da Silva Miranda	centro de formação de portalegre / gnr	Senior Masculino	02:48:34	+54:13	08:02
111	1712	Pedro Gabriel	c.a.amigos parque da paz	Veterano M40	02:48:41	+54:19	08:02
112	1619	João Trindade	sla arronches trail runing	Senior Masculino	02:48:50	+54:28	08:02
113	249	Marco Pinto	ocs - proaventuras	Senior Masculino	02:49:09	+54:48	08:03
114	1702	João Fernandes	udr zona alta torres novas	Senior Masculino	02:49:32	+55:11	08:04
115	1377	Ismael Lopez	acportalegre/utsm	Veterano M40	02:49:50	+55:29	08:05
116	1158	Artur Oliveira	coa - clube de orientação e aventura	Senior Masculino	02:49:51	+55:30	08:05
117	1103	Tiago Dias	associação amigos monte paleiros runners	Senior Masculino	02:50:43	+56:22	08:08
118	1391	Carlos Barros	individual	Senior Masculino	02:50:45	+56:24	08:08
119	1114	Valdemar Madeira	barbaris team	Sub 23 Masculino	02:50:47	+56:26	08:08
120	1036	Pedro Miguel Correia Tavares	acportalegre/utsm	Veterano M40	02:50:50	+56:28	08:08
121	1498	Jesualdo Claro	lebres da planície	Senior Masculino	02:51:01	+56:39	08:09
122	1171	Carlos Matias	coa - clube de orientação e aventura	Veterano M40	02:51:05	+56:44	08:09
123	1147	JOÃO CARRILHO	cen - atletismo	Senior Masculino	02:51:09	+56:47	08:09
124	1436	Diogo José Matos Carlos	individual	Senior Masculino	02:51:54	+57:32	08:11
125	1137	Paulo Silva	acdr bairro do cansado	Senior Masculino	02:52:25	+58:04	08:13
126	490	Leonel Baptista	individual	Senior Masculino	02:52:33	+58:12	08:13
127	1174	Miguel Gualdino	coac coruche	Senior Masculino	02:52:52	+58:30	08:14
128	1225	Ivo Rebocho	furões do alentejo	Senior Masculino	02:53:00	+58:39	08:14
129	1220	Celso Pontes	furões do alentejo	Senior Masculino	02:53:00	+58:39	08:14
130	1094	André Carvalho	arsm - associação recreativa de são miguel	Senior Masculino	02:53:04	+58:43	08:15
131	1288	João Venâncio	clube arronches e benfica/ clinica santa beatriz	Veterano M45	02:54:10	+59:49	08:18





**TRAIL CURTO - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
178	1254	Luís Miguel Carvalho Roque Mourato	individual	Senior Masculino	03:03:54	+01:09:32	08:45
179	1672	António Batista	team rainha santa isabel/tarsibus	Veterano M40	03:04:14	+01:09:53	08:46
180	1669	João Manuel Camões Rebola	team rainha santa isabel/tarsibus	Veterano M40	03:04:14	+01:09:53	08:46
181	1673	André Lopes	team rainha santa isabel/tarsibus	Senior Masculino	03:04:16	+01:09:54	08:46
182	1222	Vítor Pereira	furões do alentejo	Veterano M40	03:04:17	+01:09:56	08:47
183	1523	Rui Fernando Abrantes Pataco	monbiketeam - monforte bike team	Veterano M40	03:04:45	+01:10:23	08:48
184	1261	José Garcesz Rufino	individual	Senior Masculino	03:05:12	+01:10:51	08:49
185	1034	Mário Pinto	acm montemor a correr	Senior Masculino	03:05:24	+01:11:02	08:50
186	1486	Joao José Tremoço de Oliveira	inijovem - nisa	Senior Masculino	03:05:25	+01:11:04	08:50
187	1618	mario silva	sintrarunning	Veterano M50	03:06:10	+01:11:48	08:52
188	1485	Cláudio Piedade	inijovem - nisa	Sub 23 Masculino	03:06:12	+01:11:50	08:52
189	1249	Roberto Pereira	hora do esquilo	Senior Masculino	03:06:16	+01:11:54	08:52
190	1428	Bruno Miguel Romão Neves	individual	Senior Masculino	03:06:22	+01:12:01	08:53
191	1142	Luis Costa	ccd municipio de portalegre	Veterano M55	03:06:23	+01:12:01	08:53
192	1025	Daniela Costa	acm montemor a correr	Senior Feminino	03:06:38	+01:12:16	08:53
193	1106	JOSÉ FREITAS	associação de atletismo lebres do sado	Veterano M55	03:06:42	+01:12:20	08:53
194	1053	José Manuel Martins10	acportalegre/utsm	Veterano M40	03:07:13	+01:12:52	08:55
195	1203	David Guerreiro	évora night runners	Senior Masculino	03:07:32	+01:13:11	08:56
196	1321	VITOR MANUEL SANTANA PIRES	individual	Senior Masculino	03:08:13	+01:13:52	08:58
197	1343	Henrique Pereira	individual	Senior Masculino	03:08:46	+01:14:25	08:59
198	1439	Octávio Martins	individual	Senior Masculino	03:08:47	+01:14:25	08:59
199	1119	João Carvalho	barbaris team	Veterano M40	03:09:37	+01:15:15	09:02
200	1536	Lurdes Gil	mountain trails	Veterana F45	03:10:27	+01:16:06	09:04
201	1518	Eduardo Serrano	monbiketeam - monforte bike team	Senior Masculino	03:10:53	+01:16:31	09:05
202	1009	José Esquetim	a d ialbax	Senior Masculino	03:10:54	+01:16:33	09:05
203	1621	Paulo Pires	ss cgd	Veterano M50	03:10:56	+01:16:35	09:06
204	1704	José Santos	vila seca run team	Veterano M45	03:10:57	+01:16:36	09:06
205	1560	Mário Oliveira	os coxos e o miguel	Veterano M40	03:11:01	+01:16:39	09:06
206	1708	Joaquim José Leal da Silva	os trinca espinhas	Veterano M60	03:11:05	+01:16:44	09:06
207	1579	António CasaNova	os trinca espinhas	Veterano M50	03:11:07	+01:16:46	09:06
208	215	José Gonçalves	ocs - proaventuras	Veterano M40	03:11:25	+01:17:04	09:07
209	1266	Maria Oliveira	individual	Veterana F45	03:11:27	+01:17:05	09:07
210	1292	Roberto Charreu	individual	Senior Masculino	03:11:48	+01:17:27	09:08
211	1524	Rui Varandas	monbiketeam - monforte bike team	Senior Masculino	03:11:54	+01:17:32	09:08
212	1293	Bruno Natário	individual	Senior Masculino	03:12:01	+01:17:39	09:09
213	1282	Pedro Pimpão	individual	Senior Masculino	03:12:05	+01:17:44	09:09
214	1227	Ângela Courela	furões do alentejo	Senior Feminino	03:12:06	+01:17:45	09:09
215	1550	Brígida Pinto	oralklass-amigos do trail	Senior Feminino	03:12:19	+01:17:57	09:09
216	1710	Arlindo Frias de Deus	individual	Veterano M60	03:12:21	+01:18:00	09:10
217	1198	Sónia Partente	edv-viana trail	Veterana F40	03:12:27	+01:18:05	09:10
218	1008	Maria Jesus Monraia	a d ialbax	Veterana F40	03:12:45	+01:18:23	09:11
219	1425	Filipe Arrieta Pestana Miranda Ceia	individual	Senior Masculino	03:12:46	+01:18:25	09:11
220	1312	JOÃO Alvaro	individual	Senior Masculino	03:12:50	+01:18:29	09:11
221	1334	Rui silva	individual	Senior Masculino	03:14:19	+01:19:57	09:15
222	1350	Pedro Miguel Trindade do Carmo	individual	Veterano M40	03:14:23	+01:20:02	09:15

**TRAIL CURTO - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
223	1525	Nelson Calção	monbiketeam - monforte bike team	Senior Masculino	03:14:26	+01:20:05	09:16
224	1643	Carlos Fernandes	tãlentos team	Veterano M45	03:14:27	+01:20:06	09:16
225	1513	Joaquim Lima	matilha running	Veterano M50	03:14:39	+01:20:17	09:16
226	1469	Tiago Rui Manilha Dordio	individual	Veterano M40	03:15:01	+01:20:39	09:17
227	1456	Daniel Luis	individual	Senior Masculino	03:15:06	+01:20:44	09:17
228	1446	José António Serrinha Pires Rondão	individual	Veterano M40	03:15:07	+01:20:45	09:17
229	1567	Tiago Marques	os trinca espinhas	Senior Masculino	03:15:08	+01:20:46	09:18
230	1703	Bruno Manuel F. Mendes	vendasnovas trail	Senior Masculino	03:15:10	+01:20:48	09:18
231	1440	Olavo Luís Marques Póvoa	individual	Senior Masculino	03:15:10	+01:20:49	09:18
232	1071	Jose Filipe Fernandes	ajc/glassdrive	Senior Masculino	03:15:14	+01:20:52	09:18
233	416	Bruno Mesquita	individual	Veterano M45	03:15:17	+01:20:56	09:18
234	1587	Kitó Martins	os trinca espinhas	Senior Masculino	03:16:04	+01:21:43	09:20
235	1136	Pedro Manuel Branco Pires	casa benfica castelo branco	Senior Masculino	03:16:28	+01:22:07	09:21
236	1670	Hugo Dias	team rainha santa isabel/tarsibus	Senior Masculino	03:16:34	+01:22:12	09:22
237	1606	Luis Nico	rota d'ossa	Senior Masculino	03:16:34	+01:22:12	09:22
238	1668	Marco Noé	team rainha santa isabel/tarsibus	Veterano M40	03:16:34	+01:22:12	09:22
239	1707	João Paulo Neto	zimbra fox runners	Senior Masculino	03:16:42	+01:22:20	09:22
240	1027	Manuel Bravo	acm monterom a correr	Veterano M40	03:16:43	+01:22:21	09:22
241	1223	Sérgio Magalhães	furões do alentejo	Veterano M50	03:16:45	+01:22:24	09:22
242	1655	Helder Constantino	tãlentos team	Veterano M45	03:16:59	+01:22:38	09:23
243	1169	Sérgio Jesus	coa - clube de orientação e aventura	Veterano M40	03:17:16	+01:22:54	09:24
244	1661	Samuel Domingos	team crosswater	Senior Masculino	03:18:03	+01:23:42	09:26
245	1267	Patrícia Alexandra Batista da Silva	individual	Senior Feminino	03:18:07	+01:23:45	09:26
246	1616	Pedro Novo	serviços sociais montepio	Veterano M45	03:18:21	+01:24:00	09:27
247	1135	Telmo Silva	caracol trail team	Senior Masculino	03:18:36	+01:24:15	09:27
248	244	Luis Maroco	ocs - proaventuras	Veterano M40	03:18:38	+01:24:17	09:28
249	1328	José Martins	individual	Veterano M55	03:18:56	+01:24:35	09:28
250	1232	António Cardoso	gd piranhas do alqueva	Veterano M40	03:18:58	+01:24:37	09:29
251	1012	Antonio Fé	a d ialbax	Veterano M40	03:19:18	+01:24:57	09:29
252	1017	José Russo	a d ialbax	Veterano M55	03:19:22	+01:25:01	09:30
253	1194	João Pratas	delta cafés	Veterano M40	03:19:26	+01:25:04	09:30
254	1564	Sergio Rebelo Das Dores	os coxos e o miguel	Veterano M40	03:19:29	+01:25:07	09:30
255	1380	AMALIA BEJAR	individual	Veterana F45	03:19:29	+01:25:08	09:30
256	1417	Jose Antonio Morales Ruiz	individual	Veterano M50	03:19:30	+01:25:08	09:30
257	1612	Paulo Galão	sab / clínica santa beatriz	Senior Masculino	03:19:35	+01:25:14	09:30
258	1039	Catarina Brás Ramalho	aportalegre/utsm	Sub 23 Feminino	03:19:39	+01:25:17	09:30
259	1571	Luís Nogueiro	os trinca espinhas	Senior Masculino	03:19:49	+01:25:27	09:31
260	1600	RAMIRO GALOCHA	os trinca espinhas	Veterano M50	03:20:08	+01:25:46	09:32
261	1045	Helena Maria Moura Geadas Ceia	aportalegre/utsm	Veterana F45	03:20:12	+01:25:50	09:32
262	1577	Hugo Esteves	os trinca espinhas	Veterano M40	03:20:41	+01:26:19	09:33
263	1283	Daniel Joaquim Clímaco Xavier	individual	Senior Masculino	03:21:56	+01:27:35	09:37
264	1134	Joana Lopes Alves	caracol trail team	Senior Feminino	03:21:59	+01:27:37	09:37
265	1038	ANA VENTURA	aportalegre/utsm	Veterana F40	03:22:25	+01:28:04	09:38
266	1706	José Neto	zimbra fox runners	Senior Masculino	03:22:59	+01:28:37	09:40
267	1115	Carlos Silva	barbaris team	Senior Masculino	03:23:04	+01:28:42	09:40

**TRAIL CURTO - STAGE 1**

**21 KM**



**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
268	1652	Fernando Ferreira	tãlentos team	Veterano M60	03:23:18	+01:28:57	09:41
269	1444	Marco Alexandre Lourenço Martins	individual	Senior Masculino	03:23:24	+01:29:02	09:41
270	1429	João Lourenço	individual	Senior Masculino	03:23:32	+01:29:10	09:42
271	345	Marco Campaniço	volkswagen autoeuropa	Senior Masculino	03:23:33	+01:29:11	09:42
272	1478	Bento Semedo	inijovem - nisa	Veterano M50	03:23:40	+01:29:19	09:42
273	495	Ana Amaro	individual	Veterana F40	03:23:43	+01:29:21	09:42
274	1687	Ana Paula Alves Tomé	trilho perdido eventos / imporlux	Veterana F40	03:23:43	+01:29:22	09:42
275	1690	Teresa Bemfeita	trilho perdido eventos / imporlux	Senior Feminino	03:23:43	+01:29:22	09:42
276	1117	Paulo Matroca	barbaris team	Veterano M45	03:24:11	+01:29:49	09:43
277	1112	Alberto Janeiro	bancaleiro trails/ bikes	Veterano M55	03:24:12	+01:29:50	09:43
278	1076	Marco vintém	ajc/glassdrive	Senior Masculino	03:24:12	+01:29:51	09:43
279	1289	josé Novas	individual	Veterano M40	03:24:17	+01:29:56	09:44
280	1563	Jorge Pires	os coxos e o miguel	Veterano M40	03:24:18	+01:29:57	09:44
281	1240	Ruben Rafael Rolo Dias	gin. qtª valbom - aaalcochete	Senior Masculino	03:24:28	+01:30:07	09:44
282	1660	Bruno Ribeiro	team crosswater	Veterano M40	03:24:41	+01:30:20	09:45
283	1310	Vera Correia	individual	Senior Feminino	03:24:42	+01:30:20	09:45
284	1108	Alexandre Paulo da Rosa Rijo	associação ptg 130	Veterano M40	03:24:47	+01:30:25	09:45
285	1256	Eduardo Costa Rovisco	individual	Senior Masculino	03:24:47	+01:30:26	09:45
286	1022	David Taborda	abcansado trail	Senior Masculino	03:24:48	+01:30:27	09:45
287	1268	Lídia Calado	individual	Senior Feminino	03:25:16	+01:30:55	09:47
288	1414	Francisco Serra Romão	individual	Veterano M50	03:25:37	+01:31:15	09:47
289	1185	João Pinho	coimbra trail running	Veterano M40	03:25:45	+01:31:24	09:48
290	1264	José Bordalo	individual	Veterano M60	03:26:10	+01:31:48	09:49
291	1030	Paulo Cristo	acm montemor a correr	Senior Masculino	03:26:12	+01:31:51	09:49
292	1253	Fernando Vicente	individual	Veterano M55	03:26:39	+01:32:18	09:50
293	1161	Nuno Barata	coa - clube de orientação e aventura	Veterano M40	03:26:50	+01:32:28	09:51
294	1052	Luís Miguel casimiro Rodrigues	aportalegre/utsm	Veterano M40	03:27:10	+01:32:49	09:52
295	1368	Duarte Alegria29	individual	Senior Masculino	03:27:17	+01:32:55	09:52
296	1259	Monica Quartin	individual	Veterana F45	03:27:17	+01:32:56	09:52
297	1295	Nuno Mourato	individual	Veterano M40	03:27:19	+01:32:58	09:52
298	1640	Nuno Lucas	tãlentos team	Veterano M40	03:27:22	+01:33:00	09:52
299	1029	Júlia Alves	acm montemor a correr	Veterana F45	03:27:33	+01:33:11	09:53
300	1490	David Lopes	irmãos tartaruga de alpalhão	Senior Masculino	03:28:00	+01:33:38	09:54
301	1489	João Rolim	irmãos tartaruga de alpalhão	Senior Masculino	03:28:01	+01:33:39	09:54
302	1168	Luís Gonçalves	coa - clube de orientação e aventura	Veterano M50	03:28:07	+01:33:46	09:55
303	1404	João Pedro Ventura Rodolfo	individual	Veterano M45	03:28:10	+01:33:49	09:55
304	1331	jose oliveira	individual	Veterano M40	03:28:26	+01:34:05	09:56
305	1028	Rogério Costa	acm montemor a correr	Veterano M40	03:29:16	+01:34:55	09:58
306	1370	jerónimo coelho	individual	Veterano M50	03:30:10	+01:35:48	10:00
307	1242	Luís Miguel Fernandes Rodrigues	gin. qtª valbom - aaalcochete	Senior Masculino	03:30:13	+01:35:51	10:01
308	1041	Miguel Pinheiro Navega	aportalegre/utsm	Senior Masculino	03:30:14	+01:35:53	10:01
309	1061	Rute Maria Fernandes Ferreira	aportalegre/utsm	Veterana F40	03:30:14	+01:35:53	10:01
310	1546	Maria José Felisardo	ocs - proaventuras	Veterana F45	03:30:21	+01:36:00	10:01
311	1543	Luis Gil Caldeira	ocs - proaventuras	Veterano M45	03:30:32	+01:36:11	10:02
312	1423	Luis Miguel Cagarrinho Ariano	individual	Senior Masculino	03:30:42	+01:36:21	10:02
313	1097	Lígia Coelho	arsm - associação recreativa de são miguel	Veterana F45	03:30:44	+01:36:22	10:02

TRAIL CURTO - STAGE 1

21 KM



OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
314	1433	Luis Calado	individual	Veterano M40	03:30:45	+01:36:24	10:02
315	1238	Joaquim Alberto Garrancho Campino	gin. qtª valbom - aaalcochete	Veterano M40	03:30:59	+01:36:38	10:03
316	1159	Luís Lobato	coa - clube de orientação e aventura	Veterano M45	03:31:01	+01:36:39	10:03
317	1337	José Aires	individual	Veterano M60	03:31:26	+01:37:05	10:04
318	1319	João Lopes	individual	Veterano M40	03:31:32	+01:37:11	10:04
319	1366	marcos jorge chulse de souza	individual	Veterano M40	03:32:07	+01:37:45	10:06
320	1255	tiago manuel louro farinha	individual	Senior Masculino	03:32:07	+01:37:45	10:06
321	1360	Diego Jose Carvajal Gonzalez	individual	Veterano M40	03:32:38	+01:38:17	10:08
322	479	Mariana Monteiro	individual	Senior Feminino	03:32:41	+01:38:19	10:08
323	1415	Nelson Diabinho	individual	Senior Masculino	03:32:45	+01:38:23	10:08
324	1123	Carlos Farinha	blue o / changing diabetes	Veterano M40	03:32:58	+01:38:37	10:09
325	1602	Filipe David	penhasbteam/trail team	Senior Masculino	03:33:03	+01:38:41	10:09
326	1434	Antonio João Lavadinho Silva	individual	Veterano M40	03:33:13	+01:38:52	10:09
327	1435	PAULO ALEXANDRE PRATAS	individual	Senior Masculino	03:33:13	+01:38:52	10:09
328	1684	António Serrano	trail runners da ponte	Senior Masculino	03:33:23	+01:39:02	10:10
329	1179	Francisco Morais	coimbra trail running	Senior Masculino	03:33:38	+01:39:17	10:10
330	1499	Paulo Claro	lebres da planície	Senior Masculino	03:33:40	+01:39:18	10:10
331	1623	Luís Silva	tálenots team	Veterano M45	03:33:47	+01:39:26	10:11
332	1711	Patrícia Lourenço	individual	Senior Feminino	03:33:51	+01:39:30	10:11
333	1674	José Clímaco Pereira	team rainha santa isabel/tarsibus	Senior Masculino	03:33:58	+01:39:36	10:11
334	1082	Soraia Ferreira	amcf - arrábida trail team	Veterana F40	03:34:01	+01:39:40	10:12
335	1671	Luis Temudo	team rainha santa isabel/tarsibus	Senior Masculino	03:34:05	+01:39:43	10:12
336	1376	Nuno Granadas	individual	Senior Masculino	03:34:13	+01:39:51	10:12
337	1572	Maria da Conceição Rainho Trindade	os trinca espinhas	Veterana F45	03:34:42	+01:40:20	10:13
338	1503	Daniel Ramalhete	local de encontro/genius	Senior Masculino	03:35:05	+01:40:43	10:15
339	1164	Sónia Marques	coa - clube de orientação e aventura	Senior Feminino	03:35:09	+01:40:47	10:15
340	1381	Saray Tirado	individual	Senior Feminino	03:35:21	+01:41:00	10:15
341	1257	Luis Simão	individual	Senior Masculino	03:35:32	+01:41:10	10:16
342	1504	José Mira	macha trail team	Veterano M45	03:35:45	+01:41:23	10:16
343	1330	Emanuel Ramalho	individual	Senior Masculino	03:35:50	+01:41:29	10:17
344	1357	Andrea Neves	individual	Senior Feminino	03:36:10	+01:41:49	10:18
345	1356	Paulo J. Ferreira	tálenots team	Veterano M50	03:36:14	+01:41:52	10:18
346	1163	Rodrigo Lopes	coa - clube de orientação e aventura	Veterano M40	03:36:51	+01:42:30	10:20
347	1274	Pedro Miguel Feiteira Renga	individual	Senior Masculino	03:38:10	+01:43:48	10:23
348	1275	Vania de Jesus Raposo Belo	individual	Senior Feminino	03:38:10	+01:43:49	10:23
349	1260	João Milhinhos	individual	Senior Masculino	03:38:11	+01:43:50	10:23
350	1035	Cátia Roque	acm montemor a correr	Senior Feminino	03:38:28	+01:44:07	10:24
351	1202	Rui Gonçalves	equipadavidvaz	Veterano M45	03:38:33	+01:44:11	10:24
352	1561	Filipe Renato Gonçalves Martins	os coxos e o miguel	Veterano M45	03:38:34	+01:44:12	10:24
353	1594	Helena Janeiro	os trinca espinhas	Senior Feminino	03:38:35	+01:44:13	10:25
354	1447	Francisco Ceia	individual	Senior Masculino	03:38:41	+01:44:20	10:25
355	1484	Maria Alexandra Marçal	inijovem - nisa	Veterana F45	03:38:45	+01:44:24	10:25
356	1382	Jesús	individual	Veterano M50	03:38:49	+01:44:28	10:25
357	1093	João Ramos	arriba trail runners	Veterano M40	03:38:52	+01:44:31	10:25
358	1482	Ana Cristina Rosário	inijovem - nisa	Veterana F45	03:38:59	+01:44:37	10:26

**TRAIL CURTO - STAGE 1**

**21 KM**

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
359	1662	João Carlos Ferreira Martins Marçal	team crosswater	Senior Masculino	03:39:01	+01:44:39	10:26
360	1562	Bruno Perdigao	os coxos e o miguel	Veterano M40	03:39:17	+01:44:56	10:27
361	1533	Luciano Costa	montanha clube trail running/efapel	Senior Masculino	03:39:19	+01:44:57	10:27
362	1580	João Serrano Andrade	os trinca espinhas	Veterano M55	03:39:26	+01:45:04	10:27
363	1585	Maria de Jesus Dias Feiteirona Póvoas	os trinca espinhas	Veterana F40	03:39:28	+01:45:06	10:27
364	1568	Mónica Napita	os trinca espinhas	Senior Feminino	03:39:28	+01:45:06	10:27
365	1506	Vera Lúcia Gonçalves Vaz	manuel	Veterana F40	03:39:49	+01:45:27	10:28
366	1213	Nuno M4rques	évora night runners	Veterano M40	03:40:17	+01:45:56	10:29
367	1541	Maria Martins	ocs - proaventuras	Veterana F45	03:40:24	+01:46:02	10:30
368	1234	Nuno machado	gd piranhas do alqueva	Veterano M40	03:40:33	+01:46:12	10:30
369	1514	Roberto Silva	matilha running	Veterano M40	03:40:39	+01:46:18	10:30
370	1659	Pedro David De Sousa Neves	team crosswater	Senior Masculino	03:40:55	+01:46:33	10:31
371	1667	Ricardo Catarino	team rainha santa isabel/tarsibus	Senior Masculino	03:41:01	+01:46:39	10:31
372	1020	Carla Semedo	associação amigos monte paleiros runners	Senior Feminino	03:41:10	+01:46:48	10:32
373	1491	Vitor Afonso Lourenço	jobrinde - montes saloios	Veterano M45	03:41:58	+01:47:36	10:34
374	1492	João Alberto	jobrinde - montes saloios	Veterano M50	03:41:58	+01:47:37	10:34
375	1516	Carlos Velasco	matilha running	Senior Masculino	03:42:00	+01:47:39	10:34
376	1539	Miguel David	o praticante.pt	Sub 23 Masculino	03:42:06	+01:47:44	10:35
377	1547	Susana Luis	ocs - proaventuras	Senior Feminino	03:42:33	+01:48:12	10:36
378	1180	Claudia Isidoro	coimbra trail running	Veterana F40	03:42:36	+01:48:15	10:36
379	1607	Ruben Mateus	rota d'ossa	Senior Masculino	03:42:48	+01:48:26	10:37
380	1676	Pedro Borralho	team rainha santa isabel/tarsibus	Senior Masculino	03:42:50	+01:48:28	10:37
381	1608	Luis Borralho	rota d'ossa	Senior Masculino	03:42:50	+01:48:29	10:37
382	1605	Luís Manuel Goulão Santiago	rota d'ossa	Veterano M45	03:42:51	+01:48:30	10:37
383	1472	Luís Miguel de Carvalho Dias	individual	Veterano M40	03:43:03	+01:48:42	10:37
384	1575	Lúcia Fernandes	os trinca espinhas	Veterana F45	03:43:08	+01:48:46	10:38
385	1529	Joaquim Nicau	monbiketeam - monforte bike team	Veterano M45	03:43:09	+01:48:48	10:38
386	1226	CARLA RAMOS	furões do alentejo	Veterana F40	03:43:10	+01:48:49	10:38
387	1333	Vânia Caldeira	individual	Senior Feminino	03:43:17	+01:48:55	10:38
388	1666	Jorge Marques	team lantermil	Veterano M45	03:43:28	+01:49:07	10:39
389	1443	pedro reis	individual	Senior Masculino	03:43:31	+01:49:09	10:39
390	1614	Paulo Jorge mendes	sab / clínica santa beatriz	Veterano M50	03:43:33	+01:49:12	10:39
391	1021	Gonçalo Martins	abcansado trail	Veterano M40	03:43:53	+01:49:31	10:40
392	1023	Jose Cacheira	abcansado trail	Senior Masculino	03:43:53	+01:49:32	10:40
393	1291	José Trindade	individual	Veterano M45	03:43:55	+01:49:34	10:40
394	1188	Luís Miguel Ribeiro Pereira	os coxos e o miguel	Veterano M40	03:44:01	+01:49:39	10:40
395	1100	José Carlos Anes Carvalheira	as velhas glórias	Senior Masculino	03:44:18	+01:49:57	10:41
396	1358	José António Pereira Agostinho	individual	Veterano M45	03:44:19	+01:49:58	10:41
397	1372	Dinis Santana	individual	Senior Masculino	03:44:25	+01:50:04	10:41
398	1199	Salome Cerqueira	edv-viana trail	Veterana F40	03:44:33	+01:50:12	10:42
399	1235	valter filipe pereira martinho	gin. qtª valbom - aaalcochete	Senior Masculino	03:45:06	+01:50:45	10:43
400	1236	Carla Andreia Vila Verde Garrett	gin. qtª valbom - aaalcochete	Senior Feminino	03:45:07	+01:50:46	10:43
401	1244	Paulo Vaz	grilos team	Veterano M45	03:45:13	+01:50:51	10:43
402	1263	ANA DUARTE	individual	Veterana F40	03:45:15	+01:50:54	10:44
403	1072	Joao Miguel Fernandes	ajc/glassdrive	Senior Feminino	03:45:17	+01:50:56	10:44



TRAIL CURTO - STAGE 1

21 KM

OFFICIAL RESULT



RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
449	1018	Ana Pires	a d ialbax	Senior Feminino	03:56:17	+02:01:55	11:15
450	1016	Lúcia Fé	a d ialbax	Veterana F45	03:56:17	+02:01:56	11:15
451	1197	ARMANDO CAMPINO	desumanos da silva	Veterano M50	03:58:19	+02:03:58	11:21
452	1603	Carlos Miranda	penhasbteam/trail team	Senior Masculino	03:58:24	+02:04:02	11:21
453	1104	PEDRO FREITAS	associação de atletismo lebres do sado	Senior Masculino	03:58:30	+02:04:08	11:21
454	1657	Ana Helena Costa Machado Correia	tartarugas solidárias	Veterana F40	03:58:32	+02:04:11	11:22
455	1402	Irene González Cruz28	individual	Senior Feminino	03:58:39	+02:04:18	11:22
456	1403	JUAN CUEVAS ALCALDE	individual	Senior Masculino	03:58:39	+02:04:18	11:22
457	1430	Rui vences2	individual	Senior Masculino	03:58:58	+02:04:36	11:23
458	1280	Junio Pereira	individual	Veterano M40	03:59:34	+02:05:12	11:24
459	1196	rui campino	desumanos da silva	Veterano M45	03:59:57	+02:05:35	11:26
460	1401	Elena Muñoz	individual	Veterana F45	04:00:28	+02:06:07	11:27
461	1450	Tânia Serrazina	individual	Senior Feminino	04:00:33	+02:06:11	11:27
462	1363	MIGUEL ANGEL GONZÁLEZ HOLGADO	individual	Senior Masculino	04:01:04	+02:06:42	11:29
463	1475	António Parente	individual	Veterano M45	04:01:04	+02:06:43	11:29
464	1397	PALOMA PRECIADO	individual	Senior Feminino	04:01:46	+02:07:25	11:31
465	1515	jose camelo	matilha running	Veterano M40	04:02:06	+02:07:44	11:32
466	1214	Cristina da Conceição Borralho Baião	évora night runners	Veterana F40	04:02:28	+02:08:06	11:33
467	1206	Carla Mota	évora night runners	Veterana F45	04:02:28	+02:08:06	11:33
468	1413	Daniel Barros	individual	Veterano M40	04:03:36	+02:09:15	11:36
469	1373	José Mangerico	individual	Senior Masculino	04:03:37	+02:09:15	11:36
470	1410	Maria Isabel Rodrigues	tãlentos team	Veterana F50	04:03:39	+02:09:17	11:36
471	1408	ELENA JUNCO RUIZ	individual	Veterana F50	04:03:51	+02:09:29	11:37
472	1409	JOSE REQUE KILCHENMANN	individual	Veterano M50	04:03:51	+02:09:29	11:37
473	1590	Joana Gomes	os trinca espinhas	Senior Feminino	04:03:56	+02:09:35	11:37
474	1569	Sérgio Batista	os trinca espinhas	Veterano M40	04:03:57	+02:09:35	11:37
475	1278	João Mendes	individual	Senior Masculino	04:04:07	+02:09:46	11:38
476	1182	Natalia José	coimbra trail running	Senior Feminino	04:04:28	+02:10:06	11:39
477	1714	Rúben Maurício	runners da frente ribeirinha da póvoa de santa iria	Senior Masculino	04:04:34	+02:10:13	11:39
478	1713	Ana Sofia Rosa	runners da frente ribeirinha da póvoa de santa iria	Senior Feminino	04:04:34	+02:10:13	11:39
479	1127	Luciano Marques	bpi runners	Veterano M55	04:04:49	+02:10:27	11:40
480	1431	Luis Cruz	individual	Veterano M40	04:05:02	+02:10:40	11:40
481	1105	NÍDIA VALADARES	associação de atletismo lebres do sado	Veterana F40	04:06:04	+02:11:42	11:43
482	1362	Sílvia Cruz	individual	Senior Feminino	04:07:05	+02:12:43	11:46
483	1065	Filomena Cordeiro	aportalegre/utsm	Veterana F45	04:07:42	+02:13:21	11:48
484	1576	Maria João Monteiro Valério	os trinca espinhas	Veterana F45	04:08:20	+02:13:58	11:50
485	1474	Fábio Miguel Belo Batista	associação amigos monte paleiros runners	Senior Masculino	04:08:31	+02:14:09	11:50
486	1407	Diogo Policarpo Varela	associação amigos monte paleiros runners	Senior Masculino	04:08:31	+02:14:10	11:50
487	1107	Joao Paulo Realinho Feiteira	associação ptg 130	Veterano M45	04:08:36	+02:14:14	11:50
488	1141	Alcino José Durão Cirilo	cbbtelvas	Veterano M55	04:08:39	+02:14:18	11:50
489	1140	Catarina Palmeiro	cbrunning team	Senior Feminino	04:08:51	+02:14:30	11:51
490	1152	Jorge Rocha	clube amigos do atletismo de avis	Veterano M40	04:08:52	+02:14:31	11:51
491	1463	Pedro RANHETA	individual	Veterano M40	04:09:25	+02:15:04	11:53

TRAIL CURTO - STAGE 1

21 KM

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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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
492	1500	Claudia Duarte	limited edition	Senior Feminino	04:10:21	+02:15:59	11:55
493	1591	Ana Costa	os trinca espinhas	Veterana F40	04:10:39	+02:16:17	11:56
494	1479	Rafael Cebola	inijovem - nisa	Senior Masculino	04:10:54	+02:16:32	11:57
495	1245	Alexandre Miguel Lourenço Monteiro	grupo desportivo alegrete	Senior Masculino	04:11:12	+02:16:50	11:58
496	1201	Tiago Mendes	edv-viana trail	Sub 23 Masculino	04:12:08	+02:17:46	12:00
497	1200	João Tiago Gonçalves Macedo Salgado	edv-viana trail	Senior Masculino	04:12:58	+02:18:37	12:03
498	1205	Bruno Cachapa	évora night runners	Senior Masculino	04:13:24	+02:19:02	12:04
499	1210	Nuno Pinheiro	évora night runners	Senior Masculino	04:13:25	+02:19:03	12:04
500	1597	luis manuel lourenço felicio	os trinca espinhas	Senior Masculino	04:15:40	+02:21:19	12:11
501	1626	Susana Farinhas	tálenos team	Veterana F40	04:16:22	+02:22:00	12:12
502	1464	Ricardo Cordas	os trinca espinhas	Veterano M40	04:17:48	+02:23:27	12:17
503	1124	António Sanches	bpi runners	Veterano M60	04:18:19	+02:23:58	12:18
504	1125	Helena Estevinha	bpi runners	Veterana F45	04:18:19	+02:23:58	12:18
505	1522	Fernando Jorge Machado Sequeira	monbiketeam - monforte bike team	Senior Masculino	04:19:03	+02:24:41	12:20
506	1565	Jorge Manuel Antunes Morais	os gordos	Veterano M45	04:21:58	+02:27:37	12:29
507	1355	André Fé	individual	Senior Masculino	04:22:26	+02:28:04	12:30
508	1075	Pedro Miguel Sequeira Claudino	ajc/glassdrive	Senior Masculino	04:22:48	+02:28:27	12:31
509	1265	Ana Catarina Pereira Quintas	individual	Veterana F45	04:22:54	+02:28:33	12:31
510	1092	Bruno Arcanjo	antónio	Senior Masculino	04:23:01	+02:28:40	12:32
511	1216	Marines Oliveira	évora night runners	Veterana F45	04:23:03	+02:28:41	12:32
512	1209	Ana Fortunato	évora night runners	Senior Feminino	04:23:19	+02:28:57	12:32
513	1186	Maria Cristina Rodrigues	correr em Évora	Veterana F50	04:23:21	+02:29:00	12:32
514	1324	Maria José Fernández Román	individual	Veterana F40	04:24:20	+02:29:58	12:35
515	1422	VICENTE AGUILAR BERMEJO	individual	Veterano M50	04:24:20	+02:29:58	12:35
516	1311	Hugo Rebelo	individual	Senior Masculino	04:24:26	+02:30:04	12:36
517	1509	MARGARIDA AFONSO	margarida fitness	Veterana F45	04:24:35	+02:30:14	12:36
518	1512	Andreia João Mileu Mousinho	margarida fitness	Senior Feminino	04:25:04	+02:30:43	12:37
519	1074	Teresa Realinho	ajc/glassdrive	Senior Feminino	04:26:00	+02:31:38	12:40
520	1079	Nuno Miguel Cordas Afonso	ajc/glassdrive	Senior Masculino	04:26:00	+02:31:38	12:40
521	1378	Marian Fuentes González	individual	Veterana F45	04:30:13	+02:35:51	12:52
522	1379	María Jesús Norberto Gamero	individual	Veterana F40	04:30:13	+02:35:51	12:52
523	1418	Luis Carlos Villanueva	individual	Veterano M50	04:30:33	+02:36:12	12:53
524	1204	Joana Monteiro	évora night runners	Senior Feminino	04:30:37	+02:36:16	12:53
525	1273	Leonor Figo	individual	Senior Feminino	04:30:37	+02:36:16	12:53
526	1269	Rita Monteiro	individual	Veterana F40	04:30:44	+02:36:22	12:54
527	225	António Fernandes	antónio	Veterano M40	04:30:49	+02:36:28	12:54
528	1501	Monica Baeta Henriques	limited edition	Senior Feminino	04:30:50	+02:36:28	12:54
529	1066	Daniel Madeira	acportalegre/utsm	Senior Masculino	04:31:08	+02:36:47	12:55
530	1642	Rui Brites	tálenos team	Veterano M40	04:31:31	+02:37:10	12:56
531	1685	João Filipe Jacinto	trilho perdido eventos / importlux	Senior Masculino	04:31:42	+02:37:20	12:56
532	1686	Susana Mauricio	trilho perdido eventos / importlux	Senior Feminino	04:31:42	+02:37:21	12:56
533	1313	João Martins	individual	Veterano M50	04:31:46	+02:37:24	12:56
534	1139	Gabriel Almeida	cbrunning team	Veterano M45	04:31:47	+02:37:26	12:57
535	497	Isabel Cabeças	individual	Senior Feminino	04:31:52	+02:37:30	12:57
536	1528	Tiago Cativo	monbiketeam - monforte bike team	Senior Masculino	04:32:02	+02:37:41	12:57



**TRAIL CURTO - STAGE 1**

**21 KM**

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REVISED

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
537	1601	José Vicente Mourato Soares	os trinca espinhas	Veterano M50	04:33:31	+02:39:10	13:02
538	1664	Cristiana Sofia Machado Martins	team lanthemil	Senior Feminino	04:34:48	+02:40:26	13:05
539	1073	Ana Isabel França	ajc/glassdrive	Sub 23 Feminino	04:36:02	+02:41:41	13:09
540	1077	Filipe Duarte quintas rasteiro	ajc/glassdrive	Senior Masculino	04:36:02	+02:41:41	13:09
541	1231	Filipe Jesus	gáfeterunners	Senior Masculino	04:36:26	+02:42:04	13:10
542	1230	Ana Santinho	gáfeterunners	Senior Feminino	04:36:26	+02:42:05	13:10
543	1309	Nuno Filipe Cara d'Anjo Martins	individual	Senior Masculino	04:37:39	+02:43:17	13:13
544	1304	Carlos Serrano	individual	Veterano M45	04:37:47	+02:43:25	13:14
545	1305	Sandra Serrano	individual	Veterana F40	04:37:48	+02:43:26	13:14
546	1306	Alexandra Carapeta	individual	Senior Feminino	04:37:48	+02:43:26	13:14
547	1538	carlos figueira	o praticante.pt	Senior Masculino	04:37:55	+02:43:34	13:14
548	1646	Romão Augusto Ramalho Moita	tálenos team	Veterano M55	04:38:03	+02:43:42	13:14
549	1647	Maria Guadalupe Palma Pereira Moita	tálenos team	Veterana F50	04:38:04	+02:43:43	13:15
550	1128	Nuno Ferreira	brahmi team	Veterano M40	04:38:24	+02:44:02	13:15
551	1078	Cátia Crastes	ajc/glassdrive	Senior Feminino	04:38:25	+02:44:04	13:16
552	1080	Luís Miguel Gonçalves Afonso	ajc/glassdrive	Senior Masculino	04:38:26	+02:44:05	13:16
553	1559	Ana Paula Oliveira	oralklass-amigos do trail	Veterana F50	04:38:55	+02:44:34	13:17
554	1270	Márcio Silva	individual	Senior Masculino	04:39:32	+02:45:11	13:19
555	1056	Ana Paula Ramos	aportalegre/utsm	Veterana F45	04:41:06	+02:46:44	13:23
556	1055	Paulo Gandum	aportalegre/utsm	Veterano M40	04:41:06	+02:46:44	13:23
557	1526	Nuno Jorge da Silva Mourato	monbiketeam - monforte bike team	Senior Masculino	04:42:42	+02:48:20	13:28
558	1332	Francisco Picado	individual	Veterano M40	04:42:45	+02:48:23	13:28
559	1510	Célia Maria Fernandes Marmelo Ramalho	margarida fitness	Veterana F40	04:42:50	+02:48:29	13:28
560	1511	Lúcia Sofia Mourato Barbas	margarida fitness	Senior Feminino	04:42:50	+02:48:29	13:28
561	1396	CARMEN MOLINA CHAVES	individual	Veterana F45	04:43:47	+02:49:25	13:31
562	1335	Sérgio Miguel Reia Roque	individual	Veterano M40	04:44:13	+02:49:51	13:32
563	1212	Marisa Achemann	évora night runners	Senior Feminino	04:45:03	+02:50:41	13:34
564	1633	Paulo Nunes	tálenos team	Veterano M55	04:46:52	+02:52:30	13:40
565	1634	Isabel Nunes	tálenos team	Veterana F50	04:46:53	+02:52:32	13:40
566	1495	Carla Fernandes	jobrinde - montes saloios	Senior Feminino	04:47:12	+02:52:51	13:41
567	1494	Serafim Marques	jobrinde - montes saloios	Veterano M60	04:47:13	+02:52:51	13:41
568	1493	Helena Cunha	jobrinde - montes saloios	Veterana F55	04:47:13	+02:52:51	13:41
569	1338	João Carlos Alves de Brito	individual	Veterano M45	04:47:13	+02:52:52	13:41
570	1004	Carla Trindade Santos	individual	Senior Feminino	04:49:01	+02:54:39	13:46
571	1298	João Botas	individual	Veterano M45	04:50:53	+02:56:32	13:51
572	1218	Ana Isabel Martins	falcões selvagens	Veterana F55	04:51:22	+02:57:00	13:52
573	1705	Otilia Margarida Rodrigues Rosado	vila seca run team	Veterana F40	04:51:56	+02:57:35	13:54
574	1622	Dora Pires	ss cgd	Veterana F50	04:51:57	+02:57:35	13:54
575	1229	Ana Batista	gáfeterunners	Senior Feminino	04:52:02	+02:57:40	13:54
576	1228	Vitor Batista	gáfeterunners	Veterano M40	04:52:02	+02:57:40	13:54
577	1636	Maria João Emídio	tálenos team	Veterana F50	04:54:06	+02:59:45	14:00
578	1451	Nuno Miguel Vasconcelos Ceia	individual	Senior Masculino	04:54:16	+02:59:55	14:01
579	1593	Dora Ricardo	os trinca espinhas	Senior Feminino	04:54:17	+02:59:55	14:01
580	1656	Sandra Constantino	tálenos team	Veterana F40	04:55:22	+03:01:01	14:04
581	1625	Elisabete Azougado	tálenos team	Veterana F40	04:55:24	+03:01:03	14:04

### TRAIL CURTO - STAGE 1

21 KM

**OFFICIAL RESULT**

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
582	1296	Angela Laranjeira Costa	individual	Senior Feminino	04:55:49	+03:01:28	14:05
583	1320	Vera Lopes	individual	Senior Feminino	04:55:50	+03:01:28	14:05
584	1644	Maria Fernandes	talentos team	Veterana F45	04:59:21	+03:05:00	14:15
585	1641	Célia Sobral	talentos team	Veterana F40	04:59:21	+03:05:00	14:15
586	1307	Nuno Alexandre Dias Botelho	individual	Veterano M40	04:59:25	+03:05:03	14:16
587	1367	Patrícia Branco	individual	Veterana F40	04:59:25	+03:05:04	14:16
588	1389	Marta Duran Rodriguez	individual	Senior Feminino	04:59:54	+03:05:32	14:17
589	1388	María del Rosario Palomo Marín	individual	Veterana F40	04:59:54	+03:05:32	14:17
590	1383	MAGDALENA CASASOLA LUNA	individual	Veterana F45	04:59:54	+03:05:33	14:17
591	1420	maria dolores	individual	Veterana F45	04:59:56	+03:05:34	14:17
592	1315	Ana Maria Matias Lopes	individual	Veterana F45	05:00:22	+03:06:01	14:18
593	1314	João Carlos Vicente Teixeira	individual	Veterano M50	05:00:23	+03:06:02	14:18
594	1613	Rute Pereira	sab / clínica santa beatriz	Senior Feminino	05:02:48	+03:08:26	14:25
595	1262	Sónia Ricardo	individual	Veterana F40	05:03:25	+03:09:03	14:27
596	1129	Hugo rosa	btt clube columbófilo arronchense	Senior Masculino	05:10:20	+03:15:59	14:47
597	1638	Kina Seabra	talentos team	Veterana F55	05:11:11	+03:16:50	14:49
598	1344	Otelinda Sousa	individual	Veterana F40	05:11:34	+03:17:13	14:50
599	1628	Madalena Santiago	talentos team	Veterana F45	05:11:35	+03:17:13	14:50
600	1637	Mário Emídio	talentos team	Veterano M50	05:16:05	+03:21:44	15:03
601	1013	Paulo Olivença	a d ialbax	Veterano M40	05:16:33	+03:22:11	15:04
602	1631	Justina Almeida Ferreira,	talentos team	Veterana F45	05:16:59	+03:22:37	15:06
603	1630	rita pires	talentos team	Veterana F60	05:16:59	+03:22:37	15:06
604	1208	Ana Isabel Machado Ferreira Racha	évora night runners	Veterana F45	05:18:38	+03:24:17	15:10
605	1390	Lola Ropero Corraliza	individual	Veterana F45	05:18:40	+03:24:19	15:11
606	1598	André Eduardo Machado	os trinca espinhas	Senior Masculino	05:22:24	+03:28:03	15:21
607	1416	Marlene Bidard	individual	Senior Feminino	05:22:26	+03:28:04	15:21
608	1387	Maribel	individual	Veterana F45	05:23:12	+03:28:51	15:23
609	1386	Saray escobar Felix	individual	Senior Feminino	05:23:12	+03:28:51	15:23
610	1346	Marta Gomes	kaninos	Senior Feminino	05:25:18	+03:30:56	15:29
611	1573	Patrícia Baptista	os trinca espinhas	Senior Feminino	05:25:35	+03:31:13	15:30
612	1340	maria andrafe	individual	Veterana F45	05:25:35	+03:31:14	15:30
613	1651	Tobias Rocha	talentos team	Veterano M50	05:30:09	+03:35:48	15:43
614	1632	helen maria da costa facundo vitória	talentos team	Veterana F50	05:30:10	+03:35:48	15:43
615	1584	Silvia Martinho e Silva	os trinca espinhas	Veterana F40	05:30:40	+03:36:19	15:45
616	1588	Carla Nabais	os trinca espinhas	Veterana F40	05:30:41	+03:36:20	15:45
617	1595	Carla Fernandes	os trinca espinhas	Veterana F40	05:30:42	+03:36:20	15:45
618	1589	Elisabete Vestia	os trinca espinhas	Senior Feminino	05:30:42	+03:36:20	15:45
619	1620	JOSÉ LAMEIRAS	sobe e desce team	Senior Masculino	05:41:08	+03:46:47	16:15
620	492	Susana Barbas	individual	Veterana F40	05:41:20	+03:46:58	16:15
621	491	Pedro Barbas	individual	Veterano M40	05:41:21	+03:46:59	16:15
622	1317	Elsa Aragonez	individual	Veterana F40	05:45:54	+03:51:33	16:28
623	1318	Rui Agostinho	individual	Veterano M40	05:45:55	+03:51:33	16:28
624	1624	João Carlos Martins Valente Vitória	talentos team	Veterano M50	05:47:58	+03:53:37	16:34
625	1527	César Serrote	monbiketeam - monforte bike team	Senior Masculino	05:51:47	+03:57:25	16:45
626	1627	Marco Barradas	talentos team	Veterano M50	06:14:51	+04:20:29	17:51

**TRAIL CURTO - STAGE 1****21 KM****R**  
REVISED

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
627	1448	CLUBE4ESTILOS LUIS LADEIRA	individual	Veterano M45	06:14:55	+04:20:33	17:51

**Trail Curto**

**21 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 - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION

**OFFICIAL RESULT**

	Time	Temperature	Humidity
Start	09:45	0°C	70%
End	16:20	10°C	57%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
<b>Senior Feminino</b>							
1	493	Andrea Gil Fernández	Andrea Gil Fernández	Senior Feminino	02:17:42		06:33
2	1698	Mariana Moreira	U.F. Comércio e Indústria Atletismo	Senior Feminino	02:39:06	+21:24	07:35
3	1554	Maria Gonçalves	Oralklass-Amigos do Trail	Senior Feminino	02:44:30	+26:47	07:50
4	1555	Nádia Casteleiro	Oralklass-Amigos do Trail	Senior Feminino	02:44:32	+26:50	07:50
5	1241	Tuxa Negri	Gin. Qtª Valbom - AAAIcochete	Senior Feminino	02:57:39	+39:56	08:28
6	1215	Ana Paula Gonçalves	Évora Night Runners	Senior Feminino	02:58:23	+40:41	08:30
7	1042	Ana Miranda	ACPortalegre/UTSM	Senior Feminino	03:00:51	+43:09	08:37
8	1025	Daniela Costa	ACM Montemor a Correr	Senior Feminino	03:06:38	+48:55	08:53
9	1227	Ângela Courela	Furões do Alentejo	Senior Feminino	03:12:06	+54:24	09:09
10	1550	Brígida Pinto	Oralklass-Amigos do Trail	Senior Feminino	03:12:19	+54:36	09:09
11	1267	Patrícia Alexandra Batista da Silva	Individual	Senior Feminino	03:18:07	+01:00:24	09:26
12	1134	Joana Lopes Alves	Caracol Trail Team	Senior Feminino	03:21:59	+01:04:16	09:37
13	1690	Teresa Bemfeita	Trilho Perdido Eventos / Importlux	Senior Feminino	03:23:43	+01:06:01	09:42
14	1310	Vera Correia	Individual	Senior Feminino	03:24:42	+01:06:59	09:45
15	1268	Lidia Calado	Individual	Senior Feminino	03:25:16	+01:07:34	09:47
16	479	Mariana Monteiro	Individual	Senior Feminino	03:32:41	+01:14:58	10:08
17	1711	Patrícia Lourenço	Individual	Senior Feminino	03:33:51	+01:16:09	10:11
18	1164	Sónia Marques	COA - Clube de Orientação e Aventura	Senior Feminino	03:35:09	+01:17:26	10:15
19	1381	Saray Tirado	Individual	Senior Feminino	03:35:21	+01:17:39	10:15
20	1357	Andrea Neves	Individual	Senior Feminino	03:36:10	+01:18:28	10:18
21	1275	Vania de Jesus Raposo Belo	Individual	Senior Feminino	03:38:10	+01:20:28	10:23
22	1035	Cátia Roque	ACM Montemor a Correr	Senior Feminino	03:38:28	+01:20:46	10:24
23	1594	Helena Janeiro	Os Trinca Espinhas	Senior Feminino	03:38:35	+01:20:52	10:25
24	1568	Mónica Napita	Os Trinca Espinhas	Senior Feminino	03:39:28	+01:21:45	10:27
25	1020	Carla Semedo	ASSOCIAÇÃO AMIGOS MONTE PALEIROS RUNNERS	Senior Feminino	03:41:10	+01:23:27	10:32
26	1547	Susana Luis	OCS - PROAVENTURAS	Senior Feminino	03:42:33	+01:24:51	10:36
27	1333	Vânia Caldeira	Individual	Senior Feminino	03:43:17	+01:25:34	10:38
28	1236	Carla Andreia Vila Verde Garrett	Gin. Qtª Valbom - AAAIcochete	Senior Feminino	03:45:07	+01:27:25	10:43
29	1072	Joao Miguel Fernandes	AJC/GLASSDRIVE	Senior Feminino	03:45:17	+01:27:35	10:44
30	1470	Mariana Salvaterra Leirinha	Individual	Senior Feminino	03:45:34	+01:27:51	10:44
31	1195	Andreia Varandas da Cunha	Delta Cafés	Senior Feminino	03:45:38	+01:27:56	10:45
32	1566	Ana Cristina Guicho Fernandes	Os Gordos	Senior Feminino	03:47:38	+01:29:55	10:50
33	1032	Ana Cláudia Lança	ACM Montemor a Correr	Senior Feminino	03:52:29	+01:34:47	11:04
34	1099	Ana Santos	As Máquinas	Senior Feminino	03:52:35	+01:34:52	11:05
35	1033	Vânia Pirata	ACM Montemor a Correr	Senior Feminino	03:52:55	+01:35:12	11:05
36	1461	Sofia Ferreira	Individual	Senior Feminino	03:55:30	+01:37:48	11:13
37	1018	Ana Pires	A D IALBAX	Senior Feminino	03:56:17	+01:38:34	11:15

## Trail Curto

**21 KM**

**R**  
 REVISED

**OFFICIAL RESULT**

38	1402	Irene González Cruz28	Individual	Senior Feminino	03:58:39	+01:40:57	11:22
39	1450	Tânia Serrazina	Individual	Senior Feminino	04:00:33	+01:42:50	11:27
40	1397	PALOMA PRECIADO	Individual	Senior Feminino	04:01:46	+01:44:04	11:31
41	1590	Joana Gomes	Os Trinca Espinhas	Senior Feminino	04:03:56	+01:46:14	11:37
42	1182	Natalia José	Coimbra Trail Running	Senior Feminino	04:04:28	+01:46:45	11:39
43	1713	Ana Sofia Rosa	Runners da Frente Ribeirinha da Póvoa de Santa Iria	Senior Feminino	04:04:34	+01:46:52	11:39
44	1362	Sílvia Cruz	Individual	Senior Feminino	04:07:05	+01:49:22	11:46
45	1140	Catarina Palmeiro	CBrunning team	Senior Feminino	04:08:51	+01:51:09	11:51
46	1500	Claudia Duarte	Limited edition	Senior Feminino	04:10:21	+01:52:38	11:55
47	1209	Ana Fortunato	Évora Night Runners	Senior Feminino	04:23:19	+02:05:36	12:32
48	1512	Andreia João Mileu Mousinho	MARGARIDA FITNESS	Senior Feminino	04:25:04	+02:07:22	12:37
49	1074	Teresa Realinho	AJC/GLASSDRIVE	Senior Feminino	04:26:00	+02:08:17	12:40
50	1204	Joana Monteiro	Évora Night Runners	Senior Feminino	04:30:37	+02:12:55	12:53
51	1273	Leonor Figo	Individual	Senior Feminino	04:30:37	+02:12:55	12:53
52	1501	Monica Baeta Henriques	Limited edition	Senior Feminino	04:30:50	+02:13:07	12:54
53	1686	Susana Mauricio	Trilho Perdido Eventos / Importlux	Senior Feminino	04:31:42	+02:14:00	12:56
54	497	Isabel Cabeças	Individual	Senior Feminino	04:31:52	+02:14:09	12:57
55	1664	Cristiana Sofia Machado Martins	Team Lantermil	Senior Feminino	04:34:48	+02:17:05	13:05
56	1230	Ana Santinho	Gáfeterunners	Senior Feminino	04:36:26	+02:18:44	13:10
57	1306	Alexandra Carapeta	Individual	Senior Feminino	04:37:48	+02:20:05	13:14
58	1078	Cátia Crastes	AJC/GLASSDRIVE	Senior Feminino	04:38:25	+02:20:43	13:16
59	1511	Lúcia Sofia Mourato Barbas	MARGARIDA FITNESS	Senior Feminino	04:42:50	+02:25:08	13:28
60	1212	Marisa Achemann	Évora Night Runners	Senior Feminino	04:45:03	+02:27:20	13:34
61	1495	Carla Fernandes	JOBRINDE - MONTES SALOIOS	Senior Feminino	04:47:12	+02:29:30	13:41
62	1004	Carla Trindade Santos	Individual	Senior Feminino	04:49:01	+02:31:18	13:46
63	1229	Ana Batista	Gáfeterunners	Senior Feminino	04:52:02	+02:34:19	13:54
64	1593	Dora Ricardo	Os Trinca Espinhas	Senior Feminino	04:54:17	+02:36:34	14:01
65	1296	Angela Laranjeira Costa	Individual	Senior Feminino	04:55:49	+02:38:07	14:05
66	1320	Vera Lopes	Individual	Senior Feminino	04:55:50	+02:38:07	14:05
67	1389	Marta Duran Rodriguez	Individual	Senior Feminino	04:59:54	+02:42:11	14:17
68	1613	Rute Pereira	SAB / Clínica Santa Beatriz	Senior Feminino	05:02:48	+02:45:05	14:25
69	1416	Marlene Bidard	Individual	Senior Feminino	05:22:26	+03:04:43	15:21
70	1386	Saray escobar Felix	Individual	Senior Feminino	05:23:12	+03:05:30	15:23
71	1346	Marta Gomes	Kaninos	Senior Feminino	05:25:18	+03:07:35	15:29
72	1573	Patrícia Baptista	Os Trinca Espinhas	Senior Feminino	05:25:35	+03:07:52	15:30
73	1589	Elisabete Vestia	Os Trinca Espinhas	Senior Feminino	05:30:42	+03:12:59	15:45

## Senior Masculino

1	3	Helio Fumo	EDV-VIANA TRAIL	Senior Masculino	01:54:21		05:27
2	1001	Alvaro Garcia Hernandez	Individual	Senior Masculino	01:55:27	+01:06	05:30
3	1000	Fábio Fontoura	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:00:06	+05:45	05:43
4	1695	Luis Mário Fernandes	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:03:52	+09:31	05:54

**Trail Curto**

**21 KM**



**OFFICIAL RESULT**

5	1697	Manuel Horta	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:05:53	+11:32	06:00
6	1062	joao Paulo da Silva Pereira	ACPortalegre/UTSM	Senior Masculino	02:06:03	+11:42	06:00
7	1552	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	02:09:18	+14:57	06:09
8	1556	Paulo Conde	Oralklass-Amigos do Trail	Senior Masculino	02:09:31	+15:10	06:10
9	1047	Pedro Salvador Trindade Azinhaga	ACPortalegre/UTSM	Senior Masculino	02:11:15	+16:54	06:15
10	1043	Marco Nabais	ACPortalegre/UTSM	Senior Masculino	02:12:02	+17:40	06:17
11	1040	Diogo Vieira	ACPortalegre/UTSM	Senior Masculino	02:13:45	+19:23	06:22
12	1003	Nelson Graça	TEAM GOLDNUTRITION / RUN.PT	Senior Masculino	02:15:13	+20:51	06:26
13	1454	Nuno Salvador	Individual	Senior Masculino	02:15:19	+20:57	06:27
14	1084	Nelson Diogo	AMCF - ARRÁBIDA TRAIL TEAM	Senior Masculino	02:15:44	+21:22	06:28
15	1551	Filipe Carneiro	Oralklass-Amigos do Trail	Senior Masculino	02:15:54	+21:32	06:28
16	1165	António Araújo	COA - Clube de Orientação e Aventura	Senior Masculino	02:16:18	+21:56	06:29
17	1699	Rogério Costa	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:17:18	+22:56	06:32
18	1059	Tiago Filipe Valerio	ACPortalegre/UTSM	Senior Masculino	02:17:53	+23:31	06:34
19	1496	jorge carola	jotacês	Senior Masculino	02:18:34	+24:13	06:36
20	1610	Paulo Jorge Morais Pires	Runner´s do Demo	Senior Masculino	02:19:02	+24:41	06:37
21	1068	Paulo Pernes	ADCV - ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE	Senior Masculino	02:20:36	+26:15	06:42
22	1143	Rui Parrano	CCD Municipio de Portalegre	Senior Masculino	02:20:37	+26:15	06:42
23	1534	gonçalo henriques	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Masculino	02:20:59	+26:38	06:43
24	1663	Joao Branco	TEAM GOLDNUTRITION / RUN.PT	Senior Masculino	02:22:24	+28:03	06:47
25	1441	João Canelas	Individual	Senior Masculino	02:23:57	+29:36	06:51
26	1694	Milton Silva	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:24:39	+30:18	06:53
27	1558	Sergio Suzano	Oralklass-Amigos do Trail	Senior Masculino	02:25:05	+30:44	06:55
28	1361	Luís Miranda	Individual	Senior Masculino	02:25:29	+31:07	06:56
29	1175	Alfredo Gualdino	COAC Coruche	Senior Masculino	02:25:41	+31:19	06:56
30	1535	Nuno Braga	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Masculino	02:26:16	+31:55	06:58
31	1665	Daniel José Azevedo Pereira	Team Lantermil	Senior Masculino	02:26:20	+31:59	06:58
32	1715	Ricardo Fernandes	Coimbra Trail Running	Senior Masculino	02:29:17	+34:56	07:07
33	1468	Tiago Rovisco	OCS - PROAVENTURAS	Senior Masculino	02:30:11	+35:50	07:09
34	1087	Luis Trindade	AMCF - ARRÁBIDA TRAIL TEAM	Senior Masculino	02:30:23	+36:01	07:10
35	1133	João Fernandes	Caracol Trail Team	Senior Masculino	02:31:52	+37:31	07:14
36	1166	Rui Lopes	COA - Clube de Orientação e Aventura	Senior Masculino	02:33:34	+39:12	07:19
37	1531	Carlos Vicente	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	Senior Masculino	02:34:04	+39:43	07:20
38	1239	Romeu Alexandre Taneco Colaço	Gin. Qtª Valbom - AAAlcochete	Senior Masculino	02:35:05	+40:43	07:23
39	1090	Diogo Oliveira	AMCF - ARRÁBIDA TRAIL TEAM	Senior Masculino	02:35:05	+40:44	07:23
40	1173	Hugo Agua	COAC Coruche	Senior Masculino	02:35:21	+40:59	07:24
41	1224	Rui Rebocho	Furões do Alentejo	Senior Masculino	02:35:50	+41:29	07:25
42	1063	HUGO SEQUEIRA	ACPortalegre/UTSM	Senior Masculino	02:37:30	+43:09	07:30

**Trail Curto**

**21 KM**



**OFFICIAL RESULT**

43	1287	Sebastian Lopez Gonzalez	Individual	Senior Masculino	02:38:38	+44:16	07:33
44	1327	Luis Tavares	Individual	Senior Masculino	02:38:49	+44:27	07:34
45	1462	Joaquim Filipe da Rosa Rodrigues	Individual	Senior Masculino	02:39:00	+44:38	07:34
46	1329	José Mestre	Individual	Senior Masculino	02:39:06	+44:45	07:35
47	1497	joao canholas	jotacês	Senior Masculino	02:39:19	+44:58	07:35
48	1696	Luis Miguel Silva	U.F. Comércio e Indústria Atletismo	Senior Masculino	02:39:30	+45:08	07:36
49	1211	Vítor Daniel Encarnado Gateira	Évora Night Runners	Senior Masculino	02:41:01	+46:40	07:40
50	1688	João Silva	Trilha Perdido Eventos / Imporlux	Senior Masculino	02:42:48	+48:27	07:45
51	1442	Daniel Rosário	Individual	Senior Masculino	02:43:47	+49:26	07:48
52	1345	Hugo matos	Individual	Senior Masculino	02:43:51	+49:29	07:48
53	1181	Vítor Fonseca	Coimbra Trail Running	Senior Masculino	02:43:56	+49:34	07:48
54	1452	Valdo José Candeias Pato	Individual	Senior Masculino	02:44:40	+50:18	07:50
55	1095	Telmo Carvalho	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Senior Masculino	02:47:07	+52:45	07:57
56	1157	Jorge Nabais	COA - Clube de Orientação e Aventura	Senior Masculino	02:47:11	+52:49	07:58
57	1150	Hélio José da Silva Miranda	Centro de Formação de Portalegre / GNR	Senior Masculino	02:48:34	+54:13	08:02
58	1619	João Trindade	SLA Arronches Trail Runing	Senior Masculino	02:48:50	+54:28	08:02
59	249	Marco Pinto	OCS - PROAVENTURAS	Senior Masculino	02:49:09	+54:48	08:03
60	1702	João Fernandes	UDR Zona Alta Torres Novas	Senior Masculino	02:49:32	+55:11	08:04
61	1158	Artur Oliveira	COA - Clube de Orientação e Aventura	Senior Masculino	02:49:51	+55:30	08:05
62	1103	Tiago Dias	ASSOCIAÇÃO AMIGOS MONTE PALEIROS RUNNERS	Senior Masculino	02:50:43	+56:22	08:08
63	1391	Carlos Barros	Individual	Senior Masculino	02:50:45	+56:24	08:08
64	1498	Jesualdo Claro	Lebres da planície	Senior Masculino	02:51:01	+56:39	08:09
65	1147	JOÃO CARRILHO	CEN - ATLETISMO	Senior Masculino	02:51:09	+56:47	08:09
66	1436	Diogo José Matos Carlos	Individual	Senior Masculino	02:51:54	+57:32	08:11
67	1137	Paulo Silva	ACDR Bairro do Cansado	Senior Masculino	02:52:25	+58:04	08:13
68	490	Leonel Baptista	Individual	Senior Masculino	02:52:33	+58:12	08:13
69	1174	Miguel Gualdino	COAC Coruche	Senior Masculino	02:52:52	+58:30	08:14
70	1225	Ivo Rebocho	Furões do Alentejo	Senior Masculino	02:53:00	+58:39	08:14
71	1220	Celso Pontes	Furões do Alentejo	Senior Masculino	02:53:00	+58:39	08:14
72	1094	André Carvalho	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Senior Masculino	02:53:04	+58:43	08:15
73	1184	Henrique Pinto	Coimbra Trail Running	Senior Masculino	02:54:16	+59:54	08:18
74	1374	Paulo Jaime Monteiro	Individual	Senior Masculino	02:54:16	+59:54	08:18
75	1303	Nuno Santos	Individual	Senior Masculino	02:55:05	+01:00:44	08:20
76	1172	João Reis	COAC Coruche	Senior Masculino	02:57:10	+01:02:48	08:26
77	1111	João Rafael Formiga Ventura	Balboas e Napoleões Team	Senior Masculino	02:57:54	+01:03:33	08:28
78	1284	Eduardo Parreira	Individual	Senior Masculino	02:57:56	+01:03:34	08:28
79	1207	Daniel Campaniço	Évora Night Runners	Senior Masculino	02:58:24	+01:04:03	08:30
80	1006	Vítor Rodrigues	Trail Runners da Ponte	Senior Masculino	02:59:14	+01:04:53	08:32
81	1148	BRUNO GUERREIRO	CEN - ATLETISMO	Senior Masculino	02:59:26	+01:05:04	08:33
82	1015	Bernardo Dias	A D Ialbox	Senior Masculino	03:00:12	+01:05:50	08:35
83	1341	Pedro Miguel Rolo Azeitona	Individual	Senior Masculino	03:00:13	+01:05:52	08:35
84	1471	Ricardo Ortega Rodriguez	Individual	Senior Masculino	03:01:07	+01:06:45	08:37

## Trail Curto

21 KM

**R**  
REVISED

### OFFICIAL RESULT

85	1476	José Fernandes	Injovem - Nisa	Senior Masculino	03:01:07	+01:06:46	08:38
86	1026	Gustavo Nunes	ACM Montemor a Correr	Senior Masculino	03:02:13	+01:07:52	08:41
87	1352	André Batista	Individual	Senior Masculino	03:02:48	+01:08:26	08:42
88	1254	Luís Miguel Carvalho Roque Mourato	Individual	Senior Masculino	03:03:54	+01:09:32	08:45
89	1673	André Lopes	Team Rainha Santa Isabel/Tarsibus	Senior Masculino	03:04:16	+01:09:54	08:46
90	1261	José Garcesz Rufino	Individual	Senior Masculino	03:05:12	+01:10:51	08:49
91	1034	Mário Pinto	ACM Montemor a Correr	Senior Masculino	03:05:24	+01:11:02	08:50
92	1486	Joao José Tremeço de Oliveira	Injovem - Nisa	Senior Masculino	03:05:25	+01:11:04	08:50
93	1249	Roberto Pereira	Hora do Esquilo	Senior Masculino	03:06:16	+01:11:54	08:52
94	1428	Bruno Miguel Romão Neves	Individual	Senior Masculino	03:06:22	+01:12:01	08:53
95	1203	David Guerreiro	Évora Night Runners	Senior Masculino	03:07:32	+01:13:11	08:56
96	1321	VITOR MANUEL SANTANA PIRES	Individual	Senior Masculino	03:08:13	+01:13:52	08:58
97	1343	Henrique Pereira	Individual	Senior Masculino	03:08:46	+01:14:25	08:59
98	1439	Octávio Martins	Individual	Senior Masculino	03:08:47	+01:14:25	08:59
99	1518	Eduardo Serrano	MONBIKETEAM - Monforte Bike Team	Senior Masculino	03:10:53	+01:16:31	09:05
100	1009	José Esquetim	A D IALBAX	Senior Masculino	03:10:54	+01:16:33	09:05
101	1292	Roberto Charreu	Individual	Senior Masculino	03:11:48	+01:17:27	09:08
102	1524	Rui Varandas	MONBIKETEAM - Monforte Bike Team	Senior Masculino	03:11:54	+01:17:32	09:08
103	1293	Bruno Natário	Individual	Senior Masculino	03:12:01	+01:17:39	09:09
104	1282	Pedro Pimpão	Individual	Senior Masculino	03:12:05	+01:17:44	09:09
105	1425	Filipe Arrieta Pestana Miranda Ceia	Individual	Senior Masculino	03:12:46	+01:18:25	09:11
106	1312	JOÃO Alvaro	Individual	Senior Masculino	03:12:50	+01:18:29	09:11
107	1334	Rui silva	Individual	Senior Masculino	03:14:19	+01:19:57	09:15
108	1525	Nelson Calção	MONBIKETEAM - Monforte Bike Team	Senior Masculino	03:14:26	+01:20:05	09:16
109	1456	Daniel Luis	Individual	Senior Masculino	03:15:06	+01:20:44	09:17
110	1567	Tiago Marques	Os Trinca Espinhas	Senior Masculino	03:15:08	+01:20:46	09:18
111	1703	Bruno Manuel F. Mendes	VendasNovas Trail	Senior Masculino	03:15:10	+01:20:48	09:18
112	1440	Olavo Luís Marques Pòvoa	Individual	Senior Masculino	03:15:10	+01:20:49	09:18
113	1071	Jose Filipe Fernandes	AJC/GLASSDRIVE	Senior Masculino	03:15:14	+01:20:52	09:18
114	1587	Kitó Martins	Os Trinca Espinhas	Senior Masculino	03:16:04	+01:21:43	09:20
115	1136	Pedro Manuel Branco Pires	Casa Benfica Castelo Branco	Senior Masculino	03:16:28	+01:22:07	09:21
116	1670	Hugo Dias	Team Rainha Santa Isabel/Tarsibus	Senior Masculino	03:16:34	+01:22:12	09:22
117	1606	Luis Nico	Rota D'Ossa	Senior Masculino	03:16:34	+01:22:12	09:22
118	1707	João Paulo Neto	Zimbra Fox Runners	Senior Masculino	03:16:42	+01:22:20	09:22
119	1661	Samuel Domingos	Team CROSSWATER	Senior Masculino	03:18:03	+01:23:42	09:26
120	1135	Telmo Silva	Caracol Trail Team	Senior Masculino	03:18:36	+01:24:15	09:27
121	1612	Paulo Galão	SAB / Clínica Santa Beatriz	Senior Masculino	03:19:35	+01:25:14	09:30
122	1571	Luís Nogueiro	Os Trinca Espinhas	Senior Masculino	03:19:49	+01:25:27	09:31
123	1283	Daniel Joaquim Clímaco Xavier	Individual	Senior Masculino	03:21:56	+01:27:35	09:37
124	1706	José Neto	Zimbra Fox Runners	Senior Masculino	03:22:59	+01:28:37	09:40
125	1115	Carlos Silva	Barbaris Team	Senior Masculino	03:23:04	+01:28:42	09:40
126	1444	Marco Alexandre Lourenço Martins	Individual	Senior Masculino	03:23:24	+01:29:02	09:41
127	1429	João Lourenço	Individual	Senior Masculino	03:23:32	+01:29:10	09:42

Official Timekeeper: Lap2Go	5 / 16	generate 05-Apr-2017 15:49
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## Trail Curto

**21 KM**



**OFFICIAL RESULT**

17	1109	Vitorina Odete Batista Costa Barbas	ACPortalegre/UTSM	Veterana F45	03:48:37	+01:21:57	10:53
18	1183	Margarida Carvalho	Coimbra Trail Running	Veterana F45	03:53:20	+01:26:40	11:07
19	1599	Paula Cristina Nunes Cordeiro	Os Trinca Espinhas	Veterana F45	03:56:02	+01:29:22	11:14
20	1016	Lúcia Fé	A D lalbax	Veterana F45	03:56:17	+01:29:37	11:15
21	1401	Elena Muñoz	Individual	Veterana F45	04:00:28	+01:33:48	11:27
22	1206	Carla Mota	Évora Night Runners	Veterana F45	04:02:28	+01:35:47	11:33
23	1065	Filomena Cordeiro	ACPortalegre/UTSM	Veterana F45	04:07:42	+01:41:02	11:48
24	1576	Maria João Monteiro Valério	Os Trinca Espinhas	Veterana F45	04:08:20	+01:41:39	11:50
25	1125	Helena Estevinha	BPI RUNNERS	Veterana F45	04:18:19	+01:51:39	12:18
26	1265	Ana Catarina Pereira Quintas	Individual	Veterana F45	04:22:54	+01:56:14	12:31
27	1216	Marines Oliveira	Évora Night Runners	Veterana F45	04:23:03	+01:56:22	12:32
28	1509	MARGARIDA AFONSO	MARGARIDA FITNESS	Veterana F45	04:24:35	+01:57:55	12:36
29	1378	Marian Fuentes González	Individual	Veterana F45	04:30:13	+02:03:32	12:52
30	1056	Ana Paula Ramos	ACPortalegre/UTSM	Veterana F45	04:41:06	+02:14:25	13:23
31	1396	CARMEN MOLINA CHAVES	Individual	Veterana F45	04:43:47	+02:17:06	13:31
32	1644	Maria Fernandes	Tálenos Team	Veterana F45	04:59:21	+02:32:41	14:15
33	1383	MAGDALENA CASASOLA LUNA	Individual	Veterana F45	04:59:54	+02:33:14	14:17
34	1420	maria dolores	Individual	Veterana F45	04:59:56	+02:33:15	14:17
35	1315	Ana Maria Matias Lopes	Individual	Veterana F45	05:00:22	+02:33:42	14:18
36	1628	Madalena Santiago	Tálenos Team	Veterana F45	05:11:35	+02:44:54	14:50
37	1631	Justina Almeida Ferreira,	Tálenos Team	Veterana F45	05:16:59	+02:50:18	15:06
38	1208	Ana Isabel Machado Ferreira Racha	Évora Night Runners	Veterana F45	05:18:38	+02:51:58	15:10
39	1390	Lola Ropero Corraliza	Individual	Veterana F45	05:18:40	+02:52:00	15:11
40	1387	Maribel	Individual	Veterana F45	05:23:12	+02:56:32	15:23
41	1340	maria andrafe	Individual	Veterana F45	05:25:35	+02:58:55	15:30

## Veterana F50

1	1639	Lúcia Nogueira	Tálenos Team	Veterana F50	03:48:06		10:52
2	1410	Maria Isabel Rodrigues	Tálenos Team	Veterana F50	04:03:39	+15:32	11:36
3	1408	ELENA JUNCO RUIZ	Individual	Veterana F50	04:03:51	+15:44	11:37
4	1186	Maria Cristina Rodrigues	Correr em Évora	Veterana F50	04:23:21	+35:15	12:32
5	1647	Maria Guadalupe Palma Pereira Moita	Tálenos Team	Veterana F50	04:38:04	+49:58	13:15
6	1559	Ana Paula Oliveira	Oralklass-Amigos do Trail	Veterana F50	04:38:55	+50:49	13:17
7	1634	Isabel Nunes	Tálenos Team	Veterana F50	04:46:53	+58:47	13:40
8	1622	Dora Pires	SS CGD	Veterana F50	04:51:57	+01:03:50	13:54
9	1636	Maria João Emídio	Tálenos Team	Veterana F50	04:54:06	+01:06:00	14:00
10	1632	helena maria da costa facundo vitória	Tálenos Team	Veterana F50	05:30:10	+01:42:03	15:43

## Veterana F55

1	1138	Maria Hortense Farropas Baptista	CBrunning Team	Veterana F55	03:52:33		11:04
2	1493	Helena Cunha	JOBRINDE - MONTES SALOIOS	Veterana F55	04:47:13	+54:40	13:41
3	1218	Ana Isabel Martins	FALCÕES SELVAGENS	Veterana F55	04:51:22	+58:49	13:52
4	1638	Kina Seabra	Tálenos Team	Veterana F55	05:11:11	+01:18:39	14:49









**Trail Curto**

**21 KM**



**OFFICIAL RESULT**

2	1700	Virgilio Alexandre Gomes	U.F. Comércio e Indústria Atletismo	Veterano M45	02:09:36	+04:52	06:10
3	1085	Paulo Fialho	AMCF - ARRÁBIDA TRAIL TEAM	Veterano M45	02:22:27	+17:43	06:47
4	1122	Licínio Canhoto	Barbaris Team	Veterano M45	02:25:34	+20:50	06:56
5	1544	Rufino Paiva	OCS - PROAVENTURAS	Veterano M45	02:28:23	+23:38	07:04
6	1689	José Narciso	Trilho Perdido Eventos / Importlux	Veterano M45	02:33:46	+29:02	07:19
7	1155	Paulo Conceição	Clube Elvense Natação	Veterano M45	02:37:49	+33:04	07:31
8	1675	Pedro Ramalho	Team Rainha Santa Isabel/Tarsibus	Veterano M45	02:40:17	+35:33	07:38
9	1505	Antonio Varandas	Macha Trail Team	Veterano M45	02:41:00	+36:16	07:40
10	1537	Lícínio Sequeira	O Mundo da Corrida	Veterano M45	02:42:56	+38:12	07:46
11	1037	JOSE MOISES	ACPortalegre/UTSM	Veterano M45	02:45:18	+40:33	07:52
12	1060	Luis Miguel Cruz Rodrigues	ACPortalegre/UTSM	Veterano M45	02:45:49	+41:05	07:54
13	1581	João Santos	Os Trinca Espinhas	Veterano M45	02:47:23	+42:39	07:58
14	1596	Carlos Manuel Ricardo Parente	Os Trinca Espinhas	Veterano M45	02:48:26	+43:42	08:01
15	1288	João Venâncio	Clube Arronches e Benfica/ Clinica Santa Beatriz	Veterano M45	02:54:10	+49:26	08:18
16	1064	Paulo Rodrigues	ACPortalegre/UTSM	Veterano M45	02:54:17	+49:32	08:18
17	1540	Miguel Lino	OCS - PROAVENTURAS	Veterano M45	02:54:35	+49:50	08:19
18	1162	Luís Emídio	COA - Clube de Orientação e Aventura	Veterano M45	02:56:50	+52:05	08:25
19	1049	Sérgio Carinhas	ACPortalegre/UTSM	Veterano M45	02:57:47	+53:02	08:28
20	1438	Tino Iopez	Individual	Veterano M45	02:59:41	+54:57	08:33
21	1146	ANTONIO CORTES	CEN - ATLETISMO	Veterano M45	03:00:18	+55:34	08:35
22	1701	Vitor Pires	UDR Zona Alta Torres Novas	Veterano M45	03:00:50	+56:05	08:37
23	1570	Joaquim Jorge Almeida	Os Trinca Espinhas	Veterano M45	03:02:10	+57:26	08:41
24	1704	José Santos	Vila Seca Run Team	Veterano M45	03:10:57	+01:06:13	09:06
25	1643	Carlos Fernandes	Tálenos Team	Veterano M45	03:14:27	+01:09:43	09:16
26	416	Bruno Mesquita	Individual	Veterano M45	03:15:17	+01:10:33	09:18
27	1655	Helder Constantino	Tálenos Team	Veterano M45	03:16:59	+01:12:15	09:23
28	1616	Pedro Novo	Serviços Sociais Montepio	Veterano M45	03:18:21	+01:13:37	09:27
29	1117	Paulo Matroca	Barbaris Team	Veterano M45	03:24:11	+01:19:26	09:43
30	1404	João Pedro Ventura Rodolfo	Individual	Veterano M45	03:28:10	+01:23:26	09:55
31	1543	Luis Gil Caldeira	OCS - PROAVENTURAS	Veterano M45	03:30:32	+01:25:48	10:02
32	1159	Luís Lobato	COA - Clube de Orientação e Aventura	Veterano M45	03:31:01	+01:26:16	10:03
33	1623	Luís Silva	Tálenos Team	Veterano M45	03:33:47	+01:29:03	10:11
34	1504	José Mira	Macha Trail Team	Veterano M45	03:35:45	+01:31:00	10:16
35	1202	Rui Gonçalves	EquipaDavidVaz	Veterano M45	03:38:33	+01:33:48	10:24
36	1561	Filipe Renato Gonçalves Martins	Os Coxos e o Miguel	Veterano M45	03:38:34	+01:33:49	10:24
37	1491	Vitor Afonso Lourenço	JOBRINDE - MONTES SALOIOS	Veterano M45	03:41:58	+01:37:13	10:34
38	1605	Luís Manuel Goulão Santiago	Rota D'Ossa	Veterano M45	03:42:51	+01:38:07	10:37
39	1529	Joaquim Nicau	MONBIKETEAM - Monforte Bike Team	Veterano M45	03:43:09	+01:38:25	10:38
40	1666	Jorge Marques	Team Lantermil	Veterano M45	03:43:28	+01:38:44	10:39
41	1291	José Trindade	Individual	Veterano M45	03:43:55	+01:39:11	10:40
42	1358	José António Pereira Agostinho	Individual	Veterano M45	03:44:19	+01:39:35	10:41
43	1244	Paulo Vaz	Grilos Team	Veterano M45	03:45:13	+01:40:28	10:43

**Trail Curto**

**21 KM**



**OFFICIAL RESULT**

44	1578	João Trindade Pires	Os Trinca Espinhas	Veterano M45	03:52:11	+01:47:26	11:03
45	1217	Miguel Campos	FALCÕES SELVAGENS	Veterano M45	03:53:42	+01:48:57	11:08
46	1445	Vitor Rodrigues	Individual	Veterano M45	03:55:33	+01:50:48	11:13
47	1196	rui campino	desumanos da silva	Veterano M45	03:59:57	+01:55:12	11:26
48	1475	António Parente	Individual	Veterano M45	04:01:04	+01:56:20	11:29
49	1107	Joao Paulo Realinho Feiteira	Associação PTG 130	Veterano M45	04:08:36	+02:03:51	11:50
50	1565	Jorge Manuel Antunes Morais	Os Gordos	Veterano M45	04:21:58	+02:17:14	12:29
51	1139	Gabriel Almeida	CBrunning Team	Veterano M45	04:31:47	+02:27:03	12:57
52	1304	Carlos Serrano	Individual	Veterano M45	04:37:47	+02:33:02	13:14
53	1338	João Carlos Alves de Brito	Individual	Veterano M45	04:47:13	+02:42:29	13:41
54	1298	João Botas	Individual	Veterano M45	04:50:53	+02:46:09	13:51
55	1448	CLUBE4ESTILOS LUIS LADEIRA	Individual	Veterano M45	06:14:55	+04:10:10	17:51

**Veterano M50**

1	1221	António Antas	Furões do Alentejo	Veterano M50	02:29:33		07:07
2	1144	ARQUIMINIO CARRETAS	CEN - ATLETISMO	Veterano M50	02:34:01	+04:28	07:20
3	1131	Rui Guia Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	Veterano M50	02:34:15	+04:43	07:21
4	1586	José Domingos Batista Felizardo	Os Trinca Espinhas	Veterano M50	02:35:21	+05:48	07:24
5	1548	Sérgio Anunciação	Oralklass-Amigos do Trail	Veterano M50	02:47:19	+17:47	07:58
6	1582	António Matos	Os Trinca Espinhas	Veterano M50	02:56:38	+27:06	08:25
7	1481	Paulo Marques	Inijovem - Nisa	Veterano M50	02:56:51	+27:19	08:25
8	1237	Mário Dias	Gin. Qtª Valbom - AAAlcochete	Veterano M50	03:02:19	+32:46	08:41
9	1618	mario silva	sintrunning	Veterano M50	03:06:10	+36:37	08:52
10	1621	Paulo Pires	SS CGD	Veterano M50	03:10:56	+41:24	09:06
11	1579	António CasaNova	Os Trinca Espinhas	Veterano M50	03:11:07	+41:35	09:06
12	1513	Joaquim Lima	MATILHA RUNNING	Veterano M50	03:14:39	+45:06	09:16
13	1223	Sérgio Magalhães	Furões do Alentejo	Veterano M50	03:16:45	+47:13	09:22
14	1417	Jose Antonio Morales Ruiz	Individual	Veterano M50	03:19:30	+49:57	09:30
15	1600	RAMIRO GALOCHA	Os Trinca Espinhas	Veterano M50	03:20:08	+50:35	09:32
16	1478	Bento Semedo	Inijovem - Nisa	Veterano M50	03:23:40	+54:08	09:42
17	1414	Francisco Serra Romão	Individual	Veterano M50	03:25:37	+56:04	09:47
18	1168	Luis Gonçalves	COA - Clube de Orientação e Aventura	Veterano M50	03:28:07	+58:35	09:55
19	1370	jerónimo coelho	Individual	Veterano M50	03:30:10	+01:00:37	10:00
20	1356	Paulo J. Ferreira	Tálenos Team	Veterano M50	03:36:14	+01:06:41	10:18
21	1382	Jesús	Individual	Veterano M50	03:38:49	+01:09:17	10:25
22	1492	João Alberto	JOBRINDE - MONTES SALOIOS	Veterano M50	03:41:58	+01:12:26	10:34
23	1614	Paulo Jorge mendes	SAB / Clínica Santa Beatriz	Veterano M50	03:43:33	+01:14:01	10:39
24	1426	JOSE ANTONIO GARCIA RAMOS	Individual	Veterano M50	03:46:16	+01:16:43	10:46
25	1395	MANUEL MARTIN MANSO	Individual	Veterano M50	03:50:31	+01:20:58	10:59
26	1611	João Feiteira	SAB / Clínica Santa Beatriz	Veterano M50	03:53:34	+01:24:02	11:07
27	1316	Pedro Vicente	Individual	Veterano M50	03:55:29	+01:25:57	11:13
28	1197	ARMANDO CAMPINO	desumanos da silva	Veterano M50	03:58:19	+01:28:47	11:21
29	1409	JOSE REQUE KILCHENMANN	Individual	Veterano M50	04:03:51	+01:34:18	11:37
30	1422	VICENTE AGUILAR BERMEJO	Individual	Veterano M50	04:24:20	+01:54:47	12:35

## Trail Curto

**21 KM**



**OFFICIAL RESULT**

31	1418	Luis Carlos Villanueva	Individual	Veterano M50	04:30:33	+02:01:01	12:53
32	1313	João Martins	Individual	Veterano M50	04:31:46	+02:02:13	12:56
33	1601	José Vicente Mourato Soares	Os Trinca Espinhas	Veterano M50	04:33:31	+02:03:59	13:02
34	1314	João Carlos Vicente Teixeira	Individual	Veterano M50	05:00:23	+02:30:51	14:18
35	1637	Mário Emídio	Tálenos Team	Veterano M50	05:16:05	+02:46:33	15:03
36	1651	Tobias Rocha	Tálenos Team	Veterano M50	05:30:09	+03:00:37	15:43
37	1624	João Carlos Martins Valente Vitória	Tálenos Team	Veterano M50	05:47:58	+03:18:26	16:34
38	1627	Marco Barradas	Tálenos Team	Veterano M50	06:14:51	+03:45:18	17:51

## Veterano M55

1	1046	Manuel José Ferreira Ceia	ACPortalegre/UTSM	Veterano M55	02:54:43		08:19
2	1142	Luis Costa	CCD Municipio de Portalegre	Veterano M55	03:06:23	+11:40	08:53
3	1106	JOSÉ FREITAS	Associação de atletismo Lebres do sado	Veterano M55	03:06:42	+11:59	08:53
4	1328	José Martins	Individual	Veterano M55	03:18:56	+24:14	09:28
5	1017	José Russo	A D IALBAX	Veterano M55	03:19:22	+24:40	09:30
6	1112	Alberto Janeiro	Bancaleiro trails/ bikes	Veterano M55	03:24:12	+29:29	09:43
7	1253	Fernando Vicente	Individual	Veterano M55	03:26:39	+31:57	09:50
8	1580	João Serrano Andrade	Os Trinca Espinhas	Veterano M55	03:39:26	+44:43	10:27
9	1583	Joaquim Jose Alves Rebelo	Os Trinca Espinhas	Veterano M55	03:52:10	+57:27	11:03
10	1127	Luciano Marques	BPI RUNNERS	Veterano M55	04:04:49	+01:10:06	11:40
11	1141	Alcino José Durão Cirilo	CCBTTELVAS	Veterano M55	04:08:39	+01:13:57	11:50
12	1646	Romão Augusto Ramalho Moita	Tálenos Team	Veterano M55	04:38:03	+01:43:21	13:14
13	1633	Paulo Nunes	Tálenos Team	Veterano M55	04:46:52	+01:52:09	13:40

## Veterano M60

1	1096	Arsénio Fernandes	ARSM - ASSOCIAÇÃO RECREATIVA DE SÃO MIGUEL	Veterano M60	02:57:27		08:27
2	1708	Joaquim José Leal da Silva	Os Trinca Espinhas	Veterano M60	03:11:05	+13:39	09:06
3	1710	Arlindo Frias de Deus	Individual	Veterano M60	03:12:21	+14:55	09:10
4	1652	Fernando Ferreira	Tálenos Team	Veterano M60	03:23:18	+25:52	09:41
5	1264	José Bordalo	Individual	Veterano M60	03:26:10	+28:43	09:49
6	1337	José Aires	Individual	Veterano M60	03:31:26	+34:00	10:04
7	1302	José Calha	Individual	Veterano M60	03:55:00	+57:33	11:11
8	1124	António Sanches	BPI RUNNERS	Veterano M60	04:18:19	+01:20:53	12:18
9	1494	Serafim Marques	JOBRINDE - MONTES SALOIOS	Veterano M60	04:47:13	+01:49:46	13:41



































## Traquinas

**0.3 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

### 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

	Time	Temperature	Humidity
Start	21:40	3.4°C	78%
End	22:13	3.4°C	78%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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## Bambis Feminino

1	2104	Maria Madalena Ceia	Os Trinca Espinhas	Bambis Feminino	02:30	-	-
2	2130	Maria Madeira	Individual	Bambis Feminino	02:35	+00:05	-

## Bambis Masculino

1	2027	Santiago Pombeiro	Individual	Bambis Masculino	02:28	-	-
2	2003	Francisco Maria Carvalho Mourato	teambancaleirotrail/bikes	Bambis Masculino	02:28	+00:01	-
3	2010	Frederico Botelho	Brahmi Team	Bambis Masculino	03:04	+00:36	-
4	2098	Mateus Calado	Individual	Bambis Masculino	03:45	+01:17	-
5	2054	Gabriel Milhinhos Alvarrão	DAP - Desporto Aventura Portalegre	Bambis Masculino	04:14	+01:46	-