

TRAIL LONGO - STAGE 1**35 KM**

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

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - 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	10:00	13°C	100%
End	17:06	13°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	34	Aite Tamang	amcf - arrábida trail team	Senior Masculino	03:03:55		05:15
2	3	Luis Semedo	ac portalegre / utsm	Senior Masculino	03:07:00	+03:04	05:21
3	4	Vitor Cordeiro	edv-viana trail	Veterano M50	03:12:37	+08:42	05:30
4	350	Bruno Silva	trail team bifase	Sub 23 Masculino	03:17:23	+13:28	05:38
5	18	Paulo Costa	a.d.amarante trail running	Senior Masculino	03:17:23	+13:28	05:38
6	352	Diogo Baena	u.f. comércio e indústria atletismo	Senior Masculino	03:19:06	+15:11	05:41
7	326	Jorge Duarte	runner's do demo	Senior Masculino	03:20:15	+16:20	05:43
8	10	Pedro Veríssimo	amcf - arrábida trail team	Veterano M40	03:21:36	+17:41	05:46
9	87	Pedro Ribeiro	caracol trail team	Senior Masculino	03:22:03	+18:08	05:46
10	347	Carlos Veloso	team sindeq	Veterano M40	03:24:46	+20:51	05:51
11	6	Luís Carlos De Almeida Duarte	edv-viana trail	Senior Masculino	03:25:23	+21:28	05:52
12	361	Virgílio Gomes	u.f. comércio e indústria atletismo	Veterano M50	03:27:39	+23:44	05:56
13	7	Rui Luz	amcf - arrábida trail team	Veterano M40	03:27:46	+23:51	05:56
14	88	Tiago Manuel Gomes Godinho	caracol trail team	Senior Masculino	03:30:31	+26:36	06:01
15	107	Fernando Gomes	clube de atletismo de ferreira do zêzere	Senior Masculino	03:31:24	+27:29	06:02
16	40	Marcolino Veríssimo	amcf - arrábida trail team	Veterano M45	03:31:54	+27:59	06:03
17	20	Vitor Costa	a.d.amarante trail running	Veterano M40	03:32:52	+28:57	06:05
18	121	Francisco Carvalho	cmmouronho - escaravelhos	Senior Masculino	03:36:11	+32:16	06:11
19	184	João Lopes	grupo desportivo da parreira	Sub 23 Masculino	03:37:04	+33:09	06:12
20	138	Nelson Santos	dão nelas runners	Veterano M40	03:37:32	+33:37	06:13
21	119	David Gouveia	cmmouronho - escaravelhos	Senior Masculino	03:40:13	+36:18	06:18
22	368	Nuno Paiva	ac portalegre / utsm	Senior Masculino	03:40:17	+36:22	06:18
23	24	Diogo vieira	ac portalegre / utsm	Senior Masculino	03:40:18	+36:23	06:18
24	108	Hélder Pereira	clube de atletismo de ferreira do zêzere	Veterano M40	03:42:06	+38:11	06:21
25	235	Alexandre Miguel Batista Casimiro	individual	Veterano M40	03:43:56	+40:01	06:24
26	313	Edgar Faria	ozxtreme/adrcpereira	Senior Masculino	03:45:04	+41:09	06:26
27	315	Jorge Pereira	ozxtreme/adrcpereira	Senior Masculino	03:45:04	+41:09	06:26
28	354	Helder Grosso	u.f. comércio e indústria atletismo	Senior Masculino	03:46:35	+42:40	06:28
29	86	Hugo Bento das Neves	caracol trail team	Senior Masculino	03:47:34	+43:39	06:30
30	321	jose rosario	porto de mos a correr	Veterano M40	03:49:16	+45:21	06:33
31	223	Roberto Baião	individual	Senior Masculino	03:49:23	+45:28	06:33
32	57	Cristiano Reis	atr-algarve trail running	Senior Masculino	03:50:11	+46:16	06:35
33	286	José Sequeira	montanha clube trail running/efapel	Senior Masculino	03:51:33	+47:38	06:37
34	244	Nuno Cardoso	individual	Veterano M40	03:52:30	+48:35	06:39
35	367	Joaquim Manuel Oliveira Lopes	viriatvys runners viseu	Senior Masculino	03:52:36	+48:41	06:39
36	327	Paulo Jorge Morais Pires	runner's do demo	Veterano M40	03:53:02	+49:07	06:40
37	123	Fernando Santos	cmmouronho - escaravelhos	Sub 23 Masculino	03:53:20	+49:25	06:40
38	149	José Faria	edv-viana trail	Senior Masculino	03:54:34	+50:39	06:42
39	90	Francisco Gaio	caracol trail team	Veterano M55	03:55:19	+51:24	06:43
40	356	João Nogueira Caetano	u.f. comércio e indústria atletismo	Senior Masculino	03:56:20	+52:25	06:45

TRAIL LONGO - STAGE 1

35 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	1	João Oliveira	chaves running team - associação desportiva dragões de chaves	Veterano M40	03:56:37	+52:42	06:46
42	38	Nelson Amaral	amcf - arrábida trail team	Veterano M40	03:56:37	+52:42	06:46
43	15	Bruno Santos	a.d.amarante trail running	Senior Masculino	03:56:37	+52:42	06:46
44	146	Diogo Pimenta	dci/pedrulha-mealhada	Senior Masculino	03:57:29	+53:34	06:47
45	400	Inês Marques	compressport	Senior Feminino	03:58:40	+54:45	06:49
46	52	Daniel Batata	atletismo clube da tocha	Senior Masculino	03:58:59	+55:03	06:50
47	147	Manuel Lino	dci/pedrulha-mealhada	Veterano M60	03:59:03	+55:08	06:50
48	122	Joel António Santos Martins	cmmouronho - escaravelhos	Senior Masculino	04:01:50	+57:55	06:55
49	242	José Miguel Fernandes Gama Nogueira	individual	Veterano M40	04:02:15	+58:20	06:55
50	169	Marco Guerra	gdazambuja - trail team	Veterano M40	04:02:40	+58:45	06:56
51	71	Pedro Rocha	aztrail mercentro	Senior Masculino	04:02:51	+58:56	06:56
52	369	João Silva	u.f. comércio e indústria atletismo	Senior Masculino	04:03:03	+59:08	06:57
53	323	Carlos Ferreira	runner's do demo	Senior Masculino	04:03:25	+59:30	06:57
54	336	RUI PIRES	sport arronches e benfica	Sub 23 Masculino	04:03:58	+01:00:03	06:58
55	70	Humberto Silva	aztrail mercentro	Senior Masculino	04:04:16	+01:00:21	06:59
56	148	Jorge Alves	desnível positivo	Veterano M40	04:04:46	+01:00:51	07:00
57	14	Paula Soares	a.d.amarante trail running	Senior Feminino	04:04:54	+01:00:59	07:00
58	314	João Fantastico	ozxtreme/adcrpereira	Senior Masculino	04:05:18	+01:01:23	07:01
59	273	João Santos	turres trail team	Veterano M40	04:06:08	+01:02:13	07:02
60	328	Augusto Rua Trindade	runner's do demo	Veterano M45	04:06:46	+01:02:51	07:03
61	284	Diogo Rafael Ferreira Nunes	montanha clube trail running/efapel	Senior Masculino	04:06:58	+01:03:03	07:03
62	308	Joaquim Almeida	os trinca espinhas	Veterano M40	04:07:15	+01:03:20	07:04
63	305	Mariana Vilela Machado	os santa apolónia	Senior Feminino	04:07:19	+01:03:24	07:04
64	248	Pedro Costa	individual	Veterano M40	04:07:41	+01:03:46	07:05
65	5	Sofia Lopes Roquete	amcf - arrábida trail team	Senior Feminino	04:07:56	+01:04:01	07:05
66	318	Ivo Inácio	pace.makers	Senior Masculino	04:09:09	+01:05:14	07:07
67	264	Carlos Cunha	individual	Veterano M50	04:10:26	+01:06:31	07:09
68	254	Elísio Gonçalves	individual	Veterano M45	04:10:40	+01:06:45	07:10
69	195	António Daniel da Silva Ribeiro	individual	Senior Masculino	04:11:05	+01:07:10	07:10
70	89	Gil Afonso vicente	caracol trail team	Veterano M45	04:11:41	+01:07:46	07:11
71	278	João Ginja	amcf - arrábida trail team	Veterano M50	04:12:50	+01:08:55	07:13
72	324	Cristóvão Ferreira Chaves	runner's do demo	Senior Masculino	04:13:22	+01:09:27	07:14
73	44	Telmo Carvalho	arasm - associação recreativa de s. miguel	Senior Masculino	04:15:16	+01:11:21	07:18
74	337	ELIO ANDRE	sr. camarnal	Senior Masculino	04:16:20	+01:12:25	07:19
75	355	João Canelas	u.f. comércio e indústria atletismo	Senior Masculino	04:17:29	+01:13:34	07:21
76	344	Silvestre Rosa	stravistas vp	Veterano M50	04:17:59	+01:14:04	07:22
77	35	Nelson Diogo	amcf - arrábida trail team	Senior Masculino	04:18:06	+01:14:11	07:22
78	109	João Teixeira	clube de atletismo de ferreira do zêzere	Veterano M45	04:18:19	+01:14:24	07:23
79	259	Paulo Jorge Miranda	individual	Veterano M45	04:18:39	+01:14:44	07:23
80	371	Gil Nabo	dap trail team	Senior Masculino	04:18:43	+01:14:48	07:24
81	218	Nuno Guimarães	individual	Senior Masculino	04:19:41	+01:15:45	07:25
82	175	Gonçalo Daniel Nunes Relvão Lourenço	farmácia luciano e matos	Senior Masculino	04:19:48	+01:15:53	07:25
83	348	Vitor Coelho	team sindeq	Veterano M45	04:19:53	+01:15:58	07:26

TRAIL LONGO - STAGE 1

35 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

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
84	23	José Alexandre Afonso Mendes	abutres	Veterano M40	04:20:09	+01:16:14	07:26
85	188	Paulo Gregório	gteam	Veterano M45	04:20:30	+01:16:35	07:27
86	16	Cristiano Santos	a.d.amarante trail running	Senior Masculino	04:21:24	+01:17:29	07:28
87	131	Fábio Mendes	dá-lhe gás team	Senior Masculino	04:21:42	+01:17:47	07:29
88	134	Cláudio Roças	dão nelas runners	Senior Masculino	04:22:31	+01:18:36	07:30
89	36	Vitor Pinto	amcf - arrábida trail team	Senior Masculino	04:23:07	+01:19:12	07:31
90	279	José Joaquim de Almeida Ferreira	melres trail running ordem	Veterano M55	04:24:17	+01:20:22	07:33
91	127	Fausto Pimentel	coimbra trail running	Veterano M45	04:24:27	+01:20:32	07:33
92	357	Marcelo Albino da Graça	u.f. comércio e indústria atletismo	Senior Masculino	04:24:59	+01:21:04	07:34
93	201	Daniel Fonseca	runner's do demo	Senior Masculino	04:26:09	+01:22:14	07:36
94	186	Vasco Lopes	grupo desportivo da parreira	Veterano M40	04:26:16	+01:22:21	07:36
95	77	Fernando Homem	c.a.s.p.a. - clube amador só para atletismo	Veterano M40	04:26:48	+01:22:53	07:37
96	226	TIAGO PÊGO	individual	Senior Masculino	04:27:29	+01:23:34	07:39
97	56	José Zananar	atletismo clube da tocha	Veterano M50	04:27:40	+01:23:45	07:39
98	172	Romeu Alexandre Taneco Colaço	gin. qtª do valbom - aaalcochete	Senior Masculino	04:27:53	+01:23:58	07:39
99	297	Licínio Sequeira	o mundo da corrida	Veterano M45	04:28:01	+01:24:06	07:39
100	211	João Amândio	individual	Senior Masculino	04:28:16	+01:24:21	07:40
101	311	Sérgio Batista	os trinca espinhas	Veterano M40	04:28:16	+01:24:21	07:40
102	291	Óscar Magolo	montanha clube trail running/efapel	Veterano M40	04:28:22	+01:24:27	07:40
103	163	Tiago José Leal da Costa	formobike btt & trail running	Senior Masculino	04:28:58	+01:25:03	07:41
104	288	Fátima Alendouro	montanha clube trail running/efapel	Veterana F45	04:29:40	+01:25:45	07:42
105	204	David Ventura Gonçalves	individual	Senior Masculino	04:30:12	+01:26:17	07:43
106	137	Tony Figueiredo	dão nelas runners	Senior Masculino	04:31:00	+01:27:05	07:45
107	132	Filipe Carrão	dá-lhe gás team	Senior Masculino	04:31:02	+01:27:07	07:45
108	99	Paulo Costa	clac entroncamento/ondatrilhos	Veterano M40	04:31:14	+01:27:19	07:45
109	120	Edgar Salvado	cmmourinho - escaravelhos	Senior Masculino	04:32:08	+01:28:13	07:47
110	69	Fernando Baltazar	aztrail	Veterano M50	04:32:14	+01:28:19	07:47
111	81	Miguel Saraiva	ca barreira	Veterano M50	04:33:19	+01:29:24	07:49
112	215	Luís Azevedo	individual	Senior Masculino	04:33:19	+01:29:24	07:49
113	274	Diogo Flamino	linces de montemor	Sub 23 Masculino	04:34:37	+01:30:42	07:51
114	116	Jorge Louro	clube naval de são vicente	Senior Masculino	04:35:25	+01:31:30	07:52
115	65	António Fraga Miranda	atr-algarve trail running	Veterano M45	04:35:45	+01:31:49	07:53
116	287	Pedro Sequeira	montanha clube trail running/efapel	Senior Masculino	04:36:10	+01:32:15	07:53
117	144	Nuno Assis	dap trail team	Senior Masculino	04:36:17	+01:32:22	07:54
118	250	Rafael Fernandes	individual	Veterano M40	04:36:21	+01:32:26	07:54
119	46	Sofia Lourenço	arsm - associação recreativa de s. miguel	Veterana F45	04:37:10	+01:33:15	07:55
120	353	Filipe Ferreira Inácio	u.f. comércio e indústria atletismo	Senior Masculino	04:37:11	+01:33:16	07:55
121	143	José Presado	dap trail team	Senior Masculino	04:38:59	+01:35:04	07:58
122	94	GONÇALO MORAIS	chaves running team - associação desportiva dragões de chaves	Veterano M40	04:39:12	+01:35:17	07:59
123	236	Eduardo Jorge Cardoso da Costa	individual	Veterano M40	04:39:32	+01:35:37	07:59
124	312	Carlos Parente	os trinca espinhas	Veterano M45	04:39:52	+01:35:57	08:00
125	233	alexandra Fernandes	individual	Veterana F50	04:40:02	+01:36:07	08:00

TRAIL LONGO - STAGE 1

35 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

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
126	100	Pedro Anjos	clac entroncamento/ondatrilhos	Veterano M40	04:40:23	+01:36:28	08:01
127	112	Nelson João Marques Constantino	clube de atletismo trail runners da ponte	Senior Masculino	04:40:55	+01:37:00	08:02
128	13	Marisa Rodrigues	a.d.amarante trail running	Senior Feminino	04:40:56	+01:37:01	08:02
129	151	José Cruz	ei team trail	Senior Masculino	04:42:01	+01:38:06	08:03
130	179	Filipe Honório Torres	grupo desportivo da parreira	Senior Masculino	04:42:01	+01:38:06	08:03
131	21	Pedro Guimaraes	a+	Veterano M45	04:42:18	+01:38:23	08:04
132	124	Corry van Huisseling	cmmouronho - escaravelhos	Veterano M50	04:43:02	+01:39:07	08:05
133	79	Rui Guia Perdigão	c.a.s.p.a. - clube amador só para atletismo	Veterano M50	04:43:53	+01:39:58	08:07
134	322	Renato Barros	renato miguel	Veterano M50	04:44:00	+01:40:05	08:07
135	85	Joana Lopes Alves	caracol trail team	Senior Feminino	04:44:24	+01:40:29	08:08
136	110	João Sanches	clube de atletismo de ferreira do zêzere	Veterano M50	04:44:46	+01:40:51	08:08
137	222	Ricardo Moreira	individual	Senior Masculino	04:44:54	+01:40:59	08:08
138	303	Nuno Lopes	os ponta branca udatalaiense	Veterano M40	04:45:06	+01:41:11	08:09
139	245	Nuno Costa	individual	Veterano M40	04:45:19	+01:41:24	08:09
140	269	alfredo costa	individual	Veterano M55	04:45:43	+01:41:47	08:10
141	224	Roberto Filipe Domingos da Silva Pereira	individual	Senior Masculino	04:45:48	+01:41:53	08:10
142	217	Luís Manuel de Almeida Pedro	runner's do demo	Senior Masculino	04:46:20	+01:42:25	08:11
143	33	Mafalda Moniz	amcf - arrábida trail team	Senior Feminino	04:48:09	+01:44:14	08:14
144	219	Nuno Miguel Moura Cachulo	individual	Senior Masculino	04:48:33	+01:44:38	08:15
145	53	Ricardo Silva	atletismo clube da tocha	Senior Masculino	04:49:05	+01:45:10	08:16
146	181	Pedro Rosa	grupo desportivo da parreira	Senior Masculino	04:49:40	+01:45:45	08:17
147	173	Valter Filipe Pereira Martinho	gin. qtª do valbom - aalcochete	Senior Masculino	04:49:41	+01:45:46	08:17
148	154	Joaquim Coelho	ei team trail	Veterano M40	04:49:42	+01:45:47	08:17
149	329	Luís Filipe Martinho Salvador	runner's do demo	Veterano M50	04:50:33	+01:46:38	08:18
150	362	Eduardo Meireles	umelga runners	Veterano M55	04:50:35	+01:46:40	08:18
151	45	Carla Reis	arsm - associação recreativa de s. miguel	Veterana F45	04:51:41	+01:47:46	08:20
152	72	Jorge Brites	aztrail mercentro	Veterano M45	04:52:55	+01:49:00	08:22
153	59	Filomena Isabel costa Sabino	atr-algarve trail running	Veterana F45	04:52:59	+01:49:04	08:22
154	37	Lino <luz	amcf - arrábida trail team	Veterano M40	04:53:00	+01:49:05	08:22
155	339	Miguel Simões	stravistas vp	Veterano M40	04:53:08	+01:49:13	08:23
156	162	Nélio Girão	formobike btt & trail running	Senior Masculino	04:53:42	+01:49:47	08:24
157	182	Rodrigo Galão	grupo desportivo da parreira	Senior Masculino	04:54:28	+01:50:33	08:25
158	139	Nuno Salvador	dão nelas runners	Veterano M40	04:55:12	+01:51:17	08:26
159	265	David Assis	individual	Veterano M50	04:56:42	+01:52:47	08:29
160	241	José Loureiro	individual	Veterano M40	04:56:42	+01:52:47	08:29
161	66	BRUNO BARGE	aztrail	Senior Masculino	04:56:43	+01:52:48	08:29
162	187	João Pedro da Silva Dâmaso	grupo maravilha	Senior Masculino	04:56:52	+01:52:57	08:29
163	266	fernando jorge da silva santos	individual	Veterano M50	04:57:00	+01:53:05	08:29
164	125	Catarina Alves	coimbra trail running	Veterana F40	04:57:02	+01:53:07	08:29
165	97	São Castanheira	clac entroncamento/ondatrilhos	Veterana F55	04:57:03	+01:53:08	08:29
166	275	Júlia Alves	lincs de montemor	Veterana F45	04:57:06	+01:53:11	08:29
167	230	Maria Teresa Azevedo Afonso	individual	Veterana F40	04:57:51	+01:53:56	08:31
168	251	Arnaldo sergio areias da nova	individual	Veterano M45	04:57:53	+01:53:58	08:31
169	27	André da Silva São Marcos	acd "os ilhavos"	Senior Masculino	04:57:57	+01:54:02	08:31

TRAIL LONGO - STAGE 1

35 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
213	257	José Raimundo Pereira Sousa	individual	Veterano M45	05:20:09	+02:16:14	09:09
214	338	Ana Lucia Duarte	stravistas vp	Veterana F45	05:20:45	+02:16:50	09:10
215	238	Hugo Manso	individual	Veterano M40	05:20:45	+02:16:50	09:10
216	80	Nuno Miguel Martins Gaspar	c.d. os "águias" de alpiarça	Veterano M40	05:22:44	+02:18:49	09:13
217	290	HERMINIO AMARAL	montanha clube trail running/efapel	Veterano M40	05:22:59	+02:19:04	09:14
218	310	Luis Salgueiro	os trinca espinhas	Veterano M40	05:23:00	+02:19:05	09:14
219	346	Vitor Araujo	minho aventura	Veterano M45	05:23:00	+02:19:05	09:14
220	200	Carlos Cardoso	individual	Senior Masculino	05:23:18	+02:19:23	09:14
221	325	Eduardo Ferreira	runner's do demo	Senior Masculino	05:23:42	+02:19:47	09:15
222	190	Mariana Ballester	individual	Senior Feminino	05:23:52	+02:19:57	09:15
223	221	Ricardo Conde	individual	Senior Masculino	05:23:53	+02:19:58	09:15
224	307	Hugo Serra	os trinca espinhas	Veterano M40	05:23:56	+02:20:01	09:15
225	118	Jose Francisco Carvalho Eufrasio	cluve	Veterano M60	05:24:33	+02:20:38	09:16
226	183	Rúben Bragança	grupo desportivo da parreira	Senior Masculino	05:26:35	+02:22:40	09:20
227	135	Nuno Garcia	dão nelas runners	Senior Masculino	05:28:17	+02:24:22	09:23
228	256	José Carlos Ferreira Nunes	individual	Veterano M45	05:29:02	+02:25:07	09:24
229	160	António Carvalho	figueira kayak clube	Veterano M60	05:30:24	+02:26:29	09:26
230	111	Ana Teixeira	clube de atletismo trail runners da ponte	Senior Feminino	05:30:27	+02:26:32	09:26
231	345	Paulo Oliveira	minho aventura	Senior Masculino	05:31:02	+02:27:07	09:27
232	153	Filipe Escobar	ei team trail	Veterano M40	05:31:10	+02:27:15	09:28
233	349	Orlando Gabriel da Silva Ferreira	tough trails alenquer	Veterano M60	05:31:57	+02:28:01	09:29
234	206	Eduardo Rosário	individual	Senior Masculino	05:32:01	+02:28:06	09:29
235	178	André Ferreira	grupo desportivo da parreira	Senior Masculino	05:32:16	+02:28:21	09:30
236	60	Felisbela de Sousa	atr-algarve trail running	Veterana F50	05:32:21	+02:28:26	09:30
237	91	Edgar Gaspar	casa do benfica em abrantas	Senior Masculino	05:34:00	+02:30:05	09:33
238	63	Rodrigo Rodrigues	atr-algarve trail running	Veterano M40	05:38:11	+02:34:16	09:40
239	191	Solange Sousa	individual	Senior Feminino	05:38:17	+02:34:22	09:40
240	335	Jorge Cordeiro	soure mov	Veterano M50	05:38:22	+02:34:27	09:40
241	114	Bruno Marquês	clube de atletismo trail runners da ponte	Veterano M40	05:39:20	+02:35:25	09:42
242	58	Hugo Sá	atr-algarve trail running	Senior Masculino	05:39:55	+02:36:00	09:43
243	152	Vasco Escobar	ei team trail	Senior Masculino	05:40:05	+02:36:10	09:43
244	366	Catarina Regalo	viriativs runners viseu	Senior Feminino	05:40:13	+02:36:18	09:43
245	228	Elena Domínguez Gonzalez	individual	Veterana F40	05:40:38	+02:36:43	09:44
246	150	Zé Filipe Almeida	edv-viana trail	Veterano M55	05:40:39	+02:36:44	09:44
247	298	António Alberto	os ponta branca udatalaiense	Senior Masculino	05:42:02	+02:38:07	09:46
248	104	Rui Silva	clac entroncamento/ondatrinhos	Veterano M50	05:43:47	+02:39:52	09:49
249	342	Marcelo Silva	stravistas vp	Veterano M45	05:44:29	+02:40:34	09:51
250	341	Luís Relvas	stravistas vp	Veterano M45	05:44:30	+02:40:34	09:51
251	101	Pedro Carmo	clac entroncamento/ondatrinhos	Veterano M40	05:45:02	+02:41:07	09:51
252	207	Filipe Santos Buco	individual	Senior Masculino	05:47:19	+02:43:24	09:55
253	277	Pedro Bernardes	lion runners - g.d. leões da guarda	Senior Masculino	05:48:12	+02:44:17	09:57
254	159	Fernando Costa	figueira kayak clube	Veterano M55	05:49:15	+02:45:20	09:59
255	158	Armando Loureiro	figueira kayak clube	Veterano M40	05:49:15	+02:45:20	09:59
256	193	Andre Luis Maximo da Fonseca	individual	Senior Masculino	05:51:14	+02:47:19	10:02

TRAIL LONGO - STAGE 1

35 KM

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
257	209	Gonalo Rosa	individual	Senior Masculino	05:51:30	+02:47:35	10:03
258	9	Lgia Coelho	arsm - associao recreativa de s. miguel	Veterana F45	05:54:07	+02:50:12	10:07
259	2	Arsnio Fernandes	arsm - associao recreativa de s. miguel	Veterano M60	05:54:09	+02:50:14	10:07
260	280	Ana Sco	montanha clube trail running/efapel	Senior Feminino	05:55:33	+02:51:38	10:10
261	281	Carla Santos	montanha clube trail running/efapel	Senior Feminino	05:55:34	+02:51:39	10:10
262	320	Antonio Madeira	pickle films	Veterano M60	05:55:53	+02:51:58	10:10
263	113	Helena Gaspar	clube de atletismo trail runners da ponte	Veterana F40	05:58:22	+02:54:27	10:14
264	28	Susana Castro	acrd/psp viseu runners	Veterana F40	06:00:19	+02:56:24	10:18
265	29	Fernando marques	acrd/psp viseu runners	Veterano M40	06:00:20	+02:56:25	10:18
266	174	Joaquim Alberto garrancho campino	gin. qt ^a do valbom - aaalcochete	Veterano M40	06:05:34	+03:01:39	10:27
267	282	Sandra Gonalves	montanha clube trail running/efapel	Senior Feminino	06:07:39	+03:03:44	10:30
268	232	Slvia Franco	individual	Veterana F45	06:08:03	+03:04:08	10:31
269	237	Fausto S	individual	Veterano M40	06:08:17	+03:04:21	10:31
270	170	Carla Andreia Vila Verde Garrett	gin. qt ^a do valbom - aaalcochete	Senior Feminino	06:09:05	+03:05:10	10:33
271	263	Vitor Manuel Moreira Viana	individual	Veterano M45	06:12:34	+03:08:39	10:39
272	19	Ricardo teixeira	a.d.amarante trail running	Senior Masculino	06:12:56	+03:09:00	10:39
273	276	Ana Isabel Oliveira	lion runners - g.d. lees da guarda	Senior Feminino	06:13:24	+03:09:29	10:40
274	83	Carlos Eira	calma - tomar	Veterano M55	06:14:37	+03:10:42	10:42
275	82	Antnio Trindade	calma - tomar	Veterano M50	06:14:38	+03:10:43	10:42
276	246	Nuno Fabio	individual	Veterano M40	06:18:47	+03:14:51	10:49
277	180	Pedro Gabriel Lopes Oliveira	grupo desportivo da parreira	Senior Masculino	06:20:31	+03:16:36	10:52
278	189	Andreia Sofia Santos Mota	individual	Senior Feminino	06:20:58	+03:17:03	10:53
279	271	Jos Barros Martins	individual	Veterano M55	06:21:54	+03:17:58	10:55
280	141	Liliana Eusebio	dap trail team	Senior Feminino	06:22:02	+03:18:07	10:55
281	309	Lus Pereira Amaro	os trinca espinhas	Veterano M40	06:22:19	+03:18:24	10:55
282	331	GUSTAVO BAETA	santiagobikes	Veterano M40	06:27:52	+03:23:57	11:05
283	42	Hugo Caldeira	arsm - associao recreativa de s. miguel	Senior Masculino	06:28:58	+03:25:03	11:07
284	332	Hugo Marouvo	soure mov	Senior Masculino	06:32:32	+03:28:37	11:13
285	240	Jose Antnio de Oliveira Ribeiro da Silva	individual	Veterano M40	06:33:01	+03:29:06	11:14
286	194	Andr Pinto	individual	Senior Masculino	06:34:29	+03:30:34	11:16
287	167	Hugo Carvalho	fruta da 5 ^a	Sub 23 Masculino	06:37:52	+03:33:57	11:22
288	129	Cristina Costa	corujas da torre	Senior Feminino	06:38:02	+03:34:07	11:22
289	306	Luiz Felicio	os trinca espinhas	Senior Masculino	06:38:36	+03:34:41	11:23
290	165	Sandra Matos	fruta da 5 ^a	Senior Feminino	06:39:07	+03:35:12	11:24
291	41	Paulo Onofre	amcf - arrbida trail team	Veterano M45	06:41:09	+03:37:14	11:28
292	103	Carlos Mauricio	clac entroncamento/ondatrinhos	Veterano M50	06:44:37	+03:40:42	11:34
293	229	Hannah Johns	individual	Veterana F40	06:44:38	+03:40:43	11:34
294	300	Mafalda Duarte	os ponta branca udataalaiense	Veterana F40	06:52:19	+03:48:24	11:47
295	301	Magda Simes	os ponta branca udataalaiense	Veterana F40	06:52:55	+03:49:00	11:48
296	64	Sandro Silva	atr-algarve trail running	Veterano M40	06:53:07	+03:49:12	11:48
297	48	Jos Simes	arsm - associao recreativa de s. miguel	Veterano M50	07:04:29	+04:00:34	12:08

Trail Longo

35 KM

OFFICIAL RESULT

Time	Temperature	Humidity
Start 10:00	13°C	100%
End 17:06	13°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	TKM
------	-----	------	------	-----	--------	------	-----

Senior Feminino

1	400	Inês Marques	COMPRESSPORT	Senior Feminino	03:58:40	+54:45	06:49
2	14	Paula Soares	A.D.Amarante trail running	Senior Feminino	04:04:54	+01:00:59	07:00
3	305	Mariana Vilela Machado	Os Santa Apolónia	Senior Feminino	04:07:19	+01:03:24	07:04
4	5	Sofia Lopes Roquete	AMCF - Arrábida Trail Team	Senior Feminino	04:07:56	+01:04:01	07:05
5	13	Marisa Rodrigues	A.D.Amarante trail running	Senior Feminino	04:40:56	+01:37:01	08:02
6	85	Joana Lopes Alves	Caracol Trail Team	Senior Feminino	04:44:24	+01:40:29	08:08
7	33	Mafalda Moniz	AMCF - Arrábida Trail Team	Senior Feminino	04:48:09	+01:44:14	08:14
8	365	Catarina Fernandes	Viriathvs Runners Viseu	Senior Feminino	05:03:05	+01:59:10	08:40
9	11	Cláudia Moreira	A.D.Amarante trail running	Senior Feminino	05:11:10	+02:07:15	08:53
10	190	Mariana Ballester	Individual	Senior Feminino	05:23:52	+02:19:57	09:15
11	111	Ana Teixeira	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	Senior Feminino	05:30:27	+02:26:32	09:26
12	191	Solange Sousa	Individual	Senior Feminino	05:38:17	+02:34:22	09:40
13	366	Catarina Regalo	Viriathvs Runners Viseu	Senior Feminino	05:40:13	+02:36:18	09:43
14	280	Ana Sêco	Montanha Clube Trail Running/Efapel	Senior Feminino	05:55:33	+02:51:38	10:10
15	281	Carla Santos	Montanha Clube Trail Running/Efapel	Senior Feminino	05:55:34	+02:51:39	10:10
16	282	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	Senior Feminino	06:07:39	+03:03:44	10:30
17	170	Carla Andreia Vila Verde Garrett	Gin. Qtª do Valbom - AAAIcochete	Senior Feminino	06:09:05	+03:05:10	10:33
18	276	Ana Isabel Oliveira	LION RUNNERS - G.D. Leões da Guarda	Senior Feminino	06:13:24	+03:09:29	10:40
19	189	Andreia Sofia Santos Mota	Individual	Senior Feminino	06:20:58	+03:17:03	10:53
20	141	Liliana Eusebio	DAP Trail Team	Senior Feminino	06:22:02	+03:18:07	10:55
21	129	Cristina Costa	Corujas da Torre	Senior Feminino	06:38:02	+03:34:07	11:22
22	165	Sandra Matos	Fruta da 5ª	Senior Feminino	06:39:07	+03:35:12	11:24

Senior Masculino

1	34	Aite Tamang	AMCF - Arrábida Trail Team	Senior Masculino	03:03:55		05:15
2	3	Luis Semedo	AC PORTALEGRE / UTSM	Senior Masculino	03:07:00	+03:04	05:21
3	18	Paulo Costa	A.D.Amarante trail running	Senior Masculino	03:17:23	+13:28	05:38
4	352	Diogo Baena	U.F. Comércio e Indústria Atletismo	Senior Masculino	03:19:06	+15:11	05:41
5	326	Jorge Duarte	RUNNER'S do DEMO	Senior Masculino	03:20:15	+16:20	05:43
6	87	Pedro Ribeiro	Caracol Trail Team	Senior Masculino	03:22:03	+18:08	05:46
7	6	Luís Carlos De Almeida Duarte	EDV-VIANA TRAIL	Senior Masculino	03:25:23	+21:28	05:52
8	88	Tiago Manuel Gomes Godinho	Caracol Trail Team	Senior Masculino	03:30:31	+26:36	06:01
9	107	Fernando Gomes	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	03:31:24	+27:29	06:02

