

TRAIL LONGO - STAGE 1

24 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

	Time	Temperature	Humidity
Start	09:00	9,4°C	87%
End	13:41	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	177	Joao amorim	fcpnafiel	Veterano M45	02:02:02		05:05
2	17	Eurico Pereira	individual	Sub 23 Masculino	02:02:48	+00:46	05:07
3	100	Joel Pereira	minho e lima trail	Senior Masculino	02:05:19	+03:16	05:13
4	96	Amândio Ferreira	rumo à aventura	Senior Masculino	02:06:55	+04:53	05:17
5	83	André Machado	adosa - os santa apolónia	Senior Masculino	02:07:11	+05:09	05:18
6	53	Alex Tondela	montanha clube trail running/efapel	Veterano M40	02:09:17	+07:14	05:23
7	103	João Narciso Gonçalves	olímpico vianense	Senior Masculino	02:10:20	+08:18	05:26
8	5	Vítor Silva	vimarunners	Senior Masculino	02:11:12	+09:09	05:28
9	167	Nuno Lemos	clube atletismo fafe	Veterano M40	02:11:43	+09:40	05:29
10	178	Mark macedo	fcpnafiel	Senior Masculino	02:15:05	+13:03	05:38
11	102	Lucinda Sousa	prozis	Veterana F45	02:17:50	+15:48	05:45
12	86	António Oliveira Oliveira	individual	Veterano M40	02:18:25	+16:23	05:46
13	161	Pedro oliveira	riofit	Senior Masculino	02:19:18	+17:16	05:48
14	124	Pedro Dias	dá-lhe gás trail team fisioduo	Senior Masculino	02:19:24	+17:22	05:49
15	109	João Henrique da Cruz	cb run	Senior Masculino	02:19:27	+17:25	05:49
16	50	Miguel Machado	profisio eupago team	Veterano M40	02:20:55	+18:52	05:52
17	125	Manuel Machado	individual	Veterano M50	02:22:23	+20:21	05:56
18	126	Américo Machado	individual	Veterano M50	02:22:24	+20:21	05:56
19	127	Alfredo Oliveira	individual	Veterano M55	02:22:24	+20:22	05:56
20	136	Juan Castro	club atletismo cambados - seguros noval	Veterano M50	02:22:35	+20:32	05:56
21	68	João Barbosa	scespinho-atletismo/antonio leitão	Veterano M45	02:22:54	+20:52	05:57
22	95	Mariana Machado	oraklass - amigos do trail	Senior Feminino	02:24:28	+22:25	06:01
23	3	Jorge Melo	individual	Senior Masculino	02:25:56	+23:53	06:05
24	147	Sérgio Sampaio	fisiopedro trail	Veterano M45	02:26:39	+24:37	06:07
25	75	José Costa	arpo	Veterano M40	02:28:35	+26:33	06:11
26	25	Tiago Pereira	pastilhas team	Junior Masculino	02:28:41	+26:39	06:12
27	33	Jorge Pinheiro	ribeiras trail	Veterano M40	02:28:55	+26:53	06:12
28	28	Bruno Pereira	o que queremos é monte	Senior Masculino	02:29:50	+27:48	06:15
29	38	Rafael Costa	clube atletismo fafe	Senior Masculino	02:30:46	+28:44	06:17
30	64	SERGIO SILVA	clube atletismo de brito	Senior Masculino	02:30:48	+28:46	06:17
31	132	Helder Bruno Ribeiro Silva	paredes aventura	Veterano M40	02:30:50	+28:48	06:17
32	30	Amadeu Teixeira	individual	Veterano M60	02:31:40	+29:38	06:19
33	74	Nuno Silva	the newbies	Senior Masculino	02:33:16	+31:14	06:23
34	122	Claudio Teixeira	paredes aventura	Senior Masculino	02:33:20	+31:18	06:23
35	46	Sergio Torre	individual	Veterano M40	02:33:24	+31:22	06:24
36	56	Torcato Silva	individual	Veterano M45	02:33:30	+31:28	06:24
37	77	David Gonçalves	factor x / s4l / medense fc	Senior Masculino	02:33:45	+31:43	06:24
38	23	Luis Miguel Santos	vimarunners	Senior Masculino	02:33:54	+31:52	06:25
39	32	Armando Moreira	ribeiras trail	Veterano M45	02:35:12	+33:10	06:28
40	87	Vitor Andrade	paredes aventura	Veterano M45	02:35:18	+33:16	06:28
41	16	João Ricardo	vimarunners	Veterano M40	02:39:11	+37:08	06:38
42	129	Rui Moreira	paredes aventura	Veterano M45	02:39:19	+37:16	06:38

TRAIL LONGO - STAGE 1

24 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

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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	52	Alberto Leite	correr com c'alma	Veterano M60	03:01:41	+59:39	07:34
89	43	André Araújo	individual	Senior Masculino	03:04:01	+01:01:59	07:40
90	135	Susana Ribeiro	mouquim running	Veterana F45	03:04:18	+01:02:16	07:41
91	110	José Carlos Morais	fotões do hsog	Veterano M50	03:04:18	+01:02:16	07:41
92	51	Bruno Rafael	individual	Veterano M40	03:04:44	+01:02:42	07:42
93	2	João Paulo Castro	individual	Veterano M40	03:04:53	+01:02:51	07:42
94	99	Hélder Oliveira	terror dos montes	Senior Masculino	03:06:35	+01:04:33	07:46
95	172	Mário Mendes	riofit	Senior Masculino	03:06:44	+01:04:41	07:47
96	140	João Machado	squadra di potenza	Senior Masculino	03:07:22	+01:05:20	07:48
97	90	Anselmo Pinto	vimarunners	Veterano M45	03:09:05	+01:07:03	07:53
98	35	Jorge Silva	no pain no gain	Veterano M40	03:10:35	+01:08:33	07:56
99	176	Sofia Cristina Rodrigues Peixoto	clube atletismo de brito	Senior Feminino	03:11:41	+01:09:39	07:59
100	29	Fernando Lopes	terror dos montes	Veterano M55	03:12:20	+01:10:18	08:01
101	106	Miguel Silva	cse hools	Senior Masculino	03:13:15	+01:11:13	08:03
102	60	Vasco Oliveira	4 magníficos	Veterano M40	03:16:28	+01:14:26	08:11
103	72	Marcelo Teixeira	the newbies	Senior Masculino	03:17:15	+01:15:13	08:13
104	128	Domingos Machado	braga	Veterano M60	03:17:20	+01:15:18	08:13
105	31	Rosa Gama	ribeiras trail	Veterana F50	03:17:53	+01:15:51	08:15
106	20	Filipe Sousa	maissaúde - fisioterapia e osteopatia	Senior Masculino	03:18:39	+01:16:36	08:17
107	65	Joao Martins	mm atletismo	Senior Masculino	03:18:48	+01:16:45	08:17
108	134	José Duarte	sscgd	Veterano M60	03:19:08	+01:17:06	08:18
109	37	Daniel Filipe Fernandes	vimarunners	Senior Masculino	03:19:37	+01:17:35	08:19
110	108	Tânia Machado	aventureiros	Senior Feminino	03:19:39	+01:17:37	08:19
111	111	Sergio Rocha	cse hools	Veterano M50	03:22:36	+01:20:34	08:27
112	78	Silvio Freitas	individual	Veterano M40	03:22:38	+01:20:36	08:27
113	61	Ricardo S.	individual	Veterano M40	03:22:39	+01:20:37	08:27
114	63	António Oliveira	individual	Veterano M50	03:22:46	+01:20:44	08:27
115	119	Pedro Vidal	os finos	Veterano M45	03:22:55	+01:20:53	08:27
116	112	Joao Couto	os finos	Veterano M45	03:24:32	+01:22:30	08:31
117	70	Marco Mendes	guimarães	Veterano M40	03:25:55	+01:23:53	08:35
118	116	António Gonçalves	dive into the mountains	Veterano M55	03:26:39	+01:24:37	08:37
119	169	Iracema Costa	vilela bikestore	Veterana F50	03:26:45	+01:24:43	08:37
120	113	Pedro Magalhães	matosinhos	Veterano M45	03:29:16	+01:27:14	08:43
121	7	Jorge Mendes	individual	Senior Masculino	03:31:55	+01:29:53	08:50
122	22	Helder Costa	os amigos do trail running	Veterano M40	03:31:57	+01:29:55	08:50
123	18	Valdemar Almeida	invicta runners team	Veterano M55	03:33:13	+01:31:11	08:53
124	139	Carla Manuela Ferreira	vila verde	Veterana F40	03:38:52	+01:36:50	09:07
125	92	Vitor Alves	eramosamigosparacorrer	Senior Masculino	03:42:18	+01:40:16	09:16
126	6	Claudia Moura	individual	Senior Feminino	03:42:43	+01:40:41	09:17
127	101	Mario Vilaca	eramosamigosparacorrer	Senior Masculino	03:43:26	+01:41:24	09:19
128	47	Eduarda Barros	individual	Veterana F40	03:43:58	+01:41:56	09:20
129	170	Alberto Martins	vilela bikestore	Veterano M55	03:58:56	+01:56:54	09:57
130	45	António Cabral	vila pouca de aguiar	Veterano M45	04:06:00	+02:03:58	10:15
131	44	Marta Saraiva Cabral	individual	Veterana F40	04:06:02	+02:04:00	10:15
132	137	Sara Gomes	clube atletismo fafe	Sub 23 Feminino	04:41:20	+02:39:18	11:43

Trail Longo
24 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
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

	Time	Temperature	Humidity
Start	09:00	9,4°C	87%
End	13:41	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	25	Tiago Pereira	Pastilhas Team	Junior Masculino	02:28:41	+26:39	06:12
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Senior Feminino

1	95	Mariana Machado	Oraklass - Amigos do Trail	Senior Feminino	02:24:28	+22:25	06:01
2	138	Susana Rodrigues	Clube Atletismo Fafe	Senior Feminino	02:49:26	+47:24	07:04
3	80	Ana Azevedo	Individual	Senior Feminino	02:55:04	+53:01	07:18
4	176	Sofia Cristina Rodrigues Peixoto	CLUBE ATLETISMO DE BRITO	Senior Feminino	03:11:41	+01:09:39	07:59
5	108	Tânia Machado	Aventureiros	Senior Feminino	03:19:39	+01:17:37	08:19
6	6	Claudia Moura	Individual	Senior Feminino	03:42:43	+01:40:41	09:17

Senior Masculino

1	100	Joel Pereira	Minho e Lima Trail	Senior Masculino	02:05:19	+03:16	05:13
2	96	Amândio Ferreira	Rumo À Aventura	Senior Masculino	02:06:55	+04:53	05:17
3	83	André Machado	ADOSA - Os Santa Apolónia	Senior Masculino	02:07:11	+05:09	05:18
4	103	João Narciso Gonçalves	Olímpico Vianense	Senior Masculino	02:10:20	+08:18	05:26
5	5	Vítor Silva	vimarunners	Senior Masculino	02:11:12	+09:09	05:28
6	178	Mark macedo	fcpenafiel	Senior Masculino	02:15:05	+13:03	05:38
7	161	Pedro oliveira	Riofit	Senior Masculino	02:19:18	+17:16	05:48
8	124	Pedro Dias	Dá-lhe Gás Trail Team Fisioduo	Senior Masculino	02:19:24	+17:22	05:49
9	109	João Henrique da Cruz	CB RUN	Senior Masculino	02:19:27	+17:25	05:49
10	3	Jorge Melo	Individual	Senior Masculino	02:25:56	+23:53	06:05
11	28	Bruno Pereira	O Que Queremos é Monte	Senior Masculino	02:29:50	+27:48	06:15
12	38	Rafael Costa	Clube Atletismo Fafe	Senior Masculino	02:30:46	+28:44	06:17
13	64	SERGIO SILVA	CLUBE ATLETISMO DE BRITO	Senior Masculino	02:30:48	+28:46	06:17
14	74	Nuno Silva	The Newbies	Senior Masculino	02:33:16	+31:14	06:23
15	122	Claudio Teixeira	PAREDES AVENTURA	Senior Masculino	02:33:20	+31:18	06:23
16	77	David Gonçalves	Factor X / S4L / Medense FC	Senior Masculino	02:33:45	+31:43	06:24
17	23	Luis Miguel Santos	vimarunners	Senior Masculino	02:33:54	+31:52	06:25
18	146	Nuno Gomes	FisioPedro Trail	Senior Masculino	02:40:39	+38:37	06:42
19	104	Vasco Faria	CB RUN	Senior Masculino	02:41:16	+39:14	06:43
20	133	Tiago Amaral	SiM Summit	Senior Masculino	02:42:17	+40:15	06:46
21	145	João Pedro Silva	FisioPedro Trail	Senior Masculino	02:44:27	+42:25	06:51
22	89	Rui Heliodoro Sousa	TurboTrilhos	Senior Masculino	02:46:53	+44:51	06:57
23	88	Nelson Lopes	TurboTrilhos	Senior Masculino	02:46:53	+44:51	06:57
24	144	Daniel Neto	FisioPedro Trail	Senior Masculino	02:50:50	+48:48	07:07
25	157	Micael Gonçalves	Riofit	Senior Masculino	02:51:48	+49:46	07:10

Trail Longo**24 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

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

26	1	Vítor Rodrigues	GUIMARÃES	Senior Masculino	02:53:34	+51:32	07:14
27	67	RICARDO FREITAS	Riofit	Senior Masculino	02:53:36	+51:33	07:14
28	54	Rui Fernandes	Individual	Senior Masculino	02:54:09	+52:07	07:15
29	105	Fernando Faria	ADPedome	Senior Masculino	02:56:06	+54:04	07:20
30	162	Eduardo Ferreira	Riofit	Senior Masculino	02:59:10	+57:08	07:28
31	168	Daniel Martinho	Riofit	Senior Masculino	02:59:53	+57:51	07:30
32	82	Leandro Oliveira	CB RUN	Senior Masculino	02:59:57	+57:54	07:30
33	41	João Silva	LIZ RUNNERS	Senior Masculino	03:00:29	+58:26	07:31
34	48	Jorge Pereira	ProFisio euPago Team	Senior Masculino	03:01:17	+59:14	07:33
35	43	André Araújo	Individual	Senior Masculino	03:04:01	+01:01:59	07:40
36	99	Hélder Oliveira	Terror dos Montes	Senior Masculino	03:06:35	+01:04:33	07:46
37	172	Mário Mendes	Riofit	Senior Masculino	03:06:44	+01:04:41	07:47
38	140	João Machado	Squadra Di Potenza	Senior Masculino	03:07:22	+01:05:20	07:48
39	106	Miguel Silva	CSE HOOLS	Senior Masculino	03:13:15	+01:11:13	08:03
40	72	Marcelo Teixeira	The Newbies	Senior Masculino	03:17:15	+01:15:13	08:13
41	20	Filipe Sousa	MaisSaúde - Fisioterapia e Osteopatia	Senior Masculino	03:18:39	+01:16:36	08:17
42	65	Joao Martins	MM Atletismo	Senior Masculino	03:18:48	+01:16:45	08:17
43	37	Daniel Filipe Fernandes	vimarunners	Senior Masculino	03:19:37	+01:17:35	08:19
44	7	Jorge Mendes	Individual	Senior Masculino	03:31:55	+01:29:53	08:50
45	92	Vitor Alves	eramosamigosparacorrer	Senior Masculino	03:42:18	+01:40:16	09:16
46	101	Mario Vilaca	Eramosamigosparacorrer	Senior Masculino	03:43:26	+01:41:24	09:19

Sub 23 Feminino

1	137	Sara Gomes	Clube Atletismo Fafe	Sub 23 Feminino	04:41:20	+02:39:18	11:43
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Sub 23 Masculino

1	17	Eurico Pereira	Individual	Sub 23 Masculino	02:02:48	+00:46	05:07
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Veterana F40

1	139	Carla Manuela Ferreira	VILA VERDE	Veterana F40	03:38:52	+01:36:50	09:07
2	47	Eduarda Barros	Individual	Veterana F40	03:43:58	+01:41:56	09:20
3	44	Marta Saraiva Cabral	Individual	Veterana F40	04:06:02	+02:04:00	10:15

Veterana F45

1	102	Lucinda Sousa	Prozis	Veterana F45	02:17:50	+15:48	05:45
2	135	Susana Ribeiro	Mouquim running	Veterana F45	03:04:18	+01:02:16	07:41

Trail Longo

24 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

Veterana F50

1	180	Julia conceição	fcpenafiel	Veterana F50	02:41:08	+39:05	06:43
2	31	Rosa Gama	Ribeiras Trail	Veterana F50	03:17:53	+01:15:51	08:15
3	169	Iracema Costa	Vilela Bikestore	Veterana F50	03:26:45	+01:24:43	08:37

Veterano M40

1	53	Alex Tondela	Montanha Clube Trail Running/Efapel	Veterano M40	02:09:17	+07:14	05:23
2	167	Nuno Lemos	Clube Atletismo Fafe	Veterano M40	02:11:43	+09:40	05:29
3	86	António Oliveira Oliveira	Individual	Veterano M40	02:18:25	+16:23	05:46
4	50	Miguel Machado	ProFisio euPago Team	Veterano M40	02:20:55	+18:52	05:52
5	75	José Costa	ARPO	Veterano M40	02:28:35	+26:33	06:11
6	33	Jorge Pinheiro	Ribeiras Trail	Veterano M40	02:28:55	+26:53	06:12
7	132	Helder Bruno Ribeiro Silva	PAREDES AVENTURA	Veterano M40	02:30:50	+28:48	06:17
8	46	Sergio Torre	Individual	Veterano M40	02:33:24	+31:22	06:24
9	16	João Ricardo	vimarunners	Veterano M40	02:39:11	+37:08	06:38
10	98	Rui Faria	vimarunners	Veterano M40	02:41:07	+39:05	06:43
11	97	Márcio Silva	vimarunners	Veterano M40	02:41:08	+39:06	06:43
12	26	Mario Lima	Avesrunners	Veterano M40	02:45:48	+43:45	06:55
13	93	Hélder Soares	Bruxos Runners	Veterano M40	02:46:59	+44:56	06:57
14	94	Orlando Campos	FISIO.	Veterano M40	02:47:52	+45:50	07:00
15	59	Jorge Alves	Villa de Basto trail	Veterano M40	02:47:55	+45:53	07:00
16	120	Adélio Valente	Individual	Veterano M40	02:49:17	+47:15	07:03
17	24	Daniel Marco Gomes Miranda	Pastilhas Team	Veterano M40	02:49:26	+47:24	07:04
18	159	Filipe Freitas	Riofit	Veterano M40	02:51:50	+49:47	07:10
19	84	Fernando Pinheiro	Individual	Veterano M40	02:53:59	+51:57	07:15
20	91	RICARDO MEIRA	VERMOIM V N FAMALICAO	Veterano M40	02:55:03	+53:01	07:18
21	121	Daniel Ferreira	Individual	Veterano M40	02:56:06	+54:04	07:20
22	51	Bruno Rafael	Individual	Veterano M40	03:04:44	+01:02:42	07:42
23	2	João Paulo Castro	Individual	Veterano M40	03:04:53	+01:02:51	07:42
24	35	Jorge Silva	No pain no gain	Veterano M40	03:10:35	+01:08:33	07:56
25	60	Vasco Oliveira	4 magníficos	Veterano M40	03:16:28	+01:14:26	08:11
26	78	Silvio Freitas	Individual	Veterano M40	03:22:38	+01:20:36	08:27
27	61	Ricardo S.	Individual	Veterano M40	03:22:39	+01:20:37	08:27
28	70	Marco Mendes	GUIMARÃES	Veterano M40	03:25:55	+01:23:53	08:35
29	22	Helder Costa	Os Amigos do Trail Running	Veterano M40	03:31:57	+01:29:55	08:50

Veterano M45

1	177	Joao amorim	fcpenafiel	Veterano M45	02:02:02		05:05
2	68	João Barbosa	SCESPINHO-ATLETISMO/ANTONIO LEITÃO	Veterano M45	02:22:54	+20:52	05:57
3	147	Sérgio Sampaio	FisioPedro Trail	Veterano M45	02:26:39	+24:37	06:07
4	56	Torcato Silva	Individual	Veterano M45	02:33:30	+31:28	06:24

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Trail Longo

24 KM

OFFICIAL RESULT

5	32	Armando Moreira	Ribeiras Trail	Veterano M45	02:35:12	+33:10	06:28
6	87	Vitor Andrade	PAREDES AVENTURA	Veterano M45	02:35:18	+33:16	06:28
7	129	Rui Moreira	PAREDES AVENTURA	Veterano M45	02:39:19	+37:16	06:38
8	15	Ricardo Lemos	Individual	Veterano M45	02:40:42	+38:39	06:42
9	158	João Meira	Riofit	Veterano M45	02:40:53	+38:50	06:42
10	9	José Fernandes	Individual	Veterano M45	02:41:46	+39:43	06:44
11	131	Paulo França	Morcegos Trail	Veterano M45	02:47:58	+45:56	07:00
12	34	José Meira Rodrigues	PAREDES AVENTURA	Veterano M45	03:00:27	+58:25	07:31
13	90	Anselmo Pinto	vimarunners	Veterano M45	03:09:05	+01:07:03	07:53
14	119	Pedro Vidal	Os Finos	Veterano M45	03:22:55	+01:20:53	08:27
15	112	Joao Couto	Os Finos	Veterano M45	03:24:32	+01:22:30	08:31
16	113	Pedro Magalhães	Matosinhos	Veterano M45	03:29:16	+01:27:14	08:43
17	45	António Cabral	Vila Pouca de Aguiar	Veterano M45	04:06:00	+02:03:58	10:15

Veterano M50

1	125	Manuel Machado	Individual	Veterano M50	02:22:23	+20:21	05:56
2	126	Américo Machado	Individual	Veterano M50	02:22:24	+20:21	05:56
3	136	Juan Castro	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	Veterano M50	02:22:35	+20:32	05:56
4	39	Miguel Angelo	GUIMARÃES	Veterano M50	02:40:58	+38:56	06:42
5	13	Paulo Coelho	Clube Atletismo Fafe	Veterano M50	02:41:06	+39:04	06:43
6	11	António Caldas	Individual	Veterano M50	02:56:19	+54:17	07:21
7	117	Manuel Lopes	Riofit	Veterano M50	02:59:10	+57:08	07:28
8	110	José Carlos Morais	Fotões do HSOG	Veterano M50	03:04:18	+01:02:16	07:41
9	111	Sergio Rocha	CSE HOOLS	Veterano M50	03:22:36	+01:20:34	08:27
10	63	António Oliveira	Individual	Veterano M50	03:22:46	+01:20:44	08:27

Veterano M55

1	127	Alfredo Oliveira	Individual	Veterano M55	02:22:24	+20:22	05:56
2	62	Tomás Pereira	cr candoso	Veterano M55	02:52:42	+50:40	07:12
3	55	Ricardo Soares	Individual	Veterano M55	02:53:48	+51:46	07:15
4	29	Fernando Lopes	Terror dos Montes	Veterano M55	03:12:20	+01:10:18	08:01
5	116	António Gonçalves	DIVE INTO THE MOUNTAINS	Veterano M55	03:26:39	+01:24:37	08:37
6	18	Valdemar Almeida	Invicta Runners Team	Veterano M55	03:33:13	+01:31:11	08:53
7	170	Alberto Martins	Vilela Bikestore	Veterano M55	03:58:56	+01:56:54	09:57

Veterano M60

1	30	Amadeu Teixeira	Individual	Veterano M60	02:31:40	+29:38	06:19
2	107	Albino Vieira	CB RUN	Veterano M60	02:43:41	+41:39	06:49
3	40	Manuel costa	Núcleo do Sporting clube de Portugal de v. n. de Famalicão	Veterano M60	02:45:23	+43:21	06:53
4	52	Alberto Leite	Correr com c'Alma	Veterano M60	03:01:41	+59:39	07:34
5	128	Domingos Machado	Braga	Veterano M60	03:17:20	+01:15:18	08:13

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Trail Curto

15 KM



OFFICIAL RESULT

25	836	Sergio Teixeira	GUIMARÃES	Veterano M40	01:53:03	+36:18	07:32
26	768	Paulo Freitas	Fc Vizela	Veterano M40	01:53:23	+36:38	07:34
27	566	Pedro Oliveira	Fu Jipu Taskai bemOsmaxos	Veterano M40	01:56:15	+39:29	07:45
28	776	Humberto Carvalho	BoraláCorrer	Veterano M40	01:59:07	+42:22	07:57
29	721	Ricardo Rocha	Ribeiras Trail	Veterano M40	02:01:39	+44:53	08:07
30	609	Francisco Ferreira	Individual	Veterano M40	02:03:40	+46:54	08:15
31	744	Miguel Magalhães	Almostrunners	Veterano M40	02:03:51	+47:06	08:15
32	680	PEDRO REGUEIRAS	DELEGAÇÃO COMANDOS GUIMARÃES	Veterano M40	02:08:14	+51:29	08:33
33	766	Jorge Pinheiro	Fisioformance running	Veterano M40	02:09:29	+52:44	08:38
34	646	João Mendes	Individual	Veterano M40	02:10:41	+53:55	08:43
35	641	Sergio Fernandes Fernandes	Individual	Veterano M40	02:13:30	+56:45	08:54
36	642	Daniel Carvalho	Individual	Veterano M40	02:14:52	+58:06	08:59
37	606	Paulo Fernandes	Individual	Veterano M40	02:14:52	+58:07	08:59
38	569	Rui Silva	vimarunners	Veterano M40	02:15:49	+59:03	09:03
39	863	Carlos Dias	Individual	Veterano M40	02:20:39	+01:03:53	09:23
40	855	Nuno Barroso	Vila Nova de Famalicão	Veterano M40	02:21:26	+01:04:41	09:26
41	628	ABÍLIO OLIVEIRA	RIOFIT	Veterano M40	02:24:46	+01:08:01	09:39
42	734	RUI COSTA	Atães Guimarães	Veterano M40	02:24:52	+01:08:06	09:39
43	764	Nuno Mesquita	Individual	Veterano M40	02:25:06	+01:08:21	09:40
44	174	Antonio Costa	Individual	Veterano M40	02:36:10	+01:19:25	10:25
45	536	David Costa	Manu's Therapy Trail Running	Veterano M40	02:39:50	+01:23:04	10:39
46	762	Paulo Sousa	É pra meninos	Veterano M40	02:43:30	+01:26:45	10:54
47	670	Miguel Faria	É pra meninos	Veterano M40	02:49:29	+01:32:43	11:18
48	712	Vitor Costa	Ribeiras Trail	Veterano M40	02:59:38	+01:42:53	11:59
49	605	Bruno Silva	Individual	Veterano M40	03:01:11	+01:44:26	12:05

Veterano M45

1	613	DANIEL FERNANDES	CLUBE ATLETISMO DE BRITO	Veterano M45	01:32:18	+15:32	06:09
2	800	Adão Fernandes	Individual	Veterano M45	01:32:41	+15:56	06:11
3	781	CARLOS NOGUEIRA NOGUEIRA	Individual	Veterano M45	01:34:13	+17:28	06:17
4	537	Paulo Ribeiro	Manu's Therapy Trail Running	Veterano M45	01:36:33	+19:47	06:26
5	731	Filipe Bastos	Clube Atletismo Fafe	Veterano M45	01:37:18	+20:33	06:29
6	694	Jose Freitas	ADEPE	Veterano M45	01:37:20	+20:35	06:29
7	588	Joaquim Pinto	Ribeiras Trail	Veterano M45	01:42:26	+25:41	06:50
8	130	Ricard Moreira	Alexandra Carvalho TEAM	Veterano M45	01:43:07	+26:22	06:53
9	524	Jose Fernandes	Individual	Veterano M45	01:43:28	+26:42	06:54
10	682	MANUEL MARQUES	DELEGAÇÃO COMANDOS GUIMARÃES	Veterano M45	01:43:34	+26:48	06:54
11	608	JOÃO SILVA	Riofit	Veterano M45	01:46:30	+29:45	07:06
12	675	Vitor Barros	Individual	Veterano M45	01:47:01	+30:15	07:08
13	639	José Faustino Novais	Individual	Veterano M45	01:48:52	+32:07	07:16
14	520	Manuel Lima	Individual	Veterano M45	01:48:55	+32:10	07:16
15	830	Eliseu Gomes	Amigos Da Borga	Veterano M45	01:53:50	+37:04	07:35
16	556	João Carlos Da Silva Gomes	Barcelos	Veterano M45	01:53:56	+37:11	07:36
17	615	Ricardo Ferreira	Individual	Veterano M45	01:54:33	+37:48	07:38

Trail Curto

15 KM

OFFICIAL RESULT

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18	727	Luis Abreu	vimarunners	Veterano M45	01:54:53	+38:08	07:40
19	688	JOSÉ CRUZ	DELEGAÇÃO COMANDOS GUIMARÃES	Veterano M45	01:55:41	+38:56	07:43
20	526	Carlos Morais	Individual	Veterano M45	01:55:56	+39:11	07:44
21	840	Alberto Fernandes	Individual	Veterano M45	01:56:16	+39:30	07:45
22	684	ANTÓNIO RIBEIRO	DELEGAÇÃO COMANDOS GUIMARÃES	Veterano M45	01:56:17	+39:31	07:45
23	562	António Ricardo Silva Carneiro	Altos&baixos	Veterano M45	01:57:01	+40:16	07:48
24	640	Filipe Bento	Travassós Running Fafe	Veterano M45	01:57:20	+40:35	07:49
25	770	DARIO CRUZ	AMVE	Veterano M45	01:57:52	+41:06	07:51
26	789	Fernando Mendes	Individual	Veterano M45	01:58:33	+41:48	07:54
27	542	Cristiano Guimaraes	A noite passa a correr	Veterano M45	01:58:55	+42:09	07:56
28	661	FRANCISCO MIRANDA	A.C. VERMOIM	Veterano M45	01:59:25	+42:40	07:58
29	115	Ricardo Castro	Grupo magna	Veterano M45	01:59:28	+42:43	07:58
30	787	Luís Ismael Alves	Bike&Beer	Veterano M45	01:59:34	+42:49	07:58
31	859	Pedro Fernandes	ZENIT AUTOMOVEIS	Veterano M45	01:59:56	+43:11	08:00
32	555	Alberto Carvalho	Individual	Veterano M45	02:00:08	+43:23	08:01
33	619	José Rodrigues	Individual	Veterano M45	02:00:16	+43:31	08:01
34	648	Jorge Gonçalves	Individual	Veterano M45	02:01:27	+44:42	08:06
35	839	Armando Fontão	cr candoso	Veterano M45	02:06:27	+49:41	08:26
36	685	ADÉLIO MARQUES	DELEGAÇÃO COMANDOS GUIMARÃES	Veterano M45	02:08:14	+51:29	08:33
37	708	Jorge Silva	Individual	Veterano M45	02:08:27	+51:42	08:34
38	657	Sebastião Pereira	Individual	Veterano M45	02:09:13	+52:28	08:37
39	739	Pedro Dinis	Colégio do Ave	Veterano M45	02:11:33	+54:48	08:46
40	165	Armando Freitas	Riofit	Veterano M45	02:13:29	+56:44	08:54
41	612	Luis Magalhães	Trailers	Veterano M45	02:16:35	+59:50	09:06
42	587	Jose Tavares	Ribeiras Trail	Veterano M45	02:18:43	+01:01:58	09:15
43	573	Daniel Gomes	Individual	Veterano M45	02:19:41	+01:02:56	09:19
44	584	Rolando Marques	Ribeiras Trail	Veterano M45	02:20:24	+01:03:39	09:22
45	752	Jorge Cardoso	Jiracing	Veterano M45	02:24:15	+01:07:29	09:37
46	592	Vitor Ferreira	Individual	Veterano M45	02:24:19	+01:07:34	09:37
47	689	VIRGILIO LOPES	Individual	Veterano M45	02:25:03	+01:08:17	09:40
48	802	Julio Colla	Individual	Veterano M45	03:13:43	+01:56:58	12:55
49	715	João Cunha	Capitalges	Veterano M45	03:22:12	+02:05:27	13:29

Veterano M50

1	554	Sergio Martins	Duo trail	Veterano M50	01:24:39	+07:53	05:39
2	662	Mário Fernandes	Individual	Veterano M50	01:37:11	+20:26	06:29
3	743	Paulo Rodrigues	Individual	Veterano M50	01:41:39	+24:54	06:47
4	799	Diamantino Ribeiro	BoraláCorrer	Veterano M50	01:42:26	+25:41	06:50
5	897	Paulo Leite	Vizela nos pés	Veterano M50	01:43:57	+27:11	06:56
6	760	Rui Fontes	Amigos das Sapatilhas	Veterano M50	01:47:44	+30:59	07:11
7	532	Ricardo Ceia	BoraláCorrer	Veterano M50	01:48:13	+31:28	07:13
8	565	José Cardoso	PAREDES AVENTURA	Veterano M50	01:48:56	+32:11	07:16
9	899	Jaime Sousa	Individual	Veterano M50	01:53:26	+36:40	07:34

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Trail Curto

15 KM



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OFFICIAL RESULT

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8	883	João Domingos Fernandes	PAREDES AVENTURA	Veterano M60	02:35:52	+01:19:07	10:24
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