

21 KM (Trail Longo)

Posição	Dorsal	Prova	Clube (equipa)	Nome:	Sexo	Tempos
Finisher	2129	Trail Longo (21Km)	S4L Factor X Medense	Pedro Barros	Masculino	02:35:10
Finisher	2134	Trail Longo (21Km)	Mountain Runners	Pedro Miguel Pereira Vieira	Masculino	02:37:18
Finisher	2050	Trail Longo (21Km)	Super Mercado Queiros	Fernando Moreira	Masculino	02:43:12
Finisher	2115	Trail Longo (21Km)	Clube Atletismo Fafe	Nuno lemos	Masculino	02:46:08
Finisher	2150	Trail Longo (21Km)	Moinhos Run ADRM	Tiago Soares	Masculino	02:48:38
Finisher	2031	Trail Longo (21Km)	Correr por um Sorriso	Cristiano Santos	Masculino	02:48:48
Finisher	2164	Trail Longo (21Km)	Monsanto Running Team	Adelino Paulo Carvalho	Masculino	02:51:13
Finisher	2011	Trail Longo (21Km)	Porto sentido runners	António Borges	Masculino	02:51:16
Finisher	2145	Trail Longo (21Km)	Sardonisca Runners	Sérgio Miguel Lopes Monteiro	Masculino	02:53:26
Finisher	2064	Trail Longo (21Km)	Moinhos Run ADRM	Hugo Romano	Masculino	02:54:03
Finisher	2093	Trail Longo (21Km)	Os Lobos do Saibro	Lourenço Teixeira	Masculino	02:55:02
Finisher	2157	Trail Longo (21Km)	Individual	Pedro Mouro	Masculino	02:57:29
Finisher	2020	Trail Longo (21Km)	Marco Trail	Bruno Gonçalves	Masculino	02:58:39
Finisher	2122	Trail Longo (21Km)	Autistic Runners	Paula Soares	Feminino	02:58:41
Finisher	2104	Trail Longo (21Km)	Os Lobos Do Saibro	Marco Brochado	Masculino	03:03:46
Finisher	2055	Trail Longo (21Km)	Os Lobos Do Saibro	Filipe Pinto	Masculino	03:03:55
Finisher	2127	Trail Longo (21Km)	EnjoyandgoRunners	Pedro Alves	Masculino	03:04:05
Finisher	2051	Trail Longo (21Km)	Individual	Fernando Pereira	Masculino	03:08:11
Finisher	2053	Trail Longo (21Km)	GDFC	Filipe Carvalho	Masculino	03:10:23
Finisher	2090	Trail Longo (21Km)	Individual	Juliana Rodrigues	Feminino	03:10:29
Finisher	2096	Trail Longo (21Km)	os tartarugas	luis Rodrigues	Masculino	03:12:45
Finisher	2119	Trail Longo (21Km)	Imperadores	Nuno Silva	Masculino	03:14:35
Finisher	2062	Trail Longo (21Km)	Os Atletas	Helder Silva	Masculino	03:16:58
Finisher	2133	Trail Longo (21Km)	Individual	Pedro Jorge	Masculino	03:19:12
Finisher	2138	Trail Longo (21Km)	individual	rafael almeida	Masculino	03:19:15
Finisher	2075	Trail Longo (21Km)	Mountain Runners	Joaquim Teixeira	Masculino	03:19:19
Finisher	2112	Trail Longo (21Km)	Moinhos Run ADRM	Miguel Lopes	Masculino	03:19:33
Finisher	2007	Trail Longo (21Km)	Divertidas.lol	Anabela de Castro	Feminino	03:20:58
Finisher	2010	Trail Longo (21Km)	Individual	Anselmo Costa	Masculino	03:21:05
Finisher	2113	Trail Longo (21Km)	Outsiders running Trail Team	Nelson Duarte	Masculino	03:22:14

Finisher	2117	Trail Longo (21Km)	AMIGO TRAIL RUN	Nuno Pereira	Masculino	03:23:21
Finisher	4023	Trail Ultra (42Km)	AMIGO TRAIL RUN	Nelson Nascimento	Masculino	03:23:24
Finisher	2103	Trail Longo (21Km)	Individual	Manuel Vieira	Masculino	03:23:27
Finisher	2040	Trail Longo (21Km)	Clube trilheiros&amigos	Eduardo xavier nunes Ferreira	Masculino	03:23:31
Finisher	2102	Trail Longo (21Km)	Otica Sousa (Amarante)	Manuel Sousa	Masculino	03:24:01
Finisher	2074	Trail Longo (21Km)	individual	Joaquim Ferreira	Masculino	03:28:45
Finisher	2037	Trail Longo (21Km)	Friends	Diogo Martinho Soares Faria	Masculino	03:34:15
Finisher	2056	Trail Longo (21Km)	Ama Associação Mondim atletismo	filipe teixeira	Masculino	03:34:18
Finisher	2049	Trail Longo (21Km)	Ama Associação Mondim Atletismo	fernando magalhaes	Masculino	03:34:19
Finisher	2111	Trail Longo (21Km)	Correr por um Sorriso	Miguel Leal	Masculino	03:34:21
Finisher	2078	Trail Longo (21Km)	Villa de Basto Trail	Jorge Alves	Masculino	03:35:36
Finisher	2013	Trail Longo (21Km)	Lousada btt	Antonio Fernando Magalhães Nunes	Masculino	03:35:39
Finisher	2163	Trail Longo (21Km)	Individual	Orlando Gonçalves	Masculino	03:35:42
Finisher	2142	Trail Longo (21Km)	individual	Rui Madureira	Masculino	03:35:47
Finisher	4036	Trail Ultra (42Km)	TIAGO FRUTUOSO - SEGUROS	TIAGO FRUTUOSO	Masculino	03:36:41
Finisher	2039	Trail Longo (21Km)	Individual	Eduardo Nascimento	Masculino	03:39:36
Finisher	2015	Trail Longo (21Km)	Grupo Desportivo Limpeza Urbana	António Madureira	Masculino	03:40:23
Finisher	2058	Trail Longo (21Km)	Os Lobos Do Saibro	Flávio Teixeira	Masculino	03:40:25
Finisher	2137	Trail Longo (21Km)	Moinhos Run ADRM	Pedro Vieira	Masculino	03:40:30
Finisher	2028	Trail Longo (21Km)	Moinhos Run ADRM	Cláudia Moreira	Feminino	03:40:32
Finisher	2026	Trail Longo (21Km)	Autistic Runners	Carlos Ferreira	Masculino	03:45:10
Finisher	2038	Trail Longo (21Km)	Friends	Domingos Sousa Martins	Masculino	03:46:01
Finisher	2018	Trail Longo (21Km)	Mountain Runners	António Silva	Masculino	03:46:47
Finisher	2054	Trail Longo (21Km)	Trailblazers	Filipe Cordeiro	Masculino	03:50:01
Finisher	2123	Trail Longo (21Km)	Não tenho	Paulo Alves	Masculino	03:50:10
Finisher	2021	Trail Longo (21Km)	Individual	Bruno Machado	Masculino	03:50:15
Finisher	2128	Trail Longo (21Km)	TEAM LANTEMIL	PEDRO ALVES	Masculino	03:50:21
Finisher	2044	Trail Longo (21Km)	LION RUNNERS – G.D. Leões da Guarda	Ernesto Martins	Masculino	03:50:26
Finisher	2114	Trail Longo (21Km)	Individual	Nuno Ferreira	Masculino	03:50:45
Finisher	2116	Trail Longo (21Km)	os caga tacos running team	nuno marques	Masculino	03:51:02
Finisher	2121	Trail Longo (21Km)	individual	PAULA COSTA	Feminino	03:52:34
Finisher	2131	Trail Longo (21Km)	Villa de Basto Trail	Pedro Cunha e Silva	Masculino	03:52:36

Finisher	2158	Trail Longo (21Km)	Baidebike - Clube Cicloturismo de Baião	Ricardo Pinheiro	Masculino	03:52:41
Finisher	2100	Trail Longo (21Km)	Moinhos Run ADRM	Manuel Pereira	Masculino	03:53:12
Finisher	2065	Trail Longo (21Km)	Moinhos Run ADRM	Inês Moreira	Feminino	03:53:16
Finisher	2130	Trail Longo (21Km)	Fire Runners	Pedro Castro	Masculino	03:54:21
Finisher	2073	Trail Longo (21Km)	Fire runneres	Joãozinho	Masculino	03:54:22
Finisher	2081	Trail Longo (21Km)	Tascas	Jose Coelho	Masculino	03:54:25
Finisher	2057	Trail Longo (21Km)	Individual	Flávio Moreira	Masculino	03:56:11
Finisher	2019	Trail Longo (21Km)	individual	Benigno Azevedo	Masculino	03:56:15
Finisher	2012	Trail Longo (21Km)	Grupo Desportiva Limpeza Urbana	António Celeste	Masculino	03:56:18
Finisher	2166	Trail Longo (21Km)	Individual	João Conde	Masculino	03:58:56
Finisher	2017	Trail Longo (21Km)	Mountain Runners	António Rodrigues	Masculino	04:03:24
Finisher	2048	Trail Longo (21Km)	Amigos pedal- Trailagares	Fernando Ismael Oliveira Nogueira	Masculino	04:04:11
Finisher	2149	Trail Longo (21Km)	Individual	Tiago Barroso	Masculino	04:04:16
Finisher	2069	Trail Longo (21Km)	Individual	João Menezes	Masculino	04:04:21
Finisher	2063	Trail Longo (21Km)	Trailblazers	Hugo Marques	Masculino	04:05:45
Finisher	2107	Trail Longo (21Km)	Imperadores	Mário Soares	Masculino	04:06:21
Finisher	2087	Trail Longo (21Km)	Baidebike - Clube Cicloturismo de Baião	José Pinto	Masculino	04:06:25
Finisher	2052	Trail Longo (21Km)	Individual	Fernando Pinheiro	Masculino	04:08:48
Finisher	2088	Trail Longo (21Km)	TrepaTrilhos Trail Team	José Silva	Masculino	04:10:55
Finisher	2085	Trail Longo (21Km)	Sem equipa	José Miguel Teixeira	Masculino	04:11:49
Finisher	2146	Trail Longo (21Km)	Individual	Solange Sousa	Feminino	04:14:36
Finisher	2023	Trail Longo (21Km)	Edv	Carina silva	Feminino	04:15:25
Finisher	2148	Trail Longo (21Km)	Individual	Teresa Manuela Ferreira Maias	Feminino	04:15:35
Finisher	2004	Trail Longo (21Km)	TrepaTrilhos Trail Team	Alexandra Couto	Feminino	04:17:02
Finisher	2153	Trail Longo (21Km)	Grupo Desportivo Limpeza Urbana	Vitor Silva	Masculino	04:18:01
Finisher	2072	Trail Longo (21Km)	Boda	João Rio	Masculino	04:18:05
Finisher	2059	Trail Longo (21Km)	NEWTON TEAM	GABRIEL SANTO	Masculino	04:19:01
Finisher	2106	Trail Longo (21Km)	Lion Runners - leões da Guarda	Maria Ricardo	Feminino	04:19:11
Finisher	2154	Trail Longo (21Km)	Casa Benfica Santo Tirso	Zé Luis	Masculino	04:19:16
Finisher	2160	Trail Longo (21Km)	Individual	António Conde	Masculino	04:21:05
Finisher	2136	Trail Longo (21Km)	Grupo Desportivo Limpeza Urbana	Pedro Pereira	Masculino	04:22:15
Finisher	2167	Trail Longo (21Km)	Individual	José Pereira	Masculino	04:23:58

Finisher	2168	Trail Longo (21Km)	Individual	Maria Machado	Feminino	04:23:59
Finisher	2169	Trail Longo (21Km)	Individual	Manuel Carvalheira	Masculino	04:24:00
Finisher	2170	Trail Longo (21Km)	Individual	José Silva Pereira	Masculino	04:24:01
Finisher	2151	Trail Longo (21Km)	Individual	Victor Cerqueira	Masculino	04:24:15
Finisher	2118	Trail Longo (21Km)	Villa de basto trail	Nuno Santos	Masculino	04:25:01
Finisher	2014	Trail Longo (21Km)	Autistic Runners	António Joaquim Magalhães	Masculino	04:27:16
Finisher	2022	Trail Longo (21Km)	Imperadores	Bruno Soares	Masculino	04:30:40
Finisher	2041	Trail Longo (21Km)	TrepaTrilhos Trail Team	Elisa Lopes	Feminino	04:34:15
Finisher	2027	Trail Longo (21Km)	Moinhos Run ADRM	Carlos Gonçalves	Masculino	04:34:20
Finisher	2143	Trail Longo (21Km)	Moinhos Run ADRM	Rui Quinta	Masculino	04:34:24
Finisher	2042	Trail Longo (21Km)	Divertidas.lol	Elisabete Maia	Feminino	04:37:26
Finisher	2071	Trail Longo (21Km)	Trailblazers	João Neves	Masculino	04:37:31
Finisher	2141	Trail Longo (21Km)	Individual	Rui Costa	Masculino	04:46:11
Finisher	2006	Trail Longo (21Km)	Individual	Ana Moura	Feminino	04:46:16
Finisher	2120	Trail Longo (21Km)	Imperadores	Nuno Teixeira	Masculino	04:46:35
Finisher	2144	Trail Longo (21Km)	Individual	Sara Silva	Feminino	04:50:11
Finisher	2060	Trail Longo (21Km)	Trailblazers	Gustavo Amaral	Masculino	04:50:15
Finisher	2124	Trail Longo (21Km)	Individual	Paulo Nuno Barbosa Sampaio	Masculino	04:50:35
Finisher	2008	Trail Longo (21Km)	Os Atletas	André Barros	Masculino	04:56:48
Finisher	2082	Trail Longo (21Km)	CONFRARIA DOS MARATONISTAS	JOSÉ ESPÍRITO SANTO	Masculino	04:56:52
Finisher	2030	Trail Longo (21Km)	Team Lantemil	Cristiana Machado	Feminino	05:00:01
Finisher	2032	Trail Longo (21Km)	Trail Bela Bela	Daniel Henriques	Masculino	05:00:05
Finisher	2002	Trail Longo (21Km)	Trailblazers	Alberto Araújo	Masculino	05:02:48
Finisher	2077	Trail Longo (21Km)	Traiblazers	Joel Soares	Masculino	05:02:50
Finisher	2080	Trail Longo (21Km)	BVA	Jose Carlos Moreira Fonseca	Masculino	05:02:53
Finisher	2066	Trail Longo (21Km)	CONFRARIA DOS MARATONISTAS	ISABEL ARAÚJO	Feminino	05:06:35
Finisher	2165	Trail Longo (21Km)	Mais Trilhos	Vitor Santos	Masculino	05:06:40
Finisher	2174	Trail Longo (21Km)	Individual	Carlos Costa	Masculino	05:07:23
Finisher	2175	Trail Longo (21Km)	Individual	Carla Pinto	Feminino	05:07:34
Finisher	2176	Trail Longo (21Km)	Individual	Cidália Cardoso	Feminino	05:07:41
Finisher	2177	Trail Longo (21Km)	Individual	Elisa Pereira	Feminino	05:08:01
Finisher	2178	Trail Longo (21Km)	Individual	Fernando Cardoso	Masculino	05:08:19

Finisher	2179	Trail Longo (21Km)	Individual	Filipe Santos	Masculino	05:08:54
Finisher	2171	Trail Longo (21Km)	Individual	Nélio Costa	Masculino	05:09:03
Finisher	2172	Trail Longo (21Km)	Individual	Helder Pereira	Masculino	05:09:04
Finisher	2173	Trail Longo (21Km)	Individual	Diana Silva	Feminino	05:09:05
Finisher	2083	Trail Longo (21Km)	Individual	José Gomes Pereira	Masculino	05:12:59
Finisher	2109	Trail Longo (21Km)	Outsiders running Trail Team	Marta Duarte	Feminino	05:18:55
Finisher	2147	Trail Longo (21Km)	Running Espinho	Susana Claudia M S Silva	Feminino	05:19:45
Finisher	2079	Trail Longo (21Km)	Running Espinho	Jose Antonio O R Silva	Masculino	05:19:50
Finisher	2067	Trail Longo (21Km)	OUTSIDERS RUNNING TRAIL TEAM	JOANA AMORIM	Feminino	05:20:56
Finisher	2092	Trail Longo (21Km)	OUTSIDERS RUNNING TRAIL TEAM	LILIANA SILVA	Feminino	05:20:57
Finisher	2043	Trail Longo (21Km)	Mountain Runnes	emilio joao carvalho	Masculino	05:31:55
Finisher	2156	Trail Longo (21Km)	Reumáticos Trail - Baião	Luis Vieira	Masculino	05:32:23
Finisher	2155	Trail Longo (21Km)	Reumáticos Trail - Baião	Fernando Vieira	Masculino	05:32:24
Finisher	2084	Trail Longo (21Km)	Familia Massolas	José Manuel Magalhães Cardoso	Masculino	05:33:40
Finisher	2105	Trail Longo (21Km)	Familia Massolas	Maria João Alves	Feminino	05:33:41
Finisher	2126	Trail Longo (21Km)	Familia Massolas	Paulo Sousa	Masculino	05:33:42
Finisher	2095	Trail Longo (21Km)	Trailblazers	Luis Castro	Masculino	05:34:15
Finisher	2001	Trail Longo (21Km)	Fire runneres	Adelia Moreira	Feminino	05:34:17
Finisher	2016	Trail Longo (21Km)	Individual	António Pinto	Masculino	05:34:21
Finisher	2099	Trail Longo (21Km)	Individual	Manuel Monteiro	Masculino	05:34:26
Finisher	2003	Trail Longo (21Km)	Invicta Runners Team	Alex Silva	Masculino	05:47:48
Finisher	2025	Trail Longo (21Km)	Invicta Runners Team	Carla Barbosa	Feminino	05:47:49
Finisher	2034	Trail Longo (21Km)	Newton team	Daniel Lopes	Masculino	05:48:01
Finisher	2070	Trail Longo (21Km)	NEWTON TEAM	JOAO MOURA	Masculino	05:48:02
Finisher	2097	Trail Longo (21Km)	TrepaTrilhos Trail Team	Luzinha Monteiro	Feminino	06:04:02
Finisher	2091	Trail Longo (21Km)	TrepaTrilhos Trail Team	Ligia Lopes	Feminino	06:04:05
Finisher	2086	Trail Longo (21Km)	TrepaTrilhos Trail Team	josé oliveira	Masculino	06:04:08

