

TRAIL LONGO - STAGE 1

21 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
42	609	Daniel Pereira	s.c santacruzence	Senior Masculino	02:29:43	+48:58	07:08
43	505	Rui Ferreira	monte dos amigos	Senior Masculino	02:29:45	+48:59	07:08
44	518	Alexandre Pereira	equipa a	Veterano M40	02:29:46	+49:01	07:08
45	574	Ricardo Teixeira	individual	Veterano M50	02:30:11	+49:26	07:09
46	646	Orlanda Rego	gaia-running	Veterana F40	02:30:43	+49:57	07:11
47	643	Elisabete Repas	gaia-running	Veterana F50	02:30:43	+49:57	07:11
48	503	Manuel Jesus	individual	Veterano M50	02:30:43	+49:58	07:11
49	630	Fernando Santos	individual	Veterano M40	02:30:56	+50:11	07:11
50	642	Cristina Saraiva	hora do lobo	Veterana F50	02:31:58	+51:13	07:14
51	593	Eduardo Benigno	individual	Veterano M40	02:31:59	+51:14	07:14
52	516	Falcão	ctad - trilhos de cinfães	Veterano M40	02:32:22	+51:36	07:15
53	652	Ana Branco	individual	Senior Feminino	02:32:22	+51:37	07:15
54	512	Marilú	ctad - trilhos de cinfães	Veterana F40	02:32:26	+51:41	07:16
55	523	Nuno Rocha	individual	Senior Masculino	02:33:39	+52:54	07:19
56	546	PAULO SILVA	equipa joao ferreira	Veterano M40	02:33:45	+53:00	07:19
57	601	Tiago Faria	individual	Senior Masculino	02:34:20	+53:34	07:21
58	572	Manuel Quintas	btt-tt sandim	Veterano M50	02:34:46	+54:01	07:22
59	641	José Cardoso	mss contabilidade trail team	Veterano M40	02:34:49	+54:03	07:22
60	514	Helder Rodrigues	individual	Veterano M40	02:35:20	+54:34	07:24
61	517	Jorge Alves	invicta runners team	Veterano M40	02:35:33	+54:47	07:24
62	638	Julia	escola atletismo trofa	Veterana F40	02:35:51	+55:06	07:25
63	560	Mingues	individual	Veterano M40	02:36:04	+55:19	07:26
64	594	Belmiro Magalhães	individual	Senior Masculino	02:36:41	+55:56	07:28
65	584	Bruno Gonçalves	individual	Senior Masculino	02:37:44	+56:59	07:31
66	583	Ivo Ferreira	individual	Senior Masculino	02:37:44	+56:59	07:31
67	605	Sylvie Duarte	individual	Veterana F40	02:38:05	+57:20	07:32
68	507	Alcino Araujo	individual	Veterano M50	02:38:08	+57:22	07:32
69	618	Carlos Pereira	individual	Veterano M40	02:38:08	+57:23	07:32
70	539	Tiago Moreira	individual	Senior Masculino	02:39:18	+58:33	07:35
71	575	José Ferreira	individual	Veterano M40	02:39:35	+58:50	07:36
72	569	Mariana Batista	btt-tt sandim	Senior Feminino	02:39:58	+59:12	07:37
73	570	Marinho Quintas	btt-tt sandim	Veterano M40	02:39:58	+59:13	07:37
74	587	Tiago Cruz	adc são jacinto	Senior Masculino	02:40:43	+59:57	07:39
75	596	Manuel Gomes	mss contabilidade trail team	Veterano M40	02:42:32	+01:01:46	07:44
76	597	João Pedro	individual	Veterano M40	02:42:38	+01:01:53	07:45
77	637	Ricardo Lento	trepatrihos trail team	Senior Masculino	02:42:58	+01:02:13	07:46
78	636	Gilberto Sousa	individual	Senior Masculino	02:43:30	+01:02:44	07:47
79	553	Helder oliveira	individual	Senior Masculino	02:43:30	+01:02:45	07:47
80	545	CARLOS JORGE	equipa joao ferreira	Veterano M40	02:44:56	+01:04:10	07:51
81	441	Margarida Neves	hora do lobo	Veterana F50	02:45:53	+01:05:07	07:54
82	577	Ernesto Martins	lion runners - g. d. leões da guarda	Veterano M50	02:47:08	+01:06:22	07:58
83	579	João Soares	lion runners - g. d. leões da guarda	Senior Masculino	02:47:08	+01:06:23	07:58
84	647	Paulo Vilarinho	gaia-running	Veterano M40	02:47:17	+01:06:31	07:58
85	526	António Silva	a20s javalis trail team	Veterano M50	02:50:13	+01:09:28	08:06
86	607	Ricardo Rocha	individual	Veterano M40	02:50:38	+01:09:53	08:08
87	578	Filipe Pereira	lion runners - g. d. leões da guarda	Veterano M40	02:50:51	+01:10:05	08:08

TRAIL LONGO - STAGE 1

21 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	586	Rui Carmo	frende	Veterano M40	02:51:19	+01:10:33	08:09
89	548	Rui Moreira	geocrosstrail escariz	Veterano M40	02:51:23	+01:10:37	08:10
90	562	Ivo Couto	a20's box crossfit	Veterano M40	02:51:33	+01:10:48	08:10
91	616	João Santos	individual	Veterano M50	02:51:44	+01:10:59	08:11
92	612	Paulo Duarte	bravos&bravitas	Veterano M40	02:52:18	+01:11:33	08:12
93	538	Carlos Taveira	individual	Veterano M40	02:52:20	+01:11:34	08:12
94	559	Paulo genesio	mais que corridas	Veterano M50	02:52:47	+01:12:02	08:14
95	515	Mário Pereira	ctad - trilhos de cinfães	Veterano M50	02:53:20	+01:12:34	08:15
96	522	Paulo Sousa	individual	Veterano M40	02:55:57	+01:15:12	08:23
97	627	Costa	motivação	Veterano M40	02:57:41	+01:16:56	08:28
98	628	Dérinho	motivação	Senior Masculino	02:57:42	+01:16:56	08:28
99	542	Ricardo A. Silva Sousa	fit gaia trail	Veterano M40	02:59:24	+01:18:38	08:33
100	649	Silvia Peralta	gaia-running	Veterana F40	03:03:12	+01:22:27	08:43
101	540	Francisco Gomes	shots internacional runners	Veterano M40	03:06:15	+01:25:29	08:52
102	620	Dora Dias	no tomorrow running team	Senior Feminino	03:07:33	+01:26:47	08:56
103	660	Bruno Pinho	clube atletismo lamas	Senior Masculino	03:07:33	+01:26:48	08:56
104	556	José Moreira	clube atletismo lamas	Veterano M40	03:07:33	+01:26:48	08:56
105	555	Carlos Cardoso	clube atletismo lamas	Veterano M40	03:07:33	+01:26:48	08:56
106	619	Américo Gomes	clube atletismo lamas	Veterano M40	03:07:34	+01:26:48	08:56
107	554	Flavio Soares	clube atletismo lamas	Veterano M40	03:11:44	+01:30:59	09:08
108	580	Ricardo Freitas	lion runners - g. d. leões da guarda	Senior Masculino	03:12:38	+01:31:53	09:10
109	533	Helena Cunha	arrastassolas	Veterana F40	03:14:20	+01:33:34	09:15
110	534	Carla Moreira	arrastassolas	Veterana F40	03:14:20	+01:33:35	09:15
111	511	RICARDO	mccb clínica médica ldª	Senior Masculino	03:15:55	+01:35:09	09:20
112	622	Sérgio Lima	trinca bolotas	Senior Masculino	03:16:04	+01:35:19	09:20
113	625	Joana Sousa	trinca bolotas	Senior Feminino	03:16:05	+01:35:19	09:20
114	623	Diana Leite	trinca bolotas	Veterana F40	03:16:05	+01:35:20	09:20
115	527	António Pinheiro	dr. merino/4mooove	Senior Masculino	03:16:28	+01:35:43	09:21
116	634	Alberto Martins	wolves wolves	Veterano M50	03:18:30	+01:37:45	09:27
117	633	Iracema Costa	individual	Veterana F50	03:18:30	+01:37:45	09:27
118	585	José Pereira	frende	Veterano M40	03:18:34	+01:37:48	09:27
119	543	Ricardo	individual	Veterano M40	03:20:14	+01:39:28	09:32
120	654	Atleta 654	individual	Senior Masculino	03:21:29	+01:40:43	09:36
121	653	Atleta 653	individual	Senior Masculino	03:21:30	+01:40:44	09:36
122	599	Dina Gonçalves	lion runners - g. d. leões da guarda	Veterano M40	03:21:30	+01:40:44	09:36
123	536	Manuel Silva	arrastassolas	Veterano M40	03:32:06	+01:51:20	10:06
124	602	Ana Bem	fhmasters	Veterana F40	03:37:23	+01:56:37	10:21
125	603	Paulo Teixeira	fhmasters	Veterana F50	03:37:23	+01:56:38	10:21
126	592	Joaquim Sousa	fit2labor	Veterano M40	03:41:47	+02:01:01	10:34
127	591	Mónica Margaride	fit2labor	Veterana F40	03:41:47	+02:01:01	10:34
128	655	Artur Fonseca	ruptura total	Veterano M40	03:45:08	+02:04:23	10:43

Trail Longo

21 KM



OFFICIAL RESULT

12	547	FRANCISCO FONSECA	EQUIPA JOAO FERREIRA	Veterano M40	02:27:33	+46:47	07:02
13	531	Pedro Carvalho	ARRASTASSOLAS	Veterano M40	02:28:57	+48:11	07:06
14	518	Alexandre Pereira	Equipa A	Veterano M40	02:29:46	+49:01	07:08
15	630	Fernando Santos	Individual	Veterano M40	02:30:56	+50:11	07:11
16	593	Eduardo Benigno	Individual	Veterano M40	02:31:59	+51:14	07:14
17	516	Falcão	CTAD - Trilhos de Cinfães	Veterano M40	02:32:22	+51:36	07:15
18	546	PAULO SILVA	EQUIPA JOAO FERREIRA	Veterano M40	02:33:45	+53:00	07:19
19	641	José Cardoso	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:34:49	+54:03	07:22
20	514	Helder Rodrigues	Individual	Veterano M40	02:35:20	+54:34	07:24
21	517	Jorge Alves	Invicta Runners Team	Veterano M40	02:35:33	+54:47	07:24
22	560	Mingues	Individual	Veterano M40	02:36:04	+55:19	07:26
23	618	Carlos Pereira	Individual	Veterano M40	02:38:08	+57:23	07:32
24	575	José Ferreira	Individual	Veterano M40	02:39:35	+58:50	07:36
25	570	Marinho Quintas	BTT-TT Sandim	Veterano M40	02:39:58	+59:13	07:37
26	596	Manuel Gomes	MSS CONTABILIDADE TRAIL TEAM	Veterano M40	02:42:32	+01:01:46	07:44
27	597	João Pedro	Individual	Veterano M40	02:42:38	+01:01:53	07:45
28	545	CARLOS JORGE	EQUIPA JOAO FERREIRA	Veterano M40	02:44:56	+01:04:10	07:51
29	647	Paulo Vilarinho	GAIA-RUNNING	Veterano M40	02:47:17	+01:06:31	07:58
30	607	Ricardo Rocha	Individual	Veterano M40	02:50:38	+01:09:53	08:08
31	578	Filipe Pereira	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	02:50:51	+01:10:05	08:08
32	586	Rui Carmo	Freunde	Veterano M40	02:51:19	+01:10:33	08:09
33	548	Rui Moreira	Geocrosstrail Escariz	Veterano M40	02:51:23	+01:10:37	08:10
34	562	Ivo Couto	A20's Box CrossFit	Veterano M40	02:51:33	+01:10:48	08:10
35	612	Paulo Duarte	Bravos&bravitas	Veterano M40	02:52:18	+01:11:33	08:12
36	538	Carlos Taveira	Individual	Veterano M40	02:52:20	+01:11:34	08:12
37	522	Paulo Sousa	Individual	Veterano M40	02:55:57	+01:15:12	08:23
38	627	Costa	Motivação	Veterano M40	02:57:41	+01:16:56	08:28
39	542	Ricardo A. Silva Sousa	Fit Gaia Trail	Veterano M40	02:59:24	+01:18:38	08:33
40	540	Francisco Gomes	Shots International Runners	Veterano M40	03:06:15	+01:25:29	08:52
41	556	José Moreira	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:33	+01:26:48	08:56
42	555	Carlos Cardoso	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:33	+01:26:48	08:56
43	619	Américo Gomes	CLUBE ATLETISMO LAMAS	Veterano M40	03:07:34	+01:26:48	08:56
44	554	Flavio Soares	CLUBE ATLETISMO LAMAS	Veterano M40	03:11:44	+01:30:59	09:08
45	585	José Pereira	Freunde	Veterano M40	03:18:34	+01:37:48	09:27
46	543	Ricardo	Individual	Veterano M40	03:20:14	+01:39:28	09:32
47	599	Dina Gonçalves	LION RUNNERS - G. D. Leões da Guarda	Veterano M40	03:21:30	+01:40:44	09:36
48	536	Manuel Silva	ARRASTASSOLAS	Veterano M40	03:32:06	+01:51:20	10:06
49	592	Joaquim Sousa	Fit2Labor	Veterano M40	03:41:47	+02:01:01	10:34
50	655	Artur Fonseca	Ruptura Total	Veterano M40	03:45:08	+02:04:23	10:43

Veterano M50

1	256	Amadeu Teixeira	Nós Acreditamos	Veterano M50	02:04:51	+24:06	05:57
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Official Timekeeper: Lap2Go	3 / 4	generate 16-out-2018 20:50
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