

TRAIL LONGO - STAGE 1

25 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:15	6°C	100%
End	13:44	6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	517	Diogo Pinheiro	coimbra trail running	Senior Masculino	02:02:52		04:55
2	574	Luís Alexandre	trilhos dos templários / xporfit	Veterano M40	02:06:02	+03:10	05:03
3	573	Ricardo Ferreira	trilhos dos templários / xporfit	Veterano M35	02:08:08	+05:16	05:08
4	523	Pedro Rodrigues	edv - viana trail	Veterano M35	02:09:02	+06:10	05:10
5	572	João Grade	trilhos dos templários / xporfit	Veterano M35	02:09:05	+06:13	05:10
6	519	Luís Cunha	coimbra trail running	Veterano M45	02:12:12	+09:20	05:17
7	520	Saul Leite	correr lisboa	Senior Masculino	02:16:50	+13:58	05:28
8	513	SÉRGIO MESQUITA	centro trail carlos sá team penacova	Veterano M40	02:16:50	+13:58	05:28
9	552	Jorge Rodrigues	naza abóboda	Veterano M50	02:19:07	+16:15	05:34
10	558	Paulino Gil de Sousa	industrial desportivo vieirense	Veterano M50	02:20:04	+17:12	05:36
11	535	Paulo Santos	grupo desportivo ferreirense	Veterano M50	02:20:24	+17:32	05:37
12	526	David Cunha Silva	farmácia luciano e matos	Veterano M35	02:20:30	+17:38	05:37
13	502	Alexandre Mendes	abutres	Veterano M40	02:21:46	+18:54	05:40
14	521	João Nepomuceno	dá-lhe gás team	Veterano M45	02:24:44	+21:52	05:47
15	507	Vasco Melo	arsm - associação recreativa de s. miguel	Veterano M45	02:25:11	+22:19	05:48
16	562	Manuel Cabete	moinhos da gândara trail	Veterano M50	02:29:05	+26:13	05:58
17	530	Nuno Ribeiro	figueira kayak clube	Veterano M35	02:29:21	+26:29	05:58
18	508	Paulo Baptista	atletismo clube da tocha	Veterano M45	02:31:26	+28:34	06:03
19	570	Acílio Noro	soure mov	Veterano M45	02:31:40	+28:48	06:04
20	546	Pedro Ferreira	individual	Veterano M40	02:31:44	+28:52	06:04
21	543	Arnaldo Oliveira Ferreira	individual	Veterano M40	02:32:20	+29:28	06:06
22	569	Edgar Gomes	soure mov	Veterano M35	02:33:15	+30:23	06:08
23	547	Rafael Fernandes	individual	Veterano M40	02:33:44	+30:52	06:09
24	551	Antonio Pardal	individual	Veterano M50	02:34:33	+31:41	06:11
25	542	André Fernandes	individual	Veterano M40	02:35:24	+32:32	06:13
26	504	Tiago Saraiva Lopes	ansibikers	Veterano M35	02:39:02	+36:10	06:22
27	554	Paulo Ferreira	individual	Veterano M50	02:41:00	+38:08	06:26
28	539	Eugénio Dias	individual	Veterano M35	02:41:50	+38:58	06:28
29	564	João Carlos Pereira	out 2 run/miro	Veterano M40	02:42:48	+39:56	06:31
30	533	Luis Verissimo	figueira kayak clube	Veterano M45	02:45:36	+42:44	06:37
31	510	Pedro Miguel Mendes	bio team run	Veterano M45	02:45:36	+42:44	06:37
32	559	Norberto Rosa	jástrada	Veterano M40	02:47:07	+44:15	06:41
33	534	Gastão Sousa	fit@50 challenge	Veterano M50	02:47:59	+45:07	06:43
34	514	NUNO ENGENHEIRO	centro trail carlos sá team penacova	Veterano M45	02:48:36	+45:44	06:45
35	528	Luis Oliveira	figueira kayak clube	Senior Masculino	02:49:20	+46:28	06:46
36	503	Luís Carvalheiro	acrm silveirinha grande	Veterano M45	02:49:20	+46:28	06:46
37	43	Paula Valente	ansibikers	Veterana F35	02:52:05	+49:13	06:53
38	509	Carlos Pinho	bio team run	Veterano M40	02:52:33	+49:41	06:54
39	540	José Machado	individual	Veterano M35	02:52:40	+49:48	06:54
40	501	Luís Costa	#runjustfun	Veterano M50	02:57:11	+54:19	07:05
41	576	Mario casqueira	vilaventura trailrunning team	Veterano M45	02:57:21	+54:29	07:06
42	518	Filipe Santos	coimbra trail running	Veterano M45	02:59:57	+57:05	07:12

TRAIL LONGO - STAGE 1

25 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
43	538	Paula Penedo	boavista trail	Veterana F40	03:01:23	+58:31	07:15
44	560	Manuel Gaspar	jástrada	Veterano M55	03:02:56	+01:00:04	07:19
45	522	JÚLIO LOUREIRO	dá-lhe gás team	Veterano M45	03:03:43	+01:00:51	07:21
46	541	Renato Miguel da Mota Santos	individual	Veterano M35	03:04:51	+01:01:59	07:24
47	532	Claudio Espada	figueira kayak clube	Veterano M45	03:06:28	+01:03:36	07:28
48	555	Raul Martins	individual	Veterano M50	03:11:05	+01:08:13	07:39
49	550	Ricardo Nuno Francisco do Carmo	individual	Veterano M45	03:12:05	+01:09:13	07:41
50	544	Jorge Miguel de Bastos Loureiro	individual	Veterano M40	03:14:31	+01:11:39	07:47
51	556	Paulo Providencia	individual	Veterano M55	03:14:34	+01:11:42	07:47
52	566	Carlos Lourenço	pinhal total	Veterano M45	03:15:18	+01:12:26	07:49
53	561	José Maçarria	maresia - bar	Veterano M55	03:18:33	+01:15:41	07:57
54	537	Sónia Neto	individual	Veterana F35	03:19:44	+01:16:52	07:59
55	548	Rui Vilar	individual	Veterano M40	03:20:23	+01:17:31	08:01
56	531	Carlos Gonçalves	figueira kayak clube	Veterano M40	03:25:56	+01:23:04	08:14
57	525	Mélanie Duarte	farmácia luciano e matos	Veterana F35	03:26:08	+01:23:16	08:15
58	577	José Carlos Duarte	individual	Veterano M45	03:27:47	+01:24:55	08:19
59	511	Rui Santos	blackbulls / clube de condeixa	Veterano M45	03:31:14	+01:28:22	08:27
60	545	Jorge Nunes	individual	Veterano M40	03:32:01	+01:29:09	08:29
61	506	José Fernandes	arcd venda da luisa	Veterano M55	03:35:01	+01:32:09	08:36
62	505	Rui Monteiro	arcd venda da luisa	Senior Masculino	03:35:01	+01:32:09	08:36
63	512	Ricardo Coelho	centro trail carlos sá team penacova	Veterano M40	03:37:45	+01:34:53	08:43
64	549	Sérgio Nunes	individual	Veterano M40	03:44:43	+01:41:51	08:59
65	563	Tania Cristina Duarte Ferreira	out 2 run/miro	Senior Feminino	04:05:49	+02:02:57	09:50
66	565	José Santos	out 2 run/miro	Veterano M50	04:05:49	+02:02:57	09:50
67	516	Mário Caridade	coa/ corvus trail team	Veterano M35	04:14:18	+02:11:26	10:10
68	515	Fernanda Tavares	coa/ corvus trail team	Veterana F35	04:14:18	+02:11:26	10:10

Trail Longo

25 KM

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	Time	Temperature	Humidity
Start	09:15	6°C	100%
End	13:44	6°C	100%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	1/KM
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Senior Feminino

1	563	Tania Cristina Duarte Ferreira	out 2 run/Miro	Senior Feminino	04:05:49	+02:02:57	09:50
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Senior Masculino

1	517	Diogo Pinheiro	Coimbra Trail Running	Senior Masculino	02:02:52	04:55
2	520	Saul Leite	CORRER LISBOA	Senior Masculino	02:16:50	+13:58 05:28
3	528	Luis Oliveira	Figueira Kayak Clube	Senior Masculino	02:49:20	+46:28 06:46
4	505	Rui Monteiro	ARCD Venda da Luisa	Senior Masculino	03:35:01	+01:32:09 08:36

Veterana F35

1	43	Paula Valente	Ansibikers	Veterana F35	02:52:05	+49:13	06:53
2	537	Sónia Neto	Individual	Veterana F35	03:19:44	+01:16:52	07:59
3	525	Mélanie Duarte	Farmácia Luciano e Matos	Veterana F35	03:26:08	+01:23:16	08:15
4	515	Fernanda Tavares	COA/ Corvus Trail Team	Veterana F35	04:14:18	+02:11:26	10:10

Veterana F40

1	538	Paula Penedo	Boavista Trail	Veterana F40	03:01:23	+58:31	07:15
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Veterano M35

1	573	Ricardo Ferreira	Trilhos dos Templários / XPORFIT	Veterano M35	02:08:08	+05:16	05:08
2	523	Pedro Rodrigues	EDV - Viana Trail	Veterano M35	02:09:02	+06:10	05:10
3	572	João Grade	Trilhos dos Templários / XPORFIT	Veterano M35	02:09:05	+06:13	05:10
4	526	David Cunha Silva	Farmácia Luciano e Matos	Veterano M35	02:20:30	+17:38	05:37
5	530	Nuno Ribeiro	Figueira Kayak Clube	Veterano M35	02:29:21	+26:29	05:58
6	569	Edgar Gomes	Soure Mov	Veterano M35	02:33:15	+30:23	06:08
7	504	Tiago Saraiva Lopes	Ansibikers	Veterano M35	02:39:02	+36:10	06:22
8	539	Eugénio Dias	Individual	Veterano M35	02:41:50	+38:58	06:28
9	540	José Machado	Individual	Veterano M35	02:52:40	+49:48	06:54
10	541	Renato Miguel da Mota Santos	Individual	Veterano M35	03:04:51	+01:01:59	07:24
11	516	Mário Caridade	COA/ Corvus Trail Team	Veterano M35	04:14:18	+02:11:26	10:10

Veterano M40

1	574	Luís Alexandre	Trilhos dos Templários / XPORFIT	Veterano M40	02:06:02	+03:10	05:03
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Official Timekeeper: Lap2Go	1 / 3	generate 01-Dec-2018 13:46
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Trail Longo

25 KM

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OFFICIAL RESULT

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2	513	SÉRGIO MESQUITA	CENTRO TRAIL CARLOS SÁ TEAM PENACOVA	Veterano M40	02:16:50	+13:58	05:28
3	502	Alexandre Mendes	Abutres	Veterano M40	02:21:46	+18:54	05:40
4	546	Pedro Ferreira	Individual	Veterano M40	02:31:44	+28:52	06:04
5	543	Arnaldo Oliveira Ferreira	Individual	Veterano M40	02:32:20	+29:28	06:06
6	547	Rafael Fernandes	Individual	Veterano M40	02:33:44	+30:52	06:09
7	542	André Fernandes	Individual	Veterano M40	02:35:24	+32:32	06:13
8	564	João Carlos Pereira	out 2 run/Miro	Veterano M40	02:42:48	+39:56	06:31
9	559	Norberto Rosa	Jástrada	Veterano M40	02:47:07	+44:15	06:41
10	509	Carlos Pinho	Bio Team Run	Veterano M40	02:52:33	+49:41	06:54
11	544	Jorge Miguel de Bastos Loureiro	Individual	Veterano M40	03:14:31	+01:11:39	07:47
12	548	Rui Vilar	Individual	Veterano M40	03:20:23	+01:17:31	08:01
13	531	Carlos Gonçalves	Figueira Kayak Clube	Veterano M40	03:25:56	+01:23:04	08:14
14	545	Jorge Nunes	Individual	Veterano M40	03:32:01	+01:29:09	08:29
15	512	Ricardo Coelho	CENTRO TRAIL CARLOS SÁ TEAM PENACOVA	Veterano M40	03:37:45	+01:34:53	08:43
16	549	Sérgio Nunes	Individual	Veterano M40	03:44:43	+01:41:51	08:59

Veterano M45

1	519	Luís Cunha	Coimbra Trail Running	Veterano M45	02:12:12	+09:20	05:17
2	521	João Nepomuceno	Dá-lhe Gás team	Veterano M45	02:24:44	+21:52	05:47
3	507	Vasco Melo	ARSM - Associação Recreativa de S. Miguel	Veterano M45	02:25:11	+22:19	05:48
4	508	Paulo Baptista	Atletismo Clube da Tocha	Veterano M45	02:31:26	+28:34	06:03
5	570	Acílio Noro	Soure Mov	Veterano M45	02:31:40	+28:48	06:04
6	533	Luis Verissimo	Figueira Kayak Clube	Veterano M45	02:45:36	+42:44	06:37
7	510	Pedro Miguel Mendes	Bio Team Run	Veterano M45	02:45:36	+42:44	06:37
8	514	NUNO ENGENHEIRO	CENTRO TRAIL CARLOS SÁ TEAM PENACOVA	Veterano M45	02:48:36	+45:44	06:45
9	503	Luís Carvalho	ACRM SILVEIRINHA GRANDE	Veterano M45	02:49:20	+46:28	06:46
10	576	Mario casqueira	Vilaventura trailrunning team	Veterano M45	02:57:21	+54:29	07:06
11	518	Filipe Santos	Coimbra Trail Running	Veterano M45	02:59:57	+57:05	07:12
12	522	JÚLIO LOUREIRO	Dá-lhe Gás team	Veterano M45	03:03:43	+01:00:51	07:21
13	532	Claudio Espada	Figueira Kayak Clube	Veterano M45	03:06:28	+01:03:36	07:28
14	550	Ricardo Nuno Francisco do Carmo	Individual	Veterano M45	03:12:05	+01:09:13	07:41
15	566	Carlos Lourenço	Pinhal Total	Veterano M45	03:15:18	+01:12:26	07:49
16	577	José Carlos Duarte	Individual	Veterano M45	03:27:47	+01:24:55	08:19
17	511	Rui Santos	BlackBulls / Clube de Condeixa	Veterano M45	03:31:14	+01:28:22	08:27

Veterano M50

1	552	Jorge Rodrigues	Naza Abóboda	Veterano M50	02:19:07	+16:15	05:34
2	558	Paulino Gil de Sousa	INDUSTRIAL DESPORTIVO VIEIRENSE	Veterano M50	02:20:04	+17:12	05:36
3	535	Paulo Santos	Grupo Desportivo Ferreirense	Veterano M50	02:20:24	+17:32	05:37
4	562	Manuel Cabete	Moinhos da Gândara Trail	Veterano M50	02:29:05	+26:13	05:58

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OFFICIAL RESULT

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5	551	Antonio Pardal	Individual	Veterano M50	02:34:33	+31:41	06:11
6	554	Paulo Ferreira	Individual	Veterano M50	02:41:00	+38:08	06:26
7	534	Gastão Sousa	Fit@50 Challenge	Veterano M50	02:47:59	+45:07	06:43
8	501	Luís Costa	#runjustfun	Veterano M50	02:57:11	+54:19	07:05
9	555	Raul Martins	Individual	Veterano M50	03:11:05	+01:08:13	07:39
10	565	José Santos	out 2 run/Miro	Veterano M50	04:05:49	+02:02:57	09:50

Veterano M55

1	560	Manuel Gaspar	Jástrada	Veterano M55	03:02:56	+01:00:04	07:19
2	556	Paulo Providencia	Individual	Veterano M55	03:14:34	+01:11:42	07:47
3	561	José Maçarria	MARESIA - BAR	Veterano M55	03:18:33	+01:15:41	07:57
4	506	José Fernandes	ARCD Venda da Luisa	Veterano M55	03:35:01	+01:32:09	08:36

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RANK	TEAM	DESCRIPTION	POINTS
1	TRILHOS DOS TEMPLÁRIOS / XPORFIT	2 + 3 + 5	10
2	COIMBRA TRAIL RUNNING	1 + 6 + 42	49
3	FIGUEIRA KAYAK CLUBE	17 + 30 + 35	82
4	CENTRO TRAIL CARLOS SÁ TEAM PENACOVA	8 + 34 + 63	105
5	OUT 2 RUN/MIRO	29 + 65 + 66	160