

TRAIL LONGO - STAGE 1

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:25	-99°C	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	29	Orlando Valente	futebol clube penafiel	Veterano M40	02:14:48		04:13
2	48	Pedro Pinto	individual	Senior Masculino	02:29:30	+14:42	04:40
3	68	Carlos Ramos	núcleo montanha de espinho	Senior Masculino	02:30:15	+15:28	04:42
4	39	Alexandre Lourenço	individual	Senior Masculino	02:31:47	+16:59	04:45
5	89	João Moreira	wikaboo	Veterano M40	02:33:08	+18:21	04:47
6	53	Duarte Gil Ribeiro Barbosa	individual	Veterano M40	02:33:37	+18:49	04:48
7	23	Agostinho Costa	ccdr fundo vila	Veterano M50	02:36:39	+21:51	04:54
8	33	Pedro Rocha	gondomar futsal clube	Senior Masculino	02:37:22	+22:34	04:55
9	91	Antonio Filipe Bastos Fontes	individual	Veterano M40	02:37:52	+23:04	04:56
10	88	Filipe sandim	vila maior turismo	Veterano M40	02:38:54	+24:07	04:58
11	97	Jorge Pereira	gaia-running	Veterano M40	02:43:25	+28:38	05:06
12	32	Bernardo tavares	ganitasportive	Senior Masculino	02:44:28	+29:41	05:08
13	72	Sérgio Miguel Lopes Monteiro	sardonisca runners	Senior Masculino	02:44:54	+30:06	05:09
14	54	Hélio Marques	individual	Veterano M40	02:45:31	+30:44	05:10
15	24	Mário Oliveira	ccdr fundo vila	Veterano M50	02:48:30	+33:42	05:16
16	34	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	02:49:47	+34:59	05:18
17	28	Gonçalo Daniel Nunes Relvão Lourenço	farmácia luciano e matos	Senior Masculino	02:50:47	+36:00	05:20
18	98	André Dias	gaia-running	Veterano M40	02:51:16	+36:29	05:21
19	16	Carlos Couto	arcorun	Veterano M40	02:51:28	+36:40	05:22
20	17	Alcino Gouveia	ascários de escariz	Veterano M40	02:55:36	+40:49	05:29
21	60	Nelson Santos	individual	Veterano M40	02:57:10	+42:22	05:32
22	56	João Miguel Moreira Natario	individual	Veterano M40	02:58:46	+43:58	05:35
23	52	César Sousa	individual	Veterano M40	02:58:46	+43:59	05:35
24	18	José Oliveira	ascários de escariz	Veterano M40	03:00:22	+45:34	05:38
25	31	VITOR FERNANDES	gaia-running	Veterano M40	03:03:08	+48:21	05:43
26	45	Hugo Fardilha	individual	Senior Masculino	03:03:19	+48:31	05:44
27	59	José Pedro Conde Pinto da Silva	individual	Veterano M40	03:03:38	+48:50	05:44
28	26	Silvério Santos	clube pessoal aguas gaia	Veterano M40	03:04:12	+49:24	05:45
29	87	sergio antonio dias dos santos	turbulentos	Senior Masculino	03:05:03	+50:16	05:47
30	78	ALEXANDRA FERNANDES	trail running clube btt sanguedo	Veterana F40	03:05:04	+50:16	05:47
31	38	Lúcia Lourenço	individual	Senior Feminino	03:05:04	+50:17	05:47
32	41	Bruno Vilaça	individual	Senior Masculino	03:08:28	+53:40	05:53
33	99	fernando Santos	gaia-running	Veterano M50	03:09:30	+54:43	05:55
34	57	João Moreira	individual	Veterano M40	03:11:02	+56:15	05:58
35	15	Jose Bento Morais	amigos do atletismo magna	Veterano M50	03:11:03	+56:16	05:58
36	82	PORFÍRIO SILVA	trail running clube btt sanguedo	Veterano M40	03:11:40	+56:52	05:59
37	50	António Moreira Pinto	individual	Veterano M40	03:11:40	+56:53	05:59
38	47	Manuel Migueis	individual	Senior Masculino	03:14:14	+59:26	06:04
39	42	Daniel Silva Pereira	individual	Senior Masculino	03:15:04	+01:00:17	06:06
40	27	André Paiva	farmácia luciano e matos	Senior Masculino	03:16:17	+01:01:30	06:08
41	66	Mira Matias	no pain no gain povoa team	Veterana F40	03:17:06	+01:02:19	06:10

Official Timekeeper: Lap2Go	1 / 2	generate 15-ago-2016 14:31
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TRAIL LONGO - STAGE 1

32 KM

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
42	58	Jorge Silva	individual	Veterano M40	03:17:09	+01:02:21	06:10
43	67	Virgílio Palmeiro	no pain no gain povoa team	Veterano M50	03:19:32	+01:04:45	06:14
44	22	martinho santos	caldas de são jorge sport club	Veterano M40	03:20:31	+01:05:44	06:16
45	96	Rui Pereira	gaia-running	Veterano M40	03:20:38	+01:05:50	06:16
46	37	Estela Martins	individual	Senior Feminino	03:20:44	+01:05:57	06:16
47	25	Ana Catarina da Silva Santos	clube de atletismo de lamas	Senior Feminino	03:20:44	+01:05:57	06:16
48	63	António Porrão	individual	Veterano M50	03:22:21	+01:07:34	06:19
49	51	Baltazar Joaquim de Jesus Ferreira	individual	Veterano M40	03:29:09	+01:14:22	06:32
50	49	Tome pinto	individual	Senior Masculino	03:31:42	+01:16:54	06:37
51	19	Carlos Cardoso	associação desportiva rio largo clube de espinho	Veterano M40	03:31:46	+01:16:59	06:37
52	106	Alexandre Ribeiro	free tibet	Senior Masculino	03:31:49	+01:17:01	06:37
53	71	João Couto	os finos	Veterano M40	03:36:35	+01:21:48	06:46
54	102	Luis Braga	individual	Senior Masculino	03:38:57	+01:24:10	06:51
55	36	Blandine Gomes Craveiro Ramires	individual	Senior Feminino	03:39:42	+01:24:55	06:52
56	103	Fernando Ferreira	individual	Veterano M40	03:45:13	+01:30:25	07:02
57	61	Pedro Costa Ferreira	individual	Veterano M40	03:47:07	+01:32:20	07:06
58	20	Joaquim Gomes	associação desportiva rio largo clube de espinho	Veterano M50	03:51:10	+01:36:23	07:13
59	65	Mário Soares	lion runners - g. d. leões da guarda	Veterano M50	03:59:40	+01:44:53	07:29
60	64	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	03:59:41	+01:44:53	07:29
61	69	Antonio Franco	os finos	Veterano M40	04:12:24	+01:57:37	07:53
62	105	Irene Monte	manos do trail	Veterana F40	04:12:26	+01:57:39	07:53
63	70	Antonio Oliveira	os finos	Veterano M40	04:12:28	+01:57:41	07:53
64	21	José Falcão	associação desportiva rio largo clube de espinho	Veterano M50	04:17:38	+02:02:50	08:03
65	90	Filipe Leite	manos do trail	Senior Masculino	04:22:24	+02:07:36	08:12
66	104	Daniel Moreira	individual	Senior Masculino	04:24:17	+02:09:29	08:16
67	100	Manuel Silva	amigos da natureza	Veterano M40	04:30:42	+02:15:54	08:28
68	13	Sónia Cecília Pereira Santos Silva	amigos da natureza	Veterana F40	05:14:13	+02:59:26	09:49
69	12	Carla Mª Santos Oliveira Teixeira	amigos da natureza	Veterana F40	05:14:14	+02:59:27	09:49
70	101	Elsa Silva	amigos da natureza	Senior Feminino	05:14:15	+02:59:27	09:49

Trail Longo

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[illegible]

	Time	Temperature	Humidity
Start	09:00	-99°C	-99%
End	14:25	-99°C	-99%

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

1	38	Lúcia Lourenço	Individual	Senior Feminino	03:05:04	05:47
2	37	Estela Martins	Individual	Senior Feminino	03:20:44	+15:40 06:16
3	25	Ana Catarina da Silva Santos	Clube de Atletismo de Lamas	Senior Feminino	03:20:44	+15:40 06:16
4	36	Blandine Gomes Craveiro Ramires	Individual	Senior Feminino	03:39:42	+34:38 06:52
5	101	Elsa Silva	Amigos da Natureza	Senior Feminino	05:14:15	+02:09:10 09:49

Senior Masculino

1	48	Pedro Pinto	Individual	Senior Masculino	02:29:30	04:40
2	68	Carlos Ramos	Núcleo Montanha de Espinho	Senior Masculino	02:30:15	+00:46 04:42
3	39	Alexandre Lourenço	Individual	Senior Masculino	02:31:47	+02:17 04:45
4	33	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:37:22	+07:52 04:55
5	32	Bernardo tavares	GanitaSportive	Senior Masculino	02:44:28	+14:59 05:08
6	72	Sérgio Miguel Lopes Monteiro	Sardonisca Runners	Senior Masculino	02:44:54	+15:24 05:09
7	28	Gonçalo Daniel Nunes Relvão Lourenço	Farmácia Luciano e Matos	Senior Masculino	02:50:47	+21:18 05:20
8	45	Hugo Fardilha	Individual	Senior Masculino	03:03:19	+33:49 05:44
9	87	sergio antonio dias dos santos	TURBULENTOS	Senior Masculino	03:05:03	+35:34 05:47
10	41	Bruno Vilaça	Individual	Senior Masculino	03:08:28	+38:58 05:53
11	47	Manuel Migueis	Individual	Senior Masculino	03:14:14	+44:44 06:04
12	42	Daniel Silva Pereira	Individual	Senior Masculino	03:15:04	+45:35 06:06
13	27	André Paiva	Farmácia Luciano e Matos	Senior Masculino	03:16:17	+46:48 06:08
14	49	Tome pinto	Individual	Senior Masculino	03:31:42	+01:02:12 06:37
15	106	Alexandre Ribeiro	FREE TIBET	Senior Masculino	03:31:49	+01:02:19 06:37
16	102	Luis Braga	Individual	Senior Masculino	03:38:57	+01:09:28 06:51
17	90	Filipe Leite	Manos do Trail	Senior Masculino	04:22:24	+01:52:54 08:12
18	104	Daniel Moreira	Individual	Senior Masculino	04:24:17	+01:54:47 08:16

Veterana F40

1	78	ALEXANDRA FERNANDES	Trail Running Clube Btt Sanguedo	Veterana F40	03:05:04	05:47
2	66	Mira Matias	No Pain No Gain Povia Team	Veterana F40	03:17:06	+12:03 06:10
3	105	Irene Monte	Manos do Trail	Veterana F40	04:12:26	+01:07:23 07:53
4	13	Sónia Cecília Pereira Santos Silva	Amigos da Natureza	Veterana F40	05:14:13	+02:09:10 09:49
5	12	Carla Mª Santos Oliveira Teixeira	Amigos da Natureza	Veterana F40	05:14:14	+02:09:11 09:49

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OFFICIAL RESULT

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Veterana F50

1	64	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F50	03:59:41	07:29
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Veterano M40

1	29	Orlando Valente	FUTEBOL CLUBE PENAFIEL	Veterano M40	02:14:48	04:13
2	89	João Moreira	wikaboo	Veterano M40	02:33:08	+18:21 04:47
3	53	Duarte Gil Ribeiro Barbosa	Individual	Veterano M40	02:33:37	+18:49 04:48
4	91	Antonio Filipe Bastos Fontes	Individual	Veterano M40	02:37:52	+23:04 04:56
5	88	Filipe sandim	Vila Maior Turismo	Veterano M40	02:38:54	+24:07 04:58
6	97	Jorge Pereira	GAIA-RUNNING	Veterano M40	02:43:25	+28:38 05:06
7	54	Hélio Marques	Individual	Veterano M40	02:45:31	+30:44 05:10
8	34	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:49:47	+34:59 05:18
9	98	André Dias	GAIA-RUNNING	Veterano M40	02:51:16	+36:29 05:21
10	16	Carlos Couto	ARCORUN	Veterano M40	02:51:28	+36:40 05:22
11	17	Alcino Gouveia	Ascários de Escariz	Veterano M40	02:55:36	+40:49 05:29
12	60	Nelson Santos	Individual	Veterano M40	02:57:10	+42:22 05:32
13	56	João Miguel Moreira Natario	Individual	Veterano M40	02:58:46	+43:58 05:35
14	52	César Sousa	Individual	Veterano M40	02:58:46	+43:59 05:35
15	18	José Oliveira	Ascários de Escariz	Veterano M40	03:00:22	+45:34 05:38
16	31	VITOR FERNANDES	GAIA-RUNNING	Veterano M40	03:03:08	+48:21 05:43
17	59	José Pedro Conde Pinto da Silva	Individual	Veterano M40	03:03:38	+48:50 05:44
18	26	Silvério Santos	Clube Pessoal Aguas Gaia	Veterano M40	03:04:12	+49:24 05:45
19	57	João Moreira	Individual	Veterano M40	03:11:02	+56:15 05:58
20	82	PORFÍRIO SILVA	Trail Running Clube Btt Sanguedo	Veterano M40	03:11:40	+56:52 05:59
21	50	António Moreira Pinto	Individual	Veterano M40	03:11:40	+56:53 05:59
22	58	Jorge Silva	Individual	Veterano M40	03:17:09	+01:02:21 06:10
23	22	martinho santos	Caldas de São Jorge Sport Club	Veterano M40	03:20:31	+01:05:44 06:16
24	96	Rui Pereira	GAIA-RUNNING	Veterano M40	03:20:38	+01:05:50 06:16
25	51	Baltazar Joaquim de Jesus Ferreira	Individual	Veterano M40	03:29:09	+01:14:22 06:32
26	19	Carlos Cardoso	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M40	03:31:46	+01:16:59 06:37
27	71	João Couto	Os Finos	Veterano M40	03:36:35	+01:21:48 06:46
28	103	Fernando Ferreira	Individual	Veterano M40	03:45:13	+01:30:25 07:02
29	61	Pedro Costa Ferreira	Individual	Veterano M40	03:47:07	+01:32:20 07:06
30	69	Antonio Franco	Os Finos	Veterano M40	04:12:24	+01:57:37 07:53
31	70	Antonio Oliveira	Os Finos	Veterano M40	04:12:28	+01:57:41 07:53
32	100	Manuel Silva	Amigos da Natureza	Veterano M40	04:30:42	+02:15:54 08:28

Veterano M50

1	23	Agostinho Costa	CCDR FUNDO VILA	Veterano M50	02:36:39	04:54
2	24	Mário Oliveira	CCDR FUNDO VILA	Veterano M50	02:48:30	+11:51 05:16

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OFFICIAL RESULT

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3	99	fernando Santos	GAIA-RUNNING	Veterano M50	03:09:30	+32:52	05:55
4	15	Jose Bento Morais	AMIGOS DO ATLETISMO MAGNA	Veterano M50	03:11:03	+34:25	05:58
5	67	Virgilio Palmeiro	No Pain No Gain Povia Team	Veterano M50	03:19:32	+42:54	06:14
6	63	António Porrão	Individual	Veterano M50	03:22:21	+45:43	06:19
7	20	Joaquim Gomes	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M50	03:51:10	+01:14:32	07:13
8	65	Mário Soares	LION RUNNERS - G. D. Leões da Guarda	Veterano M50	03:59:40	+01:23:02	07:29
9	21	José Falcão	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	Veterano M50	04:17:38	+01:40:59	08:03

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RANK	TEAM	DESCRIPTION	POINTS
1	GAIA-RUNNING	11 + 18 + 25	54
2	ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO	51 + 58 + 64	173
3	Os Finos	53 + 61 + 63	177
4	Amigos da Natureza	67 + 68 + 69	204