

TRAIL LONGO - STAGE 1

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15,3°C	76%
End	13:59	15,3°C	76%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	T/KM
1	24	Bruno Miguel da Silva Ferreira	individual	Senior Masculino	02:26:16		04:34
2	16	GILBERTO COSTA	espinho trail	Veterano M40	02:39:58	+13:42	05:00
3	553	Ivan Silva	edv viana trail	Veterano M40	02:43:11	+16:54	05:06
4	45	TOZÉ AMORIM	serviços sociais câmara s. m. feira	Veterano M40	02:43:12	+16:55	05:06
5	3	Domingos Gomes	individual	Veterano M40	02:43:12	+16:55	05:06
6	4	Luis Teixeira	individual	Senior Masculino	02:50:32	+24:16	05:20
7	2	António Pinto	individual	Veterano M50	02:53:17	+27:01	05:25
8	37	Jorge Gomes	outlaw runners	Veterano M40	02:59:28	+33:11	05:37
9	17	Joao Moreira	g.d.ronda	Veterano M40	02:59:28	+33:11	05:37
10	15	VÍTOR MAIA	espinho trail	Senior Masculino	03:01:49	+35:32	05:41
11	10	ANTONIO DUARTE	espinho trail	Senior Masculino	03:01:49	+35:32	05:41
12	19	João Oliveira	gansos	Senior Masculino	03:08:15	+41:58	05:53
13	12	Filipe couto	espinho trail	Senior Masculino	03:14:44	+48:27	06:05
14	18	Carlos Fazendeiro	g.d.ronda	Veterano M50	03:15:15	+48:58	06:06
15	20	Sergio Oliveira	grupo de corrida de argoncilhe	Veterano M40	03:18:38	+52:21	06:12
16	27	Pedro Nogueira	individual	Senior Masculino	03:18:38	+52:21	06:12
17	38	Vitor Folgado	outlaw runners	Veterano M40	03:29:07	+01:02:50	06:32
18	48	Carlos Oliveira	trail running suil park	Senior Masculino	03:31:34	+01:05:17	06:37
19	49	Andre Oliveira	trail running suil park	Veterano M40	03:31:34	+01:05:18	06:37
20	50	Telmo Oliveira	trail running suil park	Veterano M40	03:31:34	+01:05:18	06:37
21	40	CRISTINA ISABEL FERREIRA CONDE PASSOS	running espinho	Veterana F40	03:32:14	+01:05:58	06:38
22	41	Joaquim Iobato	running espinho	Veterano M50	03:32:15	+01:05:59	06:38
23	14	Ricardo Duarte	espinho trail	Senior Masculino	03:33:19	+01:07:02	06:40
24	11	Bruno Duarte	espinho trail	Senior Masculino	03:33:19	+01:07:03	06:40
25	29	Jorge Anjos	individual	Veterano M40	03:34:14	+01:07:57	06:42
26	35	Dora Dias	no tomorrow running team	Senior Feminino	03:34:44	+01:08:28	06:43
27	8	Carlos Cardoso	clube atletismo de lamas	Veterano M40	03:34:45	+01:08:29	06:43
28	30	Sérgio Almeida	individual	Veterano M40	03:34:47	+01:08:30	06:43
29	22	Marta Silva Ramos Ferreira	individual	Senior Feminino	03:35:00	+01:08:43	06:43
30	7	Américo Gomes	clube atletismo de lamas	Veterano M40	03:44:46	+01:18:29	07:01
31	42	Liliana cardoso	sc espinho /atletismo antónio leitão	Senior Feminino	03:46:09	+01:19:52	07:04
32	5	Manuel Quintas da Silva Batista	btt sandim	Veterano M50	03:49:29	+01:23:12	07:10
33	47	Simão Oliveira	trail running clube btt sanguedo	Veterano M50	04:02:09	+01:35:53	07:34
34	13	JORGE DUARTE	espinho trail	Senior Masculino	04:03:49	+01:37:32	07:37
35	26	João Soares - Lion Runners (G. D. Leões da Guarda)	individual	Senior Masculino	04:03:51	+01:37:34	07:37
36	6	Manuel Guedes	c.i.a. alpendorada	Veterano M40	04:04:55	+01:38:38	07:39
37	25	Carlos Guilherme	individual	Senior Masculino	04:28:22	+02:02:05	08:23
38	9	Bruno cavadas	eci.running	Senior Masculino	04:28:22	+02:02:05	08:23
39	34	Valdemar Almeida	individual	Veterano M50	04:29:48	+02:03:31	08:26
40	23	Bruno conceicao	individual	Senior Masculino	04:29:49	+02:03:33	08:26

Trail Longo

32 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	09:00	15,3°C	76%
End	13:59	15.3°C	76%

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

1	35	Dora Dias	No Tomorrow Running Team	Senior Feminino	03:34:44	+01:08:28	06:43:12
2	22	Marta Silva Ramos Ferreira	Individual	Senior Feminino	03:35:00	+01:08:43	06:43:43
3	42	Liliana cardoso	SC Espinho /Atletismo António Leitão	Senior Feminino	03:46:09	+01:19:52	07:04:01
4	21	Elisabete Rente	Individual	Senior Feminino	04:53:40	+02:27:23	09:11:03

Senior Masculino

1	24	Bruno Miguel da Silva Ferreira	Individual	Senior Masculino	02:26:16	04:34
2	4	Luis Teixeira	Individual	Senior Masculino	02:50:32	+24:16 05:20
3	15	VÍTOR MAIA	ESPINHO TRAIL	Senior Masculino	03:01:49	+35:32 05:41
4	10	ANTONIO DUARTE	ESPINHO TRAIL	Senior Masculino	03:01:49	+35:32 05:41
5	19	João Oliveira	Gansos	Senior Masculino	03:08:15	+41:58 05:53
6	12	Filipe couto	ESPINHO TRAIL	Senior Masculino	03:14:44	+48:27 06:05
7	27	Pedro Nogueira	Individual	Senior Masculino	03:18:38	+52:21 06:12
8	48	Carlos Oliveira	Trail Running Suil Park	Senior Masculino	03:31:34	+01:05:17 06:37
9	14	Ricardo Duarte	Espinho trail	Senior Masculino	03:33:19	+01:07:02 06:40
10	11	Bruno Duarte	Espinho Trail	Senior Masculino	03:33:19	+01:07:03 06:40
11	13	JORGE DUARTE	ESPINHO TRAIL	Senior Masculino	04:03:49	+01:37:32 07:37
12	26	João Soares - Lion Runners (G. D. Leões da Guarda)	Individual	Senior Masculino	04:03:51	+01:37:34 07:37
13	25	Carlos Guilherme	Individual	Senior Masculino	04:28:22	+02:02:05 08:23
14	9	Bruno cavadas	Eci.running	Senior Masculino	04:28:22	+02:02:05 08:23
15	23	Bruno conceicao	Individual	Senior Masculino	04:29:49	+02:03:33 08:26

Veterana F40

1	40	CRISTINA ISABEL FERREIRA CONDE PASSOS	RUNNING ESPINHO	Veterana F40	03:32:14	+01:05:58	06:38:12
2	1	Sandra santos	SERVIÇOS SOCIAIS CÂMARA S. M. FEIRA	Veterana F40	04:53:40	+02:27:23	09:11:03

Veterano M40

1	16	GILBERTO COSTA	ESPINHO TRAIL	Veterano M40	02:39:58	+13:42	05:00
2	553	Ivan Silva	EDV Viana Trail	Veterano M40	02:43:11	+16:54	05:06
3	45	TOZÉ AMORIM	SERVIÇOS SOCIAIS CÂMARA S. M. FEIRA	Veterano M40	02:43:12	+16:55	05:06
4	3	Domingos Gomes	Individual	Veterano M40	02:43:12	+16:55	05:06
5	37	Jorge Gomes	Outlaw Runners	Veterano M40	02:59:28	+33:11	05:37

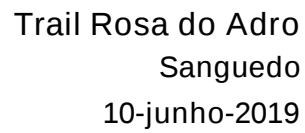
Official Timekeeper: Lap2Go	1 / 2	generate 10-jun-2019 14:01
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32 KM

OFFICIAL RESULT

6	17	Joao Moreira	G.D.Ronda	Veterano M40	02:59:28	+33:11	05:37
7	20	Sergio Oliveira	Grupo de Corrida de Argoncilhe	Veterano M40	03:18:38	+52:21	06:12
8	38	Vitor Folgado	Outlaw Runners	Veterano M40	03:29:07	+01:02:50	06:32
9	49	Andre Oliveira	Trail Running Suil Park	Veterano M40	03:31:34	+01:05:18	06:37
10	50	Telmo Oliveira	Trail Running Suil Park	Veterano M40	03:31:34	+01:05:18	06:37
11	29	Jorge Anjos	Individual	Veterano M40	03:34:14	+01:07:57	06:42
12	8	Carlos Cardoso	Clube Atletismo de Lamas	Veterano M40	03:34:45	+01:08:29	06:43
13	30	Sérgio Almeida	Individual	Veterano M40	03:34:47	+01:08:30	06:43
14	7	Américo Gomes	Clube Atletismo de Lamas	Veterano M40	03:44:46	+01:18:29	07:01
15	6	Manuel Guedes	C.I.A. Alpendorada	Veterano M40	04:04:55	+01:38:38	07:39

1	2	António Pinto	Individual	Veterano M50	02:53:17	+27:01	05:25
2	18	Carlos Fazendeiro	G.D.Ronda	Veterano M50	03:15:15	+48:58	06:06
3	41	Joaquim Iobato	Running Espinho	Veterano M50	03:32:15	+01:05:59	06:38
4	5	Manuel Quintas da Silva Batista	Btt sandim	Veterano M50	03:49:29	+01:23:12	07:10
5	47	Simão Oliveira	TRAIL RUNNING CLUBE BTT SANGUEDO	Veterano M50	04:02:09	+01:35:53	07:34
6	34	Valdemar Almeida	Individual	Veterano M50	04:29:48	+02:03:31	08:26

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Official Timekeeper: Lap2Go	1 / 1	generate 10-jun-2019 14:02
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