

TRAIL LONGO - STAGE 1

30 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	15:30	27.1°C	73%
End	19:55	26.6°C	69%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	20	Abílio Ribeiro	sc espinho	Veterano M45	02:29:05		04:58
2	13	Alexandre Cruz	individual	Senior Masculino	02:31:24	+02:18	05:03
3	8	Nuno Vasconcelos	coimbra trail running	Senior Masculino	02:34:26	+05:20	05:09
4	17	Hugo Bezerra	individual	Veterano M35	02:50:22	+21:17	05:41
5	21	Alipio Mendes	individual	Veterano M45	02:51:27	+22:22	05:43
6	27	Ernesto Marques Alves	juventude cortegacense	Veterano M45	03:04:59	+35:53	06:10
7	24	Silvério Oliveira dos Santos	individual	Veterano M45	03:08:28	+39:22	06:17
8	28	Jorge Fernando Silva Marques Coelho	juventude cortegacense	Veterano M45	03:17:05	+47:59	06:34
9	26	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M35	03:23:03	+53:58	06:46
10	19	Pedro Filipe Lopes da Silva Monteiro	individual	Veterano M35	03:52:36	+01:23:30	07:45
11	31	Pedro Silva	individual	Senior Masculino	03:53:49	+01:24:43	07:48
12	23	PAULO SILVA	individual	Veterano M45	03:53:49	+01:24:44	07:48
13	15	Genevieve AUDENAERT	individual	Veterana F35	03:56:03	+01:26:58	07:52
14	11	Hugo Carvalho	individual	Junior Masculino	04:15:56	+01:46:51	08:32
15	6	Ilidio Pires	all about spirit team	Veterano M35	04:15:58	+01:46:53	08:32

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Start	15:30	27.1°C	73%
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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Junior Masculino

1	11	Hugo Carvalho	Individual	Junior Masculino	04:15:56	08:32
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Senior Masculino

1	13	Alexandre Cruz	Individual	Senior Masculino	02:31:24		05:03:24
2	8	Nuno Vasconcelos	Coimbra Trail Running	Senior Masculino	02:34:26	+03:02	05:09:28
3	31	Pedro Silva	Individual	Senior Masculino	03:53:49	+01:22:25	07:48:14

Veterana F35

1	15	Genevieve AUDENAERT	Individual	Veterana F35	03:56:03	07:52
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Veterano M35

1	17	Hugo Bezerra	Individual	Veterano M35	02:50:22	05:41:13
2	26	Joao Paulo Costa Oliveira	JUVENTUDE CORTEGACENSE	Veterano M35	03:23:03	+32:41 06:46:54
3	19	Pedro Filipe Lopes da Silva Monteiro	Individual	Veterano M35	03:52:36	+01:02:13 07:45:59
4	6	Ilidio Pires	ALL ABOUT SPIRIT TEAM	Veterano M35	04:15:58	+01:25:36 08:32:04

Veterano M45

1	20	Abílio Ribeiro	SC Espinho	Veterano M45	02:29:05	04:58
2	21	Alípio Mendes	Individual	Veterano M45	02:51:27	+22:22 05:43
3	27	Ernesto Marques Alves	JUVENTUDE CORTEGACENSE	Veterano M45	03:04:59	+35:53 06:10
4	24	Silvério Oliveira dos Santos	Individual	Veterano M45	03:08:28	+39:22 06:17
5	28	Jorge Fernando Silva Marques Coelho	JUVENTUDE CORTEGACENSE	Veterano M45	03:17:05	+47:59 06:34
6	23	PAULO SILVA	Individual	Veterano M45	03:53:49	+01:24:44 07:48