Trail da Raposa
Paredes
29-May-2016

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

REVISED

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

	Time	Temperature	Humidity
Start	08:00	-99ºC	-99%
End	16:51	-99ºC	-99%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	201	Nuno Manuel Mendes da Silva	berg outdoor	Senior Masculino	02:57:43		05:23
2	511	João Nogueira	oralklass-amigos do trail	Senior Masculino	03:14:02	+16:19	05:53
3	387	Carlos Veloso	individual	Veterano M40	03:14:43	+17:01	05:54
4	219	Marcelo Pinho Araújo	adccjclark	Senior Masculino	03:24:07	+26:24	06:11
5	231	Manuel Barbosa	amigo	Veterano M40	03:24:40	+26:57	06:12
6	220	Nuno Roberto da Silva Faria	adccjclark	Senior Masculino	03:26:35	+28:52	06:16
7	344	José Pereira	individual	Senior Masculino	03:30:14	+32:31	06:22
8	233	Jorge Manuel Barbosa Moreira	amigos do pedal trailagares	Veterano M40	03:36:31	+38:48	06:34
9	562	José Miguel Pinto	team rede ambiente	Senior Masculino	03:36:38	+38:56	06:34
10	454	Manuel Ferreira	jobra	Veterano M40	03:36:52	+39:09	06:34
11	343	José Miguel Fernandes da Gama Nogueira	individual	Senior Masculino	03:37:26	+39:43	06:35
12	569	Filipe Miguel Teixeira	unidade especial de corrida	Senior Masculino	03:37:29	+39:47	06:35
13	509	Belmiro Moreira	oralklass-amigos do trail	Senior Masculino	03:37:48	+40:05	06:36
14	346	Lino Pinto	individual	Senior Masculino	03:40:07	+42:24	06:40
15	442	Paulo Rebelo	individual	Veterano M40	03:40:12	+42:29	06:40
16	498	Gonçalo Manuel Marinho Lopes da Mota	nast	Veterano M40	03:41:50	+44:07	06:43
17	377	Rafael Delgado	individual	Senior Masculino	03:42:14	+44:31	06:44
18	288	Antonio Fernando Vieira Rocha	gondomar futsal clube	Veterano M40	03:42:36	+44:54	06:45
19	508	Antonio Pinto	oralklass-amigos do trail	Senior Masculino	03:46:34	+48:52	06:52
20	493	Carlos Miguel da Costa Ferreira	nast	Senior Masculino	03:48:39	+50:56	06:56
21	550	Helder Barbosa	sweet runners	Senior Masculino	03:49:19	+51:36	06:57
22	273	Ricardo Ferreira	fitspot - parque nascente	Senior Masculino	03:49:47	+52:04	06:58
23	312	Bruno Jose Melo Corga	individual	Senior Masculino	03:49:58	+52:16	06:58
24	423	José Paulo Pereira Ribeiro	gondomar futsal clube	Veterano M40	03:53:43	+56:01	07:05
25	376	Pedro Tiago Saraiva de Almeida	individual	Senior Masculino	03:54:23	+56:41	07:06
26	519	Marco Brochado	os lobos do saibro	Senior Masculino	03:54:57	+57:14	07:07
27	331	helder rocha	individual	Senior Masculino	03:55:38	+57:56	07:08
28	292	Cesar Canito	gtt - armazém do caffè	Veterano M40	03:56:22	+58:40	07:10
29	473	Ivan Rocha	limitless	Senior Masculino	03:57:30	+59:47	07:12
30	474	Luís Teixeira	limitless	Senior Masculino	03:57:30	+59:48	07:12
31	306	André A Campos Cunha	individual	Senior Masculino	03:57:45	+01:00:03	07:12
32	310	Bruno Bispo	individual	Senior Masculino	03:58:36	+01:00:53	07:14
33	234	Paulo Jorge Freitas Ferreira	amigos do pedal trailagares	Veterano M40	03:59:20	+01:01:38	07:15
34	462	FILIPE SOUSA	kemedo team	Senior Masculino	04:02:10	+01:04:27	07:20
35	434	Paulo Azevedo	individual	Veterano M40	04:04:41	+01:06:58	07:25
36	486	leandro pacheco	monte dos amigos	Senior Masculino	04:10:20	+01:12:37	07:35
37	518	Filipe Pinto	os lobos do saibro	Senior Masculino	04:11:51	+01:14:08	07:38
38	353	Mario Gonçalves	individual	Senior Masculino	04:14:03	+01:16:20	07:42
39	520	alfredo costa	oursense -o desporto a vossa medida	Veterano M40	04:15:07	+01:17:25	07:44
40	481	Rui Machado	maia trail - filónails	Senior Masculino	04:16:26	+01:18:43	07:46

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	253	antonio pereira	clube praças da armada	Veterano M40	04:16:34	+01:18:52	07:47
42	552	Marco Barbosa	sweet runners	Senior Masculino	04:17:32	+01:19:49	07:48
43	416	Henrique Santos	individual	Veterano M40	04:17:34	+01:19:51	07:48
44	480	Carlos Ferreira	lusos xxi	Veterano M40	04:18:25	+01:20:42	07:50
45	472	Hugo Ribeiro	limitless	Senior Masculino	04:18:34	+01:20:52	07:50
46	333	Inacio Ribeiro	individual	Senior Masculino	04:23:26	+01:25:44	07:59
47	236	Horacio Ferr	arsm. associação recriativa s. miguel	Veterano M40	04:23:26	+01:25:44	07:59
48	265	Filipe de Oliveira	edv - viana trail	Senior Masculino	04:24:26	+01:26:44	08:01
49	286	paulo jorge	gondomar futsal clube	Senior Masculino	04:25:36	+01:27:54	08:03
50	510	Nuno Sousa	oralklass-amigos do trail	Senior Masculino	04:26:08	+01:28:25	08:04
51	385	Rui Faria	individual	Senior Masculino	04:27:27	+01:29:44	08:06
52	296	Estela martins	individual	Senior Feminino	04:27:37	+01:29:54	08:07
53	240	Bruno Macieira	gondomar futsal clube	Senior Masculino	04:27:37	+01:29:54	08:07
54	402	António Manuel Almeida Santos	individual	Veterano M40	04:28:14	+01:30:32	08:08
55	576	Antonio Maria Moreira Gomes	cfit	Veterano M40	04:28:26	+01:30:43	08:08
56	241	Helder Silva	bota&siga	Senior Masculino	04:30:06	+01:32:23	08:11
57	573	Filipe Lages	vimarunners	Veterano M40	04:30:29	+01:32:47	08:12
58	529	Jorge Bastos	pernetas	Senior Masculino	04:31:02	+01:33:19	08:13
59	325	Filipe Saraiva Fernandes	individual	Senior Masculino	04:31:05	+01:33:22	08:13
60	299	Lúcia Lourenço	individual	Senior Feminino	04:31:35	+01:33:52	08:14
61	287	Pedro Matos	gondomar futsal clube	Senior Masculino	04:33:02	+01:35:20	08:16
62	272	Rafael Almeida	fitspot - parque nascente	Senior Masculino	04:33:36	+01:35:54	08:17
63	276	Emídio Marques	frezite	Senior Masculino	04:36:30	+01:38:48	08:23
64	337	José Barroso	individual	Senior Masculino	04:37:37	+01:39:55	08:25
65	532	Agostinho torres	pernetas	Veterano M40	04:37:40	+01:39:57	08:25
66	451	vitor coelho	individual	Veterano M40	04:40:16	+01:42:33	08:30
67	215	Rui Teixeira	a.d sebolido trail boneca d´ouro	Senior Masculino	04:41:22	+01:43:39	08:32
68	268	Juliana Rodrigues	fitspot - parque nascente	Senior Feminino	04:41:39	+01:43:56	08:32
69	436	Paulo Guilherme Silva	individual	Veterano M40	04:43:35	+01:45:52	08:36
70	503	Rogerio Sousa	nocturnos de paredes	Senior Masculino	04:45:57	+01:48:14	08:40
71	382	Ricardo Manuel Azevedo Boucinha	individual	Senior Masculino	04:46:17	+01:48:34	08:41
72	308	Antonio Rocha	individual	Senior Masculino	04:46:17	+01:48:34	08:41
73	249	FERNANDO LOPES	cdc s. martinho da gândara	Veterano M40	04:46:45	+01:49:02	08:41
74	248	BRUNO BARGE	cdc s. martinho da gândara	Senior Masculino	04:46:45	+01:49:02	08:41
75	389	Simão Cardoso	individual	Senior Masculino	04:49:47	+01:52:04	08:47
76	361	Nuno Santos	individual	Senior Masculino	04:49:47	+01:52:05	08:47
77	415	helder rodrigues	individual	Veterano M40	04:50:05	+01:52:23	08:47
78	238	Rúben Cunha	befitness runners	Senior Masculino	04:50:26	+01:52:43	08:48
79	110	Carlos Natividade Silva	paredes aventura	Veterano M40	04:52:32	+01:54:50	08:52
80	108	Nélson Sousa	paredes aventura	Senior Masculino	04:52:33	+01:54:50	08:52
81	340	José Ferreira Costa	individual	Senior Masculino	04:52:43	+01:55:00	08:52
82	339	Jose Elvio Jesus	individual	Senior Masculino	04:52:54	+01:55:12	08:53
83	358	Nuno Filipe Cardoso Maia	individual	Senior Masculino	04:53:03	+01:55:20	08:53
84	291	JOAQUIM GABRIEL DA CRUZ DA SILVA	grupo desportivo da pesqueira	Veterano M40	04:53:13	+01:55:30	08:53
85	380	Ricardo Dias	individual	Senior Masculino	04:53:14	+01:55:31	08:53

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	448	rui pedro pena	individual	Veterano M40	04:54:21	+01:56:38	08:55
87	232	Ana Paula Soares Vieira	amigos do pedal trailagares	Senior Feminino	04:54:23	+01:56:40	08:55
88	216	Tiago Silva	a.d sebolido trail boneca d´ouro	Senior Masculino	04:56:29	+01:58:46	08:59
89	375	Pedro Rocha	individual	Senior Masculino	04:56:29	+01:58:46	08:59
90	271	Pedro	fitspot - parque nascente	Senior Masculino	04:58:06	+02:00:24	09:02
91	283	Cláudio André Oliveira Trigais	gondomar futsal clube	Senior Masculino	04:58:42	+02:00:59	09:03
92	371	Pedro França	individual	Senior Masculino	04:58:49	+02:01:06	09:03
93	435	Paulo Brás	individual	Veterano M40	05:01:58	+02:04:15	09:09
94	489	Joana Rodrigues	moreira relax runners	Senior Feminino	05:02:26	+02:04:43	09:10
95	475	Diogo Ramalhão	lion runners - g. d. leões da guarda	Senior Masculino	05:04:41	+02:06:59	09:14
96	329	helder luis nunes pacheco	individual	Senior Masculino	05:07:42	+02:09:59	09:19
97	269	Bruno Sousa	fitspot - parque nascente	Senior Masculino	05:08:19	+02:10:36	09:21
98	322	Filipe Barbosa	individual	Senior Masculino	05:08:54	+02:11:12	09:22
99	406	Cândido Silva	individual	Veterano M40	05:10:16	+02:12:34	09:24
100	230	Goreti Correia	amigo	Veterana F40	05:10:40	+02:12:58	09:25
101	348	Luís Ferreira	individual	Senior Masculino	05:10:47	+02:13:05	09:25
102	226	José Madureira	amigo	Senior Masculino	05:11:04	+02:13:22	09:26
103	384	Rodrigo Oliveira	individual	Senior Masculino	05:11:46	+02:14:04	09:27
104	246	Ricardo Silva	ccd - renault, cacia	Senior Masculino	05:13:20	+02:15:38	09:30
105	566	Lucília Marlene Ferreira Silva	tecla 3 runners	Senior Feminino	05:14:02	+02:16:20	09:31
106	568	Hugo Sousa	tecla 3 runners	Senior Masculino	05:14:03	+02:16:20	09:31
107	113	Manuel Quelhas	paredes aventura	Veterano M40	05:14:34	+02:16:51	09:32
108	274	Jorge Monteiro	fitspot - parque nascente	Veterano M40	05:14:39	+02:16:57	09:32
109	499	Joaquim Manuel Andrade Santos	nast	Veterano M40	05:15:48	+02:18:06	09:34
110	522	André Ferreira	ozxtreme/gdcr	Senior Masculino	05:16:01	+02:18:18	09:35
111	368	pedro alexandre silva	individual	Senior Masculino	05:20:10	+02:22:27	09:42
112	250	Susana Lobo Santos	chegamos ao fim	Veterana F40	05:20:11	+02:22:28	09:42
113	418	João Manuel Santos Lopes Silva	individual	Veterano M40	05:20:51	+02:23:09	09:43
114	373	Pedro Manuel Nunes Martins	individual	Senior Masculino	05:21:14	+02:23:32	09:44
115	488	jorge pinheiro	monte dos amigos	Veterano M40	05:22:23	+02:24:40	09:46
116	554	Pedro Silva	sweet runners	Senior Masculino	05:22:45	+02:25:03	09:47
117	257	ANTONIO MIRANDA MIRANDA	correr por um sorriso - papelinf	Veterano M40	05:22:47	+02:25:04	09:47
118	395	Helena Gomes	individual	Veterana F40	05:22:47	+02:25:04	09:47
119	334	João António Coelho de Sousa	individual	Senior Masculino	05:23:25	+02:25:43	09:48
120	397	Paula Silva	individual	Veterana F40	05:24:36	+02:26:54	09:50
121	467	Maria da Luz Olivença	komokunomato	Veterana F40	05:24:36	+02:26:54	09:50
122	410	Fernando Santos	individual	Veterano M40	05:24:40	+02:26:57	09:50
123	504	Tiago Moreira	nocturnos de paredes	Senior Masculino	05:24:40	+02:26:58	09:50
124	421	José Carlos Saldanha	individual	Veterano M40	05:24:44	+02:27:01	09:50
125	263	Tiago Sousa	dr merino/ nutrifit	Senior Masculino	05:24:44	+02:27:01	09:50
126	414	Gil Pedrouços Boxe	individual	Veterano M40	05:25:37	+02:27:55	09:52
127	528	Afonso Bonifácio	pernetas	Senior Masculino	05:26:12	+02:28:29	09:53
128	305	Alvaro Rivera Santamaria	individual	Senior Masculino	05:28:17	+02:30:34	09:57
129	476	Fernando Antonio Silva Sampaio	lion runners - g. d. leões da guarda	Senior Masculino	05:28:54	+02:31:11	09:58
130	262	Gisela Maria da Silva Pereira	desnível positivo	Veterana F40	05:29:50	+02:32:08	10:00
131	477	Pedro Gaio	lion runners - g. d. leões da guarda	Senior Masculino	05:29:54	+02:32:11	10:00

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	431	Nuno Filipe Carvalho	individual	Veterano M40	05:30:24	+02:32:42	10:01
133	350	Luís Miguel Babo da Silva	individual	Senior Masculino	05:31:37	+02:33:54	10:03
134	470	Helder Silva	la zinco	Senior Masculino	05:31:47	+02:34:04	10:03
135	531	Susana canhola	pernetas	Veterana F40	05:32:51	+02:35:08	10:05
136	530	Vítor Silva	pernetas	Senior Masculino	05:32:51	+02:35:08	10:05
137	430	Miguel Moura	individual	Veterano M40	05:33:07	+02:35:25	10:06
138	330	Helder Parracho	individual	Senior Masculino	05:33:32	+02:35:49	10:06
139	446	Pedro Pereira Santos	individual	Veterano M40	05:34:20	+02:36:38	10:08
140	574	jose miguel casal cardoso neves	voleibol runners	Veterano M40	05:35:57	+02:38:14	10:11
141	347	Lourenço Emanuel Carvalho Pinto Teixeira	individual	Senior Masculino	05:36:05	+02:38:23	10:11
142	311	Bruno Cunha	individual	Senior Masculino	05:36:06	+02:38:23	10:11
143	469	Joana Paiva	la zinco	Senior Feminino	05:36:17	+02:38:35	10:11
144	525	Pedro Pratas	paredes aventura	Veterano M40	05:37:37	+02:39:54	10:14
145	437	Paulo Jorge da Silva Costa	individual	Veterano M40	05:37:37	+02:39:55	10:14
146	426	Manuel Faria Sampaio	individual	Veterano M40	05:38:17	+02:40:34	10:15
147	211	camilo Muñiz Rodriguez	+c@rreiros	Veterano M40	05:38:56	+02:41:14	10:16
148	465	Daniel Pinto	komokunomato	Senior Masculino	05:39:47	+02:42:05	10:18
149	335	João Pedro Cruz	individual	Senior Masculino	05:39:50	+02:42:07	10:18
150	527	Miguel Morais	perdi o táxi	Veterano M40	05:40:21	+02:42:39	10:19
151	217	Tiago Sousa	a.d sebolido trail boneca d´ouro	Senior Masculino	05:40:43	+02:43:01	10:20
152	468	Agostinho Sousa	kunalama runners	Veterano M40	05:40:55	+02:43:13	10:20
153	332	Hugo Leite	individual	Senior Masculino	05:40:56	+02:43:14	10:20
154	300	Mariana Machado Ballester	individual	Senior Feminino	05:40:57	+02:43:15	10:20
155	439	Paulo Macedo	individual	Veterano M40	05:41:44	+02:44:01	10:21
156	501	Antonio Brito	nocturnos de paredes	Senior Masculino	05:42:17	+02:44:34	10:22
157	544	JOAO CARDOSO	s. s. montepio	Veterano M40	05:42:54	+02:45:12	10:23
158	545	JOSE COSTA	s. s. montepio	Veterano M40	05:43:25	+02:45:42	10:24
159	419	JORGE PACHEOC	individual	Veterano M40	05:44:33	+02:46:50	10:26
160	515	rui assunção	os caga tacos running team	Senior Masculino	05:45:25	+02:47:43	10:28
161	514	paulo osorio	os caga tacos running team	Senior Masculino	05:45:25	+02:47:43	10:28
162	542	HUGO LOPES	s. s. montepio	Senior Masculino	05:45:33	+02:47:50	10:28
163	478	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F40	05:46:39	+02:48:57	10:30
164	429	Miguel Amado	individual	Veterano M40	05:47:23	+02:49:40	10:32
165	494	Helder Fernando Vieira Azevedo	nast	Senior Masculino	05:50:57	+02:53:14	10:38
166	495	Ana Carolina Lopes Ferreira	nast	Veterana F40	05:50:57	+02:53:15	10:38
167	319	Daniel Silva Pereira	individual	Senior Masculino	05:53:59	+02:56:17	10:44
168	342	José Luís Pinto	individual	Senior Masculino	05:54:03	+02:56:20	10:44
169	392	Adelaide Cunha de Sousa	individual	Veterana F40	05:54:25	+02:56:42	10:44
170	479	Antonio Rbeiro	lusitanusteam	Veterano M40	05:54:25	+02:56:42	10:44
171	349	Luís Filipe Neves Magalhaes	individual	Senior Masculino	05:54:26	+02:56:44	10:44
172	365	Paulo Marques	individual	Senior Masculino	05:55:00	+02:57:17	10:45
173	396	Lenita Lemos	individual	Veterana F40	05:55:00	+02:57:18	10:45
174	567	Alexandre Soares	tecla 3 runners	Senior Masculino	05:55:14	+02:57:32	10:46
175	401	Albino Campos	individual	Veterano M40	05:56:01	+02:58:19	10:47
176	425	Luis Miguel Lucas	individual	Veterano M40	05:56:02	+02:58:19	10:47

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	243	Daniel Barbosa	btt alegria / tubani	Senior Masculino	05:56:19	+02:58:37	10:48
178	575	Pedro Daniel de Oliveira Nogueira	nocturnos de paredes	Senior Masculino	05:56:29	+02:58:46	10:48
179	506	Nuno Salgado	nocturnos de paredes	Veterano M40	05:56:29	+02:58:47	10:48
180	500	Daniela Ferreira	nocturnos de paredes	Senior Feminino	05:56:29	+02:58:47	10:48
181	505	Luis F.Santos	nocturnos de paredes	Veterano M40	05:56:30	+02:58:47	10:48
182	456	Manuel carlos Almeida Rola	juventude cortegacense	Senior Masculino	05:57:55	+03:00:12	10:51
183	457	Ricardo Silva Machado	juventude cortegacense	Senior Masculino	05:57:55	+03:00:13	10:51
184	314	Bruno Melo	individual	Senior Masculino	05:58:03	+03:00:21	10:51
185	496	Monica Elisa das Dores Ribeiro Moreira	nast	Veterana F40	05:58:28	+03:00:46	10:52
186	497	Diogo Ferreira Carvalho	nast	Veterano M40	05:58:28	+03:00:46	10:52
187	383	Ricardo Torres Sousa	individual	Senior Masculino	06:00:05	+03:02:22	10:55
188	256	Nuno Morgado	correr leça	Veterano M40	06:00:39	+03:02:57	10:56
189	417	joão gonçalves	individual	Veterano M40	06:00:40	+03:02:58	10:56
190	428	Mário Jorge Ferreira	individual	Veterano M40	06:00:41	+03:02:58	10:56
191	561	Nuno Sobral	team duas faces	Senior Masculino	06:00:52	+03:03:09	10:56
192	521	Tatiana Soares	ozxtreme/gdcr	Senior Feminino	06:01:00	+03:03:17	10:56
193	547	Tiago Salgueiro	sawadee	Senior Masculino	06:01:15	+03:03:32	10:57
194	502	Nuno Alexandre	nocturnos de paredes	Senior Masculino	06:02:22	+03:04:40	10:59
195	290	fausto jose pereira neves	grupo desportivo da pesqueira	Veterano M40	06:02:23	+03:04:40	10:59
196	393	Carla Oliveira	individual	Veterana F40	06:03:40	+03:05:57	11:01
197	526	Eduardo Falcão	perdi o taxi	Veterano M40	06:04:30	+03:06:47	11:03
198	327	Francisco Luís Costa Teixeira	individual	Senior Masculino	06:05:23	+03:07:41	11:04
199	359	Nuno Miguel Vieira Lopes	individual	Senior Masculino	06:06:03	+03:08:20	11:06
200	400	Adriano Rocha	individual	Veterano M40	06:06:21	+03:08:38	11:06
201	560	António Pinheiro	team duas faces	Senior Masculino	06:06:25	+03:08:42	11:06
202	321	Fernando Montenegro	individual	Senior Masculino	06:06:27	+03:08:44	11:06
203	301	Paula Montenegro	individual	Senior Feminino	06:06:27	+03:08:44	11:06
204	372	Pedro Leandro Guedes Nogueira	individual	Senior Masculino	06:06:54	+03:09:12	11:07
205	441	Paulo queiros	individual	Veterano M40	06:07:28	+03:09:45	11:08
206	461	Julio Paulo Soares da Silva	juventude cortegacense	Veterano M40	06:07:57	+03:10:14	11:09
207	460	Joao Paulo Costa Oliveira	juventude cortegacense	Veterano M40	06:07:57	+03:10:14	11:09
208	244	Paulo Nunes	btt alegria / tubani	Veterano M40	06:10:49	+03:13:07	11:14
209	558	Paulo Ferreira	sweet runners	Veterano M40	06:11:36	+03:13:53	11:16
210	557	Helder Pereira	sweet runners	Veterano M40	06:11:36	+03:13:53	11:16
211	556	Giselle Carneiro	sweet runners	Veterana F40	06:11:36	+03:13:54	11:16
212	555	Vitor Silva	sweet runners	Senior Masculino	06:11:36	+03:13:54	11:16
213	485	António Martins	moinhos run - adrm	Veterano M40	06:11:43	+03:14:00	11:16
214	571	Graça Caleiro Costa	vidaativarunners	Veterana F40	06:11:51	+03:14:08	11:16
215	438	Paulo Jorge da Silva Seabra	individual	Veterano M40	06:12:31	+03:14:48	11:17
216	280	Tiago Moreira	gangue das maças	Senior Masculino	06:12:50	+03:15:07	11:18
217	279	Luís Fonseca	gangue das maças	Senior Masculino	06:12:50	+03:15:08	11:18
218	281	Sérgio brites	gangue das maças	Veterano M40	06:12:50	+03:15:08	11:18
219	564	paulo filipe sousa barbosa	team ribeira bar	Senior Masculino	06:13:42	+03:15:59	11:19
220	221	Rosário Fernandes	alive runners	Senior Feminino	06:15:05	+03:17:23	11:22
221	242	Vitor Ribeiro	brabus runners	Senior Masculino	06:15:19	+03:17:36	11:22

TRAIL LONGO - STAGE 1

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
222	408	DAVID JORGE GARCEZ ANTUNRS	individual	Veterano M40	06:15:33	+03:17:50	11:23
223	304	Albino Pinto	individual	Senior Masculino	06:19:18	+03:21:35	11:30
224	458	Rui Miguel Marques Claro	juventude cortegacense	Senior Masculino	06:20:04	+03:22:22	11:31
225	309	bruno andret ribeiro da silva	individual	Senior Masculino	06:21:15	+03:23:32	11:33
226	534	MANUELA FARIA	portocargo	Veterana F40	06:21:48	+03:24:06	11:34
227	247	Carlos Santos	ccd - renault, cacia	Veterano M40	06:21:49	+03:24:07	11:34
228	326	Francisco Gonçalves	individual	Senior Masculino	06:21:49	+03:24:07	11:34
229	374	Pedro Nuno Ramos Dinis	individual	Senior Masculino	06:21:50	+03:24:07	11:34
230	549	Filipe Abreu	sweet runners	Senior Masculino	06:23:44	+03:26:01	11:38
231	381	Ricardo Filipe Pereira Peixoto	individual	Senior Masculino	06:25:01	+03:27:19	11:40
232	369	Pedro Arlindo Vieira Madureira	individual	Senior Masculino	06:25:02	+03:27:19	11:40
233	351	Márcio Filipe de Sousa Coelho	individual	Senior Masculino	06:25:41	+03:27:58	11:41
234	355	Nelson Silva	individual	Senior Masculino	06:25:59	+03:28:16	11:42
235	357	Nuno de Oliveira	individual	Senior Masculino	06:26:46	+03:29:04	11:43
236	289	Paulo Gama	gondomar futsal clube	Veterano M40	06:26:47	+03:29:04	11:43
237	223	Bruno Monteiro	all about	Senior Masculino	06:26:48	+03:29:05	11:43
238	572	Gonçalo Oliveira	vilar rt	Senior Masculino	06:27:54	+03:30:12	11:45
239	440	Paulo Martins	individual	Veterano M40	06:28:01	+03:30:18	11:45
240	409	duarte paulo ribeiro	individual	Veterano M40	06:28:09	+03:30:27	11:46
241	277	Rui Manuel Ramos Costa	g.d.travassós	Senior Masculino	06:28:56	+03:31:14	11:47
242	403	António Pais	individual	Veterano M40	06:30:19	+03:32:37	11:50
243	315	Carlos Filipe Neves dos Santos	individual	Senior Masculino	06:30:20	+03:32:38	11:50
244	328	Hélder Eduardo Barros Cabral	individual	Senior Masculino	06:30:49	+03:33:06	11:51
245	28	Carla Raposo	correr lisboa	Veterana F40	06:31:25	+03:33:43	11:52
246	302	Rita Alexandra F Afonso	individual	Senior Feminino	06:31:25	+03:33:43	11:52
247	360	Nuno Sá	individual	Senior Masculino	06:32:55	+03:35:13	11:54
248	533	RICARDO PEREIRA	portocargo	Senior Masculino	06:32:56	+03:35:13	11:54
249	513	bruno macedo	os caga tacos running team	Senior Masculino	06:33:17	+03:35:34	11:55
250	512	andreia valente	os caga tacos running team	Senior Feminino	06:33:17	+03:35:35	11:55
251	338	José Carlos Rodrigues Gonçalves	individual	Senior Masculino	06:33:40	+03:35:58	11:56
252	378	Raul Viana	individual	Senior Masculino	06:37:43	+03:40:00	12:03
253	298	Helena Passos	individual	Senior Feminino	06:38:12	+03:40:30	12:04
254	237	César Martins	befitness runners	Senior Masculino	06:48:08	+03:50:26	12:22
255	239	Júlia Sousa	befitness runners	Veterana F40	06:48:09	+03:50:26	12:22
256	453	Solange Sousa	intensos	Senior Feminino	06:51:25	+03:53:42	12:28
257	565	Ricardo Dário Ribeiro de Barros	team ribeira bar	Senior Masculino	06:51:32	+03:53:49	12:28
258	388	Sérgio Filipe Neves Pereira	individual	Senior Masculino	06:55:24	+03:57:41	12:35
259	492	Pedro Dias	muita tracção running team	Veterano M40	06:57:49	+04:00:07	12:40
260	317	Celso André de Sousa Lopes	individual	Senior Masculino	06:57:52	+04:00:10	12:40
261	367	Paulo pinto	individual	Senior Masculino	07:04:07	+04:06:24	12:51
262	391	Valter Gaspar	individual	Senior Masculino	07:06:35	+04:08:53	12:56
263	524	Mário Costa	papamilhas	Senior Masculino	07:06:36	+04:08:53	12:56
264	600	WILSON FONSECA	individual	Veterano M40	08:16:58	+05:19:16	15:04
265	404	António Pedro Coelho	individual	Veterano M40	08:17:08	+05:19:25	15:04

Trail da Raposa
Paredes
29-May-2016

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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	Time	Temperature	Humidity
Start	08:00	-99ºC	-99%
End	16:51	-99ºC	-99%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	296	Estela martins	Individual	Senior Feminino	04:27:37		08:07
2	299	Lúcia Lourenço	Individual	Senior Feminino	04:31:35	+03:58	08:14
3	268	Juliana Rodrigues	Fitspot - Parque Nascente	Senior Feminino	04:41:39	+14:02	08:32
4	232	Ana Paula Soares Vieira	AMIGOS DO PEDAL TRAILAGARES	Senior Feminino	04:54:23	+26:46	08:55
5	489	Joana Rodrigues	Moreira Relax Runners	Senior Feminino	05:02:26	+34:49	09:10
6	566	Lucília Marlene Ferreira Silva	Tecla 3 Runners	Senior Feminino	05:14:03	+46:26	09:31
7	469	Joana Paiva	LA Zinco	Senior Feminino	05:36:18	+01:08:41	10:11
8	300	Mariana Machado Ballester	Individual	Senior Feminino	05:40:58	+01:13:21	10:20
9	500	Daniela Ferreira	NOCTURNOS DE PAREDES	Senior Feminino	05:56:30	+01:28:53	10:48
10	521	Tatiana Soares	OzXtreme/GDCR	Senior Feminino	06:01:00	+01:33:23	10:56
11	301	Paula Montenegro	Individual	Senior Feminino	06:06:27	+01:38:50	11:06
12	221	Rosário Fernandes	Alive Runners	Senior Feminino	06:15:06	+01:47:29	11:22
13	302	Rita Alexandra F Afonso	Individual	Senior Feminino	06:31:26	+02:03:49	11:52
14	512	andreia valente	os caga tacos running team	Senior Feminino	06:33:18	+02:05:41	11:55
15	298	Helena Passos	Individual	Senior Feminino	06:38:13	+02:10:36	12:04
16	453	Solange Sousa	Intensos	Senior Feminino	06:51:25	+02:23:48	12:28

Senior Masculino

1	201	Nuno Manuel Mendes da Silva	BERG OUTDOOR	Senior Masculino	02:57:43		05:23
2	511	João Nogueira	Oralklass-Amigos do Trail	Senior Masculino	03:14:02	+16:19	05:53
3	219	Marcelo Pinho Araújo	ADCCJCLARK	Senior Masculino	03:24:07	+26:24	06:11
4	220	Nuno Roberto da Silva Faria	ADCCJCLARK	Senior Masculino	03:26:35	+28:52	06:16
5	344	José Pereira	Individual	Senior Masculino	03:30:14	+32:31	06:22
6	562	José Miguel Pinto	team Rede Ambiente	Senior Masculino	03:36:39	+38:56	06:34
7	343	José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	03:37:26	+39:43	06:35
8	569	Filipe Miguel Teixeira	Unidade Especial de Corrida	Senior Masculino	03:37:30	+39:47	06:35
9	509	Belmiro Moreira	Oralklass-Amigos do Trail	Senior Masculino	03:37:48	+40:05	06:36
10	346	Lino Pinto	Individual	Senior Masculino	03:40:07	+42:24	06:40
11	377	Rafael Delgado	Individual	Senior Masculino	03:42:14	+44:31	06:44
12	508	Antonio Pinto	Oralklass-Amigos do Trail	Senior Masculino	03:46:35	+48:52	06:52
13	493	Carlos Miguel da Costa Ferreira	NAST	Senior Masculino	03:48:39	+50:56	06:56
14	550	Helder Barbosa	Sweet Runners	Senior Masculino	03:49:19	+51:36	06:57
15	273	Ricardo Ferreira	Fitspot - Parque Nascente	Senior Masculino	03:49:47	+52:04	06:58
16	312	Bruno Jose Melo Corga	Individual	Senior Masculino	03:49:59	+52:16	06:58
17	376	Pedro Tiago Saraiva de Almeida	Individual	Senior Masculino	03:54:24	+56:41	07:06
18	519	Marco Brochado	Os Lobos do Saibro	Senior Masculino	03:54:57	+57:14	07:07
19	331	helder rocha	Individual	Senior Masculino	03:55:39	+57:56	07:08

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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20	473	Ivan Rocha	Limitless	Senior Masculino	03:57:30	+59:47	07:12
21	474	Luís Teixeira	Limitless	Senior Masculino	03:57:31	+59:48	07:12
22	306	André A Campos Cunha	Individual	Senior Masculino	03:57:46	+01:00:03	07:12
23	310	Bruno Bispo	Individual	Senior Masculino	03:58:36	+01:00:53	07:14
24	462	FILIPE SOUSA	KeMedo Team	Senior Masculino	04:02:10	+01:04:27	07:20
25	486	leandro pacheco	Monte dos Amigos	Senior Masculino	04:10:20	+01:12:37	07:35
26	518	Filipe Pinto	Os Lobos do Saibro	Senior Masculino	04:11:51	+01:14:08	07:38
27	353	Mario Gonçalves	Individual	Senior Masculino	04:14:03	+01:16:20	07:42
28	481	Rui Machado	Maia Trail - Filónails	Senior Masculino	04:16:26	+01:18:43	07:46
29	552	Marco Barbosa	Sweet Runners	Senior Masculino	04:17:32	+01:19:49	07:48
30	472	Hugo Ribeiro	Limitless	Senior Masculino	04:18:35	+01:20:52	07:50
31	333	Inacio Ribeiro	Individual	Senior Masculino	04:23:27	+01:25:44	07:59
32	265	Filipe de Oliveira	EDV - Viana Trail	Senior Masculino	04:24:27	+01:26:44	08:01
33	286	paulo jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:25:37	+01:27:54	08:03
34	510	Nuno Sousa	Oralklass-Amigos do Trail	Senior Masculino	04:26:08	+01:28:25	08:04
35	385	Rui Faria	Individual	Senior Masculino	04:27:27	+01:29:44	08:06
36	240	Bruno Macieira	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:27:37	+01:29:54	08:07
37	241	Helder Silva	Bota&Siga	Senior Masculino	04:30:06	+01:32:23	08:11
38	529	Jorge Bastos	Pernetas	Senior Masculino	04:31:02	+01:33:19	08:13
39	325	Filipe Saraiva Fernandes	Individual	Senior Masculino	04:31:05	+01:33:22	08:13
40	287	Pedro Matos	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:33:03	+01:35:20	08:16
41	272	Rafael Almeida	Fitspot - Parque Nascente	Senior Masculino	04:33:37	+01:35:54	08:17
42	276	Emídio Marques	FREZITE	Senior Masculino	04:36:31	+01:38:48	08:23
43	337	José Barroso	Individual	Senior Masculino	04:37:38	+01:39:55	08:25
44	215	Rui Teixeira	A.D Sebolido Trail boneca D´ouro	Senior Masculino	04:41:22	+01:43:39	08:32
45	503	Rogerio Sousa	NOCTURNOS DE PAREDES	Senior Masculino	04:45:57	+01:48:14	08:40
46	382	Ricardo Manuel Azevedo Boucinha	Individual	Senior Masculino	04:46:17	+01:48:34	08:41
47	308	Antonio Rocha	Individual	Senior Masculino	04:46:17	+01:48:34	08:41
48	248	BRUNO BARGE	CDC S. MARTINHO DA GÂNDARA	Senior Masculino	04:46:45	+01:49:02	08:41
49	389	Simão Cardoso	Individual	Senior Masculino	04:49:47	+01:52:04	08:47
50	361	Nuno Santos	Individual	Senior Masculino	04:49:48	+01:52:05	08:47
51	238	Rúben Cunha	Befitness Runners	Senior Masculino	04:50:26	+01:52:43	08:48
52	108	Nélson Sousa	PAREDES AVENTURA	Senior Masculino	04:52:33	+01:54:50	08:52
53	340	José Ferreira Costa	Individual	Senior Masculino	04:52:43	+01:55:00	08:52
54	339	Jose Elvio Jesus	Individual	Senior Masculino	04:52:55	+01:55:12	08:53
55	358	Nuno Filipe Cardoso Maia	Individual	Senior Masculino	04:53:03	+01:55:20	08:53
56	380	Ricardo Dias	Individual	Senior Masculino	04:53:14	+01:55:31	08:53
57	216	Tiago Silva	A.D Sebolido Trail boneca D´ouro	Senior Masculino	04:56:29	+01:58:46	08:59
58	375	Pedro Rocha	Individual	Senior Masculino	04:56:29	+01:58:46	08:59
59	271	Pedro	Fitspot - Parque Nascente	Senior Masculino	04:58:07	+02:00:24	09:02
60	283	Cláudio André Oliveira Trigais	GONDOMAR FUTSAL CLUBE	Senior Masculino	04:58:42	+02:00:59	09:03
61	371	Pedro França	Individual	Senior Masculino	04:58:49	+02:01:06	09:03
62	475	Diogo Ramalhão	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:04:42	+02:06:59	09:14
63	329	helder luis nunes pacheco	Individual	Senior Masculino	05:07:42	+02:09:59	09:19
64	269	Bruno Sousa	Fitspot - Parque Nascente	Senior Masculino	05:08:19	+02:10:36	09:21

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

65	322	Filipe Barbosa	Individual	Senior Masculino	05:08:55	+02:11:12	09:22
66	348	Luís Ferreira	Individual	Senior Masculino	05:10:48	+02:13:05	09:25
67	226	José Madureira	Amigo	Senior Masculino	05:11:05	+02:13:22	09:26
68	384	Rodrigo Oliveira	Individual	Senior Masculino	05:11:47	+02:14:04	09:27
69	246	Ricardo Silva	CCD - Renault, Cacia	Senior Masculino	05:13:21	+02:15:38	09:30
70	568	Hugo Sousa	Tecla 3 Runners	Senior Masculino	05:14:03	+02:16:20	09:31
71	522	André Ferreira	OzXtreme/GDCR	Senior Masculino	05:16:01	+02:18:18	09:35
72	368	pedro alexandre silva	Individual	Senior Masculino	05:20:10	+02:22:27	09:42
73	373	Pedro Manuel Nunes Martins	Individual	Senior Masculino	05:21:15	+02:23:32	09:44
74	554	Pedro Silva	Sweet Runners	Senior Masculino	05:22:46	+02:25:03	09:47
75	334	João António Coelho de Sousa	Individual	Senior Masculino	05:23:26	+02:25:43	09:48
76	504	Tiago Moreira	NOCTURNOS DE PAREDES	Senior Masculino	05:24:41	+02:26:58	09:50
77	263	Tiago Sousa	Dr Merino/ Nutrifit	Senior Masculino	05:24:44	+02:27:01	09:50
78	528	Afonso Bonifácio	Pernetas	Senior Masculino	05:26:12	+02:28:29	09:53
79	305	Alvaro Rivera Santamaria	Individual	Senior Masculino	05:28:17	+02:30:34	09:57
80	476	Fernando Antonio Silva Sampaio	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:28:54	+02:31:11	09:58
81	477	Pedro Gaio	LION RUNNERS - G. D. Leões da Guarda	Senior Masculino	05:29:54	+02:32:11	10:00
82	350	Luís Miguel Babo da Silva	Individual	Senior Masculino	05:31:37	+02:33:54	10:03
83	470	Helder Silva	LA Zinco	Senior Masculino	05:31:47	+02:34:04	10:03
84	530	Vítor Silva	Pernetas	Senior Masculino	05:32:51	+02:35:08	10:05
85	330	Helder Parracho	Individual	Senior Masculino	05:33:32	+02:35:49	10:06
86	347	Lourenço Emanuel Carvalho Pinto Teixeira	Individual	Senior Masculino	05:36:06	+02:38:23	10:11
87	311	Bruno Cunha	Individual	Senior Masculino	05:36:06	+02:38:23	10:11
88	465	Daniel Pinto	KOMOKUNOMATO	Senior Masculino	05:39:48	+02:42:05	10:18
89	335	João Pedro Cruz	Individual	Senior Masculino	05:39:50	+02:42:07	10:18
90	217	Tiago Sousa	A.D Sebolido Trail boneca D´ouro	Senior Masculino	05:40:44	+02:43:01	10:20
91	332	Hugo Leite	Individual	Senior Masculino	05:40:57	+02:43:14	10:20
92	501	Antonio Brito	NOCTURNOS DE PAREDES	Senior Masculino	05:42:17	+02:44:34	10:22
93	515	rui assunção	os caga tacos running team	Senior Masculino	05:45:26	+02:47:43	10:28
94	514	paulo osorio	os caga tacos running team	Senior Masculino	05:45:26	+02:47:43	10:28
95	542	HUGO LOPES	S. S. Montepio	Senior Masculino	05:45:33	+02:47:50	10:28
96	494	Helder Fernando Vieira Azevedo	NAST	Senior Masculino	05:50:57	+02:53:14	10:38
97	319	Daniel Silva Pereira	Individual	Senior Masculino	05:54:00	+02:56:17	10:44
98	342	José Luís Pinto	Individual	Senior Masculino	05:54:03	+02:56:20	10:44
99	349	Luís Filipe Neves Magalhaes	Individual	Senior Masculino	05:54:27	+02:56:44	10:44
100	365	Paulo Marques	Individual	Senior Masculino	05:55:00	+02:57:17	10:45
101	567	Alexandre Soares	Tecla 3 Runners	Senior Masculino	05:55:15	+02:57:32	10:46
102	243	Daniel Barbosa	BTT Alegria / TUBANI	Senior Masculino	05:56:20	+02:58:37	10:48
103	575	Pedro Daniel de Oliveira Nogueira	NOCTURNOS DE PAREDES	Senior Masculino	05:56:29	+02:58:46	10:48
104	456	Manuel carlos Almeida Rola	Juventude Cortegacense	Senior Masculino	05:57:55	+03:00:12	10:51
105	457	Ricardo Silva Machado	Juventude Cortegacense	Senior Masculino	05:57:56	+03:00:13	10:51
106	314	Bruno Melo	Individual	Senior Masculino	05:58:04	+03:00:21	10:51
107	383	Ricardo Torres Sousa	Individual	Senior Masculino	06:00:05	+03:02:22	10:55
108	561	Nuno Sobral	Team DUAS FACES	Senior Masculino	06:00:52	+03:03:09	10:56

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

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109	547	Tiago Salgueiro	Sawadee	Senior Masculino	06:01:15	+03:03:32	10:57
110	502	Nuno Alexandre	NOCTURNOS DE PAREDES	Senior Masculino	06:02:23	+03:04:40	10:59
111	327	Francisco Luís Costa Teixeira	Individual	Senior Masculino	06:05:24	+03:07:41	11:04
112	359	Nuno Miguel Vieira Lopes	Individual	Senior Masculino	06:06:03	+03:08:20	11:06
113	560	António Pinheiro	Team DUAS FACES	Senior Masculino	06:06:25	+03:08:42	11:06
114	321	Fernando Montenegro	Individual	Senior Masculino	06:06:27	+03:08:44	11:06
115	372	Pedro Leandro Guedes Nogueira	Individual	Senior Masculino	06:06:55	+03:09:12	11:07
116	555	Vitor Silva	Sweet Runners	Senior Masculino	06:11:37	+03:13:54	11:16
117	280	Tiago Moreira	gangue das maças	Senior Masculino	06:12:50	+03:15:07	11:18
118	279	Luís Fonseca	gangue das maças	Senior Masculino	06:12:51	+03:15:08	11:18
119	564	paulo filipe sousa barbosa	team ribeira bar	Senior Masculino	06:13:42	+03:15:59	11:19
120	242	Vitor Ribeiro	Brabus Runners	Senior Masculino	06:15:19	+03:17:36	11:22
121	304	Albino Pinto	Individual	Senior Masculino	06:19:18	+03:21:35	11:30
122	458	Rui Miguel Marques Claro	Juventude Cortegacense	Senior Masculino	06:20:05	+03:22:22	11:31
123	309	bruno andret ribeiro da silva	Individual	Senior Masculino	06:21:15	+03:23:32	11:33
124	326	Francisco Gonçalves	Individual	Senior Masculino	06:21:50	+03:24:07	11:34
125	374	Pedro Nuno Ramos Dinis	Individual	Senior Masculino	06:21:50	+03:24:07	11:34
126	549	Filipe Abreu	Sweet Runners	Senior Masculino	06:23:44	+03:26:01	11:38
127	381	Ricardo Filipe Pereira Peixoto	Individual	Senior Masculino	06:25:02	+03:27:19	11:40
128	369	Pedro Arlindo Vieira Madureira	Individual	Senior Masculino	06:25:02	+03:27:19	11:40
129	351	Márcio Filipe de Sousa Coelho	Individual	Senior Masculino	06:25:41	+03:27:58	11:41
130	355	Nelson Silva	Individual	Senior Masculino	06:25:59	+03:28:16	11:42
131	357	Nuno de Oliveira	Individual	Senior Masculino	06:26:47	+03:29:04	11:43
132	223	Bruno Monteiro	All About	Senior Masculino	06:26:48	+03:29:05	11:43
133	572	Gonçalo Oliveira	Vilar RT	Senior Masculino	06:27:55	+03:30:12	11:45
134	277	Rui Manuel Ramos Costa	G.D.TRAVASSÓS	Senior Masculino	06:28:57	+03:31:14	11:47
135	315	Carlos Filipe Neves dos Santos	Individual	Senior Masculino	06:30:21	+03:32:38	11:50
136	328	Hélder Eduardo Barros Cabral	Individual	Senior Masculino	06:30:49	+03:33:06	11:51
137	360	Nuno Sá	Individual	Senior Masculino	06:32:56	+03:35:13	11:54
138	533	RICARDO PEREIRA	PORTOCARGO	Senior Masculino	06:32:56	+03:35:13	11:54
139	513	bruno macedo	os caga tacos running team	Senior Masculino	06:33:17	+03:35:34	11:55
140	338	José Carlos Rodrigues Gonçalves	Individual	Senior Masculino	06:33:41	+03:35:58	11:56
141	378	Raul Viana	Individual	Senior Masculino	06:37:43	+03:40:00	12:03
142	237	César Martins	Befitness Runners	Senior Masculino	06:48:09	+03:50:26	12:22
143	565	Ricardo Dário Ribeiro de Barros	team ribeira bar	Senior Masculino	06:51:32	+03:53:49	12:28
144	388	Sérgio Filipe Neves Pereira	Individual	Senior Masculino	06:55:24	+03:57:41	12:35
145	317	Celso André de Sousa Lopes	Individual	Senior Masculino	06:57:53	+04:00:10	12:40
146	367	Paulo pinto	Individual	Senior Masculino	07:04:07	+04:06:24	12:51
147	391	Valter Gaspar	Individual	Senior Masculino	07:06:36	+04:08:53	12:56
148	524	Mário Costa	papamilhas	Senior Masculino	07:06:36	+04:08:53	12:56

Veterana F40

1	230	Goreti Correia	Amigo	Veterana F40	05:10:41		09:25
2	250	Susana Lobo Santos	Chegamos ao fim	Veterana F40	05:20:11	+09:30	09:42
3	395	Helena Gomes	Individual	Veterana F40	05:22:47	+12:06	09:47

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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4	397	Paula Silva	Individual	Veterana F40	05:24:37	+13:56	09:50
5	467	Maria da Luz Olivença	KOMOKUNOMATO	Veterana F40	05:24:37	+13:56	09:50
6	262	Gisela Maria da Silva Pereira	Desnível Positivo	Veterana F40	05:29:51	+19:10	10:00
7	531	Susana canhola	Pernetas	Veterana F40	05:32:51	+22:10	10:05
8	478	Maria Ricardo	LION RUNNERS - G. D. Leões da Guarda	Veterana F40	05:46:40	+35:59	10:30
9	495	Ana Carolina Lopes Ferreira	NAST	Veterana F40	05:50:58	+40:17	10:38
10	392	Adelaide Cunha de Sousa	Individual	Veterana F40	05:54:25	+43:44	10:44
11	396	Lenita Lemos	Individual	Veterana F40	05:55:01	+44:20	10:45
12	496	Monica Elisa das Dores Ribeiro Moreira	NAST	Veterana F40	05:58:29	+47:48	10:52
13	393	Carla Oliveira	Individual	Veterana F40	06:03:40	+52:59	11:01
14	556	Giselle Carneiro	Sweet Runners	Veterana F40	06:11:37	+01:00:56	11:16
15	571	Graça Caleiro Costa	VIDAATIVARUNNERS	Veterana F40	06:11:51	+01:01:10	11:16
16	534	MANUELA FARIA	PORTOCARGO	Veterana F40	06:21:49	+01:11:08	11:34
17	28	Carla Raposo	CORRER LISBOA	Veterana F40	06:31:26	+01:20:45	11:52
18	239	Júlia Sousa	Befitness Runners	Veterana F40	06:48:09	+01:37:28	12:22

Veterano M40

1	387	Carlos Veloso	Individual	Veterano M40	03:14:44		05:54
2	231	Manuel Barbosa	Amigo	Veterano M40	03:24:40	+09:56	06:12
3	233	Jorge Manuel Barbosa Moreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M40	03:36:31	+21:47	06:34
4	454	Manuel Ferreira	JOBRA	Veterano M40	03:36:52	+22:08	06:34
5	442	Paulo Rebelo	Individual	Veterano M40	03:40:12	+25:28	06:40
6	498	Gonçalo Manuel Marinho Lopes da Mota	NAST	Veterano M40	03:41:50	+27:06	06:43
7	288	Antonio Fernando Vieira Rocha	GONDOMAR FUTSAL CLUBE	Veterano M40	03:42:37	+27:53	06:45
8	423	José Paulo Pereira Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	03:53:44	+39:00	07:05
9	292	Cesar Canito	GTT - Armazém do Caffè	Veterano M40	03:56:23	+41:39	07:10
10	234	Paulo Jorge Freitas Ferreira	AMIGOS DO PEDAL TRAILAGARES	Veterano M40	03:59:21	+44:37	07:15
11	434	Paulo Azevedo	Individual	Veterano M40	04:04:41	+49:57	07:25
12	520	alfredo costa	oursense -o desporto a vossa medida	Veterano M40	04:15:08	+01:00:24	07:44
13	253	antonio pereira	clube praças da armada	Veterano M40	04:16:35	+01:01:51	07:47
14	416	Henrique Santos	Individual	Veterano M40	04:17:34	+01:02:50	07:48
15	480	Carlos Ferreira	LUSOS XXI	Veterano M40	04:18:25	+01:03:41	07:50
16	236	Horacio Ferr	ARSM. Associação Recriativa S. Miguel	Veterano M40	04:23:27	+01:08:43	07:59
17	402	António Manuel Almeida Santos	Individual	Veterano M40	04:28:15	+01:13:31	08:08
18	576	Antonio Maria Moreira Gomes	CFIT	Veterano M40	04:28:26	+01:13:42	08:08
19	573	Filipe Lages	vimarunners	Veterano M40	04:30:30	+01:15:46	08:12
20	532	Agostinho torres	Pernetas	Veterano M40	04:37:40	+01:22:56	08:25
21	451	vitor coelho	Individual	Veterano M40	04:40:16	+01:25:32	08:30
22	436	Paulo Guilherme Silva	Individual	Veterano M40	04:43:35	+01:28:51	08:36
23	249	FERNANDO LOPES	CDC S. MARTINHO DA GÂNDARA	Veterano M40	04:46:45	+01:32:01	08:41

Trail Longo

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LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

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24	415	helder rodrigues	Individual	Veterano M40	04:50:06	+01:35:22	08:47
25	110	Carlos Natividade Silva	PAREDES AVENTURA	Veterano M40	04:52:33	+01:37:49	08:52
26	291	JOAQUIM GABRIEL DA CRUZ DA SILVA	GRUPO DESPORTIVO DA PESQUEIRA	Veterano M40	04:53:13	+01:38:29	08:53
27	448	rui pedro pena	Individual	Veterano M40	04:54:21	+01:39:37	08:55
28	435	Paulo Brás	Individual	Veterano M40	05:01:58	+01:47:14	09:09
29	406	Cândido Silva	Individual	Veterano M40	05:10:17	+01:55:33	09:24
30	113	Manuel Quelhas	PAREDES AVENTURA	Veterano M40	05:14:34	+01:59:50	09:32
31	274	Jorge Monteiro	Fitspot - Parque Nascente	Veterano M40	05:14:40	+01:59:56	09:32
32	499	Joaquim Manuel Andrade Santos	NAST	Veterano M40	05:15:49	+02:01:05	09:34
33	418	João Manuel Santos Lopes Silva	Individual	Veterano M40	05:20:52	+02:06:08	09:43
34	488	jorge pinheiro	Monte dos Amigos	Veterano M40	05:22:23	+02:07:39	09:46
35	257	ANTONIO MIRANDA MIRANDA	CORRER POR UM SORRISO - PAPELINF	Veterano M40	05:22:47	+02:08:03	09:47
36	410	Fernando Santos	Individual	Veterano M40	05:24:40	+02:09:56	09:50
37	421	José Carlos Saldanha	Individual	Veterano M40	05:24:44	+02:10:00	09:50
38	414	Gil Pedrouços Boxe	Individual	Veterano M40	05:25:38	+02:10:54	09:52
39	431	Nuno Filipe Carvalho	Individual	Veterano M40	05:30:25	+02:15:41	10:01
40	430	Miguel Moura	Individual	Veterano M40	05:33:08	+02:18:24	10:06
41	446	Pedro Pereira Santos	Individual	Veterano M40	05:34:21	+02:19:37	10:08
42	574	jose miguel casal cardoso neves	Voleibol Runners	Veterano M40	05:35:57	+02:21:13	10:11
43	525	Pedro Pratas	PAREDES AVENTURA	Veterano M40	05:37:37	+02:22:53	10:14
44	437	Paulo Jorge da Silva Costa	Individual	Veterano M40	05:37:38	+02:22:54	10:14
45	426	Manuel Faria Sampaio	Individual	Veterano M40	05:38:17	+02:23:33	10:15
46	211	camilo Muñiz Rodriguez	+C@rreiros	Veterano M40	05:38:57	+02:24:13	10:16
47	527	Miguel Morais	Perdi o Táxi	Veterano M40	05:40:22	+02:25:38	10:19
48	468	Agostinho Sousa	Kunalama Runners	Veterano M40	05:40:56	+02:26:12	10:20
49	439	Paulo Macedo	Individual	Veterano M40	05:41:44	+02:27:00	10:21
50	544	JOAO CARDOSO	S. S. Montepio	Veterano M40	05:42:55	+02:28:11	10:23
51	545	JOSE COSTA	S. S. Montepio	Veterano M40	05:43:25	+02:28:41	10:24
52	419	JORGE PACHEOC	Individual	Veterano M40	05:44:33	+02:29:49	10:26
53	429	Miguel Amado	Individual	Veterano M40	05:47:23	+02:32:39	10:32
54	479	Antonio Rbeiro	lusitanusteam	Veterano M40	05:54:25	+02:39:41	10:44
55	401	Albino Campos	Individual	Veterano M40	05:56:02	+02:41:18	10:47
56	425	Luis Miguel Lucas	Individual	Veterano M40	05:56:02	+02:41:18	10:47
57	506	Nuno Salgado	NOCTURNOS DE PAREDES	Veterano M40	05:56:30	+02:41:46	10:48
58	505	Luis F.Santos	NOCTURNOS DE PAREDES	Veterano M40	05:56:30	+02:41:46	10:48
59	497	Diogo Ferreira Carvalho	NAST	Veterano M40	05:58:29	+02:43:45	10:52
60	256	Nuno Morgado	Correr Leça	Veterano M40	06:00:40	+02:45:56	10:56
61	417	joão gonçalves	Individual	Veterano M40	06:00:41	+02:45:57	10:56
62	428	Mário Jorge Ferreira	Individual	Veterano M40	06:00:41	+02:45:57	10:56
63	290	fausto jose pereira neves	grupo desportivo da pesqueira	Veterano M40	06:02:23	+02:47:39	10:59
64	526	Eduardo Falcão	Perdi o Taxi	Veterano M40	06:04:30	+02:49:46	11:03
65	400	Adriano Rocha	Individual	Veterano M40	06:06:21	+02:51:37	11:06
66	441	Paulo queiros	Individual	Veterano M40	06:07:28	+02:52:44	11:08
67	461	Julio Paulo Soares da Silva	Juventude Cortegacense	Veterano M40	06:07:57	+02:53:13	11:09
68	460	Joao Paulo Costa Oliveira	Juventude Cortegacense	Veterano M40	06:07:57	+02:53:13	11:09

Trail Longo

33 KM

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

OFFICIAL RESULT

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING

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69	244	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	06:10:50	+02:56:06	11:14
70	558	Paulo Ferreira	Sweet Runners	Veterano M40	06:11:36	+02:56:52	11:16
71	557	Helder Pereira	Sweet Runners	Veterano M40	06:11:36	+02:56:52	11:16
72	485	António Martins	Moinhos Run - ADRM	Veterano M40	06:11:43	+02:56:59	11:16
73	438	Paulo Jorge da Silva Seabra	Individual	Veterano M40	06:12:31	+02:57:47	11:17
74	281	Sérgio brites	gangue das maças	Veterano M40	06:12:51	+02:58:07	11:18
75	408	DAVID JORGE GARCEZ ANTUNRS	Individual	Veterano M40	06:15:33	+03:00:49	11:23
76	247	Carlos Santos	CCD - Renault, Cacia	Veterano M40	06:21:50	+03:07:06	11:34
77	289	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	06:26:47	+03:12:03	11:43
78	440	Paulo Martins	Individual	Veterano M40	06:28:01	+03:13:17	11:45
79	409	duarte paulo ribeiro	Individual	Veterano M40	06:28:10	+03:13:26	11:46
80	403	António Pais	Individual	Veterano M40	06:30:20	+03:15:36	11:50
81	492	Pedro Dias	MUITA TRACÇÃO RUNNING TEAM	Veterano M40	06:57:50	+03:43:06	12:40
82	600	WILSON FONSECA	Individual	Veterano M40	08:16:59	+05:02:15	15:04
83	404	António Pedro Coelho	Individual	Veterano M40	08:17:08	+05:02:24	15:04

COLETIVA TRAIL LONGO

LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING SOLUTION - LAP2GO - TIMING - LAP2GO - TIMING SOLUTION

RANK	TEAM	DESCRIPTION	POINTS
1	Oralklass-Amigos do Trail	2 + 13 + 19 + 50	84
2	GONDOMAR FUTSAL CLUBE	18 + 24 + 49 + 53	144
3	Fitspot - Parque Nascente	22 + 62 + 68 + 90	242
4	NAST	16 + 20 + 109 + 165	310
5	Pernetas	58 + 65 + 127 + 135	385
6	Sweet Runners	21 + 42 + 116 + 209	388
7	PAREDES AVENTURA	79 + 80 + 107 + 144	410
8	LION RUNNERS - G. D. Leões da Guarda	95 + 129 + 131 + 163	518
9	NOCTURNOS DE PAREDES	70 + 123 + 156 + 178	527
10	Juventude Cortegacense	182 + 183 + 206 + 207	778
11	os caga tacos running team	160 + 161 + 249 + 250	820