Trail da Raposa 2017
Paredes
27-May-2017

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	09:30	22.2ºC	46%
End	16:58	22.2ºC	46%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	189	Luis Semedo	ac portalegre / utsm	Senior Masculino	03:12:26		05:50
2	155	Bruno Coelho	satecnosoloutdoor / lasportiva	Senior Masculino	03:18:27	+06:01	06:01
3	186	Leonel Cunha	satecnosoloutdoor / lasportiva	Senior Masculino	03:20:41	+08:16	06:05
4	103	Diogo Baena	juventude vidigalense	Senior Masculino	03:21:33	+09:08	06:06
5	134	Braziela Rocha	oralklass - amigos do trail	Sub 23 Masculino	03:22:41	+10:15	06:09
6	29	Nuno Fernandes	clube atletismo fafe	Senior Masculino	03:27:24	+14:59	06:17
7	7	Paulo Costa	a.d.amarante trail running	Senior Masculino	03:27:58	+15:32	06:18
8	137	João Nogueira	oralklass - amigos do trail	Senior Masculino	03:29:01	+16:36	06:20
9	157	César Barros	satecnosoloutdoor / lasportiva	Senior Masculino	03:29:31	+17:06	06:21
10	8	Vitor Costa	a.d.amarante trail running	Veterano M40	03:33:30	+21:04	06:28
11	138	Nuno Alves	oralklass - amigos do trail	Senior Masculino	03:34:07	+21:42	06:29
12	16	Pedro Veríssimo	arsm - associação recreativa de s. miguel	Veterano M40	03:34:20	+21:55	06:30
13	190	Pedro Azinhaga	ac portalegre / utsm	Senior Masculino	03:36:29	+24:04	06:34
14	139	Paulo Conde	oralklass - amigos do trail	Senior Masculino	03:38:27	+26:01	06:37
15	109	Rafael Cruz	melres trail running	Senior Masculino	03:39:54	+27:28	06:40
16	158	Fábio Pinto	satecnosoloutdoor / lasportiva	Senior Masculino	03:42:05	+29:40	06:44
17	54	PEDRO SANTOS	fugitivos urbanos - clínica + saúde	Veterano M40	03:45:10	+32:44	06:49
18	162	Joaquim Manuel Martins De Freitas	satecnosoloutdoor / lasportiva	Veterano M40	03:48:49	+36:23	06:56
19	35	Ricardo Duarte	clube de atletismo de ferreira do zêzere	Senior Masculino	03:50:10	+37:44	06:58
20	113	JOEL PEREIRA	minho e lima trail	Senior Masculino	03:51:40	+39:15	07:01
21	115	PAULO VAZ	minho e lima trail	Senior Masculino	03:51:40	+39:15	07:01
22	33	André Duarte	clube de atletismo de ferreira do zêzere	Sub 23 Masculino	03:52:14	+39:49	07:02
23	178	ADOLFO GARRIDO FERNANDEZ	trotamundos	Veterano M40	03:55:10	+42:44	07:08
24	21	Carlos Fereira	btt alegria // tubani	Veterano M40	03:58:09	+45:43	07:13
25	173	Miguel Ribeiro	trilho perdido eventos / imporlux	Senior Masculino	03:58:22	+45:56	07:13
26	9	Filipe Afonso	ac portalegre / utsm	Senior Masculino	03:58:58	+46:32	07:14
27	175	Paulo Roque	trilho perdido eventos / imporlux	Veterano M40	03:59:40	+47:15	07:16
28	6	Filipe Barros	a.d.amarante trail running	Senior Masculino	04:02:28	+50:03	07:21
29	28	Daniel Costa	clube atletismo fafe	Senior Masculino	04:06:28	+54:03	07:28
30	187	Carlos Rodrigues	figueira kayak clube	Veterano M50	04:06:34	+54:08	07:28
31	179	FERNANDO ALVAREZ GARCIA	trotamundos	Veterano M40	04:06:59	+54:34	07:29
32	32	Rui Pedro Povo	clube atletismo fafe	Veterano M40	04:07:42	+55:16	07:30
33	131	Maria Areias	oralklass - amigos do trail	Senior Feminino	04:08:51	+56:25	07:32
34	51	Luís Miguel Ribeiro da Cunha	figueira kayak clube	Veterano M40	04:11:53	+59:27	07:38
35	159	Paulo barbosa	satecnosoloutdoor / lasportiva	Sub 23 Masculino	04:13:14	+01:00:48	07:40
36	58	Ana	individual	Senior Feminino	04:13:22	+01:00:56	07:41
37	133	Nádia Casteleiro	oralklass - amigos do trail	Senior Feminino	04:14:46	+01:02:21	07:43
38	140	Sergio Suzano	oralklass - amigos do trail	Senior Masculino	04:16:58	+01:04:33	07:47
39	118	LUIS MAGALHÃES	minho e lima trail	Veterano M40	04:17:02	+01:04:37	07:47
40	38	António Araújo	coa - clube de orientação e aventura	Senior Masculino	04:17:05	+01:04:40	07:47
41	15	Marco Rodrigues	arsm - associação recreativa de s. miguel	Veterano M40	04:18:00	+01:05:34	07:49
42	117	JOSÉ CARLOS COSTA	minho e lima trail	Veterano M40	04:18:57	+01:06:32	07:51

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
43	108	José Sá	lion runners - g. d. leões da guarda	Senior Masculino	04:19:49	+01:07:23	07:52
44	112	BRUNO NARCISO	minho e lima trail	Sub 23 Masculino	04:20:09	+01:07:43	07:53
45	70	José Miguel Fernandes da Gama Nogueira	individual	Senior Masculino	04:20:53	+01:08:28	07:54
46	22	Bruno Nalha	c.d."os águias" de alpiarça	Senior Masculino	04:23:39	+01:11:14	07:59
47	105	Bruno Batista	lion runners - g. d. leões da guarda	Senior Masculino	04:23:42	+01:11:16	07:59
48	41	Jorge Nabais	coa - clube de orientação e aventura	Senior Masculino	04:24:52	+01:12:26	08:02
49	52	antonio coelho	fora de tempo	Veterano M40	04:25:24	+01:12:58	08:03
50	181	Filipe Teixeira	unidade especial de corrida	Senior Masculino	04:25:24	+01:12:58	08:03
51	151	Sandra Mendes	profisio team	Veterana F40	04:29:35	+01:17:10	08:10
52	123	Nelson Teixeira	nelson	Senior Masculino	04:30:29	+01:18:04	08:12
53	128	Lícinio Sequeira	o mundo da corrida	Veterano M40	04:32:33	+01:20:08	08:16
54	143	Sérgio Anunciação	oralklass - amigos do trail	Veterano M40	04:32:56	+01:20:31	08:16
55	142	Manuel Ferreira	oralklass - amigos do trail	Veterano M50	04:32:56	+01:20:31	08:16
56	180	Eduardo Meireles	umelga runners	Veterano M50	04:32:59	+01:20:34	08:16
57	25	Nuno Paulino	c.d."os águias" de alpiarça	Veterano M40	04:34:15	+01:21:49	08:19
58	120	Inês Moreira	moinhos run - adrm	Senior Feminino	04:36:19	+01:23:54	08:22
59	136	Gilberto Pimenta	oralklass - amigos do trail	Senior Masculino	04:36:20	+01:23:54	08:22
60	154	Raul Silva	profisio team	Veterano M40	04:37:21	+01:24:56	08:24
61	125	Arnaldo Santos	nocturnos de paredes	Veterano M40	04:38:03	+01:25:38	08:26
62	13	Carla Reis	arsm - associação recreativa de s. miguel	Veterana F40	04:38:14	+01:25:48	08:26
63	96	Paulo Ferreira	individual	Veterano M50	04:38:35	+01:26:10	08:27
64	129	Rufino Paiva	ocs/proaventuras	Veterano M40	04:39:08	+01:26:43	08:28
65	135	Filipe Carneiro	oralklass - amigos do trail	Senior Masculino	04:39:12	+01:26:47	08:28
66	182	Vasco Monteiro	vikings trail runners/ccr alcabideque	Senior Masculino	04:39:37	+01:27:12	08:28
67	74	Ricardo Carmo	individual	Senior Masculino	04:40:54	+01:28:28	08:31
68	126	Fernando Almeida	nocturnos de paredes	Veterano M40	04:41:49	+01:29:23	08:32
69	92	Manuel Pereira Moreno	individual	Veterano M50	04:45:11	+01:32:45	08:39
70	50	João Vaz	figueira kayak clube	Veterano M40	04:45:16	+01:32:51	08:39
71	55	Mafalda Moniz	go!runners	Senior Feminino	04:46:03	+01:33:38	08:40
72	20	Bruno Alexandre Traila Pires	bruno alexandre	Senior Masculino	04:46:05	+01:33:40	08:40
73	17	Maria Augusta Da Costa Loureiro	associação desportiva de cabroelo	Veterana F40	04:48:32	+01:36:06	08:45
74	165	Paulo Ferreira Morais	somos nós team	Veterano M40	04:48:33	+01:36:08	08:45
75	77	Vítor Alves	individual	Sub 23 Masculino	04:48:47	+01:36:22	08:45
76	90	Jorge Alexandre Correia Moita	individual	Veterano M40	04:49:42	+01:37:16	08:47
77	167	Bruno Cardoso	trail bela bela	Senior Masculino	04:49:42	+01:37:16	08:47
78	177	BELEN RODRIGUEZ VIDAL	trotamundos	Veterana F40	04:50:33	+01:38:07	08:48
79	56	Ricardo Luís	go!runners	Senior Masculino	04:52:37	+01:40:11	08:52
80	57	Duarte Conceição	hora do lobo trail	Senior Masculino	04:54:12	+01:41:47	08:55
81	141	Fernando Taborda	oralklass - amigos do trail	Veterano M40	04:57:05	+01:44:39	09:00
82	88	Fritsche Frank	individual	Veterano M40	04:57:41	+01:45:16	09:01
83	47	Rui Pereira	coa - clube de orientação e aventura	Veterano M40	04:59:46	+01:47:21	09:05
84	27	Susana Silva Rodrigues	clube atletismo fafe	Senior Feminino	04:59:51	+01:47:25	09:05
85	163	Fernando Jorge de oliveira	simecq	Veterano M50	04:59:52	+01:47:27	09:05
86	132	Maria Gonçalves	oralklass - amigos do trail	Senior Feminino	05:00:22	+01:47:56	09:06
87	183	Luis Pedrodos Santos Caridade	vikings trail runners/ccr alcabideque	Veterano M40	05:01:46	+01:49:20	09:09

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 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 SOLUTION - LAP2GO - TIMING

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
88	64	Daniel Pereira	individual	Senior Masculino	05:04:08	+01:51:43	09:13
89	12	António loureiro	antónio	Veterano M50	05:05:02	+01:52:36	09:15
90	172	João Vieira Dias	trilho perdido eventos / imporlux	Senior Masculino	05:05:02	+01:52:37	09:15
91	23	Bruno Raposeira	c.d."os águias" de alpiarça	Senior Masculino	05:05:50	+01:53:25	09:16
92	152	Narciso Machado	profisio team	Veterano M50	05:06:30	+01:54:05	09:17
93	153	Paulo Moura	profisio team	Veterano M40	05:06:31	+01:54:05	09:17
94	170	Teresa Bemfeita	trilho perdido eventos / imporlux	Senior Feminino	05:09:45	+01:57:19	09:23
95	19	José Barroso	baltar trailrunners	Senior Masculino	05:10:15	+01:57:50	09:24
96	93	Mateus	individual	Veterano M40	05:11:26	+01:59:01	09:26
97	185	Rui carmo	xl&s trail	Senior Masculino	05:14:19	+02:01:54	09:32
98	146	Adriano Rocha	outsiders running trail team	Veterano M40	05:16:38	+02:04:13	09:36
99	24	Ricardo Conde	c.d."os águias" de alpiarça	Senior Masculino	05:21:18	+02:08:53	09:44
100	171	João Silva	trilho perdido eventos / imporlux	Senior Masculino	05:21:19	+02:08:53	09:44
101	76	Tiago Bragança	individual	Senior Masculino	05:29:49	+02:17:24	10:00
102	37	M. Carlos Martins	clube nortada aventura - murtosa night runners	Veterano M40	05:30:22	+02:17:56	10:01
103	119	Cláudia Moreira	moinhos run - adrm	Senior Feminino	05:32:24	+02:19:58	10:04
104	91	José Manuel vieira	individual	Veterano M50	05:34:19	+02:21:54	10:08
105	145	JOSE MIGUEL LEITE ARAUJO PEREIRA	os rotos	Veterano M40	05:34:19	+02:21:54	10:08
106	97	Paulo Seabra	individual	Veterano M40	05:36:59	+02:24:33	10:13
107	121	Helena Gomes	moinhos run - adrm	Veterana F40	05:37:06	+02:24:41	10:13
108	73	Paulo Almiro Borges Sampaio	individual	Senior Masculino	05:37:53	+02:25:27	10:14
109	150	José lopes	powerrunners	Veterano M40	05:37:53	+02:25:28	10:14
110	26	Hélder Deveza	clube académico de magodouro	Veterano M40	05:37:53	+02:25:28	10:14
111	149	Manuel Barbosa	paredes running	Senior Masculino	05:38:47	+02:26:22	10:16
112	31	Rui Manuel Ramos Costa	clube atletismo fafe	Senior Masculino	05:39:32	+02:27:07	10:17
113	169	Lina Mateus	trilho perdido eventos / imporlux	Senior Feminino	05:40:10	+02:27:45	10:19
114	147	Nelson Duarte	outsiders running trail team	Veterano M40	05:42:36	+02:30:11	10:23
115	11	Pedro Oliveira	andatrilhos | freamunde	Sub 23 Masculino	05:43:17	+02:30:51	10:24
116	127	Pedro Nogueira	nocturnos de paredes	Veterano M40	05:43:42	+02:31:16	10:25
117	174	Ana Tomé	trilho perdido eventos / imporlux	Veterana F40	05:44:24	+02:31:58	10:26
118	46	Nuno Barata	coa - clube de orientação e aventura	Veterano M40	05:47:08	+02:34:43	10:31
119	101	Toze	individual	Veterano M40	05:48:54	+02:36:29	10:34
120	110	Paulo Oliveira	minho aventura	Senior Masculino	05:48:57	+02:36:32	10:34
121	164	Andreia Morais	somos nós team	Sub 23 Feminino	05:50:09	+02:37:43	10:37
122	104	Carlos Reis	leroy merlin trail team	Veterano M40	05:50:09	+02:37:44	10:37
123	85	António Pais	individual	Veterano M50	06:02:10	+02:49:45	10:59
124	40	Cláudio Silva	coa - clube de orientação e aventura	Senior Masculino	06:06:33	+02:54:08	11:06
125	45	Luís Lobato	coa - clube de orientação e aventura	Veterano M40	06:06:34	+02:54:08	11:06
126	39	Artur Oliveira	coa - clube de orientação e aventura	Senior Masculino	06:06:35	+02:54:09	11:07
127	42	Nuno Figueiredo	coa - clube de orientação e aventura	Senior Masculino	06:06:36	+02:54:10	11:07
128	144	João Couto	os finos	Veterano M40	06:08:07	+02:55:41	11:09
129	122	Hugo Rodrigues	montanha clube trail running/efapel	Senior Masculino	06:08:37	+02:56:11	11:10
130	107	Diogo Ramalhão	lion runners - g. d. leões da guarda	Senior Masculino	06:09:40	+02:57:15	11:12
131	10	LUÍS NUNO SANTOS	afis ovar	Veterano M40	06:10:50	+02:58:25	11:14
132	102	Vitor Manuel Pereira Oliveira	individual	Veterano M40	06:11:10	+02:58:44	11:15

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
133	166	Ana Helena Correia	tartarugas solidárias	Veterana F40	06:25:32	+03:13:06	11:41
134	63	Caros Carvalho	individual	Senior Masculino	06:38:19	+03:25:53	12:04
135	89	João Menezes Silva	individual	Veterano M50	06:38:19	+03:25:53	12:04
136	59	Liu Mengru	individual	Senior Feminino	07:12:08	+03:59:43	13:06
137	82	Maria Margarida Magro	individual	Veterana F40	07:19:03	+04:06:37	13:18
138	80	Dulce Reis	individual	Veterana F40	07:19:03	+04:06:37	13:18
139	78	BARBARA SILVEIRA	individual	Veterana F50	07:28:11	+04:15:45	13:35
140	124	Marco Rocha	nocturnos de paredes	Sub 23 Masculino	07:28:17	+04:15:52	13:35

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	09:30	22.2ºC	46%
End	16:58	22.2ºC	46%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	131	Maria Areias	Oralklass - Amigos Do Trail	Senior Feminino	04:08:51		07:32
2	58	Ana	Individual	Senior Feminino	04:13:22	+04:31	07:41
3	133	Nádia Casteleiro	Oralklass - Amigos Do Trail	Senior Feminino	04:14:47	+05:56	07:43
4	120	Inês Moreira	Moinhos Run - ADRM	Senior Feminino	04:36:20	+27:29	08:22
5	55	Mafalda Moniz	GO!Runners	Senior Feminino	04:46:04	+37:13	08:40
6	27	Susana Silva Rodrigues	Clube Atletismo Fafe	Senior Feminino	04:59:51	+51:00	09:05
7	132	Maria Gonçalves	Oralklass - Amigos Do Trail	Senior Feminino	05:00:22	+51:31	09:06
8	170	Teresa Bemfeita	Trilho Perdido Eventos / Imporlux	Senior Feminino	05:09:45	+01:00:54	09:23
9	119	Cláudia Moreira	Moinhos Run - ADRM	Senior Feminino	05:32:24	+01:23:33	10:04
10	169	Lina Mateus	Trilho Perdido Eventos / Imporlux	Senior Feminino	05:40:11	+01:31:20	10:19
11	59	Liu Mengru	Individual	Senior Feminino	07:12:09	+03:03:18	13:06

Senior Masculino

1	189	Luis Semedo	AC PORTALEGRE / UTSM	Senior Masculino	03:12:26		05:50
2	155	Bruno Coelho	SatecnosolOutdoor / LaSportiva	Senior Masculino	03:18:27	+06:01	06:01
3	186	Leonel Cunha	SatecnosolOutdoor / LaSportiva	Senior Masculino	03:20:42	+08:16	06:05
4	103	Diogo Baena	Juventude Vidigalense	Senior Masculino	03:21:34	+09:08	06:06
5	29	Nuno Fernandes	Clube Atletismo Fafe	Senior Masculino	03:27:25	+14:59	06:17
6	7	Paulo Costa	A.D.Amarante trail running	Senior Masculino	03:27:58	+15:32	06:18
7	137	João Nogueira	Oralklass - Amigos Do Trail	Senior Masculino	03:29:02	+16:36	06:20
8	157	César Barros	SatecnosolOutdoor / LaSportiva	Senior Masculino	03:29:32	+17:06	06:21
9	138	Nuno Alves	Oralklass - Amigos Do Trail	Senior Masculino	03:34:08	+21:42	06:29
10	190	Pedro Azinhaga	AC PORTALEGRE / UTSM	Senior Masculino	03:36:30	+24:04	06:34
11	139	Paulo Conde	Oralklass - Amigos Do Trail	Senior Masculino	03:38:27	+26:01	06:37
12	109	Rafael Cruz	Melres Trail Running	Senior Masculino	03:39:54	+27:28	06:40
13	158	Fábio Pinto	SatecnosolOutdoor / LaSportiva	Senior Masculino	03:42:06	+29:40	06:44
14	35	Ricardo Duarte	Clube de Atletismo de Ferreira do Zêzere	Senior Masculino	03:50:10	+37:44	06:58
15	113	JOEL PEREIRA	Minho e Lima Trail	Senior Masculino	03:51:41	+39:15	07:01
16	115	PAULO VAZ	Minho e Lima Trail	Senior Masculino	03:51:41	+39:15	07:01
17	173	Miguel Ribeiro	Trilho Perdido Eventos / Imporlux	Senior Masculino	03:58:22	+45:56	07:13
18	9	Filipe Afonso	AC PORTALEGRE / UTSM	Senior Masculino	03:58:58	+46:32	07:14
19	6	Filipe Barros	A.D.Amarante trail running	Senior Masculino	04:02:29	+50:03	07:21
20	28	Daniel Costa	Clube Atletismo Fafe	Senior Masculino	04:06:29	+54:03	07:28
21	140	Sergio Suzano	Oralklass - Amigos Do Trail	Senior Masculino	04:16:59	+01:04:33	07:47
22	38	António Araújo	COA - Clube de Orientação e Aventura	Senior Masculino	04:17:06	+01:04:40	07:47
23	108	José Sá	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:19:49	+01:07:23	07:52

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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24	70	José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	04:20:54	+01:08:28	07:54
25	22	Bruno Nalha	C.D."Os Águias" de Alpiarça	Senior Masculino	04:23:40	+01:11:14	07:59
26	105	Bruno Batista	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	04:23:42	+01:11:16	07:59
27	41	Jorge Nabais	COA - Clube de Orientação e Aventura	Senior Masculino	04:24:52	+01:12:26	08:02
28	181	Filipe Teixeira	Unidade Especial de Corrida	Senior Masculino	04:25:24	+01:12:58	08:03
29	123	Nelson Teixeira	Nelson	Senior Masculino	04:30:30	+01:18:04	08:12
30	136	Gilberto Pimenta	Oralklass - Amigos Do Trail	Senior Masculino	04:36:20	+01:23:54	08:22
31	135	Filipe Carneiro	Oralklass - Amigos Do Trail	Senior Masculino	04:39:13	+01:26:47	08:28
32	182	Vasco Monteiro	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	Senior Masculino	04:39:38	+01:27:12	08:28
33	74	Ricardo Carmo	Individual	Senior Masculino	04:40:54	+01:28:28	08:31
34	20	Bruno Alexandre Traila Pires	Bruno Alexandre	Senior Masculino	04:46:06	+01:33:40	08:40
35	167	Bruno Cardoso	Trail Bela Bela	Senior Masculino	04:49:42	+01:37:16	08:47
36	56	Ricardo Luís	GO!Runners	Senior Masculino	04:52:37	+01:40:11	08:52
37	57	Duarte Conceição	Hora do Lobo Trail	Senior Masculino	04:54:13	+01:41:47	08:55
38	64	Daniel Pereira	Individual	Senior Masculino	05:04:09	+01:51:43	09:13
39	172	João Vieira Dias	Trilho Perdido Eventos / Imporlux	Senior Masculino	05:05:03	+01:52:37	09:15
40	23	Bruno Raposeira	C.D."Os Águias" de Alpiarça	Senior Masculino	05:05:51	+01:53:25	09:16
41	19	José Barroso	Baltar TrailRunners	Senior Masculino	05:10:16	+01:57:50	09:24
42	185	Rui carmo	XL&S TRAIL	Senior Masculino	05:14:20	+02:01:54	09:32
43	24	Ricardo Conde	C.D."Os Águias" de Alpiarça	Senior Masculino	05:21:19	+02:08:53	09:44
44	171	João Silva	Trilho Perdido Eventos / Imporlux	Senior Masculino	05:21:19	+02:08:53	09:44
45	76	Tiago Bragança	Individual	Senior Masculino	05:29:50	+02:17:24	10:00
46	73	Paulo Almiro Borges Sampaio	Individual	Senior Masculino	05:37:53	+02:25:27	10:14
47	149	Manuel Barbosa	Paredes Running	Senior Masculino	05:38:48	+02:26:22	10:16
48	31	Rui Manuel Ramos Costa	Clube Atletismo Fafe	Senior Masculino	05:39:33	+02:27:07	10:17
49	110	Paulo Oliveira	MINHO AVENTURA	Senior Masculino	05:48:58	+02:36:32	10:34
50	40	Cláudio Silva	COA - Clube de Orientação e Aventura	Senior Masculino	06:06:34	+02:54:08	11:06
51	39	Artur Oliveira	COA - Clube de Orientação e Aventura	Senior Masculino	06:06:35	+02:54:09	11:07
52	42	Nuno Figueiredo	COA - Clube de Orientação e Aventura	Senior Masculino	06:06:36	+02:54:10	11:07
53	122	Hugo Rodrigues	Montanha Clube Trail Running/Efapel	Senior Masculino	06:08:37	+02:56:11	11:10
54	107	Diogo Ramalhão	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Masculino	06:09:41	+02:57:15	11:12
55	63	Caros Carvalho	Individual	Senior Masculino	06:38:19	+03:25:53	12:04

Sub 23 Feminino

1	164	Andreia Morais	Somos Nós Team	Sub 23 Feminino	05:50:09		10:37

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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Sub 23 Masculino

1	134	Braziela Rocha	Oralklass - Amigos Do Trail	Sub 23 Masculino	03:22:41		06:09
2	33	André Duarte	Clube de Atletismo de Ferreira do Zêzere	Sub 23 Masculino	03:52:15	+29:34	07:02
3	159	Paulo barbosa	SatecnosolOutdoor / LaSportiva	Sub 23 Masculino	04:13:14	+50:33	07:40
4	112	BRUNO NARCISO	Minho e Lima Trail	Sub 23 Masculino	04:20:09	+57:28	07:53
5	11	Pedro Oliveira	Andatrilhos | Freamunde	Sub 23 Masculino	05:43:17	+02:20:36	10:24
6	124	Marco Rocha	NOCTURNOS DE PAREDES	Sub 23 Masculino	07:28:18	+04:05:37	13:35

Veterana F40

1	151	Sandra Mendes	Profisio Team	Veterana F40	04:29:36		08:10
2	13	Carla Reis	ARSM - Associação Recreativa de S. Miguel	Veterana F40	04:38:14	+08:38	08:26
3	17	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	Veterana F40	04:48:32	+18:56	08:45
4	177	BELEN RODRIGUEZ VIDAL	Trotamundos	Veterana F40	04:50:33	+20:57	08:48
5	121	Helena Gomes	Moinhos Run - ADRM	Veterana F40	05:37:07	+01:07:31	10:13
6	174	Ana Tomé	Trilho Perdido Eventos / Imporlux	Veterana F40	05:44:24	+01:14:48	10:26
7	166	Ana Helena Correia	Tartarugas Solidárias	Veterana F40	06:25:32	+01:55:56	11:41
8	82	Maria Margarida Magro	Individual	Veterana F40	07:19:03	+02:49:27	13:18
9	80	Dulce Reis	Individual	Veterana F40	07:19:03	+02:49:27	13:18

Veterana F50

1	78	BARBARA SILVEIRA	Individual	Veterana F50	07:28:11		13:35

Veterano M40

1	8	Vitor Costa	A.D.Amarante trail running	Veterano M40	03:33:30		06:28
2	16	Pedro Veríssimo	ARSM - Associação Recreativa de S. Miguel	Veterano M40	03:34:21	+00:51	06:30
3	54	PEDRO SANTOS	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	03:45:10	+11:40	06:49
4	162	Joaquim Manuel Martins De Freitas	SatecnosolOutdoor / LaSportiva	Veterano M40	03:48:49	+15:19	06:56
5	178	ADOLFO GARRIDO FERNANDEZ	Trotamundos	Veterano M40	03:55:10	+21:40	07:08
6	21	Carlos Fereira	BTT Alegria // TUBANI	Veterano M40	03:58:09	+24:39	07:13
7	175	Paulo Roque	Trilho Perdido Eventos / Imporlux	Veterano M40	03:59:41	+26:11	07:16
8	179	FERNANDO ALVAREZ GARCIA	Trotamundos	Veterano M40	04:07:00	+33:30	07:29
9	32	Rui Pedro Povo	Clube Atletismo Fafe	Veterano M40	04:07:42	+34:12	07:30
10	51	Luís Miguel Ribeiro da Cunha	Figueira Kayak Clube	Veterano M40	04:11:53	+38:23	07:38
11	118	LUIS MAGALHÃES	Minho e Lima Trail	Veterano M40	04:17:03	+43:33	07:47
12	15	Marco Rodrigues	ARSM - Associação Recreativa de S. Miguel	Veterano M40	04:18:00	+44:30	07:49
13	117	JOSÉ CARLOS COSTA	Minho e Lima Trail	Veterano M40	04:18:58	+45:28	07:51
14	52	antonio coelho	fora de tempo	Veterano M40	04:25:24	+51:54	08:03

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

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15	128	Lícinio Sequeira	O Mundo da Corrida	Veterano M40	04:32:34	+59:04	08:16
16	143	Sérgio Anunciação	Oralklass - Amigos Do Trail	Veterano M40	04:32:57	+59:27	08:16
17	25	Nuno Paulino	C.D."Os Águias" de Alpiarça	Veterano M40	04:34:15	+01:00:45	08:19
18	154	Raul Silva	Profisio Team	Veterano M40	04:37:22	+01:03:52	08:24
19	125	Arnaldo Santos	NOCTURNOS DE PAREDES	Veterano M40	04:38:04	+01:04:34	08:26
20	129	Rufino Paiva	OCS/PROAVENTURAS	Veterano M40	04:39:09	+01:05:39	08:28
21	126	Fernando Almeida	NOCTURNOS DE PAREDES	Veterano M40	04:41:49	+01:08:19	08:32
22	50	João Vaz	Figueira Kayak Clube	Veterano M40	04:45:17	+01:11:47	08:39
23	165	Paulo Ferreira Morais	Somos Nós Team	Veterano M40	04:48:34	+01:15:04	08:45
24	90	Jorge Alexandre Correia Moita	Individual	Veterano M40	04:49:42	+01:16:12	08:47
25	141	Fernando Taborda	Oralklass - Amigos Do Trail	Veterano M40	04:57:05	+01:23:35	09:00
26	88	Fritsche Frank	Individual	Veterano M40	04:57:42	+01:24:12	09:01
27	47	Rui Pereira	COA - Clube de Orientação e Aventura	Veterano M40	04:59:47	+01:26:17	09:05
28	183	Luis Pedrodos Santos Caridade	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	Veterano M40	05:01:46	+01:28:16	09:09
29	153	Paulo Moura	Profisio Team	Veterano M40	05:06:31	+01:33:01	09:17
30	93	Mateus	Individual	Veterano M40	05:11:27	+01:37:57	09:26
31	146	Adriano Rocha	Outsiders running trail team	Veterano M40	05:16:39	+01:43:09	09:36
32	37	M. Carlos Martins	Clube Nortada Aventura - Murtosa night runners	Veterano M40	05:30:22	+01:56:52	10:01
33	145	JOSE MIGUEL LEITE ARAUJO PEREIRA	OS ROTOS	Veterano M40	05:34:20	+02:00:50	10:08
34	97	Paulo Seabra	Individual	Veterano M40	05:36:59	+02:03:29	10:13
35	150	José lopes	Powerrunners	Veterano M40	05:37:54	+02:04:24	10:14
36	26	Hélder Deveza	Clube Académico de Magodouro	Veterano M40	05:37:54	+02:04:24	10:14
37	147	Nelson Duarte	Outsiders running trail team	Veterano M40	05:42:37	+02:09:07	10:23
38	127	Pedro Nogueira	NOCTURNOS DE PAREDES	Veterano M40	05:43:42	+02:10:12	10:25
39	46	Nuno Barata	COA - Clube de Orientação e Aventura	Veterano M40	05:47:09	+02:13:39	10:31
40	101	Toze	Individual	Veterano M40	05:48:55	+02:15:25	10:34
41	104	Carlos Reis	LEROY MERLIN TRAIL TEAM	Veterano M40	05:50:10	+02:16:40	10:37
42	45	Luís Lobato	COA - Clube de Orientação e Aventura	Veterano M40	06:06:34	+02:33:04	11:06
43	144	João Couto	Os Finos	Veterano M40	06:08:07	+02:34:37	11:09
44	10	LUÍS NUNO SANTOS	AFIS OVAR	Veterano M40	06:10:51	+02:37:21	11:14
45	102	Vitor Manuel Pereira Oliveira	Individual	Veterano M40	06:11:10	+02:37:40	11:15

Veterano M50

1	187	Carlos Rodrigues	Figueira Kayak Clube	Veterano M50	04:06:34		07:28
2	142	Manuel Ferreira	Oralklass - Amigos Do Trail	Veterano M50	04:32:57	+26:23	08:16
3	180	Eduardo Meireles	Umelga Runners	Veterano M50	04:33:00	+26:26	08:16
4	96	Paulo Ferreira	Individual	Veterano M50	04:38:36	+32:02	08:27
5	92	Manuel Pereira Moreno	Individual	Veterano M50	04:45:11	+38:37	08:39
6	163	Fernando Jorge de oliveira	SIMECQ	Veterano M50	04:59:53	+53:19	09:05
7	12	António loureiro	António	Veterano M50	05:05:02	+58:28	09:15
8	152	Narciso Machado	Profisio Team	Veterano M50	05:06:31	+59:57	09:17

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

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9	91	José Manuel vieira	Individual	Veterano M50	05:34:20	+01:27:46	10:08
10	85	António Pais	Individual	Veterano M50	06:02:11	+01:55:37	10:59
11	89	João Menezes Silva	Individual	Veterano M50	06:38:19	+02:31:45	12:04