Trail das Nozes 2016
Gondomar
30-October-2016

TRAIL LONGO 25K - STAGE 1

25 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

	Time	Temperature	Humidity
Start	09:00	16.2ºC	86%
End	14:28	24.8ºC	56%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	230	ARMANDINO TABORDA	satecnosol outdoor lasportiva	Veterano M40	02:03:35		04:57
2	63	PEDRO SANTOS	fugitivos urbanos - clínica + saúde	Veterano M40	02:09:56	+06:21	05:12
3	128	António Martins	individual	Veterano M40	02:10:10	+06:35	05:12
4	64	Joaquim Manuel Martins Freitas	gdr retorta	Veterano M40	02:14:01	+10:26	05:22
5	70	Pedro Rocha	gondomar futsal clube	Senior Masculino	02:17:25	+13:50	05:30
6	248	Hugo Romano	moinhos run adrm	Veterano M40	02:18:21	+14:46	05:32
7	46	Helder Rocha	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:19:08	+15:33	05:34
8	151	David Fernando da Rocha Tavares	centro ciclista de gondomar	Veterano M50	02:20:59	+17:24	05:38
9	197	DAVID SOUSA	mss contabilidade	Senior Masculino	02:25:49	+22:14	05:50
10	157	Manuel Sousa	individual	Veterano M50	02:25:56	+22:21	05:50
11	72	Lucinda Sousa	gondomar futsal clube	Veterana F40	02:26:34	+22:59	05:52
12	238	José Miguel Pinto	team rede ambiente	Senior Masculino	02:26:45	+23:10	05:52
13	9	sergio almeida	afrikanrunners	Senior Masculino	02:30:16	+26:41	06:01
14	48	Vitor Rio	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:30:41	+27:07	06:02
15	242	Henrique Faria	individual	Veterano M40	02:30:43	+27:09	06:02
16	62	Vitor Barroso	fontainhas runners	Veterano M40	02:31:01	+27:26	06:02
17	191	Pedro Gilvaz	monte dos amigos/juventude ribeiras	Senior Masculino	02:31:33	+27:58	06:04
18	31	Carlos fernandes	as belas e eles	Veterano M40	02:31:35	+28:00	06:04
19	44	José Carlos F. Dias	ctad - trilhos de cinfães	Veterano M40	02:31:44	+28:09	06:04
20	74	José Paulo Ribeiro	gondomar futsal clube	Veterano M40	02:32:35	+29:01	06:06
21	17	Filipe Sousa	all about	Senior Masculino	02:32:45	+29:10	06:07
22	111	paulo jorge	gondomar futsal clube	Senior Masculino	02:35:55	+32:21	06:14
23	188	Leandro Pacheco	monte dos amigos/juventude ribeiras	Senior Masculino	02:36:10	+32:36	06:15
24	212	António Borges	porto sentido runners	Veterano M40	02:37:44	+34:09	06:19
25	181	António Pinto	mocidade sangemil	Senior Masculino	02:38:10	+34:36	06:20
26	206	Bruno Rafael Marrucho Lemos	olímpico vianense trail / nd sport	Senior Masculino	02:39:24	+35:50	06:23
27	177	Ciano Ribeiro	mjs runners	Veterano M40	02:39:29	+35:55	06:23
28	47	Rogério Moreira	douroconta - gabinete de apoio e contabilidade	Senior Masculino	02:39:46	+36:11	06:23
29	150	Carlos Natividade Silva	individual	Veterano M50	02:39:58	+36:24	06:24
30	50	MIGUEL NETO	ei team trail	Senior Masculino	02:40:17	+36:42	06:25
31	250	Filipe Almeida	moinhos run adrm	Senior Masculino	02:40:40	+37:05	06:26
32	215	Ricardo Reis	quinta de paramos - atletismo	Senior Masculino	02:40:48	+37:14	06:26
33	77	António Rocha	gondomar futsal clube	Veterano M60	02:41:28	+37:53	06:28
34	110	Nelson Teixeira	individual	Senior Masculino	02:42:37	+39:02	06:30
35	211	Rosa Rodrigues	pit power	Senior Feminino	02:45:37	+42:03	06:38
36	68	César Pais	gondomar futsal clube	Senior Masculino	02:45:38	+42:03	06:38
37	61	Ricardo Rocha	fast ao km	Veterano M40	02:47:14	+43:39	06:41
38	149	Telmo Da Silva	individual	Veterano M40	02:47:24	+43:50	06:42
39	14	Pedro Azevedo	afrikanrunners	Veterano M40	02:48:15	+44:40	06:44
40	91	Brunelo Silva	individual	Senior Masculino	02:48:23	+44:48	06:44

TRAIL LONGO 25K - STAGE 1

25 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	69	Manuel Silva	gondomar futsal clube	Senior Masculino	02:48:41	+45:06	06:45
42	116	Ricardo Ferreira	individual	Senior Masculino	02:48:46	+45:12	06:45
43	246	Miguel Santos	moinhos run adrm	Senior Masculino	02:48:48	+45:13	06:45
44	148	Sérgio Miguel Batista Couto	individual	Veterano M40	02:49:25	+45:50	06:47
45	52	Joaquim Coelho	ei team trail	Veterano M40	02:49:40	+46:06	06:47
46	200	Bruno Moura	nascidos para correr	Senior Masculino	02:49:42	+46:07	06:47
47	202	Alexandra Fernandes	nascidos para correr	Veterana F40	02:49:46	+46:12	06:47
48	32	Lúcia Lourenço	avf auto	Senior Feminino	02:49:47	+46:13	06:48
49	194	Jorge Pinheiro	monte dos amigos/juventude ribeiras	Veterano M40	02:49:48	+46:14	06:48
50	146	Rui Silva	individual	Veterano M40	02:50:18	+46:43	06:49
51	208	Jorge Bastos	pernetas	Senior Masculino	02:50:34	+46:59	06:49
52	101	HELDER PACHECO	individual	Senior Masculino	02:51:29	+47:55	06:52
53	241	António Marinho	individual	Senior Masculino	02:53:22	+49:47	06:56
54	140	Miguel Moura	individual	Veterano M40	02:53:35	+50:01	06:57
55	201	Ricardo Sousa	nascidos para correr	Senior Masculino	02:53:51	+50:16	06:57
56	166	Miguel Alves	leões de tardariz trail	Senior Masculino	02:55:31	+51:56	07:01
57	131	Francisco JS Silva	individual	Veterano M40	02:56:11	+52:36	07:03
58	164	Agostinho Sousa	kunalama runners	Veterano M60	02:56:56	+53:22	07:05
59	138	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	individual	Veterano M40	02:57:24	+53:50	07:06
60	205	Manuel Sampaio	nascidos para correr	Veterano M60	02:58:39	+55:05	07:09
61	13	Nelson Nunes	afrikanrunners	Veterano M40	02:58:59	+55:24	07:10
62	12	jorge nunes	afrikanrunners	Veterano M40	02:58:59	+55:25	07:10
63	249	Pedro Vieira	moinhos run adrm	Veterano M40	03:00:11	+56:36	07:12
64	106	José Andrade	individual	Senior Masculino	03:00:31	+56:56	07:13
65	251	Luis Lobo	altitudes trail team	Veterano M40	03:00:32	+56:57	07:13
66	114	PEDRO SILVA	individual	Senior Masculino	03:00:37	+57:02	07:13
67	219	Cristiano Anjos	rollingaventura/grupovc	Veterano M50	03:00:43	+57:09	07:14
68	218	Prieto Morais	rollingaventura/grupovc	Veterano M40	03:00:45	+57:10	07:14
69	159	Ercilia Pereira	invicta runners team	Veterana F40	03:00:48	+57:13	07:14
70	41	VITOR COELHO	clube desportivo cepsa	Veterano M40	03:01:17	+57:43	07:15
71	245	Manuel Pereira	moinhos run adrm	Senior Masculino	03:02:19	+58:44	07:18
72	137	José Manuel Ferreira	individual	Veterano M40	03:02:19	+58:44	07:18
73	260	Inês Moreira	moinhos run adrm	Senior Feminino	03:02:19	+58:44	07:18
74	135	JORGE AMADEU MOREIRA DE SOUSA	individual	Veterano M40	03:02:20	+58:45	07:18
75	49	Manuel Santos	douroconta - gabinete de apoio e contabilidade	Veterano M40	03:02:59	+59:24	07:19
76	228	Ana azevedo	santa apolonia	Senior Feminino	03:02:59	+59:25	07:19
77	8	Rufino Freitas	afrikanrunners	Senior Masculino	03:03:14	+59:39	07:20
78	253	Mira Matias	nascidos para correr	Veterana F40	03:03:18	+59:44	07:20
79	227	Justino Soares	runners on fire	Veterano M40	03:03:20	+59:45	07:20
80	217	Luis Ribeiro	rollingaventura/grupovc	Veterano M40	03:03:31	+59:56	07:20
81	229	Mariana Machado	santa apolonia	Senior Feminino	03:03:31	+59:57	07:20
82	204	Manuel Carriço	nascidos para correr	Veterano M50	03:04:05	+01:00:31	07:22
83	143	Nelson Santos	individual	Veterano M40	03:04:15	+01:00:40	07:22
84	207	Pedro Pratas	paredes aventura	Veterano M40	03:04:15	+01:00:41	07:22

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25 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
85	95	Daniel Silva	individual	Senior Masculino	03:04:46	+01:01:12	07:23
86	236	José Conceição	team coreevo portugal	Senior Masculino	03:04:46	+01:01:12	07:23
87	67	Bruno Vigário	gondomar futsal clube	Senior Masculino	03:04:56	+01:01:21	07:24
88	51	Filipe Escobar	ei team trail	Veterano M40	03:05:51	+01:02:17	07:26
89	115	Renato da Conceição Lourenço	individual	Senior Masculino	03:05:53	+01:02:18	07:26
90	154	JOSE DUARTE	individual	Veterano M50	03:05:56	+01:02:21	07:26
91	7	Ricardo Fernandes	afrikanrunners	Senior Masculino	03:06:02	+01:02:28	07:27
92	108	Marcos Silva	individual	Senior Masculino	03:06:16	+01:02:42	07:27
93	244	Paulo Martins	moinhos run adrm	Veterano M40	03:06:24	+01:02:49	07:27
94	58	Orlando Costa	equipa joao ferreira	Veterano M40	03:06:27	+01:02:52	07:27
95	85	Mafalda Luís	individual	Senior Feminino	03:06:37	+01:03:03	07:28
96	76	Pedro Matos	gondomar futsal clube	Veterano M40	03:06:38	+01:03:04	07:28
97	129	David Martims	individual	Veterano M40	03:06:42	+01:03:08	07:28
98	213	Carlos Duarte	porto sentido runners	Veterano M40	03:06:45	+01:03:10	07:28
99	80	Conceição Queiroz	gtt - armazém do caffè	Veterana F50	03:06:47	+01:03:12	07:28
100	256	Hugo Couto	equipa joao ferreira	Senior Masculino	03:06:47	+01:03:13	07:28
101	59	SÉRGIO DIAS	equipa joao ferreira	Veterano M40	03:06:47	+01:03:13	07:28
102	11	Emanuel Martins	afrikanrunners	Veterano M40	03:07:35	+01:04:00	07:30
103	20	Eduardo Pinto	individual	Veterano M40	03:07:53	+01:04:19	07:31
104	220	Serafim Bastos	rollingaventura/grupovc	Veterano M50	03:07:59	+01:04:24	07:31
105	176	Renato Lopes	mjs runners	Senior Masculino	03:09:03	+01:05:29	07:34
106	171	Joaquim Leite	leões de tardariz trail	Veterano M50	03:09:32	+01:05:58	07:35
107	156	Manuel da Cunha Póvoas	individual	Veterano M50	03:10:19	+01:06:44	07:37
108	123	Sofia Coelho	individual	Veterana F40	03:10:56	+01:07:21	07:38
109	22	Paulo Melo	all about	Veterano M40	03:11:01	+01:07:27	07:38
110	21	Mário Pereira	all about	Veterano M40	03:11:02	+01:07:27	07:38
111	89	andré de gonçalves	individual	Senior Masculino	03:11:40	+01:08:06	07:40
112	169	Pedro Ferreira	leões de tardariz trail	Veterano M40	03:11:52	+01:08:18	07:41
113	27	Fernando Ismael Oliveira Nogueira	amigos do pedal trailagares	Senior Masculino	03:12:05	+01:08:30	07:41
114	155	Manuel António Rocha Ribeiro	individual	Veterano M50	03:12:25	+01:08:50	07:42
115	243	Cláudia Moreira	moinhos run adrm	Senior Feminino	03:12:39	+01:09:04	07:42
116	216	José Moita	rollingaventura/grupovc	Veterano M40	03:13:15	+01:09:40	07:44
117	141	Miguel Rocha	individual	Veterano M40	03:14:10	+01:10:36	07:46
118	39	Tiago Amorim	budeguitas runners	Veterano M40	03:14:37	+01:11:02	07:47
119	98	Gilberto Sousa	individual	Senior Masculino	03:14:49	+01:11:15	07:48
120	147	rui sousa martins	individual	Veterano M40	03:16:14	+01:12:39	07:51
121	107	Marco Paulo Sousa Ferreira	individual	Senior Masculino	03:17:06	+01:13:32	07:53
122	136	Jorge Rodrigues	individual	Veterano M40	03:17:41	+01:14:06	07:54
123	40	Nuno Ribeiro	ccd - siemens	Senior Masculino	03:17:53	+01:14:18	07:55
124	121	Carla Gonçalves	individual	Veterana F40	03:18:49	+01:15:14	07:57
125	119	Telmo António Sousa Ferreira	individual	Senior Masculino	03:19:05	+01:15:30	07:58
126	239	Fernando Leite	tnt - trilhos natura team	Senior Masculino	03:20:37	+01:17:03	08:02
127	42	Bruno Gomes	crocodilos/misterpc	Senior Masculino	03:20:44	+01:17:09	08:02
128	112	Paulo Renato Cardoso Pinto de Sá	individual	Senior Masculino	03:20:48	+01:17:13	08:02
129	167	Lá Salete Pinto	leões de tardariz trail	Veterana F40	03:21:24	+01:17:50	08:03
130	132	Francisco Monteiro	individual	Veterano M40	03:21:25	+01:17:51	08:03

TRAIL LONGO 25K - STAGE 1

25 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
131	240	JOsé Carlos Pereira Gomes	weteach run team	Veterano M60	03:22:04	+01:18:30	08:05
132	10	Domingos Gonçalves	afrikanrunners	Veterano M40	03:22:23	+01:18:48	08:06
133	254	Virgilio Palmeiro	nascidos para correr	Veterano M60	03:22:25	+01:18:50	08:06
134	144	Pedro Pereira	individual	Veterano M40	03:22:25	+01:18:50	08:06
135	234	Fátima Vieira	somos nós team	Veterana F40	03:23:25	+01:19:50	08:08
136	65	Aida Presa	girls4run	Veterana F40	03:25:07	+01:21:33	08:12
137	37	Paulo Nunes	btt alegria / tubani	Veterano M40	03:25:07	+01:21:33	08:12
138	105	Jorge Ascenção	individual	Senior Masculino	03:25:44	+01:22:10	08:14
139	158	EDUARDO MEDEIROS	individual	Veterano M60	03:27:42	+01:24:08	08:19
140	6	Marco Machado	afrikanrunners	Senior Masculino	03:28:21	+01:24:46	08:20
141	75	Paulo Gama	gondomar futsal clube	Veterano M40	03:28:40	+01:25:06	08:21
142	104	Hugo ferreira	individual	Senior Masculino	03:29:50	+01:26:16	08:24
143	247	Simão Sousa	moinhos run adrm	Senior Masculino	03:30:03	+01:26:29	08:24
144	153	João Silva	individual	Veterano M50	03:30:41	+01:27:07	08:26
145	36	Francisco Silva	btt alegria / tubani	Veterano M40	03:30:46	+01:27:12	08:26
146	35	Daniel Barbosa	btt alegria / tubani	Veterano M40	03:30:46	+01:27:12	08:26
147	96	Eurico Mateus	individual	Senior Masculino	03:30:48	+01:27:14	08:26
148	26	Maria José Pereira Leão	amigos do pedal trailagares	Senior Feminino	03:31:41	+01:28:06	08:28
149	142	Nelson Manuel Mamede de Castro	individual	Veterano M40	03:31:41	+01:28:07	08:28
150	28	emidio pontes	amigos s.pedro da cova	Veterano M50	03:35:46	+01:32:11	08:38
151	210	Mario Cardoso	pernetas	Veterano M40	03:36:12	+01:32:38	08:39
152	209	Vitor Manuel Oliveira Coelho	pernetas	Senior Masculino	03:36:12	+01:32:38	08:39
153	126	Alexandre Sousa	individual	Veterano M40	03:36:26	+01:32:51	08:39
154	60	Manuel Cunha Lima	experienciar	Veterano M50	03:36:45	+01:33:11	08:40
155	170	António Pinto	leões de tardariz trail	Veterano M50	03:37:18	+01:33:44	08:42
156	120	Toni Ferreira	individual	Senior Masculino	03:37:28	+01:33:53	08:42
157	187	João Alves	monte dos amigos/juventude ribeiras	Senior Masculino	03:37:42	+01:34:07	08:42
158	189	Miguel Pinto	monte dos amigos/juventude ribeiras	Senior Masculino	03:37:43	+01:34:08	08:43
159	163	Rómulo Silva	kemedo team	Veterano M40	03:38:04	+01:34:29	08:43
160	79	Luis Vaz	gtt - armazém do caffè	Senior Masculino	03:38:30	+01:34:55	08:44
161	122	Ivone Ferreira	individual	Veterana F40	03:41:03	+01:37:29	08:51
162	224	João Soares	runners on fire	Senior Masculino	03:41:19	+01:37:45	08:51
163	100	Helder José da rocha Oliveira	individual	Senior Masculino	03:41:42	+01:38:07	08:52
164	1497	Sofia Mendes	nascidos para correr	Senior Feminino	03:41:58	+01:38:23	08:53
165	38	João Pedro Monteiro	budeguitas runners	Senior Masculino	03:43:36	+01:40:01	08:57
166	30	serafim fonseca	amigos s.pedro da cova	Veterano M60	03:43:41	+01:40:06	08:57
167	139	Luís Sousa	individual	Veterano M40	03:43:41	+01:40:07	08:57
168	29	paulo fonseca	amigos s.pedro da cova	Veterano M50	03:44:25	+01:40:50	08:59
169	88	Telma Catarina Pereira da silva	individual	Senior Feminino	03:44:47	+01:41:12	08:59
170	90	António Veríssimo de Freitas	individual	Senior Masculino	03:44:47	+01:41:12	08:59
171	183	Margarida Martins	mocidade sangemil	Veterana F50	03:45:22	+01:41:47	09:01
172	182	Ricardo Rocha	mocidade sangemil	Senior Masculino	03:45:22	+01:41:47	09:01
173	125	Adalberto Figueiredo	individual	Veterano M40	03:45:58	+01:42:24	09:02
174	34	Nelson Sousa	biateam 2016	Senior Masculino	03:46:59	+01:43:25	09:05
175	33	Solange Sousa	biateam 2016	Senior Feminino	03:46:59	+01:43:25	09:05
176	179	Ricardo Jorge Landim Pinto	mocidade invicta fc	Senior Masculino	03:48:12	+01:44:37	09:08

TRAIL LONGO 25K - STAGE 1

25 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

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
177	180	Ricardo Manuel Vasconcelos Carvalho	mocidade invicta fc	Senior Masculino	03:48:12	+01:44:37	09:08
178	53	ISABEL PINTO	equipa joao ferreira	Senior Feminino	03:48:45	+01:45:10	09:09
179	56	SANDRA CUNHA	equipa joao ferreira	Veterana F40	03:48:45	+01:45:10	09:09
180	160	Isabel Mariani	invicta runners team	Veterana F40	03:49:48	+01:46:14	09:12
181	162	Bernardino Andrade	invicta runners team	Veterano M40	03:49:48	+01:46:14	09:12
182	225	Manuel Aires	runners on fire	Senior Masculino	03:50:09	+01:46:34	09:12
183	127	Antonio Luis Rebelo Azevedo	individual	Veterano M40	03:50:20	+01:46:45	09:13
184	97	Filipe Daniel Pereira Bessa	individual	Senior Masculino	03:51:44	+01:48:09	09:16
185	233	Andreia Morais	somos nós team	Senior Feminino	03:52:09	+01:48:35	09:17
186	235	Minda Coelho	somos nós team	Veterana F40	03:52:10	+01:48:36	09:17
187	94	Bruno Pereira	individual	Senior Masculino	03:53:23	+01:49:49	09:20
188	185	Rosa Almeida	monte dos amigos/juventude ribeiras	Senior Feminino	03:53:57	+01:50:22	09:21
189	190	Paulo Morais	monte dos amigos/juventude ribeiras	Veterano M40	03:53:58	+01:50:24	09:22
190	237	António Pinheiro	team duas faces	Senior Masculino	04:02:11	+01:58:37	09:41
191	168	Manuel Alvarino	leões de tardariz trail	Veterano M40	04:05:11	+02:01:36	09:48
192	124	Susana Luís	individual	Veterana F40	04:10:22	+02:06:48	10:01
193	43	Cristina Dias	ctad - trilhos de cinfães	Veterana F40	04:10:23	+02:06:48	10:01
194	118	Rui Miguel Dias Quntas	individual	Senior Masculino	04:10:23	+02:06:49	10:01
195	93	Bruno Miguel Araújo Pinto	individual	Senior Masculino	04:15:55	+02:12:20	10:14
196	161	Paula Chaves	invicta runners team	Veterana F50	04:17:23	+02:13:49	10:18
197	87	Sónia Alves	individual	Senior Feminino	04:21:46	+02:18:12	10:28
198	81	Ana Carvalho	individual	Senior Feminino	04:26:30	+02:22:56	10:40
199	195	Carla Caria	moreira relax runners	Veterana F40	04:27:48	+02:24:14	10:43
200	196	Fernando Monteiro	moreira relax runners	Veterano M40	04:27:49	+02:24:14	10:43
201	174	Igor Emanuel de Castro Couto	maia & couto	Senior Masculino	04:30:27	+02:26:52	10:49
202	223	Alfredo Daniel Sousa	runners on fire	Senior Masculino	04:30:28	+02:26:54	10:49
203	117	Rúben Augusto Rocha Sousa Pinhão Maia	individual	Senior Masculino	04:30:34	+02:26:59	10:49
204	82	ELISABETE FERREIRA	individual	Senior Feminino	04:39:37	+02:36:02	11:11
205	222	Agostinho Ribeiro	runners on fire	Senior Masculino	04:41:03	+02:37:29	11:15
206	231	Mariana Costa	sete	Senior Feminino	04:44:04	+02:40:29	11:22
207	232	Álvaro Costa	sete	Veterano M40	04:44:04	+02:40:30	11:22
208	255	Rui Cardoso	individual	Veterano M40	04:46:03	+02:42:28	11:27
209	16	Filipe Medeiros	all about	Senior Masculino	04:56:33	+02:52:59	11:52
210	15	Sofia Pimentel	all about	Senior Feminino	04:56:33	+02:52:59	11:52
211	221	Raquel Vilela	runners on fire	Senior Feminino	05:06:10	+03:02:35	12:15
212	203	Sonia Lima	nascidos para correr	Veterana F40	05:22:01	+03:18:26	12:53
213	199	Bruno Lima	nascidos para correr	Senior Masculino	05:22:02	+03:18:27	12:53

Trail Longo 25K

25 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	09:00	16.2ºC	86%
End	14:28	24.8ºC	56%

Senior Feminino

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	211	Rosa Rodrigues	Pit Power	Senior Feminino	02:45:37		06:38
2	32	Lúcia Lourenço	AVF auto	Senior Feminino	02:49:47	+04:10	06:48
3	260	Inês Moreira	Moinhos RUn ADRM	Senior Feminino	03:02:19	+16:41	07:18
4	228	Ana azevedo	Santa Apolonia	Senior Feminino	03:02:59	+17:22	07:19
5	229	Mariana Machado	Santa Apolonia	Senior Feminino	03:03:31	+17:54	07:20
6	85	Mafalda Luís	Individual	Senior Feminino	03:06:37	+21:00	07:28
7	243	Cláudia Moreira	Moinhos RUn ADRM	Senior Feminino	03:12:39	+27:01	07:42
8	26	Maria José Pereira Leão	Amigos do Pedal TraiLagares	Senior Feminino	03:31:41	+46:03	08:28
9	1497	Sofia Mendes	Nascidos Para Correr	Senior Feminino	03:41:58	+56:20	08:53
10	88	Telma Catarina Pereira da silva	Individual	Senior Feminino	03:44:47	+59:09	08:59
11	33	Solange Sousa	BiaTeam 2016	Senior Feminino	03:46:59	+01:01:22	09:05
12	53	ISABEL PINTO	EQUIPA JOAO FERREIRA	Senior Feminino	03:48:45	+01:03:07	09:09
13	233	Andreia Morais	Somos Nós Team	Senior Feminino	03:52:09	+01:06:32	09:17
14	185	Rosa Almeida	Monte dos Amigos/Juventude Ribeiras	Senior Feminino	03:53:57	+01:08:19	09:21
15	87	Sónia Alves	Individual	Senior Feminino	04:21:46	+01:36:09	10:28
16	81	Ana Carvalho	Individual	Senior Feminino	04:26:30	+01:40:53	10:40
17	82	ELISABETE FERREIRA	Individual	Senior Feminino	04:39:37	+01:53:59	11:11
18	231	Mariana Costa	SETE	Senior Feminino	04:44:04	+01:58:26	11:22
19	15	Sofia Pimentel	All About	Senior Feminino	04:56:33	+02:10:56	11:52
20	221	Raquel Vilela	Runners On Fire	Senior Feminino	05:06:10	+02:20:32	12:15

Senior Masculino

1	70	Pedro Rocha	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:17:25		05:30
2	46	Helder Rocha	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:19:08	+01:43	05:34
3	197	DAVID SOUSA	MSS CONTABILIDADE	Senior Masculino	02:25:49	+08:24	05:50
4	238	José Miguel Pinto	Team Rede Ambiente	Senior Masculino	02:26:45	+09:20	05:52
5	9	sergio almeida	Afrikanrunners	Senior Masculino	02:30:16	+12:51	06:01
6	48	Vitor Rio	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:30:41	+13:17	06:02
7	191	Pedro Gilvaz	Monte dos Amigos/Juventude Ribeiras	Senior Masculino	02:31:33	+14:08	06:04
8	17	Filipe Sousa	All About	Senior Masculino	02:32:45	+15:20	06:07
9	111	paulo jorge	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:35:55	+18:31	06:14
10	188	Leandro Pacheco	Monte dos Amigos/Juventude Ribeiras	Senior Masculino	02:36:10	+18:46	06:15
11	181	António Pinto	Mocidade SanGemil	Senior Masculino	02:38:10	+20:46	06:20
12	206	Bruno Rafael Marrucho Lemos	Olímpico Vianense Trail / ND Sport	Senior Masculino	02:39:24	+22:00	06:23

Trail Longo 25K

25 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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13	47	Rogério Moreira	Douroconta - Gabinete de Apoio e Contabilidade	Senior Masculino	02:39:46	+22:21	06:23
14	50	MIGUEL NETO	Ei Team Trail	Senior Masculino	02:40:17	+22:52	06:25
15	250	Filipe Almeida	Moinhos RUn ADRM	Senior Masculino	02:40:40	+23:15	06:26
16	215	Ricardo Reis	Quinta de Paramos - Atletismo	Senior Masculino	02:40:48	+23:24	06:26
17	110	Nelson Teixeira	Individual	Senior Masculino	02:42:37	+25:12	06:30
18	68	César Pais	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:45:38	+28:13	06:38
19	91	Brunelo Silva	Individual	Senior Masculino	02:48:23	+30:58	06:44
20	69	Manuel Silva	GONDOMAR FUTSAL CLUBE	Senior Masculino	02:48:41	+31:16	06:45
21	116	Ricardo Ferreira	Individual	Senior Masculino	02:48:46	+31:22	06:45
22	246	Miguel Santos	Moinhos RUn ADRM	Senior Masculino	02:48:48	+31:23	06:45
23	200	Bruno Moura	Nascidos Para Correr	Senior Masculino	02:49:42	+32:17	06:47
24	208	Jorge Bastos	Pernetas	Senior Masculino	02:50:34	+33:09	06:49
25	101	HELDER PACHECO	Individual	Senior Masculino	02:51:29	+34:05	06:52
26	241	António Marinho	Individual	Senior Masculino	02:53:22	+35:57	06:56
27	201	Ricardo Sousa	Nascidos Para Correr	Senior Masculino	02:53:51	+36:26	06:57
28	166	Miguel Alves	LEõES DE TARDARIZ TRAIL	Senior Masculino	02:55:31	+38:06	07:01
29	106	José Andrade	Individual	Senior Masculino	03:00:31	+43:06	07:13
30	114	PEDRO SILVA	Individual	Senior Masculino	03:00:37	+43:12	07:13
31	245	Manuel Pereira	Moinhos RUn ADRM	Senior Masculino	03:02:19	+44:54	07:18
32	8	Rufino Freitas	Afrikanrunners	Senior Masculino	03:03:14	+45:49	07:20
33	95	Daniel Silva	Individual	Senior Masculino	03:04:46	+47:22	07:23
34	236	José Conceição	Team Coreevo Portugal	Senior Masculino	03:04:46	+47:22	07:23
35	67	Bruno Vigário	GONDOMAR FUTSAL CLUBE	Senior Masculino	03:04:56	+47:31	07:24
36	115	Renato da Conceição Lourenço	Individual	Senior Masculino	03:05:53	+48:28	07:26
37	7	Ricardo Fernandes	Afrikanrunners	Senior Masculino	03:06:02	+48:38	07:27
38	108	Marcos Silva	Individual	Senior Masculino	03:06:16	+48:52	07:27
39	256	Hugo Couto	EQUIPA JOAO FERREIRA	Senior Masculino	03:06:47	+49:23	07:28
40	176	Renato Lopes	MJS RUNNERS	Senior Masculino	03:09:03	+51:39	07:34
41	89	andré de gonçalves	Individual	Senior Masculino	03:11:40	+54:16	07:40
42	27	Fernando Ismael Oliveira Nogueira	Amigos do Pedal TraiLagares	Senior Masculino	03:12:05	+54:40	07:41
43	98	Gilberto Sousa	Individual	Senior Masculino	03:14:49	+57:25	07:48
44	107	Marco Paulo Sousa Ferreira	Individual	Senior Masculino	03:17:06	+59:42	07:53
45	40	Nuno Ribeiro	CCD - SIEMENS	Senior Masculino	03:17:53	+01:00:28	07:55
46	119	Telmo António Sousa Ferreira	Individual	Senior Masculino	03:19:05	+01:01:40	07:58
47	239	Fernando Leite	TNT - Trilhos Natura Team	Senior Masculino	03:20:37	+01:03:13	08:02
48	42	Bruno Gomes	CROCODILOS/MISTERPC	Senior Masculino	03:20:44	+01:03:19	08:02
49	112	Paulo Renato Cardoso Pinto de Sá	Individual	Senior Masculino	03:20:48	+01:03:23	08:02
50	105	Jorge Ascenção	Individual	Senior Masculino	03:25:44	+01:08:20	08:14
51	6	Marco Machado	Afrikanrunners	Senior Masculino	03:28:21	+01:10:56	08:20
52	104	Hugo ferreira	Individual	Senior Masculino	03:29:50	+01:12:26	08:24
53	247	Simão Sousa	Moinhos RUn ADRM	Senior Masculino	03:30:03	+01:12:39	08:24
54	96	Eurico Mateus	Individual	Senior Masculino	03:30:48	+01:13:24	08:26
55	209	Vitor Manuel Oliveira Coelho	Pernetas	Senior Masculino	03:36:12	+01:18:48	08:39
56	120	Toni Ferreira	Individual	Senior Masculino	03:37:28	+01:20:03	08:42
57	187	João Alves	Monte dos Amigos/Juventude Ribeiras	Senior Masculino	03:37:42	+01:20:17	08:42

Trail Longo 25K

25 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

58	189	Miguel Pinto	Monte dos Amigos/Juventude Ribeiras	Senior Masculino	03:37:43	+01:20:18	08:43
59	79	Luis Vaz	GTT - ARMAZÉM DO CAFFÈ	Senior Masculino	03:38:30	+01:21:05	08:44
60	224	João Soares	Runners On Fire	Senior Masculino	03:41:19	+01:23:55	08:51
61	100	Helder José da rocha Oliveira	Individual	Senior Masculino	03:41:42	+01:24:17	08:52
62	38	João Pedro Monteiro	Budeguitas Runners	Senior Masculino	03:43:36	+01:26:11	08:57
63	90	António Veríssimo de Freitas	Individual	Senior Masculino	03:44:47	+01:27:22	08:59
64	182	Ricardo Rocha	Mocidade Sangemil	Senior Masculino	03:45:22	+01:27:57	09:01
65	34	Nelson Sousa	BiaTeam 2016	Senior Masculino	03:46:59	+01:29:35	09:05
66	179	Ricardo Jorge Landim Pinto	Mocidade Invicta FC	Senior Masculino	03:48:12	+01:30:47	09:08
67	180	Ricardo Manuel Vasconcelos Carvalho	Mocidade Invicta FC	Senior Masculino	03:48:12	+01:30:47	09:08
68	225	Manuel Aires	Runners On Fire	Senior Masculino	03:50:09	+01:32:44	09:12
69	97	Filipe Daniel Pereira Bessa	Individual	Senior Masculino	03:51:44	+01:34:19	09:16
70	94	Bruno Pereira	Individual	Senior Masculino	03:53:23	+01:35:59	09:20
71	237	António Pinheiro	Team DUAS FACES	Senior Masculino	04:02:11	+01:44:47	09:41
72	118	Rui Miguel Dias Quntas	Individual	Senior Masculino	04:10:23	+01:52:59	10:01
73	93	Bruno Miguel Araújo Pinto	Individual	Senior Masculino	04:15:55	+01:58:30	10:14
74	174	Igor Emanuel de Castro Couto	Maia & Couto	Senior Masculino	04:30:27	+02:13:02	10:49
75	223	Alfredo Daniel Sousa	Runners On Fire	Senior Masculino	04:30:28	+02:13:04	10:49
76	117	Rúben Augusto Rocha Sousa Pinhão Maia	Individual	Senior Masculino	04:30:34	+02:13:09	10:49
77	222	Agostinho Ribeiro	Runners On Fire	Senior Masculino	04:41:03	+02:23:39	11:15
78	16	Filipe Medeiros	All About	Senior Masculino	04:56:33	+02:39:09	11:52
79	199	Bruno Lima	Nascidos Para Correr	Senior Masculino	05:22:02	+03:04:37	12:53

Veterana F40

1	72	Lucinda Sousa	GONDOMAR FUTSAL CLUBE	Veterana F40	02:26:34		05:52
2	202	Alexandra Fernandes	Nascidos Para Correr	Veterana F40	02:49:46	+23:13	06:47
3	159	Ercilia Pereira	Invicta Runners Team	Veterana F40	03:00:48	+34:14	07:14
4	253	Mira Matias	Nascidos Para Correr	Veterana F40	03:03:18	+36:45	07:20
5	123	Sofia Coelho	Individual	Veterana F40	03:10:56	+44:22	07:38
6	121	Carla Gonçalves	Individual	Veterana F40	03:18:49	+52:15	07:57
7	167	Lá Salete Pinto	LEõES DE TARDARIZ TRAIL	Veterana F40	03:21:24	+54:51	08:03
8	234	Fátima Vieira	Somos Nós Team	Veterana F40	03:23:25	+56:51	08:08
9	65	Aida Presa	Girls4run	Veterana F40	03:25:07	+58:34	08:12
10	122	Ivone Ferreira	Individual	Veterana F40	03:41:03	+01:14:30	08:51
11	56	SANDRA CUNHA	EQUIPA JOAO FERREIRA	Veterana F40	03:48:45	+01:22:11	09:09
12	160	Isabel Mariani	Invicta Runners Team	Veterana F40	03:49:48	+01:23:15	09:12
13	235	Minda Coelho	Somos Nós Team	Veterana F40	03:52:10	+01:25:37	09:17
14	124	Susana Luís	Individual	Veterana F40	04:10:22	+01:43:49	10:01
15	43	Cristina Dias	CTAD - Trilhos de Cinfães	Veterana F40	04:10:23	+01:43:49	10:01
16	195	Carla Caria	Moreira Relax Runners	Veterana F40	04:27:48	+02:01:15	10:43
17	203	Sonia Lima	Nascidos Para Correr	Veterana F40	05:22:01	+02:55:27	12:53

Trail Longo 25K

25 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

Veterana F50

1	80	Conceição Queiroz	GTT - ARMAZÉM DO CAFFÈ	Veterana F50	03:06:47		07:28
2	183	Margarida Martins	Mocidade Sangemil	Veterana F50	03:45:22	+38:35	09:01
3	161	Paula Chaves	Invicta Runners Team	Veterana F50	04:17:23	+01:10:37	10:18

Veterano M40

1	230	ARMANDINO TABORDA	SATECNOSOL OUTDOOR LASPORTIVA	Veterano M40	02:03:35		04:57
2	63	PEDRO SANTOS	Fugitivos Urbanos - Clínica + Saúde	Veterano M40	02:09:56	+06:21	05:12
3	128	António Martins	Individual	Veterano M40	02:10:10	+06:35	05:12
4	64	Joaquim Manuel Martins Freitas	GDR RETORTA	Veterano M40	02:14:01	+10:26	05:22
5	248	Hugo Romano	Moinhos RUn ADRM	Veterano M40	02:18:21	+14:46	05:32
6	242	Henrique Faria	Individual	Veterano M40	02:30:43	+27:09	06:02
7	62	Vitor Barroso	fontainhas runners	Veterano M40	02:31:01	+27:26	06:02
8	31	Carlos fernandes	AS BELAS E ELES	Veterano M40	02:31:35	+28:00	06:04
9	44	José Carlos F. Dias	CTAD - Trilhos de Cinfães	Veterano M40	02:31:44	+28:09	06:04
10	74	José Paulo Ribeiro	GONDOMAR FUTSAL CLUBE	Veterano M40	02:32:35	+29:01	06:06
11	212	António Borges	Porto Sentido Runners	Veterano M40	02:37:44	+34:09	06:19
12	177	Ciano Ribeiro	MJS RUNNERS	Veterano M40	02:39:29	+35:55	06:23
13	61	Ricardo Rocha	FAST AO KM	Veterano M40	02:47:14	+43:39	06:41
14	149	Telmo Da Silva	Individual	Veterano M40	02:47:24	+43:50	06:42
15	14	Pedro Azevedo	Afrikanrunners	Veterano M40	02:48:15	+44:40	06:44
16	148	Sérgio Miguel Batista Couto	Individual	Veterano M40	02:49:25	+45:50	06:47
17	52	Joaquim Coelho	Ei Team Trail	Veterano M40	02:49:40	+46:06	06:47
18	194	Jorge Pinheiro	Monte dos Amigos/Juventude Ribeiras	Veterano M40	02:49:48	+46:14	06:48
19	146	Rui Silva	Individual	Veterano M40	02:50:18	+46:43	06:49
20	140	Miguel Moura	Individual	Veterano M40	02:53:35	+50:01	06:57
21	131	Francisco JS Silva	Individual	Veterano M40	02:56:11	+52:36	07:03
22	138	LUIS MIGUEL ALVES DE FREITAS RIBEIRO	Individual	Veterano M40	02:57:24	+53:50	07:06
23	13	Nelson Nunes	Afrikanrunners	Veterano M40	02:58:59	+55:24	07:10
24	12	jorge nunes	Afrikanrunners	Veterano M40	02:58:59	+55:25	07:10
25	249	Pedro Vieira	Moinhos RUn ADRM	Veterano M40	03:00:11	+56:36	07:12
26	251	Luis Lobo	Altitudes Trail Team	Veterano M40	03:00:32	+56:57	07:13
27	218	Prieto Morais	RollingAventura/GrupoVC	Veterano M40	03:00:45	+57:10	07:14
28	41	VITOR COELHO	Clube Desportivo Cepsa	Veterano M40	03:01:17	+57:43	07:15
29	137	José Manuel Ferreira	Individual	Veterano M40	03:02:19	+58:44	07:18
30	135	JORGE AMADEU MOREIRA DE SOUSA	Individual	Veterano M40	03:02:20	+58:45	07:18
31	49	Manuel Santos	Douroconta - Gabinete de Apoio e Contabilidade	Veterano M40	03:02:59	+59:24	07:19
32	227	Justino Soares	Runners On Fire	Veterano M40	03:03:20	+59:45	07:20
33	217	Luis Ribeiro	RollingAventura/GrupoVC	Veterano M40	03:03:31	+59:56	07:20
34	143	Nelson Santos	Individual	Veterano M40	03:04:15	+01:00:40	07:22

Trail Longo 25K

25 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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35	207	Pedro Pratas	PAREDES AVENTURA	Veterano M40	03:04:15	+01:00:41	07:22
36	51	Filipe Escobar	Ei Team Trail	Veterano M40	03:05:51	+01:02:17	07:26
37	244	Paulo Martins	Moinhos RUn ADRM	Veterano M40	03:06:24	+01:02:49	07:27
38	58	Orlando Costa	EQUIPA JOAO FERREIRA	Veterano M40	03:06:27	+01:02:52	07:27
39	76	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	03:06:38	+01:03:04	07:28
40	129	David Martims	Individual	Veterano M40	03:06:42	+01:03:08	07:28
41	213	Carlos Duarte	Porto Sentido Runners	Veterano M40	03:06:45	+01:03:10	07:28
42	59	SÉRGIO DIAS	EQUIPA JOAO FERREIRA	Veterano M40	03:06:47	+01:03:13	07:28
43	11	Emanuel Martins	Afrikanrunners	Veterano M40	03:07:35	+01:04:00	07:30
44	20	Eduardo Pinto	Individual	Veterano M40	03:07:53	+01:04:19	07:31
45	22	Paulo Melo	All About	Veterano M40	03:11:01	+01:07:27	07:38
46	21	Mário Pereira	All About	Veterano M40	03:11:02	+01:07:27	07:38
47	169	Pedro Ferreira	LEõES DE TARDARIZ TRAIL	Veterano M40	03:11:52	+01:08:18	07:41
48	216	José Moita	RollingAventura/GrupoVC	Veterano M40	03:13:15	+01:09:40	07:44
49	141	Miguel Rocha	Individual	Veterano M40	03:14:10	+01:10:36	07:46
50	39	Tiago Amorim	Budeguitas Runners	Veterano M40	03:14:37	+01:11:02	07:47
51	147	rui sousa martins	Individual	Veterano M40	03:16:14	+01:12:39	07:51
52	136	Jorge Rodrigues	Individual	Veterano M40	03:17:41	+01:14:06	07:54
53	132	Francisco Monteiro	Individual	Veterano M40	03:21:25	+01:17:51	08:03
54	10	Domingos Gonçalves	Afrikanrunners	Veterano M40	03:22:23	+01:18:48	08:06
55	144	Pedro Pereira	Individual	Veterano M40	03:22:25	+01:18:50	08:06
56	37	Paulo Nunes	BTT Alegria / TUBANI	Veterano M40	03:25:07	+01:21:33	08:12
57	75	Paulo Gama	GONDOMAR FUTSAL CLUBE	Veterano M40	03:28:40	+01:25:06	08:21
58	36	Francisco Silva	BTT Alegria / TUBANI	Veterano M40	03:30:46	+01:27:12	08:26
59	35	Daniel Barbosa	BTT Alegria / TUBANI	Veterano M40	03:30:46	+01:27:12	08:26
60	142	Nelson Manuel Mamede de Castro	Individual	Veterano M40	03:31:41	+01:28:07	08:28
61	210	Mario Cardoso	Pernetas	Veterano M40	03:36:12	+01:32:38	08:39
62	126	Alexandre Sousa	Individual	Veterano M40	03:36:26	+01:32:51	08:39
63	163	Rómulo Silva	KeMedo Team	Veterano M40	03:38:04	+01:34:29	08:43
64	139	Luís Sousa	Individual	Veterano M40	03:43:41	+01:40:07	08:57
65	125	Adalberto Figueiredo	Individual	Veterano M40	03:45:58	+01:42:24	09:02
66	162	Bernardino Andrade	Invicta Runners Team	Veterano M40	03:49:48	+01:46:14	09:12
67	127	Antonio Luis Rebelo Azevedo	Individual	Veterano M40	03:50:20	+01:46:45	09:13
68	190	Paulo Morais	Monte dos Amigos/Juventude Ribeiras	Veterano M40	03:53:58	+01:50:24	09:22
69	168	Manuel Alvarino	LEõES DE TARDARIZ TRAIL	Veterano M40	04:05:11	+02:01:36	09:48
70	196	Fernando Monteiro	Moreira Relax Runners	Veterano M40	04:27:49	+02:24:14	10:43
71	232	Álvaro Costa	SETE	Veterano M40	04:44:04	+02:40:30	11:22
72	255	Rui Cardoso	Individual	Veterano M40	04:46:03	+02:42:28	11:27

Veterano M50

1	151	David Fernando da Rocha Tavares	CENTRO CICLISTA DE GONDOMAR	Veterano M50	02:20:59		05:38
2	157	Manuel Sousa	Individual	Veterano M50	02:25:56	+04:57	05:50
3	150	Carlos Natividade Silva	Individual	Veterano M50	02:39:58	+19:00	06:24
4	219	Cristiano Anjos	RollingAventura/GrupoVC	Veterano M50	03:00:43	+39:45	07:14

Trail Longo 25K

25 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

5	204	Manuel Carriço	Nascidos Para Correr	Veterano M50	03:04:05	+43:07	07:22
6	154	JOSE DUARTE	Individual	Veterano M50	03:05:56	+44:57	07:26
7	220	Serafim Bastos	RollingAventura/GrupoVC	Veterano M50	03:07:59	+47:00	07:31
8	171	Joaquim Leite	LEõES DE TARDARIZ TRAIL	Veterano M50	03:09:32	+48:34	07:35
9	156	Manuel da Cunha Póvoas	Individual	Veterano M50	03:10:19	+49:20	07:37
10	155	Manuel António Rocha Ribeiro	Individual	Veterano M50	03:12:25	+51:26	07:42
11	153	João Silva	Individual	Veterano M50	03:30:41	+01:09:43	08:26
12	28	emidio pontes	amigos s.pedro da cova	Veterano M50	03:35:46	+01:14:47	08:38
13	60	Manuel Cunha Lima	EXPERIENCIAR	Veterano M50	03:36:45	+01:15:47	08:40
14	170	António Pinto	LEõES DE TARDARIZ TRAIL	Veterano M50	03:37:18	+01:16:20	08:42
15	29	paulo fonseca	amigos s.pedro da cova	Veterano M50	03:44:25	+01:23:26	08:59

Veterano M60

1	77	António Rocha	GONDOMAR FUTSAL CLUBE	Veterano M60	02:41:28		06:28
2	164	Agostinho Sousa	Kunalama Runners	Veterano M60	02:56:56	+15:29	07:05
3	205	Manuel Sampaio	Nascidos Para Correr	Veterano M60	02:58:39	+17:12	07:09
4	240	JOsé Carlos Pereira Gomes	Weteach Run Team	Veterano M60	03:22:04	+40:37	08:05
5	254	Virgilio Palmeiro	Nascidos Para Correr	Veterano M60	03:22:25	+40:57	08:06
6	158	EDUARDO MEDEIROS	Individual	Veterano M60	03:27:42	+46:15	08:19
7	30	serafim fonseca	amigos s.pedro da cova	Veterano M60	03:43:41	+01:02:13	08:57

EQUIPAS 25K

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	GONDOMAR FUTSAL CLUBE	5 + 11 + 20	36
2	Douroconta - Gabinete de Apoio e Contabilidade	7 + 14 + 28	49
3	Moinhos RUn ADRM	6 + 31 + 43	80
4	Monte dos Amigos/Juventude Ribeiras	17 + 23 + 49	89
5	Afrikanrunners	13 + 39 + 61	113
6	Nascidos Para Correr	46 + 47 + 55	148
7	Ei Team Trail	30 + 45 + 88	163
8	RollingAventura/GrupoVC	67 + 68 + 80	215
9	All About	21 + 109 + 110	240
10	LEõES DE TARDARIZ TRAIL	56 + 106 + 112	274
11	EQUIPA JOAO FERREIRA	94 + 100 + 101	295
12	Pernetas	51 + 151 + 152	354
13	Runners On Fire	79 + 162 + 182	423
14	BTT Alegria / TUBANI	137 + 145 + 146	428
15	Invicta Runners Team	69 + 180 + 181	430
16	amigos s.pedro da cova	150 + 166 + 168	484
17	Somos Nós Team	135 + 185 + 186	506