

Classificação Geral Conjunta - Trail Longo 30km

| Pos. | Dorsal | Nome | Equipa | Categ. | Pos. Categ | Tempo | T/Km. | Dif. |
|------|--------|--------------------|-----------------------------|--------|------------|-------------------|-------|---------|
| 1 | 533 | Moreira, Bruno | Amigos do Pedal TrailAgares | 30SEM | 1 | 2:22:21.07 | 05:42 | |
| 2 | 520 | Monteiro, Ricardo | Vizela | 30SEM | 2 | 2:24:22.87 | 05:47 | 0:02:02 |
| 3 | 515 | Leão, César | UNIDADE ESPECIAL DE CORRIDA | 30SEM | 3 | 2:31:15.77 | 06:03 | 0:08:55 |
| 4 | 521 | GOMES, DOMINGOS | Individual | 30M40 | 1 | 2:33:55.74 | 06:09 | 0:11:35 |
| 5 | 535 | Teixeira, Amadeu | | 30M50 | 1 | 2:38:25.71 | 06:20 | 0:16:05 |
| 6 | 518 | Caldas, Paulo | Vizela | 30M40 | 2 | 2:39:26.73 | 06:23 | 0:17:06 |
| 7 | 530 | Rocha, Antonio | Gondomar Futsal Clube | 30M50 | 2 | 2:41:51.35 | 06:28 | 0:19:30 |
| 8 | 516 | MARTINS, PAULO | Individual | 30M40 | 3 | 2:47:46.27 | 06:43 | 0:25:25 |
| 9 | 503 | Santos, Henrique | Individual | 30M40 | 4 | 2:58:37.55 | 07:09 | 0:36:17 |
| 10 | 517 | Gomes, António | C-Fit | 30M40 | 5 | 3:01:10.40 | 07:15 | 0:38:49 |
| 11 | 525 | Oliveira, José | GUIMARUNIG MOSCADA | 30M40 | 6 | 3:01:16.07 | 07:15 | 0:38:55 |
| 12 | 523 | Sousa, José | JOSE SOUSA | 30M50 | 3 | 3:04:39.83 | 07:23 | 0:42:19 |
| 13 | 502 | RIBEIRO, LUIS | INDIVIDUAL | 30M40 | 7 | 3:08:22.69 | 07:32 | 0:46:02 |
| 14 | 509 | Freitas, Paulo | Gri Gri Team | 30SEM | 4 | 3:10:04.86 | 07:36 | 0:47:44 |
| 15 | 529 | Gomes, Liliana | Dr Merino/ Nutrifit | 30SEF | 1 | 3:12:15.99 | 07:41 | 0:49:55 |
| 16 | 510 | Manuel, Jose | Individual | 30M40 | 8 | 3:19:07.52 | 07:58 | 0:56:47 |
| 17 | 534 | Couto, José | MRR | 30SEM | 5 | 3:21:56.63 | 08:05 | 0:59:36 |
| 18 | 500 | Magano, Paulo | Ctadtrilhosdecinaes | 30SEM | 6 | 3:22:01.99 | 08:05 | 0:59:41 |
| 19 | 512 | fernandes, Hugo | Into the wild | 30SEM | 7 | 3:23:05.25 | 08:07 | 1:00:44 |
| 20 | 508 | Teixeira, Manuel | Haaventuras-Lousadarunners | 30M50 | 4 | 3:24:36.06 | 08:11 | 1:02:15 |
| 21 | 514 | Gomes, Jose | Individual | 30M40 | 9 | 3:26:25.48 | 08:15 | 1:04:04 |
| 22 | 507 | Gonçalves, Ricardo | Indu | 30SEM | 8 | 3:26:26.62 | 08:15 | 1:04:06 |
| 23 | 522 | SANTOS, MARTINHO | Individual | 30M40 | 10 | 3:29:24.61 | 08:23 | 1:07:04 |
| 24 | 506 | MOREIRA, ARNALDO | LOUSADA RUNNERS | 30M50 | 5 | 3:40:47.59 | 08:50 | 1:18:27 |
| 25 | 505 | Cunha, Nuno | Individual | 30M40 | 11 | 3:41:35.13 | 08:52 | 1:19:14 |
| 26 | 504 | MIRANDA, ANTONIO | Individual | 30M50 | 6 | 3:56:00.46 | 09:26 | 1:33:39 |
| 27 | 308 | Reis, Adriano | Amigos do Pedal TrailAgares | 30SEM | 9 | 3:59:22.09 | 09:34 | 1:37:01 |

Classificação Geral Feminina - Trail Longo 30km

| Pos. | Dorsal | Nome | Equipa | Categ. | Pos. Categ | Tempo | T/Km. | Dif. |
|------|--------|----------------|---------------------|--------|------------|-------------------|-------|------|
| 1 | 529 | Gomes, Liliana | Dr Merino/ Nutrifit | 30SEF | 1 | 3:12:15.99 | 07:41 | |

Classificação Geral Masculina - Trail Longo 30km

| Pos. | Dorsal | Nome | Equipa | Categ. | Pos. Categ | Tempo | T/Km. | Dif. |
|------|--------|--------------------|------------------------------|--------|------------|-------------------|-------|---------|
| 1 | 533 | Moreira, Bruno | Amigos do Pedal TrailLagares | 30SEM | 1 | 2:22:21.07 | 05:42 | |
| 2 | 520 | Monteiro, Ricardo | Vizela | 30SEM | 2 | 2:24:22.87 | 05:47 | 0:02:02 |
| 3 | 515 | Leão, César | UNIDADE ESPECIAL DE CORRIDA | 30SEM | 3 | 2:31:15.77 | 06:03 | 0:08:55 |
| 4 | 521 | GOMES, DOMINGOS | Individual | 30M40 | 1 | 2:33:55.74 | 06:09 | 0:11:35 |
| 5 | 535 | Teixeira, Amadeu | | 30M50 | 1 | 2:38:25.71 | 06:20 | 0:16:05 |
| 6 | 518 | Caldas, Paulo | Vizela | 30M40 | 2 | 2:39:26.73 | 06:23 | 0:17:06 |
| 7 | 530 | Rocha, Antonio | Gondomar Futsal Clube | 30M50 | 2 | 2:41:51.35 | 06:28 | 0:19:30 |
| 8 | 516 | MARTINS, PAULO | Individual | 30M40 | 3 | 2:47:46.27 | 06:43 | 0:25:25 |
| 9 | 503 | Santos, Henrique | Individual | 30M40 | 4 | 2:58:37.55 | 07:09 | 0:36:17 |
| 10 | 517 | Gomes, António | C-Fit | 30M40 | 5 | 3:01:10.40 | 07:15 | 0:38:49 |
| 11 | 525 | Oliveira, José | GUIMARUNIG MOSCADA | 30M40 | 6 | 3:01:16.07 | 07:15 | 0:38:55 |
| 12 | 523 | Sousa, José | JOSE SOUSA | 30M50 | 3 | 3:04:39.83 | 07:23 | 0:42:19 |
| 13 | 502 | RIBEIRO, LUIS | INDIVIDUAL | 30M40 | 7 | 3:08:22.69 | 07:32 | 0:46:02 |
| 14 | 509 | Freitas, Paulo | Gri Gri Team | 30SEM | 4 | 3:10:04.86 | 07:36 | 0:47:44 |
| 15 | 510 | Manuel, Jose | Individual | 30M40 | 8 | 3:19:07.52 | 07:58 | 0:56:47 |
| 16 | 534 | Couto, José | MRR | 30SEM | 5 | 3:21:56.63 | 08:05 | 0:59:36 |
| 17 | 500 | Magano, Paulo | Ctadtrilhosdecinfaes | 30SEM | 6 | 3:22:01.99 | 08:05 | 0:59:41 |
| 18 | 512 | fernandes, Hugo | Into the wild | 30SEM | 7 | 3:23:05.25 | 08:07 | 1:00:44 |
| 19 | 508 | Teixeira, Manuel | Haaventuras-Lousadarunners | 30M50 | 4 | 3:24:36.06 | 08:11 | 1:02:15 |
| 20 | 514 | Gomes, Jose | Individual | 30M40 | 9 | 3:26:25.48 | 08:15 | 1:04:04 |
| 21 | 507 | Gonçalves, Ricardo | Indu | 30SEM | 8 | 3:26:26.62 | 08:15 | 1:04:06 |
| 22 | 522 | SANTOS, MARTINHO | Individual | 30M40 | 10 | 3:29:24.61 | 08:23 | 1:07:04 |
| 23 | 506 | MOREIRA, ARNALDO | LOUSADA RUNNERS | 30M50 | 5 | 3:40:47.59 | 08:50 | 1:18:27 |
| 24 | 505 | Cunha, Nuno | Individual | 30M40 | 11 | 3:41:35.13 | 08:52 | 1:19:14 |
| 25 | 504 | MIRANDA, ANTONIO | Individual | 30M50 | 6 | 3:56:00.46 | 09:26 | 1:33:39 |
| 26 | 308 | Reis, Adriano | Amigos do Pedal TrailLagares | 30SEM | 9 | 3:59:22.09 | 09:34 | 1:37:01 |

Classificação por Categorias - Trail Longo 30km

Classificação Veteranos Masc M50 - Trail Longo 30km

| Pos. Categ | Nome | Equipa | Tempo |
|------------|------------------|----------------------------|---------|
| 1 | Teixeira, Amadeu | | 2:38:25 |
| 2 | Rocha, Antonio | Gondomar Futsal Clube | 2:41:51 |
| 3 | Sousa, José | JOSE SOUSA | 3:04:39 |
| 4 | Teixeira, Manuel | Haaventuras-Lousadarunners | 3:24:36 |
| 5 | MOREIRA, ARNALDO | LOUSADA RUNNERS | 3:40:47 |
| 6 | MIRANDA, ANTONIO | Individual | 3:56:00 |

Classificação Veteranos Masc M40 - Trail Longo 30km

| Pos. Categ | Nome | Equipa | Tempo |
|------------|------------------|--------------------|---------|
| 1 | GOMES, DOMINGOS | Individual | 2:33:55 |
| 2 | Caldas, Paulo | Vizela | 2:39:26 |
| 3 | MARTINS, PAULO | Individual | 2:47:46 |
| 4 | Santos, Henrique | Individual | 2:58:37 |
| 5 | Gomes, António | C-Fit | 3:01:10 |
| 6 | Oliveira, José | GUIMARUNIG MOSCADA | 3:01:16 |
| 7 | RIBEIRO, LUIS | INDIVIDUAL | 3:08:22 |
| 8 | Manuel, Jose | Individual | 3:19:07 |
| 9 | Gomes, Jose | Individual | 3:26:25 |
| 10 | SANTOS, MARTINHO | Individual | 3:29:24 |
| 11 | Cunha, Nuno | Individual | 3:41:35 |

Classificação Seniores Fem - Trail Longo 30km

| Pos. Categ | Nome | Equipa | Tempo |
|------------|----------------|---------------------|---------|
| 1 | Gomes, Liliana | Dr Merino/ Nutrifit | 3:12:15 |

Classificação Seniores Masc - Trail Longo 30km

| Pos. Categ | Nome | Equipa | Tempo |
|------------|--------------------|------------------------------|---------|
| 1 | Moreira, Bruno | Amigos do Pedal TrailLagares | 2:22:21 |
| 2 | Monteiro, Ricardo | Vizela | 2:24:22 |
| 3 | Leão, César | UNIDADE ESPECIAL DE CORRIDA | 2:31:15 |
| 4 | Freitas, Paulo | Gri Gri Team | 3:10:04 |
| 5 | Couto, José | MRR | 3:21:56 |
| 6 | Magano, Paulo | Ctadtrilhosdecinfaes | 3:22:01 |
| 7 | fernandes, Hugo | Into the wild | 3:23:05 |
| 8 | Gonçalves, Ricardo | Indu | 3:26:26 |
| 9 | Reis, Adriano | Amigos do Pedal TrailLagares | 3:59:22 |