

TRAIL LONGO - STAGE 1

40 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
83	663	Tomé pinto	individual	Senior Masculino	06:00:07	+01:46:27	09:00
84	820	Jaime Couto	stpeters	Veterano M40	06:00:23	+01:46:43	09:01
85	755	Júlio Marques	montanha clube trail running/efapel	Veterano M50	06:03:08	+01:49:28	09:05
86	756	Renato Barros	montanha clube trail running/efapel	Veterano M50	06:03:08	+01:49:28	09:05
87	802	Paulo Polónio	runner´s do demo	Senior Masculino	06:03:45	+01:50:05	09:06
88	655	Ricardo Jorge Teixeira Duarte	individual	Senior Masculino	06:05:54	+01:52:14	09:09
89	772	Susana Bernardo	opracante.pt	Senior Feminino	06:09:00	+01:55:20	09:14
90	832	Catarina Fernandes	viriahtvs runners viseu	Senior Feminino	06:10:12	+01:56:31	09:15
91	590	Helder Silva	gtt - armazém do caffè	Senior Masculino	06:11:32	+01:57:52	09:17
92	701	Nuno Sérgio de Vasconcelos Ferreira	individual	Veterano M40	06:12:54	+01:59:14	09:19
93	749	Rui da Silva Santos	liketomove	Senior Masculino	06:12:54	+01:59:14	09:19
94	670	Alexandra Fernandes	individual	Veterana F50	06:14:19	+02:00:39	09:21
95	581	Andreia Amorim	gondomar futsal clube	Senior Feminino	06:14:19	+02:00:39	09:21
96	610	Estela Martins	individual	Senior Feminino	06:14:19	+02:00:39	09:21
97	731	Pedro santos	j&p running	Senior Masculino	06:15:00	+02:01:20	09:23
98	799	Andreia Oliveira	runner´s do demo	Senior Feminino	06:15:10	+02:01:30	09:23
99	801	Nuno Oliveira	runner´s do demo	Senior Masculino	06:15:10	+02:01:30	09:23
100	565	Pedro Santos	factor x/s4l/medensefc	Senior Masculino	06:16:01	+02:02:21	09:24
101	712	Viriato Gil Tavares Almeida	individual	Veterano M40	06:16:32	+02:02:52	09:25
102	769	Pedro Pisco	nice runners	Veterano M40	06:16:48	+02:03:08	09:25
103	135	Bruno Monteiro	lion runners - g. d. leões da guarda	Senior Masculino	06:16:49	+02:03:09	09:25
104	632	Helder Parracho	individual	Senior Masculino	06:17:08	+02:03:28	09:26
105	786	Nelson Duarte	outsiders trail team	Veterano M40	06:18:44	+02:05:04	09:28
106	814	Joao Barbosa	ss montepio	Senior Masculino	06:20:20	+02:06:40	09:31
107	718	José Carlos Rodrigues de Carvalho	individual	Veterano M50	06:20:20	+02:06:40	09:31
108	759	filipe ferreira	marco trail	Senior Masculino	06:20:51	+02:07:11	09:31
109	850	Álvaro Nunes	individual	Veterano M40	06:20:54	+02:07:14	09:31
110	758	dionisio ferreira	marco trail	Senior Masculino	06:21:16	+02:07:36	09:32
111	572	António Carlos	fridão sem limites	Veterano M50	06:21:23	+02:07:43	09:32
112	522	Sérgio Miguel Batista Couto	budeguita runners	Veterano M40	06:22:28	+02:08:48	09:34
113	569	Michel Almeida	fisiofute trail runing	Veterano M40	06:22:29	+02:08:49	09:34
114	596	Albino Campos	gtt - armazém do caffè	Veterano M50	06:23:14	+02:09:34	09:35
115	733	José Miguel Freitas Teixeira	josé miguel	Senior Masculino	06:23:19	+02:09:39	09:35
116	763	Luisa cruz	moinhos run-adrm	Senior Feminino	06:23:49	+02:10:09	09:36
117	811	Emidio Santos	sigmarunners	Veterano M50	06:24:07	+02:10:27	09:36
118	680	David Almeida Assis	individual	Veterano M40	06:24:11	+02:10:31	09:36
119	575	Rui Viegas	galhardos runners	Senior Masculino	06:25:19	+02:11:38	09:38
120	789	Bruno Julião	pés troikados - cscs	Senior Masculino	06:26:30	+02:12:50	09:40
121	685	Flavio monteiro	individual	Veterano M40	06:26:55	+02:13:15	09:40
122	538	João Moutinho	crocodilos / misterpc	Senior Masculino	06:28:36	+02:14:56	09:43
123	683	Emanuel Gomes da Costa	individual	Veterano M40	06:28:48	+02:15:08	09:43
124	510	José Madureira	amigo trail run	Senior Masculino	06:28:55	+02:15:15	09:43
125	753	Paulo Brás	lion runners - g. d. leões da guarda	Veterano M40	06:28:59	+02:15:19	09:43
126	664	Vitor Teixeira	individual	Senior Masculino	06:29:42	+02:16:02	09:45
127	584	Telmo Mendonça	gondomar futsal clube	Senior Masculino	06:30:22	+02:16:41	09:46

TRAIL LONGO - STAGE 1

40 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
173	546	João Teixeira	crocodilos / misterpc	Veterano M40	06:59:24	+02:45:43	10:29
174	708	Pedro Quadrio	individual	Veterano M40	06:59:51	+02:46:11	10:30
175	647	Nuno Santos	individual	Senior Masculino	07:02:36	+02:48:56	10:34
176	616	Adriano Jorge Oliveira Reis	individual	Senior Masculino	07:02:39	+02:48:59	10:34
177	828	Alcino Santos	vertical navis	Veterano M50	07:02:54	+02:49:14	10:34
178	829	Miguel Barnabé	vertical navis	Veterano M50	07:02:55	+02:49:15	10:34
179	751	Diogo Ramalhão	lion runners - g. d. leões da guarda	Senior Masculino	07:03:01	+02:49:21	10:35
180	630	Gonçalo Loureiro de Goes Pinheiro	individual	Senior Masculino	07:03:05	+02:49:25	10:35
181	501	Amílcar Teixeira	100meta	Senior Masculino	07:03:23	+02:49:43	10:35
182	624	Bruno Filipe Ribeiro Ferreira	individual	Senior Masculino	07:04:49	+02:51:09	10:37
183	646	Nuno Jesus	individual	Senior Masculino	07:07:48	+02:54:08	10:42
184	636	João Pedro Pinto Fonseca	individual	Senior Masculino	07:08:28	+02:54:48	10:43
185	790	Daniel Taborda	pés troikados - cscs	Senior Masculino	07:08:51	+02:55:11	10:43
186	800	Eduardo Ferreira	runner´s do demo	Senior Masculino	07:09:10	+02:55:30	10:44
187	710	Rui Martins	individual	Veterano M40	07:09:12	+02:55:32	10:44
188	783	Francisco Ferreira	os tolinhos	Veterano M50	07:12:15	+02:58:35	10:48
189	700	Nuno Ribeiro	individual	Veterano M40	07:12:58	+02:59:18	10:49
190	720	jose rodrigues costa	individual	Veterano M50	07:18:00	+03:04:20	10:57
191	530	Zé Luis	casa benfica santo tirso	Senior Masculino	07:21:08	+03:07:28	11:02
192	682	David Paulo Vieira Costa	individual	Veterano M40	07:21:11	+03:07:31	11:02
193	702	Paolo Pozzan	individual	Veterano M40	07:21:11	+03:07:31	11:02
194	857	atleta 857	individual	Senior Masculino	07:21:42	+03:08:02	11:03
195	677	Antero Cunha	individual	Veterano M40	07:21:54	+03:08:13	11:03
196	605	Ana Bernardo	individual	Senior Feminino	07:22:10	+03:08:30	11:03
197	743	AGOSTINHO SOUSA	kunalama runners	Veterano M60	07:24:21	+03:10:41	11:07
198	623	Bruno César Rentes Guerra	individual	Senior Masculino	07:24:24	+03:10:44	11:07
199	527	Luís Barata da Rocha	cães d'avenida	Veterano M40	07:24:25	+03:10:45	11:07
200	523	Francisco Gonçalves	cães d'avenida	Veterano M40	07:24:25	+03:10:45	11:07
201	525	João Lelis	cães d'avenida	Veterano M40	07:24:26	+03:10:46	11:07
202	851	Sérgio Cardoso	individual	Veterano M40	07:26:01	+03:12:21	11:09
203	604	Pedro Mata	hustle	Veterano M50	07:27:22	+03:13:42	11:11
204	705	Paulo Viana	individual	Veterano M40	07:28:05	+03:14:24	11:12
205	737	Jorge Coelho	juventude cortegacense	Veterano M40	07:28:43	+03:15:03	11:13
206	600	PEDRO BARROS	happyrun	Veterano M40	07:28:59	+03:15:18	11:13
207	837	José Santos	virithvs runners viseu	Veterano M40	07:31:36	+03:17:56	11:17
208	841	Sergio Ferreira Rodrigues	virithvs runners viseu	Veterano M50	07:31:36	+03:17:56	11:17
209	746	Miguel Ribeiro	les big mecs	Senior Masculino	07:33:02	+03:19:22	11:20
210	741	Rui Manuel Ribeiro Mesquita	ko trail running	Senior Masculino	07:33:02	+03:19:22	11:20
211	730	António Santos Pereira	invicta runners team	Veterano M60	07:33:53	+03:20:13	11:21
212	779	Sónia Almeida Filipe	os tolinhos	Senior Feminino	07:36:02	+03:22:22	11:24
213	611	Eva Steinkuhle	individual	Senior Feminino	07:36:13	+03:22:33	11:24
214	835	Maria Vale	virithvs runners viseu	Veterana F40	07:37:06	+03:23:26	11:26
215	833	Catarina Regalo	virithvs runners viseu	Senior Feminino	07:37:07	+03:23:26	11:26
216	603	Celso Alexandre Baptista Fernandes	hustle	Veterano M40	07:40:34	+03:26:54	11:31
217	515	José Amaro	aminhacorrida/myprotein	Veterano M40	07:43:46	+03:30:06	11:36

TRAIL LONGO - STAGE 1

40 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
218	514	Ana Amaro	aminhacorrida/myprotein	Veterana F40	07:43:46	+03:30:06	11:36
219	771	Filipe Barbosa	nocturnos de paredes	Senior Masculino	07:43:52	+03:30:12	11:36
220	598	Liliana Neto	halp	Senior Feminino	07:44:46	+03:31:06	11:37
221	633	Henrique Matos	individual	Senior Masculino	07:44:47	+03:31:06	11:37
222	599	Pedro Marques	halp	Senior Masculino	07:44:47	+03:31:07	11:37
223	629	Eduardo Castro	individual	Senior Masculino	07:45:46	+03:32:06	11:39
224	622	Antonio Santos	individual	Senior Masculino	07:46:30	+03:32:50	11:40
225	521	Nuno Rodrigues	budeguita runners	Veterano M40	07:46:34	+03:32:54	11:40
226	554	Carlos Manuel Magalhães	deixem passar os coxos	Veterano M50	07:51:09	+03:37:29	11:47
227	675	Amadeu Carvalho	individual	Veterano M40	07:51:57	+03:38:16	11:48
228	834	Dinis Martins	casa do benfica em cinfães	Veterano M40	07:52:53	+03:39:12	11:49
229	709	ROMÁN SÁNCHEZ HERNÁNDEZ	individual	Veterano M40	07:53:52	+03:40:11	11:51
230	695	José Pedro Pinto Silva	individual	Veterano M40	07:54:14	+03:40:33	11:51
231	666	Cristina Maria Fundevila Teixeira	individual	Veterana F40	07:54:14	+03:40:34	11:51
232	752	Maria Ricardo	lion runners - g. d. leões da guarda	Veterana F50	07:54:28	+03:40:48	11:52
233	754	Mário Soares	lion runners - g. d. leões da guarda	Veterano M50	07:54:28	+03:40:48	11:52
234	631	Helder José da rocha Oliveira	individual	Senior Masculino	08:00:00	+03:46:20	12:00
235	795	Carlos Passos	piratas running team	Veterano M40	08:00:49	+03:47:09	12:01
236	796	Celio Pereira	piratas running team	Veterano M40	08:00:50	+03:47:10	12:01
237	794	José Mario Pereira	piratas running team	Senior Masculino	08:01:08	+03:47:28	12:02
238	717	Joao Carlos Oliveira Barroso	individual	Veterano M50	08:02:45	+03:49:05	12:04
239	826	Patricia Madeira	vertical navis	Veterana F40	08:02:54	+03:49:14	12:04
240	827	Valdemar Cardoso	vertical navis	Veterano M40	08:02:56	+03:49:16	12:04
241	534	Rui Santos	blackbulls	Veterano M40	08:04:32	+03:50:52	12:07
242	839	Miguel Batista	viriativs runners viseu	Veterano M40	08:16:42	+04:03:01	12:25
243	840	Viriato Coelho	viriativs runners viseu	Veterano M40	08:16:42	+04:03:02	12:25
244	836	José Dias	viriativs runners viseu	Veterano M40	08:16:43	+04:03:03	12:25
245	732	Ricardo Ferreira	jorsat runners	Senior Masculino	08:20:47	+04:07:07	12:31
246	516	Nídia Valadares	associação de atletismo lebres do sado	Senior Feminino	08:20:48	+04:07:08	12:31
247	668	Malika SAYAD	individual	Veterana F40	08:21:04	+04:07:23	12:32
248	556	Anselmo Vieira	descola	Senior Masculino	08:24:47	+04:11:07	12:37
249	711	Sergio Silva	individual	Veterano M40	08:27:06	+04:13:26	12:41
250	519	Sandra Oliveira	budeguita runners	Veterana F40	08:27:07	+04:13:27	12:41
251	518	Bruno Espadeiro	be energy	Senior Masculino	08:27:38	+04:13:58	12:41
252	665	Carla Moreira	individual	Veterana F40	08:34:06	+04:20:26	12:51
253	727	Paulo Jorge Ferreira Ribeiro	invicta runners team	Veterano M40	08:35:37	+04:21:57	12:53
254	607	Carla Sofia Gonçalves Pinto	individual	Senior Feminino	08:36:38	+04:22:58	12:55
255	726	Fernando Jorge	invicta runners team	Veterano M40	08:38:21	+04:24:41	12:58
256	608	Cátia Santos	individual	Senior Feminino	08:40:41	+04:27:01	13:01
257	684	Estefânio da Silva Pinto	individual	Veterano M40	08:41:21	+04:27:41	13:02
258	669	Sónia Pereira	individual	Veterana F40	08:47:15	+04:33:35	13:11
259	619	André Silveira	individual	Senior Masculino	08:47:15	+04:33:35	13:11
260	760	Geraldo Gomes	marco trail	Veterano M50	08:54:33	+04:40:53	13:22
261	641	Márcio Ferreira	individual	Senior Masculino	08:55:59	+04:42:19	13:24
262	549	Sérgio Marques	crocodilos / misterpc	Veterano M40	08:59:43	+04:46:03	13:30

Trail Longo

40 KM



OFFICIAL RESULT

8	807	Nuno Miranda	RUNNER'S do DEMO	Veterano M40	05:28:20	+01:14:40	08:13
9	509	Fernando Oliveira	ALIANÇA DE GANDRA	Veterano M40	05:29:00	+01:15:20	08:14
10	687	Hugo Brito	Individual	Veterano M40	05:32:48	+01:19:08	08:19
11	681	David Alves	Individual	Veterano M40	05:34:11	+01:20:31	08:21
12	524	Gonçalo Pinheiro Torres	Cães d'Avenida	Veterano M40	05:36:56	+01:23:16	08:25
13	578	JOAQUIM SILVA	GDP - Grupo Desportivo da Pesqueira	Veterano M40	05:37:44	+01:24:04	08:27
14	676	André Figueiredo	Individual	Veterano M40	05:41:24	+01:27:44	08:32
15	547	Paulo Pelicano	CROCODILOS / MISTERPC	Veterano M40	05:43:02	+01:29:21	08:35
16	637	Bruno Cardoso Araújo	KeMedo Team	Veterano M40	05:43:08	+01:29:28	08:35
17	707	Pedro Mouro	Individual	Veterano M40	05:47:47	+01:34:06	08:42
18	568	JOÃO AGOSTINHO	FISIOFUTE TRAIL RUNNING	Veterano M40	05:49:08	+01:35:28	08:44
19	679	César Sousa	Individual	Veterano M40	05:51:26	+01:37:46	08:47
20	736	Joao Oliveira	Juventude Cortegacense	Veterano M40	05:52:52	+01:39:12	08:49
21	548	Rui Andrade	CROCODILOS / MISTERPC	Veterano M40	05:53:33	+01:39:52	08:50
22	706	Pedro Guimaraes	Individual	Veterano M40	05:55:35	+01:41:54	08:53
23	806	José Manuel Gomes Nunes	RUNNER'S do DEMO	Veterano M40	05:56:24	+01:42:44	08:55
24	586	Paulo Crespo	GTeam	Veterano M40	05:59:54	+01:46:14	09:00
25	689	João Martinho de Azevedo Sousa	Individual	Veterano M40	06:00:06	+01:46:26	09:00
26	820	Jaime Couto	STPETERS	Veterano M40	06:00:23	+01:46:43	09:01
27	701	Nuno Sérgio de Vasconcelos Ferreira	Individual	Veterano M40	06:12:54	+01:59:14	09:19
28	712	Viriato Gil Tavares Almeida	Individual	Veterano M40	06:16:32	+02:02:52	09:25
29	769	Pedro Pisco	Nice Runners	Veterano M40	06:16:48	+02:03:08	09:25
30	786	Nelson Duarte	Outsiders trail team	Veterano M40	06:18:44	+02:05:04	09:28
31	850	Álvaro Nunes	Individual	Veterano M40	06:20:54	+02:07:14	09:31
32	522	Sérgio Miguel Batista Couto	BUDEGUITA RUNNERS	Veterano M40	06:22:28	+02:08:48	09:34
33	569	Michel Almeida	FISIOFUTE TRAIL RUNNING	Veterano M40	06:22:29	+02:08:49	09:34
34	680	David Almeida Assis	Individual	Veterano M40	06:24:11	+02:10:31	09:36
35	685	Flavio monteiro	Individual	Veterano M40	06:26:55	+02:13:15	09:40
36	683	Emanuel Gomes da Costa	Individual	Veterano M40	06:28:48	+02:15:08	09:43
37	753	Paulo Brás	LION RUNNERS - G. D. LEÕES DA GUARDA	Veterano M40	06:28:59	+02:15:19	09:43
38	585	Pedro Matos	GONDOMAR FUTSAL CLUBE	Veterano M40	06:30:25	+02:16:45	09:46
39	674	Almeida Artur	Individual	Veterano M40	06:30:48	+02:17:08	09:46
40	785	Adriano Rocha	Outsiders trail team	Veterano M40	06:32:44	+02:19:04	09:49
41	748	Stephane Jorge	LES BIG MECS	Veterano M40	06:34:23	+02:20:43	09:52
42	725	David Sousa	Invicta Runners Team	Veterano M40	06:38:21	+02:24:41	09:58
43	595	Luis Miguel Lucas	GTT - Armazém do Caffè	Veterano M40	06:38:50	+02:25:10	09:58
44	520	Hendrik Wielinga	BUDEGUITA RUNNERS	Veterano M40	06:39:46	+02:26:05	10:00
45	699	Nuno José Fonseca Freitas	Individual	Veterano M40	06:40:01	+02:26:21	10:00
46	691	Jorge Nunes	Individual	Veterano M40	06:40:58	+02:27:17	10:01
47	815	Joao Cardoso	SS MONTEPIO	Veterano M40	06:42:23	+02:28:43	10:04
48	744	Jorge Domingues	LEBRES MINHOTAS	Veterano M40	06:44:02	+02:30:22	10:06
49	678	Antonio Fonseca	Individual	Veterano M40	06:44:51	+02:31:11	10:07
50	577	Fausto Neves	GDP - Grupo Desportivo da Pesqueira	Veterano M40	06:46:56	+02:33:16	10:10
51	713	vitor santos	Individual	Veterano M40	06:46:56	+02:33:16	10:10

TRAIL CURTO - STAGE 1

21 KM

R
REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
82	1641	Moises Rodrigues	runner's do demo	Veterano M40	02:48:49	+47:13	08:02
83	1327	Nuno Sérgio Teixeira Correia	individual	Senior Masculino	02:50:00	+48:23	08:06
84	1642	Fatima Coelho 0	somos nós team	Veterana F40	02:50:04	+48:28	08:06
85	1590	Liliana Sousa	paredes running	Senior Feminino	02:50:41	+49:05	08:08
86	1591	Luisa Pacheco	paredes running	Senior Feminino	02:50:42	+49:05	08:08
87	41	Nuno Maia	ctad-trilhos de cinfães	Senior Masculino	02:50:44	+49:08	08:08
88	1286	Dylan Martins	individual	Senior Masculino	02:51:06	+49:30	08:09
89	1523	João Tiago Costa	montanha clube trail running/efapel	Senior Masculino	02:51:08	+49:32	08:09
90	1574	Lourenço Teixeira	os lobos do saibro	Senior Masculino	02:51:40	+50:04	08:11
91	1078	Horácio de Sousa Pinto	café & restaurante tendais	Senior Masculino	02:52:31	+50:55	08:13
92	1634	Jaime Costa	rosário extreme	Senior Masculino	02:52:37	+51:00	08:13
93	1680	Duarte Conceição	tomtom portugal	Senior Masculino	02:53:20	+51:44	08:15
94	1706	Manuel Joaquim Martins da Silva	trepatrihos trail team	Senior Masculino	02:53:38	+52:02	08:16
95	1435	Alberto Sousa	individual	Veterano M50	02:54:35	+52:58	08:19
96	1561	Fernando Alves	olimpico vianense trail	Veterano M50	02:54:37	+53:01	08:19
97	1086	Quim Araújo	cerveira team running/clube celtas do minho	Veterano M40	02:54:39	+53:03	08:19
98	1519	Pedro Vieira	moinhos run-adrm	Veterano M40	02:54:51	+53:15	08:20
99	1150	Telmo Ferreira	douroconta-gabinete de apoio e contabilidade	Veterano M40	02:55:12	+53:35	08:21
100	1556	GONÇALO PINHEIRO	olimpico vianense trail	Veterano M40	02:55:26	+53:49	08:21
101	1711	Manuel Couto	trepatrihos trail team	Veterano M40	02:55:58	+54:21	08:23
102	1643	Fernando Morais	somos nós team	Veterano M40	02:56:06	+54:30	08:23
103	1011	paulo ribeiro	10temidos	Veterano M40	02:56:25	+54:48	08:24
104	1003	Hélder Rodrigues	100meta	Senior Masculino	02:56:25	+54:49	08:24
105	1166	Bruno Miguel Santos Rocha	fit gaia trail	Senior Masculino	02:56:47	+55:11	08:25
106	1446	Vasco Morais Pinheiro de Sousa	individual	Veterano M50	02:56:54	+55:18	08:25
107	1464	Cecilio Maunel Silva Ferreira	juventude cortegacense	Veterano M40	02:57:17	+55:40	08:27
108	1734	Vital soares	viseu 360	Senior Masculino	02:57:18	+55:42	08:27
109	1179	NUNO FERREIRA	fugitivos urbanos - clínica + saúde	Senior Masculino	02:57:28	+55:51	08:27
110	1181	SÉRGIO SILVA	fugitivos urbanos - clínica + saúde	Senior Masculino	02:57:28	+55:51	08:27
111	1098	PEDRO JOSE LOPES FONTINHA	clube millennium bcp	Senior Masculino	02:59:59	+58:23	08:34
112	1300	João Fernandes	individual	Senior Masculino	03:00:11	+58:35	08:35
113	1346	Vítor Vieira	individual	Senior Masculino	03:01:05	+59:29	08:37
114	1343	Tiago Bragança	individual	Senior Masculino	03:01:06	+59:29	08:37
115	1224	Vítor Campos	gtt - armazém do caffè	Veterano M40	03:01:07	+59:31	08:38
116	1289	Filipe Pinto	individual	Senior Masculino	03:01:08	+59:32	08:38
117	1131	João Cardoso	ctad-trilhos de cinfães	Senior Masculino	03:01:08	+59:32	08:38
118	1421	Paulo César Teixeira Martins Ferreira	ctad-trilhos de cinfães	Veterano M40	03:01:09	+59:32	08:38
119	1294	Helder Manuel Moreira Teles	individual	Senior Masculino	03:01:10	+59:34	08:38
120	1576	SÉRGIO MOREIRA	os primos	Senior Masculino	03:01:31	+59:55	08:39
121	1312	Luis Reis	individual	Senior Masculino	03:01:35	+59:59	08:39
122	1580	Telmo Santos	os tolinhos	Senior Masculino	03:01:50	+01:00:14	08:40
123	1736	Pedro Miguel Laranjo	viseu 360	Veterano M40	03:01:52	+01:00:15	08:40

TRAIL CURTO - STAGE 1

21 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	↑/KM
211	1199	FERNANDO VIEIRA	gaia-running	Veterano M60	03:28:13	+01:26:37	09:55
212	1595	Ricardo Picó	paredes running	Senior Masculino	03:28:13	+01:26:37	09:55
213	1298	Ivo Daniel Azevedo Sampaio	individual	Senior Masculino	03:28:24	+01:26:48	09:55
214	1520	Pedro Sá	moinhos run-adrm	Veterano M50	03:29:00	+01:27:24	09:57
215	1521	Rui Quinta	moinhos run-adrm	Veterano M50	03:29:00	+01:27:24	09:57
216	1514	Maria da Graça Dias Ribeiro	moinhos run-adrm	Veterana F50	03:29:23	+01:27:47	09:58
217	1019	Nélson Nunes	afrikanrunners	Veterano M40	03:30:29	+01:28:52	10:01
218	1770	Gonçalo Freitas	olimpico vianense trail	Senior Masculino	03:30:35	+01:28:59	10:02
219	1666	LUIS MIRANDA	sucupira on tour	Veterano M40	03:30:53	+01:29:17	10:03
220	1430	Rui Fernandes	individual	Veterano M40	03:31:04	+01:29:28	10:03
221	1409	José Almeida	individual	Veterano M40	03:31:09	+01:29:32	10:03
222	1681	Carla patricia Almeida Fernandes	tomtom portugal	Veterana F40	03:31:14	+01:29:38	10:04
223	1533	Nuno Ribeiro	nascidos para correr	Senior Masculino	03:31:14	+01:29:38	10:04
224	1338	Rui Botelho	individual	Senior Masculino	03:31:36	+01:29:59	10:05
225	1704	JOSÉ RICARDO GONÇALVES SILVA	trepatrihos trail team	Senior Masculino	03:31:36	+01:30:00	10:05
226	1073	Tony Mendes	btt alegria // tubani	Veterano M40	03:31:39	+01:30:03	10:05
227	1747	Vitor Figueiredo	casa do benfica em cinfães	Veterano M40	03:32:24	+01:30:48	10:07
228	1676	Manuel Gomes	team shark	Veterano M40	03:33:27	+01:31:51	10:10
229	1175	Filipe Reis Pinheiro	fridão sem limites	Veterano M40	03:33:28	+01:31:52	10:10
230	1608	Gonçalo Julião	pés troikados - cscs	Senior Masculino	03:34:35	+01:32:59	10:13
231	1452	Andre Moreira	j a moreira seguros	Senior Masculino	03:35:02	+01:33:26	10:14
232	1682	MI COUTO	trail running clube btt sanguedo	Senior Feminino	03:35:04	+01:33:28	10:15
233	1434	Wilson Fonseca	individual	Veterano M40	03:35:08	+01:33:32	10:15
234	1169	Inês carlos Cardoso	fridão sem limites	Senior Feminino	03:35:31	+01:33:55	10:16
235	1615	Paula Coutinho	piratas running team	Veterana F40	03:35:39	+01:34:03	10:16
236	1232	Andrea Passeira	individual	Senior Feminino	03:35:53	+01:34:17	10:17
237	1027	Roberto Moreira	aliança de gandra	Senior Masculino	03:35:56	+01:34:20	10:17
238	1712	Paulo Tavares	trepatrihos trail team	Veterano M40	03:36:56	+01:35:20	10:20
239	1366	Olga maria caiado	individual	Veterana F40	03:37:06	+01:35:30	10:20
240	1288	Filipe couto	individual	Senior Masculino	03:37:17	+01:35:41	10:21
241	1197	Carlos Pinto	gaia-running	Veterano M50	03:37:26	+01:35:50	10:21
242	1184	ANA GOMES	gaia-running	Senior Feminino	03:37:26	+01:35:50	10:21
243	1261	Solange Sousa	individual	Senior Feminino	03:37:43	+01:36:06	10:22
244	1119	Tiago Montalvão	correr leça	Senior Masculino	03:38:14	+01:36:38	10:24
245	1015	Martinho Martins	30over30marathon	Veterano M40	03:39:14	+01:37:37	10:26
246	1494	Miguel Mendes	lion runners - g. d. leões da guarda	Senior Masculino	03:39:15	+01:37:39	10:26
247	1133	Ricardo Carvalho	ctad-trilhos de cinfães	Senior Masculino	03:39:41	+01:38:04	10:28
248	1588	Pedro Duarte	out 2 run	Veterano M40	03:39:44	+01:38:08	10:28
249	1253	Mariana Magalhaes	individual	Senior Feminino	03:40:35	+01:38:58	10:30
250	1111	Catarina Lapa	coimbra trail running	Senior Feminino	03:41:06	+01:39:30	10:32
251	1038	Joaquim Augusto Teixeira Sec	alto relevo - clube de montanhismo	Veterano M50	03:41:25	+01:39:49	10:33
252	1044	RUI FERREIRA	arcorun	Veterano M40	03:41:32	+01:39:55	10:33
253	1230	Ana Ferreira	individual	Senior Feminino	03:41:37	+01:40:00	10:33
254	1042	Patrícia Vilas-Boas	apúlia a correr	Senior Feminino	03:41:37	+01:40:01	10:33
255	1079	Luís Carlos da Silva Jorge	café & restaurante tendais	Senior Masculino	03:41:38	+01:40:02	10:33

Trail Curto

21 KM

**R
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OFFICIAL RESULT

83	1154	Mónica Sofia	Factor x/S4L/MedenseFc	Senior Feminino	04:59:03	+02:57:27	14:14
84	1489	Ana Oliveira	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	05:00:15	+02:58:39	14:18
85	1246	Filipa Santos	Individual	Senior Feminino	05:01:02	+02:59:25	14:20
86	1204	Maria Pinto	GENEROSOS RUNNERS	Senior Feminino	05:02:29	+03:00:53	14:24
87	1250	Manuela Tavares	Individual	Senior Feminino	05:04:52	+03:03:16	14:31
88	1722	Nelia Mendonca	Vertical Navis	Senior Feminino	05:09:12	+03:07:35	14:43
89	1050	Andrea Pereira	Bardinos dos Montes	Senior Feminino	05:10:09	+03:08:32	14:46
90	1668	Cátia Monteiro	Super Lesmas	Senior Feminino	05:10:09	+03:08:33	14:46
91	1687	Rita Tavares	TraiTrails	Senior Feminino	05:12:03	+03:10:26	14:52
92	1458	Ines soares	Joao ferreira	Senior Feminino	05:12:27	+03:10:51	14:53
93	723	Carla Barbosa	Invicta Runners Team	Senior Feminino	05:13:48	+03:12:12	14:57
94	1449	Ivone Rocha	Invicta Runners Team	Senior Feminino	05:13:48	+03:12:12	14:57
95	1229	Ana Covelo Arriscado	Individual	Senior Feminino	05:16:17	+03:14:41	15:04
96	1161	Vânia Cristina Lobo Campos	Farmácia Marinho	Senior Feminino	05:19:11	+03:17:35	15:12
97	1064	Marília Rodrigues	Bruno	Senior Feminino	05:20:22	+03:18:45	15:15
98	1492	Susana Faria	LION RUNNERS - G. D. LEÕES DA GUARDA	Senior Feminino	05:21:12	+03:19:35	15:18
99	1234	Carina Sofia Vaz Ramos Alves Ferreira	Individual	Senior Feminino	05:23:33	+03:21:57	15:24
100	1610	Daniela Marques	Piratas Running Team	Senior Feminino	05:27:32	+03:25:55	15:36
101	1264	Yessica Andrea Magalhães	Individual	Senior Feminino	05:31:20	+03:29:44	15:47
102	1703	Otilia das Dores Ferreira Santiago	TrepaTrilhos Trail Team	Senior Feminino	05:33:48	+03:32:12	15:54
103	1128	Andrea Vieira	CTAD-Trilhos de Cinfães	Senior Feminino	05:35:31	+03:33:54	15:59
104	1129	Eunice Coelho	CTAD-Trilhos de Cinfães	Senior Feminino	05:35:32	+03:33:56	15:59
105	1258	Sara Brandão	Individual	Senior Feminino	05:37:18	+03:35:42	16:04
106	1540	Mari Pereira	OLIMPICO VIANENSE TRAIL	Senior Feminino	05:48:32	+03:46:56	16:36
107	1600	Ana Canez	Pernetas	Senior Feminino	05:52:18	+03:50:42	16:47
108	1601	Maria Pereira	Pernetas	Senior Feminino	05:52:19	+03:50:42	16:47
109	1237	Catarina Teixeira	Individual	Senior Feminino	05:56:49	+03:55:13	17:00
110	1228	Ana Caliça	Individual	Senior Feminino	06:08:21	+04:06:44	17:32

Senior Masculino

1	1683	Fábio correia	Trail Running Clube Btt Sanguedo	Senior Masculino	02:11:38	+10:02	06:16
2	1146	Tiago Pinto	Douroconta-Gabinete De Apoio E Contabilidade	Senior Masculino	02:12:18	+10:42	06:18
3	640	Márcio Castro	Individual	Senior Masculino	02:13:16	+11:40	06:21
4	1091	Marco Campos	Clube de Montanha Alto Trilho (Javalis)	Senior Masculino	02:13:34	+11:58	06:22
5	1269	Bruno Alexandre S. P. P. dos Santos	CTAD-Trilhos de Cinfães	Senior Masculino	02:14:15	+12:39	06:24
6	1302	João Menezes	Individual	Senior Masculino	02:18:28	+16:52	06:36
7	1144	Diogo Parente	Douroconta-Gabinete De Apoio E Contabilidade	Senior Masculino	02:18:43	+17:07	06:36
8	1516	Tiago Soares	Moinhos Run-ADRM	Senior Masculino	02:19:27	+17:51	06:38
9	1170	Adão Paulo Teixeira Monteiro	Fridão Sem Limites	Senior Masculino	02:21:10	+19:33	06:43
10	1145	Ricardo Barros	Douroconta-Gabinete De Apoio E Contabilidade	Senior Masculino	02:21:28	+19:52	06:44
11	1172	Bruno Daniel Mendes Azevedo	Fridão Sem Limites	Senior Masculino	02:21:50	+20:13	06:45

Trail Curto
21 KM
R
 REVISED

OFFICIAL RESULT

71	1728	Isabel Melo	Viriathvs Runners Viseu	Veterana F40	05:26:57	+03:25:20	15:34
72	1727	Irene Melo	Viriathvs Runners Viseu	Veterana F40	05:26:57	+03:25:21	15:34
73	1082	Daniela Lopes	Caramelos	Veterana F40	05:29:33	+03:27:57	15:42
74	1474	Paula Alexandra Clara Borges Capela	Kaninos	Veterana F40	05:33:21	+03:31:45	15:52
75	1598	Lucinda Marques	Paredes Running	Veterana F40	05:33:26	+03:31:50	15:53
76	1370	Sónia Neves	Individual	Veterana F40	05:35:15	+03:33:38	15:58
77	1708	Manuela Moura	TrepaTrilhos Trail Team	Veterana F40	05:41:47	+03:40:11	16:17
78	1114	Maria da Luz Olivença	ComDor Runners	Veterana F40	05:45:12	+03:43:36	16:26
79	1604	Isabel Carvalho	Pernetas	Veterana F40	05:52:19	+03:50:42	16:47
80	1137	Lúisa Maria Moreira de Sousa Ferreira	Deixem Passar os Coxos	Veterana F40	05:57:11	+03:55:35	17:01
81	1358	Isabel Susana da Silva Moreira Próspero	Individual	Veterana F40	06:08:21	+04:06:45	17:32
82	1036	Susana Rito	All About	Veterana F40	06:09:28	+04:07:52	17:36
83	1074	Eduarda Freitas	BUDEGUITA RUNNERS	Veterana F40	06:10:38	+04:09:02	17:39
84	1451	CARLA SANTOS	Invicta Runners Team	Veterana F40	06:52:04	+04:50:28	19:37
85	1718	SANDRA MATOS	vassoura utdp2017	Veterana F40	06:52:05	+04:50:29	19:37
86	1717	Aida Presa	vassoura utdp2017	Veterana F40	06:52:05	+04:50:29	19:37

Veterana F50

1	1514	Maria da Graça Dias Ribeiro	Moinhos Run-ADRM	Veterana F50	03:29:23	+01:27:47	09:58
2	1190	ELISABETE REPAS	GAIA-RUNNING	Veterana F50	03:52:01	+01:50:25	11:03
3	1617	Maria Noémia Silva Rolla	Piratas Running Team	Veterana F50	04:07:36	+02:05:59	11:47
4	1105	Maria Fátima Marques Ribeiro	Clube Zupper	Veterana F50	04:13:19	+02:11:43	12:04
5	1583	Anabela Ferreira Silvestre	Os Tolinhos	Veterana F50	04:26:46	+02:25:10	12:42
6	1059	Paula Cristina	BootSeals	Veterana F50	04:33:46	+02:32:10	13:02
7	1374	ana Paula teixei	Individual	Veterana F50	05:02:00	+03:00:23	14:23
8	1209	Cristina Caetano	Ginásio Clube Português	Veterana F50	05:12:00	+03:10:23	14:51
9	1463	Maria Elisabete Pinho Pereira Mendonça	Juventude Cortegacense	Veterana F50	05:19:05	+03:17:29	15:12
10	1475	Maria Condeço	Kaninos	Veterana F50	05:28:37	+03:27:00	15:39
11	1208	Alexandra Palma	Ginásio Clube Português	Veterana F50	06:34:47	+04:33:11	18:48
12	1210	Isabel Ucha	Ginásio Clube Português	Veterana F50	06:34:47	+04:33:11	18:48

Veterana F60

1	1085	Fernanda Esteves	Cerveira Team Running/Clube Celtas do Minho	Veterana F60	04:14:05	+02:12:29	12:06
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Veterano M40

1	1182	PEDRO SANTOS	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	Veterano M40	02:01:36		05:47
2	1135	Victor Fernandes	CTAD-Trilhos de Cinfães	Veterano M40	02:06:47	+05:11	06:02
3	1473	jose rosario	Juventude Vidigalense	Veterano M40	02:07:29	+05:53	06:04
4	1149	Rui Gomes	Douroconta-Gabinete De Apoio E Contabilidade	Veterano M40	02:08:01	+06:25	06:06

Official Timekeeper: Lap2Go	10 / 15	generate 14-Jul-2017 14:55
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Trail Curto

21 KM



OFFICIAL RESULT

49	1714	Pedro Silva	TrepaTrilhos Trail Team	Veterano M40	03:15:32	+01:13:55	09:19
50	1385	Armindo de Jesus Santos	Individual	Veterano M40	03:15:56	+01:14:19	09:20
51	1485	Pedro Ferreira	Leões de Tardariz Trail	Veterano M40	03:16:27	+01:14:50	09:21
52	1070	Manuel Teixeira	BTT Alegria // TUBANI	Veterano M40	03:16:46	+01:15:10	09:22
53	1014	Eduardo Rodrigues	30Over30Marathon	Veterano M40	03:16:54	+01:15:18	09:23
54	1713	PauloLeonel Santos	TrepaTrilhos Trail Team	Veterano M40	03:16:54	+01:15:18	09:23
55	1618	Agostinho Cequeira	Piratas Running Team	Veterano M40	03:16:57	+01:15:21	09:23
56	1378	Adao Ribeiro	Individual	Veterano M40	03:17:15	+01:15:38	09:24
57	1640	José Centurio	RUN4EAT	Veterano M40	03:18:00	+01:16:23	09:26
58	1411	José Carlos de Sousa Gomes	Individual	Veterano M40	03:18:01	+01:16:24	09:26
59	1398	Humberto Almeida	CTAD-Trilhos de Cinfães	Veterano M40	03:18:55	+01:17:19	09:28
60	1195	RUI FILIPE PEREIRA	GAIA-RUNNING	Veterano M40	03:21:40	+01:20:03	09:36
61	48	Carlos Figueiredo	Estrela Campo Aviação FC COVILHÃ	Veterano M40	03:23:54	+01:22:18	09:43
62	1088	PAULO JORGE GONÇALVES SOARES	CICLISTAS CÓSMICOS - GISLÓTICA	Veterano M40	03:25:23	+01:23:47	09:47
63	1159	Pedro Marques	Factor x/S4L/MedenseFc	Veterano M40	03:26:15	+01:24:39	09:49
64	1684	ROLANDO PAULO	Trail Running Clube Btt Sanguedo	Veterano M40	03:26:18	+01:24:42	09:49
65	1196	VITOR FERNANDES	GAIA-RUNNING	Veterano M40	03:26:20	+01:24:44	09:50
66	1147	Antonio Azevedo	Douroconta-Gabinete De Apoio E Contabilidade	Veterano M40	03:26:27	+01:24:50	09:50
67	1019	Nélson Nunes	AfrikanRunners	Veterano M40	03:30:29	+01:28:52	10:01
68	1666	LUIS MIRANDA	SUCUPIRA ON TOUR	Veterano M40	03:30:53	+01:29:17	10:03
69	1430	Rui Fernandes	Individual	Veterano M40	03:31:04	+01:29:28	10:03
70	1409	José Almeida	Individual	Veterano M40	03:31:09	+01:29:32	10:03
71	1073	Tony Mendes	BTT Alegria // TUBANI	Veterano M40	03:31:39	+01:30:03	10:05
72	1747	Vitor Figueiredo	Casa do Benfica em Cinfães	Veterano M40	03:32:24	+01:30:48	10:07
73	1676	Manuel Gomes	Team Shark	Veterano M40	03:33:27	+01:31:51	10:10
74	1175	Filipe Reis Pinheiro	Fridão Sem Limites	Veterano M40	03:33:28	+01:31:52	10:10
75	1434	Wilson Fonseca	Individual	Veterano M40	03:35:08	+01:33:32	10:15
76	1712	Paulo Tavares	TrepaTrilhos Trail Team	Veterano M40	03:36:56	+01:35:20	10:20
77	1015	Martinho Martins	30Over30Marathon	Veterano M40	03:39:14	+01:37:37	10:26
78	1588	Pedro Duarte	out 2 run	Veterano M40	03:39:44	+01:38:08	10:28
79	1044	RUI FERREIRA	ARCORUN	Veterano M40	03:41:32	+01:39:55	10:33
80	1419	Nelson Noval	Individual	Veterano M40	03:41:47	+01:40:10	10:34
81	1432	Sergio Carvalho	Individual	Veterano M40	03:41:47	+01:40:10	10:34
82	1381	Alexandre Sousa	Individual	Veterano M40	03:41:48	+01:40:12	10:34
83	1405	JOAQUIM JORGE DOS SANTOS DURÃES	Individual	Veterano M40	03:41:48	+01:40:12	10:34
84	1049	sergio sousa	Baltar TrailRunners	Veterano M40	03:42:26	+01:40:50	10:36
85	1428	Ricardo Silva	Individual	Veterano M40	03:45:21	+01:43:45	10:44
86	1402	João Filipe Meneses Espinheira Rio	Individual	Veterano M40	03:49:30	+01:47:53	10:56
87	1414	José Fernando dos Santos Oliveira	Individual	Veterano M40	03:49:43	+01:48:06	10:56
88	1404	João Ribeiro	Individual	Veterano M40	03:49:43	+01:48:07	10:56
89	1429	Roberto Esteves	Individual	Veterano M40	03:49:44	+01:48:08	10:56
90	1012	pedro sousa	10TEMIDOS	Veterano M40	03:52:01	+01:50:25	11:03
91	1005	José Pereira	100meta	Veterano M40	03:52:14	+01:50:37	11:04
92	1621	Jose Antonio Ferreira	Piratas Running Team	Veterano M40	03:52:22	+01:50:45	11:04

