

TRAIL LOUSA - CAPITAL DO QUEIJO FRESCO

Dorsal	Lugar	Atleta	Clube	P.ESCALÃO	TEMPO
586	1	João Ginja	N.A.Z.Abóboda	1	02:05:59
463	2	Nuno Rocha	INDIVIDUAL	2	02:06:20
453	3	Stefan Pequito	correr na Cidade	3	02:06:45
583	4	João Filipe Ferreira	RSB	4	02:10:38
470	5	Rui Luz	INDIVIDUAL	5	02:11:05
461	6	João Alves	Salamandrecos	6	02:12:25
569	7	Bruno Portela	Portela TEAM	7	02:15:25
589	8	Luis Aires	N.A.Z.Abóboda	8	02:16:34
459	9	Pedro Escadas	Salamandrecos	9	02:17:45
598	10	Guilherme Hora	INDIVIDUAL	10	02:19:34
570	11	Carlos Rouxinol	INDIVIDUAL	11	02:21:20
551	12	Joel Pena	INDIVIDUAL	12	02:24:27
576	13	Nuno Lourenço	evel x	13	02:24:54
512	14	José Duarte	INDIVIDUAL	14	02:25:00
506	15	augusto nascimento ferreira	CCD Loures - Correr para Viver	15	02:28:18
454	16	Sofia Roquete	Offtel Runners	1	02:29:53
517	17	pedro rodrigues	OFICINA DO PEDRO	16	02:31:05
523	18	António Adro	Salamandrecos	17	02:31:06
557	19	Nuno Miguel Augusto Pereira	INDIVIDUAL	18	02:31:08
528	20	Bruno Maçorano	Aquilles Brothers	19	02:32:24
580	21	carlos marques	N.A.Z.Abóboda	20	02:34:09
561	22	Romeu Alexandre Taneco	Ginásio Quinta do Valbom - AAA	21	02:34:37
559	23	Pedro Antunes	Legionários	22	02:34:48
456	24	José A. Pereira	Salamandrecos	23	02:36:24
564	25	Carlos Baptista	Sporting Clube de Casaiños	24	02:37:46
606	26	Graciano Cardoso	INDIVIDUAL	25	02:37:49
556	27	Luis Filipe Serrano Ramos	INDIVIDUAL	26	02:38:19
567	28	Ruben Alredo Cruz Fortes	Os mesmos	27	02:38:40
579	29	RUI EDGAR CRUZ	INDIVIDUAL	28	02:38:57
541	30	Joaquim Carvalho	INDIVIDUAL	29	02:40:41
530	31	Nuno Alcobia	INDIVIDUAL	30	02:40:44
503	32	Rui Manuel Januário Paulo	INDIVIDUAL	31	02:41:45
492	33	JOÃO AMADOR	INDIVIDUAL	32	02:41:47
596	34	Nuno Barreto	GO!	33	02:42:43
577	35	Pedro Miguel Rosário Jesus	GáfeteRunners	34	02:43:16
489	36	PAULO TOBOAS	INDIVIDUAL	35	02:44:39
594	37	Roberto Correia	Lobos do Montemuro	36	02:46:10
458	38	Cátia Nunes	Salamandrecos	2	02:47:14
553	39	João Freire	INDIVIDUAL	37	02:48:16
468	40	Renato Silva	INDIVIDUAL	38	02:48:17
469	41	Miguel Rodrigues	INDIVIDUAL	39	02:48:55
467	42	Riui Rodrigues	INDIVIDUAL	40	02:48:58
505	43	Paulo Alves	Falcões Selvagens	41	02:49:20
510	44	Francisco José Pereira Santos	INDIVIDUAL	42	02:51:08
585	45	Pedro Coelho	INDIVIDUAL	43	02:51:58
486	46	GORETI SILVA	Salamandrecos	3	02:52:45

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493	47	CARLOS GRADE	INDIVIDUAL	44	02:52:47
488	48	CARLOS BARROS	Salamandrecos	45	02:52:49
584	49	Pedro Simões Pereira Guarita	INDIVIDUAL	46	02:52:51
546	50	Francisco Dias	INDIVIDUAL	47	02:53:41
571	51	Fernando Vicente	Os Galgos	48	02:54:39
520	52	Marco António Ventura de	Almeida	49	02:54:43
595	53	luis miguel domingos dos	INDIVIDUAL	50	02:54:45
588	54	Bruno Daniel Batalha	INDIVIDUAL	51	02:54:46
532	55	João Alexandre de Sousa	Aquilles Brothers	52	02:54:59
558	56	António Merujo	INDIVIDUAL	53	02:55:05
451	57	Miguel Lourenço	ACCVCAVI	54	02:56:24
450	58	Nuno Gião	ACCVCAVI	55	02:56:46
487	59	PEDRO GOMES	Salamandrecos	56	02:57:12
538	60	José Eduardo Fidalgo Pena	Keep Running	57	02:57:22
587	61	EDUARD IRIMIA	INDIVIDUAL	58	02:57:51
568	62	Álvaro Joaquim Luis	GáfeteRunners	59	02:57:52
549	63	PEDRO PIRES	Associação de Atletismo Lebres do Sado	60	02:59:04
535	64	Sandro Fiúza	Aquilles Brothers	61	02:59:06
536	65	Francisco vaz	Frufresh Runners	62	02:59:51
452	66	Carla André	aminhacorrída/skechers	4	03:00:22
516	67	Rui Alho	INDIVIDUAL	63	03:00:26
496	68	JOÃO RODRIGUES	INDIVIDUAL	64	03:01:21
563	69	Henrique Simão	Jobrinde - Montes Saloios	65	03:01:30
581	70	Lígia Pires Coelho	INDIVIDUAL	5	03:02:04
522	71	josé carlos barreiros freire	INDIVIDUAL	66	03:02:06
575	72	Rogério Santos	SMO Runners	67	03:02:11
537	73	humberto rocha borges	INDIVIDUAL	68	03:02:56
497	74	WANG XIAO WU	INDIVIDUAL	69	03:04:43
547	75	joão Antunes	casa do benfica em torres vedras	70	03:04:44
574	76	Hugo Reis	INDIVIDUAL	71	03:04:46
501	77	Artur Gonçalves	os flechas	72	03:05:54
552	78	Paulo Paredes	FULL NATTY BRAHS TEAM	73	03:06:33
518	79	Ruben Manuel Bastos	INDIVIDUAL	74	03:07:24
482	80	ANA ADRO	Salamandrecos	6	03:08:21
513	81	Luís Miguel Relvas Pedro	INDIVIDUAL	75	03:08:25
495	82	PAULO SANTOS	INDIVIDUAL	76	03:11:01
473	83	Carlos Fonseca	INDIVIDUAL	77	03:11:34
490	84	PAULA CARDOSO	INDIVIDUAL	7	03:13:30
565	85	Jose Carlos Nunes	Keep Running	78	03:14:39
544	86	Vasco Fernandes	INDIVIDUAL	79	03:14:40
527	87	José Magro	NOVOS TRILHOS	80	03:15:32
483	88	PATRICIA GOMES	INDIVIDUAL	8	03:16:52
479	89	Ricardo Arraias	INDIVIDUAL	81	03:17:20
591	90	Célia Paulo Nuno	HAND2HAND	9	03:18:39
543	91	Nuno Miguel Dias dos Santos	udrs btt team	82	03:21:28
542	92	Jorge Manuel Oliveira Pinto	INDIVIDUAL	83	03:23:32

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Dorsal	Lugar	Atleta	Clube	P.ESCALÃO	TEMPO
582	93	RICARDO CARVALHO	INDIVIDUAL	84	03:23:58
484	94	JAIME BEATO	INDIVIDUAL	85	03:24:19
531	95	Carla Costa	Passatempo Bike Team	10	03:24:22
540	96	Carlos Manuel Lopes	Keep Running	86	03:24:32
462	97	Rita Fernandes	tartarugas	11	03:24:58
562	98	Cristina Figueira	Jobrinde - Montes Saloios	12	03:25:24
539	99	Hugo Costa	Keep Running	87	03:27:04
526	100	Simão Ortega	Tarahumaras	88	03:31:12
525	101	Nuno Santiago	O MUNDO DA CORRIDA	89	03:34:44
524	102	Andreia Pereira	O MUNDO DA CORRIDA	13	03:34:46
460	103	Maria Marques	Salamandrecos	14	03:35:34
457	104	Miguel Pisco	Salamandrecos	90	03:35:37
108	105	Pedro Barreto	INDIVIDUAL	91	03:32:10
599	106	nuno almeida	INDIVIDUAL	92	03:39:54
529	107	Mário Rui Ribeiro	INDIVIDUAL	93	03:39:55
502	108	Pedro Miguel Miranda Lopes	INDIVIDUAL	94	03:47:10
102	109	Isolda Guedes	Friends2Run	15	03:42:17
545	110	Carlos André Lopes	INDIVIDUAL	95	03:47:38
550	111	ricardo ferreira	INDIVIDUAL	96	03:50:39
471	112	João Rodrigues	INDIVIDUAL	97	03:51:33
478	113	Fátima Martins	INDIVIDUAL	16	03:53:04
134	114	Miguel Alves Henriques	INDIVIDUAL	98	03:48:10
132	115	Fernando Manuel de Almeida	Panteras do Asfalto	99	03:48:18
133	116	Miguel Rações	Panteras do Asfalto	100	03:48:21
521	117	silvia teresa gonçalves	INDIVIDUAL	17	03:53:45
472	118	Ana Pipa	INDIVIDUAL	18	03:54:08
555	119	Ricardo Miguel Galo	INDIVIDUAL	101	03:54:56
480	120	LUCIANO REIS	INDIVIDUAL	102	03:56:20
464	121	Ana Marques	INDIVIDUAL	19	03:57:40
477	122	Flávio Oliveira	INDIVIDUAL	103	03:57:43
128	123	Marco Aurélio Bandeira	INDIVIDUAL	104	03:53:21
129	124	José António Bandeira Urbano	INDIVIDUAL	105	03:53:59
548	125	CATARINA ISABEL VARGES	Associação de Atletismo Lebres do Sado	20	04:13:29
509	126	Jorge Silva	Hot Runners	106	04:26:22
514	127	Leonor Gomes	INDIVIDUAL	21	04:26:25
508	128	Sandra Carvalho	Hot Runners	22	04:26:36
476	129	Paulo Caetano	INDIVIDUAL	107	04:26:38
533	130	Isadora Braz Costa	4 ao km	23	04:26:43
534	131	Vitor Gonçalves	4 ao km	108	04:26:46
475	132	Filipe Fonseca	INDIVIDUAL	109	04:42:09
474	133	Márcio Fonseca	INDIVIDUAL	110	04:42:14