



5º TRAIL M.T.B.A.



Classificação Geral e Escalão

Trail Longo

6/10/2019

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Diferenca
1	96	Sergio Pereira	AMCF Arrábida Trail Team	M	M40	1	03:02:11	00:00:00
2	92	Leonardo Loureiro	Caracóis de Pedra	M	M40	2	03:03:10	00:00:59
3	5	João Ginja	Linda-a-Pastora Sporting Clube	M	M50	1	03:11:34	00:09:23
4	97	Ricardo Parada	AMCF Arrábida Trail Team	M	MS	1	03:12:46	00:10:35
5	18	João Vieira		M	MS	2	03:12:52	00:10:41
6	902	carlos amigo	Zimbra Fox Runners	M	M40	3	03:22:41	00:20:30
7	12	Rui Silva	Linda-a-Pastora Sporting Clube	M	MS	3	03:24:26	00:22:15
8	8	Hugo Henriques *	Galhardos runners	M	MS	4	03:25:32	00:23:21
9	73	Bruno Sousa	Sintra/ colares	M	M40	4	03:28:01	00:25:50
10	35	Filipe Patricio *		M	MS	5	03:28:29	00:26:18
11	39	Zó Vieira	OCS Proaventuras	M	M55	1	03:31:04	00:28:53
12	88	Francisco Ferro		M	M45	1	03:31:37	00:29:26
13	94	Paulo Gomes	EVELX	M	MS	6	03:34:29	00:32:18
14	50	Tiago Almeida	Caracóis de Pedra	M	MS	7	03:36:05	00:33:54
15	2	Miguel Sequeira	Linda-a-Pastora Sporting Clube	M	MS	8	03:39:24	00:37:13
16	83	Nelson Pires	F.B Belenenses atletismo	M	M40	5	03:41:27	00:39:16
17	57	Samuel sebastiao	Caracóis de Pedra	M	MS	9	03:42:05	00:39:54
18	32	José Lopes	Clube de Atletismo Odimarq	M	M50	2	03:42:10	00:39:59
19	34	Paulo Marques	Hut Runners Sintra	M	M45	2	03:44:13	00:42:02
20	33	Joaquim Martins	Clube de Atletismo Odimarq	M	M55	2	03:45:44	00:43:33
21	49	Helder Onofre	Clube Académico de Penafirme	M	M40	6	03:49:29	00:47:18
22	65	Duarte Barbosa *		M	M45	3	03:50:02	00:47:51
23	52	André Silva		M	MS	10	03:55:06	00:52:55
24	62	David Alves	101 Descidas	M	MS	11	03:56:28	00:54:17
25	84	Pedro pereira	KÇPHODA WOLVES TRAIL	M	M45	4	03:57:24	00:55:13
26	68	Patricia Caldas *	Caracóis de Pedra	F	FS	1	03:58:24	00:56:13
27	44	Carlos Pascoal	Papa Trilhos	M	M55	3	03:58:51	00:56:40
28	81	Diogo Barros	Varitintas	M	M40	7	03:59:41	00:57:30
29	900	Nuno Abilio	AMCF Arrábida Trail Team	M	MS	12	04:01:12	00:59:01
30	30	Bárbara Sá Marques	Santana FC - Trail Team	F	FS	2	04:02:45	01:00:34
31	29	Nuno Marques	Santana FC - Trail Team	M	M40	8	04:02:49	01:00:38
32	14	João Granja	MTBA	M	M45	5	04:07:09	01:04:58
33	93	Miguel Simoes	Lisboa	M	MS	13	04:07:49	01:05:38
34	87	João Mendonça *		M	MS	14	04:09:40	01:07:29
35	77	Hugo Palmeiro	CBAMM	M	M40	9	04:09:42	01:07:31
36	926	Nelson Santos	Go!Runners / OutPro Store	M	M45	6	04:15:18	01:13:07
37	19	Bruno Pereira *	Grupeta Running Team	M	M40	10	04:15:48	01:13:37
38	79	Rebeca Branco	Varitintas	F	FS	3	04:15:49	01:13:38
39	25	nuno antunes	007	M	M60	1	04:18:17	01:16:06
40	67	João Paulo Pereira	Clube Ferroviário de Portugal	M	M45	7	04:20:05	01:17:54
41	38	António Batista	Amigos do Atletismo de Mafra	M	M55	4	04:20:22	01:18:11
42	59	Carlos Andrade	Cabaré dos Coxos	M	MS	15	04:21:08	01:18:57
43	23	Véra Reis	Clube de Praças da Armada	F	F40	1	04:21:12	01:19:01
44	46	Henrique Mateus		M	M45	8	04:21:23	01:19:12
45	95	Pedro Ramos		M	M50	3	04:22:19	01:20:08

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P Esc	Tempo	Diferença
46	56	Eduardo Luís	Atómicos	M	M40	11	04:22:30	01:20:19
47	61	Joana Vinagre	100 Descidas	F	FS	4	04:24:07	01:21:56
48	26	Ines PEIXOTO *	MAFRA	F	F40	2	04:24:43	01:22:32
49	69	Rui Almeida	HL Runners Club	M	M40	12	04:25:35	01:23:24
50	82	Pablo P. Barbeito	Langosteira xTrail	M	M40	13	04:27:46	01:25:35
51	43	Conceição Alves	lesmas aceleradas	F	F55	1	04:28:04	01:25:53
52	10	António Ferreira *		M	MS	16	04:30:59	01:28:48
53	75	Alexandre Carvalho		M	M45	9	04:31:00	01:28:49
54	64	Márcio Lopes *	Somos disto	M	MS	17	04:31:00	01:28:49
55	51	Luis Goncalves	Lisboa	M	M50	4	04:31:01	01:28:50
56	66	Luís Filipe amaro *	Os Trinca Espinhas	M	M40	14	04:35:09	01:32:58
57	931	João Gonçalves		M	M50	5	04:35:30	01:33:19
58	63	André Jardim	102 Descidas	M	MS	18	04:36:46	01:34:35
59	901	Inês Marques		F	F40	3	04:37:55	01:35:44
60	15	Suzana Raposo	Linda-a-Pastora Sporting Clube	F	F40	4	04:40:25	01:38:14
61	76	Fernando Corda	KÇPHODA WOLVES TRAIL	M	M50	6	04:44:47	01:42:36
62	36	Nuno Freire		M	MS	19	04:45:22	01:43:11
63	27	João Pereira		M	MS	20	04:47:37	01:45:26
64	17	Carlos Manuel Oliveira E Silva		M	M50	7	04:48:00	01:45:49
65	78	Bruno Pedro	Varitintas	M	M40	15	04:52:14	01:50:03
66	90	Ricardo Neves	Monte dos Amigos	M	MS	21	04:55:48	01:53:37
67	7	Carlos Bilro	Sobe e Desce Team	M	M60	2	04:58:45	01:56:34
68	16	Favelina Santos	GRC D Leião - Cobras Trailistas	F	F45	1	04:59:05	01:56:54
69	22	hugo lampreia	KÇPHODA WOLVES TRAIL	M	M45	10	05:01:06	01:58:55
70	53	João Rodrigues	Salamandrecos	M	M45	11	05:03:48	02:01:37
71	54	Marianela Figueiredo	Tartarugas Solidárias	F	F45	2	05:07:23	02:05:12
72	6	Marta Bilro	Gangue das 6h10	F	FS	5	05:07:32	02:05:21
73	1	Sonia Sequeira	Linda-a-Pastora Sporting Clube	F	F40	5	05:08:10	02:05:59
74	48	Diogo Leite		M	M50	8	05:08:54	02:06:43
75	60	josé casimiro	marvila jovem	M	MS	22	05:15:09	02:12:58
76	85	Herculano Araújo		M	M55	5	05:17:19	02:15:08
77	86	Elisa Dabrio		F	F45	3	05:17:19	02:15:08
78	80	Rui Manuel Vinhas da Silva	Lisboa	M	M55	6	05:17:21	02:15:10
79	37	Margarida Monteiro	Alverca Urban Runners	F	F50	1	05:23:01	02:20:50
80	20	Rafael Azriel		M	M45	12	05:25:34	02:23:23
81	47	Teresa Reis	Montes Saloios Trail Team	F	F40	6	05:27:29	02:25:18
82	55	João Freire		M	M40	16	05:30:02	02:27:51
83	74	Eugénia Andrade		F	F40	7	05:30:03	02:27:52