

TRAIL MEDA DE MOURÓS



CLASSIFICAÇÃO GERAL ABSOLUTA - 30 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
1	63	Guilherme LOURENÇO	CRP - Ribafria	Senior M	02:25:53	
2	3	Jérôme RODRIGUES	EDV-Viana Trail	Senior M	02:34:51	00:08:58
3	40	Carlos CORREIA	O Mundo da Corrida	Senior M	02:44:51	00:10:00
4	67	Hugo SOUSA	CAAC	Senior M	02:50:55	00:06:04
5	13	António FERREIRA	Runner's do DEMO	M-40	02:51:00	00:00:05
6	31	Diogo LOPES	EDV-Viana Trail	Senior M	02:51:00	00:00:00
7	37	José JESUS	Formobike	M-40	02:51:48	00:00:48
8	75	José LEAL	BTTRAIN	M-40	02:54:14	00:02:26
9	79	Nuno DOMINGOS	Formobike BTT & Trail Running	M-40	02:54:54	00:00:40
10	41	Jorge RODRIGUES	NAZA-Núcleo de Atletismo da Zona da Abóboda	M-40	02:58:21	00:03:27
11	21	Vitor SILVA	Vimarunners	Senior M	03:01:41	00:03:21
12	58	André MONTEIRO	Time2run	Sub-23	03:02:00	00:00:19
13	26	Edgar FARIA	Ozxtreme	Senior M	03:03:22	00:01:22
14	1	Uwe BORSODORF	FC PENAFIEL	M-40	03:04:00	00:00:38
15	43	João BRANQUINHO	Individual	Senior M	03:07:47	00:03:47
16	10	Nuno MIRANDA	Runner's do DEMO	M-40	03:09:02	00:01:15
17	4	Jorge SERRAZINA	CA Óbidos	M-50	03:12:48	00:03:46
18	8	Carla CABRAL	Ginásio Extreme Fit	F-40	03:14:02	00:01:15
19	69	Arsénio FERNANDES	ARSM-ASSOCIAÇÃO RECREATIVA S.MIGUEL	M-60	03:19:05	00:05:03
20	34	Bruno BISPO	Ffitness Team	Senior M	03:20:18	00:01:13
21	38	Paulo ALVES	Montanha Clube Trail Running/ Runners	M-40	03:21:33	00:01:14
22	68	Carlos VICENTE	ARSM-ASSOCIAÇÃO RECREATIVA S.MIGUEL	Senior M	03:21:33	00:00:01
23	48	Ricardo LOPES	ACRM Silveirinha Claras	Senior M	03:23:35	00:02:02
24	27	Sandro JORDÃO	Não fazemos nem mais um...km	Senior M	03:23:47	00:00:12
25	77	Tiago MATEUS	O Mundo da Corrida	Senior M	03:24:43	00:00:56
26	6	José NUNES	Runner's do DEMO	M-40	03:27:06	00:02:22
27	22	Pedro PIRES	Runner's do DEMO	Senior M	03:27:06	00:00:01
28	30	Nelson RODRIGUES	Galhardos Runners	Senior M	03:27:47	00:00:41
29	20	Rodrigo QUINTAL	O Mundo da Corrida	Senior M	03:29:03	00:01:15
30	17	Romeu OUTEIRO	Individual	Senior M	03:29:04	00:00:02
31	14	Horácio FERREIRA	ARSM-ASSOCIAÇÃO RECREATIVA S.MIGUEL	M-40	03:29:54	00:00:49
32	23	Bruno FERNANDES	Vimarunners	Senior M	03:29:55	00:00:01
33	61	António GERALDO	O Mundo da Corrida	M-50	03:33:31	00:03:36
34	42	Paula PENEDO	NAZA-Núcleo de Atletismo da Zona da Abóboda	Senior F	03:33:33	00:00:02
35	33	Jhonny MARQUES	k2run	M-40	03:35:10	00:01:37
36	47	Ricardo NUNES	ACRM Silveirinha Claras	Senior M	03:36:13	00:01:03
37	44	Pedro BRITO	Pés Troikados GTL16	Senior M	03:36:34	00:00:21
38	32	Pedro MORGADO	#projecto46	Senior M	03:39:10	00:02:35
39	50	José ALVES	Escaravelhos Team	M-60	03:40:43	00:01:33
40	73	Gonçalo LOURENÇO	Farmácia Luciano e Matos	Senior M	03:40:54	00:00:11
41	56	Renato FERREIRA	Sport Viseu e Benfica	M-40	03:43:37	00:02:44
42	53	João SANTOS	Individual	Senior M	03:54:48	00:11:10
43	60	Marco DOMINGOS	Clínicas Pedro Choy	Senior M	03:57:07	00:02:19
44	15	José GOMES	G.D. Os Ribeirinhos	M-40	03:57:31	00:00:24
45	25	Luís PEREIRA	Escaravelhos Team	M-50	04:01:59	00:04:29
46	80	Lígia COELHO	ARSM-ASSOCIAÇÃO RECREATIVA S.MIGUEL	F-40	04:02:03	00:00:04

CRP



UNião das Freguesias de Penafiel e Vila Verde

APÓIOS



TRAIL MEDA DE MOUROS



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POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
47	52	Vera BIZARRO	O Mundo da Corrida	Senior F	04:02:52	00:00:48
48	66	Sónia PARENTE	EDV-Viana Trail	Senior F	04:02:52	00:00:00
49	71	Lino MOREIRA	Os TurboMula	M-60	04:06:41	00:03:49
50	74	André PAIVA	Farmácia Luciano e Matos	Senior M	04:07:26	00:00:45
51	55	João BARROSO	Runner's do DEMO	M-50	04:07:40	00:00:15
52	9	João CRUZ	ADABEM Running Team	Sub-23	04:08:18	00:00:38
53	16	José EUFRÁSIO	Individual	M-60	04:09:06	00:00:47
54	45	Rafael BRONZE	ACRM Silveirinha Claras	M-40	04:16:38	00:07:32
55	72	António ESTANQUEIRO	Ffitness Team	Senior M	04:19:16	00:02:38
56	12	Pedro BANDEIRA	Goes Trail Running	Senior M	04:21:11	00:01:55
57	29	Rui VIEGAS	Galhardos Runners	Senior M	04:21:56	00:00:45
58	49	João DÂMASO	ACRM Silveirinha Claras	Senior M	04:24:50	00:02:54
59	46	Nelson MARQUES	ACRM Silveirinha Claras	Senior M	04:33:17	00:08:28
60	18	Joana FRAZÃO	Porto de Mós a Correr	Senior F	04:38:54	00:05:37
61	57	Ana NASCIMENTO	Sport Viseu e Benfica	F-40	04:45:27	00:06:32
62	54	Fábio FERREIRA	Os Cansados	Senior M	04:45:48	00:00:22
63	78	Manuel JORGE	Farmácia Luciano e Matos	M-60	04:55:00	00:09:12
64	51	Vânia AMARAL	Ffitness Team	Senior F	05:21:26	00:26:26
65	35	Zé MARQUES	Ffitness Team	Senior M	05:21:26	00:00:00

CRG



UNião das Freguesias de Meda de Mouros

APÓIOS

