

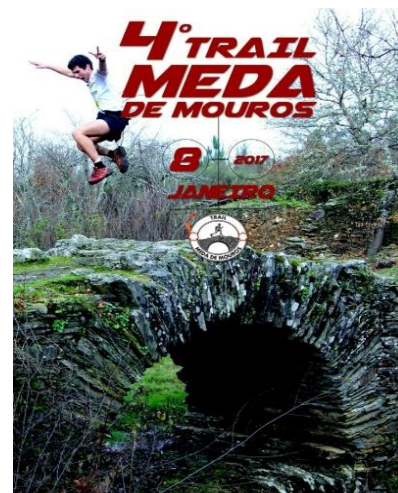


4º TRAIL MEDA DE MOUROS

Trail Meda de Mouros
8 de Janeiro de 2017
Chrono.pt

Trail Longo

30 Km
Geral



Pos.	Dor. Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	263 Luís Duarte	RUN.pt	M-SEN	1	2:39:10.42	05:18	
2	268 Romeu Gouveia	SALOMON SUUNTO PORTUC	Sub	1	2:39:11.77	05:18	0:00:02
3	113 Paulo J D Serra	Team Saltaypula	M-SEN	2	2:39:12.14	05:18	0:00:02
4	281 Armando Teixeira	SALOMON SUUNTO PORTUC	M-40	1	2:42:44.90	05:25	0:03:35
5	264 Albino Daniel Almeida Mag	Dr.Merino/4moove	M-SEN	3	2:48:00.00	05:36	0:08:50
6	224 Diogo Alexandre Rodrigues	OZXTREME R.D.AGUEDA	M-SEN	4	2:49:10.20	05:38	0:10:00
7	208 Fernando Carvalho	OZXTREME R.D.AGUEDA	M-40	2	2:50:11.57	05:40	0:11:02
8	207 Edgar Faria	OZXTREME R.D.AGUEDA	M-SEN	5	2:51:14.20	05:42	0:12:04
9	5 Guilherme da Conceição Lou	CRP - Ribafria	M-SEN	6	2:51:19.00	05:43	0:12:09
10	289 José Manuel Santos Oliveira	Formobike BTT & Trail Running	M-50	1	2:51:30.03	05:43	0:12:20
11	201 Antonio Quaresma	OZXTREME R.D.AGUEDA	M-40	3	2:58:15.59	05:57	0:19:06
12	212 Manuel Silva	OZXTREME R.D.AGUEDA	M-SEN	7	2:59:16.48	05:59	0:20:06
13	284 Nuno Filipe Gomes Andrade	Formobike BTT & Trail Running	M-40	4	3:00:51.99	06:02	0:21:42
14	192 José Carlos dos Reis Leal	BTTRAIN	M-40	5	3:05:16.25	06:11	0:26:06
15	287 Mário Jorge Batista reis mad	Formobike BTT & Trail Running	M-SEN	8	3:08:19.09	06:17	0:29:09
16	167 Luis Carlos Lages slavador	RUNNER'S DO DEMO	Sub	2	3:08:26.24	06:17	0:29:16
17	293 Sérgio Lúcio	VIKINGS TRAIL RUNNERS / (	M-SEN	9	3:11:35.85	06:23	0:32:26
18	151 Tiago Filipe Barreirinhas Ga	ARSM - POIARES TRAIL 2017	M-SEN	10	3:12:16.77	06:25	0:33:07
19	40 Fernando Pinto		M-SEN	11	3:14:56.70	06:30	0:35:47
20	103 ARMINDO JOSE HENRIQU	Coimbra Trail Running	M-40	6	3:15:31.30	06:31	0:36:21
21	25 luis vitorino		M-40	7	3:17:38.99	06:35	0:38:29
22	211 José Martins	OZXTREME R.D.AGUEDA	M-50	2	3:18:28.61	06:37	0:39:19
23	84 José Carlos Amaral Costa	RUNNER'S DO DEMO	M-40	8	3:18:44.71	06:37	0:39:35
24	150 Gonçalo Daniel Nunes Relvã	Farmácia Luciano e Matos	M-SEN	12	3:26:27.96	06:53	0:47:18
25	243 Ricardo Jorge Cruz Aguiar	ASSSCC - Ar Livre e Aventura	M-40	9	3:28:31.27	06:57	0:49:21
26	27 Romeu Adelino Marta do Ou	Portal da Diálise	M-SEN	13	3:29:35.26	06:59	0:50:25
27	312 Paulo Jorge Crespo Gregório	Gteam	M-40	10	3:29:46.80	07:00	0:50:37
28	316 João Manuel Alegre Gonçalves		M-SEN	14	3:30:59.58	07:02	0:51:50
29	168 Luís Filipe Martinho Salvad	RUNNER'S DO DEMO	M-50	3	3:32:47.21	07:06	0:53:37
30	20 Cristóvão Ferreira Chaves	RUNNER'S DO DEMO	M-SEN	15	3:32:59.57	07:06	0:53:50
31	10 Rodrigo Quintal	O MUNDO DA CORRIDA	M-SEN	16	3:33:18.81	07:07	0:54:09
32	285 Nuno Bernardo	Formobike BTT & Trail Running	M-40	11	3:35:24.52	07:11	0:56:15
33	300 Daniel Filipe de Jesus Batata	Atletismo Clube da Tocha	M-SEN	17	3:35:26.20	07:11	0:56:16
34	215 David Felizardo	OZXTREME R.D.AGUEDA	M-SEN	18	3:40:52.94	07:22	1:01:43
35	142 Tiago Filipe Pereira Mendes	ASSSCC - Ar Livre e Aventura	M-SEN	19	3:41:26.68	07:23	1:02:17
36	6 Carla Patrícia Carvalho Cabr	Ginásio Extreme Fit	F-40	1	3:42:05.55	07:24	1:02:56
37	17 Eduardo Silva Moreira	ASSSCC - Ar Livre e Aventura	M-SEN	20	3:42:26.84	07:25	1:03:17
38	164 Mauro Alexandre Marques A	Escola de Atletismo de Coimbra/	M-40	12	3:42:32.02	07:25	1:03:22
39	320 Fernando António Mendes Teles	Moucho	M-40	13	3:44:25.25	07:29	1:05:15
40	190 Fatima Alendouro	RUNNER'S DO DEMO	F-40	2	3:44:51.72	07:30	1:05:42
41	258 Renato Miguel Fernandes Si	Montanha Clube Trail Running/I	M-50	4	3:45:00.93	07:30	1:05:51
42	196 Manuel Domingos Pinto Fern	Viseu 360	M-SEN	21	3:45:41.75	07:31	1:06:32
43	187 Mário Rui Vicente Martins	Abutres Running Team	M-40	14	3:48:09.79	07:36	1:09:00

44	75	Filipe Miguel Dias Marques	Turres Trail Team	M-SEN	22	3:48:29.90	07:37	1:09:20
45	166	Pedro Alexandre Afonso Sou	RUNNER'S DO DEMO	M-40	15	3:48:58.20	07:38	1:09:48
46	41	Luís Lopes	Abutres Running Team	M-40	16	3:52:21.46	07:45	1:13:11
47	13	Miguel Ribeiro	ASSSCC - Ar Livre e Aventura	M-SEN	23	3:53:21.93	07:47	1:14:12
48	35	fernando jose nunes dos sant	runners motoclub de mangualde	M-50	5	3:54:39.44	07:49	1:15:29
49	229	Horácio Henrique Santos Fer	ARSM - POIARES TRAIL 2017	M-40	17	3:56:10.77	07:52	1:17:01
50	295	Arsénio Jorge Martins Ferna	ARSM - POIARES TRAIL 2017	M-60	1	3:56:11.34	07:52	1:17:01
51	193	Marilyne Rua Marques	RUNNER'S DO DEMO	SubF	1	3:58:31.80	07:57	1:19:22
52	283	Rui Miguel Monteiro Soles C	Formobike BTT & Trail Running	M-40	18	4:00:43.78	08:01	1:21:34
53	57	carmen sofia da silva henriqu	run is a gift	F-SEN	1	4:01:09.10	08:02	1:21:59
54	214	Sergio Varela	OZXTREME R.D.AGUEDA	M-SEN	24	4:01:52.23	08:04	1:22:42
55	165	André Filipe Paiva Loureiro	Farmácia Luciano e Matos	M-SEN	25	4:02:13.75	08:04	1:23:04
56	209	Tiago Batista	OZXTREME R.D.AGUEDA	M-SEN	26	4:02:48.78	08:06	1:23:39
57	56	João Pedro Gonçalves da Cr	ADABEM Running Team	M-SEN	27	4:04:10.07	08:08	1:25:00
58	176	Carlos Miguel Cruz Silva	Georunner	M-40	19	4:06:06.60	08:12	1:26:57
59	111	José Luís Ferreira Coelho	Abutres Running Team	M-40	20	4:06:07.84	08:12	1:26:58
60	303	José Francisco Magalhães Tc	RUNNER'S DO DEMO	M-40	21	4:08:41.87	08:17	1:29:32
61	4	Daniel Filipe Cunha Fernand	Vimarunners	M-SEN	28	4:11:29.66	08:23	1:32:20
62	158	Pedro Jorge Oliveira Simões	Figueira	M-SEN	29	4:12:51.24	08:26	1:33:41
63	353	António José Redondo Paulo	CASA JOVASE	M-50	6	4:13:03.35	08:26	1:33:53
64	76	Marina Alexandra Elisiario A	Turres Trail Team	F-SEN	2	4:18:21.55	08:37	1:39:12
65	236	Sandra Maria Lopes Arribança		F-40	3	4:19:30.79	08:39	1:40:21
66	38	José Francisco Carvalho Euf	CLUVE	M-60	2	4:24:58.43	08:50	1:45:48
67	122	João Miguel Carapinha	Team Pernetas	M-40	22	4:25:15.60	08:51	1:46:06
68	19	Filipe Serrazina	CRP - Ribafria	M-SEN	30	4:25:29.09	08:51	1:46:19
69	299	Sara Daniela Neves da Silva	Atletismo Clube da Tocha	F-SEN	3	4:25:31.69	08:51	1:46:22
70	180	Rui Manuel Bernardo Mend	Abutres Running Team	M-SEN	31	4:25:32.71	08:51	1:46:23
71	73	Rui Manuel Barata Henriques		M-SEN	32	4:25:36.13	08:51	1:46:26
72	266	Luis António Pinto Pereira	Escaravelhos Team	M-50	7	4:26:00.36	08:52	1:46:50
73	139	David Almeida Assis	runners motoclub de mangualde	M-40	23	4:27:42.86	08:55	1:48:33
74	128	Renato Miguel da Mota Santos		M-SEN	33	4:29:27.99	08:59	1:50:18
75	249	Paulo Nina	Casa JOVASE	M-40	24	4:47:47.71	09:36	2:08:38
76	349	Humberto Almeida	CTAD-Trilhos de Cinfães	M-40	25	4:53:26.96	09:47	2:14:17
77	346	Severina Almeida	CTAD-Trilhos de Cinfães	F-SEN	4	4:53:29.22	09:47	2:14:19
78	321	Pedro Pinto	O MUNDO DA CORRIDA	M-SEN	34	4:57:37.14	09:55	2:18:27
79	45	Gonçalo Miguel Pereira Verç	ADABEM Running Team	Sub	3	5:01:19.61	10:03	2:22:10
80	152	Ana Raque Rodrigues Faria I	Crossfitsolum	F-SEN	5	5:06:02.80	10:12	2:26:53
81	174	Daniel Gonçalo Parente Tab	PÉS TROIKADOS - CSCS	M-SEN	35	5:06:05.07	10:12	2:26:55
82	234	Joao Carlos Oliveira Barroso	RUNNER'S DO DEMO	M-50	8	5:07:41.05	10:15	2:28:31
83	182	Firmino Mendes	Montanha Clube Trail Running/I	M-50	9	5:07:44.42	10:15	2:28:34
84	148	Mélanie Duarte	Farmácia Luciano e Matos	F-SEN	6	5:12:36.88	10:25	2:33:27
85	15	filipe silva	Casa JOVASE	M-40	26	5:24:04.14	10:48	2:44:54
86	240	José Luís Alves	CASA JOVASE	M-50	10	5:24:06.77	10:48	2:44:57
87	239	Daniel Mendes Fernandes	CASA JOVASE	M-40	27	5:25:10.99	10:50	2:46:01
88	12	Fábio Micael Floro Simões F	Casa JOVASE	M-SEN	36	5:25:15.59	10:51	2:46:06