

Classificação Geral e Escalão

Trail Curto

31/10/2020

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferença
1	2021	Nelson Loureiro		M	M40	1		01:03:30	4.23	00:00:00
2	2299	Daniel Faria	VizelaCorre	M	M40	2		01:04:54	4.33	00:01:24
3	2298	Carlos Monteiro	VizelaCorre	M	M40	3		01:05:22	4.36	00:01:52
4	2330	Marco Santos	Rafa Team	M	S	1		01:07:39	4.51	00:04:09
5	2072	Ivan Silva	EDV-Viana Trail	M	M40	4		01:08:29	4.57	00:04:59
6	2317	Zé Pedro		M	S	2		01:08:57	4.6	00:05:27
7	2337	João Coentrão		M	S	3		01:09:15	4.62	00:05:45
8	1035	Luciano Pereira	Habcarpintaria	M	M40	5		01:11:17	4.75	00:07:47
9	1070	Salvador Oliveira	B.T.M	M	S	4		01:12:23	4.83	00:08:53
10	1078	Nuno Fernandes	B.T.M	M	S	5		01:12:24	4.83	00:08:54
11	1067	Flavio Fernandes	B.T.M	M	S	6		01:12:24	4.83	00:08:54
12	1060	Pedro Oliveira	FisioPedro Trail	M	S	7		01:12:53	4.86	00:09:23
13	1016	Nelson Leal		M	S	8		01:13:04	4.87	00:09:34
14	2292	FILIPE MENESES	Minho e Lima Trail	M	M40	6		01:13:28	4.9	00:09:58
15	2327	Abel Franco	Drogaria Abel Franco	M	M40	7		01:13:29	4.9	00:09:59
16	2082	Vitor Hugo Vieira Carvalho	Rumo À Aventura	M	S	9		01:13:32	4.9	00:10:02
17	1023	Ricardo Oliveira	Habcarpintaria	M	S	10		01:13:38	4.91	00:10:08
18	2224	Paulo Oliveira	Dragon Club	M	M23	1		01:13:40	4.91	00:10:10
19	2308	Armindo Araujo	Nucleo Sporting Club Portugal Famalicão	M	M50	1		01:13:47	4.92	00:10:17
20	2022	Henrique Loureiro		M	S	11		01:14:34	4.97	00:11:04
21	2183	Fernando Alves	-	M	S	12		01:14:48	4.99	00:11:18
22	2296	Alexandre Ferreira	VizelaCorre	M	M50	2		01:15:05	5.01	00:11:35
23	2301	Paulo Martins	VizelaCorre	M	S	13		01:15:07	5.01	00:11:37
24	2104	Paulo Jesus	Dragon Club	M	M40	8		01:15:40	5.04	00:12:10
25	2047	Pedro Magalhães	S C Espinho / António Leitão	M	S	14		01:15:51	5.06	00:12:21
26	1062	Sérgio Sampaio	FisioPedro Trail	M	M40	9		01:15:56	5.06	00:12:26
27	2328	Jose Peixoto	Sabores do Campo	M	M40	10		01:16:01	5.07	00:12:31
28	1047	Manuel Oliveira	Terminal Coimbra	M	S	15		01:16:01	5.07	00:12:31
29	2107	Isidro Pinto	DAPproducoes	M	S	16		01:16:39	5.11	00:13:09
30	2175	MANUEL FERREIRA	GD AIRÃO CURVIÃ	M	M50	3		01:16:39	5.11	00:13:09
31	2201	João Paulo Pimentel	Terminal Coimbra	M	M40	11		01:17:39	5.18	00:14:09
32	1038	Marco Bds	Habcarpintaria	M	S	17		01:17:51	5.19	00:14:21
33	1029	Pedro Costa	Habcarpintaria	M	S	18		01:18:13	5.21	00:14:43
34	1090	Sebastião Pinto	Rafa Team	M	M40	12		01:18:36	5.24	00:15:06
35	1084	João Manuel Duarte	B.T.M	M	S	19		01:19:28	5.3	00:15:58
36	1036	Pedro Silva	Habcarpintaria	M	S	20		01:19:36	5.31	00:16:06
37	2153	Manuel Sousa Souaa	DAPproducoes	M	M40	13		01:20:00	5.33	00:16:30
38	2129	José Carlos Dias	CTAD-Consumo Zero	M	M50	4		01:20:14	5.35	00:16:44
39	1052	Manuel Joaquim miranda	ACR Roriz	M	M50	5		01:20:17	5.35	00:16:47
40	2262	Pedro Miguel Oliveira Costa		M	S	21		01:20:20	5.36	00:16:50
41	2249	Sergio Campos	Rumo À Aventura	M	M40	14		01:20:22	5.36	00:16:52
42	2056	Antonio Cardoso	A.D.CARVALHAL	M	M50	6		01:20:26	5.36	00:16:56
43	2165	Arlindo Ferreira	Bits&Bikes/Trail Running	M	M50	7		01:20:52	5.39	00:17:22
44	2102	Bruno Rodrigues	Rundiculous	M	S	22		01:21:02	5.4	00:17:32
45	2193	João Pedro Sousa	Spin&Run Esposende	M	M40	15		01:21:15	5.42	00:17:45
46	2326	Andre Sendao	LETHES TRAIL TEAM	M	S	23		01:21:36	5.44	00:18:06
47	2279	Cláudio Monteiro	Douroconta Trail Team	M	M50	8		01:21:46	5.45	00:18:16

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
48	2339	Rui Couto	ADE Trail Running	M	M40	16		01:21:57	5.46	00:18:27
49	2303	Pedro Cunha	VizelaCorre	M	M40	17		01:22:06	5.47	00:18:36
50	2263	Tiago Alves	DAPproducoes	M	S	24		01:22:14	5.48	00:18:44
51	2176	AGOSTINHO TEIXEIRA	GD AIRÃO CURVIÃ	M	S	25		01:22:34	5.5	00:19:04
52	2240	Cesar Gomes	Dragon Club	M	M40	18		01:22:39	5.51	00:19:09
53	2144	Jorge Moreira	DAPproducoes	M	M40	19		01:23:29	5.57	00:19:59
54	2304	Rui Pereira	VizelaCorre	M	S	26		01:23:33	5.57	00:20:03
55	2168	Dionísio Sousa		M	M50	9		01:23:45	5.58	00:20:15
56	2108	José Gomes	Povoa de Varzim	M	M40	20		01:23:54	5.59	00:20:24
57	2112	Pedro Ribeiro	CTAD-Consumo Zero	M	M50	10		01:24:06	5.61	00:20:36
58	1039	Joao Carlos Soutelo Couto	ACR Roriz	M	S	27		01:24:54	5.66	00:21:24
59	2071	Joaquim Sá	ACR Roriz	M	M40	21		01:25:06	5.67	00:21:36
60	2332	Samuel Silva	A.D.Amarante Trail Running	M	M23	2		01:25:25	5.69	00:21:55
61	2083	Pedro Vieira	A.D.Amarante Trail Running	M	M40	22		01:26:02	5.74	00:22:32
62	2094	Vítor Araujo	DAPproducoes	M	S	28		01:26:02	5.74	00:22:32
63	2172	Filipe Oliveira	FisioPedro Trail	M	S	29		01:26:02	5.74	00:22:32
64	2031	José Miguel Mendes	Falsos Lentos	M	S	30		01:26:15	5.75	00:22:45
65	2236	António Carlos Vilas Boas	Arca Barcelos Runners	M	M40	23		01:26:18	5.75	00:22:48
66	1027	Hugo Sampaio	Habcarpintaria	M	M40	24		01:26:22	5.76	00:22:52
67	2242	José Figueiras	Bits&Bikes/Trail Running	M	M50	11		01:26:35	5.77	00:23:05
68	2066	Tiago Gonçalves	ADECA	M	S	31		01:27:10	5.81	00:23:40
69	2048	Sara Conceição	Sporting clube de espinho/António leitão	F	F40	1		01:27:31	5.83	00:24:01
70	2037	Fabio Silva	Nós Acreditamos	M	S	32		01:27:38	5.84	00:24:08
71	2274	Diogo Barros	CB RUN	M	M40	25		01:27:46	5.85	00:24:16
72	2223	Pedro Azevedo		M	S	33		01:28:09	5.88	00:24:39
73	1063	Daniel Neto	FisioPedro Trail	M	S	34		01:28:11	5.88	00:24:41
74	2188	José Costa	SilvaCosta	M	M50	12		01:28:19	5.89	00:24:49
75	2038	Fernando Silva	Nós Acreditamos	M	M50	13		01:28:23	5.89	00:24:53
76	2006	Ana Freitas	A.D.CARRIL	F	F40	2		01:28:47	5.92	00:25:17
77	2338	João Machado	Team Lantemil	M	S	35		01:28:49	5.92	00:25:19
78	2019	José Rocha		M	S	36		01:28:59	5.93	00:25:29
79	1087	Mauro Roxo	ADE Trail Running	M	M40	26		01:29:00	5.93	00:25:30
80	2039	Leandro Teixeira	Nós Acreditamos	M	M40	27		01:29:06	5.94	00:25:36
81	1054	Joaquim Rodrigues	ACR Roriz	M	M50	14		01:29:17	5.95	00:25:47
82	2228	João Coelho	AMC TRAIL	M	M40	28		01:29:24	5.96	00:25:54
83	2310	Miguel Pimenta		M	S	37		01:29:26	5.96	00:25:56
84	2081	Daniel Soares	Rundiculous	M	S	38		01:29:36	5.97	00:26:06
85	1068	André Santos	B.T.M	M	S	39		01:29:49	5.99	00:26:19
86	1059	João Pedro Silva	FisioPedro Trail	M	S	40		01:29:55	5.99	00:26:25
87	2133	Nuno Carvalho	Rumo À Aventura	M	S	41		01:30:05	6.01	00:26:35
88	2124	Lino Moreira	DAPproducoes	M	M50	15		01:30:08	6.01	00:26:38
89	2007	Jose Rodrigues	A.D.CARRIL	M	M50	16		01:30:12	6.01	00:26:42
90	2264	Eduardo Rodrigues		M	M23	3		01:30:57	6.06	00:27:27
91	2103	João Matos		M	M40	29		01:31:03	6.07	00:27:33
92	2206	José Costa	GDLU	M	M50	17		01:31:10	6.08	00:27:40
93	1069	Sara Cristina Fernandes Araújo	B.T.M	F	SF	1		01:31:11	6.08	00:27:41
94	2289	Luis Amaro Dias Carvalho	R10K	M	M50	18		01:31:11	6.08	00:27:41
95	1083	Agostinho Maia	B.T.M	M	M40	30		01:31:12	6.08	00:27:42
96	1066	josé azevedo	B.T.M	M	M40	31		01:31:12	6.08	00:27:42
97	1056	Carlos Carreira	ADE Trail Running	M	M40	32		01:31:14	6.08	00:27:44
98	2235	Nuno Oliveira	S&F Runners	M	M40	33		01:31:26	6.1	00:27:56

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
99	2261	José Gonçalves	Dive into the mountains	M	M50	19		01:31:47	6.12	00:28:17
100	2273	Bruno Pereira		M	M40	34		01:32:04	6.14	00:28:34
101	2100	Joel Amorim		M	S	42		01:32:52	6.19	00:29:22
102	2208	Vitor Silva	Team Lantermil	M	S	43		01:32:53	6.19	00:29:23
103	2276	Jose Padrão	Arca Barcelos Runners	M	M40	35		01:32:58	6.2	00:29:28
104	2116	Marco Dias Dias	Padela Natural	M	M40	36		01:33:04	6.2	00:29:34
105	2141	Gilberto Dias	Padela Natural	M	M40	37		01:33:04	6.2	00:29:34
106	2139	Carlos Manuel Bandeira Melo Melo	Padela Natural	M	M40	38		01:33:05	6.21	00:29:35
107	2229	Pedro Pimenta	SEM Medo	M	M40	39		01:33:07	6.21	00:29:37
108	1079	Carlos Jardim	B.T.M	M	M40	40		01:33:12	6.21	00:29:42
109	2142	Vítor Cardoso	Galos Sangrentos	M	S	44		01:33:15	6.22	00:29:45
110	1065	Cristiana Rocha	Dragon Club	F	F23	1		01:33:19	6.22	00:29:49
111	2343	André Cristiano	Tesos & Mouraria	M	S	45		01:33:23	6.23	00:29:53
112	2059	Paulo Ribeiro	Temos Pena Atletismo	M	M40	41		01:33:51	6.26	00:30:21
113	2256	Pedro Iven	AiróRun	M	S	46		01:34:03	6.27	00:30:33
114	2202	Antonio Coelho	Trofa	M	M40	42		01:34:44	6.32	00:31:14
115	1020	Carlos Araujo	Habcarpintaria	M	M40	43		01:34:45	6.32	00:31:15
116	2128	António Neves	Fardetas	M	M40	44		01:36:03	6.4	00:32:33
117	2073	Adelino Dias Pinto	DAPproducoes	M	S	47		01:36:06	6.41	00:32:36
118	2050	Elisabete Ministro	Palmeira Runners	F	F40	3		01:36:07	6.41	00:32:37
119	1034	Francisco Silva	Habcarpintaria	M	M40	45		01:36:16	6.42	00:32:46
120	1030	Bruno Marques	Habcarpintaria	M	S	48		01:36:16	6.42	00:32:46
121	2295	Artur Vilas Boas		M	S	49		01:37:11	6.48	00:33:41
122	2269	João Pereira		M	M23	4		01:37:11	6.48	00:33:41
123	2278	Jorge Cardoso	Jiracing	M	S	50		01:37:19	6.49	00:33:49
124	2138	Gilberto Fernandes	Rinus FAFE	M	S	51		01:37:23	6.49	00:33:53
125	2280	Joaquim Graça Fangueiro		M	M50	20		01:37:29	6.5	00:33:59
126	2344	João Silva	DAPproducoes	M	S	52		01:37:31	6.5	00:34:01
127	2247	Pedro Sousa	0000	M	M40	46		01:37:34	6.5	00:34:04
128	2170	João Ribeiro		M	M50	21		01:37:42	6.51	00:34:12
129	2001	Rui Santos	Nucleo Sporting Club Portugal Famalicão	M	M50	22		01:37:54	6.53	00:34:24
130	2300	António Mendonça	VizelaCorre	M	M50	23		01:37:59	6.53	00:34:29
131	2302	Nuno Carvalho	VizelaCorre	M	S	53		01:38:04	6.54	00:34:34
132	1061	Miguel Gonçalves	FisioPedro Trail	M	S	54		01:38:06	6.54	00:34:36
133	1058	Joao Laranjeira	ADE Trail Running	M	S	55		01:38:15	6.55	00:34:45
134	2020	Cristiano Guimaraes	A noite passa a correr	M	M40	47		01:38:18	6.55	00:34:48
135	2181	Elisabete Gonçalves	Famalicão em forma	F	F40	4		01:38:18	6.55	00:34:48
136	2180	Emanuel Leal	Famalicão em forma	M	S	56		01:38:20	6.56	00:34:50
137	2325	Diogo Santos		M	S	57		01:38:27	6.56	00:34:57
138	2045	Eduardo Ribeiro		M	S	58		01:38:36	6.57	00:35:06
139	1092	Andreia Rocha	Dragon Club	F	SF	2		01:38:36	6.57	00:35:06
140	2182	Sergio Teixeira	Guimaraes	M	M40	48		01:39:08	6.61	00:35:38
141	2243	Luís Cardoso	Brigada do Pedal	M	S	59		01:39:19	6.62	00:35:49
142	2253	António Ribeiro	DAPproducoes	M	M50	24		01:39:23	6.63	00:35:53
143	2237	Albino Faria	Btt Carreira	M	M50	25		01:39:29	6.63	00:35:59
144	2283	Marlene Puga	OPraticante.pt	F	SF	3		01:39:30	6.63	00:36:00
145	2120	Carlos Alberto Ribeiro	Trail4Fun	M	M40	49		01:39:37	6.64	00:36:07
146	1010	Manuel Sousa	Bora lá!	M	M50	26		01:39:41	6.65	00:36:11
147	2245	Nuno Rodrigues	S&F Runners	M	M40	50		01:39:58	6.66	00:36:28
148	2029	Franco Costa		M	M40	51		01:40:19	6.69	00:36:49
149	2137	RUI OLIVEIRA	Unidos pelos Trilhos	M	M40	52		01:40:38	6.71	00:37:08
150	2080	Francisco Fonseca	Unidos pelos Trilhos	M	M50	27		01:40:38	6.71	00:37:08
151	2293	Paulo Araújo	Outizal - R10K	M	M40	53		01:40:41	6.71	00:37:11

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
152	2077	Joaquim Teixeira	Unidos pelos Trilhos	M	M50	28		01:41:04	6.74	00:37:34
153	2320	Carlos Andrade	BestMove	M	M50	29		01:41:07	6.74	00:37:37
154	1055	Francisco Alves	Cerveira Team Running	M	M40	54		01:41:10	6.74	00:37:40
155	1011	Mário Coelho		M	S	60		01:41:13	6.75	00:37:43
156	2209	Jorge Lobo		M	M50	30		01:41:17	6.75	00:37:47
157	2288	António Miguel Magalhães	Almostrunners	M	M40	55		01:41:22	6.76	00:37:52
158	1015	Isaias Boas		M	M40	56		01:41:23	6.76	00:37:53
159	1050	Pedro Oliveira	Cerveira Team Running	M	M40	57		01:41:26	6.76	00:37:56
160	2095	Paulo Aroso		M	S	61		01:41:34	6.77	00:38:04
161	1043	MARIANA OLIVEIRA	Vidaativarunners	F	F40	5		01:41:43	6.78	00:38:13
162	1048	Alberto Sá	LOBOS DO MONTE - LOUSADO	M	M50	31		01:41:43	6.78	00:38:13
163	1053	Isabel Cunha	Cerveira Team Running	F	F40	6		01:41:43	6.78	00:38:13
164	2222	Constantino Moreira		M	M50	32		01:41:49	6.79	00:38:19
165	2011	Victor Manuel	Vieira A Correr	M	M50	33		01:42:05	6.81	00:38:35
166	2010	Miguel Pereira	Vieira A Correr	M	S	62		01:42:06	6.81	00:38:36
167	2024	José António Fernandes		M	M40	58		01:42:08	6.81	00:38:38
168	2336	José Carlos Rodrigues	Povoa de Lanhoso	M	M50	34		01:42:12	6.81	00:38:42
169	2013	Nuno Vaz Lopes	CMC CARAPPAUS	M	M50	35		01:42:13	6.81	00:38:43
170	2003	Ricardo Branco		M	S	63		01:42:17	6.82	00:38:47
171	2017	Vitor Fernandes	Florentinos Running	M	M40	59		01:42:22	6.82	00:38:52
172	1031	Elson Carvalho	Habcarpintaria	M	S	64		01:42:29	6.83	00:38:59
173	1081	Clara Lopes	B.T.M	F	F23	2		01:42:29	6.83	00:38:59
174	1072	Luis Fernandes	B.T.M	M	M40	60		01:42:30	6.83	00:39:00
175	2246	Marco Gonçalo Oliveira		M	M40	61		01:42:38	6.84	00:39:08
176	2291	Nelson Maia		M	M40	62		01:42:51	6.86	00:39:21
177	2079	António Cunha	Unidos pelos Trilhos	M	M40	63		01:42:57	6.86	00:39:27
178	2076	Carlos Jorge	Unidos pelos Trilhos	M	M40	64		01:42:57	6.86	00:39:27
179	1088	André Silva	B.T.M	M	M23	5		01:43:01	6.87	00:39:31
180	2248	Pedro Oliveira		M	S	65		01:43:02	6.87	00:39:32
181	1051	Pedro Marques		M	S	66		01:43:13	6.88	00:39:43
182	2089	Alvaro Barreto	Barreto Team	M	M40	65		01:43:28	6.9	00:39:58
182	2090	Carlos Barreto	Barreto Team	M	M40	65		01:43:28	6.9	00:39:58
184	2210	Sergio Martins		M	S	67		01:43:36	6.91	00:40:06
185	1045	Sofia Afonso		F	F40	7		01:44:07	6.94	00:40:37
186	2053	Vitor Reis		M	M50	36		01:44:08	6.94	00:40:38
187	2040	Armando Cardoso	Nós Acreditamos	M	M40	67		01:44:15	6.95	00:40:45
188	2221	Rúben Reis	CEDÕES TEAM	M	S	68		01:44:26	6.96	00:40:56
189	2105	Ricardo Meireles	Braga	M	S	69		01:44:32	6.97	00:41:02
190	2027	Clemente Meireles		M	M50	37		01:44:34	6.97	00:41:04
191	2167	ANTONIO COSTA		M	M40	68		01:44:42	6.98	00:41:12
192	2109	Maria Campos	Spin&Run Esposende	F	F50	1		01:44:45	6.98	00:41:15
193	2265	Cândido Silva	Zenit Automóveis	M	M40	69		01:44:59	7	00:41:29
194	2069	Ricardo Pinto	DAPproducoes	M	M40	70		01:45:00	7	00:41:30
195	2101	Nuno Teixeira	DAPproducoes	M	S	70		01:45:03	7	00:41:33
196	2244	Maria Silva	Brigada do Pedal	F	SF	4		01:45:06	7.01	00:41:36
197	2281	Eduardo Manuel Bernardo Cepa		M	M50	38		01:45:06	7.01	00:41:36
198	2258	José Fangueiro	Póvoa de Varzim	M	M40	71		01:45:07	7.01	00:41:37
199	2294	Angélica Rocha	Dragon Club	F	SF	5		01:45:09	7.01	00:41:39
200	2171	Claudia Pereira	F.c Penafiel	F	SF	6		01:45:09	7.01	00:41:39
201	2135	José Ribeiro	CB RUN	M	M50	39		01:45:43	7.05	00:42:13
202	2186	Paulo Vaz		M	S	71		01:45:50	7.06	00:42:20
203	2185	Nelo Chapeiro Ou Quim	Tesos & Mouraria	M	M40	72		01:46:49	7.12	00:43:19
204	2060	Bruno Miguel Andrade	Tás bem mene?	M	S	72		01:46:52	7.12	00:43:22

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
205	2087	Bruno Penedo	Tás bem mene?	M	S	73		01:46:52	7.12	00:43:22
206	2067	André Cordeiro	Tas bem mene?	M	S	74		01:46:52	7.12	00:43:22
207	1026	Bruno Sampaio	Habcarpintaria	M	S	75		01:47:15	7.15	00:43:45
208	2316	Sónia Santos	AiróRun	F	F40	8		01:47:16	7.15	00:43:46
209	1022	Patrícia Ferreira	Habcarpintaria	F	SF	7		01:47:16	7.15	00:43:46
210	2122	José Pinto	Pipocas & Bombocas	M	M50	40		01:47:21	7.16	00:43:51
211	2252	miguel Rodrigues	VF's	M	S	76		01:47:29	7.17	00:43:59
212	1074	Rosa Araújo	B.T.M	F	F50	2		01:47:36	7.17	00:44:06
213	173	TANYA REIS	B.T.M	F	SF	8		01:47:36	7.17	00:44:06
214	2257	António Macedo		M	M50	41		01:47:38	7.18	00:44:08
215	2018	Vitor Silva	Florentinos Running	M	S	77		01:48:02	7.2	00:44:32
216	2049	João Ministro	Palmeira Runners	M	M50	42		01:48:11	7.21	00:44:41
217	2119	Agostinho Moreira	DAPproducoes	M	M50	43		01:48:58	7.26	00:45:28
218	2307	Nuno Filipe Silva Gandara		M	M40	73		01:49:04	7.27	00:45:34
219	2266	Vitor Ferreira		M	S	78		01:49:49	7.32	00:46:19
220	1041	RICARDO VIEIRA	Vidaativarunners	M	S	79		01:50:00	7.33	00:46:30
221	2015	Hernâni Veríssimo		M	S	80		01:50:02	7.34	00:46:32
222	2126	Marisa Doreta	Fardetas	F	F40	9		01:50:23	7.36	00:46:53
223	1086	Luis Gomes	Team Lantemil	M	M40	74		01:50:51	7.39	00:47:21
224	2147	Carina Silva		F	SF	9		01:50:54	7.39	00:47:24
225	2130	Maria Brás	Spin&Run Esposende	F	F40	10		01:50:54	7.39	00:47:24
226	2238	João Mendes		M	M40	75		01:50:56	7.4	00:47:26
227	2154	José Ribeiro	ADECA	M	M50	44		01:51:03	7.4	00:47:33
228	2113	Márcio Pires	Minho Aventura	M	M40	76		01:51:11	7.41	00:47:41
229	2088	Licínia Silva	DAPproducoes	F	F40	11		01:51:23	7.43	00:47:53
230	2166	Alzira Alves	Bits&Bikes/Trail Running	F	F50	3		01:51:30	7.43	00:48:00
231	2203	Nuno Costa	Grupo Desportivo Limpeza Urbana	M	M40	77		01:51:31	7.43	00:48:01
232	2032	Hélder Soares	Falsos Lentos	M	S	81		01:51:39	7.44	00:48:09
233	2099	Manuel Cunha	Padela Natural	M	M50	45		01:51:56	7.46	00:48:26
234	2250	André Loureiro	VF's	M	S	82		01:52:02	7.47	00:48:32
235	2177	CARLA DIAS	GD AIRÃO CURVIÃ	F	F40	12		01:52:02	7.47	00:48:32
236	2251	rui couto	VF's	M	S	83		01:52:02	7.47	00:48:32
237	2232	Carlos Neiva	Maia	M	M50	46		01:52:11	7.48	00:48:41
238	2159	Sergio Mota	JáCorrias	M	M40	78		01:52:18	7.49	00:48:48
239	2125	Pedro Silva	Zenit Automóveis	M	S	84		01:52:31	7.5	00:49:01
240	1024	Agostinho Pedrosa	Habcarpintaria	M	M50	47		01:53:02	7.54	00:49:32
241	2184	Alice Oliveira	Famalição em forma	F	F50	4		01:53:06	7.54	00:49:36
242	2118	Luis Moreira	DAPproducoes	M	S	85		01:53:33	7.57	00:50:03
243	2054	Paulo Mandim	Let's Go Team	M	S	86		01:54:25	7.63	00:50:55
244	2111	Augusto Cunha		M	M50	48		01:54:38	7.64	00:51:08
245	1046	Elisa Alves		F	SF	10		01:54:49	7.65	00:51:19
246	2226	Emilia Bras	Spin&Run Esposende	F	F50	5		01:55:03	7.67	00:51:33
247	2314	Marta Fonseca		F	F40	13		01:55:13	7.68	00:51:43
248	2187	Nuno Ricardo	Tesos & Mouraria	M	S	87		01:55:23	7.69	00:51:53
249	2005	Fernando Pereira		M	S	88		01:55:54	7.73	00:52:24
250	2207	Helder Torres	KalMachines	M	S	89		01:56:17	7.75	00:52:47
251	2179	Marisa Novais	Rinus FAFE	F	F40	14		01:56:22	7.76	00:52:52
252	2074	Diana Dias	DAPproducoes	F	SF	11		01:56:34	7.77	00:53:04
253	2284	José Silva	OPraticante.pt	M	S	90		01:56:59	7.8	00:53:29
254	2146	Ricardo Moreira	Atalanta runners	M	S	91		01:57:25	7.83	00:53:55
255	2134	Ana Santos		F	F40	15		01:57:25	7.83	00:53:55
256	2002	Daniel Gomes		M	M40	79		01:57:26	7.83	00:53:56
257	2214	Alice Miranda	Nine	F	F40	16		01:57:40	7.84	00:54:10
258	2197	Carlos Moreira	14 15 Norte Sul	M	S	92		01:57:42	7.85	00:54:12

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
259	2198	Tiago Sousa	14 15 Norte Sul	M	S	93		01:57:42	7.85	00:54:12
260	2092	Sem Dados		M	S	94		01:57:59	7.87	00:54:29
261	2075	Maria Fonseca	Unidos pelos Trilhos	F	F40	17		01:58:00	7.87	00:54:30
262	1042	ANA ROCHA	Vidaativarunners	F	F40	18		01:58:07	7.87	00:54:37
263	2035	Marília Ferreira	Viasaudavel	F	F40	19		01:58:16	7.88	00:54:46
264	2114	Pedro Silva		M	S	95		01:58:51	7.92	00:55:21
265	2157	Fátima Costa		F	F40	20		01:58:53	7.93	00:55:23
266	2241	Ana Gonçalves	Amigos dos Trails	F	F40	21		01:58:59	7.93	00:55:29
267	2061	Fabiana Silva	Papa Trails	F	SF	12		01:59:02	7.94	00:55:32
268	2062	José Costa	Papa Trails	M	S	96		01:59:02	7.94	00:55:32
269	2161	Bruno Rodrigues		M	S	97		01:59:28	7.96	00:55:58
270	2068	Vitor Alves	Rinus FAFE	M	M40	80		01:59:32	7.97	00:56:02
271	2312	Carla Barros	FIT	F	F40	22		01:59:39	7.98	00:56:09
272	2311	Claudio Lopes	#cabrasdomonte	M	M40	81		01:59:39	7.98	00:56:09
273	1028	Ricardo Costa	Habcarpintaria	M	M40	82		01:59:47	7.99	00:56:17
274	2131	Jorge Serra	Spin&Run Esposende	M	M50	49		01:59:47	7.99	00:56:17
275	2132	Patrícia Serra		F	SF	13		01:59:47	7.99	00:56:17
276	1089	Andreia Carvalho	Rafa Team	F	SF	14		01:59:56	8	00:56:26
277	2096	Sem Dados		M	S	98		01:59:57	8	00:56:27
278	2034	jorge azevedo		M	M50	50		01:59:59	8	00:56:29
279	2012	Tiago Silva	Coach Coringa	M	S	99		02:00:36	8.04	00:57:06
280	2282	Nuno Fernandes	OPraticante.pt	M	S	100		02:00:56	8.06	00:57:26
281	2028	Jose Matos		M	M40	83		02:01:06	8.07	00:57:36
282	1049	Luís Monteiro	OZ Running Team	M	M40	84		02:01:06	8.07	00:57:36
283	2218	Nuno Oliveira	Malucos dos Trails	M	S	101		02:02:17	8.15	00:58:47
284	2217	Ricardo Pires	Malucos dos Trails	M	S	102		02:02:18	8.15	00:58:48
285	2234	Fátima Marinho	SEM Medo	F	F40	23		02:02:40	8.18	00:59:10
286	2173	JOAQUIM FERREIRA	A.C. VERMOIM	M	M50	51		02:02:53	8.19	00:59:23
287	2174	FÁTIMA AZEVEDO	A.C. VERMOIM	F	F40	24		02:02:53	8.19	00:59:23
288	1037	Daniela Faria	Habcarpintaria	F	SF	15		02:03:09	8.21	00:59:39
289	1025	Flávio Rocha	Habcarpintaria	M	S	103		02:03:10	8.21	00:59:40
290	1014	Juliana Boas		F	F50	6		02:03:26	8.23	00:59:56
291	2070	Paula Lopes	DAPproducoes	F	F40	25		02:03:51	8.26	01:00:21
292	2152	Bartolomeu Salgueiro Bartolomeu Salgueiro	Gang da Areosa	M	S	104		02:04:04	8.27	01:00:34
293	2211	Alexandra Ferreira		F	F40	26		02:04:05	8.27	01:00:35
294	2156	Sandra Pinto		F	SF	16		02:04:26	8.3	01:00:56
295	2084	Hélder Nogueira	A Natureza Ensina	M	M40	85		02:04:49	8.32	01:01:19
296	2205	Vitor Máximo	Grupo Desportivo Limpeza Urbana	M	M50	52		02:05:14	8.35	01:01:44
297	2204	Pedro Pereira	Grupo Desportivo Limpeza Urbana	M	M50	53		02:05:15	8.35	01:01:45
298	1032	Diogo Lopes	Habcarpintaria	M	S	105		02:05:26	8.36	01:01:56
299	2305	Jorge Moreira	DAPproducoes	M	M40	86		02:05:59	8.4	01:02:29
300	2239	Ana Macedo	Amigos dos Trails	F	F40	27		02:06:06	8.41	01:02:36
301	2215	Nuno Mendes	Nuno Mendes	M	S	106		02:06:47	8.45	01:03:17
302	2219	Nuno Serodio	Malucos dos Trails	M	S	107		02:06:53	8.46	01:03:23
303	2315	Ivo Silva		M	S	108		02:06:55	8.46	01:03:25
304	2306	Ivone Ferraz		F	F40	28		02:06:55	8.46	01:03:25
305	2127	Miguel Queirós	Fardetas	M	M40	87		02:06:57	8.46	01:03:27
306	1019	Ricardo Machado	A.D.CARRIL	M	S	109		02:07:56	8.53	01:04:26
307	1018	Manuela Rocha	A.D.CARRIL	F	SF	17		02:07:56	8.53	01:04:26
308	1021	Natércia Silva	Habcarpintaria	F	SF	18		02:08:55	8.59	01:05:25
309	2286	Joana Sousa		F	SF	19		02:08:58	8.6	01:05:28
310	2014	Sara Barbosa		F	SF	20		02:09:09	8.61	01:05:39

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
311	2016	Andreia Rego		F	SF	21		02:09:09	8.61	01:05:39
312	2063	Sabina Magalhães	Papa Trails	F	SF	22		02:11:19	8.75	01:07:49
313	2065	Jorge Magalhães	Papa Trails	M	S	110		02:11:20	8.76	01:07:50
314	2057	Raúl Ferreira	Let's Go Team	M	M50	54		02:11:22	8.76	01:07:52
315	1017	Mariana Miranda	Barcelos	F	SF	23		02:12:31	8.83	01:09:01
316	2091	alfredo peniche	Grupo desportivo de tougues	M	M40	88		02:12:45	8.85	01:09:15
317	2158	Pedro Silva	DAPproducoes	M	M40	89		02:12:48	8.85	01:09:18
318	2162	David Costa	Manu's Therapi Trail runing	M	M40	90		02:13:00	8.87	01:09:30
319	2260	Rui Carvalho	R10K-Runners Team	M	M40	91		02:13:57	8.93	01:10:27
320	1091	Isabel Gonçalves	Olímpico Vianense	F	F50	7		02:14:38	8.98	01:11:08
321	2155	Vânia Costa		F	SF	24		02:15:10	9.01	01:11:40
322	2178	António Dias		M	S	111		02:15:24	9.03	01:11:54
323	2051	Ricardo Silva	Vila Nova de Gaia	M	S	112		02:15:24	9.03	01:11:54
324	2227	MARTA PEREIRA	DAPproducoes	F	SF	25		02:15:26	9.03	01:11:56
325	2213	Patricia Santos		F	SF	26		02:15:46	9.05	01:12:16
326	2212	Maria Jose Silva		F	F40	29		02:15:46	9.05	01:12:16
327	2200	José Baltazar de Matos	Esposende	M	M50	55		02:16:02	9.07	01:12:32
328	2199	Joana de Matos	Esposende	F	F23	3		02:16:02	9.07	01:12:32
329	2195	Ana Pacheco	DAPproducoes	F	SF	27		02:16:09	9.08	01:12:39
330	2268	Mariana Gomes		F	F23	4		02:16:11	9.08	01:12:41
331	2318	Jorge Rodrigues	BestMove	M	S	113		02:16:13	9.08	01:12:43
332	2041	Ricardo Freitas	Barcelos	M	S	114		02:16:38	9.11	01:13:08
333	2267	Manuela Silva	LOBOS DO MONTE - LOUSADO	F	F40	30		02:16:43	9.11	01:13:13
334	2259	Nuno P. Silva	LOBOS DO MONTE - LOUSADO	M	M40	92		02:16:43	9.11	01:13:13
335	2297	André Natário	VizelaCorre	M	M23	6		02:17:00	9.13	01:13:30
336	2121	Magda Pereira	Pipocas & Bombocas	F	SF	28		02:17:12	9.15	01:13:42
337	2064	Sara Loureiro	B.T.M	F	SF	29		02:17:16	9.15	01:13:46
338	1080	Maria Barbosa	B.T.M	F	F40	31		02:17:16	9.15	01:13:46
339	1071	Alexandra Oliveira	B.T.M	F	F40	32		02:17:16	9.15	01:13:46
340	1073	ALDA Fernandes	B.T.M	F	F40	33		02:17:16	9.15	01:13:46
341	2192	João Paulo Venturelli	Venturelli	M	M40	93		02:18:06	9.21	01:14:36
342	2194	Luis Almeida		M	M23	7		02:18:14	9.22	01:14:44
343	2106	Augusto Lopes		M	M50	56		02:18:31	9.23	01:15:01
344	2042	Fernando Moreira		M	M50	57		02:18:31	9.23	01:15:01
345	2085	Rosa Ribeiro		F	F40	34		02:18:32	9.24	01:15:02
346	2254	João Santana	Santana	M	M50	58		02:19:56	9.33	01:16:26
347	2058	Manuel Silva	Lousada	M	M50	59		02:19:59	9.33	01:16:29
348	2272	José Costa	R10K	M	M50	60		02:20:19	9.35	01:16:49
349	2271	Pedro Carvalho	R10K	M	M40	94		02:20:19	9.35	01:16:49
350	2287	Germano Araújo	R10K/Matosmix	M	M40	95		02:20:19	9.35	01:16:49
351	1076	Lurdes Magalhães	B.T.M	F	F40	35		02:20:58	9.4	01:17:28
352	1013	Patrícia Rei	B.T.M	F	F40	36		02:20:58	9.4	01:17:28
353	2216	Telmo Gondar	Malucos dos Trails	M	S	115		02:20:59	9.4	01:17:29
354	2123	Elisabete Silva	DAPproducoes	F	SF	30		02:23:02	9.54	01:19:32
355	2329	Nuno Oliveira		M	M40	96		02:23:04	9.54	01:19:34
356	2189	Fernando Moinho		M	M40	97		02:24:17	9.62	01:20:47
357	2333	Elisabete Martins	OTZ RUN	F	SF	31		02:24:17	9.62	01:20:47
358	2313	Sonia Fernandes	OTZ RUN	F	F40	37		02:24:18	9.62	01:20:48
359	2321	Cipriano Nguendji	BestMove	M	S	116		02:24:18	9.62	01:20:48
360	2160	Solange Ferreira Lajoso	Barcelos	F	SF	32		02:24:19	9.62	01:20:49
361	2233	Pedro Santos	Pedro santos	M	M40	98		02:25:53	9.73	01:22:23
362	2191	Joana Filipa Silva	DAPproducoes	F	SF	33		02:28:34	9.9	01:25:04
363	2025	Norberta Grilo	Braga	F	F40	38		02:29:25	9.96	01:25:55

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
364	2009	Filipe Leitão	Gondomar Futsal Clube	M	M40	99	02:30:58	10.06	01:27:28
365	2008	Telmo Ferreira	Gondomar Futsal Clube	M	M40	100	02:30:58	10.06	01:27:28
366	2164	Sandra João	Manu's Therapi Trail runing	F	F40	39	02:31:21	10.09	01:27:51
367	2110	Nuno Oliveira Oliveira	CB RUN	M	S	117	02:32:49	10.19	01:29:19
368	2230	Cátia Vieira	CB RUN	F	SF	34	02:32:49	10.19	01:29:19
369	2324	Sara Matos	BestMove	F	SF	35	02:33:36	10.24	01:30:06
370	2323	Ana Carvalho	BestMove	F	SF	36	02:33:36	10.24	01:30:06
371	2319	Catarina Santos	BestMove	F	SF	37	02:33:36	10.24	01:30:06
372	1012	Rosa Borges	B.T.M	F	F40	40	02:33:45	10.25	01:30:15
373	1077	Joana senra	B.T.M	F	SF	38	02:33:45	10.25	01:30:15
374	1075	Ana Sofia Sousa	B.T.M	F	SF	39	02:33:45	10.25	01:30:15
375	2151	Tatiana Morais	Gang da Areosa	F	SF	40	02:34:19	10.29	01:30:49
376	2150	Ivo Cordeiro	Gang da Areosa	M	S	118	02:34:20	10.29	01:30:50
377	2145	Pedro Silva	Leca do Balio	M	S	119	02:34:39	10.31	01:31:09
378	2331	José Abilheira	Galos Sangrentos	M	M40	101	02:42:27	10.83	01:38:57
379	2143	Miguel Novais	Galos Sangrentos	M	S	120	02:42:28	10.83	01:38:58
380	2149	Rui Pedro Vilas Boas	Galos Sangrentos	M	S	121	02:42:29	10.83	01:38:59
381	2196	Jose Almeida		M	M50	61	02:43:19	10.89	01:39:49
382	2046	Paula Silva	Let's Go Team	F	F40	41	02:44:28	10.96	01:40:58
383	2055	Sílvia Almeida	Let's Go Team	F	F40	42	02:44:28	10.96	01:40:58
384	2093	Helena Oliveira		F	SF	41	02:45:34	11.04	01:42:04
385	2335	Paulo Silva		M	S	122	02:45:34	11.04	01:42:04
386	2030	Joaquim Figueiredo		M	M50	62	02:46:59	11.13	01:43:29
387	1064	Vânia Campos	Associação Figueiredos Runners & Friends	F	F23	5	02:48:59	11.27	01:45:29
388	2044	Rosa Cerqueira	Let's Go Team	F	F50	8	02:52:55	11.53	01:49:25