

Classificação Geral e Escalão

Trail Longo

31/10/2020

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferença
1	2	Jérôme Rodrigues	VELHA GUARDA	M	S	1		01:58:35	4.74	00:00:00
2	210	Emílio Carvalho	The Rookies	M	M40	1		02:00:26	4.82	00:01:51
3	222	Bruno Ribeiro	Aguias de Alvelos	M	M40	2		02:01:34	4.86	00:02:59
4	211	Carlos Coelho	Trail me	M	S	2		02:03:23	4.94	00:04:48
5	192	Ricardo Sousa		M	S	3		02:03:40	4.95	00:05:05
6	196	João Henrique da Cruz	Trail Team Bifase	M	S	4		02:09:03	5.16	00:10:28
7	213	Nuno Guimarães	Trogloditas Runners	M	S	5		02:09:04	5.16	00:10:29
8	214	Oihan Amurrio Olalde		M	S	6		02:11:15	5.25	00:12:40
9	226	Paulo Pereira	Dragon Club	M	M40	3		02:14:51	5.39	00:16:16
10	182	Marco Rocha	Temos Pena	M	M40	4		02:16:08	5.45	00:17:33
11	197	José Luís Ferreira Carvalho	Dragon Club	M	S	7		02:16:09	5.45	00:17:34
12	14	Paulo Ribeiro	Apúlia a Correr	M	S	8		02:16:16	5.45	00:17:41
13	35	Francisco Fernandes	B.T.M	M	S	9		02:19:08	5.57	00:20:33
14	155	Gualter Freitas	Fisiovera Lemos	M	M40	5		02:20:39	5.63	00:22:04
15	191	Tiago Faria		M	S	10		02:21:09	5.65	00:22:34
16	37	Pedro Torres	Vidaativarunners	M	S	11		02:22:56	5.72	00:24:21
17	217	Carlos Martins	AiróRun	M	M40	6		02:23:12	5.73	00:24:37
18	18	João Rodrigues	Amigos da Montanha	M	M40	7		02:23:12	5.73	00:24:37
19	8	Nuno Campos	Barcelos	M	M40	8		02:23:26	5.74	00:24:51
20	7	Fátima Melo	Love Tiles	F	F40	1		02:23:31	5.74	00:24:56
21	220	Toze Ferreira		M	M40	9		02:24:29	5.78	00:25:54
22	17	José Rocha	A.D.CARVALHAL	M	M40	10		02:24:43	5.79	00:26:08
23	189	Francisco Gomes	Apúlia a Correr	M	M40	11		02:25:29	5.82	00:26:54
24	215	Pedro Maciel	Dragon Club	M	S	12		02:25:47	5.83	00:27:12
25	32	Pedro Lopes	B.T.M	M	S	13		02:26:32	5.86	00:27:57
26	194	Nuno Ferreira	Trail me	M	M40	12		02:28:11	5.93	00:29:36
27	202	Igor Lysyi	AiróRun	M	S	14		02:33:37	6.14	00:35:02
28	22	César Fernandes	Apúlia a Correr	M	S	15		02:35:22	6.21	00:36:47
29	15	Xavier Amorim	A.D.CARVALHAL	M	S	16		02:35:23	6.22	00:36:48
30	198	Jose Lopes	Dive into the mountains	M	M50	1		02:36:16	6.25	00:37:41
31	167	Helio Costa	Ucha Trail Team	M	S	17		02:37:21	6.29	00:38:46
32	164	Ângelo Nogueira	Team Lantemil	M	M40	13		02:37:21	6.29	00:38:46
33	161	Sérgio Silva	Runforest	M	M40	14		02:37:36	6.3	00:39:01
34	29	Nuno Gomes	B.T.M	M	S	18		02:38:07	6.32	00:39:32
35	187	Vasco Faria	CB RUN	M	S	19		02:38:21	6.33	00:39:46
36	200	Bernardo Carrera Giraldez	trail running nigran	M	M40	15		02:38:36	6.34	00:40:01
37	184	Rui Lobo Castro	Rinus FAFE	M	S	20		02:38:41	6.35	00:40:06
38	188	Pedro Jordão Ribeiro	KalMachines	M	M40	16		02:39:34	6.38	00:40:59
39	153	Michel SILVA	Vila Verde	M	S	21		02:41:02	6.44	00:42:27
40	69	Joaquim Miranda	Vidaativarunners	M	M40	17		02:43:16	6.53	00:44:41
41	186	Carlos Martins		M	S	22		02:43:42	6.55	00:45:07
42	218	Filipe Santos	Dragon Club	M	S	23		02:43:50	6.55	00:45:15
43	168	Bruno Pereira	Nós Acreditamos	M	S	24		02:43:55	6.56	00:45:20
44	21	José Boucinha	VF'S	M	S	25		02:44:09	6.57	00:45:34
45	170	Jorge Vieira	Os Arrastões	M	S	26		02:44:34	6.58	00:45:59
46	203	Pedro Rocha	Trail me	M	M40	18		02:46:18	6.65	00:47:43
47	36	Diana Ferreira	B.T.M	F	SF	1		02:46:31	6.66	00:47:56
48	1	Elisabete Santos	Team Lantemil	F	F40	2		02:46:53	6.68	00:48:18

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49	11	Carlos Miranda		M	S	27		02:48:02	6.72	00:49:27
50	162	Tiago Vilas Boas	FLORESTA BTT	M	M40	19		02:48:44	6.75	00:50:09
51	33	José Alberto Castro	B.T.M	M	M40	20		02:49:28	6.78	00:50:53
52	183	Cidalia Novais	Rinus FAFE	F	F40	3		02:49:30	6.78	00:50:55
53	221	Marta Reis	Juventude Cortegacense	F	SF	2		02:49:42	6.79	00:51:07
54	179	Rui Figueiras	A.D.CARVALHAL	M	M40	21		02:52:14	6.89	00:53:39
55	20	PAULO OLIVEIRA	Vidaativarunners	M	S	28		02:54:10	6.97	00:55:35
56	163	Rui Dias	Pi-Linha Runners	M	M40	22		02:54:12	6.97	00:55:37
57	158	André Vieira De Castro		M	M40	23		02:55:38	7.03	00:57:03
58	207	Cristiano Silva	B.T.M	M	S	29		02:56:34	7.06	00:57:59
59	16	Sandra Dias	Team Lantemil	F	F40	4		02:56:37	7.06	00:58:02
60	154	Paulo Azevedo	Zenit Automóveis	M	M50	2		02:56:42	7.07	00:58:07
61	28	Vitor Ramalho	B.T.M	M	S	30		02:57:37	7.1	00:59:02
62	193	José Gonçalves		M	S	31		02:58:00	7.12	00:59:25
63	12	Rui Vilas Boas	A.D.CARVALHAL	M	M40	24		02:59:22	7.17	01:00:47
64	195	Filipe Ribeiro	A.C. VERMOIM	M	M40	25		03:00:06	7.2	01:01:31
65	27	Diogo Araújo	B.T.M	M	S	32		03:00:43	7.23	01:02:08
66	34	Helder Torres	B.T.M	M	S	33		03:00:44	7.23	01:02:09
67	6	Bruno Lopes	Boavista Trail	M	M40	26		03:00:44	7.23	01:02:09
68	175	Nuno Cunha	SMILE FOR NATURE	M	S	34		03:01:18	7.25	01:02:43
69	24	Armando Oliveira	MAGIC FRIENDS RUNNERS	M	M40	27		03:01:46	7.27	01:03:11
70	208	Marlene Miranda	B.T.M	F	SF	3		03:02:40	7.31	01:04:05
71	216	Márcia Bandeira	Amigos da Montanha	F	F40	5		03:03:19	7.33	01:04:44
72	160	Filipe Sousa	MaisSaúde- Fisioterapia e Osteopatia	M	S	35		03:05:49	7.43	01:07:14
73	4	José Faria	VELHA GUARDA	M	S	36		03:06:06	7.44	01:07:31
74	3	Mariana Bellester	Trail-Running.pt	F	SF	4		03:06:07	7.44	01:07:32
75	178	Diogo Almeida	Berg Outdoor	M	S	37		03:07:45	7.51	01:09:10
76	31	Ricardo Rocha	B.T.M	M	M40	28		03:08:12	7.53	01:09:37
77	30	Carlos Jorge Gomes	B.T.M	M	M40	29		03:08:12	7.53	01:09:37
78	159	Sameiro Franguinha	Spin&Run Esposende	F	F40	6		03:08:37	7.54	01:10:02
79	38	manuel ferreira braga	ADE Trail Running	M	M50	3		03:08:37	7.54	01:10:02
80	219	Marcelino Mota	BRAGARUNNERS	M	M40	30		03:10:19	7.61	01:11:44
81	151	Vanessa Borja	Atlético Desportivo de São Pedro	F	F40	7		03:10:36	7.62	01:12:01
82	169	Mónica Martins	Team Lantemil	F	F40	8		03:14:52	7.79	01:16:17
83	19	Joaquim Silva	Team Lantemil	M	M40	31		03:18:13	7.93	01:19:38
84	204	Manuela Sa	Team Lantemil	F	F40	9		03:18:14	7.93	01:19:39
85	10	Jorge Pinto	ADE Trail Running	M	M40	32		03:21:03	8.04	01:22:28
86	201	paulo oliveira	VF's	M	S	38		03:23:27	8.14	01:24:52
87	13	Luis Vaz	Phoenix Evorun	M	S	39		03:23:34	8.14	01:24:59
88	206	Solange Sousa		F	F40	10		03:23:50	8.15	01:25:15
89	185	Celso Silva Araújo	Vila Nova de Famalicão	M	M50	4		03:24:45	8.19	01:26:10
90	26	Juliana Pinheiral	ADE Trail Running	F	SF	5		03:30:06	8.4	01:31:31
91	39	Ana Carolina Pereira	ADE Trail Running	F	F40	11		03:30:07	8.4	01:31:32
92	171	fernando rocha	grupo desportivo leoes do veneza	M	M50	5		03:30:52	8.43	01:32:17
93	181	Mario Vilaca	Eramosamigosparacorrer	M	S	40		03:31:41	8.47	01:33:06
94	156	Vitor Alves		M	S	41		03:31:41	8.47	01:33:06
95	165	Cristiana Machado	Team Lantemil	F	SF	6		03:31:54	8.48	01:33:19
96	23	ÉLIA OLIVEIRA	MAGIC FRIENDS RUNNERS	F	F50	1		03:43:42	8.95	01:45:07
97	157	ANTONIO DE LONGRAS	IMPETUS	M	M50	6		03:51:24	9.26	01:52:49
98	180	Marco Ferreira	Aventureiros	M	S	42		03:58:49	9.55	02:00:14

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99	25	Nuno Costa	GTT - ARMAZÉM DO CAFFÈ	M	S	43	03:58:50	9.55	02:00:15
100	172	Manuel Lima	EXPERIENCIAR	M	M50	7	04:16:52	10.27	02:18:17
101	9	Andreia Vieira	Boavista Trail	F	F40	12	04:28:53	10.76	02:30:18