

Organização:



TRAIL DO LAPEDO



1º TRAIL DO LAPEDO
20KM
1º CAMINHADA DO VALE DO LAPEDO
6KM

22 de Setembro
9:30 horas



Trail Geral

Legenda: NT - Não terminou NC - Não começou DCL - Desclassificação FO - Fora de Ordem FP - Falta Ponto

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
1	93	Luís Mota	CAFZ	01:04:31	
2	71	Samuel Lopes	Clube de Atletismo da Barreira	01:06:37	00:02:06
3	110	Paulo ferreira	CrossRaid	01:09:04	00:04:33
4	63	Germano Capela	Clube de Atletismo da Barreira	01:12:01	00:07:30
5	79	Carlos Valente	A.C.S.MAMEDE	01:12:10	00:07:39
6	19	Fonseca		01:12:53	00:08:22
7	10	Gonçalo Ferreira	OFFtel runners/JV	01:14:52	00:10:21
8	48	Nuno Nunes		01:15:10	00:10:39
9	70	LUIS ALEXANDRE	ACR SANTA CITA	01:17:09	00:12:38
10	104	Luis Guarda		01:18:03	00:13:32
11	120	Jorge Agostinho	CA Barreira	01:18:07	00:13:36
12	100	David Oliveira	C.V.LIS	01:18:37	00:14:06
13	108	António Leal	Trilhos Loucos da Reixida	01:18:57	00:14:26
14	99	Daniel Jaulino	C.V LIS	01:19:41	00:15:10
15	72	Márcio Loureiro		01:19:43	00:15:12

16	35	Luis Junqueira		01:19:51	00:15:20
17	47	José Gonçalves		01:19:57	00:15:26
18	95	Jaime Santos		01:20:12	00:15:41
19	34	Sousa	CPR A-Do-Barbas	01:20:25	00:15:54
20	5	Patrícia Carreira	OFFtel runners/JV	01:20:38	00:16:07
21	44	Armando Pereira	Papa Figos	01:20:45	00:16:14
22	94	Rui Carreira		01:21:06	00:16:35
23	97	Manuel Carreira		01:21:17	00:16:46
24	60	Jorge Serrazina	CA Óbidos	01:21:59	00:17:28
25	89	Lopes		01:22:06	00:17:35
26	69	TIAGO GASPAR	ACR SANTA CITA	01:22:08	00:17:37
27	9	Miguel Espírito Santo	OFFtel runners/JV	01:22:10	00:17:39
28	1	Rui Tenreiro	OFFtel runners/JV	01:22:40	00:18:09
29	74	Rui Bagorro		01:23:55	00:19:24
30	96	Cristovão Gomes		01:24:38	00:20:07
31	109	Nuno Mendes		01:25:04	00:20:33
32	84	Nuno Baltazar		01:25:07	00:20:36
33	20	Barreiro		01:25:10	00:20:39
34	51	João Fernandes	The Fat	01:26:01	00:21:30
35	101	Telmo Inácio	C.V.LIS	01:26:02	00:21:31
36	4	Patricia Casalinho	OFFtel runners/JV	01:26:16	00:21:45
37	43	Norte		01:26:24	00:21:53
38	118	José Mardins	CA Barreira	01:26:37	00:22:06
39	81	Lopes Simões	A.C.S.MAMEDE	01:27:46	00:23:15

40	113	Leonel Eudebio	A.C.S.MAMEDE	01:27:51	00:23:20
41	98	Vasco Marques	C.V.LIS	01:29:11	00:24:40
42	77	Jorge Vieira	ABC Caxarias	01:29:15	00:24:44
43	102	Jorge Bento	OFFtel runners/JV	01:29:48	00:25:17
44	78	Hugo Barqueiro	Canhões da Nazaré	01:30:06	00:25:35
45	6	Mario Carvalho	OFFtel runners/JV	01:30:13	00:25:42
46	15	João Pedro	OFFtel runners/JV	01:30:42	00:26:11
47	88	Kapau		01:30:44	00:26:13
48	14	Miguel Monteiro	OFFtel runners/JV	01:30:51	00:26:20
49	3	Alexandra Ferreira	OFFtel runners/JV	01:31:37	00:27:06
50	73	João rosa		01:31:40	00:27:09
51	21	Gomes		01:32:49	00:28:18
52	33	antonio agostinho	Clube de Atletismo da Barreira	01:33:10	00:28:39
53	56	Cristiano Casalinho	Clube de Atletismo da Barreira	01:33:11	00:28:40
54	115	Renato Figueiredo	OFFtel runners/JV	01:34:01	00:29:30
55	12	Caseiro	OFFtel runners/JV	01:34:41	00:30:10
56	119	JP Queirós	NEL - Pédatleta	01:34:54	00:30:23
57	24	Pedro Vicente		01:35:59	00:31:28
58	16	Pinto	O Mundo da Corrida	01:36:04	00:31:33
59	17	Santos	O Mundo da Corrida	01:36:06	00:31:35
60	117	Karolin Kaivoja	OFFtel runners/JV	01:36:07	00:31:36
61	76	Nuno Sousa	Free Runners	01:36:17	00:31:46
62	58	Pedro André	Maxigym	01:36:19	00:31:48
63	41	Nelsinho		01:36:45	00:32:14

64	18	Monteiro	Clube de Orientação do Centro	01:38:21	00:33:50
65	27	Nelson Filipe		01:40:09	00:35:38
66	8	Ferreira	OFFtel runners/JV	01:40:32	00:36:01
67	57	Rui Gaspar	OFFtel runners/JV	01:41:18	00:36:47
68	107	Edgar Santos		01:41:33	00:37:02
69	92	DANILO RODRIGUES	CANHÕES DA NAZARÉ	01:42:45	00:38:14
70	66	Octavio Mariano	C.C.R.D.Burinhosa	01:42:48	00:38:17
71	11	Luis Lages	OFFtel runners/JV	01:42:49	00:38:18
72	83	João Grade	ACR Santa Cita	01:42:53	00:38:22
73	53	Telmo Oliveira		01:45:27	00:40:56
74	116	Silvia Coelho	CA Barreira	01:46:50	00:42:19
75	30	Ribeiro		01:47:05	00:42:34
76	61	Jorge Lopes		01:47:35	00:43:04
77	65	Paula Ferreira		01:47:39	00:43:08
78	22	Olaio	Clube de Orientação do Centro	01:47:48	00:43:17
79	7	Ana Marcelino	OFFtel runners/JV	01:47:54	00:43:23
80	82	Sandro		01:49:06	00:44:35
81	114	Mariana Ortigoso	OFFtel runners/JV	01:51:00	00:46:29
82	62	Raquel Pedro		01:51:19	00:46:48
83	36	Goucha		01:51:24	00:46:53
84	52	Alex Pinto	Free Runners	01:51:25	00:46:54
85	38	Vera Bizarro	O Mundo da Corrida	01:52:03	00:47:32
86	32	Tania Batista	CLUVE	01:52:06	00:47:35
87	37	Lucia Martins	O Mundo da Corrida	01:52:13	00:47:42

88	39	Pedro Pinto	O Mundo da Corrida	01:52:16	00:47:45
89	86	Anabela Santos		01:52:29	00:47:58
90	46	Dário Pereira	Manosverga	01:53:04	00:48:33
91	26	André Sampaio	Papa Figos	01:55:01	00:50:30
92	42	José Carlos		01:55:39	00:51:08
93	50	Pedro Almeida	Free Runners	01:55:56	00:51:25
94	75	Pimenta	Free Runners	01:56:35	00:52:04
95	31	Márcia Santos		01:56:45	00:52:14
96	13	Paula Santos	OFFtel runners/JV	01:56:58	00:52:27
97	2	Nuno Belo	OFFtel runners/JV	01:57:00	00:52:29
98	64	Cristina Carreira		01:57:02	00:52:31
99	25	Nuno Neves		01:57:05	00:52:34
100	85	Cristina Pereira	Canhões da Nazaré	01:57:09	00:52:38
101	87	Filipe Carvalheiro	Canhões da Nazaré	01:57:11	00:52:40
102	49	Aurélio Santos	Free Runners	01:58:27	00:53:56
103	80	Luís Tomás	A.C.S.MAMEDE	02:01:08	00:56:37
104	112	Silvia Ferreira		02:03:27	00:58:56
105	111	António Carreira	Bajouca	02:04:04	00:59:33
106	23	Almeida		02:04:06	00:59:35
107	29	Pedrosa Augusto		02:10:29	01:05:58
108	28	Mota Martinho		02:10:31	01:06:00
109	45	Álvaro Pereira	Manosverga	02:14:07	01:09:36
110	59	Adriana Ascenso	Clube de Atletismo da Barreira	02:16:55	01:12:24
111	55	ANA AFONSO	Clube de Atletismo da Barreira	02:17:00	01:12:29

112	68	Carmen Silva	OFFtel runners/JV	02:17:03 01:12:32
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NC	40	Filipe Serrazina	CRP Ribafria
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NC	67	Luis
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NC	90	Homem
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