



II Trilhos dos Abutres 28-12-2012

29-01-2012 15:41

Prova: **Trilhos Licor Beirão**

Class. Prova	Class. Esc.	Dorsal	Nome	Equipa	Escalão	Tempo	Média / Km mm:ss
1	1	376	Carlos Sá	Desnivel Positivo / SportZone	SnM	01:29:43	00:05:08
2	1	427	Joaquim Sousa	COC	M40M	01:33:19	00:05:20
3	2	436	Ricardo Alves Heleno de Oliveira	COC	SnM	01:39:57	00:05:43
4	3	425	Gildo Silva	COC	SnM	01:40:22	00:05:44
5	4	418	Bruno Martins	O Mundo da Corrida	SnM	01:41:03	00:05:46
6	5	447	Nelson Santos	COC	SnM	01:41:16	00:05:47
7	2	435	Carlos Simões	Associação Recreativa S. Miguel - V	M40M	01:45:23	00:06:01
8	6	395	Marco Carlos Correia Carvalho	Individual	SnM	01:48:57	00:06:14
9	7	432	Nuno Dias	CA Barreira	SnM	01:49:01	00:06:14
10	8	495	Pedro Igor	Desnivel Positivo / SportZone	SnM	01:50:21	00:06:18
11	9	499	Miguel Baquero Rocha	Bugallasmobles@victorpazos	SnM	01:50:38	00:06:19
12	10	424	Fernando Manuel M. Pereira	Amigos da Montanha	SnM	01:51:04	00:06:21
13	11	438	João Pires	Com.Dores da Bairrada	SnM	01:51:22	00:06:22
14	12	452	Rui Barbosa	Proaventuras	SnM	01:51:44	00:06:23
15	13	494	Hugo Conde	TrepamontanhasBtt	SnM	01:53:12	00:06:28
16	3	368	Rafael Lima	Confraria Trotamontes	M40M	01:56:32	00:06:40
17	14	396	João Pedro Oliveira da Silva	Individual	SnM	01:58:35	00:06:47
18	4	426	António Amador	COC	M40M	01:59:43	00:06:50
19	5	487	Rui Perdigão	CLAC - Entroncamento	M40M	02:00:48	00:06:54
20	1	434	Sara de Brito	CA Barreira	M40F	02:01:45	00:06:57
21	15	470	Paulo Viegas	Individual	SnM	02:01:46	00:06:57
22	1	423	Andreia Silva	COC	SnF	02:02:34	00:07:00
23	6	478	Helder Branco	Individual	M40M	02:05:03	00:07:09
24	16	492	José Jacinto	Individual	SnM	02:05:12	00:07:09
25	17	382	Carlos Ferreira	The Cross	SnM	02:07:58	00:07:19
26	7	485	Vitor Sampaio	CLAC - Entroncamento	M40M	02:08:02	00:07:19
27	1	498	Manuel Franco Cividanes	Bugallasmobles@victorpazos	M50M	02:08:54	00:07:22
28	18	442	Daniel Baptista	CA Barreira	SnM	02:10:39	00:07:28
29	2	429	Patrícia Casalinho	COC	SnF	02:13:51	00:07:39
30	2	428	Albano João	COC	M50M	02:13:53	00:07:39
31	19	493	Nuno Pimenta	Portugal Running	SnM	02:15:51	00:07:46
32	20	460	Luis Alves	Individual	SnM	02:16:26	00:07:48
33	21	469	Adelino Gouveia	Com.Dores da Bairrada	SnM	02:16:26	00:07:48
34	8	417	Sérgio Carinhas	Atletismo Clube de Portalegre	M40M	02:18:37	00:07:55
35	22	400	Tiago Santos	Individual	SnM	02:18:38	00:07:55
36	23	473	Ricardo Cordeiro	Atletismo Clube de Portalegre	SnM	02:18:38	00:07:55
37	24	398	Fábio Fernandes	BUB	SnM	02:20:31	00:08:02
38	9	484	João Dias	CLAC - Entroncamento	M40M	02:20:32	00:08:02
39	3	500	Dionísio Ameal Pacheco	Bugallasmobles@victorpazos	M50M	02:21:58	00:08:07
40	4	372	José Eufrásio	Individual	M50M	02:22:26	00:08:08
41	5	486	Luís Rei	CLAC - Entroncamento	M50M	02:22:51	00:08:10
42	10	411	João Carlos Correia	Atletismo Clube de Portalegre	M40M	02:23:37	00:08:12
43	25	441	Ivo Morais	Individual	SnM	02:24:31	00:08:15
44	26	458	Luís Ferreira	Individual	SnM	02:24:32	00:08:16
45	27	454	Pedro Pinto	Adefacec	SnM	02:25:00	00:08:17
46	2	483	Elsa Dinis	CLAC - Entroncamento	M40F	02:25:44	00:08:20
47	28	440	Sérgio Durão	Individual	SnM	02:25:45	00:08:20
48	29	476	Cristóvão Sacramento	ADC Almalaguês	SnM	02:26:56	00:08:24
49	30	467	José Coelho	Individual	SnM	02:26:56	00:08:24
50	31	466	Nelson Valente	V2	SnM	02:26:57	00:08:24
51	3	391	Anabela Vieito	COC	M40F	02:27:45	00:08:27
52	11	388	Carlos Canais	Individual	M40M	02:29:38	00:08:33
53	32	394	João Mendes	Individual	SnM	02:29:39	00:08:33
54	12	374	Rafael Batista	Individual	M40M	02:29:41	00:08:33
55	6	491	Orlando Duarte	Individual	M50M	02:30:12	00:08:35
56	33	377	Tiago Ramos	The Cross	SnM	02:30:47	00:08:37
57	34	455	Nuno Nunes	Individual	SnM	02:31:08	00:08:38
58	4	405	Antonieta Sá	C C D "O Alvinejo"	M40F	02:33:47	00:08:47
59	3	379	Joana Moutela	Individual	SnF	02:33:47	00:08:47
60	7	439	Domingos Janela	O Mundo da Corrida	M50M	02:33:48	00:08:47
61	8	402	António Gonçalves	Os Tugas	M50M	02:34:30	00:08:50



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Class. Prova	Class. Esc.	Dorsal	Nome	Equipa	Escalão	Tempo	Média / Km mm:ss
62	35	472	Miguel Gameiro	CLAC - Entroncamento	SnM	02:34:30	00:08:50
63	36	370	Rui Ribeiro	Amigos da Montanha	SnM	02:34:47	00:08:51
64	4	371	Sofia Ribeiro	Amigos da Montanha	SnF	02:34:47	00:08:51
65	13	464	Jose santos	Turbolentos da Maia	M40M	02:36:12	00:08:56
66	14	475	Jorge Martins Silva	MillenniumBcp	M40M	02:36:13	00:08:56
67	37	367	Renato Cardoso	Porto Runners	SnM	02:36:45	00:08:57
68	38	407	Telmo Pinto	Individual	SnM	02:37:59	00:09:02
69	15	413	Luís Pinto	Atletismo Clube de Portalegre	M40M	02:38:27	00:09:03
70	16	410	José Luis Santos	Individual	M40M	02:39:53	00:09:08
71	39	387	Joaquim Simões Mendes	Individual	SnM	02:40:11	00:09:09
72	40	444	Nuno Fernandes	Individual	SnM	02:40:31	00:09:10
73	9	406	Alberto Valente	V2	M50M	02:40:54	00:09:12
74	5	416	Paula Matos	Atletismo Clube de Portalegre	M40F	02:41:28	00:09:14
75	17	453	Pedro Rodrigues Pereira	Individual	M40M	02:41:28	00:09:14
76	41	381	Miguel Duarte	Individual	SnM	02:41:57	00:09:15
77	6	369	Céu Costa	GD4Caminhos	M40F	02:43:22	00:09:20
78	7	437	Marta Moreira	Maia AC	M40F	02:43:22	00:09:20
79	18	393	João Coutinho	Clube do Stress	M40M	02:43:22	00:09:20
80	42	380	Mauro Gonçalves	The Twelve	SnM	02:43:22	00:09:20
81	43	390	Vitor Correia	Individual	SnM	02:43:45	00:09:21
82	8	433	Ana Paula Santos	CA Barreira	M40F	02:44:02	00:09:22
83	19	392	Leonel Vieito	COC	M40M	02:44:23	00:09:24
84	44	408	Luc Hennetier	Individual	SnM	02:45:09	00:09:26
85	20	468	João Lopes	Individual	M40M	02:45:12	00:09:26
86	21	415	Luís Pires	Amigos do Parque da Paz	M40M	02:45:51	00:09:29
87	45	496	Rui Barbosa	Cobelba/Picos Agrestes	SnM	02:46:25	00:09:31
88	10	446	Carlos Janela	O Mundo da Corrida	M50M	02:47:09	00:09:33
89	9	451	Mariana Pereira	Individual	M40F	02:48:47	00:09:39
90	10	474	Isabel Martins	Individual	M40F	02:49:25	00:09:41
91	5	375	Anabela Keta	AC Maia	SnF	02:53:34	00:09:55
92	22	443	Carlos Soares	Maia AC	M40M	02:53:35	00:09:55
93	23	373	Fernando Pascoal	UPYADOS	M40M	02:53:37	00:09:55
94	11	419	Céu Santos	O Mundo da Corrida	M40F	02:55:05	00:10:00
95	6	480	Sofia Brandão	CAOB-Clube Atletismo Obidos	SnF	02:55:45	00:10:03
96	11	479	Antonio Miranda	CAOB-Clube Atletismo Obidos	M50M	02:56:14	00:10:04
97	12	401	Fátima Gonçalves	Os Tugas	M40F	02:58:52	00:10:13
98	12	403	Narciso Castaño	Los Amigos	M50M	02:58:52	00:10:13
99	13	1076	Elisabete Gonçalves	Porto Runners	M40F	03:03:09	00:10:28
100	24	462	Gonçalo Mendes	UltraSpirit	M40M	03:03:11	00:10:28
101	7	449	Cátia Salvado	Individual	SnF	03:03:35	00:10:29
102	25	465	Paulo Veiga	UltraSpirit	M40M	03:03:45	00:10:30
103	46	459	Rui Jorge	ZéZés	SnM	03:06:31	00:10:39
104	47	482	Humberto Pousa	Individual	SnM	03:06:39	00:10:40
105	13	421	Victor Paranhos	O Mundo da Corrida	M50M	03:07:02	00:10:41
106	48	389	Eduardo Manata	Núcleo do Desporto Amador de Pom	SnM	03:07:02	00:10:41
107	49	378	Rui Martins	Serviços Sociais CGD	SnM	03:08:14	00:10:45
108	50	404	João Tiago	Corremais.com	SnM	03:10:43	00:10:54
109	8	461	Sara Ricardo	Individual	SnF	03:14:03	00:11:05
110	14	502	José Moutinho	Confraria Trotamontes	M50M	03:15:15	00:11:09
111	14	490	Cristina Bossa	O Mundo da Corrida	M40F	03:15:51	00:11:11
112	9	448	Paula Gomes Perez	Coruña Trail	SnF	03:16:50	00:11:15
113	26	471	Luis Canhão	Individual	M40M	03:16:51	00:11:15
114	10	497	Fernanda Almeida	ADA Desnível	SnF	03:16:51	00:11:15
115	15	431	Rosário Barros	CA Barreira	M40F	03:18:08	00:11:19
116	27	430	Rui Roberto	CA Barreira	M40M	03:18:09	00:11:19
117	11	489	Ana Guimarães	DE SEDENTÁRIO A MARATONISTA	SnF	03:18:50	00:11:22
118	12	1340	Inês Pereira	DE SEDENTÁRIO A MARATONISTA	SnF	03:18:50	00:11:22
119	28	456	Vitor Pimenta	Associação Recreativa S. Miguel - V	M40M	03:22:15	00:11:33
120	51	445	Tiago Duarte	Individual	SnM	03:26:32	00:11:48
121	15	385	Manuel Veloso	Porto Runners	M50M	03:34:27	00:12:15
122	13	386	Rita Pimenta	Serviços Sociais CGD	SnF	03:44:02	00:12:48



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Class. Prova	Class. Esc.	Dorsal	Nome	Equipa	Escalão	Tempo	Média / Km mm:ss
123	14	397	Sandra Freitas	Núcleo de Montanha de Espinho	SnF	03:44:10	00:12:49
124	16	488	Maria José Machado	CLAC - Entroncamento	M40F	03:44:14	00:12:49
125	16	1038	José Carlos Jorge	Clube de Atletismo "Os Pesados"	M50M	03:50:46	00:13:11
126	17	399	Mayer Raposo	A.A. Lebres do Sado	M50M	03:51:49	00:13:15