



VIII Amarante Christmas Trail



Classificação Geral e Escalão

Trail Curto

22/12/2019

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
1	1118	Eurico Pereira		M	S	1	01:43:25	5.44	00:00:00
2	1352	Bruno Sousa	Furfor Running Project	M	S	2	01:43:31	5.45	00:00:06
3	1061	Alex Tondela	Montanha Clube Trail Running / Efapel	M	M40	1	01:52:29	5.92	00:09:04
4	1349	João Vigário	Furfor Running Project	M	S	3	01:54:47	6.04	00:11:22
5	1147	Alexandre Pinto	Amigo Trail Run	M	S	4	01:54:53	6.05	00:11:28
6	1031	Flavio Nunes	Matisons Runner's Club/Nike	M	S	5	01:55:18	6.07	00:11:53
7	1339	Bruno Azevedo	Fridão Sem Limites	M	S	6	01:55:35	6.08	00:12:10
8	1125	Fernando Carvalho	Nós Acreditamos	M	M40	2	01:59:45	6.3	00:16:20
9	1112	Bruno Pinto	Aliados Trail Running Team	M	S	7	02:02:24	6.44	00:18:59
10	1354	SERGIO VALE	Nocturnos de Paredes	M	S	8	02:02:24	6.44	00:18:59
11	1337	Adão Monteiro	Fridão Sem Limites	M	S	9	02:02:24	6.44	00:18:59
12	1122	José Pinto	Nós Acreditamos	M	S	10	02:03:39	6.51	00:20:14
13	999	Paula Soares	A.D.Amarante	F	SF	1	02:04:07	6.53	00:20:42
14	1297	Fábio Nunes	AD MARCO 09	M	S	11	02:04:13	6.54	00:20:48
15	1178	EDUARDO VIEIRA	Nocturnos de Paredes	M	S	12	02:04:28	6.55	00:21:03
16	1327	Valentim Henriques	A.D.Amarante	M	M50	1	02:04:29	6.55	00:21:04
17	1419	Abílio Fernandes	O praticante.pt	M	M40	3	02:04:48	6.57	00:21:23
18	1184	Rui Freitas	S. S. MONTEPIO	M	M40	4	02:05:31	6.61	00:22:06
19	1195	Romeu Sousa	SANTO TIRSO	M	S	13	02:05:38	6.61	00:22:13
20	1417	Pedro Monteiro		M	S	14	02:06:44	6.67	00:23:19
21	1278	Alfredo Fraga	Arrastassolas	M	M50	2	02:06:46	6.67	00:23:21
22	1092	Abilio Magalhães	Emna Runners	M	M50	3	02:06:49	6.67	00:23:24
23	1121	Francisco Lemos	Nós Acreditamos	M	M50	4	02:07:10	6.69	00:23:45
24	1416	AGOSTINHO CARNEIRO	AD MARCO 09	M	M50	5	02:07:21	6.7	00:23:56
25	1049	José Pedrosa	OS PRIMOS	M	M40	5	02:07:24	6.71	00:23:59
26	1056	Mário Soares		M	M40	6	02:07:56	6.73	00:24:31
27	1174	PEDRO PEREIRA	Nocturnos de Paredes	M	M40	7	02:07:56	6.73	00:24:31
28	1094	Nuno Silva	The Newbies	M	S	15	02:07:57	6.73	00:24:32
29	1390	José Carlos Dias	CTAD - Consumo Zero	M	M50	6	02:08:10	6.75	00:24:45
30	1130	Bruno Pereira	Nós Acreditamos	M	S	16	02:09:08	6.8	00:25:43
31	1124	Fabio Silva	Nós Acreditamos	M	S	17	02:10:23	6.86	00:26:58
32	1245	Bruno Fernandes	Vimarunners	M	S	18	02:10:29	6.87	00:27:04
33	1181	Marcio Silva	S. S. MONTEPIO	M	M40	8	02:10:29	6.87	00:27:04
34	1017	Alfredo Moreira	Moinhos Run - ADRM	M	M40	9	02:10:51	6.89	00:27:26
35	1298	Bruno Ribeiro		M	S	19	02:11:35	6.93	00:28:10
36	1001	Marco Brochado	Os Lobos Do Saibro	M	M40	10	02:14:04	7.06	00:30:39
37	1010	Luís Cardoso	RsbikesDanibikesteam	M	M40	11	02:14:38	7.09	00:31:13
38	1309	Nelson Lopes	TurboTrilhos	M	S	20	02:15:00	7.11	00:31:35
39	1310	Rui Heliodoro Sousa	TurboTrilhos	M	S	21	02:15:01	7.11	00:31:36
40	1063	André Dias		M	S	22	02:15:16	7.12	00:31:51
41	1376	Jaime Mendes Mendes		M	S	23	02:15:20	7.12	00:31:55
42	1399	Pedro Guimarães	CTAD-Consumo Zero	M	M40	12	02:15:33	7.13	00:32:08
43	1228	JOSE MONTEIRO	AD MARCO 09	M	S	24	02:17:02	7.21	00:33:37
44	1108	Pedro Moreira		M	S	25	02:17:03	7.21	00:33:38
45	1082	Filipe Pereira	LOUSADA RUNNERS	M	S	26	02:17:41	7.25	00:34:16
46	1089	Rui Silva	Esmoriz	M	S	27	02:17:44	7.25	00:34:19

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
47	1397	Pedro Ribeiro	CTAD-Consumo Zero	M	M50	7		02:17:56	7.26	00:34:31
48	1050	Bruno Fontão	OS PRIMOS	M	S	28		02:18:01	7.26	00:34:36
49	1087	Paulo Reis	Esmoriz	M	M40	13		02:18:33	7.29	00:35:08
50	1157	Paulo Elias	SF2002	M	S	29		02:18:36	7.29	00:35:11
51	1425	Eduardo Ribeiro	A.D.Amarante	M	M40	14		02:18:36	7.29	00:35:11
52	153	João Machado	Fridão Sem Limites	M	S	30		02:18:37	7.3	00:35:12
53	1329	Pedro Vieira	A.D.Amarante	M	M40	15		02:18:47	7.3	00:35:22
54	1129	Paulo Sousa	Nós Acreditamos	M	M40	16		02:18:48	7.31	00:35:23
55	1206	Miguel Santos	Moinhos Run - ADRM	M	M40	17		02:18:49	7.31	00:35:24
56	1038	Eduardo Mendes	TRAIL TEAM CASA DAS REPARAÇÕES	M	S	31		02:19:12	7.33	00:35:47
57	1109	Mario Lima	Avesrunners	M	M40	18		02:20:02	7.37	00:36:37
58	1058	Filipe Bastos	Clube Atletismo Fafe	M	M40	19		02:20:03	7.37	00:36:38
59	1205	Hugo Soares	Moinhos Run - ADRM	M	S	32		02:20:10	7.38	00:36:45
60	1383	António Adão Pinto Monteiro	Amigo Trail Run	M	M40	20		02:20:40	7.4	00:37:15
61	1106	Marco Teixeira	Marco Teixeira	M	S	33		02:21:08	7.43	00:37:43
62	1391	jorge rodrigues	CTAD - Consumo Zero	M	M40	21		02:21:37	7.45	00:38:12
63	1200	Antonio Miranda	LOUSADA RUNNERS	M	M50	8		02:21:50	7.46	00:38:25
64	1054	Manuel Barbosa	Paredes Running	M	M40	22		02:21:54	7.47	00:38:29
65	1386	João Cardoso	Cinfães a Correr	M	S	34		02:22:29	7.5	00:39:04
66	1234	Arsénio Fraser	PowerFit	M	M50	9		02:22:30	7.5	00:39:05
67	1123	Fernando Silva	Nós Acreditamos	M	M50	10		02:22:46	7.51	00:39:21
68	1144	Nuno Pereira	Amigo Trail Run	M	M40	23		02:24:20	7.6	00:40:55
69	1149	Armando Ribeiro	Amigo Trail Run	M	M40	24		02:24:21	7.6	00:40:56
70	1093	Hugo Faria	The Newbies	M	S	35		02:25:15	7.64	00:41:50
71	1341	Manuel Teixeira	Fridão Sem Limites	M	M40	25		02:25:18	7.65	00:41:53
72	1363	Flavio Costa	CSE HOOLS	M	S	36		02:25:18	7.65	00:41:53
73	1079	Carlos Rocha		M	S	37		02:25:46	7.67	00:42:21
74	1013	Manuel Luís Morais	Nocturnos de Paredes	M	S	38		02:25:54	7.68	00:42:29
75	1277	FILIPE BARBOSA	Nocturnos de Paredes	M	S	39		02:25:54	7.68	00:42:29
76	1276	TIAGO MOREIRA	Nocturnos de Paredes	M	S	40		02:25:55	7.68	00:42:30
77	1252	Emanuel Fundo	Ribeiras Trail	M	S	41		02:25:55	7.68	00:42:30
78	1101	Tony Mendes	BTT Alegria // TUBANI	M	M40	26		02:27:23	7.76	00:43:58
79	1274	Daniel Faria	ADM	M	S	42		02:27:53	7.78	00:44:28
80	1423	Joana Cardoso	Gondomar Futsal Clube	F	SF	2		02:28:31	7.82	00:45:06
81	1225	Eugénio Cruz		M	S	43		02:28:35	7.82	00:45:10
82	1215	Manuel Sousa		M	M40	27		02:28:47	7.83	00:45:22
83	1283	Cesar Sousa		M	M40	28		02:29:20	7.86	00:45:55
84	1318	Filipe Pinheiro	A.D.Amarante	M	M40	29		02:29:21	7.86	00:45:56
85	1043	Marco Almeida	PowerFit	M	S	44		02:29:26	7.86	00:46:01
86	1204	Simão Sousa	Moinhos Run - ADRM	M	S	45		02:30:59	7.95	00:47:34
87	1060	António Barbosa	Clube Trilheiros & amigos	M	S	46		02:32:05	8	00:48:40
88	1350	Antonio Miranda	Penafiel	M	M40	30		02:32:52	8.05	00:49:27
89	1126	Armando Cardoso	Nós Acreditamos	M	M40	31		02:32:57	8.05	00:49:32
90	1279	Nuno Faria		M	S	47		02:33:18	8.07	00:49:53
91	1424	Manuel Silva	Gondomar Futsal Clube	M	S	48		02:33:22	8.07	00:49:57
92	1380	Laureano Silva		M	S	49		02:33:40	8.09	00:50:15
93	1362	Miguel Silva	CSE HOOLS	M	S	50		02:34:12	8.12	00:50:47
94	1083	Marcelo Teixeira	The Newbies	M	S	51		02:34:15	8.12	00:50:50
95	1385	Ana Amaral	foz do soua	F	F40	1		02:34:17	8.12	00:50:52
96	1365	Bruno Barros	A D Sebolido Trail Boneca Douro	M	S	52		02:34:22	8.12	00:50:57
97	1319	Fernando Queirós	A.D.Amarante	M	M50	11		02:34:23	8.13	00:50:58
98	1392	Marieta Branco	CTAD - Consumo Zero	F	F40	2		02:35:14	8.17	00:51:49

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99	1171	AGOSTINHO MOREIRA	Nocturnos de Paredes	M	M50	12		02:35:23	8.18	00:51:58
100	1180	João Cardoso	S. S. MONTEPIO	M	M40	32		02:36:36	8.24	00:53:11
101	1360	José Carvalho	C'um Carvalho	M	M50	13		02:37:30	8.29	00:54:05
102	1407	FERNANDO TEIXEIRA	Fridão Sem Limites	M	M40	33		02:38:17	8.33	00:54:52
103	1265	Joao Goncalves	Equipa A	M	M50	14		02:38:18	8.33	00:54:53
104	1406	Hélder Pinto	Fridão Sem Limites	M	S	53		02:38:18	8.33	00:54:53
105	1256	Daniel José Gomes Sousa	Clube Trilheiros & amigos	M	S	54		02:38:26	8.34	00:55:01
106	1345	Vítor Coelho		M	M40	34		02:38:54	8.36	00:55:29
107	1085	Bruno Maia	Travanca Runnets	M	S	55		02:39:01	8.37	00:55:36
108	1008	Rafael Navega	Os Navegantes	M	S	56		02:40:45	8.46	00:57:20
109	1007	António Navega	Os Navegantes	M	S	57		02:40:45	8.46	00:57:20
110	1154	Manuel Babo		M	S	58		02:41:18	8.49	00:57:53
111	1006	Filipe Sousa	MaisSaúde - Fisioterapia e Osteopatia	M	S	59		02:42:34	8.56	00:59:09
112	1073	Vitor Moreira	Geocrosstrail	M	M40	35		02:42:38	8.56	00:59:13
113	1131	Leandro Teixeira	Nós Acreditamos	M	S	60		02:43:19	8.6	00:59:54
114	1170	DANIEL PEREIRA	Nocturnos de Paredes	M	M40	36		02:43:30	8.61	01:00:05
115	1048	José Pedro Dias	Braga	M	S	61		02:43:35	8.61	01:00:10
116	1117	Luis Neves	Equipotencia Trail Team	M	S	62		02:43:38	8.61	01:00:13
117	1220	Feliciano Alves	FITRUNNERS	M	M50	15		02:43:43	8.62	01:00:18
118	1072	Rui Moreira	Geocrosstrail	M	M40	37		02:44:15	8.64	01:00:50
119	1236	João Ribeiro		M	S	63		02:44:18	8.65	01:00:53
120	1070	André Cristiano	Tesos & Mouraria	M	S	64		02:44:19	8.65	01:00:54
121	1165	HENRIQUE BARBEDO	SUCUPIRA F.C.	M	M40	38		02:44:38	8.66	01:01:13
122	1164	Maria Lurdes Barbedo	SUCUPIRA F.C.	F	F40	3		02:44:39	8.67	01:01:14
123	1065	Carlos Ferreira	PowerFit	M	S	65		02:44:39	8.67	01:01:14
124	1405	Adolfo Bernardo		M	S	66		02:44:40	8.67	01:01:15
125	1051	Luís Pedrosa	OS PRIMOS	M	S	67		02:44:47	8.67	01:01:22
126	1137	João Cardoso	Emna Runners	M	M40	39		02:45:11	8.69	01:01:46
127	1257	Daniel Sampaio	Aminhacorrída	M	M40	40		02:45:28	8.71	01:02:03
128	1238	António Rosendo	Penafiel	M	S	68		02:45:41	8.72	01:02:16
129	1029	Patricia Ramos	Equipa A	F	SF	3		02:45:58	8.74	01:02:33
130	1127	Joaquim Silva	Nós Acreditamos	M	M50	16		02:46:01	8.74	01:02:36
131	1071	Mafalda Valente	Geocrosstrail	F	SF	4		02:46:11	8.75	01:02:46
132	1403	Pedro Oliveira	CTAD-Consumo Zero	M	M40	41		02:46:50	8.78	01:03:25
133	1155	Luis Elias		M	S	69		02:47:15	8.8	01:03:50
134	1308	Jorge Pinto		M	M40	42		02:47:57	8.84	01:04:32
135	1077	Pedro Lopes	Arrastassolas	M	S	70		02:48:15	8.86	01:04:50
136	1258	Manuel Silva	Arrastassolas	M	M50	17		02:48:16	8.86	01:04:51
137	1075	Mario Santos	Arrastassolas	M	S	71		02:48:16	8.86	01:04:51
138	1304	Mia Pinto	MSS contabilidade trail team	F	F40	4		02:48:37	8.87	01:05:12
139	1303	Rui Correia	MSS contabilidade trail team	M	M40	43		02:48:39	8.88	01:05:14
140	1032	Flavio Carvalho	Equipa A	M	S	72		02:49:11	8.9	01:05:46
141	1000	Rui Teixeira	Amigos das Sapatilhas	M	S	73		02:49:13	8.91	01:05:48
142	1036	João Sousa	TRAIL TEAM CASA DAS REPARAÇÕES	M	M40	44		02:49:14	8.91	01:05:49
143	1037	Armando Machado	TRAIL TEAM CASA DAS REPARAÇÕES	M	M40	45		02:49:14	8.91	01:05:49
144	1039	Eduardo Soares	TRAIL TEAM CASA DAS REPARAÇÕES	M	S	74		02:49:14	8.91	01:05:49
145	1332	Alice Pereira	A.D.Amarante	F	SF	5		02:49:17	8.91	01:05:52
146	1113	Paulo Moreira	Aliados Trail Running Team	M	S	75		02:49:36	8.93	01:06:11
147	1052	Natalia Lima	Brabus Runners	F	SF	6		02:49:41	8.93	01:06:16
148	1033	Vítor Cunha	Brabus Runners	M	M50	18		02:50:26	8.97	01:07:01

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149	1338	Carlos Pinto	Fridão Sem Limites	F	F40	5		02:50:50	8.99	01:07:25
150	1377	NUNO FERREIRA	FUGITIVOS URBANOS	M	M40	46		02:50:50	8.99	01:07:25
151	1227	Nuno Andrade	FIGUEIRÓFIT	M	S	76		02:51:30	9.03	01:08:05
152	1372	António Pinto	Monte dos Amigos	M	S	77		02:52:37	9.09	01:09:12
153	1016	Patricia Moreira	Monte dos Amigos	F	SF	7		02:52:39	9.09	01:09:14
154	1334	Rosa Ferreira	Equipa A	F	F50	1		02:52:56	9.1	01:09:31
155	1096	Vítor Martins	EQUIPOTÊNCIA TRAIL TEAM	M	S	78		02:52:59	9.1	01:09:34
156	1160	Lucinda Marques	Paredes Running	F	F40	6		02:53:44	9.14	01:10:19
157	1018	Pedro Miguel	Fojo Trail Team	M	S	79		02:54:14	9.17	01:10:49
158	1271	Paulo Coelho Coelho		M	S	80		02:55:06	9.22	01:11:41
159	1133	Martinha Alves	Nós Acreditamos	F	F50	2		02:55:08	9.22	01:11:43
160	1393	Emerson Falcão	CTAD-Consumo Zero	M	M40	47		02:55:24	9.23	01:11:59
161	1347	Joana Santos		F	SF	8		02:56:04	9.27	01:12:39
162	1081	Amândio Sousa Sousa	Kinkipa	M	S	81		02:57:28	9.34	01:14:03
163	1076	Carla Moreira	Arrastassolas	F	F40	7		02:57:30	9.34	01:14:05
164	1435	Ricardo Teixeira	A.D.Amarante	M	S	82		02:57:32	9.34	01:14:07
165	1314	Samuel Silva	A.D.Amarante	M	S	83		02:58:13	9.38	01:14:48
166	1275	Octávia Vale	ADM	F	SF	9		02:58:44	9.41	01:15:19
167	1254	José Moura	Ribeiras Trail	M	M50	19		02:58:52	9.41	01:15:27
168	1313	DAniel Santos	A.D.Amarante	M	S	84		02:59:28	9.45	01:16:03
169	1331	Paulo Rocha	A.D.Amarante	M	M40	48		02:59:28	9.45	01:16:03
170	1255	Thomas Magalhães		M	S	85		02:59:37	9.45	01:16:12
171	1436	Manuel Ferreira	Amarante	M	M50	20		02:59:39	9.46	01:16:14
172	1105	Joao Teixeira	Friande FLG	M	M50	21		02:59:47	9.46	01:16:22
173	1379	Rui Rodrigues	Amigos da Montanha	M	S	86		03:00:16	9.49	01:16:51
174	1084	José Andrade	Trail Team 1328	M	S	87		03:00:34	9.5	01:17:09
175	1027	Hugo Ferreira	Vila Nova de Gaia	M	S	88		03:01:24	9.55	01:17:59
176	1069	Nelo Chapeiro Ou Quim	Tesos & Mouraria	M	M40	49		03:01:31	9.55	01:18:06
177	1430	Celia Sousa		F	F40	8		03:01:42	9.56	01:18:17
178	1207	João Azevedo		M	M40	50		03:01:43	9.56	01:18:18
179	1011	JOSE MOURA	Nocturnos de Paredes	M	M40	51		03:03:11	9.64	01:19:46
180	1381	Sofia Moreira		F	SF	10		03:03:12	9.64	01:19:47
181	1253	Rosa Gama	Ribeiras Trail	F	F40	9		03:03:16	9.65	01:19:51
182	1226	M Jesus Leão	FITRUNNERS	F	F50	3		03:03:32	9.66	01:20:07
183	1409	Eduardo Silva		M	M40	52		03:03:51	9.68	01:20:26
184	1388	claudia coelho	GENEROSOS RUNNERS	F	SF	11		03:04:32	9.71	01:21:07
185	1387	carlos alberto	GENEROSOS RUNNERS	M	M40	53		03:04:32	9.71	01:21:07
186	1287	Ricardo Sousa	Factor X / S4L / Medense FC	M	M40	54		03:06:03	9.79	01:22:38
187	1086	Maribel Cardoso	Esmoriz	F	F50	4		03:06:04	9.79	01:22:39
188	1395	Susana Luís	CTAD-Consumo Zero	F	F40	10		03:06:07	9.8	01:22:42
189	1323	Fernando Cerqueira	A.D.Amarante	M	M50	22		03:06:14	9.8	01:22:49
190	1322	Clara Carvalho	A.D.Amarante	F	F50	5		03:06:14	9.8	01:22:49
191	1142	Juliana Moura	Amigos das Sapatilhas	F	SF	12		03:06:18	9.81	01:22:53
192	1295	Cristóvão Sampaio	Amigos das Sapatilhas	M	M40	55		03:06:18	9.81	01:22:53
193	1095	Cristina Carvalho		F	F40	11		03:06:48	9.83	01:23:23
194	1219	José Madureira		M	M50	23		03:06:55	9.84	01:23:30
195	1132	Sandra Pereira	Nós Acreditamos	F	F40	12		03:07:29	9.87	01:24:04
196	1034	JOSE TEIXEIRA	Nocturnos de Paredes	M	M50	24		03:07:30	9.87	01:24:05
197	1361	Clara Silva	C'um Carvalho	F	F40	13		03:07:36	9.87	01:24:11
198	1078	Ricardo Pinheiro	KIKAS Team	M	M40	56		03:09:44	9.99	01:26:19
199	1315	Jorge Cerqueira	A.D.Amarante	M	M50	25		03:09:58	10	01:26:33
200	1004	Ricardo Vaz		M	S	89		03:10:14	10.01	01:26:49
201	1408	Sérgio Quintas		M	M40	57		03:11:21	10.07	01:27:56

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Ritmo	Diferenca
202	1107	Bruno Sousa		M	S	90		03:11:41	10.09	01:28:16
203	1022	Luís Vieira	Kunalama Runners	M	S	91		03:11:41	10.09	01:28:16
204	1284	Joao Bessa	Kunalama Runners	M	S	92		03:11:42	10.09	01:28:17
205	1249	João Almeida		M	S	93		03:13:10	10.17	01:29:45
206	1193	André Moreira	JA Seguros Runners	M	S	94		03:13:10	10.17	01:29:45
207	1201	João Ribeiro	JA Seguros Runners	M	S	95		03:13:11	10.17	01:29:46
208	1009	Liseta Pinto	Moreira Relax Runnex	F	F40	14		03:15:06	10.27	01:31:41
209	1221	Olga Paulino	FITRUNNERS	F	F40	15		03:15:53	10.31	01:32:28
210	1384	Rui Monteiro		M	M40	58		03:17:25	10.39	01:34:00
211	1382	António Carneiro		M	M50	26		03:17:26	10.39	01:34:01
212	1320	Sónia Bastos	A.D.Amarante	F	SF	13		03:19:11	10.48	01:35:46
213	1064	José Vieira	PowerFit	M	M50	27		03:19:17	10.49	01:35:52
214	1427	João Graça		M	M40	59		03:19:34	10.5	01:36:09
215	1428	Ricardo Machado		M	S	96		03:19:36	10.51	01:36:11
216	1066	Artur Fonseca	Ruptura Total	M	M40	60		03:22:15	10.64	01:38:50
217	1394	Daniela Fernandes		F	F40	16		03:22:22	10.65	01:38:57
218	1088	Cristiana Pinto	Esmoriz	F	SF	14		03:22:30	10.66	01:39:05
219	1212	Cristina Mendes		F	F40	17		03:22:55	10.68	01:39:30
220	1026	Carla Couto	Equipa A	F	F40	18		03:24:40	10.77	01:41:15
221	1305	João Paulo Carvalho	Felgueiras	M	S	97		03:25:19	10.81	01:41:54
222	1035	Mário Araújo	Equipa A	M	M40	61		03:26:08	10.85	01:42:43
223	1306	Daniel Gomes		M	M40	62		03:26:15	10.86	01:42:50
224	1260	Jorge Vasconcelos	Equipa A	M	M40	63		03:26:39	10.88	01:43:14
225	1411	Silvina Gama		F	F40	19		03:26:39	10.88	01:43:14
226	1233	Daniel Filipe Fernandes	Vimarunners	M	S	98		03:27:45	10.93	01:44:20
227	1246	Joana Gonçalves	Vimarunners	F	SF	15		03:27:45	10.93	01:44:20
228	1232	sofia fernandes	Guimarães	F	SF	16		03:27:47	10.94	01:44:22
229	1378	HUGO OLIVEIRA	FUGITIVOS URBANOS	M	S	99		03:28:47	10.99	01:45:22
230	1307	Carlos Pinheiro		M	S	100		03:30:08	11.06	01:46:43
231	1311	Cristiano Melo		M	S	101		03:30:09	11.06	01:46:44
232	1251	Rolando Marques	Ribeiras Trail	M	M40	64		03:31:25	11.13	01:48:00
233	1343	Rosa Soares	Fridão Sem Limites	F	F40	20		03:33:31	11.24	01:50:06
234	1237	raquel eusebio	Clube Atletismo Fafe	F	SF	17		03:33:31	11.24	01:50:06
235	1290	Rui Fernandes	Clube Atletismo Fafe	M	S	102		03:33:33	11.24	01:50:08
236	1014	TELMO MOTA	Nocturnos de Paredes	M	M40	65		03:33:40	11.25	01:50:15
237	1100	Maria Teixeira	BTT Alegria // TUBANI	F	F50	6		03:34:33	11.29	01:51:08
238	1262	Sofia Mendes		F	SF	18		03:34:44	11.3	01:51:19
239	1261	Bruno Mendes		M	S	103		03:34:44	11.3	01:51:19
240	1209	Paula Cunha	CORRER LEÇA	F	F40	21		03:34:50	11.31	01:51:25
241	1189	António Barros	CORRER LEÇA	M	M40	66		03:34:51	11.31	01:51:26
242	1196	Nuno Morgado	CORRER LEÇA	M	M40	67		03:34:51	11.31	01:51:26
243	1192	Claudia Cunha	CORRER LEÇA	F	F40	22		03:34:52	11.31	01:51:27
244	1176	RUI VIEIRA	Nocturnos de Paredes	M	S	104		03:35:55	11.36	01:52:30
245	1177	FERNANDO VIEIRA	Nocturnos de Paredes	M	M40	68		03:35:56	11.36	01:52:31
246	1321	António Gonçalves	A.D.Amarante	M	M50	28		03:36:18	11.38	01:52:53
247	1317	Jorge Gonçalves	A.D.Amarante	M	S	105		03:36:20	11.39	01:52:55
248	1218	Fátima Barros		F	F50	7		03:37:12	11.43	01:53:47
249	1373	Diogo Silva		M	S	106		03:39:12	11.54	01:55:47
250	1263	Pedro Fernandes	Leitrosas	M	S	107		03:39:43	11.56	01:56:18
251	1202	Liliana Sousa	PowerFit	F	SF	19		03:43:16	11.75	01:59:51
252	1042	Cristiana Castro	PowerFit	F	SF	20		03:43:17	11.75	01:59:52
253	1168	Edite Gonçalves	CORRER LEÇA	F	SF	21		03:49:27	12.08	02:06:02
254	1186	Luísa Nogueira	CORRER LEÇA	F	F40	23		03:49:27	12.08	02:06:02
255	1401	João Gonçalves	AKG Runners	M	M40	69		03:52:21	12.23	02:08:56

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
256	1367	Joao Macedo		M	S	108	03:53:24	12.28	02:09:59
257	1266	Cidalia Rodrigues	arcozelo bcl	F	F40	24	03:54:22	12.34	02:10:57
258	1240	João Paulo Genésio	Pes de chumbo Runners	M	M50	29	03:54:24	12.34	02:10:59
259	1097	José Gonçalves	Sem limites	M	M40	70	03:54:58	12.37	02:11:33
260	1098	Maria Pacheco	Sem limites	F	F40	25	03:54:58	12.37	02:11:33
261	1012	BRUNA SILVA	Nocturnos de Paredes	F	SF	22	03:55:04	12.37	02:11:39
262	1197	Miguel Silva	Amarantrilhos	M	S	109	04:07:29	13.03	02:24:04
263	1053	Elisabete Silva		F	SF	23	04:07:30	13.03	02:24:05
264	1104	Bruna Costa	Alexandra Carvalho Team	F	SF	24	04:07:30	13.03	02:24:05
265	1426	Ricardo Moreira	Alexandra Carvalho Team	M	M40	71	04:07:31	13.03	02:24:06
266	1194	Maria Nogueira		F	F40	26	04:10:06	13.16	02:26:41
267	1003	Sonia Silva	Paredes Running	F	F40	27	04:10:14	13.17	02:26:49
268	1002	Antonio Barbosa	Paredes Running	M	M40	72	04:10:15	13.17	02:26:50
269	1159	Luis Ribeiro	Paredes Running	M	M40	73	04:10:15	13.17	02:26:50
270	1067	Franclim Coelho		M	M40	74	04:20:16	13.7	02:36:51
271	1025	Manuel Silva	Pk56	M	M50	30	04:20:31	13.71	02:37:06
272	1115	Marisa Silva	CORRER LEÇA	F	F40	28	04:20:43	13.72	02:37:18
273	1068	Raquel Coelho		F	SF	25	04:20:44	13.72	02:37:19
274	1116	Sandra Morgado	CORRER LEÇA	F	F40	29	04:20:44	13.72	02:37:19
275	1187	Valter Silva	CORRER LEÇA	M	M40	75	04:20:45	13.72	02:37:20
276	1062	Carla Ferreira	CORRER LEÇA	F	F40	30	04:20:45	13.72	02:37:20
277	1235	MARIA ROSA COSTA	MOREIRA RELAX RUNNERS	F	F50	8	04:20:46	13.72	02:37:21