

CASCAIS TRAIL EXPERIENCE - 26/03/2017

Relatório Masculino e Feminino Geral (20KLONGO)

Classificação por TEMPO BRUTO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	181	FERNANDO SANTOS GOMES	M	34		01:59:01	01:59:01	HERBALIFE
2	379	NELSON AMARAL	M	40		02:01:18	02:01:18	AMCF - ARRÁBIDA TRAIL TEAM
3	545	NUNO GONCALVES	M	40		02:06:18	02:06:18	RUNCROSSTRAIL.COM
4	107	JOAO HORA FAUSTINO	M	43		02:08:03	02:08:03	INDIVIDUAL
5	161	WESLEY TRIGG	M	39		02:08:44	02:08:39	GO!RUNNERS
6	105	HENRIQUE JORGE JOANICO	M	38		02:11:13	02:11:13	INDIVIDUAL
7	172	JOÃO PRISAL	M	44		02:11:53	02:11:53	SALAMANDRECOS
8	197	XAVIER SOUSA	M	44		02:19:08	02:19:07	WERUN
9	238	RICARDO PAULO PARADA	M	36		02:19:39	02:19:39	INDIVIDUAL
10	247	ELVINO MIGUEL GONÇALVES	M	32		02:19:41	02:19:36	INDIVIDUAL
11	367	LUÍS CARLOS SANTOS FERREIRA	M	20		02:20:43	02:20:41	TRAITEAM
12	363	FÁBIO ZUADA	M	22		02:20:44	02:20:44	TRAITEAM
13	174	MARCO SILVA	M	35		02:22:31	02:22:31	SALAMANDRECOS
14	364	VITOR PARADA	M	34		02:28:01	02:28:00	INDIVIDUAL
15	232	JOSÉ LEANDRO SOARES	M	24		02:28:27	02:28:21	INDIVIDUAL
16	176	MARIO RODRIGUES	M	50		02:29:43	02:29:43	SALAMANDRECOS
17	335	HÉLDER BAPTISTA	M	46		02:30:11	02:30:11	HOUSEMARTINS BELAS
18	311	ANTÓNIO SANTOS	M	54		02:30:27	02:30:13	CA AMIGOS BELÉM
19	157	HUGO HENRIQUES	M	36		02:31:05	02:31:05	GALHARDOS
20	106	BRUNO CARRUDO	M	38		02:31:41	02:31:28	INDIVIDUAL
21	381	RUI LOUREIRO MARQUES	M	39		02:34:39	02:34:33	TURRES TRAIL TEAM
22	269	PEDRO SANTOS	M	42		02:36:17	02:36:03	INDIVIDUAL
23	169	VICTOR GABRIEL FRANCO	M	32		02:36:48	02:36:32	OPRATICANTE.PT
24	170	HÉLIO RIBAS DIAS	M	52		02:36:48	02:36:34	OPRATICANTE.PT
25	372	LUÍS SOARES	M	50		02:37:43	02:37:43	CLUBE OGMA
26	133	SOFIA ROQUETE	F	35		02:38:03	02:37:55	AMCF - ARRÁBIDA TRAIL TEAM
27	359	JOAQUIM ROSA	M	54		02:38:56	02:38:38	CASCAIS TRAIL EXPERIENCE TEAM
28	253	JOAO PEREIRA	M	39		02:39:39	02:39:23	INDIVIDUAL
29	407	MIGUEL PISCO	M	52		02:39:58	02:39:50	SALAMANDRECOS
30	743	JORGE AMARAL	M	48		02:40:00	02:40:00	
31	108	MARTINHO AMARO	M	37		02:40:05	02:39:46	CORRER LISBOA
32	120	JOSÉ AMARO	M	41		02:41:51	02:41:27	AMINHACORRIDA
33	260	NUNO ANTÓNIO PACHECO	M	24		02:41:58	02:41:58	INDIVIDUAL
34	321	ARLINDO FRIAS DEUS	M	67		02:42:05	02:41:49	CLUBE MILLENNIUM BCP
35	281	LUIS AIRES	M	48		02:42:24	02:42:24	100 ESTRILHOS
36	112	BRUNO VALENTE	M	29		02:42:27	02:42:26	RUN CREW TRAIL MONTIJO
37	224	PAULO CRUZ	M	46		02:42:29	02:42:29	INDIVIDUAL
38	320	SOFIA INES RAMALHO	F	20		02:42:31	02:42:19	CLUBE MILLENNIUM BCP

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Relatório Masculino e Feminino Geral (20KLONGO)

Classificação por TEMPO BRUTO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
39	319	RUI JORGE RAMALHO	M	48		02:42:34	02:42:24	CLUBE MILLENNIUM BCP
40	273	JOÃO GONÇALVES	M	40		02:42:35	02:42:35	INDIVIDUAL
41	162	MAFALDA MONIZ	F	30		02:43:09	02:43:09	GO!RUNNERS
42	165	NUNO BARRETO	M	41		02:43:13	02:42:59	GO!RUNNERS
43	284	HELIO CORREIA	M	35		02:43:50	02:43:44	100 ESTRILHOS
44	163	RICARDO PEBRE	M	36		02:43:59	02:43:45	GO!RUNNERS
45	148	HÉLIO MARQUES	M	42		02:45:36	02:45:36	CORRER LISBOA
46	293	ANDREIA MIRA	F	34		02:46:41	02:46:39	ASAS NOS PÉS
47	117	NUNO JACINTO	M	42		02:47:04	02:46:48	INDIVIDUAL
48	315	PEDRO CORDAS	M	43		02:47:05	02:46:45	CLUBE MILLENNIUM BCP
49	256	JOÃO GRANJA	M	44		02:47:23	02:47:02	INDIVIDUAL
50	352	JAIME COUTO	M	41		02:48:03	02:48:03	CASCAIS TRAIL EXPERIENCE TEAM
51	282	TIAGO ALMEIDA	M	35		02:48:30	02:48:30	100 ESTRILHOS
52	369	CARLOS ARSÉNIO SALVATERRA DOS SANTOS	M	43		02:48:45	02:48:45	INDIVIDUAL
53	389	PEDRO PRUDÊNCIO	M	47		02:49:20	02:49:20	MONSANTO RUNNING TEAM
54	390	GONÇALO RODRIGUES PRUDÊNCIO	M	16		02:49:20	02:49:20	MONSANTO RUNNING TEAM
55	356	RITA LOPES	F	34		02:49:23	02:49:23	MONSANTO RUNNING TEAM
56	313	VIRGILIO VEDOR COSTA	M	46		02:49:24	02:49:05	CLUBE MILLENNIUM BCP
57	194	PEDRO CARDOSO	M	37		02:50:28	02:50:13	INDIVIDUAL
58	286	NUNO BOGALHEIRO	M	44		02:50:32	02:50:25	AMIGOS VALE SILENCIO
59	271	JOSE OGANDO	M	41		02:52:33	02:51:42	INDIVIDUAL
60	312	HENRIQUE ADREGA	M	64		02:52:35	02:52:20	CA AMIGOS BELÉM
61	173	BERNARDO DE CASTRO ZOIO	M	40		02:52:36	02:52:17	SALAMANDRECOS
62	152	VASCO MATOS	M	41		02:52:36	02:52:18	CORRER SOC REC DA GRANJA
63	254	JOÃO BUCHO	M	35		02:53:27	02:52:55	INDIVIDUAL
64	140	LUIS ANDRADE	M	43		02:54:09	02:54:03	CDCR DOS CTT
65	193	ANTÓNIO CARDOSO	M	41		02:55:00	02:55:00	INDIVIDUAL
66	283	MIGUEL VELUDO	M	42		02:55:01	02:54:54	100 ESTRILHOS
67	336	AMÉRICO PALA RODRIGUES	M	58		02:55:29	02:55:26	HOUSEMARTINS BELAS
68	255	DOMINGOS BUCHO	M	62		02:56:21	02:56:17	INDIVIDUAL
69	137	VASCO ASCENSÃO	M	46		02:56:46	02:56:41	CDCR DOS CTT
70	171	ROMÃO SANTOS	M	43		02:57:24	02:57:22	SALAMANDRECOS
71	220	TIAGO MARCELINO	M	39		02:59:37	02:59:37	INDIVIDUAL
72	178	CARMEN FERREIRA	F	48		03:00:06	02:59:50	VALE GRANDE/ WERUN
73	177	RUI MARTINS	M	31		03:00:07	02:59:50	VALE GRANDE/ WERUN
74	164	SÉRGIO CORTEZ	M	28		03:00:28	03:00:14	GO!RUNNERS
75	215	GUILHERME HORA	M	43		03:01:56	03:01:52	INDIVIDUAL
76	362	JOSÉ CARLOS DUARTE	M	44		03:02:34	03:02:08	INDIVIDUAL

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Relatório Masculino e Feminino Geral (20KLONGO)

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
77	201	PEDRO RODRIGUES CABRITO	M	43		03:02:36	03:02:09	INDIVIDUAL
78	160	JOAO FRAZAO	M	36		03:03:22	03:03:22	GD SANTANDER TOTTA
79	361	RICARDO SANTOS	M	45		03:03:26	03:03:23	CLUBE EDP – LISBOA
80	289	VITOR AZEVEDO	M	38		03:03:28	03:03:23	ASAS NOS PÉS
81	195	PEDRO SANTOS VICENTE	M	40		03:04:19	03:04:18	INDIVIDUAL
82	290	ALBERTO COVAS	M	58		03:04:26	03:04:14	ASAS NOS PÉS
83	396	FALTA DADOS	M	0		03:04:36	03:04:07	
84	360	HELDER BAPTISTA	M	50		03:04:39	03:04:27	INDIVIDUAL
85	235	FERNANDO PEREIRA	M	49		03:04:45	03:04:43	INDIVIDUAL
86	151	FILIPE RAMALHO	M	36		03:06:12	03:05:54	CORRER SOC REC DA GRANJA
87	116	JOÃO MARQUES	M	29		03:06:17	03:06:02	INDIVIDUAL
88	368	ANTÓNIO MAURÍCIO	M	65		03:06:25	03:06:10	CORRER LISBOA
89	214	JOÃO RODRIGUES	M	53		03:06:26	03:06:26	INDIVIDUAL
90	184	PAULA TRINDADE	F	45		03:06:29	03:06:05	AMINHACORRIDA
91	125	ALVARO MIRANDA	M	46		03:07:32	03:07:19	INDIVIDUAL
92	355	PEDRO LUIZ	M	34		03:07:38	03:07:16	CASCAIS TRAIL EXPERIENCE TEAM
93	353	TIAGO PORTUGAL	M	37		03:07:39	03:07:18	CASCAIS TRAIL EXPERIENCE TEAM
94	154	ANDRÉ MÁRIO MATOS	M	37		03:07:40	03:07:40	CORRER SOC REC DA GRANJA
95	101	PEDRO LOZANO	M	26		03:07:49	03:07:28	INDIVIDUAL
96	130	RUI ESTEVES	M	43		03:07:53	03:07:36	INDIVIDUAL
97	210	PEDRO CAMPOS	M	40		03:08:20	03:08:20	INDIVIDUAL
98	298	DIOGO LOPES	M	36		03:08:39	03:08:37	ASAS NOS PÉS
99	185	ANA AMARO	F	43		03:09:28	03:09:04	AMINHACORRIDA
100	141	JOÃO AFONSO	M	45		03:09:30	03:09:25	CDCR DOS CTT
101	342	ROGÉRIO VENÂNCIO	M	62		03:09:32	03:09:32	O MUNDO DA CORRIDA
102	296	RAQUEL MOREIRA	F	30		03:09:48	03:09:46	ASAS NOS PÉS
103	376	RUI NASCIMENTO	M	46		03:10:27	03:10:11	
104	257	ELENA IABANJI	F	50		03:10:44	03:10:30	INDIVIDUAL
105	189	JOSÉ CARLOS AMARAL	M	44		03:10:51	03:10:31	INDIVIDUAL
106	261	JAMES BUDDIE	M	38		03:11:08	03:10:40	INDIVIDUAL
107	179	INES MARQUES	F	0		03:11:10	03:11:10	EQUIPA99PROVASGRATUITAS/ WERUN
108	325	JOSE MOURA BRANCO	M	66		03:11:52	03:11:33	CLUBE MILLENNIUM BCP
109	114	ORLANDO GABRIEL FERREIRA	M	60		03:12:09	03:11:51	INDIVIDUAL
110	251	MANUEL AZEVEDO	M	48		03:13:33	03:13:18	INDIVIDUAL
111	265	JOSÉ BARROCO	M	58		03:13:46	03:13:34	INDIVIDUAL
112	212	PAULO CORREIA	M	46		03:13:53	03:13:43	INDIVIDUAL
113	213	PAULO AMARAL	M	48		03:13:53	03:13:42	INDIVIDUAL
114	391	NUNO BAIXINHO	M	42		03:13:58	03:13:58	RUNSOX/ SÓ + 1KM

CASCAIS TRAIL EXPERIENCE - 26/03/2017

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Classificação por TEMPO BRUTO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
115	258	SARA DE ALMEIDA GONÇALVES	F	31		03:14:19	03:14:01	INDIVIDUAL
116	398	CÉLIA DUROANA	F	43		03:14:50	03:14:42	
117	103	HUGO SANTOS	M	39		03:14:51	03:14:46	INDIVIDUAL
118	393	ESPERANÇA FERREIRA	F	47		03:14:52	03:14:52	
119	134	PAULO GOMES	M	36		03:14:54	03:14:53	BENFICA EM FORMA
120	135	INÊS PEIXOTO	F	37		03:14:54	03:14:54	BENFICA EM FORMA
121	384	SÉRGIO SANTOS	M	34		03:14:55	03:14:55	
122	339	JOSE LUIS MACHADO	M	51		03:14:57	03:14:22	NAV RUNNERS
123	301	ALIX DUPONT	F	26		03:15:17	03:15:17	CAP
124	280	MARIA MARQUES	F	46		03:16:14	03:15:55	SALAMANDRECOS
125	150	ANTÓNIO CEREJO	M	42		03:16:15	03:15:49	CORRER LISBOA
126	309	JOSÉ GARCÊS	M	48		03:16:25	03:16:16	CA AMIGOS BELÉM
127	328	TIAGO MIGUEL CRUZ	M	30		03:17:07	03:16:49	CORRER SOC REC DA GRANJA
128	302	JOAO TIAGO TOBIAS	M	35		03:17:59	03:17:49	CCD CRÉDITO AGRÍCOLA MÚTUO
129	124	JORGE MIGUEL FERREIRA	M	45		03:18:10	03:17:40	INDIVIDUAL
130	118	IVO CLARO	M	39		03:19:23	03:19:03	INDIVIDUAL
131	401	REBECCA LIBORIO	F	30		03:19:38	03:19:37	
132	400	HUGO ALMEIDA	M	42		03:19:38	03:19:38	
133	200	PEDRO GOMES	M	36		03:21:10	03:21:01	INDIVIDUAL
134	230	ANDREIA SARMENTO	F	32		03:21:26	03:21:26	INDIVIDUAL
135	115	CARLOS CORREIA	M	46		03:22:07	03:22:07	INDIVIDUAL
136	187	PEDRO MATO SERRA	M	40		03:22:30	03:22:05	INDIVIDUAL
137	294	PEDRO TOMÉ	M	43		03:23:10	03:23:08	ASAS NOS PÉS
138	204	BRUNO ROMÃO	M	33		03:24:15	03:23:59	INDIVIDUAL
139	405	NUNO MIGUEL SOUSA	M	40		03:24:33	03:24:33	
140	104	PEDRO CUSTÓDIO	M	42		03:24:38	03:24:38	INDIVIDUAL
141	278	JOSÉ FERNANDES AMARO	M	40		03:24:51	03:24:49	INDIVIDUAL
142	139	JOAO REIS	M	52		03:26:38	03:26:33	CDCR DOS CTT
143	370	JOÃO SARAIVA MARTINS	M	60		03:28:02	03:27:54	INDIVIDUAL
144	402	DAVID PINTO	M	31		03:28:08	03:28:08	
145	158	PAULO MENDES	M	39		03:29:21	03:28:59	GALHARDOS
146	382	JOSÉ JANUÁRIO CIPRIANO DE AZEVEDO	M	52		03:29:49	03:29:41	
147	371	JOAQUIM BEXIGA	M	49		03:29:56	03:29:36	CLUBE OGMA
148	358	FERNANDA FRANÇA	F	43		03:29:58	03:29:37	CLUBE OGMA
149	23	TITO HENRIQUES	M	43		03:30:09	03:29:42	INDIVIDUAL
150	395	DANIEL SIMÕES	M	43		03:31:16	03:30:50	CASCAIS AMBIENTE
151	308	JÚLIO CASTRO	M	57		03:31:26	03:31:17	CA AMIGOS BELÉM
152	377	PETER COPER	M	45		03:31:26	03:31:26	

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
153	314	PAULO JORGE FELICIO	M	48		03:32:13	03:31:53	CLUBE MILLENNIUM BCP
154	248	JORGE GONÇALVES	M	45		03:32:18	03:31:48	INDIVIDUAL
155	242	RICARDO BOTÃO	M	44		03:32:18	03:31:49	INDIVIDUAL
156	277	LUIS MIGUEL COSTA	M	27		03:32:35	03:32:35	INDIVIDUAL
157	113	NUNO TRINDADE	M	39		03:32:45	03:32:29	INDIVIDUAL
158	378	ANTONIO DIAS	M	45		03:33:57	03:33:57	
159	406	ATLETA SEM DADOS	M	0		03:34:38	03:34:38	
160	399	MIGUEL RODRIGUES	M	23		03:34:49	03:34:49	CASCAIS AMBIENTE
161	275	SARA JOANA CUNHA	F	40		03:35:02	03:34:42	INDIVIDUAL
162	279	CILA FAUSTINO	F	35		03:35:03	03:35:01	INDIVIDUAL
163	349	VASCO COVA	M	46		03:35:15	03:34:58	CASCAIS TRAIL EXPERIENCE TEAM
164	136	ALFREDO DE SOUSA	M	61		03:35:21	03:34:59	CARACOIS DE CORRIDA
165	234	FREDERICO DUARTE	M	46		03:37:31	03:37:04	INDIVIDUAL
166	227	PEDRO MANUEL CLAUDIO	M	49		03:37:40	03:37:20	INDIVIDUAL
167	306	PAULO LOURINHO	M	47		03:37:43	03:37:34	CA AMIGOS BELÉM
168	16	DOUGLAS FRY	M	60		03:37:48	03:37:48	INDIVIDUAL
169	307	JOSÉ CASTRO	M	58		03:37:53	03:37:44	CA AMIGOS BELÉM
170	264	JOÃO PEDRO RIBEIRO	M	31		03:38:17	03:37:59	INDIVIDUAL
171	190	PEDRO FONTES	M	41		03:38:27	03:38:07	INDIVIDUAL
172	202	MANUEL AUNON ESCALONA	M	44		03:38:53	03:38:53	INDIVIDUAL
173	397	TIAGO FERREIRA DE SOUSA	M	33		03:40:10	03:40:07	
174	70	FERNANDO GUSTAVO SILVA	M	53		03:40:19	03:40:11	CD MAFRA
175	322	OSCAR SILVA MARQUES	M	63		03:40:22	03:40:22	CLUBE MILLENNIUM BCP
176	218	PAULO JORGE PINTO	M	52		03:40:22	03:40:10	INDIVIDUAL
177	274	NUNO MIGUEL COSTA	M	42		03:40:55	03:40:39	INDIVIDUAL
178	237	MANUEL ALFREDO CARDOSO	M	50		03:41:00	03:40:41	INDIVIDUAL
179	225	JUSTINO MANUEL SILVA	M	40		03:41:02	03:40:54	INDIVIDUAL
180	153	NUNO DIOGO	M	44		03:41:18	03:41:00	CORRER SOC REC DA GRANJA
181	249	TIAGO DOS REIS GUERREIRO	M	38		03:41:40	03:41:08	INDIVIDUAL
182	219	SILVESTRE	M	48		03:41:43	03:41:32	INDIVIDUAL
183	330	MOISÉS CARDOSO	M	38		03:41:49	03:41:08	CROSSFIT ODIVELAS TRAIL
184	300	MELANIE WATRIN	F	26		03:42:02	03:41:29	CAP
185	341	ANA MARGARIDA RIBEIRO	F	30		03:42:43	03:42:14	O MUNDO DA CORRIDA
186	334	JOSÉ CARLOS SILVA	M	32		03:43:46	03:43:27	FORTÍSSIMOS RUNNING TEAM
187	303	INÊS SOARES	F	29		03:44:12	03:44:08	CDCR DOS CTT
188	138	ÂNGELA SUZANO	F	43		03:44:13	03:44:04	CDCR DOS CTT
189	110	RUI VIEITAS	M	41		03:45:12	03:44:56	INDIVIDUAL
190	268	MARIA ALVES	F	43		03:45:16	03:44:56	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
191	111	MIGUEL CASTRO	M	49		03:46:04	03:45:50	INDIVIDUAL
192	203	RUI FIGUEIREDO	M	41		03:46:18	03:46:03	INDIVIDUAL
193	123	PAULO JORGE GONÇALVES	M	43		03:46:40	03:46:40	INDIVIDUAL
194	211	LUIS PIEDADE	M	48		03:46:58	03:46:58	INDIVIDUAL
195	196	BRUNO AFONSO	M	38		03:47:18	03:47:08	CORRER LISBOA
196	345	GONÇALO COSTA PEREIRA	M	39		03:47:27	03:47:27	CASCAIS TRAIL EXPERIENCE TEAM
197	348	ISABEL VIDINHA	F	46		03:48:32	03:48:32	CASCAIS TRAIL EXPERIENCE TEAM
198	535	CARLOS MANUEL MAGALHÃES	M	50		03:49:11	03:49:05	DEIXEM PASSAR OS COXOS
199	145	RICARDO CARVALHO	M	42		03:50:14	03:50:14	CDCR DOS CTT
200	383	JOSÉ MANUEL MARTINS VEIGA	M	56		03:54:58	03:54:33	INDIVIDUAL
201	337	VANESSA SEQUEIRA	F	34		03:54:58	03:54:47	JANTES ROLANTES
202	392	CARINA SOFIA ALVES LOURINHO	F	35		03:57:24	03:57:12	
203	409	ATLETA SEM DADOS	M	0		03:57:27	03:57:27	
204	250	FILIPA CURRALO	F	39		03:57:35	03:57:35	INDIVIDUAL
205	228	JOAO CRUZ	M	42		03:57:43	03:57:43	INDIVIDUAL
206	375	MARIO RAMOS	M	59		04:01:18	04:01:09	
207	344	HUGO LEMOS	M	39		04:02:11	04:01:37	CASCAIS TRAIL EXPERIENCE TEAM
208	340	PEDRO PINEL	M	47		04:02:39	04:02:05	NAV RUNNERS
209	287	CARLOS IPE	M	41		04:02:42	04:02:39	ASAS NOS PÉS
210	292	MILTON BATISTA	M	41		04:02:43	04:02:43	ASAS NOS PÉS
211	373	CARMEN CRISTINA	F	44		04:04:56	04:04:27	GRCD LEIÃO
212	272	TIAGO MARQUES	M	34		04:05:52	04:05:21	INDIVIDUAL
213	403	ATLETA SEM DADOS	M	0		04:06:50	04:06:27	
214	240	RUI MARTINS	M	45		04:06:52	04:06:52	INDIVIDUAL
215	276	CATARINA MESQUITA	F	53		04:15:39	04:15:18	INDIVIDUAL
216	374	ADELAIDE MANHIÇA	F	58		04:15:50	04:15:21	GRCD LEIÃO
217	143	FERNANDO MARTINS	M	50		04:16:48	04:16:41	CDCR DOS CTT
218	217	VITOR DUARTE	M	58		04:18:55	04:18:55	INDIVIDUAL
219	129	OLÍVIA GASPAS	F	46		04:19:28	04:19:10	SS CGD
220	365	NATÁLIA BEJA	F	42		04:26:24	04:26:24	CROSSFITEIROS
221	366	JOÃO PARDAL	M	37		04:26:25	04:26:25	CROSSFITEIROS
222	109	JOSÉ ANTÓNIO CRUZ	M	56		04:29:46	04:29:46	INDIVIDUAL
223	386	BRUNO PALMA	M	36		04:29:58	04:29:58	
224	387	ANDRÉ CHANOCA	M	35		04:30:16	04:29:57	
225	102	NUNO MIGUEL OLIVEIRA	M	38		04:30:22	04:29:54	INDIVIDUAL
226	119	ANTONIO RAIMUNDO	M	50		04:34:09	04:33:42	INDIVIDUAL
227	199	RUI CARLOS JESUS	M	48		04:34:09	04:33:41	INDIVIDUAL
228	205	MARIO SANTOS	M	47		04:34:49	04:34:49	INDIVIDUAL

CASCAIS TRAIL EXPERIENCE - 26/03/2017

Relatório Masculino e Feminino Geral (20KLONGO)

Classificação por TEMPO BRUTO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
229	338	MÓNICA MATOS	F	39		04:46:40	04:46:27	JANTES ROLANTES
230	243	MADALENA SALGUEIRO	F	38		04:49:02	04:49:02	INDIVIDUAL
231	347	CATARINA CARREIRAS	F	31		04:49:03	04:48:29	CASCAIS TRAIL EXPERIENCE TEAM
232	346	MARTA AFONSO	F	42		04:49:23	04:48:50	CASCAIS TRAIL EXPERIENCE TEAM
233	343	ANA LEMOS	F	42		04:49:24	04:48:51	CASCAIS TRAIL EXPERIENCE TEAM
234	266	JORGE DOMINGUES	M	63		05:04:56	05:04:56	INDIVIDUAL
235	180	DIOGO GAMITO	M	49		05:04:56	05:04:23	SALAMANDRECOS
236	236	VANDA LIMA	F	34		05:20:59	05:20:59	INDIVIDUAL
237	380	JOANA ALVES	F	28		07:10:29	07:10:29	OCR PORTUGAL

Total de registros: 237