

TRAIL ROSA ALBARDEIRA - STAGE 1

28 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	21,8°C	92%
End	13:45	21,8°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	9	Francisco Reis	a. c. s. mamede	Senior Masculino	02:22:46		05:06
2	103	Nuno Gonçalves	runcrosstrail	Veterano M40	02:22:57	+00:10	05:06
3	97	José Rosário	porto de mós a correr	Veterano M45	02:25:13	+02:26	05:11
4	7	Carlos Bárbara	a. c. s. mamede	Senior Masculino	02:25:49	+03:03	05:12
5	29	Fábio Filipe	cabarreira	Senior Masculino	02:31:57	+09:11	05:26
6	30	Paulo Duarte	cabarreira	Veterano M40	02:35:57	+13:10	05:34
7	10	Ricardo Filipe de Oliveira Carreira	a. c. s. mamede	Senior Masculino	02:36:23	+13:37	05:35
8	95	João Ferreira	porto de mós a correr	Senior Masculino	02:39:56	+17:09	05:43
9	53	Luís Veríssimo	figueira kayak clube	Veterano M45	02:42:22	+19:35	05:48
10	67	João Miguel Pimentel	ar casaense/ escola atletismo coimbra/ intermarché condeixa	Senior Masculino	02:42:33	+19:47	05:48
11	55	Luis Silva	fonte nova runners	Senior Masculino	02:42:54	+20:07	05:49
12	64	Diogo Cunha	róódinhas-santos silva / oxygen-gym & fitness	Senior Masculino	02:44:23	+21:36	05:52
13	13	Fernando Santos	abutres	Senior Masculino	02:45:07	+22:20	05:54
14	14	José Figueira	ac batalha	Veterano M45	02:45:29	+22:42	05:55
15	110	Miguel Falcão Ramos	vikings trail runners	Senior Masculino	02:48:53	+26:07	06:02
16	5	Inês Marques	#intotheworld	Senior Feminino	02:49:27	+26:40	06:03
17	42	Márcio Sousa	cpr. a-do-barbas	Senior Masculino	02:51:30	+28:43	06:08
18	31	Germano Capela	cabarreira	Veterano M50	02:53:35	+30:48	06:12
19	19	Pedro Mendes	arsm-associação recreativa de s.miguel	Veterano M40	02:54:10	+31:23	06:13
20	41	João Carmo	cpr. a-do-barbas	Senior Masculino	02:54:24	+31:37	06:14
21	12	Nelson Norte	a. r. meirinhas	Veterano M40	02:56:03	+33:17	06:17
22	94	João Sacramento	oxxtreme / bv pombal	Senior Masculino	02:56:11	+33:24	06:18
23	54	Henrique Fernandes	fonte nova runners	Senior Masculino	02:57:14	+34:27	06:20
24	102	Denise Pereira	runcrosstrail	Senior Feminino	02:58:37	+35:51	06:23
25	44	Jorge Rodrigues	cscd norte e soure	Veterano M45	02:58:52	+36:05	06:23
26	90	Cristóvão Ginja	m. r. runners	Veterano M40	02:59:38	+36:51	06:25
27	8	David Custódio	a. c. s. mamede	Senior Masculino	03:00:17	+37:30	06:26
28	51	Luís Oliveira	figueira kayak clube	Senior Masculino	03:02:17	+39:30	06:31
29	59	André Fernandes	grupo alegre unido bajouca	Veterano M40	03:03:03	+40:17	06:32
30	36	João Sanches	clube de atletismo de ferreira do zêzere	Veterano M50	03:03:31	+40:45	06:33
31	80	Vitor Mota	individual	Veterano M45	03:03:46	+40:59	06:34
32	96	Jorge Vieira	porto de mós a correr	Senior Masculino	03:09:02	+46:15	06:45
33	63	andré cresco	individual	Senior Masculino	03:09:15	+46:28	06:46
34	49	Ana Maria Oliveira	figueira kayak clube	Senior Feminino	03:09:29	+46:42	06:46
35	82	Paulo Manuel Costa	individual	Veterano M50	03:09:58	+47:11	06:47
36	32	Jorge Agostinho	cabarreira	Veterano M60	03:10:36	+47:49	06:48
37	16	Ricardo Nunes	acrm silveirinha grande claras	Senior Masculino	03:13:05	+50:18	06:54
38	65	Diogo Olival	individual	Senior Masculino	03:13:12	+50:25	06:54
39	111	Renato carvalho	vilaventura -trail running team	Senior Masculino	03:13:58	+51:11	06:56
40	79	Edgar Ribeiro	individual	Veterano M45	03:14:07	+51:21	06:56

TRAIL ROSA ALBARDEIRA - STAGE 1

28 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	48	André Paiva	farmácia luciano e matos	Senior Masculino	03:15:41	+52:54	06:59
42	25	Eugénio Dias	atletismo clube da tocha	Senior Masculino	03:17:39	+54:52	07:04
43	66	João Batista	individual	Senior Masculino	03:18:08	+55:22	07:05
44	76	Ricardo Santa	individual	Veterano M40	03:18:13	+55:26	07:05
45	105	Gina Domingues	slow runners pombal	Veterana F40	03:18:18	+55:31	07:05
46	21	Marco Mendes	associação pombal jovem	Senior Masculino	03:18:25	+55:39	07:05
47	28	Fernando Simão	cabarreira	Veterano M60	03:19:01	+56:14	07:06
48	98	Rodolfo Deyllot	porto de mós a correr	Veterano M50	03:19:26	+56:40	07:07
49	11	Carlos Cunha	a. c. s. mamede	Veterano M40	03:20:17	+57:30	07:09
50	81	Manuel Silva	individual	Veterano M50	03:20:23	+57:36	07:09
51	91	Simão F	monsanto running team	Senior Masculino	03:21:16	+58:29	07:11
52	84	Manuel Gaspar	jáestrada	Veterano M50	03:21:30	+58:43	07:12
53	43	Glória Serrazina	crp ribafria	Veterana F60	03:22:59	+01:00:12	07:15
54	69	Paulino	individual	Senior Masculino	03:23:38	+01:00:51	07:16
55	112	Eurico Joao	individual	Senior Masculino	03:23:52	+01:01:05	07:17
56	6	Filipa Casimiro	a. c. s. mamede	Senior Feminino	03:24:45	+01:01:58	07:19
57	83	Norberto Rosa	jáestrada	Veterano M40	03:25:29	+01:02:43	07:20
58	58	Dany Grilo	grupo alegre unido bajouca	Senior Masculino	03:25:34	+01:02:47	07:21
59	61	Ramiro Rodrigues	grupo alegre unido bajouca	Veterano M60	03:25:45	+01:02:59	07:21
60	73	André Manuel Germano Santa	individual	Veterano M40	03:26:31	+01:03:44	07:23
61	35	Vitor Nelson Esteves Torres da Silva	cerveira team running	Veterano M45	03:28:41	+01:05:54	07:27
62	62	Andreia manuela Lopes Parreiras	individual	Senior Feminino	03:29:50	+01:07:03	07:30
63	60	Virgílio Alberto	grupo alegre unido bajouca	Veterano M50	03:31:42	+01:08:55	07:34
64	22	Ana Saborano	atletismo clube da tocha	Senior Feminino	03:33:11	+01:10:24	07:37
65	23	Sara Silva	atletismo clube da tocha	Senior Feminino	03:33:11	+01:10:25	07:37
66	75	Miguel Mateus	individual	Veterano M40	03:35:37	+01:12:51	07:42
67	68	Lino Silva	individual	Senior Masculino	03:37:25	+01:14:39	07:46
68	108	Nuno Simões	trail da ladeia running team	Senior Masculino	03:38:44	+01:15:57	07:49
69	39	Jose Eufrásio	cluve	Veterano M60	03:44:14	+01:21:27	08:01
70	46	Pedro Natário	dream team	Veterano M40	03:44:23	+01:21:36	08:01
71	38	José Martins	clube veteranos do lis	Veterano M50	03:45:51	+01:23:05	08:04
72	88	Patrícia Rodrigues	m. r. runners	Senior Feminino	03:47:35	+01:24:48	08:08
73	71	João Costa	individual	Sub 23 Masculino	03:47:39	+01:24:52	08:08
74	45	Luís Mendes	dream team	Senior Masculino	03:47:41	+01:24:54	08:08
75	24	Daniel Batata	atletismo clube da tocha	Senior Masculino	03:49:41	+01:26:55	08:12
76	26	Cristiano Malhão	atletismo clube da tocha	Veterano M40	03:49:42	+01:26:55	08:12
77	33	Hugo Marouvo	ccd crédito agrícola mútuo	Senior Masculino	03:52:11	+01:29:24	08:18
78	89	Benilde Santos	m. r. runners	Veterana F45	03:52:44	+01:29:57	08:19
79	78	António Manuel Simões	individual	Veterano M45	03:52:58	+01:30:11	08:19
80	34	Luís Vieira	ccd crédito agrícola mútuo	Veterano M50	03:53:30	+01:30:43	08:20
81	17	Célia Maria Figueiredo dos Santos	arcd venda da luisa	Veterana F40	03:56:26	+01:33:40	08:27
82	18	Luis Miguel Conceição Martins	arcd venda da luisa	Veterano M40	03:56:27	+01:33:41	08:27
83	20	Vânia Patrícia da Silva Leal	associação pombal jovem	Senior Feminino	03:56:31	+01:33:44	08:27
84	99	Paulo Providencia	r g levanta poeira	Veterano M55	03:56:35	+01:33:48	08:27

TRAIL ROSA ALBARDEIRA - STAGE 1

28 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	77	Anselmo Maia	individual	Veterano M45	04:05:03	+01:42:16	08:45
86	57	Sérgio Monteiro	fruta da 5ª	Senior Masculino	04:05:43	+01:42:56	08:47
87	56	Flávio Silva	fruta da 5ª	Senior Masculino	04:05:43	+01:42:56	08:47
88	47	Mélanie Duarte	farmácia luciano e matos	Senior Feminino	04:05:51	+01:43:04	08:47
89	85	Pedro Filipe da Silva	kolinas	Senior Masculino	04:12:52	+01:50:05	09:02
90	92	ANDRÉ PINTO	move up team	Senior Masculino	04:12:56	+01:50:09	09:02
91	86	Luis Miguel Ferreira da Cruz	kolinas	Veterano M40	04:13:16	+01:50:30	09:03
92	50	Andreia Catarina dos Santos Dias	figueira kayak clube	Senior Feminino	04:13:20	+01:50:33	09:03
93	40	Álvaro Pinheiro	coimbra trail running	Senior Masculino	04:21:13	+01:58:26	09:20
94	15	ALFREDO SANTOS	ac vermoil	Veterano M60	04:21:56	+01:59:09	09:21
95	37	Ana Paula Fróis	clube veteranos do lis	Veterana F50	04:31:17	+02:08:30	09:41
96	100	Rute Pereira	róódinhas-santos silva / oxygen-gym & fitness	Veterana F45	04:33:37	+02:10:50	09:46
97	101	Sara Pedro	róódinhas-santos silva / oxygen-gym & fitness	Veterana F50	04:33:39	+02:10:53	09:46
98	109	Marco Oliveira	trail da ladeia running team	Veterano M40	04:34:22	+02:11:35	09:48

Trail Rosa Albardeira

28 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

	Time	Temperature	Humidity
Start	09:00	21,8°C	92%
End	13:45	21,8°C	92%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
------	-----	------	------	-----	--------	------	------

Senior Feminino

1	5	Inês Marques	#IntoTheWorld	Senior Feminino	02:49:27	+26:40	06:03:17
2	102	Denise Pereira	RUNCROSSTRAIL	Senior Feminino	02:58:37	+35:51	06:23:08
3	49	Ana Maria Oliveira	Figueira Kayak Clube	Senior Feminino	03:09:29	+46:42	06:46:11
4	6	Filipa Casimiro	A. C. S. Mamede	Senior Feminino	03:24:45	+01:01:58	07:19:03
5	62	Andreia manuela Lopes Parreiras	Individual	Senior Feminino	03:29:50	+01:07:03	07:30:53
6	22	Ana Saborano	Atletismo Clube da Tocha	Senior Feminino	03:33:11	+01:10:24	07:37:12
7	23	Sara Silva	Atletismo Clube da Tocha	Senior Feminino	03:33:11	+01:10:25	07:37:12
8	88	Patrícia Rodrigues	M. R. Runners	Senior Feminino	03:47:35	+01:24:48	08:08:23
9	20	Vânia Patrícia da Silva Leal	Associação Pombal Jovem	Senior Feminino	03:56:31	+01:33:44	08:27:15
10	47	Mélanie Duarte	Farmácia Luciano e Matos	Senior Feminino	04:05:51	+01:43:04	08:47:16
11	50	Andreia Catarina dos Santos Dias	Figueira Kayak Clube	Senior Feminino	04:13:20	+01:50:33	09:03:03

Senior Masculino

1	9	Francisco Reis	A. C. S. Mamede	Senior Masculino	02:22:46		05:06
2	7	Carlos Bárbara	A. C. S. Mamede	Senior Masculino	02:25:49	+03:03	05:12
3	29	Fábio Filipe	CABarreira	Senior Masculino	02:31:57	+09:11	05:26
4	10	Ricardo Filipe de Oliveira Carreira	A. C. S. Mamede	Senior Masculino	02:36:23	+13:37	05:35
5	95	João Ferreira	Porto de Mós a Correr	Senior Masculino	02:39:56	+17:09	05:43
6	67	João Miguel Pimentel	AR Casaense/ Escola Atletismo Coimbra/ Intermarché Condeixa	Senior Masculino	02:42:33	+19:47	05:48
7	55	Luis Silva	Fonte Nova Runners	Senior Masculino	02:42:54	+20:07	05:49
8	64	Diogo Cunha	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Senior Masculino	02:44:23	+21:36	05:52
9	13	Fernando Santos	Abutres	Senior Masculino	02:45:07	+22:20	05:54
10	110	Miguel Falcão Ramos	Vikings Trail Runners	Senior Masculino	02:48:53	+26:07	06:02
11	42	Márcio Sousa	CPR. A-do-Barbas	Senior Masculino	02:51:30	+28:43	06:08
12	41	João Carmo	CPR. A-do-Barbas	Senior Masculino	02:54:24	+31:37	06:14
13	94	João Sacramento	OzXtreme / BV Pombal	Senior Masculino	02:56:11	+33:24	06:18
14	54	Henrique Fernandes	Fonte nova runners	Senior Masculino	02:57:14	+34:27	06:20
15	8	David Custódio	A. C. S. Mamede	Senior Masculino	03:00:17	+37:30	06:26
16	51	Luís Oliveira	Figueira Kayak Clube	Senior Masculino	03:02:17	+39:30	06:31
17	96	Jorge Vieira	Porto de Mós a Correr	Senior Masculino	03:09:02	+46:15	06:45
18	63	andré cresco	Individual	Senior Masculino	03:09:15	+46:28	06:46
19	16	Ricardo Nunes	ACRM SILVEIRINHA GRANDE CLARAS	Senior Masculino	03:13:05	+50:18	06:54
20	65	Diogo Olival	Individual	Senior Masculino	03:13:12	+50:25	06:54
21	111	Renato carvalho	VILAVENTURA -Trail Running Team	Senior Masculino	03:13:58	+51:11	06:56
22	48	André Paiva	Farmácia Luciano e Matos	Senior Masculino	03:15:41	+52:54	06:59

Official Timekeeper: Lap2Go	1 / 4	generate 12-abr-2019 22:56
-----------------------------	-------	----------------------------

Trail Rosa Albardeira

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

R

REVISED

23	25	Eugénio Dias	Atletismo Clube da Tocha	Senior Masculino	03:17:39	+54:52	07:04
24	66	João Batista	Individual	Senior Masculino	03:18:08	+55:22	07:05
25	21	Marco Mendes	Associação Pombal Jovem	Senior Masculino	03:18:25	+55:39	07:05
26	91	Simão F	Monsanto Running Team	Senior Masculino	03:21:16	+58:29	07:11
27	69	Paulino	Individual	Senior Masculino	03:23:38	+01:00:51	07:16
28	112	Eurico Joao	Individual	Senior Masculino	03:23:52	+01:01:05	07:17
29	58	Dany Grilo	Grupo Alegre Unido Bajouca	Senior Masculino	03:25:34	+01:02:47	07:21
30	68	Lino Silva	Individual	Senior Masculino	03:37:25	+01:14:39	07:46
31	108	Nuno Simões	Trail da Ladeia Running Team	Senior Masculino	03:38:44	+01:15:57	07:49
32	45	Luís Mendes	Dream Team	Senior Masculino	03:47:41	+01:24:54	08:08
33	24	Daniel Batata	Atletismo Clube da Tocha	Senior Masculino	03:49:41	+01:26:55	08:12
34	33	Hugo Marouvo	CCD CRÉDITO AGRÍCOLA MÚTUO	Senior Masculino	03:52:11	+01:29:24	08:18
35	57	Sérgio Monteiro	Fruta da 5ª	Senior Masculino	04:05:43	+01:42:56	08:47
36	56	Flávio Silva	Fruta da 5ª	Senior Masculino	04:05:43	+01:42:56	08:47
37	85	Pedro Filipe da Silva	Kolinas	Senior Masculino	04:12:52	+01:50:05	09:02
38	92	ANDRÉ PINTO	MOVE UP TEAM	Senior Masculino	04:12:56	+01:50:09	09:02
39	40	Álvaro Pinheiro	Coimbra Trail Running	Senior Masculino	04:21:13	+01:58:26	09:20

Sub 23 Masculino

1	71	João Costa	Individual	Sub 23 Masculino	03:47:39	+01:24:52	08:08
---	----	------------	------------	------------------	----------	-----------	-------

Veterana F40

1	105	Gina Domingues	Slow Runners Pombal	Veterana F40	03:18:18	+55:31	07:05
2	17	Célia Maria Figueiredo dos Santos	ARCD Venda da Luisa	Veterana F40	03:56:26	+01:33:40	08:27

Veterana F45

1	89	Benilde Santos	M. R. Runners	Veterana F45	03:52:44	+01:29:57	08:19
2	100	Rute Pereira	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterana F45	04:33:37	+02:10:50	09:46

Veterana F50

1	37	Ana Paula Fróis	Clube Veteranos do Lis	Veterana F50	04:31:17	+02:08:30	09:41
2	101	Sara Pedro	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	Veterana F50	04:33:39	+02:10:53	09:46

Veterana F60

1	43	Glória Serrazina	CRP Ribafria	Veterana F60	03:22:59	+01:00:12	07:15
---	----	------------------	--------------	--------------	----------	-----------	-------

Trail Rosa Albardeira

28 KM

[illegible][illegible]

OFFICIAL RESULT

R

REVISED

Veterano M40

1	103	Nuno Gonçalves	RUNCROSSTRAIL	Veterano M40	02:22:57	+00:10	05:06
2	30	Paulo Duarte	CABarreira	Veterano M40	02:35:57	+13:10	05:34
3	19	Pedro Mendes	ARSM-Associação Recreativa de S.Miguel	Veterano M40	02:54:10	+31:23	06:13
4	12	Nelson Norte	A. R. Meirinhas	Veterano M40	02:56:03	+33:17	06:17
5	90	Cristóvão Ginja	M. R. Runners	Veterano M40	02:59:38	+36:51	06:25
6	59	André Fernandes	Grupo Alegre Unido Bajouca	Veterano M40	03:03:03	+40:17	06:32
7	76	Ricardo Santa	Individual	Veterano M40	03:18:13	+55:26	07:05
8	11	Carlos Cunha	A. C. S. Mamede	Veterano M40	03:20:17	+57:30	07:09
9	83	Norberto Rosa	Jáestrada	Veterano M40	03:25:29	+01:02:43	07:20
10	73	André Manuel Germano Santa	Individual	Veterano M40	03:26:31	+01:03:44	07:23
11	75	Miguel Mateus	Individual	Veterano M40	03:35:37	+01:12:51	07:42
12	46	Pedro Natário	Dream Team	Veterano M40	03:44:23	+01:21:36	08:01
13	26	Cristiano Malhão	Atletismo Clube da Tocha	Veterano M40	03:49:42	+01:26:55	08:12
14	18	Luis Miguel Conceição Martins	ARCD Venda da Luisa	Veterano M40	03:56:27	+01:33:41	08:27
15	86	Luis Miguel Ferreira da Cruz	Kolinas	Veterano M40	04:13:16	+01:50:30	09:03
16	109	Marco Oliveira	Trail da Ladeia running team	Veterano M40	04:34:22	+02:11:35	09:48

Veterano M45

1	97	José Rosário	Porto de Mós a Correr	Veterano M45	02:25:13	+02:26	05:11
2	53	Luís Veríssimo	Figueira Kayak Clube	Veterano M45	02:42:22	+19:35	05:48
3	14	José Figueira	AC BATALHA	Veterano M45	02:45:29	+22:42	05:55
4	44	Jorge Rodrigues	CSCD NORTE e SOURE	Veterano M45	02:58:52	+36:05	06:23
5	80	Vitor Mota	Individual	Veterano M45	03:03:46	+40:59	06:34
6	79	Edgar Ribeiro	Individual	Veterano M45	03:14:07	+51:21	06:56
7	35	Vitor Nelson Esteves Torres da Silva	Cerveira Team Running	Veterano M45	03:28:41	+01:05:54	07:27
8	78	António Manuel Simões	Individual	Veterano M45	03:52:58	+01:30:11	08:19
9	77	Anselmo Maia	Individual	Veterano M45	04:05:03	+01:42:16	08:45

Veterano M50

1	31	Germano Capela	CABarreira	Veterano M50	02:53:35	+30:48	06:12
2	36	João Sanches	Clube de Atletismo de Ferreira do Zêzere	Veterano M50	03:03:31	+40:45	06:33
3	82	Paulo Manuel Costa	Individual	Veterano M50	03:09:58	+47:11	06:47
4	98	Rodolfo Deyllot	Porto de Mós a Correr	Veterano M50	03:19:26	+56:40	07:07
5	81	Manuel Silva	Individual	Veterano M50	03:20:23	+57:36	07:09
6	84	Manuel Gaspar	Jáestrada	Veterano M50	03:21:30	+58:43	07:12
7	60	Virgílio Alberto	Grupo Alegre Unido Bajouca	Veterano M50	03:31:42	+01:08:55	07:34
8	38	José Martins	Clube Veteranos do Lis	Veterano M50	03:45:51	+01:23:05	08:04
9	34	Luís Vieira	CCD CRÉDITO AGRÍCOLA MÚTUO	Veterano M50	03:53:30	+01:30:43	08:20

Trail Rosa Albardeira

28 KM

[illegible]

OFFICIAL RESULT

[illegible]

Veterano M55

1	99	Paulo Providencia	R G levanta Poeira	Veterano M55	03:56:35	+01:33:48	08:27
---	----	-------------------	--------------------	--------------	----------	-----------	-------

Veterano M60

1	32	Jorge Agostinho	CABarreira	Veterano M60	03:10:36	+47:49	06:48
2	28	Fernando Simão	CABarreira	Veterano M60	03:19:01	+56:14	07:06
3	61	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	Veterano M60	03:25:45	+01:02:59	07:21
4	39	Jose Eufrásio	CLUVE	Veterano M60	03:44:14	+01:21:27	08:01
5	15	ALFREDO SANTOS	AC VERMOIL	Veterano M60	04:21:56	+01:59:09	09:21

