



Soajo Trail 2019



Classificação Geral

Trail Curto

18,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	1022	Marcelo Costa,	AMC TRAIL	TCSM	1	1:32:07.71	05:07	
2	1117	Losada,		TCSM	2	1:37:11.55	05:24	0:05:04
3	1204	Luís Silva,		TCM40	1	1:38:49.41	05:29	0:06:41
4	1206	ABEL FRANCO,		TCM40	2	1:41:03.14	05:37	0:08:55
5	1169	Helder Franco,	LETHES TRAIL TEAM	TCSM	3	1:42:01.19	05:40	0:09:53
6	1085	ADELINO AIRES,	Alexandra Carvalho Team	TCM40	3	1:43:45.85	05:46	0:11:38
7	1103	Ricardo Esteves,		TCSM	4	1:44:24.24	05:48	0:12:16
8	1114	Bruno Gonçalves,	AMC TRAIL	TCSM	5	1:45:09.92	05:51	0:13:02
9	1061	Dario Coelho,	DIVE - Into The Mountains	TCM40	4	1:47:26.34	05:58	0:15:18
10	1207	Telmo Dourado,		TCM40	5	1:48:05.27	06:00	0:15:57
11	1001	César Gonçalves,	AMC TRAIL	TCM40	6	1:51:43.13	06:12	0:19:35
12	1074	José Manuel Lopes,	Vidaativarunners	TCSM	6	1:54:05.17	06:20	0:21:57
13	1106	Pedro Pimenta,	EDL TRAIL	TCSM	7	1:55:06.13	06:24	0:22:58
14	1030	JOAO AFONSO,		TCM40	7	1:55:44.62	06:26	0:23:37
15	1179	Andre Sendao,	LETHES TRAIL TEAM	TCSM	8	1:57:03.03	06:30	0:24:55
16	1178	João Pereira,	Acra Running	TCSM	9	1:57:44.19	06:32	0:25:36
17	1166	Francisco Alves,	Cerveira Team Running	TCM40	8	1:58:10.99	06:34	0:26:03
18	1090	Rui Sousa,	TROGLODITAS RUNNERS	TCM40	9	1:58:54.42	06:36	0:26:46
19	1201	Vitor Sousa,		TCSM	10	1:59:06.27	06:37	0:26:58
20	1038	Perry Kito,	LION RUNNERS - G.D. Leões da Guard	TCM40	10	1:59:12.74	06:37	0:27:05
21	1111	Artur Gil,	PÉS CHUMBO RUNNERS	TCSM	11	2:00:08.79	06:40	0:28:01
22	42	José Parente,	AMC TRAIL	TCM50	1	2:01:12.98	06:44	0:29:05
23	1118	José Luís Valencia,	Alto do Picoto	TCM40	11	2:01:19.29	06:44	0:29:11
24	1011	Marco Dantas,		TCSM	12	2:01:26.97	06:45	0:29:19
25	1136	paulo costa,	ponte da barca, vade são pedro	TCSM	13	2:02:28.60	06:48	0:30:21
26	1072	Nuno Sendão,	LETHES TRAIL TEAM	TCM40	12	2:05:41.66	06:59	0:33:34
27	1168	António Fernandes,		TCSM	14	2:06:24.74	07:01	0:34:17
28	1205	Eusébio Ruas,		TCM50	2	2:06:43.16	07:02	0:34:35
29	1008	Jorge Esteves,	Correr por Monção	TCM40	13	2:06:50.10	07:03	0:34:42
30	1177	Susana Simões,	EDV-VIANATRIL	TCF40	1	2:06:54.44	07:03	0:34:46
31	1098	Abílio Fornelos,	TROGLODITAS RUNNERS	TCM40	14	2:06:58.89	07:03	0:34:51
32	1087	Hélder Costa,	Manu's therapy trail running	TCSM	15	2:07:04.69	07:04	0:34:57
33	1055	José Gonçalves,		TCM50	3	2:07:27.73	07:05	0:35:20
34	1040	Paulo Soares,	LETHES TRAIL TEAM	TCM40	15	2:08:13.50	07:07	0:36:06
35	1089	Christophe Rodrigues,	TROGLODITAS RUNNERS	TCSM	16	2:08:28.40	07:08	0:36:20
36	1116	Luis Antunes,		TCM40	16	2:08:31.27	07:08	0:36:23
37	1165	Lourenço Silva,		TCM40	17	2:08:33.41	07:09	0:36:25
38	1180	Marco Dias,	Padela Team Fisiofreixo	TCM40	18	2:08:40.89	07:09	0:36:33
39	1133	Luís Ferraz,	TEAM CARACOLETAS	TCSM	17	2:08:43.42	07:09	0:36:35
40	1129	Nelson Veloso,		TCSM	18	2:09:43.90	07:12	0:37:36
41	7	Manuel,	Ecobaraventura	TCM40	19	2:10:20.18	07:14	0:38:12
42	1172	Gilbert Fernandes,	ALTO DO PICOTO	TCSM	19	2:10:29.33	07:15	0:38:21
43	1084	Ricardo Rego,	Alexandra Carvalho Team	TCSM	20	2:10:35.49	07:15	0:38:27
44	1122	Daniel Fernandes,	Águias de Alvelos	TCM40	20	2:10:38.04	07:15	0:38:30
45	1050	Mario Lima,	Avesrunners	TCSM	21	2:10:40.24	07:16	0:38:32
46	1202	Cidália Novais,		TCF40	2	2:11:19.18	07:18	0:39:11
47	1059	Sergio Fornelos,	Padela Natural Team - Fisiofreixo	TCM40	21	2:11:36.22	07:19	0:39:28
48	1203	Gilberto Fernandes,		TCSM	22	2:11:47.49	07:19	0:39:39
49	1162	Rui Castro,	Rinus Fafe	TCSM	23	2:11:48.63	07:19	0:39:41
50	1208	Albrto cunha,		TCM50	4	2:12:07.68	07:20	0:40:00
51	1105	Francisco,	Águias de Alvelos	TCSM	24	2:12:13.77	07:21	0:40:06
52	1123	Arselio Masculino Remelhe,	barcelos	TCM40	22	2:12:21.81	07:21	0:40:14
53	23	Vera Fernandes,	Águias de alvelos	TCSF	1	2:12:22.86	07:21	0:40:15
54	1012	Leandro Freitas,	AMC TRAIL	TCM50	5	2:12:49.54	07:23	0:40:42
55	1060	Emanuela Perez,	Melgaço Alvarinho Trail	TCSF	2	2:12:57.00	07:23	0:40:49



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56	1113	FANI,	CORNELIOS	TCF40	3	2:12:59.27	07:23	0:40:51
57	1128	Sandra Coutinho,	Ecobarcaventura	TCF40	4	2:13:10.00	07:24	0:41:02
58	1020	Eduardo Martins,	AMC TRAIL	TCM40	23	2:13:11.34	07:24	0:41:03
59	1025	Eduardo Coutada,	ADE TRAIL RUNNING	TCM40	24	2:13:49.21	07:26	0:41:41
60	1023	Bruno Antunes,		TCSM	25	2:14:42.59	07:29	0:42:35
61	1160	Joana Magalhães,	Fafe	TCSF	3	2:14:49.18	07:29	0:42:41
62	1127	Miguel Barros,	Trail Team Montaria	TCSM	26	2:15:13.19	07:31	0:43:05
63	1154	Isabel Cunha,	Cerveira Team Running	TCF40	5	2:15:37.86	07:32	0:43:30
64	1002	Jhou Ribeiro,	Manu's Therapy Trail Running	TCM40	25	2:16:47.24	07:36	0:44:39
65	1149	Paulo Marques,	ENEGE EPIS E BORDADOS	TCSM	27	2:16:50.23	07:36	0:44:42
66	1021	Jorge Lobo,		TCM50	6	2:17:36.97	07:39	0:45:29
67	1043	Pedro Sendão,	LETHES TRAIL TEAM	TCM40	26	2:17:53.75	07:40	0:45:46
68	1144	Rui Martins,	Martosa	TCSM	28	2:18:19.49	07:41	0:46:11
69	1009	Paulo Dias,	Individual	TCM50	7	2:18:53.53	07:43	0:46:46
70	1119	Miguel Lomba,		TCSM	29	2:19:51.78	07:46	0:47:44
71	1112	TONO,		TCM40	27	2:19:53.77	07:46	0:47:46
72	1161	Marisa Novais,	Rinus Fafe	TCF40	6	2:20:33.25	07:49	0:48:25
73	1069	Miguel Carvalho,	Vila Nova de Famalicão	TCSM	30	2:20:34.71	07:49	0:48:27
74	1016	Paulo Bastos,	AMC Trail	TCM40	28	2:20:37.63	07:49	0:48:30
75	1071	Miguel Silva,	Individual	TCSM	31	2:20:44.65	07:49	0:48:37
76	1115	Reyes Boveda Gonzalez,	CASTRO-TRAIL	TCF40	7	2:21:01.83	07:50	0:48:54
77	1086	Natália Pinto,	Manu's Therapy Trail Running	TCSF	4	2:21:13.41	07:51	0:49:05
78	1052	Fernando Alves,	Olímpico Vianense	TCSM	32	2:21:36.71	07:52	0:49:29
79	1018	Adosinda Maciel,	Alexandra Carvalho Team	TCF5	1	2:22:27.47	07:55	0:50:19
80	1130	Carlos Dias,		TCSM	33	2:22:30.84	07:55	0:50:23
81	1200	Bruno Eiras,		TCM40	29	2:23:01.56	07:57	0:50:54
82	1088	NUNO SANTOS,	DIVE - Into The Mountains	TCM40	30	2:23:04.16	07:57	0:50:56
83	1150	Diogo Pereira,	ENEGE EPIS E BORDADOS	TCSM	34	2:23:59.78	08:00	0:51:52
84	1035	Manuel Rodrigues,	Correr Leça	TCM50	8	2:24:33.41	08:02	0:52:25
85	1094	Ângela Fornelos,	TROGLODITAS RUNNERS	TCF40	8	2:25:35.56	08:05	0:53:28
86	1125	Bruno Pinheiro,	Trail Team Montaria	TCSM	35	2:26:23.04	08:08	0:54:15
87	1151	martinho Cunha,	Padela Natural	TCM50	9	2:26:27.65	08:08	0:54:20
88	1083	Paulo Reis,	Lobos do Monte	TCSM	36	2:26:40.94	08:09	0:54:33
89	1142	FRANCISCO BRANCO,	CAAV	TCSM	37	2:26:42.98	08:09	0:54:35
90	1092	Irene Silva,	TROGLODITAS RUNNERS	TCF40	9	2:27:40.90	08:12	0:55:33
91	1093	João Calheiros,	TROGLODITAS RUNNERS	TCSM	38	2:27:42.36	08:12	0:55:34
92	1010	Manuel Domingues,	Individual	TCM40	31	2:28:38.65	08:15	0:56:31
93	1013	Gonçalo Freitas,	AMC TRAIL	TCSM	39	2:29:31.34	08:18	0:57:23
94	1108	Vitor Martins,	ALEXANDRA CARVALHO TEAM	TCM40	32	2:30:06.88	08:20	0:57:59
95	1174	Miguel Pereira,	Alto do Picoto	TCM40	33	2:30:09.13	08:21	0:58:01
96	1034	Gustavo Taveira,		TCM40	34	2:31:16.14	08:24	0:59:08
97	1141	Manuel Sousa,		TCM50	10	2:31:26.90	08:25	0:59:19
98	1110	Juliana Pinheiral,	ADE Trail Running	TCSF	5	2:32:02.17	08:27	0:59:54
99	1182	Vitor Rodrigues,	Vila Nova De Famalicão	TCSM	40	2:32:17.56	08:28	1:00:10
100	1153	Pedro Oliveira,	Cerveira Team Running	TCSM	41	2:33:13.27	08:31	1:01:05
101	1080	Ricardo Esteves,	ALEXANDRA CARVALHO TEAM	TCSM	42	2:33:45.20	08:33	1:01:37
102	1120	Monica Carnero Perez,	CASTRO-TRAIL	TCF40	10	2:33:52.48	08:33	1:01:44
103	1183	Diogo Amorim,		TCSM	43	2:34:48.22	08:36	1:02:40
104	1184	Joana Amorim,		TCSF	6	2:34:49.54	08:36	1:02:42
105	1044	Pedro Justo,	G46 - Lavra Run	TCM40	35	2:35:36.52	08:39	1:03:29
106	1104	Susana Crasto,	Alexandra Carvalho TEAM	TCF40	11	2:36:59.32	08:43	1:04:51
107	1095	Maria Araújo,	TROGLODITAS RUNNERS	TCSF	7	2:37:15.91	08:44	1:05:08
108	1039	Pipoca,		TCM40	36	2:37:44.79	08:46	1:05:37
109	1032	Vitor Brito,		TCM40	37	2:37:47.45	08:46	1:05:39
110	1173	Mónica Morais,	Alto do Picoto	TCSF	8	2:37:57.27	08:47	1:05:49
111	1048	Paula Guedes,	Leça do Balio	TCF40	12	2:38:00.56	08:47	1:05:53
112	1107	Miguel Tela,	TROGLODITAS RUNNERS	TCM40	38	2:38:01.42	08:47	1:05:53
113	1099	Ana Rita Fornelos,	TROGLODITAS RUNNERS	TCSF	9	2:38:55.99	08:50	1:06:48



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114	1003	Manu Pinto,	Manu's Therapy Trail Running	TCSF	10	2:39:42.82	08:52	1:07:35
115	1058	JP,	"Grupo 46 ""Lavra Run"""	TCM50	11	2:40:08.90	08:54	1:08:01
116	1145	Joana Pereira,		TCSF	11	2:40:10.50	08:54	1:08:03
117	1155	Raphael Machado,		TCM40	39	2:40:22.64	08:55	1:08:15
118	1007	Francisco Lopes,	LavraRun 46	TCM40	40	2:42:34.20	09:02	1:10:26
119	1163	Miguel Couto,		TCM40	41	2:42:45.38	09:03	1:10:37
120	1176	MIGUEL COUTO,		TCF40	13	2:42:46.63	09:03	1:10:39
121	1148	Maciel Helder,	Trail Team Montaria	TCSM	44	2:43:19.75	09:04	1:11:12
122	1131	António Barbosa,		TCM50	12	2:43:24.00	09:05	1:11:16
123	1017	Daniel Gomes,	Individual	TCM40	42	2:43:39.61	09:06	1:11:32
124	1132	Pedro Costa,		TCSM	45	2:43:45.56	09:06	1:11:38
125	1170	Augusta Martins,	Acra Running	TCF40	14	2:43:47.91	09:06	1:11:40
126	1135	Paulo Silva,	Poster Digital	TCM40	43	2:43:52.78	09:06	1:11:45
127	1091	Arnaldo Torquato,	TROGLODITAS RUNNERS	TCM50	13	2:44:05.08	09:07	1:11:57
128	1079	Patricio Rodrigues,		TCM40	44	2:46:04.08	09:14	1:13:56
129	1054	Carlos Cerqueira,	Ecobarcaventura	TCM40	45	2:46:46.00	09:16	1:14:38
130	1124	Paulinha,	EcoBarcAventura	TCSF	12	2:46:47.76	09:16	1:14:40
131	1063	Fernanda,	Ecobarcaventura	TCF5	2	2:46:50.46	09:16	1:14:42
132	1121	Sandra Dantas,	TROGLODITAS RUNNERS	TCSF	13	2:48:35.06	09:22	1:16:27
133	1029	José Ferreira,		TCM50	14	2:53:05.46	09:37	1:20:57
134	1067	Oscar Sousa,	Olimpico Vianense Trail	TCSM	46	2:53:08.90	09:37	1:21:01
135	1068	Sara Sousa,	Olimpico Vianense Trail	TCSF	14	2:56:01.16	09:47	1:23:53
136	1066	Sónia Fernandes,	MILO THE CAT TEAM	TCSF	15	3:00:00.95	10:00	1:27:53
137	1065	Rui Peixoto,	MILO THE CAT TEAM	TCSM	47	3:00:01.59	10:00	1:27:54
138	1005	bruno silva,	viana do castelo	TCSM	48	3:00:21.68	10:01	1:28:14
139	1134	Cidália Barbosa,	Associação cerqueira team running	TCF5	3	3:00:25.42	10:01	1:28:17
140	1181	Miguel Henriques,	trail running.pt	TCM40	46	3:03:49.48	10:13	1:31:41
141	1126	André Barros,	Trail Team Montaria	TCSM	49	3:03:56.03	10:13	1:31:48
142	1076	Marcelo Moreira,		TCM40	47	3:04:08.60	10:14	1:32:01
143	1167	Carlos Esteves,		TCM50	15	3:04:44.53	10:16	1:32:37
144	1164	Filipe Brito,	Academia	TCM40	48	3:04:45.73	10:16	1:32:38
145	1057	ANA SOUSA,	maia	TCF5	4	3:05:31.79	10:18	1:33:24
146	1143	António Matos,	Trail Team Mtaria	TCM40	49	3:06:07.55	10:20	1:34:00
147	1171	Patrícia Rodrigues,	ALTO DO PICOTO	TCSF	16	3:06:56.68	10:23	1:34:49
148	1175	Isabel Silva,	Alto do Picoto	TCSF	17	3:07:01.23	10:23	1:34:53
149	1157	Jorge Sousa,	LETHES TRAIL TEAM	TCM50	16	3:09:37.99	10:32	1:37:30
150	1101	Manuel Carneiro,	Manu's Therapy Trail Running	TCM40	50	3:10:41.65	10:36	1:38:34
151	1097	Paula Araújo,	TROGLODITAS RUNNERS	TCSF	18	3:10:44.43	10:36	1:38:36
152	1100	Carla Pereira,	EDV-VIANATRIL	TCF40	15	3:11:00.35	10:37	1:38:52
153	1109	ANDREIA COSTA,	ALEXANDRA CARVALHO TEAM	TCF40	16	3:11:12.00	10:37	1:39:04
154	1158	Sammy Filipe,	Cerveira Team Running	TCSF	19	3:13:35.38	10:45	1:41:27
155	1146	Jacinta Correia,		TCSF	20	3:14:54.34	10:50	1:42:46
156	1147	Jorge Correia,		TCSM	50	3:14:56.84	10:50	1:42:49
157	1081	Luis Borlido,	viana do castelo	TCM40	51	3:15:04.81	10:50	1:42:57
158	1082	Céu Lopes,	viana do castelo	TCF40	17	3:15:07.85	10:50	1:43:00
159	1152	Afonso Pereira,	Grupo 46 Lavra Run	TCSM	51	3:18:50.36	11:03	1:46:42
160	1028	Pedro Pereira,	Grupo 46 Lavra run	TCM40	52	3:20:00.45	11:07	1:47:52
161	1056	Paulo Ferreira,	"Grupo 46 "" Lavra Run"""	TCM40	53	3:20:02.83	11:07	1:47:55
162	1042	Patrícia Martins,	Grupo 46 Lavra Run	TCF40	18	3:20:05.01	11:07	1:47:57
163	1073	Ana Rita Coelho,		TCSF	21	3:20:58.36	11:10	1:48:50
164	1140	Isabel Gonçalves,	Olímpico Vianense	TCF40	19	3:24:46.65	11:23	1:52:39
165	1051	Jose luis,	Espinho	TCM50	17	3:28:18.02	11:34	1:56:10
166	1053	Margarete Couto,	Afifense trail	TCSF	22	3:28:19.70	11:34	1:56:12
167	1049	CARLA,	CORRER LEÇA	TCF40	21	3:30:33.00	11:42	1:58:25
168	1014	Miguel Barbosa,	Clube Efacec	TCM40	54	3:30:33.00	11:42	1:58:25
169	1027	Luis Loureiro,	Clube Efacec	TCM50	18	3:30:33.00	11:42	1:58:25
170	1078	Noemia Ferreira,	Olímpico vianense	TCSF	23	3:30:33.00	11:42	1:58:25
171	1062	Dina,		TCF40	20	3:30:33.00	11:42	1:58:25



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172	1024	Sónia Mota,		TCF40	22	3:30:33.02	11:42	1:58:25
173	1000	Nuno Araujo,	TERRAS DO VEZ	TCM40	55	3:39:03.40	12:10	2:06:55
174	1138	Rosa rocha,	ponte da barca, vade são pedro	TCF40	23	3:39:07.10	12:10	2:06:59
175	1137	Lurdes rodrigues,	ponte da barca, vade são pedro	TCSM	52	3:39:08.80	12:10	2:07:01
176	1077	Vera Filipe,	Cerveira Team Running	TCSF	24	3:40:19.94	12:14	2:08:12
177	1159	Adelaide Filipe,	Cerveira Team Running	TCF5	5	3:40:21.34	12:15	2:08:13
178	1037	Sandra João,	Manu's Therapy Trail Running	TCSF	25	3:42:34.73	12:22	2:10:27
179	1036	David Costa,	Manu's Therapy Trail Running	TCM40	56	3:42:45.68	12:23	2:10:38