



Trail Bem Viver

Bem Viver

14 de Maio

Marco de Canaveses

Chrono.pt

Classificação Geral



Trail Curto

12,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	469	Tiago Martinho Babo Pereira	Futebol Clube de Penafie	S	1	1:04:23.35	05:22	
2	580	Álvaro Gabriel Vasconcelos	Fridão Sem Limites	S	2	1:04:48.76	05:24	0:00:26
3	560	Alcino Silva	C.I.A. Alpendurada	40M	1	1:06:56.98	05:35	0:02:34
4	710	Jose Ricardo de Silvao		S	3	1:07:28.18	05:37	0:03:05
5	584	Rui Manuel Mendes Azevedo	Fridão Sem Limites	S	4	1:11:38.66	05:58	0:07:16
6	492	Paulo Monteiro	Fridão Sem Limites	S	5	1:13:43.28	06:09	0:09:20
7	117	Carlos Queirós	A.D.Amarante Trail Runn	S	6	1:17:36.54	06:28	0:13:14
8	617	José Manuel Pinto Gomes	ACJ Mozinho	50M	1	1:19:40.20	06:38	0:15:17
9	498	Alexandre Pinto	Fridão Sem Limites	40M	2	1:21:24.15	06:47	0:17:01
10	421	Carlos Vinhas	Nocturnos de Paredes	50M	2	1:21:48.74	06:49	0:17:26
11	418	José Miguel da Silva Neiva	RTRANSP	S	7	1:23:17.87	06:56	0:18:55
12	529	José Álvaro da Silva Ribeiro	Individual	40M	3	1:23:23.29	06:57	0:19:00
13	635	Bruno Filipe Ribeiro Teixeira	Ada Amarante trail runn	S	8	1:24:27.29	07:02	0:20:04
14	324	Pedro Miguel Correia Vieira	A.D.Sebolido Trail Bonec	S	9	1:25:09.44	07:06	0:20:46
15	654	Carlos pinto	Btt forca clube	S	10	1:27:37.79	07:18	0:23:15
16	591	Rui Madureira	MARCO RUNNERS	S	11	1:27:58.23	07:20	0:23:35
17	445	Ângela Soares	A.D.Amarante Trail Runn	SF	1	1:28:23.90	07:22	0:24:01
18	19	Igor Manuel Novais Gonçalves	FREE RUNNERS	S	12	1:28:42.68	07:24	0:24:20
19	490	Manuel Teixeira	Fridão Sem Limites	40M	4	1:28:47.46	07:24	0:24:24
20	500	José Barbosa fernandes	Gdccastelo de paiva	40M	5	1:29:37.00	07:28	0:25:14
21	408	Bruno Moreira	Nocturnos de Paredes	S	13	1:29:39.00	07:28	0:25:16
22	341	Victor Luis	NOVA LINHA Trail Run	40M	6	1:29:39.05	07:28	0:25:16
23	306	Pedro António Barbosa Carneiro		S	14	1:30:04.98	07:30	0:25:42
24	593	Filipe Rocha	MARCO RUNNERS	S	15	1:30:06.55	07:31	0:25:44
25	629	Joaquim Miguel Silva		S	16	1:30:59.20	07:35	0:26:36
26	420	Paulo Rafael Silva	mountain Runners	S	17	1:32:30.60	07:43	0:28:08
27	405	Ana Isabel Silva Teixeira	F.C.Aliviada Trail Runne	SF	2	1:32:35.76	07:43	0:28:13
28	398	José Filipe Monteiro Silva	F.C.Aliviada Trail Runne	S	18	1:32:35.85	07:43	0:28:13
29	509	Fabio Carvalho	Loja das Molduras/Electr	S	19	1:32:39.69	07:43	0:28:17
30	348	Rui Miguel Sousa	Mountain Runners	S	20	1:32:47.80	07:44	0:28:25
31	338	Maria Joaquina S. Pinto	NOVA LINHA Trail Run	50F	1	1:32:59.56	07:45	0:28:37
32	327	César Bento	Piratas Team	S	21	1:34:03.60	07:50	0:29:41
33	328	José Carlos Bento	Piratas Team	S	22	1:34:05.02	07:50	0:29:42
34	466	Juca Teixeira	BTT Alegria // TUBANI	40M	7	1:36:07.89	08:01	0:31:45
35	399	Tiago David Almeida Marinho	F.C.Aliviada Trail Runne	S	23	1:36:24.59	08:02	0:32:02
36	514	Vera Pinto	A.D.Amarante Trail Runn	SF	3	1:36:27.45	08:02	0:32:04
37	403	Andre Filipe Guedes Moreira	F.C.Aliviada Trail Runne	S	24	1:36:31.13	08:03	0:32:08
38	447	Rosa Barros	A.D.AMARANTE TRAIL	40F	1	1:36:36.30	08:03	0:32:13
39	391	Daniel Sousa	BTT Alegria // TUBANI	S	25	1:36:41.16	08:03	0:32:18
40	424	Nuno Moura	A.D.AMARANTE TRAIL	S	26	1:36:51.70	08:04	0:32:29
41	579	António Joaquim Teixeira Alves	Fridão Sem Limites	40M	8	1:39:27.96	08:17	0:35:05
42	504	Rui Manuel Cardoso Carril	Loja das Molduras/Electr	S	27	1:39:40.57	08:18	0:35:18
43	426	Ricardo Teixeira	A.D.AMARANTE TRAIL	S	28	1:39:50.35	08:19	0:35:27
44	409	Salette Silva	Nocturnos de Paredes	40F	2	1:41:13.74	08:26	0:36:51
45	344	Daniel Vieira	NOVA LINHA Trail Run	40M	9	1:41:13.79	08:26	0:36:51
46	566	Agostinho Silva	OsFazConta	50M	3	1:41:42.39	08:29	0:37:19
47	491	Filipe Reis	Fridão Sem Limites	40M	10	1:42:36.46	08:33	0:38:13

48	430 Célia Silva	A.D.Amarante Trail Runr	SF	4	1:42:48.25	08:34	0:38:25
49	489 Eliana Teixeira	Fridão Sem Limites	SF	5	1:43:26.24	08:37	0:39:03
50	513 Miguel João Teixeira Carneiro	Salta Montes	S	29	1:43:56.03	08:40	0:39:33
51	423 Carina Pereira	A.D.AMARANTE TRAIL	SF	6	1:44:01.73	08:40	0:39:39
52	384 Tony Mendes	BTT Alegria // TUBANI	40M	11	1:44:33.55	08:43	0:40:11
53	379 Joaquim Soares	BTT Alegria // TUBANI	40M	12	1:44:33.60	08:43	0:40:11
54	636 António Henrique Moreira Teixeira	Fridão Sem Limites	50M	4	1:45:05.47	08:45	0:40:42
55	659 Diogo Coelho		S	30	1:45:10.04	08:46	0:40:47
56	451 Luís Vieira	Kunalama Runners	S	31	1:45:40.45	08:48	0:41:17
57	422 Pedro Miguel Macedo Marinho	F.C.ALIVIADA TRAIL R	S	32	1:46:09.81	08:51	0:41:47
58	630 Patricia Manuela De Sousa Moreira	Mocidade SanGemil AC	SF	7	1:46:14.55	08:51	0:41:52
59	444 Luís Mendes	A.D.Amarante Trail Runr	S	33	1:46:15.56	08:51	0:41:53
60	339 Martinho Teixeira Monteiro	NOVA LINHA Trail Run	50M	5	1:46:43.86	08:54	0:42:21
61	601 João Cunha	MCN Nightrunners	S	34	1:47:04.32	08:55	0:42:41
62	715 Monica Guedesa	Nocturnos de Paredes	SF	8	1:47:41.00	08:58	0:43:18
63	410 Graça Ribeiro	Nocturnos de Paredes	50F	2	1:47:41.32	08:58	0:43:18
64	517 António Ferraz	A.D.Amarante Trail Runr	40M	13	1:47:55.72	09:00	0:43:33
65	537 Sílvio Patrício	A.D.Amarante Trail F	S	35	1:47:58.47	09:00	0:43:35
66	644 Ricardo manuel capelo dos santos		S	36	1:48:03.04	09:00	0:43:40
67	499 José Ricardo Carneiro Gonçalves		40M	14	1:48:04.73	09:00	0:43:42
68	340 Cilalia Ferreira	NOVA LINHA Trail Run	40F	3	1:48:05.40	09:00	0:43:42
69	571 Bruno Miguel Morais Magalhães	MCN Nightrunners	S	37	1:48:29.94	09:02	0:44:07
70	653 Jose leal	Btt forca clube	40M	15	1:48:47.12	09:04	0:44:24
71	700 Miguel Alves Moreira	Mountain Runners	S	38	1:49:13.78	09:06	0:44:51
72	433 Ricardo Silveira	A.D.Amarante Trail Runr	40M	16	1:49:13.90	09:06	0:44:51
73	404 Alexandra Patrícia Monteiro Azevedo	F.C.Aliviada Trail Runne	SF	9	1:49:37.66	09:08	0:45:15
74	620 Tania Cardoso	Nocturnos de Paredes	SF	10	1:50:52.53	09:14	0:46:30
75	377 Sergio Coelho	BTT Alegria // TUBANI	S	39	1:50:56.25	09:15	0:46:33
76	586 Fábio Teixeira	A.D.Amarante Trail Runr	S	40	1:51:15.23	09:16	0:46:52
77	441 Urbano Ribeiro	A.D.Amarante Trail Runr	S	41	1:51:19.90	09:17	0:46:57
78	330 MARIA JOSÉ SILVA TEIXEIRA	PÉS DE CHUMBO	50F	3	1:52:03.87	09:20	0:47:41
79	331 LÚCIA MARISA PINTO DE SOUZA	PÉS DE CHUMBO	SF	11	1:52:04.75	09:20	0:47:42
80	536 Maria Margarida Nunes Monteiro	A.D.Amarante Trail Runr	40F	4	1:52:19.42	09:22	0:47:56
81	508 Flavio Pereira	Loja das Molduras/Electro	40M	17	1:52:19.45	09:22	0:47:56
82	365 Joana Rocha	GENEROSOS RUNNER	SF	12	1:53:11.75	09:26	0:48:49
83	706 António Ribeiro Pereira	A.D.Amarante Trail F	50M	6	1:53:32.39	09:28	0:49:09
84	483 Ana Virgínia da Silva Gonçalves Pereira Lúcio		SF	13	1:53:59.18	09:30	0:49:36
85	402 João Pedro Rocha Teixeira	F.C.Aliviada Trail Runne	S	42	1:53:59.42	09:30	0:49:36
86	323 Fatima Nunes	Paredes Runing	40F	5	1:54:07.75	09:31	0:49:45
87	592 Sandra Nunes	MARCO RUNNERS	SF	14	1:54:18.00	09:31	0:49:55
88	428 Marisa Pinto	A.D.Amarante Trail Runr	40F	6	1:54:20.12	09:32	0:49:57
89	429 Filomena Neto	A.D.Amarante Trail Runr	40F	7	1:54:20.49	09:32	0:49:57
90	360 Daniela Sofia Marinho Queirós	GENEROSOS RUNNER	SF	15	1:54:24.70	09:32	0:50:02
91	590 Luis Carvalho	MARCO RUNNERS	S	43	1:54:29.73	09:32	0:50:07
92	551 Sónia Teixeira	KEEPMOVING	40F	8	1:54:35.12	09:33	0:50:12
93	648 Cátia Rafaela Pereira Soares	SALTA MONTES	SF	16	1:54:53.99	09:34	0:50:31
94	523 Rui Pedro Moreira de Almeida	SALTA MONTES	S	44	1:54:54.00	09:35	0:50:31
95	656 Sergio Silva	Btt forca clube	S	45	1:55:00.74	09:35	0:50:38
96	657 Nuno Pinto	Btt forca clube	S	46	1:55:01.73	09:35	0:50:39
97	655 Jose pinto	Btt forca clube	40M	18	1:55:01.74	09:35	0:50:39
98	627 João Teixeira		S	47	1:55:52.09	09:39	0:51:29
99	503 Ana Cristina da Silva Pinto	Loja das Molduras/Electro	SF	17	1:55:57.43	09:40	0:51:34
100	431 Armando Meireles	A.D.Amarante Trail F	40M	19	1:56:36.23	09:43	0:52:13
101	449 Fátima Cristina Monteiro da Cruz		SF	18	1:56:45.28	09:44	0:52:22
102	457 Vitor Dionisio Martins de Andrade		S	48	1:56:53.56	09:44	0:52:31
103	446 Ana Mendonça	A.D.Amarante Trail Runr	SF	19	1:57:21.66	09:47	0:52:59
104	367 Joaquim Sousa	GENEROSOS RUNNER	40M	20	1:58:06.50	09:51	0:53:44
105	401 Ricardo Joaquim Monteiro Fernandes	F.C.Aliviada Trail Ru	S	49	1:58:09.72	09:51	0:53:47

106	448	Cláudio Emanuel de Araújo Madureira	S	50	1:58:15.26	09:51	0:53:52	
107	337	Nelson Tiago Vieira de Sousa	BTT FORCA CLUBE	S	51	1:59:04.69	09:55	0:54:42
108	308	Nuno Andrade	rtransp	S	52	1:59:13.44	09:56	0:54:50
109	310	Carlos Meireles	rtransp	S	53	1:59:13.88	09:56	0:54:51
110	358	Natercia Teixeira	GENEROSOS RUNNERS	SF	20	2:00:41.43	10:03	0:56:18
111	359	Patricia Teixeira	GENEROSOS RUNNERS	SF	21	2:00:45.57	10:04	0:56:23
112	372	Vânia Costa	Andatrilhos Freamunde	SF	22	2:00:45.80	10:04	0:56:23
113	567	Elsa Margarida Pinto de Sousa	MCN Night Runners	SF	23	2:00:46.33	10:04	0:56:23
114	450	jose fernando coelho meireles	clube trilheiros e amigos	S	54	2:00:50.65	10:04	0:56:28
115	589	Ivan Silva	MARCO RUNNERS	S	55	2:01:04.22	10:05	0:56:41
116	83	António Jorge Carvalho	Nocturnos de Paredes	50M	7	2:01:14.62	10:06	0:56:52
117	411	Fernanda Leão	Nocturnos de Paredes	40F	9	2:01:17.05	10:06	0:56:54
118	307	Hugo José Miguel Pinto	FREE RUNNERS	S	56	2:01:18.65	10:07	0:56:56
119	558	Marco Moreira	amigos do aliança de	S	57	2:01:37.93	10:08	0:57:15
120	618	Nelson Andre Barbosa Pinto		S	58	2:01:38.20	10:08	0:57:15
121	505	Carlos Filipe Monteiro Silva	Loja das Molduras/Electr	S	59	2:01:44.79	10:09	0:57:22
122	547	Rita Araújo	KEEPMOVING	SF	24	2:01:57.67	10:10	0:57:35
123	347	ricardo silva	Mountain Runners	S	60	2:02:09.10	10:11	0:57:46
124	530	Marcos António Coelho de Sousa		S	61	2:03:19.58	10:17	0:58:57
125	481	João Paulo Barbosa Pinto	Kunalama Runners	S	62	2:03:24.30	10:17	0:59:01
126	480	Elisabete Maria Lopes Fonseca	Kunalama Runners	SF	25	2:03:28.44	10:17	0:59:05
127	454	Ana Luísa Fernandes Morais	FREE RUNNERS	SF	26	2:03:33.20	10:18	0:59:10
128	707	Teresa Marina Marinho Pinto	Descola	SF	27	2:03:33.78	10:18	0:59:11
129	518	Joana Raquel Ferreira Moreira	Moinhos Run - ADRM	SF	28	2:04:47.97	10:24	1:00:25
130	519	Márcio Tiago Alves Coelho da Sil	Moinhos Run - ADRM	S	63	2:04:50.05	10:24	1:00:27
131	321	Marlene Macedo Pinto	LION RUNNERS-G.D.Le	SF	29	2:04:59.78	10:25	1:00:37
132	342	Patricia Vieira	NOVA LINHA Trail Run	SF	30	2:05:55.00	10:30	1:01:32
133	343	Richard Marques	NOVA LINHA Trail Run	S	64	2:05:55.00	10:30	1:01:32
134	413	Maria José Pereira	Barbosas&amigos	40F	10	2:06:20.00	10:32	1:01:57
135	412	Gilberto Lopes	Barbosas&Amigos	S	65	2:06:20.00	10:32	1:01:57
136	608	Diogo Vasconcelos		S	66	2:07:02.00	10:35	1:02:39
137	609	Joana Silveira		SF	31	2:07:03.00	10:35	1:02:40
138	318	Ricardo Brochado	ACRORUNNERS	S	67	2:07:23.00	10:37	1:03:00
139	319	João Cunha	ACRORUNNERS	40M	21	2:07:32.00	10:38	1:03:09
140	351	Sonia Silva	Mountain Runners	SF	32	2:07:53.00	10:39	1:03:30
141	317	Juliana Teresa Gonçalves Brás	Piratas Team	SF	33	2:08:52.00	10:44	1:04:29
142	703	Jose Paulo Lara da Silva		40M	22	2:09:23.00	10:47	1:05:00
143	613	Miguel José da Silva Pereira		S	68	2:10:03.00	10:50	1:05:40
144	616	Tânia Sofia Pereira Teixeira		SF	34	2:10:18.00	10:51	1:05:55
145	475	Margarida Vieira de Campos Brás	Generosos	SF	35	2:10:25.00	10:52	1:06:02
146	395	Jaime Moutinho da Costa	Rosário Extreme	S	69	2:10:52.00	10:54	1:06:29
147	610	maria lucinda barbosa moreira	s.luiz	50F	4	2:11:33.00	10:58	1:07:10
148	611	augusto pinto barbosa	s.luiz	50M	8	2:11:34.00	10:58	1:07:11
149	634	Suzete do Rosário Paços de Sousa	Fridão Sem Limites	40F	11	14:30:05.32	12:30	13:25:42
150	511	Vera Mónica Mendes Carvalho	Loja das Molduras/Electr	SF	36	14:30:31.09	12:33	13:26:08
151	510	Ana Alexandra Azeredo e Vascon	Loja das Molduras/Electr	40F	12	14:30:33.43	12:33	13:26:10
152	538	Carl Fernandes	A.D.Amarante Trail Runr	SF	37	14:31:24.26	12:37	13:27:01
153	346	cesar pumpinho	Mountain Runners	S	70	14:31:28.24	12:37	13:27:05
154	540	Rogério Cardoso	A.D.Amarante Trail Runr	S	71	14:31:35.13	12:38	13:27:12
155	594	Joana Pinheiro	MARCO RUNNERS	SF	38	14:31:57.67	12:40	13:27:35
156	574	Adão Rocha	BTT Alegria // TUBA	50M	9	14:31:58.86	12:40	13:27:36
157	472	Sílvia Cristina Vilas Boas Magalhães		SF	39	14:32:44.87	12:44	13:28:22
158	375	Diana Monteiro	NOVA LINHA Trail Run	SF	40	14:32:46.64	12:44	13:28:24
159	641	Daniel Pereira	Nocturnos de Paredes	40M	23	14:33:33.15	12:48	13:29:10
160	595	Henrique Silva	MARCO RUNNERS	S	72	14:35:38.22	12:58	13:31:15
161	137	Ricardo Joaquim da Silva Pinto	Superindios	S	73	14:35:54.33	13:00	13:31:31
162	524	Valdemar Monteiro	SALTA MONTES	40M	24	14:35:55.19	13:00	13:31:32
163	493	Alice Barbosa Pereira	A.D.Amarante Trail Runr	SF	41	14:36:13.34	13:01	13:31:50

164	436 Maria Seixas	A.D.Amarante Trail Runr	40F	13	14:36:14.63	13:01	13:31:52
165	563 Brigida Duarte	OsFazConta	SF	42	14:36:21.19	13:02	13:31:58
166	494 Sílvia Gonçalves	A.D.Amarante Trail Runr	40F	14	14:37:09.05	13:06	13:32:46
167	603 Filipe Pinto	Nocturnos de Parede	S	74	14:39:30.46	13:18	13:35:07
168	471 Telma Sofia Silva Soares		SF	43	14:40:04.15	13:20	13:35:41
169	470 Raúl José Vieira de Moura		S	75	14:40:06.30	13:21	13:35:43
170	439 Sandra Costa	A.D.Amarante Trail Runr	40F	15	14:40:09.39	13:21	13:35:46
171	702 Carla Almeida	Nocturnos de Paredes	40F	16	14:40:12.92	13:21	13:35:50
172	335 Vanessa Isabel Soares Mendes	BTT FORCA CLUBE	SF	44	14:40:18.37	13:22	13:35:55
173	366 Ana Soraia ferreira da Silva	GENEROSOS RUNN	SF	45	14:40:20.15	13:22	13:35:57
174	478 José Maria Araújo Teixeira		50M	10	14:40:25.82	13:22	13:36:03
175	502 Maria Catarina Soares Lamego Pinto		SF	46	14:40:44.89	13:24	13:36:22
176	532 Daniela Filipa Sousa	LUSOS XXI	SF	47	14:41:05.74	13:25	13:36:43
177	512 Raquel Filipa Costa	LUSOS XXI	SF	48	14:41:11.90	13:26	13:36:49
178	396 Isabel Maria Ferreira da Silva Que	Rosário Extreme	40F	17	14:41:55.18	13:30	13:37:32
179	552 Amélia Cardoso	Individual	50F	5	14:42:12.38	13:31	13:37:49
180	542 José Ribeiro	Opticalia Marco de Canav	S	76	14:42:16.13	13:31	13:37:53
181	361 Sónia Bastos	GENEROSOS RUNNER	SF	49	14:43:39.39	13:38	13:39:16
182	587 Graça Mendes	A.D.Amarante Trail Runr	40F	18	14:43:40.41	13:38	13:39:17
183	581 Carla Sofia Mendes Teixeira	Fridão Sem Limite s	SF	50	14:44:00.75	13:40	13:39:38
184	333 Luís Filipe de Castro Moutinho		40M	25	14:44:04.45	13:40	13:39:41
185	646 Daniela Silva	LION RUNNERS-G.D.Le	SF	51	14:44:06.49	13:41	13:39:43
186	322 Isabel Lopes	LION RUNNERS-G.D.Le	50F	6	14:44:16.16	13:41	13:39:53
187	562 Adriana Duarte	OsFazConta	SF	52	14:44:17.69	13:41	13:39:55
188	496 Helena Isabel Lirio	Generosos	SF	53	14:44:44.62	13:44	13:40:22
189	392 Patrícia Pinto	BTT Alegria // TUBAl	SF	54	14:45:03.37	13:45	13:40:40
190	521 Eva Luciana Ferreira Camilo	Moinhos run - ADRM	SF	56	14:45:08.00	13:46	13:40:45
191	495 Liliana Monteiro Figueiredo	A.D.Amarante Trail Runr	SF	55	14:45:08.00	13:46	13:40:45
192	465 Mónica Almeida	BTT Alegria // TUBANI	40F	19	14:45:11.85	13:46	13:40:49
193	432 Inês Pereira	A.D.Amarante Trail Runr	SF	57	14:45:23.84	13:47	13:41:01
194	357 Carla Gomes	GENEROSOS RUNNER	40F	20	14:46:07.65	13:51	13:41:45
195	356 Ana Paula Ferreira	GENEROSOS RUNNER	40F	21	14:46:42.76	13:54	13:42:20
196	544 Patrick Ribeiro	Opticalia Marco de Canav	S	77	14:46:59.68	13:55	13:42:37
197	548 Susana Carrilho	KEEPMOVING	SF	58	14:47:22.17	13:57	13:42:59
198	649 Maria moreira	Btt forca clube	40F	22	14:48:52.06	14:04	13:44:29
199	652 Maria carvalho	Btt forca clube	SF	59	14:48:52.25	14:04	13:44:29
200	651 Liliana soares	Btt forca clube	SF	60	14:48:55.59	14:05	13:44:33
201	650 Marcia soares	Btt forca clube	SF	61	14:48:56.24	14:05	13:44:33
202	479 Ana Cláudia Pereira Alves da Costa de Carvalho		40F	23	14:49:04.76	14:05	13:44:42
203	417 Joana Manuela Vieira Barbosa	Barbosas&Amigos	SF	62	14:49:16.31	14:06	13:44:53
204	501 Helena Cristina Oliveira Soares		SF	63	14:49:16.45	14:06	13:44:53
205	336 Isabel oliveira		SF	64	14:50:42.38	14:14	13:46:19
206	476 Alberto Carlos Pereira rocha		40M	26	14:50:43.50	14:14	13:46:21
207	597 Antonio Serafim Carvalho sousa	Mountain Runners	50M	11	14:51:55.72	14:20	13:47:33
208	438 Natália Nunes	A.D.Amarante Trail Runr	SF	65	14:52:16.33	14:21	13:47:53
209	425 Ana Teixeira	A.D.AMARANTE TRAIL	SF	66	14:52:34.19	14:23	13:48:11
210	437 Ana Pinto	A.D.Amarante Trail F	SF	67	14:52:35.07	14:23	13:48:12
211	573 Rita Silva	BTT Alegria // TUBAl	40F	24	14:52:39.66	14:23	13:48:17
212	615 Joana Silva		SF	68	14:53:07.28	14:26	13:48:44
213	614 Paulo Amorim		S	78	14:53:10.30	14:26	13:48:47
214	622 Rafael Sousa		S	79	14:53:46.55	14:29	13:49:24
215	621 Elisete Arantes		SF	69	14:53:50.01	14:29	13:49:27
216	553 Elisabete Alves Nogueira		40F	25	14:54:38.27	14:33	13:50:15
217	555 Fernanda Castelo	Os Aventureiros	SF	70	14:54:40.76	14:33	13:50:18
218	374 Kitas Mendes	Mountain Runners	SF	71	14:55:01.23	14:35	13:50:38
219	486 Diana Madureira	Piratas Team	SF	72	14:55:04.00	14:35	13:50:41
220	350 Sandra Carvalho	Mountain Runners	SF	73	14:55:05.27	14:35	13:50:42
221	485 Alzira Caetano	Piratas Team	40F	26	14:55:34.57	14:38	13:51:12

222	326 Mónica Soares	Piratas Team	SF	74	14:55:42.24	14:39	13:51:19
223	631 Isabel Rodrigues	BTT Alegria // TUBANI	40F	27	14:55:57.10	14:40	13:51:34
224	554 Rosa Soares		40F	28	14:56:08.02	14:41	13:51:45
225	570 Joana Ferraz	Individual	SF	75	14:56:09.41	14:41	13:51:46
226	638 luis rodrigues	Opticalia Marco de Canav	S	80	14:56:29.91	14:42	13:52:07
227	639 rogerio ribeiro	Opticalia Marco de Canav	40M	27	14:56:36.20	14:43	13:52:13
228	386 Tiago Gomes	BTT Alegria // TUBANI	S	81	14:57:19.32	14:47	13:52:56
229	546 Susana Monteiro	KEEPMOVING	40F	29	14:57:33.65	14:48	13:53:11
230	435 Gabriela Pinto	A.D.Amarante Trail F	SF	76	14:57:45.35	14:49	13:53:22
231	531 Carla Liliana Madureira da Silva		SF	77	14:57:48.95	14:49	13:53:26
232	588 Susana Mendes	A.D.Amarante Trail Runr	SF	78	14:57:49.00	14:49	13:53:26
233	705 Maria Inês Gomes Mota	Descola	SF	79	14:57:56.67	14:50	13:53:34
234	487 Hugo Miguel Saraiva de Sousa		40M	28	14:58:08.26	14:51	13:53:45
235	364 Sonia Sousa	GENEROSOS RUNNER	SF	80	14:58:36.06	14:53	13:54:13
236	363 Fatima Freitas	GENEROSOS RUNN	SF	81	14:58:45.75	14:54	13:54:23
237	612 Catarina da Conceição Neves Luís		SF	82	15:00:38.04	15:03	13:56:15
238	607 Cátia Filipa Nunes Ribeiro		SF	83	15:00:42.06	15:04	13:56:19
239	605 Mónica Vanessa de Oliveira Riboira		SF	84	15:00:44.96	15:04	13:56:22
240	381 Cristina Neves	BTT Alegria // TUBA	SF	85	15:00:48.46	15:04	13:56:25
241	606 Andreia Patrícia Costa Moreira		SF	86	15:00:56.27	15:05	13:56:33
242	397 Susana Claudia Matias de Sousa	Running Espinho	40F	30	15:01:09.66	15:06	13:56:47
243	474 vera pereira		SF	87	15:01:11.96	15:06	13:56:49
244	394 Jose Antonio de Oliveira Ribeiro	Running Espinho	40M	29	15:01:13.14	15:06	13:56:50
245	506 Fatima Carina Silva Pereira	Loja das Molduras/Electr	SF	88	15:01:22.34	15:07	13:56:59
246	507 Eugenia Teixeira	Loja das Molduras/Electr	SF	89	15:01:27.74	15:07	13:57:05
247	385 Paula Silva	BTT Alegria // TUBA	SF	90	15:03:56.43	15:20	13:59:33
248	624 Alexandra Ribeiro		SF	91	15:04:20.87	15:22	13:59:58
249	623 José Pinheiro		40M	30	15:04:41.38	15:23	14:00:18
250	660 Elisabete pereira	Btt forza clube	SF	92	15:04:59.08	15:25	14:00:36
251	543 Arménio Teixeira	Opticalia Marco de Canav	40M	31	15:05:31.08	15:28	14:01:08
252	637 Engrácia Augusta Gonçalves Ferre	A.D.Amarante Trail Runr	50F	7	15:05:54.71	15:30	14:01:32
253	582 Ana Isabel Azevedo Leite	Fridão Sem Limite s	SF	93	15:06:21.32	15:32	14:01:58
254	569 Carlos Freitas		50M	12	15:07:43.19	15:39	14:03:20
255	633 Ricardo Silva	LION RUNNERS - G.D.	S	82	15:08:13.19	15:41	14:03:50
256	632 Rita Martins	LION RUNNERS - G.D.	SF	94	15:08:14.99	15:41	14:03:52
257	575 Sara Rocha	BTT Alegria // TUBANI	SF	95	15:09:47.43	15:49	14:05:24
258	561 Jorge Silva	OsFazConta	S	83	15:09:48.79	15:49	14:05:26
259	577 Cláudia Pereira	BTT Alegria // TUBANI	SF	96	15:10:08.99	15:51	14:05:46
260	596 Alexandre Pereira	Mountain Runners	S	84	15:12:45.98	16:04	14:08:23
261	604 Diana Veronica Pereira Ribeiro	DANIBIKES	SF	97	15:13:38.92	16:08	14:09:16
262	602 Carla Marlene pinto oliveira		SF	98	15:13:40.14	16:08	14:09:17
263	704 Daniela maria da costa madureira pinto		SF	99	15:13:47.89	16:09	14:09:25
264	440 Ana Mendes	A.D.Amarante Trail F	SF	100	15:15:30.73	16:18	14:11:08
265	477 Eva Carina Silva Magalhães		SF	101	15:18:57.81	16:35	14:14:35
266	625 CRISTIANO PEIXOTO CARDOS COMPENSA CALCULA		50M	13	15:22:35.86	16:53	14:18:13
267	578 Filipe Cruz	BTT Alegria // TUBANI	S	85	15:22:52.96	16:54	14:18:30
268	388 Luísa Soares	BTT Alegria // TUBANI	SF	102	15:23:01.15	16:55	14:18:38
269	572 Carlos Gomes	BTT Alegria // TUBANI	S	86	15:25:26.04	17:07	14:21:03
270	576 Joana Pereira	BTT Alegria // TUBANI	SF	103	15:25:28.42	17:07	14:21:05
271	598 Carlos Alberto Rodrigues Moreira	Mounta in Runners	50M	14	15:25:35.38	17:08	14:21:12
272	568 Paula Oliveira		40F	31	15:27:25.88	17:17	14:23:03
273	626 Ana Patricia Vieira de Sousa Joaq	Barbosa&Amigos	40F	32	15:33:14.11	17:46	14:28:51
274	645 Fernanda Pereira	Barbosa&Amigos	50F	8	15:33:16.30	17:46	14:28:53
275	415 Artur Pereira	Barbosas&Amigos	40M	32	15:33:16.54	17:46	14:28:54
276	414 Marília Costa	Barbosas&Amigos	40F	33	15:33:16.63	17:46	14:28:54
277	556 Silvia Patrícia Monteiro Marinho		SF	104	15:38:20.30	18:12	14:33:57
278	628 Susana marina Monteiro Pinto car	Barbosa & amigos	40F	34	15:39:16.99	18:16	14:34:54
279	416 Susana Barbosa	Barbosas&Amigos	SF	105	15:39:18.47	18:17	14:34:55

280	427 Pedro Silva	Nocturnos de Paredes	S	87	15:50:22.08	19:12	14:45:59
281	701 Nuno Queiros	Nocturnos de Paredes	S	88	15:50:23.41	19:12	14:46:00
282	316 Cátia Carvalho	Piratas Team	SF	106	15:55:52.10	19:39	14:51:29
283	315 Marlene Idalina Madureira Pinto	Piratas Team	SF	107	15:55:53.43	19:39	14:51:30
284	419 Sandra Rodrigues	Piratas Team	SF	108	15:55:54.22	19:40	14:51:31



TRAIL BEM VIVER

14 MAIO
2017

TRAIL
LONGO **20KM**

TRAIL
CURTO **12KM**

CAMINHADA

MAGRELOS - MARCO DE CANAVESES